

HeraldPOST

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

HP THURSDAY
Aug. 11, 2011

Speed Read

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The Heidelberg International Wandering Club seeks volunteers to lend their time and talents to Heidelberg's 37th Annual International Volksmarch. 17

Defense Details

FALLEN TROOPS HONORED

International Security Assistance Force commander Marine Corps Gen. John R. Allen said the U.S. military must remain committed to the freedom, peace and stability of Afghanistan. Allen returned to his Kabul headquarters after paying respects to the troops who died Saturday when their CH-47 Chinook helicopter crashed, killing 30 ISAF servicemembers - including 25 special operations personnel - and eight Afghan commandos. Allen offered condolences to the families and friends of those who died and pledged to support them through the difficult days ahead. All ISAF servicemembers on board were from the United States. The remains were flown to Dover Air Force Base in Delaware, officials said.

www.defense.gov

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U.S. Army Europe EFMB: "A Benchmark of Excellence"

By Staff Sgt. Dennis Gravelle
138TH PUBLIC AFFAIRS DETACHMENT

GRAFENWÖHR - United States Army health professionals throughout Europe, along with health professionals from NATO-partner Germany gathered Aug. 1 to begin testing for the 2011 U.S. Army Europe Expert Field Medical Badge.

The EFMB is one of the most difficult badges a medic can earn in their field

and wearing it signifies a high degree of skill and proficiency, said event organizers.

"It's a proficiency badge. It's the hallmark for a medical professional, and is often seen as a benchmark of excellence in the medical community," said Master Sgt. Peter Perkins, 212th Combat Support Hospital, Miesau.

More than 250 candidates will strive to earn the EFMB. Candidates are required to perform in a simulated com-

bat environment that concludes with a three-hour, 12-mile forced road march on Aug. 13. Before reaching the road march, they must pass several obstacles that test their mental toughness and medical skills.

EFMB standardization and testing is separated into three combat testing lanes, as well as a day and night land navigation course, all of which are conducted at the Grafenwöehr Training see **EFMB** page 12

Army Career and Alumni Program: Supporting Soldier career success

By Lt. Gen Rick Lynch
INCOM COMMANDER

SAN ANTONIO - The decision to transition out of uniform is as important as the initial decision to put it on. Soldiers deserve as much support at this critical point in their service as they do with earlier parts of their career. That is why the Army provides the Army Career and Alumni Program and is working to make ACAP even more effective.

ACAP delivers transition and job assistance services to Soldiers to support them in making informed career decisions. These services include pre-separation counseling, Veteran Affairs see **ACAP** page 12

Caring about our community

By Dawn Sykulla
USAG BW ACS

Officials from U.S. Army Garrison Baden-Württemberg's Army Community Service will present the Community Activities Registration and Education Fair and Career Fair 10 a.m.-2 p.m. Aug. 27 in the Patrick Henry Village Pavilion in Heidelberg.

The C.A.R.E Fair is a one stop shop that gathers several community resources in one place to allow easy access to information, while pro-

viding an avenue for customers to stay current on community events, network with local residents and participate in the many programs and services offered through ACS.

Various organizations from the garrison will be there to showcase their programs and services that are available to people of all ages. Participants will also be able to meet with representatives and have their questions answered.

Free food, games and giveaways will

be offered, as well as Military Police K-9 demonstrations, static fire truck displays and sign up for the Mega Mini Giveaway, which is a drawing for a brand new Mini Cooper being given away Oct. 7.

A career fair will be held in conjunction with the C.A.R.E. fair to give prospective job hunters the chance to learn about different job opportunities from local companies and connect with recruiters. Job seekers should come prepared to in-see **CARING** page 12

COMMENTARY

Reducing the risk of training injuries

Maj. Vancil McNulty
U.S. ARMY PUBLIC HEALTH COMMAND

Injuries represent the leading health problem for U.S. military personnel.

They can lead to deaths, disabilities, hospitalizations and outpatient treatment.

Training-related injuries have been identified as the leading cause of clinic visits and have a very real impact on the readiness of the force due to the amount of limited duty time that results from these issues. Most overuse injuries are due to the combined effect of physical training activities, military training and sports.

Research has shown that the following six interventions are effective at preventing injury:

- ♦Stop overtraining. Overtraining occurs when the amount of exercise is out of balance with recovery or rest. In the military, running too much contributes the most to overtraining.

- ♦Running more than three days a week for longer than 30 minutes can dramatically increase the risk for a lower extremity injury without much improvement in fitness. Running short distances for short periods of time at higher intensity is not only safer, but it more effectively improves fitness to perform Soldier-specific tasks.

- ♦Perform multi-plane, body sense and agility exercises. Exercises that work the body in different planes (not just straight line running) and challenge stability represent the same movements required during more complex combat and sporting activities and reduce injury risk.

- ♦Wear mouth guards during high risk activities. Mouth guards are effective for reducing injuries and should be used for any activity with a high risk of injury to the mouth and teeth.

These include combatives, obstacle courses, rifle

and bayonet training and contact sports such as basketball or football.

- ♦Wear semi-rigid ankle braces for high risk activities. There is excellent evidence that semi-rigid ankle braces reduce ankle injuries in high-risk physical activity such as airborne operations (parachuting), basketball, soccer and other similar high-risk activities.

- ♦Ankle braces are especially effective in reducing risk of re-injury among individuals with previous ankle sprains.

- ♦Eat the right nutrients to restore energy. Research indicates that consuming a combination of carbohydrates and protein within a 60-minute window immediately following very strenuous exercise starts repairing muscles damaged during the activity.

- ♦Eating 12 to 18 grams of protein and 50 to 75 grams of carbohydrate and drinking a fluid replacement beverage within one hour after very strenuous, continuous physical activity (for example, road marching or hiking longer than one hour) helps to minimize muscle damage and optimize recovery. Failure to recover can lead to overtraining.

- ♦Wear synthetic blend socks to prevent blisters. Foot blisters are among the most common injuries experienced by Soldiers and Marines, especially in recruit training.

These blisters can cause infection and duty limitations.

There is strong evidence that synthetic blend (e.g., blends of polyester, acrylic and nylon) socks prevent blisters to the feet, and cotton socks cause blisters, especially during long-distance marching.

Knowledge of how to help reduce your injury risks is only half the battle.

Leaders are responsible for ensuring these tools are being implemented to protect the physical readiness of Soldiers.

Join BW's virtual community – BNow

- ♦Get a complete and up-to-date list of community events, announcements and news.

- ♦Share your opinion with others in the community and find out what they think in the forum discussion boards.

- ♦Let the command group know your thoughts on hot topics through the Question of the Week, and you might see your answer in the Herald Post.

QUESTION OF THE WEEK:
"What do you think are the biggest concerns or issues facing military families today and why?"

To join, go to mybwnow.ning.com.



www.facebook.com/BWnow
<http://myBNow.ning.com>

DISCUSSION BOARD

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

"Ok BNowers ... as we usher in the month of August and begin to think about all things "back to school," we want to know what are some of your favorite memories from summers past? Do visions of ice cream cones, barbecues and family vacations come to mind or not so much?"

–BNow Facebook Administrator

"Driving to Florida, beach house, pool, freeze pops, and game boys. Laughing with my brothers."

– Leneigh Shorty Rock, BNow Facebook fan

"Game boys definitely!!! Lol. Why is Tetris so addicting? Good one Leneigh. :)"

– BNow Facebook Administrator

"Two-week vacations on the boardwalk in ocean city, New Jersey!!!"

–Richard Glass, Bnow Facebook Administrator

QUESTION: "Has anyone seen Mason Jars for sale anywhere? I need some, and I'm not sure where to look!"

–Ginny Wisdom, BNow Facebook fan



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



Sgt. Frank Sanchez III

Sgt. Lee Mora, a cargo specialist with the 1st Inland Cargo Transfer Company, 18th Combat Sustainment Support Battalion in Grafenwöhr secures a container filled with equipment belonging to the 172nd Infantry Brigade for transport to Afghanistan at Mihail Kogalniceanu Airfield in Romania, July 20. Personnel helped ensure more than 300 containers weighing over 1,000 tons were inspected, secured and transported onto railcars for movement downrange.



Sgt. Frank Sanchez III

Cargo specialists with the 1st Inland Cargo Transfer Company from Grafenwöhr prepare to transport containers filled with equipment belonging to the 172nd Infantry Brigade at the Mihail Kogalniceanu Airfield in Romania, July 20.

From Romania with love: 21st transports cargo downrange

By Sgt. Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

MIHAIL KOGALNICEANU INTERNATIONAL AIRPORT, Romania – The swoosh of the hydraulics on the K loaders and the directives being shouted by the movement specialists were the only sounds heard here as containers were loaded onto a Boeing 747 cargo plane headed for Afghanistan, July 18-20.

K loaders are self-propelled cargo transportation platforms used to load and unload pallets from aircraft.

Soldiers of Kaiserslautern's 21st Theater Sustainment Command worked feverishly to ensure equipment is prepositioned before the 172nd Infantry Brigade, based out of Grafenwöhr and Schweinfurt, deploys to Afghanistan.

The 21st TSC ensured more than 300 containers weighing over 1,000 tons originating from Grafenwöhr were inspected, secured and transported onto railcars in Romania for movement downrange.

The transload operation was the first time a deploying unit had used this airfield along the Black Sea's port of Constanta as an equipment supply route. Its location allows for access to other transportation routes and is considered a future potential transport hub.

"This is not a training mission, but a real world mission. We are supporting the warfighter," said



Sgt. Frank Sanchez III

615th Contingency Response Wing Airmen work alongside 21st Theater Sustainment Command Soldiers to direct the loading of cargo belonging to the 172nd Infantry Brigade onto a Boeing 747 aircraft at Mihail Kogalniceanu Airfield in Romania, July 19.

Capt. Brant Leyden, the 16th Sustainment Brigade officer in charge.

The containers were offloaded and placed onto pallets, then trucked to the airfield, where they were inspected and secured again. During the last phase, the containers were uploaded onto Boeing 747 cargo planes bound downrange.

"It has been an exciting experience working with all the Army units involved," said Lt. Col. John Platte, the deployed commander of the 615th Contingency Response Element. "The 21st TSC, the 16th SB and all the other support teams have been awesome."

Soldiers worked closely with the

615th Contingency Response Wing based out of Travis Air Force Base, Calif., as well as the 21st TSC's Headquarters and Headquarters company; the 99th Movement Control Team from Livorno, Italy; the 1st Inland Cargo Transfer Company from Grafenwöhr; the 16th Sustainment Brigade from Bamberg and the 18th Military Police Brigade from Mannheim.

"I love this job. I want to make sure that everything happens and the Soldiers get their stuff," said Chief Warrant Officer 3 Cheryl Moore, the 21st TSC's transportation operations mobility warrant officer for the mission.

August is Immunizations Awareness Month

HMEDDAC Public Affairs

The Heidelberg Health Center's Preventive Medicine team is announcing current vaccine availability and recommendations against genital human papillomavirus and for meningococcal related diseases, such as meningitis.

Other routine immunizations are available in accordance with the Centers for Disease Control and Prevention guidelines.

HPV is the most common sexually transmitted virus in the United States. Most HPV infections do not cause symptoms and resolve on their own. However, HPV is the leading cause of cervical cancer and the second leading cause of cancer related deaths worldwide in women.

If vaccinated before becoming sexually active, the chance of developing HPV related conditions, like cervical cancer, can be significantly reduced.

According to the CDC, immunization against HPV may be given to eligible males to reduce their likelihood

of acquiring genital warts. The HPV vaccine, Gardasil, is primarily recommended to protect girls against cervical cancer that may develop later in life.

The Advisory Committee on Immunization Practices recommends routine vaccination for females 11-12 years of age and catch-up vaccinations are recommended for females 13-26 years of age.

The ACIP does not recommend routine use among males; however, eligible males 9-26 years of age may be vaccinated.

A second meningococcal shot is also recommended for all school aged children to provide protection against meningitis, an infection of the fluid surrounding the brain and spinal cord.

