

# HeraldPOST

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

**HP THURSDAY**  
Sept. 1, 2011

**Speed Read**

**HOMETOWN GREETINGS**

The Joint Hometown News Service will be in Heidelberg Sept. 16-17 to film personal holiday greetings to loved ones stateside. **3**

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**21ST TSC COMMANDER**

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The Republic of Malta, a land of mystery and beauty that is just a two-hour flight from Germany, consists of three islands: Malta, Gozo and tiny Comino. **13**

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**HURRICANE IRENE**

U.S. Northern Command is continuing to support relief efforts in the aftermath of a powerful hurricane that struck the East Coast over the weekend, causing extensive flood and wind damage.

**SMARTPHONE SECURITY**

As the Defense Department seeks innovation made possible by smartphones and other mobile computing platforms, it's also working to ensure DOD users of those devices employ them securely, a defense official said. Issues that concern the department include the huge memory capacities of some of the new smart devices and users' general lack of knowledge about how smartphones and tablets work and how they could be compromised. The department is evaluating how people are really using the devices – whether they're using smartphones to check e-mail or tablets to read memorandums or policies.

[www.defense.gov](http://www.defense.gov)

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## Mannheim Exchange facilities change hours

**Exchange Service**

Exchange facilities in Mannheim will experience changes in hours of operation starting Oct. 1.

Exchange officials cite the reduction of Soldiers, civilians and families living in

the Mannheim community as the reason.

“The change in hours will allow the Exchange to better utilize current staffing as Mannheim transformation enters its heaviest reduction in demographics since the official Base Closure Round

56 announcement. Our customer traffic at each of these facilities has sharply reduced,” said European Command Consolidated Exchange General Manager Frank Niccoll.

Changes affect the main Exchange, the gas station,

shoppette, Burger King, Anthony's Pizza, Popeyes and Taco Bell.

Burger King will close on Sundays but customers can choose Popeyes, Taco Bell, bowling alley pizza and the commissary deli shop. Taco see **CHANGES** page 12



**Bears at the fair**

Linda Steil

SPA bear, representing the Senior Parents Association from Heidelberg High School, advertises this Saturday's Neckar River cruise and castle illumination as he greets a fair goer Saturday at the Patrick Henry Village Pavilion in Heidelberg during the C.A.R.E. and Career Fair sponsored by U.S. Army Garrison Baden-Württemberg Army Community Service. SPA was one of 58 organizations with displays at the fair.

## C.A.R.E. Fair draws crowds

By **Dijon Rolle**  
USAG B-W PUBLIC AFFAIRS

More than 500 families, Soldiers and community members packed the Patrick Henry Village Pavilion in Heidelberg Saturday for the 26th annual Community Activities Registration and Education fair.

The event, hosted by U.S. Army Baden-Württemberg Army Community Service featured exhibits from more than 60 local organizations such as Central Texas College, Club Beyond, the Roadside Theater, the American Red Cross, Service Credit Union, Heidelberg Dental Activity, Boys and Girls Scouts of America, Bavarian Motor Cars and others from throughout the garrison and surrounding communities.

American Forces Network Europe Heidelberg also broadcasted live from the event.

From 10 a.m.-2 p.m., a steady stream of visitors stuffed their goodie bags full of information pamphlets, prizes, candy and other freebies while they leisurely maneuvered through the mile long maze of tables and displays.

The C.A.R.E. Fair is designed to familiarize both new and not so new community members with the many services offered here by private and garrison based organizations.

“It helps get you involved in the community and makes you aware of what's out there,” said Jacqueline Henderson, a military spouse who arrived from Fort Bragg a year ago. see **C.A.R.E.** page 12

## Sullivan Barracks gate in Mannheim to close Sept. 9

**USAG Baden-Württemberg DES**

The vehicle access control point on Sullivan Barracks in Mannheim located near the Class VI store will permanently close Sept. 9, but pedestrians will still be

able to use this gate to exit Sullivan Barracks.

The pedestrian gate near Bldg. 254 (formerly the Mannheim USO office) will remain open 24 hours a day as an additional entry and exit point for ID

card holders wishing to gain access to Sullivan Barracks.

For information or questions on the gate closure please contact the Military Police in Mannheim at DSN 385-3359, civ. 0621-730-3359.

## HEALTH ADVICE

# Resilience, readiness two keys to healing

## Natural disasters can cause post traumatic stress

Post-traumatic stress disorder does not only result from traumatic events in combat, but can also affect servicemembers and civilians who experience natural disasters.

Events like the weekend hurricanes on the east coast, Hurricane Katrina in 2005, the earthquake Japan in March and the recent tornadoes that tore through the southern region of the United States can be traumatic and cause emotional and mental stress which may develop into PTSD.

Knowledge gained through extensive study of PTSD in military populations has provided great insight into PTSD in the civilian population as a result of natural disasters.

Many people who experience traumatic events have symptoms of mental distress and may be at risk to develop PTSD.

Psychological responses to trauma often include anger, fear, sleep problems, grief, social isolation or paranoia.

However, rapid recovery is normal in most cases.

Our nation's servicemen and women and their families have a proud tradition of understanding and responding to high-risk situations and environments.

These situations encompass war on foreign soil, global peacekeeping missions and duty in the face of national security risks and disasters on the home front.

The special knowledge, skills and behaviors involved in disaster preparedness and response are essential for meeting the military mission.

Preparedness allows our active duty, reserve and National Guard Soldiers, Sailors, Airmen

and Marines to continue to function, despite the disruptions that disasters may bring.

Preparedness also builds resilience within the military families and communities in which service members live.

The Center for the Study of Traumatic Stress of the Uniformed Services University of the Health Sciences develops and disseminates knowledge about planning for, responding to and recovering from the health and mental health consequences of exposure to a range of disasters including natural disasters, terrorism and bioterrorism, pandemic threat and war.

These resources are unique in content and form. Many materials have been developed in real time through consultation with military and civilian responders to major disasters and reflect the issues and special needs indigenous to each disaster type.

All resources reflect the expertise of military medical specialists including military and disaster psychiatrists, psychologists, researchers and clinicians as well as experts in health communication and public education.

These resources are in the form of electronic fact sheets, newsletters, CDs and briefings and reports that can be easily disseminated or linked to the websites of other organizations.

The CSTS Courage to Care health campaign provides information on a wide range of disasters with directives for military health leadership, military members and their families to advance individual and family coping and resilience.

At the website [www.centerforthestudyoftraumaticstress.org](http://www.centerforthestudyoftraumaticstress.org), the following fact sheets are avail-

**Helpful Information**

- ◆ [www.health.mil](http://www.health.mil)
- ◆ [www.dcoe.health.mil](http://www.dcoe.health.mil)
- ◆ [www.centerforthestudyoftraumaticstress.org](http://www.centerforthestudyoftraumaticstress.org)
- ◆ [www.ready.gov](http://www.ready.gov)
- ◆ [www.fema.gov](http://www.fema.gov)

able as PDF downloads.

- ◆ *Family planning for disasters*
- ◆ *Safety, health and preparedness after 9/11*
- ◆ *Anniversary message for military families*
- ◆ *Psychological first aid helping victims in the immediate aftermath of disasters*
- ◆ *Powerful movies – powerful memories of disaster*
- ◆ *Psychological first aid – how you can support well-being in disaster victims*
- ◆ *Stress management for parents*
- ◆ *Hurricane Katrina evacuee mental health and care*
- ◆ *Initial primary care screening for severe psychiatric illness*
- ◆ *Funerals and memorials a part of recovery*
- ◆ *Recovery in the aftermath of workplace violence guidance for workers*
- ◆ *Understanding the effects of trauma and traumatic events to help prevent, mitigate and foster recovery for individuals, organizations and communities*
- ◆ *Mental health and behavioral guidelines for response to a pandemic flu outbreak*
- ◆ *Pandemic planning and response hazardous material clean up and continuous operations*
- ◆ *Teachers helping students*
- ◆ *Natural disasters optimizing officer and team performance*

SOURCES: DOD Military Health Systems, Center for the Study of Traumatic Stress



[www.facebook.com/BWnow](http://www.facebook.com/BWnow)  
<http://myBWnow.ning.com>

## DISCUSSION BOARD

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

#### Town Hall Meeting (Aug. 21) follow up:

"Whatever was the final outcome of someone asking about cadence calling in housing on PHV?"

– Rachel Moxley Madsen, BWnow Facebook fan

"Rachel, quiet time in housing areas is 10 p.m. to 7 a.m. However, due to force protection and other security concerns large groups of Soldiers are no

longer allowed to run together off post. As a result, units may continue to run through the housing areas during their scheduled physical training times in the mornings. We understand that this will be an inconvenience for family members who don't get up prior to 0630 but we ask that both the Soldiers and residents be considerate of each other and do their part to best minimize this inconvenience for

everyone. If you notice any outright abuse of this policy by the units please report it to your housing or building coordinator."

– BWnow Facebook Administrator

"Have a super day and thanks to everyone who came out to the C.A.R.E. Fair on Saturday in Heidelberg."

– BWnow Facebook Administrator



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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.

# Veteran returns to Patton

## 86-year-old tours post, remembers '51-'53

By Farrah Hamlett

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

To Peter Schmelkin, Germany has always been a picturesque moment in his life, full of adventure, stories and memories.



Schmelkin, a **SCHMELKIN** former draftee in the U.S. Army from 1951-1953, returned to Patton Barracks in Heidelberg the morning of Aug. 5 to relive a brief but significant part of his life.

Since 1973 the U.S. Armed Forces has been a volunteer organization, but Schmelkin remembers the days of the draft.

He fondly recalls his 18-month career as a Soldier at Campbell Barracks, the former Wehrmacht Grossdeutschland-Kaserne.

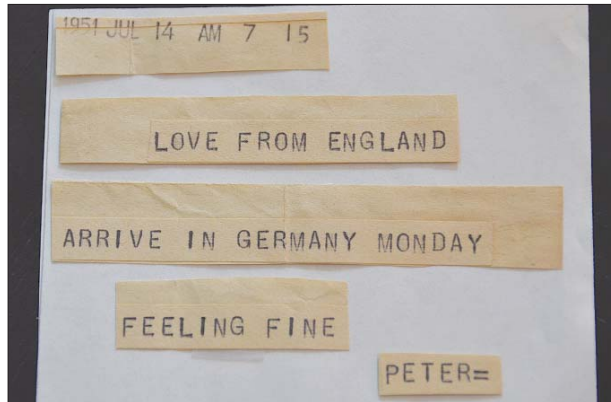
"It's hard to believe I'm here. It's been so long ago," Schmelkin said.

Times have changed on military installations worldwide, but Schmelkin's memories of being a Soldier remain ingrained forever.

It was the 60th anniversary of his marriage and his 58th anniversary marking his time spent in Heidelberg. Schmelkin was just as excited as he was nervous as he recalled his time here in the 1950s.

Walking through the gate of Patton Barracks, Schmelkin was met by Public Affairs Specialist Karin Zuleger and retired Lt. Col. Larry Applebaum to embark on an exploration of Patton Barracks.

