

# HeraldPOST

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

**HP THURSDAY**  
July 5, 2012

## Speed Read

### BEHIND THE GATES



Heidelberg residents receive a first look at local military housing areas being returned to the community after the garrison's closure. 3

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### ROCK HARD

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## Community preps for Sembach surge *Kaiserslautern officials promise 'good things' for new community residents*

By Mark Heeter

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Throughout the remainder of this fiscal year, Sembach Kaserne will become the new workplace for hundreds of Soldiers and civilians, including the headquarters of the Installation Management Command Europe, the U.S. Army Europe Band, and the 30th Medical Command, among others.

Good things await them, according to Steven Pelletier, U.S. Army Garrison Kaiser-

lautern's Director of Family, Morale, Welfare and Recreation.

"We're doing a \$6 million renovation to the (former Air Force enlisted club)," Pelletier said, adding that a grand opening date will be announced. "The facility at that time will be called the Sembach Community Club."

It will be more than just a club, though, and will include a Community Bank Automated Teller Machine and a brand new Warrior Zone.

see **SEMBACH** page 9



Brandon Spragins

Construction worker Peter Dengel works on the future site of the Sembach Kaserne Java Café. The facility is just one of several improvements being made to help accommodate the large number of troops and civilians moving to the installation.

## Soldiers synchronize efforts, cut costs during Operation Harvest

Spc. Glenn M. Anderson

7TH CIVIL SUPPORT COMMAND, PUBLIC AFFAIRS OFFICE

Army Reserve Soldiers with the 7th Civil Support Command, along with Soldiers from U.S. based Army Reserve units, participated in U.S. Army Europe's Operation Harvest, the Army Chief of Staff's Campaign on Property Accountability, in Mannheim June 25-26.

Operation Harvest is a phased action plan to synchronize the actions necessary to achieve and maintain property accountability that began in February.

"This is a great way for the Army to save money," said Kabaka Teague, logistics analyst, 7th CSC.

see **HARVEST** page 9

## Harvest Time



Spc. Glenn M. Anderson

Army Sgt. Stephen Piczko, a mechanic with the 406th Human Resources Company, 7th Civil Support Command, U.S. Army Reserve, performs equipment inspections during Operation Harvest June 26 in Mannheim.

## Health Center offers youth sports physicals

HMEDDAC Public Affairs

The Heidelberg Health Center is accepting appointments for a day of youth physicals for school sports and Child Youth Services sports activities July 28.

The physicals are for dependents aged 6-18 at the health center on Nachrichten Kaserne, Bldg. 3617 and take place from 8 a.m. - noon. No walk-ins will be accepted as space is limited and the appointment windows are set for

15 minutes per student. Appointments must be made by calling the central appointments line at DSN 371-2622 or civ. 06221-17-2622.

While the appointments are for sports physical exams only, immunizations will be provided if the patients have a current (updated) record with them. According to HHC patient administrators, parents must bring a copy of the patient's paper shot records for the health care staff to compare with the information in the system's im-

munizations database prior to any immunizations being administered. Students should arrive 15 minutes prior to their scheduled appointment time and should wear shorts and/or bathing suit tops under their clothes.

In addition, parents are required to pick up and complete age-specific, pre-participation questionnaires prior to the appointments for their children. The questionnaires and exam forms are available outside the family practice and pediatric clinics at the HHC.

## Defense Details

### GUARD RESPONDS

National Guard Soldiers and Airmen are responding to damage left behind by severe weather and destructive wildfires in several states across the U.S. Along the East Coast and in parts of the Midwest, high temperatures and severe thunderstorms caused power outages for millions over the weekend. More than 750 Guard members from the District of Columbia, Ohio, Virginia and West Virginia responded to provide traffic control points, door-to-door health and wellness checks and debris removal. West Virginia National Guard members have cleared more than 920 truckloads of debris from the storm and have helped with refueling of backup generators at hospitals and nursing homes, officials said. In Florida, where heavy rains from tropical storm Debby lingered for several days, about 70 Florida National Guard members are continuing flood support missions. In the western states, Guard members from Colorado continue to battle wildfires there that have burned more than 100,000 acres of woodlands and either destroyed or damaged personal property.

www.defense.gov  
www.army.mil/news

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## LEGAL ADVICE

# 'Service of process' rules may differ in Germany

Patton Law Center

Whenever a civil suit is brought against someone in a United States court, one term that is heard is "service of process."

Many people are not sure what service of process means, and whether the rules concerning it are the same when in the U.S. as in Germany.

Since many Soldiers and family members have ongoing civil court cases in the U.S. when they arrive Germany or later get involved in U.S. civil cases, questions sometimes arise. This article is intended to help clear up some questions and confusion.

Legal process is a document that compels a person to appear in a U.S. court or comply with a U.S. court's decision. In short, it is the procedure that allows the court to acquire or exercise jurisdiction over the people involved in the case so the court's decision can later be enforced in favor of, or against, a party.

Most states use a summons to initiate a civil matter. A summons is part of the legal process and is usually prepared by an attorney working for the plaintiff (it can sometimes be prepared by a court).

A summons informs the other party or defendant that a civil case is being brought against that person, and it advises them on what he or she must do to protect his or her legal rights.

Service of process is simply the actual formal delivery of the summons to the other party or defendant so the plaintiff can later prove, in U.S. court, that the other party knew of the case. Once proper service of process is served, a civil case can continue to final judgment even in the absence of the other

party or defendant.

The rules on service of process vary from state to state and whether the party is located inside or outside the U.S. Many believe Army officials, like commanders, have the ability to serve process against Soldiers and family members or on their behalf. This is not true. Generally, no commander has the authority to serve process, whether they are located inside or outside the U.S.

Usually, the most a commander can do is to see whether the person being served is willing to voluntarily accept the service of process. Under Army Regulation 27-40, this requires more than calling the person into an office and handing the person a certified letter or other notice from a U.S. court or attorney in the U.S.

In Germany, commanders and other officials can seek assistance from the Foreign Law Branch, Office of the Judge Advocate, U.S. Army Europe or from their local Office of the Staff Judge Advocate on how to properly handle this matter.

The following are the only two methods of proper service of civil process from a U.S. state court on a Soldier, federal employee or family member located in Germany.

First, any person may voluntarily accept the service of process from the U.S.

The second method is through the Hague Convention on the Service Abroad of Judicial and Extrajudicial Documents in Civil or Commercial Matters (Hague Convention).

Both the U.S. and Germany have signed this international agreement.

The Hague Convention provides for a central au-

thority in each country to handle service of process requests from other countries that are signatories.

In Germany, this authority is usually exercised by the German Ministry of Justice. The Hague Convention has specific regulations on what constitutes a proper request for service of process, and Germany has rules regarding what is proper service of process within its borders.

For example, Germany does not allow service of process under the Hague Convention through certified mail, even to an Army or Air Force Post Office address, and any document a party from the U.S. wishes to serve under the Hague Convention on another party in Germany must include a German translation of all documents.

This is true even if the parties are all U.S. citizens and do not speak German.

Additionally, many attorneys and courts in the U.S. are not well-versed on the Hague Convention, so its requirements are not obvious to them.

