

HeraldPOST

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

HP THURSDAY
July 2, 2009

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visited Soldiers and families in Mannheim Friday and recently visited wounded warriors at Landstuhl Regional Medical Center. 12

Defense Details

WITHDRAWAL IN IRAQ

President Barack Obama hailed the completed withdrawal of U.S. combat forces from Iraqi cities Tuesday as "an important step forward" and a testament to the commitment of American troops. In accordance with the status of forces agreement between the United States and Iraq, only a contingent of U.S. trainers and advisors will remain as brigades and battalions depart the cities, where Iraqi forces now have primary authority.

HONDURAS

There are no current threats to U.S. service members serving in Honduras following last week's ouster of the Honduran president, U.S. Southern Command officials said. The 600 Americans based at Soto Cano Air Base are staying on the base and not conducting exercises with the Honduran military.

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SMA visits Mannheim

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Sgt. Maj. of the Army Kenneth Preston has a breakfast meeting at the Coleman Barracks dining facility in Mannheim June 25 with senior noncommissioned officers from the 18th Military Police Brigade to hear what issues they felt were pressing for themselves and their Soldiers. Preston spent the day in Mannheim meeting with Soldiers and their families to discuss the issues he felt were most important to the Army right now and to get feedback.

Preston meets with troops, families to get feedback, discuss the Army's future

By **Spc. Adrienne Killingsworth**
18TH MP BRIGADE PUBLIC AFFAIRS

When Sgt. Maj. of the Army Kenneth O. Preston visited the 18th Military Police Brigade June 25 in Mannheim, he wanted to address the big topics in the

Army right now – stress on the force, recruiting and retention and the Year of the NCO. He also wanted to hear what Soldiers and their families felt were their biggest issues.

In order to accomplish this, Preston filled his day in Mannheim meeting

with three separate groups: Soldiers, families of Soldiers and senior noncommissioned officers. In each session, Preston spoke about his three main focuses for the Army and followed with a question-and-answer session.

Preston met with President Barack Obama recently to discuss what he felt were the main issues facing the Army, and Preston used the forums to let Soldiers and their families know the result of that meeting.

see **SMA VISIT** page 12

Community honors fallen 18th Eng. Bde. Soldier

By **Staff Sgt. Patricia Deal**
USAREUR PUBLIC AFFAIRS

Soldiers of the 18th Engineer Brigade and members of the Heidelberg military community gathered at Tompkins Barracks chapel June 23 to remember and honor a fallen comrade.

Capt. Kafele Hashim Sims, 32, died in a non-combat related incident June 16 while serving as the unit's physi-



SIMS

cian assistant in Iraq.

He was assigned to the brigade in May 2008 and joined the Soldiers in Iraq two months later where he provided comprehensive health care to more than 6,000 Soldiers and civilians at various operating bases in theater.

"Not only did he treat everyone with expert care, he had a big heart and manner about him that made everyone like him."

-Col. Matthew Russell, 18th Engineer Brigade Commander

Those who served with him and who were treated by him remembered Sims as a fiercely dedicated Soldier who excelled at everything he did.

"Always the professional, you could count on him in any situation," said Col. Matthew Russell, Task Force Commander, in an e-mail see **SIMS** page 12

COMMENTARY

Safety briefing cliches carry meaning

By Don Kramer
RETIRED ARMY OFFICER

"What a senseless way to die."

It was the unspoken sentiment most of us in the battalion shared during the memorial ceremony in Evergreen Chapel at Fort Lewis, Wash.

Company leaders reworded their memories to the Friday before Memorial Day, questioning what they could have said or done differently to change events.

A Soldier had lost his life at a local lake, celebrating his imminent exit from the Army. Though it happened 28 years ago, I can still feel the sense of loss and helplessness over it.

Company first sergeants throughout 2nd Battalion, 39th Infantry had gathered their platoons the Friday before to give the obligatory safety briefings, the last official requirement before the long weekend.

I can picture restless Soldiers in formation, eyes glazed over, planning their routes to the lake, their trips to the Class VI store and what they had in store the next day for the popular specialist.

He had made it to 22 on his last birthday without tasting alcohol. His friends, however, convinced him that it was his last chance to finally party with his buddies. He was too congenial to turn them down.

His platoon had recently been through a lot together, surviving an Inspector General inspection and acing an Army Training and Evaluation Program at Yakima Training Center. It had been a punishing year, and they felt entitled to blow off steam.

The next day, beer dulling their senses and ruining their reason, the Soldiers ignored their first sergeant's warnings and tested the icy lake water. Going in became a test of manhood. Soon there

was confusion, kamikaze-style charges into the water, splashing and drilling each other with a volleyball from close range. After a while as their lips turned blue, they got out to dry off, warm up and refuel.

It was a great time on a sunny day for a tight-knit platoon, a group of friends. They popped fresh beers and toasted their bravado.

Finally, someone noticed the guest of honor was missing. Another said he had seen him run into the water, but no one had seen him come out. Confusion turned to panic through the platoon. Several Soldiers dashed back into the lake, diving furiously to the murky bottom until they couldn't stand the cold.

"It happened so quickly," they said afterward. One second their friend was there, splashing in the freezing water, and the next he was gone. Disasters often happen like that.

The battalion's leaders met to assess what had gone wrong. The commander was ending his two-year tour without so much as a serious training injury – until this.

He demanded to know how his safety messages had been transmitted to the troops.

In the end, the company commander and his first sergeant had gone by the numbers. They had said the right things, conducted the required safety briefings. They had even warned of the cold lakes and as always, cautioned against drinking to excess. Their Soldiers chose to disregard the messages.

Safety briefings tend to be cliché. "What other words can you use?" the company commander asked, indicating that there had to be a better way to get the safety message out. But it was too late for that specialist, and as battalion adjutant, it fell to me to write the commander's eulogy. I began it with what we all felt.

"What a senseless way to die."

Letters to the Editor

Dear Editor:

I would like to suggest to Army authorities to ensure that all U.S. drivers who are applying for a license that enables them to drive on German roads know the German traffic laws. This is often not the case.

The latest incident happened to me on two consecutive days. The scene of this happening was Altlusheim, Hockenheimer St., corner Wilhelm-Busch-St. Hockenheimer Strasse may seem like a priority road, but like with all streets that do not have a yield or stop sign, the German law calls for "right of way to the vehicle coming from the right," which in this case was me.

At first I thought maybe she thinks that the bigger car has the right of way since she was in a Volvo XC 90 and mine is "only" a V70.

To her I would like to say, get acquainted with the German law before you get into an accident, because sooner or later it is going to happen.

I drove behind her for quite a while and right on the next corner, same situation again, she just drove by the street coming from the right without looking if there is a car coming. That proved to me that she just does not know the law.

It would be beneficial to all driving individuals if more care would be given to other fellow drivers and maybe familiarizing U.S. newcomers to the laws in their guest country.

I am positive the lady was an American, telling from the logo on the back of her car and the license plate.

-Linda Kretschmer, Heidelberg

Dear Editor:

The Mannheim Boys Soccer Team would like to acknowledge and thank the Masonic Lodge - Ararat Consistory 115 for its outstanding support during the 2009 high school soccer season. The Ararat Consistory provided over \$700 to the soccer team for food, drinks and snacks during all away games as well as during the three-day European Soccer Championships held in Kaiserslautern May 22-23.

The soccer team did not have a booster club, thus the lodge paid for all expenses incurred throughout the nine-week season. Additionally, Ararat Consistory 115 paid for the team trophies and sent representation to the awards ceremony.

This act of generosity and the community spirit in which the monies were presented speak highly of the Ararat Consistory 115 and its membership.

-Evyonne Klimk, Mannheim



Join the virtual community today
<http://myBWnow.ning.com>

BLOG ROLL

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

I am a stairwell coordinator on PHV and would like to draw attention to the dumpster areas in the housing ... It is not helpful (not to mention just plain wrong) to place the burden on the neighbors and stairwell residents to have to clean up after you and fix your mess from moving out or in. Please take items you want to get rid of to the recycling center or thrift shop, recyclable items to the recycling center, break down and separate

trash in the dumpster areas, do not leave trash or unwanted items outside or in the stairwell and clean up after yourself (like we tell our children).

-G. Scott Martin, BWnow member

You know one of the many benefits of living in the Heidelberg Military Community is the number of first run movies we get. Soon after they are released, "BAM", the movie's showing here in

Heidelberg ... People are paying good money to watch the movie, not what (or who) is in the aisle making a racket. So when someone's acting the fool, tell them, because by acting up they jeopardize that evening's showing and might find themselves spending the next few weekends "volunteering" around the community, if you get my drift.

-Lt. Col. Robert White, USAG Heidelberg Commander



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Submissions are welcome, including letters to the editor, but we reserve the right to edit for style, space, libel, clarity, security and good taste. To be considered for publication in a particular issue, they must be in our hands by noon the preceding Thursday.

