

# HeraldPOST

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

## ONE VERY SPECIAL DAY

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

ENKENBACH-ALSENBORN, Germany – Their smiles proclaim them winners – exuberant and infectious, or a bit shy, but always radiant.

Countless faces sported huge smiles at the Kaiserslautern Special Olympics May 12 at the German Police Academy here.

Neither the dreary overcast skies nor the unseasonable cold could dim the smiles of the 800 athletes who participated in the games and the 1,650 volunteers who made it all possible. The athletes, between the ages of 8 and 70, came from 58 schools and institutions throughout Germany, including 19 Department of Defense Dependents Schools - Europe.

The Special Olympics, an international program of athletic competition for children and adults with intellectual disabilities, was hosted by the U.S. Army Garrison Kaiserslautern for its 27th year. As in the past 11 years, the games were co-hosted by and held at the grounds of the German Police Academy in Enkenbach-Alsenborn.

"This wonderful event demonstrates the great partnership we have with the police academy," said Mark Heeter, public affairs officer at USAG Kaiserslautern. He said the hosts tackled an incredible amount of planning and coordination to make this a first-class event.

"In the end, everyone was a winner. In the end, even the sun smiled on us – for about five minutes or so," he said.

Many Special Olympians, including 16-year-old Holger Jotter, a student at the Siegmund-Craemer-School in Bad Dürkheim, wore smiles – smiles that certainly outlasted and outshone the sun.

"He is having so much fun, it's contagious. He played softball and then we stood in line for three

see **SPECIAL OLYMPICS** page 14



Being wheelchair-bound did not prevent this athlete from enjoying a game of badminton at the Special Olympics at the German Police Academy May 12.

Angelika Lantz

## Garrison to host Motorcycle Rally and River Ride

By Dijon Rolle  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Harleys, Hondas, hotdogs and hamburgers – just a few of the sights, sounds and smells motorcyclists can expect to take in during the first-ever Motorcycle Rally and River Ride May 27 in Heidelberg.

The event, sponsored by U.S. Army Garrison Baden-Württemberg, is designed to help both new and old riders refresh their safety skills, share lessons learned, and meet fellow motorcycle enthusiasts – all while en-

joying a group ride along the Neckar River.

"The bottom line is that this event will serve as a vehicle to encourage riders to take responsibility for their safety," said Earnest Singleton, a safety specialist with the USAG Baden-Württemberg Safety Office, "by ensuring they have done everything possible to reduce their risk by taking operator training, wearing protective gear, and riding sober."

Singleton says that to date there has not been a serious motorcycle accident within see **RIVER RIDE** page 14

### Event Details

**Who:** All motorcycle riders in the USAG Baden-Württemberg footprint

**What:** Motorcycle safety activities and checks followed by a group ride and barbecue

**When:** May 27, 7 a.m.-5 p.m.

**Where:** Heidelberg Heliport and Heidelberg Rod and Gun Club

**Register:** Click the link under Hot Topics on [www.bw.eur.army.mil](http://www.bw.eur.army.mil) to register by May 24

**HP THURSDAY**  
May 20, 2010

### Speed Read

#### BWNOW ON FACEBOOK

Find us on Facebook at [www.facebook.com/BWnow](http://www.facebook.com/BWnow) to get up-to-date news, ask questions and answer the question of the week.

#### ERMC CHANGES LEADERS

Former Heidelberg Health Center dermatologist Col. Nadja West assumed command of the Europe Regional Medical Command, which oversees 19 Army health care facilities. 3

#### THEATER OF WAR

The Theater of War program stopped in Heidelberg on its European tour to discuss the challenges combat Soldiers face. 4

#### UMUC GRADUATION



More than 1,000 students from Europe, Africa and the Middle East graduated from the University of Maryland University College - Europe during a commencement ceremony in Heidelberg. 6

#### HEALTH CARE COVENANT

Garrison and medical leaders from the Heidelberg and Mannheim communities teamed up to sign the Army Medicine Health Care Covenant to dedicate themselves to providing quality services. 8

#### INCOM-E COMPETITION

Soldiers and NCOs from Installation Management Command-Europe competed in the annual Soldier and NCO of the Year competition in Grafenwöhr. The troops will find out in Heidelberg June 1 who claims the titles. 12

#### CYSS SUMMER CAMPS

Find out what camps are being offered for your kids in your community. 15

### Defense Details

#### NUKE TREATY

Saying the new Strategic Arms Reduction Treaty strengthens America's defenses, Defense Secretary Robert M. Gates Tuesday urged the Senate to ratify the pact between the United States and Russia. Secretary of State Hillary Rodham Clinton and Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen lent their voices at the hearing in support of the treaty.

**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
Leisure.....	15
Dear Ms. Vicki.....	16
GET OUT!.....	17
Movies.....	17
Sports.....	18
Announcements .....	20

## COMMENTARY

# Warrior spirit extends beyond the battlefield

By Ali Leone

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Recently, I was diagnosed with cancer and sent to Brooke Army Medical Center here for treatment.

I was terrified at what I might be facing and unsettled about leaving my home in Germany for treatment. It seemed a long way to go for what I had hoped could be taken care of at Landstuhl Regional Medical Center. However, LRMC staff assured me this was the best decision for my circumstances.

Brooke Army Medical Center is part of the San Antonio Military Medical Center, which includes BAMC and Wilford Hall, the Air Force equivalent. Here, you will find some of the most highly trained doctors, nurses and medical staff in the military.

You will also find a large population of service members in various stages of recovery from combat-related injuries. I knew this already when I found out I'd be coming here, and I was worried about facing this reality of war. I also was worried about what those already here would think about me – a military spouse – taking up space in this predominantly military treatment facility.

Living near Landstuhl, you see injured service members frequently, but for the most part you only see the recently injured, healing enough

to be sent back to the United States for further recovery and treatment. I guess maybe I've become used to this sight. It still takes my breath away and makes my heart ache, but it's less shocking to me now than three years ago when we moved to Germany. I am also in awe at these military members' ability to get through such a difficult time in their lives.

Here in Texas, however, I'm seeing a whole new side to the spirit of our military men and women. I live in a hotel room across the street from the hospital on the medical complex, and my hotel is surrounded by Fisher Houses. Every day when I leave my room, I see someone who has lost a limb or is bandaged from serious wounds. These service members are still recovering long after they've left Landstuhl.

Sometimes they are alone, sometimes they have their families with them. But they always have their heads held high and smiles on their faces. They have become a close knit group here – a family.

They wear different services' uniforms, but they greet each other as though they've been together for years. The spouses hug and talk about the latest news in their lives. The kids play like brothers and sisters.

The good-natured rivalry between services no longer exists. The only joking here is about who walks with more of a limp or who might be more

prone to a sunburn now. They've learned to talk openly about their injuries, sharing their progress with one another and even with the occasional stranger brave enough to ask.

Shortly after arriving, I sat in a waiting area with several of these wounded warriors. I listened as they talked about their third, fourth and even seventh surgeries. No one cried or whined, as they were all – spouses included – long past the stage of not being able to accept the next step in recovery. It was evident that the warrior spirit extends infinitely past the battlefield. That spirit was fighting in each of these military members to recover to the fullest extent.

I watched as young wives – women who could have passed for teens – lovingly supported their spouses in a way you typically see in a couple that has spent decades together. You could see in their eyes it didn't matter that their husbands wouldn't get out of that wheelchair. It was just that they were there. You could almost see the strength that now bonded these couples and that the little things probably weren't going to matter much anymore. These spouses have warrior spirit, too.

The medical staff was equally amazing to me. How do you face this much pain and suffering each day without having some kind of depression? I didn't see any of that, and I didn't see any rushed or rude personnel – just

the deepest compassion. They had a seemingly endless amount of caring and concern for all their patients, no matter how busy they might be.

I don't know which came first or which caused the other behaviors. Was it the compassion of the medical staff that lifted the spirits of the service members and their families, or was it the other way around? I couldn't figure that out, but decided it didn't matter. Their morale is high and their spirits are strong, and that's what is important.

In conversations with medical personnel and these amazing families, people would usually ask why I was here, and their response upon hearing my answer was always the same: compassion and support. My situation wasn't looked at as less because I wasn't a combat injury. I was given the same level of commitment and caring as all of our wounded warriors, and the families were just as willing to accept us into their group.

I could see this trip would be easier than I thought in some ways. Watching the warrior spirit at work has made my own situation a lot less scary. I'm laughing when maybe I would have been crying, talking when maybe I should be brooding, and my marriage is stronger when maybe it should be stressed. That warrior spirit has rubbed off on my family, too, and I'm so thankful that I'm here to receive it.



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

## BLOG ROLL

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

The bane of many a facility manager's existence... or a lifeline allowing some to bring serious matters to the attention of those they might be too intimidated to speak with face-to-face? A weapon for retribution against coworkers... or a wonderful way to recognize good service, programming and

random acts of kindness? This week, I'm throwing in my two cents on the ICE system. The Interactive Customer Evaluation Web site, or ICE as it is more commonly referred to, began with the very best of intentions – to provide an easily accessible way for folks to provide feedback on goods

and services located on military installations around the world... it doesn't make a difference where you live or where you shop... if it's on a military installation on this planet – ICE is your gateway to reaching the 'powers that be'.

-Jacqui Haggerty, BWnow member

## CORRECTION

In the May 6 issue of the Herald Post, the story on page 2, "HMS PTA recognizes dedicated mentor during Teacher Appreciation Week," incorrectly labeled the story as coming from the Heidelberg Middle School Parent Teacher Association. The author, Shirani Tisdale, is a member of the HMS PTA, however, she wrote the article as a parent.



**Commander, U.S. Army Garrison Baden-Württemberg:**  
Col. William C. Butcher  
**Public Affairs Officer:**  
Lira Frye  
**Command Information Chief:**  
Kelli Bland  
**Editor:**  
Lynn Davis  
**Reporters:**  
Christine June, Kaiserslautern  
Dijon Rolle, Baden-Württemberg

Contact information:  
**Herald Post**  
Building 107, Patton Barracks  
373-7277/7243 or 06221-17-7277/7243  
[usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil)  
**Baden-Württemberg Public Affairs**  
373-1400/1600 or 06221-17-1400/1600  
[usaghd.pao@eur.army.mil](mailto:usaghd.pao@eur.army.mil)  
**Kaiserslautern Public Affairs**  
493-4072 or 0631-3406-4062  
[usak.pa1@eur.army.mil](mailto:usak.pa1@eur.army.mil)  
**Mannheim Public Affairs**  
380-1600/385-3369 or 0621-730-1600/3369  
[usagmpao@eur.army.mil](mailto:usagmpao@eur.army.mil)

## Advertising:

All requests for advertising must be made to the publisher's sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; [www.hp-ads.de](http://www.hp-ads.de).

The Public Affairs Office and Herald Post staff may not accept advertising.

The Herald Post is published by Adolf Deil GmbH & Co. KG, a private firm in no way connected with the Department of the Army, under exclusive written contract with the U.S. Army Garrison Baden-Württemberg. This commercial enterprise newspaper is an authorized publication for members of the U.S. Army overseas. Contents of the Herald Post are not necessarily official views of, or

endorsed by, the U.S. government, Department of Defense, Department of the Army or the USAG Baden-Württemberg.

Appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the U.S. government, Department of Defense, Department of the Army, the USAG Baden-Württemberg, or Adolf Deil GmbH & Co. KG of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09102. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil).

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.

# Dermatologist takes over as leader of Army medicine in Europe

## ERMC Public Affairs

A former Heidelberg Health Center dermatologist assumed command of the Europe Regional Medical Command May 13 at Nachrichten Kaserne.