Approximately 1,000 to 2,600 cases of meningococcal disease occur in the U.S. annually.

Even with treatment, meningococcal disease has a mortality rate of 10 to 15 percent and 11 to 19 percent of survivors may suffer lifelong effects from



Courtesy Photo

the disease.

It is most common in infants less than a year old; however, teens and college students who live in dormitories are at a higher risk.

Additionally, in preparation for the upcoming 2011-2012 flu season, the influenza vaccine has been ordered and community notification of vaccine availability will be forthcoming.

There are over 30,000 deaths each year in the U.S. from influenza.

The vaccine is mandatory for all in-

dividuals who work in a patient-care setting. It is also required for all active, Reserve and National Guard servicemembers.

View a complete listing of immunization schedules for all age groups at www.cdc.gov/vaccines/recs/schedules.

For more information on immunizations within U.S. Army Garrison Baden-Württemberg, contact the Heidelberg Health Center Immunizations Clinic at DSN 371-3220, civ. 06221-17-3220.

transformation UPDATE

Frequently Asked Questions

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

E-mail usaghd.post@eur.army.mil. We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at www.bw.eur.army.mil/transformation.

Facilities Operations Changes

Mannheim Physical Therapy – The final day for physical therapy services in Mannheim is Aug. 11, according to health clinic officials. Currently, Physical Therapy only serves the active duty population, but after Aug. 11 patients will need to go to Heidelberg for this treatment.

Mannheim SATO – The last day of operation for the SATO travel office will be Aug. 24. SATO handles travel for official and leisure purposes and also books rental cars, hotels, cruises, day trips and bus tours. Customers can still use the SATO offices in Heidelberg on the Shopping Center and on Campbell Barracks. The SATO office on the Shopping Center is in the Community Support Center, Bldg. 3850, and is open 8 a.m.-5 p.m. Monday-Friday and closed on German holidays. SATO in Mannheim until Aug. 24: DSN 380-4694, civ. 0621-727-680. www.satovacations.com.

Mannheim Middle School – Mannheim seventh and eighth grade students will attend Heidelberg Middle School on Patrick Henry Village next school year which begins Aug. 29. Sixth grade students either will attend school in Mannheim at the elementary building in a self-contained fifth and sixth grade classroom or go to HMS. Department of Defense Dependents Schools-Europe has been watching enrollments and noted a steady decline in registered students. It became clear that the best educational program for these students would be at HMS, a 25-minute bus ride from Mannheim. A separate bus will take high schoolers to Mark Twain Village to attend Heidelberg High School.

Heidelberg Acute Care Clinic – The Acute Care Clinic on Nachrichten Kaserne in Heidelberg will close Sept. 30. Enrolled beneficiaries will be seen at the Family Practice Clinic and emergency care can be found on the economy by host nation providers. During the months of August and September, the Acute Care Clinic will be closed Sundays and federal holidays. For information, pick up a Guide to Host Nation Health Care at the Heidelberg Health Center or visit <https://ermc.amedd.army.mil/heidelberg/index.cfm>.

Mannheim Social Work Services – Social Work Services has moved to the Health Clinic, Bldg. 739, on Benjamin Franklin Village. To contact SWS call the Health Clinic front desk at DSN 380-9500, civ. 0621-730-9500. For emergencies, call the MP station: DSN 114, civ. 0621-730-114.

Spinelli Auto Skills – Spinelli Auto Skills has new hours of operation. It is closed Mondays, Sundays and U.S. holidays and open 11 a.m.-7 p.m. Tuesday-Fridays and 9 a.m.-5 p.m. Saturdays and training holidays. DSN 373-5196, civ. 06221-17-5196.

Security Office – The Security office for USAG-Baden Württemberg has moved to Bldg. 110, Room 104, on Patton Barracks in Heidelberg.

Mannheim TMP – Due to customer demand the Mannheim Transportation Motor Pool is now open 8 a.m.-noon and 1-3:30 p.m. Tuesdays and Thursdays. Customers can also use the Heidelberg Transportation Motor Pool, open 7:30 a.m.-noon and 1-4 p.m. Monday-Friday. Both offices are closed on American and German holidays. Mannheim TMP is located in Bldg. 1563 on Spinelli Barracks in Mannheim. DSN 384-6353, civ. 0621-730-6353. Heidelberg TMP is located in Bldg. 157 on Patton Barracks in Heidelberg. DSN 373-8350, civ. 06221-17-8350.

Army Emergency Relief – The Army Emergency Relief office in Mannheim now processes requests for emergency travel only. All other AER requests are processed at Army Community Service in Heidelberg on the Shopping Center, Bldg. 3850, Room 250. DSN 370-6883, civ. 06221-57-6975. American Red Cross after hours service for emergency travel in Heidelberg: DSN 370-1760, civ. 06221-57-1760 and civ. 001-

877-272-7337.

Patrick Henry Village Commissary – The Patrick Henry Village commissary hours have not changed even though the gate near the commissary has recently reduced hours. The commissary is open 7:30-9 a.m. every day for early bird shopping, 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday.

Heidelberg Barber Shops – Hours of operation at Tompkins and Patton Barracks Barber Shops have changed. Services are now offered at the Patton Barber Shop in Heidelberg 10 a.m.-5 p.m. Mondays, Wednesdays and Fridays. The Tompkins shop in Schwetzingen serves customers 10 a.m.-5 p.m. Tuesdays and Thursdays.

Mannheim Drivers Testing – Mannheim's Drivers' Testing Station located on Sullivan Barracks, Bldg. 253, is closed. All drivers' testing services are offered in Heidelberg on the Shopping Center, Bldg. 3850, Room 136, with operating hours 7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221-57-6681.

Mannheim Red Cross – The Red Cross office in Mannheim is now closed and all services have transferred to the Heidelberg station, Bldg. 3850, on the Shopping Center. In cases of a family emergency when a communication message is needed, the Heidelberg number will reach an emergency caseworker. The Heidelberg Station is open 8 a.m.-4:30 p.m. Monday-Friday. DSN 370-1760, civ. 06221-57-1760.

Vehicle Registration and Inspection – Heidelberg's vehicle registration office located inside of the Community Support Center is now closed. Heidelberg offers a satellite vehicle registration office at the Military Police station on Patrick Henry Village, Bldg. 4511. This office is open 8 a.m.-4 p.m. to provide limited services. Civ. 06221-678-2586. The Mannheim vehicle registration office on Spinelli Barracks, in Bldg. 1567 directly next to vehicle inspection, has extended its hours to serve customers 7:30 a.m.-5 p.m. in issuing license plates and registrations for the Mannheim and Heidelberg communities. Please bring checks or money orders for transactions at vehicle registration. Cost is \$30 per year per transaction. A consolidated vehicle inspection station for the Heidelberg and Mannheim communities is available on Spinelli Barracks in Mannheim. Telephone numbers are: vehicle registration manager DSN 384-6100, civ. 0621-730-6100; support DSN 384-6911, civ. 0621-17-6911; fax for vehicle registration DSN 384-6127, civ. 0621-730-6127; vehicle inspection DSN 384-6120, civ. 0621-730-6120. GPS: Am Aubuckel, 68259 Mannheim-Feudenheim.

Mannheim Base Operations – With the deactivation of Mannheim there are two names for community members to keep in mind – Ralph Santaliz, Base Operations Manager and Master Sgt. Romeo Satsatin, Base Operations NCOIC. They are located in Bldg. 245 on Sullivan Barracks and are ready to assist the Mannheim community. DSN 385-1500, civ. 0621-730-1510, rafael.santaliz@eur.army.mil, romeo.satsatin@eur.army.mil.

Mannheim DEERS, ID Cards, Passports – The DEERS, ID cards and passports offices have relocated to Bldg. 246, Room 101 on Benjamin Franklin Village.

Mannheim Personal Property Processing – The Mannheim Personal Property Processing office, also known as the transportation office, is closed. Mannheim customers will now use the Heidelberg PPPO on the Shopping Center, Bldg. 3850, Room 267. The hours for the Heidelberg PPPO have changed to 9 a.m.-4 p.m. Monday, Tuesday, Wednesday and Friday and 10 a.m.-4 p.m. Thursday. The office is closed daily 11:30 a.m.-1 p.m. daily and on American holidays.

Subway – The Subway restaurant on Sullivan Barracks in Mannheim has closed and reopened on the Shopping Center in Heidelberg.

Popeyes and Taco Bell – Popeyes on Benjamin Franklin Village South in Mannheim is now closed Mondays. Taco Bell will remain open on Mondays until further notice.

Mannheim Customs Field Office – The Customs office in Mannheim is now located in Bldg. 256 (the Military Police station).

Mannheim Army Community Service – Army Community Services and the ACS Lending Closet have moved to Bldg. 246.

Mannheim Drivers Testing – Mannheim's Drivers' Testing Station located on Sullivan Barracks, Bldg. 253, has closed. All drivers' testing services are offered in Heidelberg on the Shopping Center, Bldg. 3850, Room 136, with operating hours 7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221-57-6681.

Exchange Gas Station – The gas station in Mannheim on Benjamin Franklin Village South has changed its operating hours. New hours are 7 a.m.-8 p.m. Monday-Friday, 8 a.m.-8 p.m. Saturdays and 9 a.m.-7 p.m. Sundays.

Sexual Assault Hotline – The 24-hour sexual assault and domestic violence hotline is for Mannheim and Heidelberg. The Mannheim-specific number is no longer valid. The hotline for both communities is civ. 0170-609-2862.

Video Blog

Coleman Shoppette – The shoppette on Coleman Barracks in Mannheim has expanded its hours to 7 a.m.-8 p.m. Monday-Friday and 10 a.m.-8 p.m. Saturday-Sunday and U.S. holidays.

See Visual Information Specialist Dee Crawford discuss vehicle registration on the BNow command video blog at www.youtube.com/BNow.

Mark Twain Village Shoppette – The shoppette on Mark Twain Village in Heidelberg has closed. The Campbell Barracks shoppette expanded hours on weekends – 10 a.m.-5 p.m. Saturdays and Sundays – to support the Soldiers and family members who live on MTV.

Mannheim Education Center – The Education Center on Sullivan Barracks will be open through August Monday-Friday (except USAREUR training holidays). A counselor is on site 8:30 a.m.-12:30 p.m. and remote counseling is available 1:30-4:30 p.m. The center is closed 12:30-1:30 p.m. A monitor opens and closes the education center for evening classes 6-10:30 p.m.

Mannheim Optometry – The Mannheim Optometry Clinic on Benjamin Franklin Village no longer offers routine eye examinations, walk-in physicals or screenings. Optometry care has transferred to the local economy, the Heidelberg Health Center Optometry Clinic or, for aviation personnel, Coleman Barracks. Mannheim Soldiers can still receive vision screening and routine physicals at the Mannheim clinic. Aviation personnel may complete the vision portion of select flight physicals in Mannheim, but must first collect paperwork at the Coleman clinic. The Mannheim medical operations center is open for walk-ins 8-11 a.m. Mondays, Wednesdays and Fridays. Appointments: civ. 0800-914-6133 (toll-free), DSN 371-2622, civ. 06221-17-2622.

The Heidelberg Optometry Clinic will remain open for eye care; however, due to staff transitions from July 1 through Sept. 30, services will be limited to active duty and active duty family members only.

Mannheim Health Clinic – The health clinic on Benjamin Franklin Village in Mannheim will close this December. The number of providers in Mannheim will remain adequate to serve the population's needs. Three patient liaisons will remain in Mannheim to help community members who receive medical appointments on the economy, but don't schedule host nation appointments: civ. 0621-730-9534/9543/9777. However, Tricare can schedule host nation appointments: DSN 380-9399/9505, civ. 0621-730-9399/9505. Servicemembers living in Mannheim will be seen at the Coleman Barracks clinic and family members will receive services from the Heidelberg Health Center on Nachrichten Kaserne. A shuttle bus is available for those who need transportation to Heidelberg. For help after hours, call civ. 06221-17-2605, or the nurse advice line, civ. 0800-825-1600. Mannheim clinic hours are 8 a.m.-noon and 1-4:30 p.m. Monday through Thursday and 8 a.m.-noon Friday. Central appointments: DSN 371-2622, civ. 0621-730-2622.

