



News flash

DoD announces casualties in Iraq

The Department of Defense announced the deaths three soldiers stationed in the 104th Area Support Group serving in support of Operation Iraqi Freedom. **Sgt. Juan M. Serrano** of Headquarters and Headquarters Company, 1-37th Armor, died July 24 in Baghdad, Iraq. Serrano, 31, of Manati, Puerto Rico, was changing a tire on an M-998 vehicle when it fell on him, inflicting a fatal head injury. **Spc. William J. Maher III** of Headquarters and Headquarters Company, 1-36th Infantry, died in Baghdad, Iraq, July 28. Maher, 35, of Yardley, Pa., was traveling in a convoy when he was injured by an improvised explosive device. Maher died of his injuries. **Pvt. Michael J. Deutsch** of 1-1st Cavalry Regiment died in Baghdad, Iraq, July 31. Deutsch, 21, of Dubuque, Iowa, was killed when the vehicle he was riding in was struck by an explosive device. (DoD Release)

Current allowances may not expire

Congress authorized increases to the Family Separation Allowance on a worldwide basis, and to Imminent Danger Pay in April. The legislation is slated to expire Sept. 30, but the Department of Defense announced that it is working to maintain those payments at least at their current levels after that date, citing problems that could arise for those presently serving in Iraq and Afghanistan if the allowances were allowed to expire. (DoD Release)

Gas prices rise marginally

Army and Air Force Exchange Service gasoline prices in Germany rose slightly at the beginning of August. The cost of unleaded gasoline rose to \$1.697 per gallon from \$1.686/gallon. Super-unleaded prices rose to \$1.794/gallon from \$1.779/gallon, and super plus unleaded prices rose to \$1.881/gallon from \$1.867/gallon. (AAFES Release)



Red Cross layette giveaway under way

Families with newborns or expecting a child that have a spouse deployed to Operation Iraqi Freedom or Operation Enduring Freedom can contact their area Red Cross office to apply for a free layette. The layette giveaway, a partnership project of the American Red Cross Armed Forces Emergency Services and Spencer's Infant and Child's Clothing Co., includes a variety of infant apparel. For details and application procedures contact your local Red Cross office. (IMA-E Release)



Photo by Maj. Chris McCurry

Master Sgt. Jamie Worthy (back to camera), 47th FSB training and operation noncommissioned officer, hands bottled water through a hole in the battalion's compound wall to 2nd Lt. David Korty, Company C executive officer, and Lt. Col. Paul Hurley, battalion commander, as Iraqis watch and wait for water.

Breaching walls in Iraq

Soldiers help Iraqi neighbors

By Spc. Chad D. Wilkerson
372nd Mobile Public Affairs Detachment

It was just another day on guard in Iraq for two 47th Forward Support Battalion soldiers when three intruders scaled the wall surrounding their compound on the west side of the Baghdad International Airport July 26.

Pvt. Precious Martinez, a track mechanic, and Sgt. David Link, a tank turret mechanic, both with Company B, observed three Iraqis scaling the wall and entering the compound. Instead of firing at the intruders they assessed the situation and radioed their tactical operations center for assistance.

"They were doing their job and were alert enough to realize people were jumping the wall," said Lt. Col. Paul Hurley, 47th FSB commander, "but they also showed great judgment and did not use lethal force."

As the Quick Reaction Force assembled, 47th FSB's Command Sgt. Maj. Charles Tobin was making his rounds, checking on his soldiers. Spotting the Iraqis, he rushed at them. Two managed to scramble back over the wall, but Tobin detained one. "I was concerned for the safety of the soldiers. I didn't know if these men had weapons," he said.

The detained man was restrained with plastic handcuffs, zip-tied as the soldiers say, searched and questioned by an interpreter. Under questioning he explained that he entered the area searching for construction material to build a shelter for his goats.

"It was a matter of them needing so much and having so little," said

See Breaching walls on page 3

Register now for IACS

By Robert Szostek

U.S. Army Europe Provost Marshal's Office
Public Affairs

The Installation Access Control System is U.S. Army Europe's new automated personnel verification system being fielded to enhance force protection.

