

# HeraldPOST

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

**HP WEDNESDAY**  
May 16, 2012

## Speed Read

### 60TH ANNUAL GRADUATION

University of Maryland University College Europe Graduates brave rain to celebrate success and hear words of wisdom. **3**



### MILITARY SPOUSES



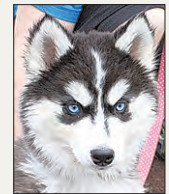
Heidelberg Army Community Service honors the ongoing sacrifices of military spouses during a special luncheon. **6**

### BOOKS TO RWANDA

Books from the Miesau Army Depot library will soon be helping Rwandans learn English, thanks in part to a retired U.S. Army officer and his wife. **6**

### COMMISSARY FUN FEST

Community members and their pets enjoy fun and fitness at the Patrick Henry Village commissary in Heidelberg. **13**



## Warrior Spirit



Cpt. Amanda Kehrrington

Sgt. William Depew, an intelligence analyst with the 709th Military Police Battalion, 18th MP Brigade and Sgt. Mason Martinez, a squad leader assigned to the 230th MP Company, 95th MP Bn., 18th MP Bde., go head to head in the combatives tournament during the 18th MP Bde. Best Warrior Competition May 3 in Baumholder.

## Military police battle for best warrior honors

By Cpt. Amanda L. Kehrrington  
18TH MP BRIGADE PUBLIC AFFAIRS

BAUMHOLDER – Soldiers from the 18th Military Police Brigade participated in a grueling Best Warrior Competition May 2-4 here.

Eight Soldiers from the Sembach and Grafenwöhr military communities vied for the chance to take home the title of Best Junior Officer of the Year, Best Non Commissioned Officer of the Year and Best Soldier of the Year during the annual event.

During the event, Soldiers endured a physical fitness test, an obstacle course, weapons assembly, a combatives tour-

see **BEST** page 8

## Teen health fair May 30

By Stefan Alford  
HMEDDAC PUBLIC AFFAIRS

Heidelberg Health Center staff, along with members from other community service organizations, will sponsor a health fair at the Heidelberg High School gymnasium in Mark Twain Village, May 30. The fair is open to students beginning 11 a.m., and opens to the rest of the community after school is dismissed, from 2:45-4 p.m.

“We want to provide a forum for high school students to connect with health-related community resources and support continuing services for our families within the Heidelberg footprint,” said Staff Sgt. Jennifer Wingfield, a health care non commissioned officer at Coleman Troop Medical Clinic, who along with school nurse Sandy Leipheimer, is organizing the event.

“The fair is designed to see **FAIR** page 8

## New way forward for Europe Regional Medical Command

By Ed Drohan  
ERMC PUBLIC AFFAIRS

With the ceremonial passing of the colors, Col. Jeffrey Clark assumed command of the Europe Regional Medical Command from Brig. Gen. Nadja West May 8 at Patton Barracks in Heidelberg.

Army Surgeon General Lt. Gen. Patricia Horoho presided over the ceremony.

Clark was previously the Landstuhl Regional Medical Center commander, while West has been selected to become the Assistant Surgeon General for Force Sustainment in the Falls

Church, Va., office of the Army Surgeon General.

The ERMC commander is also the U.S. Army Europe command surgeon. Horoho praised both the outgoing and incoming commanders during her comments.

“With me today at this change of command are two of the most competent, committed and courageous Soldiers and leaders in Army Medicine – Brigadier General Nadja West and Colonel Jeffrey B. Clark,” Horoho said.

“Changes of command provide the perfect oppor-

see **ERMC** page 8



Ed Drohan

Col. Jeffrey Clark accepts the Europe Regional Medical Command colors from Lt. Gen. Patricia Horoho, Army Surgeon General, as outgoing ERMC Commander Brig. Gen. Nadja West looks on during the change of command ceremony May 8 on Patton Barracks in Heidelberg.

## Defense Details

### NATO SUMMIT

Afghanistan will top the agenda items at the upcoming NATO Summit in Chicago as coalition members consider an agreement on a long-term strategic partnership that promotes security and stability there, NATO's supreme allied commander for Europe reported. “What I am hoping to see is a commitment to resourcing the Afghan national security forces post-2014,” Navy Adm. James G. Stavridis said of the May 20-21 summit, which will include the 28 NATO heads of state and government representatives from many of the 50 nations that make up the International Security Assistance Force in Afghanistan. “I am fairly confident we will see that, and I think that will be the key to long-term success,” Stavridis said during an interview with the Pentagon Channel and American Forces Press Service Monday.

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

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# Sleep necessary to sustain performance

By **Kira M. Koon**  
U.S. ARMY PUBLIC HEALTH COMMAND

Sleep is often thought of as a luxury that falls by the wayside when we are busy and stressed.

However, getting enough sleep is one of the most important things you can do to be Army Strong. Sleep is a necessity to sustain your performance – just like food, water and air.

The effects of sleep deprivation can sneak up on you and cause a serious decrease in your ability to stay sharp during training, while on duty and on the battlefield.

Some common consequences of sleep deprivation include decreased performance and concentration, increased stress, slow reaction times, confusion, memory lapses and poor judgment.

Inadequate sleep is also linked with increased risk of motor vehicle accidents, diabetes and heart problems and increased risk for psychiatric conditions including depression and substance abuse.

In other words, without enough sleep, you put both yourself and your fellow Soldiers at risk.

For optimal performance,

most Soldiers need seven to eight hours of sleep every 24 hours, and it is best if this sleep is not interrupted.

However, as a Soldier, you might not be able to have seven hours of continuous sleeping time each day.

In such cases, shorter sleep periods that add up to between seven and eight hours for each 24-hour period can also sustain alertness and performance.

Getting quality sleep depends on many factors, including your stress levels, the surrounding physical environment and what you eat, drink and do close to bedtime.

Sleep experts recommend following the tips:

- ♦Stick to a sleep schedule. As much as possible, go to bed and wake up at the same time each day.

- ♦Establish a relaxing routine before bed. Give yourself time to unwind. A relaxing routine might include reading or listening to soothing music and lowering the lights.

- ♦Have a dark, quiet, comfortable and cool sleeping environment. Don't sleep in areas where there is regular activity. If needed, minimize

**Without enough sleep, you put both yourself and your fellow Soldiers at risk. For optimal performance, most Soldiers need seven to eight hours of sleep every 24 hours, and it is best if this sleep is not interrupted.**

– Kira M. Koon, U.S. Army Public Health Command

exposure to noise and light by using ear plugs, blackout shades or a sleep mask.

- ♦Avoid large meals and beverages right before bedtime. A light snack is OK, but avoid large meals and too many fluids two to three hours prior to bedtime.

A large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause you to awaken to urinate.

- ♦Avoid caffeine and nicotine. Coffee, colas, certain teas and chocolate contain caffeine, and their effects can last for eight hours. Nicotine is also a stimulant and can cause smokers to sleep only very lightly.

- ♦Avoid alcoholic drinks before bed. While many people think a drink or two will help them fall asleep, alcohol actually prevents you from falling into a deep sleep.

- ♦Avoid medicines that delay or disrupt your sleep. Some medications, such

as heart, blood pressure or asthma medications, and over-the-counter and herbal remedies for coughs, colds or allergies can disrupt sleep patterns.

If you are having trouble sleeping, talk to your doctor to see if any medications you are taking might be affecting your sleep.

- ♦Exercise is great, but not before bed. Avoid exercising within a few hours before going to bed.

Exercise makes us more alert and raises body temperature, which makes it harder to fall asleep. So, finish your exercise at least three hours before bedtime.

- ♦Don't lie in bed awake. If you find yourself still awake after lying in bed for more than 20 minutes, get up and do something relaxing (like reading or listening to music) until you feel sleepy.

Often the anxiety of not being able to sleep can make it harder to fall asleep.

- ♦Talk to your doctor if you continue to have trouble sleeping. If you continue to find yourself feeling tired and not alert, talk to your doctor. An underlying health problem might be affecting your sleep.

For more information on how to improve your sleep, refer to:

- ♦Guide to Coping with Deployment and Combat Stress-Sleep Management and Soldier Readiness: A Guide for Leaders and Soldiers. United States Army Public Health Command, <http://phc.amedd.army.mil> (search for "Sleep.")

- ♦Hooah for Health, [www.hooah4health.com/mind/sleeptips.htm](http://www.hooah4health.com/mind/sleeptips.htm)

- ♦U.S. Department of Health and Human Services, [http://www.nhlbi.nih.gov/health/public/sleep/healthy\\_sleep.pdf](http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf)

- ♦National Sleep Foundation, [www.sleepfoundation.org](http://www.sleepfoundation.org).



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## DISCUSSION BOARD

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

"The mayors of Heidelberg and Eppelheim announced that the Karlsruhe federal district government has approved and funded their urgent request for a temporary replacement of the bridge connecting Eppelheim with Heidelberg's Pfaffengrund suburb. The original twin bridges across autobahn A5 had to be removed after an oversized truck caused severe damages Easter weekend. One demolished

bridge was a vital link for bicycle and pedestrian traffic between the cities. Though temporary, the bridge will recreate a safe crossing for Heidelberg children who attend school in Eppelheim's education center. The mayors appreciated the district governor cutting through a lot of red tape and making every effort to have the interim bridge for cyclists and pedestrians in place and functional sometime in June of this year.

