



News flash

EUCOM aids victims

A U.S. Air Force C-130 loaded with more than 10 tons of medical supplies arrived in Vladikavkaz, Russia, Sept. 8 as part of a humanitarian response to the recent terrorist acts at the school in Beslan. The delivery of surgical supplies and burn dressing kits, designed to support 500 trauma cases, were released to Russian Ministry of Health officials from United Nations Humanitarian Response Depot stocks in Brindisi, Italy. The drugs and supplies, valued at more than \$74,000, follow more than \$590,000 of medical equipment sent by the Department of Defense to support Russia's effort to deal with the aftermath of the hostage-taking incident which claimed the lives of more than 300 people, many of them children. (EUCOM Release)

Civilian employee briefing

Representatives of the Army Benefits Center-Civilian from Fort Riley, Kan., will brief appropriated fund employees on their benefits including retirement pay, estimates, Post 56 military service, deposit and redeposit funding, online tools and more Sept. 17 at the Inprocessing Training Center in Building 20, Classroom 2 on Pioneer Kaserne. Sessions will be held from 7:30-11:30 a.m. and 12:30-4:30 p.m. Reserve a space for either session by sending an email to HananuCPAC@cpoecur.army.mil.

Baumholder best IMA-E community

The 222nd Base Support Battalion in Baumholder has been named the Installation Management Agency-Europe's first place entry into the Headquarters IMA fiscal year 2005 Army-wide Communities of Excellence competition. The 417th BSB in Kitzingen took second place and the 415th BSB in Kaiserslautern earned third place. "It's an outstanding showing for both Kitzingen and Baumholder — recognized just this May as the Army's overall second and third best communities in the 2004 Army ACOE competition," said Glynis Walker, IMA-E ACOE program manager. ACOE awards are presented annually to installations for exemplary efforts to provide support to Soldiers, civilian employees, retirees and families. (IMA-E Public Affairs)



Photo by Dr. Peggy Hoffman-Schmidt



Photo by Alexandra Williams

DoDD schools welcome students back

Students returned to the classroom Sept. 7. Above left: Kaiserslautern District teachers, including several from Baumholder schools, work on skills during training leading up to the first day of school. "I have changed my plans for what I will be doing in my classroom the first week," said Jeannie Pratt, a sixth-grade teacher at Neubrücke Elementary School, after learning new

teaching strategies. Photo above right: Parents and pupils stand for the national anthem at Giessen Elementary School on the first day of school. Parents and students shared lunch courtesy of the Parent Teacher Student Association after classes and met with teachers. Right: Jim Bruner, a counselor with Hanau High's ASACS, helps ninth-grader Albert Sostre with his class schedule on the first day.

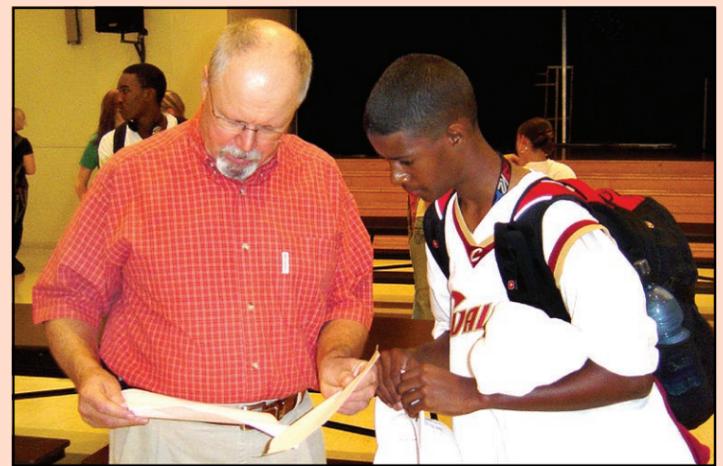


Photo by Karl Wiesel

Halstead takes reins of 3rd COSCOM

First woman West Point graduate to have earned general officer rank



Brig. Gen. Rebecca S. Halstead accepts the 3rd COSCOM colors from Lt. Gen. Ricardo S. Sanchez, V Corps commander.

