

HeraldPOST

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

HEIDELBERG

Commissary to host Family Fun Fitness Festival

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

You may have noticed a new smiling face greeting you at the Heidelberg Commissary recently. That is, if you could look past the curly fire engine red hair, giant polka-dot bowtie and the lollipop-adorned outfit to even notice.

see **FUN FESTIVAL** page 6

Singer-songwriter, amputee performs for troops, families

By **Lynn Davis**
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Big stars have been performing for troops since Bob Hope made his first combat zone appearance in 1943, but it is rare for a performer to be able to relate personally to troops and the challenges they often face.

Singer-songwriter Theresa Sareo, who currently is touring military installations in Europe, lost her entire right leg when an impaired driver hit her in

2002. She said she quickly realized she had a common ground with some of the troops returning from Iraq and Afghanistan.

"During the first year of my recovery, I was watching our first round of troops coming back from the war with traumatic amputations like me, and I was very moved by that because I was feeling very isolated," Sareo said. "I didn't know how to be an amputee; I didn't know what life with amputation was

see **AMPUTEE** page 6



Listen up, air assault

Sgt. Fay Conroy

An 18th Engineer Brigade Soldier receives last minute instructions from a Mobile Training Team air assault instructor May 4 before starting his descent down a steep hill. The hill was the students' first attempt at rappelling during Air Assault School at Camp Robertson in Schweinfurt. The school was held April 26-May 7.

Students attend first Air Assault School held in Europe in 5 years

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

SCHWEINFURT, Germany – The air assault students craned their necks to see the top of the looming tower. In a few minutes they would rappel down the face of the 40-foot tower for the first time. It was what they had been waiting

for – the moment they could prove they were worthy to wear air assault wings.

The 10-day Air Assault School held at Camp Robertson here is the first air assault course held in Europe since 2005. A Mobile Training Team from the Warrior Training Center in Fort Benning, Ga., provided the instructors for the course.

More than 200 students, many from

the 21st Theater Sustainment Command, 18th Military Police Brigade and 18th Engineer Brigade, arrived at Camp Robertson to participate in the training, but the numbers quickly diminished as students fell prey to obstacles with names such as Tough One, The Dirty Name and Skyscraper.

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May 12, 2010

Speed Read

LSS GRADUATION

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The 68th Transportation Company held a guidon furling ceremony in preparation for its move to Fort Bliss. 8

JOINT TRAINING

Members of the 18th MP Brigade trained along side German soldiers to learn tactics for a variety of garrison and combat situations. 10



SOLDIER SHOW

The 2010 U.S. Army Soldier Show will be performing in Heidelberg May 20 and Kaiserslautern May 24, shows begin at 7 p.m. 12



Defense Details

DEFENSE SPENDING

Defense Secretary Robert M. Gates used the occasion of the 65th Anniversary of the Victory in Europe to declare war on duplicative overhead, bloat and needless spending in the Defense Department. Gates called for a reduction in overhead for the department, and said he wants the department to take a hard, realistic look at what defense capabilities America really needs in the 21st Century. The Defense Department must take a hard look at every aspect of how it is organized, staffed and operated.

PHISHING SCAMS

Military officials are urging renewed vigilance against Internet-based identity theft after detecting a widespread "phishing" scam against service members. Numerous fraudulent e-mails were sent to financial customers of USAA and Navy Federal Credit Union asking the recipient to provide or verify personal information such as name and rank, account numbers, date of birth, mother's maiden name, address and phone numbers, online account user name and password, credit card numbers and Social Security numbers.

Army news: www.army.mil

Defense news: www.defenselink.mil

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COMMENTARY

D6 Sends: Supporting Army Soldiers, civilians and their families with information technology

By Lt. Gen. Rick Lynch
IMCOM COMMANDER

The Installation Management Community is committed to leveraging the power of technology to expand our communication capabilities and enhance our ability to serve and support Soldiers, civilians and families.

In today's world, IT is at the core of all we do at work, at home and at play. Smaller, more powerful and less expensive IT products hit the market every day. Becoming savvy with state-of-the-art technology helps us work smarter, learn more efficiently, and play harder.

Over the past six months, I have visited many garrisons, listening to many members of the Army Family to better understand how they prefer to receive information and communicate. Because more than 75 percent communicate and retrieve information through the Internet and other electronic means, I now communicate through my Facebook page and the IMCOM Twitter, Flickr and YouTube sites. This implements the deputy secretary of defense, 25 Feb. memorandum that requires DOD unclassified networks be configured for Internet-based capabilities like YouTube, Facebook, MySpace, Twitter and Google Apps.

Because IT is so critical to how we

do business and communicate, I have made IT one of the focus areas of the Services and Infrastructure Core Enterprise in my role as co-lead of the SICE board. SICE is a collaborative and cross-functional team of more than 15 commands, organizations, and staff offices formed to develop solutions to Army-wide challenges. Presently, the SICE team is developing plans to modernize and standardize IT services on Army installations. The results will enhance delivery of IT in the deployment process, training, and programs such as Comprehensive Soldier Fitness. Also, look for improved IT to lead to improvements on how we deliver on our promises of the Army Family Covenant and Army Community Covenant.

The most important components of IT – telecommunications, information assurance and data processing – tie into every aspect of installation management. We use telecommunications to connect Soldiers to their families by video teleconference when they deploy. Tech-smart Soldiers and family members use it when they 'tweet' to friends and family through their Twitter accounts. Information assurance measures and practices reduce risk and ensure our communication and information remain secure from malicious attacks. IA enables Soldiers

and civilians to communicate with government-issued Blackberries, knowing conversations are secure from unauthorized individuals. Most of us use data processing to manage our bits and bytes of information each day when we work on desktop computers, laptops, scanners and copiers. And, cell phones may be the most powerful device of all since they incorporate all three of these IT components.

Every day, the universe of IT products expands. Mobile handheld devices like the current generation of smartphones open up possibilities only dreamed of a few years ago. The convergence of cell phones, digital cameras, music players, GPS, video games, camcorders, electronic book readers and mobile Web browsers rapidly change how we communicate and interact.

As the IMCOM commander, I am dedicated to embracing these new, exciting technologies and adapting them to continue to be ahead of the curve in supporting Soldier, civilian and family well-being and mission readiness. Each generation of Soldiers brings a valuable, new perspective to the Army. It is up to us to stay in step with communication capabilities that are in synch with a quality of life commensurate with service.

We Are the Army's Home.

LEGAL ASSISTANCE

New credit card protections

Patton Legal Office

In February, new federal regulations took effect expanding the protections offered by the Credit Card Accountability, Responsibility, and Disclosure Act. The act operates to provide credit card users with protections against unfair rate hikes and hidden credit card charges.

- Here are some of the key provisions:
- **Interest Rates** – Credit card issuers cannot increase interest rates during the first year on new accounts. In most cases, retroactive increases are prohibited.
 - **Payments and Billing** – The issuer has to set the payment due date on the same day each month.
 - **Fees** – Consumers cannot be charged extra fees for making payments online, by phone or by mail.
 - **Disclosures** – Issuers must notify cardholders of significant changes to their account terms at least 45 days before the changes take effect. If the consumer objects, the consumer can close the account or opt out.
 - **Young People** – Consumers under the age of 21 need an adult co-signer to open a credit card.

Additionally, the card issuers cannot entice students to sign up by offering free pizza or other gifts within 1,000 feet of a college campus.

If you have questions about credit cards, your nearest Legal Assistance Office should be able to help you.



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BLOG ROLL

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

...I sat-in on a recent Town Hall meeting in our garrison, where an inquiry on pet poo sparked a highly emotional and potentially volatile "discussion". Although short lived in duration, I thought back to my days of living in Post Housing and here's how I see it...If you have a pet (and for the purposes of this rant, we are referring to dogs), I'm going to go out on a limb and say that at some point in your life, you made the choice to bring an adorable ball of fur into your

heart and your home. Now that the adorable ball of fur has turned into 150 lbs of drooling, flatulating ALPO who sheds his/her body weight in fur on a daily basis (How do they DO that?), you still have a responsibility to take care of this creature the way you did when they were 5 lbs and an incredibly effective "chic magnet" (You know what I'm talking about and don't pretend you don't! If you're a guy - the puppy face brings the ladies to your door... If you're a woman

- the puppy face gets them in the door). That means that you feed, water and walk it on a regular basis. What else do we do? We PICK UP THE POO! (say it with me) What do we do? PICK UP THE POO! (a little louder) What do we do? PICK UP THE POO!

-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.

NATO changes command



Courtesy photo

Lt. Gen. John W. Morgan III assumed command of Headquarters Allied Force Command Heidelberg (HQ FC Heidelberg) from Lt. Gen. Roland Kather (Germany) during a ceremony held at Campbell Barracks in Heidelberg May 5. Gen. Egon Ramms, Commander of Allied Joint Force Command Brunssum, was the reviewing and presiding officer for the ceremony. HQ FC Heidelberg is a multinational NATO Headquarters with an established strength of about 450 military personnel and International Civilians from 20 NATO nations and three Partnership for Peace nations.

