

# HeraldPOST

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

**HP THURSDAY**  
July 14, 2011

## Speed Read

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Summer Slam will be held this weekend at Patton, Campbell and Tompkins Barracks in Heidelberg. 17

## Defense Details

### TUITION ASSISTANCE

All schools participating in Title 10 tuition assistance will need a signed memorandum of understanding with the Defense Department under a policy to take effect Jan. 1. DOD's tuition assistance program helps active duty service members pay for undergraduate and most graduate courses delivered through online distance learning or traditional classroom instruction. A voluntary education joint service review committee developed one standard document to replace the separate services' tuition assistance agreements. The new agreement requires institutions to set one single tuition rate so servicemembers cannot be charged different tuition rates to attend the same class.

[www.defense.gov](http://www.defense.gov)

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## Program enhances quality of life for caregivers

By Lt. Gen. Rick Lynch  
IMCOM COMMANDER

Starting in July, the Exceptional Family Member Program is standardizing and streamlining the process for delivering respite care to eligible families in need of support.

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

It is focused on helping these families find the support and care needed to ensure all their members can thrive.

Respite care is one way EFMP helps to provide support for all family members – in this case, the caregivers. Caring for family members with special needs, especially those with severe chronic medical conditions, is an around-the-clock job.

There may be no end to a caregiver's love, but everyone who shoulders such responsibilities needs a break to rest and recharge. EFMP respite care provides that break.

Qualifying families are eligible for up to 40 hours of respite care a month for each certified family member.

In an effort to enhance service delivery to EFMP-enrolled families, IMCOM has revised EFMP respite care policies and procedures.

The revision is effective this month.

It includes changes in eligibility criteria and the see **EFMP** page 12



Dijon Rolle

New U.S. Army Garrison Baden-Württemberg commander Col. Bryan DeCoster accepts the garrison colors from the acting director of Installation Management Command-Europe Region Kathleen Marin during his official change of command ceremony at the Patrick Henry Village Pavilion in Heidelberg July 7. DeCoster replaced outgoing commander Col. Bill Butcher.

## New commander ready to serve

By Dijon Rolle  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Friends, families, community and military leaders from the Heidelberg, Mannheim and Kaiserslautern communities gathered at Patrick Henry Village Pavilion in Heidelberg to witness one of the military's most time-honored traditions July 7.

After a two year tenure, outgoing U.S. Army Garrison Baden-Württemberg's Col.

William Butcher relinquished his command to Col. Bryan DeCoster.

DeCoster, a native of Bangor, Maine, most recently served as the Enlisted Military Intelligence Branch Chief and Chief of Operations Support and Effects Division at Human Resources Command and has also completed military tours in the Darmstadt and Wiesbaden communities.

"I look forward to this outstanding see **DECOSTER** page 12

## Family members attend summer camp

By Jeremy Smith  
EFMP INTERN

The Exceptional Family Member Program will host a summer camp Aug. 8-12 for enrolled Exceptional Family Members in grades one through eight.

Participation in the camp is first-come, first-served, with a capacity for 30 participants from the U.S. Army

Garrison Baden-Württemberg community. The week-long camp will include trips to the Heidelberg Zoo and Luisenpark in Mannheim and will conclude with a bowling and pizza party.

Transportation to all events will be provided. Chaperones will include EFMP staff from USAG Baden-Württemberg, trained counselors and vol-

unteers from Better Opportunities for Single Soldiers.

The camp is free to all eligible exceptional family members.

Parents can register their children by contacting the EFMP Manager at the main office at DSN 370-6883, civ. 06221-57-6883 or at the Mannheim satellite office at DSN 385-3101, civ. 0621-730-3101.

## COMMENTARY

## President's decision to send suicide condolence letters appreciated by Army Vice Chief of Staff

By Gen. Peter W. Chiarelli  
VICE CHIEF OF STAFF OF THE ARMY

I commend the decision of our Commander-in-Chief, President Barack Obama, reversing the long-standing policy of not sending condolence letters to the families of servicemembers who commit suicide while deployed to a combat zone.

The greatest regret of my military career was as commanding general of the 1st Cavalry Division in Iraq in 2004-05. I lost 169 Soldiers during that year-long deployment.

However, the monument we erected at Fort Hood, Texas, in memorial lists 168 names. I approved the request of others not to include the name of the one Soldier who committed suicide.

I deeply regret my decision.

The brave individuals who wear the cloth of this great nation in combat deserve our deepest gratitude. It is remarkable all they have accomplished. I am incredibly proud of them and of their families. That said, they are tired.

The persistent high operational tempo of this war, the terrible things some have seen or experienced in combat, have undoubtedly taken a toll on them.

Many are struggling with the invisible wounds of this war, including traumatic brain injury, post-traumatic stress, depression and anxiety. Any attempt to characterize these individuals as somehow weaker than others is simply misguided.

Unfortunately, the long-standing stigma associated with these and other behavioral health conditions continues to preclude some from seeking or receiving available help.

The United States Army is working very, very hard, in partnership with the National Institute of Mental Health and our sister services, to better

**We remain committed to raising awareness, helping individuals increase their resiliency, while ensuring they have access to the right support services and resources.**

understand the challenge of suicide and to do everything we can to effectively reduce the incidence of it across our force.

We remain committed to raising awareness, helping individuals increase their resiliency, while ensuring they have access to the right support services and resources.

That said, if we hope to truly have an impact we must continue to do everything we can to eliminate the stigma.

The policy change instituted by President Obama directing that letters of condolence be written to the families of servicemembers who commit suicide while deployed to a combat zone represents a monumental step in this direction.

It acknowledges that the service rendered by these individuals, as well as the service and sacrifices made by their family, deserve the same recognition given to those men and women who die as a result of enemy action.

Since the start of the wars in Iraq and Afghanistan nearly a decade ago, over 6,000 men and women have paid the ultimate price for freedom.

Every day we have honored those fallen in combat – now, in accordance with our Commander-in-Chief, we will honor all those who have fallen in service to our great Nation.

### Overt Clues to Suicide

- Direct statement: "I am going to kill myself"
- Making funeral arrangements and making them obvious to friends and family
- Describing suicide plans to others
- Feeling as if life is meaningless
- Expressing frequent feelings of sadness and despair (intensified anxiety)
- Obtaining weapons
- Increased substance abuse
- Noticeable increased risk-taking e.g. not using body armor, helmets and safety gear
- Noticeable changes in eating, sleeping habits or personal hygiene
- Previous suicide attempt

### Covert Clues to Suicide

- Loss of clear, logical thinking, loss of a sense of future
- Excessive spending beyond one's means
- Feelings of loneliness and rejection
- Isolation and withdrawal from friends and family
- Lowered performance, diminished problem-solving ability, unusual requests for leave
- Giving away important possessions or suddenly making a will
- Obsession with death.
- Subtle changes in personality

SOURCE: U.S. Army Garrison Baden Württemberg Army Substance Abuse Program

### Helpful Links

- <https://www.us.army.mil/suite/page/334798>
- [www.militaryonesource.com](http://www.militaryonesource.com)
- <http://suicidology.org>
- [www.save.org](http://www.save.org)
- [www.suicide.org](http://www.suicide.org)
- <http://telefonseelsorge.de>
- [www.teenlineonline.org](http://www.teenlineonline.org)
- [www.spanusa.org](http://www.spanusa.org)



[www.facebook.com/BWnow](http://www.facebook.com/BWnow)  
<http://myBWnow.ning.com>

### DISCUSSION BOARD

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

"Now that we can't go through the Mannheim Garrison, who can I contact in regards to setting up another Mannheim Community Yardsale?"

—Shelly Manese, BWnow Facebook fan

"Shelly, maybe you could put the word out on Keeping UP with Mannheim? There are several volunteers who keep that page up."

—BWnow Facebook Administrator

"Don't we Mannheimers still have volunteer area mayors? I was a mayor many years ago and it was the task of mayors to gain permission and organize community garage sales. But, that was a different garrison."

—Marsha Dale Keating, BWnow Facebook fan

"Shelly, you can also contact Mannheim base operations at DSN 385-1500 or civ. 0621-730-1510.

They are located in Bldg. 245 on Sullivan."

—BWnow Facebook Administrator

"The Arts and Cultural Center on PHV in Heidelberg will be temporarily closed for inventory July 27-31. DSN 388-9418, civ.06221-338-9418."

—BWnow Facebook Administrator



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



Sadie Bleistein

An OH-58 Kiowa Warrior helicopter test fires over the Red Desert in Afghanistan. Under Modernization Plan 2012, Kiowa Warrior helicopters like this one will be upgraded from D to F models to include enhanced cockpit sensor upgrades.

## Army releases latest modernization plan for new year

By Brian Gebhart  
ARMY NEWS SERVICE

WASHINGTON, D.C. – Earlier this month the Army released its Modernization Plan for 2012, an in-depth explanation of how next year's budget request aims to move the Army toward achieving its objectives to equip the force in the 21st century.

The goal of the strategy to equip the Army in the 21st century is to develop and provide an affordable and versatile mix of the best equipment available to Soldiers and units to succeed in current and future military operations.

Modernization Plan 2012 lays out the Army's fiscal year 2012 priorities and programs to help achieve its strategic goal.

The plan also provides an overview of the overall strategy, including steps to adapt institutional processes to get the best value and right equipment for Soldiers. A link to the plan can be found at the top of the Army's G-8 website at <https://www.g8.army.mil>.

"As you look forward to the strategic environment we think we are going to see in the first half of the 21st century, it's characterized by four things: persistent conflict, an uncertain operational environment, decreasing access to resources and increased cost of labor and material," said Brig. Gen. Edward P. Donnelly, the Army's director for Joint and Futures within the Department of the Army Deputy Chief of Staff, G8.

"You need to set priorities for the characteristics of the force that's going to operate in that environment," Donnelly said, "and then you need to develop, approve and resource requirements for the equipment that a force with those characteristics needs to be successful in that environment."

The plan describes three main priorities – network the force, protect and empower Soldiers and deter and defeat hybrid threats – all of which are interrelated.

Donnelly explained that networking the force al-

lows the exchange of information all the way from the garrison to the forward edge to the individual Soldiers.

"I think in the case of protect and empower Soldiers, it's a recognition that the American Soldier is really the dominant force on the battlefield for the operational environment today and in the foreseeable future," he said.

"What we want to do is take the greatest advantage we can of that individual, protecting them and empowering them through the means of the network," he added.

The third priority, deter and defeat hybrid threats, is also essential to the Modernization Plan because these threats are a characteristic of those uncertain operational environments, Donnelly added.

"Asymmetry is a characteristic of both the present and the future battlefield because we are facing enemies who are not able to compete with us symmetrically," he said. "They are going to come at us differently."

Hybrid threats, Donnelly explained, are when the enemy takes a capability that has a generally well understood usage and generally well understood effect, such as a cell phone, and uses it in a different manner so that it achieves a different effect than the one that is understood.

Along with the three priorities, the Modernization Plan also highlights seven systems which are identified as critical to the Army's success in operations – current and future. These systems are:

- ♦ Joint Tactical Radio System, which will provide simultaneous data, video and voice communications to dismounted troops, aircraft and watercraft. JTRS components include a Wideband Data Radio (Ground Mobile Radio), a Handheld Manpack Small and Rifleman Radio.

- ♦ Warfighter Information Network-Tactical, which will provide the broadband backbone communications necessary for operational forces. WIN-T extends an IP-based satellite and line-of-sight com-

munications network through the tactical force, supporting telephone, data and video.

- ♦ Ground Combat Vehicle, the Army's replacement program for the Infantry Fighting Vehicle in Heavy Brigade Combat Teams and the centerpiece of the Army's overall Combat Vehicle Modernization Strategy.

