

HeraldPOST

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

HP THURSDAY
June 28, 2012

Speed Read

INDEPENDENCE DAY

Army leaders reflect on what America's birthday means to them and community members gear up for local festivities. 2

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Defense Details

PARALYMPIC WARRIORS

Defense Secretary Leon E. Panetta led a Pentagon celebration for wounded warriors who competed in Paralympic sports during the 2012 Warrior Games Monday. "It is, for me, a real pleasure to have the opportunity to be with you today, and to especially be with our warrior athletes and their families," Panetta said. "It's an honor for me to be able to celebrate the remarkable achievements that all of you have done, [and] your resilience." Panetta was joined by Gen. Ray Odierno, Army chief of staff and Charlie Huebner, chief of Paralympics for the U.S. Olympic Committee. "It's an important day for all of us," Odierno said. "We recognize incredibly inspirational and motivated young men and women." The Army chief noted that 50 world-class athletes representing the Army, Air Force, Navy and Marine Corps, as well as U.S. Special Operations Command and the Coast Guard, were on hand for the ceremony to represent the 220 participants in the Warrior Games, held in Colorado Springs, Colo., April 30 - May 5. The Marines, Odierno said, won the coveted Chairman's Cup with a total of 89 medals.

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Alcohol rations reduced

IMCOM-Europe

After a legal review and approval by U.S. Customs officials, the total number of liters of alcohol that can be purchased per person per month by U.S. Forces in some European counties has been reduced from 6.5 liters to 6 liters.

Additionally, liqueurs with more than 33 percent alcohol by volume are now rationed along with distilled spirits (liquors).

Five or more miniature bottles (.05 liters) purchased together are now also rationed.

These changes are effective immediately and affect Germany, Greece, the Netherlands, Spain and Turkey.

U.S. Forces Ration Card, AE Form 600-702C, has been revised, and ration card holders will be issued the new ration card when their old one expires.

Prevention experts battle against whispers, taboos

By Mark Heeter

USAG KAISERSLAUTERN PUBLIC AFFAIRS

"Do you need this card?" she asked in a barely audible voice.

"It should be normal," Lisa Velez said, when discussing the oft-perceived taboo topic of suicide and the Army's Ask, Care, Escort card. "Let's step away from whispering and have a genuine conversation."

Velez, the U.S. Army Garrison Kaiserslautern suicide prevention program manager, noted that the time for a "genuine conversation" about suicide is now - at the outset of the summer months, which are notoriously the peak season for suicide attempts.

"We want to be proactive, and not reactive," she said. "We want to look at what those risk factors are and address those."

To keep an active conversation afloat, Soldiers with the U.S. Army Garrison Kaiserslautern Better Opportunities for Single Soldiers program handed out crisis-hotline cards at entrance gates on garrison installations June 22.

"It's about promoting those things that are going to help you take care of yourself," Velez said of the push for suicide prevention awareness and the cards, which contained the overseas military crisis hotline, at civ. 00800-1273-8255.

She calls it a mission of one.

see **TABOO** page 14

Mission Accomplished



Staff Sgt. Michael Taylor

Soldiers representing eight nations stand in formation for the Tapa Estonia closing ceremony for Saber Strike 2012 June 22. Saber Strike 2012 is a multinational, tactical field training exercise led by U.S. Army Europe. It is designed to enhance joint and combined interoperability between the U.S. Army and partner nations and help prepare participants to operate successfully in a joint, multinational, interagency and integrated environment.

Saber Strike exercise wraps up

By Capt. Greg Jones

21ST THEATER SUSTAINMENT COMMAND PUBLIC AFFAIRS

ESTONIA, Tapa - After two weeks of intense training, about 2000 troops from eight nations began to pack up and head home from five locations spread across Estonia and Latvia as exercise Saber Strike 2012 came to an official close following ceremonies in Tapa, Estonia, and Adazi, Latvia.

Many troops will leave after making new friends, learning new techniques and developing the confidence that they will be able to better operate together in upcoming deployments to Afghanistan.

"Saber strike 2012 has been a tremendous success strategically, operationally and tactically," said Brig. Gen. Mark Hendrix, deputy commanding general of the US Army's 21st Theater Sustainment Command, and acting exercise co-director, during closing comments at Adazi, Latvia. "We have improved our interoperability, refined our tactics techniques and procedures, and

most of all, prepared those of you who will soon go into harm's way."

Saber Strike 2012 is a multinational, tactical field training exercise that involves personnel from the U.S. Army's 2nd Cavalry Regiment, Pennsylvania National Guard, 21st Theater Sustainment Command, the 4th U.S. Marine Division, the 127th Wing of the Michigan Air National Guard, Estonian, Latvian, and Lithuanian armed forces, with contingents from Canada, Finland, France and the United Kingdom.

The exercise, led by U.S. Army Europe, is designed to enhance joint and combined interoperability between the U.S. Army and partner nations, and will help prepare participants to operate successfully in a joint, multinational, interagency, integrated environment.

The exercise began with STX lanes in Adazi that included six tasks commonly performed by units serving in Afghanistan; convoy operations, urban patrolling, base defense, cordon and search, Counter-Improvised

see **WRAP** page 14

COMMAND MESSAGE

Happy Independence Day

By Lt. Gen. Mark P. Hertling
USAREUR COMMANDER

The 4th of July is one of my favorite holidays.

It's a celebration of our nation's remarkable history and a celebration of our friends, neighbors and community.

In the United States, families and friends will gather for neighborhood block parties and hometown fireworks.

While here in U.S. Army Europe, we have the unique opportunity to join our host-nation partners, share in festivities with our community and demonstrate the pride and patriotism we have for our great nation and our Army.

These holiday celebrations remind us that our Army communities - our families - are the foundation of our success.

As we highlight in USAREUR's Campaign Plan, we take care of our people as they arrive and when they leave, we provide healthy working environments, support services and facilities while ensuring we meet or exceed standards.

During our nation's birthday, I'm reminded of two Army values that epitomize our special Army community: loyalty and respect.

Throughout USAREUR, there

are thousands of stories of Soldiers, families, and civilians, living those values as they come together and help each other out.

Whether it's being there to pick up a new family at the airport on their arrival in country or going above and beyond in caring for a Soldier during deployment, our loyalty to one another is unmatched.

We also can't forget the host nation communities who take care of us when we deploy and provide opportunities for every member of the USAREUR family to grow and broaden their cultural experiences.

A few weeks ago, we celebrated the 70th Birthday of USAREUR and the official naming of our new headquarters, "The Shali Center," at Wiesbaden's Clay Kaserne.

As we unveiled our new command center and ushered in the next era of U.S. Army Europe, we again realized that trust cannot be built overnight and that is one of the reasons we remain here. The respect that we have for our host nations will only continue to grow, and our past experiences together will never be forgotten.

Have a terrific Independence Day, relish in being an American and adhering to our Army's values, and enjoy a safe holiday.

Strong Soldiers, strong teams!



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<http://myBWnow.ning.com>

DISCUSSION BOARD

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

"It's the first day of summer! What are your plans for the next few months?"

— BWnow Administrator

"Just working on that now :) Normandy in July and whirlwind trip in August to Gruyeres and Broc for chocolate and cheese factories, Geneva to show my kids where I grew up, Chamonix, France and

Courmayeur, Italy to explore the Mont Blanc area. Up and over the Grand St. Bernard Pass, through my old ski area, Chateau de Chillon in Switz at the end of Lake Geneva, Basel and then home :)"

— Christina Hoffer Melott, BWnow Facebook Fan

"I just arrived in America this past Monday. Here for three weeks. Family reunion (Clemson, S.C.), drive to

Cleveland to spend time with my mom for her 80th birthday and finally hop back to Germany as fast as I can and travel to all the little and big towns in Europe..."

