



Work in progress

Renovation projects continue throughout the 104th ASG

By David Ruderman
104th Area Support Group Public Affairs Office

A major cycle of barracks renovation drew to a close across the 104th Area Support Group as a number of major construction projects got under way, said 104th ASG Directorate of Public Works officials.

"We did a lot of painting starting at the beginning of the year," said Dan Brueggenjohann, director of public works for the 104th ASG. "We've done an enormous number of barracks, primarily interiors, and in some of the communities, interiors and exteriors. Those are for the most part complete."

Costs for the projects totaled \$4.2 million in the 221st Base Support Battalion, \$2.6 million in the 222nd BSB, \$1.2 million in the 284th BSB and \$9.1 million in the 414th BSB.

"There has been a real initiative from Col. Latham [Col. George A.

Latham II, 104th ASG commander] to make the barracks more attractive. We've really touched as many barracks as we could," said Brueggenjohann.

The upgrades have not been limited to single-Soldier barracks.

In Baumholder, projects in Wetzel Housing have included renovation and replacement of balconies, roofs, gutters and the like on six buildings. Other projects in this area included road improvement and upgrading the entrances to housing units.

In the 221st BSB funds were spent on grounds maintenance, playgrounds and exterior repairs to housing unit balconies. Residents of Kastel Housing will benefit from interior stairwell and mailbox upgrade projects at a cost of \$120,000.

"We're also finishing up the painting projects in Crestview, Aukamm and Hainerberg — housing units not recently renovated or

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Photo by Karl Weisel

Baseball pros share their know-how

Darryl Motley, hitting coach with the Kansas City T-Bones, gives Butzbach youngsters batting tips as Bobby Bell of the Joliet JackHammers looks on June 12. A team of baseball professionals from the Northern League of Professional Baseball toured U.S. bases in Germany June 10-14 providing U.S. military youths with clinics, baseball gear and a chance to talk to the experts. See pages 10 and 28 for coverage of their visit. As part of the 2004 Morale Welfare and Recreation Summer Shout Out program community members can expect a host of other celebrity visits including Superman, NFL and fitness superstars and more. Superman visits Baumholder June 26, Wiesbaden June 28, Hanau June 29 and Butzbach June 30.

Social worker team helps families cope with extension

Team deploys to ASG to support Soldiers and family members

By David Ruderman
104th Area Support Group Public Affairs Office

A group of 20 stateside psychologists and licensed social workers flew into the 104th Area Support Group in mid-May to render assistance to families and Soldiers in the wake of the 1st Armored Division's extension in Iraq.

The group, assembled by Health Net and overseen by 104th ASG Army Community Service, left the United States May 15 and began seeing clients May 17. The specialists were assigned through ACS to work with Soldiers and family members in each of the 104th ASG's four base support battalions for four weeks.

"These are highly trained and experienced psychologists and social workers, hand-picked by our medical director because of their range of skills. Every team has a highly trained critical incident stress debriefer, a substance abuse counselor, a children's counselor. The need is great," said Dr. Janis DiMonaco of Health Net, who acted as liaison with 104th ASG ACS.



Photo by David Ruderman

Marital and child counselor Cheddi Rathan (left) and trauma specialist Ronnie Weiner discuss issues at Hanau ACS.

Counselors worked with active duty Soldiers, both those returned from Iraq and those preparing to deploy there, family members, unit rear detachment commanders, ACS and medical agency staffs, and students. Whoever they worked

with, the issues counselors faced were similar.

"It's different, but it's the same," said Dr. Gregg M. Baringoldz, a former Navy psychologist who practices in Southern California. "Everybody's dealing with the same set of stressors: not knowing when they're going down or when they're coming back."

"Primarily we're dealing with all the psychological issues surrounding depression ... anger, grief, loss, isolation, worry about children and Soldiers in harm's way, seeing other spouses with Soldiers who are injured or killed in action," said DiMonaco. "You're dealing with lack of trust among children, not trusting that their parents are really coming home."

"What we're trying to focus on is coping skills, to help them deal with issues of grief and loss, and feelings of abandonment. Talking about how you feel is probably the healthiest thing you can do. It's OK to seek help, it's OK to talk. That's been this whole first round, spending a lot of time to educate the families that it's OK to talk to someone," she said.

