

HeraldPOST

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

HP THURSDAY
July 26, 2012

Speed Read

ORGANIZATIONAL DAY



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OPERATION DRAGON

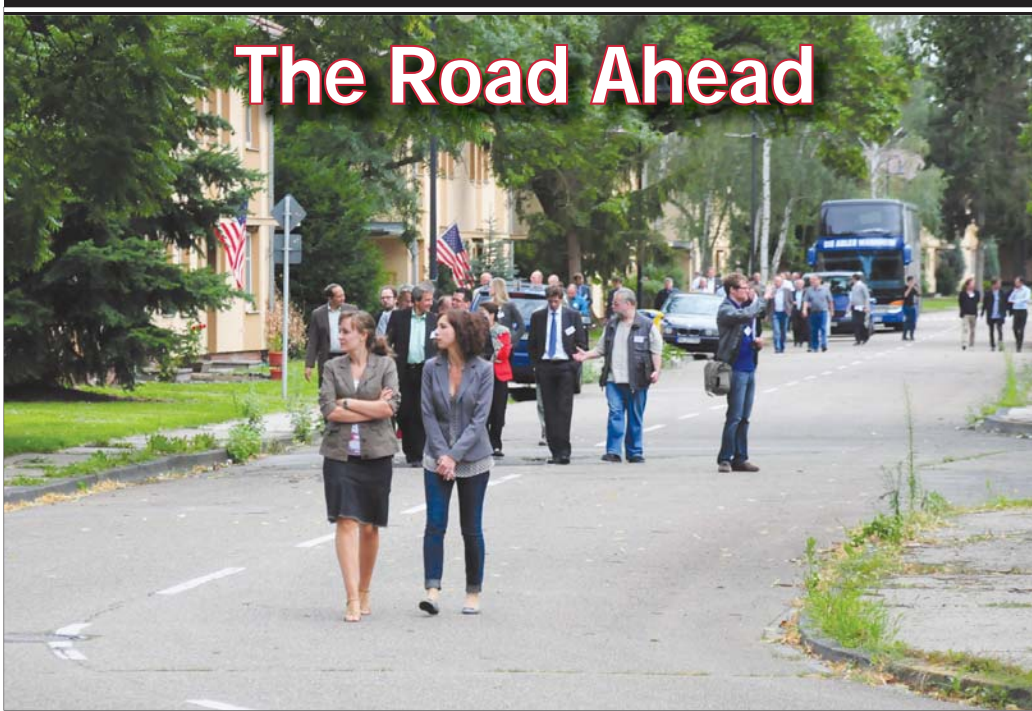
A group of World War II veterans were recognized Friday in a ceremony held in Washington, D.C., for their gallantry during a 1944 combat operation in southern France. Operation Dragoon lasted from Aug. 15 - Sept. 14, 1944. It was the second largest amphibious invasion of World War II, with over 1,000 ships delivering three divisions of troops to the beaches of France. Additionally, an airborne division parachuted into the country to help secure beach heads along with Greek, Polish and Dutch forces, according to retired U.S. Army Lt. Col. Timothy Stoy, historian for the Society of the 3rd Infantry Division. The Society of the 3rd Infantry Division hosted the ceremony honoring veterans who fought during the operation. French Army Col. Brice Houdet, military attaché from the French Embassy, presented the French Legion of Honor during the ceremony to retired U.S. Soldiers John Singlaub, Paul Donlon, Darryl Egner, Elias Hernandez, Michael Halik and the son of Stanley Siemrzych. The six award recipients were all accompanied by members of the Military District of Washington's Sgt. Audie L. Murphy Club, representing the connection to Murphy and the 3rd Infantry Division in which he served.

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The Road Ahead



Margaret Clevenger

German city planners, architects and school council representatives walk through the streets surrounding the Grant Circle housing area during a special installation tour July 19 in Mannheim. The area is scheduled to return to host nation officials later this year. See full story on pg. 14.

Vietnam vet provides message of hope

Dave Roever to speak during suicide prevention program



Courtesy Photo

Dave Roever, a Vietnam Veteran who was severely burned by a phosphorous grenade, poses for a photo (prior to his injury). For more than a decade Roever has traveled around the world discussing his experiences and motivating others to overcome personal obstacles through his message of hope, courage and commitment. Roever will be speaking in Heidelberg and Mannheim July 31.

Veteran draws on personal struggles to help others heal

HMEDDAC PUBLIC AFFAIRS

U.S. Navy veteran and Purple Heart recipient Dave Roever was burned beyond recognition by a phosphorous grenade during the Vietnam War and was hospitalized 14 months.

He will draw upon his experience of loneliness, peer pressure, disfigurement and pain, as well as life's triumphs to weave together a message of courage, commitment and survival in a presentation open to Soldiers, Department of the Army civilians and family members.

Roever will speak as part of the USAG Baden-Württemberg's Suicide Prevention Program at the Wilsson Theater on Nachrichten Kaserne 11:30 a.m. - 12:30 p.m., July 31.

see **SUICIDE** page 14

Dental clinic preps for transformation

Rick DuVall

EUROPE REGIONAL DENTAL COMMAND PUBLIC AFFAIRS

Members of the United States Army Heidelberg Dental Activity will conduct the first of two ceremonies marking the significant transformation of dental care in Europe.

However, current dental care services and appointment availability will remain in place for beneficiaries until further notice.

The unit will welcome Lt. Col Kyung Kim, as the incoming commander of the new Heidelberg Dental Clinic Command, in an activation and appointment ceremony 3 p.m. Aug. 2 in front of the Patrick Henry Village Dental Clinic in Heidelberg. The alternate location for the ceremony, in the event of inclement weather, will be the Patrick Henry Village movie theater.