"When fully operational IACS will network a central database to all installation access control offices, selected central processing facilities, Military Police stations and

access control points for USAREUR and U.S. Air Force in Germany," said Maj. Kevin Sickinger, IACS project officer for the USAREUR Provost Marshal's Office.

Everyone not already registered with IACS should attend to the matter quickly, said Sickinger. "Soon our special registration stations will start closing and you may have difficulties getting on post because you didn't register." Contact the IACS registration supervisor at your base support battal-

ion PMO to ensure that you have everything you need for registration.

"We will experience a transition period where we will manage installation access control using both old and new policy," Sickinger said, but noted that transition will end in late October. Thereafter the only valid Army installation access documents in Europe will be Department of Defense ID cards and IACS-produced installation passes and temporary installation passes.

Understanding, preventing suicide

By Cassandra Kardeke

221st Base Support Battalion Public Affairs Office

Suicide is a touchy subject that not many people want to talk about, but that's just the issue a group of soldiers and civilians from across the 104th Area Support Group met to discuss during a suicide prevention workshop held in Wiesbaden July 31 and Aug. 1.

"Unfortunately the 104th ASG has the highest suicide rate in U.S. Army Europe, so it is very important that we be proactive and train people who may come in contact with someone considering suicide," said Lori Pineda, health promotion coordinator for the ASG.

Sponsored by the 104th ASG Health Promotion Council, the two-day Applied Suicide Intervention Skills Training was led by Chaplain (Lt. Col.) John Aupke of the 414th Base Support Battalion and Chaplain (Maj.) Stephen Fry of Darmstadt. Family Readiness Group leaders, emergency care givers and others who might expect to come into contact with community mem-

See Understanding, preventing on page 4



Photo by Cassandra Kardeke

Social worker Cynthia Barker conducts a role-playing exercise with Sgt. Jonathan Pace of the 221st BSB during an Applied Suicide Intervention Skills workshop organized by the 104th ASG Health Promotion Council.

Commentary

One-year rotation for soldiers in Iraq

By Gen. B. B. Bell
U.S. Army
Europe
commander



Gen. B.B. Bell

The Army recently announced a rotation plan for Operation Iraqi Freedom that establishes one-year rotational deployments for divisions and selected separate brigades. For U.S. Army Europe, the plan

states that the 1st Infantry Division will replace the 4th Infantry Division while the 1st Cavalry Division will replace our 1st Armored Division.

This announcement was welcome news, allowing many soldiers and families to put a clear mark on the wall while remaining focused on mission. The rotation plan clarifies when soldiers from 1st AD can be expected to return home. This allows families to plan and provides time for unit recovery and reintegration.

In the announcement the Army did not specify the rotation plan for the V Corps Headquarters or numerous other Corps and

USAREUR units that deployed to Operation Iraqi Freedom. These units were not addressed because the plan for their rotation was still being considered. This message is intended to clarify the deployment timelines for soldiers in those units that were not included in the Army's initial rotational plan release.

I want everyone to know that the Army's one-year rotation plan definitely applies to all deployed soldiers, not just those in the announced units. All soldiers deployed in support of OIF fall under a general one-year deployment rotation plan, including those who belong to V Corps Headquar-

ters, its deployed separate brigades and any other USAREUR unit deployed to OIF.

The Army will either accomplish the rotation plan for unannounced units by designating a backfill unit or by implementing an individual soldier rotation policy. Soldiers and families can count on serving no more than a one-year deployment to OIF for the current rotations.

I greatly appreciate the sacrifices that families have made in support of our operations in Iraq. Our soldiers are performing magnificently and they are successfully bringing security and stability to the people of Iraq. As the Army continues to clarify its rotation program, I will keep you informed.

Heat wave requires caution

A heat wave of historic proportions blanketing large portions of Central Europe in the first half of August has prompted concern and monitoring by 104th Area Support Group safety and health professionals. The Centers for Disease Control and Prevention says the best defense for beating heat is prevention.