Faces of the community: Recycling Center



Max Lancaster

Rolf Mehner, a worker at the recycling center in Heidelberg, disposes of hazardous materials dropped off by members of the community. The Heidelberg recycling center is located on Patrick Henry Village in Bldgs. 4829 and 4830 behind the middle school and is open from 8 a.m. - 4 p.m. Monday through Saturday. ID card holders can dispose of their household electronics, cleaning products, furniture and other personal items. DSN 388-9321, civ. 06221-338-9321.

Community honors Soldiers for service and sacrifices

By **Sgt. Frank Sanchez III**
21ST TSC PUBLIC AFFAIRS

Soldiers, civilians and families gathered to honor and say farewell to Soldiers of the 21st Theater Sustainment Command at a Retreat and Retirement ceremony on Panzer parade field in Kaiserslautern, July 28.

This month's ceremony included a special tribute to those who made the ultimate sacrifice.

The names of three Soldiers who lost their lives during Operation Enduring Freedom were unveiled at the 21st TSC Memorial site.

Brig. Gen. Mark Hendrix, the commanding general of the 7th Civil Support Command and deputy commanding general for the 21st TSC was the guest speaker for the event.

"Now more than ever, we are so heavily engaged against an enemy so relentless and so determined," Hendrix said.

"It is even more important that we pause from time to time to honor our traditions, to remember from whence we came, to recommit ourselves to the profession of arms and to each other," he added.

Maj. Gen. Patricia McQuiston, the commanding general of the 21st TSC, and Command Sgt. Maj. James Spencer, the command sergeant major of the 21st TSC, laid a wreath

of flowers at the unit's monument during the ceremony as the names of the three recently fallen 21st TSC heroes were unveiled.

The three fallen warriors were: Staff Sgt. Joshua Throckmorton, 527th Military Police Company; Spc. Jordan Schumann, 527th Military Police Company and Spc. Preston Suter, 527th Military Police Company.

The retirement portion of the ceremony highlighted the service of Col. Sharon Duffy, the 21st TSC's deputy commanding officer, and Master Sgt. Ray Torres, the battalion operations and training non-commissioned officer in charge for the 565th Engineer Battalion in Schwetzingen.

Duffy was presented the Legion of Merit Award and Torres received the Meritorious Service Medal from McQuiston as she thanked them for their devotion to duty.

"The traditions of the Army are legendary. It just means so much to each and every single person," said Duffy about her feelings on the eve of her retirement after 30 years of service. "You do not realize how much it means to you until you're about to become a civilian."

"I am finishing up a 22 year career," said Torres. "I think that the years have made me ready for civilian life. I am happy."

The ceremony concluded with the singing of 21st TSC march and the Army song.

Crooks target tourists seeking sun and fun

By **Robert Szostek**

USAREUR OFFICE OF THE PROVOST MARSHAL

Crime doesn't take a vacation. That's why U.S. Army Europe crime prevention experts say you can never be too careful, prepared or aware.

Members of the U.S. forces community in Europe should be particularly cautious when they travel, the experts say.

"It's important to remember that tourists make tempting targets for thieves," said Capt. Richard K. Robinson, law enforcement staff officer at the USAREUR Office of the Provost Marshal. Travelers who are lost or distracted, weighed down with bags and carrying money and other valuables in obvious places, make great targets for thieves.

The best advice is to blend in with the crowd and look like the locals, OPM officials say. Don't let your dress, talk or mannerisms identify you as American or a member of the military. Carry inconspicuous baggage, not military bags or luggage with unit logos. Don't take uniform items or clothes with military designs with you.

Pickpockets are particularly active during the summer, OPM experts add, especially in major cities and in eastern and southern Europe. They stalk tourists and strike when their victims are vulnerable. "If anyone jostles, bumps or crowds you, a pickpocket may be in action," Robinson said. Thieves may also stage distractions by dropping something or causing a loud commotion, then steal your belongings while you are distracted.

Pickpockets often offer to help their victims load bags on trains, taxis or buses to give the thieves an opportunity to steal something out of them. They may cut backpacks open and take whatever drops out.

Thieves watch potential victims buy tickets, food or other items at train and metro stations to see where victims keep their wallets or money. Don't make yourself an easy target, the experts say.

Robinson said women should never sling purses or pocketbooks over their shoulders, because many items are plucked out of open purses. He recommended that women carry handbags or purses in front of their bodies, and that men place their wallets in a front pants pocket if possible. Some thieves also target those who have had one too many in bars and clubs late at night, or take unguarded valuables while their owners are swimming or are asleep or away from their seats on a train.

Robinson said it's best not to flash a lot of cash, and wise to not throw away receipts from credit card purchases or anything with an account number on it that a thief could use.

OPM officials said members of the U.S. forces community can contact their local Provost Marshal Offices for more security tips or download National Crime Prevention Council travel safety pamphlets at www.ncpc.org/resources/files/pdf/traveling.



Forum focuses on family readiness groups

By Dawn Sykulla
USAG BW ACS

There were plenty of questions posed during the Army Community Service Family Readiness Group Forum July 27 in Heidelberg.

Some of which included: "Do funds have a shelf life?" "Since U.S. Army Garrison Baden-Württemberg is transitioning, is it allowed to have fundraisers outside the garrison, or what are the legal responsibilities with accepting gifts and donations?"

Event organizers stood ready to address the various concerns and comments of the 23 Family Readiness Group leaders, members and Family Readiness Support Assistants from USAG Baden-Württemberg and surrounding garrisons.

Participants attended the forum to network, share ideas and voice their concerns, and the event also gave everyone the opportunity to learn ways to improve FRG operations and achieve goals by sharing new initiatives and lessons learned, while providing a readily available support network to reference from.

With featured guest speakers at every forum, participants received hands-on knowledge concerning the important aspects of running a successful FRG, and information on the latest Army regulations.

"This is an extremely important role you have," said guest speaker Jeannine Smith, ethics counselor for U.S. Army Europe Regional Medical Command, as she briefed the group about funding FRGs and discussed

some of the ethical obligations that go along with it.

"An FRG is an official entity. This matters because Family Readiness Groups went from being a private organization to an appropriated funded command program. That's your legal status," she said.

"This is a fantastic opportunity and more people need to get in on it," added Irene Misiewicz, FRSA for Warrior Transition Battalion-Europe. "Experienced leaders are passing experience on to those who have no idea what they're doing all in one, consolidated place," Misiewicz said.

New participants were also able to get specially tailored guidance and support to enhance their professional development, in addition to the latest news and information on the garri-

son's ongoing transformation efforts.

ACS is dedicated to those who serve Soldiers and families through their FRG role and organizers say they plan to continue to provide this forum designed to meet the specific needs of those serving in the FRG community.

The next FRG Forum is scheduled for 9-11 a.m. Oct. 12 at ACS, Community Support Center, Bldg. 3850, Room 172 in Heidelberg.

The guest speaker, Norma Ewers, ACS Army Volunteer Corps Coordinator, will discuss working with volunteers and use the Volunteer Management Information System. Registration deadline is Oct. 7.

For more information, or to sign up, call DSN 370-6883 or civ. 06221-57-6975.

New GI Bill updates

Army News Service

WASHINGTON - The Department of Veterans Affairs recently announced changes made by Congress to the Post 9/11 GI Bill.

"The Post 9/11 GI Bill is incredibly important because it reduces the financial burdens of higher education so that veterans have an opportunity to achieve their education goals," said Gen. Allison Hickey, under secretary for benefits.

"The VA believes it is important for veterans to be aware of changes to the GI Bill this year and learn more about how these changes may affect them."

Hickey said that today, more than 537,000 students have received over \$11.5 billion in GI Bill benefits to help them take charge of their future.

Changes to the Post-9/11 GI Bill, which came into effect Aug. 1, include paying the actual net cost of all public in-state tuition and fees, rather than basing payments upon the highest in-state tuition and fee rates for every state.

Another change involves capping private and foreign tuition at \$17,500 per academic year, as well as ending payments during certain school breaks to preserve veterans' entitlement for future academic semesters.

Additionally, certain students attending private schools in select states can now continue to receive benefits at the same rate payable during the previous academic year.

Beginning Oct. 1, eligible individuals will be able to use the Post-9/11 GI Bill for programs such as non-college degrees, on-the-job training and correspondence courses. They will also be eligible to receive a portion of the national monthly housing allowance rate when enrolled only in distance learning courses.

The VA is implementing the latest round of changes to the Post 9/11 GI Bill and has begun processing fall 2011 enrollment certifications.

Outreach by VA has helped to increase participation by colleges and universities in the Yellow Ribbon program, which helps students avoid out-of-pocket costs that may exceed the benefit.

Today, more than 2,600 schools are participating in the Yellow Ribbon program. "VA is committed to ensuring veterans have the information and tools they need to succeed," Hickey said.

August is ANTITERRORISM AWARENESS MONTH

BERLIN (AP, July 5, 2011) — Germany's top security official said Friday that the terrorist threat to the country hasn't decreased and the number of radicals continues to grow ...

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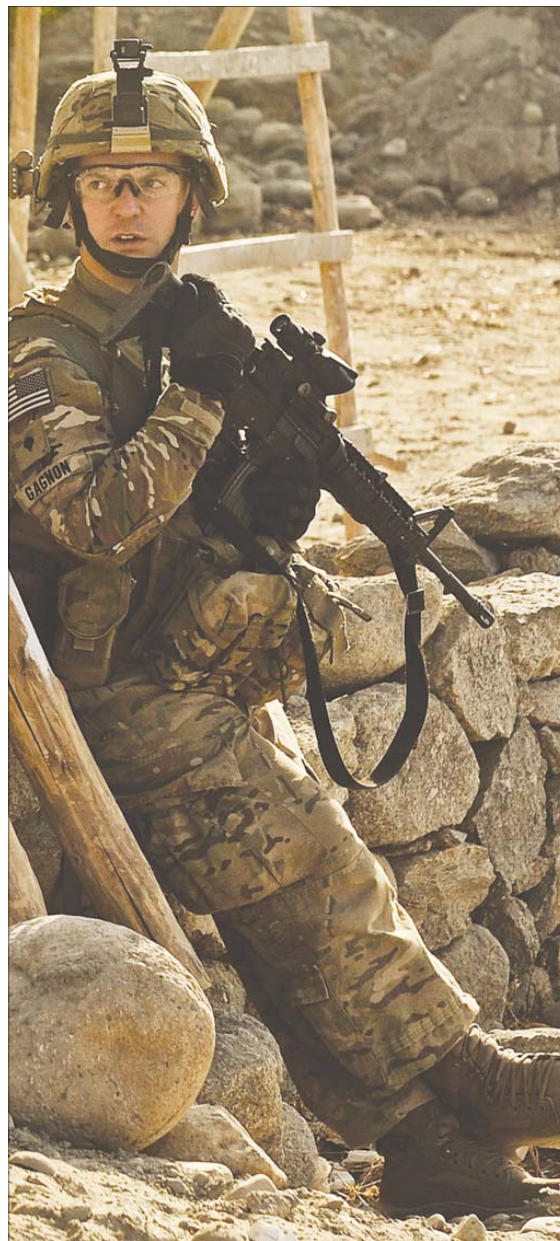
U.S. Army

Tory Myers puts a stitch in the National 9/11 Flag with the help of volunteer Carolyn Deters during the Alabama Stitching Ceremony at the Jaycees building in Huntsville July 27. Myers was one of several local heroes nominated to put the first stitches in the Alabama patch on the flag. He is an Apache pilot who retired after 20 years of service and then signed up for two more years to serve a tour in Afghanistan. Myers returned from his one-year deployment July 26.