Col. Nadja West, who also has a degree in family medicine, will command 19 Army health care facilities, including Landstuhl Regional Medical Center, that serve more than 104,000 Soldiers, families and other beneficiaries in Europe.

She will serve concurrently as the U.S. Army Europe command surgeon and provide guidance and advice to the USAREUR commanding general and combat medical units in Europe, as well as to Army veterinary, dental and medical organizations in Europe that support Army medicine.

The U.S. Senate confirmed West's promotion to the rank of brigadier general May 7.

West most recently com-



Phil Tegemeier  
Brig. Gen. Keith W. Gallagher (left), outgoing commander, and Army Surgeon General Lt. Gen. Eric B. Schoomaker (right) are accompanied by the commander of troops for the Europe Regional Medical Command May 13 change of command ceremony and ERMC Chief of Staff Col. Karen M. Kelley.

manded Womack Army Medical Center at Fort Bragg, N.C., home of the 82nd Airborne Division. West, who served with the 24th Infantry Division during Operation Desert Storm, has also been assigned as 1st Armor Division Surgeon

and Director of Operations (J3) for the National Capitol Region. She was the first Army officer to join the leadership team of the National Naval Medical Center in Bethesda, Md.

West follows Brig. Gen.

Keith W. Gallagher, who will take command of the Pacific Regional Medical Command and Tripler Army Medical Center in Hawaii.

During the ceremony, Army Surgeon General Lt. Gen. Eric B. Schoomaker passed

the ERMC colors to West as a symbol of the change in leadership.

Following the command change, Schoomaker – who earlier presented the outgoing commander with the Distinguished Service Medal – said ERMC initiatives during Gallagher's tenure in electronic medical record keeping and the creation of one-stop wellness centers became Army standards. ERMC led the U.S. Army Medical Command in customer satisfaction ratings.

Gallagher thanked commanders, staff and family members who supported him and said he looked forward to seeing Europe Regional Medical Command's continuing successes.

West gave her "solemn vow to continue the outstanding legacy of ERMC and to build upon successes gained under Gallagher's awesome leadership."

# Army seeks 'strong' stories

## Armystrongstories.com blog opens to the world

By Brian Lepy  
ARMY ACCESSIONS COMMAND PUBLIC AFFAIRS

FORT KNOX, Ky. – *Armystrongstories.com*, the Army blog previously limited to Soldiers and civilian employees, is now open to anyone who wants to tell an Army story.

Launched in January 2008 by Army Accessions Command as a social media outreach effort, *ArmyStrongStories.com* also has an updated look, easy-to-navigate layout, and greater integration with video and Facebook.

"Everyone connected to our Army is invited to visit *ArmyStrongStories.com* and share their story," said Lt. Gen. Benjamin Freakley, Army Accessions commander. "Your experiences - as a spouse, parent, grandparent, child or friend of our men and women in uniform - are invaluable to all Army supporters. We're pleased to offer a program that brings these stories to life in an online platform that encourages conversation and participation."

Since the Web site's relaunch, more than 160 Soldiers with backgrounds ranging from medical and human resources to legal and public affairs have written more than 860 blog posts.

One of those Soldiers is Staff Sgt.

Genevieve Chase, a Reserve Soldier with the 301st Military Intelligence Battalion.

"Soldiers should join Army Strong Stories for a number of reasons, not the least of which is that the Army doesn't always do the best job at telling its own story," she said. "Online and in the media, the negative stories are always given a platform. Soldiers, every one of us, have some of the best stories to tell."

Born at Fort Campbell and raised around and on military bases, Chase brings many perspectives to her blogging: NCO, Afghanistan deployment veteran, female, and active-duty and Reserve service.

"Soldiers see things the average American never gets to see or experience. We've been places and done things that 95 percent of Americans will never do or see," Chase said. "We learn to not take our liberties, our freedoms, our families, our lives for granted. Communicating that experience to Americans can help narrow the gap between what they don't know and what they should know about the military, Soldiers and the world."

The service range of the *Armystrongstories.com* contributors is wide. From Chase's 10 years, to Col. Thomas Palmatier at 32 years, to Pvt. Robin Davis, who joined the Army in 2009, the blog's voices are diverse.

"I was looking to write about my

experience in joining the Army," Davis said. "I found a few Web sites and decided to sign up for this one (*Armystrongstories.com*)."

The 20 year old from Soldotna, Alaska, was not aware that the Web site was associated with the Army. His online writing experience did not begin on *Armystrongstories.com*.

"I started blogging on a Facebook personality page I created," he said. "I was in advanced English classes in high school. I write when I am inspired to do so."

Davis said he appreciated that the Web site's intent was "To present the inside, unfiltered side of a Soldier's story."

Freakley realizes that open, honest communication on *Armystrongstories.com* is a benefit for both the Army and American citizens. He encourages Soldiers to join the site in a video at *Armystrongstories.com/about-site*.

As the higher headquarters for U.S. Army Recruiting Command and U.S. Army Cadet Command, Accessions Command is made up of more than 18,400 Soldiers and civilians that have more direct contact with the American public than any other Army command.

"We anticipate this platform will contain topical, relevant and realistic discussions about issues and events facing our Soldiers and those influenced or impacted by their service to this nation," Freakley said.

## National Mental Health Month

It is easy to prevent, identify, and treat a problem when it comes to one's physical health. The methods for prevention, identification, and treatment of mental health issues might not be as obvious. During May and National Mental Health Month, you can learn more about those issues and follow this year's theme, "Live Your Life Well."

### Prevention

1. Sleep. Sleep helps to regulate physical processes in your body and is essential for coping with and preventing stress, depression and anxiety. Aim for seven or eight hours of sleep to function at your best.
2. Be positive. Shift your perspective from negative to positive by catching yourself when you worry about things you cannot control or when your self-talk focuses on the negative details.
3. Connect with others. Social support from family, friends and coworkers provides you with someone to talk to when times are difficult as well as someone with whom you can laugh and share good times.
4. Eat well. Fuel your body with nutrients and vitamins that support mental and physical health. Focus on natural foods – fruit, vegetables, fish and nuts. Removing the junk food from your diet and replacing it with healthy foods can create changes in your brain chemistry to improve your mood.
5. Play. When was the last time you did something just for fun, just for you? Engage in fun activities and laugh.

### Identification

Psychological pain can be more difficult to identify than physical pain. Its effects on well-being, however, are every bit as painful. Not feeling like going to work, withdrawing from friends and family members, changes in eating and sleeping patterns, losing interest in activities that you used to enjoy, and worrying more than usual can all be signs of a problem. If you notice these symptoms in yourself or another person, it is important to seek help.

### Treatment

Seeking help does not mean you are "crazy." Skilled professionals are equipped to listen to you and to help you create and use coping resources to address the issue. Treatment options include talking to a chaplain, a behavioral health professional, a Military OneSource representative ([www.militaryonesource.com](http://www.militaryonesource.com)) or a provider in the local community.

**More Information** – [www.health.mil](http://www.health.mil), [www.behavioral-health.army.mil](http://www.behavioral-health.army.mil) and [www.afterdeployment.org](http://www.afterdeployment.org)

## 'Theater of War' uses TV stars to address combat challenges Soldiers face

By Lynn Davis  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

When ancient Greece's most decorated playwright and army general, Sophocles, wrote about the many challenges and issues soldiers faced in the 5th Century B.C., he probably didn't realize those same scenarios would apply to Soldiers 2,500 years later.

With the growing number of Soldiers facing post-traumatic stress syndrome and thoughts of suicide, finding an effective way to communicate what services are offered and the simple fact that it's OK to ask for help can be a challenge.

That's why Bryan Doerries, translator of Sophocles' works, along with producing partner Phylliss Kaufman, created "Theater of War," a project of the Defense Center of Excellence for Psychological Health and Traumatic Brain Injury, performed in Heidelberg at the Patrick Henry Village Theater May 12, the first of 18 performances scheduled in Germany. Locally, the performance also was scheduled to take place at 9 a.m. and 4:30 p.m. today in Kaiserslautern.

The program includes a dramatic reading of two of Sophocles' plays, "Ajax" and "Philoctetes," which both portray events of war and the medical and psychosocial effects of trauma on Soldiers, families and communities.

After the reading, a town hall discussion is held about the challenges faced by combat service members and veterans today.

"These events are powerful opportunities for the audience to safely discuss and constructively reflect on physical and emotional injury, death and life-threatening experiences, stigma, grief and loss; supportive relationships and the timeless relevance of these lessons in prolonged combat," Doerries said.

Before the performance, Doerries asked five members of the audience to act as a panel after the reading and share their thoughts about the plays and how the scenarios may have related to them personally.

The panel consisted of a chaplain, the spouse of a deployed service member, and an officer and two noncommissioned officers with previous deployments.

"I related to the entire reading

of "Ajax," said Jennifer Murphy, spouse of a deployed Soldier. "Many times I feel like my husband and I have a constant feeling of fear of the unknown and fear of the future. I want to support him so badly, but I watch him question himself and his career."

Murphy said one of the lines that really stood out to her was when the wife of Ajax said, "I don't understand how a strong man can say such weak words."

"I can't tell you how many times I have thought that to myself about my husband," Murphy said.

Recognized stage and screen actors performed the readings. Actors in the USAREUR tour include Gretchen Egolf who has appeared in "Roswell," "Journeyman," and "Law & Order SVU;" Jamie Hector who has appeared in "Heroes," "The Wire," "Law & Order," and the short film "Five Deep Breaths;" Reed Birney who has appeared in "Gossip Girl," "Kings," and "Law & Order;" and Brendan Griffin who has appeared in "Law & Order" and the TV movie "Taking Chance."

They all have television backgrounds, but chose to be a part of the program because of the format of the performances.

"You can feel such an immediate impact," Egolf said. "When you are doing a television show or a movie or a play in the theater, either the lights are all down or people are miles away watching you in their living room."

"Here, the lights are all on, you can see the faces in the audience and everyone is having an emotional experience together. Directly afterwards, people express how they feel and immediate reaction to what you have just done and it's very gratifying actually."

With this different approach to increasing awareness of post-deployment psychological health issues, organizers hope that "death by Powerpoint" will soon be a thing of the past.

"Let us know what you think of programs like this," said Heather Robinson, U.S. Army Garrison Baden-Württemberg Alcohol and Substance Abuse Program coordinator. "The more feedback we get about cool things like this, the more funding we'll get to bring more cool things over here. Then you won't be stuck with me going, 'next slide.'"

## Remembering Ardy



Courtesy Photo

Staff Sgt. Kristopher Maranville, a kennel master with 527th Military Police Company, 709th MP Battalion, takes a break on the beach in Normandy, France, while on a mission with his military working dog, Ardy. Ardy died May 6 from an aggressive case of cancer.

## MPs honor life of military working dog

By Sgt. Adrienne Killingsworth  
18TH MP BRIGADE PUBLIC AFFAIRS

While a military working dog might officially be classified as a "highly specialized piece of equipment" by Army standards, in the world of military working dogs – especially where a dog is a partner, a friend and a battle buddy to its handler – the bond that develops is often one of genuine caring and love. To lose that partner – that buddy – is a loss that is deeply felt.

The Army lost one of its finest working dogs May 6 in Kaiserslautern when MWD Ardy, a patrol explosive detection dog with the 527th Military Police Company, 709th MP Battalion, was put to rest after it was discovered his aggressive case of cancer could not be treated.

It was a somber end for an MWD who soldiered on despite the years of hard work and multiple deployments.

Ardy began his career in Germany in 2003 in Darmstadt. In his seven years as an MWD, Ardy deployed four times – twice to Afghanistan and twice to Iraq.

When Ardy's handler, Staff Sgt. Kristopher Maranville, kennel master for the Hohenfels Kennels, first got word in 2007 that he would be getting Ardy, he said that even then, "I knew I was getting a good dog."

