

# HeraldPOST

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

**HP THURSDAY**  
May 12, 2011

**Speed Read**

**TOWN HALL MEETING**

The U.S. Army Garrison Baden-Württemberg will host a town hall meeting at the Patrick Henry Village Pavilion 6 p.m. Wednesday.

**SAFER DAY**

U.S. Army Garrison Baden-Württemberg hosted May 5 a Soldier and Family Exposition day, a biannual event for service-members, civilians and family members on Patrick Henry Village in Heidelberg. **3**

**DENTAL BUSES RETIRED**

U.S. Army Dental Command decommissioned two buses used as Mobile Dental Clinics May 2 on Nachrichten Kaserne in Heidelberg. **6**



**SOLDIERS OF THE YEAR**

Eleven Soldiers from garrisons in Europe vied for the title of Soldier of the Year and NCO of the Year in Grafenwöhr last week. Winners will be announced today in Heidelberg. **12**

**A PIECE OF MY HEART**

A Piece of My Heart plays tomorrow, Saturday and May 20-21 at Landstuhl's Heaton auditorium in Kaiserslautern. **13**

**ULTIMATE ABS**

A intelligence analyst and former drill sergeant relaxes in Afghanistan by teaching an abdominal strength class. **17**

**Defense Details**

**SOLDIER BIKE RIDE**

As 30 wounded warriors on bicycles gathered on the White House lawn Monday, President Barack Obama said their participation in a Wounded Warrior Project Soldier Ride shows everyone can do something for troops. Soldier Rides began when Chris Carney, who never served in the military, rode his bicycle more than 5,000 miles to raise money and awareness for the nation's wounded warriors. Obama told the riders they represent a generation that has written its own extraordinary chapter in the American story.

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

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## Mannheim bids Americans farewell

**Staff Report**

The city of Mannheim held a farewell ceremony Sunday at the Rosengarten Convention Center for U.S. Forces in Mannheim whose presence in the city began after World War II.

“We deliberately chose this date,” said Lord Mayor Dr. Peter Kurz referring to May 8, 1945, exactly 66 years ago, when the surrender of the German armed forces ended the war in Europe.

Kurz remembered when the announcement of Mannheim’s deacti-

vation came on June 23 last year and called it “a historical moment in time.”

“The presence of the American forces has shaped our country, our region and particularly our city of Mannheim,” he said. “It is my belief that the American

see **FAREWELL** page 18

## New fiscal reality, same commitment

**By Lt. Gen. Rick Lynch**  
IMCOM COMMANDER

ARLINGTON, Va. – A fundamentally different fiscal reality. We will be hearing some variation of that phrase from Army leaders for a long time to come. The Army’s budget is smaller than it has been in previous years, and it will get smaller still. However, a different fiscal reality does not change the reality of what we owe to Soldiers and Families for their service and sacrifice. The Army’s commitment to Soldiers and families remains as strong as ever.

For the last 18 months, the Installation Management community has taken a hard look at the programs and services we provide to Soldiers and families, with an eye not only to costs but also to effectiveness. As the inevitable belt-tightening comes, we are not trying to do more with less. We are working to make sure we can do the important things better.

One of our most important efforts has been to fully establish Survivor Outreach Services, to provide Survivors with longer-term, expanded support and care after casualty assistance ends. SOS staff have made tremendous progress in a short time, receiving more than 24,000 cases from Casualty and Mortuary Affairs, and they continue to enhance services as more survivors see **REALITY** page 18



**Let the games begin**

Lorelai Browning, 17, a Vilseck High School student, carries the Olympic torch into the arena at the 2011 Kaiserslautern Special Olympics held May 5 at Enkenbach-Alsenborn.

## Hundreds turn out for Special Olympics

**By Rick Scavetta**  
USAG KAISERSLAUTERN

Crowds of spectators cheered as MeeHee Ashe and fellow Special Olympics athletes sprint-

ed down the 50-meter track during the annual games held in Enkenbach-Alsenborn near Kaiserslautern.

For those 22 seconds, as she ran under sunny skies beside German and Ameri-

can athletes, Ashe, 27, felt happy, she said. Over the past few weeks, she had been training and preparing herself for the May 5 event – as she has done for more see **OLYMPICS** page 18

## COMMENTARY

# Support military families year round

By Deborah Mullen

AMERICAN FORCES PRESS SERVICE

WASHINGTON, D.C. – During the Month of the Military Child in April, there were picnics and parades, fairs and festivals in communities across the country – all to recognize and honor military children for their special contributions to our nation.

There is no issue nearer or dearer to my heart than reinforcing to our military children that they are, indeed, a key part of the military community and how equally important it is to recognize the sacrifices they make every day.

It's one thing to be a military child during peacetime, quite another during a time of war. Every day, these young ones shoulder worry, stress and responsibility far beyond their years while mom or dad is deployed. It's not just the missed birthdays and soccer games or helping mom with chores that dad would normally do. It's the fear that their world can crumble at a moment's notice.

When their parent comes home, the stress and challenges don't necessarily disappear. It's a safe bet dad didn't return quite the same guy he was when he left. He, too, may have emotional and even physical challenges to face.

And he, too, may be afraid and perhaps even afraid to admit it.

Many of these kids have known only war, only worry.

Dealing with these things months and years on end, demands resilience and toughness – qualities innate to military children and something most are particularly proud of to be sure.

I can personally attest to the inner strength military families develop through deployments, frequent moves and new cultural experiences. There is, of course, much to love about a military life and a lot to value about the richness and diversity it brings to our children's perspectives.

But as I meet with military families across the country, it is clear that a decade of war in Iraq and Afghanistan has challenged them, stretched them and tested their resilience and strength in unprecedented ways.

That reality isn't always readily seen or understood by the rest of America.

My husband Michael speaks frequently on this topic. He notes that today, less than 1 percent of our nation's population serves in uniform. We are concerned that people who used to have day-to-day connections with military men and women and their families may not know much about them anymore, so they are

simply unaware of the stress and challenges these families face – a situation compounded by the fact that most military families bear their burdens quietly.

It is evident to me that people care and want to help. Often, they don't know what to do to support military families in the ways they need it most, particularly as they transition back to their communities and to civilian life.

That's why April's Month of the Military Child and May's Military Appreciation Month are important efforts that help us get moving in the right direction. They keep us talking. They offer avenues for appreciation and action. These things can only strengthen the connections between communities and our military. I also believe they can only strengthen our country.

There are many ways, big and small, to get involved. However people choose to support, the concept is straightforward. Our military men and women and their families do so much and sacrifice so much to take care of America. This is about doing everything we can to – together – take care of them, not just in April or May but year round.

Note: Deborah Mullen, Navy wife, mom and military family advocate, has been married to Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, for 40 years.

BW  
now

VIDEO BLOGS



This Week's Focus:

**Transformation  
and  
Health Care**  
(begins Monday)

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)

## LEGAL ASSISTANCE

### Online shoppers beware

#### Patton Law Center

On-line shopping purchases usually occur with no problem but when something goes wrong, you're better off paying with a credit card and not a debit card.

Credit card purchases have a high margin of safety.

You can challenge a credit card purchase or stop payment if you have a good reason.

But with a debit card, you are on your own.

Debit cards are similar to cash: once spent, the money is gone.

You may get your money refunded, but it could take months.

While signature-based debit card transactions offer a bit more protection than PIN-based, neither provides a consumer with the same degree of security as a credit card.

If you have problems in this area, your nearest legal assistance office may be able to help.



[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

"The German government starts a census (counting everyone and interviewing for statistical purposes) in the upcoming weeks. How will this work for German citizens living on military installations? Is there some sort of agreement with the German government?"

— Bettina Carter, BWnow Facebook fan

"The census is split in two parts: one gathers information

from the owners of residential buildings or apartments, the other gathers data from households. By default, members of foreign armed forces in Germany are exempt from the requirement to provide any information on their household or on the house or apartment they live in unless they are owners of that property. Because of the census method employed, statistics offices may not know ahead of time if the dwelling selected for

interviewing is home to a member of the foreign armed forces. That means Soldiers or civilians may receive a questionnaire in the mail but are free to disregard it. Members of foreign armed forces owning a house or apartment in Germany are, in principle, required to fill out the questionnaire, but authorities will not enforce it, according to the census office."

—BWnow Facebook Administrator

HP

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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.



# Garrison SAFER after day of training

By Elizabeth Casebeer  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

When Pfc. Alfred Wesley woke up May 5, he probably didn't expect a German Shepherd would chase him a few hours later.

Wesley, an Information Technology Specialist for 43rd Signal Battalion, volunteered to play the part of the bad guy during U.S. Army Garrison Baden-Württemberg's annual Soldier and Family Exposition day, a free bi-annual event open to servicemembers, civilians and family members on Patrick Henry Village in Heidelberg.

Pitt, a 7-year-old canine, followed commands of handler Spc. John Marek. Meanwhile Staff Sgt. Frederick Ferrigno, 529th Military Police Company, told the crowd they should never run if confronted by a police dog.

While the chances the average law-abiding citizen will ever face this predicament are slim, the hands-on training and live visual aids could prove useful for other situations, said Randall Ross, safety specialist and SAFER coordinator.

"Some of the things we showed here today are things we hear about but don't always get to see, like kitchen fires or what the 'Jaws of Life' is and how it works," Ross said.

This year's safety theme is "Take Five," which means everything from mowing the lawn to driving a car should be evaluated before forging ahead without a second thought.

"There is a big difference between those types of risks, but if we stop and think about them first before proceeding, we meet our goal to get better and better and (ultimately) save lives and limbs," said Ross.

Last year, no Memorial Day weekend fatalities were reported on any Army installation. That was the first time in nearly 20 years, said Ross, who added he believes education is part of the statistic.

The SAFER included ongoing activities and classes as well as dozens of booths to educate participants on everything from hearing protection, child safety, summer driving hazards, driving under the influence, suicide prevention and ergonomics. While



Elizabeth Casebeer

K9 handler Spc. John Marek, left, gives commands to his police dog Pitt as he attacks Pfc. Alfred Wesley at the Soldier and Family Exposition day on Patrick Henry Village in Heidelberg May 5. Wesley wears a bite suit and glove to protect him from injury.

Sgt. Jason Robinson, Mark Twain Village chapel non-commissioned officer in charge, said he enjoyed the indoor activities, he appreciated the opportunity to enjoy the sunny day.

"I work inside in the chapel so any chance I can go outside for training, I take. I prefer hands-on training to a (PowerPoint) briefing because it's more visual, and that's how I learn," Robinson said.

A self-proclaimed "Mythbusters" fan, Robinson said he looked forward to the U.S. Army Fire Service Inspec-

tor's fire the most, partly because of an acute fascination with flames, but mainly so he can teach his 6-year-old son what not to do.

That sharing of information is exactly what Ross had in mind for SAFER this year.

"We don't want you to keep any of the information you get today to yourself, because it doesn't do any good. Don't be afraid to be the person to make an on-the-spot correction. You might save a life," Ross said during his introduction.

# First-ever aortic procedure performed at Landstuhl

By Chuck Roberts  
LRMC PUBLIC AFFAIRS

The international and collaborative nature of medicine at Landstuhl Regional Medical Center in Kaiserslautern resulted in a first-ever procedure that also prevented the need for open heart-bypass surgery.

Dr. Paul D. Haser, a vascular surgeon from the Robert Wood Johnson Medical School, University of Medicine and Dentistry of New Jersey, repaired a hole in the aorta of a patient injured in a training incident by inserting a wire through the groin area, threading it through his body to the aorta just outside his heart and inserting an aortic graft to cover the hole.

The patient was evacuated from Africa after a metal fragment entered the patient's back. A scan revealed a blood clot in the aorta but doctors were uncertain how the metal had traveled through the body, so they consulted a hospital in Homburg. Doctors there advised against immediate surgery. The patient was given blood thinner because

of concern the clot might travel to the kidneys, intestine and cause further injury.