☞ Drink more nonalcoholic beverages regardless of your activity level. Don't wait until feeling thirsty to drink. If a doctor limits your fluid consumption or if you take water pills, seek advice on how much to drink during the heat wave.

☞ Avoid liquids that contain caffeine, alcohol or large quantities of sugar — they actually cause loss of body fluids. Avoid very cold drinks — they can cause stomach cramps.

☞ Remain indoors or in shade. If possible stay in an air-conditioned environment. Seek out public spaces with air-conditioning such as shopping centers and theaters. A few hours of air-conditioning can be very helpful in dealing with the heat.

☞ Electric fans help under normal conditions, but when temperatures reach the high 90s they will not prevent heat-related illnesses. Take a cool shower or bath, or seek an air-conditioned space to cool down.

If you must be out of doors in the heat, keep these safety practices in mind:

- Never leave anyone — whether a child, an adult or a pet — in a closed, parked vehicle.
- Limit outdoor activities to early morning and evening hours.
- Cut down on exercise. If you must exercise drink cool, nonalcoholic beverages regularly.
- Rest often in shaded areas.
- Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses. Use sunscreen with an SPF effectiveness of 15 or higher.
- Wear lightweight, light colored and loose fitting garments.

Some people are at greater risk than others in the heat. Be sure to check regularly on the well-being of children and

infants, the elderly, the mentally and physically handicapped, and those who are ill, especially those who suffer from heart disease or high blood pressure. If you suspect that you or a loved one is suffering from heat-related disease seek medical help immediately.

Leaders and supervisors should be more than usually aware of the well-being of their soldiers and employees.

- ☞ Know the signs and responses to basic heat-related illnesses.
- ☞ Keep an eye on older and overweight employees as well as those with medical conditions.
- ☞ Consider flexible work schedules that include working in the cooler early morning hours.
- ☞ Consider purchasing fans and other equipment to cool work areas.
- ☞ Ensure sufficient supplies of water.
- ☞ Consider temporary relocation of activities to cooler parts of buildings.
- ☞ Know who to call for emergency response in the case of a heat casualty.



The heat wave has also increased the possibility of fire and other potentially hazardous environmental conditions.

- ☞ Stay aware of restrictions on entry into grasslands, woodlands or other sensitive areas.
- ☞ Do not park vehicles on dry, grassy areas that may ignite.
- ☞ Wait until after sundown to fill vehicles with gasoline. Avoid using gas-powered lawn mowers and similar equipment.
- ☞ Do not smoke in dry forests or fields. Never throw a cigarette butt from your vehicle whether traveling or at rest. Never throw a cigarette from a moving train.
- ☞ The German Ministry of Agriculture has declared that smoking and open fires are prohibited in forests and on moorland until Oct. 31.
- ☞ Barbecue only in authorized locations and be sure coals are completely extinguished before leaving.
- ☞ Keep matches and lighters away from children. (Courtesy of 104th ASG Safety Office)

Second thoughts

My family of one

Commentary by David Ruderman
104th Area Support Group Public Affairs Office

We hear a lot about blended families these days: amalgams of second and third marriages making their ways through the world with parents, siblings and personal networks not based on immediate biological relationships. For me it's the midsummer return trip from Baghdad on a C-141 that provides the perspective on the meaning of the phrase.

After three days in a heat that cannot be explained to those who haven't experienced it, I found myself shivering from cold. We'd spent the night before taking off in an air-conditioned shelter that put the finest hotel chill dispensers of the world to shame. I couldn't keep warm.

Dawn broke, a crescent moon faded above the horizon and we boarded a bus headed for an aircraft on the tarmac. Medical specialists carried about eight soldiers on board on stretchers. That was another kind of chill. Theirs are the stories you don't read about in the newspapers or hear on the radio. I can't tell you their stories either.

I felt the chill return as we gained altitude. Wrapped up in everything I had I roamed the cabin trying to work up some warmth. That's when the crew began to hand out hot dogs. I couldn't believe. Then I wanted one.

With steady persistence the medical staff brought out trays of hot dogs wrapped in slices of white bread, distributing them to the wounded and the ill. It took a while and I watched with a ravenous envy.