"This is one of the best things to ever happen over here, having these four counselors come in," said Sheryl Rogers, director of ACS Friedberg. Baringoldz, two other psychol-

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Inside



Zoology in Butzbach
Pupils get a hands-on lesson at Butzbach Elementary. See page 16.



Self-defense
Martial arts class helps people feel more secure in the event of an attack. See page 27.

Army gets new uniform

By Sgt. 1st Class Marcia Triggs
Army News Service

The Army will be fielding a new combat uniform designed by non-commissioned officers and tested by Stryker Brigade Soldiers in Iraq since October.

Senior leaders introduced the Army Combat Uniform during a Pen-

tagon cake-cutting ceremony June 14, the Army's 229th birthday. Soldiers were on display, suited-up in the wrinkle-free uniform with a digitized camouflage pattern.

Three different versions of the ACU have been developed, and more than 10,000 uniforms have been produced and dragged

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Commentary



Ben Praski (from left), Dave Ruffcorn and Justin Alliss, professional World War II re-enactors, render a salute on the beaches of Normandy to fallen World War II service members.

D-Day reflections



Photos by Pfc. Michael J. Taylor
69th Air Defense Artillery Brigade Public Affairs Office

Veterans, world leaders and citizens of the world gathered in Normandy June 6 to observe the 60th anniversary of D-Day. Here is a photographic look back at some of the men and women who came together to remember those who gave and risked their lives to secure freedom during World War II.



Actor Tom Hanks speaks to veterans and their families June 6 at the Normandy American Cemetery. Photo left: retired Col. Les Brownlee, acting Secretary of the Army, looks over pictures and documents of D-Day veteran Isaac D. Grossman.

Choir concert uplifts spirits in Wiesbaden

Editor's note: The Land of Lakes Choirboys, a chorus from Minnesota, performed a free concert at Wiesbaden's Hainerberg Chapel June 10.

Commentary by Karen Edge
221st Base Support Battalion
Public Affairs Office

Watching The Land of Lakes Choirboys perform at Hainerberg Chapel took me back to a Christmas morning many years ago. Listening to the boys sing filled me with the same anticipation as unwrapping presents under the tree. Each note they sang was an awesome surprise.

"The boys fill the music with the sound and magic of the composer so each note has so much passion and meaning; they release the pain and suffering the composer felt when he wrote it; they release the energy that drove the composer to write each note," said Francis D. Stockwell, artistic director of the Land of Lakes Choirboys since 1997 who has worked with the Vienna Boys Choir and previously directed music at Southwell Boys Preparatory School in New Zealand.

Many choir members, ranging in age from 10-14, have performed with the ensemble for several years, starting as early as 4 years old. The children throw themselves fully into the music, practicing as many as five hours a day in preparation for this tour.

Stockwell said he receives inspiration while watching a piece grow and exploring the music until it's developed into a finely crafted masterpiece.

"My life flows on in endless song; Above earth's lamentation I hear the sweet though far-off hymn," the boys' angelic voices rang clearly with these words from "How

Can I Keep From Singing," written by Robert Lowry in 1860. The piece reflects the young musician's spirits; they are always singing, even on their bus after hours of performing.

Soloist Kip Christenson, age 13, who has been with the choir for five years, put his heart into singing "Panis Angelicus," also known as "Bread of Angels," written by composer Caesar Franck.

"I enjoy the appreciation our audiences give us with standing ovations and applause. It shows me I did something well and that I will be welcome to come back to Germany again." Christenson said he loves meeting new people and learning their customs and traditions from the various countries he visits while on the Land of Lakes Choirboys European tour.

This is the 10th European tour for the choir, and the performance at the Hainerberg Chapel was the only stop at a U.S. military community during their three-week tour of Germany. Before coming here they performed in Sarrenguemines, Saarbrücken-Klarental, and after stopping off at the chapel they were off to Giessen, Leipzig, Dresden, Linz, Eichenau, Schlitz, Frankfurt, Fulda and Grosslittgen.

