

HeraldPOST

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

Heidelberg BOSS wins big in Europe competition

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

E-mails, phone calls, meetings and more phone calls – all designed to ensure that “everything is dress right dress.” Welcome to the world of Spc. William Perkins – or at least a good part of it.

Perkins is president of the U.S. Army

Garrison Heidelberg Better Opportunities for Single Soldiers program, a job that requires a lot of planning and equal parts patience. Yet it's one the Hornell, N.Y., native happily tackles each and every day.

Recently the program picked up best installation for medium-sized installation BOSS program in Europe and best event in the medium installation

category at the EURO BOSS conference May 10-14 in Schwetzingen. The conference included BOSS representatives from 17 garrisons across Europe.

In August, the Heidelberg BOSS team will compete at the Department of the Army level conference in Phoenix.

Perkins says the awards were just a direct reflection of the hard work see **BOSS** page 12



Jonathon M. Gray

Brig. Gen. Jeffrey G. Smith Jr., plays “Twinkle, Twinkle, Little Star,” while his daughter, Madeline, and the Mannheim community children sing along during the Tell Me A Story event held at the Mannheim Elementary School gym on Sullivan Barracks May 16. Smith, commander, 5th Signal Command, and senior mission commander for Mannheim, read the story “Night Catch” by Brenda Ehrmantraut which tells the story of a father and his son playing a nightly game of catch using the North Star.

‘Tell Me a Story’ event focuses on Mannheim youth

By **Jonathon M. Gray**
5TH SIGNAL COMMAND PUBLIC AFFAIRS

“A Soldier hugged his son goodbye and said, ‘I’ll miss you little guy.’” These were the first words read during the “Tell Me A Story” event held at the

Mannheim Elementary School May 16.

The words come from Brenda Ehrmantraut’s “Night Catch,” which was read by Brig. Gen. Jeffrey G. Smith Jr., commander, 5th Signal Command, and senior mission command-

er for the Mannheim community.

From the description inside the book’s cover, when a Soldier’s work takes him halfway around the world, he enlists the help of the North Star see **STORY** page 12

“A Soldier hugged his son goodbye and said, ‘I’ll miss you little guy.’”

-Excerpt from “Night Catch”

HP THURSDAY May 27, 2010

Speed Read

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NCO CONFERENCE

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Defense Details

DON'T ASK DON'T TELL

Defense Secretary Robert M. Gates can accept a proposed congressional amendment overturning the ban on gay men and lesbians serving openly in the military but would prefer lawmakers wait until a Defense Department review to assess its full impact is completed. Congress made clear it won't wait for results of the review and expects to put the issue to a vote this week.

1 MILLION FLIGHT HOURS

The Army celebrated its recent attainment of one million hours of unmanned flight with an aircraft display and news conference at the Pentagon's courtyard Tuesday. The milestone officially was reached April 14 with missions flown in the U.S. Central Command area of operations. It took 13 years to fly the first 100,000 hours and less than a year to fly the next 100,000.

Army news: www.army.mil
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COMMAND MESSAGE

Stay safe this Memorial Day weekend

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



Memorial Day is a day to remember, recognize and celebrate the lives of the men and women whose sacrifice for freedom and liberty led to the birth of a nation – America.

Two-hundred thirty-four years later, service members continue the legacy of sacrifice to sustain and defend America in times of peace, war, conflict and terrorism.

America's heroes come from the farm belt, cities and suburbs to protect and defend freedom.

On Memorial Day, we honor the men and women who bravely answered the call and made the ultimate sacrifice for our country.

Memorial Day is celebrated at Arlington National Cemetery each year with a ceremony in which small American flags grace the graves of America's fallen. Traditionally, the president or vice president lays a wreath at the Tomb of the Unknown Soldier.

In Heidelberg, we will lay a wreath at 10 a.m. Monday in Memorial Park on Patton Barracks in remembrance. I invite you to attend the ceremony and honor America's heroes past and present.

Memorial Day also marks the beginning of summer season for many. The summer season is perhaps the busiest

The majority of motor vehicle accidents result from driver distraction (cell phone, texting and navigators), impaired driving, not using occupant restraints, driving too fast for road conditions, aggressive driving and driving while fatigued.

time of year in terms of travel and activities as we take to roadways, airways and waterways for family outings, vacations and sightseeing.

Regrettably, in our excitement to make the most of our time off, we place ourselves or others at risk of being injured in a motor vehicle, sports-related or recreational accident.

The majority of motor vehicle accidents result from driver distraction (cell phone, texting and navigators), impaired driving, not using occupant restraints, driving too fast for road conditions, aggressive driving and driving while fatigued.

Most sports and recreational accidents involved water-related activities such as swimming, where personal abilities or limitations are often exceeded.

Lack of training or failure to wear the appropriate personal protective equipment also contributes to recreational accidents. However, no activities are completely safe.

At home, we are at risk of having an accident with unattended cooking fires and slips, trips and falls – the leading cause of injuries.

Because accident prevention is everyone's responsibility, we also must ensure our loved ones know and practice sound risk management.

Additionally, we must not hesitate to stop friends from making decisions that will place themselves or others at risk.

Along these lines, I encourage supervisors to ensure their Soldiers, DA civilians and local nationals receive a safety briefing before they depart for the extended weekend.

Lastly, whether you are hosting a barbecue to celebrate the start of summer or sightseeing, I ask you to pause and reflect on the true meaning of Memorial Day and to pay tribute to America's fallen sons and daughters.

I also want you to remember to pray for our fellow service members who cannot be with their families because they are standing guard far from home – in Iraq, Afghanistan and around the world – securing the peace and freedom of others while preserving our way of life.

Have a safe and enjoyable Memorial Day weekend and come back fresh and ready to meet the needs of our nation.

Join BNow on Facebook

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

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

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

QUESTION OF THE WEEK: If you could change one thing about your garrison, what would it be?



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

BLOG ROLL

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

"We recently drove to Paris and thank goodness someone had told us about the tolls so we were prepared with plenty of small bills and change, but I am sure there are others who would have no idea about toll roads and other fun things on their way to different countries. I thought maybe this would be a great forum for everyone to share what they know about driving to other countries and anything you could tell those of us who are planning different trips

and might need to know. We are planning to drive to Italy for a long weekend and I was wondering if there are any tolls that we need to be aware of?

Has anyone been through Switzerland, Austria, Poland? Is there anything we might need to know about going through any of those countries?

Please anyone who has traveled to any other countries share your experiences and advice here."

-Susan, BNow member

"Susan - We just drove back from Venice to Heidelberg last month. Italy has a lot of toll roads, the most expensive being the "Brenner" (A22), the autobahn between Italy and Austria. There the machines will accept credit cards, no problem, for other autobahns I'd recommend cash ... happy travels!"

-DANDS, BNow member



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
Baden-Württemberg Public Affairs
373-1400/1600 or 06221-17-1400/1600
usaghd.pao@eur.army.mil
Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usak.pal@eur.army.mil
Mannheim Public Affairs
380-1600/385-3369 or 0621-730-1600/3369
usagmpao@eur.army.mil

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Miss America visits wounded warriors

By Samantha Merkle
LRMC PUBLIC AFFAIRS

Caressa Cameron reflects a tradition of style and sophistication one might expect from a Miss America, but she also shares a commitment to serve – common among the wounded warriors she visited May 11 at Landstuhl Regional Medical Center.

The 22-year-old Virginia native displayed her gratitude to the staff and wounded warriors she encountered during her visit to the USO, intensive care unit, medical-surgical wards and the Fisher House.

Cameron, crowned as the 89th Miss America in January, is currently completing her Miss America Tour across the United States and abroad to reach out and support her ideals. One of which is service.

“My job is to serve,” she said. “I do anything I can do to be of service to the American people.”

Through her personable, sincere demeanor, Miss America connected with the wounded warriors she shared time with.

One of them was 1st Lt. Justin Trowbridge, a 24-year-old Marine who just arrived from downrange.

Trowbridge enjoyed the time he spent with Miss America discussing shopping outlets and other common landmarks in their home state of Virginia.

“The fact that people are willing to come and look at people that are shot at. It means a lot,” said Trowbridge, whose right arm and shoulder is bandaged from a gunshot wound received during a firefight in Afghanistan. “It’s not an easy thing to do. It’s like going to a nursing home, but a lot harder. We’re younger.”

Fellow Marine Zach Gillilan agreed. The 20-year-old lance corporal, being treated for injuries sustained in an improvised explosive device blast, shared with Cameron his experience earlier that day when he joined Trowbridge and another Marine to visit and console a fellow Marine in the ICU.

“It brought us all to tears,” Gillilan said. “And we are America’s warriors.”

Miss America, too, was impacted by her visit to LRM. C.

“Being here I have learned a lot,” she said later during an interview at the Fisher House. “This is a place I want to come back. Even when my Miss America tour is over, I want to make this a regular stop.”

Parallel to her mission to serve, Miss America said she saw the strength and dedication of the wounded warriors’ service to the country.

“They still have the heart of a servant,” she said of the service members she visited, one who presented her with his rank insignia he wore downrange.