— Tina Sanders, BWnow Facebook Fan

"PCSing."

— Kim Kravitz, BWnow Facebook Fan

4th of July Event Schedule 2012

Heidelberg Community Celebration

4 p.m. - dusk July 4 Patrick Henry Village Park

Food, games, music, dunking booth, U.S. Army Europe Chorus, rides, salute to the fifty states and fireworks

Event open to all ID cardholders and visitors

All visitors must sign in

Kaiserslautern Community Celebration

"The Rockin' 4th" 2 p.m. - midnight July 4
Enlisted Club grounds on Ramstein Air Base

Carnival rides, food, prizes, games and fireworks

Limited parking and free shuttle service to and from event site (pick up at Armstrongs Community Club starting at 1:30 p.m.)

Alcohol (personal containers), coolers, glass or pets are not allowed

All visitors must sign in at West Gate



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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.

Transportation Soldiers reflect on role in annual exercise

Team continues to tackle real-world logistical mission as Saber Strike concludes

By 2nd Lt. Chaz Deering
39TH TRANS. BN. PUBLIC AFFAIRS

RIGA, Latvia - The 39th Transportation Battalion, 16th Sustainment Brigade, took the lead controlling movements in northern Europe for the joint multinational training exercise Saber Strike 2012 June 11-22.

The battalion sent the 635th Movement Control Team to facilitate the sequential movements of personnel and equipment from various locations in Europe and the U.S. to exercise locations in Latvia and Estonia. The U.S. Army Europe-led exercise, intended to enhance joint and combined interoperability between the U.S. Army and partner nations, required extensive logistical planning, since the movements consisted of a range of multi-modal travel including rail, air, surface and sea.

Originating from two separate ferries in Germany, the training exercise equipment was loaded onto two trains and sent to Latvia. Once there, the 635th MCT ensured it was downloaded swiftly and carefully.

"Given the high cost of flying containers and vehicles, a large majority of the exercise equipment came by train. Coordinating the rail operations was certainly interesting. We worked alongside local national contractors, German customs officers, the Latvian

Army movement control team, and Soldiers from the units sending equipment. Overall it has been a great experience," said Capt. Stuart Coleman, the 635th MCT commander.

Even though most of the equipment arrived via rail, a small fleet of Stryker armored combat vehicles from the Pennsylvania National Guard were transported by plane to the Riga International Airport. The Stryker's arrival attracted a mass of civilian spectators who rarely get to see a C-5 land at the airport. The perimeter of the airport fence was lined with civilians and vehicles, some even standing on their vehicle to videotape the download of equipment.

"The gathering was almost like a show. I've never seen so much excitement over a flight that was not coming back from a deployment," said Staff Sgt. Angela Palmer, a squad leader with the 635th MCT.

Saber Strike is a training exercise for most units on the ground, but for the 635th MCT it is a real-world mission. "This isn't practice for us. There is no room for error, and we are expected to execute the movements without deficiencies," said Spc. Arron Gilbert, a 635th MCT movement specialist. By the time the last movement has arrived, most units breathe a sigh of relief, but for the MCT, this is just the beginning.

"No one sleeps until every person, container and vehicle arrives at its home station," Gilbert said.



Courtesy Photo
Sgt. Joshua Genzer (left), a heavy wheeled vehicle operator and Sgt. Robert Brady, a movements noncommissioned officer, both with the 635th Movement Control Team, document cargo from railcars to assist with the re-deployment and loading of the train June 15, following Saber Strike 2012.

Landstuhl eye specialists help troops maintain vision

By Sgt. Tina Villalobos
LANDSTUHL REGIONAL MEDICAL CENTER

People who do not require vision correction rarely experience the inconvenience of diminished sight, except, perhaps, when having their eyes dilated during an examination.

The immediate and disorienting effect of diminished vision makes us recognize the importance of our eyesight.

According to the Center for Disease Control, vision loss is common in adults and prevalence increases with advancing age. Approximately 13 percent of individuals 65 or older and 28 percent of those over 85 report some degree of visual impairment.

In children, refractive errors are the most common vision disorders, occurring in 20 percent by age 16. More than 90 percent of older people require the use of corrective lenses at some time. Visual disorders in older adults frequently lead to trauma from falls, automobile crashes and other types of unintentional injuries. Many adults are unaware of decreases in their visual acuity, and up to 25 percent may have incorrect corrective lens prescriptions.

While the difference between ophthalmology and optometry is blurred for most of us, Col. (Dr.) Richard H. Birdsong, Chief of Ophthalmology Service at Landstuhl Regional Medical Center, brings it into focus.

Ophthalmologists are physicians who, after college, complete medical



Sgt. Tina Villalobos
Dr. Eilene Eugenia (left) and Col. (Dr.) Richard Birdsong perform a medial rectus resection, a type of surgery on the extraocular muscles to correct the misalignment of the eyes. Eugenia is an optometry intern and Birdsong is Chief of Ophthalmology at Landstuhl Regional Medical Center.

or osteopathic school, then a medical internship and residency training in ophthalmology, explained Birdsong. Optometrists are eye care professionals who, after college, complete optometry school with some optional one-year residencies. Optometrists' primary roles are eye health and refractive care. Ophthalmologists perform all types of surgeries in addition

to eye health and refractive care.

LRMC Ophthalmology's role is two-fold: First, to provide comprehensive ophthalmic care to service members, their families and other eligible beneficiaries. Secondly, under the Warfighter Refractive Eye Surgery program, to provide laser refractive surgery to active duty members in order to make them less reliant on glass-

es for sharp distant vision.

"When Soldiers elect to wear contact lenses downrange (which is a punishable, article 15 offense), the eye can become very infected and vision loss can result," said Maj. James Hartley, assistant director for WREP at LRMC. "Downrange is not a good, clean environment to be wearing contact lenses. Sometimes people don't take them out and clean them like they should because they cannot wash their hands.

This can result in having to be evacuated to LRMC for treatment.

"We are doing the refractive surgery here to make a better warfighter," Hartley said. "Refractive surgery helps our warfighters by improving their overall vision, allowing them to see well without wearing cumbersome glasses that can slide down their noses or fog up - or if lost or broken can render a warfighter visually impaired.

Refractive surgery eliminates the chance of a warfighter choosing to wear contact lenses against regulation, thereby eliminating all of the eye health problems associated with the wear of contact lenses downrange," Hartley said.

Members of the ophthalmology and optometry department have treated more than 66,000 wounded warriors medically evacuated from Afghanistan and Iraq in the past 10 years.

Deployed service members can order prescription glasses, mask inserts or other military combat eye protection online by visiting <https://g-eyes.amedd.army.mil>.

transformation UPDATE

Frequently Asked Questions

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

E-mail usarmy.badenwuer.usag.mbx.post-newspaper@mail.mil. We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at www.bw.eur.army.mil/news/personnel.htm.

NEW – “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 facility 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>) and BNow websites (<http://mybwnow.ning.com>).

“Is the Wiesbaden Health Clinic going to have all the comprehensive services that the Heidelberg Clinic has or had at one point? For example, CT Scans, ultrasound services, emergency room, etc. If not, are families going to be expected to travel to the Kaiserslautern area?”