- ♦ Distributed Common Ground System-Army, which provide integrated intelligence, surveillance and reconnaissance data to airborne and ground sensor platforms and is the Army's component of the Department of Defense Distributed Common Ground and Surface System family of systems.

- ♦ Joint Battle Command-Platforms, which enable a widely dispersed command and control capability across all formations and the entire spectrum of joint military operations.

- ♦ Paladin Integrated Management, which funds readily-available low-risk upgrades that enhance the responsiveness, force protection, survivability and operational readiness of the self-propelled howitzer fleet.

- ♦ Kiowa Warrior, an OH-58 model upgrade which converts D models to F models with enhanced cockpit sensor upgrades.

"The equipment that we're asking for is a blend of versatility and affordability," Donnelly said.

"It meets requirements of the FY12 budget while maintaining balance between current and future needs."

The plan reflects the designed budget against the roles, missions and tasks that the Army could possibly face in the current strategy while keeping future operations in mind.

"If there's a change in the strategy that recasts the role of the Army," Donnelly said, "then we might need more or we might need less. But the key is ensuring that our strategy to equip the Army is both nested within the security strategies and concepts; and balanced in terms of capabilities and resources."

# Memorial ceremony held for MPs

## 18th MP Brigade Public Affairs

A memorial ceremony was held yesterday at the U.S. Army Garrison Hohenfels for three Soldiers of the 527th Military Police Company, 709th MP Battalion, who died in Afghanistan July 5.

Sgt. Joshua Throckmorton of Battle Creek, Mich., Spc. Preston Suter of Sandy, Utah, and Spc. Jordan Shumann of Port St. Lucie, Fla., died when the vehicle they were traveling in was struck by a roadside bomb during a patrol in the Kalagu area, Paktya Province, Afghanistan.

All three were military police with the 92nd MP Battalion, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, Afghanistan. An Afghan interpreter who was in the vehicle was also killed.

The unit also held a memorial ceremony on Forward Operating Base Gardez, Afghanistan, Saturday.

The Soldiers were assigned to the 18th MP Brigade, 21st Theater Sustainment Command, and stationed in Hohenfels.

# Reserve command changes leaders

## 7th Civil Support Public Affairs

A change of command ceremony for the U.S. Army Reserve 7th Civil Support Command was held on the Panzer parade field in Kaiserslautern Saturday.

Brig. Gen. Jimmie Jay Wells, relinquished command after two years as the commanding general for the 7th CSC and deputy commanding general for the 21st Theater Sustainment Command to Brig. Gen. Mark S. Hendrix, an attorney from Columbia, Mo.

Wells was recently nominated to the rank of major general and will take command of the 75th Battle Command Training Division in Houston.

# Air artillery changes command

## 357 Air, Missile Defense Public Affairs

Lt. Col. Kevin Ciocca relinquished command of the 5th Battalion, 7th Air Defense Artillery, to Lt. Col. Philip G. Labasi Jr. Friday at a change of command ceremony in Kaiserslautern.

## transformation UPDATE

### Frequently Asked Questions

**Have a transformation-related question you'd like answered?**

E-mail [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil). We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at [www.bw.eur.army.mil/transformation](http://www.bw.eur.army.mil/transformation).

### Facilities Operations Changes

**Security Office** – The Security office for USAG-Baden Württemberg will move to Bldg. 110, room 104, on Patton Barracks today, July 14. The office will be closed for regular customer service July 14 but will resume regular hours tomorrow, July 15.

### Mannheim Middle School

– Mannheim seventh and eighth grade students will attend Heidelberg Middle School

on Patrick Henry Village next school year which begins Aug. 29. Sixth grade students either will attend school in Mannheim at the elementary building in a self-contained fifth/sixth grade classroom or go to Heidelberg Middle School. DODDS-E has been watching enrollments and noted a steady decline in registered students and it became clear the best possible educational program for these students would be at Heidelberg Middle School. The middle school is a 25-minute bus ride from Mannheim. A separate bus will take high school students to Mark Twain Village to attend Heidelberg High School.

**Mannheim TMP** – Due to customer demand the Mannheim Transportation Motor Pool is now open 8 a.m.–noon and 1–3:30 p.m. Tuesdays and Thursdays. Customers can also use the Heidelberg Transportation Motor Pool, open 7:30 a.m.–noon and 1–4 p.m. Monday–Friday. Both offices are closed on American and German holidays. Mannheim TMP is located in Bldg. 1563 on Spinelli Barracks in Mannheim. DSN 384-6353, civ. 0621-730-6353. Heidelberg TMP is located in Bldg. 157 on Patton Barracks in Heidelberg. DSN 373-8350, civ. 06221-17-8350.

**Patrick Henry Village Commissary Gate** – The gate near the commissary on Patrick Henry Village has reduced hours due to a reduction in the number of guards. New hours are 6 a.m.–6 p.m.

**Heidelberg Barber Shops** – Hours of operation at Tompkins and Patton Barracks Barber Shops have changed. Services are now offered at the Patton Barber Shop in Heidelberg 10 a.m.–5 p.m. Mondays, Wednesdays and Fridays. The Tompkins shop in Schwetzingen serves customers 10 a.m.–5 p.m. Tuesdays and Thursdays.

**Spinelli Auto Skills** – The Auto Skills shop on Spinelli has new hours: 11 a.m.–7 p.m. Mondays, Wednesdays and Fridays, noon–7 p.m. Thursdays and 9 a.m.–5 p.m. Saturdays and training holidays. Closed Sundays and holidays. DSN 384-6023, civ. 0621-730-6023.

**Army Emergency Relief** – The Army Emergency Relief office in Mannheim now processes requests for emergency travel only. All other AER requests are processed at Army Community Service in Hei-

delberg on the Shopping Center, Bldg. 3850, room 250. DSN 370-6883, civ. 06221-57-6975. American Red Cross after hours service for emergency travel in Heidelberg: DSN 370-1760, civ. 06221-57-1760 and civ. 001-877-272-7337.

**Mannheim Red Cross** – The Red Cross office in Mannheim is now closed and all services have transferred to the Heidelberg station, Bldg. 3850, on the Shopping Center. In cases of a family emergency when a communication message is needed, the Heidelberg number will reach an emergency caseworker. The Heidelberg Station is open 8 a.m.–4:30 p.m. Monday–Friday. DSN 370-1760, civ. 06221-57-1760.

### Vehicle Registration and Inspection

– Heidelberg's vehicle registration office is closed. Heidelberg offers a satellite vehicle registration office at the Military Police station on Patrick Henry Village, Bldg. 4511. This office is open 8 a.m.–4 p.m. to provide limited services. Civ. 06221-678-2586. The Mannheim vehicle registration office on Spinelli Barracks, in Bldg. 1567 directly next to vehicle inspection, has extended its hours to serve customers 7:30 a.m.–5 p.m. in issuing license plates and registrations for the Mannheim and Heidelberg communities. Please bring checks or money orders for transactions at vehicle registration. Cost is \$30 per year per transaction. A consolidated vehicle inspection station for the Heidelberg and Mannheim communities is available on Spinelli Barracks in Mannheim. Telephone numbers are: vehicle registration manager DSN 384-6100, civ. 0621-730-6100; support DSN 384-6911, civ. 0621-17-6911; fax for vehicle registration DSN 384-6127, civ. 0621-730-6127; vehicle inspection DSN 384-6120, civ. 0621-730-6120. GPS: Am Aubuckel, 68259 Feudenheim.

**Mannheim Base Operations** – With the deactivation of Mannheim there are two names for community members to keep in mind – Ralph Santaliz, Base Operations Manager, and Master Sgt. Romeo Satsatin, Base Operations NCOIC. They are located in Bldg. 245 on Sullivan Barracks and are ready to assist the Mannheim community. DSN 385-1500, civ. 0621-730-1510, [rafael.santaliz@eur.army.mil](mailto:rafael.santaliz@eur.army.mil), [romeo.satsatin@eur.army.mil](mailto:romeo.satsatin@eur.army.mil).

**Mannheim DEERS, ID Cards, Passports** – The DEERS, ID cards and passports offices have relocated to Bldg. 246, room 101 on Benjamin Franklin Village.

**Mannheim Personal Property Processing** – The Mannheim Personal Property Processing office, also known as the transportation office, is closed. Mannheim customers will use the Heidelberg Personal Property Processing Office on the Shopping Center, Bldg. 3850, room 267. The hours for the Heidelberg PPPPO have changed to 9 a.m.–4 p.m. Monday, Tuesday, Wednesday and Friday and 10 a.m.–4 p.m. Thursday. The office is closed daily 11:30 a.m.–1 p.m. daily and on American holidays.

**Subway** – The Subway restaurant on Sullivan Barracks in Mannheim has closed and reopened on the Shopping Center in Heidelberg.

**Burger King** – Burger King on the Shopping Center in Heidelberg has closed.

**Popeyes and Taco Bell** – Popeyes on Benjamin Franklin Village South in Mannheim is now closed Mondays. Taco Bell will remain open on Mondays until further notice.

**Spinelli furniture** – The furniture store on Spinelli Barracks in Mannheim is now closed.

**Mannheim Customs Field Office** – The Customs office in Mannheim is now located in Bldg. 256 (the Military Police station).

**Mannheim Army Community Service** – Army Community Services and the ACS Lending Closet have moved into Bldg. 246.

**Mannheim Drivers Testing** – Mannheim's Drivers' Testing Station located on Sullivan Barracks, Bldg. 253, has closed. All drivers' testing services are offered in Heidelberg on the Shopping Center, Bldg. 3850, room 136, with operating hours 7:30–11:30 a.m. and 12:30–4:30 p.m. Monday–Friday. DSN 370-7889, civ. 06221 57-6681.

**Exchange Gas Station** – The gas station in Mannheim on Benjamin Franklin Village South has changed its operating hours. New hours are 7 a.m.–8 p.m. Monday–Friday, 8 a.m.–8 p.m. Saturdays and 9 a.m.–7 p.m. Sundays.

**Sexual Assault Hotline** – The 24-hour sexual assault and domestic violence hotline is for Mannheim and Heidelberg. The Mannheim-specific number is no longer valid. The hotline for both communities is civ. 0170-609-2862.

**Coleman Shoppette** – The shoppette on Coleman Barracks in Mannheim has expanded its hours to 7 a.m.–8 p.m. Monday–Friday and 10 a.m.–8 p.m. Saturday–Sunday and U.S. holidays.

**Mark Twain Village Shoppette** – The shoppette on Mark Twain Village in Heidelberg has closed. The Campbell Barracks shoppette expanded hours on weekends – 10 a.m.–5 p.m. Saturdays and Sundays – to support the Soldiers and family members who live on MTV.

**Mannheim Education Center** – The Education Center on Sullivan Barracks will be open through July Monday–Friday (except USAREUR training holidays). A counselor is on site 8:30 a.m.–12:30 p.m. and remote counseling is available 1:30–4:30 p.m. The center is closed 12:30–1:30 p.m. A monitor opens and closes the education center for evening classes 6–10:30 p.m.

**Mannheim Optometry** – The Mannheim Optometry Clinic on Benjamin Franklin Village no longer offers routine eye examinations, walk-in physicals or screenings. Optometry care has transferred to the local economy, the Heidelberg Health Center Optometry Clinic or, for aviation personnel, Coleman Barracks. Mannheim Soldiers can still receive vision screening and routine physicals at the Mannheim clinic. Aviation personnel may complete the vision portion of select flight physicals in Mannheim, but must first collect paperwork at the Coleman clinic. The Mannheim medical operations center is open for walk-ins 8–11 a.m. Mondays, Wednesdays and Fridays. Appointments: civ. 800-914-6133 (toll-free), DSN 371-2622, civ. 06221-17-2622.