21st TSC puts heavy emphasis on Lean Six Sigma program

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

The basis for the 21st Theater Sustainment Command's commitment to the Lean Six Sigma program was succinctly stated by the command's deputy commanding general, Brig. Gen. Jimmie Jaye Wells, at a graduation ceremony at the Learning Center in Landstuhl April 30.

"We are a lean Army and we are attempting to be leaner," said Wells as he explained that eliminating wasted effort and redundant work frees human and financial resources that can then be applied to warfighting requirements. "Ultimately, it is about being better in combat."

LSS, which is a combination of Lean and Six Sigma, holds that any process – manufacturing, acquisition, logistics, administration or service – can be improved using its principles. Lean seeks to reduce and eliminate non-value activities, while Six Sigma is about reducing variation and increasing quality. However, the Army with its diverse organizations must balance standardization and flexibility while operational readiness and the Soldier remain as focal points.

Four of the 19 Black Belt graduates are members of the 21st TSC/7th Civil Sup-

port Command. Lt. Col. Thomas Hays, 21st TSC Operations Research/Systems Analysis chief, Lt. Col. George Loughery with the 7th CSC, Nina Ligons a business operations specialist with the Theater Logistics Support Command, Europe and Kai Perschmann with the Ammunition Center, Europe established their projects with these goals in mind.

Therefore, the spotlight should be on the projects and their organizational benefits – not the graduates, Hays said.

"LSS aims to do things better, faster and at less cost. The training empowers the students to use the tools of LSS to solve problems, to fix things. This is all about doing something for the organization, not about getting certified."

Hays and his team seek to decrease the time it takes to hire a Department of the Army civilian employee from the current average of 180 to 120 days.

"Right now, there are more than 100 vacancies at the 21st TSC. If you consider the current average length of time it takes to fill those positions, lots of man-years of work aren't being done," Hays said.

Clearly, operational and logistics readiness at the 21st TSC will increase if 60 days are cut out of the process, especially if that happens 100 times now, and continues to happen in the future.

7th CSC helps celebrate 65 years of victory in Europe

By Lt. Col. Michele R. Satak
7TH CSC PUBLIC AFFAIRS

MANCHE, France – U.S. and allied service members, U.S. Army Reserve ambassadors from the state of Texas, World War II veterans, local dignitaries and civilians honored the memory of those who liberated France at a commemoration ceremony at the foot of the 90th Infantry Division "Tough Ombres" memorial April 27.

Retired Col. Olin R. Brewster, U.S. Army Reserve ambassador from Texas, recognized World War II veteran John Roman, who served in the Army as a sergeant first class and was there when the guns fell silent in Europe and victory was declared. The audience at the commemoration ceremony honored Roman with a standing ovation for his wartime service and his participation in liberating France.

During the ceremony, Brewster recognized each battle the 90th ID fought in during World War II to earn the battle streamers that currently fly on the Tough 'Ombre colors. The five battle streamers presented during this ceremony included Normandy, Northern France, Ardennes-Alsace, Rhineland and Central Europe.

Command Sgt. Maj. David S. Stad-

ing, the command sergeant major of the 7th CSC, handed a streamer to Roman, who was an honorary guest at the battle streamer ceremony. Roman placed one of the streamers on the 90th ID colors and sharply saluted the flag to honor the Northern France battle campaign.

The 1st and 3rd battalions of the 359th Regiment, 90th ID, landed at Utah Beach June 6, 1944, around 6:30 p.m., and the rest of the 90th ID reached the shore over the next two days. From that point on they were in constant action until the end of the war. The 90th ID lost more than 18,000 Soldiers during the grueling 308 days of combat.

"We mourn the loss of those who paid the ultimate price, be they Allies or the French citizens of Normandy fighting to liberate their homeland," said Brig. Gen. Jimmie Jaye Wells, the commanding general of the 7th CSC. "That heroism will not be forgotten nor will it be in vain – and the patriotism and honor, which defined their lives, will outlive us all."

After the ceremony, the crowd gathered around to welcome and honor the veterans, U.S. Army leaders, dignitaries and the 7th CSC Color Guard. Many people waited anxiously to have



Lt. Col. Michele R. Satak

Retired Sgt. 1st Class John Roman, a native of Fenwick Island, Del., places the Northern France battle streamer on the 90th Infantry Division colors at a battle streamer ceremony on Utah Beach April 27. This was one of four commemoration ceremonies the U.S. Army Reserve ambassadors of the state of Texas held in honor of the 65th Anniversary of V-E Day during their visit to Europe.

their photo taken with the color guard, barely holding back their gratitude and the excitement on their faces.

Brewster addressed the audience and referred to Tom Brokaw describing the World War II veterans as "The Greatest Generation." And every day people from all walks of life come to Utah Beach to honor these veterans and stand among these heroes, celebrating

this greatest generation in their victory in Europe.

"All of us are deeply humbled by our relationships with each of you ... we draw inspiration from you and those who have gone before," Brewster said. "There are many words to describe your deeds, but no words to do you sufficient honor ... so we simply say 'thank you' and we salute you."

Come and get it

Command Sgt. Major Terry Abel, Headquarters and Headquarters Company, V Corps, serves dinner to Soldiers at the Landstuhl Regional Medical Center Warrior Zone. Abel, along with five other members of the Heidelberg Sergeants Major Association prepared and served dinner for more than 75 wounded service members and their family members April 30. The Heidelberg Sergeants Major Association hosts and participates in several community and fund-raising events each year, with all the earned proceeds returned back to the community.



Sgt. Maj. Lisa Hunter

In Memoriam - Harry Lee Jeffries



Retired Sgt. 1st Class Harry Lee Jeffries passed away May 3 at the age of 72 at the Ludwigshafen Klinikum. Jeffries was born in Mississippi March 15, 1938 and joined the U.S. Army in Chicago at the age of 17. With the exception of basic training at Fort Bliss, Texas, his duty assignments exclusively took him overseas to Hanau, Bidingen and Frankfurt as well as to Vietnam where he completed two tours as a military police officer.

Jeffries retired in 1982 and moved to Worms. In 1984, he began working as a non-appropriated fund employee at Mannheim's Coleman Barracks until his illness forced him to retire Feb. 16.

His love was gardening but he also volunteered many hours in the community and at the U.S. Army health center in Heidelberg.

His funeral is scheduled for 1 p.m. May 17 at the Worms Friedhof.

LCMC celebrates relocation with open house

By Jennifer L. King
405TH AFSB PUBLIC AFFAIRS

The Communications Electronics Command Life Cycle Management Command held an open house recently to celebrate the organization's relocation from Hammonds Barracks in Seckenheim to Kleber Kaserne in Kaiserslautern.

"We relocated as part of the Army's European Transformation and Global Restructuring and Rebasement strategy," explained Barron Williams, the senior command representative for CECOM LCMC in Europe. "We had been located on Hammonds Barracks since July of 1982, so this relocation was a huge effort for us."

The CECOM LCMC is now headquartered in building 3200 on Kleber Kaserne on the third floor

of the south wing.

"Our renovated 8,119 square foot facility is very impressive," said Chris Cadorette, CECOM LCMC operations chief. "In addition to housing all of our command functions, we have an open secure area that provides hands-on training for Theater Intel Fusion Support. We have already trained more than 140 Soldiers and civilians in our new facility since moving here in January."

However, the CECOM LCMC does more than just train personnel.

"We also provide support to left behind equipment, reset, Army Force Generation, Electronic Service Support Centers, the Information Technology-Field Support Branch and the Software Engineering Center," Williams explained. "We are the hub for communications and electronics support throughout the Euro-

pean theater."

While relocating 33 staff members and 20 years of files was a daunting undertaking, Col. John Haley, commander of the 405th Army Field Support Brigade, believes the move was essential to Soldier support.

"The CECOM LCMC is an integral part of the Army Materiel Command mission in theater," Haley said. "Having the organization co-located in Kaiserslautern with one of our battalions and with our brigade headquarters helps us streamline support to the warfighter and provide the best service that we can."

The CECOM LCMC can be reached at its new mailing address at CECOM LCMC, Mannheimer Strasse, Kleber Kaserne, GEB 3200, 67657 Kaiserslautern, or via the military post at CECOM LCMC Europe, ATTN: AMSEL-LRC-LEU, Unit 23152, APO AE 09227-3152. DSN 483-4918.

THINK ABOUT IT...

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For more information, visit www.hqusareur.army.mil/vigilance

FUN FESTIVAL

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Dumbbell the Clown, otherwise known as Store Director Cheryl Ludington, has been promoting the store's first Family Fun Fitness Festival coming May 22. This new event is intended to help educate military community members about the benefits of a healthy lifestyle through fitness and nutrition.

"It seemed like a lot of fun when the opportunity arose from our headquarters to put together something," Ludington said. "A bunch of us got together, and we came up with this fun festival and lots of ideas for all the different things we could do ... It's fun to do this kind of stuff ... something like this will draw excitement into the store," she said. "The employees are all having a good time with it, watching me walk around dressed as a clown and act silly. It's just fun for everyone."