But, more than getting a good dog, Maranville was getting a good partner.

"They were a match made in heaven. They were like father and son," said Staff Sgt. Terrence Parker, a fellow dog handler with the 527th.

Ardy and Maranville deployed together once to Iraq and once to Afghanistan, where they went on combat missions outside the wire and provided force protection.

As a PEDD, Ardy's training and instincts were as important to the success of their missions as the training of the Soldiers he was there to protect. Ardy's contributions to the Army and its Soldiers are not easy to measure, but they are impossible to overlook.

While a typical working dog usually begins to be cycled out of its job at around 7 years old, Ardy was still going strong at almost 10, until his illness took hold.

"He was a hard worker," Maranville said. "He liked to do his job – he wouldn't quit doing his job."

And while Ardy may have been the "old man of the Kennel" as Parker called him, his age didn't seem to hold him back in his job or in his affection for his partner. Even though he weighed 85 pounds, "Ardy was so happy whenever (Maranville) would walk into the room, he would bounce up and down," Parker said.

That type of a welcome for his partner seemed to typify Ardy's personality – of which there was a lot.

Despite the fact that he was an 85-pound German Shepherd, Ardy made friends wherever he went. Everyone liked him, Maranville said. He just had that kind of personality.

"The day they put him down, he had all the vet techs in tears," Maranville said. "He was just that kind of dog. They grew attached to him in less than a week."

Trained dogs have a proud heritage in the military. They have been used in the world's military forces since they were first organized – amplifying Soldiers' skills by acting as an extension of them. As people take this time to remember Ardy, it is comforting to know that even though he will be missed, a fine example of a "war dog" has been added to that proud legacy.

# More than 1,000 graduate

## UMUC Europe honors students from Europe, Africa and the Middle East

By Cristina Willard  
UMUC EUROPE

University of Maryland University College Europe recognized graduating students at its 58th annual commencement ceremony in Heidelberg May 8.

The ceremony honored more than 1,000 students from across Europe, Africa and the Middle East who earned their associate's, bachelor's or master's degree with UMUC or its partner institution, Bowie State University.

The guest speaker and honorary degree recipient was James B. Smith, U.S. ambassador to the Kingdom of Saudi Arabia.

With an emphasis on global citizenship, Smith offered words of encouragement and advice to the graduating class of 2010: "The challenge for your generation will be to seek out opportunities for dialogue, to find ways of tearing down walls instead of building them up, and this will be the most important challenge of your generation. And in the course of your dialogue, if you ever hear or say the words 'I trust you,' you will be able to get anything done."

During his address, Smith said history will judge this generation well. "You are a unique breed of graduates, as most of you have been tested in the crucible of real life, real responsibilities, including, for some you, combat itself."

Motivating students to make a difference, he said "You are global citizens to whom the world will look for answers."

UMUC President Susan Aldridge also placed a focus on global citizenship and the collective issues facing the world today including "global terror-



Sarah Sanchez from Kaiserslautern waves while awaiting the commencement ceremony along with fellow 2010 graduates of UMUC Europe in Heidelberg May 8. After three attempts to earn a degree, Sanchez celebrated the completion of her bachelor's degree in psychology.

ism, global hunger, global disease and global climate change."

She encouraged graduates to think and act globally and listed several attributes of what comprises good global citizens: "They've discarded the traditional 'melting pot' theory in favor of what we call a 'salad bowl' philosophy ... choosing to embrace the world as a vibrant fusion of different ingredients that are each essential to a successful whole."

She said UMUC students who have learned both face-to-face and online, studying in Europe, the Middle East, the United States and around the world – or wherever they call home – have a unique understanding of global considerations.

Aldridge highlighted students who have persevered in the face of deployments, illness, family obligations and other responsibilities, including stories about 2010 graduates Larry Quade, Raffique Nishan Khan, Sarah Sanchez and Timothy Heefner.

After sustaining a severe injury in 2006, Larry Quade was assigned to the Army Warrior Transition Unit in Vilseck in 2009. Shortly after he arrived, he told his commander

he wanted to be the most successful story to come through the unit, which served as a powerful motivation for him to achieve his goals. He overcame multiple surgeries to become an inspiring success story, earning an associate's degree in less than a year.

Raffique Nishan Khan, an enlisted soldier stationed in Schweinfurt, was born in Trinidad and is the first in his family to earn both a GED and a college degree.

"This is my first graduation," he said. "I never really had a high school graduation – I was a GED recipient. The only other graduation I had beside this was my basic training graduation."

Military spouse Sarah Sanchez says 'the third time is the charm' for earning her degree – her first attempt was put on hold because of a serious car accident. During her second try, she left college to focus on raising her family. Now, after her third attempt, the Kaiserslautern-based spouse is celebrating the completion of her bachelor's degree in psychology.

Timothy Heefner, who earned his associate's degree in management, made a promise to his mother that if she earned

her degree, he'd go on to earn his degree. She did, at age 55, which encouraged him to reach his goal. Even though his mother has since passed away, his father and brother traveled from Pennsylvania to the ceremony to see the fulfillment of his promise.

"It's taken me 10 years, but I'm here ... I've gotten this far," Heefner said. "I want to keep going... because you can always keep learning. I will keep studying until my tour of duty is up."

The graduating class included active-duty military students from the Army, Air Force, Navy and Marine Corps, as well as family members and civilians stationed abroad. The students in the class of 2010 have earned degrees in a variety of disciplines, including more than 500 associate's degrees, nearly 500 bachelor's degrees in the liberal arts from UMUC, and more than 100 master's degrees with UMUC and Bowie State University.

John Barbato and Pilar Pulido, nominated by students and selected to be the recipients of the 2010 Stanley J. Drazek Teaching Excellence Award, were also recognized at the ceremony in Heidelberg for distinguished excellence in teaching.

## Converting from NSPS to GS Frequently Asked Questions

### Q. Who is going to transition me out of NSPS?

A. The human resources practitioners servicing your organization will transition NSPS employees to appropriate non-NSPS personnel systems.

### Q. I was hired into the federal government under NSPS and never worked under GS. Where can I learn about the GS system?

A. The Web-based GS 101 training course is accessible from the NSPS Web site and provides an overview of the GS system. Information is also available on the Office of Personnel Management Web Site ([www.opm.gov](http://www.opm.gov)). Your servicing human resources office can provide additional information.

### Q. Since NSPS is repealed, why do I still have to work with my supervisor to develop performance plans and job objectives?

A. Federal employees are expected to have annual performance plans and appraisals. One of the key features of NSPS was the alignment of mission and individual job objectives. This is a positive aspect of any performance appraisal system. Regardless of an employee's personnel system, it is important to understand how work aligns with mission and organizational priorities so expectations for where and how employees should focus efforts are clear. The Department of Defense encourages all employees to continue to have mission-aligned objectives.

### Q. What is retained pay?

A. Retained pay is a provision under the GS system that allows employees whose salary exceeds step 10 of their assigned grade to keep their pay.

### Q. Who determines my grade?

A. A human resources specialist, or a supervisor or manager with delegated classification authority, determines your grade using GS classification criteria. This determination is based on the duties and responsibilities assigned by your supervisor.

### Q. If my salary falls between two steps of my assigned grade, what step will I be assigned?

A. If your salary falls between two steps for your assigned grade, you will be placed on the higher step.

### Q. If I converted into NSPS from a GS-12 permanent position and my duties and responsibilities have not changed, will I be transitioned from NSPS at the GS-12 grade level?

A. Yes. Employees who remain in the position from which they were converted to NSPS will return to the GS grade they were previously assigned. However, a change in duties, a change in the classification criteria, or a previously misclassified GS position may result in a different grade. Your grade will be determined using GS classification criteria and is based on your permanent duties and responsibilities assigned by your supervisor.

### Q. What can I do to prepare for the transition?

A. You can:  
Sign up for NSPS Web alerts on the NSPS Web site homepage so you receive routine updates.  
Bookmark the NSPS Web site and visit it often.  
Take GS101, a Web-based course on the NSPS Web site, covering the basics of the GS system.  
Read the transition-related guidance on the NSPS Web site.

### Q. How does NDAA 2010 (Public Law 111-84) affect NSPS employees?

A. NDAA 2010 requires the transition of NSPS employees, with no loss of or decrease in pay upon conversion out, to non-NSPS personnel systems not later than Jan. 1, 2012.

For more information: [www.cpmc.osd.mil/nsps/faqs.html](http://www.cpmc.osd.mil/nsps/faqs.html)

## Heidelberg, Mannheim garrison, medical leadership sign health care covenant

HMEDDAC Public Affairs

Heidelberg Medical Department Activity Commander Col. P.K. Underwood and U.S. Army Garrison Baden-Württemberg Commander Col. William C. Butcher signed the Army Medicine Health Care Covenant May 7 at the Heidelberg Health Center.

The signing took place in front of Soldiers and civilians of HMEDDAC during the organization's Spring Safety Stand-Down Day.

USAG Mannheim Commander Lt. Col. Elizabeth Ryan Griffin and Mannheim and Coleman Army Health Clinics Commander Lt. Col. Christopher M. Christon signed the Mannheim covenants April 30 as part of the Coleman Health and Dental Clinic Health Fair.

The covenants also are signed by Surgeon General of the Army Lt. Gen. Eric B. Schoomaker and the U.S. Army Medical Command's Command Sgt. Maj. Althea C. Dixon.

"This covenant shows our commitment to working with our local community and working together to provide the highest-quality health care to our Soldiers and their families," Underwood said.

At the Heidelberg ceremony, Butcher expressed his appreciation to the Soldiers and staff members of the Heidelberg MEDDAC for the work they do every day to take care of the military community.

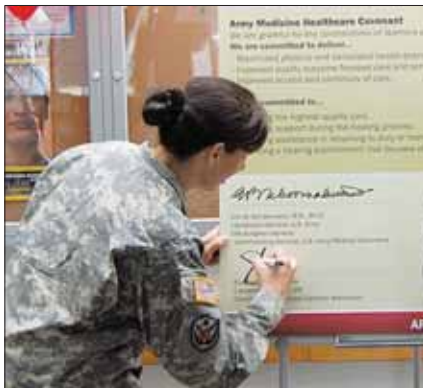
Griffin had a similar sentiment at the Mannheim and Coleman ceremony, saying she enjoys working together with the health clinics to provide care for the community in her command.

The Army Medicine Health Care Covenant is a commitment to deliver maximized physical and behavioral health promotion, improved quality outcome-focused care and services and improved access and continuity of care.

It also shows the commitment of Army Medicine to providing the highest quality care, providing support during the healing process, providing assistance in returning to duty or transitioning to civilian life, and providing a healing environment that focuses on mind, body and spirit.

"We are proud of the work we do each and every day to take care of our beneficiaries," Underwood said. "We are committed to continuing our work and ensuring we continue to 'Bring Value and Inspire Trust,' as the motto of Army Medicine states."

The signed covenants will now hang on display in the Heidelberg Health Center and the Mannheim and Coleman Army health clinics.



Courtesy Photo

Lt. Col. Elizabeth Ryan Griffin, U.S. Army Garrison Mannheim commander, signs the Army Medicine Health Care Covenant at the Coleman Army Health Clinic in Mannheim.

## Faces of the community: Transportation Motor Pool



Dijon Rolle

Erwin Krepper, motor vehicle operator, inspects a recently returned passenger vehicle outside of the Transportation Motor Pool dispatch office on Patton Barracks. The TMP dispatch office is responsible for issuing non-tactical vehicles to service members and government civilians throughout U.S. Army Garrison Baden-Württemberg and operating the community shuttle bus. The dispatch office is located in Bldg. 157 on Patton Barracks. Operating hours are 7:15 a.m.-4 p.m. Monday-Friday. The office is closed on German and U.S. holidays but emergency dispatch assistance is available on German holidays. DSN 373-1800, civ. 06221-17-1800.

