

# HeraldPOST

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

**HP THURSDAY**  
April 29, 2010

### Speed Read

#### BEST PAPER IN THE DOD

The Herald Post was recently named the best tabloid-format newspaper in the Department of Defense. 3

#### TOPPER AWARDS

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#### KIDDIE FEST

In celebration of the Month of the Military Child, CYSS held a fest in Heidelberg Saturday. 12

#### GREEN THUMBS

Patrick Henry Elementary students used Earth Week to weed, water and pot flowers in one of the school's two gardens. 12

### Defense Details

#### PERSONAL PROPERTY MOVE

After extensive testing and evaluation, the military has launched an improved system to better compensate service members who personally move their household goods on military orders. All services began using the new system April 15. Moves initiated prior to that date will continue to process under the terms in place at the time of initiation. Members can make final moving plans with their local transportation office.

#### REVISED WARRIOR TASKS

The foundational skills every Soldier must know, regardless of rank or military job – received a face lift when U.S. Army Training and Doctrine Command recently released the Army's new Warrior Tasks and Battle Drills, and the Critical Individual Supporting Task List elaborating on those tasks and battle drills.

Army news: [www.army.mil](http://www.army.mil)  
Defense news: [www.defenselink.mil](http://www.defenselink.mil)

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## Welcome home 30th MEDCOM

Lt. Col. Rodrigo Chavez Jr. is welcomed home by Brig. Gen. Keith Gallagher, the Europe Regional Medical Command commander, Chavez, and the Soldiers of Task Force 30th MEDCOM, returned from a 12-month deployment in support of Operation Enduring Freedom Monday. See WELCOME HOME on page 11 for the story.

**"For the thousands of Soldiers, Sailors, Airmen and Marines and the thousands of family members of those wounded, thank you for what you have accomplished during your year of deployment."**

—Maj. Gen. David Rubenstein, Chief of the Army Medical Service Corps and the Army's Deputy Surgeon General



Photos by Sgt. 1st Class Christopher Fincham  
Maj. Peder Swanson reunites with his family during the Task Force 30th Medical Command's welcome home ceremony Monday. Swanson, and the Soldiers of Task Force 30th MEDCOM, returned from a 12-month deployment in support of Operation Enduring Freedom.

## 21st TSC facilitates receipt of first Lakota helicopters in USAREUR

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command paved the way for another first when it facilitated the acquisition and receipt of five UH-72A Lakota helicopters – the Army's newest aircraft. The cutting-edge helicopters received at Ramstein Air Base April 13 are the first ones to reach the U.S. Army in Europe.

The light utility helicopters were towed to and reassembled at the Theater Aviation Sustainment Manager Europe's closed loop facility on Ram-

stein. TASM-E, 405th Army Field Support Brigade, which falls under the operational control of the 21st TSC, is responsible for the maintenance of the light utility helicopters under the Department of the Army Contract Logistics System.

"As the senior logistician for the USAREUR Theater, Maj. Gen. (Patricia) McQuiston, (the commanding general of the 21st TSC) has a keen interest in all logistics support of this theater, to include the contracts," said William Sanders, the chief of the 21st TSC's support operation's aviation lo-

**"They are so new, they still have that new helicopter smell!"**

—Carl Marquez, aircraft mechanic

gistics section.

However, until the Army officially took possession of the aircraft, it was hands-off for them. While TASM-E provided the space, equipment and see **HELICOPTERS** page 11

## COMMENTARY

## USAG Baden-Württemberg hosts safety days

By E.J. Singleton  
USAG BADEN-WÜRTTEMBERG SAFETY

One of my favorite movies is "It's A Wonderful Life." It's a timeless classic in which Jimmy Stewart's character decides it would have been better if he had never been born. He is granted his wish by Clarence, his guardian angel, and soon learns how many people his life impacted. He observed how his loved ones, friends and the small town he grew up in were totally different because he was not born.

Think about yourself and the impact you have on those around you (i.e., loved ones, friends, and coworkers). How many people rely on you professionally and personally? What if you weren't here?

We all say that someone else would just pick up the slack and things would go on. Sure, that may be true of the job to a certain extent but not your family. Someone may step into the job to keep things moving but would they handle situations the same way you would? Probably not. Think of all you have experienced and your lessons learned over the years. Who has the same set of lessons learned as you? No one.

The bottom line is that each of you are unique and definitely not expendable by any stretch of the imagination. Your loved ones, friends and the Army count on you to be there each and every day.

How do you ensure that you're there when needed? It's simple ... follow the rules. Whether it's operating a vehicle, cutting grass, or playing golf there are rules (safety standards) that apply. When you violate the rules, you increase your chances of being involved in a preventable accident that takes you from those who need you.

Safety Day helps you remember the rules so

you can continue to be there for loved ones, friends and yes, the Army.

On May 6, Heidelberg will host its Safety Day at Patton Fitness Center (Bldg. 152) on Patton Barracks. Due to limited space the event is restricted to Soldiers and DA civilians (appropriated, non-appropriated and local nations).

Mannheim will host its Safety Day on May 6 in the Schuh Theater parking lot (Bldg. 735). The event is open to the Soldiers, DA civilians, and their family members.

On May 20, Kaiserslautern will host its Safety Day at Rhein Ordnance Barracks and it also will be open to Soldiers, DA civilians and their family members.

We encourage you to take a few minutes to do something for yourself and those you care about. Attend the Safety Day event in your community and recharge your safety batteries. Don't let your safety batteries go empty this summer, recharge 'em now to ensure that you're still here after summer ends.

Before I close, let's return to Jimmy Stewart in "It's a Wonderful life." In the end, Stewart's character decides that life with all its ups and downs is really worth living and asks that his life be reinstated.

In doing so, he validates what we already know: One man can make a difference and that one life affects many others.

You are part of the greatest fighting force in the world – the U.S. Army. The Army is committed to preserving the American way of life, and the peace, freedom and dignity of others throughout the world. As an Army professional, you help make it possible for others to have a wonderful life. Don't forget to take care of your own as well. Check out the Safety Day nearest you.

## Child abuse prevention and Comprehensive Soldier Fitness

By Drew Andersen  
USAG MANNHEIM

April is Child Abuse Prevention Month in the Army and throughout the worldwide Army family.

In this community, we are dedicating that month to an increased emphasis on the prevention of all forms of child maltreatment. But more importantly, we want to put it in the context of the family and the special contribution that family can make toward the comprehensive fitness of each Soldier, whether at home or deployed downrange.

Children are our most important resource because of the special joy they bring to the family unit and the promise they can add to the family's future.

Unfortunately, children are also the most vulnerable resource of the community. Their very safety depends on caring adults who provide children with the physical and emotional support they need to thrive as well as the spiritual direction to achieve their goals. That is why family fitness needs to be comprehensive.

There is no measure that can be made for a child's love. But it involves an equation that is often overlooked in the raising of a child: you will get back what you give.

No matter what your role in our community, be aware of the warning signs, be prepared to help in the prevention effort, and be prepared to act. Take responsibility and overcome the challenges that may get in the way of your duty to protect and care for your children. Family and friends – step up and lend a hand to parents in need of support.

Parents must be role models to their children. Children who lack a good example from their own parents will instinctively look for it in others.

Comprehensive Soldier Fitness will enable the kind of strong Army families that keep our community safe and our environment a wholesome place for everyone, even our most vulnerable.



Join the virtual community today  
<http://myBWnow.ning.com>

### BLOG ROLL

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

"Just did a search for "Mannheim" on BWNOW, and received 48 pages of results! With so many, and with a blog site that proclaims to connect members of USAG BW, why can't I find any current happenings in the Mannheim Garrison?? (With the exception of the Basketball tourney). Everything seems to be Heidelberg! Mannheim's MWR Marketing hasn't posted anything since LAST AUGUST! IS MANNHEIM DEAD???"

John Tanston, BWnow member

"Absolutely NOT DEAD!!! Need to get you linked in to our PAO and MWR Marketing... we're even considering an installation facebook page... we're getting better every day on our communications.... please continue to tell us what you want!"  
Lt. Col. Lisa Griffin, USAG Mannheim Commander, BWnow member

"I agree - we can, and should, do better! As Mr. Heppner stated, we have a new Marketing person on board and I'll be sitting down with her next week (at her request!) and showing her how to navigate this site. This may turn into a "Be careful what you wish for" scenario, Mr. Tanston - at least - I'm HOPING it will! \*smile\*"   
Jacqui Haggerty, BWnow member



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#### Advertising:

All requests for advertising must be made to the publisher's sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; [www.hp-ads.de](http://www.hp-ads.de).

The Public Affairs Office and Herald Post staff may not accept advertising.

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Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09102. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil).

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.