Story and photo by Staff Sgt. Manuel Torres-Cortes
V Corps Public Affairs Office

One of the first women to be admitted to the U.S. Army Military Academy and the first female West Point graduate to be promoted to general officer rank assumed command of 3rd Corps Support Command in a ceremony at Wiesbaden Army Airfield Sept 2.

Brig. Gen. Rebecca S. Halstead follows outgoing commander, Brig. Gen. Vincent E. Boles. Halstead, whose previous assignment was as deputy commander for U.S. Army Europe's 21st Theater Support Command in Kaiserslautern, pinned on her first star Aug. 31.

Halstead accepted the 3rd

COSCOM colors from V Corps commander, Lt. Gen. Ricardo S. Sanchez.

"The good news about any change of command is the arrival of an equally impressive leader and warrior who is eager to maintain the standard as the organization takes on the challenges that lie ahead," said Sanchez. "She is arriving as a remarkable leader and logistician."

"This is an awesome responsibility, honor and privilege to lead and serve with 3rd COSCOM," said Halstead. "Thank you for a first-class change of command, and for training (and) leading the (COSCOM's) Soldiers and families with character, compassion and discipline."

Boles passed on the 3rd COSCOM leadership a year after becoming its commander on a parade field at Logistic Support Area Anaconda in Balad, Iraq, while the

unit was deployed in support of Operation Iraqi Freedom.

"I charged (Boles) with one task," said Sanchez. "That was never to cause a maneuver commander to look back because of a logistical issue, and you lived up to your motto, 'Sustaining the Line,' and you did it superbly."

Before the ceremony Sanchez awarded the Meritorious Service Medal to Boles for his contributions to the COSCOM. He presented Boles' wife, Cheryl, with a Commander's Award for Public Service for her contributions to the COSCOM, and a Heart of Victory Award for her volunteer and quality of life projects.

Boles moved on to an assignment as commander of the U.S. Army Ordnance Center and Schools and chief of ordnance at Aberdeen Proving Ground, Md.

Commentary

Play a role in the democratic process: Vote

Commentary by
David Ruderman

104th Area Support Group Public Affairs
Office

It's that time of year again when the American democratic process approaches another small milestone. It's election time, and that means it's time for too many excuses and not enough votes.

I've heard a bunch and then some over the years — my vote doesn't count, all politicians are crooked, it doesn't make any difference anyway, my dog ate my brain cells. It reminds me of a joke making the rounds on the singer-songwriter scene in Greenwich Village in the '80s about blues singers from the suburbs: "Well actually, you know, I've never really had the blues ... but I sure have been inconvenienced a lot."

Is that all it comes down to? It's too inconvenient? Consider the story of John Jay — maybe this time you'll get off your duff in time to vote and make a difference.

When I lived in Brooklyn, in many ways the heartland of the great American dream, I used to vote at John Jay High School on Seventh Avenue in Park Slope. Voting machines were set up in the hallways and the auditorium, and sometimes you'd recognize neighbors from your block or familiar faces from around the neighborhood on Election Day.

At the time I'd never heard of John Jay. Maybe you've never heard of him either, but

without his dedication to principles and duty, and his energetic pursuit of both, America might have turned out to be less free than it is today.

Jay was born in New York City in 1745 and proved to be something of a child prodigy. He studied law at the precursor to Columbia University and was admitted to the bar at the age of 23. Within a decade he was a leader of the New York Committee of Correspondence, one of the organizing bodies that brought on the confrontation with the British Crown and the War of Independence. He never told anyone he was too busy to get involved.

In 1774, at age 28, he attended the Continental Congress, but declined to sign the Declaration of Independence two years later because he still held out for a resolution of differences between the colonists and the king. Even then people had the right to an honest difference of opinions. Jay became involved in political developments in New York, where he served as the state's first chief justice. He never packed it in because it didn't make a difference.

He was elected again to the Continental Congress in 1778 while the armed conflict raged and was voted president of that body. He was appointed minister to Spain and in 1782, along with Benjamin Franklin and John Adams, signed the peace treaty between Britain and the United States of America. By the time he returned to America he had already been appointed Secretary of State.