Christian Lysholm, also age 13, said it was a very overwhelming feeling to know how much their music is appreciated by their German and French audiences. Although he admitted to being a little homesick, he said it was well worth it, and he knew he had made friends here for a lifetime.

The German and American audience members in Wiesbaden certainly agreed with that sentiment, applauding gratefully after the performance.

Did you know?

You can express your opinion about services and support in the communities of the 104th Area Support Group online. Point your browser to the 104th ASG's home page at www.104thasg.hanau.

army.mil and click on "Customer feedback" to visit the Interactive Customer Evaluation website which provides links to each of the four base support battalions and 104th ASG service agencies.

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News flash

Teacher of the Year

Congratulations to Wiesbaden Middle School's Karen Corey, the Heidelberg District Teacher of the Year. Corey, a 13-year veteran of the teaching profession, said, for her, teaching is not work, it's a passion. "I pity the individual who drags himself into work everyday. I am extremely lucky to love my livelihood." Before teaching for the Department of Defense Dependents Schools in Wiesbaden, Corey taught at the Domestic Dependent Elementary Secondary Schools in Fort Rucker, Ala. As the spouse of a service member, Corey has dealt first-hand with the stress of deployments. (Courtesy of Dr. Terry Emerson, DoDDS Heidelberg District chief of staff)

Substance abuse training

Members of the 104th Area Support Group Army Substance Abuse Program will conduct training about ASAP's Testing Designated Position program for individuals in those positions on the following dates: **221st Base Support Battalion** — from 1:30-3:30 p.m. June 30, July 28, Aug. 11, Sept. 15, Oct. 27, Nov. 17, Dec. 22 (call Ms. Okuda at mil 337-6958); **222nd BSB** — from 1-3 p.m. June 30, July 28, Aug. 25, Sept. 29, Oct. 27, Nov. 23, Dec. 29 (call Mr. Pryor at mil 485-6230); **284th BSB** — from 1-3 p.m. June 30, July 6, Aug. 3, Sept. 7, Oct. 5, Nov. 2, Dec. 7 (call Ms. Hicks at mil 324-3139); **414th BSB** — from 1:30-3 p.m. June 30, from 9-11 a.m. July 15, Aug. 12, Sept. 23, Oct. 15, Nov. 10 and Dec. 8 (call Mr. Block at mil 322-8911).

Iraq casualty

Pfc. Shawn M. Atkins, age 20, of Parker, Colo., and Hanau's 4th Aviation Brigade, died June 14 in Baghdad as a result of a non-combat injury.

Fulda monument

Fulda Lord Mayor Gerhard Möller and the 104th Area Support Group's Lt. Col. Steve Steininger unveiled a monument to the 11th Armored Cavalry Regiment on a wall of the unit's former Downs Kaserne May 26. The memorial tablet pays tribute to the U.S. Soldiers who served on the former Eastern border ensuring freedom for more than 40 years and who drew down 10 years ago with the end of the Cold War. (Courtesy of Osthessen-News 2003)

Kellogg, Brown and Root job fair

Kellogg, Brown and Root will conduct interviews for various positions in the Afghanistan/Uzbekistan region July 20-21 at the Army Career and Alumni Office in Building 1023-E, Room 3 (basement) on Wiesbaden Army Airfield. Orientation briefings will be held those days from 9-10 a.m. in the Tony Bass Fitness Center at the airfield. No resumes will be accepted nor interviews held for individuals who can't attend a briefing. Call your local ACAPO Office or the Wiesbaden ACAPO Office at mil 337-5847 for details.

Vacation Bible School schedules set

Vacation Bible School sessions will take place in Baumholder and Friedberg June 28 to July 2, Giessen July 12-16, Hanau Aug. 2-6 and Wiesbaden Aug. 16-20. For details call the Chaplain's Office in your community.

IMO Conference

The 102nd Signal Battalion will host an Information Management Officers Conference June 23 from 9 a.m. to 1 p.m. at the Wiesbaden Activities Center on Wiesbaden Army Airfield. Registration starts at 8:30 a.m. All signal officers, IMOs and other interested personnel are invited. The conference agenda includes briefings on the Deployable Communication Package, Baseline Servers and Workstations, IAVA Compliance, USAVUMS, Update Expert, Pre-Migration Survey, Domain Specific Implementation Plan and the Operation Level Agreement. Call Winfred Robinson at mil 337-5929 for more information.