Immediately following the Heidelberg Medical Activity's deactivation ceremony 10 a.m. Aug. 3, members of the HDENTAC will honor Col. William Bachand, the outgoing and la-

see **DENTAL** page 14

CUSTOMS ADVICE

Customs officials explain tax-free imports to Germany via parcel service companies

By Robert Szostek

USAREUR OFFICE OF THE PROVOST MARSHAL PUBLIC AFFAIRS

International parcel service companies cannot act as customs agents for U.S. forces personnel to clear their personal imports into Germany, say U.S. Army Europe Office of the Provost Marshal officials.

Members of the U.S. forces community in Germany must personally process a U.S. import certificate (AE Form 550-175A) with German customs agents or give another U.S. forces member power of attorney to do it for them.

Officials explained that this rule does not affect any packages sent to Germany through the Military Postal System, as these are completely tax and duty-free if they are for personal use.

"In the past, some parcel services have offered to process the AE Form 550-175A for U.S. ID card holders but this is not allowed under the Forces Customs Law (*Truppenzollgesetz*)," said Fred Evans, the USAREUR OPM's customs customer service chief.

The practical problem with the parcel services is that the packages they deliver arrive at different hubs around the country, he added. That could mean a long trip to a faraway airport to process necessary customs paperwork.

"Prior to shipment, contact the parcel delivery service and your local military customs office to coordinate customs clearance at the destination," Evans advised. "Under no circumstances should you allow the delivery service to effect customs clearance on your behalf, [or] you may be required to pay expensive import fees out of pocket."

U.S. personnel cannot request a refund of any taxes or duties a parcel service pays to German authorities on imported packages, customs officials said.

Military customs offices located in most Army garrisons and on Ramstein, Geilenkirchen and Spangdahlem air bases, can approve the import certificate. Evans said the buyer must be prepared to tell customs officials what the item is, its value and the name and address of the vendor, to have the form approved. Once the form is approved, a copy is presented to German customs authorities for release of the goods.

More information and assistance is available from local military customs offices and the USAREUR Customs Executive Agency website at www.hqusa-reur.army.mil/opm/gercustoms.htm.

Details on processing an import certificate can be found at www.hqusa-reur.army.mil/opm/Infosheet1-AEF550-175A.pdf.



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- ✦ Ask and answer questions
- ✦ Search for events
- ✦ Share photos and more!



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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

"Nice, cool day in Prague! A few rain drops."

— Chyla Willis, BWnow Facebook Fan

"Prague sounds lovely right about now. How's the shopping?"

— BWnow Administrator

"I only took photos in front of 'spendy' stores, but we found some neat souvenirs. We did a tour boat cruise

today, tomorrow is Old City Center and castle tour."

— Chyla Willis, BWnow Facebook Fan

"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 Aug. 26 ..."

— BWnow Administrator

"I'm confused. So is this site going down?"

— Ralph Sarmiento, BWnow Facebook Fan

"No sir. The Facebook site will remain :) The BWnow site at <http://mybwnow.ning.com/> will be discontinued Aug. 26 due to personnel and budget constraints."

— 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.

Final Organizational Day celebrates garrison history



Photos by Kierra Ho

Left, participants enjoy a catered lunch of barbecue and salads. Left, Command Sgt. Maj. Annette Weber and Deputy Garrison Commander Denise Miller share a moment of victory in the three-legged race. Above left, participants toss water balloons to their partners in a team building exercise during Organizational Day July 12 in Heidelberg.

By Kierra Ho
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS INTERN

U.S. Army Garrison Baden-Württemberg employees gathered for the last Organizational Day on July 12 to celebrate the lineage and birthday of the garrison at Patrick Henry Village Park in Heidelberg.

Garrison commander Col. Bryan DeCoster, Command Sgt. Maj. Annette Weber, Soldiers, local nationals, civilian employees and family members enjoyed a day of sport tournaments, food, music and games as they commemorated the history of USAG Baden-Württemberg for the last time before the garrison faces inactivation next year.

“Most people understand that over the course of this next year everything we do is really going to be the last one in Heidelberg, because next summer we will be inactivating the garrison and all that will remain here will be the closure team that really won’t be resourced to do events like this,” DeCoster said.

“We also want to make them the best since it’s our last year and really enjoy this last year here in Heidelberg,” DeCoster said.

When asked about how he enjoyed Organizational Day, Sgt. 1st Class Timothy Hedges from the garrison’s Directorate of Plans, Training, Mobilization and Security, said, “It’s been pretty good up until the weather hit us right now. We had a lot of fun. We played several different sports [and] different activities. We had a lot of good food.”

But aside from the celebration, a feeling of sadness was in the air. Steffanie Curren-Paoletti, a civilian employee at Family, Morale, Welfare and Recreation-Sports and Fitness, said, “[It’s] very sad, because I’ve been here in this community for about 23 years. I’ve been to many of these events and it’s sad to see the family break up.”

Jutta Summers, a local national employee at Army Community Service, echoed the sadness. “After 36 years, it’s very sad to close like this. I wish [the Americans] would stay much longer.”

The USAG BW garrison traces its roots back to the Vietnam War conflict, according to Leslie Green, Special Events Coordinator for the Community Recreational Division of Family and Morale, Welfare and Recreation.

“It actually started in 1969 as a 26th General Sup-

port Group in South Vietnam. It had the nickname ‘the Northernmost’ because it was the farthest unit north. Then we reorganized [it] in 1978 in Heidelberg as the 26th Support Group.” The garrison took up its current name, USAG BW, in 2008, Green said.