The clot disappeared but revealed a hole in the aorta. The wound did not present a life-threatening situation to the patient, but the LPMC staff was faced with three choices, Lt. Col. (Dr.) Raymond Fang, LPMC trauma medical director said.

The LPMC medical evacuation process is designed for patient stays of three to five days or until the patient is stable enough for a medical flight to the states. Fang said this option was ruled out because doctors felt wary of placing the patient on an aircraft where emergency hospital resources would be unavailable for the duration of flight should a life-threatening complication develop.

The second option was open chest surgery but Fang said that because of the location of the injury, it might place the patient at risk for paralysis or circulatory arrest.

The third option did not exist at LPMC until Haser's arrival for a two-week stint as part of the Society for Vascu-



Chuck Roberts

Landstuhl Regional Medical Center Surgeon Maj. (Dr.) Bradley Putty, left, stands with Dr. Paul Haser, center, and LPMC Trauma Medical Director Lt. Col. (Dr.) Raymond Fang. Haser performed the first endovascular aortic graft implantation procedure at LPMC while serving as a volunteer with the LPMC Society for Vascular Surgery Visiting Vascular Surgeon program.

lar Surgery's Visiting Vascular Surgeon program which allows stateside civilian surgeons to serve voluntarily at LPMC during times of need.

"The injury wasn't so bad, but getting to the location of that hole meant having to move mountains," said Fang. "Not only did Haser possess the skill for the procedure, but he also knew the contacts for the German companies to access the necessary surgical

supplies."

Haser said the endovascular aortic graft implantation procedure has been around for a decade, but that it is primarily performed for the treatment of conditions such as aortic aneurysms or tears such as those sustained in vehicle accidents.

It is an uncommon procedure and it was a first for Haser.

The patient, Haser said,

expressed a clear desire for the internal procedure versus open surgery. With the assistance of two LPMC physicians, the two-hour procedure was completed without incident. The patient was medically evacuated a few days later to the states and is expected to make a full recovery.

As a result of the shared experience, LPMC will keep supplies available in case the procedure should be required in the future.

The procedure was a first for LPMC, but it wasn't the first time for Haser to practice medicine at LPMC. He served a two-week stint two years ago.

Haser described LPMC as a "learning experience" where he said the level of trauma far exceeds the amount and severity seen at stateside civilian hospitals. Because of the continued experience in treating battle wounds such as severe chest and lung injuries, military trauma medicine is able to provide an advanced level of lifesaving care to wounded warriors they might not be able to find in civilian hospitals.

# Mannheim Optometry to close Wednesday

## HMEDDAC Public Affairs

The Mannheim Optometry Clinic on Benjamin Franklin Village will provide services for the Mannheim community's primary eye care needs until Wednesday.

Optometry care will then transition to the local economy, the Heidelberg Health Center Optometry Clinic or, for aviation personnel, Coleman Barracks.

Primary eye care needs include all routine eye examinations and walk-in physicals and screenings.

Mannheim Soldiers can still receive their MEDPROS vision screening and basic physicals at the Mannheim clinic medical operations center.

Aviation personnel may complete the vision portion of select flight

physicals in Mannheim, but must first collect paperwork at the Coleman clinic.

The medical operations center is open for walk-ins 8-11 a.m. Mondays, Wednesdays and Fridays.

The Heidelberg Optometry Clinic will remain open for eye care; however, due to staff transitions from July 1 through Sept. 30, services will be limited to active duty and active duty family members only.

"We'll constantly monitor our access and open appointments to other beneficiaries at the earliest opportunity," said Lt. Col. Jim Carrell, chief of Optometry in Heidelberg.

Carrell said family members and retirees who require glasses quickly and cannot obtain an appointment in Heidelberg or Mannheim can vis-

it German opticians who prescribe glasses for older children and adults at no cost, but want you to purchase the glasses from them.

"Most Optik shops do not require an appointment and provide an expedient means of getting spectacles for those patients prepared to pay for them," Carrell said.

"The German Optiks provide a great means for you to receive glasses quickly while you are waiting for a comprehensive eye exam at your military treatment facility," he added.

Beneficiaries should contact the Europe Region Medical Center's Care Call Center to book routine eye examinations at 0800-914-6133 (toll-free), DSN 371-2622, civ. 06221-17-2622.

## AFN Openline on Transformation

American Forces Network Europe will air a special AFN Openline on transformation 10 a.m. May 18 featuring the leaders of U.S. Army Garrison Baden-Württemberg, Wiesbaden, Mannheim, the Heidelberg Medical Department Activity and the Exchange. The live program includes USAG BW Commander Col. William Butcher, USAG Wiesbaden Commander Col. Jeffrey Dill, Heidelberg Medical Department Activity Commander Col. P.K. Underwood, Mannheim Base Operations Manager Ralph Santaliz, Exchange General Manager Frank Niccoll and U.S. Army Europe Deputy Relocation Task Force Dave Fulton. DSN 389-4595, civ. 0621-4608-5595 or e-mail ahead of time to [openline@afn.dma.mil](mailto:openline@afn.dma.mil).  
**AFN Heidelberg** – 104.6 FM, 1143 AM  
**AFN Mannheim** – 107.3 FM, 1143 AM  
**AFN Wiesbaden** – 98.7 FM, 870 AM

## 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).

#### Is there enough base housing in Wiesbaden?

Wiesbaden has enough Army family housing to meet the U.S. Army Europe housing policy, which is 100 percent of key and essential personnel, 100 percent of staff sergeants and below, and 10 percent of sergeants first class and above, excluding key and essential.

#### Is it true that family housing in Wiesbaden is not protected by security perimeters and ID checks? Will security gates will be installed and when? If not, please explain why.

Three of the family housing areas, Aukamm, Crestview and Hainerberg, are open. They are patrolled by Military Police and the German Polizei. All three of these housing areas are located in German communities with public streets maintained by the city of Wiesbaden. An access control point for Hainerberg is programmed for construction in 2013 and then the entire Hainerberg housing area will have controlled access. Personnel will have the option of living in the controlled housing areas on Wiesbaden Army Airfield and Hainerberg as quarters become available. U.S. Army Europe has approved allowing the other two housing areas to remain open with the ability to close them upon high threat conditions.

### Facilities Operations Changes

**Mannheim Health Clinic** – The health clinic on Benjamin Franklin Village in Mannheim will close this December. Servicemembers living in Mannheim will be seen at the Coleman Barracks clinic. Family members will receive services from the Heidelberg Health Center on Nachrichten Kaserne in Heidelberg. A shuttle bus is available for those who need transportation to Heidelberg. The number of providers in Mannheim will stay the same until December. Patient liaisons will remain in Mannheim to help community members schedule medical appointments on the economy. There are four patient liaisons on staff and one at the Mannheim Klinikum. Civ. 0621-730-9534/9543/9777. For help after hours, call civ. 06221-17-2605, or the nurse advice line DSN 0800-825-1600, civ. 0800-825-1600 or 0800-4759-2330. Mannheim Clinic hours are 8 a.m.-noon and 1-4:30 p.m. Mondays through Thursdays and 8 a.m.-noon Fridays. Central appointments: DSN 371-2622, civ. 0621-730-2622.

**Mannheim Base Operations** – With the impending inactivation of Mannheim there are two names for community members to keep in mind – Mr. Ralph Santaliz, Base Operations Manager, DSN 385-2774, civ. 0162-296-9171, [rafael.santaliz@eur.army.mil](mailto:rafael.santaliz@eur.army.mil), and Master Sgt.

Romeo Satsatin, Base Operations NCOIC, DSN 385-2588, civ. 0162-281-4178, [romeo.satsatin@eur.army.mil](mailto:romeo.satsatin@eur.army.mil). They are located in Bldg. 245 on Sullivan Barracks and are ready to assist Mannheim community members.

**Mannheim Transportation Motor Pool** – The TMP at Spinelli Barracks will discontinue operations May 31. Effective immediately, general dispatch users and customers with recurring assigned vehicles should use the Heidelberg Transportation Motor Pool on Patton Barracks, Bldg. 157. DSN 373-8350, civ. 06221-17-8350.

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

**Mannheim Education Center** – The Education Center on Sullivan Barracks will be open from May through July with classes running as long as class minimums are achieved. The center will be open Monday-Friday (except USAREUR training holidays). A counselor will be on site 8:30 a.m.-12:30 p.m. and remote counseling will be available 1:30-4:30 p.m. The center is closed 12:30-1:30 p.m. A night monitor will open and close the education center for evening classes 6-10:30 p.m.

**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 PPPO changed May 2: 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.

**Exiting Mannheim** – The exit gate at Friendship Circle on Benjamin Franklin Village in Mannheim has changed hours for traffic leaving the installation. The gate opens for exiting traffic and pedestrians (exiting and entering) at 6 a.m. and closes at 6 p.m.

**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 will move from Bldg. 255 into Bldg. 246 May 16. The ACS Lending Closet services have relocated to 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.

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

**AAFES Gas Station** – The gas station in Mannheim on Benjamin Franklin Village South will change its operating hours June 1. New hours will be 7 a.m.-8 p.m. Monday-Friday, 8 a.m.-8 p.m. Saturdays and 9 a.m.-7 p.m. Sundays.

**Popeyes and Taco Bell** – Beginning July 1, Popeyes and Taco Bell on Benjamin Franklin Village South in Mannheim will be closed Mondays.

**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 will close June 3. The Campbell Barracks shoppette will expand its hours on weekends – 10 a.m.-5 p.m. Saturdays and Sundays – to support the Soldiers and family members who live on MTV.

**Burger King** – Burger King on the Shopping Center in Heidelberg will close May 30.

**Subway** – The Subway restaurant on Sullivan Barracks in Mannheim will close May 20 and reopen on the Shopping Center in Heidelberg June 13.

**Spinelli furniture** – The furniture store on Spinelli Barracks in Mannheim will close June 27. Some furniture has moved into the Exchange on Benjamin Franklin Village South.

**Mannheim to Heidelberg Shuttle Buses** – Mannheim's community shuttle bus service now stops at the U.S. Army Garrison Baden-Württemberg Central Processing Facility located on the Shopping Center in Heidelberg in Bldg. 3850. The bus stop at the Heidelberg Community Support Center also serves as the hub for the Heidelberg community shuttle bus that serves Tompkins Barracks, Patrick Henry Village, Mark Twain Village and Patton Barracks. Shuttle buses run four times a day, Monday through Friday, from Coleman, Spinelli and Sullivan Barracks and the hotel on Benjamin Franklin Village to the Shopping Center in Heidelberg and the Heidelberg Medical Clinic on Nachrichten Kaserne. Signs posted in bus stops indicate times and routes. Schedules are available at the in and out processing center, from building coordinators and at the hotel on Benjamin Franklin Village. The shuttle is for Soldiers to conduct official business but family members and civilians can ride if space is available. DSN 373-6410, civ. 06221-17-6410.



## Job seekers use USA Staffing, not Resumix

Over the next two years, the Army will transition from one automated recruitment tool – Resumix – to another – USA Staffing – for advertising vacant positions, accepting applications from job seekers and evaluating the job seeker's eligibility and qualifications. During this period of transition, each job announcement will have instructions to guide job seekers through the application process for the specified recruitment tool.

### What jobs are available?

The most current and reliable information is available on this site under "Job Search." The Army also posts job announcements on the Office of Personnel Management USAJOBS web site. By accessing either of these sites you can view Army job announcements.

The vacancy announcement will provide a description of the duties to be performed, minimum qualifications required and salary range; whether the job is permanent or temporary, full time or part-time and information on who can apply. The announcement sites are updated daily so you are encouraged to visit regularly or create a search for automatic updates.

### How do I submit a resume?

It is recommended that you create a resume in both recruitment tools – Resumix and USA Staffing – at the beginning of your job search. Once your resume is on file, you can easily apply for jobs from the job announcement. The job announcement will provide guidance on which system will be used to submit your resume. You may update your resume at anytime; however, it is important to remember that under the Army Resume Builder only the latest resume will be active.