Myers thanks 1st AD Soldiers and families

By Sgt. Gregory F. Withrow
1st Armored Division Public Affairs Office

The chairman of the joint chiefs of staff and his wife visited the 1st Armored Division communities of Wiesbaden and Baumholder June 7 bringing words of support and encouragement to Iron Families.

"Thank God for 1st AD," said Air Force Gen. Richard B. Myers, the 15th chairman of the joint chiefs of staff, to the spouses who gathered from Friedberg, Giessen, Hanau and the Wiesbaden communities at 1st Armored Division Headquarters on Wiesbaden Army Airfield.

"The fact we are where we are today is largely because of the work 1st AD has done," explained Myers referring to current operations in Iraq. Myers credited 1st AD Soldiers and their spouses for their sacrifices during the extended deployment in America's time of need.

"1st AD was selected because it was the quickest and the best," said Myers. "Your sacrifices have not gone unnoticed and unappreciated, and that is the reason I am here, to say thanks."

Myers answered questions on various topics ranging from the effect of this deployment on retention to possible base closures in 1st AD communities. Myers assured spouses no decisions have been made and their communities are stable for the foreseeable future.

"I am glad to see continued progress in quality of life projects in places like Baumholder," said Myers, explaining that support for military communities and quality of life is a priority with the Department of Defense.



Photo by Sgt. Gregory F. Withrow
Gen. Richard B. Myers addresses Wiesbaden families.

Myers stated there would be a push on for re-enlistment bonuses for the Army if needed and he quelled rumors of a possible draft.

"I feel fortunate to be counted among your numbers — a military spouse," said Mary Jo Myers, relating some of her personal experiences and thanking Iron Spouses for their contributions during the deployment extension.

The general and his wife noted how history will one day look upon 1st Armored Division's service to country and the world. In light of the recent celebration of the 60th anniversary of the invasion of Normandy, Myers said, "I would hope that someday we can all take trips to Iraq to celebrate freedom of 26 million Iraqis."

Uniform

Continued from page 1

through the sand in Iraq and at Army training centers. Even more are on American production lines to be issued by April 2005 to Soldiers in deploying units. Fielding to the total Army should be complete by December 2007, said officials from the Program Executive Office, known as PEO Soldier.

There were 20 changes made to the uniform, including removing the color black and adapting the digital print from the Marine Corps uniform to meet the needs of the Army, said Sgt. 1st Class Jeff Myhre, the Clothing and Individual Equipment noncommissioned officer in charge.

Black is no longer useful on the uniform because it is not a color commonly found in nature. The drawback to black is that its color immediately catches the eye, he added.

"The color scheme in the ACU capitalizes on the environments that we operate in," Myhre said. "The current colors on the ACU are green-woodland, grey-urban environments and sand brown-desert. The pattern is not a 100-percent solution in every environment, but a good solution across the board."

"This isn't about a cosmetic redesign of the uniform," said Col. John Norwood, the project manager for Clothing and Individual Equipment. "It's a

functionality change of the uniform that will improve the ability of Soldiers to execute their combat mission."

Every change was made for a reason. The bottom pockets on the jacket were removed and placed on the shoulder sleeves so Soldiers can have access to them while wearing body armor. The pockets were also tilted forward so that they are easily accessible. Buttons were replaced with zippers that open from the top and bottom to provide comfort while wearing armor.

Patches and tabs are affixed to the uniform with Velcro to give the wearer more flexibility and to save the Soldier money, Myhre said. Soldiers can take the name-tapes and patches off their uniforms before laundering, which will add to the lifecycle of the patches. Also the cost to get patches sewn on will be eliminated, he added.

The ACU will consist of a jacket, trousers, moisture wicking T-shirt and the brown combat boots. It will replace both versions of the BDU and the desert camouflage uniform. The black beret will be the normal headgear for the ACU, but there is a matching patrol cap to be worn at the commander's discretion.

At \$88 per uniform, about \$30 more than the BDU, Soldiers will eventually reap gains in money and time by not having to take uniforms to the cleaners or shine boots.