Asked if she had any words of encouragement to share with the wounded warriors she met, Cameron reflected on her own struggle to become Miss America during the four years of competition it took before being named Miss Virginia.

“Remember why you got involved,” she said, “and remember why you keep going.”

Honoring Sgt. Joshua Tomlinson



Sgt. Fay Conroy

Maj. Gen. Patricia McQuiston, the commanding general of 21st Theater Sustainment Command, and 21st TSC Command Sgt. Maj. James Spencer pay their respects to Sgt. Joshua Tomlinson at a memorial ceremony May 21 at the Vogelweh Chapel. Tomlinson was an early warning systems operator with the 5th Battalion, 7th Air Defense Artillery Regiment at Rhine Ordnance Barracks before being deployed to Afghanistan. While deployed he was reassigned to V Corps. He was killed in Kabul, Afghanistan, when a Taliban car bomber struck the NATO convoy he was traveling with. Tomlinson is survived by his wife, Rowena Cruz-Tomlinson.

Versatile employee named IMCOM DPW Business Management Executive of the Year

By Mark Heeter
USAG KAISERSLAUTERN PUBLIC AFFAIRS

For Gerhard Spuhler, chief of the U.S. Army Garrison Kaiserslautern Directorate of Public Works Management Engineering and Systems Branch, one hat simply was not enough.

In addition to overseeing all work orders that come through the DPW, Spuhler, who also manages the DPW information technology systems and was acting chief of the business management division for seven months, was named the 2009 Installation Management Command DPW Business Management Executive of the Year April 26.

“We’ve done a lot of transformation as the Army in Europe has changed ... and Gerhard especially in the last year, two years, really has been a main (point of contact) on a lot of these transformation projects,” said Brian Pendergast, business management division chief and Spuhler’s supervisor.

As if that was not enough, Spuhler also worked to become certified as a Lean Six Sigma green belt, according

to Pendergast.

“He does a great job keeping up with the work orders and the day-to-day work of the office,” he said. “But what really stood out for me, especially the last couple years ... what he did with Lean Six Sigma and getting certified, which really was a challenge, and then also these transformation projects.”

A supervisor of four employees himself, Spuhler looks at the award as the result of teamwork.

“The award is not for me; it’s for the whole team,” he said, noting that, while he devoted time and effort to extra projects, his staff picked up the slack.

“And we know we’re able to utilize him and if we need help with him being a POC on a construction project, something that’s outside the traditional scope of work, we know that we can count on him,” Pendergast said.

Spuhler, who was worked 26 years with the garrison DPW, still enjoys the challenges.

“You can move stuff forward. You can make things happen, you know, you can satisfy the customers,” he said. “I like to work with the contractors, and I like to work with the team.”



SOLDIER FOR A DAY

Photos by Dijon Rolle

Anna Hoepner receives some hands-on training at a mock first aid station set up during the Heidelberg Middle School Kids' Boot Camp held at HMS on Patrick Henry Village Monday. The daylong camp is designed to give the children of deployed and recently redeployed Soldiers, a glimpse of what military life is really like for their parents. (Below) Sgt. Deanton Littleton, V Corps Special Troops Battalion, provides some friendly motivation to a new recruit at the physical fitness training station.

HMS hosts Kids' Boot Camp for local students who have deployed parents

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Fifth grader Garcelle Sampson stood in line patiently to sample her share of meatballs as she and her classmates eyed a table lined with Skittles, chicken and dumplings, chocolate brownies, snack bread, Tabasco sauce and other government-issued "goodies."

Her final verdict — the meatballs were good but the snack bread, not so much. In fact it was "kinda lumpy and dry."

The Meals Ready to Eat table was just one of several set up for the Heidelberg Middle School Kids' Boot Camp Monday. The daylong camp was designed to give military kids an opportunity to step inside their parents' combat boots to find out what it's really like to be a Soldier.

Garcelle's mother, Master Sgt. Fernande Sampson, stood nearby snapping photos. This time last month Sampson was still deployed to Afghanistan, where the only way she could see Garcelle was through daily conversations online.

"We just got back from a deployment two and a half weeks ago, so my daughter invited me to this boot camp," Sampson said. "At first I wasn't exactly sure of what it was all about, but I think it's good to have the kids see exactly what we do in the military and what we're going through downrange when we deploy.

"It's good to talk about it, but when they can actually feel and touch it ... like the Humvee and see all of the equipment inside of it and put the camouflage on, it really hits home and helps them to understand more and to adjust," she said.

Garcelle wanted to know what her mom had to do and how hard it was for her, she said as she applied a generous smear of dark green camo to her face.

The 11 year old also offered this advice to other military kids dealing with a parent's deployment. "I would say don't be worried about them, because you can always talk to them," she said. "My mom and I talked on Skype ... and I would tell them their parents will be fine, and they'll come back safely."

Sampson, a native of Port au Prince, Haiti, also has two other younger children ages 2 and 6.

Students from HMS and Mark Twain and Patrick Henry elementary schools, took turns visiting the first aid, camouflage, Humvee, combat gear, military working dog and MRE stations during the boot camp.

Soldiers from Headquarters, United States Army Europe and V Corps walked the new "recruits" through simulated exercises and scenarios to familiarize them with each station's equipment.

"A lot of them liked the meatballs," said Pfc. Krystal Paul, who helped man the wildly popular MRE station. "We did get a couple of comments that the



MREs tasted better than the school lunches and that kind of concerned me," she said laughing. "They didn't like the crackers, though."

There was also a physical training station where students perfected their flutter kicks, jumping jacks and, of course, their push-ups.

"I've had a great time, but our first station was the physical fitness station, and that was a pain in the butt," said HMS student D.J. Bozza.

At one point, both of D.J.'s parents were deployed at the same time. His father, Chief Warrant Officer 2 Dorian Bozza, also at the boot camp, revealed how the family got through the dual separation.

"Fortunately I am blessed to have really great parents, and they did a good job of taking care of him," Bozza said. "I did my best to call him as much as pos-

sible. The key is constant correspondence to let them know you're OK."

Lynn Mattingly is a school counselor at HMS and was one of the many people responsible for making sure the boot camp didn't bomb.

"We wanted to honor the students for what they do," Mattingly said. "They have to keep up their end of the bargain while their parents are deployed — in terms of responsibilities they have around their house and their education."

The camp is designed for children with parents who are deployed, about to deploy or have returned from a deployment this school year.

"It's really a community effort from a lot of people who have come together to make it happen, Mattingly said. "And I appreciate everything that everyone has done."



Photos by Kelli Bland



(Above) Gacmine Officer, 2, gets in a quick hula hoop workout at Saturday's Family Fun Fitness Festival at the commissary on Patrick Henry Village in Heidelberg. In addition to the weekend's case-lot sale, families were invited to a 5-kilometer run with their dogs and to do circuit fitness training to learn how to get healthy and enter the drawings for a variety of prizes.

(Left) Edina Sewell helps her son, Jacob, 2 1/2, work on his biceps at the Heidelberg Commissary's first-ever Family Fun Fitness Festival.

Family Fun Fitness Festival

More Photos Online
www.flickr.com/heraldpost

'Play It Safe' this summer

U.S. Army Safety Center Public Affairs

The summer season is fast approaching and the Army is continuing its commitment to safeguarding Soldiers, Army civilians and their families with the launch of the 2010 Safe Summer campaign.

"Historically, our off-duty fatality rates inevitably increase from April to September," said Brig. Gen. William Wolf, U.S. Army Combat Readiness/Safety Center commanding general and director of Army Safety. "In fiscal 2009, almost 40 percent of our accidents occurred during this time frame, with POV and motorcycle accidents leading the way every month."

Once again this year, the 2010 Safe Summer campaign will stress the importance of proactive, prevention focused risk mitigation during summer months. The campaign, which runs through Sept. 30, will encourage members of the Army Family to have fun this summer but keep a watchful eye on the risk associated with every activity.

"Our Soldiers are working hard and playing harder than ever and we are not telling them to stop what they're doing," Wolf said. "Instead, we're asking them to 'Play It Safe' in all their off-duty activities, because safety is the key to ensuring a good time for all."

Campaign materials including articles, posters and videos will once again be posted on the U.S. Army Combat Readiness/Safety Center Web site and will emphasize teamwork and the need for extra precautions during the high-risk summer months ahead.

"Soldiers talk about what they're doing in their off-duty time, even if a leader isn't always within earshot," said Command Sgt. Maj. Michael Eyer, senior noncommissioned officer for the U.S. Army Combat Readiness/Safety Center. "This is why it's so important for our families and battle buddies to educate themselves about summer risks, take an active interest in their Soldiers' safety and intervene when the risks become too great."

More information about the campaign can be found by visiting <https://safety.army.mil>, and clicking on the Safe Summer icon at the bottom of the Web page.

Army surgeon general discusses care at Army Medical Symposium

By Jerry Harben
 U.S. ARMY MEDICAL COMMAND

Army medical personnel are making progress across a broad range of issues affecting health care for Soldiers and their families, according to the Army's top medical officer.