Petty Officer 1st Class Benjamin Kittleson

Sgt. Emmanuel Johnson, from Charleston, S.C., a team leader assigned to 2nd Battalion, 23rd Infantry Regiment, 4th Brigade, 2nd Infantry Division, from Joint Base Lewis-McCord, Wash., fires blank rounds at an opponent in a simulated in-the-field force-on-force exercise during Talisman Sabre 2011. Talisman Sabre promotes the alliance with Australia, which is one of the United States' most important defense relationships and a central pillar for national security strategy, based on shared values and a common commitment to peace and security.



Staff Sgt. Ryan Crane

Spc. Justin Gagnon, a medic attached to Laghman Provincial Reconstruction Team, keeps an eye on members of his unit as they inspect a mosque during a quality assurance and inspection mission Aug. 1 in the Qharghyee District, Afghanistan. Laghman PRT's engineers are conducted a mission to inspect various construction projects around the province, to ensure they will last for years to come.



Sgt. 1st Class Mark Burrell

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Spc. Andrew B. Clemen gets a refresher course on a Pacbot 310 EOD robot at Combat Outpost Honaker-Miracle in eastern Afghanistan's Kunar province, Aug. 1. Clemen is an explosive ordnance disposal technician assigned to the 25th Infantry Division's 129th Ordnance Company, 3rd Brigade Combat Team.

Chaplain trades campus life for combat zone

Texas native uses patience and persistence

By Lawrence Torres III
5TH SIGNAL COMMAND PUBLIC AFFAIRS

GHORMACH, Afghanistan - It had been about 90 days since a small team of 44th Expeditionary Signal Battalion Soldiers stationed in a remote location of Afghanistan had the opportunity to participate in a worship service. Upon hearing this, Chaplain (Capt.) Ben Clark packed up his field service communion kit looking forward to his calling to "minister to Soldiers who slept in the dirt, left families at home and were entrusting with fighting our Nation's wars."

Clark's second deployment, which began in May, is proving to be exactly what he hoped for. After serving five years in Texas churches as a youth pastor, he started working as a campus minister at the university level with the Baptist General Convention of Texas' Campus Ministry Organization. Clark enjoyed his work and thought he would be serving there his entire life, but after a few years he desired to do more.

"Campus ministry began to bore me," Clark said. "I realized (that) after three years, I was pretty much doing the same things every year. The only



Chaplain (Capt.) Ben Clark, Task Force Atlas, 44th Expeditionary Signal Battalion, performs a field service for A Company Soldiers. Clark is among more than 350 Soldiers with 44th ESB in support of Task Force Atlas directly responsible for providing communications support to all units in Regional Command-North.

Spc. Robert Hadden

things that changed were the faces." Purely by accident, Clark happened to read an issue of The Army Chaplaincy during a conference for campus pastors. In one article, a battalion commander spoke of the value of a chaplain to his staff.

"As I set the magazine down, I was gripped by the desire to be the person that the commander wrote about," Clark said. At the time he had been a chaplain for more than five years.

Clark said that most of the college students lived an easy and comfortable life on their way to marriage, families

and the American dream and were no longer going to be his mission in life. He wanted to instead minister to Soldiers. The road to becoming a chaplain became a mission in persistence and patience. After meeting with the Army recruiter, doing some research and praying, the Texas native decided he wanted to become an Army chaplain, but "the Army, however was not looking for me," Clark said.

In the fall of 2000, he started seminary at Southwestern Seminary in Fort Worth, Texas, specifically to prepare for the chaplain ministry.

"I called the recruiting office again almost five years to the day that I had called previously and their attitude couldn't have been more different," Clark said. "Within 45 days of that phone call, I had a complete application packet and an active duty endorsement from my faith group ready to submit to the board.

Since becoming an Army chaplain in 2006, Clark thinks that a lot of Soldiers who have no interest in religion or God initially hold chaplains at arm's length.

"I always want to meet a Soldier where he or she is and try to address immediate needs, spiritual or otherwise," Clark said. "One of my biggest efforts is to be where the Soldier is, sharing the same food and general hardships that they endure. It's those times, hunkered down in a tent during a sand storm or, more recently in Germany, a snow storm, that a Soldier will come up to me and ask, 'Chaplain, got a minute?'"

Clark has the support of his commander to visit every Soldier in the Task Force, who are spread throughout RC-North and RC-East. Being present with the Soldiers is one of his most important missions. "I believe in being present, relational and relevant," Clark said. "Sometimes, a Soldier needs the encouragement that Scripture can bring; sometimes the Soldier just needs a sympathetic ear."

"Not a lot of Soldiers will embrace the Christian world-view like I do, but they almost always enjoy a visit from me. They like seeing a friendly face far out in the combat zone."

Combat medic earns exclusive induction into club

By Sgt. 1st Class Christopher Fincham
30TH MEDICAL COMMAND PUBLIC AFFAIRS OFFICE

MIESAU - An airborne combat medic from the 67th Forward Surgical Team (Airborne) was inducted into the Sergeant Audie Murphy Club during an award ceremony at the Yellow Ribbon Room July 28.

Sgt. 1st Class Andrew Ruff, the 67th FST (ABN) detachment sergeant, was formally inducted into the prestigious organization, and was awarded an Army Commendation medal for his demonstrated excellence in leadership and professionalism.

According to the guest speaker of the ceremony, Sgt. Maj. Diamond Hough, who is also an SAMC member, Ruff exemplifies leadership and consistently demonstrates personal concern for the needs, training, development and welfare of Soldiers.

"I knew Pfc. Ruff, and there was a time in his career that he might not have wanted to stay in the army when he faced adversity. But when I saw him when I arrived here in Germany, as a sergeant first class, tabbed-out, in charge of an airborne FST, and now being inducted into the Audie Murphy Club ... (it) truly helps me remember what it's all about to be an American Soldier," Hough said. "I challenge each and every one of you to remember that today - because that's what the Audie Murphy Club is about," Hough added.

Ruff was proud to be inducted into the club and looks

forward to continuing to coach, mentor and teach Soldiers, while working to live up to the example set by Murphy.

"It is an honor for me to be accepted into this prestigious group of outstanding leaders," Ruff said.

"The things that Audie Murphy accomplished are amazing and I hope that I can continue to be an example for my Soldiers as a member of the Sergeant Audie Murphy Club."

Proclaimed as one of the greatest combat Soldiers in the more than 200-year history of the United States, Murphy is recognized by many as a great American war hero and military legend in his own time.

Through Murphy's persistence, courage and leadership, he became the highest decorated Soldier in American military history.

His very essence and prowess set the standard for non-commissioned officers who aspire to go above and beyond their basic leadership role.

In his honor, SAMC was established to recognize and pay tribute to Murphy and NCOs who exemplify and demonstrate similar characteristics and abilities - setting the standards for excellence.

"It's not just a board - it's an indicator that demonstrates your dedication to leadership. It's an indicator that demonstrates your dedication to your Soldiers. It's an indicator that demonstrates your dedication to the service and your profession," Hough said.

Local Emergency Numbers	Non-Emergency Numbers
Heidelberg, Mannheim and Kaiserslautern	Heidelberg
	MP Desk
	DSN 388-2222,
	civ. 06221-678-2333
	German Police Liaison
	DSN 388-2564,
	civ. 06221-678-2581
	Mannheim
	MP Desk
	DSN 385-3359,
	civ. 06221-730-3359
	German Police Liaison
	DSN 385-2550,
	civ. 0621-730-2559
	Kaiserslautern
	MP Desk
	DSN 489-7070,
	civ. 0631-536-6060
	German Police Liaison
	(Ramstein AirBase)
	DSN 480-1985,
	civ. 06371-47-1985
When traveling in Europe or Germany, dial 112 to reach emergency services.	

EFMB

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Area.

“Land Navigation is a vital task that all candidates must complete. It is a very important task because a medic has to know where to find a casualty and how to get them to a casualty collection point,” said Master Sgt. Harold Pharis, non-commissioned officer in charge, Office of the Surgeon, 21st Theater Sustainment Brigade.

On combat testing lane one, candidates are judged on Tactical Combat Casualty Care, testing their medical skills. Each candidate performs patient assessment and triages casualties by the seriousness of their wounds.

“This is the only lane where a candidate’s medical skills - and only their medical skills - are put to the test,” said Sgt. 1st Class Troy Ramsey, 173rd Airborne Brigade Combat Team. “The other lanes have tasks that test Soldier skills.”

On combat testing lane two candidates are required to perform Warrior Skills Tasks, which tests their Soldier skills.

Candidates will have to know how to protect themselves from a Chemical, Biological, Radiological or Nuclear

contamination, correct malfunctions on their weapons, and move under fire.

Combat testing lane three consists of medical and casualty tasks as well as communication tasks. Here a candidate must put their medical skills to work while under fire and also put a military radio together. They must also establish a helicopter landing point and load their casualties.

“Combat lane three is primarily a medical evacuation lane, and is a very important lane for candidates to know, should they ever have to quickly remove wounded Soldiers from the battlefield to get them medical treatment,” said Sgt. 1st Class William Ambrose, NCOIC of Behavioral Health at Landstuhl Regional Medical Center.

Each lane is designed to test the mental toughness of candidates, whether it is an American or a German health professional.

The goal of each candidate is to provide the best medical care for all forces and make it to the Aug. 13 ruckmarch, and ultimately receive the Expert Field Medical Badge, a sign that they are one of the elite in the military medical community.

“By the end of this competition



Spc. Trisha Pinczes

Sgt. Ramon Hernandez, a member of the 8th Medical Company, mentors German 2nd Lt. Felix Wornor, assigned to the SanStff Mainz hospital, while qualifying on an M16A2 rifle July 28. As part of the pre-qualification required for participation in the 2011 U.S. Army Europe Expert Field Medical Badge Standardization and Testing, candidates must complete the weapons qualification, an Army Physical Fitness Test and Basic Lifesaving Skills in order to participate.

there will be no difference between NATO forces and American forces,” Pharris said. “They will basically be

one, with the goal of everyone making it to that 12-mile road march, and everyone crossing the finish line.”

ACAP

continued from page 1

benefits briefings, and Department of Labor Transition Assistance Program workshops, which cover career planning, job searches, resume writing and interviewing. ACAP services are available to separating and retiring Active Component Soldiers, demobilizing Reserve and National Guard Soldiers, family members, retirees and civilians affected by Base Realignment and Closure, reduction in force or global realignment.

In April 2010, the Vice Chief of Staff of the Army directed a thorough review of ACAP, which included visits to ACAP centers and thousands of interviews with Soldiers and civilians. The study found that while Soldiers are allowed to use ACAP services up to two years prior to retirement or one year prior to separation, they do not always have leadership support in doing more than the minimum required by law, which is attending the pre-separation briefing no later than 90 days prior to separation. However, just meeting the letter of the law is too little, too late. The more Soldiers are able to use ACAP services, the more successful their transition.

Based on the study results and the Vice Chief of Staff’s guidance, over the next few months ACAP

is implementing an enhanced 12-month transition program model focused on helping Soldiers develop an Individual Transition Plan and put it into action. Under this choice-based, results-oriented model, Soldiers will have the opportunity to spend up to 60-70 hours accessing ACAP resources, including the pre-separation briefing, the two-and-a-half day Transition Assistance Program workshop, the four-hour VA briefing, and individual counseling sessions. The TAP workshop is also being updated, to incorporate development of the Individual Transition Plan.

The 12-month time frame is designed to minimize conflict with unit mission requirements and enable Soldiers to take full advantage of ACAP resources. About four out of 10 eligible Soldiers who start ACAP decide to reenlist or join the National Guard or Reserves, while others need to get a solid start preparing for the next phase of their careers, whether it is going to school, starting a new job or starting a business. New policy and guidance on the transition program will be issued in the first quarter of Fiscal Year 2012.

The key to making ACAP as effective as possible is leader commitment. ACAP is a commander’s program. Soldiers will take off the uniform at some

point, whether through separation or retirement, and it is up to leaders to take care of them until the very last day. Taking care of Soldiers includes supporting their active participation in ACAP, and if a Soldier decides to separate, making sure no stigma is attached to their decision.

