

HeraldPOST

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

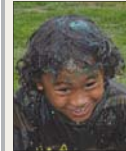
HP THURSDAY
August 9, 2012

Speed Read

READY FOR RETIREMENT

Early planning, the proper paperwork and a few tips from the local legal assistance center can help retiring service members prepare for life out of uniform. **2**

SLOOZE ON THE LOOSE



Community members gather in Heidelberg for a sticky and slimy celebration to mark the end of Vacation Bible School. **3**

THE BLACK FOREST

Known for its cuckoo clocks, cured ham and chocolate cake, the Black Forest offers visitors much more to explore. **6**

ROAD WARRIORS UNITE

Wounded Warriors and supporters gather to participate in a special bike ride through Germany during the annual Soldier Ride event in Nohfelden. **13**



Defense Details

CAMP LEJEUNE FAMILIES

President Barack Obama signed into law Monday a bill enabling the Department of Veterans Affairs to provide health benefits to veterans and families diagnosed with diseases related to water contamination at Camp Lejeune, N.C. "I think all Americans feel we have a moral, sacred duty toward our men and women in uniform," Obama said before signing the "Honoring America's Veterans and Caring for Camp Lejeune Families Act of 2012" in the Oval Office. The law covers those with conditions linked to water contamination that occurred on Camp Lejeune between 1957 and 1987. The bill has several other provisions to improve VA health care coverage, housing, education and burial benefits, White House officials said. An initiative on preventing homelessness among veterans renews VA's authority to work with community organizations and make use of previously underutilized VA properties, they added. The president was joined at the signing by Jerry Ensminger, a retired Marine Corps master sergeant who served at Camp Lejeune and advocated on behalf of affected veterans and families. The first title of the law was named after his daughter, Janey, who died of leukemia at age 9.

www.defense.gov

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Phil A. Jones

During his July 30 visit with staff and patients at Landstuhl Regional Medical Center, Dave Roeber, a severely burned Vietnam veteran, spoke with service members injured in Afghanistan. Roeber spends time speaking to service members about his own struggles and recovery.

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

When Marine Lance Cpl. Anthony Brocato went to see inspirational speaker Dave Roeber Aug. 1 at Rhine Ordnance Barracks, the mortuary affairs specialist from Maryland hoped the disfigured Vietnam

veteran would offer words of hope to him.

Brocato joined roughly 1,500 troops — many who thought they were simply there to attend run-of-the-mill suicide awareness training. But Roeber's story — suffering horrible burns from a phosphorus grenade

see **DAVE** page 9



Marine Lance Cpl. Anthony Brocato, left, embraces inspirational speaker Dave Roeber following an Aug. 1 event at U.S. Army Garrison Kaiserslautern's Rhine Ordnance Barracks. Roeber travels around the world speaking to troops.

Patriot Express offers options for pet travel

Furry companions can fly year-round on climate-controlled flights

USAREUR Public Affairs

The Patriot Express, a Department of Defense-chartered air travel program, originating at Baltimore Washington International Airport and transiting to Ramstein Airbase offers options for Trans-Atlantic travel with pets.

"During the summer months, May through September, most airlines may impose a summer heat embargo and will not allow individuals to transport pets in the cargo compartment," said Maj. Steven Czup, op-

erations officer with U.S. Army Europe G1. "Most Patriot Express flights to BWI are climate controlled and can fly year round without restrictions on breeds, or air temperature and pet travel costs on PE are generally cheaper when compared to commercial carriers," he said.

According to the Air Mobility Command's Passenger Policy Branch, there is a minimum fee of \$112 for up to 70 pounds and a maximum fee of \$336 for a 150 pound animal to fly on the PE. This calculation is based

on the pet and kennel's combined weight and is broken down into three weight increments.

Commercial carriers calculate pet shipping cost based on cubic feet of cargo space taken up by the kennel and air space around the kennel for proper ventilation. This calculation can cost anywhere from \$395 for an average kennel to more than \$1,160 for the largest commercial kennel to support a 150 pound animal for the same itinerary.

Currently, there are only 10 spaces for cats and dogs

available on the Tuesday Patriot Express flight primarily used for Permanent Change of Station transportation. Each week, there are also three other Patriot Express flights, (formerly known as Cat B, "Freedom Bird" or "Rotator") flying Soldiers from the U.S. Central Command area of operations that transit through Ramstein to BWI. These flights often have temperature controlled spaces designed to house pets. A very limited quantity of small pets may be authorized to travel in the cabin.

see **PETS** page 9

LEGAL ASSISTANCE

Officials urge troops to start early when planning for retirement needs

PATTON LAW CENTER

Are you a person who planned ahead for retirement and prepared legal documents such as a durable power of attorney for health care, a living will, and a power of attorney for your other personal and financial affairs?

If not, your nearest Legal Assistance Office can help you prepare these items.

But with the transformation in U.S. Army Europe causing the consolidation and closure of some military communities, it may be harder to find a convenient Legal Assistance Office if you are retiring in Germany.

If you are retiring in the U.S., you may not be living near any military installations.

If you have or plan to have contact with any Veterans Administration services, you may want to fill out the VA's specific legal documents to make things official.

The VA is a federal entity, but legal documents are

based on state law. This can make things confusing on occasion.

The VA forms and the forms you receive from a military Legal Assistance Office, are based on federal law and should be respected in all states.

The VA Advanced Directive for Durable Power of Attorney for Health Care and a Living Will is VA Form 10-0137. The VA power of attorney forms used to appoint someone as your representative with the VA on a claim or appeal, are VA Form 21-22 and 21-22a. All are available on-line or at a local VA office.

The Patton Law Center is located in Bldg. 107 on Patton Barracks in Heidelberg.

The office is closed on the first Thursday of each month and on federal holidays.

Call DSN 373-5058, civ 06221-17-5058 or visit www.bw.eur.army.mil/community_life/legal/legal%20assistance/default.html.

COMMUNITY INFO

Heidelberg cracks down on crowded cans

Awareness campaign targets overflowing containers at private quarters

During the month of August, the city of Heidelberg has kicked off an awareness campaign to eliminate overflowing waste and recycling containers at private quarters.

Trash containers with lids not properly closed pose a safety and health hazard to the neighborhood and to the city's pick-up personnel.

Effective immediately, city utilities personnel will attach a blue flyer with helpful information to any overflowing container or additional,

not officially approved plastic bag or box placed next to the container. Containers marked with a blue flyer will not be emptied.

The flyer will inform customers about their options of upgrading to a larger container, more frequent pickups and alternate drop-off locations for occasional extra waste and minimizing waste in general. The city warns against compacting trash by stomping it into the container. This can damage the bin or prevent it from emptying properly.

Damaged containers will be replaced at the customer's expense. For more information, call the city's waste management office at civ. 06221-58 299 99.



Traveling Around Europe?

You must carry a passport...

Outside the country where you are assigned by official DoD orders
Even when there are no checkpoints at border crossings



**Don't Risk...
Detainment,
Fines & Searches**

**A military I.D.
is not a substitute
for a passport**

**Contact your
local passport
office or go
online for more
information:**

www.eur.army.mil/organization/faq.htm



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

"Could you do me a favor? Could you give me the number to the Telekom [TKS] office located in the shopping center (on base)? I am over in Korea for vacation and I lost my phone ... I need to contact them ... ASAP. It would be really appreciated if you could help me."

—Kathy Kim, BWnow Facebook Fan

"Kathy, try calling civ. 06221-657-017 for the TKS store on the shopping center in Heidelberg."

—BWnow Administrator

"Thanks a lot!"

—Kathy Kim, BWnow Facebook Fan

"The Heidelberg Utility Company announced major maintenance work on the district heat supply system affecting all facilities on Patrick Henry Village. There will

be no hot water (and heating) between 10 a.m. Aug. 11 until 4 a.m. Aug. 12. Please plan accordingly."

—Richard Glass, BWnow Facebook Fan

"Hey folks ... community yard sale 10 a.m. - 2 p.m. Aug. 11 at the Patrick Henry Village park in Heidelberg. To reserve a table call Outdoor Recreation, DSN 388-9282, civ. 06221-338-9282."

—BWnow 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. Only spots results from the weekend will be accepted until noon on Monday.

Chapel sponsors slimy slooze fest for local youth



Photos by Dijon Rolle

Top left, Chaplain (Lt. Col.) Robert Hart soaks up his share of sticky green slime during the games portion of the Ultimate Slooze Show on Patrick Henry Village in Heidelberg Aug. 3. The event was sponsored by the Patrick Henry Village Community Chapel as part of their annual Vacation Bible School. Members of the First Baptist Church in Altamonte Springs, Fla., set up the show and more than 200 community members participated in the free family event.