The Hague Convention rules do not apply to service of process from German courts or from U.S. courts in criminal matters and this, too, sometimes causes confusion.

Service of U.S. civil process on persons stationed or residing in foreign countries can be costly, difficult and time consuming.

Sometimes this can frustrate a party, especially in a divorce, where one party may want to expedite the matter.

The Patton Law Center is located in Bldg. 107 on Patton Barracks in Heidelberg and staff members can assist with questions regarding service of process. Call DSN 373-5056, civ. 06221-17-5056.



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## DISCUSSION BOARD

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

"Hey BWnowers ... what's your favorite thing about living in Germany? Least favorite?"

— BWnow Administrator

"Brotchen. lol I swear it's going to be the death of me."

— Stephanie Moving Forward Hart, BWnow Facebook Fan

"I absolutely LOVE the transportation system. Every time I go state-side I wish I did NOT have to put expensive gas in my car and go miles and miles (lots of miles in the U.S. of A). Here, I can choose to take a local train, a regular train or a FAST train somewhere. I am so sorry that most states destroyed their train systems and opted for those toll roads. (I'm from Jersey and I keep thinking about the Garden State

Parkway which was supposed to "pay for itself" in 20 years... 50 years later.....")

— Barbara Garrett, BWnow Facebook Fan

"Favorite: The scenic beauty. Least Favorite: Insufficient parking spaces."

— Marti Matthews, BWnow Facebook Fan

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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.

# Local nationals tour Heidelberg facilities

Photos by Kierra Ho

Right: Hannelore Thomas, Housing Manager for U.S. Army Garrison Baden-Württemberg, leads a group of Heidelberg citizens on a tour of a building in Mark Twain Village East in Heidelberg June 29.

Below: Heidelberg citizens walk through and examine an apartment during a tour of Patrick Henry Village in Heidelberg June 29. For most participants, the two-and-a-half-hour tour provided a first glimpse of the facilities that the Army will give up by 2015.

Below Right: Thomas Heiss, public affairs specialist, U.S. Army Garrison Baden-Württemberg, answers questions from two Heidelberg citizens during the tour June 29.



## 21st TSC to conduct Amnesty Day at Miesau

### 21st TSC Public Affairs

The 21st Theater Sustainment Command has scheduled an amnesty day to allow individuals to turn in ammunition and explosives 8 a.m. to 2:30 p.m. July 10 at the Theater Logistics Support Center – Europe Ammunition Supply Point 9 at Miesau Army Depot in Miesau.

Personnel who have acquired abandoned or unauthorized ammunition and explosives from a variety of sources – to include training ranges, military missions and uncovered military artifacts, could face disciplinary action

if found in possession of these dangerous items.

The amnesty program provides a means of turning in these items with no repercussions or disciplinary action, while remaining anonymous. The program, however, is not intended to circumvent normal ammunition turn-in procedures.

Those turning in unauthorized ammunition and explosives must notify the guard at the turn-in point of the presence of amnesty items. The guard will provide an escort to and from the turn-in point.

For details call DSN 481-3516, civ. 06372-842-3516.

## Keep valuables safe and out of sight

By Robert Szostek  
USAREUR OFFICE OF THE PROVOST MARSHAL

U.S. forces personnel can easily become victims of car break-ins, and often they unwittingly tempt thieves, warn officials at the U.S. Army Europe Office of the Provost Marshal.

Satellite navigation devices are the most popular items for crooks, but laptops, identification cards, passports, cameras, cell phones, backpacks and military clothing items are also regularly stolen from cars and vans.

“The main problem is that Soldiers and civilians leave property in plain view inside vehicles,” said Patrick MacKenzie, the USAREUR OPM’s law enforcement chief. Another big problem is that some people just don’t lock their vehicles, OPM officials added.

“It is not only important to lock your vehicle, but it’s also the law in many countries in Europe,” said MacKenzie. In addition, insurance companies will not cover claims for stolen items if the vehicle was found to be unlocked.

But a locked vehicle alone is not a foolproof deterrent, he warned. If thieves see something valuable in plain sight inside, they will gladly smash a window or cut open a canvas top to grab it. “It is best to never leave anything valuable in a car when it is unattended,” MacKenzie said.

### Tips to deter thieves

- ◆ Keep baggage and valuables out of sight, preferably locked in the trunk. When staying overnight, take valuables inside.
- ◆ Always lock your car while driving, while getting gas, at rest stops and when parked.
- ◆ Never leave valuable documents such as passports or ID cards in your vehicle – always keep them in your possession.
- ◆ Keep maps and guidebooks in the glove box.
- ◆ Stay away from cars driving erratically.
- ◆ Never pick up hitchhikers.
- ◆ Report thefts to military and local police, regardless of the country you are in. You may need a police report to file an insurance report as well.

For more security and crime prevention tips, contact the Provost Marshal Office at DSN 388-2585, civ. 06221-338-2585.

## transformation UPDATE

### Frequently Asked Questions

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

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

#### “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://mybnow.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](http://www.Tricareonline.com).

### 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 scheduled to close **July 15**.

**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 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 scheduled to close by **Sept. 1**. DSN 385-3940, civ. 0621-728-3611.

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

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

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

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

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

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

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

**UPDATED – Sullivan Express Shoppette** – The Sullivan Express shoppette will remain open longer. The facility is now scheduled to close **Aug. 31**.

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

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

### Heidelberg

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

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

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

**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**.

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

**Aug. 3** on the helipad field on Nachrichten Kaserne (or in the Wilson Theater in case of inclement weather).

**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 now close **Sept. 1**. 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.

**UPDATED – Tompkins Retail Store** – The Tompkins retail store is scheduled to close **Aug. 31**.

**Wood Shop** – The Wood Shop on Patton Barracks will remain open until the garrison deactivates. DSN 373-5195, civ. 06221-17-5195.

**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.

**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).

**ADS**

# Family readiness leader proud to serve others

By Capt. Amanda Kehrrington  
18TH MILITARY POLICE BRIGADE PUBLIC AFFAIRS

HOHENFELS – Adriana Standifer's outstanding role as a family readiness group leader was one she never saw coming.

Standifer was celebrating her 11th wedding anniversary in January 2007 with her husband and two children in San Antonio when he broke the news that he had enlisted in the Army.

Their lives changed drastically, as the Standifers officially became a military family. Adriana would have to leave a home and a job she loved and was apprehensive about what the future would bring.

After her husband's military schools and training, Standifer and the children were finally able to join him at his first duty assignment with the 527th Military Police Company, 709th MP Battalion, 18th MP Brigade in February 2008.

The following month, her husband, Sgt. Kevin Standifer, received deployment orders and spent the next 15 months in Afghanistan. Adriana was left in Hohenfels with her two children without any knowledge of Army life.

One evening, she had to respond in a time of crisis for another military spouse. This tested her ability to handle situations many military families have to endure.

"A neighbor was just notified that her husband was killed in action and called on me for help, and I was clueless. I didn't know anything about the Army, the notification process or the FRG's role," said Standifer. "I made a vow that night to make sure we

**"She was always doing something to help others and made them feel like they were a part of her own family,"**

– Zerina Coley, 527th MP Company spouse

[spouses] knew what to expect and to learn more about the whole process, as painful as it was."