Finally an Air Force doctor sat down next to me and offered me one. "We give them out first to the soldiers, I hope you understand. Many of the them haven't had a warm meal in months," she said.

I understood. I nodded. "The flight crew does this at their own expense. That's why we serve them on bread instead of buns. Last time I went to buy hot dogs the cashier asked me why I didn't get the buns. I explained they were too expensive. 'Big family,' she said."

My family too. Blending, mending, keeping itself together. I got it. I warmed up too.

Herald Union

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News and features

News flash

AFCU to open late

Andrews Federal Credit Union branches in Wiesbaden, Rhein-Main, Darmstadt, Hanau and Giessen will not open until 11:30 a.m. on Friday, Aug. 22, because of staff training. (Courtesy of AFCU)

School lunch prices unchanged

The Army and Air Force Exchange Service announced that Department of Defense Education Activity overseas school lunch prices for the 2003-2004 school year will remain at current levels. Lunch prices for elementary school students will be \$1.95, and for middle and high school students, \$2.10. Reduced lunch program prices will be 40 cents for all grades and free to students whose families meet USDA guidelines. Sponsors may purchase coupons for the USDA patterned meals at AAFES PX/BX main store cashiers windows. (AAFES Release)

Firearm registration update announced

Americans stationed in Germany who possess unregistered Privately Owned Firearms have until June 30, 2005 to obtain host nation registration, known as the *Waffenbesitzkarte*. Affected owners within six months of Permanent Change of Station before the cutoff date can arrange to ship their POF stateside through their base support battalion Transportation Office. Such unregistered POFs must remain stored in a unit arms room or at a local Rod and Gun Club until the owner's household goods are picked up for shipment. After the cutoff date unregistered POFs will be considered contraband and disposed of in coordination with German authorities.



Richmond police to test applicants

The Richmond Police Department of Richmond, Va., will administer written and physical tests for the position of police officer Sept. 23-25 at the Army Career and Alumni Program office in Hanau. Applicants need not have Military Police backgrounds, but need a minimum of three years active duty service. Call Katherine Loukopoulos at mil 322-8308 for information.

SATO Travel phone, web contacts

Call the SATO European Reservation Center directly to book travel at mil 236-8418 or toll free civ (0800) 1007 102. The center is open Monday through Friday from 8 a.m. to 8 p.m., and Saturday and Sunday from 11 a.m. to 6 p.m. Central European time. Reservations may also be made online 24 hours a day at www.satotravel.com/usareur. (Courtesy of SATO Travel)

Learning to investigate accidents

By David Ruderman

104th Area Support Group Public Affairs Office

No one's looking for an accident to happen, but when it does it helps to have knowledgeable people on the scene to handle the repercussions. Soldiers and civilians from across Europe converged on Hanau's Fliegerhorst Kaserne Aug. 5-8 to study techniques of Army accident investigation and take their expertise back to their units and communities, just in case it is needed.

"It's the technique of doing accident investigation within the Army for both ground and aviation," said instructor Stephen Akers of Alamo Safety Organization, the firm that developed the course in conjunction with the Army Safety Center at Fort Rucker, Ala. "It's primarily at the board level, handling Class A and Class B on-duty accidents. We're not talking about off-duty situations."

Class A accidents involve death, total disability or damage of over \$1 million; Class B accidents involve disability, hospitalization or property damage of \$200,000 to \$1 million, he said.

"It covers the whole investigative process, from the initial on-site response through investigating to preparation of the accident report. It covers the whole spectrum."

Have a plan ready

"The most important thing I've learned is to have an accident plan ready before anything happens, to be able to coordinate with local authorities and know who you would need on your team. That way everything flows a lot more quickly," said Maureen Pikal, safety manager for the 98th Area Support Group in Würzburg.

Like a number of other participants she found the hosting of the course by the 104th ASG to be a major advantage. "I would have had to go back to the States to get it. This is better," she said.

