

HeraldPOST

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

New registration office to reduce wait times

By Jason L. Austin
HERALD POST STAFF

The way vehicles owned by U.S. personnel are registered in Heidelberg will change beginning April 17.

The goal is to reduce the sometime four-hour wait

to 20-25 minutes said Lt. Col. Anita Greenlee, director of emergency services, U.S. Army Garrison Baden-Württemberg.

To accomplish this herculean feat, the Field Registration Office will divide and conquer, opening a new

location in the in- and out-processing building at the Community Support Center.

Just down the hall from Military Clothing and Sales, will be the Heidelberg Field Registration Office, which will handle all business the office located on the DPW

compound across the street used to handle including weapons registration. In turn, the old office will handle renewals only.

Vehicles will still need to be inspected at the inspection point, but the business see **REGISTRATION** page 16



Cpl. Jonathan Sohilaite, an infantry medic with the Royal Netherlands Army, drags a U.S. Soldier role-playing as a "non-ambulatory victim" to safety during the medical testing lane of the 2009 U.S. Army Europe Expert Field Medical Badge competition.

Staff Sgt. Aimee Millham

U.S., allied medical personnel tackle 'extraordinarily difficult standard'

By Spc. Fabian Ortega
USAREUR PUBLIC AFFAIRS

GRAFENWÖHR, Germany – Thirty-eight U.S. Army Europe and partner nation medical personnel were recognized as expert medics March 30 after two weeks of training and testing at Grafenwöhr.

The newest recipients of the Expert Field Medical Badge were among more than 240 hopefuls vying for the coveted skill badge, which only a few in the medical field earn.

"They have met the extraordinarily

difficult standard that is required to be an expert medic," said Gen. Carter F. Ham, commander of U.S. Army Europe. "It's tough... it's not enough just to be a good Soldier; you have to be an expert Soldier. You have to be an excellent tactician and be expert in (warrior tasks)," he said.

Ham said the EFMB identifies medical personnel as the best in their field.

"Once you are an EFMB holder, and other Soldiers see that badge on your chest, expectations are high," he said. "We know what you've been through

see **EFMB** page 16



Gen. Carter F. Ham, commander of U.S. Army Europe, marches with EFMB candidates during a 12-mile trek at the Grafenwöhr Training Area, March 30.

Spc. Fabian Ortega

HP THURSDAY
April 9, 2009

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CARBON FOOTPRINT

The Army has embarked on a service-wide effort to measure its "carbon footprint," with the aim of reducing the effect it has on the environment while optimizing its use of fossil fuels. The Army recently completed a proof-of-concept study at 12 installations to measure the amount of greenhouse gases it puts into the environment. The total amount of gasses put into the environment by an organization constitutes its "carbon footprint."

DEFENSE BUDGET

Defense Secretary Robert M. Gates laid out his recommendations for the 2010 budget during a Pentagon press conference. The secretary said he included his experiences in national security to make the decisions. For more see page 16.

Army news: www.army.mil

Defense news: www.defenselink.mil

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COMMENTARY

Sergeant major shares lessons learned from motorcycle accident

By Sgt. Maj. Cameron Porter
21ST TSC PUBLIC AFFAIRS

I was so excited. I had just purchased a new battery, and the weather was looking very nice. In fact, it would turn out to be the first warm, sunny day of 2009. I reached for my leather jacket and after having trouble with the zipper, decided to use a sweatshirt instead. I grabbed my helmet, my reflective vest, my Army gloves and boots. I was ready to take my motorcycle out for a Sunday ride.

Fast forward two hours and about 120 kilometers later – I'm cruising down the main street of a small village about 20 kilometers north of Ramstein Air Base. The day is turning out to be very nice, and my first ride of the year is quite enjoyable until ... BAM!

In a flash, a vehicle in front of me makes a sudden stop. Quite startled, I lock my brakes, skid for several

yards, and lay my motorcycle down to prevent careening into the back of the car. Full of adrenaline, I jump to my feet and pull my motorcycle off the pavement, my hand throbbing with pain and blood soaking through my sweatshirt and pants at the elbow, knee and forearm.

All said, the injuries I sustained were light – a broken thumb, some serious road rash and plenty of body aches – but my motorcycle is not so lucky. The estimate done by a repair shop a few days later puts the damage at €8,250.

Needless to say, I most likely won't be enjoying anymore motorcycle rides on warm, sunny days for a while, but I did learn some valuable lessons. A leather jacket and leather pants would have prevented the injuries to my left arm and knee. Armored motorcycle gloves potentially could have saved my thumb, and reinforced armored motorcycle boots would have been a

better choice as well.

Conducting a full inspection of my motorcycle before taking it out after sitting for four months would have been a wiser choice. Although I don't believe the slightly low tire pressure in my front tire was the main cause of the 30-foot skid mark I left before laying my motorcycle down on the pavement, it was definitely a contributing factor in my opinion.

I've been riding motorcycles for 33 years. When I came into the Army 20 years ago, my only mode of transportation was a motorcycle. But as an experienced motorcycle rider, I also realize that I don't know it all. Instead, I am constantly learning from other riders, from various training opportunities and yes, sometimes from my own mistakes.

I recommend that every person who owns a motorcycle or is thinking about buying a motorcycle seeks out op-

portunities to improve their awareness and their capabilities. I recommend motorcyclists ask their unit leaders about starting up a local motorcycle mentorship and safety program. I recommend motorcyclists seek out additional training at every opportunity.

I also recommend that motorcyclists visit the U.S. Army Combat Readiness and Safety Center's POV and Motorcycle Safety Web site at <https://safety.army.mil/povmotorcyclesafety> and the center's Motorcycle Mentorship Program Web site at <https://safety.army.mil/MMP> for more information. Another great resource is the Motorcycle Safety Foundation at www.msfsa.org.

Armed with additional knowledge and valuable lessons learned, we can help save lives. I wouldn't wish what happened to me on anyone. Instead, I hope that other motorcyclists take note of my poor judgment and learn from my mistakes.

COMMENTARY

Don't wait until it's too late to get screened for colon cancer

By Michelle Coe
HEIDELBERG HEALTH CENTER

My father, at age 44, toward the end of his military career with a wife and eight children, was diagnosed with colon cancer. It had already spread to his liver. He died within six months of diagnosis. Absolutely no signs and symptoms until it was too late. His options were few and his family still misses him 30 years later. Could his cancer actually have been prevented?

Colorectal cancer is a cancer arising from the colon. The good news is deaths from colorectal cancers have decreased during the past 20 years. A major reason for this is improved screening methods to detect this cancer early. Most important though, is people's willingness to actually complete these tests.

During a colonoscopy, precancerous polyps can be removed. This is important because colorectal cancers usually begin as small polyps growing from the intestinal wall. Most are not cancerous. However, over time, some have a high potential for developing abnormal cells, become precancerous and then cancerous. Thus, removal of these polyps through regular screenings saves lives. That life could be yours, your parents or your siblings.

So what are your risk factors?

•Age. More than 90 percent of colorectal cancers occur after age 50. Routine screenings should begin now.

•Personal history of colorectal polyps. If you have had adenomatous polyps, you are at increased risk. Continue with your recommended screenings.

•Racial and ethnic background. African-Americans have the highest incidence and mortality from this cancer. Usually developing before age 65, it is unknown whether this is related to heredity, socioeconomic factors or access to medical care.

•History of inflammatory bowel disease, ulcerative colitis or Crohn's disease.

•Family history of colorectal cancer.

What risk factors can you change?

•Your diet. If you have a diet high in red meats, such as beef or lamb, or processed meats, such as hot dogs or luncheon meat, you increase your risk. Eat a diet high in vegetables and fruits with five or more servings daily. Whole grains – fiber is your friend!

•Physical inactivity. Increasing activity helps reduce your risks. Do a minimum of 30 to 60 minutes of physical activity five days of the week.

•Obesity. Obesity raises the risk in both men and women, but seems to be stronger in men. Maintaining a healthy weight by balancing what you eat with physical activity is important.

•Tobacco. When some of the cancer-causing substances in tobacco are swallowed, either with smoking or smokeless tobacco, it causes digestive system changes with the potential of abnormal cell growth.

•Heavy alcohol use. No more than two drinks a day for men, one for women.

•Diabetes Type II. Increases your risk and tends to have a less favorable prognosis. Control your diabetes with exercise, nutrition and medication.

So you wonder, is screening for me? Yes. Different screening methods are available from stool test kits to the golden standard of colonoscopy screening. Discuss with your medical provider your risk factors and which screenings are best for you.

Back to my family. Since my father was diagnosed in his early 40s, we are supposed to start screening colonoscopies in our 30s. One sister was identified with adenomatous polyps. They were removed during the colonoscopy. Could this prevent her from developing colon cancer as my father did? We hope so. She is now in her late 40s and sent her first child off to college. She is on a strict colonoscopy screening schedule with her doctor. We all are.

Are you age 50 or older? Get started and commit to your health. Contact central scheduling at civ. 06221-17-2262 for an appointment with your medical provider.



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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.



Courtesy photo

Families from the U.S. Army Medical Material Center, Europe in Pirmasens, and children from a local orphanage make their way through a serving line at the center's Easter Egg Hunt and Barbecue March 28.

Pirmasens-based medical material center hosts Easter egg hunt

Sixty-five children took part in the U.S. Army Medical Material Center, Europe's Easter Egg Hunt and Barbecue held at the center in Pirmasens March 28.

The center's family support group and spouse's social group sponsored the community event through employee donations.

The children were both from USAMMCE employees' families, and a local orphanage.

Col. Mitchell E. Brew, USAMMCE commander, said he wanted to foster the partnership between the center and the local community.

The rainy day included an Easter egg hunt for 2,000 eggs, food, games and prizes.

Both Mary Jane and Susan Weis, agreed they had a good time and enjoyed the chips, hamburgers and hot dogs – and the Easter eggs.

SOURCE: Doris Crittenden, USAMMCE

'Hippty-Hop! Eggstravaganza's on its way'

By Christine June
USAG KAISERSLAUTERN

Spring is here, and the U.S. Army Garrison Kaiserslautern's Eggstravaganza is on its way, which means KMC children can hunt for eggs that the Easter Bunny has cleverly hidden for them 11 a.m. Saturday at Pulaski Park on Pulaski Barracks.

It's a free event for Department of Defense ID card holders and their families.

"Hosting the Eggstravaganza is one small way for the garrison to bring a slice of the states to our children overseas," said Steve Selvey, the garrison Family and Morale, Welfare and Recreation's Kaiserslautern Outdoor Recreation manager, who is in charge of this year's event.

Eggstravaganza has been hosted by the garrison for several years now as an event for the Month of the Military Child, which is in April, and this is the second year that it is tied into the Army Family Covenant – a commitment by Army leadership to improve the quality of life for families.

Madison Sizemore, who is four years old now, has gone to the Eggstravaganza for the past two years.

"We are ready this year," said Madison's mother, Sgt. 1st Class Tanya Sizemore, the U.S. Army Health Clinic-Kaiserslautern detachment noncommissioned officer in charge. "When we drove by Pulaski Park last week, she reminded us on how we need to be on time so she can get all the candy and see the Easter Bunny again this year."

Yes, the Easter Bunny will be there and is available to pose for pictures with families, said Selvey. He added that the Easter Bunny will have a basket full of decorated eggs for late arrivals and children who missed getting some eggs during the hunt.

Decorated eggs of various sizes and filled with candies will be hidden in four areas, blocked off into four age groups.

The park's playground will be divided into two areas – one for children younger than two years old, and the other for children two to five years old. The flat grassy upper area next to the woods is for children five to eight years old, and the wooded area above the playground is for children eight to 12 years old.

Parents don't even have to remember or buy a bag for their children to collect the eggs because bags will be given to them before the hunt begins, said Selvey. He added



Christine June

Madison Sizemore, who at the time was two years old, is excited about finding an egg at the 2007 U.S. Army Garrison Kaiserslautern's Eggstravaganza on Pulaski Barracks. Now four years old, Madison, can't wait for this year's Eggstravaganza, which is 11 a.m. Saturday at Pulaski Park on Pulaski Barracks, Kaiserslautern.

that there will even be a table set aside so that children can decorate their bags.

Families will be allowed to enter the area at 10:45 a.m.

"We really enjoy getting out and doing all the family events that the community has to offer, and the Eggstravaganza is always a great time, whether it's raining or shining," Sizemore said.