When the time came, Standifer had no hesitation to stand up as the new unit FRG leader. At the time, she was preparing for her husband's second deployment.

"Adriana is the total package; big heart, organized, calm under pressure, knowledgeable of Army support systems and is uniformly loved by the entire unit," said Lt. Col. Roger Hedgepeth, 709th MP Bn. commander.

"Adriana knew the company was deploying to a tough mission," Hedgepeth said. "She wanted the young spouses to have someone to talk to, know how to get help and what services were available in the community."

The 527th MP Co. tragically lost four Soldiers, three of which came as a result of one improvised explosive device attack.

"When we went to homes to notify family members, Adriana went with us. She was a godsend as she comforted the spouses, organized casualty response teams, made sure the children were taken care of and guided the young spouses through this traumatic time," Hedgepeth said.



Capt. Amanda Kehrrington

Adriana Standifer (middle), 527th Military Police Company family readiness group leader, assists Masako Sprunger (right) in catching a ball of string during a spouses team-building exercise. The exercise taught the spouses that no matter where you come from, there is at least one thing you have in common with one another.

"She was there for everyone during that difficult time, day and night. She was strong for everyone," said Zerina Coley, 527th MP Co. spouse.

Hedgepeth attended a 527th MP Co., FRG meeting to present a volunteer award to Adriana. He was in awe when he saw the room filled with every single spouse and child of the 527th MP Co.

"It is the first time in my 28 years of service that I have seen every family member in the unit attend an FRG meeting," said Hedgepeth.

"When I presented Adriana with the award, she received a standing ovation,

there was not a dry eye in the house."

The 527th MP Co. FRG became a tight family. Adriana ensured this by sharing meals and holidays together and bonding with the wives like sisters.

"She was always doing something to help others and made them feel like they were a part of her own family," Coley said. "Her optimism and enthusiasm are contagious and she genuinely cares about those around her."

Standifer put things in perspective by stating at the end of every meeting: "We may not always get along but we are family and we will be there for each other."

## Environmental management relies on community members' actions

By Samantha Rogers  
USAG BW ENVIRONMENTAL DIVISION



Many people are familiar with the U.S. Environmental Protection Agency, the agency that enforces environmental laws in the United States. Did you know that in Germany, the Environmental Division of the Department of Public Works has a similar role? Did you also know that community members play an essential

part in this process?

To manage compliance with the both Host Nation and U.S. laws, and to reduce the environmental impact of its activities, the Army uses the Environmental Management System. This system is based on ISO 14001, an international standard used in industry and governments worldwide. In addition to the obligation of compliance, the EMS requires each garrison to set goals for continual improvement.

The Army recognizes that a successful EMS embraces every person who could have a significant impact on the environment. Perhaps you're thinking,

"How do I impact the environment? I'm just working, living and going to school." Take a minute to consider the resources you need to get through one day. Everyone who works or lives on post consumes water and generates solid waste. Each of us also consumes natural resources by driving or using the electricity generated by burning fossil fuels. Many of us have hazardous materials in the home or workplace, and a few of us may need to know how to respond to spills or hazardous substances.

By applying U.S. Army Garrison Baden-Württemberg's EMS, you can reduce your impact and conserve natural resources by recycling, conserving water and energy. Additionally, residents must properly handle and store hazardous materials in the home such as paints, cleaning chemicals, aerosol cans, toner cartridges and dispose of the hazardous waste. For on-post residents, this is done at the Patrick Henry Village Recycling Center Hazardous Waste Storage Area, for off-post residents at the local Hazardous Waste Collection Point on the economy.

At work, environmental officers must ensure Soldiers are trained in spill response and hazardous materials and waste handling and disposal, and that the most current versions of environmental policies and

standard operating procedures are followed.

Three years ago, USAG Baden-Württemberg became the first garrison in Europe to declare full conformance with the ISO 14001 Standard. In the most recent audit of the EMS during the FY12 External Environmental Performance Assessment System, the Garrison received a finding that not everyone was aware of his or her role in the EMS.

In order to maintain the garrison's conformance, everyone must work within the EMS to reach our goals and to continually improve the system. With your commitment, and by following approved policies, SOPs, and the tips below, we will improve our community to make it safer, healthier and greener.

The Garrison's EMS Policy (#10c) is located on the Garrison's website under "About," then "Policies." The Garrison's Energy Conservation Policy (#13c), Water Conservation Policy (#24), Illegal Dumping of Trash Policy (#23c) and Refuse Removal and Recycling Policy (#59) are available in the same location. For EMS Awareness Training, questions about hazardous waste, or more information on the environmental program, visit [www.bw.eur.army.mil/directorates/DPW/environmental.html](http://www.bw.eur.army.mil/directorates/DPW/environmental.html) or email [environmental@eur.army.mil](mailto:environmental@eur.army.mil).

**ADS**



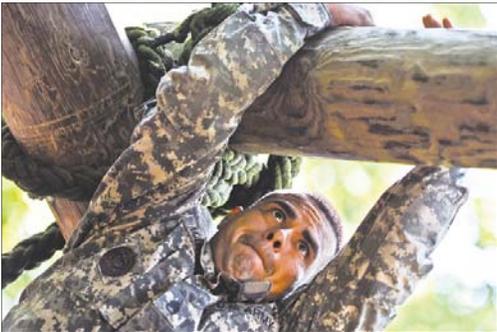
U.S. Army

Cannon crewmember paratroopers with Battery B, 1st Battalion, 319th Airborne Field Artillery Regiment, 3rd Brigade Combat Team, 82nd Airborne Division fire high-explosive artillery rounds from an M-119A2 Howitzer during the battery's field training exercise June 27 at Fort Bragg, N.C.



Staff Sgt. Tanya Polk

Staff Sgt. Jacob Hairston, with Headquarters and Headquarters Battery, 1st Battalion, 76th Field Artillery Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, takes part in a flag football game June 25 as part of Marne Week at Fort Stewart, Ga.