"I've learned a lot about the process of investigating, and what the duties are of an accident photographer and the medical representatives on the scene," said Maj. Kyle Ferlemann, safety and operations officer of

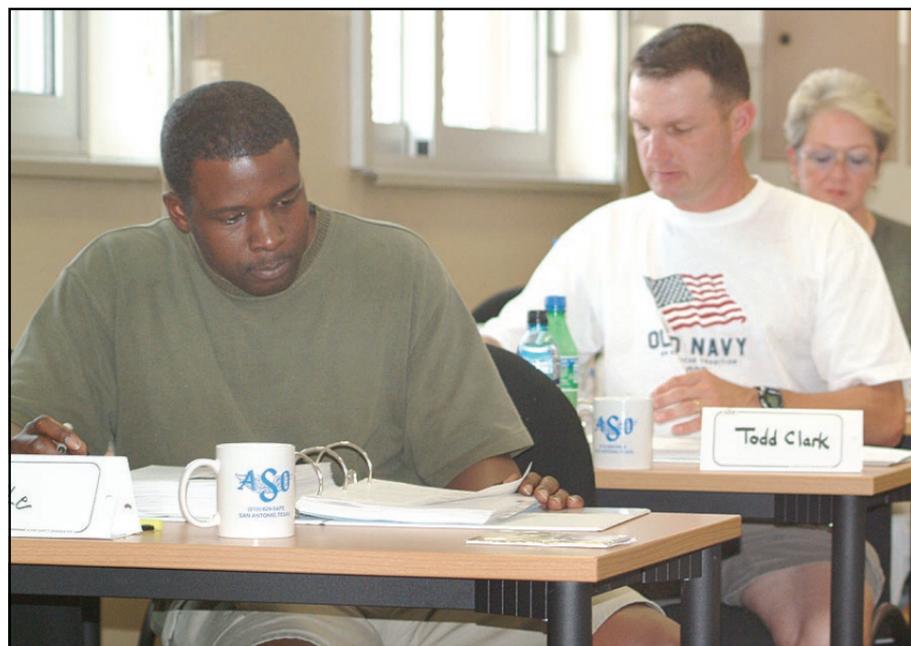


Photo by David Ruderman

Staff Sgt. Michael Luster of Headquarters and Headquarters Company, 104th Area Support Group (left), cracks the books with fellow students during accident investigation training.

Headquarters, 35th Infantry Division, stationed with SFOR 13 in Bosnia. "What's good is that while it doesn't make us subject matter experts, but it lets us speak intelligently on the subject and ask the right questions."

"My NCO thought it would be good training for me," said Spc. Drew Swift of Headquarters and Headquarters Company, 104th Area Support Group. "You never know when it'll come in handy down the road. I had no prior knowledge on safety or how to handle situations. Now I'd be able to have an input, though I hope not to have to."

"In case of an accident we can provide information to our units and our command," said Hartwig Knorr, safety manager for the 222nd Base Support Battalion. "This course is for me all new so I needed to come. This is the one chance to take the course while the units are gone."

"Since we have an airfield it is a useful course for us because we might get called on a board if we have one," said Roland Geib, safety specialist with the 221st BSB. "Plus you learn a lot of things you never thought of before — the

systematics of the investigation."

"I wish more people could attend this type of class," said Gary Helmer, safety manager of the 104th ASG, who arranged the training session. Alamo is very highly regarded in this kind of thing. They do about 70 percent of the training done outside the Safety Center."

While the instruction benefited base operations civilians who are dedicated to safety, it also enabled soldiers who are assigned as unit safety officers to get a better feel for their role. Their knowledge is often based on what they can pick up on their own, and most do not receive formal schooling, said Helmer. "Some of them do, but they don't have the training. They're safety guys by appointment."

In addition to their training as investigators, students took away safety knowledge and attitudes that would carry over into their professional and personal lives, said Akers.

"It's part of our whole program of prevention. I'd rather we don't have an accident than to have to investigate one," said Helmer.

Breaching walls

Continued from page 1

Hurley. "They were willing to risk their lives for sheet metal."