**Maj. Gen. Keith L. Ware Communications Competition: 1st Place for Tabloid-Format Newspaper**

# The HeraldPOST

**thanks you!**

With input and support from Heidelberg, Mannheim and Kaiserslautern community members, your local newspaper brought home Army and Department of Defense-level awards for 2009. We appreciate your continued efforts to help us provide you with quality local news and information.

**Proudly serving the communities in U.S. Army Garrison Baden-Württemberg**  
[www.bw.eur.army.mil](http://www.bw.eur.army.mil)

**Thomas Jefferson Communications Competition: 1st Place for Tabloid-Format Newspaper**

## Herald Post, Europe-based journalists win DOD awards

**Staff Report**

The Herald Post along with Europe-based print and broadcast journalists took top honors when the Department of Defense-level 2009 Thomas Jefferson Communications Competition winners were announced last week.

“What an honor – not just for the public affairs staff but for the entire Baden-Württemberg community,” said Lira Frye, U.S. Army Garrison Baden-Württemberg public affairs officer. “We couldn’t have a newspaper of this quality without the community’s support. It’s their publication, and they deserve much of the credit for making it number one.”

Prior to the annual Thomas

Jefferson competition, each service judges its own entries and selects the best entry in each category to represent that service in the final interservice competition.

After winning the Army’s Keith L. Ware Communications Competition, the Herald Post, published by USAG Baden-Württemberg, brought home the prestigious Thomas Jefferson award for tabloid-format newspaper.

“I also want to recognize our Command Information Chief Kelli Bland,” Frye said. “She proposed an extensive redesign that gave the paper a new, fresh look and worked tirelessly to make the Herald Post current and relevant. Kelli’s leadership, diligence and attention to detail were

key factors in the paper becoming a top-notch, award-winning publication.”

Bland said this is truly a community award because of all the people involved in producing the weekly newspaper.

“We operate with a very small team here, so we rely heavily on the tenant units and community members for information and story ideas,” Bland said. “We truly appreciate the input and support that got us to this point.”

In addition to the Herald Post, Europe-based print and broadcast journalists brought home individual awards.

In print journalism, Britanya Carlson from the USAG Stuttgart Public Affairs Office won for her story series entitled “The Long Dark

Tunnel.”

AFN broadcast journalists in Europe claimed 12 of the 19 broadcast categories.

Locally, AFN Kaiserslautern’s Staff Sgt. Robert Joswiak won best radio sports report for his piece on the Special Olympics, and Mannheim-based AFN Europe’s Staff Sgt. Victor Gardner won best radio information program for “Open Line.”

Other Europe-based winners include:

- Radio News Report: “AFL Weapons,” Master Sgt. Christopher Eder, AFN South;
- Radio Entertainment Program: “Eagle Midday Show,” Mark Weeks, AFN South;
- Radio Newscast: “Benelux Radio Update,” Sean Patrick, AFN Benelux;

- Television Sports Report: “High School Football Playoffs,” Chris Knoblauch, AFN Hessen;

- Command Information Campaign: “Battle of the Bulge Anniversary,” AFN Benelux;

- Outstanding New Broadcaster: Pfc. Lamisha Davis, AFN Bavaria;

- Television News Report: “Internet OPSEC,” Staff Sgt. Todd Kabalan, AFN Aviano;

- Television Feature Report: “Now Zad Reconstruction,” Cpl. Jennifer Calaway, AFN Rota;

- Local Television Newscast: “AFN Naples Report,” AFN Naples; and

- Television Newsbreak: “Incirlik Minute,” Senior Airman George Solis, AFN Incirlik.

## 18th Eng. Bde. maneuver support conference focuses on route clearance lessons learned

By Capt. Sonie L. Munson  
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

Soldiers from across U.S. Army Europe and individuals from the engineer branch came together to participate in a Maneuver Support Conference sponsored by the 18th Engineer Brigade at Patrick Henry Village in Heidelberg.

During the three-day conference in March, multiple units throughout USAREUR shared lessons learned on route clearance operations from their recent deployments to Iraq and Afghanistan.

"It is only when you apply what you learn that it becomes useful," said Col. Paul M. Paolozzi, commander of the 18th Engineer Brigade, who began the conference, saying he hopes the information shared would go back to the units and be put to use.

The 9th, 4th and 54th Engineer Battalions each spoke about the lessons learned during their recent deployments and held two route clearance panels where members of the engineer

regiment were allowed to ask questions to help them understand route clearance and how to operate at the battalion, company and platoon levels.

Maj. Carrington Stoffels, operations officer for the 9th Engineer Battalion, whose unit operated in five provinces south of Baghdad, shared the top five lessons learned, including centralized route clearance, effect-based operations, the importance of a robust engineer equipment fleet, training platoons to be multi-functional engineers and the importance of crew rest management.

"We found centralized route clearance was essential for us to be successful," Stoffels said, "because this allowed the battalion to plan all route clearance operations within the five provinces, allowing the unit to prioritize the routes based upon the threat in the area."

On average, the unit cleared about 4,000 kilometers a month, and at times when the threat of improvised explosive devices increased, the amount of kilometers cleared doubled to ensure

the roads were safe for the local population.

Stoffels also said the 9th Engineer Battalion learned the importance of planning operations with a certain outcome in mind and gave an example of training the Iraqi army and Iraqi police on the importance of crime scene investigation. By showing the Iraqi security forces that crime scene investigation would at times result in finding an IED emplacement or network, it convinced them to start their own lab.

The third lesson learned by the 9th Engineer Battalion consisted of having a robust engineer equipment fleet, allowing them to complete any engineering mission assigned, to include route clearance and general engineering. Having a larger fleet enabled the unit to be less affected by the ordering of parts on low density items or on equipment that wasn't in the military ordering system.

Stoffels also said every engineer in his unit was cross trained on other

military occupational specialties while downrange.

"Sappers on dozers – it is a new thing and they enjoyed it," he said.

This broke up the monotony of the long hours and the miles logged on the road for the route clearance teams and allowed the general engineering Soldiers to get time off the construction site, he said. Each Soldier benefitted from the change of pace during the deployment, which aided in keeping them alert during their route clearance missions.

The last lesson Stoffels shared was the importance of crew rest cycles. His command found that many of the Soldiers during their rest time had maintenance duty. Because of this, they needed more time to wind down before being able to sleep, causing an overall lack of sleep and mission ineffectiveness. To solve the problem Stoffels said leaders ensured "Soldiers were sleeping by checking their rooms during lights out, which allowed us to manage crew rest."

## No one is more professional than I ...



Lawrence Torres III

Sgt. Carlos J. Eggins walks through the arch of responsibility and the ceremonial arch of swords during the 102nd Signal Battalion's noncommissioned officer induction ceremony held at the Wiesbaden Army Air Field Gym. Eggins is with 43rd Signal Battalion, based in Heidelberg, and was among more than 50 U.S. and German Soldiers who were inducted. The command sergeants major waiting to congratulate Eggins were (left) 2nd Signal Brigade Command Sgt. Maj. Patrick Brooks; 102nd Signal Battalion Command Sgt. Maj. Robert A. Daniel Jr.; and 5th Signal Command's Command Sgt. Maj. Marilyn Washington.

## OHA survey deadline extended to May 15

By Staff Sgt. Patricia Deal  
USAREUR PUBLIC AFFAIRS

The online Overseas Housing Allowance and Move-In Housing Allowance Survey for Germany and Belgium now runs through May 15.

The deadline has been extended to encourage more participation from those eligible service members, said Germany Country Allowance Coordinator William Gordon from the USAREUR G1, the command's theater-level human resources provider.

"Full participation in this survey is essential as allowances will be updated based on the results," he said. "The key to success is good participation and good data."

The OHA survey is done annually to identify how much service members spent in the previous year for utilities such as electricity, heating fuel, water, trash removal and sewer fees.

The MIHA survey, done every three years, captures how much service members spent on their off-post quarters when they initially moved in. MIHA is a one-time payment covering expenses such as purchasing major appliances or fees charged for turning on utilities.

This year's survey combines the two components and should take about 45 minutes to complete. When filling out the survey, service members should have their actual bills or records for the last 12 months to provide accurate and complete information, Gordon said.

To complete the survey, click the OHA link on the USAREUR home page, [www.hqusareur.army.mil](http://www.hqusareur.army.mil).

## Army Reserve Soldiers based in Germany honored at welcome home warrior-citizen ceremony

By Master Sgt. Bobby J. White  
7TH CSC PUBLIC AFFAIRS

Twenty-one Soldiers of the 1177th Movement Control Team recently returned from a deployment and received Welcome Home Warrior-Citizen awards during a ceremony held in their honor April 18 at the parade field on Daenner Kaserne in Kaiserslautern.

The ceremony was an initiative of Lt. Gen. James R. Helmly, the former chief of the Army Reserve, to recognize the efforts of Reserve Soldiers who deployed.