The daylong Family Fun Fitness Festival will feature a dog five-kilometer fun run, an obstacle course for adults and dogs, a family relay race with commissary products, a circuit course with fitness trainers, face painting, a bouncy castle and appearances from Tumbles the Cat, Relay the Dog and, of course, Dumbbell the Clown. Members of the Heidelberg library staff, a dietician and veterinarians will also be on hand to provide tips to attendees on healthy ways to exercise their minds and bodies.

Ludington and her staff teamed up with Family and Morale, Welfare and Recreation, Better Opportunities for Single Soldiers and various other agencies to come up with a variety of prizes and activities for the festival. One of the big giveaways is a two-night stay at



Dumbbell the Clown greets customers and passes out flyers with information about the upcoming Family Fun Fitness Festival at the Heidelberg Commissary on Patrick Henry Village. The festival will be held in conjunction with the annual case lot sale May 22-23.

the Edelweiss Lodge and Resort.

In addition to enjoying a little fun and fitness, customers can also snag some savings on their grocery bills with the case lot sale. The two events will be held on the same weekend, and customers can come in now to get a list of items that will be offered.

"I do the case lot sale every year, and I'm really looking forward to this one because it seems like we are going to have a little more action and activities. There's a little bit more involvement for the whole family," said Craig Deatrick, Heidelberg Commissary store worker.

"I think this is an opportunity for us to bring interest to the commissary, not only to our sales but to spread information to our customers and their families about healthy activities ... I think it'll be a really fun event," he said.

As Dumbbell the Clown worked her magic amid smiles and a few occasional stares from patrons, Deatrick and the rest of the staff at the Heidelberg Commissary continue to put the final touches on a day they hope will be filled with lots of fun, fitness and family.

"We want to reach out to the community and let them know that the commissary is just not a grocery store, Ludington said. "We are here for them, and we want to make this a place where they can come and feel like their back in the States and give them a little piece of home right here in Germany."

The Family Fun Fitness Festival is scheduled for 10 a.m.-3 p.m. May 22 at the commissary on Patrick Henry Village.

For more information on this event, visit www.commissaries.com and click on Heidelberg.

AIR ASSAULT

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By day seven and the start of phase three, which is where the students learn basic rappelling, there were 189 students left.

During the rappelling phase students learned how to tie the hip rappel seat or swiss seat, hook-up techniques, lock-in procedures, belay procedures, how to rappel with and without combat equipment, and fast rope familiarization.

"We start out teaching them hook up procedures and belay procedures, and then they'll go through ground training, which is just the walking stage of rappelling. Then they'll move to the slant wall, which is a little more advanced, a little more steep," said Sgt. Adam Lamberson, one of the MTT air assault instructors. "We'll do the wall side today and then we'll go into the open side."

The open side consists of Hollywood rappels without combat equipment, three brakes to the ground, a semi-combat lock-in and then a full combat load, where students wear all their modular lightweight load-carrying equipment and carry their rucksacks and rifles, Lamberson said.

For one of the students, the rappel phase was not something to be feared; instead she considered it a reward for making it that far in the course.

"I'm very excited because all of us have worked so hard to get this far. It takes a lot of mental and physical strength," said Staff Sgt. Margarita Flores, a paralegal with Headquarters and Headquarters Company, 18th Military Police Brigade.

The next obstacle for the students to overcome is the 12-mile road march, which must be completed in three hours in order for the students to graduate. Another air assault course is already being planned for fiscal year 2011.

AMPUTEE

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supposed to look like. So when I saw them, I had two feelings, my heart broke for them because I didn't want them to have to go through the life I was living – they looked so young – but at the same I was sort of relieved to see them because they lessened my own sense of isolation."

Sareo then began visiting wounded warriors at Walter Reed Army Medical Center, eventually writing the song "Through A Soldier's Eyes," based on her experiences there.

She made her way to Heidelberg May 3 as part of her two-week tour in Europe, which included stops in Ramstein, Landstuhl, Wiesbaden, Schweinfurt, Vilseck and Vicenza.

She said writing a song about Soldiers has given her a different perspective.

"Because of that song, it has changed the whole trajectory of my career and my life," Sareo said. "I now spend a lot of my life devoted to

troop support."

Sareo's leg was amputated above the knee nine months to the day after 9/11.

"I like to say that my life was changed when my city was changed forever, when my country was changed forever, and the whole world really changed forever," she said.

While Sareo said she enjoys visiting and performing for troops and their families, her interaction with wounded warriors is a two-way street.

"Through sharing my story, I hope that Soldiers will share their stories with me and with each other and to create and enhance this flow of fellowship," Sareo said. "I know from my own experience how useful that is and it's incredible, because it heals yourself and it heals the other person ... it's this healing exchange."

Her tour, sponsored by the Warrior Transition Battalion Europe and the U.S. Army Europe Chaplain's Corps, aims to do just that.

"She has such an amazing story,"



Singer-songwriter and amputee Theresa Sareo performs for Soldiers and members of the Heidelberg community May 3 at the Mark Twain Village Chapel during her two-week tour to military installations in Germany and Italy.

said Chaplain (Maj.) Vernon Shackelford, Warrior Transition Battalion Europe chaplain. "Her performances really send this motivating message of resiliency, healing and overcoming obstacles. Soldiers are really relating to her, and I think this tour is going to be a huge success."

Sareo is enjoying her time in Europe so far, performing for and visiting various Warrior Transition Units. "I feel so fortunate to be here," Sareo said. "I feel it's a mission that I didn't necessarily choose, it chose me. It has been very emotional. I am very grateful for the opportunity."



STRONG MINDS, STRONG BODIES, STRONG FAMILIES

COMPREHENSIVE SOLDIER FITNESS PROGRAMS FOR THE ENTIRE COMMUNITY

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

Tip of the week: Slow down and try to spend some quality time with your family. If you usually eat in front of the TV, try eating in the dining room a few nights a week with no distractions, so you can really learn about how your family spent their day. If work allows, volunteer at your kids' school once in awhile and let them know that you are supportive of their education.

Events:

Heidelberg - The Soldier Show will perform at the Patrick Henry Village Pavilion 7 p.m. May 20. The event is free and open to the public.

Mannheim - The Mannheim Army Health Clinic and ACS are hosting a free "Baby Basic Health Fair," 10 a.m.-2 p.m. May 22 at the Mannheim Sports Arena. The event is free and will feature information for all expecting families and families with children up to age 1. Civ. 0621-730-9549.

Kaiserslautern - Reward your team players at Right Arm Night, with an evening of camaraderie 4 p.m. May 20 at Armstrong's Club, Bldg. 103 on Vogelweh Housing. Enjoy snacks, games and prizes. DSN 489-6000, civ. 0631-536-6000. juno.com.

For more information on Comprehensive Fitness, visit www.army.mil/csf.

Faces of the community: Heidelberg Commissary



Dijon Rolle

Krystena McCrudden, Heidelberg High School senior, stocks fruit at the Heidelberg Commissary. The commissary is located on Patrick Henry Village in Bldg. 4814. The store houses a huge selection of canned goods, meats, frozen foods, produce and household items, in addition to a deli and bakery. The store soon will feature a self-serve salad bar. The commissary is open 7:30 a.m.-9 p.m. Monday-Saturday and 7:30 a.m. - 8 p.m. Sunday. Civ. 06221-759-3112.

Heidelberg Safety Day



Kelli Bland

Heidelberg Red Cross Station Manager Peter Buttner shows Spc. April Pirre, Headquarters and Headquarter Company, U.S. Army Garrison Heidelberg, how to use an automated external defibrillator, or AED, on someone with sudden cardiac arrest during Safety Day at Patton Fitness Center in Heidelberg May 6. Approximately 500 Soldiers and civilians attended the event to prepare for summer activities, such as biking, swimming, motorcycle riding, hunting, barbecuing and more.

'Eagle Express' makes its way to Ft. Bliss

By Sgt. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

In one of the final acts of the 28th Transportation Battalion's looming inactivation, the battalion bid farewell to the 68th Transportation Company at a guidon furling ceremony April 30 on Coleman Barracks in Mannheim in preparation for the company's return to the United States.

Unlike some of the other units under the 28th Transportation Battalion that were inactivated as part of the battalion's inactivation, the "Eagle Express," as the unit is known, will be reassigned to the 142nd Combat Sustainment Support Battalion at Fort Bliss, Texas, where the company will continue its tradition of excellence.

The history of the 68th Transportation Company under the 28th Transportation Battalion has been one of uncompromising success. Maj. Nicole Heumphreus, the commander of the 28th, praised the unit not only for the amount it has accomplished, but also for the standard at which it conducts its duties.

"There was no mission that I couldn't give this command team," Heumphreus said.

As the unit makes its way to its new home station, Heumphreus made sure to acknowledge the condition in which the Eagle Express leaves the battalion - attributing that success to the commander and first sergeant.

"You have prepared this unit well for its future missions and successes," Heumphreus said to Capt. Robert Richard and 1st Sgt. Ronald Booker, commander and the first sergeant of the 68th.

Richard proceeded to expand on the unit's past successes, noting that having the opportunity to command a unit who has a long and celebrated heritage throughout Europe, Africa and southwest Asia has been a distinct honor for him.