Even then there were politicians who were crooks, but Jay didn't go home to raise chickens because the world is unfair.

In the course of the 1780s he was involved with Alexander Hamilton and James Madison in presenting the case for the adoption of the Constitution. George Washington appointed him to be the first chief justice of the Supreme Court in 1789. Enough already you say, but no, not quite.

In 1794 he was appointed as a special ambassador to Britain with a mandate to resolve disagreements over the western borders of the fledgling republic. I don't know anything about the resulting Jay Treaty, though I understand it wasn't particularly popular on Main Street, but I can tell you that John Jay never whined to anyone that politics didn't matter.

When he returned to America he found

that he had been elected, in his absence, to the office of governor of the state. Even then there were New Yorkers who went out of their way to cast a ballot. He spent the following years promoting the development of the state's roads and canals, the reform of its judicial and penal systems and the abolition of slavery.

Did he accomplish everything he wanted to accomplish? I imagine not, but he didn't pick up his jacks and call it a day because he couldn't get his way. He was dedicated to his country, and I'll bet he never missed casting a ballot come Election Day.

Democracies are imperfect. If you don't know enough history to make a judgment on that one, trust me. Nobody gets exactly what he or she wants and plenty of people get the short end of the stick. But that's the way it is.

Despite its abundant shortcomings the American version of democracy has delivered more for more people over an extended period of time than any system in recorded history. That itself speaks volumes for our way of life. It ought to make you feel justifiably guilty for not living up to the minimum responsibility of exercising the right to vote.

It's still not too late to make your voice heard. Go to www.104thasg.hanau.army.mil and click on the online voting ticker at the top of the page for information about registering to vote and obtaining an absentee ballot. Go ahead and do it. Vote for a change. Maybe they'll name a high school after you.



Did you know?

Free ACAP services

The Army Career and Alumni Program can help you explore career, education and veteran's assistance options when considering transitioning from the military back into the civilian world.

By Congressional mandate, all separating or retiring Soldiers must receive a mandatory pre-separation counseling briefing which explains potential benefits and entitlements. ACAP also helps with job searches, resume writing and more.

Contact your local ACAP Center for more information on your transition, separation benefits and job search. Take advantage of these free services.

Bell sends:

Another Soldier killed in POV crash

By Gen. B.B. Bell

U.S. Army Europe commander

U.S. Army Europe recently lost another young Soldier in a Privately Owned Vehicle crash. He had just completed 16 months of duty in Iraq and was on well-deserved leave in the States.

His hometown newspaper reported that he was driving over 65 miles per hour in a 30 mph zone when he lost control of his car and struck a tree. He was killed and three passengers were injured; one is paralyzed for life.

This Soldier had recently celebrated his 20th birthday. What a sad and senseless tragedy.

The Army has lost 104 Soldiers to POV accidents this year. Eight of



USAREUR's Gen. B.B. Bell

those Soldiers belonged to USAREUR.

We have also seen a 20-percent increase in Army POV accidents

over the last three years. Although we have started to reverse this trend in USAREUR, any loss of life is unacceptable. We cannot afford to lose a single Soldier.

All Soldiers returning from deployment have been given thorough training on the dangers they will face as they reintegrate to life at home and take rest and recuperation leave. I cannot overemphasize how important it is to remain focused on risk management and personal safety during R&R and block leave. This is not the time to let down our guard.

I have directed leaders to become actively involved in ensuring the safety of their Soldiers by conducting "Meeting Under the Oak Tree" counseling sessions, provid-

ing safety tools and information, and using other means to raise safety awareness. Soldiers, however, are ultimately responsible for their own safety.

I ask all Soldiers to make a personal commitment to act responsibly and avoid unsafe behavior, both on and off duty, and to think about how their actions may affect others. Units, coworkers, and families all suffer when a fellow Soldier is injured or killed, even more so if the injury or death was due to carelessness.

"No loss of Life" is our goal. I want every Soldier to read this message and make a personal commitment to POV safety as we continue to execute with excellence, Any Mission, Anywhere.