The Kaiserslautern-based Army Reserve unit mobilized in February 2009 and deployed in support of Operation Iraqi Freedom. The 1177th MCT conducted missions for the 330th Transportation Battalion, 13th Sustainment Brigade (Expeditionary), and later transferred under the 49th Transportation Battalion, 3rd Sustainment Brigade (Expeditionary) to support its missions.

To be able to perform the various missions, the movement control team was divided into smaller teams to help sustain three operating bases across

Iraq. Some of their missions included standing up the first commercial movement division and establishing movement policies and procedures.

These small teams conducted various ground operations that resulted in the movement of more than 3,000 vehicles and approximately 30 super-convoys per month, ensuring the sustainment supplies for coalition forces in Iraq was met.

"My faith with the Lord, the support of my wife, and my troops' determination to complete the mission gave me the strength to keep going while deployed," said Capt. Major E. Robinson, the commander of the 1177nd MCT and a native of Chicago. "My experience was rewarding, challenging and unforgettable. Our mission was to sustain the troops with supplies, fuel and food – making this a very unique mission."

All the Soldiers of the unit said the mission was an experience that helped improve their technical and tactical expertise.

Sgt. Carlton Williams, a native of Richmond, Va., and movement noncommissioned officer in the 1177th MCT, described his deployment as an experi-

ence where he was able to "practice numerous Soldier skills."

"The separation from my husband was hard, but if it wasn't for the strong family support group programs, it would have been difficult to continue my day-to-day activities," said Christine Morgan, a native of Kitzingen, Germany, and wife of Sgt. 1st Class Willie J. Morgan.

At the conclusion of the ceremony, the family members were presented awards for their untiring support.

The 1177th MCT is a subordinate unit of the 7th Civil Support Command. The 7th CSC is an operational and expeditionary force of Army Reserve Soldiers ready to provide forward-stationed command and control, consequence management and civil affairs capabilities under the direction of the 21st Theater Sustainment Command to support U.S. Army Europe's missions.

The command is headquartered in Kaiserslautern and is comprised of 22 subordinate units throughout Germany and Italy with approximately 1,000 European-based Army Reserve Soldiers.

## Best of the best recognized at annual Topper Awards Show

### Staff Report

U.S. Army Garrison Baden-Württemberg community theaters took home 11 awards at the annual Tournament of Plays "Topper" Awards Show Saturday at Patrick Henry Village in Heidelberg.

"As always, I was very pleased with how the Roadside program was recognized at the Toppers," said Dane Winters, Heidelberg's Roadside Theater director. "We have an incredibly devoted and talented group of participants, which directly affects the quality of our productions, and it is nice to see this recognized outside of the Heidelberg area."

Altogether, technical, musical, acting, artistic and directing achievements were celebrated by the presentation of 82 golden "Topper" statues, and 211 framed nomination certificates.

Twenty-three musicals, comedies and dramas were produced during the six-week adjudication period in Army, Air Force and International community theaters in Germany, Italy, Belgium, the Netherlands, and Turkey. It is a testament to the quality of the performances that each entered production received multiple awards nominations for excellence.

Installation Management Command-Europe sponsors the annual event, and the "Topper" show has

become an important part of each community theater's season. Some are already planning their entries for next year.

And although the awards and recognition provide good incentives, the real value of the event is to obtain the training that the adjudicators provide with their post-show critiques. The team of roving judges offers verbal insights and suggestions on-the-spot after each entry they attend.

For the 600 in attendance at Patrick Henry Village ballroom, Saturday night was not only a chance to cheer the nominees and winners, but also to be entertained by the professional-quality Topper singers and band in a show modeled on Broadway's Tony Awards.

It also was a golden opportunity to network with fellow theatre volunteer enthusiasts – Soldiers, family members, civilians, host nation, and international participants – and to celebrate together their passion for creating a little bit of Broadway in their local communities.

"Since the Roadside Theater hosts the event, with over 20 volunteer participants and staff working on it, I think we all greatly enjoyed the huge sigh of relief when it goes off without a hitch," Winters said. "We were all very pleased with how the awards event went this year and very happy with our recognition and awards."



### Topper Awards

#### Best Make-up

Musical: Sandra Bilokonsky, Cats, Heidelberg Roadside Theater

#### Best Hair and Wig Design

Michiel DeVito and Sandra Bilokonsky, Cats, Roadside Theater

#### Best Stage Properties and Dressing

Comedy: Jake's Women, Mannheim Off Main Street Theater

#### Best Choreography (TIE)

Arianna Heck, Steven Stanfill, Cats, Roadside Theater

#### Best Stage Manager

Play: Lory Cosner, Noises Off, Kaiserslautern KMC Onstage

#### Best Ensemble for a Musical

Cats, Roadside Theater

#### Best Chorus Member

Corinne Maxfield (Carbucketty), Cats, Roadside Theater

#### Best Actress in a Featured Role in a Comedy

Jacqueline Howard (Julie), Jake's Women, Main Street Theater

#### Best Actor in a Comedy

Robert Montgomery (Jake), Jake's Women, Main Street Theater

#### Best Actress in a Comedy

Jeanne Ragonese (Dotty Otley/Mrs. Clackett), Noises Off, Kaiserslautern

#### Best Supporting Actor in a Drama

Tim Paul Fiscus (Boolie Werthan), Driving Miss Daisy, KMC Onstage

#### Best Actor in a Drama

J. Lee Sweet (Hoke Coleburn), Driving Miss Daisy, KMC Onstage

For a complete list of awards, visit [www.army.mil](http://www.army.mil).



## STRONG MINDS, STRONG BODIES, STRONG FAMILIES

### COMPREHENSIVE SOLDIER FITNESS PROGRAMS FOR THE ENTIRE COMMUNITY

**Physical:** Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

**Tip of the week:** Limit your intake of foods with added sugars such as sucrose, glucose, fructose, corn or maple syrup that can add calories but not other nutrients such as vitamins and minerals. Fat free does not mean calorie free. Lower fat items can have just as many calories as full-fat versions. Find what makes you happy and spend time doing it. Engage in a physical activity that you enjoy and make time to do it on a regular basis. Break down your exercise time over the course of the day if you can't squeeze in an entire session at one time. Mini workouts are better than no exercise time at all.

#### Events:

**Heidelberg** - USAG Heidelberg needs players to join the Heidelberg Generals community softball and volleyball teams. The men's and women's teams for both sports practice 6-9 p.m. every Tuesday and Thursday at the Patton Fitness Center and sports field. DSN 373-8032, [www.mwgermany.com](http://www.mwgermany.com).

**Mannheim** - The Coleman Health and Dental Clinic Health Fair and the Army Medicine Health care Covenant signing ceremony will be 9 a.m.-2 p.m. April 30 at the Coleman Barracks gym. There will be information booths, sports and activities.

**Kaiserslautern** - The USAG Kaiserslautern FMWR and the Enkenbach-Alsenborn Police Academy will host the 2010 Special Olympics Deutschland May 12. Volunteers are needed. DSN 493-4062, civ. 0631-3406-4062.

For more information on Comprehensive Fitness, visit [www.army.mil/csf](http://www.army.mil/csf).

## Faces of the community: Patton Barracks Shoppette



Dijon Rolle

Shift supervisor, Eric McClanahan assists a customer making a purchase at the AAFES Shoppette on Patton Barracks in Heidelberg. The shoppette stocks snacks, drinks, frozen foods, health and beauty items, coffee and magazines. Customers can also rent videos, purchase prepaid cell phone cards and put money onto their AAFES gas cards. The shoppette recently expanded its operating hours. It is now open 8 a.m.-7 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturday and Sunday. The shoppette is closed on federal holidays. Contact the Patton Barracks Shoppette at civ. 06221-24594.

## USAREUR regulation requires helmets for bike riders

By Staff Sgt. Patricia Deal  
USAREUR PUBLIC AFFAIRS

Wearing a Consumer Product Safety Commission-approved helmet while bicycling can reduce head injury risk by 85 percent.

"The number one safety rule is that all riders need to wear a helmet. While wearing a helmet won't prevent accidents, it will significantly reduce your injury level if you're wearing one," said Safety and Occupational Health Specialist Shane Podraza, from the U.S. Army Europe Safety Office. "Studies show that nearly 70 percent of all fatal bicycle crashes involve head injuries, highlighting the importance of wearing a helmet."

Despite the definite safety benefit of wearing a helmet, Podraza said those same studies show that only 20 to 25 percent of cyclists wear helmets.

More cyclists will wear a helmet when cycling in areas with helmet use laws in place, according to statistics from the Insurance Institute for Highway Safety. While only a few U.S. states have local ordinances requiring bicyclists to wear helmets, it is a requirement for all cyclists to wear a helmet when riding on military installations in USAREUR.