Above, teams of children shoot foam guns full of green slime during the Ultimate Slooze Show on Patrick Henry Village in Heidelberg Aug. 3.

Far left, a local fireman uses a water hose to remove green slime from a group of children during the Ultimate Slooze Show on Patrick Henry Village in Heidelberg Aug. 3.

Bottom, 10-year-old Annabeth Keel enjoys a good soaking in green slime and chocolate sauce during the Ultimate Slooze Show Aug. 3 on Patrick Henry Village in Heidelberg.

Civil Support Soldiers conduct annual training

By Sgt. 1st Class Matthew Chlosta
7TH CSC PUBLIC AFFAIRS OFFICE

Wearing crinkly oversized blue Chemical Biological Radiological and Nuclear protective suits that resembled something out of a science-fiction movie, Staff Sgt. John Bennets and Spc. Christopher Murphy, searched for a simulated chemical spill on Rhine Ordnance Barracks in Kaiserslautern July 27.

The two stopped repeatedly to check each other's suits and boots for harmful chemical contaminants during the 773rd Civil Support Team's detection site survey training exercise.

USAR 7th Civil Support Command's 773rd CST conducted their annual training July 17-28, augmented by additional 7th CSC Soldiers from 771st and 774th CSTs, who also participated.

"The purpose of the PMT

is to establish a safe work area. [And establish] how forward we can move to the incident," said Capt. Jennifer Gross, survey team leader. "A lot of these guys have cross-leveled into CBRN. This gives them a different perspective."

Although Bennets is a newcomer to CST training, he brought related experience. He recently transferred to the 771st CST from a mass casualty decon platoon in Sioux Falls, S.D., the 323rd Chemical Company.

Bennets said, "I like the training. It's good to be in the suit. [It's the] first time that I've trained with a fully operational CST with all their equipment."

Training Supervisor Sgt. 1st Class Timothy Butler, tested the Soldiers on their techniques as the team approached the simulated chemical spill site until they reached the safe zone.

"It's great that the 771st let me come down for the training," Bennets said. "It really did provide a great opportunity."

Afterwards, the site characterization team and a sampling team conducted a sampling survey. After the teams finished, the samples were analyzed in the 773rd CST's lab.

After the course, the Soldiers checked each other for contaminants and then removed their bulky blue suits, oxygen tanks, masks and gloves. After approximately 40 minutes in the gear, both Soldiers were drenched in sweat.

"When it's hot here it's hard to wear the suit, but we just dealt with it because the mission's still gotta happen," Murphy said. "These past two weeks have been quite an experience. I think it's one of the best units because they have the equipment and resources to train properly."



Sgt. 1st Class Matthew Chlosta

Staff Sgt. John Bennets, left, checks Spc. Christopher Murphy for chemicals on his protection suit after their preliminary monitoring team site survey during annual training on Rhine Ordnance Barracks, July 27.

Medical and Dental Facilities Deactivate



Ed Drohan

Col. Telita Crosland, commander of the Heidelberg Medical Department Activity, and Sgt. Maj. Michael Mullen case the HMEDDAC colors at the unit's deactivation ceremony Aug. 3 at Nachrichten Kaserne as Col. Jeffrey Clark, commander of Europe Regional Medical Command, looks on. The unit was activated in 1942 and had been located at Nachrichten Kaserne since 1945. Health care services at the Heidelberg Army Health Clinic will continue for beneficiaries through June 2013.



Ed Drohan

Col. William Bachand, commander of the Europe Regional Dental Command, and Sgt. 1st Class Harold Hill, Heidelberg Dental Activity first sergeant, case the HDENTAC colors at the unit's deactivation ceremony Aug. 3 at Nachrichten Kaserne. The unit has been providing dental care for Soldiers and their families since arriving at the kaserne in 1945. Dental services will continue under the auspices of the Heidelberg Dental Clinic Command, which is now part of the Landstuhl Dental Activity.

transformation UPDATE

BWNow Social Media Site Transitions

USAG Baden-Württemberg will take yet another step in its transformation. We will transition from BWNow being our primary social media site to exclusively using our BWNow Facebook page. The BWNow social media site will be discontinued, due to personnel and budget constraints. BWNow was developed in 2009 prior to the rise in popularity of Facebook. The site has more than 2000 members that have come to trust BWNow as an up-to-date, quick and reliable means of information regarding anything important going on in the Baden-Württemberg garrison. In order to make the most efficient use of tight garrison resources, we will discontinue this service by **Aug. 26** of this year. The garrison Public Affairs Office ensures that all the current, useful quality information found on BWNow, will also be available on the garrison's Facebook page at <http://www.facebook.com/bwnow>.

Frequently Asked Questions

Have a transformation-related question you'd like answered? E-mail usarmy.badenwuer.usag.mbx.post-newspaper@mail.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/news/personnel.htm.

Facilities Operations Changes Mannheim

ACS – The Army Community Service office located in Bldg. 246 on Sullivan Barracks is closed.

UPDATED – Base Operations – The Mannheim Base Operations office has relocated from Bldg. 246 on Sullivan Barracks to Bldg. 1408 on Coleman Barracks, Room 101. For assistance, residents should call Gilbert Buster at DSN 382-4724, civ. 0162-272-8632.

BFV South Closure – Public access to Benjamin Franklin Village South is no longer available. The area and the access gate have been sealed off and the **Exchange main store, gas station, food court and concessionaires are closed**. Any items left on the installation have been impounded by the Military Police. Access to the area may only be arranged through the Provost Marshal Office at DSN 388-2222/2223, civ. 06221-678-2222/2223.

Bowling Center – The bowling center located on Sullivan Barracks is now closed.

Burger King – The Mannheim Burger King located on Sullivan Barracks is closed.

Child Development Center – The Child Development Center on Sullivan Barracks is closed.

Chapel – The chapel on Benjamin Franklin Village is closed. All on post religious services have been transferred to the Heidelberg community.

Coleman Clinics – The Coleman Troop Medical Clinic has ended full patient care, dental and pharmacy services. Dental services for the Mannheim-Coleman Soldier population are available at the Patrick Henry Village Dental Clinic in Heidelberg. Sick call is available until **Sept. 1**. Sick call sign-in hours at the Coleman TMC are 8-9:30 a.m. DSN 371-3130, civ. 06221-17-3130.

Commissary – Deli and bakery services are no longer available at the commissary. Sandwiches are still available in the grab 'n go section and customers can special order select items and purchase hot rotisserie chicken. The commissary operating hours are 11 a.m.-7 p.m. Wednesday-Sunday. The commissary is scheduled to close by **Sept. 1**. DSN 385-3940, civ. 0621-728-3611.

Community Bank – The Community Bank on Sullivan Barracks is closed Mondays. It is open 9:30 a.m.-4 p.m. Tuesday through Friday and 10 a.m.-1:30 p.m. Saturday.

Community Center – The Mannheim community center in Bldg. 2011 in Grant Circle is closed.

Customs – The customs office on Sullivan Barracks is now closed.

Facility Closures – The Commissary, Community Bank, Service Credit Union, the Top Hat Club, Woods Field, Coleman Clinics, Fitness Center are scheduled to close no later than **Sept. 1**.

Postal Office Hours Change – Mannheim postal facilities have new operating hours. The finance window at Postal Service Center 418 on

Coleman Barracks is now open 10 a.m.-5 p.m. Monday, Wednesday and Friday. The community mail room is open 11 a.m.-6 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays. At Postal Service Center 437, finance is open 10 a.m.-5 p.m. Tuesday and Thursday and 10 a.m.-4 p.m. Saturday. The community mail room is open 11 a.m.-6 p.m. Tuesday and Thursday, 10 a.m.-4 p.m. Saturday and closed Mondays, Wednesdays and Fridays.

Self - Help Store – The Mannheim Self - Help Store is closed.

Shuttle Bus – The community shuttle bus no longer stops at the Benjamin Franklin Village guest house, but a stop was added on Funari Barracks. The new schedule is available from any shuttle bus driver, at the Central Processing Facility in Heidelberg or by calling DSN 373-8350, civ. 06221-17-8350.

Sullivan Fitness Center – The Sullivan Fitness Center is scheduled to close by **Sept. 1**.

UPDATED – Sullivan Express Shoppette – The Sullivan Express shoppette will remain open until **Sept. 1**.