Construction of a permanent new bridge is estimated to take about two years."

– Translated by Thomas Heiss

"20+ Family Yard Sale from 7:30 a.m.- noon May 19. Come join us in the single houses on north PHV in Heidelberg to find some good deals before we all PCS. Help us reach our weight limits!"

– Karen Shaffer Fox, BWnow Facebook Fan



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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. Only sports results from the weekend will be accepted until noon on Monday.

# New graduates savor smiles and words of wisdom

*About 250 graduates proudly marched across the stage to receive their well-deserved degrees*

By Brooke Brown  
UMUC EUROPE

**O**n a day full of triumphant smiles, jubilant cheers and milestones achieved, graduates celebrated their accomplishments at the 60th annual commencement ceremony of University of Maryland University College Europe in Heidelberg May 5.

In one of the largest of the military-affiliated graduation ceremonies overseas, graduates gathered from throughout Europe and the Middle East at Patrick Henry Village in Heidelberg. More than a thousand family and friends cheered them on.

Sharing words of wisdom with the graduates were NASA Administrator, retired Marine Corps Maj. Gen. and former astronaut Charles Bolden Jr., and U.S. Ambassador to Germany Philip Murphy.

The ceremony honored more than 1,300 students stationed throughout Europe, Africa and the Middle East who earned their associate, bachelor's or master's degrees – among whom



Alexandra Junginger

William and Gabrielle King, from Ramstein and Stuttgart, took in the joyous occasion of marching together as brother and sister in the UMUC Europe 60th commencement ceremony.

were 154 graduates deployed in Afghanistan, Kuwait, Kosovo and other locations.

“All I can say is look out world, here comes the UMUC Class of 2012,” Bolden said. He commended the graduates for making the courageous and exciting choice to pursue education while serving in the military. Stressing the need for graduates to go forward and serve others as citizens of the world, Bolden told of his own experience traveling to orbit and looking back on earth. “There are no borders,” he said. “It looks like one big happy place. You come back and you wonder – what have we done wrong and what can we do to make it better?”

Ambassador Murphy shared his top 10 pieces of advice, including doing the right thing when no one is looking and maintaining the necessary balance of family and career. In another piece of advice Murphy said, “Mix your day job with your passions and avocations and each will benefit. You will be a better person and you will have a better career.”

After being awarded honorary Doctor of Public Service degrees, Bolden and Murphy said they were both honored to be members of the class of 2012, which included active duty military students from the Army, Air Force, Navy and Marine Corps, as well as family members and civilians

stationed abroad.

For many, like Heidelberg resident and United States Army Criminal Investigation Command special agent Jeffery Herrin, reaching this goal was a juggling act of several deployments, starting a family and PCSing while remaining dedicated to education. “I’m happy that this milestone is complete,” he said with a proud smile. Herrin earned his bachelor’s degree in criminal justice and will soon start on a master’s degree. “I’m looking forward to my next step in education.”

The class of 2012 earned degrees in a variety of disciplines, including nearly 570 associate degrees, more than 640 bachelor’s degrees and 120 master’s degrees with UMUC and partner Bowie State University.

Air Force Staff Sgt. Micah Wilson and his wife Brittany traveled from Ramstein Air Base to march together across the stage with their bachelor’s degrees. Despite 12 short-term deployments, Brittany kept him motivated by a promise she made to Micah’s mother, who suffers from Alzheimer’s disease. Before his mother lost her memory, Brittany vowed to ensure that her husband would finish his college degree.

After eight years of studying side by side, that promise was fulfilled last Saturday as they celebrated their accomplishments hand in hand. “I feel great,” said Micah, “I think we’re both on cloud nine.”

# Soldiers attend innovative sexual harassment training

USAREUR Public Affairs

Members of the U.S. Army in Europe gathered at the Patrick Henry Village Theater in Heidelberg April 26 to listen to “Can I Kiss You,” a show about innocent bystanders and the importance of communication in a relationship.

The show is part of The Date Safe Project, a program aimed at preventing sexual assault by teaching audiences about consent, bystander intervention and supporting the victims of sexual assault.

“The Date Safe Project is all about helping people have healthier, safer, smarter intimacy,” said Mike Domitrz, founder of The Date Safe Project. “We work to reduce sexual assault and we also provide support for survivors.”

Domitrz is the author of “May I Kiss You,” a how-to book on relationships, and is the editor of “The Voices of Survivors,” a compilation of stories written by survivors of sexual assault. His show is geared toward making people aware of how it can affect service members and units when someone is victim to a sexual assault.

“We have three main missions when

**“This shows people how to have the courage to step forward and take control of a situation before a sexual assault happens.”**

-Sgt. 1st Class Maria Mizcles, NATO

we are on an installation; we teach how we can verbally communicate for consent, how to intervene when somebody is using alcohol to facilitate a sexual assault and how to support survivors,” Domitrz said. “What is unique about our program is that it is fully integrated for single and married people.”

Even though Domitrz’s show has a serious message to convey to his audience he does so by mixing a bit of stand-up comedy into his routine.

“I loved his show,” said Sgt. 1st Class Maria Mizcles, senior human resource sergeant for NATO in Heidelberg. “This shows people how to have the courage to step forward and take



Courtesy Photo

Mike Domitrz, founder of The Date Safe Project, speaks to military members at the Patrick Henry Village Theater April 26.

control of a situation before a sexual assault happens.”

While in college, Domitrz received a phone call from his mother; she

told him his sister had been sexually assaulted. The event made Domitrz compelled to spend a majority of his time and effort on educating the public on sexual assault awareness.

“After my sister was raped, I wanted to change the discussion on how people were discussing rape,” Domitrz said. “We wanted to make it pertinent to people’s everyday lives, and how they have their relationships.”

After the sexual assault against his sister, Domitrz decided to not only speak up about sexual assault; he decided to motivate others to make a change.

Ever since, Domitrz has been traveling the country conducting one-hour programs teaching safe-dating habits with an emphasis on communication and mutual respect.

“Sexual assault is a society-wide issue,” Domitrz said. “Whether I am speaking at a college campus, at a middle school, high school or to the U.S. military, all ages, we need to discuss verbal respect for partners, decision making and boundaries.”

For more information about The Date Safe Project and future shows visit [www.datesafeproject.org](http://www.datesafeproject.org).



## Landstuhl staff, Soldiers welcome new leadership

By **Chuck Roberts**  
LRMC PUBLIC AFFAIRS

Col. Barbara Holcomb assumed command of Landstuhl Regional Medical Center during a May 3 ceremony also honoring the service of outgoing commander, Col. Jeffrey Clark.

"This is indeed an honor," Holcomb said. "I'm deeply humbled by the tremendous opportunity to serve as a commander once again, especially at a medical center with the incredible reputation held by Landstuhl."

That reputation was quickly recognized by one of the first people Holcomb shared the good news with about her new assignment. Along with his congratulations, a fellow Soldier at Human Resources Command at Fort Knox, Ky., told her, "Landstuhl is such an awesome place. They saved several of my Soldiers."

"That same admiration for the LRMC staff having saved the lives of thousands of America's sons and daughters, as well as the ill and injured from 51 different coalition partners, runs deeply through many military leaders past and present," Holcomb said.

"After being here just a few days, I certainly understand why, and I will do my absolute best to provide the resources, guidance, training and decisions necessary to maintain the high level of service currently in place," Holcomb said before a packed gymnasium.

That level of service occurred under the leadership of Clark, selected to replace Brig. Gen. Nadja West as commanding general of Europe Regional Medical Command and Command Surgeon for U.S. Army Europe.

Clark, who has been nominated for promotion to brigadier general, focused on patient-centered health care during his tenure at LRMC.

But it was feedback not from a patient he chose to highlight during his speech, but from the mother of two potential patients – her sons deployed to Afghanistan.

The mother, a Canadian warrant officer departing LRMC after serving a six-month tour as a personnelist, shared her observation of the LRMC staff with Clark.

"What LRMC does is provide comfort for mothers like me, for I know that if one of my sons is sick or wounded he will come to Landstuhl."

LRMC is the largest American hospital outside of the United States, and the only American tertiary hospital in Europe.

The facility also provides primary care, tertiary care, hospitalization and treatment for more than 245,000 U.S. military personnel and their families within the European Command.

LRMC is also the evacuation and treatment center for all injured U.S. service members and civilians serving in Afghanistan and Iraq.

## transformation UPDATE

### Frequently Asked Questions

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

E-mail [usarmy.badenwur.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwur.usag.mbx.post-newspaper@mail.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/news/personnel.htm](http://www.bw.eur.army.mil/news/personnel.htm).