"One thing for certain is that the



Staff Sgt. Patricia Deal

Staff Sgt. April Scales cycles with her daughter, Amia, and son, Earl (E.J.), through the housing area at Patrick Henry Village in Heidelberg. Scales makes sure her family cycles safely, always wearing their helmets when riding.

military police and gate guards definitely enforce USAREUR regulations that require bicycle riders — and passengers — to wear a helmet when riding on military installations," said Crime Analyst Jim Taylor, from the USAREUR Office of the Provost Marshal. "It's just one means we have to keep riders safe."

And keeping that helmet on while biking off-post is the smart and safe thing to do.

cuts and concussions. There's not a lot of padding on the outside of the head, and the blood vessels are near the surface so even minor cuts can bleed a lot," he said. "Falls off a bike or skateboard can occur at significant velocity, increasing the severity of injuries."

"I can't emphasize enough that kids will adapt to consistent routines and expectations. Parents need to start mandating helmet use as soon as kids start on the tricycle at age three to four, and keep at it," he said. "Teenagers think they are invincible, but often respond when they see or hear about a friend who got hurt, or was even killed, because they didn't wear it while riding a bike."

Health Center Dental Clinic non-commissioned Officer-in-Charge Staff Sgt. April Scales said she believes in the importance of wearing helmets while riding. "I make sure I wear one every time I ride," she said. "And my son knows the rule 'no helmet, no riding.'"

Earl Scales, 11, said he always follows his mother's rule, even though some of his friends don't always wear a helmet when riding. "I would wear one even if she didn't nag me," he said. "I was in an accident and got pretty banged up, broke my arm. I could have been hurt a lot more if I didn't wear a helmet."

Doctors at USAREUR medical facilities see firsthand the physical and emotional trauma patients suffer from head injuries. Chief Pediatrician Lt. Col. Michael Pelzner, from Landstuhl Regional Medical Center, said it's frustrating for him as he treats many preventable, serious head injuries in children who weren't wearing a helmet when bicycling or skateboarding.

"Besides the usual bumps and bruises, you can get skull fractures, deep



Maj. Deanna Bagge

Spc. Dean Kalogris charges the installation's command sergeant major's electric car on Fort Bliss, Texas, April 14. The base leaders drive the cars, which are made from recycled plastic and can reach speeds of 25 mph, to demonstrate their commitment to helping keep energy costs down and protecting the environment.

## OUR ARMY around the world

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



Air Force Staff Sgt. Quinton Russ

Soldiers and Airmen receive a briefing on Joint Base Balad, Iraq, April 14 before going out on a patrol to look for weapons.



U.S. Army Photo

Pfc. Trevor Gaston, a Soldier with the 2nd Battalion, 263rd Air Defense Artillery, demonstrates an FIM-92 Stinger MANPADS at Bolling Air Force Base April 14. Air Defense units from South Carolina and Ohio have been on rotating deployments to the National Capitol Region to support homeland defense as part of Operation Noble Eagle. This continued operation began in 2001, just days after, and in response to, the 9/11 terrorist attacks.

# Task Force 30th Medical Command comes home

By Sgt. 1st Class Christopher Fincham  
30TH MEDCOM PUBLIC AFFAIRS

Fifty-three Soldiers of Task Force 30th Medical Command returned to Heidelberg Monday, following their year long deployment to Afghanistan in support of Operation Enduring Freedom.

"For the past year I have had the honor of staying in close contact with Col. Doyle and the 30th (Medical Command)," explained Maj. Gen. David Rubenstein, chief of the Army Medical Service Corps and the Army's deputy surgeon general. "As a former commander of this brigade, I cannot begin to tell you how proud I am of the successes that you've had throughout the last year. Simply put – you have saved lives."

Task Force 30th MEDCOM uncased its colors at Bagram Air Base, Afghanistan, 12 months ago becoming the first Theater Medical Command in Afghanistan. In previous years, command and control had been decentralized throughout the theater.

Task Force 30th provided a new solution, with centralized planning and expanded roles in health service support, force health protection, medical logistics, patient movement and health care policy.

"For the thousands of Soldiers, Sailors Airmen and Marines and the thousands of family members of those wounded, thank you for what you have accomplished during your year of deployment," said Rubenstein, who served as the commander of the 30th from 2004-2005.

Rubenstein also expressed his thanks to the family members who played an important role throughout the deployment.

"Your support of your Soldier, your husband, your wife, your father, your mother, has been incredible and has been equally important. The successes of



Sgt. 1st Class Christopher Fincham  
Sgt. Maj. Sam Oak, 30th Medical Command, embraces Col. Walt Hinton on the flight line at Ramstein Air Base. Hinton, and the Soldiers of Task Force 30th MEDCOM, returned from a 12-month deployment in support of Operation Enduring Freedom Monday.

these Soldiers are your successes as well," he said.

The unit is scheduled to officially uncased its colors June 4 at its headquarters on Nachrichten Kaserne in Heidelberg.

As a subordinate of the Europe Regional Medical Command, the 30th MEDCOM provides ex-

peditionary theater-level medical command and control, health service support, force health protection and medical synchronization of assigned and attached medical forces in support of United States Army Europe/7th Army or any directed global contingency operation.

## HELICOPTERS

continued from page 1

tools and stood ready to assist when and wherever possible, the Lakotas were being off-loaded and re-assembled by representatives from the manufacturer and the light utility helicopters product office at Redstone Arsenal, Ala.

Awaiting their turn was not always easy.

"They are so new, they still have that new helicopter smell," said Carl Marquez, an aircraft mechanic at the closed loop facility.

"On the other hand, who could do it better, anyway? Everyone here is working toward an easy and smooth transition," said Allen Partain, a quality assurance representative with TASM-E.

Finally, when it was time for the ground run-ups of the first three re-assembled Lakotas April 19, the end owners had their turn. Three Falcon Team instructor pilots from the Joint Multinational Readiness Center and seven air crew familiarized themselves with the newest additions to their training fleet.

The aviation detachment known as Falcon Team provides the air support training at JMRC in Hohenfels. The center is slated to receive 10 UH-72-As. Among its initial delivery is the

aircraft with tail number 72100, signifying the 100th Lakota helicopter delivered to the Army.

The helicopters will be used to train pilots for combat engagements. Additionally, they will carry observers to oversee war game scenarios against opposing force aircraft, said Maj. Brian Parsons, an aviation observer controller with the Falcon Team.

In addition to providing JMRC with the flexibility to train diverse scenarios, the multi-role Lakotas will replace the aging UH-1 Iroquois aircraft at JMRC and will free up the UH-60 Black Hawk helicopters for tactical missions and deployments.

That's another plus for the 21st TSC, which is responsible for reporting the aircraft readiness of this theater to the Department of the Army. The introduction of the Lakotas will boost readiness rates as well as additional operational capability, Sanders explained.

Simultaneously, being able to turn in the reliable but old Hueys at JMRC will eliminate a maintenance nightmare.

"Obtaining parts for the UH-1 Hueys has been a significant challenge for a while, because (the Army) cancelled all repair parts production lines for this aircraft," Sanders said.

The Lakota, an advanced rotary-



Angelika Lantz

A member of the Falcon Team, the aviation detachment at the Army's Joint Multinational Readiness Center at Hohenfels, performs a visual inspection of the JMRC's newest aircraft on Ramstein Air Base April 19. The UH-72A helicopter with the tail number 72100 is the 100th Lakota aircraft delivered to the Army. It will be used at JMRC's Combat Training Center.

wing aircraft, is produced by American Eurocopter, a business unit of European Aeronautics Defense and Space.

"The Lakota is the military version of an existing aircraft – the EC 145 Eurocopter – it was actually designed in Donauwörth, Germany, which makes it even better suited for the training

mission here," said Bill Bennett, a contract field service representative with American Eurocopter.

Meeting the Army's commercial off-the-shelf acquisition strategy for light utility helicopters also equates to time and money saved for research and development as well as acquisition.



## Honoring military children



Photos by Lynn Davis

Children from the Heidelberg community jump in a bouncy castle during the Child, Youth and School Services Kiddie Fest on Patrick Henry Village Saturday. The fest was held in conjunction with the Heidelberg International Wandering Club's annual Kiddie Volksmarch. Both events were free of charge to celebrate the Month of the Military Child. (Top) Miabella Wehri, 6, has her face painted at the Kiddie Fest. In addition to fun activities, families were provided with child identification kids, thanks to a local Eagle Scout project.

### More Photos Online

[www.flickr.com/heraldpost](http://www.flickr.com/heraldpost) and <http://myBwnow.ning.com>

# Down and dirty

*Patrick Henry pupils get proactive for Earth Week*

By **Dijon Rolle**

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

**S**he may be only 8 years old, but Regina Wolfe already has a green thumb.

Recently Regina, along with her classmates from Patrick Henry Elementary School took turns putting it to good use during the school's Earth Week activities April 21.