## Date and location set for yearly Retiree Appreciation Day

### Staff Report

An Army in Europe Retiree Appreciation Day for military retirees and their family members is scheduled for 8 a.m.-3 p.m. Oct. 15 at the Patrick Henry Village Pavilion in Heidelberg.

Registration will be held 8 a.m.-1 p.m. the same day.

Opening events begin at 9 a.m. and include guest speaker retired Sgt. Maj. of the Army Jack L. Tilley.

Tilley currently serves as the co-chair of the Chief of Staff of the Army Retiree Council.

"Garrisons (throughout Europe) hold these events for garrison services to provide the opportunity for community retirees to update their information," said Retirement Services Officer Richard McKeller.

"This is our way to say, 'Thank you' to those that have served our country."

Lunch will be sponsored by the U.S. Army Garrison Baden-Württemberg American Red Cross.

In addition, the Association of the United States Army will sponsor an ice-breaker 6 p.m. Oct. 14 in the village pavilion.

Representatives from the Defense Finance and Accounting Service-Cleveland and the Federal Benefits Unit, Frankfurt (including the Department of Veterans Affairs and the Social Security Administration) will be present to answer questions and resolve retiree issues.

These representatives will have access to the retired and annuity pay system and will be able to make on-the-spot changes.

Also present will be representatives from garrison support agencies such as ID cards, the Defense Enrollment Eligibility Reporting System, Installation Access Control System, and legal, medical, and dental services.

Retirees should bring pertinent documents they may need for any changes they wish to make.

This may include bank account data, addresses with postal codes, social security

numbers or translated documents that may be necessary to validate requested changes.

Retirees wishing to report the death of their spouse in order to suspend Survivor Benefit Plan payments will need to provide a copy of their spouse's death certificate.

Retirees who have recently divorced will need to provide a certified English translation of their divorce decree to suspend SBP payments.

The Heidelberg Medical Department Activity will provide a free "Wellness Center."

Healthcare providers will review retiree preventive health screenings and discuss lifestyle and behavioral changes and appropriate follow up actions.

In addition, retirees and their family members can have their blood pressure checked, undergo visual screenings and receive influenza vaccinations.

The dental clinic will provide oral screenings and emergency services on a first-come, first-served basis.

Sign up at the dental table during registration times is required.

Retirees from outside the Baden-Württemberg community should bring dental records to facilitate treatment and retirees must bring IDs.

In addition to these services, ID cards will be issued and personnel records checked to ensure that they are in the DEERS database.

Proper documentation (for example, marriage certificates, birth certificates, divorce decrees, old ID cards, or other identification with a photograph (such as a passport or drivers license) is necessary for ID cards to be issued.

Retirees will also have the opportunity to register their ID cards in the Installation Access Control System.

For information, call the Retirement Services Office at DSN 370-8399, civ. 06221-57-8399 or e-mail [rsold@eur.army.mil](mailto:rsold@eur.army.mil).

## Faces of the community: TSC Photo Lab



Dijon Rolle

Visual Information Specialist Dee Crawford, from the Training Support Center Heidelberg photo lab, reviews Capt. Harvie Berry's Department of the Army photos. The photo lab, located on Patton Barracks in Bldg. 105, provides DA and command photos. The lab can also produce photos for change of command, awards, memorial and deployment ceremonies. The lab is open Monday-Friday 7:30-11:30 a.m. and 12:30-4:30 p.m. A second photo lab is located in Mannheim on Coleman barracks. DSN 373-6497, civ.06221-17-6497.

## Army iWatch ad takes home top honors at Telly Awards

By Megan Neunan  
ARMY NEWS SERVICE

WASHINGTON, D.C. — A public service announcement for the Army's iWatch program won two Telly Awards June 13 during the annual awards ceremony.

Telly Awards honor the best local, regional and cable television commercials and programs plus video and film productions and web content.

The promotion for the almost year-old iWatch — a

program similar to neighborhood watch except it targets terrorism on military installations — won Commercial bronze awards for "Public Service" and "Videography/Cinematography."

"It gets to the heart of the matter. It's a 60-second shot and it grabs people's attention — 'Hey, this could happen,'" said Alex Mascelli, chief of the Office of the Provost Marshal General's anti-terrorism branch.

The PSA for iWatch informs the Army commu-

nity what suspicious activity looks like. The announcement uses the example of an unmarked package and reminds witnesses to contact local military police or law enforcement if they see anything suspicious.

The goal of iWatch is to make "every person a sensor" on installations and beyond.

For more information on Baden-Wuerttemberg's iWatch program, visit <http://www.bw.eur.army.mil/iwatch>.



# Culture College helps school new arrivals

By Troy Darr  
IMCOM-E PUBLIC AFFAIRS

Installation Management Command Europe will transition Headstart into Culture College in all U.S. Army in Europe garrisons beginning Aug. 1.

The change is an effort to eliminate redundant programs and improve efficiencies in Army installation operations, said Jane Helfrich, IMCOM Europe Army Community Service chief.

Headstart has been a staple of in-processing in overseas theaters for the past 40 years. Traditionally Soldiers would spend up to two weeks studying the language and learning about the customs and traditions of their new host country.

Newcomer orientation has been part of the Army Community Service Relocation Readiness Program and will continue to operate under the umbrella of Culture College. Garrison

relocation readiness program managers are developing garrison specific programs that take advantage of the existing cultural adaptation programs for spouses and family members, said Helfrich.

Helfrich said the program is very important for Soldiers, civilians and family members especially for those who have a limited experience with a different language and culture.

The new program will focus more on cultural adaptation and less on language skills. Helfrich said the programs will offer elementary language skills that will be limited in scope, but will include language skills necessary for shopping, eating in a restaurant and using public transportation.

Soldiers, civilians and family members interested in learning additional language skills can take advantage of numerous programs such as Rosetta

Stone on Army Knowledge Online or friendship clubs where members can practice their language skills.

Program lengths will vary from garrison to garrison based on the size of classes, field trips and the complexity of the community, but a typical program may last from one to four days, said Helfrich.

Even though IMCOM Europe has issued specific guidance on how to implement Culture College to the Europe-based garrisons, the garrisons may develop programs that will best fit their customers and the region where they live, said Helfrich.

Culture College is open to family members, DOD civilians and sponsored contractors. Free child care is available.

For information call ACS in Heidelberg at DSN 370-6883, civ. 06221-57-6883. In Mannheim, call DSN 385-3101, civ. 0621-730-3101.



Heidelberg Marketing GmbH

Residents and tourists enjoy a leisurely stroll along the historic streets of Heidelberg's downtown area. Culture College, formerly known as FLAG, helps new arrivals get out and explore their new European neighborhoods.

# PLAY IT SAFE ON YOUR BIKE!

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- Go with the traffic flow.
- Obey all traffic laws.
- Be predictable.

- Stay alert at all times.
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visit [www.army.mil](http://www.army.mil)

Medal of Honor recipient Sgt. 1st Class Leroy A. Petry receives a standing ovation from President Barack Obama and guests in the east room of the White House, July 12.



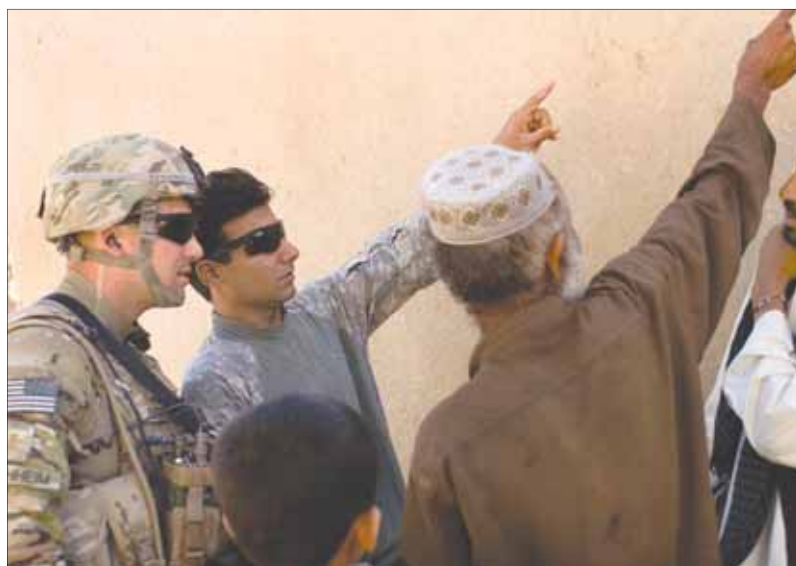
U.S. Air Force Photo Tech. Sgt. Jacob N. Bailey

U.S. Secretary of Defense Leon E. Panetta meets with troops at Camp Eggers in Kabul, Afghanistan, July 10.



Marny Malin

DeWitt Army Community Hospital medical staff prep a mock patient for arrival in the new, state-of-the-art Fort Belvoir Community Hospital during an inpatient move exercise here June 23. The exercise included contingency plans for external risks such as weather conditions, terrorist threats and any construction issues which could have occurred during the inpatient move.



Staff Sgt. Andrew Guffey

A Soldier assigned to 3rd Platoon, Company B, 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade, 1st Infantry Division, talks with a man about the location of an improvised explosive device in Jamal, Afghanistan June 29.



Spc. Adam L. Mathis

Staff Sgt. Derrik Browne, left, and Sgt. Jason Andrade from 1st Cavalry Division, provide security June 27 during a visit by Army officials to Bala Hesar, a fortress in Gardez, Afghanistan.

# Veterinarian helps to predict possible health concerns

By Jane Gervasoni,  
PUBLIC HEALTH COMMAND PUBLIC AFFAIRS

Guiding her scalpel with a gloved and steady hand, Lt. Col. Shannon Wallace carefully removed a piece of tissue and placed it in a special small container.

The container held a chemical solution to preserve it for future microscopic study. As she continued her examination of a test animal, she searched for any lesions or abnormalities that may indicate future problems for Soldiers.

The work that Wallace performed as a veterinary pathologist in the Army Institute of Public Health Toxicology Portfolio has the ability to affect many Soldiers, family members, retirees, and Army civilians. She supports carefully-controlled animal studies that can predict possible human health effects from many sources.

"Her microscope may be a more effective weapon in preventing disease and non-battle injuries than a Soldier's M-16 is against battle injuries," said Lt. Col. Cindy Landgren, a veterinarian and the Toxicology Portfolio director.

All animal studies at the AIPH are conducted under the oversight of an attending veterinarian who is board certified in laboratory animal medicine and the Institutional Animal Care and Use Committee.

The U.S. Army Public Health Command (Provisional) facility in which Wallace works is accredited by the



Lt. Col. Shannon Wallace, Army Institute of Public Health veterinary pathologist, examines a section of tissue prepared and stained on a microscope slide using a standard light microscope.

Association for the Assessment and Accreditation of Laboratory Animal Care International, as required by DOD, explained Landgren.

"I specialize in both the physical and microscopic diagnosis of disease and injury by examining tissue and body fluids of test animals ... for chemicals and compounds that Soldiers may encounter," explained Wallace. "The studies performed in Toxicology assist in identifying changes in animal tissues that would assist in predicting possible human health concerns."

"The majority of our toxicology studies rely on microscopic examination as a critical test endpoint," said Glenn Leach, Toxicity Evaluation Program manager.

"In the past we have had to

contract out this phase of data evaluation. The quality of the support and the timeliness of the reports have been major issues for the past several years. Having Lt. Col. Wallace, an in-house board certified veterinary pathologist, will greatly improve the turnaround times for the pathology reports," explained Leach.