**NEW – Can the mailroom on Coleman Barracks be open more than Monday, Wednesday and Friday for package pickup? Some units are still not able to get to the mailroom during these hours of operation because of their work schedules. With their current hours, we sometimes have to wait over a week just to pick up our packages.**

Garrison officials are planning to extend the operating hours at the Coleman Barracks mailroom once postal services are consolidated onto Patrick Henry Village and Coleman.

**NEW – Is the AAFES (The Exchange) Giessen Depot still on schedule to relocate to Gernersheim in 2014?**

Yes. The facility is still on schedule to relocate to Gernersheim.

**NEW – Since there are more families and organizations moving to Patrick Henry Village, can the Village Grille open for lunch during the week?**

Due to staffing issues at this time, it would be difficult for the Village Grille to operate during lunch hours. However, officials from the Directorate of Family, Morale, Welfare and Recreation say they are willing to review the request to determine if changes to the operating hours can be made in the future.

**NEW – The vacant homes on Grant Circle are becoming overrun with grass and weeds. Who is in charge of mowing these yards?**

Each tenant is responsible for cutting his or her own grass, and a contractor is responsible for cutting the grass for the homes that are no longer being occupied. The command is reviewing the mowing contract that is currently in place to ensure scheduled maintenance is being carried out as directed.

**NEW – Will Soldiers (E5 and above) who are currently authorized to live in off post housing still be authorized to live off post when they move to other communities (such as Wiesbaden), or will they be forced back into military housing?**

In accordance with current Wiesbaden Housing Policy, accompanied service members of all grades will be assigned to Army Family Housing when available. U.S. Army Garrison Wiesbaden's goal is to offer a choice of at least two AFH units, appropriate to the grade and bedroom requirements of the service member, when reasonably available. USAG Wiesbaden will assign 100 percent of service members in grades E1 through E4 on-post. If AFH is not projected to be available within 60 days, the service member has the option to accept a Certificate of Non-Availability to seek off-post private rental housing. Service members will automatically be issued a CNA if housing availability is projected to exceed 90 days. Exceptions to policy to move to

private rental housing when offered AFH should be endorsed by the service member's O5 level commander and submitted to the Wiesbaden Housing Office in memorandum format. USAG Wiesbaden housing office will process the request and provide it to the USAG Wiesbaden Commander for final approval or disapproval.

### Facilities Operations Changes Mannheim

**Barber Shop** – The Benjamin Franklin Village Barber Shop is now closed. The Coleman Barber Shop is open 10 a.m.-4:30 p.m. Tuesday-Friday. The Coleman Barber Concessionaire has agreed to remain open until 5 p.m. if customer traffic increases.

**Bowling Center** – The bowling center located on Sullivan Barracks is scheduled to close **June 22**.

**Burger King** – The Mannheim Burger King located on Sullivan Barracks is scheduled to close **July 28**.

**NEW – Chapel** – The chapel on Benjamin Franklin Village is now closed. All on post religious services have been transferred to the Heidelberg community.

**Coleman Clinics** – The Coleman Troop Medical Clinic will cease full patient care services **June 1**, to include pharmacy services, and will transition to sick call support beginning **June 4**. In addition, all dental support at the Coleman Dental Clinic, to include dental sick call services, ended **May 1**. Dental services for the Mannheim-Coleman Soldier population will transfer to the Patrick Henry Village Dental Clinic in Heidelberg. The sick call sign-in hours at Coleman TMC beginning **June 4** will be 8-9:30 a.m. Sick call service will be reassessed on a monthly basis to determine continuation based on use. DSN 371-3130, civ. 06221-17-3130.

**Commissary** – Deli and bakery services are no longer available at the commissary. Sandwiches are still available in the grab 'n go section and customers can special order select items and purchase hot rotisserie chicken. The commissary operating hours are 11 a.m.-7 p.m. Wednesday-Sunday. The commissary is slated to remain open through August. DSN 385-3940, civ. 0621-728-3611.

**Community Bank** – The Community Bank on Sullivan Barracks is closed Mondays. It is open 9:30 a.m.-4 p.m. Tuesday through Friday and 10 a.m.-1:30 p.m. Saturday.

**NEW – Facility Closures** – The Mannheim main post exchange, gas station, launderette, Popeyes, Taco Bell and concessions area are scheduled to close **June 15**.

**Gas Station** – The Gas Station on Benjamin Franklin Village is closed on Mondays to coincide with the operating hours of the Exchange, which is also closed Mondays. There is no access to BFV South (PX gate) on Mondays.

**Self-Help** – The Self-Help Store on Funari Barracks at the recycle center compound is open 10

a.m.-6 p.m. Tuesdays, 10 a.m.-2 p.m. Saturdays and closed German and U.S. holidays. DSN 380-4435, civ. 0621-730-4633.

**Sexual Assault Hotline Consolidated** – The 24-hour sexual assault and domestic violence hotline for Mannheim and Heidelberg is civ. 0170-609-2862.

**Shuttle Bus** – The community shuttle bus will no longer stop at the Benjamin Franklin Village guest house, and a new stop has been added on Funari Barracks. The new schedule is also available from any shuttle bus driver, at the Central Processing Facility in Heidelberg or by calling DSN 373-8350, civ. 062217-8350.

**NEW – Sullivan Fitness Center** – The Sullivan Fitness Center is scheduled to close by **Sept. 1**.

**Tax Relief Office** – The Tax Relief Office on Sullivan Barracks has the following hours: 10 a.m.-3 p.m. Monday, Wednesday and Friday, closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-1780, civ. 0621-730-1780.

**UPDATED – WIC Office** – The Women, Infants and Children Overseas office has further reduced office hours due to transformation and reduced base population. Effective **May 18**, the Mannheim office will be open 9 a.m.-2 p.m. Tuesdays and 7:30 a.m.-4 p.m. Thursdays.

### Heidelberg

**Airport Shuttle Buses** – The free shuttle bus service for service members, Department of Defense civilians and their families departing Germany from Ramstein Air Base on the Patriot Express departs Heidelberg once a week from the Patrick Henry Village Guest House in Heidelberg. For details on the shuttle schedule, call U.S. Army Garrison Baden-Württemberg Central Processing Facility in the Community Support Center, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, [usarmy.badenwur.usag.mbx.cpf@mail.mil](mailto:usarmy.badenwur.usag.mbx.cpf@mail.mil).

**UPDATED – The shuttle bus to the Frankfurt Airport** – The shuttle bus service from Heidelberg Patrick Henry Village Guest House to Frankfurt Airport is longer be available. The cancellation of the service is a result of the implementation of the Patriot Express channel flights that depart Ramstein Air Base. DSN 370-8399, Civ. 06221-57-8399.

**Community Bank Mobile Van** – The Mobile Banking Van is no longer available. [www.dodcommunitybank.com](http://www.dodcommunitybank.com).

**NEW – Chapels** – The last religious services at the Mark Twain Village chapel will be held **June 3**. The area where the chapel is located will be closed by September 2012. Chapel services will transfer to Patrick Henry Village and Nachrichten Kaserne. For information on new service times and locations call DSN 373-6190, civ. 06221-17-6190.

**NEW – Dental Clinic** – Effective **May 21**, sick call and exam hours for the Patrick Henry Village dental clinic will be 8:30-11:30 a.m. Monday-Friday. DSN 388-9500.



## Faces of the Community: Frocking Ceremony



Staff Sgt. Michael J. Taylor

Maj. Gen. Aundre F. Piggee, the commanding general of the 21st Theater Sustainment Command, is promoted to the rank of major general by his wife Kassi and Lt. Gen. Mark P. Hertling, the commanding general of U.S. Army Europe, during a frocking ceremony May 4 at the Kaiserslautern Community Activity Center on Daenner Kaserne in Kaiserslautern.

## Military spouses honored at murder mystery lunch

By Dawn Sykulla  
USAG BADEN-WÜRTTEMBERG ACS

Murder on the “Petulant Express” was the theme of the murder mystery lunch organized by Army Community Service in Heidelberg May 3. The event honored local military spouses in support of Military Spouse Day.

“The event was another huge success,” said Yeritza Nocera, ACS Outreach Program Coordinator. “We had 49 spouses in attendance plus the nine talented cast members who had fun performing for our spouses. In the end, everybody walked out with prizes.”

Organizers say they feel it’s important to celebrate and recognize the accomplishments of military spouses every day, and this lunch was one way ACS and the local community could publicly recognize their efforts.

This interactive luncheon, held at the NATO Room on Patton Barracks in Heidelberg, allowed participants to gather clues, investigate theories and interrogate characters while trying to solve the mystery and proving who the murderer was.

“Wow, what fun” said military spouse Wendy Banks. “We’d never met the other women sitting at our



Linda Steil

Participants gather clues to try to solve the murder mystery at a lunch held in their honor May 3 in Heidelberg.

table, so when we first sat down, we all just talked to the ladies we already knew. However, after the story was set up and the ‘suspects’ began to circulate for questioning, we seven immediately bonded in the exciting prospect of gathering information and clues, to be the first group to figure out whodunit.”