## HMS students receive recognition

By Dawn White  
HMS PTSA PUBLICITY

Many Heidelberg Middle School students have been hard at work this spring showing off their talents and creativity. HMS is proud to recognize these students for their achievements.

### Geography Bee

This month HMS Geography Bee champion Will Miller is headed to Washington, D.C., for the national competition. As a Department of Defense overseas school winner, Will took a test administered by the National Geographic Society in lieu of competing in a state-level competition.

"I still can't believe it," Will said about the opportunity to compete at the highest level.

### PTA Reflections

Five HMS students' creations were winners in this year's 40th annual European PTA Reflections competition. The winners were sixth-grader Megan Watt, Film Production Award of Excellence; eighth-grader Kyler Koester, Literature Award of Excellence; eighth-grader Dhillon

Tisdale, Musical Composition Award of Merit; eighth-grader S. Michaela Steil, Photography Award of Merit; and eighth-grader Debbie Oak, Visual Arts Award of Excellence. These students were invited to attend an awards ceremony held Wednesday at the AFRC Edelweiss Hotel in Garmisch during the European PTA's Annual Convention.

### Showcase 2010

The following HMS students were recognized for their outstanding submissions to the Showcase 2010 competition. For poetry: eighth-graders Kristina Bean, Daizha Berry, Kyler Koester and Malory Lacy and sixth-grader Jada Williams. For art: eighth-graders Marcella Jugueta and Debbie Oak and seventh-grader McKenna Thomas-Franz.

### Odyssey of the Mind

HMS had two teams compete at the Odyssey of the Mind Regional Competition in Kaiserslautern in late March. Team members Morgan Billmaier, Audrey Daly, Christine Evans, Eric Ferraro, Justyna Hines, Julia John-

son, Christine Ladra, Gillian Morton, John Morton, Ashley Reed and Emiley Stallings had worked diligently since September on their entries in the problem categories titled "Return of the Gift of Flight" and "Discovered Treasures."

HMS coach and sponsor Kina Stallings says she supports the program, "because it gives students a chance to be challenged while giving them a safe place to be who they really are. Sometimes creativity is not as encouraged as it could be, but in Odyssey of the Mind, the more zany and creative a person is the better."

The "Discovered Treasures" team was chosen to compete at the World Finals being held at Michigan State University May 26-29. The team members will use the teamwork and creativity skills they have honed during the school year. When asked about the chance to compete in the upcoming World Finals, seventh-grader Audrey enthusiastically said, "We feel so honored and excited about the chance to represent HMS."

## our ARMY around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)



Daren Keenil

A young spectator interacts with members of the Ranger Training Battalions during the 2010 Best Ranger Competition, Fort Benning, Ga., May 8. Families and spectators were allowed to view specific portions of the competitions to cheer on their teams.



U.S. Army Photo

Gen. George W. Casey Jr., U.S. Army chief of staff, applauds the Army's wheelchair basketball team after presenting them silver medals during the Warrior Games at Colorado Springs, Colo., May 13. Some 200 wounded active-duty members and military veterans competed in the inaugural Warrior Games last week.



Spc. Glenn M. Anderson

Maj. Gen. Eldon Regua, the commanding general of the 75th Battle Command Training Division in Houston, receives a briefing from Lt. Col. Timothy Pelfry, the commander of the 773rd Civil Support Team, on the Analytical Laboratory Systems May 6 at Daenner Kaserne's parade field in Kaiserslautern. The ALS is a mobile platform that allows the 773rd CST the ability to conduct presumptive analysis of unknown or potentially harmful chemical and biological agents as well as radiological detection at an incident site. The ALS can then assist in transmitting that information electronically to the unified command suite in support of the first responder incident commander.



U.S. Air Force Staff Sgt. Renae Saylock

The Army Golden Knights perform a tandem jump during a demonstration at the Joint Service Open House on Joint Base Andrews Naval Air Station Washington in Maryland Friday. The Golden Knights' show consists of four separate maneuvers, showing the different capabilities of the human body while falling at speeds in excess of 120 mph.

## IMCOM-Europe Soldiers compete for annual honors

By Tom Saunders  
IMCOM-EUROPE PUBLIC AFFAIRS

Top Soldiers from Installation Management Command-Europe competed in the Region's Soldier and Non-commissioned Officer of the Year competition May 2-5 in Grafenwöhr with winners set to be announced June 1.

According to IMCOM-Europe Command Sgt. Major Tracey Anbiya, the Village Pavilion at Patrick Henry Village in Heidelberg is the place to be June 1 for unit members

and workers to root on their fellow Soldiers during a luncheon ceremony at 11:30 a.m.

"Last year's ceremony was enthusiastic, and we are expecting a lot of Soldiers being Soldiers' again this year," Anbiya said. "This is a chance for members from our communities across Europe along with our entire IMCOM-Europe workforce to share camaraderie and pay tribute to our Soldiers."

The annual Soldier competition is a three-phased event. Phase 1 of the competition

was the unit selection of an NCO, while Phases 2 and 3 were held at Grafenwöhr.

During the competition at Grafenwöhr, participants underwent a comprehensive evaluation of skills ranging from physical fitness to military knowledge, including land navigation exercises, weapons qualification and written exams.

The two region selectees will represent IMCOM-Europe at the Military District of Washington competition at Fort A.P. Hill, Va., at a later date.

Anbiya said the region ceremony at PHV will follow a professional structure, but much of the script and format will also focus on letting competitors and attendees "have a bit of fun."

"This event is all about recognizing professionalism and pride, and those two ingredients bring out enthusiastic support from Soldiers, families and colleagues. So, it should be a very special event," Anbiya said.

From the garrisons under U.S. Army Garrison Baden-

Württemberg, Kaiserslautern's Sgt. Mark Arnett will compete in the NCO category.

Command sergeants major at garrisons throughout Europe are coordinating logistics of transporting representatives from local garrisons to attend the ceremony.

Anbiya said individuals wanting to attend the ceremony should work through their military chain of command to get information about transportation. Cost for the meal is \$10 for sergeant first class and above and civilian attendees.



Speaker of the House Nancy Pelosi and fellow congresswomen greet a patient during their May 10 visit to Landstuhl Regional Medical Center.

## Speaker of the House delivers message to wounded warriors

By Samantha Merkle  
LRMC PUBLIC AFFAIRS

Speaker of the House Nancy Pelosi and fellow congresswomen visited patients and staff May 10 at Landstuhl Regional Medical Center.

During her bedside visits with injured service members from Iraq and Afghanistan in the intensive care unit and medical-surgical wards, Pelosi thanked wounded warriors for their service and commitment to the country.

Along with her personable message of thanks, Pelosi presented coins from the speaker's office.

"This is not only a coin, but an invitation to come to Washington, D.C.," Pelosi said while presenting coins to patients. One of them was Lance Cpl. Zach Gillilan, a wounded Marine who just arrived from Afghanistan. The 20-year-old Marine thanked the congressional leaders for their unexpected visit that he described as a huge success in raising patients' spirits and uplifting morale.

Pelosi and fellow congresswomen spent

time listening to the stories of Gillilan, who is being treated for injuries sustained in an Improvised Explosive Device blast, and 1st Lt. Justin Trowbridge, a 24-year-old fellow Marine being treated for a gunshot wound received during a firefight in Afghanistan.

Pelosi and the congressional delegation had just arrived from Afghanistan where they paid tribute to military moms on Mother's Day.

"We thanked all service members," Pelosi said of her trip to Afghanistan. "But we wanted to give a special thanks to our women and honor their commitment to our country, especially the mothers who missed spending Mother's Day with their children."

In addition to Pelosi, other members of the congressional delegation included Susan Davis of California, chair of the Armed Services Subcommittee on Military Personnel; Madeleine Bordallo of Guam, member of the Armed Services Committee; Niki Tsongas of Massachusetts, member of the Armed Services Committee; and Donna Edwards of Maryland, member of the Science and Technology Committee.

## 405th AFSB supports Austere Challenge 10

405th AFSB Public Affairs

Sixteen members of the 405th Army Field Support Brigade returned to Kaiserslautern May 9 after completing the setup of a forward command post in support of the Austere Challenge 10 exercise.

The brigade's mission requires support of both U.S. European Command and U.S. Africa Command and must be capable of deploying a FCP to sustain theater operations. The brigade participated in AC10 to validate its deployment capabilities.

"As a deployable brigade, we must train and practice so that we can be prepared for a deployment if we have to execute one in the future," said Col. Jack Haley, 405th AFSB commander. "We had a very thorough review of last year's exercise and learned some lessons about what we need to improve, and we executed our deployment even more effectively this year."

For this deployment exercise, the brigade used two new pieces of equipment in the FCP. For the first time, the brigade erected a deployable rapid assembly shelter.

"The brigade currently has two different-sized tents in our inventory for establishing a FCP in the field," explained Maj. Kevin Emerick, a member of the deployment team. "The DRASH is unique in that the design incorporates a self-contained composite frame, so there are fewer poles, parts and pieces to go missing. The other

primary advantage is the relatively short amount of time required for set-up in comparison to the old general purpose small and general purpose medium canvas tents."

The brigade also used a SIPR/NIPR access point for the first time. The SNAP is a satellite communications system that enables the brigade to be self-supportive in communications.

"By utilizing the SNAP, the FCP was able to conduct both secure and non-secure video teleconferences and access worldwide Defense Switched Network voice telephone lines," said Mark Dillingham, the brigade's director of information management. "The FCP was also able to host other systems, including the Command Post of the Future, which enhanced the brigade's capabilities to support our mission during the exercise."

Lt. Col. Eric Helm, the FCP officer in charge, was impressed by the SNAP.

"Our information technology and communications team did a great job setting up and maintaining the SNAP during the deployment," he said. "By using the system, our communications capabilities were extremely reliable throughout the exercise."

Haley believes exercises such as AC10 are critical to the brigade. "These exercises are extremely important for us," he said. "It's our chance to get out in the field and do what we're prepared to do – deploy in support of the Soldier."



## A helping hand



Mark Heeter

Abigail Blair, 8, tries her hand at removing a cast from the arm of Pfc. Peta Townsend, 212th Combat Support Hospital, with a little help from Pfc. Vanessa Suponch, also with 212th CSH. Blair was among the many family members who visited their loved ones for a family day during a 212th CSH field training exercise on Vogelweh May 4. The unit opened the doors of its tents and portable buildings to families, who got tours of the facilities, learned a little about what their Soldiers do, enjoyed a meal together – and got to cut casts.

## Respite care provider wins spa giveaway for Military Spouse Appreciation Day

### Staff Report

A V Corps spouse took home Heidelberg Army Community Service's grand prize giveaway in honor of Military Spouse Appreciation Day May 7.

Caroline Daniels, wife of Sgt. 1st Class Daryl Daniels, won a spa package at the Marriott Hotel.

To enter their spouse for a spa package, 98 ID card holders filled out a short survey and wrote about what makes their spouse special.

"She is the mother of four children, and she works full time as a respite care provider," Daryl Daniels wrote about Caroline. "She takes care of our family and also takes care of autistic children and the elderly, which requires a special type of personality, which my wife possesses. She is awesome, and I think she deserves this great prize."

Military Spouse Day was first celebrated in 1984 when then-President Ronald Reagan proclaimed the obser-

vance to honor the contributions of military spouses. The military now sets aside the Friday before Mother's Day each year to pay tribute to the spouses who play a vital role in the nation's defense.