Organizational Day was also a time to thank garrison employees for their dedication to the organization. “It’s to give the garrison employees a break and appreciation for all the hard work they do to throw these types of events for everybody else. That’s the reason why we had a caterer so that our employees wouldn’t have to do any of the cooking and ... be the ones putting on our own events,” DeCoster said.

After lunch, DeCoster and Weber presented awards to Andrew Washington, Logistics Management Specialist at the European Regional Medical Command G4 Office, who received the Commander’s Award for Civilian Service, Charles Alfonso, former Director of DPTMS, who received the Superior Civilian Service award and Regina Hingtgen, Director of the garrison’s Public Affairs Office, who was awarded the Achievement Medal for Civilian Service.

Later, DeCoster and Weber used a saber to cut the garrison cake, and the afternoon contests began. Among the activities enjoyed were a water balloon toss, tug of war, horseshoes and three-legged race.

5th Signal Command launches mentorship program

By Kristopher Joseph
5TH SIGNAL COMMAND

WIESBADEN – Going from school to the workforce can be a challenging transition for many students, especially in the realm of Information Technology. Members of the 5th Signal Command have found a way to bridge that learning and experience gap by launching a new program called Cyber STEM Initiative – Europe.

STEM stands for Science, Technology, Engineering and Mathematics.

CSI-Europe is a mentorship program designed to give high school students in Europe the chance to intern with 5th Signal employees and work on real-world cyber missions and technologies.

“CSI-Europe involves 5th Signal Command partnering with local high schools to help focus on STEM which has been identified as a shortcoming in our schools. It aims to help our nation’s youth gain the skills required to succeed in today’s challenging world.

This includes the ability to think

critically, solve complex problems and drive advancements in STEM,” said Chief Warrant Officer 2 Daniel Crandall, program manager for CSI-Europe.

5th Signal is currently testing the program with recent high school graduate Jasmine Schulz who was part of a special technology program at Kaiserslautern High School.

“I’m gaining a lot of great experience with this program,” Schulz said. “To be able to work at 5th Signal Command and see how they manage such

a huge network is really eye-opening.”

Initially, CSI-Europe will mentor students at Wiesbaden High School as part of their Career Practicum Program. In the future, the intent is to expand to other communities throughout Europe.

Students or parents interested in getting involved with CSI-Europe should call their high school school counselor or Chief Warrant Officer 2 Daniel Crandall at DSN 337-8339, civ. 0611-705-8339 or email daniel.e.crandall.mil@mail.mil.

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. 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.

"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.

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.

NEW – Self - Help Store – The Mannheim Self - Help Store will close **July 27**.

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**.

NEW – Tax Relief Office – The Tax Relief Office on Sullivan Barracks is scheduled to close **July 30**. Please contact the office located on Patrick Henry Village for assistance after this date. PHV Bldg. 4507. 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.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 will be 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**.

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 Heidelberg Health Clinic will also have reduced hours Aug. 3 due to the Heidelberg Medical Department Activity deactivation ceremony that day on Nachrichten Kaserne.** The deactivation will not affect future 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.

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. DSN 370-9193, civ. 06221-57-9193.

Tompkins Strip Yard Closure. The Tompkins strip yard is closed. Vehicle donations will no longer be accepted at Tompkins Auto Crafts. All patrons must go to Spinelli Auto Skills in Mannheim to donate vehicles. Spinelli Barracks, Bldg. 1570. DSN 384-6023, civ. 0621-730-6023.

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Sgt. Michael J. MacLeod

Spc. Alexander Istenes, a truck driver with the 82nd Airborne Division's 1st Brigade Combat Team, tightens a chain holding military equipment on the truck of a local national during a logistics resupply convoy July 9, Ghazni Province, Afghanistan.



Sgt. Brett Miller

Members of the 817th Sapper Company arrive in Zodiac boats on the opposite side of the Pipestem Lake outside of Jamestown, N.D. This was part of the unit's first Sapper Stakes Competition, July 14.



Spc. Benjamin W. John

Spc. Carl Best puts on his Mission Oriented Protective Posture suit and mask, during drills at the Army Reserve Best Warrior Competition at Fort McCoy, Wis., July 16.



Tim Higgs

Soldiers from Installation Management Command leadership, including Commanding General Lt. Gen Mike Ferriter and Command Sgt. Maj. Earl Rice, visited World Class Athlete Program Olympians and staff members July 16 at Fort Carson, Colo.

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Lt. Col. Vladimir Skorostetskiy

U.S. and Serbian Soldiers convoy during training exercise Rapid Trident in Yavoriv, Ukraine, July 17.



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 For more information, visit ARMYOneSource.com, click on "Family Programs and Services" for the Surviving Families link.

GERMAN NEWS

Romney Merkel Meet Postponed

Germans hoping to see U.S. presidential candidate Mitt Romney on his European trip will be disappointed, as the Republican has canceled a Berlin visit amid fears of failing to draw the crowds that President Obama did four years ago. Romney's visit to Europe was going to include Berlin for a one-on-one meeting with Chancellor Angela Merkel. But that was before he found out that she would be on holiday and unavailable to meet, the Tagesspiegel newspaper said on Sunday. Instead, Romney will visit the United Kingdom, Israel and Poland. Romney's campaign team told the Tagesspiegel that he would meet Merkel at some point before the U.S. elections on Nov. 6.

