

# HeraldPOST

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

**HP THURSDAY**  
July 19, 2012

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**HOOPS FOR TROOPS**

The chairman of the Joint Chiefs of Staff gave a motivational talk to players on the USA Basketball men's and women's national teams here Saturday. Army Gen. Martin E. Dempsey met the basketball players, who are preparing for upcoming Olympics competition in London, at the District of Columbia National Guard Armory. He was joined by service members and their families for the "Hoops for Troops" program. The "Hoops for Troops" program, launched in 2006, provides support for the U.S. military and their families through programs, events, and partnerships, according to the USA Basketball website. "If you're a huge sports fan, this is one of these events that have got to be memorable to you," Dempsey said. "It is a huge morale boost for us, that is to say, those that serve and their families." Dempsey said the event was a great morale boost for troops, but it was equally important for the men's and women's basketball teams, which he had the opportunity to talk to before the event began. The chairman said he explained to the players how the U.S. military's young men and women operate with trust in themselves, their leaders and the institution they support.

www.defense.gov

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## Local teen named youth of the year

By Mindy Campbell

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Military children often have a unique story to tell.

Michael Lawson, 16, hopes to share that story as the 2012 Boys & Girls Club Youth of the Year for U.S. Army Garrison Kaiserslautern.

Michael, who will be a senior in the fall at Kaiserslautern High School, is a true example of an extraordinary young man recognized by Boys & Girls Clubs of America for his sound character, leadership skills and willingness to give back to the community, said Vicki Brown, program supervisory specialist at the garrison's Child, Youth and School Service's Landstuhl's Youth Center.

"From a leadership position, he has been involved in so many different things and been successful with them all," Brown said. "It is nice to see him get Youth of the Year and to be recognized for all he has done."

Since 1947, the award pro-



Mindy Campbell

Boys & Girls Club Youth of the Year Michael Lawson, right, chats with Damian Bush at the Landstuhl Youth Center.

gram has recognized teens for outstanding service to the club, their local communities and their families.

The judging criteria also includes strong academics, morals, goals and public speaking abilities, according to club officials.

In addition to winning the Youth of the Year title, Michael was named his high school's Athlete of the Year, where he participates in

cross country, wrestling and track. He was also named as one of two U.S. Army Europe representatives for the Army Teen Panel and participated in the Installation Command Europe's Youth Leadership forum.

Michael serves as the vice president of the Landstuhl Keystone Club and will also serve as his school's senior class president and student body vice president.

"I consider the fact that this is my community and anything that I can do to benefit my own community is to benefit me," said Michael, who has lived in Germany at different times for 13 years.

Currently, Michael plans to attend college, but is unsure of what he wants to study. He said he is leaning toward following in his father's footsteps, who is the deputy commander at Landstuhl Regional Medical Center, and becoming a doctor. He is also interested in applying to the U.S. Military Academy at West Point.

Michael credits much of his success to the Landstuhl Youth Center and its staff.

"I can definitely vouch for it as being one of the best in Europe, if not overseas," Michael said. "It's a wonderful program. A lot of the credit should go to the youth advisors here at the youth center. They really gave me the opportunities... they really got me moving."

## AFN Europe celebrates historic assumption of command

By Margaret Clevenger

USAG BADEN-WÜRTTEMBERG SUMMER HIRE

Friends, family and community members all gathered Thursday in Mannheim as members of Armed Forces Network Europe welcomed their new commander. Lt. Col Sherri Reed.

Reed assumed command from Col. Bill Bigelow in a ceremony held on Coleman Barracks. Bigelow deployed to Afghanistan earlier this year and currently serves as Deputy Chief of Staff for Communications of International Security Assistance Force.

Reed is the 35th Commander of AFN Europe and the first female to ever hold the position.

"A lot of our service members are also female so we want to make sure that they have the opportunity and the understanding that we value your performance based on just that ... how well you're doing and I think it's a very positive thing for the American forces

network," said Navy Capt. David Werner, Defense Media Activity, Director of Broadcasting.

Before assuming command of AFN Europe, Reed served as the Director of Public Affairs at the United States Army Military Academy. She has also previously served as the Operations Officer for AFN Europe.

"Probably the most exciting aspect of having her as our commander, she's a returning AFNer, she was here a few years ago as an operations officer and it's nice to have somebody command us that knows what we do, how we do it, and has a vision for the future," said Ron Przynsuka, AFN Europe Operations Officer.

Although Bigelow could not be present, Maj. Michelle L. Baldanza, stepped in to help pass the unit guidon to Reed. Once the guidon was passed, Werner and Baldanza both expressed their excitement about AFN's future. Reed spoke afterwards and shared



Margaret Clevenger

Lt. Col Sherri Reed speaks with guests at the AFN-Europe assumption of command ceremony Thursday in Mannheim.

her desire to communicate with all of AFN Europe's audiences; Soldiers, family members and civilians. After the ceremony, guests were given a tour of the AFN Europe facilities and invited to remain for refreshments. For more on the ceremony visit [www.afneurope.net](http://www.afneurope.net).

## COMMENTARY

# Military kids combat culture shock, adapt to college life Stateside

Margaret Clevenger

USAG BADEN-WÜRTTEMBERG SUMMER HIRE

I'll never forget the moment I watched my Mom get in her silver rental car, shut the door, start the engine and drive away to the airport, leaving me at Syracuse University, in Syracuse, N.Y.

I was in America again - a country I hadn't lived in for 7 years - completely by myself. I moved to Syracuse in August 2010 to start school as an undeclared major. I am now a public relations and public policy double major moving into my junior year this fall.

I'm not really sure how I felt that first day. Fear, confusion and excitement seemed the most overpowering as I walked out of the dorm parking lot and headed up the stairs to my room to begin my new life.

Moving to the States from Germany for college was one of the hardest things I've ever had to do. Everything seemed new to me and it definitely took some time to get used to.

It's hard to imagine that you can have culture shock in your own country, but I did. Although I had visited the States, I wasn't really prepared for the difference between my peers and I.

First, I had to figure out a way to explain that I'm from Germany but I'm not German and why I don't speak German fluently. Some kids in the States don't know that there are U.S. Army bases in Europe that house Americans and even have schools lo-

cated on them.

'Where are you from' seemed to be a staple conversation starter at freshman orientation and I stumbled over that question quite a bit the first few days. Now, I usually say something like "I'm from Germany, but I'm American. My dad was in the Army and I lived with Americans over there for 7 years." People still don't fully understand, but it kind of gets the point across and they don't have to ask too many questions, which can be embarrassing.

I also had to get used to American culture again. There is no doubt that American culture in Germany is different than in the States, even though that sounds silly.

I was that weird kid who would actually enjoy watching commercials, just because they weren't Armed Forces Network commercials.

I was the only one who would actually wait for the green light to cross the crosswalk even though the passing cars on the highways seemed to go so much slower than what I was used to. It was also hard to get used to paying taxes in stores. I would get up to the cash register with the exact amount in hand, then remember the tax and have to dig through my purse for spare change.

Believe it or not, when I moved to school in August of 2010, I didn't know what the infamous MTV reality show, "Jersey Shore" was. It was really popular at that point and I felt a little out of the loop when I didn't know

anything about Snookie, one of the show's most popular cast members. I think that the 2012 graduates from Department of Defense Dependent Schools Europe will be a little more caught up with the shows, movies and celebrities than I was back in 2010.

However, new graduates still need to be prepared to ask questions and adjust.

But don't worry, being a military brat is all about adjusting. We've done it before, we can do it again. Going to college is different than PCSing with family, but the experience a military child has will prepare them for the transition. Adapting is our specialty.