Tax Relief Office – The Tax Relief Office on Sullivan Barracks is closed. Please contact the Heidelberg office located in Bldg. 4507 on Patrick Henry Village for assistance. DSN 388-9586, civ. 06221-338-9586.

WIC Office – The Women, Infants and Children Overseas office further reduced office hours due to transformation and reduced base population. The Mannheim office is open 9 a.m.-2 p.m. Tuesdays and 7:30 a.m.-4 p.m. Thursdays.

Heidelberg

Airport Shuttle Buses – The free shuttle bus service for service members, Department of Defense civilians and their families departing Germany from Ramstein Air Base on the Patriot Express departs Heidelberg once a week from the Patrick Henry Village Guest House in Heidelberg. For details on the shuttle schedule, call U.S. Army Garrison Baden-Württemberg Central Processing Facility, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, usarmy.badenwuer.usag.mbx.cpf@mail.mil.

ADS

Germany's famous woodlands lures travelers for fun and relaxation

By **Samantha Smith**

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS VOLUNTEER

There's more to the Black Forest than cuckoo clocks, cured ham and layered chocolate cake. It is also home to quaint towns, serene camping spots, excellent hiking and is a great place to spend a long weekend.

A little more than an hour south of Heidelberg, the Black Forest boundary begins just south of Pforzheim. Once through the town, you immediately become aware of being in a special place. The meandering Enz river, a tributary of the Neckar, runs through this region flanked by tall conifers that make the air smell like Christmas.

This is the perfect spot to make a base camp to explore some of the nearby towns, including Calw, Hirsau and Bad Wildbad. Calw has a lovely downtown with many outdoor cafes lining the streets of half-timbered houses. Visitors can stop here for a relaxing stroll and a traditional German meal.

The nearby town of Hirsau contains the Kloster Hirsau, the ruins of a late 9th century monastery that was an important Benedictine abbey in Germany. It was abandoned after being destroyed by the French in the Nine Year's War in 1692.

If you're an outdoor enthusiast, head over to Bad Wildbad and take the historic funicular railway or *Bergbahn* up to the top of Wildbader Sommerberg. Opened in 1908, the line was recently modernized with the addition of new cars that run every 15 minutes on weekends and holidays during August and September. Prices for a round trip are 6€ for adults, 4€ for kids and a family card for two adults and children is 16€.

Along with views of the surrounding forest, from the top you can access the 235 km of hiking and mountain biking trails that crisscross the area. There are six hikes from Sommerberg that are marked and maintained ranging from 2.5 to 12 km long.

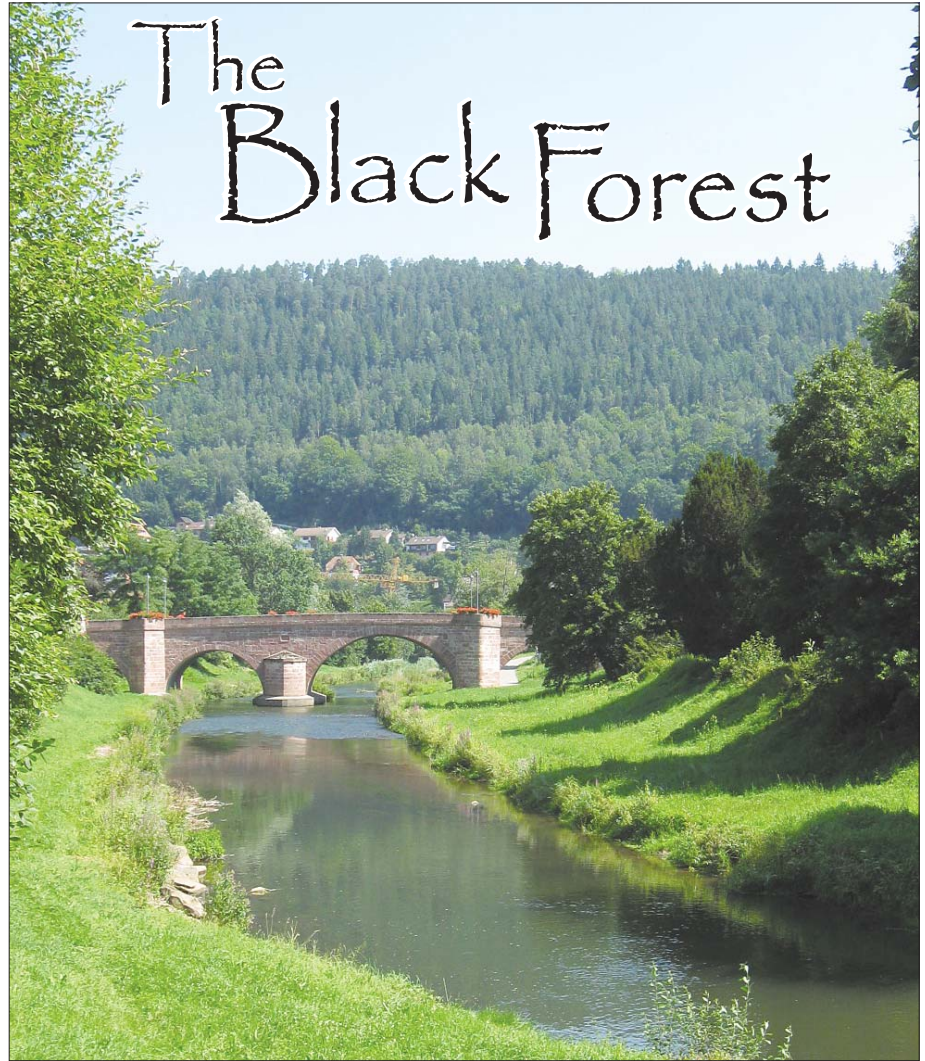
As the name suggests, Bad Wildbad is also well-known for its thermal waters. There are two spas in the center of town, Vital Therme which is focused on fitness and health and Palais Thermal, more of a relaxing modern sauna featuring a "spa temple" with grand archways and Greek statues.

Just north of town, the spa garden path makes for a great shady walk along the Enz river, with benches for a picnic and idyllic streams that flow to the river from the surrounding hills.

As far as accommodations are concerned, don't discount camping. Unlike the rustic sites you often find in the States, German camping is like staying at a resort with all of the amenities to entertain and relax you.

Besides basic campsites, many facilities, like Kleinenzshof Family Resort, have caravans, mobile homes and even apartments for rent. With a convenience store, restaurant, pool, indoor soccer gym and daily bread service, the whole family will stay entertained and happy. For a comprehensive, searchable list of campsites in Germany and beyond, try en.camping.info.

However you decide to spend your time, the Black Forest makes for a truly relaxing destination, even if you do bring home a cuckoo clock.



Photos by Samantha Smith

Top, an historic bridge crosses the Nagold river near the town of Hirsau in the Black Forest. Below left, the Enz river meanders through the spa gardens north of Bad Wildbad. Below right, kids play in the river at Kleinenzshof campground. Bottom right, the Strassenbahn makes its way through the town of Bad Wildbad.



ADS



Tim Hipps
Sgt. Vincent Hancock sets an Olympic record in skeet qualification with a score of 123 at the 2012 Summer Olympics in London July 31.



Markus Rauchenberger
Staff Sgt. Devin Allred, assigned to the 21st Theater Sustainment Command, pulls himself across a rope bridge on an obstacle course at the U.S. Army Europe Best Warrior Competition in Grafenwöhr, July 30.



Master Sgt. Scott MacKay
Pfc. Katlin Clements, assigned to the 1st Battalion, 7th Air Defense Artillery Regiment, tightens a canister on a heavy expandable mobile tactical truck during a missile reload certification Aug. 4 in Southwest Asia.

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visit www.army.mil



Miguel A. Negrón
Ecuadorian army demining command member Pfc. Darwin Valverde uses a mine detector during a practical exercise Aug. 1 in Quito, Ecuador, as Sgt. Miguel Rolon, with the 471st Engineer Company at Fort Buchanan, Puerto Rico, supervises.



Capt. Thomas Gieslak
A paratrooper with the 1st Brigade Combat Team, 82nd Airborne Division, scans an area for insurgents along Highway 1 in Ghazni province, Afghanistan, Aug. 1.



**In Memoriam
Jürgen
Kränzke**

Jürgen Kränzke, a 42-year-old dispatcher at the Heidelberg

Fire Alarm Control Center and employee of U.S. Army Garrison Baden-Württemberg, passed away July 29 while on duty. Kränzke began his career with the U.S. government in July 1993. He established himself as a highly skilled fire inspector with the USAG Mannheim Fire Department. In March 2011, Kränzke came to work as a dispatcher in the consolidated Fire Alarm Control Center due to the inactivation of USAG Mannheim. Besides his fire prevention and operations skills, Kränzke was a highly knowledgeable subject matter expert in all facets of Chemical, Biological, Radiological, Nuclear and Explosive and Weapons of Mass Destruction responses. He leaves behind a wife, a five year old son and several close friends and colleagues throughout the garrison.