Among its most recent accomplishments, the unit has deployed in support of Operation Iraqi Freedom three times.

It was one of the first units to cross the berm in OIF I, then deployed again in 2005 where the unit supported the 1st and 2nd Marine Expeditionary Forces, the 172nd Stryker Brigade and Task Force 1-36 Armor, and most recently in March 2008 to Camp Taji in Baghdad, Iraq, in support of Multi-National Division-Baghdad.

Richard closed the ceremony stating, "I would like to take time to recognize every Soldier who has ever turned a wrench, drove a truck, manned a gun turret or been a convoy commander - it is one of my proudest honors to say you are not forgotten and that I am one of you."

The last remaining company in the 28th Transportation Battalion is now its Headquarters and Headquarters Detachment, which will inactivate this summer.

Partnership builds strength along with friendships

By Sgt. Adrienne Killingsworth
187th MP BRIGADE PUBLIC AFFAIRS

Continuing its tradition of partnership with the 2nd Company, Feldjäger Battalion 251 – the Headquarters and Headquarters Company, 18th Military Police Brigade wrapped up its most recent training venture with its sister unit April 28 in Mannheim. Over the course of a week, the Feldjägers, or German MPs, were given numerous classes and had the opportunity to learn U.S. Army MP tactics for a variety of garrison and combat situations.

The partnership is an ongoing tradition within the brigade and something the HHC “Roughnecks” and their German counterparts look forward to whenever the opportunity arises.

“We’ve done two Schutzenschnurs, numerous ranges on our side, and we’ve just done a lot of events. I think it’s been one of the highlights of my time in command to be able to have that experience,” said Capt. Benjamin Barrett, commander of HHC, 18th MP Brigade.

The training began with the opportunity to earn their American marksmanship badges with the M4 rifle and the M9 pistol April 22 at Lampertheim Training Area in Mannheim, where the brigade conducted a range and trained the Feldjägers on the fundamentals of the weapons.

Having had the opportunity to earn the Schutzenschnur – the German marksmanship badge – HHC returned the favor at the April 22 range for the Feldjägers. MPs

spent the day instructing and advising their counterparts on the differences and similarities between the American and German rifle and pistol, which resulted in good scores from the Feldjägers on the range.

With their marksmanship badges earned, the Feldjägers returned to Mannheim April 27-28 to tackle a non-lethal training course and a military operations on urban terrain course put on by the company’s training section. The non-lethal course included instruction on the taser, Oleoresin Capsicum pepper spray and self-defense using a police baton.

The instruction on the taser gave the Feldjägers a course on the purpose, proper implementation and effects of the taser. The Feldjägers were, of course, given the opportunity to feel the effects of the taser first-hand along with their American counterparts. The five-second tasing gave everyone a proper idea of the effects of the taser – along with a firm desire to never be tased again.

As painful as the taser was to experience, the taser demonstration area was filled with laughter as MPs and Feldjägers watched their buddies go through their five excruciating seconds of being tased. It was one of the more surprising moments when the MPs bonded with each other through the training.

The training with the OC spray was not quite as enjoyable, and the amount of laughter was noticeably lower as each Feldjäger was sprayed with OC and led through

an obstacle course where they had to defend themselves with their police batons.

The first day of training ended after the obstacle course, and the MPs and Feldjägers recovered with a barbecue in front of the brigade headquarters. As the Soldiers traded stories over hamburgers and potato salad, the friendly bond between the two companies was obvious.

As important as the partnership is from a military perspective, there is definitely a friendly social environment that develops during this type of training. Soldiers often leave training events like this one with a German friend they will continue to keep in touch with long after the training is over.

It is one of the unique benefits to being stationed in Germany and having a partnership like this, Barrett said.

“I think it’s a benefit for everybody, not just military-wise,” Barrett said, adding that, “It transcends the military side.”

“All of the things we learned were either new or nearly new because we do not do things the way you do,” said German army Staff Sgt. Miro Wildemann, one of the Feldjägers who participated in the training.

The opportunity to learn a new tactic for a given situation not only gives the German soldiers a unique training opportunity, but it also gives the 18th MP Brigade Soldiers a chance to refine their understanding and execution of drills.

The MOUT site training at the LTA added another element to the training when

HHC partnered up with Soldiers from 43rd Signal Company, who were doing their own training exercises in the field and allowed them the opportunity to go through the MOUT site with a foreign army.

Staff Sgt. William Benson, the operations noncommissioned officer in charge for HHC, who led the training for the non-lethal course and the MOUT site, said the training at the MOUT site was especially significant because, “It is very realistic. When I was downrange I worked with all types of Soldiers. It almost doesn’t matter where you go now, all the missions are either NATO or ISAF or some type of coalition.”

German army Pfc. Dirk Christmann added that, “The MOUT training was fun because going in houses – and especially doing it with foreign forces where you have the language barrier – was very interesting.”

Many of the Soldiers who participated in the MOUT site training had combat experience, which supplemented the MP combat experience of the instructors, and that meant a lot to the Feldjägers who participated in the training.

“All the instructors today had experience in Iraq and that has a very heavy weight for me, with what they say,” Wildemann said after the training, adding that the most important thing for him is that, “It’s not from a book; it’s from experience.”

The training event proved to be both a learning experience and a bonding experience for both units – and a tradition that both sides hope to continue to build on.



German army Pfc. Oliver Gies from the 2nd Company, Feldjäger Battalion 251, and Sgt. Christopher Turner, the unit movement officer for Headquarters and Headquarters Company, 18th Military Police Brigade, and a McDonough, Ga., native, share the pain as they get tased during non-lethal training April 28 in Mannheim. The training was a part of an ongoing partnership between the 18th MPs and their Feldjäger counterparts in Germany.

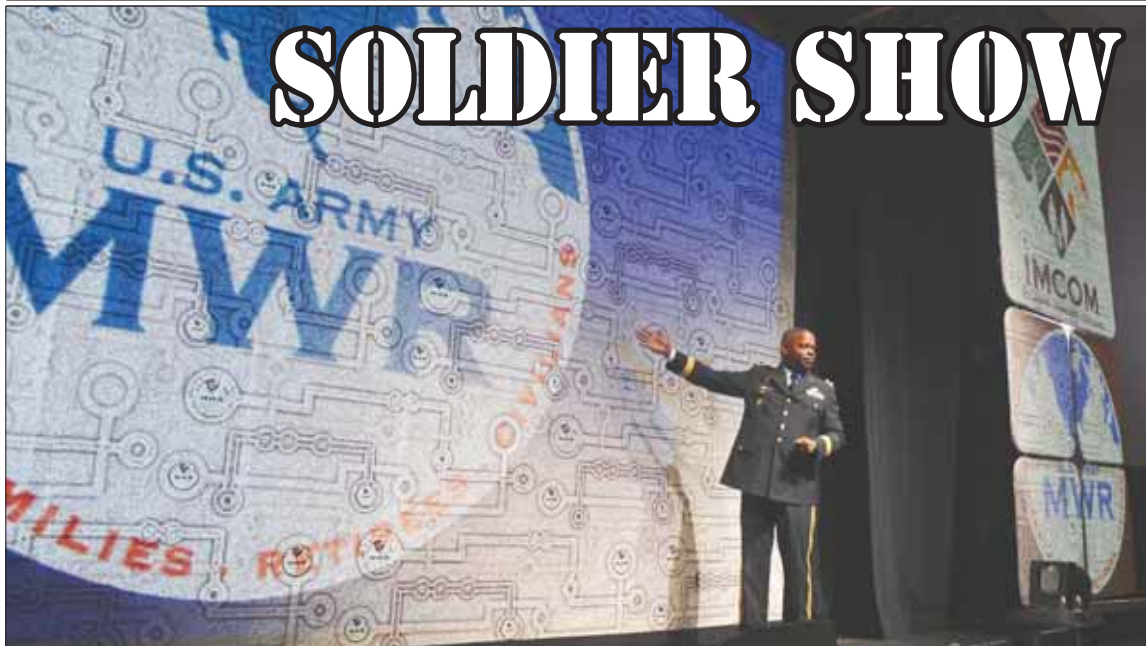
Sgt. Esaid Olvera, noncommissioned officer in charge of the command communication division, 181st Signal Company, 43rd Signal Battalion and a Tucson, Ariz., native, leads a team of Soldiers as they demonstrate how to enter a building at the Lampertheim Training Area April 28 in Mannheim for a group of Feldjägers from 2nd Company, Feldjäger Battalion 251.



Pfc. Christopher Tilque, a signal support specialist with Headquarters and Headquarters Company, 18th Military Police Brigade and a Cheney, Wash., native, gets taken down using baton techniques by German army Pfc. Robin Klostermeier of the 2nd Company, Feldjäger battalion 251, at a non-lethal training event April 27 on Coleman Annex in Mannheim. The training was a part of an ongoing partnership between the 18th MPs and their Feldjäger counterparts in Germany.