Asking questions and going new places helped me catch up to my peers. Going into my third year of college, I still have to ask for clarification sometimes.

But that doesn't mean I completely changed myself to fit in. I still wait for the crosswalk man to turn green and I still crave schnitzel all the time.

I think it's really important that military brats don't change themselves to fit in. You're unique, embrace it.

Some general advice - be careful what you ship back to the States.

Make sure that you do not ship something that you will need immediately at school. I only shipped my winter clothes and a few decorative items; I bought everything else I needed in the States.

I also found it helpful to put all of my important documents for school

and things in one place, that way, if I ever needed them, my parents could find them easily for me.

Make sure to discuss your finances with your parents and ensure everyone is on the same page.

You should also make sure that you have a credit, debit card or alternative payment method to pay for expected and unexpected expenses.

If you haven't visited your school, look at pictures of your campus, and check out their website. There you can often find maps and helpful tips for incoming students.

You should also talk to your family about getting your driver's license if you don't have one already. Driving is not completely necessary on all campuses; I opted for the bus instead. My closest family lives five hours away and this prevented them from teaching me.

However, I will finally take my driver's test when I go back to school in August because it's a little awkward to be 20 years old and not be able to drive.

The most important piece of advice I can give you is not to give up. It can be lonely being away from your family and making friends can be hard but it does get easier with time.

Sometimes you may want to give up and go home, but once you adjust, you'll be so glad that you gave yourself the chance.



[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**

"Good morning everyone :) Don't forget today (July 12) is the USAG-BW Organizational Day at Patrick Henry Village Park. Be advised that many offices will be operating on a half-day schedule or closed completely today."

— BWnow Administrator

"The American Red Cross Heidelberg has it covered!

(LOL) Enjoy."

—Peter Buttner, BWnow Facebook Fan

"Have fun!"

—Daniella Rode, BWnow Facebook Fan

"This may sound weird, but can someone explain to me what 'organizational day' is? Thank you."

— BWnow Administrator

—Lori McPherson, BWnow Facebook Fan

"Organizational day is an opportunity for members of the garrison to get together for a day of fun and spend time together. Due to everyone's schedule, it's not always easy to meet and greet each other. This is an annual event featuring sports events, games and a cook out on PHV."



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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.



# Wounded Warriors reflect during Roman holiday

*Trip part of weeklong journey of spiritual resiliency sponsored by chaplains*



Photos by Staff Sgt. Michael Mattice

Maj. Ray Jablonka, WTB-E executive officer, and his family toss coins into the Trevi Fountain in Rome during the Memorials of Faith chaplain's trip to Rome June 19.



Spc. Akindade Johnson, a member of Alpha Company, WTB-E, located on Kleber Kaserne in Kaiserslautern, and his wife walk down the Spanish Steps during the Memorials of Faith chaplain's trip to Rome June 19.



Members of the Warrior Transition Battalion-Europe pose for a group photo in front of the Colosseum in Rome, during the Memorials of Faith chaplain's trip June 19.

## Memorials of Faith tour focuses on complete healing experience for Soldiers, families

ERMC PUBLIC AFFAIRS

Soldiers, family members, cadre and staff from the Warrior Transition Battalion-Europe received a standing ovation from more than 2,000 international visitors during an audience with Pope Benedict XVI at the Vatican in Rome June 19.

The audience with the Pope was one of their many stops during a weeklong journey of spiritual resiliency led by WTB-E Chaplain (Capt.) Eric Dean.

The Memorials of Faith tour visited historic sites that reminded the attendees of the countless hardships and persecutions both Jews and Christians endured over the centuries. It was an immeasurable and healing experience for our wounded, ill and injured, Dean explained.

The group toured the Vatican, the Roman Colosseum and the Catacombs of Saint Domittelli, where many of the Soldiers received Holy Communion during a service led by Dean.

"I hope that family members and Warriors have a spiritual encounter in one way or another while on this trip," Dean said on the long bus ride back to Schweinfurt.

This is the third year Dean has been able to guide Warriors through Rome and each time it is a different experience. The Memorials of Faith tour is funded by a grant that is specifically designated to support the needs of wounded, ill and injured Soldiers provided by the U.S. Army Chief of Chaplains' office.

The USO office in Rome helped to organize and reserve tickets for all the tours. After the tour of the Vatican, Warriors received a lunch reception from the USO as well.

"It was an amazing trip and I wasn't ready for the support we received during the papal audience," said Spc. Jared Goldberg and his wife, Rebecca, from Baumholder.

The tour wasn't all about spirituality. At night

child care was provided to ensure couples received time to go out into the city and explore Rome on their own or participate in marriage training.

One couple who took advantage of the evening out in the city was Spc. Michael Robinson and his wife, Julia. The Robinsons, who have been to Rome before, spent their time searching for "the best pizza place in Italy."

During the tour, Dean provided spiritual thoughts and scriptural quotes at each site to provide guidance, food for thought and spiritual healing.

Dean asked everyone to ponder "whose victory will the mural of your life celebrate?"

Warrior Transition Battalion-Europe consists of a headquarters in Heidelberg, along with companies in Landstuhl, Schweinfurt and Vilseck.

Its mission is to provide mission command and administrative support to Soldier's requiring complex care, co-ordinate and synchronize care, treatment and services through the Triad of Care multidisciplinary team (primary care manager, nurse case manager and squad leader). It also promotes readiness for Soldiers and their families to transition back to the force or to civilian life.

## 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.badenwur.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwur.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](http://www.bw.eur.army.mil/news/personnel.htm).

#### **"What will happen to the students at Heidelberg High School? My son graduates in 2014. Do we know when HHS will close?"**

Heidelberg High School as we know it today on Mark Twain Village will close after the 2012-13 school year, but Department of Defense Dependents Schools may establish a combined high school and middle school on Patrick Henry Village for the 2013-14 school year if there are sufficient high school students remaining. Current projections of personnel remaining in the Heidelberg and Mannheim communities justify maintaining an elementary school, middle school and high school in Heidelberg through 2012-13. The determination of how the schools will be configured in Heidelberg on PHV for the 2013-14 school year will be based on the projected number of assigned personnel and school age children remaining. As we gain more fidelity on these projections, we will work closely with DODDS to determine how assigned personnel will receive DODDS school services. If there are DODDS schools on PHV for the 2013-14 school year, community members can anticipate that some schools will be combined (either elementary combined with middle school or middle school combined with high school) and curriculum, faculty and activities will be reduced given the much smaller population remaining in Heidelberg and Mannheim.

#### **"With all of the closures going on in the Mannheim and Heidelberg areas, what are Soldiers supposed to do in regards to their equipment (helmets, sleep systems, etc.) and how long can Soldiers expect the local Central Issue Facilities to be here for them?"**

The current plan is to keep the CIF on Spinelli Barracks in Mannheim open as long as possible to ensure continued support to the community and it is scheduled to remain open at least through June of 2013. The limiting factor will be employee availability. No CIFs will be closed without coordination and approval from U.S. Army Europe and the 21st Theater Sustainment Command.

#### **There are individuals who are not receiving Living Quarters Allowance currently. If they move to Wiesbaden, will they be eligible for LQA, based on the management-directed reassignment?**

Management directed reassignments have certain components associated with them. Regarding Living Quarters Allowance, no determination has been made, but it is being considered as plans to inactivate move forward. Once more is known about LQA for management-directed moves, we will get the information out in the Herald Post and on our Facebook (<http://www.facebook.com/bwnow>)

### **Facilities Operations Changes Mannheim**

**ACS** – The Army Community Service office located in Bldg. 246 on Sullivan Barracks is now 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 contact Gilbert Buster 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 scheduled to close **July 28**.