After additional questioning the battalion realized the desperate situation — lack of water, clothing and medical aid — of the Iraqis living outside the wall, and decided to take action. "It was a great opportunity to turn this situation around and make something positive out of it," said Hurley.

The man caught scaling the compound wall was released. Hurley gathered a team to formulate plans to meet some of the basic needs of civilians in the surrounding area. When he led a group of soldiers through to the other side of the wall, the Iraqis, accustomed to years of oppression under the former regime, watched and backed away

as the soldiers approached. "It is OK. They are not like Saddam," called out Hurley's translator.

The 47th FSB soldiers got a firsthand look at the Iraqis bringing water to their community and how bleak their daily plight is. "I watched them and realized they meant no harm," said Martinez. "It is sad because we see children begging every day. I am from a big family and I know what it is like to have nothing."

"There were two women there trying to carry a man to us," said Hurley. "He had stepped on an unexploded ordnance while he was farming, which had broken his leg and blew off a couple of his toes." The man was carried to the battalion aid station, where the 47th's Company C medical staff re-banded

his wounds — the first professional medical attention he had received, said Hurley.

The team said the initial contacts were only the beginning of a lasting, positive relationship with Iraqis in the area. The 47th FSB team plans to mount a clothing drive, provide sheet metal building supplies, arrange a visit from an explosive ordnance disposal team to survey and secure the area, and the installation of a permanent water supply tank.

"Our soldiers are extremely well trained and have performed beyond my expectations," Hurley said. "They are capable of taking life because they are trained warriors, but they are just as capable, through good judgment and 'Iron' discipline, of saving lives and helping people."

News and features

Land Combat Expo coming

By Bob Purtiman
USAREUR Public Affairs

Land Combat Expo, U.S. Army Europe's premier annual professional development opportunity for soldiers, civilians and families, is right around the corner.

The theme for this year's exposition, to be held at Heidelberg's Patrick Henry Village Sept. 9-11, is "Freedom's Expeditionary Force ... An Army Forward ... Any Mission, Anywhere."

"This exposition will give USAREUR soldiers and leaders a look at the future direction of the Army while simultaneously showcasing current services available in communities that meet the needs of those assigned to the command's footprint," said Maj. Tammy McKenna, LCE project officer.

The LCE is organized around professional development seminars, the latest in combat equipment and technology, and historical displays highlighting weapons and uniforms from World War II to the present. The 1st Armored and Infantry Division military museums and the Koblenz Military Museum will mount displays. Veteran photographer Anthony Vacarro, an Army shutterbug stationed in Germany during and immediately after World War II, will present his collection of images chronicling the reconstruction of life in Germany after the war.

"You will see the latest high technology military equipment, hear keynote speakers discuss the Army past, present and future," McKenna said. "You will also gain a better appreciation for what is available in the community to support you and your families."

Keynote speakers will include retired Vietnam War Medal of Honor recipient Sgt. 1st Class Sammy Davis and retired Col. Tony Nadal, known for his role at Landing Zone X-Ray in the La Drang Valley. A seminar organized by CompanyCommand.com will address company-level leadership. Author Kenneth Pollack, a noted expert on Iraq and Iran, will participate.