Herald Union

The Herald Union is an authorized unofficial Army newspaper published under the provisions of AR 360-1 for members of the 104th Area Support Group. Contents of the Herald Union are not necessarily the official views of, nor endorsed by, the U.S. government or the Department of Defense. The editorial content is the responsibility of the 104th Area Support Group Public Affairs Office. No payment will be made for contributions. This is a biweekly publication printed by The Stars and Stripes in Griesheim, Germany. Our office is in Building 1205 on Hanau's Yorkhof Kaserne. Circulation is 14,000 copies. For advertising rates contact Fred Schneider at civ(06155) 601-295, mil 349-8295 or schneiderf@mail.estripes.osd.mil.

Commander 104th Area Support Group

Col. Herman "Tracy" Williams III

104th ASG Command Sergeant Major

CSM Jose A. Fontanez

104th ASG Public Affairs Officer

Raino Scharck

Newspaper staff

Editor.....Karl Weisel
Associate Editor.....David Ruderman
221st BSB Reporter.....Cassandra Kardeke (mil 337-5772)
222nd BSB Reporter.....Ignacio Rubalcava (mil 485-6191)
284th BSB Reporter.....Alexandra Williams (mil 343-6597)
414th BSB Reporter.....Vacant (mil 322-1600)

Address: 104th ASG, Herald Union, Unit 20193 Box 0001, APO AE 09165-0001; or, Herald Union, Yorkhof Kaserne, Bldg. 1205, Chemnitz Str. 2-4, 63452 Hanau.
Telephone: mil 323-3257, civ(06181) 180-3257. Fax: civ(06181) 14029.
Email: hesherald@104asgexch.hanau.army.mil.
Home page: www.104thasg.hanau.army.mil.

Newsflash

Police officers wanted

A recruiting team from the Richmond, Va., Police Department will visit the 284th Base Support Battalion Oct. 12-15 to conduct in-depth briefings about available jobs with the force, to answer questions and to provide help applying for jobs. Interested Soldiers from Giessen, Friedberg, Hanau, Wiesbaden and Baumholder may contact the Giessen Army Career and Alumni Program office to sign up for a briefing. Briefings may be scheduled at the respective installation depending on the number of interested Soldiers. Anyone age 21 and older with an honorable or medical discharge as well retirees may apply. For more information call Claire Sowinski at mil 343-9332.

MP killed in Iraq

1st Lt. Timothy E. Price, age 25, of Midlothian, Va., died Sept. 7 when he came under attack by enemy forces using small arms fire in Iraq. Price was assigned to the Army's 127th Military Police Company, 709th MP Battalion, based in Hanau.

Commissary case lot sale

Commissaries will feature another worldwide case lot sale on or around Sept. 24. Visit www.commissaries.com for a schedule and description of products to be offered. (DeCA-Europe Public Affairs)

Engineer cooks move up

The 130th Engineer Brigade's top cooks advanced to compete at the V Corps-level Cook of the Year boards Sept. 7. Spc. Andrea Migliore of Headquarters and Headquarters Company, 130th Engineer Brigade, took the runnerup award in the enlisted category. Sgt. Sheryl Moore of the 94th Engineer Battalion won first place in the noncommissioned officer category and advanced to compete at the U.S. Army Europe-level competition slated to be held Sept. 16. (130th Engineer Brigade Release)

Life insurance open season

The Office of Personnel Management announces the first open season for the Federal Employees' Group Life Insurance Program in five years to be held through Sept. 30. Eligible employees can make a selection by visiting the Employee Benefits Information System website at <https://www.abc.army.mil> or by calling civ (0800) 101 0282. (ABC-C News)

IMO Conference

The 102nd Signal Battalion will host an Information Management Officers Conference Sept. 22 from 9 a.m. to 3 p.m. at the Community Activities Center on Wiesbaden Army Airfield. All signal officers, IMOs and other interested personnel are invited to attend. Topics include the migration process, lessons learned, migration of Exchange 5.5 servers, decommissioning NT domains, network accreditations, U.S. Army Europe email and the Enterprise Licensing Agreement. Call Winfred Robinson at mil 337-5929 for details.