Lt. Gen. Eric B. Schoomaker, the surgeon general of the Army and commander of U.S. Army Medical Command, spoke May 17 to 1,900 military medical professionals attending the Army Medical Symposium sponsored by U.S. Army Medical Command and the Association of the U.S. Army in San Antonio, Texas.

Schoomaker's two themes were how Army Medicine brings value and inspires trust, not only for patients and their families, but also Army leaders, government leaders and taxpayers.

"The warrior preparing for battle trusts that his or her medic will be there when the cry 'medic' goes up, the mother entering the delivery room trusts that her nurse midwife or (obstetrician) or that young 68WM6 (licensed practical nurse) has her interest

and that of her baby in mind, the wounded, ill or injured warrior trusts that we as experts in healing, rehabilitation and reintegration are focused on getting them literally and figuratively back on their feet, back into the fight or on to productive lives ... the taxpayers, Department of Defense and national leaders expect that we are doing all we can do with an eye for high value," he said.

Schoomaker said the Army is shifting from a health care system that measures success by patients treated and procedures performed to a system of health that prevents patients from needing treatment and treats them as effectively as possible when necessary.

"We are not doing just more widgets of care but better quality of care," he said.

The general promoted using evidence-based medicine to reduce unwarranted variation in care.

"Why would you drive your car on the wrong side of the road," he said, "when all evidence suggests a better result for your Sunday drive if you just follow the rules?"

He cited great progress in the past three years in care for wounded, ill or injured Soldiers who must

rehabilitate and transition either back to duty or to civilian life. Milestones include implementing an action plan for wounded warrior care, formation of a national Warrior Transition Command to coordinate such programs and local warrior transition units to provide support and supervision. More than 60,000 Soldiers have successfully transitioned through this system.

"They are hoping to change the culture of care for these warriors to one focused on ability instead of one focused on disability," Schoomaker said.

Other initiatives Schoomaker cited involve an automated system to collect information about combat casualties that has led to improved body armor and better protected vehicles, construction of more new hospitals in two to three years than in the past 20 years, improved access to primary-care clinics, improved skills for front-line medics, treatment of mild traumatic brain injuries close to the front lines and new measures to relieve pain without addictive medication.

"I submit that we inspire trust through our track record of having been there when needed," he said.

Celebrating French National Day of Reserves

By Master Sgt. Bobby J. White
7TH CSC PUBLIC AFFAIRS

Members of the U.S. Army Reserve's 7th Civil Support Command and French reservists celebrated the National Day of the Reserves at Chaumont-Semouties, Haute-Marne, France, May 8-9.

The commander of the Army Region Northeast Headquarters of French Forces and the 7th CSC Soldiers organized a 21-kilometer road march that started from Chaumont-Semouties Air Base to Colombey-les-Deux-Eglises and the Charles de Gaulle Memorial to commemorate the reservists of the French military.

"This was an event filled with camaraderie and esprit d'corps – definitely a dignified event to have attended indeed," said 2nd Lt. Yan Burian, a member of Company D, 457th Civil Affairs Battalion, 7th CSC.

Chaumont was the venue of an offensive treaty against Napoleon I signed by the United Kingdom, Austria, Prussia and Russia in 1814.

The area around Chaumont has a long history of American military presence.

During World War I, Haute-Marne was one of the bloodiest areas of France with many battles fought on its soil. In 1917, the Headquarters of the American Expeditionary Force was located in the commune of Chaumont.

Today, a bronze tablet in the city commemorates the efforts of two million American Soldiers and their actions during World War II under Gen. John J. Pershing.

More than 1,200 reservists from France, Switzerland, Germany and the United States, members of the French government and military, and citizens of the Haute-Marne department attended the celebration.

Faces of the community: Training Support Center



Mark Heeter
Anthony Moore, chief of the Training Support Center, Kaiserslautern, talks with Command Sgt. Maj. Clifton Lewis, 21st Theater Sustainment Command Special Troops Battalion, during the TSC open house on Panzer Kaserne Friday. The open house comprised displays of equipment and capabilities available to everyone from units needing training to family members needing passport photographs. The TSC is located in Bldg. 3272 on Kleber Kaserne and is open Monday-Friday, DSN 483-1398, civ. 0631-411-1398.

Mannheim High School students get saturated with healthy knowledge

By Tina Eden
MANNHEIM HIGH SCHOOL

"What am I, a Cheerio?" That was the question asked by students in Jann Richter's Read 180 class at Mannheim High School as they recently evaluated fat content of processed foods.

Being surprised at what they discovered was an understatement.

"Wow," said freshman Becca Lankford. "I never realized how many unhealthy food choices are out there."

According to the American Heart Association, heart-healthy eating goals have historically focused on avoiding or restricting certain foods.

Revised guidelines issued in 2000, however, changed that to focus on foods we should eat rather than foods we should avoid. The AHA position now reads, "All foods can fit into a healthy eating pattern if they are eaten in moderate amounts and balanced by lower-fat or lower-calorie options."

Bags of Goldfish, Fritos and even gummi bears were evaluated alongside of Chee-

rios, juice bars and Planter's peanuts. These were joined by bottles of water, cans of cola and containers of juice.

The students collected 60 boxes, bags, wrappers and soda cans and then used the printed nutritional information on the labels to sort and scrutinize the foods by fat content.

Richter noted that several of the students said they didn't realize how many junk food items they have at home.

Fast foods are consumed by most people several times a week, especially on post.

"I now am more conscious of what I'm ordering at the counter," said sophomore Alexandra Alvarez. "It's OK to have deep-fried chicken, but now I add that to a salad instead of having it in a bun. I see the difference now. The deep-fried chicken is saturated fat, but the salad balances that. If I have the chicken in a bun, then it's just saturated fat on top of more saturated fat."

An article in the students' textbook, "Fat Types," that discussed saturated and unsaturated fats, was the inspiration behind Richter's hands-on



Tina Eden
Carlos Quinones, Michael Motto, Alexandra Alvarez and Becca Lankford, all students at Mannheim High School, evaluate fat content in different types of food as part of a project for their Read 180 class.

learning experience for the class.

"This information is literally at the heart of what we are ... we are what we eat," Richter said. "If we eat mostly high carbs, saturated fat and processed foods and not balance that intake with healthy foods, then we are just hurting our

bodies."

The one-page reading passage explained the different types of fat found in foods well, but this simple, but direct message easily could be lost on the typical teenager.

"After doing this activity, not only will students, but also their parents, look at the nutri-

tional facts to make healthier choices and grab something good," Richter said.

"If it's going to have a hole in the middle, then I think I like the idea of being a Cheerio instead of a donut," said freshman Carlos Quinones laughing. "At least I know I'll live longer and healthier."



Sgt. Jason Brace

A military working dog wears Doggles to protect his eyes as a Chinook helicopter takes off, kicking up dust and debris, during an air assault operation by Soldiers assigned to Troop A, 1st Squadron, 172nd Cavalry Regiment, 86th Infantry Brigade Combat Team, Parwan province, Afghanistan, May 11.



Sgt. Shawn Miller

A UH-60 Black Hawk helicopter fills a suspended water bucket on Marquette Lake in Fort Indiantown Gap, Pa., May 20. The Black Hawk crew is assigned to Detachment 1, Company C, 1/169th Air Ambulance of the Pennsylvania Army National Guard, and is training on the water drops in preparation for an upcoming deployment to Kosovo, where there is a possibility of conducting water drops for humanitarian efforts such as extinguishing brush fires.

OUR ARMY around the world

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U.S. Army Photo

President of Afghanistan, Hamid Karzai, talks to Soldiers and family members at Campbell Army Airfield during a brief visit to Fort Campbell May 14.



U.S. Army Photo

A young boy peers into the belly of an M-1A2 Abrams tank during the 2010 Joint Service Open House at Joint Base Andrews, May 14.

Unauthorized child care providers have opportunity to become authorized without being penalized

Heidelberg CYS Services

Child, Youth and School Services is sponsoring the Family Child Care Amnesty Program now through June 17 to give unauthorized child care providers the opportunity to register with the Family Child Care program without penalty from the command.

Child care is considered unauthorized when it occurs in government quarters other than the child's home for more than 10 hours a week on a regular basis.

So, when neighbors care for a child less than 10 hours a week on a consistent basis or temporarily in excess of 10 hours, such as for TDY, overnights and weekends, it is not considered unauthorized care. Occasional child care between friends and neighbors is not regulated by either the Department of the Army or community policy.

A child who receives care from a baby sitter or nanny in the child's home is not considered unauthorized by the Army Regulation 608-10. However, care is considered unauthorized when that same person provides care to any children other than the occupants of the apartment for more than 10 hours a week on a consistent basis.

CYS Services does not assume the non-certified caregiver is providing bad care; however, care provided on the installation that exceeds the "10 hours rule" must be approved by the garrison commander to avoid legal re-

Are you providing child care in your home?

Are you a CERTIFIED Army Family Child Care Provider?

I just found out my caregiver is not authorized to take care of me in her home!

Yes! Caregivers living in government quarters and FCC housing must be Army certified before caring for children.

How can I help my caregiver become Army FCC certified?

I don't want to lose my caregiver! What's in it for me and my provider?

These requirements apply to anyone caring for children in their home on a regular basis.