### How do I monitor my job search?

Both systems provide easy, real-time access to information on the status of your application. In the Army Resume Builder click on "Go to Answer" then "Status Tracking." In USAJOBS, login to My Account then click "Application Status."

SOURCE: [www.armycivilianservice.com/content/how-apply](http://www.armycivilianservice.com/content/how-apply)

## Faces of the community: Mannheim Dental Clinic



Patricia Deland

Ten-month old Nathan Siple gets his teeth examined by Dr. Aurora Alva with assistance from his mom Catherine Siple and Spc. Heather Camacho, pediatric dental assistant, during a baby dental class April 27 at the Mannheim Dental Clinic. Alva, Camacho and Patricia Deland, dental hygienist, provide the classes to inform parents about cavity prevention. They use videos and Deland talks to moms about how to take care of their own oral hygiene. Alva advises parents to take a baby to the dentist as soon as they see the baby's first tooth. The next baby dental care session is 9 a.m. May 18 at the Mannheim clinic. DSN 380-9507, civ. 0621-730-9507.

## Dental buses decommissioned

By Elizabeth Casebeer  
USAG BADEN-WÜRTTEMBERG

Twenty years ago, Sgt. Maj. Exerline Drumm's driving experience was limited to squeezing her car into a cramped parking space at the grocery store in Heidelberg.

Drumm, the U.S. Army Dental Command's sergeant major, was a little surprised when ordered by then-Col. John J. Cuddy to drive a bus – a Mobile Dental Clinic, to be exact.

Cuddy was later chief of the U.S. Army Dental Corps from 1994-1998.

Cuddy's idea to provide dental treatment to Department of Defense employees and their families stationed in remote areas or places without significant care available took shape in 1987. In 1990, two Mercedes-Benz

buses were purchased for DM 250,000 each and transformed into mobile dental clinics.

"A doctor was in charge of each bus, which included a X-ray and two chairs for routine care like cleanings and cavity filling. When we received a request from places that didn't have clinics, we drove the bus there," said Rick DuVall, Heidelberg Dental Activity executive officer.

At the height of usage during the late 1990s and early 2000s, the mobile dental clinic traveled throughout Europe to Austria, Spain, Belgium, France and the Netherlands.

On May 2, the buses were decommissioned and will return shortly to the motor pool because they are too expensive to maintain and are no longer requested on

a regular basis. The last assignment was to Rotterdam in the Netherlands in April 2010, DuVall said.

"In 1983, there were 87 dental clinics throughout Europe and in 2003 there were 36 clinics, not including the two mobile dental clinics. Today, there are 22. The main reason for this change is due to the downsizing of Europe after the Cold War," said DuVall.

With a few more clinics on the chopping block within the next couple of years, the dental clinic, like so many other units, has changed its mission for the times. The unique experience is not something Drumm is unaware of.

"Being able to travel to all these places and visit so many cultures is an experience I'll never forget," said Drumm.



Elizabeth Casebeer

U.S. Army Dental Command Sgt. Maj. Exerline Drumm sits behind the wheel of a Mobile Dental Clinic scheduled to be decommissioned on Nachrichten Kaserne in Heidelberg May 2. Drumm was one of the original drivers when the Mercedes-Benz buses were transformed into mobile clinics in 1990 to provide dental care to Soldiers in remote areas. The buses will return to the motor pool.

# Summer slide – a definite wipe out

*Children lose 25 percent of reading, math skills during summer break*

**Elizabeth Casebeer**

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Summer vacation is certainly nothing new, but those three months of blissful freedom come with a cost, one that might surprise you: your child's education.

Summer vacation is notoriously nicknamed "summer slide" by the Military Child Education Coalition, a worldwide nonprofit organization that conducts research, holds conferences and publishes resources regarding quality educational opportunities for military children affected by family separation, deployments and transitions.

"The summer slide refers to the loss of learning that occurs during the break between school years," said Kathy Tone, a Parent to Parent cadre member.

"The U.S. Department of Education reports that children lose up to 25 percent of their reading skills and even

more of their math skills during that break. They also lose about two and a half months of math, usually because there are more opportunities for them to read," Tone said.

Parent to Parent's goal is to help military parents be the best possible advocates for their children's education by offering free workshops to the community aimed toward various stages of a child's life, Tone said.

"The information and ideas we offer through our workshops are a combination of proven techniques backed by research, our professional training and our personal experiences as military spouses and parents," said Tone.

With only a few weeks left of the school year, the Summer Slide workshop highlights concerns many parents have about their children's ability to retain information over the break.

Tone explained that each fall, teachers typically spend between four and six weeks reviewing the previous school year's material instead of moving on to new subjects because the lack of retention during a long period of time is so profound. And for what children lose in reading and

**"The information and ideas we offer through our workshops are a combination of proven techniques backed by research, our professional training and our personal experiences as military spouses and parents."**

—Kathy Tone, Parent to Parent Team

math skills during the summer, they gain in weight, said Tone.

She said children suffer from the lack of structure and activity that a school day provides, and they also suffer physically. (Studies show) children gain up to twice as much weight during the summer months as during the school year because a lot of times they are sitting in front of the TV or are playing video games.

Parents can combat these problems with a lot of activities, resources, ideas and information to help prevent

the gap in all important areas: reading, writing and math," said Tone.

The workshop will introduce creative methods to nudge kids into critical and creative learning outside the classroom without compromising a fun summer.

Jana Hollenbeck, a mother of a 9-year-old fourth grader, said she takes advantage of being stationed relatively close to her native Slovakia.

The family spends the majority of the summer there, where their daughter spends her days outside with the neighbors' rabbits and chickens or at the local art club, which Hollenbeck said has a great creative program for children.

The Hollenbecks' daughter is so preoccupied during those months, she forgets TV exists, laughed Hollenbeck.

"The keys to success are to plan, develop routines and keep it fun. For example, on Tuesdays go to the library and on Thursdays, a field trip," suggested Tone.

For those parents not blessed with creative skills or a plethora of spare time, all is not lost.

"Sometimes it's hard to get motivated, (but fortunately)

## Summer Slide Workshop

Preventing the Summer Slide: How to Keep Children Academically Engaged over the Summer  
May 19  
8:30 a.m.

Heidelberg Middle School  
For all parents

To learn how to prevent the loss of critical skills, including reading and math, during summer vacation

we have a ton of community options – it's like a huge field trip at your fingertips. Maybe sit down with a guide book and plan ahead, or have your children suggest things to do," Tone said.

"It doesn't have to be extravagant, and it shouldn't feel like work – it should just be engaging and fun for them," she added.

Tone and her colleagues have dozens of additional suggestions, resources and ideas to keep children engaged throughout the summer and beyond.

Parents who attend the workshop scheduled for 6 p.m. May 19 at Heidelberg Middle School will receive a free one-year membership to MCEC. For information, visit [www.militarychild.org](http://www.militarychild.org). For information about Parent to Parent workshops or to schedule one, visit [ptop.heidelberg@militarychild.org](mailto:ptop.heidelberg@militarychild.org).

**WARNING**  
What is Unauthorized Joe doing wrong this time?

**CAR WASHING**

Car washing is not authorized in on-post housing areas. So where can I wash my vehicle?

All Heidelberg on-post facilities are located around the SpeedyLube on Patton Barracks.

For more information please visit <http://www.bw.eur.army.mil/policies.html>





Leroy Council

Republic of Croatia President Ivo Josipovic lays a wreath during an Armed Forces Full Honor Wreath Ceremony at the Tomb of the Unknowns in Arlington National Cemetery, Arlington, Va., May 4.

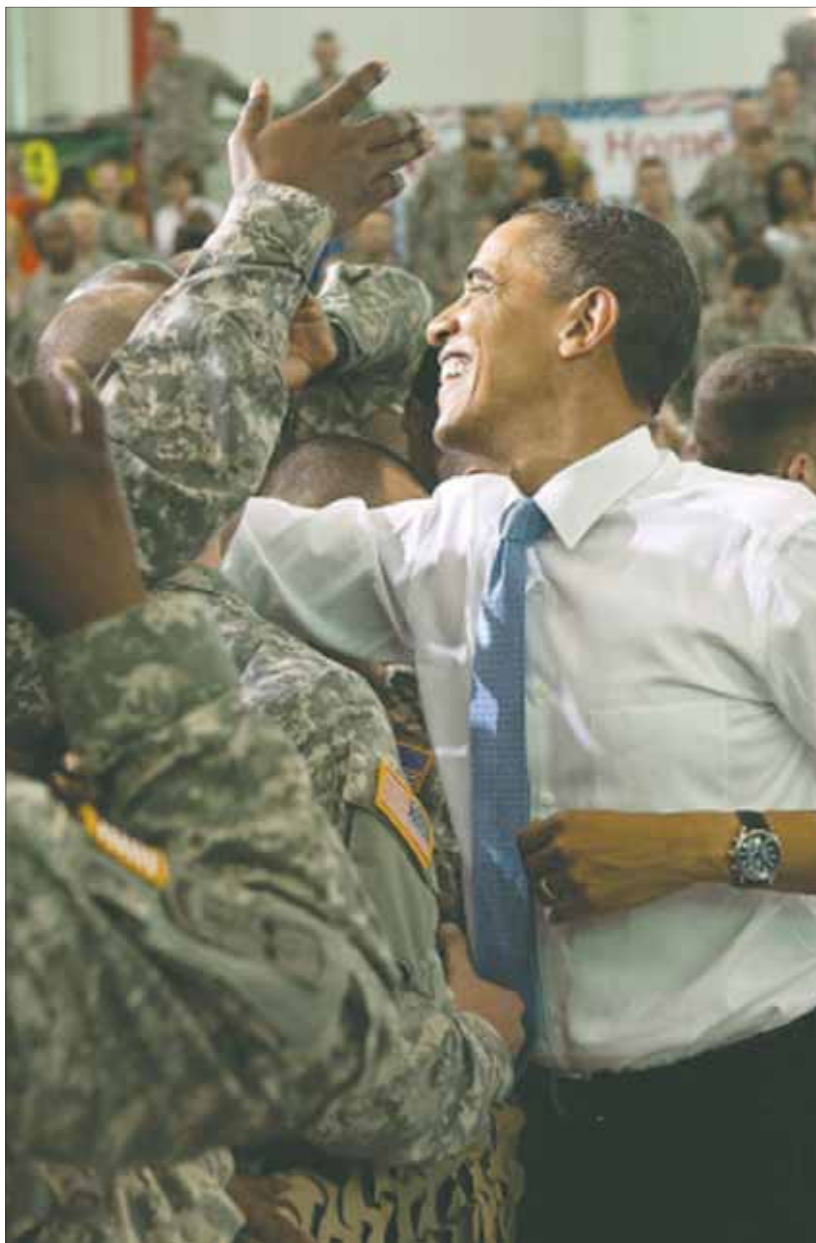


U.S. Air Force Tech. Sgt. Tony Tolley

Capt. Kellie Stewart, center, watches while Spc. Jennifer Thomas, right, holds a dog and Dr. Lydia Tong from World Vets inserts an intravenous line during a Pacific Partnership event at Nambouk village, Vanuatu, April 30. Stewart is the officer in charge of the veterinary civil assistance program and Thomas is an animal care specialist.

# Our **ARMY** around the world

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



U.S. Army

President Barack Obama shakes hands with U.S. Army troops following his remarks at Fort Campbell, Ky., Friday. The skill and courage of countless American military and intelligence professionals is why Osama bin Laden can never threaten America again, Obama told the cheering group of 101st Airborne Division Soldiers.



U.S. Army

As a dismounted patrol of U.S. Soldiers from A Battery, 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team walks through the village of Chil Gazy, Staff Sgt. Jordan Cruz provides security. Afghans in the village voiced their opinions to International Security Assistance Forces troops during their visit in an effort to improve the security situation in the village and throughout the area.