The second graders trekked to one of the school's two gardens to weed, water and pot an array of Hibiscus, Japanese Rose, Spirea and Cherry Laurel plants.

Regina, dressed in her favorite pink jumpsuit with matching hair barrettes revealed that, although this was her first time planting shrubbery, this wasn't her first time working in a garden.

"I planted fruit and vegetables like strawberries, carrots, cucumbers, potatoes, tomatoes and apples at my house, but no plants like these," Regina said as she and her classmate Jeffery Hochgesang worked together to pour out the contents of a bag of mulch nearly their size.

"I feel good about coming out here, we learned about helping the Earth," she said as her partner Jeffery chimed in, "You have to recycle, too."

Virginia also said the best part about planting apples was getting to make pies out of them with her mom.

The planting project was one of several activities the children participated in during this year's Earth Week to highlight environmental awareness. Students also conducted a trash clean-up, learned about nutrition and endangered species, and created their own Save the Earth T-shirts.

Samantha Rogers, an intern with the Environmental Division from the Oak Ridge Institute for Science and Education, who's been working closely with PHES and others in the area to help teachers and students continue to cultivate environmental awareness year round. She also rolled up her sleeves to help the youngsters to get down and dirty during the event.

"The kids are amazing," Rogers said. "They are so enthusi-



Dijon Rolle

Second graders at Patrick Henry Elementary School in Heidelberg took turns watering the ground before planting new shrubbery to adorn the school's garden April 21. The children were responsible for weeding, planting and watering the new plants as one of several activities held to mark Earth Week.

**... If kids are disconnected from the Earth and if they're disconnected from the problems we are facing environmentally, they're not going to care and the problems are going to get worse ... if we mess up the planet, we really don't have any other options."**

-Samantha Rogers, Environmental Division intern

astic about learning in general ... and they have a really proactive program here especially with recycling and with environmental issues ... and they're very knowledgeable."

"I think it's really important because if kids are disconnected from the Earth and if they're disconnected from the problems we are facing environmentally, they're not going to care and the problems are going to get worse," she added. "We need to have people thinking about recycling, thinking about making sure our air is clean and our water is clean, because if we mess up the planet, we really don't have any other options."

Computer teacher Suzanne McMorrin also performed her share of watering, weeding and digging duties while educating the children on how the

plants grow and how their root systems work.

"We want them to have an appreciation of the Earth and a better understanding of how we have to protect it and protect ourselves," McMorrin said. "Kids love doing this kind of stuff, and when they appreciate things like flowers, they don't pick them. They enjoy them."

Meanwhile in the far corner of the garden, 8-year olds Regina and Jeffery had moved on from spreading mulch to finally watering their new plants.

"I think next year we should plant watermelons," Jeffrey said. "Those are really good to eat, and I think they're good for the Earth, too."

Members of the Heidelberg Better Opportunities for Single Soldiers also came out to support the event and help in the planting.

# Germany's Amusement Parks

## Europa-Park



[www.europapark.de](http://www.europapark.de)

Europa-Park has 13 European themed areas and more than 100 attractions and shows integrated into the architecture of the themed areas. The park is located in Rust/Baden, a few kilometers away from motorway A5. Tickets can be purchased at the USO; adults: € 31, children 4-11 € 28.

## LEGOLAND



[www.legoland.de](http://www.legoland.de)

At LEGOLAND Deutschland, children can slip into the roles of their heroes and do things that normally only the grown-ups are allowed to do – like taking their first driving test, competing in a jousting tournament, jet skiing across the water at breakneck speed, paddling their first canoe all by themselves, or designing and programming LEGO® robots. It takes 12 hours just to ride on all the LEGOLAND attractions, watch all the shows and 4D films and take part in all the workshops – and that is just the actual ride and performance time. The park is located in Günzburg, and tickets can be purchased at the USO for €27, children under 3 are free.

## Tripsdrill



Alex Korting

Tripsdrill is situated in the Stromberg-Heuchelberg nature park, surrounded by picturesque green fields and forests. Situated between Stuttgart and Heilbronn, Tripsdrill inspires with more than 100 attractions on an area of 77 hectares. With the new wooden "Mammut" roller coaster, a big attraction awaits, whose construction can be seen from far away. Tickets can be purchased at the USO for €18,50. Children under 4 are free.

## Phantasia Park



[www.phantasialand.de](http://www.phantasialand.de)

This year the park has five new fun and exciting attractions for children and a new magic show '7'; in addition to the usual thrills, spills and enthralling entertainment at PhantasiaLand. The park is located in Brühl, and tickets can be purchased at the USO for €29,50. Children under 1 month are free.

## GERMAN COOKING

### Apple and Rum Custard Cake (Rahmapfelkuchen)

Servings: 8

**Ingredients:**

- 1 1/2 cups flour; unbleached, unsifted
- 1 tablespoon lemon rind; grated
- 1 egg yolk; large
- 5 tablespoons sugar
- 2/3 cup butter or margarine
- 1 tablespoon milk
- 1/2 cup soft bread crumbs
- 4 cups apples; tart, sliced
- 1/4 cup sugar
- 1/4 cup rum
- 1/3 cup sugar
- 2 tablespoons butter or margarine; melted
- 1 tablespoon lemon juice
- 1/4 cups raisins
- 3 eggs; large, beaten
- 1 3/4 cups milk

**Directions:**

- **Crust:** Mix flour, sugar and lemon rind. Cut in butter or margarine until mixture resembles coarse crumbs.
- Add egg yolk and 1 tablespoon of milk; mix gently to form a dough. Pat into bottom of a 10-inch springform pan that has sides only greased. Press dough up sides of pan for 1 inch.
- **Filling:** Toss together bread crumbs and melted butter. Spread evenly over pastry crust.
- Toss apple slices, lemon juice and 1/4 cup of sugar. Spread apples over crumbs. Drain raisins, reserving rum, and sprinkle raisins over apples.
- Bake in a preheated 350 F oven for 15 minutes.
- Beat eggs and sugar until thick and lemon-colored. Stir in milk and reserved rum.
- Pour custard over apples and bake for 45 to 60 minutes at 350 F until custard is set.
- Cool completely before serving. Do not remove springform pan until cool.

SOURCE: [www.mygermanrecipes.com](http://www.mygermanrecipes.com)

### Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



**DEAR MS. Vicki**

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](mailto:dearmsvicki@yahoo.com).

**Dear Ms. Vicki,**  
*I'm wondering if my husband will ever be normal and adjust from all the many deployments. I've stopped counting them.*

*At first, I heard that you have to be out of theater for one year before you can deploy again. Oh well, that is not a fact. There have been times that my husband has been home for only six or seven months, and he is deployed again.*

*We have moved to a new unit only for him to be the first one deployed with the unit again. It's like there's no way to escape this life of deployments over and over again. My question is, how I can help my husband with what I believe is Post Traumatic Stress Disorder. I think he has more than just combat stress.*

*How will he ever get better with all of the time he spends down-range? What is PTSD and what is combat stress? Can you give me some resource information, too? You have a way of simply putting things for people to understand. Thanks for reading my letter, and I hope you will answer soon.*

From: Is There Help For My Husband?

**Dear Help,**

Much is being learned about combat stress and PTSD at this time to help assess, diagnose and

treat service members who have been in combat.

Previously, combat stress was called shell shocked, battle fatigue, war anxiety symptoms, etc. Often, combat stress has been misdiagnosed and not understood.

Some service men and women experience trauma after shocking and traumatic events. It can cause long term symptoms that can cause impairment to their quality of life. These symptoms must be treated by trained professionals.

Additionally, the symptoms can be minor to severe. Combat stress can lead to PTSD. In my professional opinion, I believe the overwhelming majority of service members will experience some symptoms of combat stress.

When it comes to PTSD, we must understand that any well trained person is subject to post traumatic reactions that can affect anyone. It has nothing to do with being weak or how courageous a person is.

Traumatic stress causes mental stress that produces a reaction. For example an assault, a near death experience, witnessing a distressing event, surviving a natural disaster and war experiences.

These events can cause intense disturbing distress and cause lasting distress.

Because these feelings happen after the event, they are called post-traumatic stress. Keep in mind that we are all different and will have different emotional and mental reactions to a traumatic event, but it becomes abnormal when symptoms last an exceptionally long time, the symptoms are acute, and when they interfere with normal physical and psychological functioning.

Some emotional symptoms are mood swings, nightmares, anger, and fear etc. Some physical reac-

tions are unwarranted fatigue, decrease or an increase in sleeping, loss of appetite or over eating, loss of interest in sex, etc.

Some mental reactions could be inability to concentrate, forgetfulness, poor decision making, intrusive images, etc.

I know this is a lot of information, but it's important for you to get help too in the form of counseling, education and other resource information.