Have your parents or caregiver contact the Garrison CYS Family Child Care office.

You will be asked for a certified provider who has training, criminal background clearance checks, & more to help you succeed. Your provider has access to free state of equipment & material, USDA food program reimbursement, housing allowances, and a built-in support network.

Become FCC Certified ... It's the right thing to do!

ARMY STRONG

course.

Consequences to the sponsor may include termination of government quarters, financial liability for injury or death to the child as well as German and U.S. tax liability.

Any caregiver who contacts FCC during the amnesty period may be allowed to continue caring for the children while actively completing the

certification process.

The certification process includes registration of the caregiver and all children under care, an inspection of quarters by fire, safety and preventive medicine, background checks and valuable training. The certification process is free to qualified applicants.

Certified FCC providers receive financial benefits such as

tax-free income, eligibility for no-cost liability insurance and partial reimbursement start-up cost and food. The certified provider has access to a FCC lending library with equipment and resource material. Professional benefits include on-going training and assistance from FCC staff members, who are dedicated to helping each FCC provider

succeed. Also, being a FCC provider is a career that transfers with few additional requirements from post to post.

For details, contact Merenda Haynes, FCC director, at DSN 388-9378, civ. 06221-338-9378. More information about the FCC Program may be found on the USAG Heidelberg FCC Profile at www.ArmyFCC.com.

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STORY

continued from page 1

for a nightly game of catch with his son. The story is an example of how families stay connected while apart and offers comforting hope for their reunion.

TMAS is an initiative that was created under the Parent 2 Parent and Military Child Education Coalition to empower military children by using literature and their own stories in a way that fosters skills for resilience, strong peer and parent connections, a sense of pride and accomplishment and a caring community.

After the book reading, Smith played the melody "Twinkle, Twinkle, Little Star," while the children sang along.

As part of the TMAS event, the children and parents formed into smaller groups to discuss the book and make their own charts detailing how to find the North Star using the big and small dipper star constellations.

Each of the gathered families was also given a copy of the book signed at the event by Smith and his wife, Deborah.

BOSS

continued from page 1

members put in year round.

"The Soldiers busted their butt on community service ... and held some great events. We worked hard during the year, and we were rewarded at the end of it."

He also credited the ongoing support from the community and host nation for the program's success.

"(The) best thing about my job is taking care of Soldiers," Perkins said. "Making sure they are recreating in a positive way and hopefully at the end of the day, they can say that was a great experience," he said. "We also want to make sure their quality of life issues are taken care of ... barracks issues are resolved, AAFES, commissary, and to let them know what's going on in the community and also outside of it."

Perkins has been president for a little more than a year. Before that he served as a company and battalion representative, and he admits the first few days of his presidency weren't always easy.

"When I first came into my position, it was as if I was stepping in a dark room because I didn't know what direction to go to get where I needed to be, or to where the program needed to be," he said. "As things went on and as I built connections in the community, lights started turning on, and from there it's just been nonstop."

Perkins also admits there is still one issue that concerns him and his members.

"I think some of the Soldiers think of it as a junior enlisted program to stay safe; it's a lot more than that. It's the best thing that I've ever experienced

CECOM Life Cycle Management Command commanding general visits GermanyBy Jennifer L. King
405TH AFSB PUBLIC AFFAIRS

Maj. Gen. Randolph Strong, commander of the CECOM Life Cycle Management Command visited Germany May 3-7 to meet with CECOM LCMC European team members.

"Maj. Gen. Strong was very interested in seeing firsthand the work that we are doing in support of U.S. Army Europe," explained Barron Williams, the senior command representative for CECOM LCMC in theater. "He also met with key customers to establish a direct dialogue with them and get feedback on our operations."

Part of Strong's itinerary included a visit to the headquarters of the 405th Army Field Support Brigade. During his visit to the brigade, Strong met with primary staff members and received a briefing on the brigade's operations.

"Maj. Gen. Strong seemed very impressed by the broad scope of our

mission," said Col. John Haley, the commander of the 405th Army Field Support Brigade. "We talked at length about how in addition to logistics, we also handle the synchronization of acquisition and technology across the European and African theaters."

Strong also attended a luncheon with CECOM LCMC employees, including logistics assistance representatives who came to CECOM LCMC headquarters on Kleber Kaserne in Kaiserslautern from various field locations. Strong took advantage of the large crowd to express his sentiments to the CECOM LCMC personnel.

"I am extremely proud of everything that you do for our Soldiers," Strong said. "Everywhere I go in theater, I'm hearing about the great things you're doing and that the units are very happy with your support, and that speaks volumes to me about the quality of service that you provide."

Strong's visit also included atten-



Jennifer King
Maj. Gen. Randolph Strong, the commander of the CECOM Life Cycle Management Command, talks with John Wessel, a CECOM avionics logistics assistance representative stationed in Katterbach, during his visit to Europe May 6.

dance at the USAREUR distinguished visitor summit in conjunction with Austere Challenge 10 and visits to the 75th Fire Brigades and the 170th Brigade Combat Team.



Dijon Rolle
USAG Heidelberg BOSS president Spc. William Perkins helps a young student from Patrick Henry Village Elementary School in Heidelberg plant a new shrub during the school's Earth Week activities. Program members volunteer regularly at the school year round as part of their community service projects.

have a good rest of the day when I go back to work ... he wants us to get out and speak to the rest of Soldiers and let them know what's going on, and I think those skills, communication skills, go a long way."

Those skills don't fall far from the tree. Perkins comes from an Army family – literally, both his parents, sister, grandparents and several members of his extended family have all served. So it was only natural for him to enlist in 2007 as a radio and communications security equipment repairman.

"I remember ever since I was a kid, I was always playing Army, so I figured I might as well put on the uniform for real and serve my country ... my family, they're all in the Army, so if I joined the Air Force they'd be a little upset."

So with their ongoing community service, monthly meetings and recent

awards, some may wonder what's next for BOSS and for Perkins.

"I was given the position to take care of Soldiers and that's all that I have been doing," Perkins said. "And until every single Soldier in this garrison knows about BOSS, and until I think an adequate amount of Soldiers are involved in BOSS, I won't stop until it keeps getting bigger. By the time I turn over the reins to the next president, I'll ensure that this program is an ultimate success."

Heidelberg BOSS meetings are 3:30-4:30 p.m. every first and third Wednesday of the month in Bldg.104 on Patton Barracks. The program is open to all single, unaccompanied and single-parent Soldiers. Contact DSN 373-5104 or visit www.mwrgermany.com for more information on the program.

18th MP Brigade NCO shines during air assault course

By Sgt. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

Two months ago when the 18th Military Police Brigade announced to its Soldiers that it had 28 slots available for the first air assault course in Europe in five years, the game was on.

Close to 100 Soldiers submitted packets for the opportunity to attend the course and earn their badge – and 66 showed up at the brigade headquarters on Coleman Annex in Mannheim March 18 for the chance to fight for a slot.

Among the Soldiers vying for a slot that day was Staff Sgt. Margarita Flores, a paralegal noncommissioned officer with the brigade who works out of the law center on Taylor Barracks in Mannheim. Like so many Soldiers that day, Flores was determined to push herself for the chance to earn her air assault badge.

Flores earned her slot that day and said from that moment on she started to really prepare herself for the physical demands she knew the course was going to require of her.

Ruck marches became a regular part of her life for the three weeks leading up to Day Zero – she was determined to set herself up for success as much as possible.

Of the more than 280 students who stood together in Schweinfurt on Day Zero, a little more than 180 would make it all the way to graduation. Of the 20 females who started the course, only four would finish.

Flores not only earned her air assault badge, she was named honor graduate for her class – an accomplishment she worked fervently to earn.

When talking about her experience and what motivated her, Flores says a big portion of her motivation came from being selected as a platoon sergeant on the first day of the course.

"I was in charge of a platoon,"

Flores says of her drive to excel during the course, "I had to show them that their platoon sergeant could do everything."

Admittedly, in a course like air assault, it is easy to get overwhelmed. Every day there is a vital piece of knowledge that Soldiers will need to retain and apply and be tested on. Adding platoon sergeant duties to that would have been too much for some.

But, for Flores, the drive to succeed was about setting herself apart as a leader and proving that she was someone a Soldier could have confidence following. Having the added responsibility of being a platoon sergeant helped Flores to succeed much more than it hindered her. Losing focus just wasn't an option for her, she said.

Being a 10-day course, Air Assault School packs a lot into each day. Students have to prove a technical proficiency in a very short amount of time and are simultaneously pushed to their physical limits. For Flores, one of the most important aspects of her success was just taking it one day at a time.

"You take it day by day because Air Assault School is only 10 days, and every day you are faced with something that could kick you out. So if you were still there at the end of the day, then it was good. It was that mindset: I made this day, so let's go for tomorrow."

It was a mindset that – when combined with her personal drive and determination – served her well. Earning honor graduate was no easy task, and she fought for it until the end of the course, all the way to the finish line of the 12-mile ruck march.

When she returned back to Mannheim, Flores was quickly recognized by the brigade command team with an impact Army Commendation Medal at brigade headquarters May 12 for the way she excelled during the course.