# Garrisons turn to modern financial management

## IMCOM-Europe Public Affairs

On April 1, resource management officials flipped the switch on a web-based financial asset and accounting management system culminating more than a year of preparation at U.S. Army garrisons across Europe.

The financial management system, called General Fund Enterprise Business System, or GFEBs, is expected to replace more than 80 legacy computer systems in use over the last several decades.

"Personnel have been training for this day for many months," said Cynthia Arnold, Installation Management Command Europe chief of resource management. "Although faced with various challenges in completing the training, the GFEBs users overcame the obstacles to ensure there were no show stoppers for this deployment."

The April 1 launch was the fifth wave of GFEBs which included all U.S. Army units in Europe and some locations in Korea. Three more launches



*Gordon Hurd*  
IMCOM Europe region director Diane Devens observes as Anika Atwell, IMCOM Europe Resource Management, distributes funds to garrisons using the recently deployed General Fund Enterprise Business System. IMCOM Europe and garrisons went live with GFEBs April 1.

are planned to complete the Army-wide launch of GFEBs.

The system is set to change several areas of Army budgeting, purchasing, finance and fiscal management.

GFEBs will allow the Army to share information in real time and reveal what is driving costs. It will provide de-

cision support information to sustain Army warfighting capability, provide analytic data and tools to support the Army enterprise, reduce the cost of business operations, and improve accountability and stewardship.

Employees from across the Army, not just resource man-

agement and accounting users, are included in GFEBs.

Some of the business process areas that users will be able to capitalize on include funds management; property, plant and equipment; reimbursables; financials; cost management; and the spending chain.

In addition to their daily workload, garrisons were faced with completing numerous complex, labor-intensive tasks including assigning GFEBs user roles, completing training for approximately 2,000 IMCOM Europe employees, collecting data, and configuring and establishing a new account structure design.

The tasks were compounded by the difficult challenge of understanding the new GFEBs concepts, terminology and practices that had to be mastered during the pre-deployment phase.

"GFEBs is critical to the future of a cost effective Army," said Diane Devens, IMCOM Europe region director. "It will not only eliminate 87 of the Army's legacy financial

systems and enable the creation of auditable financial statements; but will also place real time, high quality cost data in the hands of decision makers, empowering them to make prudent financial choices like never before."

"Nothing worth doing is easy, and I laud the Herculean efforts of our garrison leaders to master a challenging new system under a compressed deadline," she continued.

"The effort is worth the payoff and we all win with GFEBs ... for garrisons it empowers our leaders, for the American taxpayer it realizes our pledge and for the Army it creates a modernized enterprise business system that allows us to focus on what we do best, taking care of Soldiers and their families," Devens said.

Full functionality of the system will occur in phases for Europe. Phase I includes processing of transactions involving U.S. dollars.

The next phase, which begins July 1, will incorporate foreign currency and German local national employee pay.

# Cadets visit Luxembourg

By Cadet Maj. Ryan Nelson  
HEIDELBERG HIGH SCHOOL JROTC

LUXEMBOURG CITY, Luxembourg – Cadets from Heidelberg High School Army JROTC recently honored fallen Soldiers in a wreath-laying ceremony held at Luxembourg American Cemetery.

The Luxembourg American Cemetery was established Dec. 29, 1944, by Third U.S. Army while Allied Forces were stemming the Germans offensive in the Ardennes.

Not far from the cemetery entrance, the Heidelberg cadets assembled in front of a white stone chapel set on a wide circular platform embellished with sculpture in bronze and stone.

Flanking the chapel at a lower level are two large stone pylons upon which are map inscriptions recalling the achievements of the American armed forces.

As the early morning sun filled the sky Cadet Lt. Col. Katelyn Bronnell called her unit to attention and saluted as the battalions' color guard hoisted the U.S. colors over the graves

of 5,076 World War II Soldiers (most of whom lost their lives in the Battle of the Bulge).

"Raising the colors over the fallen made me think about ... the sacrifice they made. I hope someday all will understand what America has done for freedom," said Cadet Cpl. Matthew Magee.

A wreath was gently placed in the cemetery's chapel and a slow salute was rendered. A moment of silence was observed by all the cadets in honor of those buried.

"Laying a wreath was a very humbling experience. It makes you reflect on the sacrifices that so many soldiers made in the name of freedom," Cadet Capt. Trenton Floyd said.

The cadets received a one-hour briefing about the invasion of Normandy and the Battle of the Bulge, after which they toured the cemetery, pausing to read the names engraved on the headstones.

"This was a wonderful learning experience for our cadets and a chance for them to learn about the sacrifices Soldiers made for our freedom," said Cadet Pfc. Tyler Hockensmith.



Cadet 1st Lt. LaQawzia Smith

Above, Heidelberg High School Junior ROTC cadets raise the flag last month over the graves of fallen Americans buried in the Luxembourg American Cemetery. Photo right, cadets receive a briefing from the cemetery curator on the Normandy invasion and Battle of the Bulge during World War II.



Cadet 1st Lt. LaQawzia Smith



# Soldiers battle for coveted Army title

*Winners to be announced today*

By **Molly Hayden**  
USAG GRAFENWÖHR PUBLIC AFFAIRS

GRAFENWÖHR, Germany – The competition was fierce among the 11 Soldiers and noncommissioned officers from garrisons throughout Installation Management Command Europe as they vied for the titles of IMCOM Europe 2011 Soldier of the Year and NCO of the Year.

The three-day battle tested each participant physically and mentally with grueling athletic events and written and verbal tests.

The competition commenced May 2 with an Army Physical Fitness Test, followed by marksmanship evaluation at the firing range and weapons maintenance. The day ended in hand-to-hand combat as Soldiers and NCOs tested their physical stamina during the combatives tournament.

“Combatives were challenging,” said Spc. Cara Bennett, U.S. Army Garrison Livorno, one of three females competing this year. “But overall (female competitors) have proven we can do the same tasks as the males, just as well.”

Spc. Ryan Jones, who represented USAG Baden-Württemberg, agreed.

“The competition is tough

for everyone,” he said. “It’s hard work and long days, but everyone remains competitive.”

Day two began at 4:30 a.m. in the chilly Bavarian air with a 12-mile foot march. Competitors lugged 35-pound rucksacks along with about 20 pounds of additional gear, including water, a rifle and interceptor body armor as they plodded through the training area.

Sgt. Jacob Brewster, USAG Stuttgart, crossed the finish line first in two hours and 27 minutes.

“This is just one event, but I feel good about where I am in the competition,” said Brewster. “Seeing the whole competition and knowing what the other competitors can do keeps you on your toes. I’ll just continue to do the best I can in every event.”

Later that day, competitors plunged into the land navigation course. Armed with a compass and map, they raced through the course and honed their warrior tasks and drills including administering first aid, radio communications, interacting with the media, and chemical, biological, radiological and nuclear equipment exercises.

The final day proved the toughest. Impeccable in their Army uniforms, each stood before the selection board that consisted of eight senior enlisted leaders. Competitors were asked a wide array of



Molly Hayden

Spc. Ryan Jones, U.S. Army Garrison Baden-Württemberg, left, and Spc. Cara Bennett, U.S. Army Garrison Livorno, compete in a level one combative exercise May 2. The Soldiers are among those vying to be IMCOM Europe 2011 Soldier of the Year to be announced today in Heidelberg.

questions ranging from uniform regulations and Army policies to current events.

Participants trained and prepared tirelessly for the competition with help from their sponsor and chain of command.

“I’m a little nervous about going in front of the board,” said Pfc. Shaquanna Taylor, USAG Stuttgart. “But I prepared for this. I feel confident that I’m a strong competitor.”

“Training is key in a competition this competitive,”

said Spc. Jonathan Melendez, USAG Schinnen. “You have to be mentally strong and prepare your body physically for the tasks at hand.”

As the competition ended, there was no shortage of confidence as each participant imagined taking home the title.

“Being in this competition already distinguishes me amongst my peers,” said Melendez. “I’ve pushed myself throughout and often found myself on top. I have a good

chance.”

“Everyone wants to be that top Soldier,” added Taylor. “But I’ve given 100 percent and I could win this.”

Sgt. Judy Oman, USAG Grafenwöhr, agreed.

“It’s a close competition,” said Oman. “But I feel confident in what I’ve done.”

The IMCOM Europe 2011 Soldier of the Year and 2011 NCO of the Year will be announced today in Heidelberg.

## AFAP Heidelberg and Mannheim AFAP issues

Army Family  
Action  
Plan

The Mannheim and Heidelberg communities identified major issues of concern at the February AFAP conference. The command prioritized 13 issues. One issue is featured in the Herald Post each week. **Next week:** Lack of healthy food options at Exchange facilities.

*Issue: Casualty assistance for active duty military*

### Scope

Army Regulation 600-8-1 does not require casualty assistance to the active duty servicemembers upon the death of a family member. Commands may assist the active duty servicemembers, but there is no regulatory requirement for this action. In the absence of this requirement, active duty servicemembers are not assured casualty assistance.

### Recommendation

◆Amend regulation to include deceased immediate

family members

### Command position

“We currently provide Casualty Assistance Officers either from the unit or the Casualty and Memorial Affairs office to active duty members upon the death of an immediate family member. This is provided as a courtesy but if it were a regulatory requirement, it would become a routine part of the assistance offered to the servicemember at a time of great distress,” said U.S. Army Garrison Baden-Württemberg Commander Col. Bill Butcher.

*What do you think?*

Express your opinion of this issue on Facebook ([www.facebook.com/bwnow](http://www.facebook.com/bwnow)) and BNow (<http://myBNow.ning.com>) by answering the Question of the Week: Do you think Casualty Assistance Officers should be authorized for active duty members by Army regulation rather than being provide as a courtesy?



Photos by Maj. Guillermo Santiago

The cast of "A Piece of My Heart" pose in costume for their upcoming performance 7:30 p.m. tomorrow and Saturday and May 20-21 at Landstuhl Regional Medical Center's Heaton auditorium in Kaiserslautern. Clockwise from top left to right. Stacie Graves-deLeon as Whitney, Dr. Alexa Casey as Martha, Joanie Ralston as Mary Jo, Samantha Sampson as Lee Anne Sissy, Lt. Col. Bobby Ralston as Everyman, Bernetta Finch as Steele and Kristina Wiebe as Sissy.

# A Piece of My Heart

*A Vietnam war story seen through the eyes of women who lived it*

**By Rachel Clark**  
THEATERVOLUNTEER

"A Piece of My Heart" by Shirley Lauro is the story of six women who share their experiences and tell an emotional tale of wartime before, during and after the Vietnam War.

The performance will be 7:30 p.m. tomorrow and Saturday and May 20-21 at Landstuhl Regional Medical Center's Heaton auditorium in Kaiserslautern.

New to the Kaiserslautern theater community is the Little Black Box sponsored by the Vogelweh Community Center which is putting on the production.

"I am passionate about producing this play here in Germany to our military community. It is important to demonstrate that war is not really about politics or government but about people," said Liz Ny, director.

Ny said the play chronicles those who served their country and protected its citizens only to be ostracized when they returned. It is the highly personal story of young women, the challenges they face, and the ways they are forever changed by a shared experience, each one leaving behind something she can never get back.

The cast is made up of novice and experienced actors all of whom have had emotional reactions to the play.

Joanie Ralston, a victim witness liaison and administrative assistant to the Staff Judge Advocate, 21st Theater Sustainment Command, plays singer Mary Jo.

"Having read bits and pieces, I

knew right away that this would be one of the most important shows of my community theater career. I am so glad I had the honor of being a part of something so profound, so moving, something more beautiful than words can express," Ralston said.

Dr. Alexa Casey, a psychologist at Landstuhl Regional Medical Center, portrays Martha, a military brat who has followed in her father's footsteps but regrets it. Casey is new to the theater scene and had some reservations about taking on the role of Martha.