It is smart business to support Soldiers’ use of ACAP. In FY10 the Army spent more than \$500 million in unemployment compensation for veterans, a number expected to rise even higher in FY11. The Army is looking to reduce that amount by better preparing Soldiers to enter the civilian workforce.

More to the point, it is the right thing to do - supporting Soldiers’ transition planning.

Transition is stressful under the best of circumstances, and right now Soldiers are facing a tough job market.

We have to equip our Soldiers to take the skills and values they learned in the Army and translate them into success in the next phase of their career. When Soldiers take off the uniform, we want them to know they made the right choice for themselves, their careers, and their families when they put it on in the first place.

It’s the least we can do for their service and sacrifices.

CARE

continued from page 1

viewed on the spot.

“The (2010) C.A.R.E. Fair was wonderful. That was by far the best and biggest one I have seen in the five years I have been here.

One of the things I noticed was that people working the booths were very engaging with everyone who came by instead of talking among themselves,” said Laurie Bywater, Europe Regional Medical Command Family Readiness Support Assistant.

Last year, 63 organizations and approximately 400 community members and visitors from every age, ethnicity, gender and rank attended.

This year the event has expanded to include organizations throughout USAG Baden-Württemberg.

For more information about the C.A.R.E. Fair and career fair, visit www.mwrgermany.com or call DSN 370-6883, civ. 06221-57-6883. Exhibitors must register by Aug. 13. This event is open to ID card holders.

Get the most out of the Career Fair:

BEFORE THE JOB FAIR

1. Research the employers
2. Update and polish your resume
3. Create a career portfolio
4. Dress for success
5. Prepare and practice your handshake and your sales pitch

AT THE JOB FAIR:

1. Develop your game plan
2. Give yourself a pep-talk
3. Start talking - start wowing

4. Leave a lasting impression and end with a request (e.g., ask for business cards)
5. Network, network, network

AFTER THE JOB FAIR:

Follow up on employers (send thank you emails; reiterate your interest to work with their companies) To learn more about these tips, attend 1-2-3 Job Fair Ready 9-11 a.m. Aug. 24 at ACS.

Courtesy Naida Raugh, ACS Employment Readiness Program Manager



Gozo: an enchanted isle where time stands still

The Sanctuary of Ta' Pinu is an important pilgrimage site for Roman Catholics. Photos by Mark Iacampo

By Mark Iacampo
USAG HOHENFELS PUBLIC AFFAIRS

GOZO, Malta – Legend has it that the witch Calypso trapped the mighty Odysseus on the island of Gozo for seven years, and a visit to this lovely Mediterranean island makes it easy to understand why the wandering hero lingered so long.

Gozo's main draw is its dramatic coastline, with spectacular cliffs interspersed with beautiful beaches. Take in the towering Azure Window, a 50 meter hole in the cliff where crashing waves create fountains of spray. Nearby is the inland sea where you can enjoy a boat ride through a narrow tunnel into the Mediterranean.

Both places are popular dive sites as well, and there are plenty of outfitters to lead you on over 50 dive sites, ranging from caves to wrecks to open water. At "Scuba Kings" in the popular seafront village of Marsalforn, transplanted Brit Richard King provides custom tailored dive packages for every skill level. King even offers a 40 Euro "try dive" for those curious about the sport, simply by walking across the street from his shop and into the warm waters. PADI certification at all levels is also available.

If you prefer to remain on terra firma, Gozo has dozens of secluded beaches. Visit the red sands of Ramla beach, sparkling beneath Calypso's cave where the enchantress supposedly lived.

The whole island is ideal for hiking, and paths crisscross the varied landscape. Lush valleys lay nestled between medieval cities perched on craggy plateaus, and the cliff-strewn coastline is never far away.

All roads lead to the capital city of Victoria, where the dramatic silhouette of the Citadel dominates the skyline.

During ancient days when pirate raids were the norm, every citizen of Gozo had to be sheltered within the massive walls before nightfall. Today, the fortifications house a trio of museums where you can trace the island's 5,000 year old history.

One of the most dramatic examples of Gozo's long occupation is the temple of Ggantija near the village of Xaghra. Now a World Heritage Site, the temple is documented as the oldest free-standing structure in the world, predating the pyramids at Giza and England's Stonehenge by almost 1000 years.

The island is studded with newer temples as well, and each village boasts a church with stunning architecture. Only a few kilometers from Victoria stands the Ta' Pinu Sanctuary, an important pilgrimage site since Karmela Grima claimed to have heard the voice of the Virgin Mary calling out to her in 1883.

Gozo's spectacular scenery has in-

spired dozens of film projects throughout the years. On the tiny island of Comino, a 10-minute boat ride away, the Blue Lagoon is featured in the Brad Pitt film "Troy," while St. Mary's Tower doubled as the prison Chateau d'If in the 2002 version of "The Count of Monte Cristo." A short ferry ride across to Malta stands Popeye village, the main set for the Robin Williams version of the spinach-loving sailor. The place is now a theme park, and kids of all ages will enjoy wandering through the twisting streets.

When all this wandering works up an appetite, stop into one of the many restaurants to sample some of the local delicacies. Rabbit is extremely popular and can be served grilled, roasted or minced in a delightful pasta sauce. But the real treat is in the fresh seafood, and every morning you can see local fishermen bringing their catches into the waiting restaurants.

"Ta Pennellu" on the waterfront of Marsalforn is a family-run restaurant where eldest son Anthony weaves recipes brought home from the far-flung travels of his sailor father with locally available ingredients to create uniquely mouth-watering dishes. Enjoy homemade pastas, sauces and a variety of fresh fish served on the waterfront or within the cozy interior decorated with Anthony's internationally shown original artwork. Complement your meal with one of the many varieties of local wine, such as the fruity Maltese Falcon.

Whether you visit Gozo for the rich history, the tranquil beaches, or the spectacular diving, you will find a place that seems much further removed from the bustle of busy Malta than the 20-minute ferry ride would suggest. If you seek relaxation in a mystical land that time seems to have overlooked, Gozo should definitely find a place on your itinerary.



The Azure window towers above the sparkling Mediterranean Sea. The site is just one of several that beckons tourists to explore some of the island's natural wonders and beautiful jagged terrain.

GERMAN CUISINE

Restaurant Review Tennis, Dinner, Anyone?

Where to find it

Bella Capri
Tennisclub Ketsch e.V.
Im Bruch 1
68775 Ketsch
Civ: 06202-64883

Hours of Operation

Lunch – 11:30 a.m. - 2:30 p.m. Monday, Tuesday, Thursday-Sunday
Dinner – 5:30-10 p.m. Monday, Tuesday, Thursday-Sunday

Price Range

€9 - €25

Review

I love to frequent a restaurant that is constantly improving. Bella Capri in Ketsch is just that restaurant. Located in the Tennisclub Ketsch, Bella Capri is an unexpected delight.

Surrounded by trees and a large, wraparound deck, the atmosphere is relaxed and inviting. All the waiters and chefs banter in Italian, keeping the energy level at a high octave, non-stop pace.

Having not been in a few weeks, we were all excited to see that they have changed the menu with fresh options for summer. The antipasti platter (€9) is a lovely way to begin the meal and great for sharing. The Melone e Prosciutto is a new addition and did not disappoint. Sweet melon paired with salty prosciutto prepares your palate for the delectable meal to come. A full page of salads will appease anyone's desire for a light, yet filling meal, considering their salads are enormous.

One noticeable change was more daily specials, from which all of our choices came. I was torn between the zucchini lasagna, the salmon and spinach lasagna and the eggplant lasagna. I ultimately ordered the eggplant lasagna and was thrilled I did so. It was absolutely delicious. What I most enjoyed about it was that there was only a base of pasta which was layered with eggplant bathed with a fresh pomodoro sauce, lightly covered with mozzarella and baked to perfection. Keeping the pasta to a minimum kept the dish extremely light. A generous and filling portion is only €9, or add a small salad for an additional €2 for a completely fulfilling meal.

The salmon and spinach lasagna (€9) was stupendous: it was made with fresh spinach and a salmon filet layered between layers of pasta, bathed in a light cream sauce and baked with a layer of mozzarella. The incredible array of pasta dishes are freshly made and satisfy all tastes.

For those not interested in pasta, there are numerous choices of meat and seafood. The Entrecote Caprese is the perfect summer beef dish of steak topped with fresh tomatoes, basil and mozzarella.

Or try the Entrecote alla Grigilia, which is grilled steak topped with a garlic mixed herb butter. Both served with fries and an enormous salad for €12— you will be hard pressed to find a more satiating meal for the price.

Overall impression

Our meal was so delicious, I will have probably returned before this article has printed.

SOURCE: Angelee Aurillo



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,

My husband and I have been divorced since we were 15, about nine years. We have been married just under two. We were 22 and 21 when we got married.

His mother and father have been divorced since my husband was 3 years old. Because of ridiculous reasons, his father was granted sole custody of him and then he turned around and married someone else.

My husband's stepmother is probably the most horrible and manipulative person I have ever met. When my husband was 7, they had a daughter. After that, he was basically their slave. He was beaten, starved and did all the housework. His father basically turned a blind eye and let his new wife do whatever she wanted with my husband.

My husband's mother was granted visitation, and sometimes he got to stay with her for spring and summer breaks, but his stepmother made my husband's relationship with his real mother complicated over the years.

From the time he was 5 until he was about 10, his stepmother would select a random weekend and inform my husband that his mother was coming to take him for the weekend, even though in reality she was not scheduled to come. My husband would wait for his mother all day, and she would never come. He began to hate her and rarely spoke of her.

We went off to the same university in 2006. His mother showed up and offered to pay half his tuition, and he gladly accepted, since he didn't have a lot of financial options at the time, and the school was expensive.

His father agreed to pay the other half and we went to school for three semesters. In fall 2007, his mother and father argued about who should pay up first that time. It was a whole "I will pay when he pays," and vice versa issue.

So my husband dropped out of college and joined the Army Reserves. I was working and going to school, but when he left, I went to work full time. I soon became assistant

manager of the hotel I was working at and got us an apartment for after he came home from Basic and AIT.

I took a week off work to go to his Basic Training graduation, since I was driving from Texas to South Carolina. It was a big surprise when his mother and stepfather showed up and spent Family Day with us.

I had a lot of time to talk to her. I believe just about everything she told me, including that my husband's stepmother had put her in a bad light, and how guilty she felt for not fighting harder for custody. It turns out she was only 15 when she got pregnant with my husband (something neither of us knew) and she felt that at 18, she didn't know what she was doing regarding the court system, and she didn't have money for a lawyer, so she let it be.

It also turns out she paid child support for a little over 15 years, starting from the day my husband was taken away from her. My husband didn't know this, or about the money she sent him every holiday and birthday. She has turned out to be a great person, and is giving my husband the time he needs to get over being mad at her so long.

We got married in October 2009. His mother and stepfather came to the wedding, but his father did not. His father said that because he just moved and had a new job, he wouldn't be able to get the time off, but we were married on a Saturday. They only lived a few hours away, while his mother drove across the country to attend our wedding.

Eventually, his stepmother told me that because my husband invited his mother, they would not be attending. She made up some crazy story about her not wanting her children around my husband's real mother, which, in both of our opinions is ridiculous.

Over the past five years, his mother has shown who she really is and has really stepped up for her son.

My husband has not talked to his father in almost a year. He recently went active duty and we have moved to Germany. We still talk to his mother as often as we can, considering the time difference, but he has not made one mention of speaking with his father.

Every once in a while, his father will send a nasty email, calling him names, saying he wishes he had given him up for adoption, saying he should have talked his mother into getting an abortion, saying that his "siblings" miss him.

His half sisters and half brother don't even know him. They never treated him like family.

I can tell it is getting to him, and I am afraid he is going to explode and say things he is going to regret or that could get him into trouble.

In one email we got about two months ago, his father stated he knew where we lived and that he had used my husband's social security

number to get the information.