**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 now 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 and the Value Added Tax office 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.

**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 **Aug. 31**.

**Tax Relief Office** – The Tax Relief Office on Sullivan Barracks has the following hours: 10 a.m.-3 p.m. Monday, Wednesday and Friday, closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-1780, civ. 0621-730-1780.

**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.badenwur.usag.mbx.cpf@mail.mil](mailto:usarmy.badenwur.usag.mbx.cpf@mail.mil).

**Audiology** – Audiology services at the Heidelberg Health Center have been reduced due to limited staff. Medical technicians will still be able to provide screening and hearing conservation services. All other audiology services will be referred to host nation providers or Landstuhl Regional Medical Center.

**Chapels** – All chapel services have transferred to Patrick Henry Village and Nachrichten Kaserne. For more information on new service times and locations, call DSN 373-6190, civ. 06221-17-6190.

**UPDATED – Dental Clinic** – Effective Aug. 1 the sick call and exam hours for the Patrick Henry Village Dental Clinic are now 7:30-10:30 a.m. Monday-Friday. All dental care and dental records from the Nachrichten Kaserne Dental Clinic, except oral surgery and periodontal dental services, have been transferred to the PHV dental clinic. DSN 388-9500, civ. 06221-338-9500.

**Health Center Shoppette** – The Exchange Shoppette located on Nachrichten Kaserne will close **July 28**.

**NEW – HMEDDAC Deactivation** – The Heidelberg Medical Department Activity deactivation ceremony is scheduled for 10 a.m.

**Aug. 3** on the helipad field on Nachrichten Kaserne (or in the Wilson Theater in case of inclement weather). **The deactivation will not affect health care services or appointment availability for beneficiaries.** The clinic will transition under Landstuhl Regional Medical Center for command and control functions previously provided by HMEDDAC until the clinic's projected closure in **June 2013**.

**Optometry Clinic** – The Heidelberg Health Center's optometry department has reduced care to provide services only for active duty military and their family members who are enrolled in TRICARE Prime. As a result, the optometry clinic will no longer provide care for dependents or Department of the Army and Department of Defense civilian employees and contractors. Optometry services for these beneficiaries can be obtained via host nation providers.

**Pharmacy Hours** – The Heidelberg Health Center Pharmacy has changed its operating hours. The pharmacy is open 8 a.m.-5 p.m. Monday-Friday and closed weekends and federal holidays.

**Teen Clinic** – The Teen Clinic at Heidelberg High School is closed. Teens can be seen at the Heidelberg Health Center. DSN 371-2622, civ. 0800-376-22273.

**UPDATED – Tompkins Gym** – The Fitness Center on Tompkins Barracks in Schwetzingen will close **Sept. 1**. Hours are 5:30 a.m.-8 p.m. Monday-Friday and closed Saturdays, Sundays and U.S. holidays. Open 10 a.m.-4 p.m. training holidays.





# Scotland

Above, the Scottish Highlands overlook Loch Duich. Right top, Portree is the largest town on the Isle of Skye with a bustling port. Right, walking down the Royal Mile from Edinburgh Castle toward the Palace of Holyroodhouse.

Photos by Katja Pinkston

*Easily reached on direct flights from Germany, Scottish capital Edinburgh fascinating city to explore.*

**By Katja Pinkston**

USAG BW PUBLIC AFFAIRS VOLUNTEER

Known as the Athens of the North, Edinburgh is nestled among rolling hills and the Firth of Forth, the estuary or firth of Scotland's River Forth, where it flows into the North Sea.

Built during the 11th century, Edinburgh Castle sits majestically on a hilltop overlooking the city. Touring the castle's chapel, Scottish National War Memorial, museum, Royal Palace and seeing the Scottish Crown Jewels will take the better part of a day even if you get there early in the morning to avoid the crowds. The view from the castle, however, is breathtaking and the subsequent refreshments with a few selections of Scottish and English dishes at the castle's Queen Anne Café are delightful.

Strolling down from the castle on The Royal Mile, visitors make their way through the Old Town jumbled with narrow alleys, called "close." Several tour companies offer historical walks and even ghost tours through this part of town, where costumed guides provide entertaining and authentic stories.

You can get a glimpse of living conditions in a 17th century house at Gladstone's Land, which has been restored by the National Trust for Scotland and displays typical living areas of its time. If you have time, visit the 18th century Georgian House in the New Town to compare.

Another imposing building along The Royal Mile is the St. Giles Cathedral with its famous ornate steeple dating back to 1495, and a statue of John Knox, who preached here in the 16th century.

Dotted around the Old Town are various charm-

ing pubs and shops catering to tourists who do not want to leave Scotland without tasting some of its cuisine, trying on a kilt or tartan or taking home a souvenir sporting the old Celtic language of Scottish Gaelic.

At the end of The Royal Mile, Holyrood Palace offers tours of its elegant interior and the Queen's Gallery. The palace was founded as a monastery in 1128, and it has been the residence of kings and queens who chose to live there instead of in the mighty castle at the other end. One of the most famous residents was Mary, Queen of Scots, who lived here during the 16th century. Today, the palace is the official Scottish residence of Queen Elizabeth II.

One of the most popular shopping areas is Princes Street, in Edinburgh's New Town. The New Town was erected in the 18th century to give the wealthier class an alternative to living in the cramped Old Town. Residents could find a retreat in the Princes Street Gardens, which is a relaxing park to stroll through even today.

At Edinburgh's port, visitors can tour the ship Britannia that has transported the Royal Family for more than 40 years. Displays include a museum, the crew's quarters, captain's bridge and rooms with lavish decorations.

If it's rainy – after all this is Scotland – Edinburgh has several museums that are worth visiting and free to the public. The National Museum of Scotland displays collections of natural science, technology and art as well as Scottish history and archeology. The Museum of Edinburgh houses a vast array of historic rooms with iconic items. European masterpieces are displayed at the National Gallery of Scotland, while kids may enjoy a visit to the Museum of Childhood that shows historical toys and games.

If you are in Scotland for several days, a driving trip to the Highlands is highly recommended. With its famous lochs and picturesque villages tucked into the valleys, the Highlands are stunning. The



## Tour Information for Edinburgh

### Historical Tours

- ◆ [www.mercattours.com](http://www.mercattours.com)
- ◆ [www.auldreekietours.com](http://www.auldreekietours.com)
- ◆ [www.witcherytours.com](http://www.witcherytours.com)

### Highland Tour Companies

- ◆ [www.rabbies.com](http://www.rabbies.com)
- ◆ [www.timberbush.com](http://www.timberbush.com)
- ◆ [www.highlandexperience.com](http://www.highlandexperience.com)

lush green, rugged mountains and the numerous waterfalls make this area a nature lover's paradise.

For those too timid to rent a car and drive on the left side, there are various tour companies offering trips to the Highlands. You can book one day tours or tours that last a week or more and include accommodations for overnight stays.

Having a tour guide explain Scottish history, tell fascinating Scottish stories and drive you to the most interesting places, is a great way to experience the Scottish countryside.

With its breathtaking natural beauty, a visit to the Isle of Skye is an unforgettable experience. Sites include the unique Black Houses, Dunvegan Castle, Talisker Distillery and a few historical battlefields and enchanting places such as Fairy Land.

Not far from the bridge that connects the Isle of Skye with the mainland stands the Eilean Donan Castle, which served as a backdrop for the movie Highlander. The castle's interior not only tells its history, but you can also roam through grand rooms on the upper floors down to the servant's quarters on the ground.