"Military Spouse Appreciation Day honors the selfless service of our military spouses," said Anissa Mayfield, ACS outreach coordinator. "Soldiers and family members alike submitted tributes to their spouses for a chance to win a spa package from the Marriott Hotel valued at €65. Army Community Service would like to congratulate and thank Mrs. Daniels for service to the community and to the nation. And to all military spouses – thank you for all that you do."

Honoring military spouses is important to those connected to the military, but it is also a topic discussed by the nation's top leader.

President Barack Obama issued a proclamation declaring May 7 as Military Spouse Appreciation Day for 2010.

In the proclamation, he recognized spouses' commitment by saying, "At the heart of our Armed Forces, service members' spouses keep our military families on track. They balance family life, military life, and their careers – all while supporting other military families and giving back to their communities. Many have served in uniform themselves and, understanding the obligations involved, can provide unparalleled support. They are pillars of strength in their families, often celebrating their children's life milestones while the other parent is away.

"Military spouses also care for our wounded warriors and honor the memory of our nation's fallen heroes, including their own loved ones. They impact countless lives on military bases and in schools, places of worship, and neighborhoods across our nation. Their contributions help protect our freedom by strengthening our communities and our service members."

## HCSC provides \$61K in community scholarships

### Heidelberg Community Spouses' Club

Nearly 150 people gathered at the Casablanca Room on Campbell Barracks May 3 to celebrate the achievements of some of the community's students at the annual Heidelberg Community Spouses' Club Scholarship Awards Ceremony.

Twenty-eight men and women, including 17 Heidelberg High School seniors, five college students and six spouses continuing their education, were awarded a combined total of \$61,000.

HCSC President Maureen Johnson thanked the community for shopping at the Heidelberg Thrift Shop, the annual HCSC Bazaar and the HCSC Flea Market Finds event, since the money raised at these functions returns to the community through welfare grants and academic scholarships.

After the opening, U.S. Army Europe Commander Gen. Carter F. Ham gave a short address about the recipients, explaining that each student received a different amount of money based on their personal academic achievements, letters of recommendation, their response to an essay topic and their community involvement.

However, the students did not know how much money they were awarded until they received their checks that night. Keeping in mind Ham's joke that perhaps one student had won \$60,000 and the other 27 would split the rest increased their anticipation to discover how much money would go toward their college education.

On a more serious note, Ham spoke of the outstanding GPAs and academic records for each group, but he emphasized that all recipients were exceptionally involved in their community through service and participation in sports and the arts.

The first award of the evening, the \$1,000 Essay Scholarship, given to one high school senior with outstanding written communication skills, was given to Jonathan Ochart.

Next, the remaining 26 scholarships were handed out to the candidates, leaving just one award remaining.

Each year, HCSC honors one outstanding high school senior with the General and Mrs. Eric Shinske Award. This award is reserved for the student who rises to the top of the applicant pool through academic achievement, community service, community involvement and overall excellence.

"This year's recipient demonstrated this and much more," said Jane Gargett, HCSC scholarship chair.

After recounting a portion of the award winner's resume, which includes membership in the National Honor Society and hundreds of volunteer hours for a variety of organizations, Gargett announced Kathleen Elizabeth Haase as this year's recipient.

Once the students received their scholarships, Haase concluded the event by ceremoniously cutting the cake with the general's wife.

One of the college recipients, Erika Shannon, summed up the emotions of the scholarship winners by saying, "Since being a graduating senior in high school, HCSC has paved the way for me and made it financially possible for me to attend my dream school. I feel so blessed and honored."

The scholarship recipients are as follows: Bethanyanne Bahm, Stephanie M. Culberson, Doris E. Farrell, Sally A. Martin, Margaret R. McGillivray, Jillian Morrissey, Monica J. Baltich, Desiree M. Chavis, Caitlin I. Donnelly, Courtney P. O'Connor, Erika Shannon, Victoria G. Boehm, Rachel B. Gill, Louis I. Hodge, Milena A. Marshall, Tesa M. Miller, Andee-Dawn Mortensen, Kerry C. O'Brien, Jonathan Ochart, Olivia R. Orndorff, Rachel A. Perrotta, Eileen K. Shannon, Hannah G. Smith, Nicolasa A. Torres, Paul W. Tschida, Kara E. Wendling and Kathleen Elizabeth Haase.

Mike Sinnema, a member of the Heidelberg Rod and Gun Club's Deutsche Jagdschutz Verband competitive shooting team, prepares to take a shot on the skeet range at the German competition in Freudenstadt May 9.



## Heidelberg shooters take 2nd place

FREUDENSTADT, Germany –The Heidelberg Rod and Gun Club Deutsche Jagdschutz Verband team participated in a German shooting competition here at the shooting stand Jaegerloch in the heart of the Black Forest May 9.

The competition included a variety of rifle disciplines, including both stationary and moving targets at 100 and 50 meters. Shooters also had to complete one round of skeet and one round of trap with a shotgun, and they also had the option to compete in an additional pistol competition.

Mike Sinnema competed in the novice class of competitors, which is open to new shooters who do not have much competitive shooting experience. Shooters remain in the novice class until they score high enough to take them to the next level of competition.

"I was fortunate enough to have the best shoot of my life in competition," Sinnema said. "I've never shot in a competition as well as I did in the Black Forest, and I was thrilled when I realized that I had shot well enough to score enough points to move out of the novice class and into the silver class."

In addition to advancing to the next competition skill level, Sinnema also was the first place shooter in the novice class, while Tom Winkel took first place in the silver class.

"The competitions are so demanding, and the Germans are such great shooters, I'm just happy to have the opportunity to spend the day in the forest shooting," Winkel said.

In the large gold class, Gerry Clayton shared second place in his class.

"In the special gold categories, there is absolutely no wiggle room," Clayton said. "Every single shot has to count at that level of competition."

Dom Knoll also placed second in his class, hinting that he was a bit disappointed in the result.

"I decided to change competition rifles when this season started," Knoll said. "Shooting with a different rifle this year will take a little getting used to, but I am confident that I'll be back up to par before long."

In addition to a solid performance by individual shooters, the Heidelberg Team also took second place in the pistol shooting competition.

The scores from the DJV competition in Freudenstadt will be combined with scores from other DJV shoots over the season. The top six American shooters in Germany will be selected for the American Forces Team to attend the DJV Bundesmeisterschaft (German Nationals Shooting Competition) later this year.

## RIVER RIDE

continued from page 1

the Baden-Württemberg footprint, and he credits this accomplishment to the riders themselves.

"Our riders are fully cognizant of the risks involved in riding and conscientious when it comes to reducing their potential for accidents," he said. "The best way to stay safe while riding a motorcycle is to avoid getting into trouble in the first place. That requires planning, training, leadership, good judgment and accepting responsibility. In short – risk management."

During the event, there will be hands-on exercises focusing on cornering, braking

and swerving, a demonstration featuring motorcycle airbag jackets and training with ADAC Hockenheim-Ring's cornering device, an Army and Air Force Exchange drunk driving simulator, show bikes, exhibitions, giveaways and door prizes. Participants will also take a group ride along the Neckar River before wrapping up the day's events with a barbecue at the Heidelberg Rod and Gun Club.

Peter Buttner, station manager at the American Red Cross Heidelberg office, is an avid motorcyclist with 17 years of experience handling the open road on his own Harley. Buttner is also a certified Motorcycle Safety Foundation rider

and will be one of the many trainers onsite helping to evaluate riders during the training portion, offer tips for improvement, and advise the command of possible additional training that might be needed.

"I think it's important to reach out to those motorcyclists in the community to give them an opportunity to enjoy some camaraderie with other riders and to receive some hands on training," Buttner said.

"The safety aspect of it is important too due to the fact that most people ride only in good weather, so they haven't ridden through the year. They put their bike away, stored it

## SPECIAL OLYMPICS

continued from page 1

competitions, but he changed his mind. He is having fun just seeing everyone and feeling the incredible atmosphere, this incredible excitement," said his buddy, Tech. Sgt. Scott Noggle, a network administrator with the Air Force at Ramstein Air Base.

Volunteer buddies simultaneously fill the role of personal coach, cheerleader and friend for the event. Noggle, who has been active with the games since 1992, relied on smiles, touch and gestures to communicate with Jotter. Nonetheless, he declared it a very rewarding and enjoyable experience.

"Let me win. But if I cannot win, let me be brave in the attempt," the oath of the Special Olympics, was enthusiastically celebrated by countless athletes.

Participation would garner them a ribbon – and with the choice of track and field, soccer, badminton, softball, tennis, basketball and volleyball – numerous athletes sported impressive collections of them. For the 5- to 7-year-olds, a number of non-competitive games provided fun and excitement.

If the athletes showed all-out enthusiasm, so did the volunteers. Encouragement, cheering and praise were passionately and loudly expressed everywhere. The athletes with their joyous smiles and eager enthusiasm and the volunteers with their compassionate encouragement and exuberant cheering put the "special" into the Special Olympics.

Not quite 18-year-old Mariah Bastin, a student at

Ramstein High School, is another regular. Inspired by her 11-year-old brother, Stirling Bastin, who is a student at REHA Westpfalz Schule in Landstuhl, she said, "It's just amazing to see so many people who compete wholeheartedly despite their disabilities. It is awesome how they deal with their circumstances, how happy they are and how much fun they have."

Luca Mathieu, also 11 and a classmate of Stirling, made another point. The Special Olympics would not be near as special without the Americans, he explained.

"They are so nice and very loud when they clap and cheer. It makes me smile," he said.

A volunteer for the past 14 years, Sgt. Maj. Mariano Alvarez, the 21st Theater Sustainment Command's supply and logistics directorate sergeant major, handed out medals to the athletes.

"This is what Soldiers do. You assist wherever you can. You give back to the community," Alvarez said. "But the Special Olympics are always very special. To see so much joy and determination in the face of adversity makes you realize how lucky you are."

"The looks – the smiles on their faces – is the most rewarding part," he added.

The Special Olympics, which began in 1968 when Eunice Kennedy Shriver organized the First International Special Olympics Games at Soldier Field in Chicago, were brought to Kaiserslautern by Sarah Bican, a DODDS teacher, in 1974.

through the winter, and now they're just starting to get it out again," he said. "So it's important for them to become familiar with it again and its proper operation."

Motorcyclist Douglas Sims is one of those riders looking forward to hitting the road after a long, hard winter. He's also planning to attend the rally.

"I like being around other riders ... and, in my opinion, you can't have enough safety information when it comes to motorcycles and motorcyclists," Sims said. "It makes us more aware of our actions and to secondly always focus on that car coming down the road, out of the corner or out

of the driveway. Plus it's an opportunity to just get out and ride my motorcycle, you can't beat that."

May is recognized as Motorcycle Safety Awareness Month.

The USAG Baden-Württemberg Motorcycle Rally and River Ride begins at 7 a.m. May 27 at the Heidelberg Heliport. The rally is free and open to the public.

Riders must register by May 24 to participate in the river ride portion of the event. To register, visit [www.bw.eur.army.mil](http://www.bw.eur.army.mil) and click on the link under Hot Topics.

For more information on the MSF, visit [www.msfcusa.org](http://www.msfcusa.org).

# Fun in the Sun



## Heidelberg Camps School-Age Center

### World Cup and Beyond: The African Adventure

When: Begins June 18, Monday-Friday 6 a.m.-6 p.m.

Where: School-Age Center, Bldg. 3850.

Cost: Summer camp fees are on a per week basis. A non-refundable \$25 deposit is required per week per child.

Category 1: \$36

Category 2: \$58

Category 3: \$70

Category 4: \$86

Category 5: \$90

Category 6: \$104

Registration: DSN 370-8994, civ. 06221-57-8994.