PET

continued from page 1

Pets must be able to fit comfortably in a kennel (hard-sided or soft-sided) no larger than 20" long x 16" wide x 8" high in order to fit under the seat in front of you. Pets must be able to stand up, lie down and turn around with normal posture and body movements.

When making outbound travel arrangements for pets, service members also have to make appropriate onward movement arrangements of their pets from BWI to their new duty station.

This may be harder during the summer heat embargo period than the rest of the year.

If there is no space available on the PE flight, travelers still have the option

to ship their pets via commercial carrier or through air cargo (both unaccompanied). Some additional options to offset the cost of pet shipping include, but are not limited to:

- Shipping a Privately Owned Vehicle to Baltimore in advance of official travel and driving to new duty station or leave address. This option requires coordination with the local transportation office. Specific guidance is available in the Joint Federal Travel Regulation, Chapter 5, U5435.

- Renting a car to travel from BWI to your new duty station and transporting the pet in the rental vehicle, but travelers will not be reimbursed, except for the mileage at \$0.555 per mile when submitting travel voucher to Defense Finance and Accounting Services. Specific

guidance is in JFTR U5105.

- Transporting pet via commercial or government air (PE) in advance of travel (non-reimbursable) and have family members receive pets at the arrival airport. The Patriot Express offers cost-effective pet travel, however, whether flying on the PE or a commercial airline, the cost for shipping pets is not reimbursable by the government.

If PE reservations cannot be made for pets, there are commercial pet shipping companies available locally. Prices vary depending on destination and size of transport box. The transport box must be large enough for a pet to stand upright and to be able to lie down.

Shipping companies may have transport boxes for sale but personally owned

boxes may be used as well. A recent health certificate from a veterinarian and shot records are required for shipping.

A local company that has assisted U.S. service members with shipping their pets is Gradlyn Kennels Airfreight Service at Frankfurt and Munich airports. •Frankfurt Airport Frachtzentrum Nord (Freight Center North) civ. 06969-7-12-5419

•Munich's Franz Josef Strauss Airport civ. 08997-59-1481.

For specific PE flight details and reservations contact your SATO travel representative.

Editor's Note: USAG BW and the Herald Post do not endorse these companies. This information is only provided as a service to the community.

DAVE

continued from page 1

while serving on a Navy patrol boat in Vietnam and how he recovered – was told with a mix of humor, wit and subtle seriousness. It kept the crowd laughing, while on the verge of crying.

"It helped out a lot because I just lost a friend to suicide two months ago," said Brocato, 19, of Bel Air, Md., a Marine reservist training at Landstuhl.

Roever, 65, has spent the past decade traveling the globe to spread his message: "never lose hope."

In Vietnam, Roever was burned beyond recognition when a phosphorus grenade exploded in his hands. In the hospital, he attempted suicide by removing a tube that he thought kept him alive, Roever told the crowd.

"It was my best failure in life, when I pulled the wrong tube out," Roever said. "I got hungry instead of dead."

While crowds roared with laughter, Roever insists he's not a joker. Everything he discusses is a human experience that he went through, he said.

"I take real life experience and choose to look at [it] through the eyes of hope and laughter," Roever said. "It's all in how you look at life. It's a choice."

In late July, Roever spoke to troops at events in U.S. Army Garrison Baden-Württemberg in Heidelberg and USAG Baumholder.

The series was organized by Lisa Velez, USAG Kaiserslautern's suicide

prevention program manager. "Suicide is the second leading cause of death for Soldiers with the summer months yielding the highest levels of attempts and completions," Velez said, adding that collaborating with speakers like Roever is key to promoting awareness in military communities.

While at USAG Kaiserslautern, Roever also met with injured service members at Landstuhl Regional Medical Center.

"I walk in their room and I'm on holy ground. It's a hallowed sanctuary – I treat it like that. Because there lays a sacrifice for the cause of freedom," Roever said. "I'll do everything in my power to see them returned to the best life can give them and the best they can give to life."

Brocato's friend was just 18. He was also headed into the Marines, Brocato said.

Instead, he fought with his girlfriend and committed suicide. Over the past weeks, Brocato felt himself in a slump over the loss of his friend.

After the crowds left, Brocato approached Roever, offering a rubber wristband – a memorial token with his fallen friend's name and motocross number. Roever slipped it on and embraced Brocato.

"My buddy lost hope," Brocato told Roever. "But I want to thank you for giving me hope. I will never lose hope and never give up. It's not an option."

To learn more about Roever's story and his upcoming appearances visit <http://roeverfoundation.org/>.

GERMAN COOKING

Ham and Sauerkraut Roll-Ups

Ingredients

- 1 (14-ounce) can German wine sauerkraut
- 1 tablespoon unsalted butter
- 1 onion, sliced
- Salt, pepper and caraway seeds
- 8 large slices German cooked ham
- 2 tablespoons German mustard
- 12 slices German butterkäse (a soft German cheese found in the deli section of many supermarkets and specialty stores).
- 1/2 cup German beer
- Paprika (enough to sprinkle on roll-ups)

Preparation

- Preheat oven to 400 F.
- Drain sauerkraut, melt butter and begin cooking onions over medium heat.
- Add in drained sauerkraut and continue cooking until onions are soft and begin to brown slightly.
- Add salt, pepper and caraway to taste.
- Dab ham slices with mustard.
- Place sauerkraut and onion mixture in the center of the ham slice and roll ham slice around filling.
- Place ham roll-up in a baking tin.
- Repeat until all ham is rolled.
- Cover ham roll-ups with slices of butterkäse and pour beer over the rolls.
- Cook at 400 F for 15-20 minutes.
- Before serving, sprinkle with paprika.

Summer Sandwich

Ingredients and Preparation

- Combine Allgäu Emmentaler and Bavarian smoked cheese with tomatoes, chili sauce, sliced apple, spring onion, tomato and mixed green salad on sun dried tomato bread and serve.



Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: dearmsvicki@yahoo.com, follow her on Twitter @dearmsvicki, or visit www.dearmsvicki.com.

Dear Ms. Vicki,

I've hesitated about writing for a long time. I want to issue a heartfelt apology. When your column first appeared in our newspaper, I was one of the wives who protested to the public affairs office to end your advice column. In hindsight, I realize I played "follow-the-leader." My friends protested, their husbands protested, my husband protested and so did I. I always felt you gave good advice, and there should be a place for people to vent, express their points of view, be connected to resources and receive advice anonymously.

I think there was fear, because people believed you were exposing the Army's problems and showing our elite fighting force has human

frailties. There was also talk you were exposing your own family. Your column truly helps people; I felt that way then, and I feel this way now.

Now I am the one in need of your advice. You always encourage women to stand on their own feet. In my situation, I was told this career was mine, too, and I bought into that notion.

My husband (a general) left me for another woman and I am devastated. The other woman is also in the Army. The affair started downrange and never stopped. I have a bachelor's degree, but have never worked during my marriage; I raised our children. I have no job skills. I put myself last for his career. I smiled and moved to new locations, many times alone. I gave birth when he was away for training or in the field. He could have been home and I knew it, but I didn't complain, because I was the proud Army wife. He has filed for divorce. How can I save my marriage? He has to come back. How can another woman come in after 20 years of marriage and take what I've worked hard for?

The friends who helped protest your column are nowhere to be found. It's like I have the dreaded disease: a pending divorce. What can I do? How can I let my husband know we can work this out when he won't talk to me or our children?

A Devastated General's Wife

Dear General's Wife,

No apology necessary. I was informed about the protestors, but I never took it personally. I always knew it came with the territory.

Sadly, I get letters like yours often, from senior enlisted to senior

officer's spouses. You definitely don't deserve this. I don't know you, but I'm certain you have been a good wife and mother. Moreover, you have been a supportive Army wife. Every military spouse can identify with your sacrifice.

We can sit and examine this, but here's the deal: your husband has disconnected emotionally from this marriage, and he is moving on. In situations like this, you can't sit and hope he comes to his senses and begs for an apology. It's time you come to grips with that so you can make assertive decisions.

Don't worry about your so-called friends. Sometimes we need to know who our real friends are. This is difficult, because your husband is a general, and you probably don't want to say anything because of fear, shame or even causing him problems in his career.