The Wiesbaden Clinic offers services for family practice, immunizations and allergy, pediatric and adolescent care, physical exams, physical therapy, optometry, behavioral health, social work services, educational and developmental intervention services, laboratory, radiology, pharmacy, community and public health, TRICARE and the Soldier Medical Readiness Center. In addition to these services, there are also several quality health care services available on the local economy. Patient liaisons are in place to assist you and your family if you ever need to access them. Patient liaisons are bilingual and available 24/7. They can assist with medical translation needs while at a local hospital or medical facility. The Wiesbaden clinic has contact information posted in HSK and St. Joseph Hospitals in Wiesbaden (emergency room, ultrasounds). Wiesbaden Clinic Contact numbers are civ. 0162-270-7743 (after hours), civ. 0162-270-7746, civ. 0162-296-4200 and civ. 0162-297-1057. Wiesbaden Clinic hours are 7:30 a.m. - 4:30 p.m. Monday-Friday and 7:30 a.m. - 6:30 p.m. Tuesday. Call Central Appointments Booking and Cancellation at civ. 0611-705-6339, DSN 337-6339 or civ. 0611-705-6320, DSN 337-6320. Appointments can also be made online at www.Tricareonline.com.

Facilities Operations Changes Mannheim

NEW – ACS – The Army Community Service office located in Bldg. 246 on Sullivan Barracks is scheduled to close **June 29**.

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

scheduled to close **June 22**.

Burger King – The Mannheim Burger King located on Sullivan Barracks is scheduled to close **July 28**.

NEW – Child Development Center – The Child Development Center on Sullivan Barracks is scheduled to close **July 15**.

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

UPDATED – Coleman Clinics – The Coleman Troop Medical Clinic ended full patient care services **June 1**, to include pharmacy services. The clinic transitioned to sick call support **June 4**. In addition, all dental support at the Coleman Dental Clinic, to include dental sick call services, ended **May 1**. Dental services for the Mannheim-Coleman Soldier population have transferred to the Patrick Henry Village Dental Clinic in Heidelberg. The sick call sign-in hours at Coleman TMC are 8-9:30 a.m. Sick call service will be available until Sept. 1. 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 slated to remain open through August. 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 scheduled to close **June 29**.

Customs – The customs office on Sullivan Barracks is scheduled to close **June 29**.

UPDATED – Facility Closures – The Commissary, Community Bank, Service Credit Union, the Top Hat Club, Woods Field, Army Community Service, the Value Added Tax office, the Child Development Center and the School Age Center are scheduled to close no later than **Sept. 1**.

Postal Office Hours Change – Mannheim postal facilities have new operating hours. The finance window at Postal Service Center 418 on Coleman Barracks is now open 10 a.m.-5 p.m. Monday, Wednesday and Friday. The community mail room is open 11 a.m.-6 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays. At Postal Service Center 437, finance is open 10 a.m.-5 p.m. Tuesday and Thursday and 10 a.m.-4 p.m. Saturday. The community mail room is open 11 a.m.-6 p.m. Tuesday and Thursday, 10 a.m.-4 p.m. Saturday and closed Mondays, Wednesdays and Fridays.

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**.

Sullivan Express – The Sullivan Express store is scheduled to close **July 20**.

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.badenwuer.usag.mbx.cpf@mail.mil.

The shuttle bus to the Frankfurt Airport - The shuttle bus service from Heidelberg Patrick Henry Village Guest House to Frankfurt Airport is no longer available. The cancellation of the service is a result of the implementation of the Patriot Express channel flights that depart Ramstein Air Base. DSN 370-8399, civ. 06221-57-8399.

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 – The Mark Twain Village chapel is now closed. 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.

Dental Clinic – The sick call and exam hours for the Patrick Henry Village dental clinic are now 8:30 -10:30 a.m. Monday-Friday. DSN 388-9500, civ. 06221-338-9500.

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

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 – Thrift Shop – The Thrift Shop on Patrick Henry Village has relocated to Bldg. 4455 (directly across the street from the PHV Recycling Center and Outdoor Recreation Center).

Tompkins Gym – The Fitness Center on Tompkins Barracks in Schwetzingen will close on or about **July 12**. Hours are 5:30 a.m.-8 p.m. Monday-Friday and closed Saturdays, Sundays and U.S. holidays and open 10 a.m.-4 p.m. training holidays. DSN 370-9193, civ. 06221-57-9193.

NEW – Tompkins Retail Store – The Tompkins retail store is scheduled to close **July 20**.

In Memoriam Gerald (Danny) Holloway



Gerald (Danny) Holloway, 47, passed away June 14 in Heidelberg.

A memorial service will be held 2 p.m. today at the Patrick Henry Village Chapel in Heidelberg.

Holloway was born March 29, 1965, in Wichita, Kansas. He retired from the U.S. Army in 2006 after serving 21 years.

For the past six years, Holloway worked as a contractor for General Dynamics as an Information Technology specialist. His devotion and commitment to his family and life will be truly missed.

Holloway is survived by wife Tina, sons Damion and Drayce, daughter Dahria, his father Gerald Sr., mother Pat, two brothers and a sister, all of whom reside in Texas.

In lieu of flowers, the family has requested any monetary donations be made to the youngest two children's college fund at the Community Bank branch in Heidelberg.

A New Chapter



Samantha Smith

Hannah Dorrel receives her 8th grade graduation certificate during a ceremony at Heidelberg Middle School June 12. The school staff held a celebration to honor the 166 young graduates with a ceremony and refreshments, including hundreds of cupcakes baked by volunteers. Guest speaker Lt. Col. Deepti Chitnis, Chief of Orthodontics at the Heidelberg Dental Clinic, reminded the students to do the right thing even when no one is watching. Heidelberg High School will hold a freshman orientation session 10 a.m. Aug. 23 and the 2012-2013 school year will begin Aug. 27. DSN 370-8004, civ. 06221-57-8004

Panetta outlines suicide prevention strategy

By Karen Parrish
AMERICAN FORCES PRESS SERVICE

WASHINGTON - Defense Secretary Leon E. Panetta described a four-part strategy against what he termed "perhaps the most frustrating challenge I've come across," as head of the nation's military forces: service member and veteran suicide. The secretary said his long-term goal is for the Defense Department to be a game-changing innovator in the field of suicide prevention.

"Just as we helped foster the jet age, the space race and the Internet, I want us to break new ground in understanding the human mind and human emotion," he said.

The secretary said key efforts involve leadership, improving quality of and access to behavioral health care, elevating mental fitness and

increasing research in suicide prevention.

Speaking on the concluding day of the DOD and Department of Veterans Affairs Annual Suicide Prevention Conference here, Panetta told the audience there are clearly no easy answers, and "that is no damn reason for not finding the answers to the problem of suicide."

"We can do more. We must do more. And together, we will do more to prevent suicides," the secretary vowed.

The military and veteran communities will face the threat of suicide long after combat in Afghanistan ends, he added.

"More than half of those who have committed suicide in the military have no history of deployment," the secretary pointed out. "So we're dealing with broader societal issues. Substance abuse, finan-

cial distress and relationship problems - the risk factors for suicide - also reflect problems ... that will endure beyond war."

An effective suicide prevention strategy requires vigilance, Panetta said. He called on leaders, particularly the noncommissioned officers and junior officers who lead troops day-to-day, to be sensitive, aware and open to signs of stress in the ranks.

"And they need to be aggressive... in encouraging those under them to seek help if needed," the secretary emphasized. "They also must set an example by seeking help themselves if necessary."

The second pillar of the strategy is improving behavioral health care and making it more available, the secretary said.

There are more than 9,000 psychiatrists, psychologists,

social workers, mental health nurses and counselors working in military hospitals and clinics, he noted.

Due to geographic circumstances, he acknowledged, National Guard and reserve members, family members and some active-duty troops may still face difficulties in accessing needed care.

However, officials said, online and telephone-accessed mental health consultation and information services also are helping to assist service members and families in need.

The third strategic element is to elevate mental fitness, he said. Panetta credited Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, and Marine Corps Sgt. Maj. Bryan Battaglia, senior enlisted advisor to the chairman, with leading all of the services to approach

mental fitness with the same level of importance DOD has always placed on physical fitness.