There are a couple of Web sites listed below that I think are useful. There are many others that I would happily send to you.

To sum this up, you must know that you and your husband are not alone. This may be a long journey for you and your husband both individually and jointly. It's important that you both get support and continue to support each other.

The National Center for PTSD [www.ncptsd.va.gov](http://www.ncptsd.va.gov).

The Military Veterans PTSD Reference Manual is an online resource that further discusses the causes and effects of PTSD, treatments and medications and tips. [www.ptsdmanual.com](http://www.ptsdmanual.com).

**Ms. Vicki,**

*The older woman is already at a loss because she sounds too insecure just like you said. She doesn't need to be with someone younger. She just sounds pressured. It will never work.*

From: Reading you Online from Florida

**Ms. Vicki,**

*I'm wondering why you told the older woman who dates younger men to color her hair? What's wrong with gray hair? I think it's beautiful. She has to be who she is no matter who she is dating. Good luck.*

### 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](http://www.blogtalkradio.com/dearmsvicki) to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more. You can also visit her online at [www.dearmsvicki.com](http://www.dearmsvicki.com).

## Inspirational singer-songwriter to perform May 3-14

### Free concerts for wounded warriors, families, military community members

**ERMC Public Affairs**

Singer-songwriter and amputee Theresa Sareo will perform free concerts May 3-14 at several U.S. military venues in Europe to honor Soldiers, families and community members serving or supporting the nation, especially wounded warriors.

Sareo, a frequent visitor and per-

former at Walter Reed Army Hospital, is widely known for her popular, powerful single, "Through a Soldier's Eyes."

She is an in-demand public speaker who has appeared with Secretary of State Hillary Clinton on health care issues and with top military leaders at conventions and benefits for wounded troops country-wide.

The Warrior Transition Battalion

Europe and the U.S. Army Europe Chaplain's Corps are sponsoring and escorting Sareo.

"Her performances highlight an uplifting and motivating message of healing that we would like to spread throughout the U.S. military community in Europe," said Staff Sgt. Christopher Weber, medical NCO for the Warrior Transition Battalion Europe.

### Performances

**Heidelberg**  
MTV Chapel - 6-8 p.m. May 3

**Kaiserslautern**  
LRMC DFAC - 11:30 a.m.-12:45 p.m. May 5  
Ramstein North Chapel - 7:30-8:45 p.m. May 5

# GET OUT!

## area events

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

### April 29

**May Market** - This is Germany's largest regional fair that has approximately 1,400 exhibitors. From the vegetable plane to the fork-lift truck, from the flat picture television to the prefabricated building the May market is an experience for all the senses. Cost is €7 for adults and €4 for children ages 6-14. DSN 370-6975, 06221-57-6883. [www.mwrgermany.com/hd/acs](http://www.mwrgermany.com/hd/acs).

**Stuttgart Baroque Festival** - This festival presents great baroque world theatre at various venues with ensembles with an international reputation. Civ. 0711-239-1395, [www.stuttgart-barock.de](http://www.stuttgart-barock.de).

### April 30

**Mediterraneo Lifestyle Fair** - This event in Wiesbaden will introduce you to Mediterranean products, concepts and lifestyle. View displays of furniture, lamps, accessories, fashion, plants, food, art and so much more. About 80 vendors will offer merchandise and information from Italy, France, Spain, Greece, Turkey, Morocco and Israel. If you are planning a trip to one of these countries, you can get helpful tips at the fair. There will also be live cooking courses and fashion shows. [www.messe-mediterraneo.de](http://www.messe-mediterraneo.de).

### May 1

**International Lake Constance Festival** - Take a trip to Friedrichshafen am Bodensee to experience the Lake Constance Festival. The festival features cultural events around Lake Constance under the theme "Fantasy and Reality." Artist in residence 2010 will be the pianist Stefan Vladar. Civ. 0754-1203-3300, [www.bodenseefestival.de](http://www.bodenseefestival.de).

**Fairy Tale Castle Tour** - Visit two of the most famous castles built by King Ludwig II of Bavaria, the 19th century "Fairy Tale King." Take a guided tour of the Neuschwanstein Castle, built in the style of a medieval Camelot that later became the model for Walt Disney's Cinderella castle. Then head to the charming city of Oberammergau with its beautiful fresco decorations on the buildings. There will also be time for lunch and some shopping. The tour will continue on to Linderhof, which emulates the splendor of the court of French King Louis XIV, where we'll have a guided tour of the castle and its grotto. <http://affiliates.usa.org/Kaiserslautern>.

**Railway Trip** - Take a 50 kilometer trip on a 100-year-old rail line. Experience pure railway romance and treat yourself to the unique experience of a leisurely train excursion in old carriages, which rolled through a romantic landscape at the time of our great grandparents. The season starts with a small festival at the train station. Civ. 0770-247-7604 [www.sauschwaaenzlebahn.de](http://www.sauschwaaenzlebahn.de).

### May 2

**Horb Music Festival** - Journey to Horb am Neckar for a music fest featuring prominent artists from classical music to jazz. Concerts at various locations. Civ. 0745-190-1224. [www.musiktagehorb.de](http://www.musiktagehorb.de)

### May 3

**Theresa Sareo** - Singer, songwriter and amputee Theresa Sareo will perform at several U.S. military venues in Europe to honor Soldiers, families and community members serving or supporting the nation, especially wounded warriors. She will perform at the Mark Twain Village Chapel in Heidelberg 6-8 p.m. May 3, the Landstuhl Regional Medical Center Dining Facility 11:30 a.m.-12:45 p.m. May 5 and the Ramstein North Chapel 7:30-8:45 p.m. May 5. Sareo, a frequent visitor and performer at Walter Reed Army Hospital, is widely known for her popular, powerful single, "Through a Soldier's Eyes." The Warrior Transition Battalion Europe and the U.S. Army Europe Chaplains Corps are sponsoring this event and all community members are welcome to attend. DSN 371-3529.

### May 4

**Darmstadt Art Nouveau** - Darmstadt is best known as a center for science and the arts; the beautiful "Art Nouveau" buildings are worth the trip. Visit the Herrengarten, the Prince George Palace and Gardens, and the Russian Chapel built by the last Czar, Nicholas II for his German bride Alexandra. Climb the "Wedding tower" for a panoramic view. There will also be time for lunch and some shopping. <http://affiliates.usa.org/rheinneckar>.

**Film Festival** - There will be a festival of animated films in Stuttgart. Nearly 500 animated films from every continent will be shown over the six day festival. [www.ifs.de](http://www.ifs.de).

### May 5

**Cinco de Mayo** - Come and join the fiesta and celebrate Hispanic culture 6 p.m.-midnight. There will be games, prizes and plenty of food and fun at the Landstuhl Community Club. DSN 486-7244, civ. 06371-86-7244.

### May 8

**Vegas Night** - Come to Legends at Patrick Henry Village in Heidelberg and see if Lady Luck is on your side at Las Vegas Night 7 p.m. Try your hand at black jack, roulette and five card draw and win awesome prizes like Edelweiss weekend getaways, gift certificates and more. Open to FMWR patrons ages 18 years and older. [www.](http://www.)

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

**Sky Diving** - Join Kaiserslautern Army Outdoor Recreation for a skydiving adventure in Bitburg. DSN 493-4117, civ. 0631-3406-4117.

### May 14

**Tropical Getaway** - The Landstuhl Community Club will host an evening of exotic drinks, games and great prizes 6 p.m. - midnight. DSN 486-7244, civ. 0631-86-7244.

**Shopping in France** - Visit a farmer's market in Hagenau, where you will find a large selection soaps, herbs, pastries and fresh produce. Then to the Cora, a shopping center you can shop for fine French foods, cheeses, and wine. In the afternoon, visit Soufflenheim and the many stores selling traditional ovenproof Alsatian pottery. <http://affiliates.usa.org/rheinneckar>.

### May 21

**Comedy Show** - Comedian Bengt Washburn will be performing at the Heidelberg Warrior Zone on Patton Barracks at 7 p.m. Admission is free. Washburn's act has been described as intelligent, whereas Bengt himself is usually described as dizzy. A favorite in comedy clubs across the nation, Bengt presents a fresh perspective on the world as seen through the eyes of a small town Morman boy gone slightly awry. [www.mwrgermany.com](http://www.mwrgermany.com).

### May 23

**Trout Fishing** - Join Kaiserslautern Army Outdoor Recreation for trout fishing in Borfink, Germany. Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

### Ongoing

**Afrikan/Latin Dance:** In this class for beginners and those of all ages, the instructor Lori will be teaching you different styles of Afro and Latin dance. The class schedule includes a warm up, introduction to step, practice using step, freestyle and concludes in a group routine. Don't miss out on such a unique opportunity and sign up as soon as possible. Class is held every 6:45-7:45 p.m. Wednesday. The cost is \$75 for two months. Sign up at the USO Mannheim. <http://affiliates.usa.org/rheinneckar>.