Baumholder Customs

The Baumholder Customs Office, located in Building 8724, is open Monday through Wednesday from 8:30 a.m. to noon and 1-4:30 p.m.; Friday from 8:30 a.m. to noon and 1-4 p.m. Call Sgt. David Giles at mil 485-7442 for more information.

Land Combat Expo

Land Combat Expo 2004 will be held Sept. 28-30 at Heidelberg's Village Pavilion. The theme will be "USAREUR at War and Transforming." For information point your web browser to www.expo.hqusareur.army.mil.



MP families stay connected

FRG leaders share experiences, advice to enhance support

By Karl Weisel

104th Area Support Group Public Affairs Office

Keeping Soldiers and families connected during times of separation is not always an easy task. While communication opportunities have improved greatly in recent years thanks to email, video tele conferences, enhanced telephone links and speedier mail — one of the primary sources of sharing news between home and downrange is through the Family Readiness Group.

"The FRG is a commander's program," said Robert Patton, family readiness support assistant for the 709th Military Police Battalion, headquartered at Hanau's Fliegerhorst Kaserne. "Getting involved in the FRG is truly beneficial for everyone."

Besides the obvious benefits of staying on top of where one's spouse is currently deployed and what the living conditions are like there, families are guaranteed a wealth of support, the opportunity to share photos, messages from loved ones and advice from others who have experienced similar circumstances, he said.

Patton, a former rear detachment commander for the battalion and 20-year Army veteran, is one of the first civilians to serve in the newly created battalion family readiness support position. "This is a new position the Army started," he said, explaining that leaders realized more support was needed to help commanders and rear detachment commanders maintain communication links between families and to take care of Soldiers and their families. "Now I can take care of the information flow."

"It's a big load if you are a Soldier downrange and say you have a financial problem. It's hard to take care of it from downrange. ... Every day I learn something new, and every day I get a chance to help someone," said Patton.

Currently 50 percent of Patton's time is dedicated to taking care of the members of the 127th Military Police Company who have served in Iraq since April. Although the company hails from Hanau, for its current mission the unit is comprised of 92nd MP and 127th MP Company platoons from Darmstadt, Baumholder and Hanau — which presents a challenge when it comes to keeping Soldiers and families networked.

But Patton also works closely with Soldiers and families of Company A, 1-129th MPs — a National Guard unit from Missouri which deployed to Germany in December 2003 to support the 709th MP Battalion and communities of the 104th and 26th Area Support Groups. The unit will remain in Germany through next spring, he said.

"One of our initiatives is to send the unit's first sergeant and company commander back to the States to talk with families of the unit," said Lt. Col. John Garrity, 709th MP Battalion commander, explaining that because of the battalion's geographical dispersion, leaders are doing everything they can to keep members of the battalion connected.

One initiative was a first ever, battalion-wide FRG leaders' conference held at Fliegerhorst Chapel Sept. 2. FRG leaders spent a day comparing notes, discussing lessons learned from past deployments and hearing speakers describe everything from FRG resources to military protocol, volunteer recruitment to structuring an FRG.

"This is our first one and we're planning on doing it once a quarter," said Patton.

During a feedback session 709th MP Battalion FRG and



Photo by Karl Weisel

Robert Patton, family readiness support assistant for the 709th MP Battalion, talks with FRG leaders during a battalion-wide workshop.

rear detachment leaders from Baumholder, Darmstadt, Giessen and Hanau, joined by senior spouses from the 18th MP Brigade and U.S. Army Europe Provost Marshal Office, had a chance to compare their past experiences and to focus on areas for improvement.

"Make sure you have a good rear detachment team in place," said one FRG leader. "A bad team can really hurt morale."

"It's really important to have competent people left behind during a deployment," observed another leader.

"It's critical that you try to appreciate where the other members of the unit are at," said an attendee, "because in the future your roles can shift."

"It doesn't matter if you've had 15 or if it's your first deployment, this one could be the worst or the best," said another conference participant.