What would a visit to Scotland be without searching for the elusive monster? At Loch Ness you can take a boat ride out onto the loch, search for any unusual creature, or watch the screens that monitor beneath the water with sonar technology. Fort Augustus, on the shores of Loch Ness, is a picturesque village with shops, restaurants and accommodations, making it an ideal place for a longer stay.

Forn many travelers, though, there may never be enough time to see all of beautiful Scotland.



# ourARMY

around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)



U.S. Army

Spc. Terry Mills of Brandon, Miss., pulls Staff Sgt. Ryan Stumpff into a Black Hawk medevac helicopter July 4 in Khowst province, Afghanistan.



D. Myles Cullen

Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, walks with professional basketball player Kobe Bryant at Arlington National Cemetery, Arlington, Va., July 15. Bryant, a member of the Los Angeles Lakers, will play on the USA Olympic basketball team in London.



Sgt. Jason van Mourik

Singapore Armed Forces service members stand in formation with their U.S. counterparts during the opening ceremony of Tiger Balm 2012 in Waimanalo, Hawaii, July 10. Tiger Balm is a bilateral exercise between U.S. Army Pacific and the Singapore Armed Forces designed to enhance interoperability between the two nations.



Staff Sgt. Brent C. Powell

Spc. Robbieann E. Grice, far right, a transportation coordinator from Fort Bragg, N.C. and Pfc. Jonathan A. Deuger, transportation and logistics specialist from Wake Forest, N.C., both assigned to the 216th Movement Control Team, check Soldiers' driver's licenses and identification before they leave Anniston Army Depot, Ala.



U.S. Army

Mortarmen from the Puerto Rico National Guard 296th Inf. Battalion, 101st Troop Command, conduct training on how to remove a live round from a 60mm Mortar in the event of a misfire during their annual training at Camp Santiago Joint Maneuver Training Center.



# PLAY IT SAFE

LEADERS  
SOLDIERS  
FAMILIES

*Drink water, not alcohol or soda, during outdoor summer activities.*

# STAY HYDRATED!





## GERMAN NEWS

### Karstadt Cuts Jobs

Officials from the Department store chain Karstadt announced they are cutting 2,000 positions and energy giant RWE said it was targeting thousands more. Karstadt is in the midst of restructuring and store refurbishment in an attempt to compete with other German retailers. Company officials say there would be no wave of shop closures though. The cuts are planned to be made over the next two years.

### The Great Ape Escape

Five chimpanzees broke out from their enclosure at a German animal park Thursday, injuring a five-year-old girl and sparking a temporary evacuation of 2,500 visitors in the northern city of Hannover, a zoo spokeswoman said. It is thought the five primates used wood that had fallen into their pen from recent gardening work to climb out and run for freedom at Hannover's Experience Zoo. The five-year-old girl sustained light head wounds after she was apparently knocked down by one of the marauding chimps. She was taken to hospital as a precautionary measure.

### Police Nail Screw Thief

Bavarian police have finally nabbed a man who spent months stealing screws from road signs. Officials, who were running out of the special screws needed, are said to be very relieved. A vigilant driver called the police after noticing the man working on a roadside warning lamp late on Saturday evening. He was reportedly wearing a headlamp, and kept hiding whenever a car approached. The 54-year-old man, who had no other convictions, was apparently psychologically disturbed and is receiving care. It is still unclear whether he can be made liable for his actions, which caused an estimated damage of €800.

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



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](mailto:dearmsvicki@yahoo.com), follow her on Twitter @dearmsvicki, or visit [www.dearmsvicki.com](http://www.dearmsvicki.com).

#### Dear Ms Vicki,

*I met my son's father 20 years ago when we were both stationed in Germany. I got pregnant and left the Army. I went on with my life, got married and started my family. I never bothered my son's father for support. My husband and I told our son at the age of 12 that he had another father. Well, my husband passed away and my oldest son started to have some problems. I told him that if he didn't straighten up I would find his biological father and send him to his father. All I was told was, he is still in the army. I*

*had some help locating him through a friend and the post locator. To my surprise, within 30 minutes I had him on the phone and he was telling how he had been praying that God would send me back in his life. Within a month he was here visiting his son. We were married soon after. My husband is on his 3rd deployment. I am so scared that he may find a little something while he is over there. He assures me that he is too tired and does not have time. However, I hear that soldiers have affairs all the time. I don't, of course, hear from him often yet he assures me how much he loves me and never wants to hurt me. I want to believe him but I do remember our beginnings 20 years ago. Should I trust him and trust that what he is saying is true?*

*From: Confused*

#### Dear Confused,

Thanks for writing and for sharing your story. The circle of life really has a way of turning doesn't it? After all of these years you and your son's father are back together and married. Well, I'm sorry to hear about your husband passing away. I'm not sure if you gave yourself the opportunity to grieve his loss because you married again soon after. I don't mean to imply that your current marriage is a rebound relationship, because you have in fact moved on with your life. At any rate you are married to him now. You can't waste time stressing and worrying

about the unknown. I'm not sure why you don't trust him. Yes, many people have affairs, but many remain faithful.

This is my advice. I think you should consider speaking to a professional counselor, one who specializes in grief and loss. I think it will be hard for you to have a successful marriage if you haven't come to closure from your first husband. I'm not sure if you ever will. However, I think there are some things to explore with a counselor that could help you build a successful relationship with your husband and as an individual. When your husband returns consider marital counseling and family counseling. Suggesting this does not imply that you have problems or that your children have problems, it simply helps us as individuals, couples and families.

Military One Source would be a great place to start for counseling sessions. Whatever happens, keep in touch with me and stay encouraged.

Deployments are stressful. I'm sure you are experiencing a range of emotions because of your husband's absence and given what he is going through at this time. Your husband needs to know that you are okay and that his children are okay. Whatever you do make every conversation with your husband a memorable one, not being accusatory about infidelity.

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[www.aafes.com/germanyfuelcard](http://www.aafes.com/germanyfuelcard)

## Strep throat symptoms often mistaken Infection spread through direct contact, coughing, sneezing

**Lt. Col. Patricia McKinney**  
U.S. ARMY PUBLIC HEALTH COMMAND

Many people often confuse painful sore throats with strep throat and believe that antibiotics are needed to make it better. This belief is not true. Strep throat is an infection of the throat and tonsils caused by streptococcal bacteria. The throat gets irritated and inflamed causing a sudden, severe sore throat. Most other sore throats are caused by a virus. Sore throats caused by a virus are also painful. If you have cold-like symptoms such as a runny or stuffy nose and coughing, you probably do not have strep throat.

The most common symptoms of strep throat are sudden, severe sore throat, pain when you swallow, fever over 101 degrees Fahrenheit (38.3 degrees Celsius), swollen tonsils and lymph nodes, white or yellow spots on the back of a bright red throat.

The bacteria is spread by sneezing, coughing, shaking hands or coming into close contact with people who are infected. You can also pick up strep by touching objects that were touched by an infected person, (i.e., phones, doorknobs and tables) and then touching your eyes, nose or mouth.

To prevent infection avoid close contact with an infected individual, sharing toothbrushes or eating and drinking utensils. Washing your hands frequently and wiping down your phone is also advised.

You can strengthen your body's ability to fight off infections with a healthy diet, regular exercise, a good night's sleep and by managing your stress.

Strep throat cannot be accurately diagnosed by symptoms or by a physical exam alone. Diagnosis is made by swabbing the back of the throat for a culture to identify the presence of strep bacteria. Sore throats should only be treated with antibiotics if the strep test is positive. Penicillin or amoxicillin are usually the antibiotics prescribed to treat strep throat infection. Antibiotics should be taken for the entire 10 days, even though symptoms are usually gone after a few days. If antibiotics are not taken for the full course of treatment, the infection may reoccur and stronger antibiotics may be needed to treat the infection.