Spring Break Photo Contest

Going somewhere cool for Spring Break?
Pack your camera and share your photos in the new virtual community. The top photos will be published in the Herald Post.
While you're at it, join the "Spring Breakers" group to swap stories about your Spring Break hot spot.

<http://myBWnow.ning.com>

Photos must be submitted by April 16. Use the tag 'springbreak' to identify the photo for the contest. Contestants must be students at a school located in the military communities of Heidelberg, Kaiserslautern or Mannheim.

Questions? USN 373-7243 / CV 082.01-177249 or usaghd.pod@usarmy.mil

Commission works to resolve noise complaints

By Ina Stiewitz
USAG MANNHEIM

Noise Abatement Commission delegates and German media representatives were invited to an on-site inspection of the helicopter maintenance facilities on Coleman Barracks airfield March 31.

Helicopters from various units are being reset after 15-months in Iraq or Afghanistan. The helicopters are overhauled followed by functional operability testing which includes test flights. Some residents near the airfield are bothered by the noise caused by these test flights.

Operating as an intermediary between the Theater Aviation Sustainment Manager - Europe and local communities, U.S. Army Garrison Mannheim, in cooperation with officials from the City of Mannheim's department for construction law and environmental protection, established the noise abatement commission four years ago. NAC meetings, led by the garrison commander and the director of Mannheim's department for construction law and environmental protection serve as an advisory committee to discuss airfield operations and flight noise complaints of local citizens.

According to Lt. Col. Troy Krings, commander, 1st Battalion, 214th Aviation Regiment, the complaints have decreased since the NAC's inception by helping increase understanding and respect for mutual interests.

The helicopter maintenance facility has been operating in high gear since the beginning of the year to include test flights on weekends. Additionally, local communities will face the summer night flight operations beginning in May.

"We understand how it impacts the local community," Krings said. "To reduce the noise, we have moved some of the locations where the helicopters are hovering, and we identified specific points at the airfield, which are closest to the center so that they do not impact the outlying community as much," he said.

PHV Plaza gets a face-lift



Courtesy of DPW

Construction is underway to revitalize the Patrick Henry Village Plaza in Heidelberg. The shoppette canopy project is intended to improve the overall building appearance and will provide a wider canopy with space for benches and a covered area for gathering and socializing. There will be no disruption of the shoppette operation during construction, which is expected to be completed in July. This canopy is one part of an overall plan to improve the appearance of the PHV Plaza complex, which began with the already-complete parking lot project to include dividers, landscaping and a recessed conversation pit in front of the theater. The final piece of the project allows for the construction of a canopy in front of the theater extending toward the front of the post office.

Pulaski Park central to community fun

By Christine June
USAG KAISERSLAUTERN

April is here and with it the sounds of children playing outside and the smells of barbecue whirling in the air, and it all can be found at the U.S. Army Garrison Kaiserslautern's Pulaski Park located on Pulaski Barracks.

Renovated in 2003, Pulaski Park offers Kaiserslautern military community members a chance to enjoy outdoor activities from playing basketball to cooking on a grill, said Steve Selvey, the garrison Family and Morale, Welfare and Recreation's Kaiserslautern Outdoor Recreation manager.

It was one of the many services and projects that helped the garrison to be selected as a semi-finalist for the 2004 Army Communities of Excellence for the Installation Management Command-Europe award competition. And now, the park is tied into the Army Family Covenant – a commitment by Army leadership to improve the quality of life for families.

Centrally located, the park is nestled between Pulaski Barracks and Vogelweh.

"Pulaski Park is very convenient because it's ideally located in the KMC and has a storage area which holds tables and chairs," said Spc. Joshua Crawford, the garrison's Better Opportunities for Single Service members president, who rented the park last year for the BOSS Single Soldier Day. "It's also a good location because the Super Grills from Outdoor Recreation and food supplies from the (Vogelweh) commissary are nearby."

For reservation purposes, the park is cut in half by the road leading from the Pulaski Gate 11 to the Vogelweh circle, passing the Pulaski Auto Skills. Renters can reserve the whole or just one side of the park, said Kerri Schmitt, a recreation assistant at Kaiserslautern Outdoor Recreation.

The upper half of the park is about 7.86 acres and showcases a basketball court, volleyball pit, playground, a stage, and pavilion with a built-in grill and picnic area. Bathroom facilities are also located at the upper half and are for all those who use the park.

The lower half of the park is about 8.3 acres and offers a track, baseball field and pavilion with a built-in grill, which is larger than the one located in the upper half of the park.

"When the park is reserved, individuals and families can still go in and use the park's facilities as long as they are not using



Christine June

India Stewart, who at the time was 6, flies with a little help from her brother, Kevin Stewart, who at the time was 11, at the playground, located on the upper half of Pulaski Park on Pulaski Barracks.

the grill," Schmitt said.

All U.S. ID card holders are eligible to reserve the park for group or individual functions, such as unit functions and family barbecues or even, birthday parties. Reservations are for a day, not for specific time periods, and it can be reserved throughout the year, said Schmitt, who added that the park is open from dawn to dusk.

"It's the responsibility of everybody who uses the park (whether renting or not) to pick up after themselves and to take their trash with them at the end of the event," Schmitt said. "And, when someone reserves the park, they are required to fill out a contract that includes a credit-card number; they will be charged if they leave the park messy."

Pets are not allowed in the park, Selvey said.

Cost to rent the entire park for a day is \$75, and just one side of the part is \$50 a day. To reserve Pulaski Park, visit the Kaiserslautern Outdoor Recreation in Bldg. 2905 on Pulaski Barracks or call DSN 493-4117, civ. 0631-3406-4072.

Europe team slices through pressure

IMCOM-USAREUR Team earns feast of accolades at annual Army culinary arts competition

By Staff Sgt. Patricia Deal
USAREUR PUBLIC AFFAIRS

Proving that "pressure cooking" was no problem, the 15-member Installation Management Command-Europe and U.S. Army Europe team brought home a feast of accolades, including four gold and two silver medals, from the Army's 34th Annual Culinary Arts Awards competition at Fort Lee, Va.

The IMCOM-USAREUR team joined hundreds of military chefs from all services worldwide last month to compete for coveted culinary titles in what Army quartermaster officials call the largest annual cooking competition in the United States.

Team members competed for culinary titles such as the Armed Forces Junior and Senior Chefs of the Year.

To prove themselves the best chefs in the Department of Defense, competitors had to design a menu and prepare a gourmet meal for four people, in less than four hours.

Spc. Julio Garcia of E Company, 5th Battalion, 158th Aviation, earned a bronze medal in the Senior Chef category for his four-course gourmet meal and Spc. Francis Gonzales of Headquarters and Headquarters Company, 21st Theater Sustainment Command, brought home a silver medal in the Junior Chef category (pay grade E-5 and below) for his three-course meal.

"It really was an intense competition. Not only did you have the pressure of the time limit, you knew you were competing against so many seasoned cooks," Garcia said.

The specialist, who worked in a four-star restaurant before joining the Army a second time, said he is proud of his performance, commenting that it brought out some skills he didn't know he had.

Garcia also earned a bronze medal in Live Cookery, a timed category during which competitors are judged on every aspect and detail of meal preparation, including nutrition, hygiene, presentation and taste.

New to the mix of culinary categories was a revamped Field Kitchen Competition, designed to test cookery skills and teamwork using the Army's Containerized Kitchen.

For that event, four-member teams cooked, prepared and served a three-course meal for 60 people using a tactical field kitchen.

Event organizers said this year the field category was designed to simulate the World Culinary Olympics competition, which takes place every four

years and draws the best chefs from all over the world.

A parking lot at Fort Lee's Army Center of Excellence, Subsistence, was transformed into a five-star restaurant, they added, where members of the public could buy a \$4.25 ticket that offered a choice of four different menus served inside a 5,000-square-foot dining tent.

The IMCOM-USAREUR field kitchen team's "Worldwide Café" menu included an entree of encrusted rack of lamb, roasted garlic herb-whipped potatoes with tomato concasse, seasoned asparagus, and apple mint sambal; a roasted red pepper soup with seafood and French bread crisp; and spring fruit soup with coconut panna cotta with phyllo wafer for dessert.

The field kitchen team earned four gold medals despite the fact that team members said they had never worked together before within the constraints of the new type of field kitchen.

Noncommissioned officer in charge Sgt. Jesse Parker and Pfc. Gerardo Ortiz of 529th Military Police Company; Garcia; and Pfc. Matthew Hendriks of the 64th Transportation Company lost the third-place win by less than a point to the U.S. Coast Guard team.

"This experience was invaluable. As the Army moves to this new concept, at some point in their careers, food service workers will ultimately work with the containerized kitchen. We can take back what we learned here to our units," Parker said.

In addition to his gold, Parker racked up several other awards. His rack of lamb, special sauce, dauphin gratin potatoes and ratatouille earned him a bronze medal in Live Cookery. He also won silver for his Six Plated Appetizers -- each like a mini entrée with its own set of challenges -- and passed his Executive Chef certification.

Parker said all the team members thrived on the pressure to perform. Their successes are just icing on the cake, he added; something to be enjoyed by the chefs as well as the customers they serve at home station.

"We all learned so much here. I've been in food service for some seven years and thought I was pretty knowledgeable, but I still took away some great experience from the competition," Parker said.

Another new category added to this year's competition was the Enlisted Aide Competition. A unique job specialty, an Enlisted Aide has to be well versed in more than just cooking skills.



T. Anthony Bell

Installation Management Command-Europe and U.S. Army Europe team members Sgt. Jesse Parker of the 529th Military Police Company (left) and Spc. Julio Garcia of Company E, 5th Battalion, 158th Aviation, cut potatoes during the field kitchen competition of the 34th U.S. Army Culinary Arts Competition at Fort Lee, Va., March 2-13.

Team results:

4 Gold Medals, 2 Silver Medals, 8 Bronze Medals and 4 Commendable awards

Team members and individual awards:

Master Sgt. Major Luckett, Headquarters and Headquarters Company, U.S. Army Europe (Team captain)

Warrant Officer Catherine Watson, 7th Signal Brigade (Team manager)

Sgt. Jesse Parker, 529th Military Police Company (NCOIC)

Bronze Medal, Live Cookery; Silver Medal, Plated Appetizers; Executive Chef Certification

Spc. Brian Flanders, Headquarters and Headquarters Company, USAREUR
Bronze Medal, Plated Appetizers

Spc. Julio Garcia, E Company, 5th Battalion, 158th Aviation

Bronze Medal, Senior Chef of the Year; Bronze Medal, Live Cookery

Spc. Francis Gonzales, Headquarters and Headquarters Company, 21st Theater Sustainment Command
Commendable, Hors d'oeuvres'

Julian Gude, U.S. Army Garrison Ansbach
Bronze Medal, Game Platter

Pvt. Matthew Hendriks, 64th Transportation Company
Certified Culinarian

Sgt. John Lloyd, E Company, 5th Battalion, 158th Aviation

Bronze Medal, Plated Desserts; Bronze Medal, Centerpiece

Spc. Jaime Medina, Headquarters Support Company, 412th Aviation Support Battalion

Spc. Andrew Nicholson, Headquarters and Headquarters Detachment, 39th Transportation Battalion

Pfc. Gerardo Ortiz, 529th Military Police Company

Sgt. Quincy Queen, 72nd Signal Battalion
Commendable, Petit Fours

Sgt. Jason Spell, F Company, 2nd Battalion, 503rd Infantry

Daniel Trawick, U.S. Army Garrison Hohenfels
Bronze Medal, Live Cookery

Commendable, Two Restaurant Platters
For more information on the 34th Annual Culinary Arts Awards, photos and a complete listing of winners, visit www.ima.lee.army.mil/sites/paa/09_CulinaryArtsCompetition.

For the competition, competitors were required to plan, shop and prepare a four-course meal for judges and others to demonstrate their effectiveness in helping general officers prepare dinner parties.

The competing aides also raced the clock to prepare their generals' uniforms, faced a selection board and completed a written test on military and enlisted aide knowledge.

Master Sgt. Major Luckett, senior enlisted aide to the USAREUR deputy commanding general, in his first appearance at the Culinary Awards Competition, said he was impressed with the process.

"This type of competition is really more than just a test of an individual's specific skills. It's about teamwork, encouraging and supporting each other," Luckett said.