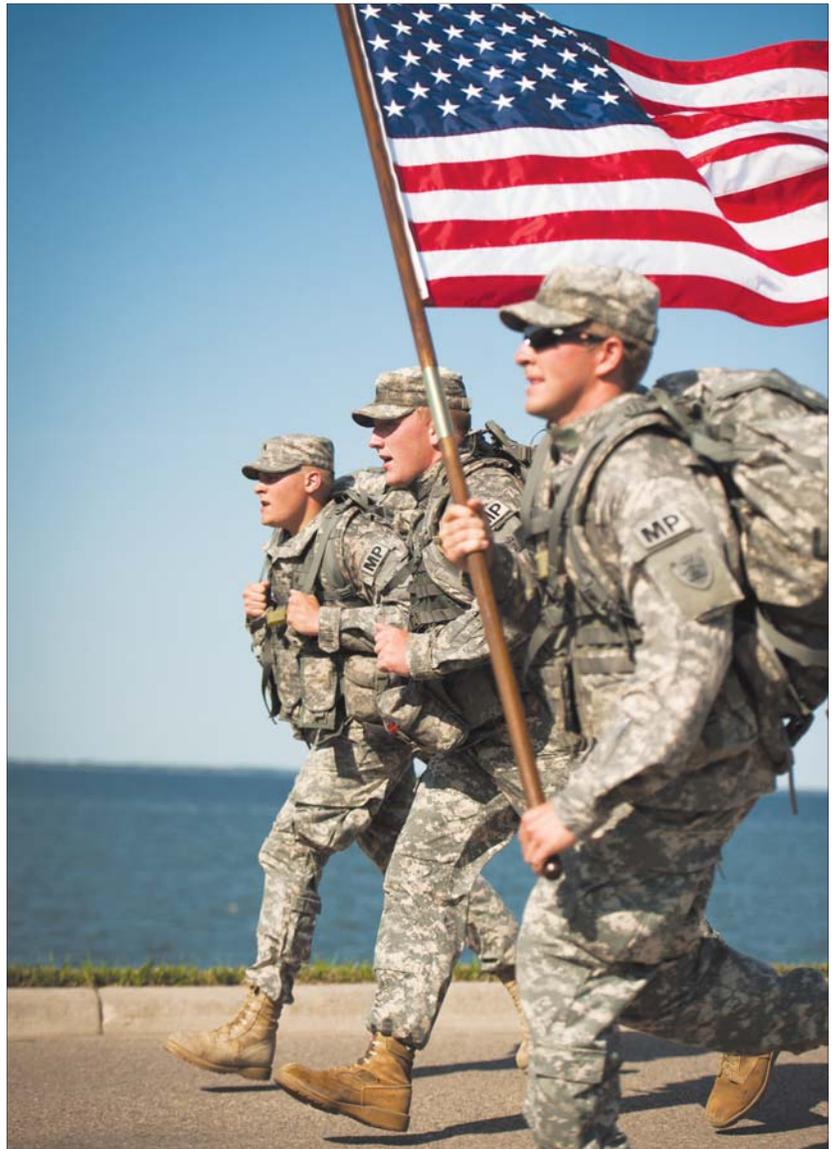
U.S. Army

Staff Sgt. Victor Marquez-Rodriguez of Fort Sill, Okla., climbs across a log on the confidence course at Fort Eustis, Va., June 27 as part of the annual Drill Sergeant of the Year competition, hosted by Initial Military Training, U.S. Army Training and Doctrine Command.



Sgt. Michael J. MacLeod

Pfc. Erick Montoya, paratrooper with the 82nd Airborne Division's 1st Brigade Combat Team, patrols through an alfalfa field June 14 in southern Ghazni Province, Afghanistan. Behind him are other paratroopers as well as partnered Afghan soldiers with the Afghan National Army's 3rd Brigade, 203rd Corps.



Sgt. Brett Miller

Spc. Mitchell Eidsvold (left), Spc. Michael Hons (center), and Sgt. Scott Jensen (right) of the 191st Military Police Company race toward the finish line of the Fallen Soldiers Memorial 12K run, while wearing full combat equipment and carrying the American flag. The run took place in Devils Lake, N.D., June 23.

**our**ARMY  
around the world

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

## SEMBACH

continued from page 1

"We will also have a mini one-stop shop, which will follow our model of the one-stop shop on Landstuhl, where customers can buy value-added tax forms, enroll in the utilities tax avoidance program, and get tickets for outdoor recreation and KMC Onstage events," Pelletier said.

In addition to the club, other major projects are on track to be complete in the months ahead, including a Sembach Teen Center Annex, slated to open Sept. 1, and a new Java Café, scheduled to open one month later.

"So if you're looking for a place to stop by, read a newspaper, search the Internet, and have a cup of coffee, that will be in building 109," Pelletier said.

The effort to expand services to support a growing population grew out of customer feedback, according to Pelletier.

"Many of the Sembach things came out of a grassroots thing called the Army Family Action Plan," he said. "We identified many shortcomings ... so we've had to make some investments to upgrade those facilities."

"We continue to renovate facilities, to bring the existing facilities up to standard," said Paul Lindemer, chief of the engineering division with the USAG-K Directorate of Public Works.

Combined with the Air Force's 86th Services Squadron, the USAG-K MWR offers the Kaiserslautern Military Community 140 facilities and programs, more than anywhere in Europe, according to Pelletier.

## HARVEST

continued from page 1

Teague had operational oversight for 7th CSC's Operation Harvest logistical support.

"Returning our excess inventory back into the Army system gives the Army a chance to redistribute to other units who don't have this inventory, therefore saving the Army money by not having to purchase new inventory," Teague added.

The USAREUR property accountability campaign has five phases. During Phase IV, the 7th CSC Soldiers operated as part of Task Force Harvest whose mission is to verify theater directed lateral transfers, disposition and turn-in operations.

"We are doing better than anticipated," Army Sgt. 1st Class Arnold Olson, maintenance non-commissioned officer in charge, 7th CSC, said. "Initially I had reservations because of the magnitude of this operation, but due to the quality of the Soldiers that are working here we have been able to per-

severe and achieve the goal that was handed to us.

"The Soldiers working for me here are doing an amazing job and I am extremely proud of what they have accomplished," Olson said.

The purpose of the mission is to account for 100% of all Army equipment assigned to the 7th CSC along with all subordinate units.

"Based on what I have seen here, we are returning thousands upon thousands of dollars back into the Army system," Army Pfc. Taj Woods, mechanic, 406th Human Resources Company, 7th CSC, said. "It makes me proud to be a part of saving the Army so much money.

"It did not seem like we would make the timeline in the beginning, but now we should be ahead of what the Army expects," said Woods.

"When we first arrived, we did not know what our mission was or what to expect, but we learned that we had to install

over 100 communication radios in the 7th CSC Humvee's," Army Spc. Jamie Summe, automated logistics specialist, 978th Quartermaster Co., Richmond, Va., said. "This mission showed how versatile we can be as we learned how to do something a little different than my normal job as supply.

"It started out slow at first, but we now can do up to 11 to 13 vehicles a day," Summe added.

Equipment that is serviceable, in excess or bulk, will be returned to the Army's inventory. Defective equipment will be disposed of properly or be refurbished and returned into the Army's inventory.

"As restructuring takes place in the 7th CSC, and the U.S. Army, I was not surprised to see this amount of equipment being returned to the Army's inventory," Olson said. "As our mission is redefined, so are our equipment requirements."

# Managing expectations during reintegration

By Lisa Daniel

AMERICAN FORCES PRESS SERVICE

WASHINGTON – The Defense Department is working to "fundamentally transform" the nation's understanding of the invisible wounds of war, Defense Secretary Leon E. Panetta has said, and nowhere is that more apparent than at the Defense Centers of Excellence for Psychological and Traumatic Brain Injury.

DCoE is out in front on recognizing psychological problems among service members and recently began reaching out to military members and their families through social networking.

One event, now common in military family life - that also can be largely misunderstood -- is a service member's redeployment home. Navy Lt. Cmdr. Dana Lee, a counselor in reintegration and deployment health at DCoE in Silver Spring, Md., recently took part in a Facebook chat with families about how to give service members a smooth transition back into their home life.

People often have unrealistic views of how a redeployment will be, Lee said. "A lot of people think of it as a series of positive events," she said. "You're reunited with your family and friends, you're going back to your

favorite restaurants and activities."