HEIDELBERG
Health center to stop same-day surgery

HMEDDAC Public Affairs

The Heidelberg Health Center will cease operation of its Same-Day Surgery Service Sept. 1.

According to Heidelberg Medical Department Activity Commander Col. Paula K. Underwood, Tuesday's decision to close the Same-Day Surgery Service was made as part of HMEDDAC's ongoing transformation and took into account several factors.

"We took into account not only our smaller supported population, but also the higher priority need for staff to serve in other areas within the Army Medical Command," Underwood said. "After reviewing the data, we decided it's the right time to push forward with this next phase of transformation."

After Sept. 1, patients who require surgery will be referred to a host nation hospital or to the Landstuhl Regional Medical Center. Although the location where the patient receives care may change, the quality of the care should not.

"We've always taken care of our patients' medical needs – whether we treated them at the health center or sent them to one of our world-class host nation doctors – and we'll continue to ensure our patients receive safe, high-quality health care," Underwood said.

Patients in Heidelberg have been referred to host nation hospitals for decades, but most recently saw an increase in referrals in 2008 when HMEDDAC transformation began. Since then, patients requiring obstetric care, emergency care or inpatient surgery services, have been referred to host nation hospitals.

"Our patients are becoming more and more comfortable with receiving health care from our host nation doctors," Underwood said. "And to be honest, they're very happy with their care. Our surveys have shown that the majority of our patients have a successful and pleasant experience."

For patients who are nervous about receiving care on the economy, HMEDDAC offers several resources including the TRICARE Service Center and the Host Nation Patient Liaison program.

"Our service center will help you find the right doctor to fit your medical needs," said Anita Puterbaugh, HMEDDAC Clinical Operations Division chief. "And if you're admitted to a hospital for care, our patient liaisons will be with you each step of the way so you feel more comfortable asking questions and receiving care in a host nation hospital."

For more information on the Same-Day Surgery Service or about resources available for patients, contact the HMEDDAC Public Affairs Office at DSN 371-2426, civ. 06221-17-2426.

Fire prevention



Sieg Heppner

Sgt. Sean Steans, 28th Transportation Battalion, demonstrates how to extinguish an electrical fire during fire prevention training on Sullivan Barracks June 25. Mannheim Fire Inspector Thomas Rothmann talked to Soldiers about fire safety and demonstrated how a grease fire can get out of control and how to focus the nozzle of a fire extinguisher for maximum effectiveness.

Rock band a smash hit with wounded warriors

By Petty Officer 3 Robert Mendoza
 LRMC PUBLIC AFFAIRS

Known for their international top hit single "Lips of an Angel" and record-selling album "Take It to the Limit," the five contemporary artists who together are known as "Hinder" visited wounded warriors at Landstuhl Regional Medical Center June 5. Also joining Hinder were members from their opening band "Ember."

Escorted by Navy Commander (Dr.) Fred Lindsay, the popular entertainers encountered numerous fans in the halls and wards of the hospital during their visit. Two of those band enthusiasts assigned to the Army's 10th Mountain Division, Sgt. Emily Bentley and Pfc. Dean Baker, said they were impressed with the humble demeanor of the trendy special visitors after the opportunity to greet them at the nearby USO Warrior Center.

Bentley said Hinder "epitomizes the rock star image" with their pinup style and presentation, yet observed how "well-grounded and normal" they seemed after meeting them. She was excited about attending a live performance later that evening at Ramstein Air Base. Equally appreciative of Hinder's presence was Baker, himself once an aspiring musician in the same hard rock/metal genre, who



Petty Officer 3rd Class Robert Mendoza

Members of the rock band "Hinder" meet June 5 with wounded warriors at the USO Warrior Center at Landstuhl Regional Medical Center.

said "being in the presence of these celebrities is very cool."

Handing out signed commemorative compact discs, posing for individual pictures and engaging in frequent conversations, Hinder also enjoyed the cooking hospitality of the USO staff while surrounded by appreciative uniformed fans.

Drummer Cody Hanson expressed his gratitude for spending time with service members who "give so much" and witnessing firsthand "how the spirit of these guys is not broken,

"which he movingly referred to as "truly admirable."

Fellow band member and lead vocalist, Austin Winkler, echoed Hanson's sentiments, describing his cordial interaction with the patients as "amazing." He admitted initially being "nervous" over the prospect of meeting some of America's wounded warriors; however, he seemed overtaken by the sense of having the "honor to meet these patients who just recently were out there fighting for our freedom."

Your pets are your responsibility

Pet abandonment becomes an issue during high PCS season

By **Juan R. Meléndez Jr.**
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It's PCS season again. Military families are on the move, packing up most of their prized possessions and getting rid of some things.

Unfortunately, some of those "things" are pets, and some owners choose to just abandon them. When found, they are taken to the nearest animal shelter, whose operators do their best to care for them, locate their owners, and to find new homes for them.

Ann Oelenheinz, manager of the Heidelberg Tierheim (animal shelter) said the facility normally sees 10-15 new animals a week. During military PCS season, the number doubles to 20-30.

How can they tell if they were American owned? It's not always possible, but there are tip-offs: cats that are declawed or dogs whose ears and tails are cropped. Both practices are illegal in Germany but are common in the U.S.

Some dogs have implanted chips. "European chip readers can't read the American chips, but the (Army) Vet Clinic helps us out with that," Christine Kohls said.

Kohls, who goes by Tine, is a German-born U.S. military family member who lives in Heidelberg's Patrick Henry Village. She serves as an informal liaison for the Tierheim and the military community.

It started in February, when she was looking at the pets listed on the animal shelter's Web site and suddenly recognized a Doberman.

"I knew that dog from the Dog Park," Kohls said. The

Dog Park is a fenced-in play and exercise area on PHV for dogs and owners.

She called the Tierheim, and they were eventually able to identify the dog as Rudi, and, yes, his owners were military.

And then there are cases like Ben, an older retriever mix whose collar had vaccination tags from the U.S., and he had even been registered with the Veterinary Clinic on PHV.

Incidents like that have motivated Kohls, who has two dogs of her own, to pitch in and do what she can to help alleviate the problem. She's given a class to Daisy Scouts on how to select a pet, and she tries to help Americans find homes for pets, ideally with other families.

When the Tierheim receives an animal they suspect may have been in American hands, they contact Kohls. She works with the Veterinary Clinic and her informal network of community contacts to try to identify it.

Tanya Olsen of the Veterinary Clinic said that if they can identify a pet as one registered with them, they try to contact the owner of record. If that is unsuccessful, they call the military police.

"It's not just Americans," Oelenheinz is careful to point out. "We also have problems with German pet owners."

Oelenheinz also highlighted the support the Tierheim has received from the American community. She called a recent €2,000 donation from the Heidelberg Community Spouses Club "awesome," and a "very nice gesture."

"Things like that build a bridge," she said.

Oelenheinz said the prob-



Heidelberg Tierheim manager Ann Oelenheinz talks to Ben, an older retriever mix who used to belong to an American. Tierheim employee Lee Schwartz holds Ben's leash.

lem is primarily a "matter of education." Pet owners simply have no concept of what kind of responsibility they are taking on or how to meet their pets' needs.

Kohls echoed that assessment. "We know a couple that has gone through five dogs in two years," she said. She said they had problems with the dogs — all large breeds — adapting to living in their relatively compact military quarters.

"It wasn't until they got their second Husky that they bought a Husky book and found out that they need to run about 10 miles a day," Kohls said.

Time to go back to the States? She recalled getting a call from someone who wanted to give a dog up for adoption, and, by the way, they were leaving in three days.

"You need to plan for it well

ahead of time," Kohls said.

You also need to realistically calculate costs. Kohls and her husband got an estimate on taking their dogs back to the U.S. It will set them back \$450-\$1,000. They have what they call their "dog account," money they set aside to deal with expenses like this.

If you're not taking the pet with you, you will need time to find it a new home. Kohls pointed out that Stars and Stripes offers free ads for pet adoption, and that small ads in the Herald Post are also free.

Oelenheinz said she plans to add an English-language page to the Tierheim Web site to serve as a "forum" for American pet owners, so those giving up a pet can find someone else in the military community to adopt it.

Abandonment should nev-

er be an option, she said. It's against German law and is very cruel to the animal.

"An abandoned pet is traumatized," Oelenheinz said. "It had a home, a family, and now they're suddenly gone."

Abandoned pets are often withdrawn, nervous and refuse food for days. She said small puppies adjust more easily to life in the Tierheim. "They just play, but older dogs know there's something better."

When dealing with an abandoned pet, another problem is the lack of background information.

"We need to know as much about a pet as possible," said Oelenheinz, both for its care and for future placement. "It's so important to know how it was raised, was it around children and other pets, all those things."