"I was conflicted about doing this play because of my full-time job and the time I would need to take away from my children. But after I showed up for the first rehearsal and went through the script I felt driven to be a part of it. These characters (as well as men and women who are serving our country today) have a timeless message to share with us. All we need to do is to listen and be willing to be present while they explain something we have since forgotten, which is that we need each other, and that we are all in this together, and we cannot forget, ever."

Stacie Graves-deLeon, a seventh grade teacher at Ramstein Middle School, plays the part of Whitney.

"I am trying my best to honor the heartbreaking memories of the people who both volunteered and those who were forced to go because of the draft. They did what they were asked to do by our leaders, and they were disrespected at a time when they should have been welcomed home by loving open arms," she said.



Above, cast members from the upcoming "A Piece of my Heart" practice a scene for the debut performance at Landstuhl Regional Medical Center's Heaton Auditorium at 7:30 p.m. tomorrow and Saturday and May 20-21. The story follows six women who share their experiences and tell the emotional story of war time before, during and after the Vietnam War. Photo right, Dr. Alexa Casey, left, plays Martha, a military brat who has followed in her father's footsteps but regrets it, acts in a scene with Bernetta Finch who plays Steele.





## GERMAN NEWS

### Escapee Nabbed

Andrej W., 29, was arrested by Heidelberg police Sunday as he pedaled a bicycle in Zuzenhausen in the Rhine-Neckar district of Baden-Württemberg. Officers recognized Andrej W. and, after a brief chase, arrested him, the state police announced. He had escaped Saturday morning from the Nordbaden Psychiatric Center. Regarded as highly dangerous, Andrej W. in June last year murdered a 32-year-old woman taxi driver from Hagnau. He stabbed her repeatedly in the neck. Days earlier, he had seriously wounded and raped another female taxi driver. The killer, who is serving a life sentence, broke out of the grounds of the PZN in Wiesloch. It remains unclear how he got out of the secure compound via an exercise yard despite video surveillance and the fact that he was wearing ankle restraints.

### Booming Economy

Germany's booming economy is likely to this month reach a level last seen before the 2008 global financial crisis, the Financial Times Deutschland reported Tuesday. With its export-led industry currently firing on all cylinders, total economic output will top €576 billion, according to a survey of leading economists. Only a few months ago, no one was expecting Germany to rebound with such vigor. Even the most optimistic economic forecast predicted it would take until the end of 2011 to completely recover from the worse global recession since the Great Depression. But the German government hiked its 2011 growth projection last month to 2.6 percent from the 2.3 percent expected at the beginning of the year.

### Immigration Increase

Germany registered a net gain of 128,000 immigrants last year, the largest increase since 2004. Poland, Romania and Bulgaria were the most common countries of origin, followed by the United States and Turkey. According to the Federal Statistics Office, 798,000 people immigrated to Germany in 2010, 77,000 more than in the previous year (+11 percent). Meanwhile, 671,000 left the country, 63,000 fewer than in 2009 (-9 percent).

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



### Responses from previous column

#### Dear Ms. Vicki,

*Thank you so much for the letter to the teenager who thinks she is ready for a sexual relationship.*

*I am very active in my church, and I teach Sunday school, too. With permission from my pastor, we used this week's letter in our class. It was well received by my class of teenage girls.*

*These are the types of conversations we should be having with our children. Most people think you can simply say a prayer or urge it away.*

*It doesn't happen like that.*

*Parents like to sugar coat an issue. They think if they talk to their teens about sex, they are giving them the idea that it's OK to have sex. This is so far from the truth.*

*Teens have normal body functions*

*and urges just as adults. What I am trying to do is teach my teenage children is to simply wait and not to be so impulsive.*

*Yes, I would love for all of my children to remain virgins and wait until they are married to have sex. However, we must be realistic. This may not happen.*

*Please continue to give advice and education. I think you are so right on target.*

*Trying To Be A Good Mother*

#### Dear Ms. Vicki,

*Your letter to the teenager is appalling and distasteful. You are trying to take the place of her parents.*

*If a teenager writes you a letter, the next time just ignore it and don't try to give an answer. This is a big problem and one of the reasons parents cannot give advice to their children. It's always the school counselor or a person like you who tries to step in and impart information when they should stay out of it.*

*To the teenage girl who wrote the letter to Ms. Vicki, please go to your mother or father with your feelings and stop writing to other people who do not live in your home and do not have a vested interest in your future.*

*To your editor or manager, please give this column a disclaimer, "Not for those under 18 and read at your own risk."*

*Not on Ms. Vicki's Band Wagon*

#### Dear Ms. Vicki,

*I'm 19 with two children. I sounded just like the 16-year-old who wrote you the letter.*

*I almost screamed when I read it.*

*She just does not understand how she is ruining her future. I thought I knew everything and I didn't listen to my mother. I put my mother through pure hell and I am ashamed of it now.*

*I was very promiscuous and started having sex when I was 13. I have two children by two different Soldiers who dumped me and moved "on the next one," as you said in your letter. I was their experiment.*

*I hear a lot of girls say, "I can get child support from him." But hey, I get child support from both of my baby's dads. That's not enough when I know that I now have to take care of them on my own, by myself. How can I make their fathers be in my son's and daughter's life? I cannot force them to do anything.*

*I don't mean for this to be a sad letter for everyone to feel sorry for me. I'm agreeing with you, Ms. Vicki. You are only speaking the truth. I only wish I would have listened when I was hearing the good advice.*

*My life is not over but it will be much harder now to reach my goals. I hope and pray this teenager listened to what you had to say.*

*19 With Two Children*

#### Dear Ms. Vicki,

*I think you are being too blunt with your information on sex to teenagers. Please tone down the rhetoric.*

*Saying words like "jo-jo" for "jump on-jump off" is a bit much.*

*I love reading your column but I think you put too much out there for your audience. Thanks for listening and don't take this personally.*

*I'm Just Saying*

## Avoid sunburn: Protect your skin, eyes from the sun

### E. Wayne Combs, Ph.D.

PUBLIC HEALTH COMMAND PUBLIC AFFAIRS

Every spring and summer, Soldiers get painful sunburns that lead to time lost from duty.

If you have a fair complexion and light hair, you are especially at risk for skin damage from the sun. Even Soldiers with dark complexions need to protect themselves.

#### Protect Your Skin

Use sunscreen with a Sun Protection Factor of 30 or above that protects against ultraviolet A and B rays.

Reapply every few hours if you can. Don't forget to apply sunscreen to your lips. Many lip balms contain sunscreen.

Once opened, sunscreen loses its strength over a year, so replace your sunscreen at

least annually.

Get a waterproof sunscreen if you will be sweating a lot or will be around water.

To protect your skin, you should also seek shade, use your uniform to cover your arms and legs and wear a wide-brimmed hat to protect your head and neck.

#### Protect Your Eyes

Wear sunglasses that provide 100 percent UV protection (UVA and UVB). Sunglasses do not have to be expensive to protect well. Wrap-around shades work the best.

#### Times of Day

The sun is strongest between 10 a.m. and 4 p.m. Use the rule, "Short shadow, seek shade." If your shadow is shorter than your height, you can get a light sunburn in 35 minutes. But when

your shadow is twice as long as your height, it would take about 90 minutes for you to get that same light sunburn.

Pay attention to the UV Index. The UV Index informs the public of the level of UV exposure expected on a given day. It is reported as a prediction of the UV level at noon, although the UV level rises and falls as the day progresses.

As of May 2004, the UV level is being reported using a scale of 1 (low) to 11 and higher (extreme). There is also a new color scheme, revised exposure categories, and different breakpoints.

The color scheme ranges from green (for low) to violet (for extreme). A guide to the new UV Index can be found at [www.epa.gov/sunwise/doc/uviguide.pdf](http://www.epa.gov/sunwise/doc/uviguide.pdf).

#### First Aid

There is no quick cure for minor sunburn. Symptoms can be treated with aspirin, acetaminophen or ibuprofen to relieve pain and headache and reduce fever.

Drinking plenty of water helps to replace lost fluids. Cool baths or the gentle application of cool wet cloths on the burned area may also provide some comfort.

Workers with sunburns should avoid further exposure until the burn has resolved. A topical moisturizing cream, aloe, or a low-dose (0.5-1 percent) hydrocortisone cream, which is sold over the counter, may also help ease the pain and speed healing.

If blistering occurs, lightly bandage or cover the area with gauze to prevent infec-

tion.

The blisters should not be broken, as this will slow the healing process and increase the risk of infection.

When the blisters break and the skin peels, dried fragments may be removed and an antiseptic ointment or hydrocortisone cream may be applied.

Seek medical attention if any of the following occur: dehydration; high fever (greater than 101 degrees Fahrenheit); extreme pain that persists for longer than 48 hours or severe sunburns covering more than 15 percent of the body (more than just the forearms and lower legs.)

For information on sunburn or to view a burn chart, go to E Medicine Health, [www.emedicinehealth.com](http://www.emedicinehealth.com).

# GET OUT!

## area events

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

### May 12

**Yabadoo Fun Park**— Spend the day at Yabadoo indoor-play park in Mehlingen near Kaiserslautern. This family-friendly park features trampolines, swings, bouncy castles, slides, soccer field, a toddler's play area and more. Snack bar also available. Civ. 06303-80-6069.

**Formula 1 Motorsport Adventure**— Get tickets now at a special price for German, British and American troops to a Formula 1 race July 21-24 at Nürburgring, Nürburgring Boulevard 1, 53520 Nürburg. Children up to 14 years old are admitted free if accompanied by a ticketed adult. Those 15-17 get half off the ticket price. Camping is available. For tickets, go to [www.bist-du-schnell-bist-du-dabei.de/Buchung\\_F1\\_2011\\_eng.pdf](http://www.bist-du-schnell-bist-du-dabei.de/Buchung_F1_2011_eng.pdf) and click on the English pdf icon to navigate to the fillable form which must be faxed in with a valid e-mail address.

### May 13

**A Piece of My Heart**— The Kaiserslautern production *A Piece of My Heart* shows 7:30 p.m. May 13-14 and 20-21 at Landstuhl Regional Medical Center's Heaton Auditorium at LRM. The show follows four nurses and two USO women during the Vietnam war and accounts how the war and the men they cared for affected their lives. The show is free to Fisher House residents and wounded warriors. DSN 489-7626, civ. 0631-536-7626.

### May 14

**Art Exhibit**— The opening reception for the exhibit Zev Paul: *Kachinas and Other Lovers: A New Look at World Iconography* begins at 7 p.m. The exhibit runs through May 29 at the Arts and Cultural Center on Patrick Henry Village in Heidelberg. DSN 388-9418, civ. 06221-338,9418.

**Segway Tours**— See the sights of Nürnberg on a Segway tour. Segways are two-wheeled electrically powered vehicles that are operated by shifting your weight forwards and backwards to control speed and direction. Segway tour Nürnberg is located at Weißerberggasse 10, 90403 Nürnberg in the center of town and offers two tours. Call civ. 0911-93-3250 to book a tour. [www.segwaytour-nuernberg.de/index.html](http://www.segwaytour-nuernberg.de/index.html).

### May 15

**Swan Lake**— See the classic tale of good and evil presented by the Heidelberg Youth Ballet Theater 5 p.m. May 15 at the Rudolf Wild Halle, Schulstrasse 2, 69214 Eppelheim. Contact SKIES Unlimited for tickets: DSN 388-9399, civ. 06221-338-9399.

### May 20

**KMC Onstage**— Mel Brooks' musical *The Producers* plays through May 20-21, 27-29 and June 3-5 at KMC Onstage on Kleber Kaserne in Kaiserslautern. The show carries a self-imposed R rating, but it's been toned it down to PG-13. DSN 483-6626, civ. 0631-411-6626. [www.mwgermany.com](http://www.mwgermany.com).