As team captain, he praised the team members for their dedication. "Not only did these Soldiers show they are skilled at their jobs, they demonstrated complete professionalism and the true Army spirit of teamwork. Everyone contributed 100 percent and inspired each other to do their best. We had all ranks -- from lower enlisted to NCOs to civilians to warrant officer."

Luckett said each team member's performance was outstanding, especially since this was the first time most of the participants had competed. Warrant Officer Catherine Watson, the team manager and a returning competitor, helped guide the newcomers in culinary techniques and provided tips for "cooking under pressure."

Several of the competitors said they are motivated to do better next year. Parker is setting his sights on the Senior Chef title and Garcia's goal is to enter the enlisted aide job specialty.

Free spring auto inspections bring peace of mind to community's travelers

By Christine June
USAG KAISERSLAUTERN

Having a family from the Kaiserslautern military community stranded somewhere in Europe because of car trouble while on their spring or summer vacations is the last thing that Don Breton wants to happen.

"Our goal and purpose is to try and avoid car problems that could leave our patrons stranded out on the road, late at night," said Breton, who is the U.S. Army Garrison Kaiserslautern's Pulaski Auto Skills manager.

That's why last year he initiated free car inspections twice a year – once in the winter to ensure patron's vehicles are safe for bad weather and then again in the spring for vacations and road trips.

"We have found (through these inspections) several hub bearings, tie rods and ball joints that were in poor condition – all to do with the front end – which means in every case the car was not safe to drive on the road," he said.

So far, close to 500 people have had their cars checked a three free car inspections, but that's not stopping Breton. He has already set the date for the next Spring Safety Day – 9 a.m. to 6 p.m. Wednesday at the Pulaski Auto Skills on Pulaski Barracks.

Ranging from checking windshield wipers to lifting vehicles up to check underneath for any safety concerns, inspections take about 20 to 30 minutes. These free inspections are quite in depth and could cost about \$80 to \$100 in the states, said Breton. "Our hands physically test the front suspension so we are checking specifically for ball joints, tie rods and hub bearings," he said. "We also do visual inspections to the best of our ability on brakes."

Created by Breton, inspection sheets are very thorough – just ask Staff Sgt. Jonathan Vinson, from the garrison Chaplain's Office, who was with his wife getting both of their cars inspected at all three previous safety days.

"Pretty detailed – they checked all the important stuff and even made sure we had ice scrapers in our car," said Vinson at last year's Winter Safety Day.

Headlights – check. Parking brakes – check. Fluids – check. It's all checked, said Breton.

"Another important thing that we caught was incorrect tire pressure," said Steve Pelletier, the garrison's Family and Morale, Welfare and Recreation director. "We corrected it on every single – more than 100 – cars at (last year's) Spring Safety Day. This is not only a safety concern for Soldiers, but it also saves them money."

Once a safety problem was identified at these inspections, patrons were not left without answers or avenues on how to get their cars fixed. Breton said his staff will provide as much assistance as possible such as where the best place is to get it fix or Web sites to order parts. He added that his staff has already made sure that generally-needed items such as windshield wipers, first aid kits and warning triangles are stocked and ready for sale.

"I already have it on my schedule," said Vinson's wife, Emma, in response to whether or not they will be at this Spring Safety Day. "A free car inspection – can't beat that."

Prevent Lyme disease, avoid ticks

Check children, use tweezers to remove ticks to reduce risk

Heidelberg MEDDAC

With spring ready to take center stage, green grass, new flowers and the perfect hiking weather is just around the corner. But when you finally get to smell the roses, be mindful of what could be lurking in the shadows – ticks.

"Ticks carry a variety of bacteria and viruses that can make us ill," said Lt. Col. Paul A. Kennedy, chief of Heidelberg Health Center Preventive Medicine.

The most common tick-borne illness in Europe is Lyme disease, according to the Robert Koch Institute for Public Health in Berlin. Approximately 5-35 percent of ticks are infected with the bacteria, *Borrelia burgdorferi*, responsible for the disease.

Symptoms of Lyme disease include fever, headache, tiredness, stiff neck, joint pain and swollen lymph nodes. In the early stages, there may also be a rash where the tick was attached.

"The rash may last from three days to a month after the bite," Kennedy said. "The center of the rash may also clear up giving a bull's eye appearance."

Without treatment, the heart, nervous system or joints may be affected weeks to years later. However, prompt treatment of early symptoms can prevent more serious complications.

"Currently, there is not a Lyme disease vaccine. However, studies have shown that most patients can be cured within three weeks after taking antibiotics by mouth," Kennedy said.

There are also several steps to prevent becoming infected in the first place.

"The only way to get Lyme disease is from the bite

of an infected deer tick," Kennedy said. "The best way to prevent Lyme disease is to avoid areas where deer ticks are likely to be found, such as heavily wooded areas."

Other precautions include using tick repellent, wearing protective clothing such as long pants and long-sleeved shirts, avoiding tall grassy areas, and wearing light-colored clothing to help spot ticks.

In the event a tick attaches itself, follow these steps from the Centers for Disease Control and Prevention to remove it.

First, use pointed tweezers to grasp the tick close to the skin surface and then pull straight back using steady force. If fingers must be used, protect your hands by using gloves, a cloth or a tissue. Do not squeeze the tick's body or use petroleum jelly, lit cigarettes, matches or alcohol. Clean the bite site after removing the tick and wash your hands.

"You'll also want to mark your calendar when you remove the tick from your body," Kennedy said. "This information will be useful to your doctor."

After removing the tick, store it in a small jar or plastic sandwich bag in a cool place. Then make an appointment with the local medical treatment facility and bring the tick to the appointment so it can be analyzed.

"This is a great time of year to be in Germany," Kennedy said. "Don't let a tick ruin your plans. Use the tick repellent, check your kids when they get done playing outside and when in doubt, call your Preventive Medicine folks. We're here to help."

For more information on Lyme disease, visit the CDC Web site, www.cdc.gov. For more information about diseases in Europe, visit the Robert Koch Institute Web site, www.rki.de. For additional information or questions, contact Preventive Medicine at 06221-17-2833.

Web site offers drinkers way to self-screen for high risk behaviors, seek help, save lives

USAG Mannheim ASAP

There were 50 driving under the influence citations issued during fiscal year 2008 and 11 DUIs reported for the first quarter of this fiscal year in the Mannheim military community alone.

That is why the Mannheim ASAP is joining with the National Highway Traffic Safety Administration, local law enforcement, highway safety and public health organizations to sound the alarm on a major root cause of impaired driving: high-risk drinking habits and alcohol abuse.

"The bottom line is there are way too many impaired drivers on our roadways – and one of the biggest reasons is high-risk drinking habits," said ASAP Prevention Coordinator, Cheryl Davis. "That is why we are encouraging all adult drinkers, as well as those they care about, to take a few minutes to go online to do a risk assessment of their drinking habits and to seek profes-

sional help and support for any hint of abuse issues. By assessing hazardous drinking habits and getting help to those who need it, we know we can go a long way in reducing the number of impaired drivers on our roadways."

Studies show that brief intervention is an effective way to change drinking and driving behaviors among problem drinkers. Mannheim ASAP encourages all adults over 21 years of age to go online at www.alcoholscreening.org to self-screen and assess their own drinking behavior. The Web site offers an anonymous testing tool which can help determine high risk drinking behavior.

According to NIAAA, about 3 in 10 of American adults drink at levels that elevate their risk for physical, mental health, and social problems. However, of these heavy drinkers, about 1 in 4 has alcohol abuse or alcohol dependency problems – meaning, even if you do not have an alcohol addiction your drinking habits may

still put your life and the lives of others at risk.

Because risky drinkers often believe that their drinking is normal, Mannheim ASAP is trying to educate the public about the differences between low and high-risk drinking patterns and to help individuals assess if their drinking is risky. Once a risky drinking pattern is identified, that individual is better equipped to seek help from a primary care physician, support group, or other professionals about their dangerous drinking behavior.

"Our bottom-line is saving lives," Davis said. "If we can prevent even one risky drinker from getting behind the wheel while impaired, then we may have not only helped save that person's life, but the lives of our very own friends, family and neighbors as they travel our highways."

For more information about risky drinking behavior or to assess your drinking patterns, visit www.alcoholscreening.org.



Staff Sgt. Adam Mancini

Spc. Brett Anderson from B Company, 1st Battalion, 4th Infantry Regiment, U.S. Army Europe launches a Raven unmanned aerial vehicle into flight at Forward Operating Base Lagman, Zabul Province, Afghanistan, on Monday.

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1st Lt. Michael Frye

Spc. Kyle Hertz, with the North Dakota National Guard's 957th Multi-role Bridge Company, refuels a pump used to combat the Red River flooding at the Oak Grove School in Fargo, N.D., April 2.



U.S. Army photo

(Left) Gunpowder and dirt fly as the 1st Cavalry Division horse detachment make their traditional 'cavalry charge' to conclude the 1st Air Cavalry Brigade's color casing ceremony, March 25, at Cooper Field, Fort Hood, Texas.



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www.ready.army.mil

Female NCOs honored at Women's History Month event

By Spc. Adrienne Killingsworth
18TH MP PUBLIC AFFAIRS

In keeping with the Army's dedication to the year of the noncommissioned officer, the 28th Transportation Battalion held an event March 27 at Coleman Chapel on Coleman Annex for Women's History Month highlighting the advances and accomplishments of female NCOs in the Army.

Command Sgt. Maj. Brenda Curfman, the command sergeant major of the 18th Military Police Brigade, is the highest ranking enlisted Soldier with in the brigade and spoke at the event about both her experiences as a woman in the military and as an NCO.

It was, as Chaplain (Capt.) Robert Crawford said, "An opportunity to gather and celebrate the accomplishments, the abilities, the past and the future that we share in the United



CURFMAN

States Army." This celebration of women in the Army began with a look at the past, a look at how it all began. A slide show presentation gave the Soldiers in the audience a chance to see how the women who came before paved the way for women like Curfman to have the opportunity to be successful as Soldiers.

The history of women in the Army is as long as the history of the Army itself. But, even though women have served in every U.S. conflict throughout history, it was not until 1942 that an official organization for women was established within the Army.

The process began in May 1941 when Congresswoman Edith Rogers of Massachusetts introduced into

legislation that a women's auxiliary to the Army should be instituted based upon the premise that the addition of women's labor would free up men for combat.

After the attack on Pearl Harbor, the need for additional Soldiers in the Pacific theater prompted President Theodore Roosevelt to sign a public law establishing the Women's Army Corps — the first step in women's official participation in the Army.

But it would be a few decades before President Jimmy Carter signed the bill, Oct. 20, 1978, that disbanded the Women's Army Corps and fully integrated women into the Army.

After 30 years of gender integration in the Army, women have made — and continue to make — generous strides.

Curfman is the first female command sergeant major of the 18th Military Police Brigade and knows firsthand the challenges of rising so far in

the ranks as a female in the Army.

Curfman joined the Army 25 years ago, when gender integration was still in its infancy in the Army. As a military police officer, Curfman had to fight to make her way through the ranks in a male-dominated field.

But, her determination and dedication to her job were stronger than the barriers she faced. "They couldn't make me quit," she said.

But to go along with the determination and dedication that it takes to succeed as a woman in the Army, Curfman's biggest piece of advice to female Soldiers is, "to respect yourself first. If you have some self respect and do your best and do your job every single day, your fellow Soldiers — your fellow male Soldiers and your fellow female Soldiers — will respect you."

Curfman noted that giving your best may not make you the best, but that is no reason to quit.

Battalion uses real mission to train for deployment

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

The 39th Transportation Battalion conducted a mission readiness exercise March 26-31 at the special events hangar on Rhine Ordnance Barracks to help them prepare for their upcoming deployment to Kuwait in support of Operation Iraqi Freedom.

"We are a movement control battalion, and we are the command and control for theater transportation of all assets into Iraq from Kuwait and internally in Kuwait. (We will) synergize with the movement control battalion in Iraq," said Lt. Col. Bob Curran, the 39th Transportation Battalion commander.

During the exercise, participants not only reacted to scenarios provided to them by their higher command and the exercise's observer controllers, they also reacted to real-life events that are happening in Kuwait.

The Soldiers in the battalion are in contact with the unit they will replace in Kuwait and are reacting to events happening to that unit. At the conclusion of the exercise, the leaders of the 39th can go back and compare how their Soldiers reacted to how the unit currently in Kuwait handled the situation.