Advancing mental fitness involves training and equipping service members with coping skills so they can mitigate or bounce back from stress, he said.

Additionally, he said, a whole-of-government effort led by President Barack Obama and first lady Michelle Obama is working to combat veteran unemployment and boost military spouse hiring. Those initiatives are "helping to reduce the financial stress faced by military families and veterans," the secretary added.

The fourth part of DOD's suicide prevention strategy involves increasing understanding of suicide and related mental health issues through improved scientific research, he said.



Staff Sgt. Ashley Moreno

Army medical personnel carry a simulated patient to a UH-60 Black Hawk helicopter during an aeromedical evacuation training exercise at Fort Hunter Liggett, Calif., June 19 in support of Global Medic 2012 and Warrior 91 12-01. Global Medic is a joint field training exercise for theater aeromedical evacuation systems and ground medical components designed to replicate all aspects of combat medical service support.



Sgt. 1st Class Kelly Jo Bridgwater

Students of the Army's Training and Doctrine Command's Initial Military Training attend the Utility Helicopter Repairer's Course run by the 128th Aviation Brigade located at Fort Eustis, Va., June 20. The Army's Training and Doctrine Command is responsible for teaching roughly 150 Military Occupational Specialties to enlisted Soldiers using 15 schools across eight locations providing nearly 200,000 Army professionals each year with opportunities to become experts in their field.



Sgt. Kim Browne

A young girl embraces her father after a redeployment ceremony for the 1st Brigade Combat Team "Ironhorse," 1st Cavalry Division, main-body four, June 17 on Cooper Field in Fort Hood, Texas.



Spc. Ilesha Howard

Paul M. Paolozzi, the commander of the 18th Engineer Brigade uncases the brigade's colors with Command Sgt. Maj. David M. Clark, the command sergeant major of the 18th Engineer Brigade on Tompkins Barracks in Schwetzingen June 21. The brigade's headquarters element redeployed June 8 after a year-long deployment to Afghanistan.

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GERMAN NEWS

Berlin Baby Born In Police Car

A Berlin woman gave birth in the back of a police car June 23, after her husband was stuck behind a gay pride parade and could not take her to the hospital. He approached police officers working at the Christopher Street Day parade in a panic. "My wife is having a baby but I can't get through the street blockades," the 33-year-old said. The two policemen ushered the pair into the car and called an ambulance to take them to nearby Urban hospital, the Tagesspiegel newspaper reported. Before the ambulance could arrive, the woman's water broke and delivery began almost immediately. "I could tell that the birth was going to happen soon," said officer Mario Stöcklein, 47. Luckily, his first aid training included basic skills of how to deliver a baby and although "it was a quarter of a century ago... somehow I knew what I had to do." The two officers successfully delivered baby Yaren Yakut, but had to convince the woman to let them help her. Stöcklein said she was ashamed and it took some cajoling before she would allow the pair to take off her trousers. The new family was taken to the hospital, where doctors declared both mother and baby healthy.

Finding New Facebook Names

Some German cities must find new names for their Facebook pages after the social network decided it would not allow anyone to have control over the name of a place. Munich city council members figured this out earlier in the year when its Facebook site — with 400,000 fans — was suddenly inaccessible to city administrators. Managers of the big German city pages — generally tourism offices or city councils — met with Facebook representatives earlier this month. Berlin has 1.3 million fans on its site. "For us, that is an insanely important channel," said Katharina Dreger from the city's marketing firm. City officials said they are desperate not to lose their social networking presence, and are now trying to think of new names. A Facebook spokesman said the rules were clear on its page where it states, "No-one can represent a geographic place." Each site must be clearly associated with its administrator — such as "New York — Office of the Mayor" or "Lok Sabha: Parliament of India." Munich figured out a compromise, initially renaming its page Stadtportal München — city portal Munich — before opting for München.de as a Facebook name.

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,

I miss my dad. He wants to see me and my brother, but my mother won't allow it since he doesn't pay child support. He has been trying to find a job, but he doesn't have one yet. I'm only 15 and I don't have a job, so I know it must be hard for a grown-up to find one, too.

My mother keeps saying, "He won't take care of you and your brother, but he is helping another woman raise her children." I don't know anything about another woman or her children. All I want is to see my dad. It's not fair that he doesn't get to come to my games, my PTA meetings or other activities. We don't get to visit my dad, our grandmother, uncles, cousins or anyone. I don't think this is fair.

Maybe my mother is jealous of the

other woman or something; I don't know. Can you talk to my mom? I'm tired of sneaking emails and text messages to him behind her back.

Dear Ms. Vicki,

My son recently sent you a letter requesting advice because he wants to have visitation with his father and he feels I am standing in the way. I want to offer an explanation and defend my point of view.

I know your columns are very popular and I'm not blaming you, because my son sent you a letter. I'm only saying that you have a narrow view of what's really going on.

I am active duty, and like many Soldiers, I've had my share of deployments. I have children ages 12 and 15. I was married to their father, but we are now divorced. Sadly, it was a bitter divorce, and I was awarded custody of the children.

To get back at me, my ex-husband started sleeping around seemingly minutes after the divorce was final. He could have been already sleeping with other women for all I know. I don't care who he's been with; I just don't want my children to be a part of that foolishness, that's all.

My ex-husband hasn't seen our sons in three years. He doesn't pay child support, so I don't think he should see them. How can you expect to have visitation rights when you don't even pay child support? Now he says I won't let him see our children, but that's not so. He is the one who doesn't want to see our sons. I'm not keeping him from doing anything. His sons need food, clothes and money for activities and college in the future.

So, how am I wrong for keeping my sons away from him and his side of the family? Who's the evil one in

this situation? It's definitely not me. -NotToBlame

Dear Mother,

I'm definitely not blaming you for all of this. It's obvious you have done a great job as a mother, and as a career woman serving your country. You have also raised some great sons. That's commendable.

It hasn't been easy financially supporting your sons alone. However, your son's letter really pulled at my heartstrings. Their father should provide financial support. It's the right thing to do. It sounds like he wasn't such a good husband and one who doesn't obey child support orders, either.

I've never walked in your shoes, but I think your ex-husband can still have a strong support in his sons' lives. Single mothers are awesome. They step up when many men won't. On the other hand, I cannot downplay the necessity of a man in the lives of his children. It sounds like he wants to see them, but you won't allow it because he is not paying child support. Furthermore, you won't allow your children to see anyone from their paternal side of the family. Again, I'm not blaming you, but I think you should allow their father to see them. He could be a great influence in their lives. I have three sons, and I don't know what I would have done when they became teenagers. There were a lot of things I just couldn't do. That was their father's role to do. Again, I'm not blaming you, and you could have unresolved hurts from your marriage and the divorce. Your feelings don't make you a bad person. I think there is probably a lot more going on in this situation.

New financial guidance may help troops as they move

By Jim Garamone

AMERICAN FORCES PRESS SERVICE

WASHINGTON — New guidance to mortgage servicers may help tens of thousands of military homeowners moving to new duty stations, Consumer Financial Protection Bureau officials said.

The bureau, along with mortgage service industry regulators, is issuing joint supervisory guidance to address mortgage service practices that pose risks to military homeowners, Richard Cordray, the bureau's director, said at a news conference.

"We want to make sure that mortgage servicers comply with the laws that prohibit unfair or abusive practices" when service members have orders to move, he said.

Roughly a third of active duty personnel move each year. Of these, about 185,000 are homeowners who have to sell their houses and move. Many find themselves owing far more on their homes than they're worth in the current market. Service members cannot sit on a property and wait for the market to recover: they must go to their new base, Cordray noted. "They have to move, even if that means taking a big financial hit or leaving their

families behind to pay their bills," he said.