Grace Campbell, another military spouse and participant said, “I truly appreciate all the hard work you all do. Although our team was almost last again this year, we certainly had a great time. I love the characters – especially the senator and the crocodile hunter. They both did a fabulous job. And as always, the food was delicious.”

## Rwanda to benefit from Army library books



Rick Scavetta

Ulrike and Lutz Bergmann of Lampertheim, Germany, pack books at Miesau Army Depot for their new home at Saint Joseph Integrated Technical College in Kigali, Rwanda.

By Rick Scavetta  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

BRUCHMÜHLBACH-MIESAU—Books from the Miesau Army Depot library will soon be helping Rwandans learn English, thanks in part to a retired U.S. Army officer and his wife.

Miesau’s books will have a new home at the Saint Joseph Integrated Technical College in Rwanda’s capital, Kigali, said Tom Martin, a retired signal corps officer, who coordinated the effort with his wife Margret. “Students and the local community will be able to check out books,” he said.

“It’s an opportunity to help people learn the English language,” Martin added. “This will be another resource.”

On April 20, the Martins joined several German friends to clear shelves and pack hundreds of books into shipping boxes. Local German news reporters photographed and interviewed them as they worked.

In a nearby field kitchen, Spc. Enock Guto, 28, a cook with the 212th Combat Support Hospital, dished out breakfast to troops as Martin and his friends began packing library books. Originally from Nairobi, Kenya, Guto said people in Africa often can’t afford to buy books despite their need to know the language.

“It’s setting a good example, helping Africans,” Guto said. “Most of them don’t have books. I think it’s a good idea, and I think it will help.”

For nearly 30 years, the German state of Rhineland Palatinate – where U.S. Army Garrison Kaiserslautern and Ramstein Air Base are located – has had a partnership with Rwanda. Rwanda’s native language is Kinyarwanda, but since colonial times they have learned French.

During the 1994 genocide, Rwanda’s people suffered heavily. Since then, the country underwent significant development efforts – to include adopting English as a new official

“To see that there’s an opportunity for these resources to be used again, that’s very worthy.”

—Stacey Graham, IMCOM Europe Region Librarian

language. In 2008, English replaced French in Rwandan schools.

Under Army regulations, books from closing libraries are first offered to other military libraries, said Stacey Graham, Installation Management Command Europe Region Librarian. Then, charitable organizations are asked, as an alternative to simply discarding items. Working through the U.S. State Department, the library books were offered to the German non-profit organization dedicated to the local partnership with Rwanda.

“These materials have passed through hundreds of hands, Soldiers, civilians, local nationals, children and adults,” Graham said. “To see that there’s an opportunity for these resources to be used again, that’s very worthy. That’s a good cause.”

After retiring, Martin settled in Heppenheim (near Heidelberg). Two years ago, when a German friend explained Rwanda’s need for English books, Martin made a few calls. In August 2010, they moved 16,000 library books from the former U.S. Air Force library in Sembach to Gitarama, a city in central Rwanda.

Martin and his wife, a trained librarian, then traveled to Gitarama, where they helped organize the library and install computer software to track book loans. The (Sembach) library is now the largest English language library in Rwanda, Martin said.

“We were very happy to see the students using the books,” Martin said.

“It’s very rewarding.”



**BEST**

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nament and 43 cumulative miles of ruck marching. For those participating, the motivation to volunteer to put their body through so much pain was simple.

"I like challenging myself, so this seemed like a natural thing for me to volunteer for," said the 18th MP Bde. Junior Officer of the Year, 1st Lt. Andrew D'Amelio, a platoon leader with the 230th MP Company, 95th MP Battalion, and native of East Haddam, Conn.

It was unanimous among all the competitors that the nine-mile ruck march was by far the most mentally and physically demanding amongst all the tasks.

"It's not just nine miles, it's nine Baumholder miles. If it's not going up, it's going straight down," said the 18th MP Bde. NCO of the Year, Sgt. Mason Martinez, a squad leader assigned to the 230th MP Co., 95th MP Bn., and native of West Covina, Calif.

"I accomplished things that I never thought I could do; you realize how weak your body is and how strong your mind is.

"If you really put your mind toward something, you will accomplish it," said 18th MP Bde. Soldier of the Year, Spc. Natallia Prudnikava, a medic assigned to the 615th MP Co., 709th MP Battalion, and native of Mogilev, Belarus.

Soldiers from the 18th MP Bde. captured the 21st Theater Sustainment Command Best Warrior title last year and say they are confident they will do it again this year.

"I am extremely confident that we have set our officers, NCOs and Soldiers up for success to compete in the next levels," said 18th MP Bde. Command Sgt. Maj. Brenda Curfman.

"They rose to the top of a very competitive and grueling task to earn the title of the best in the 18th MP Bde.," Curfman added.

The winners of the brigade



Staff Sgt. Tramel Garrett

Spc. Natallia Prudnikava, a medic with the 615th Military Police Company, 709th MP Battalion, 18th MP Brigade, performs first aid procedures during a scenario as part of the 18th MP Bde. Best Warrior competition May 3 in Baumholder.

competition will compete in the 21st Theater Sustainment Command's Best Warrior competition in Grafenwöhr May 17-22.

**ERMC**

continued from page 1

tunity to reflect on leadership. It is possible that no two people define leadership in the same terms, but most of us conclude that we know it when we see it. It is visibly present today."

West, who assumed command of ERMC in May 2010, said the unit's success is the result of dedicated people throughout Europe.

"There are literally thousands of people who deserve my heartfelt thanks for making this command a success; [there are] over 6,700 of them in ERMC alone," West said.

"Unfortunately, time will not per-

mit me to call the rest of you by name, but you know who you are and know that you have my utmost appreciation for all that you did and continue to do every day to make this the best region in the entire [Army Medical Command]."

She also said that Clark, who has been nominated for promotion to brigadier general, is the right person at the right time to command ERMC.

"Your firsthand knowledge of the region will be vital to ensuring the KMC project stays on course and that all of the transformation-associated changes in the region are flawlessly executed," West said of Clark. The KMC

project is a proposed replacement hospital in the Kaiserslautern area that will combine both the current Landstuhl Regional Medical Center and Ramstein Air Base Clinic.

Clark thanked Horoho for the opportunity to command ERMC and pledged to "... take full advantage of the inherent opportunities during this time of transformation, for there is always great opportunity during times of great change."

"We will efficiently and cost effectively improve the experience of care as we move from a health care system to a system of health focused on the well-being of those we are privileged

to serve," Clark said to the crowd of more than 200 people who attended the ceremony.

"And we will remain trained and ready, maintain the stance to address any operational contingency. Our proximity to the Middle East and Africa, and our strong alliance with our NATO and other coalition partners mandate that we do so."

ERMC serves U.S. Army Europe, U.S. European Command, U.S. Africa Command and U.S. Central Command warriors serving in Iraq and Afghanistan. The command operates 17 military treatment facilities throughout Germany, Italy and Belgium, including LRMC.

**FAIR**

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highlight resources," Winfield said.

But there is also plenty of information available for all community members who attend after the school day ends, she added.

Among those scheduled to be represented at the health fair are a physical therapist to offer scoliosis education and weight loss tips, a dietician to discuss benefits of healthy eating and a healthy lifestyle, a public health nurse to provide information on sexually transmitted diseases, a pharmacist to address the dangers of over-the-counter drug abuse and prescription-

drugs, and a host nation liaison to explain information about medical care outside the installation.

In addition, there will be many other agencies providing health-care related information, such as Adolescent Substance Abuse Counseling Services, outdoor recreation, the American Red Cross, the military police, Culligan, dental services, Heidelberg Wellness Center, counseling services, a nurse's station, American Forces Network and Child, Youth and School Services.

For information, call DSN 382-4379, civ. 0621-779-4379.

**Back to school**

Samantha Smith

Heidelberg Middle School nurse Bonnie Kerr (right) and high school nurse Sandra Leipheimer assist a parent at the Heidelberg Schools pre-registration event for the 2012-13 school year, held Thursday and Friday at the Village Pavilion Community Center. Call DSN 388-9383, civ. 06221-759-02312 for more information on school pre-registration.



## GERMAN NEWS

### Street Sweeper Squirrels

A German street cleaner got a surprise Sunday when he emptied the waste bag of his road sweeper and found four baby squirrels, which were swept up as the cleaner made his rounds of the streets of Neuwied in Rhineland-Palatinate. The squirrels survived, and have since been taken to an animal shelter, police confirmed. Environmentalists say young squirrels typically leave their nests at around 9 weeks old.

### Reptile Smuggler

A 28-year-old German man who was caught with nearly 50 live reptiles in his luggage at Munich airport told customs officials they were his "personal food supply," and offered to bite off the head of one to prove it. The customs office said the man was on his way back to his Bavarian home after traveling in Oman, and is expected to face a several thousand euro fine for transporting protected animals. The lizards are being cared for in Munich.

### Umbrella Stab Victim Dies

A German man died May 9 after being stabbed last year in the backside in Hannover by a stranger wielding an umbrella filled with mercury. After months in a coma, the victim seemed to be improving in a rehabilitation center, when he suddenly died. The prosecutor is searching for the assailant and investigating a possible charge of grievous bodily harm resulting in death.