"It'll help them see in real life what their mission will be down-range," said Staff Sgt. Dana Brown, entry control point noncommissioned officer in charge for the exercise.

Former CID agent urges a 'declaration of war'

By Christine June
USAG KAISERSLAUTERN

Russell Strand, chief of the U.S. Army Military Police School Family Advocacy Law Enforcement Training Program, didn't mince his words during his sexual assault awareness training April 2 at the Woodlawn Golf Course on Ramstein Air Base.

"We need to make the Army the last place a sex offender would want to be," said Strand, who has more than 30 years of law enforcement, investigative and consultation experience. "We need to declare war on the sex offender in the Army — just like we did with drunk driving."

Sponsored by the U.S. Army Garrison Kaiserslautern, his almost three-hour presentation showed new teaching methods to prevent and respond to sexual assaults to those in the community who in one way or the other are involved with these cases — known as the first responders.

Strand also taught first responders in the Heidelberg military community on April 3.

Close to 50 first responders in the Kaiserslautern military community who attended the briefing were Army and Air Force physicians, mental health providers, military and security police, victim advocate coordinators and unit leadership from commanders to first sergeants.

"He really delved into all the stereotypes and myths and picked them apart and helped us to understand why it isn't working — why it contributes to the problem and not the solution," said Lisa Velez, the garrison's Victim Advocate coordinator, who organized this event for the garrison's



STRAND

observance of Sexual Assault Awareness Month.

Velez said this was the first time she had heard him speak, and what she really liked about Strand's presentation was what

he said after he explained the problems and concerns with the current program of dealing with sex offenders, responding to victims and even, understanding trauma.

"He then provided us with the tools to move forward," she said. "Down to what questions we need to ask (victims) and how to understand the behaviors — it made us a little uncomfortable, but if we understand it, then we know what we are dealing with — we are not just functioning on the assumptions or myths that clearly aren't applicable."

At times — his language was not fit for polite company. Then again, sex offenders aren't exactly what many would call polite company, but Strand stressed that's exactly where they are.

"And, they are in our Army, our Air Force, our Navy and our Marine Corps — our churches, our schools, our homes, our workplaces ... in the general public, about five percent of men are sex offenders," said Strand, citing different resource projects.

Other disturbing statistics — from different resource projects — Strand talked about were: six percent of women report sexual assaults, one percent of men report it, and only three percent of sex offenders are caught.

"One of the things I want to get across is that we are doing a great job," he said, in the first hour of his presen-

tation, "in trying to identify sex offenders. We are doing far more than most civilian organizations to include colleges and universities."

However, he continued, "there's a whole lot more research" that the Army has been looking at to find better ways to help understand the victim's experience; to help identify the sex offender for who they are and hold them accountable; and to trained first responders to understand that their instincts are not always enough.

"First of all, we (people in general) believe we can tell when people are lying — those very things like eye movements, stuttering, body movements, (disconnected) recounts — those kind of things that we are erroneously trained to believe that people do when they lie are the things that trauma victims — i.e. sexually assault victims — do naturally," Strand then bought it home when he said, "Therefore, we often times think that sexually assault victims are lying when they are actually showing us trauma."

When his words hit the audience, they — not for the first or last time — gasped, and Strand waited until he saw that they understood.

"Wow! (Strand) just bought so much insight — I thought it was fantastic," Velez said.

On similar lines of what Strand was teaching, the Department of Defense has launched a new Web site and campaign to give military members fresh initiatives and teaching methods to prevent sexual assault. This new Web site is www.sapr.mil/.

For a list of garrison events during April's Sexual Assault Awareness Month activities, go to its Web site, www.kaiserslautern.army.mil.

Skaters, Skateboarders, and Riders of Kick-Scooters and Bicycles

Heidelberg Safety Office

The temperature is rising which means it's time to get ready to break out the bicycles, skates, skateboards and kick scooters. Before you ride there are some things you need to do. First, check the serviceability of your transport. Second, check your safety gear. The most important piece of safety gear is a helmet. Helmets are designed to protect you in the event of a fall or collision. Consumer Product Safety Commission reports that bicycle helmets can reduce the risk of head injury by as much as 85 percent for users of all ages. If you or your child skate or ride kick-scooters elbow pads, knee pads, and wrist guards must always be worn while on DOD installations. We also encourage you to wear protective gloves. The use of these protective devices can mean the difference between a bruise and broken bones. The Consumer Product Safety Commission reports that these protective devices are 60 percent effective in preventing or reducing the severity of the injuries resulting from falls.

Along with using safety equipment, your actions play a major role in contributing to injury-free enjoyment of your activity. Be careful out there and before you take to the streets ensure you are familiar with the "Rules of the Road" outlined below.

One last thing, the provost marshal may stop and issue a traffic citation for failure to wear required safety gear or for violating one of the Rules of the Road. For children, under the age of 18 years old, the MP may stop and direct your child to dismount and walk to their destination. Performing these activities on the installation is a privilege that comes with responsibility. Whether you're skating, skateboarding or riding a scooter or bicycle always wear your safety gear and obey the "Rules of the Road."

Safety Tips:

WEAR YOUR HELMET PROPERLY

Helmets must meet the standards set by the American National Standards Institute, the Snell Memorial Foundation Standards, or the Economic Commission of Europe for bicycle helmets. To be effective the helmet must be worn correctly:

- Wear the helmet flat atop your head. Do not wear the helmet tilted back at an angle.
- Make sure the helmet fits snugly and does not obstruct your field of vision.
- Always wear the helmet with the chin strap firmly buckled. Make sure the chin strap fits securely and that the buckle stays fastened to provide impact protection. No combination of twisting or pulling should remove the helmet from the head or loosen the buckle on the strap.
- Do not use a helmet after it has been involved in an accident. Damage to the helmet may not be visible to an untrained eye. Even very small cracks in the helmet may greatly reduce a helmet's effectiveness in preventing injury. Either destroy the helmet and get a new one or have it inspected by the manufacturer. The manufacturer will tell you if the helmet needs to be replaced.
- NOTE: As an exception, local national personnel are not required wear a safety helmet when riding a bicycle on U.S. military installations Germany. It is, however, highly recommended that they do so.

REQUIRED SAFETY EQUIPMENT

- Bicycles ridden during hours of darkness must have a headlight that emits a white light and a taillight that emits a red light. Bicyclists will wear light-colored clothing or reflective accessories.
- Bicycles must have brakes that, when applied, cause the wheels to skid on dry, level pavement.
- Bicycle wheels must have two reflectors mounted 180 degrees apart on the spokes. Bicycle pedals must have reflectors designed and placed to be visible from the front and rear of the bicycle during darkness.
- Skaters, Skateboards, Kick-Scooters: Kneepads, elbow pads, wrist guards and light-colored clothing or reflective accessories.

BICYCLISTS RULES OF THE ROAD

AER 190-1, Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany, states bicyclists will:

- Ride only on a seat attached to the bike.
- Carry only the number of people the bicycle is designed and equipped to carry. Passengers must sit in an authorized, attached seat.
- Not ride side by side.
- Not carry bundles, packages, or other articles that prevent the bicyclist from keeping at least one hand on the handlebars.
- Not ride a bicycle while using a cell phone. Bicycle operators will not use cell phones or wear listening devices that impede hearing and the detection of impending danger. Individuals apprehended by German police using a cell phone while riding a bicycle will be fined.
- Never hitch a ride by grabbing onto a moving vehicle.
- Use paths, sidewalks, or parts of the road marked for bicycle use when available.
- Ride as far to the right of the road as possible.
- Be careful when passing a stopped vehicle or a vehicle going in the same direction.

Additional Safety Tips:

- Stay alert...keep a lookout for obstacles in your path.
- Check your wheels, brakes and lights before riding.

SKATES, SKATEBOARDS AND KICK-SCOOTERS REQUIREMENTS

AER 190-1, Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany, states skaters (to include skateboarders) and operators of kick-scooters will:

- Use the right side of paths, trails, and sidewalks or other designated areas.
- Not skate or ride skateboards or scooters in traffic.
- Yield to pedestrians.
- Not carry anyone or ride with more than one person on the board.
- Not use cell phones or wear listening devices that impede hearing and the detection of impending danger.
- Never hitch a ride from a moving vehicle.
- Wear light-colored clothing or reflective accessories.

Additional Safety Tips:

- Do not skate or ride kick scooters at night -- you can't see obstacles.
- Master the basics before attempting to perform the radical moves. Never build makeshift ramps. Perform the radical moves at a skate park (i.e. Patrick Henry Village) while wearing your safety gear.
- For scooters, make sure the steering column and both handle bars are securely locked in place before riding.
- Routinely check all nuts and bolts to be sure they are secure.



REGISTRATION

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for initial registrations, de-registrations and transfers will take place in the new location.

The Field Registration Office will be located in room 230, building 3850, and is set up much like a bank, Greenlee said.

Customers will select the correct forms from an information area, and fill them out, a screener will review the paperwork before they queue for the counter.

The customer will then wait in line to be helped at one of four stations, one of which is handicapped accessible to help retirees, wounded warrior and pregnant mothers, Greenlee said.

For those, due to duty requirements, or personal needs, can't wait in line to conduct their business, the FRO will offer eight scheduled appointments each day on a first come, first served basis.

They will also offer a drop-box service. Once the paperwork is completed, the customer can put it in an envelope, and drop it in the box. The staff will collect and process the paperwork at the end of the day, and send an e-mail to the customer when the action is complete, or when they can come to an appointment to complete their transaction.

Additionally, the FRO will be open two Saturday mornings each month—beginning in May—to better serve the community.

The Saturday hours are designed

Field Registration Office

Monday – Friday: 8 a.m.-3:30 p.m.

1st, 3rd Saturdays: 8 a.m. - noon

Renewal Office

Monday – Friday: 8 a.m. – 3 p.m.

**Both offices will close on the last working day of each month for accountability inventory.

For information: DSN 370-9484, civ. 06221-57-9484

Appointments: DSN 370-9482, civ. 06221-57-9482

to correspond to the Parent's Day Out service offered at the area Child, Youth and School Services, which are normally held on the first and third Saturday of each month, Greenlee said.

The idea to reduce wait time by opening a second office was adopted as a Lean Six Sigma project. Currently the project is in the improve phase, with the hopes that once they open they will continually improve wait times and provide better customer service.

Once that has been established, Greenlee said they will enter the control phase, where they will maintain short wait times during even peak times.

She also said she hopes that customers begin using the Web site, www.hqsareur.army.mil/rmv, more to ensure they have all the proper documents before coming to either office, which would further reduce wait times.

Gates: People take top priority

By Jim Garamone

AMERICAN FORCES PRESS SERVICE

Personnel needs are at the heart of his proposal to reshape the priorities of America's defense establishment, Defense Secretary Robert M. Gates said.

Gates laid out his budget recommendations Monday during a news conference at the Pentagon.

The secretary's recommendations will eliminate some high-cost, under-performing programs, but will "fully protect and properly fund" the growth in the Army and Marine Corps and halt reductions in the Navy and Air Force, Gates said.

The secretary's second priority is to rebalance the department's capabilities to fund programs that are most needed today and most likely needed in the future. His third priority is to reform the acquisition process.

Gates said his proposed changes are interconnected and cannot be properly communicated or understood in isolation from one another.

"Collectively, they represent a budget crafted to reshape the priorities of America's defense establishment," he said. "If approved, these recommendations will profoundly reform how this department does business."

Taking care of the all-volunteer force is the secretary's first priority in the budget. In the past, funding for growing the force and other quality of life initiatives was often done on

an ad hoc basis in the yearly supplemental. The secretary said he believes these are too important not to include in the base budget.

Growing the land services and halting reductions in the Navy and Air Force will add \$11 billion to the fiscal 2010 base budget.

He also would like an extra \$400 million for growth in military medical research and development.

The secretary noted the importance of recognizing the critical and permanent nature of programs for the wounded, ill and injured, as well as traumatic brain injury and psychological health programs.

"This means institutionalizing and properly funding these efforts in the base budget and increasing overall spending by \$300 million," he said.

The department also will increase funding by \$200 million for improvements in child care, spousal support, lodging and education.

The U.S. military must maintain support for current wars, but must be ready to contend with the security challenges posed by the military forces of other countries, he said.