But returning to the routine of home life after war also can be a "period of extended stressors," she added. "There are expectations that come with coming back. When you're deployed, you're focused on mission completion. There are different routines at home."

A lot of things happen in the months that a service member is away, Lee explained.

The kids have grown and changed, maybe the house is different, there may be a new car, and the couple's relationship may have changed.

Many couples - or one member of the couple - may want to dash off to Disney World or throw a big party or family reunion for what many see as the ultimate celebration.

But some redeploying service members may need down time to decompress, Lee said.

Communication is key to understanding what the service member wants and needs, Lee said.

"Include your service member in the planning process so they can have a say in what is happening," she said.

While some reintegrated troops are ready for a big welcome-home party, some may be exhausted or overwhelmed by that, Lee said.

**"There are expectations that come with coming back. When you're deployed, you're focused on mission completion. There are different routines at home ... A lot of things happen in the months that a service member is away."**

-Lt. Cmdr. Dana Lee, reintegration counselor

"Some people when they just get back, all they want to do is catch up on their sleep," she said. "Some may sleep 20 hours a day for a few days just to catch up.

"The service member may be thinking, 'I just want to get the basics done: relax, sleep, have a good burger.'"

Reintegration should be viewed as a process, rather than a timed event, Lee said. There is no set time in which a service member should feel fully acclimated, she explained.

Reintegration affects the whole family, Lee said, and family members

should understand that it is OK to spend time apart. "It's OK to look at your routines and do what you need to do for yourselves," she said.

Families should talk about the changes openly and, if a service member is deployed, start the conversation then. "The conversation should not start as soon as the service member gets back," she said.

It is common for troops to have disagreements or flashbacks as they reintegrate, Lee said.

Some signs that a service member may need professional help with reintegration is if he or she has excessive anger, depression, symptoms of post-traumatic stress, is using illegal drugs or misusing prescription drugs, or drinking alcohol excessively, she said.

"It goes back to functioning," Lee said. "If you notice increased anger and it's really not the same person you knew before deployment, and the anger is impacting family relationships, or if they are isolating themselves, then it may be time to reach out to a counselor or clergy members," she said. "We know that when you break your leg, you're going seek treatment," Lee said. "But it's also vital that people with invisible wounds seek help, too." For more resources visit [www.realwarriors.net/](http://www.realwarriors.net/) and [www.defense.gov/home/features/2010/1010\\_Integration/](http://www.defense.gov/home/features/2010/1010_Integration/).

## GERMAN NEWS

### Circumcision Ruling

Berlin's Jewish Hospital has suspended all non-medical circumcision procedures amid legal uncertainty resulting from this week's court ruling that the operation amounts to bodily harm and criminal assault. The hospital stopped performing the procedures in light of the June 26 ruling by Cologne district court, Kristof Graf, head of the Department for Internal Medicine at the Jewish Hospital. The hospital performed 300 procedures last year, 100 of which were for non-medical reasons, Graf said. For Jewish and Muslim leaders, male circumcision is a fundamental and ritual part of their faith. If the Cologne court's ruling is taken as a precedent then "Germany would be the only country in the world in which circumcision is forbidden," said Dieter Graumann, head of the Central Council of Jews in Germany. Meanwhile, Aiman Mazzyk, head of the Central Council of Muslims in Germany, told Focus magazine that his organization was thinking of taking the question of ritual circumcision before Germany's highest court.

### Fans Frustrated By Italian Win

Veteran striker Miroslav Klose may delay his retirement for two more years to play at the 2014 World Cup in Brazil and make amends for Germany's tearful exit from Euro 2012 soccer championships. Germany's 2-1 semi-final defeat to Italy in Warsaw June 28 left Joachim Löw's team shell-shocked after Italy's Mario Balotelli scored two goals in the first-half, which effectively knocked out Germany. "For me, there won't be many European Championships or World Cups in the future," said Klose, which is why he is contemplating staying an extra two years. Italy has maintained its winning record against Germany at either the European Championships or the World Cup. Nearly half a million people had gathered by the Brandenburg Gate in Berlin, ready to celebrate victory. In Wuppertal, the *derwestern.de* news portal reported German fans threw pasta at Italians after more than 1,000 mixed fans watched the match at an outside public viewing facility. Police could not control a confrontation between hundreds of opposing fans and had to use pepper spray to keep aggressive Germans and Italians apart.

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



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

**Dear Ms. Vicki,**

*My son will be joining the 101st "Screaming Eagles" in August. (Finishing up his training at Fort Eustis, a small break with us, then over there) I am very proud of my son and all of our men and women in uniform. I believe that he will be deployed to Afghanistan in the near future. My question, therefore, is how can I best support my son and all of our brave men and women in uniform as much as possible, keep myself busy so I don't overly worry, and not to unduly stress my son out with petty problems at home when he needs to concentrate on his job? From A Caring Mother*

**Dear Mother,**

Thanks so much for writing and for sharing your story. Please

know that there are many who are praying for your son daily, and for his safe return. I know this is a tough time for you and it's filled with many emotions regarding your son going to Afghanistan. Please take care of yourself and hang in there. I'm just happy to know that your son has a supportive mother. Many of our service men and women don't have support from parents. There are some groups of mothers/parents who are forming groups online. Please do an internet search. I would hate to endorse a support group when I have not had experience with them first hand. However, I will send you some websites that I am familiar with that provide helpful tips and resources for everyone. You are doing a good job already because your son knows that you support him. So, call him often and continue to let him know you love him, email, send cards and care packages. Most of all continue to take care of you. Believe me; he wants to know that his mother is doing great and in good spirits. Please keep in touch at your leisure with updates

**Dear Ms. Vicki,**

*I love your column. I read it on the Internet every week if I miss a copy of the newspaper. I thank God for the work you do.*

*I am writing to ask for your advice on how to cope with deployments. My fiancé and I have known each other for almost 6 years now but we have been a couple for 8 months. Most of that time he has been away so we have spent only a little over a month in each other's*

*company since we started dating last October. Last time he was home he asked me to marry him before he left for Afghanistan and I of course I said yes. I'm thrilled. I know for at least the next 9 months I won't see him and while I'm sort of used to it, it's still hard. This will be part of my life and I want to learn to handle it right. I'm very new to military life, so I don't know a lot about it. I want to be a good wife and support. Any advice you could give me would be greatly appreciated. Thank You. From: Future Army wife,*

**Dear Future Military Wife,**

Thank you for writing me and for sharing your story. I truly hope things work out for you and your fiancé. It sounds like he has picked a winner! There is much to learn regarding military culture. However, I think you will make a great adjustment. Always remember to be yourself, the rest will happen naturally. I don't want you to feel that you have a big exam to pass or that someone is looking over your shoulder watching to see if you will be a good military wife or not, right? Continue to pursue your own goals and dreams. When you are married, you and your husband will join your goals together. Respect and consideration for each other is crucial to a good relationship. In the meantime, write to him often, expressing your needs and desires to him, send care packages to him as often as you can and stay active and busy. Get plenty of rest, eat right, and try to get some exercise. It will help with the stress of deployment. Depend on your family and friends to get you through this tough time.