### Name Change Rules

A Göttingen judge told a family from Azerbaijan they could not change their names, *Die Welt* reported May 9. The couple and their three children wanted to take German first and last names in order to avoid discrimination and improve their chances of integrating. But name changes are only allowed in Germany if the reason is considered important, and the judge said that the fact that the original names did not sound German was not enough. A study showed last month that women and immigrants were more likely to get job interviews if applications are completed without names.

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



Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: [dearmsvicki@yahoo.com](mailto:dearmsvicki@yahoo.com), follow her on Twitter [@dearmsvicki](https://twitter.com/dearmsvicki), or visit [www.dearmsvicki.com](http://www.dearmsvicki.com).

*Dear Ms. Vicki,*

*I am an Army wife, and not a very good one. I was married 13 years before my husband joined. I was faithful and a good mom. I worked hard, took care of my household and supported his decision to join. During his first deployment, my mom died. I was very close to her, and when she died I felt my whole world crumble.*

*A little history here: I never lived more than 15 minutes away from my parents, until we moved 25 hours away by car. So for more than 30 years, I was only a hop, skip and jump away. Then we moved and I was alone. My children were a big part of my parents' lives, and they were a big part of theirs.*

*Anyway, my husband was allowed to come home for a two-week emergency leave for the funeral, which he missed because of military and airline stuff. He then went back to where he was deployed. I was so alone it was unbearable.*

*Someone reached out and was there for me, and I began to lean on him. Yes, of course this was wrong, but I was not thinking right. We did not do anything physically. Worse, we fell in love. He wanted to marry me and said he would wait. He said he did not want to break up our family, but that he did love me. Again, I have not physically cheated on my husband, but it is just as bad or worse, because I have contemplated getting a divorce – not because my husband is a bad guy, but because I feel like I am living a lie by not being honest with him.*

*Yes, we have problems, but I think he has been faithful this deployment, so I admit the problem is me. I guess I am not asking for advice, but confessing. If I were to get a divorce, I would ask for nothing. If he wanted custody of the children while not deployed, I would grant him that and they would visit me, or I would visit them. We would work things out if he deploys again ... concerning the children.*

*I will accept advice; I just do not know what to ask. I feel like a different person now. I have tried to break it off with the other guy, but it was so hard. I can imagine a future with him. But it kills me to think of the heartache I will cause. Thanks for reading and input is appreciated, but I already know I am a dirt bag. I just needed someone else to know.*

*Sincerely, I'm Sorry  
Dear Sorry,*

I can see you are really feeling bad about this. As you know, this relationship with the other guy may not be physical, but it is an affair just the same. Here are my concerns: things were fine between you and your husband until the deployment. You became vulnerable, and to increase that, your mother passed away. The loss was an enormous crisis. On the other hand, your husband was not here to help during this very difficult time. As a result, Mr. helpful-dependable-complimenting-lovable other man came along, and you found yourself in love with him. I'm not sure if you are in love with the guy, or if you feel you owe him something because he helped you during a very difficult time.

If you haven't left your husband, it's not too late to repair your marriage. Honestly, I'm not a moral judge. I have faced long absences from my husband and deployments too. Men flirt and compliment me, too. Some have even taken their advances further and become more verbal about their intentions. I'm human too; it's flattering to know someone finds you attractive, but you have to learn to set boundaries. What happened to you happens to many. Everyone has vulnerabilities. I'm not sure the grass is greener on the other side, or have you been living a lie with your husband all this time? Let me know what you decided to do. It will be great to hear from you again.

# Diving into Maimarkt

A Feuerwehr-Taucher (fire department rescue diver) from Ludwigshafen waves to passersby at the Maimarkt near Mannheim May 6. Maimarkt, held annually since the 1600s, is the largest regional consumer exhibition in Germany, and is held the last week of April for 11 days. This year's exhibition was April 28-May 8 and included hundreds of booths and vendors, food samples, organizations, model open houses, farm animals and more. The 2013 Maimarkt is scheduled 9 a.m.-6 p.m. April 27-May 7.



Elizabeth Behring



# GET OUT!

## area events

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

### May 16

**KulturFestival Italia** – Bask in the beauty of Italy and its unique culture during the KulturFestival in Heidelberg. Enjoy live music, an Italian market, kindertheater and other surprises spread throughout the city. Festival runs through May 20. For details on locations and event times, visit [www.volarehdd.wordpress.com](http://www.volarehdd.wordpress.com).

**Garden Fair** – Enjoy a horticultural show at the Gartenschau Kaiserslautern. Visitors of all ages can track down dinosaurs, study natural wonders and explore the park's unique terrain on foot. Show runs through Oct. 31. Park is open 9 a.m.-7 p.m. weekdays and 10 a.m.-7 p.m. weekends. An der Kalause 9, 67659 Civ. 0631-710-070. [www.gartenschau-kl.de/area/area-overview](http://www.gartenschau-kl.de/area/area-overview)

**Discussion** – Director Kelly Nyks will discuss his film: "Split: A Divided America" 8 p.m. at the Deutsch-Amerikanisches Institut Heidelberg. Sofienstraße 12, 69115. Civ. 0622-160-7322. [www.dai-heidelberg.de](http://www.dai-heidelberg.de)

**Carnival** – Kaiserslautern hosts its annual carnival "Maikerwe" on the Messplatz fairgrounds starting at 6 p.m. More than 140 vendors offer games, food, clothing, jewelry, household items and attractions. Families can enjoy reduced prices and special offers until 7 p.m. May 16 and American visitors can pay for attractions in U.S. dollars during dollar day May 18. Rides are open 2-11 p.m. Monday-Friday and 2 p.m. - midnight Saturdays through May 21.

### May 17

**Joan Baez** – Folk singer, songwriter and musician Joan Baez performs in Mannheim's Rosengarten 8 p.m. July 13. Tickets [www.worldticketshop.com/concerts/joan\\_baez\\_tickets?q=Joan+Baez](http://www.worldticketshop.com/concerts/joan_baez_tickets?q=Joan+Baez).

**Farmer's Market** – Kaiserslautern hosts a farmer's market 7 a.m.- noon every Wednesday and Saturday. Find fresh fruits, vegetables, meats, cheeses, organic items and local specialties like honey and spices. Stiftsplatz, Kaiserslautern, 67655.

**Art Exhibit** – Artist Lisbania Perez showcases her artwork at the Village Pavilion Gallery on Patrick Henry Village in Heidelberg 7 p.m. Exhibit runs through May 27. DSN 388-9421, civ. 06221-338-9421.

**Hubertushof Ranch** – Enjoy a true Wild West cowboy experience in Germany. The Hubertushof Ranch offers a range of activities for would-be cowboys and ranchers out there, including travels on horse riding trails, cattle herding, lasso-ing, and milking cows. Blumensteinstraße 9, Schönau-Gebüg, Pfalz, Germany, 66996. Civ. 06393-993737.

**Wiesbaden Wilhelmstraße** - With more than 130 different stores lining what is most often called the "Designer Street" by the locals, the Wilhelmstraße in Wiesbaden is one of the town's hottest shopping scenes.

Over a third of the exclusive boutiques in Wiesbaden's bustling shopping locale offer exclusive, designer branded clothes, jewelry, shoes, beauty products and accessories. Shops open 9 a.m. - 8 p.m. Monday - Saturday.

**Hochspeyer Tour** – The Hochspeyer Tourist Office (near Kaiserslautern) offers three guided walks to historical sites in the area, led by English-speaking tour guides. The tours take participants to Frankenstein Castle, Diemerstein Castle and Villa Denis in the Diemerstein valley. Call the Hochspeyer Tourist Information office to schedule a tour. Civ. 06305-71147 or email [info@hochspeyer.rlp.de](mailto:info@hochspeyer.rlp.de)

### May 18

**Vintage Market** – Browse through a selection of Swedish Antiques, accessories and handpainted Belgian and French furniture during the Vintage Inspirations Vintage Market in Nanzdietschweiler near Ramstein 5-7 p.m. May 18 and 10 a.m. - 4 p.m. May 19. Dollars and euro accepted. Hauptstraße 68, Nanzdietschweiler. Civ. 0638-357-9548.

**Robert Glasper Experiment** – Catch the jazz, hip-hop and soul group the Robert Glasper Experiment 8 p.m. May 18 at Frankfurt's Club Zoom with special guest Bilal. Tickets: [www.worldticketshop.com](http://www.worldticketshop.com).

**Tom Petty Concert** – After 20 years together, rock band Tom Petty and the Heartbreakers returns to Europe. Check out the band in concert 8 p.m. June 30, at the SAP Arena in Mannheim. Tickets: civ. 0621-101-011. [www.bb-promotion.com](http://www.bb-promotion.com).