Remember strep throat is not your average sore throat. If you suspect that you may have strep throat, see your health care provider.



# GET OUT!

## area events

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

### July 19

**Castle Festival** – Catch the annual Heidelberg Castle Festival. The city's famous castle serves as a backdrop for several music and theater performances through July 28. For details visit [www.theaterheidelberg.de/festivals/festival/3](http://www.theaterheidelberg.de/festivals/festival/3).

**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](http://www.bierboerse.com).

**Jazz Boat** – Enjoy views of major historical Prague monuments during the Jazz Boat's live jazz, swing and blues concert through Sept. 30. See landmarks like the Charles Bridge, Prague Castle and National Theater. A gourmet restaurant onboard serves a wide range of meals, as well as beer, spirits and wine. The boat is air-conditioned in the summer to ensure a comfortable voyage. [www.buzzoffbase.com](http://www.buzzoffbase.com).

### July 20

**Paris Plages** – This annual event sees the typically busy Paris streets along the Seine 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](http://www.buzzoffbase.com).

### July 21

**Festival of Lights** – Experience Bad Schönborn's Festival of Lights 6 p.m. Niederbronn-les-Bains-Platz.

**Blues and Jazz Festival** – Travel to Luxembourg for the city's famous Blues and Jazz rally. This open-air music event takes place on numerous stages scattered around the old city center with a variety of musical acts playing every type of blues and jazz from Dixieland, to Latin-Jazz Fusion, to Mississippi Blues and more. [http://affiliates.uso.org/rheinmain/files/2012einebrucke\\_July\\_Aug\\_Sep.pdf](http://affiliates.uso.org/rheinmain/files/2012einebrucke_July_Aug_Sep.pdf).

### July 28

**Kaiserslautern City Tour** – Visit Kaiserslautern's 12th century underground tunnels that are remnants of the time when the city was the site of one of the imperial castles of Emperor Friedrich I, also known as

Barbarossa – or "Red Beard." Come hear the legends of the Emperor and find out why the fish is the symbol of the city. There will also be time to stroll through the farmers' market to enjoy its sights and smells, or purchase some of the seasonal fruits and vegetables from the region. <http://affiliates.uso.org/Kaiserslautern/>.

**Paris** – Take a guided tour through the City of Lights. Paris is home to many of the world's most famous sites such as the Eiffel Tower, the Arc d'Triomphe, the Notre Dame Cathedral, the Louvre Museum, the Latin Quarter, the Paris Opera and the Champs-Élysées. Spend the day exploring and shopping on your own. <http://affiliates.uso.org/rheinmain/>.

### August 3

**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.

**Mainfest Festival** – Enjoy one of the largest folk festivals in Frankfurt. Festival takes place along the banks of the river and visitors can enjoy games, rides, food and fireworks through Aug. 6. [www.frankfurt-tourismus.de](http://www.frankfurt-tourismus.de).

### August 11

**Rock of Legends** – Enjoy the Music in the Park event at Schwetzingen Castle 6 p.m. [www.eventim.de](http://www.eventim.de).

### August 14

**Hidden Heidelberg** – Visit some of the lesser known sights in 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 18

**Mark Twain Tour** – The Heidelberg's Association of Tour Guides offers its annual Mark Twain Tour in English 3 p.m. Aug. 18. Beginning with a visit to the University's famed Student Prison and the festive Alte Aula auditorium, the tour follows in the footsteps of Mark Twain – whose A Tramp Abroad joined his name to Heidelberg forever. Group will meet at the Lion Fountain

near University Square. Cost is € 7. Civ. 06221-436880.

### August 25

**Balloon Festival** – Luisenpark in Mannheim hosts an International Balloon Festival 4 p.m.

### Upcoming concerts

**Lady Antebellum** – The Grammy-award winning country music group plays the Jahrhunderthalle in Frankfurt 7 p.m. July 20. Tickets: [www.germanticketoffice.com](http://www.germanticketoffice.com).

**Beach Boys** – Legendary rock band the Beach Boys perform 7 p.m. Aug. 4 at the Schleyerhalle in Stuttgart. [www.concertboom.com/stuttgart/2012/august/beach-boys-in-stuttgart/](http://www.concertboom.com/stuttgart/2012/august/beach-boys-in-stuttgart/).

**Lady Gaga** – Tickets on sale now at the Vogelweh Community Center (near Kaiserslautern) for Lady Gaga's Monster Ball. The singer will perform at the Lanxess Arena in Cologne 7 p.m. Sept. 4. Ticket price includes transportation to and from show. DSN 489-7626, civ. 0631-536-7626.

### Ongoing

**Frankfurt Zoo** – You don't need to travel far to see lions, crocodiles, hippos and monkeys. The Frankfurt Zoo offers a variety of 500 different species and more than 4,500 animals. Zoo Frankfurt am Main, Bernhard-Grzimek-Allee 1, 60316 Frankfurt am Main.

**Stuttgart Planetarium** – The Stuttgart Planetarium is 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, Stuttgart. Civ. 0711-162-9215.

**Audi Museum** – The Audi Museum is housed in a round futuristic building designed to represent the rings of a tree. Inside the space is open and airy, ideal to exhibit the models Audi has produced in its 100-year history. Two-hour tours are offered 11:30 a.m. in English Monday-Friday. The museum in Ingolstadt is open 9 a.m. to 6 p.m. daily. Civ. 0800-283-4444. [www.buzzoffbase.com](http://www.buzzoffbase.com).

**Der Teesalon Mannheim** – Der Teesalon (English Tea Room), Mannheim, is a pretty venue which is also known as the British Tea House. Enjoy a cup of tea or a homemade scones, perfect for those who fancy trying out the British tradition of afternoon tea. There's also a large variety of coffees, pasta, snacks, chocolates, sandwiches and even fine whiskeys if you prefer something a little stronger. The Teesalon is at M3 7, 68161 in Mannheim. Civ. 06213709497. [www.buzzoffbase.com](http://www.buzzoffbase.com).

## coming to THEATERS

### WHAT TO EXPECT . . .

(Chris Rock, Cameron Diaz, Jennifer Lopez) Four expectant couples learn that having a baby is anything but predictable in this romantic comedy based on Heidi Murkoff's ubiquitous best-seller. (Rated PG-13 for for crude and sexual content, thematic elements and language) 110 minutes.



### SAVAGES

(Blake Lively) A dangerous drug cartel targets a trio enjoying an idyllic existence in Southern California. (Rated R for violence) 130 minutes.

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

July 19 - THINK LIKE A MAN (PG-13) 7 p.m.  
 July 20 - ICE AGE: CONTINENTAL DRIFT (PG) 7 p.m.;  
 WHAT TO EXPECT WHEN EXPECTING (PG-13) 9:30 p.m.  
 July 21 - ICE AGE: CONTINENTAL DRIFT (PG) 4 p.m.;  
 MARVEL'S THE AVENGERS (PG-13) 7 p.m.;  
 WHAT TO EXPECT WHEN EXPECTING (PG-13) 10 p.m.  
 July 22 - ICE AGE: CONTINENTAL DRIFT (PG) 4 p.m.;  
 WHAT TO EXPECT WHEN EXPECTING (PG-13) 7 p.m.  
 July 23 - MARVEL'S THE AVENGERS (PG-13) 7 p.m.  
 July 24 - ICE AGE: CONTINENTAL DRIFT (PG) 7 p.m.  
 July 25 - WHAT TO EXPECT WHEN EXPECTING (PG-13) 7 p.m.  
 July 26 - MARVEL'S THE AVENGERS (PG-13) 7 p.m.