Pat Beall, a biologist and toxicology employee for more than 30 years, said it is very beneficial to have the expertise of an in-house pathologist readily available again.

"She can show us the changes quickly and explain why the changes occur in our technical studies," Beall said.

"In addition, Lt. Col. Wallace will be able to interact directly with the study staff to help interpret study findings

and even develop new protocols and procedures to investigate unique problems or test methods," Leach added.

Wallace, who received her veterinary medicine degree from the University of Florida, spent a few years in private practice working with exotic and small animals.

She said private practice did not give her the job satisfaction she desired, so she looked for something more. She found it in the Army. She later decided to specialize in the Army's Veterinary Pathologist program.

"This program offered some unique challenges and opportunities," Wallace said.

Participating in the three-year training program at the Armed Forces Institute of Pathology, she said she enjoyed the opportunity to learn about

**"This in-house capability has already enhanced our mission accomplishment through Lt. Col. Wallace's expertise."**

— Lt. Col. Cindy Landgren,  
Toxicology Portfolio Director

the prevention or mitigation of the effects of disease, chemicals and environmental hazards, and combat injuries.

In addition to the training program, Wallace had to pass an intensive two-day, 14-hour American College of Veterinary Pathologists' certification exam to become board certified as a veterinary pathologist.

Within the Army, veterinary pathologists specialize in recognizing and understanding environmental and other factors specific to the military missions that can cause health effects.

By examining animals and studying their organs and other tissues, Wallace contributes to cumulative data that assists in setting safety parameters.

"The efforts here at the Public Health Command can contribute to the health and well-being of a large population.

I am able to use my training and continually learn as I work with other professionals to serve the Soldier," Wallace said.

# Protect your skin from dangerous ultraviolet rays

Jennifer Davis,  
PUBLIC HEALTH COMMAND PUBLIC AFFAIRS

The summer season is upon us and that means more swimming pools, more beach time, more outdoor activities and best of all, more sunlight.

While some exposure to sunlight can be enjoyable, too much can be dangerous. Sunlight contains ultraviolet rays that can be harmful to our skin, cause redness and sunburn and even cause skin cancer.

To ensure your summer is both fun-filled and sun-safe, consider adopting a few simple sun safety action steps endorsed by the U.S. Environmental Protection Agency's SunWise School Program, a health education program that teaches children and parents how

to protect themselves from overexposure to the sun.

### Action Steps for Sun Safety

- Do not sunburn. This can significantly increase one's risk of developing skin cancer, especially for children.

- Avoid sun tanning. Tanning beds cause skin cancer and wrinkling.

- Generously apply sunscreen. About one ounce covers all exposed skin and should be applied 20 minutes before going outside. Sunscreen should have a sun protection factor, SPF, of at least 15 and provide protection from both UVA and UVB rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.

- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-

brimmed hat and sunglasses when possible.

- Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

- Use extra caution near water, snow and sand these can reflect the damaging rays of the sun, which can increase your chance of sunburn.

- Check the UV index which provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA. Visit [www.epa.gov/sunwise/uwindex.html](http://www.epa.gov/sunwise/uwindex.html) to determine the UV index for a given day.

- Get vitamin D safely through a diet that includes vitamin supplements

and foods fortified with vitamin D.

- Don't seek the sun. Remember all sunlight is not bad. Small amounts of the UV contained in sunlight is essential for the production of vitamin D in people; however, overexposure may result in short and long term negative health effects.

Adopting one or more of these action steps could help ensure that you and your family can enjoy the pool, the beach, and other outdoor activities all season long.

For information on protecting yourself from harmful UV rays, visit the U.S. Environmental Protection Agency website at [www.epa.gov/sunwise/actionsteps.html](http://www.epa.gov/sunwise/actionsteps.html) or the World Health Organization website at [www.who.int/uv/en](http://www.who.int/uv/en).



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**This Week's Focus:**  
**Training Support Center**  
**Photo Lab**

Use your smart phone to connect directly to the video with the above quick response code.

[www.youtube.com/BWnow](http://www.youtube.com/BWnow)

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[www.flickr.com/heraldpost](http://www.flickr.com/heraldpost)

## Reserve commander leads liaison team

By Spc. Glenn M. Anderson  
 221ST PUBLIC AFFAIRS DETACHMENT

Twenty-five years ago, a young officer candidate stood before family and friends, raised his right hand and took an oath to serve his country.

Since 1986 this Charleston, S.C., native has taken the oath five more times while rising to the rank of colonel. He currently commands an Army Reserve brigade in Kaiserslautern.

Meet Army Reserve Col. Ardis G. Ferguson, the commander of the 209th Army Liaison Team, 7th Civil Support Command. Ferguson is also a civilian senior logistics management specialist for the Headquarters and Headquarters Company, 7th CSC.

The 209th ALT is a brigade-sized element structured under the 7th CSC which provides liaison capabilities with joint task force commanders and coalition forces during active operations.

Its subordinate units such as the 406th Human Resources Company or the 1172nd Movement Control Team can be called

upon to provide personnel and logistical support and provide capabilities to assist the Incident Management Commander or the 7th CSC's Incident Management Team during a foreign consequence management occurrence.

"To take this unit forward is an honor and a challenge," said Ferguson, who assumed command in March 2010. "Yes, the unit only meets once a month and two weeks during the year, but being a commander is a full time job."

Ferguson has held positions at many levels of command and primary staff which has allowed him to hone his skills as a leader. Commissioned as a second lieutenant through Officer Candidate School, his first assignment was in northern Germany as a special weapons artillery officer.

Ferguson's duties have taken him around the world since that time, to include assignments in Tur-



FERGUSON

key, the United States, Germany and combat tours in Operations Desert Storm and Iraqi Freedom. Ferguson will complete the U.S. Army War College in July.

"I met colonel or Mr. Ferguson when he arrived as the Senior Logistics Management Specialist and he jumped right into his duties," said 1st Sgt. Okey M. Tredway, Jr., the first sergeant for Charlie Company, 457th Civil Affairs Battalion, 361st Civil Affairs Brigade, 7th CSC, and supply non-commissioned officer for the 209th ALT.

"As the logistics NCO in charge, I receive guidance from Ferguson and we execute it," said Tredway. "I find him very knowledgeable in the logistics field."

As for the future, Ferguson continues to lead by his profession and ensures officers and senior NCOs focus on understanding and living by the Army Values.

"This is my chosen profession. I'm doing what I love and having a grand time doing it," Ferguson said. "I wouldn't have it any other way."

## DECOSTER

continued from page 1

opportunity to serve the units, Soldiers, civilians and families in the Heidelberg, Mannheim and Kaiserslautern communities, just as other Army communities have cared for me, my family and my Soldiers and civilians during more than 24 years of service. I can't think of a better place to command and serve than in United States Army Europe," DeCoster said.

"I would like to thank Col. Bill Butcher and his wife Sandra for a great transition despite very limited time. I can see your leadership, professionalism and certainly caring reflected throughout the garrison and I wish you all the

best," he added.

As cloudy skies gave way to beaming sunlight and warm July temperatures, Butcher made his final remarks most of which were focused on recognizing others in the garrison.

"I am most proud of the people I served with," Butcher said.

"It is my obligation here today to thank those who are ultimately responsible for taking care of the Soldiers, civilians and family members who live, work and play in the Heidelberg, Mannheim and Kaiserslautern communities," he said.

"Despite the looming inactivation of this garrison and some understandable level of

uncertainty that they have, they not only continued to serve admirably but they have excelled and earned numerous accolades from IMCOM, the Army and the Department of Defense."

Butcher also gave a special thank you to his wife Sandra for her support during their time here while others shared their own warm words of appreciation for her many hours of volunteerism throughout the community, particularly with Army Community Service and the German-American Friendship Club.

Acting Director of Installation Management Command Europe Region Kathleen Marin also spoke at the

ceremony where she praised Butcher for his leadership during each phase of the Round 56 announcement and the many accomplishments he leaves behind.

"He superbly led transformation efforts on an aggressive timeline to help U.S. Army Europe achieve its re-basing and stationing objectives enabling the command to move and merge and inactivate numerous units and to do the tough job of closing or consolidating installations to achieve efficiencies," Marin said.

After the ceremony several guests formed a lengthy line to give Butcher and his wife Sandra a final handshake and hug.

Soldiers from Headquarters, Headquarters Baden-Württemberg served as members of the official color guard and the U.S. Army Europe quintet provided music during the ceremony.

U.S. Army Europe and Seventh Army commander Maj. Gen. Mark Hertling and Soldiers from USAG Kaiserslautern also attended the ceremony.

Butcher and his wife Sandra have already returned to the United States where he will prepare for his next assignment as the Plans Chief for Stability Operations within the Commerce and Development Directorate of NATO forces in Afghanistan.

## EFMP

continued from page 1

Matrix and online training for EFMP managers and physicians.

An EFMP respite care panel will be established at each garrison to review and recommend approval or disapproval of all respite care submissions to the garrison commander, who is the decision authority.

Garrison EFMP Managers are available to provide more detailed information to families currently receiving respite care.

Soldiers or family members who

have questions about it or other EFMP-related services can also visit the EFMP web page at Army One-Source ([www.myarmyonesource.com](http://www.myarmyonesource.com)).

This revision to policy and procedures is part of the Army EFMP strategic action plan to improve services and support for families with special needs.

Also as part of the strategic action plan, at the beginning of this fiscal year EFMP added 43 systems navigators, or non-clinical case managers, at 26 garrisons stateside and overseas to connect families with required sys-

tems of care.

The focus on enhancing the effectiveness of EFMP could not be more important because the EFMP is one way the Army keeps key promises it made in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and family programs that foster an environment in which families can thrive.

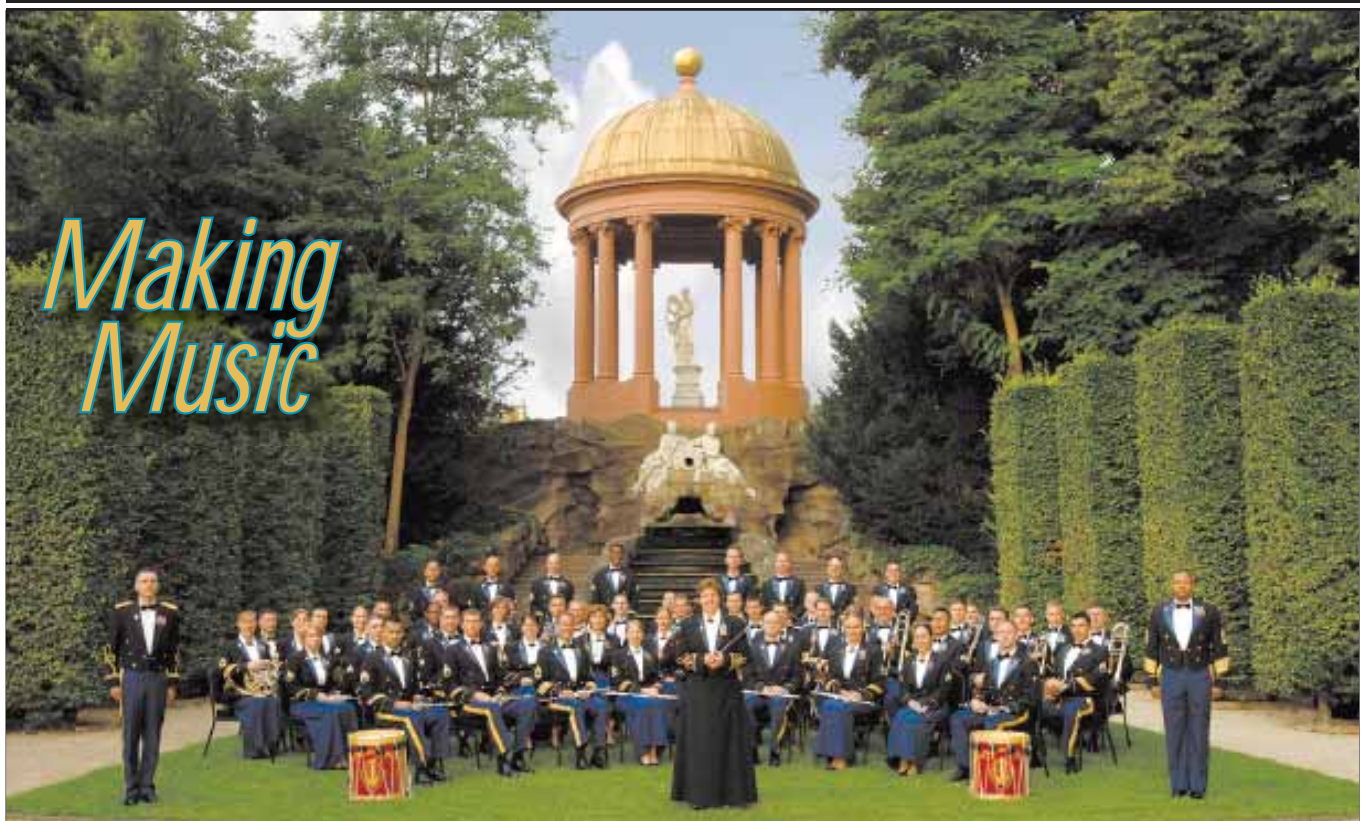
It is also timely, because while the Army's commitment remains as strong as when the covenant was signed in 2007, we are operating in a