### May 19

**Medieval Dinner** – Step back into the age of royal courts and experience how feudal lords, ladies and knights feasted. During this tour, take a visit to the 1000-year-old Reichsburg (imperial castle) of Cochem situated on an imposing hilltop with a commanding view over the Mosel River. Afterward, take part in an authentic medieval feast. Servants and maids in period costumes serve you and jesters in medieval outfits provide entertainment and authentic music. The evening climaxes with the traditional knighting ceremony. <http://affiliates.uso.org/kaiserslautern>.

### May 23

**Ivy Quainoo** – German rhythm and blues singer Ivy Quainoo performs at Mannheim's Rosengarten 7:30 p.m. Show features live band and special guest Mic Bonet, winner of the Voice of Germany.

### May 24

**Poetry Slam** – Local poets share their work during the Word Up! Poetry Slam 8 p.m. at

the Alte Feuerwache in Mannheim.

**Bruce Springsteen Concert** – Bruce Springsteen and the E Street Band concert perform 8 p.m. May 24 in Frankfurt's Commerzbank Arena. [www.worldticketshop.com](http://www.worldticketshop.com).

**Frankfurt Produce Market** – Enjoy fresh local produce grown in Frankfurt's surrounding countryside 10 a.m.- 6 p.m. each Thursday and 8 a.m. - 5 p.m. Saturdays. Many organic varieties of produce are available along with unique cheeses, seafoods, meats, baked goods and homemade jams and preserves. Several stalls sell ready-made snacks, lunches and drinks to enjoy on the go. Kaiserstraße, Frankfurt am Main, 60329. [www.buzzoffbase.com](http://www.buzzoffbase.com)

### May 26

**Berlin Express** – Berlin is a city rich in history and culture. Enjoy a guided tour of some of its historical highlights, including the famous "Checkpoint Charlie," Pariser Platz, Brandenburg Gate, Hitler's Bunker and the new Holocaust Memorial. The afternoon is reserved for shopping, visiting museums and experiencing the city's annual Carnival of Cultures celebrating the diversity of its many residents. <http://affiliates.uso.org/the-inmain/files/einebrucke32012web.indd.pdf>

### June 1

**Bazaar** – More than 90 vendors from around the world converge on Rhine Ordnance Barracks in Kaiserslautern for a giant bazaar. Strollers welcome, food and beverages available, kid friendly activities, merry-go-round and petting zoo. Bazaar is open 10 a.m.-8 p.m. June 1, 10 a.m.-7 p.m. June 2 and 10 a.m.-5 p.m. June 3. ID cardholders only.

### Ongoing

**King Tut** – The exhibition Tutankhamun: His Tomb And His Treasure shows the world's only museum-quality replica of human-kind's most fascinating tomb and treasures and the opportunity to visit the tomb three-dimensionally in its original state 10 a.m.-6 p.m. Monday-Sunday through June 24. Mainzer Landstrasse 124, Güterplatz, D-60327 Frankfurt am Main, [www.tut-ausstellung.com/en/frankfurt/the-great-tutanchamun-must-see-exhibition.html](http://www.tut-ausstellung.com/en/frankfurt/the-great-tutanchamun-must-see-exhibition.html).

**Stuttgart Zoo** – Take a trip to the Stuttgart Zoo located at the Wilhelma Park, the largest zoological and botanical gardens in Europe. The zoo features newly-designed polar bear enclosures and other attractions to delight all ages. Visitors can stroll through the park and admire the exotic trees, orchids, water lilies and a magnolia grove. <http://affiliates.uso.org/Kaiserslautern>.

## coming to THEATERS

### DARK SHADOWS

(Johnny Depp) The master of Collinwood Manor, Barnabas Collins is rich, powerful and an inveterate playboy, until he makes the grave mistake of breaking the heart of Angelique Bouchard. Angelique dooms Barnabas to a fate worse than death – turning him into a vampire and then burying him alive. Centuries later, Barnabas is inadvertently freed from his tomb and emerges into the very changed world of 1972. (Rated PG-13 for comic horror violence, sexual content, some drug use, language and smoking) 126 minutes.



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

May 16 - MARVEL'S THE AVENGERS (PG-13) 7 p.m.  
 May 17 - PROJECT X (R) 7 p.m.  
 May 18 - DARK SHADOWS (PG-13) 7 p.m.; 10 p.m.  
 May 19 - JOHN CARTER (PG-13) 4 p.m.; DARK SHADOWS (PG-13) 7 p.m.; SILENT HOUSE (R) 10 p.m.  
 May 20 - JOHN CARTER (PG-13) 4 p.m.; DARK SHADOWS (PG-13) 7 p.m.  
 May 21 - DARK SHADOWS (PG-13) 7 p.m.  
 May 22 - SILENT HOUSE (R) 7 p.m.  
 May 23 - DARK SHADOWS (PG-13) 7 p.m.  
 May 24 - JOHN CARTER (PG-13) 7 p.m.

#### Vogelweh, Galaxy

May 18 - MARVEL'S THE AVENGERS (PG-13) 7 p.m.  
 May 20 - GONE (PG-13) 4 p.m.; PROJECT X (R) 7 p.m.

#### Ramstein, Gateway Movieplex

May 16 - MARVEL'S THE AVENGERS (PG-13) noon, 3:30 p.m., 7 p.m.; DR. SEUSS' THE LORAX (PG) 11:15 a.m., 1:45 p.m., 4:15 p.m.; GONE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 5:45 p.m., 8 p.m.; PROJECT X (R) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.  
 May 17 - MARVEL'S THE AVENGERS (PG-13) noon, 3:30 p.m., 7 p.m.; DR. SEUSS' THE LORAX (PG) 11:15 a.m., 1:45 p.m.; GONE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 5:45 p.m., 8 p.m.; PROJECT X (R) 4:15 p.m., 6:30 p.m.  
 May 18 - DARK SHADOWS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; JOHN CARTER (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.; SILENT HOUSE (R) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; HUGO (PG) 11:30 a.m., 2 p.m.  
 May 19 - DARK SHADOWS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; JOHN CARTER (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.; SILENT HOUSE (R) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; HUGO (PG) 11:30 a.m., 2 p.m.  
 May 20 - DARK SHADOWS (PG-13) noon, 3 p.m., 6 p.m.; JOHN CARTER (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m.; SILENT HOUSE (R) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; HUGO (PG) 2 p.m.  
 May 21 - DARK SHADOWS (PG-13) noon, 3 p.m., 6 p.m.; JOHN CARTER (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m.; SILENT HOUSE (R) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; HUGO (PG) 2 p.m., 5 p.m.,  
 May 22 - DARK SHADOWS (PG-13) noon, 3 p.m., 6 p.m.; JOHN CARTER (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m.; SILENT HOUSE (R) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; SPY KIDS 4: ALL THE TIME IN THE WORLD (PG) 2 p.m., 5 p.m.  
 May 23 - DARK SHADOWS (PG-13) noon, 3 p.m., 6 p.m.; JOHN CARTER (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m.; SILENT HOUSE (R) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; SPY KIDS 4: ALL THE TIME IN THE WORLD (PG) 2 p.m., 5 p.m.  
 May 24 - DARK SHADOWS (PG-13) noon, 3 p.m., 6 p.m.; JOHN CARTER (PG-13) 11:30 a.m., 7:15 p.m.; SILENT HOUSE (R) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; SPY KIDS 4: ALL THE TIME IN THE WORLD (PG) 3 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 Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, [www.cineplex.de](http://www.cineplex.de)

#### Mannheim, CinemaxX, Cineplex - English Language movies

May 17 - 23 - THE AVENGERS (PG-13) 7:45 p.m. at CinemaxX  
 May 17-23 - The DICTATOR (R) 2:30 p.m., 4:45 p.m., 8:15 p.m. at Cineplex  
 May 20 - 23 DARK SHADOWS (PG-13) 8:15 p.m. at Cineplex



## community HIGHLIGHTS

### Estate Claims

- ◆ Those with claims on or obligations to the estate of Sgt. Dick A. Lee, 529th Military Police Company, 95th Military Police Battalion, 18th Military Police Brigade, should be made to summary court officer 2nd Lt. Keith Odom, DSN 373-7766, civ. 06221-17-7766.
- ◆ Claims or obligations to the estate of Spc. Manuel J. Vasquez, 172nd Brigade Combat Team, Task Force 2-28 Infantry, should contact summary court martial officer 1st Lt. Jorge Bonilla, DSN 475-4125, civ. 0162-255-7605.

### Summer Hire Program

The Civilian Human Resources Agency Europe Region is accepting applications until May 20 for the Summer Hire Program, June 18 to July 27. Applicants must be unmarried family members of active duty service members or Department of Defense civilian employees, ages 14-22, who have reached their 14th birthday prior to June 21 and will not turn 23 prior to the end of the program. Jobs include clerical, labor and child development positions. Applications are available at <https://cpolrhp.cpol.army.mil/eur>. Applicants must also submit hard copies of employment documents directly to the Civilian Personnel Advisory Center that services their community. DSN 370-8514, civ. 06221-57-8514.