### May 21

**Giant Indoor Flea Market**— Don't miss the giant indoor flea market 8 a.m.-2 p.m. on Rhine Ordnance Barracks, Bldg. 237, in Kaiserslautern. Purchase two tables and a bench from Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Helicopter Tours**— For a thrilling experience, take a helicopter flight over the famous Heidelberg Castle, spectacular monuments and the Neckar Valley with its ancient villages, black forests and spectacular views of the ruined monastery at Heiligenberg, medieval forts at Dilsberg and the baroque gardens in Schwetzingen. Hours: 10 a.m.-4 p.m. Civ. 06221-16-4215 Klingelhüttenweg 9, Heidelberg 69118.

### May 21

**Trout Fishing**— Fish for fresh water trout in Birkenfeld with Kaiserslautern Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117, [www.mwgermany.com](http://www.mwgermany.com).

### May 25

**Wiz Khalifa Concert**— Rapper Wiz Khalifa will perform in concert at the Columbia Halle in Berlin at 9 p.m. Tickets are on sale now at [www.worldticketshop.com](http://www.worldticketshop.com).

**Frankfurt Children's Museum**— The Children's Museum is part of the Frankfurt Historical Museum and develops and presents exhibitions especially for children on topics of local historical and cultural relevance. It offers direct access to authentic historical objects and hands-on learning experiences. In all exhibits, visitors are encouraged to play an active role. Touching, testing, trying out, independent thinking and an autonomous learning environment are central to the Children's Museum. The museum is located at An der Hauptwache 15, Frankfurt, Germany, 60313. Civ. 06921235154. [www.buzzoffbase.com](http://www.buzzoffbase.com).

### May 25

**Omaha Beach**— Travel May 27-29 to Omaha Beach in Normandy, France with Kaiserslautern Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117, [www.mwgermany.com](http://www.mwgermany.com).

**Japanese Gardens**— Within the heart of

Kaiserslautern lies The Japanese Gardens, renowned for providing tranquility and an insight to Japanese cultural in the middle of a city. Free admission for children under 12. Open 10 a.m.-6 p.m. Lauterstrabe 18, Kaiserslautern 67657, [www.japanischergarten.de](http://www.japanischergarten.de).

**River Cruises**— Take a two to three-hour boat ride along the Neckar and take in the beauty of the Neckar Valley. Slowly cruise past castles, quaint old villages and thick forests. Most cruise boats are open-topped. Hours May-Sept. 10 a.m.-5 p.m. Untere Neckarstraße 17, Heidelberg 69117, [www.rnf-schiffahrt.de](http://www.rnf-schiffahrt.de).

### June 1

**U.S. Army Soldier Show**— The 28th annual Soldier Show will be 7 p.m. June 1 at the Patrick Henry Village Pavilion in Heidelberg. The show also plays 7 p.m. June 8 at the Fitness Center on Vogelweh Housing in Kaiserslautern. [www.mwgermany.com](http://www.mwgermany.com).

### June 4

**Rock Am Ring**— Experience the Rock am Ring/Rock im Park 2011 open air twin festival June 3-5 at Nürburgring, the racetrack in the Eifel hills, and simultaneously at Nuremberg's Zeppelinfeld park, featuring System Of A Down, Coldplay and Kings Of Leon as top acts and more than 80 other bands. For a complete lineup, visit [www.bb-promotion.com/de/veranstaltungen/rock-am-ring](http://www.bb-promotion.com/de/veranstaltungen/rock-am-ring). Check for ticket availability at 0621-10-1011, online at [www.rhein-neckarticket.de](http://www.rhein-neckarticket.de) or [www.bb-promotion.com](http://www.bb-promotion.com) and at local ticket agents.

### June 4

**Summer Bazaar**— Over 100 vendors from around the world will be at this giant bazaar June 4-6 for ID cardholders only. Strollers are welcome and food and beverages are available. Take the kids to play on the hippy-hop, merry-go-round or stop at the petting zoo. Hours are 10 a.m.-8 p.m. Friday, 10 a.m.-7 p.m. Saturday and 10 a.m.-5 p.m. Sunday. Follow the bazaar signs to Rhine Ordnance Barracks, Bldg. 237.

### Ongoing

**Think Christmas in May**— Paul Carrack and SWR Big Band promise "A Soulful Christmas" when they play Mannheim's Rosengarten 8 p.m. Dec 6. Carrack, billed as one of the most beautiful voices in pop music history, teams up with one of Germany's most renowned big bands to play a festive concert. Tickets: [www.bb-promotion.com](http://www.bb-promotion.com) or [www.rhein-neckarticket.de](http://www.rhein-neckarticket.de) and at all local ticket agents.

# THEATERS

## THOR

(Chris Hemsworth, Anthony Hopkins, Natalie Portman) Thor, a powerful but arrogant warrior, is sent down to Earth as punishment for reigniting a reckless war. But after a dangerous villain from his world sends the darkest forces of Asgard to invade Earth, the hammer-wielding Thor will learn what it takes to be a true hero in order to save mankind. (PG-13 for sequences of intense sci-fi action and violence). 115 minutes.



## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

May 12 - FAST FIVE (PG-13) 7 p.m.  
 May 13 - THOR (PG-13) 7 p.m., 10 p.m.  
 May 14 - THOR (PG-13) 1 p.m., 4 p.m., 7 p.m.; HALL PASS (R) 9:30 p.m.  
 May 15 - THOR (PG-13) 1 p.m., 4 p.m.; THE ADJUSTMENT BUREAU (PG-13) 7 p.m.  
 May 16 - THOR (PG-13) 7 p.m.  
 May 17 - THOR (PG-13) 7 p.m.  
 May 18 - THE ADJUSTMENT BUREAU (PG-13) 7 p.m.  
 May 19 - THOR (PG-13) 7 p.m.

### Vogelweh, Galaxy

May 13 - FAST FIVE (PG-13) 7 p.m.  
 May 14 - THE ADJUSTMENT BUREAU (PG-13) 4 p.m.; HALL PASS (R) 7 p.m.  
 May 15 - THE ADJUSTMENT BUREAU (PG-13) 4 p.m.

### Ramstein, Gateway Movieplex

May 13 - THOR (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE ADJUSTMENT BUREAU (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; HALL PASS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m., 9:45 p.m.  
 May 14 - THOR (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE ADJUSTMENT BUREAU (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; HALL PASS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m., 9:45 p.m.  
 May 15 - THOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; THE ADJUSTMENT BUREAU (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HALL PASS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.  
 May 16 - THOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; THE ADJUSTMENT BUREAU (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HALL PASS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; GNOME & JULIET (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.  
 May 17 - THOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; THE ADJUSTMENT BUREAU (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HALL PASS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; GNOME & JULIET (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.  
 May 18 - THOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; THE ADJUSTMENT BUREAU (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HALL PASS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; GNOME & JULIET (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.  
 May 19 - THOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; THE ADJUSTMENT BUREAU (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HALL PASS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 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

May 12-18 - WATER FOR ELEPHANTS (PG-13) 5 p.m.  
 May 13-18 - FAST, FURIOUS FIVE (PG-13) 7:45 p.m.  
 May 13 - THOR (PG-13) 8:15 p.m., 11 p.m., May 14 at 5:15 p.m. May 15-17 at 8:15 p.m., 11 p.m., and May 18 at 8:15 p.m.



## community HIGHLIGHTS

### Army Ball

The U.S. Army Europe will celebrate the U.S. Army's 236th birthday at the Army Birthday Ball 6 p.m. June 11 at the Patrick Henry Village Pavilion in Heidelberg. Tickets: DSN 377-4507, civ. 06221-39-4521.

### 9/11 Remembrance

AFN Heidelberg is looking for Americans and Germans living and working in the USAG Baden-Württemberg community who were significantly affected by the terrorist attacks of Sept. 11, 2001. To share your story, go to [afneurope.net](http://afneurope.net), click on the publicity request form and send it to [www.hbg\\_traffic@afn.dma.mil](mailto:www.hbg_traffic@afn.dma.mil) with the subject line 9/11 Remembrance. Make sure to provide a valid a phone number and e-mail. DSN 382-5073, civ. 0621-779-5073.

### Kaiserslautern Housing

Beginning Monday, all Soldiers will receive their initial housing brief every Monday at Kleber Kaserne, Bldg 3245, room 006 or on Wednesday at the ITC, Daenner Kaserne, Bldg 3109, each day at 1 p.m. Appointments: DSN 483-8342, civ. 0631-411-7372. Soldiers will no longer receive the briefing at the housing office. Vogelweh Housing: DSN 489-6671, civ. 0631-536-6671; Ramstein: DSN 480-3140, civ. 06371-47-3140.

### Prescription Refills

Patients who need refills on prescriptions at the Heidelberg Health Center must now use the phone-in automated system to order refills and then pick them up the next day. The call-in system can be reached at DSN 486-5601, civ. 06371-86-5601.

### Motorcycle Safety

The U.S. Army Garrison Baden-Württemberg Motorcycle Rally and River Ride will be 7:30 a.m.-3:15 p.m. May 26 at the Heidelberg Army Airfield. Riders will receive motorcycle safety training that includes hands-on range exercises, braking and cornering. The River Ride departs at 12:15 p.m. and is followed by a Family and MWR barbecue and music at the Heidelberg Rod and Gun Club at 3:15 p.m. Pre-registration: [www.bw.eur.army.mil](http://www.bw.eur.army.mil) (click on Hot Topics) DSN 373-1670, civ. 06221-17-1670.

### U.S. Military Academy

Cadet Steven Billington, Jr., U.S. Military Academy at West Point, will visit Kaiserslautern Middle School at 8:20 a.m. and the Education Center at 7 p.m. May 18. He will also visit Heidelberg Middle School 8:10 a.m. and Heidelberg High School 1:45 p.m. May 19 to discuss USMA admission, cadet life and summer training. <http://admissions.usma.edu>.

## local EMPLOYMENT

### Education Center

Central Texas College has substitute and part time positions available at the Patton Barracks Education Center for administrative assistant, test examiner and counselor aide. DSN 373-6176, civ. 06221-17-6176.

### Volunteers Wanted

The American Red Cross is seeking a Health and Safety Services chairman to the deliver health and safety educational programs and materials. DSN 370-1760, civ. 06221-57-1760.

### KAISERSLAUTERN

#### Education

♦ **German** – Free German classes are offered noon-1 p.m. Tuesdays at Landstuhl Library, Bldg. 3810, and Miesau Library, Bldg. 132 and on Fridays at Kleber Library, Bldg. 3205. Landstuhl: DSN 486-7322, civ. 06371-86-8390. Miesau: DSN 481-3755, civ. 06372-842-4355. Kleber: DSN 483-1740, civ. 06371-411-1740.

#### Community

♦ **Gone Fishing** – EDGE! youth learn fundamental fishing skills to include knot tying, casting, baiting the hook and German fishing laws 4-6 p.m. May 18, and 25, location TBD. DSN 493-4122, civ. 0631-3406/4122.

♦ **Ellie the Elephant** – Ellie the Elephant will be looking her best for pictures at the Kids' Zone on Pulaski Barracks 11 a.m.-6 p.m. May 14. DSN 493-4125, civ. 0631-3406-4125.

♦ **Comforts of Home** – EDGE! kids explore recipes, learn fun facts about as they learn to make signature dishes from the United States 4-6 p.m. May 12, 19 and 26 at the Child Development Center on Landstuhl Post. DSN 493-4516, civ. 0631-3406.

♦ **Ready, Set, Action** – EDGE! youth explore digital filmmaking and direct, film, edit and create a movie 4-6 p.m. May 12, 19 and 26 at the Youth Center on Landstuhl Post. DSN 493-4516, civ. 0631-4122.

♦ **Free Movie** – A free showing of the independent foreign film *Bad Day to Go Fishing*, by Alvaro Brechner plays 6 p.m. May 19 at the Landstuhl Library. This is a Spanish film with English subtitles. DSN 486-7322, civ. 06371-86-7322.