Sgt. 1st Class Jeff Myhre, NCOIC for the Program Executive Office, models the new uniform.

News and features

Renovation

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part of a Whole Neighborhood Renovation or Major Maintenance and Repair. We put together an exterior renovation project, and a lot of those buildings are being painted," said Brueggenjohann.

In Crestview, 39 buildings were painted at a cost of \$643,000; in Aukamm, 43 at a cost of \$470,000, he said.

Marshall Housing in Giessen will have exterior painting and insulation projects completed on three buildings and a playground project.

Around the 414th BSB, \$1.2 million has been spent on minor repairs in a number of housing areas.

Senior Enlisted and Bachelor Officer Quarters in Giessen, Hanau and Wiesbaden are being renovated, and one in Bad Nauheim tops the list of projects to be executed once additional funding is made available, he said.

Other projects recently completed or nearing completion were the installation of traffic spikes around the Hanau community and the renovation of the roller rink at the Wolfgang Shopping Center. A battalion headquarters on Pioneer Kaserne is being upgraded at a cost of \$400,000, and one on Fliegerhorst Kaserne at a cost of \$1.2 million.

Three facilities on Friedberg's Ray Barracks had their access



Photo by Dennis Johnson

Clown Michaela Zans welcomes Janea Ayers, age 9, with a balloon during the grand opening of the Hanau Kids Korner June 16.

points and heating systems upgraded at a cost of \$165,000 each.

Late May and early June also saw the beginning of several major construction projects.

A €1.3 million project to repair drainage systems on Wiesbaden Army Airfield that got under way in late May is scheduled to be completed in January. An entry control point project is under way in Mainz-Kastel and another is about to begin at the Wiesbaden shopping center.

Preconstruction preparation was under way for an 85,000-square-

foot physical fitness center and a Child Development Center on Wiesbaden Army Airfield. The €15.8 million project will begin in mid-June and should be done by mid-March. The CDC, to be built at a cost of €5.2 million, will accommodate 300 children.

Another series of major projects has upgraded bowling centers and related entertainment facilities across the 104th ASG. A total of \$3.1 million in Nonappropriated Funds and \$1.3 million in Appropriated Funds have been invested in the facilities, known as Category C

projects, said Morris (Tony) Blevins, chief of the 104th ASG Morale, Welfare and Recreation Project Management Office.

Bowling centers in Dexheim, Friedberg and Hanau were renovated at a cost of \$165,000, \$264,000 and \$627,000 respectively, he said. In Baumholder the Shooters Lounge and Rolling Hills Golf Course irrigation projects were completed at a cost of \$385,000 and \$455,000.

The piece de resistance has been the renovation of the Baumholder bowling center, said Blevins. "You just have to go down there and see it. Bowling is considered to be the number one indoor sport in U.S. Army Europe — they just saw everything falling apart and they said, let's just do the whole USAREUR footprint and get a better package deal," he said.

In addition to the bowling lanes, a \$160,000 restaurant project will be done by the end of the month.

In a separate project, the kitchen at the American Arms Hotel in Wiesbaden has had a complete new serving line with new equipment installed and under gone and a major face-lift, said Blevins. Fire and safety systems have been replaced, including the installation of an automatic fire sprinkler system, at a cost of approximately \$1 million (see related story on page 6).

News flash

Central Issue Facilities closing

The Baumholder, Friedberg, Giessen, Hanau and Wiesbaden Central Issue Facilities will close June 28 to July 1 for inventory. Customer service will be limited to compelling need and/or an emergency issue of equipment on a walk-in basis. For information call John Weeks at mil 323-2743.