Since his father has prior military service, I know it wasn't hard, but we are contemplating having his social security number changed.

I was just wondering if you had any advice on how or what my husband should say to his father. He knows he doesn't want him in our lives; I just need help on a way for him to say it so that it gets across and doesn't turn ugly.

What do you think about the social security number issue? Thank you. Anonymous Wife

Dear Anonymous,

I am really sorry about everything that has happened with your husband and his family.

However, it was refreshing to read this letter because I can tell you really love your husband and you want what's best for him, and I applaud you for that. I'm also very happy to hear he has reconciled with his mother.

It sounds like his stepmother was really abusive and manipulative. His father stood by and watched the abuse and did nothing about it. How tragic, but I'm glad he survived, went to college and is now serving his country.

It looks like his relationship with his father has turned sour.

Here's the deal: you love your husband and I encourage you to continue to support him. However, your husband will have to resolve these issues with his father.

First of all, he should know he does not have to take abuse from anyone, not even his father. He can choose not to have contact with him, especially since he is verbally abusive and the tone in his emails is unacceptable.

I think your husband should reply to one of the emails and tell his father to never write to him again if he cannot be cordial.

If he does it again, he should close the email account and assume a different one.

I believe in reconciliation, especially between parents and children. If there is a problem, then your father-in-law should discuss it with his son appropriately.

On the other hand, I'm not sure why your father-in-law would be angry with your husband; after all he was a child when all this happened and he has been on his own since adulthood.

Regarding changing his social security number, I would not advise him to do that for many reasons.

For one, since your husband is in the Army, that may raise flags with security clearances.

It was great hearing from you. Thank you so much for reading the column and for writing to me.

Keep taking care of yourself and your husband. Keep in touch when you can.

GET OUT!

area events

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

August 12

Tucher Knight – This summertime medieval festival opens a door to allow patrons to step back in time and see the rich history of Nuremberg come alive. Characters dressed in Medieval attire as well as knight jousting tournaments provide entertainment. Festival is located at Burggraben, 90403 in Nuremberg and runs through Aug. 14. Free entry for children 0-3 years old. www.buzzoffbase.com.

August 13

Paris Dinner Cruise – Climb aboard this express trip to Paris, a city full of history and excitement. See major tourist attractions such as the Eiffel Tower, Notre Dame Cathedral, the Arch of Triumph, and much more as you spend the day sightseeing with time for shopping and eating. You can also marvel at the City of Lights on an evening boat cruise on the Seine River. <http://affiliates.uso.org/kaiserslautern>.

Rhine in Flames – Flowerpower is the theme for this year's show between Spay Braubach and Koblenz. Festively illuminated boats and paint the romantic villages, castles and palaces in a colorful and awe-inspiring light. Show begins at 8 p.m. www.rhein-in-flammen.com.

Bratkartoffelfest – The U.S. Army Europe Chorus will perform at 9 p.m. in the Sommerfesthalle in Otterstadt (near Speyer).

Burgspiele Landstuhl – The Nanstein Castle Play, or Burgspiele, is held annually now through August at the castle in Landstuhl. A troupe of performers act out comedy sketches in the old, local dialect. Enjoy music and lots of food and drinks. This year's play is *The Count*, based on the novella *The Clothes Make the Man* by Gottfried Keller. Admission is €8 for adults and reduced rates are available for students and children. For dates and times check www.burgspiele-landstuhl.de.

Stuttgart Zoo – The Stuttgart zoo is located at the Wilhelma Park, the largest zoological and botanical gardens in Europe. The large historical park is home to more than 9,000 animals, exotic plants and 19th century buildings in Moorish style. Visitors can also see a newly designed polar bear enclosures, an aquarium and more. <http://affiliates.uso.org/kaiserslautern/files>.

August 14

Backfischfest – The U.S. Army Europe Chorus will perform at 4 p.m. in the fest tent in Ketsch.

Rothenburg ob der Tauber – Spinelli Outdoor Recreation offers a trip to the famous medieval German town. The Middle Ages come alive when costumed townspeople participate in pageants and

colorful markets. Visit the Master Builder's House, Meat and Dance House and the Old Forge. Bus departs 8 a.m. from the Mannheim Schuh Theater. DSN 384-6300, civ. 0621-730-6300, www.mwrgermany.com.

August 19

Mall Trip – Spend the day shopping at the Centro Mall, the largest mall in Europe, located in Oberhausen, north of Düsseldorf. Centro Mall houses more than 200 stores and boutiques and more than 20 restaurants, snack bars, and pubs, with authentic Irish, Louisiana style, and Mexican foods. The mall also features an aquarium, model train exhibit, amusement park and plenty of outdoor cafes. <http://affiliates.uso.org/kaiserslautern/files>.

August 20

In Mark Twain's Footsteps – The annual tour is being offered in English 3 p.m. Aug. 20 starting at the Lion Fountain on the University Square in Heidelberg. The tour starts at the Student Prison and the festive Alte Aula auditorium following in the footsteps of Mark Twain and other famous personalities from England and America. The meeting place is on the Grabengasse, or Moat Alley, just off of Hauptstrasse. Buses 31 and 32 go directly there (bus stop at Universitätsplatz) from Bismarckplatz or from the Hauptbahnhof. The tour takes about two hours and costs €7 (Students €5) plus a fee of €3 for the Student Prison and the Alte Aula. Civ. 06221-43-6880.

August 21

Army Fest Band – The U.S. Army Europe Band and Chorus' Fest Band will perform at 8 p.m. in the fest tent in Markgröningen (in the greater Stuttgart area).

August 24

Stuttgart Wine Festival – Experience the Stuttgart wine festival for yourself. Each year thousands flock to the festival to enjoy the delicious Swabian food and wine. More than 120 stalls are set up around the old Schillerplatz, offering samples. Schillerplatz, 70173 Stuttgart. Festival is located in the town center and runs through Sept. 4.

August 25

Night of the Open Museums – Berlin, the former divided city and beautifully refurbished capital of Germany, beckons to you to come on this special weekend. During our long weekend in Berlin, you'll have guided tours to the most popular sights: the Wall, the Brandenburg Gate,

Potsdamer Platz, Unter den Linden, the Memorial Church, Checkpoint Charlie, Olympic Stadium and more. Twice a year, Berlin keeps all museums open until 2 a.m. The price of admission is already included in the price of this tour. <http://affiliates.uso.org/kaiserslautern/files>.

August 27

Open Air Music Fest – Enjoy an open air concert 4-10 p.m. at the Warrior Zone on Coleman Barracks in Mannheim. Money Head and Dizzle Don Johnson will feature hip hop and Kojak for fest goers who like alternative rock. DSN 382-4410, www.mwrgermany.com.

August 28

Mirabelle Fruit Fest – Discover this beautiful French city with its cathedral famous for its stained glass windows and other historic sites. During this weekend, Metz will celebrate its annual Mirabelle or yellow plum Fruit Fest. <http://affiliates.uso.org/kaiserslautern/files>.

September 9

Wurstmarkt Wine Festival – Even though it's called a Wurstmarkt (sausage market), Bad Dürkheim claims to host the biggest wine festival in the world through Sept. 13 and Sept. 16-19 on the fest grounds. GPS: Auf den Brühlwiesen, 67098 Bad Dürkheim.

September 25

Volksfest – The U.S. Army Europe Fest Band performs at 4:30 p.m. at the Bürgerhaus in Wiesbaden-Erbenheim.

Ongoing

Flea Markets – For a complete list of flea markets and locations, see www.meine-flohmarkttermine.de and click on the 7000 zip code link.

Mannheim Parks – Mannheim parks summer hours are in effect through October for Luisenpark and Herzogenriedpark in Mannheim. Both open at 9 a.m. and box offices close at 9 p.m. through August. Summer hours for the tea house are 1-6 p.m. weekdays except Tuesdays and 11 a.m.-7 p.m. Sundays and holidays. Earlier closure is possible in case of inclement weather. Summer opening hours for the green house are 10 a.m.-6:30 p.m. now through September. **Gospel Choir Festival** – Make plans now to join the first International Gospel Choir Festival in Berlin in 2012. Sign your choir up now for the event happening May 19, 2012, at the Universal Hall Berlin with a workshop on Friday. www.eventtours.nl/Gospel_Choirfestival_Berlin_2012.htm.

coming to THEATERS

KUNG FU PANDA 2

(Jack Black, Angelina Jolie) Po is now living his dream as The Dragon Warrior, protecting the Valley of Peace alongside his friends and fellow kung fu masters, The Furious Five. But Po's new life of awesomeness is threatened by the emergence of a formidable villain, who plans to use a secret, unstoppable weapon to conquer China and destroy kung fu. He must look to his past and uncover the secrets of his mysterious origins; only then will Po be able to unlock the strength he needs to succeed (PG for sequences of martial arts action and mild violence). 107 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Aug. 11 - THE HANGOVER PART II (R) 7 p.m.
 Aug. 12 - RISE OF THE PLANET OF THE APES (PG-13) 7 p.m., 10 p.m.
 Aug. 13 - KUNG FU PANDA 2 (PG) 4 p.m.; JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 7 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 9 p.m.
 Aug. 14 - JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 4 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 7 p.m.
 Aug. 15 - JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 7 p.m.
 Aug. 16 - RISE OF THE PLANET OF THE APES (PG-13) 7 p.m.
 Aug. 17 - RISE OF THE PLANET OF THE APES (PG-13) 7 p.m.
 Aug. 18 - JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 7 p.m.

Vogelweh, Galaxy

Aug. 12 - CRAZY, STUPID, LOVE (PG-13) 7 p.m.
 Aug. 13 - KUNG FU PANDA 2 (PG) 4 p.m.; JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 7 p.m.
 Aug. 14 - KUNG FU PANDA 2 (PG) 4 p.m.

Ramstein, Gateway Movieplex

Aug. 11 - CRAZY, STUPID, LOVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; PIRATES OF THE CARIBBEAN: ON STRANGER TIDES (PG-13) 11:30 a.m., 3 p.m., 6:30 p.m.; THE HANGOVER PART II (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.
 Aug. 12 - RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m., 8:45 p.m.; KUNG FU PANDA 2 (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.
 Aug. 13 - RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m., 8:45 p.m.; KUNG FU PANDA 2 (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.
 Aug. 14 - RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.; KUNG FU PANDA 2 (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m.
 Aug. 15 - RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.; KUNG FU PANDA 2 (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m.
 Aug. 16 - RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.; KUNG FU PANDA 2 (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m.
 Aug. 17 - RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.; KUNG FU PANDA 2 (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m.
 Aug. 18 - RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; JUDY MOODY AND THE NOT SO BUMMER SUMMER (PG) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.; KUNG FU PANDA 2 (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238

Galaxy Theater, Vogelweh, 0631-50017

Gateway Cineplex, Ramstein, 06371-47-5550

Visit www.aafes.com for updated listings and more movie descriptions
 Mannheim, CinemaxX, P4 13, 68161 Mannheim, civ. 01805-62-5466, www.cineplex.de

Mannheim, CinemaxX - English Language movies

Aug. 11 - 17 RISE OF THE PLANET OF THE APES (PG-13) 7:45 p.m.; 10:30 p.m.
 Aug. 11, 14, 15, 16, 17 - SUPER 8 (PG-13) 10:30 p.m.
 Aug. 14 - Sneak Preview 8 p.m.

community HIGHLIGHTS

Equal Employment Opportunity

All civilian employees, military members or local nationals who supervise civilian employees are required to attend biennial classroom Equal Employment Opportunity training. Sessions are 1-2 p.m. Aug. 17 on Patton Barracks in Heidelberg, Bldg. 128, Room 208. DSN 373-5494, civ. 06221-17-5215.

New Student Orientations

Families new to the Heidelberg community who have middle or high school aged children are encouraged to attend orientation 9 a.m. Aug. 25 at Heidelberg High School and 10:30 a.m. Aug. 26 at Heidelberg Middle School. HHS DSN 370-8004, civ. 06221-57-8004; HMS DSN 388-9311, civ. 06221-338-9311.