Adopting and Caring for Pets

Heidelberg Tierheim

The Heidelberg Tierheim is at Speyerer Schnauz 3, not far from Patton Barracks. It generally houses 30-35 dogs and can take a maximum of 90-100 cats. Other residents include rabbits, martens, birds (from songbirds to geese), a baby hedgehog and two miniature Shetland ponies, or as Tierheim manager Ann Oelenheinz calls them, "our biological lawn mowers." Weekday afternoons and Saturday mornings are set aside for "Gassi-Zeit," or walking time. Visitors are invited to come by and take the dogs for walks. The shelter is open to visitors Monday through

Friday, 2-5 p.m. and Saturdays, 11 a.m.-1 p.m. Dog-walking hours are Monday-Friday, 2-4:30 p.m. and Saturday, 9:30-11 a.m. Contact: civ. 06221-24502, tierheim-hd@t-online.de. Visit www.tierheim-hd.de and click on "Tiervermittlung" to see pets.

Adoption

Thinking of adopting a pet? Your best bet may be to try and obtain one from a fellow military community member. The clinic has a bulletin board in the lobby where owners can list pets for adoption or indicate their desires for a pet.

Oelenheinz is up-front that the Tierheim is very

reluctant to place one of their animals with an American military community member, given the experiences they have had with abandoned pets.

She said they will make exceptions. Typically, these would be for persons who have brought a pet from the States and kept it for a long time.

And whether you're American or German, there's no instant gratification. Oelenheinz said that the adoption process normally takes 4-5 weeks. The prospective owner and the pet get to know each other, go for walks, and see if they're a good fit. Tierheim workers will inspect the prospective owner's living quarters

and family living arrangements.

The Heidelberg Tierheim holds its Summerfest July 18 and 19. There will be music, barbecue, a dog show, and lots and lots of animals.

Pet Ownership Responsibilities in Government Quarters: www.heidelberg.army.mil/sites/area_policies/34C_Pet_Ownership.pdf.

Veterinary Services

Building 4510, Patrick Henry Village
DSN 388-9470/9469, civ. 06221-338-9470/9469.
Open Monday through Friday, 8 a.m.-noon and 1-4 p.m.

Task Force Freedom uncases colors in Afghanistan

By Spc. Ida Tate
7TH THEATER TACTICAL SIGNAL BRIGADE

BAGRAM AIR FIELD, Afghanistan – Marking the official beginning of its 12-month deployment in support of Operation Enduring Freedom, Headquarters and Headquarters Company, 7th Theater Tactical Signal Brigade, based in Mannheim, conducted its uncasing ceremony on Bagram Air Field June 18.

“The uncasing of these colors represents the official presence of Task Force Freedom and the existence of a remarkable enabling capability that will be applied here in Afghanistan in direct support of national objectives and international concerns,” said Col. Randall W. Bland, commander, 7th TTSB.

Task Force Freedom is made up of 7th TTSB, the 25th Signal Battalion, based out of Qatar, and the 57th Expeditionary Signal Battalion serving in Kandahar, Afghanistan, and based at Fort Hood, Texas.

In addition to providing command and control of two signal battalions, the 7th TTSB will be responsible for establishing a Joint Network Control Center that provides the network management of all communications on behalf of the commander of U.S. Forces Afghanistan.

“In the coming year, Task Force Freedom will set the standard for signal support in every environment from the largest enduring base to the smallest, most austere outpost,” Bland said.

Among the many achievements the HHC, 7th TTSB is proud to have successfully deployed approximately 100 Soldiers with less than 60 days notification, and it is already busy setting the conditions for generations of brigade level headquarters that follow. The 7th TTSB is the first signal brigade to deploy to Afghanistan, Bland said.

“The accomplishment of this very important mission does not come without cost,” Bland said. “The families of our brigade are proud of their Soldiers, and they will miss them. I realize that in many cases the jobs of our families may be more difficult than ours. Despite your feelings, let me remind you and you please remind them, you are not alone. The 7th Signal Brigade team is strong and committed to your well being and your development.”

Welcome home 486th MCT



Sgt. Fay Conroy
Capt. Andrew Eljdid, the commander of the 486th Movement Control Team, and Sgt. 1st Class Viriya Choosi, the acting first sergeant, unfurl the 486th MCT guidon at Kleber Kaserne June 25. The 486th MCT returned from a 15-month deployment to Iraq in support of Operation Iraqi Freedom. While deployed, the unit was responsible for all transportation movement requests for Multi-National Division Baghdad, including the transportation movement requests for the deployment and redeployment of seven brigade combat teams. The 486th MCT is a subordinate unit of the 21st Theater Sustainment Command's 39th Transportation Battalion.

Heidelberg MEDDAC changes command

By Jennifer Walsh
HMEDDAC PUBLIC AFFAIRS

Col. Paula K. Underwood assumed command of the US Army Medical Department Activity-Heidelberg Friday at Nachrichten Kaserne.

Underwood comes to Heidelberg from the Army's Office of the Surgeon General in Wash-

ington, D.C., where she served as the liaison officer to the Department of Health and Human Services from 2008 to present.

Underwood takes command as HMEDDAC prepares to enter its next phase of transformation.

Underwood follows Col. Kyle D. Campbell, who is on his way to Fort Benning, Ga.,

to serve as the Fort Benning Medical Department Activity deputy commander for Administration. Campbell is noted for leading HMEDDAC through its first phase of transformation, strengthening German and American partnerships and successfully passing two Joint Commission accrediting surveys.

Heidelberg teens named winners in national arts competition

Staff Report

Lilian Hunt and Stephanie Marie Howard of Heidelberg are two of 36 Boys and Girls Club artists whose work has been chosen to appear in the 2009 National Fine Arts Exhibit.

Selected from more than 252 finalists vying for top honors for this year's national judging, “The Frog” won for Hunt in the high school age group in the pastel category, while Howard’s “The Stairs” won the high school age group in the print making category.

The two works will travel with the National Fine Arts Exhibit on a nationwide tour. In recognition of their achievement, each winning artist will receive a plaque and letter from Roxanne Spillett, president of Boys and Girls Clubs of America.

Boys and Girls Clubs of America's Fine Arts Program is a comprehensive initiative promoting cre-

ativity in a variety of media as well as encouraging artistic skills and cultural enrichment. As a participant in the Fine Arts program, the Boys and Girls

Club of Heidelberg submitted artwork from four age divisions and 10 categories, such as watercolors, pastels, collage and sculpture. The national judging was held recently in Atlanta, Ga.

In addition to the Heidelberg winners, youth from garrisons in Baumholder, Brussels and Grafenwöhr were also named as winners in additional categories.

The Child, Youth and School Services Middle



“The Frog” by Lilian Hunt



“The Stairs” by Stephanie Marie Howard

School Teen Program provides activities for youth between grades six to 12.

For more than 100 years, Boys and Girls Clubs of America has helped kids “be great” providing hope and opportunity for those who need it most. Today, more than 4,300 clubs serve some 4.5 million young people through Club membership and community outreach. Known as “The Positive Place for Kids,” Boys and Girls Clubs can be found throughout the country and on U.S. military bases worldwide.

For more information, visit www.bgca.org.



Spc. Adrienne Killingsworth

Sgt. Sean Ireland, 793rd Military Police Battalion, Headquarters and Headquarters Detachment, is welcomed home by his girlfriend Anna Klauer after returning from a 15-month deployment to Iraq. Friends, family and fellow Soldiers gathered at the Freedom Fitness Facility June 23 in Bamberg, Germany, to welcome home the 793rd MP Battalion.



(Left) Soldiers from 6th Squadron, 1st Cavalry Regiment, 1st Brigade Combat Team, 1st Armored Division, fire a 75mm howitzer during the Fort Bliss transfer-of-authority ceremony from U.S. Army Training and Doctrine Command to U.S. Army Forces Command June 25.

(Right) With wife Bridget holding the Bible, James R. Lamont is administered the oath of office by Secretary of the Army Pete Geren. Lamont was sworn in as the new Army assistant secretary for Manpower and Reserve Affairs at a Pentagon ceremony Friday.



U.S. Army photo

Wounded warriors Sgt. Brandon Deaton and Sgt. Christopher A. Burrell sign their names on the "Warriors Wall," a wall where Soldiers passing through the hospital can sign their names and leave comments, during a tour of the Air Force Theater Hospital on Joint Base Balad, Iraq, June 25. Deaton and Burrell, both wounded in combat in Iraq, were among six Soldiers given an opportunity to return and see the changes that had happened since they first left.

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visit www.army.mil



U.S. Army photo

Operators from a West Coast based Navy SEAL team exit an Army CH-47D Chinook during infiltration and exfiltration training as part of Northern Edge 2009 June 15 in Alaska.

SIMS

continued from page 1

read during the memorial service. "Not only did he treat everyone with expert care, he had a big heart and manner about him that made everyone like him. We'll remember his skill as a physician, his loyalty and his sense of humor, which touched all of our lives."

Not only did Sims touch the lives of his fellow Soldiers and patients, Spc. Brian Quinonez owes his life to Sims.

"I had bad gas pains and went to see Sims," Quinonez said.

Within five minutes, Sims diagnosed that the Soldier suffered from acute appendicitis.