#### Vogelweh, Galaxy

July 20 - SAVAGES (R) 4 p.m.; THE AMAZING SPIDERMAN (PG-13) 7 p.m.  
 July 21 - MIRROR MIRROR (PG) 4 p.m.; DARK SHADOWS (PG-13) 7 p.m.  
 July 22 - WRATH OF THE TITANS (PG-13) 4 p.m.; THINK LIKE A MAN (PG-13) 7 p.m.

#### Ramstein, Gateway Cineplex

July 19 - SAVAGES (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;  
 THE AMAZING SPIDERMAN (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.;  
 THINK LIKE A MAN (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 8 p.m.  
 July 20 - ICE AGE: CONTINENTAL DRIFT (PG) 11 a.m., 1:30 p.m., 3:45 p.m.,  
 6 p.m., 8:15 p.m.; MARVEL'S THE AVENGERS (PG-13) 11 a.m., 2:30 p.m.,  
 6 p.m., 9:15 p.m.; WHAT TO EXPECT WHEN EXPECTING (PG-13) 11:45 a.m.,  
 2:30 p.m., 5:15 p.m., 8 p.m.  
 July 21 - ICE AGE: CONTINENTAL DRIFT (PG) 11 a.m., 1:30 p.m., 3:45 p.m.,  
 6 p.m., 8:15 p.m.; MARVEL'S THE AVENGERS (PG-13) 11 a.m., 2:30 p.m.,  
 6 p.m., 9:15 p.m.; WHAT TO EXPECT WHEN EXPECTING (PG-13) 11:45 a.m.,  
 2:30 p.m., 5:15 p.m., 8 p.m.  
 July 22 - ICE AGE: CONTINENTAL DRIFT (PG) 11 a.m., 1:30 p.m., 3:45 p.m.,  
 6 p.m., 8:15 p.m.; MARVEL'S THE AVENGERS (PG-13) 11 a.m., 2:30 p.m.,  
 6 p.m., 9:15 p.m.; WHAT TO EXPECT WHEN EXPECTING (PG-13) 11:45 a.m.,  
 2:30 p.m., 5:15 p.m., 8 p.m.  
 July 23 - ICE AGE: CONTINENTAL DRIFT (PG) 11 a.m., 1:30 p.m., 3:45 p.m., 6 p.m.,  
 8:15 p.m.; MARVEL'S THE AVENGERS (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:15 p.m.;  
 WHAT TO EXPECT WHEN EXPECTING (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.  
 July 24 - ICE AGE: CONTINENTAL DRIFT (PG) 11 a.m., 1:30 p.m., 3:45 p.m.,  
 6 p.m., 8:15 p.m.; MARVEL'S THE AVENGERS (PG-13) 11 a.m., 2:30 p.m.,  
 6 p.m., 9:15 p.m.; WHAT TO EXPECT WHEN EXPECTING (PG-13) 11:45 a.m.,  
 2:30 p.m., 5:15 p.m., 8 p.m.  
 July 25 - ICE AGE: CONTINENTAL DRIFT (PG) 11 a.m., 1:30 p.m., 3:45 p.m., 6 p.m.,  
 8:15 p.m.; MARVEL'S THE AVENGERS (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:15 p.m.;  
 WHAT TO EXPECT WHEN EXPECTING (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.  
 July 26 - ICE AGE: CONTINENTAL DRIFT (PG) 11 a.m., 1:30 p.m., 3:45 p.m.,  
 6 p.m., 8:15 p.m.; MARVEL'S THE AVENGERS (PG-13) 11 a.m., 2:30 p.m., 6

#### 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 Cineplex (P4 13), Cinemax (M7, 17), Mannheim, civ. 01805-625466, [www.cineplex.de](http://www.cineplex.de)

#### Mannheim, CinemaxX, Cineplex - English Language movies

July 19, 21, 22, 23 - THE AMAZING SPIDERMAN 3D (PG-13) 7:45 p.m. at CinemaxX  
 July 25 - THE DARK KNIGHT RISES (PG-13) 5 p.m., 8:30 p.m. at Cineplex  
 July 25 - ICE AGE 4 (PG) 4:30 p.m. at Cineplex

## community HIGHLIGHTS

### Efficiency Award

The Securing Americans Value and Efficiency Award encourages federal employees to submit ideas for innovative ways to reduce spending within their respective agencies and departments. Since 2009, federal employees have submitted more than 75,000 ideas. The SAVE Award will run through July 24 and one winner will have the opportunity to present his or her idea to President Obama. All contest submissions are confidential and can be made at <http://www.whitehouse.gov/save-award>.

### Technology Exposition

Members of the 43d Signal Battalion will host a technology exposition at the Campbell Barracks fitness center in Heidelberg 9 a.m.-2 p.m. July 27. More than 50 exhibitors will demonstrate the latest in emerging technologies and give live presentations with hands-on exhibits. Free admission. Visit [www.FederalEvents.com](http://www.FederalEvents.com) to pre-register online and view list of exhibitors.

### Health Clinic Hours

The Heidelberg Health Clinic will operate under reduced hours Aug. 3 in conjunction with the Heidelberg Medical Department Activity deactivation ceremony 10 a.m.-Aug. 3 on Nachrichten Kaserne. Most of the clinic sections, including pediatrics, immunizations, the lab, radiology and optometry will open from 7:30-9 a.m. and close until 1 p.m. Afterwards, normal Friday operations clinic schedules will resume. The pharmacy will close 10-11 a.m. The deactivation of the HHC's parent unit will not affect health care services or appointment availability for beneficiaries beyond the deactivation ceremony schedule. The clinic will transition under Landstuhl Regional Medical Center for command and control functions previously provided by HMEDDAC until the clinic's projected closure in June 2013.

### Slooze Show

Parents and kids can enjoy a good sticky soak in green slime during the ultimate Slooze show noon-3 p.m. Aug. 3 at the Patrick Henry Village Park in Heidelberg. Slooze is a game where slime and ooze collide. Free community event open to all ID card holders. DSN 388-9408.

### Office Closures

U.S. Army Garrison Baden-Württemberg and Kaiserslautern Directorate of Resource Management offices will close every Wednesday 7:30 a.m.-noon for training.

### American Forces Network Radio

American Forces Network Europe now streams music on [www.afneurope.net](http://www.afneurope.net). "AFN 360" features a mix of music shows from AFN The Eagle and Power Network as top of the hour radio news. It is available in Germany, Italy and Belgium. Free AFN Europe mobile app downloads are available on the AFN web site.

## local EMPLOYMENT

### Self Defense Instructor

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

### KAISERSLAUTERN

#### Education

♦ **Food Safety** – The next food safety seminar for volunteers is scheduled for Aug. 2 at the Learning Resource Center (Bldg. 3718) at Kirchberg Kaserne (near Landstuhl). Open to all military and civilian ID cardholders on the first Thursday of each month. A Food Handlers' Card is required for personnel responsible for organizing and supervising military community events (free or fundraising). DSN 486-8489, civ. 06371-86-8489.