♦ **Landstuhl Community Club** – Landstuhl Community Club will be closed for renovations May 20-July 4. All weekly and monthly events are cancelled until renovations are completed.

♦ **Moving to Kindergarten** – Parents with children entering kindergarten can learn about what to expect from a school district representative and a kindergarten teacher 6 p.m. May 24 at Landstuhl Elementary School. DSN 493-4123, civ. 0631-3406-4123.

♦ **Men's Glee Club** – See the performance of Miami University's Men's Glee Club 3-4:30 p.m. May 29 at Armstrong's Club ballroom, Bldg. 1036, on Vogelweh Housing. Civ. 0631-351-4311.

♦ **Knitting** – If you like to knit then stop by the Kaiserslautern Library 5-6 p.m. Thursdays on Landstuhl or 5-7 p.m. Thursdays on Kleber. Kaiserslautern Library: DSN 486-7322, civ. 06374-86-7322; Kleber DSN 483-1740, civ. 0631-411-1740.

♦ **Midnight Bingo** – Start at 7 p.m. with free finger food and stay for midnight bingo 9 p.m. - midnight at the Kazabra Club on Vogelweh. DSN 489-7261, civ. 0631-536-7261, [www.mwrgermany.com](http://www.mwrgermany.com).

### HEIDELBERG

#### Education

♦ **Babysitter's Training** – The American Red Cross offers babysitter's training 8:30 a.m.-3:30 p.m. June 4 in Bldg. 3850, room 272. Register: [www.redcross.org](http://www.redcross.org) by June 2. Civ. 06221-57-1760.

♦ **FAST Class** – A Functional Academic Skills Training to reinforce basic math and reading skills and to improve General Technical scores for reclassification or re-enlistment will be held 8 a.m.-noon May 23-June 14 at the Patton Education Center on Patton Barracks. The mandatory pre-test will must be completed by June 13. DSN 373-6176.

#### Community

♦ **Customs Closed** – U.S. Forces Customs Field offices Heidelberg will be closed from noon-4 p.m. May 18. DSN 370-7142, civ. 06221-57-7142.

♦ **Volksmarches** – The Heidelberg International Wandering Club is registered for walks Reichelsheim/Odenwald and Kriegsfield May 14-15. All volksmarches are now online at [www.hiwv.de](http://www.hiwv.de).

♦ **Summer Academics** – Parent to Parent will present "Preventing the Summer Slide: How to Keep Children Academically Engaged over the Summer" 8:30 a.m. May 19 at Heidelberg Middle School.

♦ **Old School** – For Reggae fans, the Recovery Room on Nachrichten Kaserne offers an old school party featuring Savage and disc jockey Mad Logic 9 p.m. May 14. DSN 371-2762, civ. 06221-17-2762.

♦ **BOSS** – Better Opportunities for Single Soldiers offers SCUBA diving and barbecue in nearby Kronau May 14. Transportation provided. Register at Outdoor Recreation. DSN 373-5275, civ. 06221-17-5272.

♦ **Doctors and Nurses** – Dress as a doctor or nurse and join the party 7 p.m. May 14 at Slapshots on Patton Barracks. DSN 373-5190, civ. 06221-17-5190, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Deployment Boot Camp** – Heidelberg Middle School will host a Deployment Boot Camp May 16 at the school's sports field on Patrick Henry Village. Military units will demonstrate what they do when deployed. The intent is help students understand the roles played by their parents when deployed and familiarize them with military occupations. Elementary students will go through from 8:45-10 a.m. and middle school students from 11 a.m.-1 p.m.

♦ **Town Hall** – U.S. Army Garrison Baden-Württemberg will host a town hall meeting at the Patrick Henry Village Pavilion 6 p.m. May 18.

♦ **Crazy for You** – The Roadside Theater presents "Crazy for You" 7 p.m. May 20-June 12 on Patton Barracks. DSN 373-5020, civ. 06221-17-5020, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Right Arm** – The next Right Arm

Nights will be held 5-7 p.m. May 20, June 16, July 15, Aug. 18 and Sept. 16 at Legends on Patrick Henry Village.

♦ **Vehicle Auction** – Place bids through May 27 on vans, a Ford Focus, a Mercedes bus, a Mercedes wrecker and more. Check out the vehicles on the Patrick Henry Village Lemon Lot. Submit sealed bids at the tax relief office in the Village Pavilion by May 27. [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Yard Sale** – A community yard sale will be held in the park on Patrick Henry Village and in local housing areas June 4. Rent tables from Outdoor Recreation. The Recycle and Reuse Center will be open until 6 p.m. to drop-off unwanted items. DSN: 388-9282, civ. 06221-338-9282, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Skjy Diving** – BOSS takes a sky diving trip June 4-5. Sign up at Patrick Henry Village Outdoor Recreation for an amazing experience. DSN 373-5275, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Spiritual Fitness** – A spiritual fitness breakfast will be held 7 a.m. June 9 in the Casablanca room on Campbell Barracks in honor of the Army's 236th birthday. Reservations: DSN 370-7385.

♦ **Legends** – Join the hip hop party 9 p.m. June 11 at Legends on Patrick Henry Village. DSN: 388-9570, civ. 06221-57-9570.

♦ **Inspirations** – The Arts and Cultural Center on Patrick Henry Village opens the Sandra Walker: Inspirations from Nature Art exhibition 7 p.m. June 11. It remains on display through June 26. DSN 388-9418, civ. 06221-338-9418.

♦ **Good Will Project** – Youth need permission slips by June 13 turned into the Lion's Den on Patrick Henry Village for the Child, Youth and School Services good will project 8 a.m.-5 p.m. June 20-24, when teens work with German youth clubs to restore a Jewish cemetery and learn about the Holocaust. DSN 388-9396, civ. 06221-338-9396.

♦ **Boat Cruise, Castle Fire** – The Rhein-Neckar Silver Chapter Warrant Officers Association is hosting its River Boat Cruise and Castle Fireworks July 30 and the Wounded Warrior Heidelberg Castle Illumination on Sept. 3. DSN 370-5101, civ. 06221-57-5101, [www.rhein-neckar-silver.com](http://www.rhein-neckar-silver.com).

♦ **Mega-Mini** – Visit select facilities and events in U.S. Army Garrison Baden-Württemberg through Sept. 30 to get an entry form for the Mega Mini-Cooper giveaway. DSN 373-9867, civ. 06221-17-9867, [www.mwrgermany.com](http://www.mwrgermany.com).

### MANNHEIM

#### Community

♦ **Blue Sunday** – Enjoy blues, oldies and DJ Big Money at the Top Hat Club 5-9 p.m. May 15 and June 19. DSN 380-9370, civ. 0621-730-9370,

### Shuttle Bus Schedule

Due to force protection requirements, the Heidelberg community shuttle bus will no longer stop at the off-post stops on Romerstrasse. Effective immediately, the Nansenstrasse and Mark Twain Village-Headquarters U.S. Army Europe stops are consolidated at Bldg. 3720 on MTV. This stop is just inside the exit gate of MTV near the side entrance (gate 3) of Campbell Barracks. DSN 373-6410, civ. 06221-17-6410. Customers should be aware that driving on-post will take a few more minutes and will almost certainly result in shuttle buses arriving a couple of minutes late at subsequent stops.

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

♦ **Miramar Swimmbad** – The Youth Center sponsors a trip to the local Miramar Swimmbad 9 a.m.-6 p.m. May 21. DSN 380-4864, civ. 0621-730-4864, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Holiday Park** – Spinelli Outdoor Recreation bus leaves 9 a.m. June 5 from the Schuh Theater for Holiday Park, an amusement center with rides, water shows and more. Pre-registration: DSN 384-6300.

♦ **Moving On** – Mannheim Middle School and Mannheim High School will host a "Moving On" celebration 11:30 a.m.-1:30 p.m. June 9 on Woods Field. Entertainment will be provided by the U.S. Army Europe band, both schools' bands and drama students.

♦ **Blood Drive** – sponsored by the Mannheim Health Clinic and the American Red Cross 10 a.m.-3 p.m. June 14 at the Sullivan Gym. Appointments: [www.militarydonor.com/index.cfm?group=op&hgid=1](http://www.militarydonor.com/index.cfm?group=op&hgid=1).

♦ **Kletterwald** – Youth need permission slips by June 20 turned into the Lion's Den on Patrick Henry Village to try the Kletterwald high ropes course 2-5 p.m. June 29. Open to Heidelberg and Mannheim teens. [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Mid-Summer Read** – A five-week summer reading program, "A Midsummer Knight's Read," encourages children to love reading 10:30-11:30 a.m. June 22-July 20 at the Sullivan library. DSN telephone: 380-1740, civ. 0621-730-1740, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **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.mwrgermany.com](http://www.mwrgermany.com).

♦ **Summer Specials** – Spinelli Outdoor Recreation, Bldg. 1570, offers 15 percent off discounts May-September DSN 384-6300, [www.mwrgermany.com](http://www.mwrgermany.com).

# Deployed sergeant molds ultimate abs

**Master Sgt. Mike Lavigne**  
V CORPS PUBLIC AFFAIRS

KABUL, Afghanistan – The sounds of cadence counting are loud, rhythmic and uniform. While the “one, two, three” count may flash you back to basic training, this is as far from an Army training center as you can get.

It’s not Fort Benning, Ga., or Fort Jackson, S.C., – it’s the gym at the International Security and Assistance Force Joint Command. The counter, however, is a former Army basic combat training drill sergeant serving with elements of V Corps in the International Joint Command headquarters.

Sgt. 1st Class Aaron Wolfgang’s day job – or night job in his case – is serving as the senior intelligence analyst for the Regional Command North desk in IJC’s Information Dominance Center, the command’s information and intelligence clearinghouse.

But the job that really gets him excited is regularly leading an abdominal workout at the gym that attracts dozens of coalition members from among the 47 nations that make up the command.

“Everyone can speak the same language in that class,” Wolfgang said. “Motivation is a common language when you’re exercising.”

While there are potentially a number of different languages that the members of the class can speak, the most common word heard is “ugh,” as much of the class struggles to keep up with Wolfgang’s pace. Part of the draw of the daily workout is not only the intensity of the exercises, but the motivation level of the man leading it.

“His experience as a drill sergeant really shows when he’s



Petty Officer 1st Class Daniel Gay

Sgt. 1st Class Aaron Wolfgang, intelligence analyst for the ISAF Joint Command in Kabul, Afghanistan, leads a class of coalition troops through warm-up exercises prior to his abs class May 4.

in front of the class,” said Lt. Col. Michael Mowes, one of Wolfgang’s coworkers in the IDC and a fellow Abs Class instructor.

“He gets everyone motivated when he counts the cadence and even has each of the class members count in their own language for fun,” Mowes said.

Wolfgang’s favorite exercise is the “in-and-out.” He demonstrates the exercise for the class, starting off in a seated position, with his legs straight and feet together, suspended six inches off the ground.

“One,” Wolfgang shouts, as he brings his legs into a 45 degree angle. “Two,” he continues, returning to the starting position. As he repeats the first two movements with counts three and four, the class responds with a loud “One!” A smile crosses Wolfgang’s face, and he continues to count.

It’s painful if not performed correctly, a point Wolfgang makes every time he demonstrates an exercise before he gives the order to begin.

“It’s your workout, and if the exercise isn’t done the right way, it’s not making as much of an impact on the targeted muscle group. I want to make sure I set a good example by doing the repetition the right way,” Wolfgang said.

As an intelligence analyst, Wolfgang spends a great deal of his day in front of a computer at his desk. His time in the Abs Class not only lets him scratch his drill sergeant itch, but it also allows him to give his brain a break.

“It’s also an hour a day where the boss is not going to bother you. The class is an hour all to yourself to relieve the stresses of the deployment and the work environment,” he said.

Wolfgang varies between leading the class once or twice a week but attends six days a week.