Every defense dollar is precious, Gates said. Money spent to "over-insure against a remote or diminishing risk is a dollar not available to take care of our people, reset the force, win the wars we are in and improve capabilities in areas where we are under invested and potentially vulnerable," Gates said.

EFMB

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and we know what you're capable of and so we expect that much more of you, each and every day."

Before earning the badge, medics endure 120 hours of continuous testing on a range of medical and warrior tasks.

Those tasks are combined into scenarios that challenge medics to evacuate the sick and wounded, react to a nuclear, biological and chemical threat, or perform emergency medical treatment under a simulated battlefield environment, said Capt. Justin M. Trisler, officer-in-charge of the Grafenwöhr EFMB testing.

Medics must also successfully complete day and night land navigation courses, a written test, and a 12-mile foot march, he added.

Capt. Aaron Brooks, a general dentist with Landstuhl Dental Activity, said the challenge of competing for what has historically been a very difficult qualification badge to earn, inspired him to get it on his first try.

"I've heard a lot about the EFMB ... that got me really excited to come out here and try to compete," said Brooks.

The captain said the EFMB was everything he had heard about and more.

Brooks completed the 12-mile foot march with only two minutes to spare on the three-hour time limit.

"I spend a lot time in a chair," said the dentist. "So the ruck march was very challenging."

As a dentist, Brooks said the training he received

during EFMB testing is good preparation for what he will face if he deploys.

"Some people asked why a dentist would come out and compete for EFMB," he said. "(During a deployment) dentists actually do triage as one of their duties. So I felt this was a really great opportunity to come out and get some really good training before I go downrange."

Other EFMB recipients said the heartbreak of watching other fellow competitors not make it through testing was tough, but that's what adds to the badge's prestige.

"A Combat Medic Badge you're pretty much guaranteed if you deploy with an infantry battalion... EFMB you really have to go out there and earn it," said Pvt. Robert Torrey, a medic with Company A, 503rd Infantry, 173rd Airborne Brigade Combat Team.

Torrey, who was among the thirty-eight to receive the EFMB, said when rain, sleet and snow took turns assailing the EFMB testing site, he and his platoon

Local Personnel Earning the EFMB

- Capt. Aaron Brooks, Landstuhl Regional Medical Center Dental Activity
- Spc. Patrick Callahan, 212th Combat Support Hospital, 30th Medical Command
- 2nd Lt. Joshua Causey, 95th Military Police Battalion
- Staff Sgt. Colin Reed, Landstuhl Regional Medical Center
- Pfc. Roberto Ducay, 421st Multifunctional Medical Battalion, 30th Medical Command
- Sgt. Julian Hallinan, Landstuhl Regional Medical Center
- Petty Officer 3rd Class James Hawkins, Landstuhl Regional Medical Center
- 2nd Lt. Thomas Holmes, 421st Multifunctional Medical Battalion, 30th Medical Command
- Spc. Saidkhodja Kasimov, Landstuhl Regional Medical Center Dental Activity
- 2nd Lt. Mathew McCreery, 212th Combat Support Hospital, 30th Medical Command
- Sgt. Thomas Sager, Europe Regional Veterinary Command
- Sgt. Charles Smith, Landstuhl Dental Activity
- Capt. Richard Sonnier, Landstuhl Regional Medical Center
- Spc. James Zachary, 212th Combat Support Hospital, 30th Medical Command

used chants and cadences to help each other pull through the events.

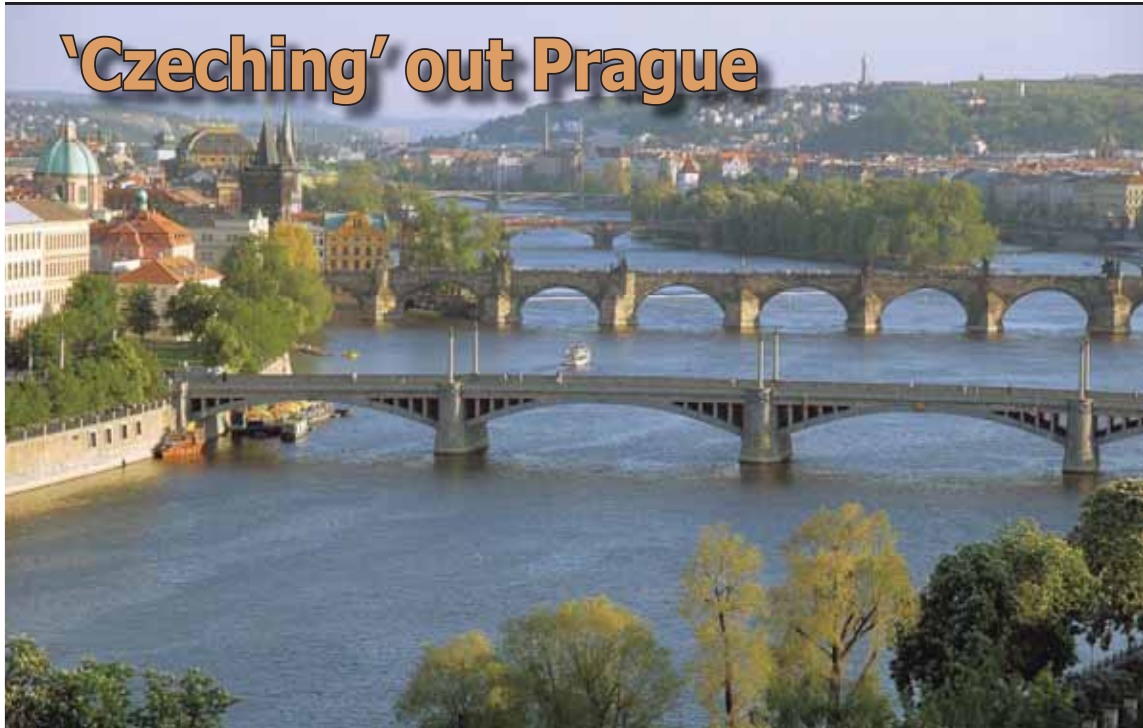
"My platoon built really good cohesion," he said. "It was pretty motivating when it was cold, rainy and miserable. It helped us stay positive."

Although more than 200

medical personnel were unsuccessful in their attempt at earning the badge, Brig. Gen. Keith W. Gallagher, commander of Europe Regional Medical Command, said the life-saving skills the medics received during training and testing will prove valuable on the battlefield.

"(Noncommissioned officers), commanders go back and continue the momentum that we started this week," Gallagher said. "Continue to train your Soldiers and make sure that they can replicate and demonstrate those skills that they learned here to be what we call combat medics."

"That skill is the difference between life and death. When they call 'medic,' 'corpsman' or 'doc,' they will know you have the skills to save their life," Gallagher said.



The bridges of Prague span the River Vltava in the Czech Republic. The city is one of Europe's grand cities and boasts history, shopping and host of night life opportunities.

www.prague-info.cz

Czech Republic's capital city offers much to visitors

Spring break is here and with promises of nice weather, Prague, one of Europe's grand cities, might make a perfect destination for an upcoming long weekend. This grand capitol of the Czech Republic has something for everyone: historians, artists, party animals and shoppers.

Dominating the city is Prague Castle, a huge hilltop complex of houses, churches and monuments. The most prominent building on the Castle Hill is the grandly Gothic St. Vitus Cathedral. This house of worship boasts 21 ornate side chapels and stunning stained glass windows. Be sure to check out the cathedral's exterior as well.

The façade is decorated with statues of saints and beautiful bronze doors that have relief work showing the construction of the cathedral. The back of the cathedral is an impressive sight with an intricate network of flying buttresses. After circling the cathedral, wander through the buildings of Castle Hill. Bring a good guidebook that will tell you about the historic places you will pass.

When you are finished on Castle Hill, walk down one of the long sets of stairs and make your way to Charles Bridge. One of many bridges spanning the Vltava River, the Charles Bridge is by far the best known, and

one of the most visited sights.

This 1,700-foot-long pedestrian walk way is known for two different things that line its walls. The first attraction is the 30 statues along both sides of this celebrated bridge.

The statues mainly depict saints and religious figures. Saints both famous and unknown are represented here. Saint John the Baptist and Saint Wenceslas have statues here alongside the lesser known Saint Lutigarde and Saint Adalbert.

The other main attraction along the Charles Bridge is the numerous artisans and musicians that congregate here daily. Paintings and drawings, handmade jewelry and pottery, and other craft items are for sale on both sides of this ancient path. Return to the Charles Bridge at night, as well, after the salesmen have gone. The cathedral on Castle Hill is lit until midnight, making Charles Bridge a wonderful post-dinner romantic stroll. After you cross Charles Bridge, head for the Old Town Square. This large square is surrounded by beautiful baroque style buildings, churches and boasts numerous cafes. Stop for some coffee in one of the most beautiful town squares in Europe.

One of the most popular sights in Prague is here in the Old Town Square. The Astronomical Clock is an amazing scientific instrument

to behold. This extremely complex clock, built in 1410, does not actually show the time. Its numerous dials and hands show the phases of the moon, the seasons, the date, the equinoxes and various Christian holy days. Twice a day, at 8 a.m. and 8 p.m., the clock chimes and its glockenspiel kicks into action showing a morality play featuring the 12 Apostles sliding by, while figures depicting greed, death, vanity, and corruption dance below.

The history buff will want to pay a visit to some of the oldest sights in European Jewish history.

The Old-New Synagogue, built in 1270 is Europe's oldest Jewish house of worship. It is still in use today, over 700 years later. Across the street from the synagogue is the darkly beautiful Old Jewish Cemetery, one of the world's most crowded burial grounds.

Laws of the 15th century did not allow Prague's Jewish population much room to bury their dead, so graves were dug so that they could accommodate 12 bodies vertically. The gravestones were then crowded together on the surface, one in front of another. The resulting sea of gravestones is a stark reminder of the long, hard history of Jews in Europe.

Travelers looking for shopping will not be disappointed. Local artisans turn out beautiful works of all kinds.

Pottery, paintings and other works of art can be bought from street-side vendors as well as upscale galleries. Deep red garnets, a semi-precious stone mined in the Czech Republic, are sold at every turn in every conceivable kind of jewelry. Some of the world's finest crystal and glassware is also for sale, glittering in well-lit store windows.

If it is nightlife you seek, Prague delivers. Upscale dining, smoky bars, pulsing nightclubs and refined classical concerts are all available nearly every night of the week.

Prague is the most international of cities, and as you work your way through the theaters, bars and clubs, the multilingual babble of students from across the globe will astound.

No matter what you come to Prague to see—history, art, nightlife—you must be sure to partake in the most enchanting activity the city has to offer. Put away your map and guidebook and get lost. That's right, wander the labyrinths of twisting alleyways and convoluted side streets. Every twist and turn will bring you face to face with stunning architecture, cute shops, quaint restaurants and hundreds of years of history.

A few hours wandering the back streets of Prague is an experience not to be forgotten.

SOURCE: USAG Ansbach Public Affairs

GERMAN COOKING

Fish Cakes with Green Sauce (Fischfrikadellen mit Grüner Sauce)

The Friday before Easter is known as Karfreitag (Good Friday in the US) or "Sorrowful Friday" and traditionally people eat fish for dinner with their family.

Ingredients:

2 potatoes, peeled
1 onion, halved
9 ounces white fish fillets, skinned
5 ounces smoked fish fillets, skinned
1 little flour for dusting
some canola oil for shallow frying
sea salt and freshly ground pepper

For the sauce:

about 2 ounces of fresh green herbs such as parsley, chives, chervil, dill, marjoram, sorrel, coriander, basil, tarragon, borage, lovage or baby spinach
3 tablespoons quark (or sour cream)
2 tablespoons milk
2 tablespoons mayonnaise
2 teaspoons sweet German mustard
2 hard-boiled eggs, chopped roughly

Preparation:

Coarsely grate the potatoes and squeeze our excess water. Coarsely grate the onion; mix half into the potato and reserve half for the sauce.

Check both fish for fine bones then chop roughly and place in a food processor with some freshly ground black pepper. Blend to a smooth paste then scoop out and mix with the grated potato and onion. Add a little salt to taste — you can check the seasonings by frying a small amount first. Shape into 8 round cakes.

Make the sauce. Wash out the food processor and blend your chosen mixture of herbs, until finely chopped. Add the rest of the ingredients including the reserved onion, chopped eggs and seasoning to taste.