**Free Billiard Class** - Learn cue ball control, banking and many new games during free billiard lessons, sponsored by the Heidelberg KONTAKT Club at the Billiard World behind Campbell Barracks in Heidelberg-Rohrbach on Sundays at 3:30 p.m. Civ. 06226-785910.

**Heidelberg's French Connection** - Your passport to France in Heidelberg begins

## coming to THEATERS

### PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF

(Logan Lerman, Brandon Jackson) Trouble-prone teen Percy Jackson is about to be kicked out of school but that's the least of his problems. The gods of Mount Olympus and assorted monsters seem to have walked out of the pages of Percy's Greek mythology texts and into his life -- and they're not happy. Zeus' lightning bolt has been stolen, and Percy is the prime suspect. Now, Percy and his friends must embark on a cross-country adventure to catch the true thief, save Percy's family, and unravel a mystery more powerful than the gods themselves. Rated PG. 118 minutes



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

April 30 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 7 p.m.; THE LOSERS (PG-13) 9 p.m.  
 May 1 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 4 p.m.; THE LOSERS (PG-13) 7 p.m.; COP OUT (R) 9 p.m.  
 May 2 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 4 p.m.; THE LOSERS (PG-13) 7 p.m.  
 May 3 - COP OUT (R) 7 p.m.  
 May 4 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 7 p.m.  
 May 5 - THE LOSERS (PG-13) 7 p.m.  
 May 6 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 7 p.m.

#### Mannheim, Schuh

May 1 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 4 p.m.; DEATH AT A FUNERAL (R) 7 p.m.; COP OUT (R) 9 p.m.  
 May 2 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 4 p.m.; DEATH AT A FUNERAL (R) 7 p.m.

#### Vogelweh, Galaxy

April 30 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 7 p.m.  
 May 1 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 3 p.m.; DEATH AT A FUNERAL (R) 7 p.m.  
 May 2 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 3 p.m.; DEATH AT A FUNERAL (R) 7 p.m.

#### Ramstein, Gateway Movieplex

April 29 - DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 7:30 p.m.; VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m.; SURF'S UP (PG) 12 p.m., 3:30 p.m., 6:45 p.m.  
 April 30 - THE LOSERS (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) - 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; COP OUT (R) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; WALL-E (G) 12:15 p.m., 3:45 p.m.  
 May 1 - THE LOSERS (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 11 a.m., 2 p.m., 5:30 p.m., 8:30 p.m.; COP OUT (R) 11:30 a.m., 2:30 p.m., 6:45 p.m., 9 p.m.; WALL-E (G) 11:15 a.m.  
 May 2 - THE LOSERS (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m.; PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 11 p.m., 2 p.m., 5:30 p.m.; COP OUT (R) 11:30 a.m., 2:30 p.m., 6 p.m.; WALL-E (G) 11:15 a.m.  
 May 3 - THE LOSERS (PG-13) - 12 p.m., 3:30 p.m., 6:45 p.m.; PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 11 a.m., 3:45 p.m., 6:30 p.m.; COP OUT (R) 11:30 a.m., 2:30 p.m., 6 p.m.; WALL-E (G) 11:15 p.m., 4 p.m.  
 May 4 - THE LOSERS (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m.; PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 11 a.m., 3:45 p.m., 6:30 p.m.; COP OUT (R) 11:30 a.m., 2:30 p.m., 6 p.m.; WALL-E (G) 11:15 a.m., 4 p.m.  
 May 5 - THE LOSERS (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m.; PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) - 11 a.m., 3:45 p.m., 6:30 p.m.; COP OUT (R) 11:30 p.m., 2:30 p.m., 6 p.m.  
 May 6 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) - 11 a.m., 3:45 p.m., 6:30 p.m.; COP OUT (R) 11:30 a.m., 2:30 p.m., 6 p.m.; WALL-E (G) 11:15 p.m., 4 p.m.

#### THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
 Schuh Theater, Mannheim, 0621-730-1790  
 Galaxy Theater, Vogelweh, 0631-50017  
 Gateway Cineplex, Ramstein, 06371-47-5550  
 Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions

## HIGHLIGHTS

### Transition Center Operation Hours

Effective May 7 the Transition Center will no longer operate five days a week from both the Mannheim and Heidelberg locations. The Transition Center will now open in Heidelberg three days a week on Monday, Wednesday and Friday. The Mannheim location will open two days a week on Tuesday and Thursday. Due to limited staff, most services will be performed via appointment thru the unit S1/Human Resources office. Walk-in service will be reduced or eliminated. Customers with needs that require immediate attention should coordinate with their S1/Human Resources Office for resolution or coordination with the Transition Center. For assistance or more information contact your unit S1/Human Resources office.

### GSA Overseas Training Conference

The U.S. General Services Administration will host a GSA overseas training conference and expo July 12-15 at the Millennium Hotel and Resort in Stuttgart. [www.gsa.gov/outreach/europe](http://www.gsa.gov/outreach/europe).

### AAFES Barber Shop Price Increase

Effective May 1 the price for a military haircut in AAFES barber shops throughout Germany will increase from \$10 to \$10.25.

### Eagle Scouts Meeting

The Transatlantic Council, BSA invites all Eagle Scouts, their parents and spouses to an Eagle Scout Reception 7 p.m. May 29 at the Casablanca Room at Campbell Barracks, Heidelberg. [brin.raymond@tac-bsa.org](mailto:brin.raymond@tac-bsa.org) or [rayden@hotmail.com](mailto:rayden@hotmail.com).

### Operation Purple Summer Camp

The National Military Family Association announced that USA Girl Scouts Overseas - North Atlantic was chosen to host its popular Operation Purple summer camp in 2010. Girl Scouts are partnering with TransAtlantic Council Boy Scouts of America and the Child, Youth and School Services to serve girls and boys ages 9-12 in the European theater. Operation Purple Camp will be held July 11-17 at Camp Lachenwald at Franken Kaserne near Ansbach. Registration is now open and applications will only be accepted online. [www.operationpurple.org](http://www.operationpurple.org).

## EMPLOYMENT

local

### ACAP Counselor

The Army Career and Alumni Program is seeking a full-time ACAP counselor for positions in Heidelberg and Mannheim. Applicants must have a master's degree, logistical support, be computer literate, and have a minimum of two years training in job assistance, career or employment counseling, teaching, training or a related field. Submit resume to [darla.huck@us.army.mil](mailto:darla.huck@us.army.mil). Civ 06221-57-7545, DSN 370-7545.

### Jobs for Teens

High schoolers ages 15-18, can sign up now for the next term of the Child, Youth and School Services Hired apprenticeship program June 14-Sept. 3. Receive a \$500 cash award and choose from a wide selection of placement sites to interview with. Get school credit through the Career Practicum program and earn hours toward scholarships. DSN 388-9396.

### KAISERSLAUTERN Community

• **Family Bingo** - There will be family bingo 3 - 6 p.m. May 2 at the Kazabra Club, Bldg. 2057, Vogelweh. Kids can enjoy free hot dogs and soft drinks, special games and prizes. Top prize this month is a portable DVD player. DSN 489-7261, civ. 0631-536-7261.

• **Separation Briefing** - The Kaiserslautern Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. May 4 in Bldg. 3245 on Kleber Kaserne. Soldiers are required to take this presentation at least 90 days prior to separating (not retiring) from the Army. This briefing informs Soldiers about the process required to separate from the Army. DSN 483-7071 or civ. 0631-411-7071.

• **Mother's Day Spa Event** - The Kaiserslautern Main Library on Landstuhl is hosting a Mother's Day Spa Event 1-4 p.m. May 8. Moms can enjoy a free back massage while kids can create custom gift bath salts. Mothers can also make a DVD for loved ones down range or back home. The Kaiserslautern Main Library on Landstuhl is located in Bldg. 3810. DSN 486-7322, civ. 0637-186-7322.

• **Special Olympics** - FMWR and the Enkenbach-Alsenborn Police Academy will host the 2010 Special Olympics Deutschland May 12. Volunteers are needed. DSN 493-4062, civ. 0631-3406-4062.

• **Safety Day** - The Safety Office will host a Safety Day 9 a.m. - 4 p.m. May 20 at the Special Events Center, Bldg. 237 on Rhine Ordnance Barracks. The event will provide safety and health training and awareness to Army Soldiers and civilians and their families. Events will include safety and health training presentations, booths and displays. DSN 493-4040, civ. 0631-3406-4072.

• **CSB Briefing** - The Kaiserslautern Transition Center will host a briefing on Career Status Bonus May 19 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. Register. DSN 483-7071, civ. 0631-411-7071.