different fiscal reality in 2011.

Just as any Soldier or Family member asks "Is it worth it?" before opening their wallet, we are doing the same, making sure we are using resources as efficiently as possible to provide quality services to families.

Army life poses challenges for any family, but especially for families with special needs.

It is part of our job, our commitment, to make sure we are delivering the right services in the right way to support the health and well-being of all family members.



Executive Officer and Soldiers' Chorus Conductor Capt. Bryan Ralls, left, Commander Lt. Col. Beth T.M... Steele, center, and Enlisted Bandleader Sgt. Maj. Robert L. Burford, left, stand in front of the members of the U.S. Army Band and Chorus who perform throughout Europe. The band's USAREUR Groove will perform 8 p.m. July 30 in Schwetzingen at the city's Lichterfest.

## Army Band and Chorus serenades audiences in Europe

The U.S. Army Europe Band and Chorus will perform in Schwetzingen 8 p.m. July 30 as part of the city's Lichterfest, or festival of lights.

The Lichterfest begins at 5 p.m. and ends at 11 p.m.

The USAREUR Band and Chorus, under the command of Lt. Col. Beth T.M. Steele, is stationed at Tompkins Barracks in Schwetzingen.

The band was originally activated in 1940. With its partner group, the U.S. Army Europe Soldiers' Chorus, it is currently the Army's third largest musical organization, the biggest outside of the United States and the Army's premier musical ambassadors in Europe.

The USAREUR Band and Chorus is a versatile ensemble, always in great demand.

Components include the 65-piece concert and marching bands, 35-member ceremonial group, 19-piece jazz ensemble "Night Fire" Pop/Rock group "USAREUR Groove," the Rhythm and Blues, Soul and Pop group "Dixieland Band," jazz combo, brass quintet and woodwind quintet.

Members earn their positions by special audition and most have performed or taught professionally prior to their military service. A majority hold degrees in music from highly regarded universities and conserva-



USAREUR Groove, the U.S. Army Europe Band and Chorus' Pop and Rock group, performs at the Fourth of July celebration on Patrick Henry Village in Heidelberg July 4.

tories.

The band's jazz ensemble, "Soldiers of Swing," is led by Sgt. Maj. Robert L. Burford.

Members have made appearances at notable jazz festivals such as the Torgau International Jazz Festival (Germany), the North Sea Jazz Festival (the Netherlands), the Montreux Jazz Festival (Switzerland) and the Umbria Jazz Festival (Italy). S.O.S.

also frequently performs in the Heidelberg community. The ensemble's repertoire includes traditional favorites from the golden age of big band music through the modern styles of today.

The USAREUR Band and Chorus as a whole performs more than 200 times each year, and has appeared in over 20 European and Middle Eastern countries from Russia to Iraq.

### Future Show Dates

**Lichterfest Schwetzingen (Festival of Lights)** – July 30, Groove performs at 8 p.m. at the festival 5-11 p.m. in Schwetzingen, [www.schloss-schwetzingen.de/de/schloss-schwetzingen/Lichterfest/396047.html](http://www.schloss-schwetzingen.de/de/schloss-schwetzingen/Lichterfest/396047.html).

**Bratkartoffelfest** – Aug. 13, Chorus performs at 9 p.m. in the Sommerfesthalle in Otterstadt (near Speyer)

**Backfischfest** – Aug. 14, Chorus performs at 4 p.m. in the fest tent in Ketsch

**Bretten** – Aug. 21, Chorus performs at 8 p.m., location not known at this time, (near Karlsruhe)

**Markgröningen** – Aug. 21, Fest Band performs at 8 p.m. in the fest tent, (greater Stuttgart area)

**Gemmingen** – Aug. 27, Fest Band performs at a time TBD, (near Heilbronn)

**Volksfest** – Sept. 25, Fest Band performs at 4:30 p.m. at the Bürgerhaus in Wiesbaden-Erbenheim

Advance tickets for the Lichterfest are €14 for adults, €7 for children 5-17 years old and €35 for families (two adults and children). At the box office, tickets are €18 for adults, €9 for children and €40 for families. Find tickets at civ. 0621-10-1011, [www.eventim.de](http://www.eventim.de), [www.yellowconcerts.de](http://www.yellowconcerts.de) or at the Schwetzingen castle box office (open daily 9 a.m.-7:30 p.m. civ. 06202-12-8828, [www.schloss-schwetzingen.de/de/schloss-schwetzingen/Lichterfest/396047.html](http://www.schloss-schwetzingen.de/de/schloss-schwetzingen/Lichterfest/396047.html)).

## GERMAN COOKING

### Rhabarber-Apfelkuchen Rhubarb-apple cake

#### Ingredients

- ◆ 1 cup butter
- ◆ 5 eggs
- ◆ 1 ½ cups flour
- ◆ 1 tablespoon vanilla sugar
- ◆ 1 tablespoon rum
- ◆ 10 tablespoons finely ground hazelnuts
- ◆ 1 tablespoon baking powder
- ◆ 3 ¼ cups apples
- ◆ 1 cup rhubarb

#### Preparation

Pre-heat oven to 400 F. Cut apples and rhubarb into small cubes. Mix all the other ingredients in a large bowl to thick dough. Cover a large baking pan with baker's paper. Add the fruit to the dough and evenly distribute dough in baking pan. Bake for 30 minutes until the pie has a golden brown crust.

#### Topping

For added sweetness, sprinkle sugar and almonds on top of the pie before baking or cover with streusel.

#### Finish

Serve the pie warm with a serving of vanilla ice cream.

#### Comments

"Very happy with this recipe! Great way to use up all that rhubarb." —Alliebuster, Halifax, Nova Scotia, [www.epicurious.com](http://www.epicurious.com).

"Just made this for a potluck tonight and it was delicious. I only used apples because we don't see much rhubarb in my part of California. (I also) used Golden Delicious and Granny Smith and they worked great. I doubled it and baked in a 9x13-inch pan for 40 minutes (last 20 covered)." —Californiomom from Fullerton, Calif., [www.epicurious.com](http://www.epicurious.com).

SOURCE: [www.chefkoch.de](http://www.chefkoch.de)



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

#### Dear Ms. Vicki,

*My husband and I have been together 26 years and married for over 22 years. We have been separated and divorced for three of those 26 years. We have been currently re-married for almost one year now.*

*I was on the rebound when I initially met my husband, therefore he was never the man I was madly in love with. This has affected our relationship throughout the years.*

*To make matters worse my husband had an affair. The average woman would have left based on what he did, but he was already dealing with the possibility of getting kicked out of the military due to weight management issues. I didn't want to leave him when he was already down.*

*Not dealing with that infidelity has also affected our sexual relationship. To make a long story short I no longer have the strength or*

*desire to hold onto this relationship that was dead years ago. We get along great and have raised two outstanding kids, but unfortunately when it comes to the intimacy part of our marriage it is nonexistent.*

*Do I leave again? Or do we co-exist knowing neither one is satisfied? Leaving would be easy for me but I know emotionally it will destroy him again. Any advice is greatly appreciated. From Unsure*

#### Dear Unsure,

Jeesh, what did you decide to do since you wrote me this letter? It really sounds like you have been living with a dead relationship for many years. Let me ask you something. Do you love your husband? Are you in love with him? Do you like him? Reading your letter I can already answer these questions but I want you to answer this for me.

#### Response from Unsure:

*We have been going to counseling. Yes the hand writing has been on the wall for years that this relationship has been dead. I do love him and I know in my heart I will always love him. I told him I am not in love with him nor do I think I was ever in love with him.*

*We have a great friendship and intimacy is definitely out of the question. I can't stand for this man to touch me and it has gotten to the point that faking or going through the motions is no longer an option for me.*

*My question is, do I continue to stay in this dead relationship from an intimacy point of view, because everything else is great, or do we both part ways and hopefully the friendship will continue?*

#### Dear Unsure,

I'm not answering a question-

with a question but here's the deal: are you willing to stay in a dead relationship, with a man with whom you cringe if he touches you? Are you willing to forego true intimacy in a marriage? If so, then stay. If not, then it's time to make some decisions.

Let me speak for one moment on behalf of your husband. If I were him I would not want to be with someone who didn't truly love me. I would want a better relationship, and to be with someone who was in love with me passionately.

Does he know how you feel about him?

Well, excuse me for being so candid but I guess counseling did not help right? Hmmmm, it sounds like you have already left this marriage. I'm not sure if your husband gets it.

#### Response from previous column:

#### Dear Ms. Vicki,

*I just wanted to add my two cents for the many people who need resource information. There are plenty of support groups people can turn to that are located on all military posts, including the Family Support Center, the chapel, the American Red Cross.*

*Most Army installations also have strong Family and Morale, Welfare and Recreation programs that offer a New Parent Support Program among other things.*

*People may not always be aware of the services that are available to them. Please encourage people in your column to stay connected to other military spouses and start that much-needed networking to help find a job, co-op opportunities, baby-sitting. I wish you the best. Thanks for letting me sound off.*

# Get your grill on, avoid food-borne illnesses

By Lt. Col. Twyla Leigh

PUBLIC HEALTH COMMAND PUBLIC AFFAIRS

The summer season is in full swing and the American appetite for outdoor barbecue grilling never goes out of season.

Whether you are grilling traditional burgers, hot dogs, steak or going "healthy gourmet" with fish, shrimp skewers, chicken and vegetable kabobs or grilled vegetables, these foods need to be prepared safely.

Food-borne illnesses occur when the conditions for bacteria growth are present, causing bacteria to multiply quickly which results in someone getting sick. Although most food-borne illness happens at home and the summer heat increases the risk of bacterial growth in food, it is avoidable.

Preventive measures include marinating with acidic marinades

that contain vinegar or citrus juice to decrease potentially harmful bacteria growth. Be sure to return marinated food to the refrigerator until it is time to grill. In addition, practice the following basics of food safety.