Blend to a slightly chunky puree — not velvety smooth, it should have a little texture. Check the seasoning and spoon into a bowl. Dust the fish cakes lightly with flour. Heat some oil to a depth of 1/2 inch and fry the fish cakes in batches for about 3 minutes each on a medium heat. Drain on paper towels and reheat the batch between the batches. Serve the fish cakes with the sauce and a fresh tomato salad.

SOURCE: www.germanfoods.org



Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at dearmsvicki@yahoo.com.

Dear Ms. Vicki,

I am new to Army life and also new to living on base. My husband will deploy to Afghanistan this fall. I am 25 years old with an infant daughter. I only have an associate's degree and no job.

I cannot handle the thought of my husband being deployed for an entire year. I am so stressed out to the point that it feels like I am getting depressed already. How am I going to make it?

I'm wondering if I should return home and stay with family in Arizona while my husband is deployed or should I try to grow up and make it on base alone.

From: New Army Spouse

Dear Spouse,

Deployments can be a very stressful and overwhelming time for spouses for many reasons. Like so many others, I know firsthand. There will be additional duties, responsibilities and roles that you will have while your husband is deployed.

On the other hand, it's an opportunity for individual growth. However you must begin to build a wellness plan now. Here are some suggestions.

Surround yourself with healthy

friends who will be a positive influence for you during this deployment.

Stay active by pursuing personal interest such as hobbies, furthering your education and even volunteering in the community.

It's also important to try and eat as healthy as possible and get plenty of rest.

Your Family Readiness Group will also provide a wealth of information and be a link to community resources. I also recommend you visiting your Army Community Service (ACS) office on base. Their many services will be invaluable. Please stop by the ACS office, everyone there will be glad you stopped by to visit.

Here's the deal, you are not alone. What you are feeling is normal.

I cannot tell you to stay on base instead of returning to be with family in Arizona. However, if moving to Arizona will provide a safe, healthy and nurturing environment for you and your child then I think you should discuss this with your husband as a viable option.

While I am not a medical doctor, I would advise you to see your primary care manager and discuss your depression symptoms. Take care of yourself and stay in touch.

In Response to Concerned Citizen

Dear Ms. Vicki,

I have been reading your column for about four years now. It's the only reason I still get the post news-paper, as my husband is retired.

You were right on in telling the "Concerned Citizen" that she needed to report the incidents herself.

Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at www.blogtalkradio.com/dearmsvicki to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more.

As a former MP married to a retired MP, I take issue that she thinks we sit in the office eating donuts.

Hmmm, I think she may be too busy text-messaging another man while her husband is deployed to hang up and make a life-saving call. How's that for stereotyping?

Too many people neglect to report what they see and then when the tragic unthinkable happens, react with, "I saw it going on but didn't think he would actually kill his children."

You can make a call and remain anonymous.

It is up to the investigator to prove the abuse did or did not happen; it is not up to the caller. Not every phone call results in children being taken away.

Only a judge can make a ruling to remove children.

Sometimes the incidents you see are only the tip of the iceberg; often there is more going on behind closed doors.

Children need people to advocate for them, not be spectators to their abuse. At what point would this "concerned citizen" decide enough is enough?

Would they have to see the child with bruises?

Would the child have to be 'grounded' for an extended period of time? Do they expect the child to come to them and report what is going on? Why should he? If this person did nothing when they saw it, would they do anything if the child reported it?

There are way too many children in graves because too many people saw something and did nothing.

Thank You for all you do. God Bless You, Ms. Vicki.

From: A Foster Parent

DoDEA observes April as Month of the Military Child

DoDEA Public Affairs

ARLINGTON, Va. — The Department of Defense Education Activity joins the Department of Defense and military communities worldwide in celebrating April as Month of the Military Child.

Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make and challenges they overcome. The observance is part of the legacy left by former Defense Secretary Caspar Weinberger who established the Defense Department commemoration in 1986.

"We should all take notice of the unique role that military children, some of the most deserving youth in America, play in our society," said Dr. Shirley A.

Miles, DoDEA director. "They assume some special responsibilities that deserve our understanding and recognition. Growing up as a military child, I can appreciate what military children experience, the sacrifices they make, and the challenges they often face."

Miles knows the importance of DoDEA schools to military families around the world.

"DoDEA teachers and staff members are uniquely positioned to understand, nurture, and educate military children," she said. "Our mission is to ensure highest student achievement for all of our students and to prepare them for success in life. DoDEA schools are an important element of stability in welcoming students wherever their skills and talents are, advancing them to the next level, and preparing them for their future."

Throughout the month, DoDEA will encourage schools to plan special events to honor military children and have administrators and principals incorporate the themes of this month into their every day duties and responsibilities. These efforts and special events will stress the importance of providing children with quality services and support to help them succeed in the mobile military lifestyle.

DoDEA plans, directs, coordinates, and manages pre-kindergarten – 12th grade education programs for Department of Defense dependents who would otherwise not have access to a high-quality public education. DoDEA schools are located in Europe, the Pacific, the United States, Cuba, and Puerto Rico. DoDEA also provides support and resources to Local Education Activities throughout the U.S. that serve children of military families.

GET OUT!

area events

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

April 9

Bluegrass Meeting and Open Mic Night – Head to Shooter's Bar and Grill at the Heidelberg Rod and Gun Club in Oftersheim every second Thursday of the month to enjoy a delicious meal while listening to the classical sounds from the Bluegrass Valley. Local musicians are encouraged to bring their instruments and join the band. Ctv. 06202-511-93, www.mwrgermany.com.

April 10

Italian Night – Savor a delicious Italian buffet complete with antipasti platters, salads, a huge variety of pastas with cheese sauce, meatballs in marinara sauce, seafood in crab sauce, spaghetti with pesto, gnocchis with veggies and so much more at the Patrick Henry Village Pavilion in Heidelberg 5:30-9 p.m. The price is \$15.95 for adults, \$10 for kids 5-12, and free for children under 5. Come dressed as a "Mafiosi" and you can win your dinner on the house. Reservations and walk-ins welcome. DSN 388-9098, civ. 06221-338-9098.

Night of January 16th – The KMC Onstage community theater is happy to present Ayn Rand's "Night of January 16th," a courtroom drama-comedy in three acts. This interactive show will bring members of the audience on stage as jurors to decide the fate of murder suspect, Karen Andre. Show dates: April 10 & 11 at 7:30 p.m. For more information or to purchase tickets, contact KMC Onstage at DSN 483-6626, civ. 0631-411-6626.

April 11

Stuttgart Spring Festival – At the Cannstatter Wasen site through May 3, visitors to Stuttgart can join in a joyous celebration of the return of spring. Pure pleasure is the order of the day, with a Ferris wheel, the Wild Mouse, raffle stands, festival beer, candy floss, bratwurst, Göckele and Käsespätzle. info@in.stuttgart.de or www.in.stuttgart.de.

Easter Egg Hunt and Kinderfest – Mannheim's annual community Easter Egg Hunt and Kinderfest will be held at Sullivan Gym at 9:30 a.m. Late arrivals will miss out on hunting for eggs. Kinderfest follows (10 a.m.-2 p.m.) with face painting, SKIES demonstration, Operation Missing You, Start Smart sports activities, free food and beverages and much more. DSN 385-2048, civ. 0621-730-2048, www.mwrgermany.com.

Eggstravaganza – At 11 a.m. head to Pulaski Park in Kaiserslautern for this free event open to the community children up to 12 years old. DSN 493-4117, civ. 0631-3406-4117, www.mwrgermany.com.

Grown-Up Easter Egg Hunt – Head to the Kazabra Club in Kaiserslautern at midnight to take part – find the golden

egg and win a prize. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.

Spring Fest – Bad Windsheim hosts its traditional spring fest 2-11 p.m. at Festplatz am Schiesswasen. Carnival rides, traditional food and drinks, live entertainment and, of course, the official keg tapping will be a part of the day's activities. As a special family treat, carnival ride prizes between 2 and 2:30 p.m. are €0.50 per ride.

Bern, Switzerland – Come with the USO to Bern, the romantic capital of Switzerland. A beautiful city with its famous bear pit, clock tower, fountains, and quaint specialty shops, Bern is an unspoiled jewel of medieval architecture. During a guided tour through Bern's old town, you'll see the bear pit, cathedral, Houses of Parliament, prison tower, and famous Zytglocken clock tower. You'll have time to shop for Swiss chocolate, cheeses, watches, and other souvenirs on the six-kilometer long arched shopping promenade, the largest in Europe. From Bern, we travel to the Emmental to visit a Swiss cheese factory in Affoltern where you can buy cheese and other Swiss specialties. <http://affiliates.usa.org/Kaiserslautern>.

Brugge, Belgium – Time has long stood still in medieval Brugge, a romantic city that went to sleep in the Middle Ages, leaving a perfectly preserved gem that is today among the loveliest places in Europe. On our journey from Germany through Belgium, we'll make a short breakfast stop. After arriving in Brugge, we will tour the city, stroll through the lively markets, and have an opportunity for lunch at one of the many restaurants and cafes. Don't pass up this opportunity to visit a marvelous city that is often overlooked. We'll make a dinner stop en route home. <http://affiliates.usa.org/Kaiserslautern>.

April 12

Stuttgart Zoo – The Wilhelma is one of the most beautiful zoos in Europe. The combination of animals, flowers, famous orchid collection and Moorish styled buildings, makes it unique. Zoo highlights include, aquarium with crocodile hall, famous coral fish collection, modern ape house, bear compound, plus 8,000 various animals. <http://affiliates.usa.org/rheinneckar>.

Shepherd's Dance – The traditional shepherds' dance performance in Rothenburg is scheduled for 2 p.m. Spectators will enjoy a colorful historical dance performance in 19th century costumes at the market place of Rothenburg ob der Tauber. According to medieval legend, the local shepherds, whose wool trade played an important part in the town, prevented the spread of the plague in the city of Rothenburg. As a reward, the Shepherds' Guild was granted the privilege of celebrating Shepherds' Day, a tradition dating back to 1517. Ticket prices range from €3-4.50. Reservations: Civ. 09861-4611.

April 13

Black Forest – This is a special tour through the Black Forest. The next stop is Triberg, the unofficial capital of cuckoo clocks. Here you can choose from a variety of handcrafted timepieces. Nature lovers, can climb a portion of the highest waterfall in Germany, or simply take your camera for fabulous photo opportunities. <http://affiliates.usa.org/rheinneckar>.

April 14

German baking class – Have you ever wondered how those beautiful German cakes are made? Well, now is your chance to learn. During a three-hour session, we'll teach you how to prepare, bake, and enjoy various German pastries. Please bring a container, fork, coffee cup, and your appetite. The USO will supply all the ingredients. <http://affiliates.usa.org/Kaiserslautern>.

April 15

Independent and Foreign Films – Kaiserslautern libraries present independent and foreign films at Heaton Auditorium. All showings begin at 6 p.m. and are free. April 15: "The Grocer's Son," by Eric Guirado – French with English subtitles; April 22: "Choking Man," by Steve Barron – English and Spanish with English subtitles; April 29: "Days and Clouds," by Silvio Soldini – Italian with English subtitles. DSN 486-7322, civ. 06371-86-7322.

April 16

Child Lights: Protect & Celebrate Kids – Join us at the Patrick Henry Village Pavilion for a celebration of children from 6 - 8 p.m. Enjoy activities and education for parents and children of all ages including family crafts, infant safety, teen dating, internet safety and more. Door prizes and refreshments will also be provided.

Pfennig Bazaar – The German American Women's Club Heidelberg hosts its 2009 Pfennig Bazaar noon-6 p.m. April 16, 10 a.m.-6 p.m. April 17 and 10 a.m.-3 p.m. April 18 at the International Gesamtschule, Baden-Badener Strasse / Erlenweg in Heidelberg. www.gawc.de.

Lionel Richie – American singer Lionel Richie will appear at the SAP Arena in Mannheim at 8 p.m. www.bb-promotion.com.