Moody Threatens Credit Ratings

The eurozone crisis took a fresh turn for the worse Tuesday after ratings agency Moody's threatened to cut Germany's coveted top credit rating amid fears the bloc's difficulties could pull it apart. The shock decision to slash the outlook of Germany, Europe's top economy and paymaster, from "stable" to "negative" came as auditors arrived in debt-wracked Greece and Spain's top finance official headed to Berlin for talks. The news pushed Spain's borrowing costs above 7.5 percent – well above the seven-percent mark that forced others into bailouts – but European stocks rebounded slightly as positive Chinese data offset the Moody's bombshell. Moody's said its decision was based on "rising uncertainty regarding the outcome of the euro area debt crisis (and the) ... increased likelihood of Greece's exit from the euro area." Even if Greece manages to stay in the 17-member bloc, Moody's said there was "an increasing likelihood that greater collective support for other euro area sovereigns, most notably Spain and Italy, will be required." Policymakers raced to dismiss the action.

SOURCE: 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, follow her on Twitter @dearmsvicki, or visit www.dearmsvicki.com.

Dear Ms. Vicki:

A year and half ago I married the most wonderful army Soldier, we have known each other for 12 years, since middle school (actually he was my first boyfriend). Unfortunately we are facing a very difficult situation right now. I'm a Mexican citizen and we are in the process of applying for my green card.

I went to my interview a couple of weeks ago and they told me we have to apply for a waiver since I lived in the U.S. for 6 months, and all the people we know have told us

that it is better if we do this waiver with the help of a lawyer, but a lawyer is very expensive and we can't afford a lawyer right now. I was wondering if there is someone in the military that can help us with this?

I don't know if you are the right person to reach out to but I love to read your letters and the wonderful tips that you give to readers.

My husband and I are very depressed and stressed out about this. We love each other very much and it is very painful being apart from each other. He has been deployed four times.

Each day that passes I'm more depressed because I'm not able to hug him and help him to adapt again. I'm afraid that with all this stress he is facing, he is going to have some health problems.

We just want a normal life together. Please Ms. Vicki any information that you can give us will be very helpful. I don't know what to do now. Thank you for reading my letter.

Sincerely, Just want to be with my husband

Dear Wife,

Have you been to the legal office on base? They would definitely give you some advice. Also Army Community Service may be able to give you some information. There is also an international spouses group that will offer support and advice

about these issues too. Surely this situation is not uncommon.

Consult with the legal office on base, most base legal offices have appointments or walk-ins too. Let me know what you discover and I will do some research about your situation. I will let you know what information and resources I discover and send them to you in a subsequent email.

Keep in touch and let me know what information you glean. The information would be helpful to my other readers too. Take care, Ms. Vicki

Dear Ms. Vicki,

I'm writing to let you know that you save my marriage. Seriously ... my marriage was in big trouble and I was on my way out the door. I was truly tired of being an army wife because I didn't think my husband respected me and I still don't think wives get any respect from the army or anyone else for that matter.

I was tired and resentful for giving all that I had while my husband had a way of escape with his life as a Soldier. He was gone all of the time and I was left to hold the bag.

I started reading your column every week and I have learned so much from you. Believe it or not my husband started reading it too, even online. He has changed so much. Thank you Ms. Vicki and please keep up the good work. From: Charli

Family matters: Tackling obesity for security's sake

Public officials worry rapidly rising rates of obesity decreasing military readiness

By Lisa Daniel

AMERICAN FORCES PRESS SERVICE

WASHINGTON – It's not often there is a national call to action over a matter of national security, but that is what's happening concerning America's obesity problem. Luckily, there are no shortages of resources to help families and service members to their part in addressing it.

Concerns about the quick rise in obesity – some call it an epidemic and its potential to harm military readiness are not new.

Ever since 100 retired generals and admirals formed the nonprofit organization "Mission: Readiness" and released its landmark 2010 report "Too Fat to Fight," to convince Congress to mandate healthy school lunches, federal officials, at least, have known of the military imperative to reverse the unhealthy trend.

The report included the services' assessment that 75 percent of the nation's 17 to 24-year-olds do not qualify for military service – mostly due to obesity.

Those concerns were reiterated last month when the Bipartisan Policy Center released its report, "Lots to Lose," which showed alarming trends not only in recruiting, but also in retention due to weight problems.

The report notes that nutrition concerns for service members and recruits factored into President Harry S. Truman's decision to mandate the federal school lunch program. The focus then, however, was vitamin deficiencies.

In the past two years, the movement has changed from alarm bells to action as public officials, including Defense Department leaders, carry the issue from Washington to cities, towns and military installations across the country.

Last week, First Lady Michelle Obama took her "Let's Move" campaign to Philadelphia to announce locally-based public-private initiatives that include things like closing a city street to traffic to make a "safe play" place, challenging residents to a city-wide diet, bringing farmers' markets to low-income areas and holding information campaigns about the nutri-

tional content of foods.

DOD has made similar changes, requiring all of its schools and day care centers to give children meals emphasizing fruits and vegetables, restrict TV and computer time, ensure daily exercise and ban sweetened drinks.

Charles E. Milam, principal deputy assistant secretary for military community and family programs, met with military food and beverage workers for their annual workshop and directed that they ensure that dining facilities and other installation eateries give healthy choices that fit into today's fast-paced culture.

In promoting Let's Move, the first lady often talks about changing American culture toward healthier living. That's where families come in.

As I talk to military spouses and other parents, most agree that one of our toughest challenges is in challenging the idea that "kid-friendly" cuisine is limited to pizza, fries and chicken nuggets.

Changing the culture will mean cutting back on the all-too-easy and inexpensive drive-through meals. It will

mean cooking healthy and encouraging kids to try new things – even when your child's friends are over.