In many cases, the service member will promise the spouse things if they sign the divorce papers. After they sign, the service member doesn't follow through with any promise. Don't believe anything he says at this point and don't sign any papers without discussing the situation with a lawyer.

In the meantime, I advise you to contact Ex-Pose (Ex-spouses of service members) at U.S. civ. 703-941-5844, www.ex-pose.org or visit www.divorcesource.com, which offers military divorce information.

Finally, consider reading "Divorce and the Military II (A Comprehensive Guide for Service Members, Spouses and Attorneys)," by Marsha L. Thole and Frank W. Ault.

I wish you the best.

PTSD: The dreaded four letters you don't have to fear

By Kelly L. Forsys-Donahue, Ph.D.
U.S. ARMY PUBLIC HEALTH COMMAND

PTSD. These letters can be the source of much confusion, misunderstanding, pain and now hope. Yes, you read that correctly: hope.

Post-Traumatic Stress Disorder is a reaction to experiencing or witnessing one or more terrible events. The sure-fire way to prevent it is to avoid seeing or being involved in an event that may cause distress. This is easier said than done, especially for service members in times of war.

All stressful and disastrous situations cannot be avoided, but things can be done to help prevent PTSD. These include creating a strong social support network, getting enough sleep, maintaining mental and physical health and engaging in activities that make you feel good physically, emotionally and mentally.

Despite making every effort to prevent PTSD, it can still occur, and that does not mean someone is weak

or defective. All types of people can suffer from PTSD.

PTSD occurs when an individual has symptoms that impact his or her ability to function. These symptoms usually occur within three months of a traumatic experience; however, they can occur up to one year following the event. There are three main types of symptoms that occur in PTSD:

Memories. Individuals with PTSD may have flashbacks, which are experiences of feeling as if the individual is back in the traumatic moment. Flashbacks are scary, because they seem very real and can last for a few seconds or for hours. Flashbacks can occur at any time, with or without a trigger of the disturbing event. Another kind of memory occurs when you dream. Nightmares of the event are common and make it difficult to get a good night's sleep.

Avoidance. An individual with PTSD typically wants to avoid reminders of the horrific event. In addition, sufferers also avoid things

that used to be enjoyable, because of a fear that the experience might trigger memories of the bad event. When an individual begins to avoid things they once enjoyed, pleasure in life decreases, which can cause problems in relationships, difficulty concentrating, memory problems, hopeless feelings, numbness or detachment from life.

Anxiety. Individuals with PTSD are often on high alert (they can't relax) and tend to be startled easily, and they may hear or see things that are not there. They may feel angry, irritable or guilty, and they may do things that are harmful to themselves, like drinking or reckless driving, to try to cope.

PTSD is treatable, and the earlier it is identified, the quicker the improvement. You wouldn't keep walking on a broken leg, would you? You would see the doctor as soon as possible and start treatment to heal the leg. Similarly, you do not need to live with the negative symptoms of PTSD. Getting help early often improves the outcomes, but it is never too late to get

help. Even if you have been dealing with symptoms a long time, treatment will help you get better. Treatment often includes a combination of medication (especially to help with sleep) and talk therapy or counseling. Treatment can occur in individual or in group settings.

Counselors treat thousands of people for PTSD each year, and help determine the best course of treatment for each case. Therapists trained in the treatment of PTSD are available at behavioral health clinics and in Veterans Affairs clinics.

If you or someone you know shows signs of PTSD, do them a favor and get them help. Their symptoms can be relieved and they can be themselves again. Don't fall into the trap of medicating with alcohol or other drugs, because these will only worsen symptoms and prolong recovery in the long run. Identifying the problem is the first step, and making a call to get help is the next. Don't let four letters rule you.

GET OUT!

area events

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

August 9

German-American Festival — Since 1960 the German-American Volksfest in Berlin or Festival of the People in Berlin, has celebrated American culture and the influence of German migrants on the U.S. Fest goers can explore the American Village which includes 55 feet tall facades painted to resemble a typical American town. Enjoy American style steak, corn-on-the-cob, hamburgers, baked potatoes as well as American beer and wine. There's also a Mexican kitchen to celebrate the influence of Mexican culture in the U.S. Check out live music, a bingo hall, amusement park rides and a hamburger eating contest. Festival runs through Aug. 19. Festplatz am Hauptbahnhof, Heidestr 30, 10557 Berlin (Tiergarten). www.buzzoffbase.com.

Salzburg Festival — The Salzburg Festival is a famous music and theater festival held each year in Salzburg, Austria. The festival was first held in 1877 and includes performances of classical music, opera, and famous and new plays. In the past, nearly 250,000 visitors gathered in Salzburg for the festival, making it by far one of the biggest tourist attractions of the year. Festival runs through Sept. 2. www.buzzoffbase.com.

Bierbörse — Bierbörse is a chain of annual beer festivals held in 11 cities across Germany. Sample up to 1,000 different types of beer from 75 countries. Bierbörse 2012 can be found in Bonn, Dorsten, Düsseldorf-Benrath, Frankfurt, Hückeswagen, Karlsruhe, Köln, Leipzig, Leverkusen-Opladen, Mainz, Schwerin and Viersen-Dulken. Free entry. Fest runs through Sept. 2. www.bierboerse.com.

Fish Festival — Savor fresh fish and all the fixings during Ketsch's annual Backfischfest through Aug. 12. Festival starts at 3 p.m. Im Bruch, 68775 Ketsch.

August 10

Art Exhibit — Artist Franz Erhard Walther hosts an exhibition of his paintings at the Museum Pfalzgalerie in Kaiserslautern through Aug. 26. Museum is open 11 a.m. - 8 p.m. Tuesdays, 10 a.m. - 5 p.m. Wednesdays - Sundays. Closed Mondays. www.mpk.de.

Theater and Music Festival — Downtown Kaiserslautern turns into a huge outdoor theater and music stage for two days in August, with performers, artists and musicians coming in from all over the world to put on the "Get Out! Theater and Music Festival," one of the region's most popular theater and music festivals. All ages can enjoy a variety of musical and theatrical entertainment. www.buzzoffbase.com.

August 11

Legends of Rock — Enjoy the Music in the Park event at Schwetzingen Castle 6 p.m. www.eventim.de.

Paris Plages — This annual event sees the typically busy Paris streets along the Seine river quickly become transformed into luxurious and relaxing beaches. Sand, deck chairs, beach balls and ice cream sellers are hauled in to complete the beach theme, which makes Paris Plages a total experience. Visitors will find these idyllic sandy beaches spread across two miles along the Seine. Live entertainment and sports are free. Enjoy the sun and fun through Aug. 17. www.buzzoffbase.com.

August 12

Medieval Market — Head to the Volkspark in Kaiserslautern for a medieval market and fair that includes knights, traders, jugglers and craftspeople setting up camp in the park. Visitors can enjoy a hearty selection of food and drink, unique musical entertainment and thrilling fire shows. www.buzzoffbase.com.

August 14

Hidden Heidelberg — Visit some of the lesser known sights scattered throughout the Heidelberg area during a special tour. Start the day with a train ride to Leutershausen, where visitors can journey to the pilgrimage church containing a statue of a Black Madonna, take a walk through the old town, visit the co-op wine store and the oldest church in Heidelberg, containing 15th century frescoes. There will also be time to tour the hidden castle of Heidelberg, the Tiefburg and learn about its mysterious history. <http://affiliates.uso.org/rheinmain/>.

August 16

Pukkelpop — Rock out during Pukkelpop, one of the biggest alternative open-air festivals in Belgium. Fans can listen to a combination of successful contemporary bands, living legends and alternative acts spread across eight stages through Aug. 18 in the city of Kiewit-Hasselt. For lineup and tickets visit <http://www.pukkelpop.be/>.

August 18

Elvis Festival — Travel to Bad Nauheim for the 11th anniversary celebration of the life of Elvis Presley and his time stationed as a Soldier in Germany. Tour includes some of Elvis' favorite places in Bad Nauheim and a day pass to the local spa facilities. Other

events include music from Disc Jockey Halmut Radermacher, a fashion show covering the '50s to the '70s, a classic car parade and the Elvis Rock'n' Roll Show. DSM 370-7924, www.uso.org/rheinmain.

Mark Twain Tour — Heidelberg's Association of Tour Guides offers their annual Mark Twain Tour in English 3 p.m. Beginning with a visit to the University's famed student prison and the festive Alte Aula auditorium, the tour follows in the footsteps of world-famous author Mark Twain. Group will meet at the Lion Fountain near University Square. Cost is € 7. Civ. 06221-436880.