During the walking tour, the 86-year-old stopped to take in the view of the new U.S. Army. He



Farrah Hamlett

U.S. Army veteran Peter Schmelkin carries in a photo album a telegram he sent to his wife in 1951 to assure her of his safety. In August, Schmelkin visited Patton and Campbell Barracks where he was stationed from 1951-53.

pulled out a 1951 Zeiss Contessa camera with a pamphlet and a picture he took at the corporate office in Stuttgart. This same camera helped him color many of his moments in Germany and made him remember his 1946 Ford "Frauline."

"I bought a '46 Ford from a general and when I drove it I would have to put these big gas cans in the trunk because you could only get gas on military installations. I would ride to other cities and these cans made this terrible noise and smelled strong enough to give you a headache," Schmelkin said.

In a photo album was the picture of "Frauline," along with many other treasures of his time spent in Germany.

Schmelkin shared his photos with Command Sgt. Maj. Annette Weber who stopped by the Warrior Zone

to greet the former draftee and honor him with a coin.

As Schmelkin was about to depart the Warrior Zone, Rabbi Avi Weiss arrived to discuss Schmelkin's experience of coming back to Germany.

He talked about the work he does now and how it gives him a way to impart joy into someone else's life.

"I volunteer my time to the Veterans Affairs at the Heinz Hospital in Chicago and I am a member of the Jewish War Veterans Association. It breaks my heart to see these young fellows in such bad shape coming back from war. So, I go there to help them through their rehabilitative stages," Schmelkin said.

Schmelkin has amassed more memories of Germany to take back home to Chicago where he can fatten his photo book with another snapshot of his life.



Regina Abrigo-Hinggen

In this 2009 photo, Wendy Sanchez, holding her son Jude, stands with husband Sgt. Eric Sanchez, a Heidelberg Medical Department Activity nutritionist, their son Joseph and twin brothers Nathaniel (red sweater) and Daniel (black sweater) in Heidelberg while they send holiday greetings to their loved ones back home. The Joint Hometown News team from San Antonio will be at the Power Zone on the Shopping Center in Heidelberg Sept. 16-17.

## Greet loved ones

USAG Baden-Württemberg Public Affairs

The Joint Hometown News Service team will be in Heidelberg Sept. 16-17 to tape personal holiday greetings to loved ones stateside.

The greetings will be broadcasted by local TV stations in the U.S. during the holidays. The free service is available to ID card holders with family ties in the United States and its territories.

The team will be at the Power Zone on the Shopping Center in Heidelberg 11 a.m.-7 p.m. Sept. 16 and 7 a.m.-5 p.m. Sept. 17. To send holiday greetings to loved ones in the states should follow these guidelines.

- Servicemembers can wear battle dress, Army combat or Class A uniforms. Off-duty military should bring uniform top and appropriate T-shirt.
- Family members need to be with their sponsor, unless their sponsor is deployed.
- Bring addresses and phone numbers of family members to be greeted, as they will be notified before messages will be aired.
- Greetings may also be taped in Spanish.

For information contact the Public Affairs Office at DSN 373-1400, civ. 06221-17-1400/17-1600.

# Influenza vaccines coming to military health clinics

HMEDDAC Public Affairs

The influenza season is upon us and the Food and Drug Administration-approved influenza vaccines will soon be available at military health clinics across Europe, health officials in Heidelberg announced recently.

Initial shipments of the injectable Fluzone for beneficiaries 6 months and older and intranasal Flumist for beneficiaries between 2 and 49 years of age are being distributed to medical treatment facilities.

However, the Pediatric Fluzone is not slated to arrive until the end of September or early October.

The Center for Disease Control recommends the influenza vaccine for all

persons 6 months and older for the 2011-12 influenza season.

"All military personnel are required to receive the influenza vaccine. The Army set a compliance date of Dec. 1.

"All beneficiaries are highly encouraged to receive the seasonal influenza vaccine," said the Europe Regional Medical Command force health protection officer Col. Carlheinz Stokes, who manages the ERMIC influenza vaccination program.

Influenza immunization is mandatory for all active duty military personnel, Department of Defense civilian direct health care providers, DODDS students and employees and DOD child care employees and attendees.

The flu season in Europe routinely

runs through April with the greatest number of influenza cases usually occurring in the month of January, according to statistics monitored by the U.S. Army Public Health Command - Europe.

"Vaccination is your best protection against seasonal influenza," Stokes said.

"However, practicing good respiratory etiquette and frequent hand washing will also help curb the spread of influenza as well as many other diseases," he added.

According to the CDC, influenza caused more than 160,000 adult hospitalizations last year alone. Because of the high immunization rates, there were only two known hospitalizations

in European military communities last season.

"We hope to continue this trend and get our beneficiaries immunized as early as possible this season.

"This is especially true once we start the school year, since this is when we really see upward trends in influenza rates," Stokes said.

DOD military vaccination program officials expect a sufficient amount of influenza vaccine to be available this year.

This season's influenza vaccine will protect against three strains of flu, including H1N1 influenza.

For information, contact your local military health clinic or visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) or [www.vaccines.mil](http://www.vaccines.mil).

## transformation UPDATE

### Frequently Asked Questions

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

E-mail [usaghd.post@eur.army.mil](mailto: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](http://www.bw.eur.army.mil/transformation).

#### Will the Mannheim commissary and Exchange close by the end of year?

The Mannheim commissary and PX are scheduled to close in September 2012 and their actual closure dates will only be accelerated if customer demand or Commissary and Exchange resources decline more rapidly than expected.

#### What is the housing situation for Grant Circle? Will correctional facility personnel live in Grant Circle due to response time?

We are not assigning new personnel to Army Family Housing in Mannheim (Benjamin Franklin Village to include Grant Circle) and Mark Twain Village in Heidelberg. All new families are assigned to housing on Patrick Henry Village or given exceptions to live off post if quarters are not available in a timely fashion in accordance with U.S. Army Europe policies. The target closure date for BFV in Mannheim and MTV East in Heidelberg is September 2012. Residents who have not PCSed by then will be moved to PHV or off post to include correctional facility Soldiers with families. Single Soldiers will continue to be assigned to unaccompanied personnel housing on Coleman Barracks and PHV depending on where their unit is located.

#### For Soldiers currently authorized to live in off post housing – will this still be authorized when we move to other communities or will we be forced back into military housing?

Housing assignments generally follow the new U.S. Army Europe housing policy which states enlisted service members E-4 and below must live on post and E-5 and above may choose to live off post. If housing is not projected to be available within 60 days after the Soldier arrives, the Soldier has the option to accept a certificate of nonavailability to seek off-post private rental housing. Personnel will automatically be issued a CNA if housing availability is projected to exceed 90 days after arrival. Servicemembers who have permanent change of station orders to other communities in Europe still have the option to live off-post as outlined in the new USAREUR policy. Housing appointments for incoming personnel assigned to USAG BW are now handled at the Community Support Center, Bldg. 3850 on the Shopping Center Kaserne in Heidelberg. The housing memorandum is available at <https://aepubs.army.mil>.

#### Should we expect to see a raise in COLA for the servicemembers staying behind – maybe a COLA survey?

Military finance centers pay Cost Of Living Allowance in U.S. dollars based on the currency exchange rate. COLA is calculated by comparing the prices of goods and services overseas with average prices for equivalent goods and services in CONUS. If prices in CONUS are rising at a greater rate than those overseas, COLA will decrease. If prices overseas are rising at a greater rate than those in CONUS, COLA will increase. For information about overseas COLA, see [www.defensetravel.dod.mil/site/cola.cfm](http://www.defensetravel.dod.mil/site/cola.cfm). COLA rates wouldn't be affected by changes in access to military facilities.

### Facilities Operations Changes

**New – Mannheim Veterinary Treatment Facility** – The vet office in Mannheim will cease operations Dec. 22. Veterinary care will continue to be available through the Heidelberg Veterinary Treatment Facility on Patrick Henry Village. To prepare for closing, the Mannheim VTF will reduce hours starting Oct. 1. The facility will be open 8 a.m.-1 p.m. Monday for over the counter services only, 11 a.m.-7 p.m. Wednesday and 8 a.m.-1 p.m. Friday for sick call and preventative medicine appointments. Clients requesting surgery will be referred to Heidelberg VTF or an off post veterinarian. Records remaining at the clinic after Dec. 22 will be transferred to Heidelberg. Those scheduled to PCS before Oct. 22 should pick up their records at the clinic. DSN 385-2312, civ. 0621-730-2312.

**New – Mannheim ID cards/DEERS and passports** – The Mannheim ID cards, DEERS and passport offices located in Bldg. 246 on Sullivan Barracks will close Oct. 1. ID cards/DEERS and passports services are available at the Heidelberg Community Support Center, Bldg. 3850, on the Shopping Center. DSN 370-9804, civ. 06221-57-9804. For Pass-

ports, SOFA Cards, Reports of Birth, and other consular services, contact DSN 370-3921, civ. 06221-57-3921, [www.bw.eur.army.mil/Directorates/DHR/home.html](http://www.bw.eur.army.mil/Directorates/DHR/home.html).

**New – Village Grille** – Effective Oct. 2, the Village Grille on Patrick Henry Village in Heidelberg will close at 3 p.m. Sundays due to low patronage in the afternoons and evenings.

**New – Recovery Room** – The Recovery Room on Nachrichten Kaserne in Heidelberg will close Sept. 30. DSN 371-2762, civ. 06221-17-2762.

**New – Franklin Guest Lodging** – The hotel on Benjamin Franklin Village in Mannheim will close Sept. 30. Customers will be referred to the guest house on Patrick Henry Village in Heidelberg. Mannheim customers may receive a certificate on nonavailability for housing on the economy on a case-by-case basis or if no rooms are available on PHV. Through Sept. 30, hours at the BFV hotel are 6 a.m.-10 p.m. Monday-Friday and 8 a.m.-10 p.m. Saturday and Sunday.

**New – Mannheim School Age Center** – The School Age Center on Benjamin Franklin Village in Mannheim has moved to Bldg. 699 next to the elementary school. DSN 380-4321, civ. 0621-730-4321.

**New – Mannheim Tax Relief Office** – The Tax Relief Office on Sullivan Barracks will have new hours of operation starting Sept. 15. It will be open 8 a.m.-4 p.m. Monday, Wednesday and Friday and closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-3616, civ. 0621-730-3616.

**New – Coleman Postal Service Center** – The Postal Service Center on Coleman Barracks in Mannheim has changed its hours. The new hours are 10 a.m.-1 p.m. and 2-5 p.m. Monday - Friday. The change doesn't apply to Consolidated Mail Room customer service. The CMR customer service package pick-up window hours remain the same: 11 a.m.-6 p.m. Monday-Friday. Both facilities are closed to customer service on federal holidays.

**New – Tompkins Gym** – The Fitness Center on Tompkins Barracks in Schwetzingen has new hours: 5:30 a.m.-8 p.m. Monday-Friday. The facility is closed Saturdays, Sundays and U.S. holidays. DSN 379-7700, civ. 06202-80-7700.