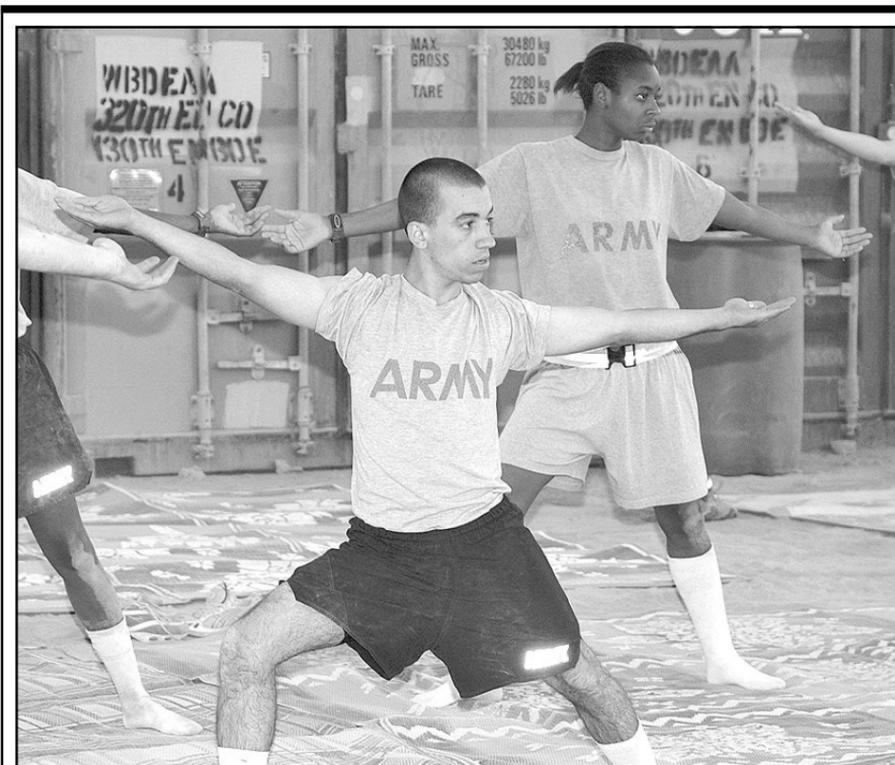


Photo by Jayme Loppnow

Handling stress through yoga

Pfc. Ronald Ramos Santana (front) and Spc. Robin Arbet of 565th Engineer Battalion, deployed as part of Operation Iraqi Freedom, stretch during a weekly Wednesday morning yoga class. Soldiers concentrate on breathing, positions and stretching for a change from the routine. "The soldiers like it. They make fun of it sometimes, but for the most part they like it," said 2nd Lt. Caprice Vargas, who has taught the class since May.

News flash

Type O blood sought

The Armed Services Blood Program needs donors with Type O blood to support ongoing military operations. Type O blood is vital to keeping trauma victims alive until the wounded's blood type can be verified. To donate blood or sponsor a blood drive call Bob Kirzner at mil 486-6497/7107 or civ (06371) 86-6497.86-7107.

Correction

A report on the 4th Brigade, 1st Armored Division, change of command in the Aug. 5 *Herald Union* misidentified the ranks of Col. D.A. Harris, the present commander, and his predecessor, Col. David L. Lawrence. We regret the error.

Anchovies recalled

Military food inspectors have recalled King Oscar anchovies rolled fillets in two-ounce tins with UPC 0348000095. Commissary patrons should return the item for a full refund. (DeCA Release)

New Fliieger numbers

Beginning Aug. 21 incoming civilian phone numbers for Fliegerhorst Kaserne will be (06183) 51 plus the last four, not the last three numbers of the DSN number. (102nd Signal Battalion)

ASG to start civilian drug testing

By Timothy Block

414th Base Support Battalion Employee Assistance Program coordinator

The 104th Area Support Group began to implement the Department of the Army's Civilian Drug Testing Program this month.

The program provides for pre-employment and subsequent random testing of Department of Defense civilian employees working in selected occupational series known as Testing Designated Positions. The positions are being identified jointly by the Civilian Personnel Office and the Army Substance Abuse Program. Affected employees

and their supervisors will be notified and briefed on the program, said Gregory Pryor, 222nd Base Support Battalion prevention coordinator.

Performing sensitive and critical duties under the influence of drugs could adversely affect safety, risk damage to government property, impair day-to-day operations and endanger sensitive intelligence information.

Civilian employee performance must support the mission with a high level of productivity, reliability and judgment at all times, said Cheri Okuda, 221st BSB prevention coordinator.

It is essential employees entrusted with national defense efforts be free of the possibility of coercion or influence by criminal elements, said Richard Stock, 104th ASG alcohol and drug control officer.

More information on civilian drug testing can be found on the web at www.usapa.army.mil or by contacting the local officials listed below.