### No Fear Training

U.S. Army Europe federal civilian employees have until May 31 to complete Notification of Anti-discrimination and Retaliation online training, or No Fear, on the Army Training Requirement and Re-courses System website at <https://www.atrrs.army.mil>. The training, EEO-202, includes applicable rights and remedies for civilian employees under federal anti-discrimination and whistle blower protection laws. Training must be completed every two years. This does not apply to local national and contractor employees. Civ. 06221-57-7226.

### New Jersey Special Elections

New Jersey will hold a special primary election June 5 in the 10th Congressional District (parts of Essex, Hudson and Union counties) to fill the seat vacated by the passing of Representative Donald Payne Sr. This election will be held concurrently with the regularly scheduled primary election June 5, and voters will receive one ballot for both. Voters who have already requested a ballot for the primary election do not need to take further action.

### Family and MWR Services Survey

Family and Morale, Welfare and Recreation recently sent a survey in the mail to determine which Family MWR programs and services are most important and vital to community quality of life. If you receive the survey, please take 15 minutes to complete it. [www.mwrgermany.com](http://www.mwrgermany.com).

## local EMPLOYMENT

### Community Bank

Community Bank on the Shopping Center in Heidelberg has part-time openings for customer service representatives and tellers. Required qualifications include customer service experience, oral and written communication and Microsoft Office skills. Candidates must meet local or United States work eligibility requirements. Civ. 06221-60-0862.

# ANNOUNCEMENTS

## KAISERSLAUTERN Education

- ◆ **Sponsorship Training** – Learn how to be a good sponsor for inbound families at a free Army Community Service class 3-4 p.m. May 22 in Bldg. 2891 on Pulaski Barracks. Registration required. DSN 493-4203, civ. 0631-3406-4203.
- ◆ **Family Resilience Training** – Army Community Service hosts a free seminar on skills that increase resiliency and core competencies 9:30 a.m. May 24 in Bldg. 2891 on Pulaski Barracks. Registration required. DSN 493-4203, civ. 0631-3406-4203.
- ◆ **USA Jobs** – Receive hands-on instruction and assistance from Army Community Service employment readiness experts on how to find government jobs 10 a.m. May 25 in Bldg. 2917 on Pulaski Barracks. DSN 493-4029, civ. 0631-3406-4029.
- ◆ **Hello America** – Family members who have never been to the United States can attend a free class to learn about American customs, courtesies and traditions 10 a.m. June 7 in the Yellow Ribbon Room, Bldg. 2926 on Pulaski Barracks. Registration required. DSN 493-4203, civ. 0631-3406-4203.
- ◆ **Security Clearances** – Army Community Service Financial Readiness offers a hands-on workshop about how to obtain and maintain a security clearance and how to establish a sound financial future 3 p.m. June 11 in the Heaton Auditorium on Landstuhl Post. DSN 493-4151, civ. 0631-3406-4151.
- ◆ **Bank Account Management** – Learn how to establish a budget, track spending and maximize savings to increase net worth 9-11 a.m. June 12 in Bldg. 2891 on Pulaski Barracks. Registration required. DSN 493-4151, civ. 0631-3406-4151.
- ◆ **Resume Writing Workshop** – Learn what employers look for on resumes and practice an interview 10 a.m. June 12 in Bldg. 2917 on Pulaski Barracks. DSN 493-4029, civ. 0631-3406-4029.
- ◆ **Budgeting for Baby** – Learn how to understand the cost of raising a child 1:30 p.m. June 12 in Bldg. 2891 on Pulaski Barracks. Registration required. Civ. 0631-3406-4203.
- ◆ **Childrens German Classes** – Child, Youth and School Services-enrolled youth of all ages can learn basic German vocabulary, sentences and common phrases. Register with Parent Central Services, DSN 493-4156, civ. 0631-3406-4516 or the One Stop Shop, DSN 486-8943, civ. 06371-86-8943.
- ◆ **EDGE! Spanish and German** – Youth in grades 5 through 8 can learn German or Spanish by immersion 4-5 p.m. Fridays until June 8 at the Landstuhl Library, Bldg. 3810. Register no later than the Friday

prior with Parent Central Services, DSN 493-4516, civ. 0631-3406-4516, or Landstuhl One Stop Shop, DSN 486-8943, civ. 06371-86-8943.

## Community

- ◆ **Country Nights** – Check out Germany's largest country party and ride the mechanical bull 8 p.m.-4 a.m. May 19 and Saturdays at the Kazabra Club, Bldg. 2057 on Vogelweh. DSN 489-7261, civ. 0631-536-7261, [www.mwrgermany.com](http://www.mwrgermany.com).
- ◆ **EDGE! T-shirts** – Youth ages 6-12 and enrolled in Child, Youth and School Services can make their own T-shirts 4-6 p.m. May 23 and 30 at the Landstuhl Library, Bldg. 3810. Registration required by the Friday prior. DSN 493-4516, civ. 0631-3406-4516, [www.mwrgermany.com](http://www.mwrgermany.com).
- ◆ **Dirty Rotten Scoundrels** – KMC Onstage presents Dirty Rotten Scoundrels 7:30 p.m. May 18 and 19, June 1, 2, 8 and 9 and 3 p.m. June 3 and 10 at KMC Onstage, Bldg. 3232 on Kleber Kaserne. Purchase tickets at the Landstuhl One Stop Shop. DSN 486-8943, civ. 06371-86-8943.
- ◆ **New Moms Group** – Mothers can bring their babies birth to 12 months to network and learn about intimate topics during a New Moms Group meeting 10:15-11:30 a.m. May 29 in Bldg. 2919 on Pulaski Barracks. DSN 493-4058, civ. 0631-3406-4058.
- ◆ **School's Out Barbecue** – The Exceptional Family Member Program offers a free barbecue for families with a member enrolled in EFMP 4-7 p.m. May 29 at Pulaski Park. Registration required. DSN 493-4094, civ. 0631-3406-4094.
- ◆ **Independent, Foreign Films** – There will be a free showing of the film The Human Resource Manager, about a manager trying to prevent the publication of a defamatory article on the largest industrial bakery in Israel, 5:30 p.m. June 6 at Kleber Branch Library, Bldg. 3205 on Kleber Kaserne. Refreshments provided. DSN 493-4558, civ. 0631-3406-4558.
- ◆ **Mystery Shopper** – Mystery shoppers perform customer service reviews throughout the garrison and through various Family and Morale, Welfare and Recreation programs. [www.mwrgermany.com](http://www.mwrgermany.com).

## HEIDELBERG Education

- ◆ **ACS Classes** – Applying for a Federal Job (USAJOBS)/Civilian Resume Writing, 9-11 a.m. May 22-23, Information Center, PHV, Village Pavilion Community Center; Saving Tons with Coupons, 10 a.m.-noon May 22, ACS Annex, PHV, Bldg. 4531, Conference Room; Volunteer Management Information System training, 10-11 a.m. May 23; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531; Re-integration Briefing, 9 a.m. Tuesdays. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted. DSN 370-6975, civ. 06221-57-6975.

tion is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted. DSN 370-6975, civ. 06221-57-6975.

## Community

- ◆ **BOSS Cheap Eats** – Better Opportunities for Single Soldiers serves a free pot luck for all military personnel 5 p.m. May 16 at the Warrior Zone on Patton Bks. DSN 373-5275, civ. 06221-17-5275.
- ◆ **Customs Office** – Due to German holidays, the U.S. Forces Customs field office in Heidelberg will be closed May 17 and 28. DSN 370-7142, civ. 06221-57-7142.
- ◆ **Last Story Time Of Season** – The last story time of the season for Patrick Henry Village Library will be 11 a.m. May 17. Regular story times will resume after Labor Day. DSN 370-1740, civ. 06221-57-1740.
- ◆ **Right Arm Night** – Ages 18 and older can enjoy happy hour with their bosses and co-workers 5-7 p.m. May 18 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570, [www.mwrgermany.com](http://www.mwrgermany.com).
- ◆ **Parents' Day, Night Out** – Child, Youth and School Services presents Parent's Night Out 7 p.m.-midnight May 18 and Parent's Day Out 10 a.m.-4 p.m. May 19 for CYSS-enrolled children up to fifth grade. Reservations must be made by noon the Thursday prior at Parent Central Enrollment, Bldg. 4443 on Patrick Henry Village. DSN 388-9340, civ. 06221-338-9341.
- ◆ **Great American Trailer Park** – The Roadside Theater on Patton Barracks presents The Great American Trailer Park musical 7:30 p.m. May 18, 19, 25 and 26 and special family matinee 3 p.m. May 20 and 27. Reservations recommended. DSN 373-5020, civ. 06221-17-5020, [www.roadsidetheater.com](http://www.roadsidetheater.com).
- ◆ **Line Dance Instruction** – Learn how to line dance 7-9 p.m. and stay for a karaoke and dance party 9 p.m.-close May 18 and Fridays at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.
- ◆ **Billiards Tournament** – Test your skills on the pool table starting 7 p.m. May 21 at Slapshots on Patton Bks. for a chance to win prizes. DSN 373-5190, civ. 06221-17-5190.
- ◆ **International Cooking Class** – Learn how to cook savory and sweet Polish pierogies and cheesecake for dessert 10:30 a.m.-1 p.m. May 23 at the Patrick Henry Village Commissary. Registration required. DSN 370-6975, civ. 06221-57-6975, [www.mwrgermany.com](http://www.mwrgermany.com).
- ◆ **Kids' Choice Book Party** – Children in grades 1 through 5 can come to the Patrick Henry Village Library for the Kids' Choice Book Party, with games, crafts and more 3:30 p.m. May 23. Registration required. DSN 370-1740, civ. 06221-57-1740.