**New – Mannheim Health and Dental Clinics** – The Health and Dental Clinics on Benjamin Franklin Village in Mannheim will close Sept. 30. Active duty servicemembers stationed in Mannheim will be assigned to the Coleman Troop Medical Clinic and command sponsored family members to the Heidelberg Health Center. Mannheim Health Clinic patients may begin changing their enrollment site immediately. Servicemembers residing in Heidelberg with duty in Mannheim may have the option to enroll at the Heidelberg Health Center. Active duty and family members may visit the TRICARE enrollment office to make the enrollment change. Offices are on the Shopping Center in the Central Processing Facility and at the Heidelberg Health Center on Nachrichten Kaserne in Bldg. 3613, Room 2047. Both are open 8 a.m.-4 p.m. Monday-Friday. DSN 371-2445, civ. 06221-17-2445. After Sept. 30, servicemembers will receive dental care on Coleman Barracks and family members at Patrick Henry Village Dental Clinic. BFV Dental Clinic: DSN 380-4545, civ. 0621-730-4545. Coleman Dental: DSN 382-5262, civ. 0621-779-5262. PHV Clinic: DSN 388-9500, civ. 06221-338-9500.

**New – Mannheim Area Retirees** – Retirees and their family members enrolled at the Mannheim health and dental clinics will be disenrolled Sept. 30. The Heidelberg Health Center will offer these beneficiaries care on a space available basis. Retirees will also have the option of picking up prescription medications at the Coleman pharmacy. Customers should be aware that this pharmacy does not carry geriatric products. The Mannheim TRICARE Service Center may assist retirees by providing names and contact information for German primary care physicians upon patient request.

**New – Mannheim Social Work Services** – Social Work Services is located in the health clinic, Bldg. 739, on Benjamin Franklin Village. On Oct. 1, SWS will move to the Heidelberg Health Center on Nachrichten Kaserne. To contact SWS, call the Health Clinic front desk at DSN 380-9500, civ. 0621-730-9500 or, in Heidelberg, DSN 371-2084, civ.

06221-17-2084.

**New – Mannheim Base Operations** – For assistance in Mannheim, residents should contact the following individuals: Sgt. 1st Class Damien R. Hunt, who is now the Base Operations noncommissioned officer in charge located in Bldg. 245 on Sullivan Barracks, DSN 385-1610, civ. 0621-730-1610, civ. 07622-70-0535, [damiem.r.hunt@eur.army.mil](mailto:damiem.r.hunt@eur.army.mil); Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, [bob.isbell@eur.army.mil](mailto:bob.isbell@eur.army.mil); Ralph Santaliz, Interim Deputy Garrison Commander, [rafael.santaliz@eur.army.mil](mailto:rafael.santaliz@eur.army.mil); or Master Sgt. Romeo Satsatin, acting USAG Baden-Württemberg command sergeant major, [romeo.satsatin@eur.army.mil](mailto:romeo.satsatin@eur.army.mil), DSN 373-1300, civ. 06221-17-1310.

**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 U.S. holidays. 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 Physical Therapy** – Physical therapy services are no longer offered in Mannheim. Currently, Physical Therapy only serves the active duty population, who now need to go to the Heidelberg Health Center on Nachrichten Kaserne for this treatment.

**Mannheim SATO** – The SATO travel office in Mannheim is closed. Customers can use the SATO offices in Heidelberg on the Shopping Center and on Campbell Barracks. SATO handles travel for official and leisure purposes and also books rental cars, hotels, cruises, day trips and bus tours. The SATO office on the Shopping Center in Heidelberg is in the Community Support Center, Bldg. 3850, and is open 8 a.m.-5 p.m. Monday-Friday and closed on German holidays. DSN 370-6949, civ. 06221-57-6949. SATO on Campbell Barracks is in Bldg. 31 and is open 8 a.m.-4:30 p.m. Monday-Friday and closed on German and American holidays. DSN 370-6615, civ. 06221-985-0690.

**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.

**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 are closed on American and German holidays. Mannheim TMP is 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.

**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.



Staff Sgt. Tramel S. Garrett

Brig. Gen. Aundre F. Piggee, right, incoming commander for the 21st Theater Sustainment Command, receives the colors from U.S. Army Europe Commander Lt. Gen. Mark P. Hertling during a change of command ceremony Aug. 25 in Kaiserslautern.

## Piggee takes command

By Staff Sgt. Tramel S. Garrett  
21ST TSC PUBLIC AFFAIRS

The Army's largest sustainment command in Europe held a change of command ceremony on NCO Field in Kaiserslautern Aug. 25.

Maj. Gen. Patricia E. McQuiston relinquished command of the 21st Theater Sustainment Command to Brig. Gen. Aundre F. Piggee. Presiding was U.S. Army Europe Commander Lt. Gen. Mark P. Hertling.

Hertling acknowledged the accomplishments of the command under the leadership of McQuiston and the dynamic role that the 21st TSC play in support of the USAREUR mission.

"The 21st TSC makes up nearly half of the force of USAREUR," said Hertling. "You are absolutely without a doubt the most unique and diverse theater sustainment command in the entire U.S. Army."

Hertling also praised the partnership McQuiston built with the Kaiserslautern High School as he donned his KHS Raiders ball cap.

"I've written a lot of speeches but this one has been the toughest," said McQuiston. "Leif and I want to thank

every single person here by name and mention the ones who have passed through and left their mark on this community."

McQuiston also expressed in an emotional dialogue, explaining the reason why she worked hard and treasured her time as the commander.

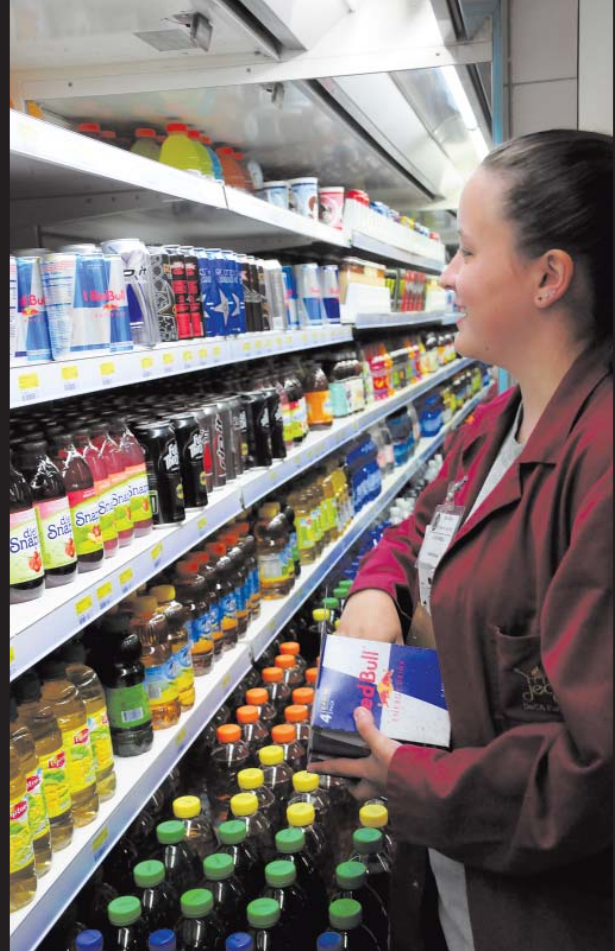
"If I was ever likely to forget the reason why we work so hard I would be sharply reminded by the sacrifices of those within our ranks who made the ultimate sacrifice in service to our nation," she added.

McQuiston's next assignment will be as commanding general of the U.S. Army Sustainment Command in Rock Island, Ill.

Piggee expressed his appreciation to McQuiston for helping him make a smooth transition. He also addressed the Soldiers of the 21st TSC.

"You have a superb reputation earned through excellence against every standard. I look forward to serving with you ... You will continue to be well trained, well equipped and a ready force lead by leaders focused on the basics: discipline, standards, accountability and enforcing the Army values," Piggee said.

## Faces of the community: Heidelberg Commissary



Max Lancaster

Heidelberg Commissary Employee Katie Brunell stacks drinks for local patrons of the store on Patrick Henry Village. Even though the gate near the commissary has reduced hours, the commissary hours haven't changed. The store is open 7:30-9 a.m. every day for early bird shopping and 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday. [www.commissaries.com](http://www.commissaries.com).



U.S. Air Force Master Sgt. Wayne Clark

## Senegal Journalists

Staff Sgt. Natalie Woughter greets Oumar Watt, a Dakar Embassy Media Affairs Specialist, along with other American Forces Network Europe broadcasters. The group of visitors consisted of two military officers and civilian journalists from Senegal who came to Europe during a tour of AFNE Headquarters on Coleman Barracks in Mannheim Aug. 24. The Senegalese reporters were guests of AFRICA Command interested in visiting Germany to find out how AFN serves its audience. The visit was made possible by AFRICA Command so the journalists could learn more about the U.S. military. During the visit to AFN, Senegalese journalists asked questions about the role of military journalists at AFN, and why AFN's TV shows are restricted to the American military community. The group also visited the Stars and Stripes newspaper offices.

# New garrison BOSS president seeks Soldiers to volunteer

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

When Spc. Cynetta Moore was assigned to the 21st Theater Sustainment Command last summer, the 24-year-old North Carolina native found herself alone, upset and on the verge of depression.

An Army computer technician, whose first assignment at Fort Bragg kept her close to family, found friends easily when assigned to Grafenwöhr. Those friendships endured during a yearlong Iraq deployment.

But when she arrived at the 21st TSC last August, making friends didn't come as easily. Plus, after two years overseas, she missed home. She spent a lot of time alone, in the barracks, she said.

"I knew absolutely nobody. I was in a depressed state," Moore said. "I was in a very bad place and I wasn't focusing on my military career as I should have been."

She'd heard the commercials on the American Forces Network – about going to see a chaplain – and took a step toward helping herself. The chaplain pointed Moore toward Better Opportunities For Single Soldiers, a program run by U.S. Army Garrison Kaiserslautern's Directorate of Family and Morale, Welfare and Recreation.



Helen Tesfal

Spc. Cynetta Moore, president of U.S. Army Garrison Kaiserslautern's Better Opportunities For Single Soldiers program offers information to troops during a recent BOSS meeting on Rhine Ordnance Barracks.

Soon, Moore was wearing Kaiserslautern's red BOSS T-shirt, meeting new people and supporting community events. She traveled to local villages and made new friends. That interaction lifted her spirits, she said.

"People who I've met are so kind," Moore said. "We come together and we have fun. I love it."

During a recent BOSS meeting, Sgt. Noel Phelps, 24, a single Soldier from the 5th Quartermaster Detachment, agreed that it's important to encourage fellow troops to "get out of their rooms and do stuff," she said.

"Germany is a once in a lifetime opportunity. If you're not enjoying yourself, you're missing out," Phelps said. "BOSS offers you a chance to get involved."

This summer, garrison leadership offered Moore a new role – leading the BOSS program as its president.

"I never thought I'd have an opportunity like this," Moore said. "It makes me believe even harder about never giving up."