Rüdesheim Wine Festival — The small Rhine wine town of Rüdesheim hosts a wine festival featuring wines of the region as well as food. The festival takes place on the main street and visitors can enjoy views of the Rhine river and the vineyards above while sipping wine. Tour offers wine tasting novices and newcomers to the area a chance to enjoy Rüdesheim and its wines. Fest runs through Aug. 20. www.ruedesheimerweinfest.de.

Classics Car Show — Get your motor running during the annual Kaiserslautern Classics Car Show in downtown Kaiserslautern with vintage cars on display ranging from Porsche and Volkswagen to some American models, including Corvettes and Cadillacs. The Kaiserslautern Classics Car Show also features a number of musical acts playing popular hits from the 50s, 60s and 70s. Surrounding stores will remain open until 10 p.m. for shoppers. www.buzzoffbase.com.

August 23

Wine Festival — The 80th annual Mainz Wine Festival takes place in the Mainz municipal park and rose garden. Enjoy a variety of wines and other surprises. www.mainz.de.

Nuremberg Herbstvolksfest — Come out and enjoy a fun day at the Nuremberger Herbstvolksfest. Sample a wide range of delicious fest foods, cold beverages and shop market booths, play games, carnival rides and more. Wednesdays are special family discount days. <http://www.volksfest-nuernberg.de/>.

August 24

Summer in the City — Mainz features its annual Summer in the City concert series with performances by Chris De Burgh 8 p.m. Aug. 24 at the Kurfürstliches Schloss, Joan Armatrading 8 p.m. Aug. 30 at the Kurfürstliches Schloss and Runrig 7 p.m. Sept. 1 at the Zitadelle.

coming to THEATERS

TOTAL RECALL

(Colin Farrell, Jessica Biel) Welcome to Recall, the company that can turn your dreams into real memories. Although, factory worker Douglas Quaid has a beautiful wife who he loves and a seemingly normal life, the mind-trip sounds like the perfect vacation from his frustrating life - real memories of life as a super-spy. But when the procedure goes horribly wrong, Quaid becomes a hunted man. Finding himself on the run from the police, he teams up with a rebel fighter to find the head of the underground resistance. The line between fantasy and reality gets blurred and the fate of his world hangs in the balance as Quaid discovers his true identity, his true love and his true fate. (Rated PG-13 for intense sequences of sci-fi violence and action, some sexual content, brief nudity, and language) 121 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Aug. 9 - MEN IN BLACK 3 (PG-13) 7 p.m.
 Aug. 10 - TOTAL RECALL (PG-13) 7 p.m., 10 p.m.
 Aug. 11 - DIARY OF A WIMPY KID: DOG DAYS (PG) 4 p.m.; TOTAL RECALL (PG-13) 7 p.m.; SNOW WHITE AND THE HUNTSMAN (PG-13) 10 p.m.
 Aug. 12 - DIARY OF A WIMPY KID: DOG DAYS (PG) 4 p.m.; TOTAL RECALL (PG-13) 7 p.m.
 Aug. 13 - SNOW WHITE AND THE HUNTSMAN (PG-13) 7 p.m.
 Aug. 14 - TOTAL RECALL (PG-13) 7 p.m.
 Aug. 15 - DIARY OF A WIMPY KID: DOG DAYS (PG) 7 p.m.
 Aug. 16 - TOTAL RECALL (PG-13) 7 p.m.

Vogelweh, Galaxy

Aug. 10 - STEP UP REVOLUTION (PG-13) 4 p.m.; THE WATCH (R) 7 p.m.
 Aug. 11 - MEN IN BLACK 3 (PG-13) 4 p.m.; THE CABIN IN THE WOODS (R) 7 p.m.
 Aug. 12 - PIRATES! BAND OF MISFITS (PG) 4 p.m.; MARVEL'S THE AVENGERS (PG-13) 7 p.m.

Ramstein, Gateway Cineplex

Aug. 9 - STEP UP REVOLUTION (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; THE WATCH (R) 2:15 p.m., 5:15 p.m., 8:15 p.m.; MEN IN BLACK 3 (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; THE MUPPETS (PG) 11:30 a.m.
 Aug. 10 - TOTAL RECALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; SNOW WHITE AND THE HUNTSMAN (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.
 Aug. 11 - TOTAL RECALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; SNOW WHITE AND THE HUNTSMAN (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.
 Aug. 12 - TOTAL RECALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; SNOW WHITE AND THE HUNTSMAN (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.
 Aug. 13 - TOTAL RECALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; SNOW WHITE AND THE HUNTSMAN (PG-13) 11:15 a.m., 2:15 p.m., 6 p.m.
 Aug. 14 - TOTAL RECALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; SNOW WHITE AND THE HUNTSMAN (PG-13) 11:15 a.m., 2:15 p.m., 6 p.m.; PIRATES! BAND OF MISFITS (PG) 11:30 a.m., 2 p.m., 5 p.m.
 Aug. 15 - TOTAL RECALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; SNOW WHITE AND THE HUNTSMAN (PG-13) 11:15 a.m., 2:15 p.m., 6 p.m.; PIRATES! BAND OF MISFITS (PG) 11:30 a.m., 2 p.m., 5 p.m.
 Aug. 16 - TOTAL RECALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; PIRATES! BAND OF MISFITS (PG) 11:30 a.m., 2 p.m., 5 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
 Galaxy Theater, Vogelweh, 0631-50017
 Gateway Cineplex, Ramstein, 06371-47-5550

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

Mannheim Cineplex (P4 13), CinemaxX (M7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Aug. 9-10, 12-15 - PROMETHEUS (R) 2 p.m., 5 p.m., 8 p.m. at Cineplex
 Aug. 9-10 - DARK KNIGHT RISES (PG-13) 8 p.m. at Cineplex
 Aug. 9-15 - TED (R) 8:15 p.m. at CinemaxX

community HIGHLIGHTS

Army Substance Abuse Program

To assist commanders and directorates in meeting the Army Substance Abuse Program's annual training requirement of four hours for Soldiers and two hours for Department of the Army civilians (in accordance with Army Regulation 600-85), the ASAP Prevention and Education Branch will offer classes 9-10 a.m. or 1:30-2:30 p.m. Aug. 14, 21 and Sept. 25 in Room 208, Bldg. 128 on Patton Barracks in Heidelberg. Due to seating limitations, registration is required. DSN 370-6068, civ. 06221-57-6068.

Threat Awareness Reporting

Threat Awareness and Reporting Program training will be conducted 10-11 a.m. in English and 1-2 p.m. in German Aug. 15 in the Patrick Henry Village Theater in Heidelberg. All military, civilians, contractors and local national personnel must attend annual TARP training. Commanders, directors and personnel responsible for tracking or reporting training must coordinate with the U.S. Army Garrison Baden-Württemberg Security Office to verify names of attending individuals. DSN 373-6327, civ. 06221-17-6327.

Equal Opportunity Training

The U.S. Army Garrison Baden-Württemberg Equal Opportunity Office recommends office managers and supervisors attend annual Equal Employment Opportunity classroom training. Upcoming classes are 1-2 p.m. Aug. 15 and Sept. 19 in Bldg. 128 on Patton Barracks in Heidelberg. Employees must have classroom training every other year and the online version, found at www.bw.eur.army.mil/Directorates/EEO/Training/EEONoFEAR.pdf, during the alternate year. Submit completion certificate to EEO. DSN 373-5494, civ. 06221-17-5494.

Privately Owned Vehicle Lot

Starting Sept. 5, U.S. Army Garrison Baden-Württemberg will have one central vehicle resale lot for privately-owned vehicles on Patrick Henry Village in Heidelberg. The resale lot will be located across from the dental clinic and the Military Police station (Bldg. 4511). This lot will be the only authorized location in USAG BW to park a U.S. Army Europe-plated POV for resale. Vehicle owners who choose to park their POVs with "for sale" signs elsewhere in the garrison will be ticketed for violating policy. To use the resale lot, patrons are required to register with Family and Morale, Welfare and Recreation in the Village Pavilion Community Center and obtain a permit. For detailed instructions on the POV resale lot, view policy #68 on www.bw.eur.army.mil/about/policies.html.

local

EMPLOYMENT

ACAP Counselor

The Army Career and Alumni program is seeking full-time counselors in the Heidelberg area. A master's degree is required. Applicants must also have experience in counseling, training, education or related field and be able to operate Windows software. Must be eligible for individual logistical support. DSN 370-9474, civ. 6221-57-9474.