"I can't tell you what happened next because 20 minutes later I was knocked out and in surgery," Quinonez continued. "I do know that I am here today because of Sims' quick actions and decisions. That day he saved my life."

Sims' independence and tenacity, as well as his sense of loyalty to his job and family were remembered by 1st Lt. John Dildine and Spc. Katia Ring, who referred to Sims as the "true definition of a 'commissioned/ noncommissioned officer.'"

Sims joined the Army in 1999 as an indirect fire infantryman and also attended Ranger School. He retrained as respiratory specialist and earned a Bachelor of Science and a master's degree in physician assistant training. He was commissioned in January 2006 and attended the Army Medical Department Officer's Basic course.

His first assignment as a physician assistant was with Headquarters and Headquarters Company, 1st Battalion, 37th Armor Regiment where he deployed and served as the primary care provider at a Forward Aid Station in Ramadi, Iraq.

He was later assigned to Company E, 123rd Combat Support Battalion, 1st Armored Division in Daxheim, Germany, serving as the battalion's senior physician's assistant.

Sims is survived by his wife and three children.

Hanging out with Wee Man

Kristopher Joseph

Jason "Wee Man" Acuña, one of the actors from the Music Television show and movie series "Jackass," shakes hands with Spc. David Glover from 5th Signal Command's 44th Expeditionary Signal Battalion during an autograph session at the Benjamin Franklin Village commissary store in Mannheim Friday. Acuña is on a promotional tour in Germany and recently visited wounded Soldiers at the Landstuhl Regional Medical Center. More photos from the visit are available online at www.flickr.com/heraldpost.

SMA VISIT

continued from page 1

Preston's town hall-style meetings provided Soldiers and their families with a rare glimpse into the types of discussions that go on at the highest levels of the military. The day also provided Preston with a chance to see what issues Soldiers face on an individual level and within their units.

During Preston's meeting with the families of Soldiers, he heard from spouses and children of Soldiers who were recently deployed.

Education issues and questions about decreasing the length of deployments were the two main issues facing the group.

Preston addressed their concerns about education citing new legislation that individual states can pass to recognize educational credits of military children who move frequently and often face obstacles when moving from one school district to another.

Too often children fall behind when credits do not transfer from one state to another, adding even more stress to an already stressful situation.

The Army's transition to 12-month deployments to Iraq, in effect since August, and the reduced scope of operations in Iraq were also largely



Sieg Heppner

Sgt. Maj. of the Army Kenneth O. Preston addresses about 500 Mannheim Soldiers in the Benjamin Franklin Village Sports Arena June 25 as part of his visit to Mannheim.

discussed in the group.

But, for Preston, "The most important thing I wanted to talk about was education." Preston stressed the importance of education for these kids, whether their futures include military careers or not. Finishing school demonstrates commitment to obligations and a sense of duty, he told them, citing the alarming high school drop-out rates plaguing the United States.

While meeting with the senior noncommissioned officers of the 18th MP Brigade, Preston discussed the future goals set out for the Army and its Soldiers. Preston also addressed some of the current

goals the Army has been able to reach recently.

Preston proudly acknowledged the job the senior leaders were doing within the ranks keeping Soldiers motivated and inspired to stay in the Army. The Army has reached its goal of expanding by 45,000 Soldiers to reach 548,000 troops, and Preston noted that they were able to meet the goal two years ahead of schedule.

Another issue facing the senior NCOs was education, this time on the military side. Preston acknowledged that getting more education for Soldiers is an important issue to the Army. Preston addressed this

progress being made by spotlighting a new Army "career-tracker" that will allow Soldiers to have a better idea of schools and self-development training they could anticipate attending at different points throughout their career. It would essentially be, "a dashboard of your career," Preston said.

Preston rounded out a full day of discussion with a forum for troops at the Sports Arena on Benjamin Franklin Village, which was packed with Mannheim-area Soldiers. Preston briefed the Soldiers on his talk with the president and got feedback from them on what issues they were facing.

Military schools, promotions, future deployments and tour length were among the topics Soldiers wanted to have addressed. It echoed many of the forums Preston has engaged in during his travels across Germany meeting with troops.

Preston took the time to give in-depth answers and provide Soldiers with insight into the bigger picture of the Army's goals and where they fit in that process.

At the end of the day, Preston called Soldiers to join him up front to recite the Soldier's Creed, a final reminder of the ceaseless mission of the Army as a whole and the Soldiers who fill its ranks.



Spend the weekend in the Black Forest

By Birgit Thompson
USAG STUTTGART PUBLIC AFFAIRS

Visitors to Freudenstadt, located in the Black Forest about 60 kilometers from Böblingen, may not be aware that they are actually walking through a town that was once slated to be the capital city of Württemberg. However, Herzog Friedrich's vision of residing in the exact middle of his kingdom never came to fruition.

Instead, where the residence was once planned, there is now the largest market square in Germany.

More than 400 years after being established as a township, the residents of Freudenstadt call their home the secret capital of Württemberg. Today, the city doesn't sport the residence to lure tourists, but offers visitors a myriad of hiking trails (more than 350 kilometers), more than 22,000 acres of forest and the state certification as a pure-air spa town.

Freudenstadt also marks the end of the Schwarzwald Hochstrasse (Black Forest Highway), and is the meeting point for many weekend travelers.

The historical center of town offers shoppers a variety of specialty stores, including boutiques, jewelers and sporting goods shops, all packaged up in historical buildings and small alleys.

Following B28 (Highway 28) west for about 11 kilometers will take visitors to the Kniebis. This area lies 950 meters above sea level and is famous for its wild heather plants and moors.

The Kniebis location is specifically known for its "Heidelbeeren," or blueberries. The berries ripen during the months of June and July, and hikers will find large amounts of the tasty treat along the trails.

In-line skaters and ski-rollers will also enjoy this area. A heated forest pool is also set within the area, offering visitors a way to cool off.

For more information on Freudenstadt and its neighboring communities, visit www.freudenstadt.de.

Take Time to Relax

The city of Freudenstadt is built in form of the board game "Nine Men's Morris" with the largest market square in Germany. Shops, cafés and restaurants invite you for shopping, to go for a walk or to enjoy the culinary delights. And if green oases and parks with fountains and works of art which tempt you to relax and to rest a while, interest you, you will find these in Freudenstadt, too.

Freudenstadt also offers unique natural scenery with 9,000 hectares of forest. In the surrounding area, pine forests, unruffled mountain lakes, romantic gorges and waterfalls all want to be discovered. An abundance possibility of sport and leisure facilities guarantees holiday fun for the whole family, all year round.

The mid-altitude location of this health resort at 700 to 1000 meters above sea level is the cause for the healthy climate, which makes it an officially-recognized Kneipp/climatic therapy resort.

Cool Off in Indoor and Outdoor Pools

The refreshing attraction of water is everywhere in Freudenstadt. In the delightfully located Panoramabad, in indoor baths or in the idyllic forest swimming pools. Water fans will feel at home here – at any time of year.

The Panoramabad is an absolute must for all water enthusiasts. Generously proportioned bathing facilities with swimming pools and diving boards, children's pools and the 47.5 meter-long giant water slide offer aquatic fun the whole year. The steam cave and the sauna and solarium area of the modern health and beauty center allow you to relax completely.

Those who prefer activities on the water and who like to feel the breeze in unspoiled natural surroundings will find all this on the reservoir called Erzgrube. Here you will find ideal conditions for surfing and sailing as well as for swimming, fishing and diving.

SOURCE: www.freudenstadt.de



GERMAN COOKING

Hot German Bean Salad

Serves: 6

Ingredients:

- 1/4 cup white grape juice
- 2 medium carrots; chopped
- 1/2 medium red onion; chopped
- 2 stalks celery; sliced
- 1/2 cup water, or liquid from beans
- 1/3 cup vinegar
- 1 tablespoon sugar
- 1 tablespoon cornstarch
- 1 vegetable bouillon cube
- 2 cups black beans, canned
- 1 cup red kidney beans, canned
- 1 red onion, optional

Directions:

- In a large skillet, add white grape juice and heat over medium-high heat. Stir fry carrots, onion and celery for 2 minutes. Remove from heat.
- In a small bowl, stir together water, vinegar, sugar, cornstarch, and bouillon cube, crumbling cube as much as possible.
- Add mixture to skillet. Cook and stir over medium-high heat 1 to 2 minutes, or until mixture is thickened and bubbly.
- Stir in black and kidney beans. Cook additional 2-3 minutes, stirring occasionally, until mixture is heated through.
- Garnish with sliced red onions, if desired. May be served hot or cold.

Baked Spinach With Cheese

Serves: 4

Ingredients:

- 1 pound fresh spinach, washed and dried
- 1/4 pound butter
- 1 large onion, diced
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 pound emmenthaler cheese, grated
- 1 teaspoon paprika
- 1/8 teaspoon nutmeg
- 1/4 teaspoon pepper

Directions:

- Cut spinach into strips.
- In a large Dutch oven heat butter until bubbly. Add onion and garlic. Sauté for 2-3 minutes.
- Add the spinach. Sprinkle with salt. Cover and steam for 5 minutes. Remove from heat.
- Grease an ovenproof casserole.
- Sprinkle half the cheese over the bottom of the casserole. Add the spinach.
- Sprinkle with paprika, nutmeg and pepper. Top with remaining cheese.
- Bake at 350 degrees about 20 minutes or until cheese bubbles.