"I have heard over and over from military homeowners whose houses are underwater and they don't know what to do," said Holly Petraeus, director of the bureau's Office of Service Member Affairs. "They are terrified that a foreclosure will ruin their finances as well as putting their security clearances at risk, and they are looking for answers."

But in too many cases, she said, mortgage service providers have not given that help. In her travels to military bases, Petraeus said, service members have told her of mortgage service providers giving them inaccurate information and stringing them along.

"We've heard from service members that they were told they had to be delinquent to qualify for help, and advised to skip a couple of payments," she said. "They've been asked to sign waivers of their rights under the Service Members Civil Relief Act just to have their cases evaluated. They've been stalled by repeated demands for their loan documents and given a new loan official with each call ... and they have even been listed as not responding to requests for documents during deployment despite the fact that spouses had powers of attorney."

Edward J. DiMarco, director of the Federal Hous-

ing Finance Agency, spoke of the changes to policies to help military homeowners.

"These changes will make it easier for members of the armed forces with mortgages owned or guaranteed by Fannie Mae or Freddie Mac to honor their financial commitments when they are issued a permanent change of station order," he said. The agency classifies the order as a hardship, he noted.

Homeowners with transfer orders will be immediately eligible for a short sale, even if they are current in their mortgages, DiMarco said. They also will be "exempt from deficiency judgments from Fannie Mae and Freddie Mac when receiving permission for a short sale and relieved of any request or requirement for cash, contribution or promissory note so long as the property was purchased on or before June 30, 2012."

Robert L. Gordon III, assistant secretary of defense for military community and family policy, said the Defense Department welcomes the bureau's leadership. "The military lifestyle poses unique challenges to our troops and their families," he said. "Throughout frequent moves, deployments and transitions they must remain resilient and strong in order to be mission ready."

GET OUT!

area events

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

June 28

Beer Passion — Experience Beer Passion weekend in Groenplaats, Belgium (downtown Antwerp). Visitors can sample nearly 200 beers from 40 breweries, most of them in Flanders, along with beer cuisine and musical entertainment through July 1. www.bierpassieweekend.be/en/index_en.html.

Court Wine Festival — Enjoy a traditional wine festival, the Hofgarten-Weinfest (Court Garden Wine Festival) through July 1. The festival is located at the state winery in the court gardens of the Würzburg residence. The winery has been in operation for more than 875 years. Residenzplatz 2, Würzburg. www.buzzoffbase.com.

Folk im Schlosshof — Experience one of Germany's best Celtic folk and folk rock festivals in Schlosshof, Bonfeld through June 30. Folk im Schlosshof festival features music, whiskey tasting, Irish tap dance and instrumental workshops. One-day tickets start at €15 and up; €68 for all three days. www.buzzoffbase.com.

Summer Festival — Experience performing arts, cabaret shows and many other forms of street entertainment at the Opernplatz in Frankfurt. There are stages set up for live music performances in the evening and food stalls offering sausages and local apple wine. Opernplatz, 1 Opernplatz, 60313. www.opernplatzfest.de, www.buzzoffbase.com.

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

Jazz Boat — Enjoy views of major historical Prague monuments during the Jazz Boat's live jazz, swing and blues concert. 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. Boat meets at Cechuv Bridge Pier 5 in Prague through Sept. 30 www.buzzoffbase.com.

June 29

Comedy Show — Armed Forces Entertainment presents Funny Under Fire 8 p.m. at the Enlisted Club on Ramstein Air Base. Doors open 7 p.m. Comedy show open to all adult ID card holders. DSN 480-5757, civ. 0631-47-5757. www.86fs.com.

Montreux Jazz Festival — The Montreux Jazz Festival is one of the best-known music festivals in Switzerland and one of the most prestigious in Europe. It is held annually in Montreux on the shores of Lake Geneva. The festival began in 1967 and has featured artists such as Nina Simone, Ella Fitzgerald, Sting, Bob Dylan, Fats Domino, Chaka Khan, Johnny Cash and David Bowie. The festival runs through July 14. For a full list of this year's performers visit www.montreuxjazzfestival.com/2012/.

Mozartfest — Internationally renowned symphony orchestras come together with well known artists to perform Mozart's masterpieces during the annual Mozartfest in Würzburg. Enjoy the open air concerts in the festively illuminated court gardens of the Residence, which are famous for their romantic atmosphere. Festival ends July 1. www.buzzoffbase.com.

July 2

Vineyard Tour — Explore the wine vineyards of Grunstadt and enjoy a special view of the Palatina forest. www.proseg-go-gruenstadt.de.

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.

July 4

Rockin' 4th — The 86th Force Support Squadron will host their annual Kaiserslautern Military Community Independence Day Celebration 2 p.m. -midnight on the Enlisted Club grounds on Ramstein Air Base. Enjoy live music, rides, prizes, food and a fireworks show. Free shuttle.

July 6

Kaiserslautern Altstadtfest — The Altstadtfest in Kaiserslautern features an open-air fest full of food, music, artists and sellers. www.stadtfeste.in.deutschland.de.

July 7

Rhein Aflame 2012 — Sail along the Rhein river during the annual Rhein River Aflame river cruise event. Enjoy dinner, illuminated castles and fireworks displays. http://affiliates.uso.org/rheinmain/files/2012einebrucke_July_Aug_Sep.pdf.

Friendship Concert — United States Army Band and Chorus host a free friendship concert 8:30 p.m. at the Heidelberg Castle. The cog wheel train will provide free rides to

and from the concert. Guests should inform the cashier at the Kornmarkt station that they are going to the German-American concert.

Sommerfest — The city of Mannheim hosts a Sommerfest in Herzogenriedpark. Enjoy music, food and outdoor fun. Fest starts 4 p.m. Rheingau Music Festival

July 6

Rheingau Music Festival — Catch a series of concerts throughout Frankfurt, Wiesbaden and Lorch during the annual Rheingau Music Festival. Each year the festival features almost 150 concerts at more than 40 different venues throughout the summer. Concert goers can enjoy classical music, jazz and cabaret. To view this year's lineup or to purchase tickets visit www.rheingau-musik-festival.de/.

July 14

Castle Illumination — Each year, the city of Heidelberg hosts castle illuminations using fireworks to commemorate the destruction of the Heidelberg castle by the French. The fireworks are ignited from the Old Bridge, which is closed for pedestrian traffic starting at 5 p.m. The city also hosts a concert before each illumination at 6:15 p.m. in the Heiliggeistkirche (Church of the Holy Spirit) on Market Square. Tickets: Civ. 06221-584 - 0200. Illumination starts 10:30 p.m. www.heidelberg-marketing.de.

July 21

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.

Upcoming concerts

Nas — Rapper Nas performs in concert 9 p.m. July 4 at the Backstage club in Munich. Friedenheimer Brücke 7, 80639. Tickets: www.eventim.de.

Billy Idol — Punk sensation Billy Idol plays the Porsche-Arena in Stuttgart 8 p.m. July 8. Information and tickets at www.billyidol.net.