Ongoing

Heidelberg Spring Fest – Head to Heidelberg through April 25 for this large classical music festival. Heidelberg will be turned into a festival town for about four weeks and attracts lovers of music from near and far. Internationally renowned soloists, ensembles and orchestras will be presented. Civ. 06221-583-5920, www.heidelberg-fruehling.de.

coming to THEATERS

Monsters vs. Aliens

(Reese Witherspoon, Seth Rogen, Will Arnett, Kiefer Sutherland, Stephen Colbert) When a space capsule crash lands onto Susan Reynolds' car she's doused by its alien liquid contents, Quantonium which turn her into a 48 foot 11 inch giant. Her wedding thwarted, she's captured by the military and sent to a secret government facility, where she meets fellow monsters Dr. Cockroach, Ph.D., the gelatinous BOB, The Missing Link, and Insectosaurus. Susan, aka Ginormica, is drafted to lead this motley crew of reluctant heroes to save the earth from the evil alien Gallaxhar, who's hell bent on retrieving his liquid Quantonium. Rated PG (Sci-Fi action, crude humor and mild language) 94 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

April 9 - MONSTERS VS. ALIENS (PG) 7 p.m.
 April 10 - HANNAH MONTANA: THE MOVIE (G) 7 p.m.; NEW IN TOWN (PG) 9:30 p.m.
 April 11 - HANNAH MONTANA: THE MOVIE (G) 4 p.m.; BRIDE WARS (PG) 7 p.m.; NEW IN TOWN (PG) 9:30 p.m.
 April 12 - HANNAH MONTANA: THE MOVIE (G) 2 p.m.; BRIDE WARS (PG) 4:30 p.m.; NEW IN TOWN (PG) 7 p.m.
 April 13 - NOTORIOUS (R) 7 p.m.
 April 14 - HANNAH MONTANA: THE MOVIE (G) 7 p.m.
 April 15 - NEW IN TOWN (PG) 7 p.m.
 April 16 - BRIDE WARS (PG) 7 p.m.

Mannheim, Schuh

April 9 - INKHEART (PG) 7 p.m.
 April 10 - MONSTERS VS. ALIENS (PG) 7 p.m.
 April 11 - NEW IN TOWN (PG) 4 p.m.; BRIDE WARS (PG) 7 p.m.; NOTORIOUS (R) 9:30 p.m.
 April 12 - BRIDE WARS (PG) 4 p.m.; MONSTERS VS. ALIENS (PG) 7 p.m.
 April 13 - NEW IN TOWN (PG) 7 p.m.
 April 14 - NOTORIOUS (R) 7 p.m.
 April 15 - MONSTERS VS. ALIENS (PG) 7 p.m.
 April 16 - NEW IN TOWN (PG) 7 p.m.

Vogelweh, Galaxy

April 9 - INKHEART (PG) 7 p.m.
 April 10 - HANNAH MONTANA: THE MOVIE (G) 3 p.m., 7 p.m.; NEW IN TOWN (PG) 10:30 p.m.
 April 11 - HANNAH MONTANA: THE MOVIE (G) 11 a.m., 3 p.m., 7 p.m.; NOTORIOUS (R) 10:30 p.m.
 April 12 - HANNAH MONTANA: THE MOVIE (G) 3 p.m., 7 p.m.
 April 13 - NEW IN TOWN (PG) 7 p.m.
 April 14 - BRIDE WARS (PG) 7 p.m.
 April 15 - HANNAH MONTANA: THE MOVIE (G) 7 p.m.
 April 16 - BRIDE WARS (PG) 7 p.m.

Ramstein, Hercules

April 10 - BRIDE WARS (PG) 7 p.m.
 April 11 - NEW IN TOWN (PG) 7 p.m.
 April 12 - NOTORIOUS (R) 7 p.m.

Ramstein, Nightingale

April 9 - LAST CHANCE HARVEY (PG-13) 7 p.m.
 April 10 - MONSTERS VS. ALIENS (PG) 3:30 p.m., 7 p.m.; LAST CHANCE HARVEY (PG-13) 10:30 p.m.
 April 11 - MONSTERS VS. ALIENS (PG) 3 p.m., 7 p.m.; LAST CHANCE HARVEY (PG-13) 10:30 p.m.
 April 12 - MONSTERS VS. ALIENS (PG) 3:30 p.m., 7 p.m.
 April 13 - BRIDE WARS (PG) 7 p.m.
 April 14 - NOTORIOUS (R) 7 p.m.
 April 15 - BRIDE WARS (PG) 7 p.m.
 April 16 - MONSTERS VS. ALIENS (PG) 7 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
 Schuh Theater, Mannheim, 0621-730-1790
 Galaxy Theater, Vogelweh, 0631-50017
 Hercules, Ramstein, 06371-47-5550
 Nightingale, Ramstein, 06371-47-6147

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

community HIGHLIGHTS

Government Vehicle Auction

Interagency Fleet Management System: European Region will hold a public auction of used U.S. government vehicles April 8-19. Bidding will be via live Internet auction. Public inspection period 9 a.m.-3 p.m. April 16 at Spinelli Barracks, IFMS Consolidated Vehicle Processing Center. www.vfeg.de. DSN 337-7781, civ. 0611-705-7784.

Retiree Pay Representative

A Retiree pay representative from DFAS-Cleveland will be in Germany to assist retirees and beneficiaries with pay problems and conduct audits of individual pay account. The schedule includes: April 20, Mannheim, CPF Building; April 21, Kaiserslautern, Daenner Kaserne/Panzer Kaserne; April 23, Heidelberg, Shopping Center CPF office. Check with your local Retirement Services office for exact times and possible location changes.

Postage Increase

The price of a first class letter, 1 ounce, will increase May 11 to 44 cents. Other classes of mail and some services will also increase. The Forever Stamp is still good for sending first class letters weighing 1 ounce or less. When the rate increase begins, your local military post office will have the new stamps.

local EMPLOYMENT

Career Expo

Don't miss the upcoming Career Expo 9 a.m.-3 p.m. April 16 at the Kazabra Club, Vogelweh Bldg. 2057. Participants can meet with dozens of employers, including government and contracting agencies. DSN 493-4029, civ. 0631-3406-4029, or jaacqueline.boone@eur.army.mil.

SKIESUnlimited Instructors

Heidelberg SKIESUnlimited Instructional Class Program seeks guitar and German language instructors for youth. DSN 388-9399, civ. 06221-338-9399.

Red Cross Field Office Coordinator

The American Red Cross Heidelberg is seeking a field office coordinator to provide emergency communications and casework services to members of the military and families. Applicants must be U.S. citizens and be command sponsored and/or have access to post with their own ID card. Submit resumes by April 4 at www.redcross.org. Enter 7727BR as the job search key word. DSN 370-8711, civ. 06221-57-8711.

OU Contract Support

The University of Oklahoma is seeking applicants for an Assistant Director at the Contract Support Office, Heidelberg. Requirements: Bachelor's degree required, Master's degree preferred; experience in marketing, budgeting, higher education administration. Submit cover letter and resume apeudamin@ou.edu or fax 06221-768945 or DSN 370-6687 by March 25. DSN 373-7919.

Mannheim EFMP Coordinator

Interested candidates must possess a bachelor's degree in one of the following fields: psychology, marriage, family and child counseling, social work, human development, counseling, public administration, special education, public health or nursing. Solicitation will close at noon April 17. DSN 385-3101.

KAISERSLAUTERN

Education

• **ACS Classes and Events** – Anger Management, 10 a.m. April 13 and 3 p.m. April 16; AFB Instructor Training, 9 a.m. April 14-16; Resumix, 1 p.m. April 14; CAUSE Support Group Meeting, 6 p.m. April 14; Emergency Placement Care Orientation, 1 p.m. April 15; HUGS Playgroup at Pulaski Kids' Zone, 10 a.m. April 16; Stress Management, 4 p.m. April 16; Couples' Communication, 6 p.m. April 16; Teen Dance at Club XPRESS, 10 p.m. April 18. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, www.mwgermany.com/kl/acs.

• **Basic Skills Pilot Program** – The education center on Rhine Ordnance Barracks is the site for the Army's Online Basic Skills Pilot Program for GT score improvement. This pilot program is for basic skills in reading and math and ends Aug. 31. Students can begin this self-study program at anytime. DSN 493-2590, civ. 0631-3406-2590.

• **Stress Relief Class** – The Landstuhl Regional Medical Center Social Work Services office offers a free stress management briefing at the LRMC Kirchberg Room, 4:45 p.m. April 21. DSN 486-8366, civ. 06371-86-8366.

• **ICE Training** – Interactive Customer Evaluation account manager training 9 a.m. April 29 at the garrison's library, Bldg. 3810 on Landstuhl Regional Medical Center. Civ. 493-4241.

Community

• **Easter Sunrise Service** – The Army and Air Force Chaplain's Office will host an Ecumenical Easter Sunrise Service 6:30 a.m. April 12 at the Vogelweh football stadium, located between the Vogelweh Gym and commissary. In the event of inclement weather, the service will take place inside the Vogelweh Gym. DSN 493-4219, civ. 0631-3406-4219.

• **Family Fun Night** – Promote child abuse prevention and education at this carnival-themed event that's fun for the whole family 5-8 p.m. April 13 at the Vogelweh Elementary School gym. One lucky person will win two free tickets to Disneyland Paris. DSN 493-4331, civ. 0631-3406-4331.

• **Summer Enrichment Program Registration** – The Summer Enrichment Program will be held at the Ramstein and Vogelweh Elementary Schools June 22-July 17. Registration must be completed by April 15 at the schools' main offices.

• **CYS Services Teen Shuttle** – This service, beginning April 15, is available to all CYS Services patrons in high school. A valid ID card and shuttle card will be required to ride. Pick up points are located throughout the KMC including Vogelweh, Ram-

stein and Landstuhl. DSN 493-4516, civ. 0631-3406-4516.

• **BOSS Commissary Appreciation Day** – The Vogelweh Commissary and Better Opportunities for Single Service members host this event at 6 a.m. April 16. All military units in the Kaiserslautern military community are asked to come out and participate in this unit-level physical training competition. DSN 493-4344, civ. 0631-3406-4344.

• **National Health Care Decisions Day** – Free legal services will be provided as part of National Health Care Decisions Day, 10 a.m.-1:30 p.m., April 16 at Landstuhl Regional Medical Center. DSN 483-8848.

• **BOSS Meeting** – Better Opportunities for Single Service members will meet 1 p.m. April 16 in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.

• **American Legion Meeting** – The American Legion Post GR01 will meet at 6:30 p.m. April 16 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516 or wardtrans@yahoo.com. Visit the Post GR01 Web site at www.ktownamericanlegion.org.

HEIDELBERG

Education

• **ACS Classes and Events** – Intro to MS Excel, 5-6:30 p.m. April 13; Resumix, 9 a.m.-noon April 14; FRG/FRL/FRSA Meetings, 1-2:30 p.m. April 15; Checkbook Management, 9-11:30 a.m. April 16; Re-integration Briefing, 9 a.m. April 14. English as a Second Language offered throughout the week. DSN 370-6883, civ. 06221-57-6883, www.mwgermany.com/hd/acs.

• **Lunch and Learn** – University of Phoenix presents a Lunch and Learn Seminar on the benefits of pursuing a Graduate Degree, noon-1 p.m. April 16 at the Patton Education Center room 118. Pizza and drinks provided. RSVP by April 15 to DSN 373-7650, civ. 06221-588-0492.

• **Red Cross Class** – CPR Adult/Child/Infant and AED training, 8 a.m.-5 p.m. April 18. Cost \$40. DSN 37-8711, civ. 06221-57-8711.

Community

• **Heidelberg International Wandering Club** – Upcoming Volksmarches: Spremlingen/Bingen, April 10-11; Dallau, April 11 and 13; Rohrviller, Eebron and Elgersweier, April 18-19. Sign up for trips to Frankfurt, London and Belgium. hiwc@yahoo.com, www.hiwc.de.

• **Thrift Shop Closure** – The Thrift Shop will be closed through April 11 for spring break. The shop will reopen April 14.

• **Refuse Collection Schedule Change** – Due to the host nation Easter holidays, the refuse collection schedule will change as follows: April 10 will be April 9, April 13 will be April 14, April 14 will be April 15, April 15 will be April 16, April 16

will be April 17, and April 17 will be April 18.

• **EDIS Happy Hours** – Parents can talk to professionals about their child's development 4-6 p.m. April 15 at PHV Child Development Center and 4-6 p.m. April 21 at MTV CDC. Civ. 06221-17-2738.

• **Easter Closures** – The Housing Office and the Recycling and Reuse Center will be closed April 10 and 13 in observance of Good Friday and Easter. Full services will resume April 14.