#### Freshness

Buy and use fresh food that is still within the expiration date or food that has been properly frozen and thawed. Frozen food that will be grilled should be thawed in the refrigerator, in the microwave or as part of the cooking process. Never thaw food on the counter or in the sink.

#### Hygiene

Wash hands with soap and dry with a clean paper towel often and before handling food, after touching raw food and after touching anything else, like your face, skin, pets, children, phone or cigarettes. Use clean utensils and cutting boards (always wash

them when switching between raw food and ready-to-eat food) and use a clean platter when taking cooked food off the grill. Do not use the unwashed platter or container that the raw food touched. Disposable gloves and hand sanitizer are helpful, but are not substitutes for proper and frequent hand washing.

#### Temperature

Keep cold foods cold and hot foods hot to decrease bacteria growth. Bacteria grow fastest in the danger zone between 40 and 140 degrees Fahrenheit. Cold foods should be kept at 40 F in the refrigerator or on ice. Cooked food should be cooked and held at the proper temperatures.

Chicken and turkey need to reach 165 degrees, ground meat 160 degrees, steaks and chops 145 degrees and hot dogs 140 degrees. Grilled vegetables and seafood should reach

140 degrees. Leftovers need to reach a temperature of 165 degrees. Food should be held at 140 degrees or higher until served.

A pocket test thermometer (like a chef wears on a jacket pocket) is a great investment at about \$10 and is the best bet for determining when food has reached the proper temperature.

#### Time

Bacteria grow quickly in food that has been in the temperature danger zone for two to four hours. Take care to serve food as soon as it is cooked, hold food at the proper temperature and store leftovers in a refrigerator or on ice.

For more information on safe summer grilling, visit the U.S. Department of Agriculture's website at [www.fsis.usda.gov/Fact\\_Sheets/Barbecue\\_Food\\_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp).

# GET OUT!

## area events

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

### July 14

**Heidelberg Schlossfest** – Be sure your plans include a visit to the summer festival at the Heidelberg Castle to catch some of the concerts, operas, dramas, reading, all in an open air setting before it ends Aug. 1. For details of each Heidelberger Schloss-festschpiel event and ticket information, visit [www.theaterheidelberg.de](http://www.theaterheidelberg.de). The web page also offers a complete program of this year's castle festival as a PDF download.

### July 15

**Rihanna Concert** – Rihanna Tickets go on sale at the Vogelweh Community Center for the singer's Oct. 26 concert in Frankfurt. Round-trip bus transportation to the concert is included. The center is open 10 a.m.-9 p.m. Monday-Saturday. DSN 489-7626, [www.86fss.com](http://www.86fss.com).

### July 16

**African Women's Day** – Special guest speakers will address the crowds at 4:15 p.m. during the first event for African Women: Alice Ukoko ([www.womenofafrika.org/aboutaliceukoko.php](http://www.womenofafrika.org/aboutaliceukoko.php)) and Dr. Pierrette Herzberger-Fofana ([www.afrika-bildung.de/385.htm](http://www.afrika-bildung.de/385.htm)). Happenings include a bazaar, Gospel choir, dance and music 10 a.m.-9 p.m. am Karlsruhbahnhof 1, 69117 Heidelberg.

**100th Anniversary of Schönbuch Trains** – The town of Weil im Schönbuch celebrates the 100th birthday of the train system in the Schönbuch area. A historical market, mail coach and steam engine rides will be held at the Bahnhofstrasse and the train stop Röte. Also celebrated July 17.

**Holland Flea Market** – Cuijk is the site of the Netherlands' largest antique and flea market, held every Saturday in an exhibition center outside town. The size of four football fields, the center's four halls hold antique furniture, used paintings, clothing, household goods, crafts, antique reproductions, furniture from old barns and more. With more than 1,500 stalls and a huge food court, Cuijk is the flea market for hardcore market goers. Bus departs from the Vogelweh Bowling Center in Kaiserslautern at 5 a.m. <http://affiliates.usa.org/kaiserslautern/files>.

**Cable Car Ride** – Even better than a cruise on the Rhine River is a cable car ride high above it. Experience the Rhine River from a brand new perspective during the German Federal Garden Show in the beautiful city of Koblenz, one of Germany's oldest cities. <http://affiliates.usa.org/kaiserslautern>.

### July 18

**Sting Concert** – Sting will perform at 8

p.m. at the SAP Arena in Mannheim. Enjoy the singer's greatest hits set to the sounds of a symphony orchestra and band. Tickets available at [www.saparena.de](http://www.saparena.de), [www.eventim.de](http://www.eventim.de) or civ. 0621-1819-0333.

**Burgspiele Landstuhl** – The Nanstein Castle Play, or Burgspiele, is held annually now through August at the castle in Landstuhl. A troupe of performers act out comedy sketches in the old, local dialect. Enjoy music and lots of food and drinks. This year's play is "The Count," based on the novella "The Clothes Make the Man" by Gottfried Keller. Admission is €8 for adults and reduced rates are available for students and children. For dates and times check [www.burgspiele-landstuhl.de](http://www.burgspiele-landstuhl.de).

**Sade Concert** – Tickets on sale now for legendary songstress Sade. The singer will bring her smooth sounds to Mannheim's SAP Arena 8 p.m. Nov. 16. Tickets available at civ. 0621-10-1011 or [www.rheinneck-articket.de](http://www.rheinneck-articket.de).

### July 22

**Standup Comedian** – The USO presents standup comedian Bengt Washburn 8:30 p.m. at the Warrior Zone on Patton Barracks in Heidelberg. Washburn has appeared on Comedy Central, The Late Late Show with Craig Ferguson and the Bob and Tom show. Open to servicemembers and their guests over 18. DSN 373-5190, civ. 06221-17-5190, [www.mwrgermany.com](http://www.mwrgermany.com).

**Farmer's Market** – Sample and shop for farm fresh vegetables, cheese, eggs and meat at the Kaiserslautern farmer's market. The market is held 7 a.m.-1 p.m. at the Stiftsplatz located in the center of Kaiserslautern.

### July 23

**Shop 'til You Drop** – Fellbach hosts a long night of shopping combining shopping with cultural events in the area around the Rathaus. Stores will be open until midnight.

**Arena of Mobility** – Baden-Württemberg celebrates a Summer of Cars. The Karlsruhe Center for Art and Media will showcase approximately 50 works of art, all themed around automobiles and the love of cars. The Medienmuseum is located at Lorenzstrasse 19, 76135 in Karlsruhe. Civ. 0721-35-2360, [www.buzzoffbase.com](http://www.buzzoffbase.com).

**U.S. Car Show** – This U.S. cars show takes place in the second largest beer garden in the Stuttgart area at the Schwabengarten in Leinfelden-Echterdingen. More than 300 cars and motorcycles will be on display.

### July 24

**Not from Around Here** – "Neigschmeckt" is the Swabian term for "not from around

here," but this market in Reutlingen features local and regional Swabian foods, wines and more at the Stadgarten and the Planie starting at 10 a.m.

### July 28

**Sommerfest** – One of Munich's most anticipated public festivals, the Sommerfest includes tons of free concerts, tasty food, cold beer, an absolutely enormous Ferris wheel and other carnival rides, and spectacular fireworks. The festival lasts for nearly a month, so there are plenty of opportunities to immerse yourself in German culture and kick up your heels, Bavarian-style. Festival runs through Aug. 21 at Olympiapark, Spiridon-Louis-Ring 21, 80809 Munich. [www.buzzoffbase.com](http://www.buzzoffbase.com).

### July 30

**International Beer Festival** – Düsseldorf's Bierboerse is part of a beer festival that is held annually in nine cities across Germany. Visitors can sample up to 1,000 different types of beer from over 75 countries. Food, wine and entertainment also provided. Free entry but fest goers must pay for beer. Catch the festival at Fussgängerzone, Erich-Müller-Str. 2, 40597 in Düsseldorf. [www.buzzoffbase.com](http://www.buzzoffbase.com).

**Crystal and More** – Don't miss the great bargains in the Czech Republic. Sign up now for a shopping trip in Cheb and Karlovy Vary with Outdoor Rec on Patrick Henry Village in Heidelberg. DSN 388-9282, civ. 06221-338-9282, [www.mwrgermany.com](http://www.mwrgermany.com).

### August 5

**Backfischfest** – A fish fest with live music, fireworks and rides is open daily at 3 p.m. Aug. 5-14 (except Aug. 4 at 6 p.m. and Aug. 10 at 2 p.m.) in Ketsch. GPS: Festgelände im Bruch, 68775 Ketsch.

**Summer Nights** – Visit this traditional Sommernachtsfest on the lake in Murrhardt-Fornsbach. The night festival at the Waldsee also features amusements through Aug. 8.

### September 9

**Wurstmarkt Wine Festival** – Even though it's called a Wurstmarkt (sausage market), Bad Dürkheim claims to host the biggest wine festival in the world through Sept. 13 on the fest grounds. GPS: Auf den Brühlwiesen, 67098 Bad Dürkheim

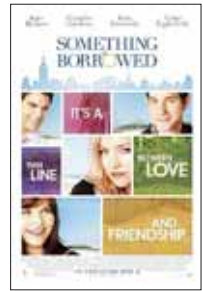
### Ongoing

**Flea Markets** – For a complete list of flea markets and locations, see [www.meine-flohmarkttermine.de](http://www.meine-flohmarkttermine.de) and click on the 7000 zip code link.

## coming to THEATERS

### SOMETHING BORROWED

(Kate Hudson, Ginnifer Goodwin) Rachel is a talented attorney at a top New York law firm, a generous and loyal friend and, unhappily, still single as her engaged best friend Darcy is constantly reminding her. But after one drink too many at her 30th birthday party, perpetual good girl Rachel unexpectedly ends up in bed with the guy she's had a crush on since law school, Dex, who just happens to be Darcy's fiance. (PG-13 for sexual content including dialogue, and some drug material.) 103 minutes.



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

July 14 - TRANSFORMERS: DARK OF THE MOON (PG-13) 7 p.m.  
 July 15 - HORRIBLE BOSSES (R) 7 p.m.; SOMETHING BORROWED (PG-13) 9 p.m.  
 July 16 - WATER FOR ELEPHANTS (PG-13) 4 p.m.; SOMETHING BORROWED (PG-13) 7 p.m.; HORRIBLE BOSSES (R) 9 p.m.  
 July 17 - WATER FOR ELEPHANTS (PG-13) 4 p.m.; SOMETHING BORROWED (PG-13) 7 p.m.  
 July 18 - WATER FOR ELEPHANTS (PG-13) 7 p.m.  
 July 19 - HORRIBLE BOSSES (R) 7 p.m.  
 July 20 - SOMETHING BORROWED (PG-13) 7 p.m.  
 July 21 - HORRIBLE BOSSES (R) 7 p.m.

#### Vogelweh, Galaxy

July 15 - TRANSFORMERS: DARK OF THE MOON (PG-13) 7 p.m.  
 July 16 - WATER FOR ELEPHANTS (PG-13) 4 p.m.; SOMETHING BORROWED (PG-13) 7 p.m.  
 July 17 - AFRICAN CATS (G) 4 p.m.