De La Soul — Rap group De La Soul performs at the Gibson in Frankfurt 8 p.m. July 8. Zeit 85 -93, 60313. www.songkick.com/concerts/12531033-de-la-soul-at-gibson.

coming to THEATERS

BRAVE

(Emma Thompson) Brave follows the heroic journey of Merida, the skilled archer and headstrong daughter of King Fergus and Queen Elinor. Determined to carve her own path in life, Merida defies an age-old custom sacred to the unruly and uproarious lords of the land. Merida's actions inadvertently unleash chaos and fury in the kingdom, and when she turns to an eccentric witch for help, she is granted an ill-fated wish. (Rated PG for some scary action and rude humor) 89 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

June 28 - THE LUCKY ONE (PG-13) 7 p.m.
 June 29 - BRAVE (PG) 7 p.m.;
 SEEKING A FRIEND FOR THE END OF THE WORLD (R) 9:30 p.m.
 June 30 - THE PIRATES! BAND OF MISFITS (PG) 4 p.m.; BRAVE (PG) 7 p.m.;
 SEEKING A FRIEND FOR THE END OF THE WORLD (R) 9:30 p.m.
 July 1 - THE PIRATES! BAND OF MISFITS (PG) 4 p.m.; BRAVE (PG) 7 p.m.
 July 2 - SEEKING A FRIEND FOR THE END OF THE WORLD (R) 7 p.m.
 July 4 - CLOSED
 July 3 - BRAVE (PG) 7 p.m.
 July 5 - THE PIRATES! BAND OF MISFITS (PG) 7 p.m.

Vogelweh, Galaxy

June 29 - ROCK OF AGES (PG-13) 4 p.m.; THAT'S MY BOY (R) 7:30 p.m.
 June 30 - ROCK OF AGES (PG-13) 4 p.m.; THE LUCKY ONE (PG-13) 7 p.m.
 July 1 - THE THREE STOOGES (PG) 4 p.m.

Ramstein, Gateway Movieplex

June 28 - ROCK OF AGES (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THAT'S MY BOY (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; THE THREE STOOGES (PG) 11 a.m., 1:15 p.m.; THE LUCKY ONE (PG-13) 4:30 p.m., 7 p.m.
 June 29 - BRAVE (PG) 11:15 a.m., 1:35 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; SEEKING A FRIEND FOR THE END OF THE WORLD (R) 11 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; THE PIRATES! BAND OF MISFITS (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; THE FIVE-YEAR ENGAGEMENT (R) 11:15 a.m., 2 p.m., 5 p.m., 7:45 p.m.
 June 30 - BRAVE (PG) 11:15 a.m., 1:35 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; SEEKING A FRIEND FOR THE END OF THE WORLD (R) 11 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; THE PIRATES! BAND OF MISFITS (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; THE CABIN IN THE WOODS (R) 11:30 a.m., 1:45 p.m., 4:15 p.m., 6:30 p.m., 9 p.m.
 July 1 - BRAVE (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SEEKING A FRIEND FOR THE END OF THE WORLD (R) 11 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:45 p.m.; THE PIRATES! BAND OF MISFITS (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; THE FIVE-YEAR ENGAGEMENT (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; THE CABIN IN THE WOODS (R) 2 p.m., 5 p.m., 8 p.m.;
 July 2 - BRAVE (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SEEKING A FRIEND FOR THE END OF THE WORLD (R) 11 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:45 p.m.; THE PIRATES! BAND OF MISFITS (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; THE FIVE-YEAR ENGAGEMENT (R) 11 a.m., 6:15 p.m.; THE CABIN IN THE WOODS (R) 2 p.m., 9 p.m.
 July 3 - BRAVE (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SEEKING A FRIEND FOR THE END OF THE WORLD (R) 11 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:45 p.m.; THE PIRATES! BAND OF MISFITS (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; THE FIVE-YEAR ENGAGEMENT (R) 7 p.m.; THE CABIN IN THE WOODS (R) 11 a.m., 4:15 p.m.
 July 4 - BRAVE (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SEEKING A FRIEND FOR THE END OF THE WORLD (R) 11 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:45 p.m.; THE PIRATES! BAND OF MISFITS (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; THE FIVE-YEAR ENGAGEMENT (R) 1:30 p.m., 7 p.m.; THE CABIN IN THE WOODS (R) 11 a.m., 4:15 p.m.
 July 5 - BRAVE (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SEEKING A FRIEND FOR THE END OF THE WORLD (R) 11 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:45 p.m.; THE PIRATES! BAND OF MISFITS (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 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

June 28-July 4 - THE AMAZING SPIDER MAN (PG-13) 2 p.m. at Cineplex
 June 28, 29, 30 - THE AMAZING SPIDERMAN (PG-13) 5 p.m. at Cineplex
 July 4 - COSMOPOLIS - (R) 8:15 p.m. at Cineplex

community HIGHLIGHTS

Fourth of July Celebration

Enjoy bumper cars, a carousel, dunking booths, live music from the U.S. Army Europe Chorus, fireworks and more 4 p.m.-dusk July 4 at the park (next to the library) on Patrick Henry Village in Heidelberg. Event is open to all ID cardholders. DSN 373-8068, civ. 06221-17-8068, www.mwrgermany.com.

Estate Claim

Claims on or obligations to the estate of Spc. Yvonne Mitchell, 196th Medical Support Unit-Europe, should be made to the summary court officer, Maj. Kelly L. Johnson. DSN 382-4401, civ. 0162-296-5865.

Joint Task Force TIP Line

Incidents involving threats to children were recently reported in the Kaiserslautern Military Community. No matter where you live, Installation Management Command-Europe officials ask everyone to stay vigilant and report suspicious activity to the authorities. Save the Joint Task Force TIP Line phone number: DSN 388-2222, civ. 06221-678-2222. For emergencies off post, call 112. We are aggressively working to resolve these threats and are using all available resources to track down those responsible.

NATO Change Of Command

Col. B. 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 Schlossgarten Mittelbau in Schwetzingen. Ceremony is by invitation only. DSN 496-5302, civ. 06302-67-5302.

Sexual Assault Reporting

A revised Department of Defense directive allows dependents 18 and older who are eligible for military system health care to report sexual assault under the Sexual Assault Prevention and Response Program. Restricted reports allow victims to confidentially seek help and only report to selected individuals without starting an investigation. Unrestricted reports follow the same procedures, but a full investigation will be launched.

American Forces Network Radio

American Forces Network Europe now streams music on 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. AFN Europe hopes to eventually expand the service to include local station live morning and afternoon shows. Free AFN Europe mobile app downloads are available on the web site.

local EMPLOYMENT

Central Texas College

Central Texas College is recruiting instructors in the Heidelberg area for the following vocational technical programs: criminal justice, early childhood professions, applied management, emergency medical technology, hospitality management and automotive technology. Applicants are required to have an associate degree in the field and five years of work experience, or a bachelor's degree and three years of work experience in the field. Classes are taught evenings and weekends. DSN 382-4263, civ. 0621-799-0506, www.europe.ctcd.edu.

KAISERSLAUTERN Education

♦ **English For Adults** – English as a Second Language for Adults classes are available at no cost in Bldg. 2891 on Pulaski Barracks. Beginner classes are 9:30 a.m. July 2 and Mondays; intermediate classes meet 9:30 a.m. Fridays. DSN 493-4203, civ. 0631-3406-4203.

♦ **Stress Management** – Learn about the different kinds of stress and healthy ways to cope 11:30 a.m. July 3 and Tuesdays in Bldg. 2917 on Pulaski Barracks. DSN 493-4062, civ. 0631-3406-4062.

♦ **Food Safety for Volunteers** – The Landstuhl Regional Medical Center Environmental Health Section presents a food safety for volunteers class 5-7 p.m. July 5 and first Thursdays at the Learning Resource Center (Bldg. 3718) at LRM. A food handler's card is required for anyone responsible for organizing and supervising food sales fundraising activities. Registration required. DSN 486-8489, civ. 06371-86-8489.

Community

♦ **HUGS Playgroup** – HUGS (Help Us Grow Securely) playgroup, for parents and children birth to age 4, meets 10-11:30 a.m. June 29 and Fridays at the Vogelweh Community Center. DSN 493-4203, civ. 0631-3406-4203.