SOURCE: www.mygermanrecipes.com



Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at dearmsvicki@yahoo.com.

Dear Ms. Vicki,

I have been married three years in June, and my husband is in the Army. I'm sad to say he has never been faithful to me.

I know it doesn't give me the right to do what I did, but I recently cheated on my husband for the first, and may I say the last, time. I know the pain he is going through because I have been put through it by him.

I try to talk to my friends, and they just tell me what I want to hear and that it was time for him to get what he deserved. I am hurting beyond belief for what I did, and I don't know how to make it right.

He doesn't want to do counseling, so I don't know how else to fix this. He says that he forgives me, and we talked for hours and he told me he will forget. I know forgetting is hard, but today was like we just went back to square one.

I just need advice to how we can make this better.

From: Make this Better

Dear Better,

You are right, two wrongs don't make a right. I'm happy to know that you want to make amends and keep your marriage together. I am surprised that you fell into the same trap knowing how much you were hurt and disappointed that your husband did the same to you.

Please allow me to be honest; you and your husband have a lot of work to do.

Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at www.blogtalkradio.com/dearmsvicki to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more. You can also visit her online at www.dearmsvicki.com.

Affairs happen for a reason. Contrary to popular belief, they just don't happen. You and your husband must dig deep with self exploration to find out why.

My professional experience says that you both should try individual counseling. By this I only mean having someone whom you can talk to for support and to help you figure some things out.

Many people are scared of the word "counseling." I can give you the names and numbers of two that I know in your area.

Don't let your husband tell you that he's forgiven you and he will just move on. Even if he could do that (which I doubt he could), he won't. The both of you will only be sweeping this under the carpet until another event.

Don't do this; get everything out "on the table." You both deserve a strong, happy and healthy marriage.

Do you love your husband? Does he love you? Are you both in love with each other? If so, get help.

Keep in touch at your leisure. I wish you well.

Dear Ms. Vicki,

I just moved to Fort Campbell, Ky., from Fort Bragg, N.C., a few months ago, and I have been shocked to see the way people regard their military members outside of the base. I've looked at many online forums, and the way people talk about our military and their spouses blows me away.

Is this normal around here? When my family and I were stationed at Fort Bragg, we never had this problem. The locals always treated the military members and their wives with the utmost respect.

It blows me away how people can make nasty comments and accusations about people who gave their civilian lifestyles up to defend this

country (and support those who defend it).

If I go anywhere off post, I can't tell people that I am a spouse because they become very rude and treat me like I shouldn't be here.

It also seems as if the locals believe that every spouse cheats on their husband, so they call you names and such.

There are a lot of rumors that go around about the military and their spouses. I'm not really sure how to handle this type of hatred; I've never experienced anything like this before. Have you?

How would you handle this situation?

From: Shocked and Dismayed

Dear Shocked,

Thank you for writing me and for sharing your experiences. I must say I regret that you have not received a warm welcome from the locals. I have to be honest; I did not have the same experience.

What's most important to me is for you to feel safe and feel esteemed in the community. First of all, let me advise you not to feel like these attitudes are reflective of the entire community, because they are not.

I know it's already tough moving to a new state and starting all over again.

Secondly, I would like to encourage you to try and get involved in the community either on or off base. There are many volunteer opportunities available.

Check with Army Community Service and the Red Cross. Moreover, try to volunteer in an area that you are passionate about or one that may provide some work experience.

Lastly, you may consider finding employment or continuing your education. There is so much for you! Don't get disheartened.

Please keep in touch with me and take care of yourself.

Making the right residency choice can save you money

By Robert Szostek

USEUCOM CUSTOMS PUBLIC AFFAIRS

U.S. personnel stationed overseas can save money when going through customs on stateside leave or temporary duty. By claiming the right residency status with customs, you can avoid paying duty on the personal belongings you are carrying.

As an American living overseas, you can claim either "returning resident" or "non-resident" exemptions with customs. "These exemptions apply to the foreign-made items you bought overseas," said Bill Johnson, director of the European Command's

Customs and Border Clearance Agency.

Under the "non-resident" exemption, all personal effects are duty-free, but you have to bring them back to Europe with you when you return.

"A nonresident may also take \$100-worth of foreign-made goods duty-free as gifts and 200 cigarettes, 50 cigars or two kilograms of smoking tobacco for personal use," Johnson explained.

An additional 100 cigars may be taken under the gift exemption so long as they are not from Cuba. The non-resident exemption also lets genuine hunters and sports shooters import firearms temporarily without a permit.

If you claim status as a "returning resident," you can take foreign-made items to the States, but only the first \$800 of their value would be duty-free. This applies to each family member, so two family members traveling together would have a \$1,600 exemption. The advantage is that these articles can stay behind in the States whereas items brought in under the non-resident exemption must be taken back out of the country. You may also include gifts and no more than 100 cigars and 200 cigarettes in the \$800 exemption.

More information: www.customs.gov/xp/egov/travel.



Movie Lovers Online

Join the "Movie Lovers" group in the BWow virtual community at <http://myBWow.ning.com> to give props and flops to the latest flicks and chat with The Reel Life's Spc. Joseph Nieves.

Transformers

Everyone knows the stigma of sequels, right? The second movie can't capture what the first movie managed to capture. Well I will say this movie did and didn't live up to the first movie's magic.

"Transformers: Revenge of the Fallen" is about the obvious return of the Decepticons. Tons of new bad guys show up to try and lay waste to the world. The Autobots get a bunch of new and improved robots to fight for the good guys. That's about it for the story.

I felt the plot was thin and really didn't feel like the first movie. Now don't get me wrong, I didn't think the movie was horrible, but there were points I found it very hard to sit through.

The script was just not up to par with the first movie, and the dialogue felt awkward and

forced. I found myself watching certain parts and just thinking it was dreadful to see. There were specific characters that would talk, and I found myself hoping they wouldn't or the movie would skip to other characters (you'll know them when you see them).

The action sequences were amazing, and the robots look incredible. I found myself almost wanting to cheer at the Autobots at times. The movie's received mediocre reviews with a lot of critics feeling the way I did but expressing their views in a much more negative way.

On the other hand the movie was one of the highest grossing film for its opening day, second only to "The Dark Knight," so apparently the viewers have spoken.

I will say that before you judge the movie by my words go check it out and feel free to leave me your thoughts in the Movie Lovers group on <http://myBWow.ning.com>.

I think the kids will love this movie, but watch for the language.

GET OUT!
area events

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

July 3

Bungee Jumping – Take the 725-foot plunge on a weekend trip through July 6 to Lake Como, Italy, with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

German-American Summer Fest – Head to Mannheim's Benjamin Franklin Village through July 12 for fun carnival rides, live entertainment, fireworks, food and beverages and much more. DSN 385-2342, www.mwrgermany.com.

Free Comedy Dinner Show – The USO is hosting a free Comedy Dinner Show at the USO Mannheim ballroom, Sullivan Barracks. There will be two comedians performing, and you will enjoy the event with a free dinner and drinks. Doors open at 6 p.m. <http://affiliates.uso.org/rheinneckar>.

July 4

Fourth of July Celebration – Head to PHV Park in Heidelberg 4-11 p.m. for food, games, prize giveaways, a BOSS dunk tank, pie-eating contest, a fireworks display and live music from Edison, Michael Peterson and the USAREUR Band and Chorus. Patrons parked along the fence line of the soccer field should disable their car alarms as live cannon fire will set them off. A shuttle bus is available starting at 3:30 p.m. with pick-up points on Patton Barracks, MTV and Tompkins Barracks.

Party at Legends – Still feel like partying after those fireworks go off? Head on over to Legends on Patrick Henry Village after the Heidelberg Fourth of July Celebration for some extra fun from 10 p.m. until 2 a.m. with the latest hip-hop beats from DJ

Madlogic. www.mwrgermany.com.

BBQ Bash – Kaiserslautern's Kazabra Club presents the 2009 Fourth of July BBQ Bash 9-11 p.m. featuring great food, great fun and a great atmosphere. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.

Mannheim Idol Finals – See your favorite contestants compete to be named Mannheim Idol 2009 at the German-American Summer Fest at 6 p.m. on Benjamin Franklin Village.

July 5

Family Day at Luisenpark – Radio Regenbogen will host a Family Day providing lots of fun and entertainment for the whole family at Luisenpark in Mannheim. The event will have a little fair, a kid's stage where clowns, magicians or dance groups give performances, and an area where the kids can do handicrafts and much more.