Now, she's sharing her story with others, hoping fellow Soldiers can learn from her experience and join in BOSS volunteer opportunities.

BOSS will take part in the Sept. 1 grand opening of the new Warrior Zone, a gaming center for Soldiers, on Sembach Kaserne. Each month, BOSS volunteers support Armed Forces Against Drunk Driving, a program at Ramstein Air Base that offers rides to fellow troops who've had too much to drink. Other times, they host cookouts for wounded warriors in Landstuhl.

**"Germany is a once in a lifetime opportunity. If you're not enjoying yourself, you're missing out. BOSS offers you a chance to get involved."**

–Sgt. Noel Phelps, BOSS Soldier

They also support community events, such as the upcoming Red Ribbon Run Oct. 22 on Rhine Ordnance Barracks in Kaiserslautern.

Soldiers who take part in BOSS can earn certificates and awards that count toward promotions, Moore said.

The program is guided by three pillars – community service, Soldiers' well-being and recreation, said Bob Bigelow, garrison chief of community recreation and BOSS advisor. Single Soldiers learn about the Army as an organization and meet key community and unit leaders.

"Future leaders of our Army come from the BOSS program," Bigelow said. "Spc. Moore is just what our BOSS program needs."

For information, call DSN 493-4469 in Kaiserslautern, DSN 373-6082, civ. 06221-17-6082 in Heidelberg or visit [www.mwrgermany.com](http://www.mwrgermany.com).

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Staff Sgt. Andrew H. Owen

Soldiers teach students sling load operations with a CH-47 Chinook helicopter at the Army Pathfinder School on Fort Pickett, Va., Aug. 19. The mission of a Pathfinder is to provide technical assistance and advise the ground unit commander on combat assault operations, sling load operations, air movement, airborne operations and aerial resupply by fixed and rotary wing aircraft.



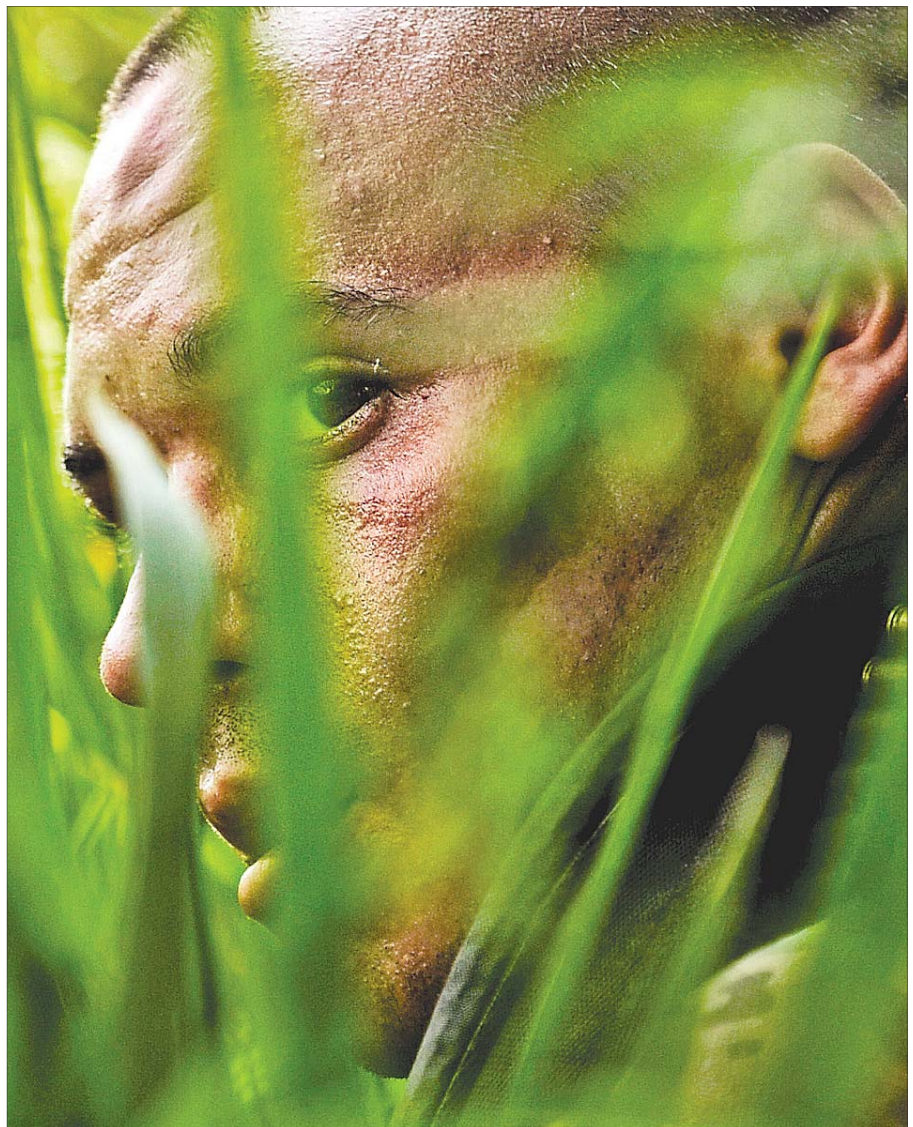
Sgt. Darron Salzer

Pvt. 1st Class Lucas Ternell, a volunteer firefighter and a member of the 20th Military Police Company, Maryland National Guard, puts out a small debris fire in the yard near a house fire in Salisbury, Md., Aug. 27. Ternell was aboard Rescue 16 which was one of several fire and rescue engines that reported to the fire inside a residential neighborhood. Guard members and civilian first responders are providing area support during the Hurricane Irene response.



Sgt. John Crosby

Soldiers of the 713th Combat Engineer Company (Sapper), headquartered in Valparaiso, Ind., conduct route clearance, scanning for roadside bombs, board a Mine Resistant Ambush Protected Vehicle during a combat training exercise at Camp Atterbury Joint Maneuver Training Center in central Indiana Aug. 22. The 713th is training for a deployment to Afghanistan scheduled later this year.



U.S. Air Force Staff Sgt. Ryan Crane

Spc. Adam Supino takes a break while on a security halt during an operation in the Alingar district in Afghanistan's Laghman province Aug. 21. Supino is an M249 squad automatic weapon gunner assigned to the Laghman Provincial Reconstruction Team. Team members participated in searching a village that was thought to house Taliban fighters and others making roadside bombs.



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# Making Burgers



Rick Scavetta

Each Tuesday, the lunch menu at Kleber Kaserne's dining facility includes homemade hamburgers prepared by Army food service specialists who include, from left, Pfc. Caroline Riveros, 18, of the 5th Quartermaster Detachment, Pfc. Suyue Huan, 23, of the 230th Military Police Company and Spc. Jermaine Way, 29, of the 21st Theater Sustainment Command.

## First Day of School

Parents, students and teachers gather at Patrick Henry Elementary in Heidelberg in a scene repeated at Department of Defense Dependents schools in Europe on the first day of the 2011-2012 school year. Teachers hold signs that welcome students to the school and their new grade level. U.S. Army Garrison Baden-Württemberg schools will hold open houses as follows: 5 p.m. Sept. 8 at Patrick Henry Elementary, 4 p.m. Sept. 7 at Heidelberg Middle School and 5 p.m. Sept. 13 at Heidelberg High School.



Linda Steil

## C.A.R.E.

continued from page 1

"Sometimes when you come especially to a new country, you tend to want to be just at home and never venture out because you may be just a little bit scared or timid. But when you come here it really opens you up and the people are really friendly and they draw you in and they say 'go do this' and they of course give you free stuff," she laughed.

Adorned with colorful fabrics, poster ceramics and several shiny medieval swords, the Heidelberg Arts and Cultural Center's display table proved to be a favorite for many visitors.

"The CARE Fair in this community really happens every day," said Alvin Coleman, Assistant Director of the Heidelberg Arts and Cultural Center. "We're hoping that people can take advantage of what they see here and understand that these things are offered every day of the year. No matter what their interest, this is a great way for Soldiers and families to become connected to the right resources."

In the rear of the pavilion, representatives from the Exchange, Heidelberg International School, Department of Defense Dependent Schools, Microsoft and others screened lines of potential job-seekers

during a career fair, held in conjunction with the C.A.R.E. Fair.

Jemilla Montgomery, a military spouse, sought positions in the Information Technology and education fields. "I'm looking to start my career. I got here two weeks ago from Fort Hood where I volunteered on post in the IT department and with the American Red Cross at Fort Hood," Montgomery said.

"The job fair is an extra tool for me to find out what positions are out there instead of just looking online and also you can come out and see the employers and they can meet you face to face."

## CHANGES

continued from page 1

Bell will now be closed on Mondays and Anthony's Pizza will be closed on the weekends.

New hours are as follows. The main Exchange will now be open 11 a.m.-6 p.m. Tuesday-Sunday and closed Mondays.

Burger King will now operate 7 a.m.-7 p.m. Monday-Friday for drive through service and 7 a.m.-6 p.m. for dining room service. Niccoll said 90 percent of Burger King orders after 6 p.m. are drive through. The restaurant will also be open 10:30 a.m.-7 p.m. Saturday and closed Sundays.

Anthony's Pizza will be open 4-6 p.m. Monday-Friday and closed Saturdays and Sundays.

Popeyes will be open 11 a.m.-6 p.m. Tuesday-Sunday and closed Mondays.

Taco Bell will have the same hours as Popeyes and be open 11 a.m.-6 p.m. Tuesday-Sunday and closed Mondays.

The gas station will operate 7 a.m.-7 p.m. Monday-Friday, 8 a.m.-7 p.m. Saturday and 9 a.m.-7 p.m. Sunday.

Sullivan Shoppette will be open 8 a.m.-8 p.m. Monday-Friday, 9 a.m.-8 p.m. Saturday and 9 a.m.-7 p.m. Sunday.

## In Memoriam

Ron Paoletti, 61, a long time U.S. Army Garrison Baden-Württemberg employee passed away Aug. 29 after suffering a stroke. Paoletti was a leader in U.S. Army in Europe recreation for over 35 years.

A memorial service will take place 11 a.m. Sept. 6 at the Stuttgart Theater Center on Kelley Barracks in Stuttgart and at noon Sept. 8 at the Roadside Theater in Heidelberg. Updates on services and events will be posted on the Roadside Theater

website at [www.roadsideheater.com](http://www.roadsideheater.com). Electronic condolences sent to [info@roadsideheater.com](mailto:info@roadsideheater.com) will be forwarded to the family. Written condolences may be sent to Jacki Paoletti, CMR 463 Box 196, APO AE 09177.



**Roy Harvey Clawson**, 73, passed away Aug. 11 at his home in Sandpoint, Idaho. Clawson was an educator in Meadville, Brookfield and Columbia, Mo., before teaching for the Department of Defense Dependents' Schools in Ethiopia, Africa; Wiesbaden; Karamursel, Turkey; Lakenheath, England; and Augsburg. Upon retiring, Clawson moved to Heidelberg with his wife Mary who also taught until her retirement in 2010. He is survived by his wife; two sons, Brenden of Portland, Ore. and Cameron of St. Louis, three sisters, four brothers, in-laws, many nieces and nephews and his Dinosaur Club buddies in Heidelberg. Memorials may be made to Bonner Community Hospice, PO Box 1448, Sandpoint, Idaho 83864 or North Central Missouri YMCA, PO Box 403, Brookfield, Missouri 64628.