Sgt. Sherman Williams, a motor sergeant with the Headquarters and Headquarters Company, 18th Military Police Brigade and a St. Louis, Mo., native, assists a German MP from 2nd Company, Feldjäger Battalion 251, at an M4 and M9 range the brigade hosted as a chance for German soldiers to earn their American marksmanship badges.



2010 U.S. Army Soldier Show plays off social-media phenomena

By Rob McIvaine
FMWR PUBLIC AFFAIRS

"Soldier Show 27.0" is the working concept of the 2010 U.S. Army Soldier Show, an "entertainment for the Soldier, by the Soldier" song-and-dance production. This year's edition revolves around the current social-media phenomena.

"It's the 27th year and it's a new version, just like a new version of a computer program, but it's built on the foundations of all the past versions," Soldier Show Production Director Victor Hurtado said. "Basically, it's like a computer screen. When you walk in, you'll see the desktop, and all of the transitions are like Facebook or Google with a PDE."

The 2010 Soldier Show schedule features 101 performances at 53 venues, including eight stops in Germany. The tour began April 23 at Wallace Theater on Fort Belvoir, Va., home of the Army Entertainment Division.

Soldier Show regulars might recognize a few familiar-looking faces because three siblings of 2004 Soldier Show performers are among this season's cast: Spc. Philip Plasterer, Spc. Brian McAleese-Jergins and 2nd Lt. Katherine Melcher. And Sgt. Kevin Cherry, another 2004 performer, returns for his second go-round with the Soldier Show.

In addition to the much ado about keeping it all in the family, the 2004 and 2010 themes somewhat resemble each other. The previous show revolved around how deployed Soldiers kept in touch with loved ones via cellular telephones and electronic mail. Those communication devices have since been supplemented by faster-moving and farther-reaching social-media tools, many of which the Army has embraced.

Hurtado was quickly impressed by this year's Soldier Show performers.

"When I hear them sing together, it's like the most glorious choir," he said. "People are going to be just shocked by how good they are."

Soldier Show founder Irving Berlin would not have wanted it any other way. The Soldier-performers, in turn, will honor the founding father of Army Entertainment.

"There's some great historical content with Irving Berlin," Hurtado explained. "We have much better video technology this year with moving projectors. We're going to be able to use that during the show for a lot longer lengths of time, so we have voiceovers with Irving Berlin and some of his work."

The show will open with Disturbed's heavy metal anthem "Indestructible," which was written to inspire Soldiers headed for battle.

"It's meant to be something that would make them feel invincible, take away their fear, make them strong," Disturbed lead vocalist David Draiman said.

As always, the troops will deliver several genres of music and dance, complete with Soldier-musicians on guitar, bass, keyboard and drums.

"We have an incredibly trained male ballet dancer," Hurtado said. "Pfc. Andrew Enriquez brings an incredibly masculine (Mikhail) Baryshnikov style. He's really good, and we're using him throughout the show."

And, of course, there's a tribute to the late Michael Jackson.

"With the Michael Jackson segment, we're just making use of what he left behind," said Hurtado, who revealed the medley will include "ABC," "I Want You Back," "I'll Be There," and "Jam." "I don't want to give too much away, but the very last piece is something that you'll definitely recognize," Hurtado added while moon-walking backwards.

He then touched briefly on the finale.

"The most important thing about the show this year, the finale is being written by the cast," Hurtado said. "As a group, they wrote an original song, and it's really coming together beautifully. It's going to have to do with resilience and the inspiration of bouncing back."



Staff Sgt. La'Brenza McDonald of Fort Leavenworth, Kan., dances and sings while Spc. David Palmer of Fort Riley, Kan., plays "Jump" during rehearsal for the 2010 U.S. Army Soldier Show during rehearsal at Wallace Theater on Fort Belvoir, Va.

The U.S. Army Soldier Show has exhibited those qualities for 26 years, and likely will do so again – along with brothers and sisters and a few old friends – for "Soldier Show 27.0."

The 2010 U.S. Army Soldier Show is sponsored by the U.S. Army G-1's Sexual Harassment/Assault Response and Prevention Program and the U.S. Army's Comprehensive Soldier Fitness Program.

Performances

Heidelberg - Village Pavilion on Patrick Henry Village 7 p.m. May 20.
Kaiserslautern - Galaxy Theater on Vogelweh, 7 p.m. May 24

Auditions

Two hours prior to all performances, all Active, Guard and Reserve Soldiers will be given the opportunity to audition to become part of the next Soldier Show cast. Participants must bring musical accompaniment. To schedule an audition call 001-703-806-5827 or e-mail joe.leavell@us.army.mil.

GERMAN COOKING

Hunter's Stew (Jaeger Eintopf)

Servings: 4

Ingredients:

- 1 1/2 cups onions; minced
- 1/4 pound mushrooms; sliced
- 2 tablespoons vegetable oil
- 1 pound ground beef; coarse grind (should only be ground once and be the leanest you can get)
- 1 cup beef broth
- 5/8 teaspoon nutmeg
- 1/2 teaspoon worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 potatoes; medium
- 3 tablespoons butter
- 2 eggs; large
- 4 apples; tart
- 1/2 cup bread crumbs; fine, dry

Directions:

- In a frypan, saute onions and mushrooms in vegetable oil until soft.
- Add ground beef; saute mixture three to four minutes.
- Stir in broth; bring to a simmer.
- Add nutmeg, worcestershire sauce, salt and pepper.
- Peel the potatoes and boil them in salted water until tender, about 30 minutes.
- Drain and put through a food mill or grinder.
- Beat in butter, salt, pepper.
- Adjust seasonings to taste.
- Beat in eggs and remaining nutmeg.
- Peel, core, and slice apples.
- Layer mixtures in a 1 1/2-quart buttered baking dish.
- Spread 1/3 of potatoes on bottom of dish.
- Top with 1/2 of the meat mixture and 1/2 of the apples.
- Continue with layers, ending with a layer of potatoes.
- Sprinkle the top with bread crumbs.
- Dot with remaining butter.
- Bake at 375 F for 45 minutes and then at 400 F for 10 minutes more.

SOURCE: www.mygermanrecipes.com



DEAR MS. Vicki

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

Dear Ms. Vicki,
I just don't know what's wrong with me, but I can't keep any money in my pocket.

If I have cash, I spend it. If I have my debit card, I don't even worry about the balance. I just use it to make purchases both large and small. It doesn't matter.

My husband is usually the one who manages our finances, and he is threatening to leave me because of my spending. He showed me all of the shoes and clothes in my closet that I never wear. 80 percent of the items still have tags on it. Instead of hanging out with my children, my husband or my friends, I would rather be shopping and spending money. I can't control myself. What's going on?

A feeling comes over me, and then I become like a magnet and unable to resist the urge to spend money. I don't want to lose my marriage or end up in the poor house. I'm embarrassed that I skip out on my son's games just to shop. Can you help me.

From: Out Of Control

Dear Control,

Let me begin by strongly

recommending that you contact a professional therapist, a licensed clinical social worker or counselor who could work with you on these concerns.

In my professional opinion, it sounds like you lack the ability to control your impulses. The root cause could be anxiety, stress, etc.

From your report, you act too quickly without thinking about it, your behavior is causing marital and financial problems, you show signs of anxiety before the impulsive act, and you have a great sense of relief after.

This is serious. Besides getting counseling, I would recommend these tips to help you in the interim.

First, I think you should begin to keep a log of your impulsive thoughts and acts. For example, tell the time, place, what your thoughts or feelings are, what was going on before the thought or act, and what was the outcome. I think this will be helpful information for a therapist and also will help you identify and resolve your triggers, so you can try to avoid them.

Second, list the negative consequences of this impulsive behavior. It may be difficult but you can't be in denial about all of the negative consequences. For example, financial difficulty, marital difficulty, less time spent engaging with your children and friends, etc.

Third, use some quick behavioral techniques like calling a friend or family member by phone when you are stressed, instead of giving in to the temptation to spend money. Physical exercise would be great. Even if you are just taking a walk around your neighborhood. The fresh air and exercise really have a calming effect. Lastly, feel free to visit your library or bookstore and get books on relaxation techniques and other self-help books.

Again, my first recommendation

is making an appointment to see a clinician who specializes in these disorders. Please stay in touch and let me know how you are doing. I wish you well. Let me know if you need me to send you some resource information about counseling services.

**Response to previous columns:
Dear Ms. Vicki,**

I use to think all spouses do is complain (especially wives). I am the husband of a female Soldier, and I think there is a double standard for wives as opposed to husbands.

I know it's because we live in a male-dominated culture and society. For example, I think I do a pretty darn good job at taking care of our children and holding down the home front when my wife is deployed.

But I also know I have it easier and receive a lot more support that I don't even have to ask for. Teachers bend over backwards for my children, many spouses and other friends are always bringing over dinner for me and the kids or inviting us over for dinners and cookouts.

I even have women volunteering to clean my home, and to be honest, I take them up on the offer at times because it saves me money in my pockets. No, there is nothing ever inappropriate between me and these women. I think it's because historically this is not the role for a man.

People think "oh, that poor man" or "he needs all the support he can get because he is a man."