“It really breaks the monotony of reading and thinking as an analyst,” he said. “That time in front of the class is just a great deal of fun. It’s really just recess for grownups.”

## staying ACTIVE

### Heidelberg High School

May 14 – Baseball and softball play a double header at home against Wiesbaden with the first game at 10 a.m. and the second at 12:30 p.m. Soccer plays at home vs. Black Forest Academy with varsity girls at 10 a.m., varsity boys at noon, junior varsity girls at 2 p.m. and JV boys at 3:30 p.m. Track and Field team competes at BFA 10 a.m. against Mannheim, Patch and Frankfurt International School. May 18 – Soccer European Championships are at Ramstein and Kaiserslautern.

### Mannheim Summer Camp

Registration begins May 15 for the Mannheim Youth Center Middle School Summer Camp June 20-Aug. 26. Fees include swimming and field trip costs. DSN 388-9396, civ. 06221-338-9396.

### Kaiserslautern Unit Softball

Sign up by May 18 for unit-level softball beginning 6 p.m. May 23 on Kaiserslautern Army Depot and Landstuhl Sports Field. DSN 493-2086, civ. 0631-340-2086.

### Best Ball Golf

Register by May 21 for the two-person best ball tournament 9 a.m. May 28 at the Heidelberg Golf Club on der Bundestrassen 291, Offersheim. Players must have a verifiable handicap. DSN 379-6139.

### Dog, Human 5-K Run, Fitness Fest

Dogs and owners can run or walk 5 kilometers May 21 at the Campbell Barracks Fitness Center. Registration starts at 8:30 a.m. and the event begins at 9 a.m. Non-dog owners can participate. The event is conducted in conjunction with the Heidelberg commissary’s Family Fitness Festival which offers family friendly activities all day. DSN 370-6489, civ. 06221-57-6489.

### Family, Fitness, Fun Festival

Find nutritious food from the farmers market while kids work up a sweat in the bouncing inflatables or play basketball toss. Adults can join the Zumba Fitness Party, get personal trainer assessments or tips on staying fit 8 a.m.- 3 p.m. May 28 at the Family, Fitness and Fun Festival in the commissary parking lot on Benjamin Franklin Village in Mannheim. Civ. 0621-728-3626.

### Mannheim Bowling

Join the Memorial Day nine-pin bowling tournament 2-5 p.m. May 30 at the Benjamin Franklin Village Bowling Center. DSN 380-9528, civ. 0621-730-9528.

### Liberty Tour

Pedal through history and celebrate D-Day on the Liberty Tour June 3-5. The tour begins in Bastogne, Belgium. Must have a road bike and be able to bike at least 80 miles per day. DSN 373-6489, civ. 06221-57-6489.

### AUSA Golf

The Association of the U.S. Army will host a golf tournament in honor of the U.S. Army’s 236th birthday June 10 at the Heidelberg course. Format will be four-person, best-ball scramble with an 8 a.m. start. Registration is limited to the first 24 teams.

### Local Hockey League

The DPL, Die Players Liga, the largest non-official hockey league in Germany, is seeking off-ice officials for the 2011 inline season. No prior knowledge is required, just an interest in the sport. English is the main language spoken and five military hockey teams play in the league. Games are on weekends at the Friedrichspark. E-mail [info@dpliga.com](mailto:info@dpliga.com).

### Army Birthday 5-K Run

A 5-kilometer run and walk in honor of the 236th Army birthday will take place June 11 at the Patrick Henry Village Pavilion in Heidelberg with registration at 8:30 a.m. and race start at 9 a.m. DSN 314-370-6489, civ. 06221-57-6489.

## Track

Benjamin Burrs hands off the baton to Donte Jones in the 4x100 relay at Frankfurt International School Saturday. Heidelberg won the relay in a time of 44.3 ahead of Lakenheath with a time of 46.8. The boys track final scores were Wiesbaden 114, Heidelberg 113, Lakenheath 91 Black Forest Academy 89, Frankfurt International School 70, Bamberg 54, Baumholder 21. The girls track scores were Heidelberg 131, Wiesbaden 131, Frankfurt International School 121, Lakenheath 70, Black Forest Academy 43, Bamberg 6.



Linda Steil

### Heidelberg volleyball championship results

The 4th Air Support Operations Group volleyball team won the 2011 Heidelberg championship by defeating USAREUR in straight sets 25-18, 25-20 and secured an automatic bid in the IMCOM-E Unit Level Volleyball Championship scheduled for May 14-15 at Patton Fitness Center-Heidelberg. MEDDAC took third place. The Tournament Most Valuable Player was 4th ASOG’s Eric Troil. Leading up to the championship game, on May 3, U.S. Army Europe defeated Medical Department Activity, 26-24, 26-24 and 4th Air Support Operations Group defeated the Roughnecks, 25-14, 25-16. On May 4, 4th ASOG defeated the Roughnecks 23-25, 25-9, 15-11 and USAREUR defeated MEDDAC, 25-18, 25-11.



## OLYMPICS

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than two decades.

"I like to run," Ashe said. "I forget about some things and just do it."

The spring games, sponsored by U.S. Army Garrison Kaiserslautern, included tennis, track and field, badminton, soccer, basketball and volleyball. They have been held in Kaiserslautern for 28 years – the past 14 years at the German police academy whose officers also supported the event. In all, more than 800 German and American athletes took part. They were supported by roughly 1,300 volunteers.

Lorelai Browning, 17, a Vilseck High School student, carried the Olympic torch into the arena. Her parents, Sgt. 1st Class Henry Browning and his wife Lorenna, watched with pride.

"It's such an honor for her," Lorenna Browning said. "We're so excited."

Everyone who took part

is a winner, said USAG Kaiserslautern Commander Lt. Col. Kevin Hutchison.

"These games are intended to help the athletes gain confidence and build a positive self-image that carries over into the classroom, home, job and community," Hutchison said. "It also fosters friendships between volunteers and athletes and provides a forum for better understanding of adults and children with intellectual disabilities."

Nearby, Spc. Brad Abraham, 20, handed 10-year-old Aaron Evans a bottle of water as the Ramstein Intermediate School student prepared for his sprint. Abraham was among hundreds of Kaiserslautern Soldiers and Airmen who volunteered to support the event.

"In the Army, helping people is part of what we do," Abraham said. "It's fun, when you get into it."

Evans darted down the dusty track, flanked by other children who laughed

and smiled as they crossed the finish line. Afterward, Abraham pinned a yellow ribbon to Evans's blue Special Olympics T-shirt.

"I enjoy seeing kids enjoying this," Abraham said. "If they're having fun, then we're having fun."

The event marked the second year volunteering for Senior Airman James Carlisle, 29, an engineering assistant with the 86th Civil Engineering Squadron at Ramstein Air Base. He served as a buddy for Dominik Keller, a 7-year-old Kaiserslautern athlete. Carlisle noticed that Keller and other young athletes were not so interested in "hearing all the talk in the beginning," he said.

"They knew what they wanted when they got here. The first thing out of their mouth was 'fussball' – they wanted to play soccer," Carlisle said. "They look forward to this all year. It's really exciting."

Kids received plastic fire-

fighters' hats and clambered into fire trucks on display. Nearby, participants made arts and crafts projects and hitched rides on a mini-train. Garrison volunteers sweated over huge grills, barbecuing hundreds of hot dogs and hamburgers.

The final sporting event was a friendly soccer match between German and American athletes. Germany won 8-0. Then, Command Sgt. Maj. Richard Jessup and fellow senior enlisted leaders presented medallions to athletes.

Ashe climbed the pedestal and slightly bowed to receive her medal, to the cheers of her parents, Charlie and Nelda, plus hundreds of other people crowding the grandstands. Afterward, athletes, volunteers and spectators joined hands in a huge circle and sang "We Are The World."

"It feels happy inside," Ashe said. "It's about winning and it's not about losing. It's about having fun."



Linda Stell

Heidelberg High School Junior Dominic Echevarria races around the track during the Special Olympics event at Enkenbach-Alsenborn near Kaiserslautern May 5.

## FAREWELL

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presence here in the 50s and 60s and the political partnership has brought Germany to the best."

Kurz said the American influence included music, baseball, chewing gum and Coca-Cola, but he also credits the 66 years of peace to the U.S. forces stationed here.

"Never before has there been such a long time without war in Central Europe," Kurz said.

Guest speaker Dr. Josef Joffe, co-editor of the German weekly "Die Zeit,"

also referred to the period tranquility saying that Europe had been used to "peace (as a) pause between wars"

Joffe was born in Berlin in 1944 and grew up there while aid from the Marshall Plan helped restore the city. His speech alluded to the film "Casablanca" because of the friendship that resulted between former adversaries, club owner Rick (Humphrey Bogart) and police captain Louis Renault (Claude Rains). At the film's conclusion, Rick said, "Louis, I think this is the beginning of a beautiful friendship."

"The last thing one would have expected ... would be a friendship," Joffe said. His remarks centered on how Americans "paved the way to freedom and democracy for Germany and Europe."

The ceremony was attended by approximately 300 people and also included remarks by Consul General Edward M. Alford, music by the Mannheim Groove Collective and a panel of German and American speakers who told personal stories about their experiences with the U.S. forces in Mannheim.

Panel members included former Mannheim public affairs officer Doris Scott and former Mannheim director of public works Larry Scavone.

Other panel members were Turkish-born Fatih Ekinici, head of the Mannheim Migration Council, and Walter Spagerer, former German Soldier and employee of the Mannheim garrison.

Rephrasing the final farewells – "Goodbye and God bless you" – from the film "Casablanca," Joffe ended his remarks with "We say God bless you and Auf Wiedersehen."

## REALITY

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provide feedback. This past year, SOS initiated a survivor vehicle decal program to ease installation access, established a Facebook page and held the first annual SOS summit to address challenges survivors face.

Other efforts include:

- ♦Transforming how Army Community Service delivers services by cross-training more generalists to handle multiple programs and moving service locations out into communities.
- ♦Adding 44 more Systems Navigators to Ex-

ceptional Family Member Programs at 26 installations to assist families in accessing educational, medical, housing and personnel services on and off post.

- ♦Hiring more than 240 Army Substance Abuse Program counselors for installations worldwide.

- ♦Launching the Confidential Alcohol Treatment and Education pilot program which allows Soldiers to seek help for addiction without mandatory command involvement.
- ♦Launching a pilot program in which Military Student Transition Consultants join School Li-

aison Officers in working with school districts, garrisons and families to help students succeed at their new schools.

- ♦Revising the Total Army Sponsorship Program that helps prepare Soldiers, families and civilians for new duty stations.

- ♦Reinvigorating the Army Family Action Plan process by reducing the backlog of active AFAP issues from 86 in February 2010 to 51 in February 2011.

This is a snapshot of what we have been doing to enhance support for Soldiers and families. It does not begin to con-

vey the full scope of the programs and services installation management professionals provide every day, including housing, public works, emergency services, environmental programs, recreation, child care, single Soldier programs and family programs.

When we look at some big indicators, we see evidence that the Army is meeting the needs of Soldiers and families. The Army is exceeding its recruitment and retention goals, and on the most recent Survey of Army families, the majority of spouses said they are satisfied with

the Army as a way of life. This is significant after 10 years of ongoing conflict. It speaks to the dedication of Soldiers and their families and the Army's commitment to providing a quality of life commensurate with their service.

In the new fiscal reality, it will be more of a challenge for the Installation Management community to provide the level of support we want to for our Soldiers and families, but we will.

We are finding smarter ways to provide services and programs by asking ourselves the same questions fami-

lies ask when they look at their own budgets: Do we really need it? Is it worth the cost? What are we willing to do without?

To answer these questions, we need to keep hearing from Soldiers and family members through ICE and AFAP summits, for example, about what is working, what needs to be improved and what's missing.

The commitment to supporting Soldiers and families remains strong, but more than ever, we have to make sure we are on target in meeting their needs.