Changing the culture means challenging the notion that kids need snacks for every event – soccer, scouts, etc. – even when the event only lasts an hour. It means asking teachers to discourage parents from bringing cupcakes in the classroom for every birthday, especially when there are 30 kids in a class.

I've had to do all these things in the year and half since my daughter was diagnosed with Type 1 diabetes. It's not easy to make these kinds of changes that affect the whole family, but it can be done.

The cultural change Mrs. Obama speaks of will mean they [families and service members] have the information they need and the support of family and friends.

Military OneSource offers free nutrition and fitness training to service members and their families.

For additional resources visit the U.S. Department of Agriculture's website www.choosemyplate.gov/.

GET OUT!

area events

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

July 26

Theater Festival – The city of Ludwigshafen will host a street theater festival featuring more than 20 theatrical groups performing a variety of street theater productions. Festival runs through July 28 on the Rathausplatz.

Jazz Week – The wineries of Oestrich-Winkel (between Wiesbaden and Rüdesheim on the Rhein river) open their doors to jazz lovers through July 29. Concerts start at 8 p.m. every night (noon and 6 p.m. on Sundays) with local wines and food for sale. Tickets are €10 at the door. www.jazzclub-rheingau.de, www.buzzoffbase.com.

Fashion and Music Festival – The city of Metzingen hosts the Fashion and Music Festival. Enjoy entertainment, live music, fashion shows and workshops. Free entry. Outlet City Metzingen, 72555. www.fashion-music.net.

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. Savor the spirit of Heidelberg during this annual event. For details visit www.theaterheidelberg.de/festivals/festival/3.

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.

July 28

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 2

Stuttgarter Sommerfest – Experience one of Germany's most popular summer festivals, the Stuttgarter Sommerfest. Festival spans from Schlossplatz and the Neues Schloss to the State Opera and features 33 live bands, seafood, summer cocktails and Swabian food. 11 a.m. - midnight Aug. 2, 11 a.m. - 2 a.m. Aug. 3-4 and 11 a.m. - 11 p.m. Aug. 5. www.buzzoffbase.com.

sommerfest-stuttgart.de.

August 3

German-American Volksfest – Celebrate the German-American Volksfest in Grafenwöhr through Aug. 5 at Camp Kasserine. Fest offers amusement park style rides and more than 100 booths selling souvenirs, gifts and international foods ranging from barbecue and ice cream to nachos, tacos, burgers and steaks. The volksfest can only be accessed via Gate 6 and exited from Gate 4 near Tanzfleck. Parking is available on-base and in the city of Grafenwöhr. Free shuttle takes visitors from the city's parking lots to the festival and back every 15 - 30 minutes. Festival goers must carry ID to access the grounds. [www.volksfest-grafenwoehr.com](http://volksfest-grafenwoehr.com).

Berlin Beer Festival – The Berlin Beer Festival features one of the largest beer gardens in the world, measuring one mile long. Sample more than 2,000 types of beer from more than 300 breweries around the world. Festival fun begins at noon at the Karl-Marx-Allee and runs through Aug. 5. **Sickingen Market** – Shop and sightsee at the Sickingen market on the Lothar Snader Square in Landstuhl through Aug. 6. Enjoy fireworks at the Nanstein Castle Aug. 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. The Mainfest takes place along the banks of the river Main and visitors can enjoy games, rides, food and fireworks through Aug. 6. www.frankfurt-tourismus.de.

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 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 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 – 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.

August 23

Wine Festival – The 80th annual Mainz Wine Festival takes place in the Mainz Municipal Park and rose garden. www.mainz.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. Visit www.frankfurter-hof-mainz.de for tickets and information on concerts.

August 25

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

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.

Upcoming concerts

Kool and the Gang – See Rhythm and Blues band Kool and the Gang, 8 p.m. July 27 at the Rhein Main Halle in Wiesbaden.

coming to THEATERS

THE DARK KNIGHT RISES

(Christian Bale, Michael Caine) Eight years after Batman took the fall for Two Face's crimes, a new terrorist leader, Bane, overwhelms Gotham's finest and the Dark Knight resurfaces to protect a city that has branded him an enemy. This latest installment is the epic conclusion to filmmaker Christopher Nolan's Batman trilogy (rated PG-13 for intense sequences of violence and action, some sensuality and language) 165 minutes.



BATTLESHIP

(Rihanna) The battle for Earth begins at sea. An epic-scale action-adventure that unfolds across the seas, in the skies and over land as our planet fights for survival against a superior force. (PG-13 for intense sequences of violence, action and destruction and for language) 131 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

July 26 - MARVEL'S THE AVENGERS (PG-13) 7 p.m.
 July 27 - THE DARK KNIGHT RISES (PG-13) 7 p.m., 10:30 p.m.
 July 28 - BATTLESHIP (PG-13) 4 p.m.; THE DARK KNIGHT RISES (PG-13) 7 p.m.; THE DICTATOR (R) 10:30 p.m.
 July 29 - THE DARK KNIGHT RISES (PG-13) 4 p.m., 7:30 p.m.
 July 30 - THE DARK KNIGHT RISES (PG-13) 7 p.m.
 July 31 - CHERNOBYL DIARIES (R) 7 p.m.
 Aug. 2 - THE DARK KNIGHT RISES (PG-13) 7 p.m.
 Aug. 2 - BATTLESHIP (PG-13) 7 p.m.

Vogelweh, Galaxy

July 27 - ICE AGE: CONTINENTAL DRIFT (PG) 4 p.m.; MARVEL'S THE AVENGERS (PG-13) 7 p.m.
 July 28 - A THOUSAND WORDS (PG-13) 4 p.m.; WHAT TO EXPECT WHEN EXPECTING (PG-13) 7 p.m.
 July 29 - THE PIRATES! BAND OF MISFITS (PG) 4 p.m.; THE LUCKY ONE (PG-13) 7 p.m.