Society views women and capable and the ones who should take care of the children, their husbands, work a full-time job, and still manage to smile in the process. They never receive the support I get simply because "it's what a woman is supposed to do." I understand the people who wrote to you and vented their frustrations. The answer is simple, it's "sexism," plain and simple.

Online 'Guide to Host Nation Health care' available Army clinics extend comfort zone for care on the economy

ERMC Public Affairs

An online "Guide to Host Nation Health care" is now available on ERMC health facility Web pages to promote understanding of local medical facilities and providers who support Army health care in Europe.

"The Europe Regional Medical Command coordinated 'guide' contents with each our health clinic facilities to increase beneficiaries' comfort zone when receiving care at host nation medical facilities," said Col. David Carden, director of ERMC Clinical Operations.

Carden said the TRICARE Host Nation Preferred Provider Network and more than 40 host nation medical facilities support Army health facilities in Europe by delivering quality care Sol-

diers, families and other beneficiaries.

Each guide has localized information about emergency care, host nation medical practices and the referral process, as well as an overview of each medical facility.

"There are maps, driving directions, frequently asked questions and more," said ERMC Web manager Phil Tegmeier, who coordinated development with the Fort Detrick Network Enterprise Center, which supports Army Medical Department Web sites.

Each clinic guide can be accessed from a map of ERMC health facilities at <http://ermc.amedd.army.mil/MTF>.

Print versions of the "Guide to Host Nation Health care" will be available at Army health facilities in June.



GET OUT!

area events

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

May 14

Tropical Getaway - The Landstuhl Community Club will host an evening of exotic drinks, games and great prizes 6 p.m.-midnight. DSN 486-7244, civ. 0631-86-7244.

Shopping in France - Visit a farmer's market in Haguenau, where you will find a large selection of soaps, herbs, pastries and fresh produce. Then to the Cora, a shopping center where you can shop for fine French foods, cheeses and wine. In the afternoon, visit Soufflenheim and the many stores selling traditional ovenproof Alsatian pottery. <http://affiliates.usa.org/rheinneckar>.

May 21

Comedy Show - Comedian Bengt Washburn will perform at the Heidelberg Warrior Zone on Patton Barracks at 7 p.m. Admission is free. Washburn's act has been described as intelligent, whereas Bengt himself is usually described as ditz. A favorite in comedy clubs across the nation, Bengt presents a fresh perspective on the world as seen through the eyes of a small town Mormon boy gone slightly awry. www.mwgermany.com.

May 22

Family Fun Fitness Festival - In conjunction with a case lot sale, the Heidelberg commissary will host its first Family Fun Fitness Festival 10 a.m.-3 p.m. The event will feature a dog 5-kilometer fun run, an obstacle course for adults with dogs and children with dogs, a relay race for the family with cases of commissary products, a circuit course with trainers from MWR working on several strength training and coordination exercises, face painting and more.

Rhine River Cruise - Cruise the mighty Rhine River at its most famous stretch from Rüdesheim to St. Goar. The ship will pass castles, fortresses and the legendary Lorelei Rock. Perfect pictures are yours for the taking, or just sit back and enjoy the ride until you arrive at the charming town of St. Goar. There we will take the train to the fortress Rheinfels high above the Rhine. Once back in one of Germany's most popular tourist destinations, Rüdesheim, there will be plenty of time to shop or sample the wines of the Rhine. The tour includes boat, train, and castle fees. <http://affiliates.usa.org/rheinneckar>.

May 23

Trout Fishing - Join Kaiserslautern Army Outdoor Recreation for trout fishing in Borfink, Germany. DSN 493-4117, civ. 0631-3406-4117.

May 27

Trip to Spain - Join Mannheim BOSS in

Lloret de Mar, Spain, May 27-31. Open to all Soldiers and civilians. Sign up by May 21 for two overnights in a superior hotel, breakfast and dinner and a day trip to Barcelona. DSN 385-2561, www.mwgermany.com.

Motorcycle Rally and River Ride - Grab your helmet and join fellow bikers for this all-day, fun-filled event. At the Heidelberg Heliport you'll receive free motorcycle safety training, followed by a scenic ride along the Neckar River. End up at the Heidelberg Rod and Gun Club for a barbecue and party. Registration: www.bw.eur.army.mil.

May 28

Little Shop of Horrors - Head to Heidelberg's Roadside Theater May 28 and 29 and June 4, 5, 11, 12, 18 and 19 at 7:30 p.m. and May 30 and June 6 and 13 at 3 p.m. to see this well-known production. Reservations are recommended and can be made at the theater on Patton Barracks. DSN 373-5020, civ. 06221-17-5020, www.roadside-theater.com.

May 29

Trier Tour - Founded by the Romans in 16 B.C., Trier was once the capital of the Western Roman Empire and it has some of the best-preserved examples of Roman architecture north of the Alps. The 4th century cathedral, houses one of the largest collections of Holy Relics in the world including the Holy Robe. On this trip, visit the Amphitheater, the Cathedral, Roman Baths, and Porta Nigra. <http://affiliates.usa.org/rheinneckar>

International Gallop Races - Watch thrilling races with more than 100 horses on the horse race track in Iffezheim near Baden-Baden. Civ. 072-291-870, www.baden-galopp.com

May 30

Pilgrimage to the Holy Blood - The main annual pilgrimage season extends over four weeks and always starts on the Sunday after Whitsun with the Feast of the Holy Trinity. The Sundays and holy days in particular are solemnly observed. In addition to this, the big processions pass through the festively decorated streets at Corpus Christi and a week later on the Great Feast Day of the Holy Blood, which is only observed in Walldürn. Around 200,000 pilgrims come every year. Chord and instrumental music in the basilica. Civ. 06282- 920312.

June 2

Mannheim Idol - The big singing competition is back. Audition at the Top Hat Club on Benjamin Franklin Village 5-6 p.m. June 2-4 or come out to cheer on your favorite

competitors during the competition rounds June 5, 12, 19 and 26 at 6 p.m. The finals will be held at 6 p.m. July 3 in the main tent of the German American Summer Fest. DSN 380-9370, www.mwgermany.com.

June 2

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

June 19

Bike from Mannheim to Heidelberg - Bike along the Neckar River and enjoy the scenic route to Heidelberg. Spend the day in Heidelberg's old city. \$15 for bike and guide. DSN 381-7215, www.mwgermany.com.

Ongoing

Schwetzingen Festspiele - Visit the Schwetzingen Palace for a radio-classic-festival with top-class opera and concert program. Through June 13. Civ. 07221-929-4990 or www.schwetzingen-festspiele.de.

Cycling Group - If you are interested in joining a cycling group, exploring the community and meeting other riders while also improving your health, fitness and bicycle riding skills, contact DSN 385-2588, civ. 0152-22025712 or ronis.gutierrez@us.army.mil.

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

Afrikan/Latin Dance - In this class for beginners and those of all ages, the instructor Lori will be teaching you different styles of Afro and Latin dance. The class schedule includes a warm up, introduction to step, practice using step, freestyle and concludes in a group routine. Don't miss out on such a unique opportunity and sign up as soon as possible. Class is held every 6:45-7:45 p.m. Wednesday. The cost is \$75 for two months. Sign up at the USO Mannheim. <http://affiliates.usa.org/rheinneckar>.

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.

coming to THEATERS

IRON MAN 2

(Robert Downey Jr. Gwyneth Paltrow)
Inventor Tony Stark is the armored Super Hero Iron Man. Under pressure from the government, the press and the public to share his technology with the military, Tony is unwilling to divulge the secrets behind the Iron Man armor because he fears the information will slip into the wrong hands. With Pepper Potts, and James "Rhodey" Rhodes at his side, Tony forges new alliances and confronts powerful new forces. Rated PG-13 (a scene of sensuality, violence, sequences of intense action and language) 90 minutes.



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.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

May 14 - IRON MAN 2 (PG-13) 7 p.m., 9 p.m.
May 15 - PLANET 51 (PG) 4 p.m.; UP (PG) 7 p.m.; IRON MAN 2 (PG-13) 9 p.m.
May 16 - UP (PG) 4 p.m.; IRON MAN 2 (PG-13) 7 p.m.
May 17 - BROOKLYN'S FINEST (R) 7 p.m.
May 18 - IRON MAN 2 (PG-13) 7 p.m.
May 19 - GREEN ZONE (R) 7 p.m.
May 20 - IRON MAN 2 (PG-13) 7 p.m.

Mannheim, Schuh

May 14 - A NIGHTMARE ON ELM STREET (R) 7 p.m.
May 15 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 4 p.m.; A NIGHTMARE ON ELM STREET (R) 7 p.m.; BROOKLYN'S FINEST (R) 9 p.m.
May 16 - THE TOOTH FAIRY (PG) 4 p.m.; BROOKLYN'S FINEST (R) 7 p.m.

Vogelweh, Galaxy

May 14 - BROOKLYN'S FINEST (R) 7 p.m.
May 15 - GREEN ZONE (R) 3 p.m.; A NIGHTMARE ON ELM STREET (R) 7 p.m.
May 16 - A NIGHTMARE ON ELM STREET (R) 3 p.m.; BROOKLYN'S FINEST (R) 7 p.m.