#### Community

♦ **Teen Shuttle** – Child, Youth and School Services have resumed their KMC 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 permissions slips are required to ride the shuttle. Apply for your shuttle card at Central Enrollment and Registration located on Pulaski Barracks, Bldg. 2898, DSN 493-4516, civ. 0631-3406-4516 and on Landstuhl Post, Bldg. 3810, DSN 486-8943, civ. 06371-86-8943. For shuttle schedule visit [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Indoor Flea Market** – Indoor flea market July 21, Aug. 18, Sept. 15 and Oct. 20. Rent a space for \$25. Includes two tables and one bench. Call Army Outdoor Recreation for reservations. DSN 493-4117, civ. 0631-3406-4117.

♦ **Cowboy Appreciation** – Cowboy Appreciation Day, July 23, 11 a.m.-10 p.m. Enjoy cowboy movies while dining at Bruno's Pasta Bar. Spade's tournament starts 6 p.m. (registration 5 p.m.) \$50 gift card to winning team. Landstuhl Community Club, Bldg. 3780, DSN 486-7244, civ. 01371-86-7244.

♦ **Karaoke Night** – Sing your favorite hit songs all night long 9 p.m.-2 a.m., July 27. Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986.

♦ **Salsa Night** – Spice up your night 9 p.m.-2 a.m. July 28. Dance lessons 9:30-10:30 p.m. Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986.

♦ **Outdoor Recreation** – Kaiserslautern Army Outdoor Recreation travels to Disneyland Express, Paris July 21 and Amsterdam July 28. DSN 493-4117, civ. 0631-3406-4117.

♦ **Oktoberfest** – Sign up by Aug. 3 for the Oktoberfest Weekend at Edelweiss Lodge and Resort. Join Kaiserslautern Outdoor Recreation over Columbus Day weekend Oct 5-7. Explore Munich, the Oktoberfest and Garmisch-Partenkirchen. Price includes round trip transportation, two nights stay at Edelweiss Lodge and Resort in Garmisch and a morning and evening shuttle run to Oktoberfest grounds Oct. 6. Contact Outdoor Recreation, Pulaski Barracks,

Bldg. 2905, DSN 493-4117, civ. 0631-3406-4117, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **B.O.S.S. Meeting** – Better Opportunities for Single Servicemembers meets 1:30 p.m. every first and third Thursday of the month at Java Cafe on Rhine Ordnance Barracks, Bldg. 273.

♦ **Warrior Zone** – Sembach Warrior Zone has extended operating hours. Soldiers can check out the all new facility 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday and Sunday. Sembach Bowling Center, Bldg. 104, Sembach Kaserne.

♦ **KMC Onstage** – KMC Onstage offers free programming to Wounded Warriors and their guests at the Fisher House. Check out the season poster for current programming and contact KMC Onstage for tickets. For Landstuhl patrons, transportation may be arranged. Contact KMC Onstage before 2 p.m. on Friday if transportation is required for weekend shows. Kleber Kaserne, Bldg. 3232, DSN 483-6626, civ. 0631-411-6626.

♦ **Kleber VAT Office** – The Kleber Value Added Tax office has moved. The VAT office is now located downstairs on the first floor, left side of Bldg. 3205. The new hours of operation are 11 a.m.-5 p.m. Mon.-Fri. and closed 2-3 p.m. Also closed weekends and holidays. DSN 483-1780, civ. 0631-411-1780.

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

♦ **Room Rental** – Armstrong's Club offers room rental service for holiday, office and birthday parties Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986. [www.mwrgermany.com](http://www.mwrgermany.com).

### HEIDELBERG

#### Education

♦ **ACS Classes** – Culture College 5-8:30 p.m. July 23-26 Army Community Service, Community Support Center, Bldg. 3850, Room 172; Job Search Overview and USAJOBS Application Process 10 a.m.-noon July 24, Village Pavilion Community Center, Patrick Henry Village, Bldg. 4507; Resiliency Training 1-3 p.m. July 24 Army Community Service, Community Support Center, Bldg. 3850, Room 172. Register by July 20; Professional Resume Writing 10 a.m.-noon July 25 Village Pavilion Community Center, PHV, Bldg. 4507; Volunteer Management Information System Training 10-11 a.m. July 25, ACS, Community Support Center, Room 250B; Pregnancy Support Group 1-2:30 p.m. July 25 ACS Annex, PHV, Bldg. 4531, Conference Room; Financial Readiness Briefing Computer Based Training. Class is mandatory for first term Soldiers. There will be no English as a Second Language classes during July or August. Classes will resume in September. DSN 370-6975,

civ. 06221-57-6975.

♦ **German Classes** – The USO will offer level one German 10 a.m.-11:30 a.m. Tuesday, Thursday at Campbell Barracks and 6:15-7:45 p.m. Tuesday, Thursday in Bldg. 3850 on the Shopping Center July 31-Oct. 25. Level two German will be 10-11:30 a.m. Tuesday, Thursday on Campbell Barracks and 6:15-7:45 p.m. in Bldg. 3850 on the Shopping Center Aug. 1-Oct. 26. Registration and purchase of textbook required. DSN 370-7924, civ. 06221-57-7924.

♦ **Central Texas College** – Central Texas College Term I registration available now. Classes run Aug. 7 - Oct. 29. CTC is offering Criminal Justice classes on Patton and Coleman Barracks (two classes in the correctional facility). Microsoft certification classes also held monthly. Students can earn college credit for military education and training and use Tuition Assistance and financial aid. DSN 373-8660, civ. 06221-17-8660 or Email: [Heidelberg@europa.ctcd.edu](mailto:Heidelberg@europa.ctcd.edu) or visit [www.europa.ctcd.edu](http://www.europa.ctcd.edu).

#### Community

♦ **Right Arm Night** – Right Arm Night 5-7 p.m. July 20 at Legends on Patrick Henry Village. Enjoy drinks and free appetizers.

♦ **Parent's Night Out** – Child, Youth and School Services parent's night out July 20 and parent's day out July 21. Contact Central Enrollment Bldg. 4443, Patrick Henry Village. DSN 388-9340, civ. 06221-338-9341.

♦ **ACS Outing** – Enjoy a Neckar River Cruise 9:30 a.m.-4 p.m. July 21. Group will meet at Army Community Service office and take public transportation. DSN 370-6883, civ. 06221-57-6975.

♦ **Indoor Flea Market** – Sell, buy or trade collectibles and handmade crafts at an indoor flea market 9 a.m.-1 p.m. July 21 inside the Village Pavilion Community Center on Patrick Henry Village. Table rentals available: DSN 388-9438, civ. 06221-338-9438.

♦ **Community Bank** – The Community Bank branch on Campbell Barracks will be closed for staff training until 11 a.m. July 24. Opening hours will be 11 a.m.-4 p.m. July 24 (only).

♦ **PHV Commissary Closed** – The Heidelberg Commissary will be closed July 25 for an organizational day. Normal operating hours will resume 7:30 a.m.-9 a.m. July 26 for Early Bird shopping and 9 a.m.-9 p.m. for regular shopping. DSN 388-9074, civ. 06221-759-3112.

♦ **Summer Reading Program** – The summer reading program at the Patrick Henry Village Library has begun. Preschoolers and kindergartners can participate 11 a.m. Wednesdays until July 25. DSN 388-9443, civ. 06221-338-9443.

♦ **Road Construction** – The city of Heidelberg has announced road

repairs which will affect outbound traffic headed to autobahns 656 (Heidelberg-Mannheim) or 5. Construction will affect the intersections and connecting lanes near where A 656 and B37 merge into Bergheimer Strasse. Friday nights through early Monday mornings on the following weekends: July 27-30 and Aug. 3-6. The final roadwork weekend begins the night of Thursday, Aug. 9 through Monday, Aug. 13. Please be advised one of the detours directs drivers across Czerny Bridge near the Heidelberg shopping center. Drivers should allow extra travel time.