July 7

Ying Yang Twins Concert – R&B Hip Hop Artists Ying Yang Twins will perform live at 8 p.m. at the Recovery Room on Nachrichten Kaserne in Heidelberg. The event is free and open to all ID card holders ages 18 and over. The concert is presented by Armed Forces Entertainment, USO and Heidelberg FMWR.

July 9

ADAC Rally Heidelberg Historic – Head to Sinsheim through July 11 for the classic rally between the Rhein, Neckar and Main with 14 regularity test sections distributed over a total distance of 650 kilometers.

Many beautiful highlights from the history of the automobile are on the road again. The 170 vehicles dating from 1928 not only make up the biggest but also the most exclusive starting field which can be seen in a veteran car sports rally in Germany. www.heidelberg-historic.de.

July 10

North Sea Jazz Festival – Travel to Rotterdam, Netherlands, through July 13 to visit Europe's largest Jazz Festival. See such artists as: Duffy, Herbie Hancock & Lang Lang, B.B. King, James Taylor, Jamie Cullum and more. Festival tickets are able to be purchased through Kaiserslautern Outdoor Recreation. DSN 493-4117.

Swiss Alps Adventure Weekend – Through July 12 Kaiserslautern Outdoor Recreation, DSN 493-4117; or Heidelberg ODR, DSN 388-9282.

July 11

Apollo Amateur Talent Show and After Party – Starting at 9 p.m., it's the audience who decides who walks away with the \$1,000 cash prize. The show takes place at the Schuh Theater followed by an after party at the Top Hat Club. All participants and patrons must be at least 18 years old. www.mwrgermany.com.

Heidelberg Castle Illumination – Burning of the Castle with grand fireworks display at approx. 10:15 p.m. Can best be enjoyed from the bank of the Neckarwiesen (Neckar Meadows) or from the Philosophenweg. A concert takes place in the Heiliggeistkirche beforehand. www.heidelberg-tourismus.de.

coming to
THEATERS

CRANK: HIGH VOLTAGE

(Jason Statham, Amy Smart) Hitman Chev is kidnapped by a mysterious Chinese mobster. He later wakes up to discover his heart has been surgically removed and replaced with a battery-operated ticker that requires regular jolts of electricity in order to work. After escaping from his captors, Chev is on the run again, this time from the charismatic Mexican gang boss El Huro and the Chinese Triads. Rated R (frenetic strong bloody violence, crude/graphic sexual content, nudity, pervasive language) 85 minutes



SUNSHINE CLEANING

(Amy Adams, Emily Blunt) Desperate to get her son into a better school Rose persuades Norah to go into the crime scene clean-up business with her to make some quick cash. In no time, the girls are up to their elbows in murders, suicides and other specialized situations. As they climb the ranks in a very dirty job, the sisters find new respect for one another and the closeness they have always craved. Rated R (language, disturbing images, sexuality, drug use) 99 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

- July 2 - HANNAH MONTANA: THE MOVIE (G) 7 p.m.
- July 3 - CRANK: HIGH VOLTAGE (R) 7 p.m.;
- TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 9 p.m.
- July 5 - CRANK: HIGH VOLTAGE (R) 4 p.m.;
- TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
- July 6 - SUNSHINE CLEANING (R) 7 p.m.
- July 7 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
- July 8 - CRANK: HIGH VOLTAGE (R) 7 p.m.
- July 9 TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.

Mannheim, Schuh

- July 2 - STATE OF PLAY (PG-13) 7 p.m.
- July 3 - THE PROPOSAL (PG-13) 7 p.m.;
- July 5 - THE PROPOSAL (PG-13) 4 p.m.;
- CRANK: HIGH VOLTAGE (R) 7 p.m.
- July 6 - SUNSHINE CLEANING (R) 7 p.m.
- July 7 - THE PROPOSAL (PG-13)(1STRUN) 7 p.m.
- July 8 - CRANK: HIGH VOLTAGE (R) 7 p.m.
- July 9 - SUNSHINE CLEANING (R) 7 p.m.

Vogelweh, Galaxy

- July 2 - THE PROPOSAL (PG-13) 7 p.m.
- July 3 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 3 p.m., 7 p.m., 11 p.m.
- July 4 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11 a.m., 3 p.m., 7 p.m., 11 p.m.
- July 5 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11 a.m., 3 p.m., 7 p.m.
- July 6 - SUNSHINE CLEANING (R) 7 p.m.
- July 7 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
- July 8 - CRANK: HIGH VOLTAGE (R) 7 p.m.
- July 9 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.

Ramstein, Hercules

- July 4 - CRANK: HIGH VOLTAGE (R) 7 p.m.
- July 5 - SUNSHINE CLEANING (R) 7 p.m.

Ramstein, Nightingale

- July 2 - DRAGONBALL: EVOLUTION (PG) 7 p.m.
- July 3 - HANNAH MONTANA: THE MOVIE (G) 3 p.m., 7 p.m., 10:30 p.m.
- July 4 - HANNAH MONTANA: THE MOVIE (G) 11 a.m., 3 p.m.;
- THE PROPOSAL (PG-13) 7 p.m., 10:30 p.m.
- July 5 - HANNAH MONTANA: THE MOVIE (G) 11 a.m., 3 p.m.;
- THE PROPOSAL (PG-13) 7 p.m., 10:30 p.m.
- July 6 - CRANK: HIGH VOLTAGE (R) 7 p.m.
- July 7 - SUNSHINE CLEANING (R) 7 p.m.
- July 8 - THE PROPOSAL (PG-13) 7 p.m.
- July 9 - CRANK: HIGH VOLTAGE (R) 7 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Hercules, Ramstein, 06371-47-5550
Nightingale, Ramstein, 06371-47-6147

Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

Nostalgic for Darmstadt?

Members of the general public are invited to sign up for escorted group tours of Darmstadt's Cambrai-Fritsch Kaserne and Jefferson Village and Lincoln Village housing areas the afternoon of Sept. 4. Civ. 06151-132045, konversion@darmstadt.de. The message should list the names, addresses and telephone numbers of the visitors.

Study in Paris with UMUC

University of Maryland University College Europe announces two three-credit undergraduate field study courses in Paris and Expatriate Writers in Paris. 1920s, offered this August in the "City of Lights." The registration deadlines are July 10 and 17 respectively, with classes starting in early August. DSN 370-6762, edfieldsty@ed.umc.edu, www.ed.umc.edu/fieldstudy.

Estate Claim

Anyone having any claims on or obligations to the estate of Capt. Kafele H. Sims of the 18th Engineer Brigade should contact the summary court martial officer, 1st Lt. Richard Jordan. DSN 379-9013, civ. 06202-80-9013.

APO Use for Retirees

Retired members of the U.S. Armed Forces and their widows can apply to use the Army Post Office system after retirement. To obtain APO privileges, make arrangements with the local APO to receive your mail through "Box R" (General Delivery Mail Section). Your mail must be addressed to "Box R" of the APO concerned and the address must include the word "retired" (e.g., "U.S. Army Ret"). You must pick up your mail at the APO and take any parcels received unopened to German customs for clearance. If you fail to present parcels to German Customs within a reasonable time (about one week), you may lose APO privileges for the rest of your stay in Germany. DSN 370-7142, civ. 06221-577142.

Fuel Ration Cards

When a vehicle receives new license plates, the current Esso fuel ration card will no longer work. After receiving the new plates, visit your local AAFES facility to get a new card, or you will be charged and required to pay the full Esso price for gasoline.

local EMPLOYMENT

Bank Employees

Employment is immediately available for a part-time teller and a part-time customer service associate at the Coleman Barracks Community Bank. Call Harlan Morse, Banking Center Manager. DSN 382-4187, civ. 0621-784158. Applications are available for pick-up, drop off at any Community Banking Center.

Thrift Shop

The Heidelberg Thrift Shop is accepting applications. Must have a valid ID card and be at least 18 years old. See manager for details.

Program Assistants

The Kaiserslautern Child, Youth and School Services is now hiring program assistants. DSN 493-4370. Apply online: <http://cpolthp.belvoir.army.mil>.

Aerobics Instructors

The Kaiserslautern Sports and Fitness centers are looking for aerobics instructors. DSN 493-2086.

KAISERSLAUTERN Education

• **ACS Classes and Events** – DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com/kl/acs.

• **Preparation Briefing** – The Kaiserslautern Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. July 7 in Bldg. 3245 on Kleber Kaserne. Soldiers are required to take this presentation at least 90 days prior to separating (not retiring) from the Army. Registration: DSN 483-7071, civ. 0631-411-7071.

Community

• **Landstuhl Community Club Holiday Hours** – July 3 the club will open at 5 p.m. and will host Texas Hold 'Em; registration at 6 p.m., first deal at 7 p.m. Additionally, the club will be closed July 4 in observance of the holiday. DSN 486-7244, civ. 06371-86-7244.

• **409th CSB Change of Command** – Col. Stephen Leisenring, 409th Contracting Support Brigade commander, relinquishes command to Col. Debra Daniels at 10 a.m. July 9 at the parade field on Panzer Kaserne.