## Combating childhood obesity : Families can join the fight

**Allison Pompey, Public Health Researcher**  
U.S. ARMY PUBLIC HEALTH COMMAND

At what age do you remember starting to make healthy food choices? For many of us those decisions don't happen until later in life.

The obesity epidemic has grown considerably in recent years, particularly in children and adolescents. In fact, one in every three American children is overweight or obese.

Like other childhood health conditions such as diabetes and asthma, obesity in children requires some form of lifestyle intervention. Numerous studies have found that overweight children and teens are much more likely to become overweight adults unless they make positive lifestyle eating and physical activity changes. Parents and guardians are key decision-makers who influence the lifestyle needs when it comes to the nutrition, physical activity and health of their children.

While the problem of obesity is largely due to inactivity coupled with poor diet, several other factors also contribute to the problem. Those factors include culture, a family history of obesity, medications, medical illness, stressful life events/changes,

low self-esteem and depression or other emotional problems. Children who are overweight are at greater risk of developing complications such as diabetes, high blood pressure and heart disease. Additionally, these children are at an increased risk of developing emotional problems such as depression and anxiety.

Although the risks and complications associated with childhood obesity are burdensome, they are not necessarily permanent. Families can do a number of things to combat obesity. By making healthy eating and regular exercise a family activity, parents can improve the chances of successful weight control and positively affect their children's health in a big way.

The American Academy of Pediatrics recommends families start with one of the 5-2-1-0 behaviors listed below and set specific goals to improve their health:

- 5 - Eat at least five fruits and vegetables every day.
- 2 - Limit screen time (i.e., television, computer, video games) to two hours or less per day. Children younger than 2 should have no screen time at all.
- 1 - Strive for one hour or more of physical activity every day.
- 0 - Drink fewer sugar-sweetened drinks. Try water

and low-fat milk instead.

In addition to the 5-2-1-0 goals, adopt family activities like eating breakfast every day, while limiting fast food, take-out food and eating out at restaurants. Families should try to prepare foods at home and eat meals together as often as possible.

Turn family time into fun, active time by taking a family bike ride or hike, going to the park and throwing a ball back and forth, or taking a family martial arts class together.

Choose to be healthy and use the 5-2-1-0 goals every day. Remember small changes can make a big difference in the long run.

Parents can maintain a lifestyle for their child that supports healthy eating and active living. Discuss your child's weight with a doctor at least annually.

A registered dietitian can assist with developing goals for healthy eating and physical activity.

Go online to [www.kidseatright.org](http://www.kidseatright.org) for reliable, scientifically-based health and nutrition information to help children grow healthy.

In addition, the Centers for Disease Control and Prevention offers more information about Childhood Overweight and Obesity: [www.cdc.gov/obesity/childhood](http://www.cdc.gov/obesity/childhood).

# GET OUT!

## area events

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

### July 5

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

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

**Jazz Boat** – Enjoy views of major historical Prague monuments during the Jazz Boat's live jazz, swing and blues concert. 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](http://www.buzzoffbase.com).

### July 6

**Reggae Festival** – The Summerjam Reggae Festival brings booming bass lines to an island in Cologne's Fühlinger See lake. More than 40 acts parade across the two open-air stages. Festival runs through July 8. Tickets are €99 (plus €6 booking fee). <http://summerjam.de/>.

**Kaiserslautern Altstadtfest** – The Altstadtfest in Kaiserslautern features an open-air fest full of food, music, artists and sellers. [www.stadtbeste.in.deutschland.de](http://www.stadtbeste.in.deutschland.de).

**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. Concertgoers can enjoy classical music, jazz and cabaret. To view this year's lineup or to purchase tickets visit [www.rheingau-musik-festival.de/](http://www.rheingau-musik-festival.de/).

**Rothenburg** – Known as the "Gem from the Middle Ages," Rothenburg is one of the best preserved medieval cities in Germany. The old city walls are still standing and visitors can stroll through the streets for a journey back in time. <http://affiliates.usa.org/rheinmain/>.

### 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.usa.org/rheinmain/files/2012einebrucke\\_July\\_Aug\\_Sep.pdf](http://affiliates.usa.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.

### July 8

**Munich Automania** – At Automania, collectors can find a variety of gifts and gadgets to please the model car enthusiast. Features miniature cars of all types and scales, literature and more. Blumengroßmarkt, Lagerhausstraße 5, Munich. [www.buzzoffbase.com](http://www.buzzoffbase.com).

**JazzOpen Stuttgart** – Stuttgart's annual JazzOpen festival features a full week of musical performances by international jazz greats hosted at a number of different venues, including the city's Mercedes-Benz Museum, on Stuttgart's central Schlossplatz and in the BIX Jazz Club. Festival runs through July 14. <http://www.jazzopen.com>.

### July 14

**Castle Illumination** – Each year, the city of Heidelberg hosts a series of 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](http://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.usa.org/rheinmain/files/2012einebrucke\\_](http://affiliates.usa.org/rheinmain/files/2012einebrucke_)

<http://myBWnow.ning.com>

### Upcoming concerts

**Billy Idol** – Punk sensation Billy Idol plays the Porsche-Arena in Stuttgart 8 p.m. July 8. Information and tickets at [www.billyidol.net](http://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](http://www.songkick.com/concerts/12531033-de-la-soul-at-gibson).

**Wiz Khalifa** – Rapper Wiz Khalifa will perform at the Reitstadion in Stuttgart 7 p.m. July 14.

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

**Beach Boys** – Envision the sights and sounds of California surf and sand when the legendary rock band the Beach Boys perform 7 p.m. Aug. 4 at the Schleyerhalle in Stuttgart. [www.concertboom.com/stuttgart/2012/august/beach-boys-in-stuttgart/](http://www.concertboom.com/stuttgart/2012/august/beach-boys-in-stuttgart/).

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

### Ongoing

**Haribo Factory Store** – Some of the most famous gummy bears in the world come from Germany. Haribo Goldbaeren (gold bears) was founded in 1920 in Bonn and became the largest manufacturer of gummy sweets on the globe. Visitors can't enter the factory itself, but they can visit the Haribo factory store close to the original factory, which features an exhibition 10 a.m.-6 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturday. [www.haribo.com](http://www.haribo.com).

**Japanese Gardens** – In the heart of Kaiserslautern lies the Japanese Gardens. The gardens are renowned for providing tranquility and an insight into Japanese culture. Enjoy the fresh air, admire exotic plants, traditional Japanese buildings and learn more about Japanese history and culture via guided tours. Free admission for children under 12, €1 for ages 12-16 years and €3.50 for adults. The gardens are open 10 a.m.-6 p.m. Civ. 0631-370-6600. [www.buzzoffbase.com](http://www.buzzoffbase.com).

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

# coming to THEATERS



## MADEA'S WITNESS PROTECTION PROGRAM

(Tyler Perry) For years, George Needleman, the gentle Chief Financial Officer of a Wall Street investment bank, has been living with his head in the clouds. But George is finally forced to wake up when he learns that his firm, Lockwise Industries, has been operating a mob-backed Ponzi scheme - and that he's been set up as the fall guy. George and his entire family are put under witness protection in the safest place that Brian, a federal prosecutor from Atlanta, can think of ... his Aunt Madea's house down South. (Rated PG-13 for some crude sexual remarks and brief drug references) 104 minutes.