Ramstein, Gateway Movieplex

May 14-IRON MAN 2 (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m., 9 p.m.; GREEN ZONE (R) 11:15 a.m., 1:30 p.m., 4 p.m.; BROOKLYN'S FINEST (R) 11:30 a.m., 2:40 p.m., 5:40 p.m.; HAPPILY N'EVER AFTER (PG) 3:30 p.m.
May 15-IRON MAN 2 (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m., 9 p.m.; GREEN ZONE (R) 11:15 a.m., 1:30 p.m., 4 p.m.; BROOKLYN'S FINEST (R) 11:30 a.m., 2:40 p.m., 5:40 p.m.; HAPPILY N'EVER AFTER (PG) 2 p.m.
May 16- IRON MAN 2 (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m.; GREEN ZONE (R) 11:15 a.m., 1:30 p.m., 4 p.m.; BROOKLYN'S FINEST (R) 11:30 a.m., 2:40 p.m., 5:40 p.m.; HAPPILY N'EVER AFTER (PG) 3:30 p.m.
May 17-IRON MAN 2 (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m.; GREEN ZONE (R) 11:15 a.m., 2:15 p.m., 5:15 p.m.; BROOKLYN'S FINEST (R) 11:30 a.m., 2:40 p.m., 5:40 p.m.; HAPPILY N'EVER AFTER (PG) 3:30 p.m.
May 18- IRON MAN 2 (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m.; GREEN ZONE (R) 11:15 a.m., 2:15 p.m., 5:15 p.m.; BROOKLYN'S FINEST (R) 11:30 a.m., 2:40 p.m., 5:40 p.m.; HAPPILY N'EVER AFTER (PG) 3:30 p.m.
May 19-IRON MAN 2 (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m.; GREEN ZONE (R) 11:15 a.m., 2:15 p.m., 5:15 p.m.; BROOKLYN'S FINEST (R) 11:30 a.m., 2:40 p.m., 5:40 p.m.
May 20-GREEN ZONE (R) 11:15 a.m., 2:15 p.m., 5:15 p.m.; BROOKLYN'S FINEST (R) 11:30 a.m., 2:40 p.m., 5:40 p.m.; HAPPILY N'EVER AFTER (PG) 11 a.m., 3:30 p.m.

THEATER INFORMATION

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

community HIGHLIGHTS

White House Communications

The White House Communications Agency will be in Heidelberg, Germany 9:30 a.m. May 24 at the Patrick Henry Village Theater to recruit servicemembers to join their agency. WHCA is looking for servicemembers with varied levels of experience and multiple specialties to provide direct service to their mission. Contact 202-757-5150. www.disa.mil/whca.

Primary Elections

The following states will hold primary elections during the months of May, June and July on the dates indicated.

May 18: Arkansas, Kentucky, Oregon, Pennsylvania
May 25: Idaho

June 1: Alabama, Mississippi, New Mexico

June 8: California, Iowa, Maine, Montana, Nevada, New Jersey, North Dakota, South Carolina, South Dakota, Virginia

June 22: Utah

July 20: Georgia

July 27: Oklahoma

The FPCA ballot application and instructions for the above states are available at www.fvap.gov/FPCA. Click on your state on the map and follow the instructions to register and request an absentee ballot. Some states allow submitting the FPCA by fax or e-mail in addition to regular mail.

New AKO Webmail System

A new redesigned webmail system is now available on Army Knowledge Online. The new webmail system features a desktop-like interface for managing e-mail and calendars, it also includes an integrated instant messenger client, improved encryption, secure signing capabilities and an AKO directory search. Users will be able to launch the new system by clicking "e-mail" on any portal page on AKO. www.usa.army.mil

Casualty Training

The next quarterly standardized two-day certification training for casualty notification and casualty assistance officers will be held 20-21 May in Bldg 255 room 7 on Sullivan Barracks in Mannheim. This announcement is primarily for service members in the ranks of E-7 and above. Others are welcome to attend on a space available basis. Registration: <https://portal.eur.army.mil/sites/IMCOM-E-BW/Baden-Wuerttemberg/ma/dhr/mpd/casualtymanagement1/default.aspx>. DSN 385-3371. gilbert.traore@eur.army.mil.

EMPLOYMENT

ACAP Counselor

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

Jobs for Teens

High schoolers ages 15-18, can sign up now for the next term of the Child, Youth and School Services Hired apprenticeship program June 14-Sept. 3. Receive a \$500 cash award and choose from a wide selection of placement sites to interview with. Get school credit through the Career Practicum program and earn hours toward scholarships. DSN 388-9396.

KAISERSLAUTERN Education

• **Resumix Classes** - Resumix classes are offered at 1 p.m. every Tuesday and 9:30 a.m. every Thursday. These classes are designed to assist individuals looking for government jobs through Civilian Personnel Online. Classes are held on Pulaski Barracks, Bldg. 2917. DSN 493-4029, civ. 0631-3406-4203.

• **CSB Briefing** - The Kaiserslautern Transition Center will host a briefing on Career Status Bonus May 19 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. Register. DSN 483-7071, civ. 0631-411-7071.

Community

• **Health Clinic Closure** - U.S. Army Health Clinic-Kaiserslautern, located on Kleber Kaserne, will close at 9 a.m. May 14 for a change of command ceremony. For patients requiring medication pickup, the pharmacy will remain open 8 a.m.-4 p.m. DSN 483-6265. kleber.clinic@amedd.army.mil.

• **Scholarship Banquet** - Alpha Phi Alpha Fraternity Inc. will host its annual scholarship banquet to honor outstanding DODDS seniors 7 p.m. May 15 at the Ramstein Officer's Club. This year's theme is "Excellence in Education, from the Classroom to the Boardroom". Tickets are \$40. Civ. 01712495071.

• **Landstuhl Road Closure** - Construction has started near Landstuhl Regional Medical Center. The road L-470 that goes to the Landstuhl Heliport (the satellite area) and LRMG Gate 3 is closed. The construction is expected to last until May 15. Visit www.kaiserslautern.army.for.dod for detour route and construction area.

• **Flea Market** - There will be an Indoor Flea Market 8 a.m.-2 p.m. May 15 at the Special Events Center on Rhine Ordnance Barracks, Bldg. 237. Visit for exciting deals on interesting treasures or to sell your own items. www.mwgermany.com.

• **Lecture Series** - The "Thinking Yourself Thin" lecture series will resume at the Landstuhl Library Bldg. 3810 near the Childcare Center 6-7 p.m. May 19 and 10-11 a.m. May 22. The next lecture, "Thinking Thinner... Now with Exercise" will feature exercise techniques and motivational tips to help you lose weight and keep it off. The lectures are free and open to the public. DSN 486-7276 civ. 06371-86-7276. rebecca.kotlowski@amedd.army.mil.

• **Right Arm Night** - Reward your team players, girl Fridays and right hand guys with an evening of camaraderie 4 p.m. May 20 at Armstrong's Club, Bldg. 103 on Vogelweh Housing. Enjoy snacks, games and prizes. DSN 489-6000, civ. 0631-536-6000.

• **Safety Day** - The Safety Office will

host a Safety Day 9 a.m.-4 p.m. May 20 at the Special Events Center, Bldg. 237 on Rhine Ordnance Barracks. The event will provide safety and health training and awareness to Army Soldiers and civilians and their families. Events will include safety and health training presentations, booths and displays. DSN 493-4040, civ. 0631-3406-4072.

• **American German Business Club** - The Kaiserslautern American German Business Club will host its next presentation meeting 6:30 p.m. May 26 at the Lautrer Wirtshaus, Im Bahnhof 17C, 67663 Kaiserslautern. The theme is "Using publications that reach the local U.S. market to expand reach to the American population here." Civ. 0631-74400.

• **Adult Night** - Community libraries will host numerous activities just for the 18 and older crowd 6-11 p.m. May 22. From scrapbooking to foreign films to video and board games. Enjoy a fun and relaxing night at the library. DSN 486-7322, civ. 06371-86-7322. www.mwgermany.com.

• **Pulaski VAT Office** - The Pulaski VAT Office is now open five days a week. Its new hours of operation are 11 a.m.-3 p.m. Monday-Friday. The office is closed on U.S. holidays.

HEIDELBERG Education

• **University of Phoenix** - The University of Phoenix is offering a face-to-face Master of Business Administration course beginning May 27 at the Patton Barracks Education Center. Please see your local field representative for more details.

• **University of Maryland** - The University of Maryland University College Europe registration for on-site courses is available now through May 30, with classes beginning May 31. Registration for distance education courses continues through June 13 with classes starting on June 14. This summer in celebration of the university's 60th anniversary, UMUC Europe is offering the \$500 Military Spouse Appreciation Scholarship. Both new and current students are eligible to apply. DSN 370-6762, civ. 06221-3780. www.edu.umuc.edu.

• **University of Oklahoma** - The University of Oklahoma Advanced Programs-Europe is now accepting enrollments for its Masters Degree in Human Relations and International Relations Programs. Both degrees can be completed in a special dual-degree program. All courses taught on site by Campus Professors. DSN 379-7919.