♦ **Family Bingo** – Gather the family for Family Bingo 3-6 p.m. July 1 at the Kazabra Club, Bldg. 2057 on Vogelweh. Kids receive free hot dogs and drinks, and can take part in the coloring contest. DSN 493-7261, civ. 0631-536-7261.

♦ **Single Soldier Appreciation** – Better Opportunities for Single Soldiers will host an appreciation day for single Soldiers and geographical bachelors and bachelorettes 10 a.m.-4 p.m. July 6 at Pulaski Park on Pulaski Barracks. Activities include a basketball tournament, dance central contest, ice cream eating contest and raffles. DSN 493-4469, civ. 0631-3406-4469.

♦ **Customer Service Team** – The Host Nation Liaison Field Operating Activity Maintenance Division Customer Service Team in Bldg. 2393 on Daenner Kaserne will be closed July 6 for an annual employee outing. DSN 475-7688, civ. 09641-83-7688.

♦ **Express Shuttle Service** – The Family and Morale, Welfare and Recreation express shuttle will discontinue service starting July 8. DSN 493-4558, civ. 0631-3406-4558.

♦ **Summer Dramatics Camp** – Ages 4-7 can attend a summer creative dramatics camp 9 a.m.-1 p.m. July 9-13 and 16-20 at KMC Onstage on Kleber Kaserne. Children will play theater games and learn improvisation, voice and self-confidence. Register at Parent Central Services, Bldg. 2898 on Pulaski Barracks or the One

Stop Shop, Bldg. 3810 on Landstuhl. DSN 493-4516, civ. 0631-3406-4516, www.mwrgermany.com.

♦ **Amnesty Day** – The 21st Theater Sustainment Command has scheduled an anonymous amnesty day (no repercussions) to allow for the turn-in of ammunition and explosives 8 a.m.-2:30 p.m. July 10 at the Theater Logistics Support Center-Europe Ammunition Supply Point 9 at Miesau Army Depot. The program is not intended to circumvent normal ammunition turn-in procedures. DSN 481-3516, civ. 06372-842-3516.

♦ **Biker Bonanza** – The Harley Davidson Biker Bonanza, for ages 18 and older, is scheduled July 14 with rideout starting 1 p.m. Ride ends at Armstrong's Club on Vogelweh, and food, drinks and music will be offered starting 8 p.m. Registration for ride-out required. Civ. 0631-350-7919, www.mwrgermany.com.

♦ **KMC Onstage Auditions** – Open auditions for the musical "Pinkalicious" will be 6:30 p.m. July 17, 18 at KMC Onstage, Bldg. 3232 on Kleber Kaserne. Open to ages 6 and older. DSN 483-6626, civ. 0631-411-6626.

♦ **Cowboy Appreciation Day** – Watch cowboy movies from all eras and eat free hamburgers 11 a.m.-10 p.m. July 23 and stay for a spades tournament starting 6 p.m. Registration starts 5 p.m. at the Landstuhl Community Club, Bldg. 3780. DSN 486-7244, civ. 01371-86-7244, www.mwrgermany.com.

♦ **Edelweiss Oktoberfest** – Sign up by Aug. 3 for Oktoberfest weekend at Edelweiss Lodge and Resort, Oct. 5-7. DSN 493-4117, civ. 0631-3406-4117, www.mwrgermany.com.

♦ **Kleber VAT Office** – The Kleber Kaserne Value Added Tax office in Bldg. 3205 has new hours: 10 a.m.-3 p.m. Monday-Friday. 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.

HEIDELBERG

Education

♦ **ACS Classes** – English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531; Re-integration Briefing, 9 a.m. Tuesdays. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted. DSN 370-6975, civ. 06221-57-6975.

♦ **Conversational German** – Family, Morale, Welfare and Recreation offers four-session Conversational German 5:30-7 p.m. July 17, 19, 24 and 26 at the Village Pavilion Community Center on Patrick Henry Village. Learn words, phrases and helpful tips that can help avoid stumbling with what to say. Regis-

tration required. DSN 388-9438, civ. 06221-338-9438.

♦ **Central Texas College** – Central Texas College's summer semester includes criminal justice classes and a fire protection course. Classes are taught evenings and weekends for eight weeks at the Education Center on Patton Barracks. DSN 373-8660, civ. 06221-17-8660, www.europe.ctcd.edu.

♦ **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.

Community

♦ **Line Dance Instruction** – Learn how to line dance 7-9 p.m. and stay for a karaoke and dance party 9 p.m.-close June 29 and Fridays at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Hip-Hop, Rhythm and Blues** – A hip-hop and rhythm and blues party featuring Disc Jockey Bello starts 9 p.m. June 30 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Commissary** – The Heidelberg Commissary will be open 9 a.m.-5 p.m. July 5. DSN 489-7304, civ. 0631-352-3108.

♦ **4th Of July After Party** – After the fireworks, continue the Fourth of July celebration at Legends on Patrick Henry Village 10 p.m.-2 a.m. Disc Jockey Bello from New York will play hip-hop, Latin and dance hits. DSN 388-9570, civ. 06221-338-9570.

♦ **Vacation Bible School** – The next planning meeting for Vacation Bible School is 6 p.m. July 10 at the Patrick Henry Village Chapel Fellowship Hall. VBS is scheduled for 9 a.m.-noon July 30-Aug. 3. <http://vbs2012.heidelberg.eventbrite.com/>

♦ **Organizational Day** – The U.S. Army Baden-Württemberg Organizational Day is July 12, with a golf tournament starting 8 a.m., bowling tournament 10 a.m., barbecue at the Patrick Henry Village Park starting noon and games and other activities starting 2 p.m. at the park. Tickets: DSN 388-9101, civ. 0171-865-0863.

♦ **PHV Commissary Closed** – The Heidelberg Commissary will be closed July 25 for an organizational day. Normal operating hours will resume July 26: 7:30 a.m.-9 a.m. 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, and students in grades 1 through 5 can participate 11:30 a.m. Thursdays until July 19. DSN 388-9443, civ. 06221-338-9443.

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

♦ **Singles Patio Party** – Singles can enjoy fruity cocktails and meet new people noon-2 a.m. July 28 on the patio at Slapshots on Patton Barracks. DSN 373-8068, civ. 06221-338-8068.

♦ **Speedy Lube** – Receive \$2 off oil and filter changes in June at Speedy Lube, Bldg. 3854, on Patton Barracks. DSN 373-5196, civ. 06221-17-5196.

♦ **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. The team that gathers the most points will win a prize. DSN 388-9570, civ. 06221-338-9570, www.mwrgermany.com.

♦ **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

♦ **Commissary** – The Mannheim Commissary will be closed July 2-4. DSN 385-3940, civ. 0621-728-3611.

♦ **POV Inspection Station** – The Host Nation Liaison Field Operating Activity Maintenance Division Privately Owned Vehicle inspection in Bldg. 1563 on Spinelli Barracks will be closed July 6 for an annual works employee outing. DSN 475-7688, civ. 09641-83-7688.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers will meet 3:30 p.m. July 11 at the Warrior Zone on Coleman Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Customs Field Office** – The U.S. Forces Customs Field Office located in Bldg. 256 (MP station) will close June 29. All customs support will be transferred to the Heidelberg office in the shopping center. DSN 385-3326, civ. 0621-730-3326.

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

Just for Kicks



Samantha Smith

Jonathan Millet of Heidelberg Team 1 Balls of Fire maneuvers the ball around an opponent during a game against Wiesbaden. Wiesbaden teams traveled to Heidelberg June 9 for the final matches in the Child, Youth and School Services Junior soccer league. Heidelberg Team 2, known as H20, were the undefeated champions, winning all six games of the season.