Ramstein, Gateway Cineplex

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 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 27 - THE DARK KNIGHT RISES (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:30 p.m.; BATTLESHIP (PG-13) 11:30 a.m., 2:30 p.m.; THE DICTATOR (R) 11:15 a.m., 4 p.m.; CHERNOBYL DIARIES (R) 1:30 p.m.
 July 28 - THE DARK KNIGHT RISES (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:30 p.m.; BATTLESHIP (PG-13) 11:30 p.m., 2:30 p.m.; DICTATOR (R) 1:30 p.m.; CHERNOBYL DIARIES (R) 11:15 a.m., 4 p.m.
 July 29 - THE DARK KNIGHT RISES (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:30 p.m.; BATTLESHIP (PG-13) 11:30 a.m., 2:30 p.m.; THE DICTATOR (R) 1:30 p.m., 6:00 p.m.; CHERNOBYL DIARIES (R) 11:15 a.m., 3:45 p.m.
 July 30 - THE DARK KNIGHT RISES (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:30 p.m.; BATTLESHIP (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE DICTATOR (R) 1:30 p.m., 6 p.m.; CHERNOBYL DIARIES (R) 11:15 a.m., 3:45 p.m.
 July 31 - THE DARK KNIGHT RISES (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:30 p.m.; BATTLESHIP (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE DICTATOR (R) 1:30 p.m., 6 p.m.; CHERNOBYL DIARIES (R) 11:15 a.m., 3:45 p.m.
 Aug. 1 - THE DARK KNIGHT RISES (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:30 p.m.; BATTLESHIP (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE DICTATOR (R) 1:30 p.m., 6 p.m.; CHERNOBYL DIARIES (R) 11:15 a.m., 3:45 p.m.
 Aug. 2 - THE DARK KNIGHT RISES (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:30 p.m.; BATTLESHIP (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE DICTATOR (R) 1:30 p.m., 6 p.m.; CHERNOBYL DIARIES (R) 11:15 a.m., 3:45 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), Cinemax (M7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

July 26-Aug. 1 - THE DARK KNIGHT RISES (PG-13) 4:30 p.m., 8:30 p.m. at Cineplex
 July 27, 28 - THE AMAZING SPIDERMAN (PG-13) 10:15 p.m. at Cineplex
 Aug. 1 - TED (R) 8 p.m. at CinemaxX

community HIGHLIGHTS

NATO Brigade Change of Command

Col. BJ Constantine Jr. will relinquish command of the U.S. Army NATO Brigade to Col. Robert S. Larsen and Command Sgt. Maj. Mark K. Schindler will relinquish responsibility to Command Sgt. Maj. Joanne M. Cox 5 p.m. July 26 at Scholsgarten Mittelbau in Schwetzingen. Ceremony is by invitation only. DSN 496-5302, civ. 06302-67-5302.

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 to pre-register online and view list of exhibitors.

Best Warrior Competition

Top Soldiers and Non-Commissioned Officers from units across U.S. Army Europe will vie for the honor of being named as USAREUR's Best Warrior and Best NCO Warrior for 2012 in Grafenwohr July 29-Aug. 2. USAREUR's winning pair will go on to compete for honors at the Department of the Army level. Visit USAREUR's Best Junior Officer Competition web page for updates, pictures and videos from the competition at www.eur.army.mil/bestwarrior/.

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. Event sponsored by the Patrick Henry Village Chapel in conjunction with its annual Vacation Bible School July 30-Aug. 3. Free community event open to all ID card holders. DSN 388-9408.

Health Clinic Hours

The Heidelberg Health Clinic will operate under reduced hours Aug. 3 due to 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.

local EMPLOYMENT

Shop Assistant

Positions open for a shop assistant at the alteration shop on Kleber Kaserne in Kaiserslautern. Training provided. Civ. 0981-3575378 or 0152-01823885.

Fitness Instructors

Heidelberg Sports and Fitness is looking for certified aerobics instructors and a massage therapist. Contracted position. Call Campbell Fitness Center civ. 06221-57-7506 or 6489.

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

♦ **Support Group** – Learn more about Attention Deficit Hyperactivity Disorder during an Army Community Service Exceptional Family Member Program meeting 6-7:30 p.m. July 31, Yellow Ribbon Room, Pulaski Barracks. This meeting will facilitate discussion between families, special education personnel and EFMP staff pertaining to the services and resources available to support children diagnosed with ADHD. Reservations: civ. 0631-3406-4094.

♦ **Hello America** – Free class 10 a.m. Aug. 2, Yellow Ribbon Room, Bldg. 2926, Pulaski Barracks is for spouses and family members who have never been to the USA. Enjoy fun facts and learn about the customs, courtesies and traditions of Americans. Registration: DSN 493-4203, civ. 0631-3406-4203.

♦ **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.

♦ **Teen Money** – Teens can learn how to begin making wise financial decisions at a young age. Army Community Service Financial Readiness Office offers a free Teen Money seminar 11:30 a.m. Aug. 7 in the special events room in the KMC Mall Food Court. Registration: civ. 0631-3406-4015.

♦ **Love Languages** – Explore the five Love Languages in this brand new class offered through Family Advocacy. Learn how to reconnect and communicate effectively with your loved one. Class offered 6-8 p.m. Aug. 14 and 21, Bldg. 2917, Pulaski Barracks. Registration: civ. 0631-3406-4203.