"The commitment from the military to families has grown," said Pam Garrity, wife of the battalion commander, and a conference initiator. Unlike deployments little more than a decade ago, now resources and support are being provided for families.

"This conference gives Soldiers and spouses another venue," she said. "We'll get feedback at the end of the day. Hopefully these spouses will be in a better place when it's done."

The 709th has played a major role in current and past operations such as Operation Joint Endeavor in Kosovo and as part of Operation Iraqi Freedom, and it looks forward to contributing to efforts in Afghanistan, Operation Enduring Freedom, when members of the 92nd MP Company take on that mission next year. "All of the lessons learned from the past — such as support of the 527th MPs and 127th MPs while they were in Iraq — we'll be able to share with the 92nd MPs," said the 709th MP commander. "When the 527th MPs

came home I know we set the standard in welcoming them back to Giessen.

"I never agreed with people who say that Germany is different [than the United States]," said Garrity. "You can still run a great support network despite being spread out, with email, etc."

"For us it's especially important with the optempo [operations tempo] of deployments," he said. "We really want to maintain the FRGs at the highest level. ... It makes warfighting so much easier."

Patton said that he couldn't stress enough how important it is for families to stay involved in their unit FRG. "Everyone should attend the FRG meetings. Participate in the organization."

For more information about FRG support in the 709th MP Battalion, call Patton at mil 322-7350.

Preparing for Iraq deployment

Soldiers of 502nd Engineer Company gear up for second mission

By Dennis Johnson

130th Engineer Brigade Public Affairs Office

As Soldiers of Hanau's 502nd Engineer Company prepare to deploy for a second tour of duty in Iraq, their families are gearing up for another year-long separation. The unit's command, Family Readiness Groups and organizations such as Army Community Service are working to make the deployment less painful for those left behind.

On Sept. 8 Soldiers and family members of the 502nd gathered in Pioneer theater for a series of predeployment briefings presented by ACS, the housing and legal offices, post office, Child and Youth Services and the chaplain. They learned how to contact a patient liaison if they have a problem with a local doctor, what legal issues should be dealt with before deployment, financial management, what items can be sent through the mail and what can't, about available child care services and which organizations can provide help.

"The Family Readiness Group's part doesn't really start until after the deployment. That's when we'll really kick it in and form a bond with the families," said FRG leader Victoria DeBoer. "They got their orders on June 5, so it's been only about 90 days to the deployment. Since then we've all dispersed, basically spending time with our Soldiers and families. Almost every single family in the 502nd was in the last deployment, so we all know how to deal with it. We really don't have any family issues; for the most part it's just about building bonds. There's probably some upset in people's minds, but you have to put a good face on it.

"We need to make a bond among the 502nd families; that's my main goal," said DeBoer. "The Wednesday after the Soldiers leave we'll have our first big FRG meeting in the 502nd company conference room on Grossauheim Kaserne at 6p.m. While they're deployed we'll have social events for the spouses and activities for the kids. We'll plan days when the parents can bring their children to a playground to play and run around while the parents relax and talk; a day off for parents. We'll also meet at each other's houses and have cake and coffee, just taking



Photo by Dennis Johnson

Members of the 502nd Engineer Company's 2nd Platoon spread their gear out on the football field at Hanau's Pioneer Kaserne in preparation for deployment to Iraq.

time to talk with others who are going through the separation. With their Soldiers gone, spouses will really need someone to talk to, and hopefully they'll come out to each FRG event."

"It's the people who say no and don't come out who complain about having nothing to do, about being bored," she said. "Let us know what we can do to have you come out. It only takes one person to make a difference in another person's life, and that person might be you."

Many of the programs offered by the FRG and ACS focus on children, but single spouses have not been forgotten. "We're trying to do things for every spouse, including those without kids," said Andi Stringer, wife of the 502nd Engineer Company commander. "That's a lesson we learned last time, to do more activities not just focused on the kids."

Amy Cuebas, ACS deployment and mobilization readiness manager, organized the day of pre-deployment briefings. "I figured out what was crucial for them to know, what the spouses needed to know as well as the Soldiers," said Cuebas. "We brought representatives of ACS, the post office, legal, housing and even from military intelligence to discuss operational security." The MI representative stressed the importance of "watching your email traffic" and rumor control, she said.