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

July 5 - THE PIRATES! BAND OF MISFITS (PG) 7 p.m.  
 July 6 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 7 p.m.; TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 10 p.m.  
 July 7 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 4 p.m.; SAFE (R) 7 p.m.; RAVEN (R) 9:30 p.m.  
 July 8 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 4 p.m.; RAVEN (R) 7 p.m.  
 July 9 - SAFE (R) 7 p.m.  
 July 10 - THE AMAZING SPIDERMAN (PG-13) 7 p.m.  
 July 11 - THE AMAZING SPIDERMAN (PG-13) 7 p.m.  
 July 12 - THE AMAZING SPIDERMAN (PG-13) 4 p.m., 7 p.m.

#### Vogelweh, Galaxy

July 6 - BRAVE (PG) 4 p.m.; THE FIVE-YEAR ENGAGEMENT (R) 7 p.m.  
 July 7 - SEEKING A FRIEND FOR THE END OF THE WORLD (R) 4 p.m.; THE CABIN IN THE WOODS (R) 7 p.m.  
 July 8 - THE PIRATES! BAND OF MISFITS (PG) 4 p.m.

#### Ramstein, Gateway Movieplex

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.  
 July 6 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; RAVEN (R) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m., 9:30 p.m.; SAFE (R) 11:30 a.m., 1:45 p.m., 4:30 p.m., 6:45 p.m., 9 p.m.  
 July 7 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; RAVEN (R) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m., 9:30 p.m.; SAFE (R) 11:30 a.m., 1:45 p.m., 4:30 p.m., 6:45 p.m., 9 p.m.  
 July 8 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; RAVEN (R) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m., 9:30 p.m.; SAFE (R) 11:30 a.m., 1:45 p.m., 4:30 p.m., 6:45 p.m., 9 p.m.  
 July 9 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; RAVEN (R) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m., 9:30 p.m.; SAFE (R) 11:30 a.m., 1:45 p.m., 4:30 p.m., 6:45 p.m., 9 p.m.  
 July 10 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE AMAZING SPIDERMAN (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m., 8:30 p.m.; RAVEN (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.  
 July 11 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 11:15 p.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE AMAZING SPIDERMAN (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m., 8:30 p.m.; RAVEN (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.  
 July 12 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 11:15 p.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE AMAZING SPIDERMAN (PG-13) 11 a.m., 1:15 p.m., 5:30 p.m., 8:30 p.m.; SAFE (R) 11 a.m., 2 p.m., 5 p.m., 7:15 p.m.

#### THEATER INFORMATION

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

Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions

Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, [www.cineplex.de](http://www.cineplex.de)

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

July 5-11 - WOODY ALLEN: A DOCUMENTARY (R) 7:45 p.m. at Cineplex  
 July 5, 6, 9, 10, 11 - ICE AGE 4 (PG) 5:30 p.m. at CinemaxX  
 July 5-11 - THE AMAZING SPIDER MAN 3D (PG-13) 4:30 p.m. at CinemaxX

## community HIGHLIGHTS

### Inspection Station Closure

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

### Organizational Day Hours

U.S. Army Garrison Baden-Württemberg postal facilities in Heidelberg, Mannheim and Germersheim will operate under reduced hours during the USAG-BW Organizational Day July 12. Community Mail Rooms 419, 420, 432 and Postal Service Center 437 will be open for customer service 9:30-11:30 a.m. only and close for the afternoon. The Shopping Center and Patrick Henry Village Army Post Offices will be closed July 12. Official mail will open for customer service 7:30-11:30 a.m. and close for the afternoon. The USAG-BW Military Personnel Division and passports office in Heidelberg will open for morning service hours and close for the afternoon. Customers are encouraged to call all local facilities prior to arrival to confirm operating hours for July 12. Service directory with phone numbers available at [www.bw.eur.army.mil/contacts/HD\\_AD.html](http://www.bw.eur.army.mil/contacts/HD_AD.html).

### Technology Expo

The Armed Forces Communications and Electronics Association Chapter 158 will host a summer technology expo 9 a.m.-3 p.m. July 17 and 10 a.m.-2 p.m. July 18 at the Officer's Club on Ramstein Air Base. Open to all military, government civilians and contractors. Preregister at [www.kmcafea.org](http://www.kmcafea.org).

### Qualitative Management Program

A new military personnel message from the Department of the Army, released June 28, outlines the guidance and procedures of the Qualitative Management Program for fiscal year 2013. The QMP will review Soldier's records in the ranks of sergeant first class through sergeant major for possible involuntary separation. Soldiers may also be subjected to denial of continued service upon receipt of one of the following documents; General Officer Letter or Memorandum of Reprimand; Conviction by court-martial or Article 15, Uniform Code of Military Justice; Relief for cause noncommissioned officer evaluation report; Senior rater rating of fair or poor in the overall performance or potential block of an NCOER; Annotation of "NO" in Army Values block of an NCOER or Academic evaluation report indicating noncommissioned officer education system course failure. Details at <https://forums.army.mil/SECURE/CommunityBrowser.aspx?id=1782756&lang=en-US>

## 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](http://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.

♦ **EFMP** – Learn more about the Exceptional Family Member Program 11:45 a.m., July 11 in Bldg. 2891, Pulaski Barracks. The EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services to families with special needs. DSN 493-4094, civ. 0631-3406-4094.

♦ **Food Safety** – The next food safety seminar for volunteers is scheduled for 5 p.m.-7 p.m. July 12 and 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.

♦ **Coupon Class** – Join Army Community Service Financial Readiness for extreme couponing with a military twist. Learn how to save hundreds of dollars using coupons. 11:30 a.m. July 17 at the Java Café on Rhine Ordnance Barracks. Registration: DSN 493-4015, Civ. 0631-3406-4015.

### Community

♦ **Shuttle** – Effective July 8 the Family and Morale, Welfare and Recreation Express Shuttle Service will no longer be available.

♦ **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.

♦ **House Party** – Mix and mingle July 9 p.m.-2 a.m. July 6. Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986.

♦ **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.mwgermany.com](http://www.mwgermany.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. 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.mwgermany.com](http://www.mwgermany.com).

♦ **Salsa Night** – Spice up your night 9 p.m.-2 a.m. July 14, 28, Dance lessons 9:30-10:30 p.m. Armstrong's Club, Bldg. 3232 on Kleber Kaserne. Open to ages 6 and older. DSN 483-6626, civ. 0631-411-6626.

♦ **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.

♦ **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.

♦ **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** – Culture College 8:30 a.m.-1 p.m. July 9-12, ACS, Community Support Center, Bldg. 3850, Room 172; Job Search Overview and USAJOBS Application Process 10 a.m.-12 p.m. July 10, Village Pavilion Community Center, PHV, Bldg. 4507; Professional Resume Writing 10 a.m.-12 p.m. July 11 Village Pavilion Community Center, PHV, Bldg. 4507 and Army Community Service Volunteer Orientation, 10-11 a.m. July 11 ACS, Community Support Center, Room 250B. There will be no English as a Second Language classes during July or August. They will resume in

September. 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. Registration required. DSN 388-9438, civ. 06221-338-9438.