• **USAG Kaiserslautern Change of Command** – Lt. Col. Mechelle Hale, U.S. Army Garrison Kaiserslautern commander, relinquishes command to Lt. Col. Kevin Hutchison at 10 a.m. July 10 at the Armstrong Community Club on Vogelweh Housing.

• **Reduced Garrison Staffing** – The U.S. Army Garrison Kaiserslautern will have reduced staffing at its facilities July 10 for command functions.

• **Indoor Flea Market** – Army Outdoor Recreation will host an Indoor Flea Market 8 a.m.-2 p.m. July 18. They are now taking reservations for people interested in selling items at the next market. DSN 493-4117, civ. 0631-3406-4117, www.mwrgermany.com.

• **College Night Representatives Needed** – The annual Kaiserslautern College and University Information Night will be held Oct. 8. College admissions, alumni or other staff are invited to provide information and materials and answer questions for potential students. kaiserslautern@agbc.de.

• **BOSS Meeting** – Better Opportunities for Single Service members hosts meetings 1 p.m. every first and third Thursday of the month in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.

• **CYS Services Parent Handbook** – The 2009-2010 CYS Services Parent Handbook is now available. Pick your copy up at Central Enrollment and Registration, Pulaski Barracks, Bldg. 2898 or download it from www.mwrgermany.com.

• **VBS** – The Chaplain's Office hosts the 2009 Vacation Bible School July 27-31 at the Landstuhl Elementary and Middle School. Registration is

required and can be done online at <http://vbs2009ktown.eventbrite.com>. Password is "Kaiserslautern." DSN 493-4098, civ. 0631-4098, mirna.oceguera@eur.army.mil.

HEIDELBERG Education

• **ACS Classes and Events** – Checkbook Management, 9-11:30 a.m. July 2; Federal Web-based Application (RESUMIX), 9 a.m.-noon July 7; Parents of Multiples, 12:30 p.m. July 7 at the PHV CDC; Investment Basics, noon-1 p.m. July 8; First-Termers Money Management, 8 a.m.-noon July 9. DSN 370-6883, www.mwrgermany.com/hd/acs.

• **Preparation Briefing** – Honorably transitioning Soldiers, not retirees, must attend no later than 90 days before their transition date. The next briefing will be held 1-4 p.m. July 7 at Army Community Service. Reservations: DSN 370-3283.

• **CYSitter Class** – Become a certified babysitter through CYS Services and SKIESUnlimited. This free three-day course is open to youth 13-18 and will include Red Cross CPR/First Aid certification and 4-H babysitter certification. Classes will be held July 8, 16 and 17. Register: DSN 388-9377, civ. 06221-338-9377.

Community

• **Shopping Center Exit** – Motorists exiting the Community Support Center have noticed an additional "bump" as they leave the installation. The bump is a rubber covering over an electric cable feeding power to the temporary air-conditioning system for the PX. Motorists are cautioned to drive slowly when exiting the installation. The cable is expected to remain in place through September and will be removed after the new air-conditioning units have been installed.

• **Housing Office Closure** – The office will close at noon July 2 for a town hall meeting. Full services will resume at 8 a.m. July 6.

• **Red Cross Bake Sale** – During the Fourth of July Celebration on Patrick Henry Village, the Red Cross will host a bake sale from 4:30 p.m. until 8 p.m. DSN 370-1760, civ. 06221-557-1760.

• **Patton DFAC Closure** – The Patton Barracks Dining Facility will close after the brunch meal July 5 because of building maintenance. The facility will reopen for breakfast July 10 and will serve soul food for lunch that day.

• **Community Update** – Join Heidelberg community leaders at 9 a.m. July 8 in the Patrick Henry Village Theater to find out what's happening in the community, provide feedback and ask questions.

• **DPW Service Order Center Closure** – The Service Order Center will be closed July 8 for the annual

division outing. For emergency service orders, call 115, the Fire Alarm Center, which will refer you to the appropriate DPW service contractor. Please hold non-emergency calls until the next day.

• **USAG Heidelberg Change of Responsibility** – U.S. Army Garrison Heidelberg Command Sgt. Maj. Annette Weber will transfer responsibility to Command Sgt. Maj. Alberto Delgado at 10 a.m. July 15 at the flag pole on Patton Barracks.

• **USAG Baden-Württemberg Change of Command and Responsibility** – U.S. Army Garrison Baden-Württemberg Commander Col. Robert Ultes will relinquish command to Col. William Butcher at 9 a.m. July 17 on the Village Green on PHV. At the same ceremony, Command Sgt. Maj. Yolanda Lomax will transfer responsibility to Command Sgt. Maj. Annette Weber.

• **HMS Summer Hours** – Heidelberg Middle School is open daily for new student registration and PCSing student record requests. School hours during the summer recess are 8 a.m.-noon and 1-4 p.m. Monday through Friday. Student immunizations must be current at the time of registration. New students or returning students who need a booster shot or updated immunizations may go to the HMEDDAC Immunization Clinic and return a copy of the completed immunization certificate to the school during school hours. Civ. 06221-338-9310.

• **HiWC Events** – Join the Heidelberg International Wandering Club for the following volkmarches: July 4-5, Grombach and Wiesbaden-Nau-rod (Sunday only); July 11-12, Aurich (Vahingen) and Ottersweier (Sunday only). The next general membership Meeting at 7 p.m. July 13 at the SG Gasthaus in Ofersheim. Sign up for our upcoming trips to Belgium and Versailles – closing dates for sign-ups are in July. Check out the Web site for new trips. www.hiwc.de.

• **Vacation Bible School** – Registration is open for children in pre-kindergarten through fifth grade for the SonRock Kids Camp to be held 9 a.m.-noon Aug. 3-7 at Patrick Henry Elementary School. Register your child or volunteer to help out. DSN 388-9406 or visit PHV or MTV Chapel.

• **Playgroups** – Your child can socialize with others his age during playgroups at the PHV Child Development Center Room 7. Schedule: Newborn-15 months, 10 a.m.-noon Tuesday; 16-30 months, 9:30-11:30 a.m. Monday and Wednesday; 31-48 months 2-4 p.m. Monday and Wednesday; Family Group for newborn-48 months, 9:30-11:30 a.m. Friday. Civ. 0160-968-53425.

• **College Night** – Represent your college at Heidelberg College

Night Oct. 25. DSN 388-9377, civ. 06221-338-9377, collegenight@dodds.net.

MANNHEIM Education

• **ACS Classes** – FRG Fundraising Management, 9:30-11:30 a.m. and 5:30-8:30 p.m. July 8; Mannheim Orientation Spouses' Tour, 9 a.m.-2 p.m. July 13; Volunteer Training, 1-2 p.m. and 3-4 p.m. July 6 and 8; ESL, 9-11 a.m. July 6 and 8 and 6-7:30 p.m. July 7 and 9; Levy and Out-Processing, 1-2:45 p.m. July 7; Hearts Apart, 11:30 a.m.-1 p.m. July 8. DSN 385-3101, civ. 0621-730-3101.

• **Preparation Briefing** – Honorably transitioning Soldiers, not retirees, must attend no later than 90 days before their transition date. The next briefing will be held 8:30 a.m.-noon July 15 in the USO Conference Room. Reservations: DSN 385-3487.

• **Career Status Bonus** – Find out about the \$30,000 Career Status Bonus. Soldiers reaching 14 ½ years of active duty should attend this informative presentation in Bldg. 238 on Sullivan Barracks 1:15-3 p.m. July 15. Reservations: DSN 385-3484.

Community

• **Vacation Bible School** – VBS will be at Mannheim Elementary School, 5:30-8:30 p.m. July 13-17. Student and volunteer enrollment available online at <http://vbs09.eventbrite.com>, password vbs09 or at the BFV Chapel. Civ. 06204-705-0724.

• **Sullivan Library** – Summer Reading Program, 10-11 a.m. every Thursday July 2-Aug. 6; Scrapbook Club, noon-3 p.m. July 11 and 25; Film Screening, 4-5:30 p.m. July 11 and 25. DSN 380-1740, civ. 0621-730-1740.

• **Day for Kids** – Mannheim Army Community Service will host Day Just for Kids 10 a.m.-1 p.m. July 9 on Benjamin Franklin Village. This is a fun annual event in which enrolled Exceptional Family Member Program children enjoy carnival rides, games, arts and crafts and free food at the German-American Summer Fest. DSN 385-3101, civ. 0621-730-3101.

• **Super Saturday** – Super Saturday will be held at the Child Development Center 10 a.m.-4 p.m. July 11. Child care will be open to families who have a current registration with CYS Services. Reservations: DSN 380-4851, civ. 0621-730-4850.

• **School Liaison Transition Services** – July is the month to start applying for Free and Reduced Lunch School Year 2009/2010. Items needed for every application: sponsor's and spouse's most current LES; sponsor's orders with family members listed; completed application. Apply with Central Registration. Applications are available at all Mannheim schools, and in the SLO Office.