Command Sgt. Maj. Brenda Curf-



Cpt. Marryn Crighton

Staff Sgt. Margarita Flores, a paralegal NCO with the 18th Military Police Brigade, from Guajuato, Mexico, does the sit-up portion of the Army Physical Fitness Test during the brigade's selection process March 18 in Mannheim, Germany. Sixty-six Soldiers competed to fill the 28 slots the brigade was allotted for the first Air Assault School in Europe since 2005. Flores went on to be named Honor Graduate for her class.

man noted that Flores is the kind of Soldier who stands out among other Soldiers.

"In today's Army we have those kinds of Soldiers – male and female – where nothing holds them back," Curfman said. "They just go for it, and she's doing a really great job."

In a course that is notorious for its physical demands, Curfman says Flores was a perfect demonstration of how the gap between what male and female Soldiers are physically capable of is steadily shrinking.

"Long gone are the days where you have to wonder or question whether or not (women) have the ability or the mental or physical stamina – because we've already proven that we do," Curfman said.

The obstacle course, the ruck

marches, the physical training and the tests on the technical knowledge are all structured to ensure that only the best of the best make it through to graduation day to pin on their badges; being at the top of that list is an accomplishment in and of itself.

The ARCOM, the accolades and the 'congratulations' seem minor compared to the satisfaction Flores has knowing she pushed herself and was able to accomplish what she did through sheer grit and a determination to be the best leader she could be.

"She is that mid-level grade NCO that's doing great things and kicking butt and making a good name – not just for female Soldiers," Curfman said, "but for leaders, for NCOs and for this brigade."

NCO conference builds trust, relationships between European partners, allies

By Sgt. Daniel J. Nichols
USAREUR PUBLIC AFFAIRS

GARDEREN, Netherlands – A great opportunity that promotes change for the better: That seemed to be the common assessment among the 35 senior enlisted leaders who participated in the Conference of European Armies for Noncommissioned Officers here May 9-12.

This year's conference, sponsored by U.S. Army Europe and hosted by the Dutch armed forces, is the fourth such annual gathering of top NCOs from across Europe and North America.

Most of the CEANCO participants are the highest-ranking enlisted leaders in their nations' forces, equivalent in rank to the U.S. sergeant major of the Army.

The conference is designed to bring those senior enlisted leaders together in one place at one time, as NCOs, to help strengthen partnerships and facilitate security cooperation, said interim USAREUR Command Sgt. Maj. Roger Blackwood.

"It's where we can share ideas, thoughts, the way of doing things ... (CEANCO) gives us that great opportunity to come together in one room and specifically focus on the betterment of our noncommissioned officer corps within our armies," Blackwood said.

This year's conference focused on the theme "Train the Trainer" and ways of improving trainers and training methods.

But while making training better and more collaborative was at the heart of the conference agenda, it wasn't the only benefit of the event.

Most nations represented at the conference are coalition partners in Operation Iraqi Freedom and the International Security Assistance Force in Afghanistan, and many of the senior leaders who attended said they feel CEANCO has a positive impact on operations in those and other battlefields.

"It helps initially to get everyone together, to get everyone talking ... communication is the best part and the essential part of coalition forces," said Warrant Officer Class 2 Tony Gordon, the British Armed Forces' deputy liaison to USAREUR. "If we're going to work together we need to talk to each other, and this is a perfect platform to communicate and talk to each other."

"This is a good occasion to know each other better," said Command Sgt. Maj. János Zsóter, senior enlisted leader of the Hungarian Land Forces and its 25th Infantry Brigade. "If I send (a team) to Afghanistan or another part

"Joint and combined forces are really the way ahead for the future. If you look at joint (operations) and interoperability among our services, we are more joint today with all of our services within the United States, but we're also more combined with forces from other countries."

- Sgt. Maj. of the Army Kenneth Preston

of the world, I can call (Command) Sgt. Maj. Blackwood and get information from him."

In fact, European nations comprise the majority of the 46 nations listed on NATO's ISAF Web site as current members of the multinational force fighting in that country. U.S. Sgt. Maj. of the Army Kenneth O. Preston said he believes joint operations that bring two or more services together, and combined operations that bring forces from two or more nations together, are now a fixture of modern warfare.

"Joint and combined forces are really the way ahead for the future," Preston said. "If you look at joint (operations) and interoperability among our services, we are more joint today with all of our services within the United States, but we're also more combined with forces from other countries."

"This world is small, and we're all together now," Blackwood said. "Nobody is standing alone. And as you can see, throughout our world and in Afghanistan, in Iraq, it takes the coalition that has formed and that continues to build, because in the future this is the way it's going to be done – together."

In addition to the "normal advantages" CEANCO provides in bringing senior enlisted leaders together, this year's conference had an added benefit for countries whose forces are serving in Afghanistan.

"The most interesting thing to me is that this year (Sgt. Maj. of the Afghan National Army Safi Roshan) is here," said U.S. Navy Fleet Master Chief Petty Officer Roy M. Maddocks, the U.S. European Command's senior enlisted advisor. "So for the countries who are here that are training teams to go down the pipe to Afghanistan, talking



Sgt. Daniel J. Nichols

Watched by an interested gathering of senior enlisted leaders from across Europe and North America, a Royal Netherlands Army basic rifle instructor demonstrates proper firing position techniques for a Dutch soldier as part of a live-fire training demonstration during the 4th Annual Conference of European Armies for Noncommissioned Officers, May 11. This year the Netherlands hosted the U.S. Army Europe-sponsored conference.

with the Afghan sergeant major helps them understand what the fight is like now."

Discussions during the conference centered on improving training and combined operations, as well as looking at ways to develop the participating countries' NCO Corps.

"I think that not only in the Dutch army, but in most armies, NCOs are the guys that make things work," said Royal Netherlands Army Command Sgt. Maj. T.J.A. Witlox. "The comparison is there's a big body: there's a brain, there's a backbone and the legs. The legs being the Soldiers, we have to prepare them; we have to train them we have to equip them; we have to take care of them; and it's the NCOs' role to do that. The brain will think of plans, and the NCOs will make things happen. They are definitely the backbone, and I think it's the same in all armies."

Command Sgt. Maj. Janez Šmid of the Slovenian Armed Forces' Forces Command said the collaboration and tools provided by the CEANCO events of the past four years have helped to build his nation's NCO Corps. Šmid said the Slovenian forces will be able to claim success in noncommissioned officer development when its Soldiers routinely progress through their NCO system from junior to senior enlisted leader ranks.

"We expect it to be fully developed when the platoon leader and platoon sergeant, which are now in the platoons, will be in the position where I am now," said Command Sgt. Maj. Janez Šmid of the Slovenian Armed Forces' Forces Command. "So FORSCOM CSM and force commander – this would be the end state. To get to that end state there is a lot of work to

do, but I don't think we are walking to that end state – I think we are running there," he said.

The three-day conference included multiple training presentations, group discussions, training demonstrations and a visit to the area where Operation Market Garden – the largest airborne attack of World War II – took place. The days were long, but the participants' spirits and seemed to stay high.

"I wish that we could do it more frequently," Preston said. "I think the more frequently you bring people together, the more you establish relationships – the more people get to know each other."

"We're building trust. Among Soldiers, trust is probably the most important thing we have with each other," Blackwood said. "(When) you achieve that trust, that's when you can really go forward and do some of the missions that we do together."

While the interaction at CEANCO occurs among NCOs and is designed to develop the capabilities of NCOs, the conference has another not-so-thinly disguised aim – to improve the proficiency and quality of life of junior Soldiers and mentor them to be the next generation of NCO leaders.

"Events like this are a perfect opportunity for exchanging experiences," said Sgt. Maj. of the Armed Forces of the Slovak Republic Richard Fabricius. "It's our (duty) to soldiers to get as much as possible of the knowledge and expertise of other service members of other countries serving in different positions. And that's our contribution to the soldiers. We're trying to get as much knowledge as possible so we can transfer it, take it and use it in our military to make them better soldiers."