♦ **Singles Patio Party** – Singles can enjoy fruit cocktails and meet new people noon-2 a.m. July 28 on the patio at Slapshots on Patton Barracks. DSN 373-8068, civ. 06221-17-8068.

♦ **Trivia Challenge Season** – Bring a team or join one for trivia 7-9 p.m. Thursdays until Aug. 3 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Orientation** – Heidelberg Middle School will host a school orientation for families of students in grades 6-8 new to the Heidelberg area 10:30 a.m. Aug. 24 in the school's multipurpose room. DSN 388-9310.

♦ **C.A.R.E. Fair** – The C.A.R.E. Fair will be 10 a.m.-2 p.m. Aug. 25 at the Patrick Henry Village Pavilion Community Center. Details and registration: [http://mwrgermany.com/special\\_events/CARE\\_fair.html](http://mwrgermany.com/special_events/CARE_fair.html).

♦ **ITR** – Information, Tickets and Reservations, now in the Village Pavilion Community Center, can assist with booking Outdoor Recreation trips, registration for Rod and Gun Club classes, event tickets and more. Hours are 8:30 a.m.-4:30 p.m. Monday, Wednesday-Friday, 10 a.m.-6 p.m. Tuesdays and closed U.S. holidays. DSN 388-9438, civ. 06221-338-9438, [www.mwrgermany.com](http://www.mwrgermany.com).

### MANNHEIM

#### Community

♦ **Grand Opening** – The Warrior Zone on Coleman Barracks has relocated to Bldg. 25 (above Mike's Pub) on Coleman Barracks. Grand opening ceremony 4 p.m. Aug. 3.

♦ **B.O.S.S. Meetings** – Better Opportunities for Single Servicemembers meets 3:30 p.m. first Wednesday of the month at Coleman Warrior Zone and 3:30 p.m. every third Wednesday of every month at B.O.S.S. Headquarters Patton Barracks.

♦ **Sullivan VAT Office** – The Value Added Tax Office located on Sullivan Barracks, Bldg. 250 is open 10 a.m.-3 p.m. Monday, Wednesday and Friday. The facility closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 382-4410, civ. 0621-779-4410.



## Golf tournament raises funds for cancer research

By Rex Gribble  
HEIDELBERG GOLF COURSE

Pink was the order of the day at the Heidelberg golf course Saturday as 144 German and American men and women teed off in a "shotgun" start at 9 a.m., for the sixth annual Rally For The Cure golf tournament.

The annual tournament, organized and conducted by the Heidelberg Women's Golf Association, raises funds dedicated to spreading awareness and supporting research in the fight to eradicate breast cancer. Last year's HWGA rally raised \$13,000 which was donated to the Combined Federal Campaign.

The field of 144 golfers was divided into 36 four-person teams and several HWGA volunteers were also present to assist golfers navigating the course.

Play was preceded by a briefing from Dan Hingtgen on the practice green followed by supporting remarks by Lt. Gen. John Morgan, Commander, Headquarters Allied Force Command Heidelberg - NATO and a prayer by Chaplain Grant Johnson.

Afterwards, Hingtgen and Rally Chair President Lori Schlichter and Dan Hingtgen conducted the awards ceremony on the crowded patio, handing out prizes to the tournament winners and raffle items.

The team of Mike Causey,



Terry Davis, George Kelley and Darren Friesz beat Lia Fee Kempf, Jens Boegel, Karin Geuder and Jella Kempf in a winning one-putt playoff by Friesz to win Low Gross. Both teams shot 51 and about a dozen teams broke 60.

The team of Karl-Heinz Knierim, Ruth Manner-Waltz, Dietmar and Helga Schulze won Low Net with a score of 20. Joe Walker, Roberta and Nick Carbone and Andreas Schultze won second place with 28.

Andrew Horton and 15-year-old Jella Kempf scored long drives, while David Johnson and Annemarie Schulz won closest to the pin and Jason Gauden and Ines Lauff earned closest to the bottle honors. Mike Causey and



Regina Hingtgen

Top, Mike Causey prepares to putt as Darren Friesz looks on. Above, Gudrun Kugelmann and Lieselotte Maier hold the short putter at Saturday's golf tournament in Heidelberg.

Dan Hingtgen were voted 1st and 2nd best dressed for their pink-themed outfits.

## Baden-Württemberg Softball Tournament



Photos by Feliciano Rogelio

Thirteen teams competed in a softball invitational held at Patton and Tompkins Barracks in Heidelberg July 14-15.

### 2012 USAG Baden-Württemberg Softball Invitational July 14-15 Final Results

#### Men's Division Championship

Bamberg vs. K-Town 31-8  
Grafenwöhr vs. Wiesbaden 11-4 (3rd place)  
Most Valuable Player – Jacob Llenk (Bamberg)  
Home Run Derby Champion – Adam Shaw (AFN)

#### Women's Division Championship

Heidelberg vs. Grafenwöhr 11-6  
Geilenkirchen (3rd place)  
Most Valuable Player – Kristy Tankersley (Heidelberg)  
Base-hit Contest Champion – Kristy Tankersley (Heidelberg)

## staying ACTIVE

### Softball Championships

Army unit softball teams will compete in the 2012 Kaiserslautern softball championship 6 p.m. July 17-20 at the Kaiserslautern Army Depot Field near Daener Kaserne. Free admission. DSN 493-2086, civ. 493-2086.

### Bike Race

Army Outdoor Recreation and the TV-Rodenbach bike club host the Installation Management Command Mountain Bike Race, 8 a.m. July 22. For details and registration information call Army Outdoor Recreation, Pulaski Barracks, Bldg. 2905, DSN 493-4117, civ. 0631-3406-4117. [www.mwrgermany.com/outdoorrecreation.html](http://www.mwrgermany.com/outdoorrecreation.html).

### Heidelberg Open

The 2012 Heidelberg Open golf tournament is scheduled for July 27-29 in Oftersheim. Details at [www.mwrgermany.com](http://www.mwrgermany.com).

### Heidelberg Triathlon

Heidelberg Man Triathlon is scheduled for 9 a.m. July 29. Start at Heidelberg's Alte Brücke in the old town. Features 1.6 km swim, 35 km bike, 10 km run. More info at [www.heidelbergman.de](http://www.heidelbergman.de).

### CYSS Soccer Camp

Register at Parent Central Services for week-long summer soccer camps held on Patrick Henry Village in Heidelberg. Camps run Mon.-Fri. 9 a.m. - 4:30 p.m. for children ages 8-13 through August 3. Register at <https://webtrac.mwr.army.mil>.

### Youth Soccer

Registration is open for Child, Youth and School Services youth summer soccer league in Kaiserslautern. Professional soccer coaches will provide instruction to players ages 3-15. To register call Parent Central Services on Pulaski Bks., Bldg. 2898. DSN 493-4516, civ. 0631-3404-4516.

### CYSS Football Registration

Registration is open for Child, Youth and School Services fall football program in Heidelberg. Youth ages 6-15 can participate in flag football, tackle football 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.

### Coaches Needed

Heidelberg Sports and Fitness is seeking head coaches for community soccer, basketball, softball and volleyball teams. Practice and tryouts are Tues. and Thurs. at Patton Fitness Center. Call Coach Benson DSN 373-8032 or civ. 06221-17-8032 for more information.

### Bowlopolis

Now through Aug. 26 the Patrick Henry Village Bowling and Entertainment Center is giving students ages 17 and under Bowlopolis discount cards for the summer.

### 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](mailto:usaghd.post@eur.army.mil) or [usarmy.badenwur.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwur.usag.mbx.post-newspaper@mail.mil).