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.

♦ **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 be-

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** – Army Outdoor Recreation travels to 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. 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. Call Outdoor Recreation, Pulaski Barracks, Bldg. 2905, DSN 493-4117, civ. 0631-3406-4117, www.mwrgermany.com.

♦ **Job Fair** – Family, Morale, Welfare and Recreation will host a Non-appropriated Funds job fair 10 a.m.-2 p.m. Aug. 7 at Armstrong's Club. Attendees should bring resume, valid passport, valid Social Security Card, transcripts, DD 214, and current 3434 or SF-50. Armstrong's Club, Bldg. 1036, Vogelweh Housing. Call civ. 0631-3406-4009.

♦ **Citizenship** – Representatives from the United States Citizenship and Immigration Services office in Frankfurt will conduct an Outreach at Sembach Kaserne 9-11:30 a.m. and 12:30-2 p.m. Aug. 7. Bldg 151, Room 236. USCIS will be accepting Immigration petitions (I-130) and will answer questions on Naturalization. DSN 483-8892.

♦ **EFMP Summer Camp** – Children ages 6-12 enrolled in the Exceptional Family Member Program can enjoy a free week-long day camp, Aug 20-24, 9 a.m.-4 p.m. Campers meet at Pulaski Park and then go on to explore local attractions such as the Zoo, Dinosaur Park, Bowling Center and so much more. For more information on enrollment, call DSN 493-4094 or Civ. 0631-3406-4094.

♦ **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 be-

fore 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.

HEIDELBERG Education

♦ **ACS Classes** – 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 two German 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 is full for the level 1 classes. 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 or visit www.europa.ctcd.edu.

Community

♦ **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 Berghheimer 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.

♦ **B.O.S.S. Trip** – Better Opportunities for Single Servicemembers hosts an

Intermediate Rafting and Canyoning trip July 27-30. DSN 373-5275, civ. 06221-17-5275.

♦ **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.

♦ **ACS Outing** – Army Community Service will host a trip to the Heidelberg Zoo 10 a.m.-3 p.m. Aug. 4. Group will meet at ACS, Community Support Center, Bldg. 3850 and take public transportation.

♦ **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.

♦ **Salsa Dancing** – Every Saturday, 5-7 p.m. Learn basic steps of Salsa, Merengue, Bachata, Cumbia, Rumba and Guaguano. Fee \$20, ages 16 years and older. Bldg. 4507, Patrick Henry Village, DSN 388-9418, civ. 06221-338-9418.

♦ **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.

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 (Mannheim) 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 is scheduled to close July 30. All services will be transferred to the Heidelberg VAT office on PHV. DSN 382-4410, civ. 0621-779-4410.

Adaptive sports event builds partnership



By Sgt. Brian Rodan
5TH SIGNAL COMMAND

WIESBADEN – Soldiers from 5th Signal Command and U.S. Army Garrison Wiesbaden hosted a sport's event at the Clay Kaserne Gym July 6 in support of Wounded Warriors from Wiesbaden, Kaiserslautern, Baumholder and Heidelberg Warrior Transition Units.

During the event warriors participated in adaptive sports such as wheelchair basketball and seated volleyball and there was no shortage of participants willing to hit the court for some friendly competition.

"The event built a partnership with the Warrior Transition Battalion-Europe," said Sgt. 1st Class James W. Bonner, 5th Signal Command Equal Opportunity Advisor. "I think one of the biggest benefits of hosting this multi-community event was bringing an entire region of Warrior Transition Unit Warriors together to showcase their skills in adaptive sports and give the community the opportunity to support, interact, and participate with their Warriors," he said.

"I would first like to thank the Warrior Transition Battalion-Europe Warriors for a great experience. Mr. Paddock, Ms. Hall, and Sgt. 1st Class Morales ... without them this event would not have been possible," he added.

Bonner helped to organize the event in conjunction with members of the USAG -Wiesbaden garrison and the American Red Cross.

After the competition, the Soldiers gathered together for a barbecue.



Members of the Warrior Transition Unit-Europe play wheelchair basketball at the Wiesbaden Fitness Center July 6.
Wendy Brown

U.S. Forces Europe Tennis Championships



Tennis players serve it up during the U.S. Forces Europe Tennis Championships held at Patrick Henry Village in Heidelberg July 20-21.
FMWR

U.S. Forces Europe Tennis Championships Results

Women Open

Alison Spain (Ramstein) defeated Catherine Thomson (Heidelberg) 6-0 and 6-1

Men Open

Brett Freedman (Ramstein) defeated Mateo Sanchez (Heidelberg) 6-2 and 6-0

Men Masters

Kirk Madgic (Vicenza, Italy) defeated Marc Goulet (Kaiserslautern) 6-0 and 9-7

staying ACTIVE

Heidelberg Open

The 2012 Heidelberg Open golf tournament is scheduled for July 27-29 in Oftersheim. Details at 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.

Coca-Cola Street Run

Runners can take part in the 10K Coca-Cola street run in Kaiserslautern-Einsiedlerhof 9 a.m. July 29. Runners will meet at the Coca-Cola company 7 a.m. Youth 5K starts at 9:05 a.m.

Youth Tennis Camp

9:30 a.m.-12:30 p.m. July 30-Aug. 3. Ages 6 - 18 years, \$250 per person (10% discount for each additional person) DSN: 388-9037, civ. 0176-2456-8225.

Unit Level Flag Football

Sign up by Aug. 8 for unit level flag football at Rhine Ordnance Barracks Fitness Center in Kaiserslautern. Coaches meeting 6 p.m. on Aug. 8. Contact DSN 493-2086, civ. 0631-3406-3086. www.mwrgermany.com.