The easy connections to the outside world by phone and email make it ever more important not to discuss the details of where you

are, where you're going and when, she said.

"Couples go through a 'prepare to move' stage before deployment, and sometimes they get a little selfish because they're thinking about themselves and not the other, and that's bad," said Lt. Col. Randall Dolinger, 130th Engineer Brigade chaplain. "Both may have heightened expectations. Each may think, 'since we're separating I expect you to make these the best days of my life.' And the other person expects something too. It's better to think about your spouse and not yourself. Remember, we're servicemen, not self serving."

"I remember when I was deployed," said Dolinger. "I called my wife and told her what it was like in Iraq — 'it's 115 degrees, we're eating MREs, they're shooting mortars at us but they got the dead rat out of the water supply so the diarrhea should let up in a few days.' She replied, 'But I have the kids.' The lesson is to not get in a competition as to who has it worse."

Cuebas stressed that ACS, the FRG, the chaplain and various other service organizations are available for spouses.

"Soldiers are going to have growing pains. You leave and your child is this high, and when you return he's this high," said Cuebas. "Spouses, take care of yourself so your Soldier can take care of himself with no worries about home. Having a Soldier downrange is a proof of love; it's a test, and you'll pass if you use all your resources."

Keep children safe from disease, lice

With school back in session children are once again more at risk of picking up head lice or foot and mouth disease.

Head lice are a widespread problem especially among school-age children. They can just as likely be found on clean as dirty hair.

Lice can be found on pillows, bed linen or a ball cap. Once lice attach themselves to a head, it doesn't take long before they lay eggs and take up residence.

"An adult louse will lay eggs that will hatch within seven to 10 days," said Capt.

Victoria J. Owens, assistant chief of Landstuhl Regional Medical Center's Community Health Nursing. "In another two weeks, those lice have reached adulthood and are ready to lay their own eggs."

Constant scratching and irritation where a rash has developed is a good indication that a person may have head lice.

"Take a close look, especially at the hair toward the nape of the neck," said Owens. "Eggs can be seen, but an adult is barely visible to the naked eye."

To prevent the spread of lice, wash clothes and bed linens in hot water and practice good hygiene. Over-the-counter medications can be used to treat existing lice. After the initial treatments, it is recommended to wait 10 days and treat the area again to kill any remaining eggs.

Likewise with hand, foot and mouth disease, use good hygiene habits to prevent the spread of this viral infection. "Wash your child's hand often, even if the child is still in diapers," said Owens. (Courtesy of LRMCA Public Affairs)

Separation hurts

Chaplain shares insights on coping during deployment

Commentary by Lt. Col.

Randall Dolinger

130th Engineer Brigade chaplain

Separation hurts because we love. The more we love the more it hurts. Unfortunately, one way of dealing with the pain of separation is to love less. Some people may start to devalue their relationship in an effort to make the upcoming separation easier. It's easier to let go of a lump of coal than a diamond. The problem with loving less is that it causes even more pain in the end. Rejection, turmoil for children, the break-up of families, financial loss, emotional devastation, loss of purpose and a great sense of failure all come out of this technique.

A better solution is learning how to deal with the pain of love. The first step is to recognize the temporary nature of the separation. Even though there are days when the separation seems to stretch for eternity, it's not more than a year. A year is a long time, but it has an end. Don't count the days at first. After two months there are still more than 300 days to go and that can be depressing. It might be better to count the weeks. It seems that 52 weeks are a lot easier to handle and they click away at a reasonable pace.

A second step is to realize that there is help. If you have friends who're also going through the same thing, you could help each other. Someone who feels the same pain and has come up with ways to lessen the pain is a good person to talk with. You could share ideas on how to make it through the hard times. Pray for each other. Focusing on helping someone else is always the best way to help yourself.

There are counselors that you can talk with. Chaplains are good people to talk to before severe depression sets in. Prayer for strength is one way to tap into a resource that can get you through. When you are feeling bad, turn it into a prayer for God's help.