Former Soldier finds outlet for passion, patriotism on playing field

By Mark Heeter

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Torrance Brown swiftly moves from one task to the next in Kaiserslautern's Kleber Gym, first pumping weights to work out his leg muscles, then moving to the gym floor for some serpentine shuffling, followed by receiving and pattern drills.

This is the hardest part, according to Brown: the training.

"Once you show up for training camp, it's not a thing where you're doing conditioning there. You have to go there already being conditioned. You go there and you hit the ground running and you hit the ground running hard," he said.

Training camp for Brown is mid-July in Stuttgart, where he will join approximately three dozen teammates, plus coaches, with the Team USA Eagles, a club football organization that carries football to countries around the world. Immediately following camp, the team will travel to Rome, where they will play against teams from Italy, Spain and Denmark, countries where interest in football is rapidly growing, according to Brown.

The club "was founded to promote the development of the sport of American Football within the United States as well as with our friends who play the sport internationally within their respective coun-



Mark Heeter

Torrance Brown, a running back with the Team USA Eagles football team, works out at Kleber Gym June 15. Brown is preparing for an upcoming tournament in Rome.

tries," according to the team's website.

For Brown, a contract specialist with U.S. Army Garrison Kaiserslautern, playing for the team — which he joined in 2005 — is about doing something he loves for his country.

"We're a group of guys that gets together once or twice a year. We're doing this not for ourselves, but for our country. I was a Soldier for my country. Now I get to represent my country doing something that I love," he said.

staying ACTIVE

Skydiving Trip

Take a tandem skydiving trip in Bitburg with Outdoor Recreation July 4. Jump from a plane more than two miles high and descend at speeds approaching 200 miles per hour. Trip departs 7:30 a.m. from Pulaski Barracks Bldg. 2905. Cost is \$269. www.mwrgermany.com.

Tennis Camps

Youth tennis camps will be held at the Heidelberg Tennis Center July 9-13, July 30-Aug. 3 and Aug. 20-24. Open to ages 6-18. Cost is \$250 per person. DSN 388-9037 civ. 06221-338-9037.

Volunteers Needed

Community volunteers are needed for the Rally for the Cure golf tournament scheduled for 7:30 a.m. July 14 at the Heidelberg golf course. There will be a volunteer information meeting 5 p.m. July 5 at the Heidelberg golf course. Light refreshments will be served. Details at civ. 06227-53316. www.rallyforcurehd.com.

Heidelberg Open

Registration is open for the 2012 Heidelberg Open golf tournament scheduled for July 27-29 in Ostersheim. For details and registration forms visit www.Heidelberggolf.com. Deadline to register is July 15. www.mwrgermany.com.

Summer Bowling Leagues

Sign up available for summer bowling leagues at the Patrick Henry Village Bowling and Entertainment Center. Open to all skill levels. DSN 388-9040, civ. 06221-338-9040.

Sembach Soccer Clinics

Sembach Soccer Clinics are now available through SKIESUnlimited for beginner, intermediate and advanced youth players. Clinics include scrimmages, drills, team tactics, attacking and defending skills. Register through Parent Central Services, Pulaski Barracks, Bldg. 2898 or One Stop Shop, Landstuhl Post, Bldg. 3810.

Binkies and Babes

Moms and their babies ages 6 weeks-2 years old can work out together during infant stimulation class. Bring baby's favorite blanket and toy. 10-11 a.m. Mondays. \$6 per class. Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 0631-86-7172.

Dynamic Yoga

Landstuhl Fitness Center offers a dynamic yoga class to revitalize the body and awaken the mind and spirit, 6:30-7:45 p.m. Wednesdays. Class features challenging posture flow along with meditation and breathing exercises. Landstuhl, Bldg. 3720. DSN 486-7172, civ. 06371-86-7172.

Pump Iron

Use a weighted bar to burn calories and sculpt your physique during a Pump Iron workout. Classes meet noon Mondays, 6 p.m. Tuesdays and 6:30 a.m. Fridays at Campbell Fitness Center in Heidelberg, www.mwrgermany.com.

Archery Range

Located behind the Heidelberg Rod and Gun Club, the Archery Range contains a 14-target archery course as well as two tree stands with a random number of 3D targets scattered across the range. Equipment available for rent. Open to all ages. Civ. 06205-14-309, www.mwrgermany.com.

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.badenwuer.usag.mbx.post-newspaper@mail.mil.

TABOO

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"If it's just one person that utilizes that number [on the card] – just one person that was in some version of a crisis – and reduces the likelihood that they're going to attempt suicide, that's a success," she said.

Chris Lavin, a counselor with the U.S. Army Garrison Kaiserslautern Army Substance Abuse Program, cited one "particular command was there for [a] Soldier," who had attempted suicide.

"They de-stigmatized it by saying, 'If you get into trouble, we're there for you,'" Lavin said.

"They were aware that this goes on, they were aware that we have to have immediate resources put into play to protect the rest of the Soldiers that are affected by this behavior," he said.

WRAP

continued from page 1

Explosives Device operations and medical evacuation.

While the STX lanes were conducted in Adazi, sites in Estonia were conducting academic training in military decision making and operations at the multinational brigade and higher levels.

After a short break, in which participating troops held sports events and visited local cities as part of a 'cultural day,' the exercise moved into its second week, when operations ramped up the pace a bit.

In Adazi, a battalion headquarters, with companies from the five nations participating in the event, conducted 24-hour operations that included all of the major tasks trained

during the STX lanes.

This gave the participating troops the opportunity to put all of these tasks together into one major field operation.

Meanwhile, troops at the training sites in Estonia, began to put into action military decision making processes, and other headquarters operations many of them will have to rely on during future deployments to multinational headquarters organizations in Afghanistan.

"This is absolutely great training," said Sgt. Christopher Whims, with the 4th Marine Division. "We worked, the day before, with the Estonians and learned quite a bit about how they run their convoy operations. Then today we worked

with the Lithuanians. It was just absolutely a great experience."

While the tasks and operations the troops trained in were very much the same tasks many of them will employ in Afghanistan, the real training value was in the ability for all of the nations to train together with the very nations with whom they will stand shoulder-to-shoulder in harm's way, according to Latvian Army Lt. Col. Gunars Kaulins, commander of the field training Exercise at Camp Adazi, Latvia.

"When we have Estonian, Latvian, Lithuanian and all the other troops here, it is a fantastic opportunity to learn from one another," he said.

The Saber Strike series of training exercises is scheduled to continue next year in Lithuania.

New Leadership



Sgt. Brian Rodan

5th Signal Commander Col. (P) Bruce T. Crawford (right), passes the 2nd Theater Strategic Signal Brigade colors to Col. Jimmy L. Hall (left) during a change of command ceremony held June 22 on the Mainz-Kastel Station soccer field. The passing of colors symbolized the change in command from the previous commander Col. Mitchell L. Kilgo to Col. Hall.



VOTE

**Voting information for U.S.
Army Garrison
Baden-Württemberg**

July Primaries

- * North Carolina: July 17 (Primary Runoff)
- * Georgia: July 31 (S)
- * Texas: July 31 (Primary Runoff)

August Primaries

- * Tennessee: August 2 (S)
- * Kansas: August 7 (S)
- * Michigan: August 7 (S)
- * Missouri: August 7 (S)
- * Washington: August 7 (S)
- * Hawaii: August 11 (S)
- * Connecticut: August 14 (S)
- * Florida: August 14 (S)
- * Minnesota: August 14 (S)
- * Wisconsin: August 14 (S)
- * Georgia: August 21 (Primary Runoff)
- * Wyoming: August 21 (S)
- * Alaska: August 28 (S)
- * Arizona: August 28 (S)
- * Oklahoma: August 28 (Primary Runoff)
- * Vermont: August 28 (S)

Register and request your ballot for upcoming Primaries online at www.FVAP.gov.