• **Financial Aid Seminars** - There will be a free financial aid seminar noon-1 p.m. and 5:30-6:30 p.m. May 20 at the Patton Education Center. Learn tips to finance your education and get the most from financial

aid and grants. Reservations: DSN 373-6986, civ. 06221-176986. hdpt@europe.umuc.edu. Walk-ins are also welcome.

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

Community

• **ACS Classes** - The following classes are now available at Army Community Service: Intro to MS PowerPoint, 9 a.m.-noon May 17; FLAG, 9 a.m.-2 p.m. May 17-19, Field Trip, 8:30 a.m. May 22; Active Parenting Now, 2 p.m.-4:30 p.m. May 17, 19 and 24; Resume Writing, 9 a.m.-noon, May 18; Communicating Assertiveness, 1-3 p.m. May 18; Bringing Baby Home, 1-4 p.m. May 20; Community Orientation Briefing, noon-3 p.m. DSN 370-6883, civ. 06221-57-6975. www.mwgermany.com/hd/acs.

• **Recycling/Reuse Center** - The Recycling/Reuse Center will be closed May 13 and 24 and the refuse collection schedule will be moved up by one day due to host nation holidays. Pickup will move from May 13 to 14, 14 to 15, 24 to 25, 25 to 26, 26 to 27, 27 to 28 and 28 to 29. Bulky item pickup will occur on May 25 instead of May 24 on all installations.

• **Health Center Closure** - The Heidelberg Health Center will be closed 8 a.m.-1 p.m. May 13, due to the Europe Regional Medical Command change of command ceremony. Limited services will be available in the Acute Care Clinic and pharmacy.

• **Salsa Night** - The Lion's Den on Patrick Henry Village will host a salsa night 6-8 p.m. May 14. Learn some sizzling salsa steps and make your own exotic drink. Free food and snacks. Open to all high school students. DSN 388-9396. www.mwgermany.com.

• **Spring Fling** - There will be a Spring Fling Luau at the Panther's Place 7-10 p.m. May 21 in the Heidelberg Middle School multi-purpose room. This will be the last dance of the school year. Open to all middle school students. Admission is \$3 in advance and \$4 at the door. www.mwgermany.com.

• **Scholarship Luncheon** - Alpha Kappa Alpha Sorority, Inc., Mu Psi Omega Chapter is holding its first scholarship Luncheon honoring DODDS Europe seniors noon-4 p.m. May 22 at Der Europäische Hof - Hotel Europa, Friedrich-Ebert-Anlage 1, Heidelberg. Donation: €50. All proceeds benefit the Mu Psi Omega Scholarship Fund. Civ. 06221-576543.

• **ERM Call Center** - The ERM Call Center is now open. The center provides centralized telephone appointments for routine medical appointments at Army health facilities throughout Europe. The call center staff takes routine appointment requests from 6 a.m.-6 p.m. Monday-Friday, excluding training or federal holidays. Beneficiaries may call 0800-ERM-CARE, or 0800-3762-2273.

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

MANNHEIM

• **Mannheim High School** - Mannheim High School will host a "Beyond the Bison Years Blowout" 3:15-4:30 p.m. May 27 at the Mannheim High School multi-purpose room. This event will feature a panel of MHS graduates presenting their stories of life after high school and the event is open to the community. There will also be a free spaghetti dinner, soft drinks and cake. DSN 380-4212. kris.wheeler@eur.army.mil.

• **Open House** - Social Work Services will hold an open house at noon May 14 in Bldg. 227 on Sullivan Barracks across from the Thrift shop. The SWs staff will be on hand to answer any questions about perceived obstacles to behavioral health contact and assistance. The SWs staff is seeking avenues to strengthen their ties with commanders and first sergeants in the Mannheim community. DSN 385-3118.

• **Baby Basics Health Fair** - The Mannheim Army Health Clinic and ACS are hosting a free "Baby Basics Health Fair," 10 a.m.-2 p.m. May 22 at the Mannheim Sports Arena. The event is free and will feature information for all expecting families and families with children up to age 1. Civ. 0621-730-9549.

• **Bellydancing Class** - Learn how to belly dance. The class instructor, Claudia will introduce students to a new exotic way of moving their bodies to oriental music. Classes held at the Sullivan Gym 7:30 p.m. every Tuesday. Sign up at the Mannheim USO.

• **Post Exchange** - The Mannheim Post exchange now carries toys, sporting goods, barbecue grills and bicycles that used to be sold at the Spinelli PXtra. The Spinelli PXtra now carries mostly furniture and large appliances.

Military hockey teams support the 2010 World Hockey Championships

By Tom Connell
ARMY, AIR FORCE, ADLER ALLIANCE

The Army Baden Bruins and the Air Force KMC Eagles hockey teams faced each other April 25 at the SAP Arena in Mannheim in an exhibition match aimed to prepare officials for the upcoming International Ice Hockey Federation World Hockey Championship.

"Playing by international rules and staged for television, both teams were thrilled at the opportunity," said Ken Robinson, Die Players Liga president. "Complete with commercial breaks, new pucks every two minutes, and of course, an ice management team for 'snow' removal, both the Baden Bruins and KMC Eagles experienced hockey as it is played at the international level."

Robinson, who currently plays for the Bruins, said he was thrilled at the opportunity to be part of such a high-profile event.

Robinson started the DPL in 2004, and has grown the league from seven to 40 teams in five years. He received assistance for this event from fellow American



Courtesy Photo

Retired 1st Sgt. Dave Ralston referees an exhibition match April 2, aimed to prepare officials for the upcoming International Ice Hockey Federation World Hockey Championship held in Germany.

and recently retired 1st Sgt., Dave Ralston.

"This is a once in a life time opportunity," Ralston, a seasoned hockey referee, said about the opportunity to work with the IIHF officials.

The 2010 IIHF World Hockey Championship are being held in Germany through May 23. This

special tournament hosts 16 of the world's top national men's hockey teams. Games are being played at either the SAP Arena in Mannheim or the Lanxess Arena in Köln.

More information about the IIHF World Championships and military hockey can be found at www.adleralliance.com.

Going for the goal



Linda Steil

Elijah Aiken (left), winds up for a kick during a game between two Heidelberg Youth Soccer teams May 1 at Patrick Henry Village.

staying ACTIVE

Youth Tackle Football Camp

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

Golf Tournaments

Heidelberg - The Heidelberg Sergeants Major Association will host a shotgun start golf scramble 8 a.m. May 14. Registration starts at 6:30 a.m. The cost is \$45 per person for four-person teams and includes greens fees, cart, range balls and lunch. Registration is open to the first 24 teams to sign up. Registration: Daniel.hingtgen@us.army.mil or brad.weber1@us.army.mil.

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

Hockey Sports Writer Wanted

The Army, Air Force, Adler Alliance is currently looking for hockey sports writers. Have you ever dreamed about being a sports journalist? Wouldn't you like to give your assessment of a professional hockey game, to include up close and personal interviews with the athletes? Well, as an A4 journalist, that is exactly what you will be doing. A4 is a non-profit sports media organization, run by military members, providing news and information about professional and military hockey in Germany. A4 has also partnered with the Mannheim Adler professional hockey team allowing A4 journalists complimentary tickets and access to players. For the upcoming IIHF World Championships, A4 will have a birds eye view on many of the games, to include a number of interviews with national players. info@adleralliance.com.

BOSS Paintball Challenge

The Heidelberg Better Opportunities for Single Soldiers is hosting a paintball challenge at the Rod and Gun Club in Oftersheim 1:30 - 4:30 p.m. May 22, June 12, July 10, Aug. 14 and Sept. 11. Cost is \$20 and includes gun rental, field costs and 500 paintballs. DSN 373-5275, civ. 06221-17-5275.

Volunteer Youth Coaches Needed

The Mannheim CYS Sports and Fitness Department is looking for volunteer coaches and officials for its youth sports programs. Coach and officials packets will be accepted throughout the year. No experience is required. The CYS Sports and Fitness staff will provide all of the training and materials. Coach's packets are available at Sullivan Barracks, Bldg. 696, Rm. 211. Registration for Mannheim Youth Summer Sports Camps will run throughout the summer. Parents can register their child at Parent Central Services, Bldg 742, Benjamin Franklin Village. DSN 380-9208, civ. 0621-730-9209, james.mcelwain@us.army.mil.

Sea Lions Swim Team

The Heidelberg Sea Lions are looking for swimmers. If your child is between the ages of 6 and 19 and can satisfactorily complete the swim proficiency test administered by a Heidelberg Sea Lions coach they can join the Heidelberg Sea Lions swim team. www.heidelbergsealions.com or email efssealions@yahoo.com.

Spring Fishing Course

Sign up for the 2010 Spring Fishing Course at the Heidelberg Rod and Gun Club 6-10 p.m. May 20 and 21, 9 a.m.-2 p.m. May 22-23. Fee is \$65 per person or take advantage of the super saver fee: \$100 family fee when two or more immediate family members sign up. Open to ID card holders ages 10 and over. www.mwrgermany.com.