### Middle School

#### Panther's on the Prowl

When: Monday-Friday 8 a.m.-5 p.m.

Where: PHV Bldg. 4461 (Panther's Place).

Who: Youth who were in sixth, seventh or eighth grade during the 2009-2010 school year.

Cost: The fee for summer camp is \$85 per child, per week with the exception of week 3 which is \$70 per child. Each reserved week of camp requires a non-refundable deposit of \$25.

Registration: DSN 338-9003, civ. 0171-774-5552.

### Trips for High School Students

June 18 - Europa Park

June 23 - Swimming at Bellamar

June 29 - Shopping at Ramstein

July 10 - Swimming and barbecue

July 13 - Barbecue with City Cult

July 14 - Fishing

July 17 - Roller skating

July 21 - Phantasialand

July 28 - Alpine Towers

Aug. 10 - Visit WWII sites with City Cult

Registration: DSN 388-9396, civ. 06221-338-9396.



[www.mwrgermany.com](http://www.mwrgermany.com)

## Kaiserslautern Camps School-Age Center

All individuals wishing to participate in summer camp must be registered with USAG Kaiserslautern Child, Youth and School Services and complete an application for child care fees to determine the summer camp fee category.

All children currently enrolled at SAC will be able to sign up at Landstuhl SAC, Bldg. 3851.

### Landstuhl Youth Center

#### Teens On the Go Camp

When: Monday-Friday 8 a.m.-1 p.m.

All individuals wishing to participate in Teens on the Go must be registered with USAG Kaiserslautern Child, Youth and School Services.

For more information contact:

Parent Central Services, Bldg. 2898 Pulaski Barracks, DSN 493-4516, civ. 0631-3406-4122.

The One Stop Shop, Bldg. 3810 on Landstuhl.

DSN 486-8943, civ. 06371-86-8943. Open Monday-Friday 9 a.m.-5 p.m. Appointments only 3-5 p.m.

## Mannheim Camps School-Age Center

### Strong Mind, Body and Soul

When: June 21-Aug. 13

Where: School-Age Center, Bldg. 737 on Benjamin Franklin Village

Who: First-fifth graders

All individuals wishing to participate in summer camp must be registered with Child, Youth and School Services.

Registration: DSN 380-4321, civ. 0621-730-4321.

### Middle School/Teen Program

#### Stay Strong All Summer Long

When: June 21-Aug. 27

Where: Bldg. 696

The camp focuses on the Army's four core values: sports, fitness and health; recreation, arts and leisure; life skills, citizenship and leadership; and mentoring, intervention and education. Each week there will be activities and field trips that meet each of the requirements, including top chef, top gymnast, top skateboarder and top archer.

## GERMAN CULTURE

### Experience Stuttgart: Capital city opens doors to American visitors

American personnel stationed in Mannheim and Heidelberg are invited to spend a day in Stuttgart as special guests of the Baden-Württemberg State Parliament, the state government and the city of Stuttgart.

Community members are invited to participate in the next city visit set for June 7.

The program begins at the Baden-Württemberg State Parliament with a presentation on the political structure and current political situation, as well as a comparison to the U.S. political system. A luncheon will be hosted in either the restaurant of the State Parliament or in the "Ratskeller" as special guests of the city of Stuttgart.

A tour guide will provide a guided walking tour to some of Stuttgart's major sights – the State Theater, the New Palace, the Old Palace and the Market Hall of Stuttgart.

The program concludes with a reception at the city hall with the lord mayor or the lord mayor's personal envoy. The presentation at the city hall also includes a film showing some of the highlights of the city of Stuttgart and the state of Baden-Württemberg.

The tour also provides an understanding of the history shared by the U.S. Forces and the state of Baden-Württemberg with special emphasis on the crucial role the United States played in reconstructing war-torn Germany.

The visit also will provide an overview of Baden-Württemberg, which is the third largest of the 16 German federal states both in terms of area (13,803 square miles) and population (10.7 million).

Stuttgart, the capital of Baden-Württemberg, is Germany's sixth largest city and is best known for its high-tech industry. Stuttgart is also world-renowned for its culture. The city features the Stuttgart Theater, which offers world-class ballet, opera and theater performances and is the largest theater of its kind in Europe. Furthermore, Stuttgart is one of Germany's largest winegrowing towns with a centuries-old viticulture tradition.

Participation is free, and transportation is provided. To register for the June 7 visit, call DSN 380-1600 or e-mail [usagmp00@eur.army.mil](mailto:usagmp00@eur.army.mil) no later than June 1. This tour is not designed for children. The tour is open to all Soldiers, DOD civilians and spouses who are new to Germany.



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

**Dear Ms. Vicki,**  
*I think I have a problem accepting compliments. I don't know when or where it started.*

*Sometimes I'm wondering if people have underlying motives for giving me compliments in some way. If you ask me do I think I'm attractive, I could not give you an honest answer.*

*For example, I can always find a way to down play what's being said to me. If someone says "nice outfit," I'll say "Oh, I got it at a thrifty store for \$5." If they said "great job," I'll say "it was nothing."*

*Why can't I take a compliment? why don't I want positive attention? Why do I shrivel up when someone says something nice or kind to me?*

*I really want to change this. I am a professional woman with a career, but I'm not in the behavioral health field. I do like the way you give advice, but you always recommend for*

*people to get counseling too.*

*What do you think about my dilemma? Do you think this is an issue for a therapist?*

*From: Struggling With My Image*

**Dear Struggling,**

Thank you for writing and for sharing this with me.

Many women struggle with a poor self-image and low self-esteem. In my answer I won't get into the origin of how and why this happened, but I can give you some tips to help, and yes, I would recommend you speak with a professional therapist or counselor.

This professional will help you discover how and possibly why you have such a low self-image. Besides, if you are to change this attitude and behavior forever, then you must know how and why so you won't continue to be such a force in your life.

I think you should try to improve your self-worth, your confidence, and trust that you are intelligent and capable.

To do this you must reframe your negative thoughts into positive ones. This is more than just positive thinking, but it really is about recording new messages in your mind.

You have to say, I am great, I am capable, I can, I am great, I look great, etc. Let's take me for example. I struggle constantly with losing 40 pounds. Yes, I know I need to lose them! I exercise, I eat right, but I still lose five, I gain five, on and off.

However, I know yo-yoing is not good, but I don't make disparaging remarks about myself. No, I don't look like Halle Berry or Tyra Banks, I don't even have close to

Oprah's money, but that's OK.

I wake up every morning happy, smiling in the mirror at the woman I see (because I think I'm so sexy), I'm dancing to music and so thankful because I know that I am a very wealthy woman. You can get the same attitude, too. Yes, there could be many reasons that you have low self esteem but that can change.

Yes, I would definitely recommend you speak to a professional clinician about this – the sooner the better. If you need me to send you some resources for counseling let me know. I wish you the best and please keep in touch with me.

**Responses to previous columns:**

**Dear Ms. Vicki,**

*Great advice. I'm new to the area and I live about 55 miles from the base. My job takes me on or near the base every week. Somehow I always find the newspaper to read your column. It's the best advice column I've read since Dear Abby. Like the advice you gave to the wife on worrying and the one on spending ... terrific. Keep up the quick tips, Ms. Vicki.*

**Dear Ms. Vicki,**

*I'm amazed at how these wives write to you and complain about everything and everybody. Is everything topsy turvey in their lives just because their husbands are deployed? If it is then shame on them. They should have the wherewithal to keep things together. Some spouses want to be spoon fed and given everything just because their husband serves his country. Get over it, your husband made a choice. Nobody owes you anything!*

## HMEDDAC celebrates Women's Health Week

By 1st Lt. Ross Floersheim  
HMEDDAC

Heidelberg Medical Department Activity is joining the U.S. Department of Health and Human Services' Office on Women's Health in celebrating National Women's Health Week. National Women's Health Week is a nationwide initiative that calls attention to the importance of women's health. The theme for National Women's Health Week is "It's Your Time."

During the week of June 21-25, from 7:30 a.m. to 4:30 p.m., the Women's Wellness Center at the Heidelberg Health Center will hold a health fair for women in the Heidelberg community and surrounding areas. Women will be able to receive same day hypertension screening, metabolic testing, and can receive cholesterol, diabetes and thyroid screening. In addition, if eligible, women will be able

to receive same day mammograms and pap-smears.

"National Women's Health Week is important because it encourages women to take time for their health," said Lt. Col. (Dr.) Claude Burnett, chief of the Women's Wellness Center. "Women are often the caregivers for their families and, as a result, forget to make their own health a priority. With National Women's Health Week, we remind women that they too need to visit the doctor, make sure their screenings are up to date and just take a minute to think about their health."

The Women's Wellness Center is located on the second floor of Bldg. 3617 on Nachrichten Kaserne. To learn more about HMEDDAC's Women's Health Week Activities, please call the central appointments line at DSN 371-2622, civ. 0800-914-6133 to make an appointment, or call the Women's Wellness clinic at DSN 371-2533, civ. 06221-17-2533.

## 'Baby Basic' Health Fair scheduled for Saturday

HMEDDAC Public Affairs

Expectant parents and parents of children up to age one should mark their calendars for Saturday for the "Baby Basic" Health Fair, cosponsored by the Mannheim Army Health Clinic and Army Community Service.

The free event is planned for 10 a.m.-2 p.m. at the Mannheim Sports Arena and will feature vendors providing information on topics ranging from infant CPR and choking, sudden infant death syndrome, pregnancy fitness, infant massage and dental hygiene. Other informational booths will focus on financial planning, safeguarding a home, Operation Special Delivery, New Parent Support and veterinary support.

"We want to encourage all families with children, and those who are expecting, to come out to the Baby Basic Health Fair," said Lt. Col. Christopher M. Christon, commander of the Mannheim and Coleman Army health clinics. "They will be able to get great information on a complete variety of topics that should cover anything a parent or expectant parent may have questions about."

Also available will be interactive child care demonstrations, treats for the children and other special features.

"An event like this is one that should not be missed, for the well-being of our parents and their children," Christon said.

For more information, call civ. 0621-730-9549.

# GET OUT!

area events

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

## May 20

**Soldier Show** - Check out the 2010 Family & MWR U.S. Army Soldier Show at the Village Pavilion in Heidelberg at 7 p.m. May 20 and at the Galaxy Theater in Kaiserslautern at 7 p.m. May 24, presented by the Army G-1 SHARP Program and the Army Comprehensive Soldier Fitness Program. See the amazing talents of the Army's very own. For the Soldiers, by the Soldiers! Open to all ages. Think you have what it takes to be in the Soldier Show? Audition to become a part of the cast May 20, 5 p.m., at the Village Pavilion. You must bring musical accompaniment (CD format). [www.mwgermany.com](http://www.mwgermany.com).

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

## 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 ditzy. 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](http://www.mwgermany.com).

**The Drowsy Chaperone** - KMC Onstage presents the musical comedy "The Drowsy Chaperone," based on the book by Bob Martin and Don McKeller. 7:30 p.m. May 21-22, 28-29, 7:30 p.m.; 3 p.m. May 30; 7:30 p.m. June 4-5, June 6. Tickets: DSN 486-8146, civ. 06371-86-8146, [kmconstage@eur.army.mil](mailto:kmconstage@eur.army.mil), [www.mwgermany.com](http://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. 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. <http://affiliates.usa.org/rheinneckar>.

**Hip Hop Party** - Head to the Recovery Room on Nachrichten Kaserne in Heidelberg for the Hip Hop Party hosted by DJ Mad-Logic starting at 9 p.m. [www.mwgermany.com](http://www.mwgermany.com).

## 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](http://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. Register by May 24: [www.bw.eur.army.mil](http://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](http://www.roadside theater.com).