• **Heidelberg International Ski Club** – The club is sponsoring bike night, 7 p.m. April 15 at the Hotel Zagreb in Schwetzingen. A guest speaker will speak on bike safety and repair.

• **Spanish-English Mass** – Mass will be 5 p.m. April 18 at Mark Twain Village Chapel. Stay for a fish fry and salad bar after mass. Civ. 06221-751859, evening; day 0177-6748-775.

• **Retirement Ceremony** – Held at 3 p.m. April 24 near the flag pole on Patton Barracks for Soldiers and civilians with an approved retirement date. DSN 373-6334.

• **Krimson and Kream Scholarship Benefit Ball** – Kappa Alpha Psi Fraternity Inc. will hold its 2009 ball April 25 at the Village Pavilion. Donations are \$35, and proceeds go toward scholarships for graduating DoDDS students. Civ. 0160-9916-2144.

• **Kiddie Volksmarch** – The Heidelberg International Wandering Club is sponsoring a kiddie volksmarch from 9 a.m.-noon April 25. Start and finish at the library on PHV. Entry is free and a parent must accompany the child. Children will receive a medal and certificate upon completion of the 5k course. Civ. 06227-841226 or hiwc@yahoo.com.

• **Summer Hire Application Help** – Summer Hire application assistance Real World transition workshops for 7th-12th graders and parents will be 4-6 p.m. April 26, at Heidelberg Middle School. DSN 388-9377, civ. 06221-338-9377. Barbara.Abeje@eur.army.mil

• **Spring Clean Up** – All Soldiers and civilians assigned to or living in Heidelberg will participate in Spring Clean Up, April 27-May 1. Mornings should be used to clean up around the work place, and at 10 a.m. Soldiers should be released to clean up in family and single Soldier housing areas under the direction of their area building coordinators. DSN 373-8857, civ. 0162-270-0571.

• **Housing Office Closed** – The Housing Office will be closed April 30 and May 1. Full services will resume May 4 at 8 a.m.

• **Pothole Repair Work** – Directorate of Public Works staff will be inspecting roads and repairing

damages from the winter months as necessary. Community members are asked to remain aware of construction teams and possible interruptions in traffic. Work is estimated to last through May. DSN 387-3150 or pete.ahrend@eur.army.mil.

MANNHHEIM

Education

• **ACS Classes** – English as a Second Language offered at various times and dates. DSN 385-3101, civ. 0621-730-3101.

Community

• **Gate Changes** – Upgrades are coming to the access control points at Funari, Coleman, Spinelli, Grant Circle and BFV-5. Any installation with a closed exit lane will be marked as closed and signs will be posted to the alternate exit gates. Schedule: BFV-5 Gate (PX), April 6-18; Spinelli Gate, April 20-25; Coleman Gate (phase II), May 4-11; Funari Gate, May 18-23.

• **Orthodox Holy Week and Pascha Schedule** – Meetings at Coleman Chapel. Lazarus Saturday Divine Liturgy, 9:30 a.m. April 11; Palm Sunday Divine Liturgy, 9:30 a.m. April 12; Holy Monday Bridegroom Matins, 6:30 p.m. April 13; Holy Tuesday Bridegroom Matins, 6:30 p.m. April 14; Holy Wednesday Uncion, 6:30 p.m. April 15; Holy Thursday Vesperal Liturgy, 9:30 a.m. and Passion Gospels 6:30 p.m. April 16; Holy Friday Burial Service, 3 p.m. and Lamentations 6:30 p.m. April 17; Holy Saturday Divine Liturgy, 9:30 a.m. and Compline Liturgy, 9:30 p.m. April 18; Holy Pascha Matins and Liturgy of Pascha, midnight April 19.

• **Community Bank Closed** – The Community Banks located at Sullivan Barracks and Coleman Barracks will be closed for the Easter holidays from April 10-13.

• **Youth Services** – DSN 380-4864, civ. 0621-730-9997.

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. April 19; Film Screening, 4-5:30 p.m. April 19; National Library Week, April 12-18; Story Hour, 10:30-11:30 a.m. Thursdays; Teen Advisory Board, 4-5 p.m. Thursdays. DSN 380-1740, civ. 0621-730-1740.

• **EDIS Happy Hours** – Parents can talk to professionals about their child's development 4-6 p.m. April 22 and 28 at Mannheim Child Development Center. Civ. 06221-17-2738.

• **Volunteers Needed** – Mannheim High School will host a track meet April 25 at Woods Field. Volunteers are needed. DSN 380-4092.

• **Models Needed** – The Top Hat is seeking volunteer female and male models of all shapes and sizes for the May 29 Fashion Show. Participants and patrons must be 18 years of age and older. Call no later than April 17. Civ. 0151-5428-2645.

All-Army wrestlers seek national crown

By Tim Hippi
FMWRRC PUBLIC AFFAIRS

ALEXANDRIA, Va. – The All-Army wrestling team will march into Las Vegas Convention Center in search of its ninth Greco-Roman crown in the past 10 years at the U.S. National Wrestling Championships through Saturday.

Following a dominating performance, in which they won 40 of 42 matches at the 2009 Armed Forces Wrestling Championships March 14-15 in Mountain Home Air Force Base, Idaho, the Soldiers are expected to dominate again in Las Vegas.

“Realistically, without stretching anything, we have the possibility of having a guy in the [Greco-Roman] finals of every weight class with the exception of 74 kilos,” said All-Army coach Shon Lewis, who leads the U.S. Army World Class Athlete Program wrestlers at Fort Carson, Colo.

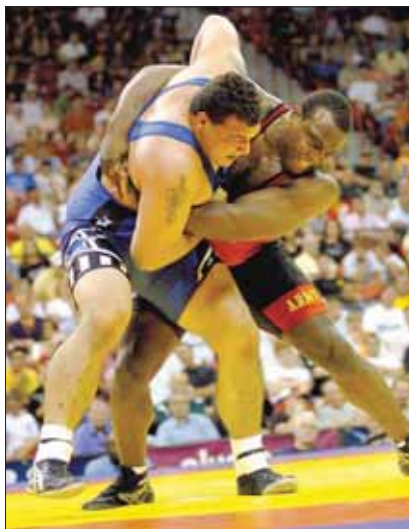
WCAP wrestlers Spc. Jermaine Hodge (55 kilograms), Spc. Aaron Sieracki (84 kilos) and Sgt. Kevin Ahearn (96 kilos) won gold medals in both the Greco-Roman and freestyle disciplines at the Armed Forces Championships, where Soldiers squared off in a two-day, round-robin format against the Marine Corps, Air Force and Navy.

All three Soldiers should be in the hunt to reach the national Greco-Roman finals in Las Vegas, where the All-Army team has won four consecutive Greco team titles. Hodge and Sahin both finished third at the 2008 national championships. Sieracki, who finished fourth, is now ranked number one in his weight class.

Staff Sgt. Glenn Garrison, who recently defeated top-ranked arch-rival Joe Betterman during a match in Slovenia, is a strong contender at 60 kilos.

The All-Army team stacks the 66-kilogram weight class with top-seeded Spc. Faruk Sahin and second-seeded Staff Sgt. Oscar Wood, a 2004 Olympian.

Sgt. Brad Ahearn returns to defend his national crown at 84 kilos. Seven-time national champion Staff Sgt. Dremiel Byers, a 2008 Olympian, anchors the All-Army



Tim Hippi

Seven-time Greco-Roman heavyweight national champion Staff Sgt. Dremiel Byers (left) and Spc. Timothy Taylor (right) are ranked No. 1 and 2 in the 120-kilogram weight class going into the 2009 U.S. National Wrestling Championships April 9-11 in Las Vegas.

team at 120 kilos.

Spc. Timothy Taylor, Byers’ training partner in Beijing, is ranked second among the heavyweights. Sgt. Iris Smith, a 2005 world champion, will compete in women’s freestyle.

“We could possibly have six, if not more, in the finals at nationals,” Lewis said.

Area cycling clubs join forces to maintain trails

In a slight morning drizzle, dozens of Germans and Americans from Munich to K-town ascended on the small town of Weidenthal, approximately 15 kilometers from Kaiserslautern March 28.

Among them were numerous U.S. Air Force and Army members of the Ramstein Area Cycling Club and the Spangdahlem Sabers Cycling Team.

The gathering was the first venture in association with the International Mountain Biking Association to conduct trail maintenance in the area.

The avid cyclists helped clear and rebuild several trails which will be used by local walking clubs and for the upcoming “Sleepless in the Saddle” mountain bike event.

The idea to work with the IMBA was the brain child of the cycling event promoter, Christian Kraemer an avid outdoorsman wanting to build community relations so the mountain bike event, in its fifth year, would continue for years to come.

The Mayor of Verbandsgemeinde Lambrecht, Herbert Bertram, was in attendance and stressed the importance of trail use by all, and was im-



Courtesy photo

Capt. Randy Brooks, Master Sgt. Jim Sharp and his son Sage, Christian Kramer, and Staff Sgt. Chris Lockwood pose for pictures on the trail they were helping to maintain March 28.

pressed with the fact that mountain bikers were bringing trail awareness to the forefront, something other trail users have not done. The Mayor personally thanked the Americans who came out to help and looked

forward to many more events like this in the future.

For more information about the local cycling scene check out the RACC at www.theracc.com.

SOURCE: Master Sgt. Chris Lockwood

staying ACTIVE

Send the HP Your Sports Photos

Do you have photos from sporting events in your community – youth sports, high school sports, unit-level or community sports? Share them with the Herald Post. E-mail your photos, along with the details of the event and names of those pictured to usaghd.post@eur.army.mil.

Unit-Level Volleyball

Heidelberg – Standings as of April 7: Leftovers, 3-0; Cougars, 2-1; MEDDAC, 1-2; 302nd MI, 0-3. Games to be played at Patton Fitness Center: Cougars vs. Leftovers, 6:30 p.m., and MEDDAC vs. 302nd MI, 7:30 p.m. April 13; MEDDAC vs. Cougars, 6:30 p.m., and Leftovers vs. 302nd MI, 7:30 p.m. April 15.

Kaiserslautern – Units wishing to participate in this year’s unit-level volleyball league should contact Sports and Fitness. DSN 493-2087, civ. 0631-3406-2087, usagknsports@eur.army.mil. Sign up no later than April 15.

Unit-Level Softball

Mannheim – A Mannheim Community Unit-Level Softball Clinic will be held at Sullivan Barracks, (Bldg. 238, room 234) 6-9 p.m. April 22-24. Anyone interested in umpiring softball must attend. DSN 385-2048, civ. 0621-730-2048.

Kaiserslautern – Units wishing to participate in this year’s unit-level softball league should contact Sports and Fitness. DSN 493-2087, civ. 0631-3406-2087, usagknsports@eur.army.mil. Sign up no later than May 6.

Marathon Club

Join Heidelberg International Marathon Club for its monthly meeting at 6 p.m. April 15 at Campbell Barracks Bldg. 31, Room M (above the food court). Share your opinion on what marathon the club should support in the fall and listen to a guest speaker from the Heidelberg Physical Therapy Department discuss the anatomy and mechanics of running shoes. hbgimc@gmail.com, www.heidelbergrunningclub.org.

Sexual Assault Awareness Walk

Promote sexual assault awareness and education at a 5K Run and 1K Walk at 3 p.m. April 17 at the Ramstein Southside Fitness Center. Free T-shirts for the first 500 Army participants. Show your support for victims of sexual assault by participating in the “Shine the Light” Sexual Assault Awareness Walk on Vogelweh Housing at 7 p.m. April 30. Walk begins at the Vogelweh Youth Center Fields. Registration is not required for either event. DSN 493-4617, civ. 0631-3406-4617, lisa.velez2@eur.army.mil.

USBC 2009 All-Stars/Masters Championships

BFV Bowling Center invites all qualified members of local associations chartered through USBC to participate in this state level tournament from May 22-25. Bowling competition will be handicap with a separate division for scratch bowlers. Cash prizes will be available depending on the number of participants. Bowlers can sign-up from April 1 to May 15. Entries will be accepted on a first come first serve basis, with a maximum of 40 teams, 60 double teams, and 160 singles. For additional information or an entry form, please call DSN 380-9528/ civ. 0621-730-9528 or e-mail colleen.gardner@eur.army.mil. BFV Bowling Center is located at Benjamin Franklin Village, Bldg. 724.