The huge turn-out was definitely a welcome sight for organizers Norma Ewers, ACS volunteer coordinator, Christina Callaghan, USAG BW ACS division chief and the entire ACS staff who spent the past several weeks working to ensure that no detail was overlooked during this year's event.

"It's absolutely fantastic and we are thrilled. Every year it gets bigger and bigger," Callaghan said. Callaghan attended the first C.A.R.E. fair in Heidelberg back in 1985.

"It's great to see everyone out having a good time and it gives you a great buzz when you see people constantly

coming to the tables and asking questions," she added.

"We hold it at this time of year because people are coming back from their vacation and they're getting ready to go back to school. It's a one-stop shopping opportunity for people who are new to the community or even veteran community residents to see everything that's available in this fantastic community that we live in," she said.

For information on ACS, call DSN 370-6883, civ. 06221-57-6883 in Heidelberg, DSN 385-3101, civ. 0621-730-3101 in Mannheim and DSN 493-4093, civ. 0631-3406-4093 in Kaiserslautern.

# Malta's main island lures visitors back time, time again

By C.J. Wood  
USAG BADEN-WÜRTTEMBERG STRINGER



Mysterious Malta – a third trip. What is it that beckons? Perhaps the ghosts of Royal Air Force pilots downed after the huge air battles in World War II or maybe the Knights of St. John who fell during the long Ottoman siege.

Most probably though it is the Maltese *ftira* sandwiches, rabbit and the kinney, an orange drink unique to this gastronomic heaven.

But it could be the beautiful rock strewn outcroppings dotted with more fortifications than this history addicted traveler could take.

Malta, a land of mystery and beauty, is just a two-hour flight from Germany. The Republic of Malta consists of three islands: Malta, Gozo and tiny Comino. Comino has few tourist facilities and is used for livestock farming, mostly hogs. (*Gozo was featured in the Aug. 11 issue of the Herald Post.*)

The Bella Vista Hotel in Buggiba-a is a three star hotel with a four star rating but still a good deal if you ignore the dark legacy of the British Empire in Malta – English food. The Bella Vista is still a good deal price wise and is close to direct public bus routes. Rates vary by week and rooms can be booked online at [www.bellavistamahotel.com](http://www.bellavistamahotel.com).

The numerous bright yellow buses, mostly from the '50s, make travel easy, cheap and nostalgic, if somewhat dangerous.

The traveler is beckoned to a land that time forgot. Malta is dotted with the world's oldest standing man made walls, according to UNESCO. Malta tourist civilization predates Stonehenge in England.



Hagar Quim is a collection of stone dolmens jutting to the sky against a beautiful seascape and is one of many Neolithic ruins. It is covered by a modern tent structure to protect the site against erosion but leaves the site dark.

What function did the Neolithic ruins of Hagar Quim serve? Hagar Quim was perhaps a calendar or maybe a shrine to the mysterious headless earth goddess found everywhere on Malta, a mystery unsolved. The Philistine giant Goliath, killed by King David in the Bible, came from the Phoenician culture that built Hagar Quim.

Further to the north on the Dingli Cliffs, are the stone tracks mentioned in the book "Chariots Of The Gods" as evidence, to some, of early space visitors. Mystery craters, some large and others small, defy explanation.

Strategic Malta has seen the ebb and flow of western history rest on its shores only to expire and disappear beneath its clear blue waters. Rome, the Ottoman Empire, Byzantium, the Knights of Malta, the British Empire, and Hitler's Third Reich

all played out the drama of civilization on Malta.

Paul landed here perhaps at St. Paul's Bay or on Malta's south coast, a Bible mystery mentioned in the New Testament.

Fort Rinnella features the 100-ton English Armstrong gun. The largest cannon ever made, the Armstrong fired a one-ton shell eight miles. The fort comes replete with Victorian reenactors who demonstrate rifle firing, dress and daily life defending the British Empire. The cannon remains silent though.

Military history buffs will find great SCUBA diving. Dives to plane and shipwrecks invite many each year to Malta's warm waters. World War II bunkers and ancient sites line Malta's rocky coast. A mysterious flooded World War II foundation is now populated with colorful sea fish on Point Qwara, a great scuba site. Malta has few beaches, but many wild rock formations that offer secluded swimming sites.

The Lascaris War Rooms under the Barracca Gardens offer a dark respite from the bright sun 200 feet above. The rooms are a restored

Above, Malta's Grand Harbor hints at the mysteries that lie within. Below left, a World War II Royal Air Force Hurricane fighter and right, a war room are part of the annals of history played out in Malta which predates Stonehenge in England.

command center where the defense of Malta, the invasion of Sicily (Operation Husky) and the Cold War in the Mediterranean were planned. Defiant Malta suffered 16,000 tons of Axis bombs at great cost to the attackers.

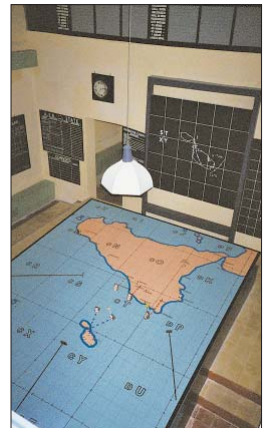
A previously unknown command center near the Lascaris rooms, recently found, will be restored in the near future to show NATO Cold War planning, another uncovered Malta mystery.

The Malta At War Museum in Vittoriosa features an actual World War II community air raid shelter showing how the population endured more than 3,000 air raids.

The near collapse of the island, which was prevented by the ill fated Operation Pedestal convoy (only four of 14 ships survived to supply the island), is detailed at the war museum. Even while being besieged, Malta forces sank two thirds of passing Axis freighters, thus ensuring the Nazi defeat in North Africa.

Further south at Ta Quali one finds the mediocre Air Museum and the superb Crafts Village. The Air Museum is a tired, somewhat junked, collection of Royal Air Force planes from World War II and the Cold War. A Spitfire and Hurricane, the RAF air defenders of World War II Malta, are well restored with a sad story about the Hurricane pilot.

Next to the Air Museum is the Crafts Village, a European Union micro credit project in an old RAF base which offers low rent to artisans who



produce glassware and art work at a reasonable price.

Malta, an EU member state, is an ancient land beset with modern problems. Low wages and illegal immigration from North Africa have created class struggle in this tourist mecca. Evangelicals are working with the United Nations to address the Lybian immigration crisis. A visit to Bible Baptist Church revealed a free clothes closet that helps the island's growing poor.

Over a cup of tea in a cafe run by the Malta Labour Party, a visitor half expects to see a glowering picture of Karl Marx bedecked with red banners, yet finds only a kindly Jesus with a Maltese flag. Malta remains a society of faith in secular Europe.

Sadly, all good things must end. It's time for one last swim in the mystery pool with the beautiful fish and then back to Germany to plan a fourth trip to explore yet more Malta mysteries.

## GERMAN NEWS

### Black Death Returns

A study published Tuesday by the University of Tübingen's Institute of Scientific Archaeology in Germany and the McMaster University in Canada indicates a less virulent version of the plague that killed a third of Europe's population from 1348-1353 is still present today. DNA testing on 109 skeletons of bubonic plague victims unearthed from a mass grave in London reveals part of the same gene sequence as the modern plague. By comparing the DNA to that of 10 skeletons excavated from a site pre-dating the Black Death, researchers proved it was not contaminated by modern genetic material or bacteria in the soil. The study's authors said the version that caused the medieval plague is likely extinct, but further study could reveal how it may have evolved. Modern outbreaks have not been as deadly, even aside from medical advances. For example, a 1904 outbreak in Bombay, India, killed three percent of the population despite happening before the advent of antibiotics.

### Electronic Shackles for Convicts

Representatives of several German states signed an agreement Monday to introduce electronic ankle monitors for criminals on probation considered to be possible re-offenders. The justice minister said she would present the concept at a conference next month. The German constitutional court has decided that a new policy must be introduced by the middle of 2013.

### Film Legend Rainer

Luise Rainer, 101, the oldest living Academy Award winner and the only German actress to take home the Oscar, will be honored on the Boulevard of Stars in Berlin next month. A fan single-handedly campaigned for her after realizing the two-time winner was missing from the boulevard, modeled after the Hollywood Walk of Fame.

### Kaiser Heir, Princess Sophie

Prince of Prussia Georg Friedrich and Princess Sophie von Isenburg were married at Sanssouci Palace in Potsdam Saturday. Although the pair is not in line for the throne, Friedrich would be kaiser if his great-great grandfather had not been forced to abdicate in the wake of World War I. The couple are business managers and work at companies in Berlin and Rostock.

Source: [www.thelocal.de](http://www.thelocal.de)



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](mailto:dearmsvicki@yahoo.com).

*Dear Ms. Vicki,*

*I have a serious problem I've put off for some time and now it has me steaming. It has existed for the three years I've been married to my husband.*

*I am a graduate of West Point and served six years active duty. My husband and I made a decision that one of us in the Army is enough because we are trying to have children.*

*Given the culture of the Army, we did not want to have children and both of us get deployed at the same time or in schools or other training.*

*So many things can happen when a person chooses to serve our country. I believe a married couple serving at the same time is even more difficult.*

*As an Army wife, I've only lived in Germany and now Fort Campbell, Ky.*

*Being a captain in the Army is nothing like being an Army wife. I'm a lawyer and want to get licensed in Kentucky and become employed.*

*I've read many of your letters in*

*which you tell spouses to get involved in their military community and volunteer with the family readiness group.*

*I gladly plunged in and got involved in any way needed, partly because I didn't want to be known as the educated lawyer and wife who was stand-offish and who didn't want to be around other wives.*

*Here's where my problem begins. The wives are OK to me but I've noticed there is a class and rank society that exists among them.*

*Moreover, the wives are very clique-ish based upon their husband's rank.*

*Lieutenants' wives visit with other lieutenants' wives, captains' wives associate with each other and so on. No one can break into these circles. It's crazy!*

*Now imagine that the commanders' wives are sitting around talking about the families in their units. It's pathetic.*

*My main contention is with the brigade commander's wife and the battalion commander's wife, who refer to us as "her girls."*

*This is so disrespectful. I'm a lawyer for goodness sake and I'm very educated. I'm nobody's girl.*

*This is 2011, and we haven't moved to a point where women respect each other?*

*All I hear is "my girls this" and "my girls that." It's like they are in competition to have the biggest brothel or something: I have more girls in my stalls than you.*

*Am I the only one who believes referring to wives in a unit as "my girls" is disrespectful?*

*How can I stop them from referring to me as a girl?*

*Do I need to get angry to put a stop to this?*

*I stopped participating with many things on post and in my husband's*

*unit because that's how many of the spouses in leadership positions refer to the other wives.*

*I want to be a team player but I will not under these circumstances.*

*It's not right for women to be gender biased against their own. How do I approach this subject if this happens again? Nobody's Girl*

**Dear NG,**

You are correct. I like encouraging spouses, both female and male, to get involved in their military communities and the surrounding communities.