#### Ramstein, Gateway Movieplex

July 14 - TRANSFORMERS: DARK OF THE MOON (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; HOODWINKED TOO! HOOD VS. EVIL (PG) 11:30 a.m., 2 p.m., 4 p.m., 6 p.m.; FAST FIVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.  
 July 15 - HORRIBLE BOSSES (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; WATER FOR ELEPHANTS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; SOMETHING BORROWED (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:30 p.m., 10 p.m.  
 July 16 - HORRIBLE BOSSES (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; WATER FOR ELEPHANTS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; SOMETHING BORROWED (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:30 p.m., 10 p.m.  
 July 17 - HORRIBLE BOSSES (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; WATER FOR ELEPHANTS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; SOMETHING BORROWED (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:30 p.m., 10 p.m.  
 July 18 - HORRIBLE BOSSES (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; WATER FOR ELEPHANTS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; SOMETHING BORROWED (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:30 p.m.; RIO (G) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:30 p.m.  
 July 19 - HORRIBLE BOSSES (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; WATER FOR ELEPHANTS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; SOMETHING BORROWED (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:30 p.m.; RIO (G) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:30 p.m.  
 July 20 - HORRIBLE BOSSES (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; WATER FOR ELEPHANTS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; SOMETHING BORROWED (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:30 p.m.; RIO (G) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:30 p.m.  
 July 21 - HORRIBLE BOSSES (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; WATER FOR ELEPHANTS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; SOMETHING BORROWED (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:30 p.m.

#### THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
 Galaxy Theater, Vogelweh, 0631-50017  
 Gateway Cineplex, Ramstein, 06371-47-5550

Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions  
 Mannheim, CinemaxX P4 13, 68161 Mannheim, civ. 01805-62-5466, [www.cineplex.de](http://www.cineplex.de)

### Mannheim, CinemaxX - English Language movies

July 14-20 - HARRY POTTER AND THE DEATHLY HALLOWS, PART 2 (PG-13) 4:15 p.m., 11 p.m.; TRANSFORMERS 3, 3D (PG-13) 5:15 p.m.  
 July 17 - SNEAK PREVIEW, 8 p.m.

## community HIGHLIGHTS

### Technology Expo

The 43rd Signal Battalion will host a free technology exposition at Campbell Barracks fitness center in Heidelberg 10 a.m.-2 p.m. July 29. The Expo will have more than 50 exhibitors demonstrating the latest in emerging technologies, and there will be refreshments and giveaways while supplies last. To pre-register visit [www.FederalEvents.com](http://www.FederalEvents.com), click on the Campbell Barracks link and select the pre-register button.

### American Forces Network Decoders

AFN's satellite delivery platform is changing and at-home viewers must make changes to satellite dishes and decoders through July 31 to continue to receive AFN TV. The help desk is open 1-9 p.m. Tuesday-Friday and 10 a.m.-9 p.m. Saturday via a toll-free number, civ. 00800-2362683662 (00800-afnantenna) through July 31. How-to videos in English, German and Italian are available at [www.afneurope.net](http://www.afneurope.net).

### European Adjutant Generals Ball

Members of the Human Resources/Adjutant General community, as well as active duty, retired personnel and guests are invited to the European Adjutant General's Regimental Ball 6 p.m.-midnight Aug. 20 at the Patrick Henry Village Pavilion in Heidelberg. DSN 370-8057, civ. 06221-57-8057.

### ESSO Cards

ESSO fuel cards, like any debit or credit card, have expiration dates. To avoid card use denials while traveling, customers should renew cards prior to the expiration date, which is on the front of the card in the lower right hand corner. If expired, return the card to a fuel card issuing location for a new one. Fuel cards are valid for three years, and the expiration dates are unrelated to your vehicle registration date. For information contact the local Exchange customer service desk.

### Acute Care Clinic

The Heidelberg Health Center's Acute Care Clinic is now closed on all Sundays and all federal holidays. If you are in need of urgent or emergent care on those days, please go to the nearest host nation emergency room. Maps and driving directions are available at the HMEDDAC staff duty desk in the pharmacy area on Nachrichten Kaserne.

## local EMPLOYMENT

### Career Counselors

The Army Career and Alumni Program has full and part time positions available for ACAP career counselors in Heidelberg. Applicants must have a master's degree, be computer literate and have two years experience in job assistance, career or employment counseling, teaching, training or a related field. [CIM.Heidelberg@serco-na.com](mailto:CIM.Heidelberg@serco-na.com).

### Central Texas College

Substitute and part time positions are available for Central Texas College at the Patton Barracks Army Education Center in Heidelberg. Contract positions include administrative assistant sub, test examiner sub, facility administrator sub and counselor aide sub. Applicants are subject to security checks. Must be able to acquire an AKO e-mail address. Training is provided. DSN 373-6176, civ. 06221-17-6176.

### KAISERSLAUTERN Community

♦ **Miesau Library Closed** – The Miesau Branch library is closed through Aug. 31. Patrons can visit the Kaiserslautern Main Library, Landstuhl Post, Bldg. 3810. DSN 486-7322, civ. 06371-86-7322.

♦ **Youth Fishing** – Youth can learn fishing skills while being outdoors 4-6 p.m. July 20 and 27. Open to grades 1-12. Must be enrolled in Child, Youth and School Services to participate. DSN 493-4516, civ. 0631-4122.

♦ **Independent and Foreign Films** – This month's free movie, "Alamar," directed and written by Pedro Gonzalez-Rubio, is in Spanish with English subtitles and will be shown 6 p.m. July 21 at the Landstuhl Library. DSN 486-7322, civ. 06371-86-7322.

♦ **Basic Scrapbooking** – Bring four to five photos to learn basic scrapbooking 11:30 a.m.-4:30 p.m. July 21 at Kleber Library or 10 a.m.-2 p.m. July 23 at Landstuhl Library. Kleber DSN 486-1740, civ. 06371-411-1740. Landstuhl DSN 486-7322, civ. 06371-86-7322.

♦ **Vacation Bible School** – Registration for Pandamania: Where God is Wild About You vacation Bible school is now open. Pandamania will be held 9 a.m.-noon July 25-29 at Landstuhl Elementary and Middle School and also 9 a.m.-4 p.m. Aug. 3-4 at the Daenner Chapel. DSN 493-4660, civ. 0631-3406-4660.

♦ **Summer Adventure** – Registration is open for the youth Summer Adventure program. Weekly activities continue through Aug. 26. DSN 486-8656, civ. 06371-86-8658.

♦ **Quilt Club** – Rheinland Pfalz Quilt Guild will meet 6 p.m. the fourth Thursday in July and August at the Kaiserslautern Landstuhl Spouses Association building on Pulaski Barracks.

♦ **Library Tour** – Join the Kleber Branch library to discover all the ways to use your Army Europe library card. The library offers free tours 11-11:30 a.m., 2-2:30 p.m. and 4:30-5 p.m. every last Wednesday of the month. No sign-up required.

♦ **Room Rental** – Armstrong's Club offers room rental for holiday, office, and birthday parties, Bldg. 1036, on Vogelweh Housing. Civ. 0631-354-9986. [www.mwgermany.com](http://www.mwgermany.com).

♦ **Car Care** – During July receive free windshield wiper fluid refills with an oil change at Pulaski Auto Skills, Bldg. 2859. DSN 489-6162, civ. 0631-536-6162.

♦ **SKIES Unlimited** – SKIES Unlimited is offering ABC Music and Me. The ongoing class will focus on early language and literacy development through music and story time. Program open for children enrolled in a child care or pre-K program. DSN 493-4516, civ. 0631-3406-4516.

♦ **Prenatal Fitness Classes** –

Classes include cardio, resistance training and gentle stretching for expectant and new mothers, 11 a.m.-noon Tuesdays and Thursdays, Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 06371-86-7172.

### HEIDELBERG Education

♦ **ACS Classes** – Relaxation Techniques, 2-4 p.m. July 14, Nachrichten Kaserne, Bldg. 3622, Company B conference room; Culture College field trip, 9 a.m.-3 p.m. July 16; Civilian Resume Writing, 9-11 a.m. July 18; Introduction to Microsoft Excel, 9-11 a.m. July 19-20; Financial Readiness Training, 9 a.m.-1 p.m. July 20; Smooth Move, 10-11 a.m. July 20; The Volunteer Experience, 10-11 a.m. July 20; Time Management, 2-4 p.m. July 21, Nachrichten Kaserne, Bldg. 3622, Company B conference room.

♦ **FAST Class** – Reinforce basic math or reading skills to potentially improve General Technical scores for reclassification or re-enlistment with Functional Academic Skills Training 8 a.m.-noon July 26-Aug. 15 at the Patton Barracks Education Center, Bldg. 106. Pre-test must be completed by July 25. DSN 373-6176, civ. 06221-17-6176.

♦ **UMUC Europe Registration** – Upcoming field study courses include the Cultural History of London II July 30-Aug. 6 in England and Picasso in Paris Aug. 6-13 in France. [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy).

### Community

♦ **Commissary Gate** – Access hours for the gate near the commissary on Patrick Henry Village are now 6 a.m.-6 p.m. daily.

♦ **Shooter's Bar and Grill** – Shooter's Bar and Grill has new hours: 6-9 p.m. Wednesday, 6-10 p.m. the second Thursday of the month, 10 a.m.-8 p.m. Saturday, 9:30 a.m.-3 p.m. Sunday, closed Mondays, Tuesdays and Fridays. Civ. 06202-927-9315.

♦ **EEO Training Canceled** – Equal Employment Opportunity training scheduled for July 20 has been canceled. The next class will be Aug. 17. DSN 373-5494, civ. 0621-17-5494.

♦ **Midsummer Read** – Registration is ongoing for A Midsummer Knight's Read, a summer reading program for preschoolers and kindergartners 11 a.m. Wednesdays, for first-fifth graders 11:30 a.m. Thursdays and for sixth-12th graders 2 p.m. Tuesdays ongoing through July 28 at the Patrick Henry Village Library. DSN 370-1740, civ. 06221-57-1740.

♦ **Security Office** – The security office relocated July 14 to Patton Barracks Bldg. 110, Room 104. The office will be closed for regular customer service, but will resume regular office hours July 15.

♦ **Cooking Class** – A free cooking class will be held at the commissary 10:30 a.m.-1 p.m. July 15. Registra-

tion is required. DSN 370-6883 or civ. 06221-57-6883.

♦ **Köln Chocolate Factory** – Permission slips are due July 19 for the Lion's Den trip to Köln Chocolate Factory 8 a.m.-6 p.m. July 21. DSN 388-9396, civ. 06221-338-9396.

♦ **BOSS Spice of the Caribbean** – Better Opportunity for Single Soldiers, BOSS, teaches how to make Caribbean-inspired food like red beans and rice and skewer chicken 6 p.m. July 20, at the Patton Barracks Warrior Zone.

♦ **Hunting Course** – There will be a hunting course July 20-Aug. 27 on 6-8 p.m. Wednesdays, Thursdays and Fridays and 9 a.m.-5 p.m. Saturdays at the Rod and Gun Club. Cost is \$150 per student. Ages 18 and older. Must be a U.S. citizen with U.S. ID card.

♦ **ACS Outing** – Army Community Service will host a group outing to Mannheim's Luisenpark 9 a.m.-3 p.m. July 23. Group will meet at ACS and take public transportation to the park. DSN 370-6883.

♦ **Geocaching** – Army Community Service will set up caches and post the coordinates on the ACS Facebook Page at [www.facebook.com/BWACS](http://www.facebook.com/BWACS). Participants can also enter into the ACS birthday drawing for a chance to win a pair of Holiday Park tickets. Winners will be announced July 25. [www.mwgermany.com](http://www.mwgermany.com).

♦ **Swimming At Aquadrome** – Permission slips are due July 24 for the Lion's Den trip to the Aquadrome 11 a.m.-5 p.m. July 28.

♦ **Catapult Contest** – A closing party and egg catapult contest wraps up the library's teen summer reading program, A Midsummer Knight's Read, 2 p.m. July 26 at the Patrick Henry Village library. DSN 370-1740, civ. 06221-57-1740.