- ◆ **AUSA Meeting** – The Association of the United States Army Abrams Chapter will host a membership meeting and free schnitzel buffet 6:30-8 p.m. May 24 at Gasthof Schützenhaus (GPS: Rudolf Wild Straße 109, Eppelheim) with guest speaker Command Sgt. Maj. David Davenport Sr., U.S. Army Europe command sergeant major. Executive committee meeting will follow immediately afterward.
- ◆ **BOSS Garage Sale** – Better Opportunities for Single Soldiers will collect household items until June 1 to sell at the Community Yard Sale June 2. Proceeds go toward the "Stronger" conference, which is training on suicide prevention, sexual assault awareness and overcoming addiction. The fundraising goal is \$5,000. Items can be dropped off at the BOSS office, Bldg. 104 on Patton Barracks or given to unit BOSS representatives. DSN 373-5275, civ. 06221-17-5275.
- ◆ **Trivia Challenge Season** – Bring a team or join one for the new trivia challenge season 7-9 p.m. Thursdays until Aug. 3 at Legends on Patrick Henry Village. The team that gathers the most points by Aug. 30 will win a prize. DSN 388-9570, civ. 06221-338-9570, [www.mwrgermany.com](http://www.mwrgermany.com).

## MANNHEIM Community

- ◆ **Customs Office** – Due to German holidays, the U.S. Forces Customs field office in Mannheim will be closed May 17 and 28. DSN 370-7142, civ. 06221-57-7142.
- ◆ **Battlefield Night** – Team up with friends and play Battlefield online on X-Box or PlayStation 3 4:30-10 p.m. May 17 and Thursdays at the Warrior Zone on Coleman Bks. DSN 382-4410, civ. 0621-779-4410.
- ◆ **TGIF Buffet** – Enjoy a buffet 6:30 p.m. and stay for variety music 9 p.m.-2 a.m. May 18 and every Friday at the Top Hat Club on Benjamin Franklin Village. DSN 380-9370, civ. 0621-730-9370.
- ◆ **Community Yard Sale** – A community yard sale is scheduled 10 a.m.-2 p.m. May 19 at Grant Circle on Benjamin Franklin Village. Tables are available for rent from Heidelberg Outdoor Recreation. DSN 388-9282, civ. 06221-338-9282.
- ◆ **Board Game Night** – Play board games 4:30-10 p.m. Mondays at the Warrior Zone on Coleman Barracks. DSN 382-4410, civ. 0621-779-4410, [www.mwrgermany.com](http://www.mwrgermany.com).
- ◆ **Story Time** – Parent to Parent and the Mannheim Library Support Office offer toddlers and preschoolers stories and a craft 10:30-11:30 a.m. June 6 and first and third Wednesdays in the Army Community Service Satellite Office, Bldg. 246, on Sullivan Barracks. DSN 385-2688, civ. 0621-730-2688.



# Commissary hosts fun run and fitness fest

By **Samantha Smith**  
USAG BADEN-WÜRTTEMBERG VOLUNTEER

Community members came out to enjoy the sun and cool weather Saturday morning to participate in the Family Fitness Fun Fest at the Commissary on Patrick Henry Village in Heidelberg.

The event was sponsored by the Commissary, the Exchange and Family and Morale, Welfare, Recreation programs.

"We all got together to put this together," explained Commissary store director Cheryl Ludington. "This is the third annual fest," she said. "We've really enjoyed it."

The event kicked off with a

5k fun run that included dogs, children, strollers, bikes and scooters.

Kurt Barkei and his black lab Hundi took first in the run with a time of 16:07. "We run four to six miles every day," he said, "Otherwise, we don't sleep."

After the run, community members participated in circuit training to learn more about staying healthy, took advantage of case lot sales from the Commissary and entered drawings to win prizes.

Many organizations were on hand to give out information, including Family and MWR programs, the vet clinic and Department of Defense Dependent Schools.



Photos by Samantha Smith

Kurt Barkei and Hundi approach the finish line to win the 5k fun run at Patrick Henry Village in Heidelberg Saturday.

Right: Ethan King and Pinot get ready for the fun run Saturday.



Far Right: Community members and their four-legged friends participate in the 5k fun run at Patrick Henry Village in Heidelberg Saturday.



# Bantam soccer teams face off



Photos by Samantha Smith

The Sparks faced the Hornets in Bantam season's fourth game at Patrick Henry Village in Heidelberg Saturday. Above: Ryan Glazier goes for the kick. Top right: Kai Heineman dribbles the ball around the opposing team's defenses. Right: Tate Gillespie guides the ball toward the goal.



## staying ACTIVE

### Body Building and Figure Invitational

Men and women can compete May 19 at a body building and figure invitational. Exhibition is 11 a.m. and evening show begins 6 p.m. Enter the competition or buy tickets at the Kaiserslautern High School Auditorium, Bldg. 2001, on Vogelweh. DSN 493-2088, civ. 0631-3406-2088.

### Tennis Contractor Sought

Heidelberg Sports and Fitness Branch is seeking a tennis contractor for seasonal operation of the outdoor tennis center at Patrick Henry Village in Heidelberg until October 2014. Individual must be able to provide private and group tennis lessons for youth and adults and perform court maintenance at the PHV tennis center. Requirements: Minimum of 10 years experience as a tennis instructor for youth and adults; expertise in clay court maintenance and care; ability to pay yearly fee to the NAFI for use of the courts; ability to communicate instructions in English; ability to plan and schedule programs and tournaments. Interested individuals may send their contact information to [maria.t.assaf.naf@mail.mil](mailto:maria.t.assaf.naf@mail.mil) by May 21.

### Inline Skating at Hockenheim Ring

With its smooth asphalt and wide, graded track, Hockenheim racetrack can also serve as an ideal place for inline skating. The track is open to skate, scooter and bike enthusiasts May 29 and most Tuesdays from 6-11 p.m. through September. Cost is €4 for adults and €2 for children. More information is available at Civ. 06205-104-820 or email [frank.welter@fww-promotion.de](mailto:frank.welter@fww-promotion.de).

### Summer Basketball Camp in Heidelberg

A Wilson Swiss Allstar Basketball Camp for boys and girls ages 8-19 will take place in Heidelberg Aug. 12-18 featuring special guests NBA player DeMarcus Cousins with the Sacramento Kings, Mike Weinar from the Dallas Mavericks, top-level European coaches and (former) pro players. Jordan McCabe, a 13-year-old ball wizard, will be the special guest camper. Sign up through camp website at [www.germanbasketballcamp.com](http://www.germanbasketballcamp.com). For information, e-mail [info@germanbasketballcamp.com](mailto:info@germanbasketballcamp.com) or see [http://espn.go.com/blog/truehoop/post/\\_/id/6528/a-basketball-camp-in-switzerland](http://espn.go.com/blog/truehoop/post/_/id/6528/a-basketball-camp-in-switzerland). Civ. 0767-572-141.

### Paintball Play Days

ID card holders ages 16 and up and non-ID card holders 18 and up can play paintball rain or shine at the Rod and Gun Club in Otfersheim, an der Bundestraße 291. Units and groups: noon-4:30 p.m. Wednesdays and Fridays; open play 10 a.m.-4:30 p.m. Saturdays and 10 a.m.-1:30 p.m. Sundays. Field fees include marker, mask and goggles. DSN 06202-51193, civ. 06202-605644, [www.mwrgermany.com](http://www.mwrgermany.com).

### Brazilian Jiu-Jitsu

ID card holders 18 and older can learn Brazilian Jiu-Jitsu while staying fit with this time-honored self-defense technique 5-7 p.m. Wednesdays and Fridays at the Arts and Cultural Center on Patrick Henry Village in Heidelberg. The course emphasizes physical fitness, mental and spiritual focus, self-discipline and personal enhancement through camaraderie and respect. No experience necessary. DSN 388-9418, civ. 06221-338-9418, [www.mwrgermany.com](http://www.mwrgermany.com).

### Family Fitness

Parents and kids can get a full-body workout in 60 minutes during Family Fitness, which incorporates body bars, obstacle courses and more, 9:30-10:30 a.m. Tuesdays and Thursdays at Miesau Physical Fitness Center, Bldg. 1220, on Miesau Army Depot near Kaiserslautern. DSN 481-3797, civ. 06372-842-3797, [www.mwrgermany.com](http://www.mwrgermany.com).

### Send the Herald Post your photos

If you have photos from sporting events, e-mail them along with the details of the event and names of those pictured to [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil) or [usarmy.badenwur.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwur.usag.mbx.post-newspaper@mail.mil).