Being isolated will cause many problems individually and in a marriage.

Get out, get involved, meet people and discover your passion and you may even carve a niche for yourself.

But of course, being a military spouse means you relocate and start the process all over again.

Retrospectively, I would not change any of my experiences. Many have been very difficult but that's OK. I've grown tremendously as a person and in my faith because of them.

Excuse me, I digress. This situation is simple. I would not encourage you to stop attending functions and gatherings.

I must admit, I too have heard the term "my girls," even recently. The next time you hear it used, diplomatically ask the person not to refer to you as "one of their girls." You could explain you think it's condescending and demeaning to other women.

I'll bet the person who is using the term will apologize and say no offense was intended.

At any rate, thank you so much for taking the time to write to me and for reading the column. Your support means a lot to me.

# TRICARE patients maximize health benefits

## HMEDDAC Public Affairs

September is health benefits awareness month and the first week is devoted to physical health. In an overwhelming majority of cases, good physical health leads to good mental health and happiness.

There are a number of preventive medicine exams to ensure that one remains "top fit," as the Germans say.

In addition to receiving acute care, TRICARE beneficiaries have several preventive health care options, including examinations, immunizations and periodic screenings based on age, health and family history.

A comprehensive disease preventive clinical evaluation should be accomplished during the following age intervals: 2-4, 5-11, 12-17, 18-39 and 40-64.

To maximize preventive care, the following screening examinations may be performed during either the above periodic comprehensive health promotion examination or as part of other patient encounters.

- Female screenings include breast cancer screenings with a physical exam and mammogram every 12 months for women 39 years and older and for younger women with a family history of breast cancer.

- Starting at age 18, female patients can receive annual papanicolaou tests. After three consecutive normal exams, the test can be done every three years.

- Males ages 13-39 with a history of cryptorchidism, orchiopexy or testicular atrophy receive annual testicular exams.

Prostate cancer examination is

offered annually starting at age 50 (earlier if family history of prostate cancer). The screenings include a physical exam and prostate-specific antigen.

- Colorectal cancer exams start at age 40 with a physical exam and occult blood tests every year. Sigmoidoscopy exams should be done every 3-5 years beginning at age 50 and colonoscopy exams should be done every 10 years beginning at age 50.

- All patients ages 18 and older should get a lipid panel at least every 5 years. Blood pressure checks should be done at least every 2 years.

- Active duty family Prime enrolled beneficiaries, 3 years and older, are authorized one comprehensive eye exam by a specialist every year.

Infants are screened by their primary care provider at birth and at

six months of age. Children who are standard beneficiaries between the ages of 3-6 years are authorized two comprehensive eye exams by a specialist.

Adult standard beneficiaries are not covered for visual screenings.

- Age appropriate vaccines ([www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)) include those newly recommended, such as shingles for ages 60-65 and human papillomavirus for girls ages 11-12 and ages 13-26 who did not receive them sooner.

This is not an all inclusive list of the clinical preventive services offered by TRICARE.

Check with your primary care provider to assure you are up-to-date on the appropriate screenings for yourself and your family. Remember that prevention is the best way to take care of yourself and your family.

# GET OUT!

## area events

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

### September 1

**Americana Western Rodeo** – Top western riders from all over the world will compete for bragging rights during the Americana Western Rodeo. Visitors can also load up on their favorite western wear and rodeo gear during one of the biggest trade shows outside the USA for western and recreational riders with 241 vendors. Whether your interest is recreational, professional or somewhere in between, the Americana is the absolute highlight for every fan of this fascinating sport and the culture of the American West. Daily, live country music in the famous Red Grizzly Saloon, fun in the Western Town and more. [www.buzzoffbase.com](http://www.buzzoffbase.com).

**Art Exhibit** – London-based artist Tomma Abts applies myriad layers of oil and acrylic paints on huge canvases to create vibrant geometric works. Visitors can view 12 selections hanging at Kunsthalle Düsseldorf 11a.m. - 6 p.m. Tuesday – Sunday. Exhibit is open through Oct. 9. Civ. 0211-899-6240. [www.kunsthalle-duesseldorf.de](http://www.kunsthalle-duesseldorf.de)

**Mainzer Weinmarkt** – The Mainzer Weinmarkt in the Stadtpark in Mainz welcomes more than half a million people each year. Visitors can stroll from stall to stall, sample their choice of select wines and foods, listen to music or cruise through the park's delightful rose gardens. Free event runs through Sept. 4. Civ. 06021454500. [www.mainzer-weinmarkt.de](http://www.mainzer-weinmarkt.de)

**Stuttgart Wine Festival** – Experience the Stuttgart wine festival for yourself and savor samples of the many delicacies available at this annual event. 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 good food and good times for fest goers. Schillerplatz, 70173 Stuttgart. Festival is located in the town center and runs through Sept. 4.

### September 2

**Fiesta Latina**—Brussels hosts Fiesta Latina, one of the hottest festivals of the season. Enjoy three days and three nights of food, music, concerts, salsa lessons, dancing and more. Festival runs through Sept. 4 and features something for every member of the family. [www.fiesta-latina.be](http://www.fiesta-latina.be).

**Flea Market** – There will be a flea market in Ludwigshafen at the Jacob-von-Lavale-Platz, behind the main train station. The flea market begins at 8 a.m.

### September 3

**Mbolo Festival**—Koblenz hosts the Mbolo African music and culture festival. Experience a variety of African art, food, films and live music during the four day festival. Festivities begin at noon. Am Marienberg 1,

56179 Valendar. [www.mbolo-afrika.de](http://www.mbolo-afrika.de).

### September 8

**George Michael** – Singer George Michael will perform at the SAP Arena in Mannheim. Concert begins at 8 p.m. Tickets: civ. 0612-1819-0333, [www.saparena.de](http://www.saparena.de) or [www.bb-promotion.com](http://www.bb-promotion.com).

**Stuttgart Planetarium** – The Stuttgart Planetarium is one of the modern star theaters in the world and offers visitors a trip to outer space without leaving Earth. Ticket reservations are recommended. The planetarium is open 10 a.m. - 8 p.m. and located at Willy-Brandt-Strasse 25 in Stuttgart. Civ. 0711-162-9215.

### September 9

**London Express**—Visit one of the most famous cities in the world - London. See world-famous sights such as the Tower of London, Buckingham Palace, Westminster Abbey, the Globe Theater and St. Paul's Cathedral. There will be time to explore, shop and dine on your own while sampling all that London has to offer. <http://affiliates.usa.org/rheinmain>.

**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 13

**Japanese Gardens** – Within the heart of Kaiserslautern lies the Japanese Gardens, which is a great place for all ages to enjoy. The gardens are renowned for not only providing tranquility and an insight to Japanese culture in the middle of a city, but they are also very popular with locals, tourists and expatriots. Enjoy the fresh air, admire exotic plants, traditional Japanese buildings and learn more about Japanese history and culture via guided tours. Free admission for children under 12, €1 for ages 12 to 16 years and €3.50 for adults. The gardens are open 10 a.m.-6 p.m. Civ. 0631-370-6600. [www.buzzoffbase.com](http://www.buzzoffbase.com).

### September 15

**Ramstein Welfare Bazaar**— More than 140 vendors from across Europe will gather on Ramstein Air Base to display their wares during the 47th annual Ramstein Welfare Bazaar hosted by the Ramstein Officers' Spouses Club. The bazaar will be held in hangars one and two and visitors can follow the event signs to the flightline. Hours are noon-8 p.m. Sept. 15, 10 a.m.-8 p.m. Sept. 16, 10 a.m.-8 p.m. Sept. 17 and 11 a.m.-5 p.m. Sept. 18. [www.ramstein-bazaar.org](http://www.ramstein-bazaar.org).

### September 16

**101 Dalmatians** – U.S. Army Garrison Kaiserslautern and Kaiserslautern Military Community Onstage, Kaiserslautern's Community Theater, present Disney's "101 Dalmatians." Performances begin at 7:30 p.m. and 3 p.m. (Sunday matinee) Sept. 18 and 23-25. The KMC Theater is on Kleber Kaserne Bldg. 3232. DSN 483-6626, civ. 0631-411-6626, [www.mwrgermany.com](http://www.mwrgermany.com).

### September 17

**Oktoberfest** – Enjoy one of Germany's biggest celebrations with a trip to Munich for the world-famous Oktoberfest. This annual event draws visitors from around the world for unlimited food, fun and beer. A second trip is planned for Sept. 24. <http://affiliates.usa.org/rheinmain>.

### September 23

**Hohenfel's Community Bazaar** - Check out pottery, rugs, wine, gourmet cheese, antiques, prizes, food and more during the Hohenfel's community bazaar at the Community Activities Center and post gym. The bazaar will be open Friday 11 a.m. - 7 p.m., Sat. 10 a.m. - 7 p.m. and Sun. noon - 5 p.m. Bazaar is open to all U.S. ID card holders. [www.hohenfelssc.com](http://www.hohenfelssc.com).

### September 24

**Heidelberg Autumn Fair** - Every year, the last weekend in September holds a special treat. All of Heidelberg's old town is transformed into the Heidelberger Herbst fest. A dozen stages offer music entertainment, dance and performance art. Countless stalls offer new and used goods, lovely regional delicacies or information about activities. [www.heidelberg-marketing.de](http://www.heidelberg-marketing.de), [www.stadtbeste-in-deutschland.de/altstadtfest-heidelberger-herbst.html](http://www.stadtbeste-in-deutschland.de/altstadtfest-heidelberger-herbst.html).

### September 25

**Pfalztheater** - The Pfalztheater in Kaiserslautern produces a variety of plays, operas and ballet performances. Events, tours and youth workshops are available in English. Student ticket prices and last minute tickets at a discount are also available. Civ. 063136750. [www.pfalztheater.de/english-pt-page](http://www.pfalztheater.de/english-pt-page).

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

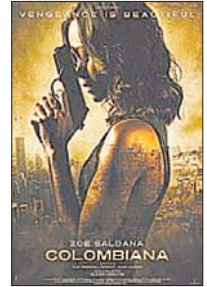
### Ongoing

**Flea Markets** – For a complete list of flea markets and locations, see [www.meine-flohmartetermine.de](http://www.meine-flohmartetermine.de) and click on the 7000 zip code link.

## coming to THEATERS

### COLOMBIANA

(Zoe Saldana, Jordi Mollà) A young woman grows up to be a stone-cold assassin after witnessing her parents' murder as a child. She works for her uncle as a hitman by day, but her personal time is spent engaging in vigilante murders that she hopes will lead her to her ultimate target, the mobster responsible for her parents' death. (Rated PG-13 for violence, disturbing images, intense sequences of action, sexuality and brief strong language.) 103 minutes.



### CARS 2

(Owen Wilson) Star racecar Lightning McQueen and the incomparable tow truck Mater take their friendship to exciting new places when they head overseas to compete in the first-ever World Grand Prix to determine the world's fastest car. (Rated G) 106 minutes.