Summer Job Safety

In 2001 45,000 teens were injured at work and 175 died as a result of an on-the-job injury. To help reduce teen worker injuries, a group of federal agencies, known collectively as the Federal Network for Young Worker Safety and Health, has joined together to educate teens, their parents, educators and employers on how young people can stay safe on the job. FedNet features a web resource called Teen Summer Jobs: Safety Pays, available at www.osha.gov/teens, offering teen worker safety and health information, in English and Spanish, on topics including safe driving, lifeguarding, farm work, construction and more. The site also has guidance on workplace safety laws that apply to teenagers, tips for ensuring teens have a safe work experience, links to fact sheets and pocket guides and examples of child labor violations and penalties. (104th Area Support Group Safety)

'Pig Roast' in Mannheim

A traditional Military Police "Pig Roast" will be held July 17 at noon at Grant Circle in Mannheim's Benjamin Franklin Village. Military Police staff sergeants, GS-7s, C-6s and above are invited to attend. The event features various foods, a roasted pig, basketball, volleyball, horse-shoes and a tug-o-war. Cost is \$10 for adults. Children age 17 and below will be admitted free. For more information contact Lt. Meghan Giddings at mil 381-8172 or by email at meghan.giddings@manupo.pmo.army.mil.

Water safety video

A videotape, "The Reason People Drown," is available at Base Support Battalion Safety Offices. The video is required viewing by all personnel, according to Stephen J. Weissenberger, 104th Area Support Group safety officer. Call the following Safety Offices for information: Baumholder mil 485-1670, Giessen mil 343-1670, Hanau mil 322-1670 or Wiesbaden mil 337-1670.

Social workers

Continued from page 1

gists and a licensed clinical social worker worked through her office with Friedberg community members and 1st Brigade units and Soldiers.

"This is a first-time thing for us. Once they established they know what they're talking about, that they're former military and understand, things started popping. They got down on a common level. Then they could go from there, and people opened up and shared what they were going through," she said.

Counselors worked with wounded Soldiers returned from Iraq. "I can tell you it's quite a few, and they [the counselors] have been going back to the units. Some want to talk in groups and some want to talk individually. I can tell you they've been very busy," said Rogers.

"There's a lot of survivor guilt," said Baringoldz. "Mostly people here want to get back to their units and help their buddies. They want to do what they trained for. We've seen some post-traumatic stress disorder, as to be expected. To the lay person it

may seem like acting out behaviors, uncontrolled anger and so forth."

Counselors also addressed the needs of support providers who themselves are often suffering from "compassion fatigue."

"I've done a lot of my work here with leaders and care providers, giving them a place to vent. It's a real challenge for them, but they're doing a great job from what I've seen," said Baringoldz.

"Especially in the situation that we have now," said Rogers. "Most of my staff are spouses with deployed husbands. I've noticed a change in attitude. The staff is joking with each other now. Before it was really stressful, people were really wound up. There's a great sense of anticipation that they're really going to come home this time, but there's still some

hesitation in the community. There's also some fear."

ACS officials announced that the program, piloted in the 104th ASG, would be extended through the redeployment of the 1st AD.

"We're going to have a few who

are going to extend and stay to service the areas where we need them," said Michael Andrews, 104th ASG ACS director. "I've asked for 10 more to come in starting June 20 for a month, and that looks like a go. I've also asked for an additional 15 to come in after the block leave period, sometime in August."

As most counselors finished up their tour June 11, ACS officials and counseling program coordinators prepared to field their successors, modifying details based on the first group's experience.

"One of the issues is that because of the speed with which it occurred, not everybody was notified," said Baringoldz.

"We have a transition plan ready for our next group so they can be available to help more quickly," said DiMonaco. The idea is to shorten the orientation time by doing as much of that as possible before the support teams arrive in Germany.

"Our goal is to prepare the next group to be that much further ahead and to have transition be as seamless as possible," she said.

"We're prepared to deal with whatever happens," said Rogers.

Issues counselors are likely to

face include marital discord, re-establishing relationships and parental authority with children, and overcoming estrangement that such an extensive separation creates.

"Some of these babies have never seen their daddies," said Rogers. "These are the normal things we expect, but we also expect that the first period, through the block leave, will be mostly focused on small issues. It's when Soldiers are back in their unit environment that the difficulties will surface. At first they think that whatever problems come up are because they're just back and things will get fine later. But once they're back with their units and problems persist they find it's not 'getting fine later.'"

"I think the unit as a whole, the brigade, is fairly healthy thanks to the leadership," said Baringoldz. "They make it possible for people to seek help. They're doing well, managing the resources available."

"We're looking forward to our families coming back. They've done a really monumental task. We can't begin to tell them how much we appreciate what they do and how much we love them," said Rogers.