Army Career Tracker

The Army Career Tracker is a leadership tool that integrates training, assignment history and education into one personalized, easy-to-use portal. Users can search for multiple education and training resources and monitor career development, which will allow them to manage their career objectives and monitor their progress toward career requirements and goals. www.us.army.mil/suite/page/659786.

HMEDDAC Soldier Medicine Team

The Heidelberg Health Center has a Soldier Team Clinic on Nachrichten Kaserne, Bldg. 3617, second floor for all active duty military. Hours are 7:30 a.m.-4 p.m. Monday-Wednesday, Friday and 8 a.m.-4 p.m. Thursday. Appointments: DSN 371-2622, civ. 06221-17-2622 or via www.Tricareonline.com.

9/11 Remembrance

AFN Heidelberg is looking for Americans and Germans in the USAG Baden-Württemberg community who were significantly affected by the terrorist attacks of Sept. 11, 2001. To share your story, go to afneurope.net, click on the publicity request form and send it to www.hbg_traffic@afn.dma.mil with the subject line 9/11 Remembrance. DSN 382-5073, civ. 0621-779-5073.

local EMPLOYMENT

ACS Job Fair

Army Community Services will host a career fair 10 a.m.-2 p.m. Aug. 27 at the Patrick Henry Village Pavilion in Heidelberg. Recruiters include the Exchange, Microsoft and Family and Morale, Welfare and Recreation's business division. Applicants should be prepared to interview on the spot.

Religious Support Office

The USAG Baden Württemberg Religious Support Office has a number of non-personnel service contracts available for musicians, parish coordinators, religious education coordinators and child care workers. These contracts are for both appropriated funds and non-appropriated funds (chapel tithes and offerings funds) positions located in Heidelberg, Mannheim and Kaiserslautern. DSN 373-7715, civ. 06221-17-7715.

Central Texas College

Central Texas College is seeking adjunct faculty for classes in early childhood professions, automotive technology and emergency medical technology. Classes are taught evenings and weekends. Requirements include an associate's degree and experience in the field. DSN 382-5560, civ. 0621-779-5560, www.europe.ctcd.edu.

KAISERSLAUTERN

Community

• **KMC School Bus Passes** – Families with students pre-registered for daily transportation for the upcoming school year can pick up their passes and school bus safety information now-Aug. 11. Ramstein: DSN 480-2877, civ. 06371-47-2877; Kaiserslautern: civ. 0162-270-1678.

• **Top 40 Tunes** – Kazabra Club on Vogelweh plays rock, pop, soul and country hits 9 p.m.-1 a.m. Aug. 12 and every Friday. Requests welcome. DSN 489-7261, civ. 0631-536-7261.

• **House Party** – Meet up with buddies or make new ones 9 p.m.-2 a.m. Aug. 12 and 26 at Armstrong's Club on Vogelweh. Civ. 0631-354-9986.

• **Skydiving** – Go skydiving in Bitburg with Outdoor Recreation Aug. 14. DSN 493-4117, civ. 0631-3406-4117.

• **Summer Adventure** – Registration is open for the youth Summer Adventure program. Weekly activities continue through Aug. 26. DSN 486-8656, civ. 06371-86-8658.

• **Miesau Library Closed** – The Miesau branch library is closed through Aug. 31. Patrons can visit the Kaiserslautern Main Library, Landstuhl Post, Bldg. 3810. DSN 486-7322, civ. 06371-86-7322.

• **Operation Rising Star** – Singers can compete for a chance to win an all expenses paid, three-day professional recording studio experience in Hollywood, Calif. A capella auditions are 6:30 p.m. Sept. 1 at KMC Onstage, Bldg. 3232, on Kleber Kaserne. Sign-up required. DSN 483-6626, civ. 0631-411-6626.

• **CYSS Apprenticeship Program** – Teens 15-18 should register now-Sept. 16 for the Child, Youth and School Services apprenticeship program, to help them prepare for college and the workforce. Fall term begins Sept. 26 in Bldg. 2898 on Pulaski Barracks. DSN 493-4516, civ. 0631-3406-4516.

• **Ramstein Toastmasters** – Overcome your fear of public speaking and listen, evaluate and present skills learned in a friendly, comfortable atmosphere at noon every first and third Tuesday of the month, Ramstein's Northside Chapel Conference Room. www.ramstein.freetoasthost.net.

• **Pulaski Auto Skills** – Any customer receiving service at Pulaski Auto Skills automatically receives a prepaid carwash at half price. DSN 493-4167, civ. 0631-3406-4167.

• **Newcomers Housing Brief** – Initial housing briefs for incoming active duty Soldiers are now 8 a.m. Mondays on Kleber Kaserne, Bldg. 3245, Room 006 and 1 p.m. Wednesdays on Daenner Kaserne, Bldg. 3109, except holidays. DSN 483-7372.

• **Library Tour** – Join the Kleber branch library to discover all the

ways to use your Army Europe library card. The library offers free tours 11-11:30 a.m., 2-2:30 p.m. and 4:30-5 p.m. every last Wednesday of the month. No sign-up required.

• **SKIES Unlimited** – SKIES Unlimited is offering ABC Music and Me. The ongoing class focuses on early language and literacy development through music and story time.

Program open for children enrolled in child care or pre-K programs. DSN 493-4516, civ. 0631-3406-4516.

• **Quilt Club** – Rheinland Pfalz Quilt Guild will have a combined meeting 6 p.m. Aug. 25 in the Kaiserslautern Landstuhl Spouses Association building on Pulaski Barracks.

HEIDELBERG

Education

• **ACS Classes** – Applying for a Federal Job, 1-3 p.m. Aug. 16-17; Smart Banking, 9-11:30 a.m. Aug. 17; Smooth Move, 10-11 a.m. Aug. 17; Effective Management of Volunteers, 10-11 a.m. Aug. 17; Exceptional Families Network, 10-11:30 a.m. Aug. 17; Setting Boundaries, 2-4 p.m. Aug. 18, Nachrichten Kaserne, Bldg. 3622, Company B Conference Room

• **UMUC Fall Enrollment Open** – Registration for the Fall 2011 Session at the University of Maryland University College Europe is now open through Aug. 21 with classes starting Aug. 22. Field study courses include Expatriate Writers in Venice: 1800 to Present Oct. 15-22 in Italy and A Brief Literary History Oct. 15-22 in Ireland. Register by Sept. 25. DSN 314-370-6762, civ. 06221-3780, www.ed.umuc.edu/fieldstudy.

Community

• **Parents Night Out** – Child, Youth and School Services offers parents night out 7 p.m.-midnight and parents day out 10 a.m.-4 p.m. Aug. 19-20, Sept. 16-17, Oct. 21-22, Nov. 4-5, 18-19, Dec. 2-3, 16-17. Parent Central Services: DSN 388-9241, civ. 06221-338-9240.

• **BOSS Meeting** – Better Opportunities for Single Soldiers hosts a meeting 3:30 p.m. Aug. 17 in Bldg. 104 on Patton Barracks. DSN 373-5275.

• **CPAC** – The Civilian Personnel Advisory Center will be closed Aug. 19. For urgent matters, the customer assistance team will be open. DSN 370-8514, civ. 06221-57-8514.

• **Paris Trip** – Better Opportunities for Single Soldiers will tour Paris and visit Versailles Palace Aug. 19-21. Bus leaves evening of Aug. 18. DSN 388-9282, civ. 06221-338-9282.

• **Krakow, Poland and Auschwitz** – Better Opportunities for Single Soldiers visits Krakow, Poland and Auschwitz Concentration Camp Aug. 19-21. Bus departs evening of Aug. 18. DSN 388-9282, civ. 06221-338-9282.

• **Women's Equality Day** – Women's Equality Day will be

observed with a static display at the commissary on Patrick Henry Village Aug. 20-26. There will also be a cake cutting ceremony noon Aug. 26 at the commissary to celebrate. Voting assistance officers will be on hand after the ceremony for questions. DSN 373-7955.

• **GMD's European Comedy Tour** – Comedians Matt Collins, Bengt Washburn and Jokster Niem Lyon are part of the European Comedy Tour (Part 2) 10 p.m. Aug. 26 at the Recovery Room. There will also be an open mic night. Civ. 0175-671-2371.

• **C.A.R.E Fair and Career Fair** – The Community Activities Registration and Education Fair offers free food, games and big prizes at the Patrick Henry Village Pavilion 10 a.m.-2 p.m. Aug. 27.

• **All You Can Eat Pizza** – Take the family for all the pizza and bowling they want at the Patrick Henry Village Bowling Center 6-8 p.m. Mondays through Aug. 29. DSN 388-9040, civ. 06221-338-9040, www.mwrgermany.com.

• **Hispanic Heritage Month** – Enjoy traditional cuisine served buffet style, Latin dancing, food contest, an art exhibition and more 6:30-11 p.m. Sept. 24 in the Patrick Henry Village Pavilion. Food contest and art exhibition entry forms will be available online, in the arts and cultural center and at select community locations. DSN 388-9418, civ. 06221-338-9418.

• **Volkmarch Volunteers** – Volunteers of various skills and commitment levels are needed for the 37th annual Volksmarch held Sept. 24-25 at the International Gesamtschule in Heidelberg-Hasenleiser. Free T-shirt and food and drink coupons. Civ. 06227-841226, www.hiwc.de.

• **Commissary Gate** – The Patrick Henry Village commissary hours have not changed even though the gate near the commissary has recently reduced hours. The commissary is open 7:30-9 a.m. every day for early bird shopping, 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday.

• **Tompkins Gym** – Tompkins Fitness Center has new hours: 5:30 a.m.-8 p.m. Monday-Friday and closed Saturday, Sunday and U.S. holidays. DSN 379-7700, civ. 06202-80-7700.

• **Shooter's Bar and Grill** – Shooter's Bar and Grill has new hours: 6-9 p.m. Wednesday, 6-10 p.m. the second Thursday of the month, 10 a.m.-8 p.m. Saturday, 9:30 a.m.-3 p.m. Sunday and closed Mondays, Tuesdays and Fridays. Civ. 06202-927-9315.

MANNHEIM

Education

• **ACS Classes** – Teens in Action, 1-3 p.m. Aug. 13; Relationship Enrichment (four sessions), 10 a.m.-noon Aug. 13, Sept. 10; 6-8 p.m. Aug.

26, Sept. 30; Car Seat Safety Check, appointments only Aug. 15; Bringing Baby Home, 5:30-8 p.m. Aug. 17; Mommy and Baby Wellness, 1-2 p.m. Aug. 18.

Community

• **Rothenburg ob der Tauber** – Depart from Schuh Theater 8 a.m. Aug. 14 for one of Germany's most famous medieval towns. Also visit the Master Builder's House, Meat and Dance House, the Old Forge and more. Pre-registration required. DSN 384-6300, www.mwrgermany.com.

• **Board Game Night** – Test your skills in chess, UNO, Pictionary and more 4:30-10 p.m. Aug. 15 and every Monday at the Warrior Zone on Coleman Barracks. DSN 382-4410, www.mwrgermany.com.

• **GMD's European Comedy Tour** – Comedians Matt Collins, Bengt Washburn and Jokster Niem Lyon are part of the European Comedy Tour (Part 2) 9 p.m. Aug. 26 at the Top Hat Club. There will also be an open mic night. Civ. 0175-671-2371.

• **Social Work Services** – Social Work Services have moved to the Health Clinic, Bldg. 739, on Benjamin Franklin Village. DSN 380-9500, civ. 0621-730-9500.

• **Spinelli Auto Skills** – Spinelli Auto Skills has new hours: closed Sunday, Monday and U.S. holidays; open 11 a.m.-7 p.m. Tuesday-Friday and 9 a.m.-5 p.m. Saturday and training holidays. DSN 373-5196, civ. 06221-17-5196.