**Extreme Whitewater Rafting and Canyoning** - Join Heidelberg Outdoor Recreation May 28-31 in Landeck, Austria, \$359. [www.mwgermany.com](http://www.mwgermany.com).

**Old School Jam** - Head to the Recovery Room on Nachrichten Kaserne in Heidelberg for the Old School Jam hosted by DJ Rhimmi. \$5 cover charge. [www.mwgermany.com](http://www.mwgermany.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](http://www.baden-galopp.com).

**Paris Express** - Join Heidelberg Outdoor Recreation for a quick trip to France. [www.mwgermany.com](http://www.mwgermany.com).

## May 30

**Memorial Day Motorcycle Ride** - Join Mannheim Outdoor recreation for a Memorial Day motorcycle ride to Saint Avold, France. Riders will leave from Outdoor Recreation on Taylor Barracks in Mannheim at 7:30 a.m. This is a free event. Registration is required: Visit Outdoor Recreation, [Mc-cracken01@hotmail.com](mailto:Mc-cracken01@hotmail.com).

**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 Walldüren. Around 200,000 pilgrims come every year. Choir and instrumental music in the basilica. Civ. 06282-920312.

**Europa Park** - Join Heidelberg Outdoor Recreation for a day at Europa Park. [www.mwgermany.com](http://www.mwgermany.com).

## June 2

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

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

## June 5

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

# coming to THEATERS

## ROBIN HOOD

(Russell Crowe, Cate Blanchett) In 13th century England, Robin Hood and his band of marauders confront corruption in a local village and lead an uprising against the crown that will forever alter the balance of world power. Whether thief or hero, one man from humble beginnings will become an eternal symbol of freedom for his people. Rated PG-13 (violence including intense sequences of warfare, and some sexual content) 140 minutes



## OUR FAMILY WEDDING

(Forest Whitaker, America Ferrera) "Our marriage, their wedding." It's lesson number one for any newly engaged couple, and Lucia and Marcus are no exception. Lucia's mother is busy planning the wedding of "her" dreams and the only level-headed one in the bunch is Angela, the groom's father's best friend and lawyer. Rated PG-13 (some sexual content and brief strong language) 103 minutes

## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

May 20 - IRON MAN 2 (PG-13) 7 p.m.  
 May 21 - OUR FAMILY WEDDING (PG-13) 7 p.m.; ROBIN HOOD (PG-13) 9 p.m.  
 May 22 - REMEMBER ME (PG-13) 4 p.m.; OUR FAMILY WEDDING (PG-13) 7 p.m.; ROBIN HOOD (PG-13) 9 p.m.  
 May 23 - REMEMBER ME (PG-13) 4 p.m.; ROBIN HOOD (PG-13) 7 p.m.  
 May 24 - SHE'S OUT OF MY LEAGUE (R) 7 p.m.  
 May 25 - ROBIN HOOD (PG-13) 7 p.m.  
 May 26 - OUR FAMILY WEDDING (PG-13) 7 p.m.  
 May 27 - ROBIN HOOD (PG-13) 7 p.m.

### Mannheim, Schuh

May 21 - IRON MAN 2 (PG-13) 7 p.m.  
 May 22 - REMEMBER ME (PG-13) 4 p.m.; OUR FAMILY WEDDING (PG-13) 7 p.m.; IRON MAN 2 (PG-13) 9 p.m.  
 May 23 - OUR FAMILY WEDDING (PG-13) 4 p.m.; IRON MAN 2 (PG-13) 7 p.m.

### Vogelweh, Galaxy

May 21 - SHE'S OUT OF MY LEAGUE (R) 7 p.m.  
 May 22 - OUR FAMILY WEDDING (PG-13) 3 p.m.; IRON MAN 2 (PG-13) 7 p.m.  
 May 23 - REMEMBER ME (PG-13) 3 p.m.; IRON MAN 2 (PG-13) 7 p.m.

### Ramstein, Gateway Movieplex

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 NEVER AFTER (PG) 11 a.m., 3:30 p.m.  
 May 21 - ROBIN HOOD (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m., 9:45 p.m.; SHE'S OUT OF MY LEAGUE (R) 5:15 p.m., 8:15 p.m.; OUR FAMILY WEDDING (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 9:30 p.m.; REMEMBER ME (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.  
 May 22 - ROBIN HOOD (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m., 9:45 p.m.; SHE'S OUT OF MY LEAGUE (R) 5:15 p.m., 8:15 p.m.; OUR FAMILY WEDDING (PG-13) 11:15 a.m., 2:15 p.m.; REMEMBER ME (PG-13) 11:30 p.m., 2:30 p.m., 5:30 p.m., 9:30 p.m.  
 May 23 - ROBIN HOOD (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m.; SHE'S OUT OF MY LEAGUE (R) 11:30 a.m., 2:30 p.m., 5:30 p.m.; OUR FAMILY WEDDING (PG-13) 12 p.m., 3 p.m., 6 p.m.  
 May 24 - ROBIN HOOD (PG-13) 11 a.m., 2 p.m., 5 p.m.; SHE'S OUT OF MY LEAGUE (R) 11:30 a.m., 2:30 p.m., 5:30 p.m.; OUR FAMILY WEDDING (PG-13) 12 p.m., 3 p.m., 6 p.m.; REMEMBER ME (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.  
 May 25 - ROBIN HOOD (PG-13) 11 a.m., 2 p.m., 5 p.m.; SHE'S OUT OF MY LEAGUE (R) 11:30 a.m., 2:30 p.m., 5:30 p.m.; OUR FAMILY WEDDING (PG-13) 12 p.m., 3 p.m., 6 p.m.; REMEMBER ME (PG-13) 11:15 p.m., 2:15 p.m., 5:15 p.m.  
 May 26 - ROBIN HOOD (PG-13) 11 a.m., 2 p.m., 5 p.m.; SHE'S OUT OF MY LEAGUE (R) 11:30 a.m., 2:30 p.m., 5:30 p.m.; REMEMBER ME (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.  
 May 27 - SHE'S OUT OF MY LEAGUE (R) 11:30 a.m., 2:30 p.m., 5:30 p.m.; OUR FAMILY WEDDING (PG-13) 12 p.m., 3 p.m., 6 p.m.; REMEMBER ME (PG-13) 11:15 a.m., 2:15 p.m., 5:15 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



Sometimes  
you just need  
a break ...

Christina Mizelle

Sascha Mizelle picks flowers during the Bambinos' first soccer game of the season in Heidelberg. Soccer and baseball are both offered as spring Bambino sports for kids starting at 4 years old through the Child, Youth and School Services' Youth Sports program.

## Giving it everything



Linda Steil

Heidelberg High School junior Rebecca Steil throws the discus during the track meet at Wiesbaden High School Saturday. Steil came in second in the discus overall with a throw of 72'7". The Heidelberg girls came in fourth with 76 points, behind Kaiserslautern High School with 187, Wiesbaden with 97 and Frankfurt International School with 81. Ramstein was fifth with 48 points and Black Forest Academy sixth with 37 points. The HHS boys won the meet with 157 points, ahead of Ramstein, FIS, Kaiserslautern, BFA and Wiesbaden. The next and last regular track meet for the HHS season begins at 10 a.m. Saturday at the track on Patrick Henry Village in Heidelberg.

## Command group brings new meaning to the word 'team' by tackling a marathon together

By **Dijon Rolle**

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A sea of some 10,000 runners, bikers, skaters and spectators recently swarmed the streets of downtown Mannheim for the annual Mannheim Rhein-Neckar Marathon Saturday.

This year, joining the massive crowd were USAG Baden-Württemberg Commander Col. William Butcher and Command Sgt. Maj. Annette Weber, along with USAG Mannheim Commander Lt. Col. Elizabeth Griffin and Command Sgt. Maj. Alberto Delgado. The command teams ran the Engelhorn Sports half-marathon alongside Mannheim's First Mayor Christian Specht.

It was only six short weeks ago that both commands agreed to team up to tackle the 13.1 mile trek, and while most people can offer a variety of reasons for wanting to run a marathon (or for not wanting to), the main reason for their participation this year was simple. "We wanted to do it to demonstrate our commitment to the Mannheim community, both the host nation and our garrison," Butcher said. "It showed our willingness to support the events of our host nation just as they do in support of our own."

Having previously run in the Army 10-miler and the Marine Corps marathons, Mannheim's commander was the catalyst responsible for getting both commands involved. "The command teams' participation in this event demonstrates the increased resiliency and enhanced performance that we are promoting through our comprehensive community fitness programs," Griffin said. "Our participation sets the example of excelling in a physical activity, approaching a challenge in a positive way and further developing trusted valued relationships with each other and our host nation neighbors."

"It shows that we support all our communities in the Baden-Württemberg footprint, and we're willing to participate in events to keep building upon our great host nation relationships," Weber said. The command sergeant major revealed another reason why she agreed to run. "Lt. Col. Griffin invited Col. Butcher and I to participate. Plus Mannheim challenged us, and we never back down from a challenge."

Weber's husband, Sgt. Maj. Brad Weber, U.S. Army Europe G-1, also came out to pound the pavement alongside his wife for moral support, and apparently he wasn't the only one.

"I think the thing I enjoyed most about the entire experience was that it seemed like the whole Mannheim community lined the streets to cheer



Rudi Frei

U.S. Army Garrison Baden-Württemberg Command Sgt. Maj. Annette Weber and husband U.S. Army Europe G-1 Command Sgt. Maj. Brad Weber share a hug after successfully completing the half-marathon in Mannheim Saturday.

us on," Weber said. "I've never seen anything like that in my almost 25 years of military experience. That alone gave me the motivation to see it through."

Despite only six weeks of training, everyone completed the half-marathon with run times ranging from two to two and a half hours, but most agreed that having more time to train would have helped.

The leaders say they relied on everything from their years of military physical training and mental endurance to prayer – and lots of it.

"For me it was my first half-marathon ever, and I did not prepare as well as I should have," Delgado said. "And it took a lot out of me during and after the run."

Now that it's over, he offers this simple advice to anyone contemplating their own attempt at running a half-marathon.

"Make sure you train drink plenty of fluids, and do not go out Salsa dancing the night before," he said.

"Train, train, train or be careful what you sign yourself up for," Butcher added.

This was the first time that both commands had teamed up to participate in the Mannheim marathon, and the leaders say they hope to do it again next year.

"We are hoping that next year we can encourage more community members to run as well," Griffin said. "The event really offers a lot for all ages and abilities ... the race provides a great opportunity to really be a part of the city of Mannheim."

# The next step

## HHS players sign on to play college ball

By Jonathan Ochart  
HERALD POST INTERN

"When I was younger, I wanted to play for the NFL, which is still my dream job," said Heidelberg High School senior Jimmy Montfleury, who, along with senior Thomas Hogue, will soon tackle yet another stage of life: college.

However, rather than solely taking classes at Huntingdon College in Montgomery, Ala., the two athletes will play for the college's football team.

HHS celebrated their college signing April 30, marking the beginning of their college careers.

Although the college signing reveals the students' imminent success in the future, both athletes recall their first games as influences upon who they are today.

"When I first started playing, I played with my eyes wide open and I was really timid and wanted to just hit people because I didn't really know how to play, but now I'm more controlled. I feel like the leader now," Montfleury said, who has participated in sports since the age of 5.

"From football, I've gained leadership, integrity, commitment, responsibility and being able to work hard," Montfleury said, further illustrating his growth since his younger years.

With these qualities, Montfleury may achieve his goal of earning a degree in physical education.

Hogue also has participated in sports since he was 5 years old.

"I like how people can depend on me to give my best on the field and try to do what I can to help the team during the game," he said.