Self-Defense Instructor

Child, Youth and School Services seeks a youth self defense instructor to teach self-defense to ages 13-18. Must have certifications. DSN 486-5412, civ. 06371-86-5412.

KAISERSLAUTERN Education

• **Love Languages** – Explore the five love languages and learn how to reconnect and communicate effectively with loved ones in a class offered through Family Advocacy 6-8 p.m. Aug. 14 and 21 in Bldg. 2917 on Pulaski Barracks. Registration required. Civ. 0631-3406-4203.

Community

• **Open Dart Night** – Challenge the bartender to a game of darts during Open Dart Night 7-10 p.m. Aug. 9 and 16 at the Kazabra Club, Bldg. 2057 on Vogelweh. DSN 489-7261, civ. 0631-536-7261.

• **Housing Offices** – Starting Aug. 13, the housing offices on Vogelweh and Ramstein will have new customer service hours: 8 a.m.-3:30 p.m. Monday-Thursday and 8 a.m.-2:30 p.m. Friday. Housing accepts appointments and express service for walk-in customers. Also, initial housing briefings in Kaiserslautern are 8 a.m. Monday, Thursday in Bldg. 3245 on Kleber Kaserne. DSN 489-6671, civ. 0631-536-6671.

• **BOSS Meeting** – Better Opportunities for Single Soldiers meets 1:30 p.m. Aug. 16 and first and third Thursdays at Java Cafe, Bldg. 273 on Rhine Ordnance Barracks. DSN 493-4215, civ. 0631-3406-4215.

• **Pinkalicious The Musical** – KMC Onstage presents Pinkalicious the Musical 7 p.m. Aug. 17, 19, 24 and 25 and 3 p.m. Aug. 19, 26 at KMC Onstage, Bldg. 3232, on Kleber Kaserne. DSN 483-6626, civ. 0631-411-6626.

• **EFMP Summer Camp** – Children ages 6-12 enrolled in the Exceptional Family Member Program can enjoy a free day camp 9 a.m.-4 p.m. Aug. 20-24. Campers meet at Pulaski Park and explore local attractions like the zoo, dinosaur park and the bowling center and much more. DSN 493-4094, civ. 0631-3406-4094.

• **Teen Shuttle** – Child, Youth and School Services has resumed its teen shuttle service. Pick-up and drop-off points are located throughout Vogelweh, Vogelweh Housing, Ramstein, Landstuhl and the Melkerei in Landstuhl Village. ID card, shuttle card and permission slips required to ride. Shuttle card applications are available at Central Enrollment and Registration in Bldg. 2898 on Pulaski Barracks, DSN 493-4516, civ. 0631-3406-4516 and on Landstuhl Post, Bldg. 3810, DSN 486-8943, civ. 06371-86-8943, www.mwrgermany.com.

• **Sembach Warrior Zone** – The all-new Warrior Zone located in the bowling center in Bldg. 104 on Sembach Kaserne is now open 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday, Sunday. DSN 496-6342, civ. 06302-67-6342, www.mwrgermany.com.

• **Wounded Warriors** – KMC Onstage in Bldg. 3232 on Kleber Kaserne

offers free programming to wounded warriors and their guests at the Fisher House. Landstuhl patrons may be able to obtain transportation to and from KMC Onstage. DSN 483-6626, civ. 0631-411-6626.

• **Pulaski VAT Office** – The Pulaski Barracks Value Added Tax office's new hours are 8 a.m.-3:30 p.m. Monday-Friday. DSN 493-4035, civ. 0631-346-4035.

• **Summer Fun Family Barbecue** – Enjoy old-fashioned fun with games, food and entertainment for the whole family at the Summer Fun Family Barbecue 2-8 p.m. Aug. 25 at Armstrong's Club, Bldg. 1036 on Vogelweh Housing. Ticket prices include barbecue and game tickets. Civ. 0631-354-9986.

HEIDELBERG

Education

• **ACS Classes** – Microsoft Office workshop (Word and Excel basics, 10 a.m.-noon Aug. 14, Village Pavilion Community Center, PHV, Bldg. 4507; Microsoft Office Workshop (PowerPoint and Publisher basics), 10 a.m.-noon Aug. 15, Village Pavilion Community Center, PHV, Bldg. 4507; Effective Management of Volunteers, 10-11 a.m. Aug. 15; Financial Readiness briefing computer-based training (mandatory for first-term Soldiers), contact ACS at 370-6883/6975, civ. 06221-57-6883/6975 for details; Culture College, 5-8:30 p.m. Aug. 20-23. Registration is required. Classes are held in the Community Support Center, Bldg. 3850, unless listed otherwise.

• **UMUC Registration** – University of Maryland University College Europe registration for on-site and online Fall 2012 Session 1 is open until Aug. 19. Classes start Aug. 20. Online course and program offerings have increased with a new overseas online schedule. DSN 314-370-6762, civ. 06221-3780.

• **UMUC Military Book Award** – University of Maryland University College Europe offers a military book award for active duty service members and their spouses and dependents. Both new and current students are eligible to apply. UMUC Europe also offers a new student scholarship to help students with book and tuition costs. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu/financialaid.

• **UMUC Field Study Program** – Students can explore fascinating locations and come face-to-face with captivating history in Europe while earning university credit with University of Maryland University College Europe's field study program in Cambridge, England, and Dublin, Ireland, Oct. 13-20. Register until Sept. 30. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu/fieldstudy.

Community

• **Road Construction** – The city

of Heidelberg has contracted road repairs that impact outbound traffic headed to autobahns A656 (Heidelberg-Mannheim) or 5. Construction affects the intersections and connecting lanes near where A 656 and B37 merge into Berghheimer Straße the night of Aug. 9 through Aug. 13. Please be advised one of the detours directs drivers across Czerny Bridge near the Heidelberg shopping center. Drivers should allow extra time for travel.

• **Drone Flight** – Community members may see a small aerial drone buzzing overhead 11:30 a.m. Aug. 9. The city of Heidelberg will fly a photographic drone over an area that may include small portions of Patton Barracks, the Shopping Center and the Directorate of Public Works Compound along with adjacent German land areas. The purpose is to document the progress of the Bahnstadt, an urban renewal project of the city of Heidelberg in these areas. German police will escort the operators and the flight is estimated to last about an hour.

• **College Night** – College students and alumni can attend a party and karaoke night 9 p.m.-close Aug. 10 at Legends on Patrick Henry Village. Guests can wear college-branded gear for a chance to win a prize for the school with the most representatives. www.mwrgermany.com.

• **Legends Closure** – Legends on Patrick Henry Village will close Aug. 11. The Village Grille will introduce a new program called "after hours" featuring a new dining menu and night club style entertainment. DSN 388-9570, civ. 06221-338-9570.

• **Hot Water Outage** – The Heidelberg Utility Company announced mandatory maintenance work will be conducted on the district heat supply system in preparation for the upcoming winter, affecting all facilities on Patrick Henry Village. Simultaneously, water metering devices in school building 4498 will be exchanged. Due to this maintenance, there will be no hot water and heating 10 a.m. Aug. 11 until 4 a.m. Aug. 12. Please plan accordingly. The utility company apologizes for the inconvenience.

• **Community Yard Sale** – There will be a community yard sale 10 a.m.-2 p.m. Aug. 11 at the Patrick Henry Village park. To reserve a table to sell goods, contact Outdoor Recreation, DSN 388-9282, civ. 06221-338-9282.

• **Latin Night** – New York City's Disc Jockey Bello spins a great mix and mojitos are served during Latin Night 9 p.m. Aug. 14 at the Village Grille After Hours (previously known as Legends). DSN 388-9570, civ. 06221-338-9570.

• **Talent Contest** – Register by Aug. 11 for a talent contest and a chance to win prizes 8 p.m. Aug. 18 at Slapshots

on Patton Barracks. DSN 373-5190, civ. 06221-17-5190.

• **BOSS Cheap Eats** – Better Opportunities for Single Services serves up a free meal for all military personnel 5 p.m. Aug. 15 in the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

• **BOSS Meeting** – Better Opportunities for Single Soldiers meets 3:30 p.m. Aug. 15 at BOSS Headquarters, Bldg. 106 on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

• **Parent's Night, Day Out** – Parents can enjoy some kids-free time 7 p.m.-midnight Aug. 17 and 10 a.m.-4 p.m. Aug. 18 during Parent's Night, Day Out for infants through fifth graders. Register with Parent Central Services, Bldg. 4443 on Patrick Henry Village. DSN 388-9240, www.mwrgermany.com.