♦ **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@europe.ctcd.edu](mailto:Heidelberg@europe.ctcd.edu) or visit [www.europe.ctcd.edu](http://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

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

♦ **Yard Sale** – Community Yard Sale 10 a.m.-2 p.m. July 7 at Patrick Henry Village Park. Open to all U.S. I.D. cardholders. Tables available for rent from Outdoor Recreation. DSN 388-9282, civ. 06221-338-9282.

♦ **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://vbs2012heidelberg.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.

♦ **Pool Party** – Summer Splash Pool Party noon-2 a.m. July 14 at the Slapshots Patio on Patton Bks. Enjoy a potluck barbecue, tropical drinks, games, music and prizes.

♦ **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.

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

♦ **Summer Reading Program** – The summer reading program at the Patrick Henry Village Library has begun. Preschoolers and kindergartners can participate 11 a.m. Wednesdays until July 25, and students in grades 1 through 5 can participate 11:30 a.m. Thursdays until July 19. DSN 388-9443, civ. 06221-338-9443.

♦ **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. 06221-17-8068.

♦ **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.mwgermany.com](http://www.mwgermany.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.mwgermany.com](http://www.mwgermany.com).

### MANNHEIM Community

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

♦ **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.

♦ **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.

♦ **TGIF Buffet** – Enjoy a buffet 6:30 p.m.-2 a.m. July 6 and every Friday at the Top Hat Club on Benjamin Franklin Village. DSN 380-9370, civ. 0621-730-9370.

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

# Family member shares inspiring journey from unhealthy mom to bodybuilding competitor

By Mindy Campbell

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Sandi Griffin was heading down a dangerous path. About 10 years ago, the Air Force spouse moved from Arizona to Germany when her husband got stationed here.

"As much as I was excited to be living in Europe, seasonal depression was really hard," said Griffin, who added that leaving her church and being in a new country with cultural differences and a language barrier made it difficult to adjust.

Then, of course, there was the introduction to completely different food, she said.

"The bread truck delivered bread right in front of my home every morning at 7 a.m.," Griffin said. "We were also eating out a lot."

Subsequently, Griffin packed on 25 pounds the first year she lived in Germany.

"As the weight came on, I felt really insecure about myself and embarrassed about the way I looked and it just kept going and going," she said. "I never really was overweight before. I was what I call 'skinny fat.' I wasn't healthy. I never exercised. I just maintained an average weight."

As her weight increased, Griffin began to have some health issues, both related and unrelated to her weight, which she used as an excuse not to workout.

Finally, the turning point came in 2007. Griffin had a good friend who suffered a debilitating aneurysm due to unchecked high blood pressure and being overweight. She also found she had a family history of Type 2 diabetes. These things made her give her own life a good hard look.

"I saw myself heading down a very dangerous path," Griffin said. "I was about to be put on high blood pressure medication and I was 33 years old and already headed towards pre-diabetic stuff...I wanted to be a healthy mom for my kids."

So began her long journey that eventually led her to the bodybuilding stage and to becoming a certified personal trainer, working with clients to educate them about staying healthy.

"I made a deal with myself," she said. "If I did two days in a row on the recumbent bike, I could go tanning. That will also help me with the seasonal depression."

While continuing to workout, she slowly changed her eating habits. "At that point it wasn't an overhaul, I just started paying more attention," she said.

Griffin began spending time at the gym and going to spin classes. Friends noticed her weight loss, which encouraged her to keep going.

Her husband, who had competed as a bodybuilder in the past, suggested she do a bodybuilding competition.

"He started telling everyone I was going to do a show," she said. "People started coming up to me and asking me when it was. I was too scared to say I was too chicken to do it."

So, in 2008, Griffin competed in her first show. "It was terrifying," she said. "It was the first time that I was ever in a bikini bathing suit. I am very shy."

However, she said it was a great experience. "All the competitors were so encouraging and talking to other girls and hearing their stories was inspiring," she said. "Especially in a military community there are a lot of women who may not look contest-ready, with 'perfect' conditioning and shape. But when you talk to them and hear some of these women losing 70 to 80 pounds, some of them have overcome



Nick Cormier

Sandi Griffin poses at the International Deutsche Meisterschaft bodybuilding competition in Lebach, Germany.

major health issues, it is amazing."

By the end of this year, Griffin will have competed in 16 bodybuilding competitions. Most recently, she competed in a World Fitness Federation competition in Austria, where she finished in the top five, and at the National Amateur Bodybuilders' Association World Championship in Dublin.

Although at first she felt ill-prepared to compete against world-class athletes, she is more confident today.

"I feel like I belong on the stage with these athletes," she said. "I have a lot more improvements and a lot more I can learn, but I feel like I am getting there."

After Griffin had done a few competitions, her coach encouraged her to become a personal trainer. Family and Morale, Welfare and Recreation offers nationally certified personal trainer services at all of their fitness facilities.

"Everyone started seeing these changes I had made in weight loss and at competitions and kept asking me for help," she said. "I didn't want to risk hurting someone or giving them bad information."

Today, Griffin spends eight hours each day in the Landstuhl Fitness Facility working with clients and then works out for another two hours to prepare for her competitions.

One of her clients, Jill Cowart, has been using Griffin as a personal trainer since October and is thrilled with her results. "I recently turned 45 and thought the best gift I could give to my son was to be a healthy mom," said the Army spouse.

Cowart said she didn't have the knowledge to do it on her own. "Sandi is a fantastic teacher," Cowart said. "Sandi is so great because she has had her own experiences with not being healthy and I think she just really embraces anyone who really wants to be healthy and to change their life."

According to Griffin, adding small changes to your life, such as going for a quick walk that gets your heart rate up, can make a huge difference in how you feel.

## staying ACTIVE

### Golf Tournament

Armed Forces Communications and Electronics Association Summer will host a golf tournament 9 a.m.-3 p.m. July 17 and 10 a.m.-2 p.m. July 18 at the Heidelberg golf course. Registration: [events@kmcacfea.org](mailto:events@kmcacfea.org).

### Tennis Championships

Registration available now through July 16 for the 2012 European Championship U.S. Forces Championship. Championships scheduled for 9 a.m.-7 p.m. July 20-22. Open to U.S. and NATO ID card holders 18 years and older. Singles and doubles.

### 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](http://www.rallyforcurehd.com).

### Softball Championships

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

### Heidelberg Open

Registration is open for the 2012 Heidelberg Open golf tournament scheduled for July 27-29 in Oftersheim. For details and registration forms visit [www.Heidelberggolf.com](http://www.Heidelberggolf.com). Deadline to register is July 15. [www.mwrgermany.com](http://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.

### 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.

### Fall Sports Registration

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

### Sembach Bowling Center

The Bowling Center located in Bldg. 104 on Sembach Kaserne has extended its hours. The center is now open 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday - Sunday. DSN 497-7569, civ. 06302-67-7569.

### Bowlopolis

Now through Aug. 26 the Patrick Henry Village Bowling and Entertainment Center will give students ages 17 and under Bowlopolis discount cards for the summer. Cards allow students the chance to bowl every day before 5 p.m. for \$1 per game and \$1 for rental shoes.

### 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](http://www.mwrgermany.com).

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