♦ **Family Readiness Group Forum** – Join the Army Community Service FRG Forum 9-11 a.m. July 27 in the Yellow Ribbon Room on Patrick Henry Village, Bldg. 4531. The event features Europe Regional Medical Command Jeannine Smith, attorney-advisor. DSN 370-6883, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Arts And Cultural Center** – The center is closed for inventory July 23-31. DSN 388-9418, civ. 06221-338-9418.

♦ **White Water Rafting** – BOSS goes rafting and canyoning in Austria July 29-31. DSN 388-9282, civ. 06221-338-9282.

♦ **Vacation Bible School** – Register now for Kingdom of the Son, A Prayer Safari vacation Bible school 9 a.m.-noon Aug. 1-5 at Patrick Henry Elementary School. [travelingtays@gmail.com](mailto:travelingtays@gmail.com).

♦ **Military History** – The Military History Round Table, an informal group of Germans and Americans interested in World War II is open to anyone who has an interest in military equipment, uniforms, patches

and memorabilia. The club meets 7 p.m. at the Heidelberg Rod and Gun Club monthly on third Thursdays. DSN 370-8686, civ. 06221-57-8686.

♦ **All You Can Eat Pizza** – Take the family for all the pizza and bowling they want at the Patrick Henry Village Bowling Center 6-8 p.m. Mondays through Aug. 29. DSN 388-9040, civ. 06221-338-9040, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Volksmarch Volunteers** – Volunteers of various skills and commitment levels are needed for the 37th annual Volksmarch held Sept. 24-25 at the International Gesamtschule in Heidelberg-Hasenleiser. Free T-shirt and food and drink coupons. Civ. 06227-841226, [www.hiwc.de](http://www.hiwc.de).

### MANNHEIM Education

♦ **ACS Classes** – Exceptional Families Network, 10-11:30 a.m. July 20, Sullivan Barracks Bldg. 246; Mommy and Baby Wellness, 1-2 p.m. July 21, Bldg. 251, Room 112.

### Community

♦ **Warrior Zone** – Beginning July 18, the Warrior Zone on Coleman Barracks has new hours: closed Mondays, Tuesdays and U.S. holidays, 5-10 p.m. Wednesdays and Thursdays, 4-10 p.m. Fridays and Saturdays, 4-9 p.m. Sundays. DSN 382-4410, civ. 0621-779-4410.

♦ **Self Service Supply Center** – The SSSC will be closed for annual inventory July 19-22. It will reopen for customer service July 25. DSN 373-5368.

♦ **Midsummer Knight's** – The Sullivan Library hosts A Midsummer Knight's Read 10:30-11:30 a.m. ongoing through July 20. DSN 380-1740, civ. 0621-730-1740.

♦ **Vacation Bible School** – Students and volunteers should register now-July 24 for the God is Good vacation Bible school 10 a.m.-noon Aug. 8-12 at the Benjamin Franklin Village Chapel. DSN 380-9448, civ. 0621-730-9448.

♦ **Salsa Lessons** – Learn to salsa 6-7 p.m. for level one and 7-8 p.m. for level two on Wednesdays at the Top Hat Club on Benjamin Franklin Village. DSN 380-9370, civ. 0621-730-9370, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Summer Specials** – Spinelli Outdoor Recreation, Bldg. 1570, offers monthly summer discounts now through September. DSN 384-6300, civ. 0621-730-6232, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Free Bowling** – Kids play free Thursdays in July when accompanied by an adult bowler at the BFV Bowling Center. DSN 380-9528, civ. 0621-730-9528.

♦ **Youth of the Chapel** – Youth of the Chapel meet 3:30 p.m. (junior high) and 6 p.m. (high school) Wednesdays at the Sullivan Barracks Chapel across from the gym. Groups meet 6 p.m. Sundays.



Tim Hipps

U.S. Army World Class Athlete Program boxer Sgt. John Franklin scores with a left jab to the head of Oscar Cantu of Kingsville, Texas, en route to winning the flyweight crown at the 2011 USA Boxing National Championships June 25 at Colorado Springs City Auditorium. Franklin, a 27-year-old stationed at Fort Carson, Colo., won his first national championship with a 13-10 decision.

## Coach expects boxers to rebound at Olympic trials

By Tim Hipps  
 IMCOM PUBLIC AFFAIRS

COLORADO SPRINGS, Colo. – Although flyweight champion Sgt. John Franklin was the only Soldier to reach the medal rounds of the 2011 USA Boxing National Championships, U.S. Army World Class Athlete Program Coach Basheer Abdullah still likes his boxers' chances at the Olympic Trials.

Seven Soldiers already have qualified for the U.S. Olympic team trials for men's boxing, scheduled for July 31 through Aug. 6 in Mobile, Ala., and two more remain in contention for Olympic trials berths.

Franklin salvaged a rough week for WCAP and All-Army boxers in Colorado Springs, where no other Soldier advanced beyond the quarterfinals. Abdullah intends to regroup his troops in time for the Olympic trials.

In the single-elimination national championships, WCAP Spc. Jeffrey Spencer, the 2010 light heavyweight U.S. national champion, lost his first bout of the tournament, 14-13, to Sijoula Shabazz of Las Cruces, N.M.

Second Lt. DeRae Crane of WCAP prevailed over 2009 national champ Robert Brant of Oakdale, Minn., on a 3-2 judges' decision after the light heavyweights battled to a 12-12 tie and were deadlocked at 60-60 on total punch count.

Crane, however, was eliminated from the quarterfinals by Shabazz, who prevailed on an 89-87 tiebreaker after they boxed to a

16-16 tie. That setback cost Crane a berth in the Olympic trials, leaving him with one final shot at the 2011 Last Chance Qualifier, July 4-9 in Cincinnati.

"One of those light heavyweights is going to make this [Olympic] team because I've got two of the best in the country," Abdullah said. "It's unfortunate that we got the decisions we did at the U.S. National Championships, but we're going to overcome that. I've got two experienced light heavyweights going into the trials that can come out of that tournament the Olympian."

WCAP Spc. Carrie Barry dropped a 14-10 decision to World bronze medalist and reigning national champion Queen Underwood of Tacoma, Wash., in the women's 132-pound quarterfinals.

That loss denied Barry a berth in the women's Olympic trials and left her with two more chances to qualify. The January or February dates for the U.S. Olympic team trials for women's boxing have not been set.

WCAP Spc. Samuel Vasquez lost 21-18 to Luis Olivares of Glendale, Ariz., in the welterweight preliminaries. WCAP Capt. Michael Benedetto dropped a 32-26 decision to David Carlton of Cincinnati in the light flyweight prelims.

"We've got to remain humble, and I blame myself," Abdullah said.

The tournament draw resembled a roadmap to the finals for no less than four Soldiers but it did not play out that way.

"I was so confident and felt so good about our preparation that I think I celebrated a little bit too soon," Abdullah said. "You've still got to go fight. I take full responsibility for us not being humble as a team. I think we looked ahead of ourselves. We have to go in there and get it, so we have to go back to being humble."

All-Army boxers Staff Sgt. Andrew Shepherd of Fort Carson, Colo., Army Reserve Spc. Charles Blackwell of Tucson, Ariz., and Sgt. Toribio Ramirez of Fort Stewart, Ga., were eliminated from the tournament after losing their first bout. They are, however, already qualified for the Olympic trials, as are Spencer, Vasquez and Benedetto.

"We have to focus on our finish a little bit more," Abdullah said. "With Carrie Barry and Samuel Vasquez losing in the last round, we've got to be a little bit more technically sound in that last round and finish stronger. Some of us need to slow our pace down earlier and finish stronger. Some of us need to stay mentally focused all the way through. We're going to adjust some of our drills in training camp," Abdullah said.

"I still have all the faith in the world. If there's one thing I know about this business is anything can happen at the trials. The trials is a wide-open thing. I don't care what happens here, it's all about getting it at the trials, and I still believe I've got the dogs to do it at the trials – Carrie, Franklin, DeRae, Spencer, Vasquez – those are very strong hopefuls to me," he added.

## staying ACTIVE

### Summer Slam

Summer Slam will be held July 15-17 at Tompkins, Campbell and Patton Barracks fitness centers in Heidelberg. An opening ceremony is scheduled for 5:15 p.m. July 15 at the Patton fitness center. DSN 373-8032, civ. 06221-17-8032, [www.mwrgermany.com](http://www.mwrgermany.com).

#### Friday, July 15

Event	Time	Location
Basketball	5:45 p.m.	Patton Barracks
Women's Softball	7 p.m.	Tompkins Barracks
Men's Softball	7 p.m.	Patton Barracks

#### Saturday, July 16

Basketball	9 a.m.	Patton Barracks
Women's Softball	9 a.m.	Tompkins Barracks
Men's Softball	10 a.m.	Patton Barracks
Volleyball	9 a.m.	Tompkins Barracks

\*Signup starts at 8 a.m.

Racquetball	9 a.m.	Campbell Barracks
Home Run Contest	1 p.m.	Patton Barracks
Base Hit Contest	3 p.m.	Tompkins Barracks
Slam Dunk Contest	6 p.m.	Patton Barracks

#### Sunday, July 17

Basketball	10 a.m.	Patton Barracks
Women's Softball	10 a.m.	Patton Barracks
Men's Softball	10:15 a.m.	Patton Barracks

### Heidelberg Men's Softball

**Championship Tournament** – The unit level softball championship tournament will be held July 25-Aug. 1 on the Patton Barracks sports field.

### Sports Physicals

The Department of Pediatrics at Landstuhl Regional Medical Center will offer increased availability in July and August for sports physicals for all children 5-18 enrolled with the LRMIC Pediatric Clinic. The primary care manager-booked appointment is to fulfill the school requirement for a sports physical. The appointment will not include medication refills, acute appointments, sick child visits, lab work or immunizations. Appointments: DSN 486-5762, civ. 06371-86-5762.

### Off-ice Hockey Officials

Die Players Liga is the largest non-official hockey league in Germany. DPL's inline hockey season is currently underway and the league is searching for off-ice officials. No prior knowledge is required, just an interest in hockey and the desire to be part of the team. English is the main language spoken and five military hockey teams play in the league. All games are played weekends at the Friedrichspark (previous home to the Mannheim Adler) next to the Mannheim University Schloss in Mannheim. Contact: civ. 0172-6263642, [info@dpliga.com](mailto:info@dpliga.com).

### Bowlopolis

Children under 17 can bowl June 16-Aug. 29 with a Bowlopolis card good for \$1 games and \$1 shoe rental before 5 p.m. daily at the Patrick Henry Village Bowling Center in Heidelberg. DSN 388-9040, civ. 06221-338-9040, [www.mwrgermany.com](http://www.mwrgermany.com).

### 20-20-20

Landstuhl Fitness offers a three-part class: 20 minutes cardio, 20 minutes body sculpt with Yoga and Pilates moves and 20 minutes resistance training 9:30-10:30 a.m. Tuesdays and Thursdays, on Landstuhl Post, Bldg. 3720, in Kaiserslautern. DSN 486-7172, civ. 06371-86-7172.

### Cosmic Bowling or Kids Free

The Bowling Center on Benjamin Franklin Village offers Cosmic Bowling 7 p.m.-1 a.m. Saturdays. Kids bowl free every Thursday in July. DSN 380-9528, civ. 0621-730-9528, [www.mwrgermany.com](http://www.mwrgermany.com).

# PLAY IT SAFE

**LEADERS  
SOLDIERS  
FAMILIES**



- Wear sunglasses with total UV protection
- Wear wide-brimmed hats, long sleeved shirts and pants
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.

# IN THE SUN!



**ARMY SAFE IS ARMY STRONG**