• **New Student Orientations** – Heidelberg High School will host orientation for families of students in grades 9-12 new to the Heidelberg area 10 a.m. Aug. 23 at the school. Heidelberg Middle School will host orientation for families of students in grades 6-8 10:30 a.m. Aug. 24 in the school's multipurpose room. DSN 388-9310, civ. 06221-678-9310.

• **C.A.R.E. Fair** – The Community Activities Registration and Education Fair will be 10 a.m.-2 p.m. Aug. 25 at the Patrick Henry Village Pavilion Community Center. Several local organizations and agencies will be available to answer questions and provide information to community members. www.mwrgermany.com/special_events/CARE_fair.html.

• **Salsa Dancing** – 10 card holders 16 and older can learn basic steps of Salsa, Merengue, Bachata, Cumbia, Rumba and Guaguano 5-7 p.m. Saturdays in Bldg. 4507 Patrick Henry Village Community Center. DSN 388-9418, civ. 06221-338-9418.

• **Latin Flavors** – Tickets are on sale for Latin Flavors, a dining, entertainment, music and art extravaganza 7 p.m. Sept. 15 in the Village Pavilion Community Center Ballroom on Patrick Henry Village. This multi-cultural event for the entire family features Latin dancing followed by Hispanic dinner. Art exhibition entry forms are available online and in the Arts and Cultural Center. DSN 388-9421, civ. 06221-338-9421.

MANNHEIM

Community

• **Board Game Night** – Play board games 4:30-10 p.m. Mondays at the Warrior Zone on Coleman Barracks. DSN 382-4410, civ. 0621-779-4410.

• **Battlefield Night** – Team up with friends and play Battlefield online on X-Box or PlayStation 3 4:30-10 p.m. Thursdays at the Warrior Zone on Coleman Barracks. DSN 382-4410, civ. 0621-779-4410.

Soldier Ride rolls through Germany



Staff Sgt. Brooks Fletcher

Romanian Army Bilateral amputee 1st Sgt. Vasile Zbanca and amputee 1st Sgt. Valerica Slaniceanu pose for a photo while cruising downhill during the 14-mile community ride at Bostalsee lake near Nohfelden, Germany, Aug. 4.

Local community joins wounded warriors in motivational bike ride

By Staff Sgt. Brooks Fletcher
USAREUR PUBLIC AFFAIRS

NOHFELDEN – Soldiers, family members, civilian employees and other military community members volunteered, rode, cheered and supported approximately 50 wounded warriors from the U.S., Germany, Romania, Norway, Poland, the United Kingdom, Estonia and Latvia during Soldier Ride Germany community ride at Bostalsee lake

near Nohfelden Aug. 4. “Our focus is to let the community know about the [Wounded Warrior Project] and the presence that wounded warriors have in Germany, whether they are American Soldiers or from coalition forces,” said Angela Hemmen, team leader for WWP’s Soldier Ride Texas. “The community can see who these warriors are, what they are doing and how much they accomplished, not just this week, but during their recovery in general. The [community ride] is a way to celebrate that and say thank you.”

Last year’s ride was the first European Soldier Ride sponsored by the WWP. Like last year, this

ride is the culmination of the four-day WWP-hosted event held in Oberhambach. The event allows wounded warriors the opportunity to continue to rebuild their confidence and strength in a supportive environment.

“I have learned over the last two years, being here in Europe, the significant contribution that the Wounded Warrior Project makes to all the warriors,” said U.S. Army Europe Commanding General, Lt. Gen. Mark Hertling. “The logo of a warrior carrying another, we have all been through that. All of us have been where someone has carried us. I think what you will see today is a culmination of three days of riding and that the warriors are now prepared to carry others.”

The community ride also provides the wounded warriors the opportunity to promote their positive message of recovery while encouraging community members to ride alongside, support from the route sidelines or volunteer to assist with the event.

“I think Germany has raised the standard for what we want Soldier Ride to be. The partnership between the military commands and the WWP is incredible,” said Hemmen about the unique relationship between the two organizations.

“With the support of both the military and local communities, we have exceeded our expectation.”

To see more photos, visit the U.S. Army Europe Flickr page at http://www.flickr.com/photos/us-army-europe_images.

Soccer camps keep kids fit, active

By Samantha Smith
USAG BW PUBLIC AFFAIRS VOLUNTEER

Friday marked the last day of youth soccer camp at Patrick Henry Village in Heidelberg. “We’ve had great camps this summer and the kids have been fantastic,” said Child, Youth and School Services Soccer Coach Gail Krupa, “we haven’t had any problems.”

Schoolteachers from Maryland, Gail and her husband Denis Krupa have been running these summer camps for 22 years. Denis is president and head coach of International Soccer Trainers, Inc.

and has more than 25 years of experience in physical education and coaching.

“We just like to work with youngsters,” Denis said. “Our military is serving our country and we want to come and serve their kids.”

The coaches ran the kids through developmental drills, scrimmages and even held a dodge ball tournament each week.

Youth fall soccer season begins Aug. 20. Sign up is available at Parent Central Services in Heidelberg or at <https://webtrac.mwr.army.mil>. For more information call DSN 388-9240, civ. 06221-338-9240.



Samantha Smith

Soccer coach Denis Krupa rolls the ball for a participant to practice kicking a goal during the CYSS soccer camps on Patrick Henry Village in Heidelberg Aug. 2.

staying ACTIVE

529th MP Company Softball Champions

Members of the 529th Military Police Company in Heidelberg are the 2012 Installation Management Command-Europe Unit Level Softball Champions. The championship games were held Aug. 2-5 in Hohenfels. The team beat USAG Kaiserslautern 17-12 to score the final victory.

Flag Football Officials Clinic

Heidelberg Sports and Fitness will sponsor a flag football officials clinic and tournament Aug. 13-18 in Bldg. 128 on Patton Barracks. Call DSN 373-8032, civ. 06221-17-8032 to register. www.mwgermany.com.

Rod & Gun Club Events

Heidelberg Rod & Gun Club will hold a rifle shoot Aug. 18 and a pistol shoot Aug. 25. at 10 a.m. Cost is \$35. A fall fishing course is scheduled 9 a.m. - 4:30 p.m. Sept. 15-16. For more information call civ. 06202-51193. www.mwgermany.com.

Sea Lions Swim Camp

The Heidelberg Sea Lions swim team will host a swim camp 3-5 p.m. Aug. 20-24 in Wieblingen. Cost is \$20 for returning team members and \$45 for non-members. Registration forms and contact info available at www.heidelbergsealions.com or email efslsealions@yahoo.com.

CYSS Fall Sports Registration

Registration is open for Child, Youth and School Services fall sports programs in Heidelberg. Youth ages 6-15 can participate in flag football, tackle football, soccer, cross country and cheerleading. Season begins Aug. 20. Register at <https://webtrac.mwr.army.mil> or at Parent Central Services on Patrick Henry Village, Bldg. 4443. DSN 388-9240, civ. 06221-338-9240.

Fall Sports Registration

Registration is now available for Kaiserslautern Child, Youth and School Services fall sports. Register online at <https://webtrac.mwr.army.mil> or visit Parent Central Services, Bldg. 2898, Pulaski Barracks. DSN 493-4516, civ. 0631-3406-4516.

Personal Trainer Services

Get one-on-one attention and motivation to help you reach your goals. Services available at Heidelberg fitness centers. Call DSN 370-7506 or civ. 06221-57-7506 for more information.

Fitness Instructors Needed

USAG Kaiserslautern sports office is looking for group fitness, martial arts instructors and personal trainers for Army fitness facilities. Call DSN 486-8317, civ. 06371-86-7172.

Coaches Needed

Heidelberg Sports and Fitness is seeking head coaches for community soccer, basketball, softball and volleyball teams. Call DSN 373-8032, civ. 06221-17-8032 for more information.

Gymnastics Classes

Kaiserslautern Family and Morale, Welfare and Recreation’s SKIESUnlimited offers youth gymnastics classes. For class offerings, times and prices call Parent Central Services at DSN 493-4156, civ. 0631-3406-4516.

Parent Exercise Room

The Sembach Fitness Center in Bldg. 105 offers an exercise room for parents. Open 5:30 a.m. - 9 p.m. Monday - Friday and 9 a.m. - 4 p.m. weekends and holidays. DSN 496-7530, civ. 06302-67-7530.

Send the Herald Post Your Photos

If you have photos from sporting events, e-mail them along with the details of the event and names of those pictured to usaghd.post@eur.army.mil or usarmy.badenwurt.usag.mbx.post-newspaper@mail.mil. Deadline is noon Monday.

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