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Sept. 1 - SUPER 8 (PG-13) 7 p.m.  
 Sept. 2 - COLOMBIANA (PG-13) 7 p.m.; COLOMBIANA (PG-13) 9:30 p.m.  
 Sept. 3 - CARS 2 (G) 4 p.m.; COLOMBIANA (PG-13) 7 p.m.; BAD TEACHER (R) 9:30 p.m.  
 Sept. 4 - CARS 2 (G) 4 p.m.; BAD TEACHER (R) 7 p.m.  
 Sept. 5 - COLOMBIANA (PG-13) 7 p.m.  
 Sept. 6 - BAD TEACHER (R) 7 p.m.  
 Sept. 7 - COLOMBIANA (PG-13) 7 p.m.  
 Sept. 8 - BAD TEACHER (R) 7 p.m.

#### Vogelweh, Galaxy

Sept. 2 - FRIGHT NIGHT (R) 7 p.m.  
 Sept. 3 - MR. POPPER'S PENGUINS (PG) 4 p.m.; SUPER 8 (PG-13) 7 p.m.  
 Sept. 4 - MR. POPPER'S PENGUINS (PG) 4 p.m.

#### Ramstein, Gateway Movieplex

Sept. 1 - FRIGHT NIGHT (R) 11 a.m., 1:30 p.m., 4 p.m., 7:30 p.m.; MR. POPPER'S PENGUINS (PG) 11:15 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; SUPER 8 (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.  
 Sept. 2 - COLOMBIANA (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m., 9:45 p.m.; CARS 2 (G) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; BAD TEACHER (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.  
 Sept. 3 - COLOMBIANA (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m., 9:45 p.m.; CARS 2 (G) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; BAD TEACHER (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.  
 Sept. 4 - COLOMBIANA (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m.; CARS 2 (G) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; BAD TEACHER (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.  
 Sept. 5 - COLOMBIANA (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m.; CARS 2 (G) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; BAD TEACHER (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.  
 Sept. 6 - COLOMBIANA (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m.; CARS 2 (G) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; BAD TEACHER (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.  
 Sept. 7 - COLOMBIANA (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m.; CARS 2 (G) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; BAD TEACHER (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.  
 Sept. 8 - COLOMBIANA (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m.; CARS 2 (G) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; BAD TEACHER (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 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](http://www.aafes.com) for updated listings and more movie descriptions

Mannheim, CinemaxX, P4 13, 68161 Mannheim, civ. 01805-62-5466, [www.cineplex.de](http://www.cineplex.de)

### Mannheim, CinemaxX - English Language movies

Sept. 1-7 - Cowboys & Aliens (PG-13) 8:30 p.m.

## community HIGHLIGHTS

### Annual Protection Exercise

Gate delays are expected during the annual protection exercise 7 a.m.-1 p.m. Sept. 17 on Patton Barracks in Heidelberg and Coleman Barracks in Mannheim. Coleman Barracks will have an alternate access point during maximum exercise play and controlled use of smoke devices will be used to enhance authenticity and training effect. The exercise is a joint effort with German police, fire department and medical services and is designed to enhance the protective posture of U.S. Army Garrison Baden-Württemberg communities. DSN 373-7420, civ. 06221-17-7420.

### Leave and Earnings Statements

To cut spending, the Department of Defense plans to stop mailing hard copies of Leave and Earnings Statements to all non-bargaining unit civilians and military members by Sept. 30. Members who require a hard copy LES may turn it back on via myPay.

### MacArthur Leadership Award

Through Nov. 1, U.S. Army Europe is accepting nominations for the Gen. Douglas MacArthur Leadership Award. Officers selected at the USAREUR level will move to the Department of the Army level, where only 25 officers and three warrant officers Army-wide will receive the award. For eligibility and nomination requirements, contact your unit's personnel office or visit [www.army1.army.mil/macarthurl/default.asp](http://www.army1.army.mil/macarthurl/default.asp).

### Human Resources Award Program

Through Nov. 15, U.S. Army Europe commanders can nominate top performing military and civilian human resource personnel for the second annual USAREUR G1 Frederick E. Vollrath Human Resources Award for Excellence Program. DSN 370-8396, civ. 06221-57-8396.

### Mammogram Self-Referral

The Heidelberg Medical Department Activity now offers mammogram self-referrals for TRICARE Prime or Plus women ages 40 and over who have no current breast problems or complaints. To make an appointment, call Population Health at civ. 06221-17-2382. If you have breast problems, call Central Appointments, civ. 06221-17-2622.

## local EMPLOYMENT

### CYS Services Job Fair

Child, Youth and School Services will be hiring U.S. citizens for Army facilities 10 a.m.-2 p.m. Sept. 8 at Armstrong's Club on Vogelweh Housing. Applicants should bring resume and references. Dual citizens must be from a NATO country (excluding Germany). DSN 493-4371, civ. 0631-3406-4371.

### Warehouse Specialist Openings

Patricio Enterprises, VSE Corporation and New Breed Logistics are jointly hiring for warehouse specialist and warehouse specialist lead roles for work through October 2012 in Gernersheim. Candidates will be trained on logistics management systems and processes and on operating material handling equipment. Candidates will be required to work some overtime and holidays. Work includes receiving documents, reporting discrepancies and obvious damages, routing materials, removing material from storage, preparing material for shipment and more. [thall@patricioenterprises.com](mailto:thall@patricioenterprises.com), [jamason@vsecorp.com](mailto:jamason@vsecorp.com), [jquade@newbreed.com](mailto:jquade@newbreed.com).

### KAISERSLAUTERN

#### Education

♦ **Education Testing** – Starting Sept. 12, the Rhine Ordnance Barracks Education Center testing office hours will be 8 a.m.-3 p.m. Monday and Wednesday. The hours for the Landstuhl Education Center testing office will be 8 a.m.-4 p.m. Tuesday and Thursday. ROB Education Center DSN 493-2593, civ. 0631-3406-2593. Landstuhl Education Center DSN 486-5331, civ. 0631-86-5331.

#### Community

♦ **Operation Rising Star** – Singers will 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 the Kazabra Club. Sign-up required. DSN 483-6626, civ. 0631-411-6626.

♦ **Ellie the Elephant** – Ellie the Elephant has journeyed from faraway lands to meet children 11 a.m.-6 p.m. Sept. 10-11 at the Kids' Zone on Pulaski Barracks.

♦ **Comics On Duty** – Comedians Paul Ogata, Danny Villalpando, J.R. Brow and Tom Foss perform 2 p.m. at the Galaxy Theater and 6 p.m. at the Kazabra Club Sept. 16. Humor unsuitable for young children. [www.comiconduty.com](http://www.comiconduty.com).

♦ **CYSS Apprenticeship Program** – Teens 15-18 can register by 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.

♦ **Pulaski Kids' Zone** – The Kids' Zone on Pulaski Barracks will close Oct. 1.

♦ **HUGS Program** – The "HUGS" program formerly at the Kids' Zone on Pulaski Barracks will begin meeting 10 a.m. Oct. 6 at the Kleber Physical Fitness Center.

♦ **Sexual Abuse Support** – The incest, sexual abuse and assault support group meets 6-8 p.m. Wednesdays in the Yellow Ribbon Room, Bldg. 2926, on Vogelweh. Civ. 01609-797-8785.

♦ **SATO DSN Line** – The SATO office DSN lines have been experiencing technical difficulties. To decrease wait time, customers are encouraged to use the SATO email address, [kaiserslauternCTO@satotravel.com](mailto:kaiserslauternCTO@satotravel.com).

### HEIDELBERG Education

♦ **ACS Classes** – Communication and Assertiveness, 2-4 p.m. Sept. 1, Nachrichten Kaserne, Bldg. 3622, Company B Conference Room; Applying for a Federal Job, 9-11 a.m. Sept. 6-7, Community Support Center, Bldg. 3850, Room 250A; Financial Readiness Training 9 a.m.-1 p.m. Sept. 7, Community Support Center, Bldg. 3850, Room 250B; Family Resiliency Seminar, 9 a.m.-1 p.m. Sept. 8

Patrick Henry Village Pavilion; Hands on Interactive Stress Reduction, 2-4 p.m. Sept. 8, Nachrichten Kaserne, Bldg. 3622, Company B Conference Room.

♦ **Master of Business Administration** – Register through Sept. 13 for the University of Phoenix's MBA program. Classes are held 5:30-9:30 p.m. Wednesdays starting Sept. 28 in the Education Center on Patton Barracks. DSN 373-7650, civ. 06221-588-0492.

#### Community

♦ **Annual Pipe Maintenance** – Maintenance on water pipes started Aug. 29 and should take three weeks to complete. Harmless yellow, brown or cloudy water resulting from settled iron or dissolved air in water may appear in toilets, showers and sinks. Faucet screens or showerheads may need cleaning if they are clogged from rust particles. If the hydrants in your area are being worked on, flush the sink in the laundry room and run the washing machine empty before use. DSN 387-3213, civ. 06221-4380-3213.

♦ **Parent Central Services** – Parent Central Services in Bldg. 4443 on Patrick Henry Village has new hours starting Sept. 1: 8 a.m.-4:30 p.m. Monday-Wednesday, Friday; 8 a.m.-3:30 p.m. Thursday; and 8 a.m.-12:30 p.m. the first Thursday of the month. DSN 388-9240, civ. 06221-338-9240.

♦ **Housing Division** – The Housing Division will be closed Sept. 2. DSN 387-3346, civ. 06221-4380-3346.

♦ **To Hell And Back Showing** – The Sergeant Audie Murphy Club will host a free showing for ID card holders of the movie To Hell and Back 1 p.m. Sept. 2 at the Wilson Theater on Nachrichten Kaserne in recognition of the 25th anniversary of the club and to raise awareness about post traumatic stress disorder. Parental discretion advised for minors due to war scenes, violence and adult language.

♦ **Castle Illumination** – Join Heidelberg High School seniors on a Neckar River boat cruise and the last castle illumination of 2011. Dockside party starts 6:30 p.m. and ship sails 8 p.m. Sept. 3. Proceeds support the class of 2012 HHS graduation fund. Civ. 06224-909131.

♦ **Kletterwald Ropes Adventure** – Better Opportunities for Single Soldiers takes on the challenge of the Kletterwald Ropes course. Group will depart 11 a.m. Sept. 5 from the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Salsa and Mojito Party** – Free finger foods, music and salsa lessons 8:30 p.m. Sept. 10 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Wanda's Visit Auditions** – The Roadside Theater on Patton Barracks holds auditions for Wanda's Visit for adults 20 and up 7 p.m. Sept. 6-7.

Show is Oct. 14, 15, 21 and 22. DSN 373-5020, civ. 06221-17-5020.

♦ **The Secret Garden** – The Roadside Theater on Patton Barracks holds auditions for The Secret Garden 7 p.m. Sept. 12 for ages 8-14 and 7 p.m. Sept. 13 for ages 15 and up. Show is Dec. 2-Jan. 8. DSN 373-5020, civ. 06221-17-5020.