Flag Football Officials Clinic

Heidelberg Sports and Fitness is sponsoring 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.mwrgermany.com.

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.

Fitness Instructors Needed

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

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 or usarmy.badenwur.usag.mbx.post-newspaper@mail.mil.

Mannheim officials tour closing installations

City planners eye possible projects as military vacates properties

By Margaret Clevenger

USAG BADEN-WÜRTTEMBERG SUMMER HIRE

The complete closure of the Mannheim garrison is steadily approaching and to prepare for the installation's conversion, a tour bus of about 50 German city planners, architects and school council representatives were invited to view several facilities located on Funari Barracks and Benjamin Franklin Village Thursday.

The tour was of special interest to several of the city planners in attendance. The planners are responsible for designing the layout of cities. The alignment and positioning of buildings and even road traffic are some of their main concerns. Some of the planners that attended the tour work for the city of Mannheim, while others work for private companies.

"We know the problems, we know what has to be done, but we don't know the end," said Thomas Hesse, Chief of the Administrative Division, Federal Agency for Real Estate Management Freiburg Branch Office, regarding the conversion of the Mannheim military facilities to German civilian facilities. The main problem includes gaining access to the buildings. The German government has a lot of regulations and the process of granting German companies and individuals access to the land can be timely.

Although there is no definite answer as to what will become of the abandoned buildings, there are ideas.

Christopher Auer, a staff member of Hesse's Administrative Division, explained that it makes sense to use the school in the future, but standards are different.

For example, Germans do not usually have tile on the walls of their school like in the Mannheim Elementary School. Hesse also added that because the elementary school is not directly on a main road, it



Mannheim garrison tour attendees fill the pews of the Benjamin Franklin Village Chapel to listen to a briefing from military chaplains (Maj.) Richard Graves and (Lt. Col.) Robert Lyons (not pictured). The chapel was one of several facilities attendees were able to visit during their tour of BFV and Sullivan Barracks July 19.

may be problematic for the pickup and drop-off of students, if it is used as a school.

"When I look at my experiences with so called 'conversion' concerning Canadian and French forces in other places in Germany, it can take a very long time ... 5 years plus or minus" Hesse said. "That's just the time it can take for the process to get started."

The city planners must determine which buildings can be used in the future in original condition, which ones need to be torn down and which ones can be used after renovation, according to Hesse.

Spinelli barracks, the last remaining facility in Mannheim is slated to close in March 2015 and be returned to German authorities in June 2015.

The attendees also saw the inside of the Mannheim elementary school and middle school, teen center, child care center, sports arena, clinic, chapel, Top Hat Club, two BFV apartments and two houses on Grant Circle.

The tour bus drove through BFV-South so that the city planners could see the high school, apartment buildings and Post Exchange area.

DENTAL

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commander of HDENTAC, during a relinquishment and deactivation ceremony on the Nachrichten Kaserne Parade Field 11 a.m. Aug. 3. The alternate location for the ceremony is the Wilson Theater.

HDENTAC origins can be traced back to the 130th Station Hospital in Rohrbach (Heidelberg), on Nachrichten Kaserne in July 1945.

Shortly afterwards, in November 1946, the 130th opened a small dental clinic which later became the hub for all U.S. Army Dental Care from Karlsruhe to Worms.

By 1983, the 130th Station Hospital Dental Clinic had transformed into the HDENTAC, responsible for the command and control of eight dental clinics dispersed across Heidelberg, Gernersheim, Karlsruhe, Schwetzingen, Mannheim and Worms.

During this time, the HDENTAC was one of 11 dental activity com-

mands providing dental care in 87 dental clinics spread throughout five European countries.

In December 1992, dental assets in Europe were identified for mandatory reductions under the Conventional Forces Europe Treaty.

By 1995, only three Dental Activity Commands remained - Heidelberg, Landstuhl and Würzburg.

In 2008, the Würzburg DENTAC moved to Vilseck and was renamed the Bavaria DENTAC.

After Aug. 3, dental care in Europe will remain under the command and control of the Europe Regional Dental Command and its two Dental Activity Commands; Landstuhl and Bavaria. The units will still continue to provide dental care in 20 dental clinics spread throughout three European countries.

Both the Heidelberg Dental Clinic Command and the Stuttgart Dental Clinic Command will fall under the Landstuhl Dental Activity.

SUICIDE

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Soldiers and DA civilians attending will meet the annual suicide prevention mandatory training requirement.

"We are very excited to bring Mr. Roever to our community," said Velez. "His message laced with humor and passion is of hope, coping mechanisms and resilience, with an advocacy for seeking help and healing."

Suicide is the second leading cause of death for Soldiers, with the summer months yielding the highest numbers of attempts and completions, added Velez.

Roever was a river boat gunner with the elite Brown Water Black Berets when he was injured. He regularly addresses troops around the globe, including trips to Afghanistan, Iraq, Kuwait, Oman, Qatar and Saudi Arabia.

Dave Roever Schedule Mannheim - Heidelberg July 31

9:30 - 10:30 a.m. Mannheim Confinement Facility (Coleman Barracks)

11:30 a.m. - 12:30 p.m. Wilson Theater (Nachrichten Kaserne in Heidelberg)

2 - 3 p.m. Patrick Henry Village Movie Theater (Heidelberg)

Baumholder and Kaiserslautern Aug. 1

10 - 11 a.m. Wagon Wheel Theater (Baumholder)

2:30 - 3:30 p.m. Rhine Ordnance Barracks Bldg. 237 (Kaiserslautern)