Similar to Montfleury, Hogue gained skills, as well as insight, from continuous hours on the field.

"Playing football has taught me that I always need team members, and I can't do everything by myself," Hogue said, who plans on majoring in communications.

Although football has imprinted the college-bound athletes with certain characteristics, they consider their family and friends to be the catalysts for their victories on the football and academic fields.

"My dad has always been there for me, telling me how I could get better, so with him videotaping



Way Holan

Thomas Hogue, Heidelberg High School senior, kicks the football during a game against Ramstein High School Sept. 19. Hogue and fellow player Jimmy Montfleury signed on with Huntingdon College in Montgomery, Ala., April 30.

me, I would look at the video and be able to critique myself and do the things I didn't do that game and apply them to my next game," Hogue said.

Montfleury also considers his family to be one of the most significant factors in his life, especially with his father's athletic background.

"My dad played semi-pro football, and the work and money my family has put into me is the inspiration for me to do better," the senior said.

Similar to other HHS students, living in a military community has impacted the athletes and their attitudes toward people. The lifestyle "taught me to be more respectful to adults and it's a lot easier to mature here," Montfleury said, whose father serves in the military.

Similarly, Hogue, whose father also serves in the military, notes how moving to about five schools within his lifetime "has made me work with different people better."

Although the two students have practiced and played for endless hours while focusing on their schoolwork, Hogue and Montfleury still manage to enjoy time on the sidelines. Both athletes engage in activities such as training at the gym and spending time with their friends and family.

However, balancing several activities within a busy day may become more stressful than defeating the rival school's football team. Therefore, the students look up to certain individuals to replenish

themselves when bating for breath.

"My dad has always been there for me, and he was in football, so I strive to be as good as he was or better. I also look up to different running backs such as Mark Ingram and Adrian Peterson," Hogue said.

While Montfleury looks up to his family for inspiration, he also regards the Pro Football Hall of Famer Joe Montana as one of his role-models. "I like how he is calm and collected on the field, and he always has that mentality that he can do anything," Montfleury said.

Nevertheless, the college-bound athletes also hope to inspire younger students interested in pursuing sports after high school. Doing so will reflect the enlightenment they have gained onto younger high school students, therefore brightening their field to take down any offenses that come their way.

"They have to work hard. They have to stay in school, maintain good grades, and if they really want to get to the next level they have to give it everything they have," Hogue said.

Montfleury gives this advice: "If you're not the best player on the team, don't give up and keep working as hard as you can. Your future lies in yourself, and don't let anyone tell you that you can't do something."

Using dedication and stamina to overcome the next step of their lives will surely result in a touchdown for the soon-to-be graduates of Heidelberg High School.

## staying ACTIVE

### Youth Tackle Football Camp

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

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

### Mannheim's Biggest Loser

Come get into shape with your fellow Mannheimers at Sullivan Gym May 26-Aug. 11. Sign up started May 10, so hurry over to the fitness center to make sure you can participate.

### Heidelberg Softball

**Team standings as of May 12:** 18th Engineers 1-0, USAREUR 1-0, V Corps 1-0, HMEDDAC 0-1, USAG Heidelberg 0-1, 529th MPs 0-1. Upcoming games will be played May 24 and 26 and June 2, 7, 9, 14 and 16. The unit-level championship tournament will be held July 28-Aug. 9.

### Golf Tournaments

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

**Heidelberg** - Member Guest Best Ball Tournament 9 a.m. June 26 shotgun. Heidelberg Golf Club annual green fee patrons and Golf Club Rheintal members play with a guest from a local golf club with a verifiable handicap in a normal 2-person best ball format. \$25 entry fee plus a 9 hole green fee (\$40 for local national, DoD Civilian based on a tier). Open to the first 144 paid participants. Deadline to sign-up is June 19. DSN 379-6139, civ. 06202-53767.

**Kaiserslautern** - The annual Kaiserslautern AGBC Charity Golf Tournament will be held at the Woodlawn Golf Course on Ramstein Air Base June 11. This event supports the annual Kaiserslautern AGBC scholarship program and is open to everyone. After the tournament, a special U.S. steak dinner will be available for participants. The deadline for application and payment of fees is May 28. [rhinotom2@t-online.de](mailto:rhinotom2@t-online.de) or [kaiserslautern@agbc.de](mailto:kaiserslautern@agbc.de).

### Golf Scramble

There will be a Wednesday night scramble at 6 p.m. June 2-Aug. 4 at the Heidelberg Golf Club. Registration starts at 4 p.m. and goes to the first 60 paid participants only. \$10 fee for annual green fee patrons, guests pay \$10 plus twilight fee. Open to all users with verifiable handicap. [www.heidelberggolf.com](http://www.heidelberggolf.com).

### Hockey Sports Writer Wanted

The Army, Air Force, Adler Alliance is currently looking for hockey sports writers. 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. [info@adleralliance.com](mailto: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.

## community HIGHLIGHTS

### European Signal Regimental Ball

The 2010 European Signal Regimental Ball will be held at 5 p.m. June 5 at the Patrick Henry Village Pavilion in Heidelberg. [www.europeansignalregimentalball.com](http://www.europeansignalregimentalball.com).

### Online Health Care Guide

The online "Guide to Host Nation Health care" is now available on ERMCC health facility Web pages. The guide is designed to promote understanding of local medical facilities and providers who support Army health care in Europe. 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. <http://ermc.amedd.army.mil/MTF>.

### Estate Claims

Anyone having claims on or obligations to the estate of **Sgt. Ralph Mena** of Company A, 72nd Expeditionary Signal Battalion, Taylor Barracks, Mannheim, should call DSN 381-7480, civ. 496217307480.

### ERMCC Call Care Center

The ERMCC Care Call 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. 0800-ERMCCARE, 0800-3762-2273.

### White House Communications

The White House Communications Agency will be in Heidelberg 9:30 a.m. May 24 at the Patrick Henry Village Theater to recruit service members to join their agency. WHCA is looking for service members with varied levels of experience and multiple specialties to provide direct service to their mission. Civ. 1-202-757-5150, [www.disa.mil/whca](http://www.disa.mil/whca).

### Primary Elections

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

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](http://www.fvap.gov/FPCA).

## local EMPLOYMENT

### SharePoint Developer

CIBER has an immediate opening for a SharePoint developer in Kaiserslautern. The selected candidate will need to be deployable by June 9. This is a Test and Evaluation Support Activity approved position, and candidates need to be a U.S. citizen and able to obtain a DOD secret level clearance. [swahl@ciber.com](mailto:swahl@ciber.com), civ. 1-757-599-8136

### RNs and LPNs

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

### KAISERSLAUTERN Education

• **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.

#### Community

• **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.

• **Boots and Buckle Contest** - Shine your boots and wear your best buckle for great prizes and bragging rights 6-11 p.m. May 22 at the Kazabra Club, Bldg. 2057 on Vogelweh. DSN 489-7261, civ. 0631-536-7261.

• **American German Business Club** - The Kaiserslautern American German Business Club will host its next presentation meeting 6:30 p.m. May 26 at the Lautner Wirtshaus, Im Bahnheim 17C. 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](http://www.mwgermany.com).

• **Volunteer Placement Care** - The Emergency Placement Care program provides the community with EPC providers able to give 24-hour, in-home, short-term care for children whose parents are unable to care for them. Free training and certification is available to become an EPC parent. DSN 493-4331, civ. 0631-3406-4331, [devon.paul@eur.army.mil](mailto:devon.paul@eur.army.mil).

• **Volunteer Positions** - The Army Family Action Plan and Army Family Team Building Program is looking for volunteers: administrative assistants, outreach and instructors. DSN 493-4357, [kim.lazarow@eur.army.mil](mailto:kim.lazarow@eur.army.mil).

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

### HEIDELBERG Education

• **Graduation Ceremony** - The University of Oklahoma will host a recognition ceremony 11 a.m. May 22 at the Patrick Henry Village

Pavilion.

• **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. See your local field representative for more details.

• **German Language Classes** - German language evening classes will be available May 31-July 25 at the Heidelberg-Patton Education Center. German I 5:45 -7:30 p.m. Tuesdays and Thursdays and German II 7:30-9:15 p.m. Mondays and Wednesdays. Registration: [info@Germanatpatton.com](mailto:info@Germanatpatton.com). DSN 373-6226, civ. 06221-17-6226.

• **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. DSN 370-6762, civ. 06221-3780, [www.ed.umuc.edu](http://www.ed.umuc.edu).

• **University of Oklahoma** - The University of Oklahoma Advanced Programs-Europe is now accepting enrollments for its master's degree in human relations and international relations programs. Both degrees can be completed in a special dual-degree program. DSN 379-7919.

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

#### Community

• **ACS Classes** - Bringing Baby Home, 1-4 p.m. May 20; Intro to MS Publisher, 9 a.m.-noon May 24; Interviewing Skills, 9 a.m.-noon May 25; Anger Management, 1-3 p.m. May 25; Volunteer Management Information System Training, 10-11 a.m. May 26; Checkbook Management/Smart Banking, 9-11:30 a.m. May 27; Making Marriage Work, 1-3 p.m. May 27. DSN 370-6883, civ. 06221-57-6975, [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

• **Middle School 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](http://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.

• **Recycling/Reuse Center** - The Recycling/Reuse Center will be closed May 24 and the refuse collection schedule will be moved up by one day due to host nation holidays. Pickup will move from May 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.

• **Volksmarches** - The International Wandering Club will host volksmarches May 22-23 to Odenheim and May 26 to Duernm. Sign up available for trips to Holland in July and Bamberg in August. [www.hiwv.de](http://www.hiwv.de), [hiwv@yahoo.com](mailto:hiwv@yahoo.com).

• **Customs Office Closure** - The U.S. Forces Customs Field Office will be closed May 24 and May 31.

• **Fallen Veterans Memorial** - There will be a ceremonial wreath-laying memorial for fallen veterans 10 a.m. May 31 at the Memorial Park on Patton Barracks. DSN 370-8236.

• **Cheap Eats** - Learn how to eat healthy and fast with the BOSS-sponsored program Cheap Eats at 6 p.m. June 2 in the Warrior Zone. The June theme is the Spirit of New Orleans. Enjoy a free meal while learning how to cook on a budget. [www.mwgermany.com](http://www.mwgermany.com).

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

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

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

• **Dogs at the Rod and Gun Club** - Shooters Bar and Grill at the Heidelberg Rod and Gun Club has received

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

### MANNHEIM Education

• **Beyond the Bison Years Blowout** - Mannheim High School will host a "Beyond the Bison Years Blowout" 3:15-4:30 p.m. May 27 at the MHS 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](mailto:kris.wheeler@eur.army.mil).

#### Community

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

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

• **Law Center** - The military justice section of the Mannheim Law Center will close daily at 4 p.m. to process actions. Units are requested to either drop off or pick up military justice actions before 4 p.m. Monday-Friday. The hours for military justice and legal assistance are now 9-11:30 a.m., 1-4 p.m., Monday, Tuesday, Wednesday, Friday and 1-4 p.m. Thursday. Military justice, DSN 381-8944, civ. 0621-730-8944; legal assistance, DSN 381-7259, civ. 0621-730-7259.

• **Road Construction** - Construction has started for "Waldstrassenbrücke", the bridge over the railroad next to the "Bauhaus Store" on the main route from Benjamin Franklin Village to Coleman Barracks. Completion date is November 2011. Traffic lanes will be cut back to one for each direction and occasional complete, short-term closures will occur. Anticipate traffic jams. Public transportation is affected as well.

• **Volunteers and Tour guides** - The USO needs new volunteers for special events for the community. They are also looking for tour guides for special tours. [www.uso.org/rheinneckar](http://www.uso.org/rheinneckar).