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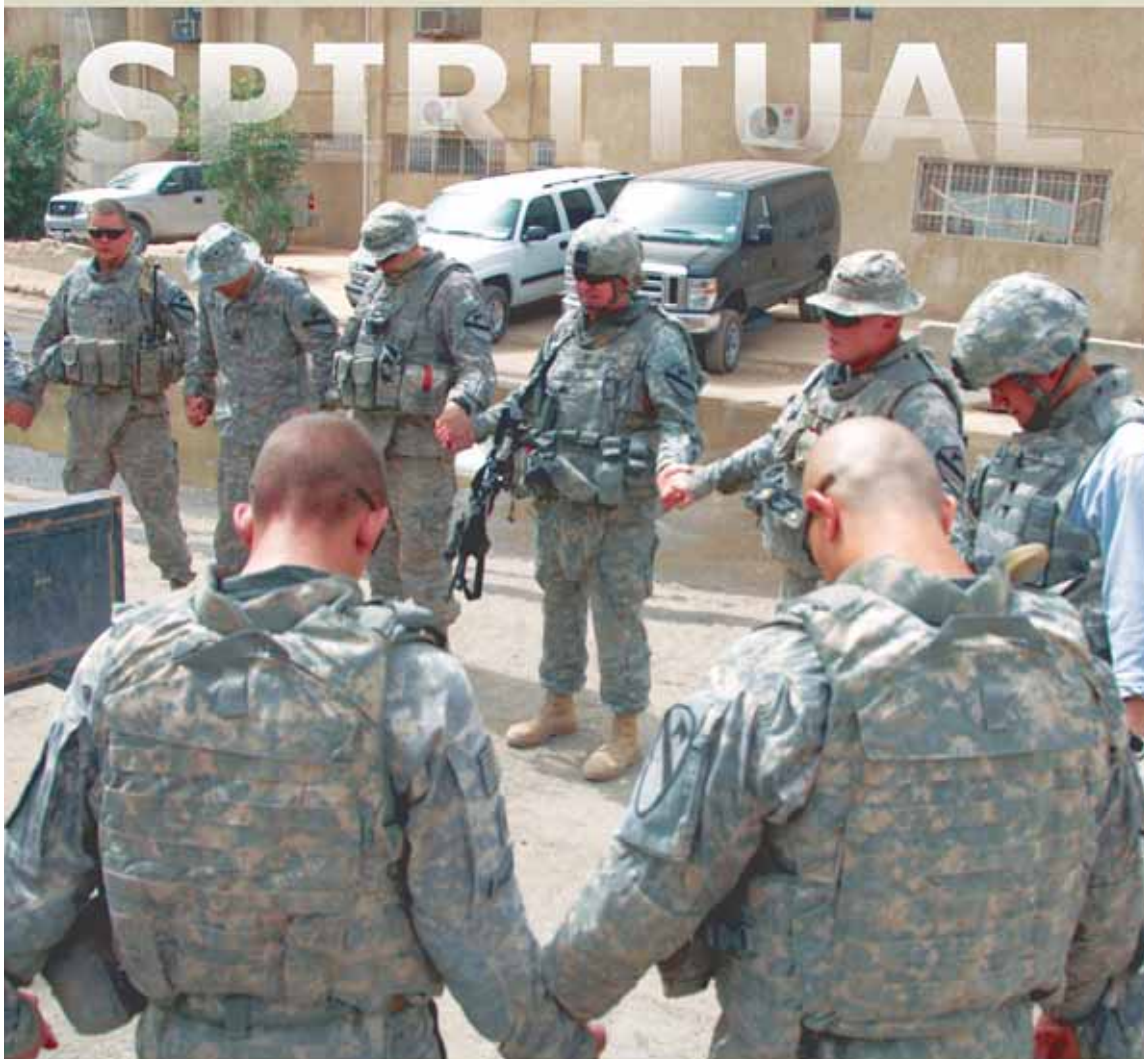
Physical

Emotional

Social

Spiritual

Family



Strengthening a set of **beliefs, principles** or **values** that sustain a person beyond family, institutional, and societal sources of **strength**.

V Corps Soldiers get dose of reality during training

By Sgt. Michael Reinsch
IJC/V CORPS PUBLIC AFFAIRS

Mission specific training is an essential part of any deployment, but the training hit a little closer to home for about 80 V Corps International Security Assistance Force Joint Command Soldiers May 17-21.

The Soldiers, who are scheduled to deploy in July, participated in the week long training to learn the measures, procedures and functions of the sections where they will be performing their duties downrange.

"The goal is to understand what people are going to be doing as a staff for the next 12 months ... processes, procedures and battle rhythm," said Col. Keith Bean, director of the IJC Joint Operations Center.

On the second day of training, however, the news of two fallen IJC Soldiers in Afghanistan made the training that much more real and that much more important.

Spc. Paul-Michael Trenery, IJC chalk one driver and administration noncommissioned officer, was paying attention to the class before, but after he received the news, he began to listen a little more intently, he said.

The training helped everyone prepping for the upcoming deployment better understand their position in IJC and further prepared them for their extended stay in a combat zone.

Although all of the classes did not apply to everyone in the audience, each piece of information was beneficial to someone in the class.

"I learned that the Afghan military and police do have a professional development course, that was something I was wondering about," Trenery said. "Seeing the cultural awareness training would benefit every Soldier who is about to deploy, it hits the broadest spectrum of service members."

V Corps Soldiers will continue their ramp up for deployment with various training activities scheduled over the next couple of months.

Navigating the rainforest



Angelica Jordan

Jalil Ocasio Rosado points out the layer of forest habitat while describing in Spanish where the Toucan can be found during a Rainforest presentation at Mannheim Elementary School. Family and friends were invited to the presentation and were surprised to find the classroom transformed into a living rainforest environment.

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HEIDELBERG CASTLE ILLUMINATION



Nicolae Gherasim

History relived 3 nights a year

By Steffen Schmid
HEIDELBERG MARKETING GMBH

Three times a year in Heidelberg, in the evening, thousands of faces are turned expectantly toward the castle. They are awaiting the beginning of a fascinating spectacle of flames and light.

First, Bengalian beacon fires slowly bathe the Heidelberg Castle in a mysterious blaze of red light.

It is as if the ruins were once again, going up in flames. Just as in 1689 and 1693, when the troops of the Sun King of France razed the castle and the town, and left behind the now world-famous ruin.

Steeped in tradition, the spectacular Heidelberg Castle illuminations will set the Neckar city aglow this season.

When the glowing castle slowly fades into the darkness, the second part of the spectacle begins. Suddenly, fireworks radiate through the night sky over the romantic city on the Neckar. Explosions will fill the air, golden rain falls from heaven, the firmament is lit up in a play of colors. The Old Town of Heidelberg takes on an almost unreal appearance in this blaze of light.

Already the well-traveled American author Mark Twain was enchanted by the castle illuminations during his stay in Heidelberg in 1878 saying, "The towers continued to spout thick columns of rockets aloft, and overhead the sky was radiant with arrowy bolts which

clove their way to the zenith, paused, curved gracefully downward, then burst into brilliant fountain-sprays of richly colored sparks."

Before each castle illumination, the stage is set for the coming drama with a festive concert in the Holy Ghost Church on Market Square.

For the second illumination, the concert "Seductive Carmen" will be performed July 10 in the castle courtyard, within the framework of the Heidelberg Castle Festival. The beguiling melodies from Bizet's opera have been transformed into a highly virtuosic fantasy for violin and orchestra attuned to the drama of the evening.

Following each of the castle illuminations, the Castle Gastronomy MÖvenpick beckons with "Fireworks and Fingerfood," a special tour featuring culinary highlights presented in unusual places. For more information, visit www.restaurants.moevenpick.com/heidelberg.

This year for the first time, Heidelberg Marketing GmbH is offering a package arrangement for the castle illuminations. In addition to overnight hotel accommodations, a guided tour of the Old Town, a three-course meal, and entrance to the castle, the package provides free streetcar and bus transportation. For further information and reservations, contact www.heidelberg-marketing.de or e-mail reservation@heidelberg-marketing.de, civ. 06221-142-224.



Chris Luxus

Illuminations

The Heidelberg Castle Illuminations will be held June 5, July 10 and Sept. 4.

Generally, the illuminations begin at 10:15 p.m. This year, however, because of the FIFA World Cup, the second illumination, July 10, will begin later, at 10:30 p.m. Should Germany be in the third-place playoff, the second illumination will start at 10:45 p.m.

GERMAN COOKING

Mushrooms In Cream Sauce (Pilze In Sahnesosse)

Servings: 4

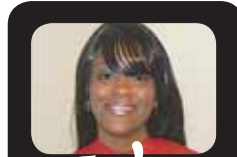
Ingredients:

- 2 pounds mushrooms; fresh
- 1/4 pound bacon; diced
- 1/4 cup butter or margarine
- 2 onions; large, diced
- 1 cup white wine
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon paprika
- pinch of nutmeg
- pinch of mace
- 1 cup cream; heavy
- 1 single lemon juice; 1/2 med lemon
- 2 each parsley; sprigs

Directions:

- Clean mushrooms and slice in half if large.
- Pat dry.
- Fry bacon in a large pan until lightly browned.
- Remove from pan and reserve.
- Add the butter to the pan drippings.
- Add onions; saute until lightly browned.
- Add mushrooms; cook until tender, stirring often.
- Stir in wine, salt, pepper, paprika, nutmeg, and mace.
- Cover frypan and cook over low heat 15 minutes.
- Off the heat, add the cooked bacon, cream and lemon juice.
- Reheat until just warm.
- Do not let the mixture boil.
- Garnish with parsley and serve with noodles or dumplings.

SOURCE: www.mygermanrecipes.com



DEAR MS. Vicki

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

Dear Ms. Vicki,

I need some advice. It's something I've been going through since high school and I'm currently 35.

I guess it's getting worse, and I don't know why. Everyone tells me to "chill." They say I'm "high strung," "too uptight," "overly meticulous," "easily agitated when things don't go my way," and that I tend to "control all situations."

One of my college buddies recently told me it's hard for him to even go out with me for a drink because of my behavior.