Maybe you have family who can help you through this as well. It might be good to go home for a vacation during the deployment.

It may not be the best idea to move in with your family though. When you married you developed your own family. At first it's nice to be a child again in the loving care of family. After a while that gets old, and it's time to be the adult again.

Finally, remember that after the pain is heightened joy. You can come out of it with a deeper and stronger relationship. A developed trust for the other person proves to be true.

It's a great feeling to be back with the one you love. If you make it through, the pain will wash away and become a distant memory.

The joy will last and you will have a treasure to keep into your old age.

Inspector eases moves

By Cassandra Kardeke
221st Base Support Battalion
Public Affairs Office

Moving in, moving out—either way you look at it moving can be a nightmare. However a local housing inspector goes out of her way to ensure the customer is satisfied.

A housing inspector for the past 12 years at Wiesbaden Army Airfield, Rieka Klein gets personally involved by helping newly assigned Soldiers learn all they can about their housing requirements when moving in and out.

“I love working with people and I love my job,” Klein said. And the people, her customers, agree. Housing officials of the 221st Base Support Battalion receive numerous comment cards from Klein’s satisfied customers.

“She made a stressful time easier to deal with and was professional,”

commented one customer who recently outprocessed.

Klein said she puts in the extra effort to ensure her customers are completely knowledgeable about their housing options. Using the check-in and check-out booklet provided by the housing office, Klein goes over the book, page-by-page, with the customer so that he or she knows exactly what must be done. If repairs need to be made before checking out, she assists with the process to get any and all repairs completed before the Soldier turns over the living quarters. She also ensures the quarters are completely ready for the new tenant.

“No one here moves into a dirty house,” she said. “Floors are sanded and sealed, walls are painted, and everything is in working condition.”

But not all customers are happy

with their housing arrangements. Klein recalled one particular customer who was very angry during his check-in for quarters.

“He wanted one of the newer renovated apartments, but one wasn’t available,” Klein said. Throughout the check-in process the customer continuously ranted about not getting a renovated apartment, but rather than lose her temper, Klein said she remained cool. Klein recalled that the customer began laughing as he signed the check-in paperwork.

“He laughed and then told me that he couldn’t be angry because I was too nice and agreed that there was nothing really wrong with the apartment,” she said.

Two years later that same customer requested Klein by name to be his housing inspector as he began outprocessing.

Send holiday greetings to U.S.

By Cassandra Kardeke
221st Base Support Battalion
Public Affairs Office

Don’t miss the opportunity to wish family and loved ones in the United States a happy holiday. The Holiday Greetings team visits Wiesbaden and Dexheim this month.

Soldiers, family members and civilians in the 221st Base Support Battalion can have a holiday message videotaped and aired on television stations back home during the holidays free of charge.

“This is a unique program that is only offered once a year,” said Donna Dean, 221st BSB public affairs officer. “We’re hoping this year to make sure no Soldier is left out by making the team readily available for all,” Dean said.

The first team will set up on the 1st Armored Division parade field at Wiesbaden Army Airfield Sept. 15 from 8:30 a.m. to 5:30 p.m. In the event of inclement weather the team will film inside the pavilion outside the Bowling Center. The second team will set up Sept. 22 outside the dining facility at Anderson Barracks and will be located in the pavilion adjacent to

the dining facility if weather doesn’t cooperate.

“All military, Department of Defense civilians and their families are eligible to tape holiday greetings,” said Dean. It makes no difference what branch of service you represent or where you live; however, all active duty personnel must be in uniform during the taping, she said.

Appointments are not necessary; however, to ensure all units have ample time for their Soldiers and family members, unit commanders are encouraged to contact the Public Affairs Office to block a specific time. Public Affairs can be reached at mil 337-5142 or civ (0611) 705-5142.

Taping a video greeting is fairly simple. A form must be completed before taping the greeting, and, “If you don’t know family member addresses by memory, bring your address book with you,” Dean said. Teams also have sample greetings available for those not sure of what to say.

Plan ahead for the upcoming holiday season and start it off by taping a holiday message for those back home.