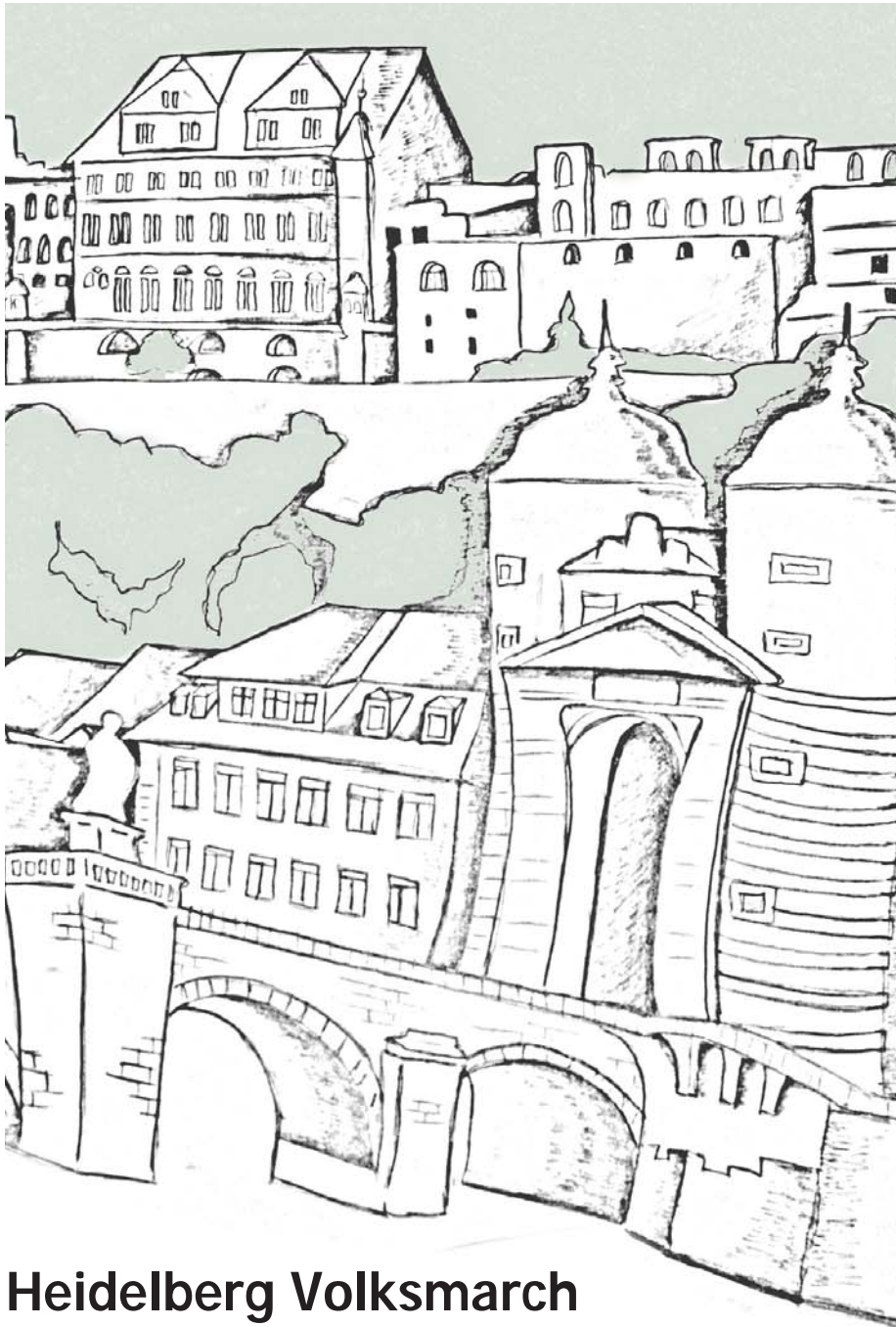
• **Warrior Zone** – The Warrior Zone on Coleman Barracks has new hours: closed Monday, Tuesday and U.S. holidays, 5-10 p.m. Open Wednesday and Thursday, 4-10 p.m. Friday and Saturday, 4-9 p.m. Sunday. DSN 382-4410, civ. 0621-779-4410, www.mwrgermany.com.

• **Salsa Lessons** – Learn to salsa 6-7 p.m. for level one and 7-8 p.m. for level two Wednesdays at the Top Hat Club on Benjamin Franklin Village. DSN 380-9370, civ. 0621-730-9370, www.mwrgermany.com.

• **Summer Specials** – Spinelli Outdoor Recreation, Bldg. 1570, offers monthly discounts now through September. DSN 384-6300, civ. 0621-730-6232, www.mwrgermany.com.

• **Youth of the Chapel** – Youth of the Chapel meet 3:30 p.m. (junior high) and 6 p.m. (high school) Wednesdays at the Sullivan Barracks Chapel across from the gym. Groups meet 6 p.m. Sundays.

• **Military History** – The Military History Round Table, an informal group of Germans and Americans interested in World War II is open to anyone who has an interest in military equipment, uniforms, patches and memorabilia. The group will hold meetings 7 p.m. every third Thursday at the Heidelberg Rod and Gun Club. DSN 370-8686, civ. 06221-57-8686.



Heidelberg Volksmarch

By Rob Floyd
HEIDELBERG INTERNATIONAL WANDERING CLUB

Members of the Heidelberg International Wandering Club will host Heidelberg's 37th International Volksmarch 7 a.m. - 6 p.m. Sept. 24 and 7 a.m. - 5 p.m. Sept. 25.

This annual event attracts as many as 3,000 walkers from around Germany and other neighboring European countries. The walk will start and finish at the International Gesamtschule in Heidelberg-Hasenleiser, behind the Army health center on Nachrichten Kaserne.

There will be three different courses for participants to choose from the 5-kilometer course is designed to be stroller-friendly and flat, the 11km is stroller-friendly and hilly and the 22 km route is hilly and will lead to the Heidelberg Castle.

Organizers say a lot of hard work and effort goes

into planning, organizing and staffing this event and scores of volunteers are required to help make it happen. Volunteers of all ages and skill levels are needed to lend a hand before, during and after the Volksmarch.

Help is needed to set up and break down benches and tables in the start hall, to mark and monitor the trail throughout the march, operate checkpoints, stamp cards, prepare and sell food and drinks, distribute supplies and equipment, direct parking and monitor traffic flow, hand out prizes and clean up after the event is complete.

Volunteers will receive a free volunteer T-shirt while supplies last and free food and drink coupons. This year's prize for participants is a glass beer mug with a picturesque scene of Heidelberg.

For more information call civ. 06227-841226 or visit www.hiwc.de. You can also email questions to hiwc@yahoo.com.

staying ACTIVE

Sports Physicals

The Department of Pediatrics at Landstuhl Regional Medical Center will offer increased availability in August for sports physicals for all children 5-18 enrolled with the LRM Pediatric Clinic. The primary care manager-booked appointment is to fulfill the school requirement for a sports physical. The appointment will not include medication refills, acute appointments, sick child visits, lab work or immunizations. Complete the Child and Youth Services Health Assessment/Sports Physical form prior to appointment: www.vicenzamwr.com/pdfs/CYS%20Services/CYSS_Sports_Physical.pdf or by an Internet search for AE Form 608-100A. Appointments: DSN 486-5762, civ. 06371-86-5762.

Rod and Gun Club

The Rod and Gun Club in Oftersheim will host a bluegrass night 7 p.m. Aug. 11, handgun safety course 5 p.m. Aug. 12, trap course 1 p.m. Aug. 13, a needle shoot 9 a.m. Aug. 20 that requires a hunting license, fun shoot 10 a.m. Aug. 21, shotgun safety course 5 p.m. Aug. 26, skeet course 1 p.m. Aug. 27 and fishermen's meeting 7 p.m. Aug. 31. Civ. 06202-51-193.

Swim Camp

The Heidelberg Sea Lions will host a swim camp 8-10 a.m. Aug. 15-19 at the SRH pool in Wieblingen. Children must be able to swim 25 meters. www.heidelbergsealions.com.

Heidelberg Sea Lions

The Heidelberg Sea Lions are enrolling swimmers for the 2011-12 season. Swimmers 6-19 years old can complete the swim proficiency test administered by the coach. Season begins Aug. 22 at the SRH pool in Wieblingen. esfsealions@yahoo.com, www.heidelbergsealions.com.

Unit Level Flag Football League

Heidelberg Unit Level Flag Football League games begin 6-9 p.m. Aug. 29-Oct. 31. Units and components assigned to Heidelberg and Mannheim are authorized to participate. Letters of intent to participate can be obtained at the Patton, Tompkins and Campbell fitness centers and are due by Aug. 22. DSN 373-8032, civ. 06221-17-8032.

Bowlopolis

Children under 17 can bowl through Aug. 29 with a Bowlopolis card good for \$1 games and \$1 shoe rental before 5 p.m. daily at the Patrick Henry Village Bowling Center in Heidelberg. DSN 388-9040, civ. 06221-338-9040, www.mwrgermany.com.

Sergeants Major Annual Golf Scramble

Registration is open until 24 team slots are filled for the Heidelberg Sergeants Major Annual Golf Scramble, with check-in time starting at 6:45 a.m. Sept. 9 at the Heidelberg Golf Course. Cost is \$45 per person and includes greens fees, cart, range balls and lunch. Prizes awarded for 1st-3rd place, men's and women's longest drive, closest to the pin and more. DSN 379-7979.

20-20-20

Landstuhl Fitness offers a three-part class: 20 minutes cardio, 20 minutes body sculpt with Yoga and Pilates moves and 20 minutes resistance training 9:30-10:30 a.m. Tuesdays and Thursdays, on Landstuhl Post, Bldg. 3720, in Kaiserslautern. DSN 486-7172, civ. 06371-86-7172.

Cosmic Bowling or Kids Free

The Bowling Center on Benjamin Franklin Village offers Cosmic Bowling 7 p.m.-1 a.m. Saturdays. DSN 380-9528, civ. 0621-730-9528, www.mwrgermany.com.

Prenatal Fitness Classes

Prenatal fitness classes include cardio, resistance training and gentle stretching for expectant and new mothers, 11 a.m.-noon Tuesdays and Thursdays, Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 06371-86-7172.

OPSEC AND SOCIAL NETWORKING SITES

SOCIAL NETWORKING SITES (SNS), like Facebook® and Twitter®, are software applications that connect people and information in spontaneous, interactive ways. While SNS can be useful and fun, they can provide adversaries, such as terrorists, spies and criminals, with critical information needed to harm you or disrupt your mission. Practicing Operations Security (OPSEC) will help you to recognize your critical information and protect it from an adversary. Here are a few safety tips to get you started.

SAFETY CHECKLIST

Personal Information

Do you:

- Keep sensitive, work-related information OFF your profile?
- Keep your plans, schedules and location data to yourself?
- Protect the names and information of coworkers, friends, and family members?
- Tell friends to be careful when posting photos and information about you and your family?

Posted Data

Before posting, did you:

- Check all photos for indicators in the background or reflective surfaces?
- Check filenames and file tags for sensitive data (your name, organization or other details)?

Passwords

Are they:

- Unique from your other online passwords?
- Sufficiently hard to guess?
- Adequately protected (not shared or given away)?

Settings and Privacy

Did you:

- Carefully look for and set all your privacy and security options?
- Determine both your profile and search visibility?
- Sort “friends” into groups and networks, and set access permissions accordingly?
- Verify through other channels that a “friend” request was actually from your friend?
- Add “untrusted” people to the group with the lowest permissions and accesses?

Security

Remember to:

- Keep your anti-virus software updated.
- Beware of links, downloads, and attachments just as you would in e-mails.
- Beware of “apps” or plugins, which are often written by unknown third parties who might use them to access your data and friends.
- Look for HTTPS and the lock icon that indicate active transmission security before logging in or entering sensitive data (especially when using wi-fi hotspots).

THINK BEFORE YOU POST! Remember, your information could become public at any time due to hacking, configuration errors, social engineering or the business practice of selling or sharing user data. For more information, visit the Interagency OPSEC Support Staff’s website.

Think. Protect. OPSEC.
www.ioss.gov