At first, I've paid no attention to what people say to me including my wife. However, I've been doing some soul searching because this is affecting my relationship with my wife, friends and other family. Is there something wrong with wanting things a certain way? Being a leader in the Army, I am required to hold

people accountable and required to give answers when things go wrong. Moreover, to fix things in a hurry when needed. I'll be the first one to admit that I have high standards. Is something wrong with that?

From: An Over Achiever

Dear Over Achiever,

Well, you signed this letter as an "over achiever" ... that's interesting to me and here's why.

You sound like you are willing to "over achieve" at the expense of making other people miserable around you. I think it's great to be competitive and to achieve, too. Nothing is wrong with that, but your close friends are complaining about your behavior, so I think you should give some thought about how to change this behavior.

Again, I believe in high standards and accountability, but you sound very stressed and that's not good. I think you should give careful thought to the following tips. Find ways to relax on your job and at home. Delegate more assignments at work and try to exercise before coming home to join your family. Try to leave everything at the office and don't bring office work home with you. Find better balance between your work and career.

It's sounds like your life has become work, work, work. I think you should include more personal

time, family time, recreational and even time for spiritual growth, too.

I'd be very happy to give you more tips on how to de-stress and relax, just let me know. I wish you the best and I hope this helps.

Responses to previous columns:

Dear Ms. Vicki,

I love, love, love reading your column! When I miss you in the paper, I read your letters on the Web site. You are the best at what you do!

Dear Ms. Vicki,

The guy who wrote to you a couple of weeks ago is absolutely correct about his preferential treatment. I totally believe him.

Men are not suppose to be the caretakers, at least according to our society. They are supposed to be hunters, providers, leaders, work outside the home, etc.

When you find one (and there are many) who stays at home and takes care of the children, the home, etc. For some reason some women and men feel like this goes against the order of nature. They pity the man, feel sorry for him as if he is operating outside of his normal role. Then he is given perks of sort, free gifts, extra support.

You name it, and he gets it. It's a shame, but this does exist not only in military families but in the civilian community too.

Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at www.blogtalkradio.com/dearmsvicki to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more. You can also visit her online at www.dearmsvicki.com.

TRICARE dental coverage available for retirees overseas

By Doug Schobel
TRICARE RETIREE DENTAL PROGRAM

Retired uniformed service members and their families who reside permanently overseas are eligible to enroll in the Enhanced-Overseas TRICARE Retiree Dental Program for access to their program benefits anywhere in the world.

The Enhanced-Overseas TRDP carries a \$50-per-person-per-year deductible with a family cap of \$150 and an annual maximum of \$1,200 per person, against which preventive and diagnostic services are not counted.

Coverage for these services as well as for basic restorative, periodontic, endodontic, oral surgery and dental emergency services is available immediately upon the effective date of coverage (the first of the month following enrollment).

Crowns, bridges, full and partial dentures, orthodontics and many dental implant services are available after only 12 months of continuous enrollment, payable at 50 percent of the amount allowed by the TRDP.

Premium rates for enrollees in the Enhanced-Overseas TRDP are based on the enrollment option selected, like single enrollment, two-person

enrollment or family enrollment of three or more persons, and are subject to adjustment Oct. 1 of each contract year (Oct. 1 through Sept. 30). Current premium rates for enrollees in the Enhanced-Overseas TRDP are available by entering ZIP Code "00000" on the TRDP Web site's Premium Search page, www.trdp.org/pro/premiumSrch.html.

Enrollees who need to locate an overseas dentist may call the international referral service toll-free from inside the U.S. at 1-888-558-2705, or collect from anywhere in the world at 312-356-5971. Multi-lingual assistance coordinators are available 24 hours a day, 365 days a year to help enrollees find a dentist overseas.

Enhanced-Overseas TRDP enrollees may also select a dentist for their overseas dental care by using the host nation provider search tool available on the TRDP Web site's Enhanced-Overseas Resources page at www.trdp.org/enr/overseas.html.

This list is updated regularly, so enrollees seeking dental care overseas should check the Web site frequently for the most current list of available dentists. It is important for Enhanced-Overseas TRDP enrollees to note that the international referral service and the host nation provider search tool are provided only as convenient and quick

ways for locating a dentist overseas and that the dentists listed therein are neither contracted nor otherwise affiliated with Delta Dental.

For services provided by an overseas dentist, Enhanced-Overseas TRDP enrollees will need to pay in full at the time of service and should obtain a detailed receipt.

To be reimbursed, enrollees must submit their claims directly to Delta Dental and include a copy of the receipt.

Delta Dental will convert the fees to U.S. dollars and make payment directly to the enrollee in U.S. dollars based on the date of service.

Details on how to submit overseas TRDP dental claims to Delta Dental are provided in the Enhanced-Overseas TRDP supplemental guide that was included with their Benefits Booklet, or by visiting the TRDP Web site's Enhanced-Overseas Resources page.

Enrollees can also download and print an Enhanced-Overseas TRDP claim form from the web site or make copies using the blank claim form provided in the supplemental guide.

Overseas retirees and eligible family members may enroll in the Enhanced-Overseas TRDP anytime by accessing the Web site at www.trdp.org.

GET OUT!

area events

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

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.

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.

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 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, kmc onstage@eur.army.mil, 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.uso.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.

Paris Express - Join Heidelberg Outdoor Recreation for a quick trip to France. 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, Mccracken01@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 Wallldür. 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.

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.

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.uso.org/rheinneckar>.

June 4

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

June 5

European Signal Regimental Ball - The 2010 European Signal Regimental Ball will be held at 5 p.m. at the Patrick Henry Village Pavilion in Heidelberg. www.europeansignalregimentalball.com.

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

June 11

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

and tour guide. <http://affiliates.uso.org/rheinneckar>.

June 12

Army Birthday Ball - Officials from United States Army Europe will host an Army Birthday Ball 6 p.m. June 12 at the Village Pavilion Ball Room on Patrick Henry Village in Heidelberg. DSN 377-4507, civ. 06221-394507. Limited number of tickets available.

Merengue Competition - Step up your salsa moves in Kaiserslautern and bring them to Armstrong's Merengue dance competition at 11 p.m. Prizes for first, second and third place. DSN 489-6000, civ. 0631-354-9986.

Heidelberg Zoo - Join Army Community Service 10 a.m.-3 p.m. for an outing to the Heidelberg Zoo. The zoo is located in the Neuenheimer Feld area of Heidelberg city and it is home to more than 1,100 animals from 250 species. There is also a petting zoo and a large playground for the young ones and the young at heart. The tour will meet at ACS and take public transportation to the zoo. DSN 370-6883, civ. 06221-57-6883.

June 18

Megan Mullins Concert - Country music's newest singer, songwriter and instrumentalist, Megan Mullins, will be performing live in concert, 9 p.m. at the Kazabra Club, Bldg. 2057, Vogelweh. DSN 489-7261, civ. 0631-536-7261.

White Water Rafting - Join Kaiserslautern Army Outdoor Recreation for an extreme white water rafting and canyoning weekend, Austria. DSN 493-4117, civ. 0631-3406-4117.

June 19

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

Ongoing

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

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.ulmerzelt.de.

coming to THEATERS

SHREK FOREVER AFTER

(Mike Myers, Eddie Murphy) After challenging an evil dragon, rescuing a beautiful princess and saving your in-laws' kingdom, what's an ogre to do? Well, if you're Shrek, you suddenly wind up a domesticated family man. Instead of scaring villagers away like he used to, a reluctant Shrek now agrees to autograph pitch forks. What's happened to this ogre's roar? Longing for the days when he felt like a "real ogre," Shrek is duped into signing a pact with the smooth-talking dealmaker, Rumpelstiltskin. Rated PG (PG mild action, some rude humor and brief language) 93 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

May 27 - ROBIN HOOD (PG-13) 7 p.m.
 May 28 - SHREK FOREVER AFTER (PG) 7 p.m.; PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 9 p.m.
 May 29 - SHREK FOREVER AFTER (PG) 4 p.m.; ALICE IN WONDERLAND (PG) 7 p.m.; PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 9 p.m.
 May 30 - SHREK FOREVER AFTER (PG) 4 p.m.; PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 7 p.m.
 May 31 - ALICE IN WONDERLAND (PG) 7 p.m.
 June 1 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 7 p.m.
 June 2 - SNEAK PREVIEW (R) 7 p.m.
 June 3 - SHREK FOREVER AFTER (PG) 7 p.m.

Mannheim, Schuh

May 28 - ROBIN HOOD (PG-13) 7 p.m.
 May 29 - ROBIN HOOD (PG-13) 4 p.m.; THE BOUNTY HUNTER (PG-13) 7 p.m.; REPO MEN (R) 9 p.m.
 May 30 - ALICE IN WONDERLAND (PG) 4 p.m.; ROBIN HOOD (PG-13) 7 p.m.