104th ASG: Richard Stock, mil 322-8353.
221st BSB: Cheri Okuda, mil 337-1710.
222nd BSB: Gregory Pryor, mil 485-1710.
284th BSB: Carrie Hicks, mil 324-1710.
414th BSB: Timothy Block, mil 322-8911.

Understanding, preventing

Continued from page 1

bers considering suicide attended.

The workshop aimed to make care givers, first responders and others comfortable with asking the important questions that arise when talking to or dealing with someone who may be suicidal.

"People are often afraid to ask for help when they are depressed or are contemplating taking their own life. Most people are uncomfortable to ask straight out if there is a problem. This workshop is designed to put participants in real life situations, to notice the signs and be comfortable enough to ask the important question, and then offer help," said Pineda.

One portion of the workshop included role-playing, which suddenly became all too real for Military Police Sgt. Jonathan Pace of Headquarters and Headquarters Detachment, 221st Base Support Battalion in Wiesbaden. Having been through the training, Pace was put to the test during an "on the spot"

role-playing exercise with social worker Cynthia Barker. Barker's role was that of a counselor visiting a soldier soon to retire from the military who had just killed a family while driving under the influence of alcohol.

"I didn't know what the scenario would be and it just hit me hard. I had just responded a few days earlier to a situation in which a soldier was considering suicide, and this soldier was also getting ready to retire," Pace said.

"Role-playing is a critical part of the workshop. It helps the participants deal with real life scenarios they may encounter when talking to someone who is at risk — and effectively intervene," said Pineda.

"I feel that no matter how many years a care provider or therapist has been working in the field, it is always good to meet with other therapists or first responders to get a fresh outlook on how to handle these types of situations," said Melissa Allen, a social worker with the 414th BSB New Parent Support Program.

"People are often afraid to ask for help when they are depressed or are contemplating taking their own life."

Allen, who visits homes on a regular basis, often deals with parents and families who are struggling to handle the challenges of parenthood. She played the role of a mother of young children whose husband had deployed. Her character just couldn't handle being both the mother and the father while dealing with various rumors circulating while her husband was gone.

"It makes you feel really helpless and so scared to say the wrong thing even after you've had two days of training to help deal with a suicidal person," said Ria Martinez, safety manager for the 284th BSB, who played the role of a home visitor.

The scenarios mirror just a few of the situations taking place within military families across the ASG, said Pineda. "It is important that people get the training and know what to look for. Most people who are suicidal really want help, but are just afraid to ask. Therefore it's important when you do see the signs to know how to ask and how to offer help."

Pineda said she is working to offer the workshop four times a year for soldiers and civilians in the 104th ASG. For information about ASIST training call her at mil 322-9509 or civ (06181) 88-9509.

221st BSB – Wiesbaden, Wackernheim, Dexheim

ACS celebrates 38 years of serving Army families

By Cassandra Kardeke
221st Base Support Battalion
Public Affairs Office

Over 200 people celebrated with Army Community Service as they commemorated their 38th year helping Army families around the world.

Adults and children alike enjoyed an afternoon filled with games, food and giveaways suitable for the entire family July 31 at the ACS building in Hainerberg Housing.

“We could not have done this without the help of Outdoor Recreation, the USO, Tony Bass Fitness Center, the Wiesbaden Commissary and AAFES. They really contributed a lot to help make our birthday celebration a success,” said Gwen Kourrari, ACS program director for the 221st Base Support Battalion.

Helping Army soldiers and their families throughout the world, ACS

offers a wide range of programs including relocation services, financial aid and services, parent and family support programs, employment assistance and plenty of volunteer opportunities.

If you’re new to the Wiesbaden area be sure to check out the lending closet where you can borrow household appliances and dishes on a temporary basis until your household goods arrive.

Don’t miss out on the Newcomers Orientation Tour held the last Wednesday of every month. Available to all incoming soldiers, civilians and their family members, the tour includes trips to the local hospital and installations throughout the 221st BSB. Free child care is available. Call ACS at civ (0611) 705-5034 to find out what services are right for you.



Photo by Dr. Brenda Vidal

Community children play games during ACS anniversary celebrations in Wiesbaden July 31.