Heidelberg Intramural Golf Championship

The Team of John Sapanos and Zlatko Tadic won the 2009 Heidelberg Intramural Golf Championship June 25 by virtue of a 2 and 1 score versus the team of Thomas Benson and Sy Daranoung. Third place went to the teams of Walter Wheeler and John Sharer and William Price and Matthew Doyle.

Golf Classic to benefit wounded warriors

Staff Report

Golfers, get ready to hit the links for the 234th Chaplains Anniversary Golf Classic, scheduled for 7 a.m.-noon July 24 at the Heidelberg Golf Club in Oftersheim.

The 18-hole, four-person scramble is intended to be friendly to the best and worst golfers in the area as it is a "captain's choice" setup. Celebrating 234 years of chaplains' service to 'God and Country,' the tournament is also intended to support the Warrior Transition Fund — helping wounded warriors recover and thrive.

"We help take care of their families' spiritual needs while they're down range, and after they return, no matter the condition, the chapels and chaplains are around to minister to the spiritual needs of the war fighter," said James Corneliusen, director of religious education for U.S. Army Garrison Baden-Württemberg. "This is just a small way for the chapel community to say 'thank you' to them for the sacrifices they have made."

Registered participants in the tournament are given an opportunity to donate funds to support the Wounded Warriors Transition Fund.

In last year's event, more than \$3,000 was raised through donations from the USAG Baden-Württemberg

communities.

Chaplain (Capt.) Michael Griffith, Patrick Henry Village chapel, said golfers should participate for one simple reason: to show support for the wounded warriors.

"I've been downrange with a lot of the (wounded warriors), and watched the Soldiers and the sacrifices they make," he said. "Me personally as a chaplain, I have great freedom to stand up and preach the Bible every week because of these guys. I'm 45 years old, and I've had very few opportunities to walk with greatness, but I think in the year I spent in Iraq, in that one year I had that opportunity with the wounded warriors."

Organizations are encouraged to register to play together. Those interested in playing must register by July 17 to ensure a spot in the tournament; all registrations after that date will be included on a space-available basis.

While the tournament does not have an actual entry fee, the suggested donation is \$40 per person. Included in the donation are a golf cart, greens fees, golf clubs if needed, range balls and a barbecue lunch.

For more information, call DSN 388-9406 or michael.griffith@eur.army.mil. Completed registration forms can be e-mailed to kermit.powers@us.army.mil or faxed to 379-6096.

Tiger Woods salutes military

By **Tim Hipps**
FMWR PUBLIC AFFAIRS

ALEXANDRIA, Va. — Tournament host Tiger Woods honored wounded warriors on the first tee box during a patriotic salute to U.S. military personnel and their families to officially open the 2009 AT&T National PGA Tour event Wednesday at Congressional Country Club in Bethesda, Md.

Several wounded warriors joined Woods on the first tee at 11 a.m. to watch members of the 101st Airborne Division Parachute Demonstration Team from Fort Campbell, Ky., sky-dive onto the fairway with golf balls for the tournament's ceremonial first shots.

Maj. Ken Dwyer of the 3rd Special Forces Group at Fort Bragg, N.C., and Staff Sgt. Ramon Padilla of Walter Reed Army Medical Center in Washington joined Woods to officially launch the tournament.

"Hopefully people come out, not only to watch the players, but also to say thank you to all of the service-men and women who are coming out here," Woods said before the tournament. "If it wasn't for them, what they are doing overseas, things might be different here."

In 2007, Former President George H.W. Bush hit the ceremonial first shot at the inaugural AT&T National. Last year, children of deployed service members had the honor of joining tournament host Fred Couples, who filled in for Woods, who was recover-

ing from knee surgery.

The U.S. Navy Ceremonial Guard Drill Team performed, and Jessica Simpson sang "The Star-Spangled Banner" during the patriotic ceremony.

The same day, Woods partnered with Dallas Cowboys quarterback Tony Romo to play in the third annual Earl D. Woods Memorial Pro-Am. Washington Redskins quarterback Jason Campbell, wide receiver Antwaan Randle El and Washington Capitals coach Bruce Boudreau also played in the pro-am.

Boudreau was tuning up for the 2009 Bruce Boudreau-John Anderson Celebrity Classic, scheduled for July 27 at Lionhead Golf and Country Club in Brampton, Ontario. Boudreau and Anderson, head coach of the Atlanta Thrashers, both played for the Toronto Maple Leafs.

The Military Caddie Program again featured troops serving as caddies for the pros on the seventh hole during the pro-am.

Two years ago at that hole, Woods handed his putter to Sgt. Michael Woods of Army Materiel Command at Fort Belvoir, Va. Sgt. Woods then knocked down a 12-foot putt for the play of the day at Congressional as the gallery roared.

The Tiger Woods Foundation donated 30,000 tickets to the military to attend one day of the AT&T National, which began Sunday and runs through the weekend. "To have the military there and to have everyone



Tim Hipps

Tiger Woods, seen here putting during the 2007 AT&T National, partnered with Dallas Cowboys quarterback Tony Romo during the 2009 Earl Woods Memorial Pro-Am Wednesday at Congressional Country Club in Bethesda, Md.

support the event like they did the first year ... having the players just rave about it, having all the fans rave about it, it was just such a huge success," Tiger said. "We are just trying to build on that momentum we created the first year."

Lockheed Martin's Military Pavilion, located near the fourth tee, will provide snacks, beverages and a prime viewing area for military ticket holders Tuesday through Sunday of the tournament week.

All spectators are welcome to visit the USO Care Package Tent, which will sit adjacent to the Lockheed Martin Pavilion, to help assemble care packages for deployed troops.

staying ACTIVE

Youth Sports Registration

Heidelberg — Register through Aug. 7 for soccer, flag football, tackle football and cheerleading. Volunteer coaches are needed. If anyone is interested in becoming a paid official, clinic information is available at www.mwraonline.com. DSN 388-9397.
Mannheim — Register through July 31 for soccer, flag football, tackle football and cheerleading at Central Enrollment Registration. DSN 380-9290, civ. 0621-730-9390.

Kaiserslautern — Child Youth and School Services Youth Sports is now offering a golf program to youth ages 8-15. Registration begins Aug. 10 and the season begins Aug. 24. DSN 493-4516, civ. 0631-3406-4122.

Heidelberg Unit-Level Softball

Standings as of June 25: 529th MPs, 5-1; V Corps, 8-3; MEDDAC, 7-4; PMO, 4-7; DENTAC, 1-10. **Games to be played on Patton Barracks:** 529th MPs vs. DENTAC, 6 p.m. July 8; MEDDAC vs. V Corps, 7 p.m. July 8; PMO vs. 529th MPs, 8 p.m. July 8; V Corps vs. 529th MPs, 6 p.m. July 9; PMO vs. MEDDAC, 7 p.m. July 9; DENTAC vs. 529th MPs 8 p.m. July 9.

Women's Basketball

The Mannheim Mustang Community Women's Basketball Team is looking for players for the upcoming season. DSN 385-3164, civ. 0621-730-3164.

Summer Slam

Heidelberg's 18th annual Summer Slam event, featuring Europe-wide competitions in beach volleyball, softball, basketball and racquetball will be held July 17-19. Softball and basketball require pre-registration by July 13 at Patton Fitness Center, DSN 373-8032, civ. 06221-17-8032.

Golf Tournament

Baumholder — The Theta Theta Lambda Alumni chapter of Alpha Phi Alpha Fraternity Inc. will sponsor a "Swinging for the Youth" Golf Tournament July 11 at the Rolling Hills Golf Course in Baumholder. Entrance fee: \$50, includes lunch, golf cart and a team mulligan package. All proceeds benefit scholarships for DoDDS students. Civ. 0170-309-8659.

Heidelberg — The annual Golf Classic honoring the 234th Chaplains' Anniversary will take place at the Heidelberg Golf Club in Oftersheim July 24. A suggested donation of \$40 per person to support the Wounded Warriors Fund will be accepted at registration. This 18-hole, four-person scramble includes golf cart, green fees, range balls and a barbecue lunch. Registration deadline is July 17. DSN 388-9406, michael.griffith@eur.army.mil.

Sports Physicals

Landstuhl — Sports physicals for children ages 5 to 18 who are enrolled at Landstuhl Regional Medical Center are scheduled 8 a.m.-3 p.m. July 11. The AE Form 608-100A Child and Youth Services Health Assessment/Sports Physical form must be completed prior to the appointment. DSN 486-5762.

Soccer Summer Camps

Mannheim — Developmental Soccer Camps will be offered for ages 5-7 July 27-31 with morning (9 a.m.-noon) or afternoon (1:30-4:30 p.m.) sessions. Junior Soccer Camp will be offered for ages 8-13 Aug. 3-7 (9 a.m.-4:30 p.m.) Senior Soccer Camp will be offered for ages 13-18 July 27-30 (6-8 p.m.). Cost: \$70. Central Enrollment Registration at Sullivan Bks., Bldg. 255. DSN 380-9290, civ. 0621-730-9290.