♦ **International Cooking Class** – Learn how to cook Dominican food 10:30 a.m.-1 p.m. Sept. 14 at the Patrick Henry Village Commissary. Registration is required. DSN 370-6975, civ. 06221-576975. [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **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. 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. Sept. 21 in Bldg. 104 on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **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 are available online, in the Arts and Cultural Center and at select community locations. DSN 388-9418, civ. 06221-338-9418.

♦ **Volksmarch Volunteers** – Volunteers of various skills and commitment levels are needed for the 37th annual Volksmarch Sept. 24-25 at the International Gesamtschule in Heidelberg-Hasenleiser. Giveaways while supplies last. Civ. 06227-841226, [www.hivc.de](http://www.hivc.de).

♦ **Religious Education** – The Catholic Religious Education Program for children Pre-K through eighth grade meets 10:30-11:45 a.m. Sundays starting Sept. 25 in the Patrick Henry Elementary School cafeteria. DSN 370-8238, civ. 06221-578237.

♦ **DODDS Free or Reduced Lunch** – Parent Central Services is processing applications to determine eligibility for free or reduced fee school lunch for children enrolled in Department of Defense Dependents Schools. Bring Leave and Earnings Statement and sponsor's orders to Parent Central Services in Bldg. 4443 on Patrick Henry Village.

♦ **Commissary Gate** – The Patrick Henry Village commissary hours have not changed even though the gate near the commissary 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.

### MANNHEIM Education

♦ **Financial Peace** – Dave Ramsey's

Financial Peace Military Edition Course group study meets Tuesdays 6:30-8 p.m. Sept. 6-Nov. 22 at the Mark Twain Village chapel. Registration required.

#### Community

♦ **Parent Central Services** – Parent Central Services in Bldg. 696 on Benjamin Franklin Village will have new hours starting Sept. 1: 8 a.m.-4:30 p.m. Monday-Wednesday, Friday; 8 a.m.-3:30 p.m. Thursday and 8 a.m.-12:30 p.m. the first Thursday of the month. DSN 388-9240, civ. 06221-338-9240.

♦ **Kletterwald Ropes Adventure** – Better Opportunities for Single Soldiers takes on the challenge of the Kletterwald Ropes course. Group will depart 11 a.m. Sept. 5 from the Warrior Zone on Coleman Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers hosts a meeting 3:30 p.m. Sept. 7 at the Warrior Zone on Coleman Barracks. DSN 373-5275, civ. 06221-17-5275, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Pregnancy Support Group** – The Pregnancy Support Group meets 1-2:30 p.m. Sept. 8 on Sullivan Barracks, Bldg. 251, Room 113.

♦ **Road Closure** – The railroad overpass on Waldstrasse, between Benjamin Franklin Village and Coleman Barracks, is closed for construction through Sept. 10. Commuters between Sandhofen (Coleman Barracks) and Käferal (BFV, Sullivan and Funari Barracks) should use the autobahn A6 and the B38 highway to bypass the construction site. [www.mannheim.de/presse/erneuerung-riedbahnbruecke-mannheim-waldhof-vollsperrung-vom-29-juli-10-september](http://www.mannheim.de/presse/erneuerung-riedbahnbruecke-mannheim-waldhof-vollsperrung-vom-29-juli-10-september).

♦ **Life Upon the Wicked Stage** – Off Main Street Theatre on Coleman Barracks presents Life Upon the Wicked Stage for ages 17 and older Sept. 23, 24, 30 and Oct. 1. Wine and cheese served 6:30 p.m. with cabaret start 7:30 p.m. DSN 373-5020, civ. 06221-17-5020, [www.roadside-theater.com](http://www.roadside-theater.com).

♦ **Gospel King of Comedy** – Gospel King of Comedy JOB and Kurt Green perform 9 p.m. Sept. 30 at the Top Hat Club on Benjamin Franklin Village. DSN 380-9370, civ. 0621-730-9370.

♦ **Summer Specials** – Spinelli Outdoor Recreation, Bldg. 1570, offers discounts through September. DSN 384-6300, civ. 0621-730-6232, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **DODDS Free or Reduced Lunch** – Parent Central Services is processing applications to determine eligibility for free or reduced fee lunch for children enrolled in Department of Defense Dependents Schools. Bring Leave and Earnings Statement and sponsor's orders to Bldg. 699 on Benjamin Franklin Village. DSN 380-4850, civ. 0621-730-4850.

# Sports season push-off



Bo Craig

Sea Lions Coach Asley Wolff demonstrates the next drill at the first practice of the season for the Heidelberg Sea Lions Aug. 23 at the Wieblingen pool in Heidelberg. Swimmers still have time to join the team. [www.heidelbergsealions.com](http://www.heidelbergsealions.com).

## Wounded Warrior Ride

A Community Soldier Ride will take place 9:30 a.m. Sept. 11 at Bostalsee Lake to commemorate the 10th anniversary of 9/11 and to also support wounded warriors. Registration opens at 7:30 a.m. at the Freizeitzentrum Bostalsee, followed by an opening ceremony at 9 a.m. The ride is a 4-mile or 18-mile route and is followed by a ceremony and picnic at 11:45 a.m. Soldier Ride is a Wounded Warrior Project™ initiative that provides rehabilitative cycling opportunities to restore physical and emotional well-being. Fifty wounded warriors will participate in a three-day ride to rebuild confidence and strength in a supportive environment. This is the first European Soldier Ride sponsored by the WWP and it is being supported by the European Regional Medical Command's Warrior Transition Battalion-Europe. It provides wounded warriors the opportunity to promote a positive message of recovery and encourages community members to ride alongside, support from the sidelines or volunteer to assist. The event is free but registration is requested at [www.soldierride.org/germany](http://www.soldierride.org/germany).

## staying ACTIVE

### Mannheim Bowling Hours

The Bowling Center on Benjamin Franklin Village will have new hours starting Sept. 1: 11 a.m.-10 p.m. Monday, Wednesday and Thursday, 11-1 a.m. Friday and Saturday, 2-9 p.m. Sunday, closed Tuesdays and holidays. Try Wednesdays Penny a Pin and pay what you score or bowl on Thursdays when kids bowl free when accompanied by an adult. DSN 380-9528, civ. 0621-730-9528, [www.mwrgermany.com](http://www.mwrgermany.com).

### U.S. Youth Soccer

U.S. Youth Soccer and the Olympic development program for soccer will hold boys and girls camps Sept. 3-5. The girls camp will be in Kaiserslautern and the boys camp will be in Bitburg. The best players will be selected for All Europe teams. [http://usysa.goalline.ca/index.php?team\\_id=138974](http://usysa.goalline.ca/index.php?team_id=138974).

### Unit Level Flag Football Schedule

Heidelberg Unit Level Flag Football League games will be played Sept. 7 – Medical Command vs. U.S. Army Europe at 6:30 p.m. and NATO vs. Medical Department Activity at 7:30 p.m. and Sept. 8 – 43rd Signal vs USAREUR at 6:30 p.m. and MEDCOM vs. 1-214th Aviation at 7:30 p.m. on the Patton Barracks sports field in Heidelberg. DSN 373-8032, civ. 06221-17-8032, [www.mwrgermany.com](http://www.mwrgermany.com).

### Heidelberg Golf Course Scrambles

**Heidelberg Sergeants Major Annual Golf Scramble** – Registration is open until 24 team slots are filled. Check-in time is 6:45 a.m. Sept. 9 at the Heidelberg Golf Course. Prizes awarded for first, second and third place, men's and women's longest drive and closest to the pin and more. DSN 379-7979.

**USANATO's Grandeur Alliance and Forces Command Heidelberg** – Register by Sept. 9 for this four-person Golf Scramble Sept. 23 with sign in 6:45-7:30 a.m. and shotgun start at 8 a.m. Field is limited to 30 teams. DSN 374-5910.

**Army and Air Force Challenge** – Register by Sept. 19 for the Sept. 24-25 golf challenge beginning with a 9 a.m. shotgun start at the Heidelberg Golf Club Sept. 24 and a 9 a.m. shotgun start at Ramstein Air Base. The challenge is open to active duty, civilians and dependents with a verifiable handicap. First 50 players to sign up are on the team. DSN 379-6139, civ. 06202-53767, [www.mwrgermany.com](http://www.mwrgermany.com).

### Freedom Run

Register 8:30 a.m. Sept. 10 for the fourth Annual Freedom Run and walk starting at 9 a.m. at the Patrick Henry Village Commissary in Heidelberg. DSN 370-6489, civ. 06221-57-6489.

### Modern Combatives Tournament

A modern combatives tournament for active duty men and women will be held 10 a.m. Sept. 10 with registration and weigh-in from 8-9 a.m. at the Miesau Fitness Center, Bldg. 1220, in Kaiserslautern. Spectators will be charged a \$5 admission fee.

### Fitness Day

IMCOM will host a Fitness Day 11 a.m.-2 p.m. Sept. 17 at the Campbell Barracks Fitness Center. DSN 370-6489, civ. 06221-57-6489. Men lift 100 percent of their body weight, women lift 50 percent for a free T-shirt. Register on day of event. Open to ID cardholders 18 and over and 15-17 year olds with parental consent. Free event. DSN 370-6489, civ. 06221-57-6489.

### Heidelberg Bowling Center

Fall leagues at the Patrick Henry Village Bowling Center begin just after Labor Day and continue through May. Leagues are Tuesday Night MWR, Thursday Fun League, Freitag Mixed, Saturday Juniors and Sunday Adult/Junior. Weekday leagues bowl at 7 p.m. Saturday leagues bowl at 11 a.m. and Sunday at 3 p.m. King of the Hill tournaments are 1 p.m. every third Saturday beginning Sept. 17. DSN 388-9040, civ. 06221-338-9040, [www.mwrgermany.com](http://www.mwrgermany.com).

# 155 wins Heidelberg, German golf club two-day championships

The Heidelberg and German Rheintal golf clubs combined to hold their individual 36-hole championships Saturday and Sunday for the first time in several years.

Martin Mahler shot a two-day total of 155 (79-76) to win the Heidelberg Golf Club's championship by a single stroke over Mike Wilkins.

John Sapanos won the seniors division with 170. Tom "Coach" Benson took second with 175.

Tammy Book took the ladies division with 177. Kim Perez was runner-up.

Nikolaj Straetz won the Rheintal championship with sub-par rounds of 70-70. Tobias Enders was second with a 148 total.

Paul Walsenbach's 160 was the low score for the Rheintal Seniors.

Rudolf Brixle was second at 164.

Sabine End won the Rheintal Ladies division with 159 and Margret Maier captured the Ladies seniors victory with 167.

A total of 87 golfers took part. SOURCE: Rex Gribble

# Shoot 'em Up

Cub scouts Jonathan Moffett, left, and John Cushman, right, receive marksmanship instruction during a one-week scout camp at Camp Freedom near Ansbach last month. The two were among 28 scouts from Pack 284 in Heidelberg who attended the camp to work on making various belt loops and participate in other activities and sporting events with cub scouts from throughout Europe.



Linda Steil