Vogelweh, Galaxy

May 28 - REPO MEN (R) 7 p.m.
 May 29 - THE BOUNTY HUNTER (PG-13) 3 p.m.; ROBIN HOOD (PG-13) 7 p.m.
 May 30 - ALICE IN WONDERLAND (PG) 3 p.m.; ROBIN HOOD (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

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.
 May 28 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m., 9 p.m.; SHREK FOREVER AFTER (PG) 11:30 a.m., 1:30 p.m., 4 p.m., 6:10 p.m., 8:30 p.m.; ALICE IN WONDERLAND (PG) 11 a.m., 1:30 p.m.; THE BOUNTY HUNTER (PG-13) 1:45 p.m.
 May 29 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m., 9 p.m.; SHREK FOREVER AFTER (PG) 11:30 a.m., 1:30 p.m., 4 p.m., 6:10 p.m., 8:30 p.m.; ALICE IN WONDERLAND (PG) 11 a.m., 1:30 p.m.; THE BOUNTY HUNTER (PG-13) 11:15 a.m., 1:45 p.m.
 May 30 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m.; SHREK FOREVER AFTER (PG) 11:30 a.m., 1:30 p.m., 4 p.m., 6:10 p.m.; ALICE IN WONDERLAND (PG) 11 a.m., 1:30 p.m.; THE BOUNTY HUNTER (PG-13) 11:15 a.m., 1:45 p.m.
 May 31 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m.; SHREK FOREVER AFTER (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:10 p.m.; ALICE IN WONDERLAND (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.; REPO MEN (R) 12:30 p.m., 3:30 p.m., 6:30 p.m.
 June 1 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m.; SHREK FOREVER AFTER (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:10 p.m.; ALICE IN WONDERLAND (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.; THE BOUNTY HUNTER (PG-13) 12 p.m., 3:30 p.m., 6:30 p.m.
 June 2 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m.; SHREK FOREVER AFTER (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:10 p.m.; ALICE IN WONDERLAND (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.
 June 3 - ALICE IN WONDERLAND (PG) 11:15 a.m., 2:15 a.m., 5:15 p.m.; THE BOUNTY HUNTER (PG-13) 12 p.m., 3:30 p.m., 6:30 p.m.; REPO MEN (R) 11:30 a.m., 2:30 p.m., 5:30 p.m.

THEATER INFORMATION

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

community HIGHLIGHTS

Relinquishment of Command

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

Estate Claims

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

Capital City Visitation Tour

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

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>.

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, 00800-3762-2273.

Eagle Scouts Meeting

The Transatlantic Council, BSA invites all Eagle Scouts, their parents and spouses to an Eagle Scout Reception 7 p.m. May 29 at the Casablanca Room at Campbell Barracks, Heidelberg, brian.raymond@tca-bsa.org or rayeden@hotmail.com.

local EMPLOYMENT

Educational Instructors

Heidelberg Army Education Center is looking for a FAST Instructor, along with subs for the following positions: administrative assistant, test examiner and ALC lab. DSN: 373-6549, civ.06221-17-6549

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, 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 or deliver to HMEDDAC Department of Nursing in Bldg. 3612, Rm. 117 Nachrichten Kaserne. DSN 371-2911, civ. 06221-17-2911.

KAISERSLAUTERN Education

♦ Army Family Team Building

- AFTB level 2 classes will be held 9 a.m. to 2:30 p.m. June 8-10 on Pulaski Barracks, Bldg. 2917.

Active - duty Soldiers will get promotion points for attending AFTB classes.

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

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

Community

♦ **Airport Shuttle** - The Kaiserslautern airport shuttle program will end June 1. The reservation desk will remain open until July 1 to provide alternative shuttle services to customers. The program is still honoring previous reservations, however, all other reservations will cease on June 1.

DSN 493-4115, civ. 0631-3406-4115.

♦ **Commander's Forum** - The commander's community forum will be 1 p.m. June 2 at Armstrong's community club, Bldg. 1036, on Vogelweh. The Exceptional Family Member Program summer camp, vacation bible school and other Family and Morale Welfare and Recreation happenings will be discussed during the forum. Reservations: DSN 493-4093, civ. 0631-3406-4093.

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

♦ **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.

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

HEIDELBERG Education

♦ German Language Classes -

German language evening classes will be available May 31-July 25 at the Heidelberg-Patton Education Center. German 1 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. 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, UMCU Europe is offering the \$500 Military Spouse Appreciation Scholarship. DSN 370-6762, civ. 06221-3780, 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 ATSTIP** - Effective immediately, the Advanced and Supervisors Driver's Courses have been removed from the ATSTIP 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://ais.lmi.edu/home.aspx>.

Community

♦ **ACS Classes** - Army Family Team-building levels 1-3, 9 a.m.-2 p.m. June 2; Life in Balance, 1-3 p.m. June 1; Single Parents Support Group, 2:30 p.m.-4:30 p.m. June 1; Fair Fighting in Relationships, 1-3 p.m. June 3. DSN 370-6883, civ. 06221-57-6975, www.mwgermany.com/hd/acs.

♦ **Volksmarches** - Sign up for available trips to Holland in July and Bamberg in August. www.hiwc.de, hiwc@yahoo.com.

♦ **Barbecue Bash** - There will be an end of the year barbecue and water games 3:30-5:30 p.m. May 29 at the Lion's Den on Patrick Henry Village. Prizes awarded to the winner. Open to all high school students. DSN 388-9396 www.mwgermany.com.

♦ **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.

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

♦ **Army Birthday Prayer Breakfast** - There will be a prayer breakfast in honor of the Army's 235th birthday 6:30 a.m. June 7. Cost is \$10. Guest speaker will be Maj. Gen. Robert B. Brown. Tickets: DSN 370-5134.

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

♦ **Summer Reading Program** - The PHV Library presents the 2010 Summer Reading Program June 29-July 27. Registration begins June 1.

Grades 1-5 will meet at 11 a.m. on Tuesdays at the PHV library, preschool ages 3-5 will meet at 11 a.m. on Wednesdays at the PHV library. The program's closing celebration for grades 1-5 will be July 27. www.mwgermany.com.

♦ **Teen Summer Reading Program** - The PHV Library presents the 2010 Teen Summer Reading Program Survival on Book Island. Teens can earn prizes for reading. Kick-off is 2 p.m. July 1. Closing celebration is 2 p.m. July 28. www.mwgermany.com.

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

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

♦ **Arts and Culture Club** - Starting in May, the Cultural Club meetings

will be held at 6:30 p.m. every second Thursday of the month at the Heidelberg Arts and Cultural Center. Join the Cultural Club and experience Europe with others who love the arts and love to travel. DSN 388-9419. www.mwgermany.com.

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.

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

Community

♦ **Memorial Day** - There will be a wreath laying ceremony 11 a.m. May 31 at Veterans Park, across the street from the commissary. Community members are encouraged to attend.

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

♦ **Voting Assistance Officers** - Mannheim's voting assistance representatives are Marcia Sierra-Williams and Elyonne Klink. Flyers, voting assistance guides and absentee ballot request forms are available. Unit representatives are encouraged to stop by to pick up these materials at Bldg. 238, Sullivan Barracks, first floor. DSN 385-2774.

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

Up and over

Heidelberg High School Lion Alan Bywater, runs the 300 intermediate hurdles during a track meet Saturday. Although he didn't win the event, he did qualify for the Europeans, scheduled for Friday and Saturday in Russelsheim. The HHS boys track team came in second in the meet overall behind Kaiserslautern.



Linda Steil

Field day fun



Linda Steil

Emily Dole and Elizabeth Thompson race tricycles during the Patrick Henry Elementary School field day held May 18 and 19. All of the classes participated in the full-day event, which also included sack races, frisbee toss, tire roll and throwing relays.

staying ACTIVE

Army Birthday Run

Celebrate the Army's 235th birthday with the Heidelberg Sports and Fitness sponsored 5K fun run and walk 8:30 a.m. June 12. Register at the PHV commissary parking lot before the race. Race starts at 9 a.m. Free and open to all ages. www.mwrgermany.com

Bodybuilding Competition

Kaiserslautern Sports and Fitness invites all men and women to participate in its bodybuilding competition. Registration deadline is June 11. The competition is 11 a.m.-9 p.m. June 19 at the Kaiserslautern High School auditorium on Vogelweh, Bldg. 2001. DSN 493-2087, civ. 0631-3406-2087. www.mwrgermany.com.

Heidelberg Sea Lions

Does your child enjoy the water? The Heidelberg Sea Lions are looking for swimmers. If your child is between the ages of 6 and 19 and can satisfactorily complete a swimming proficiency test administered by a Heidelberg Sea Lions' coach, he can join the Heidelberg Sea Lions swim team. www.heidelbergsealions.com, efstsealions@yahoo.com.

CYSS Registration

Registration is now open for Mannheim CYSS youth summer sports camps. Parents can register their children at the Parent Central Services office, bldg. 742 on Benjamin Franklin Village. The CYS Sports and Fitness Department still needs volunteers, coaches and officials for its youth sports programs. Coach and officials packets will be accepted throughout the year. No experience is required; the CYS Sports and Fitness staff will provide all training and materials. Coach's packets are available at Bldg. 696 Rm. 211, Benjamin Franklin Village. DSN 380-9208, civ. 0621-730-9208, james.mcelwain@us.army.mil.

Youth Tackle Football Camp

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

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

Golf Tournaments

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

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 two 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, kaiserslautern@agbc.de.