• **Landstuhl Road Closure** - Construction has started near Landstuhl Regional Medical Center. The road L-470 that goes to the Landstuhl Heliport (the satellite area) and LRMC Gate 3 is closed. The construction is expected to last until May 15. Visit [www.kaiserslautern.army](http://www.kaiserslautern.army) for detour route and construction area.

• **Pulaski VAT Office** - The Pulaski VAT Office is now open five days a week. It's new hours of operation are 11 a.m.-3 p.m. Monday-Friday. The office is closed on U.S. holidays.

• **Kid's Zone** - The newly renovated Kid's Zone is open for business. It now offers a new healthy menu option

and the facility is ready to book your child's birthday party. The Kid's Zone is located on Pulaski Barracks, Bldg. 2895. DSN 493-4125, civ. 0631-3406-4125, [www.mwrgemany.com](http://www.mwrgemany.com).

• **Car Lot** - Army Outdoor Recreation has a used car resale lot located adjacent to Pulaski Park. Reservations: DSN 493-4117, civ. 0631-3406-4117, [www.mwrgemany.com](http://www.mwrgemany.com).

### HEIDELBERG Education

• **UMUC Commencement Ceremony** - The 2010 commencement ceremony for the University of Maryland University College will be 2 p.m. May 8 at the Patrick Henry Village Pavilion. This year's guest speaker and honorary degree recipient will be James B. Smith, U.S. Ambassador to Saudi Arabia.

### Community

• **Kid's Expo** - The Army Community Service's Kid's Expo will be held 6-8 p.m. April 29 at the Patrick Henry Village Pavilion. The kid's art contest winners will be named during the expo. DSN 370-6975, civ. 06221-57-6975.

• **ACS Classes** - The following classes are now available at Army Community Service: AFTB Level 1 9 a.m.-2 p.m. May 3-4; Intro to MS Excel 9 a.m.-12 p.m. May 3, 5, Life in Balance 1-3 p.m. May 4; Single Parents Support Group 2:30 p.m.-4:30 p.m. May 4; Parents 1,2,3,4 2 p.m.-4:30 p.m. May 3, 5, and 10; Sponsorship Assistance Training 10-11 a.m. May 5; Healthy Relationships 1-3 p.m. May 6.

• **SAEDA Training** - There will be a Subversion and Espionage Directed Against the U.S. Army refresher briefing 10-11:30 a.m. for Soldiers, U.S. civilian and contractors and 1-2:30 p.m. May 5 at the PHV Theatre. DSN 373-6327, [brenda.schultz@eur.army.mil](mailto:brenda.schultz@eur.army.mil).

• **Spa Giveaway** - In honor of Military Spouse Appreciation Day Morale, Welfare and Recreation and Army Community Service are giving away a free spa package. Visit [www.mwrgemany.com](http://www.mwrgemany.com) and click on the Heidelberg link or stop by ACS to nominate your spouse. Winner will be announced May 7. DSN 370-6975, civ. 06221-57-6975.

• **Housing Office Closure** - The housing office will be closed April 30 for an annual office outing.

• **Recycling/Reuse Center** - The Recycling/Reuse center will be closed May 1, 13 and 24 and the refuse collection schedule will be moved up by one day due to host nation holidays. Pickup will move from May 13 to 14, 14 to 15, 24 to 25, 25 to 26, 26 to 27, 27 to 28 and 28 to 29. Bulky item pickup will occur on May 25 instead of May 24 on all installations.

• **Volksmarches** - Join the Heidelberg International Wandering Club at the following volksmarches in May: Oberstenfeld and Bockenu May 1-2, Drehenthalerhof May 5, Tiefenbach May 7, Ramstein and Bitzfeld May 8-9 (Sunday only). Trip to Holland over the fourth of July weekend. [www.hiwc.de](http://www.hiwc.de), [hiwc@yahoo.com](http://hiwc@yahoo.com).

### Asian Pacific American

• **Heritage** - There will be a kick-off celebration honoring Asian Pacific American Heritage Month 11:30 a.m.-1 p.m. May 4 at the Heidelberg commissary sponsored by the Equal Opportunity Office. The US Army Medical Department Activity Heidelberg will hold a celebration for Asian Pacific American Heritage Month 11:30 a.m.-1 p.m. May 7 at the Patrick Henry Village Theater. This year's theme is "Diverse Leadership for a Diverse Workforce."

• **Safety Day** - A summer safety awareness day for Soldiers and civilians will be held 8 a.m.-4:30 p.m. May 6 at the Patton Fitness Center and surrounding areas. DSN 373-8189.

• **Literacy Event** - Alpha Phi Alpha Fraternity is sponsoring a reading event 8:30 a.m.-3 p.m. May 7 in the multi-purpose room at the Heidelberg Middle School. Prizes and certificates will be awarded.

• **Car Seat Check-up** - The Heidelberg Medical Department Activity is offering a free child car seat check-up at the commissary parking lot noon-3 p.m. May 8. Civ. 06221-173115.

• **Parent's Night/Day Out** - Child, Youth and School Services Parent's Day Out will be 10 a.m.-4 p.m. May 8 and Parent's Night Out 7 p.m. - Midnight at the Patrick Henry Village Child Development Center for infant - fifth grade. Cost is \$20. Civ. 06221-338-9240.

• **Health Center Closure** - The Heidelberg Health Center will be closed noon-5 p.m. May 12 and 8 a.m.-1 p.m. May 13, due to the Europe Regional Medical Command change of command ceremony. Limited services will be available in the Acute Care Clinic and pharmacy.

• **Salsa Night** - The Lion's Den on Patrick Henry Village will host a salsa night 6-8 p.m. May 14. Learn some sizzling salsa steps and make your own exotic drink. Free food and snacks. Open to all high school students. DSN 388-9396 or [www.mwrgemany.com](http://www.mwrgemany.com).

• **Spring Fling** - There will be a Spring Fling Luau at the Panther's Place 7-10 p.m. May 21 in the Heidelberg Middle School multi-purpose room. This will be the last dance of the school year. Open to all middle school students. Admission is \$3 in advance and \$4 at the door. [www.mwrgemany.com](http://www.mwrgemany.com)

### MANNHEIM Education

• **Parent Teacher Conference** - Due to volcano/travel related issues, the parent teacher conference has been re-scheduled for 8 a.m.-3:30 p.m. April 30. DSN 380-4212.

• **Babysitter's Course** - A Babysitter's Course will be held May 4, 6, 8, 11, and 13, for ages 13-18 years. Enrollment is free. Training for babysitting certification; Red Cross CPR/First Aid; Classes in Youth Program bldg 696. Contact SKIES IPS to enroll. DSN: 380-9290, civ 0621-730-9290 or [darren.brown3@eur.army.mil](mailto:darren.brown3@eur.army.mil)

### Community

• **Breastfeeding Class** - The Mannheim Health Clinic offers a breastfeeding class every last Tuesday of the month. The next class will be 2-4 p.m. April 29 in the clinic conference room. Register: DSN 380-9549.

• **Health Fair** - The Coleman Health and Dental Clinic Health Fair and the Army Medicine Health Care Covenant signing ceremony will be 9 a.m.-2 p.m. April 30 at the Coleman Barracks gym. Along with information booths, there will be sports and activities for units and families.

• **Safety Day** - Safety Day will be held 10 a.m.-2 p.m. May 6 in the parking lot in front of Schuh Theater.

• **Mother's Day Lunch** - Coleman Dining Facility on Coleman Barracks will host a Mother's Day Lunch 11:30 a.m.-1 p.m. May 7. Meal card holders eat free. BAS E-1 and above: \$4.25; Dependents of E-4 and below: \$3.65; Dependents of E-5 and above: \$4.25; DA civilians: \$4.25.

• **Talent Extravaganza** - Mannheim Middle School and the PTSA are hosting an evening talent extravaganza 6-8 p.m. May 7. The PTSA will kick off the evening with a short meeting before the show. Refreshments will be available during intermission. DSN 380-9181.

• **Yard Sale** - Family and Morale, Welfare and Recreation in conjunction with the Thrift Store will host a Community Yard Sale 10 a.m. - 2 p.m. May 8, in the Thrift Store parking lot. DSN 385-3169, [www.mwrgemany.com](http://www.mwrgemany.com).

• **Tell Me a Story Event** - Brig. Gen. Jeffrey G. Smith, commanding general of 5th Signal Command, will be the guest reader at this year's Tell Me a Story event 3-5 p.m. May 16 at Mannheim Elementary School. Admission is free and reservations are required. RSVP by May 10. Reservations: [HeidelbergParent2Parent@yahoo.com](mailto:HeidelbergParent2Parent@yahoo.com).

• **Post Exchange** - The Mannheim Post exchange now carries toys, sporting goods, barbecue grills and bicycles that used to be sold at the Spinelli PXtra. The Spinelli PXtra now carries mostly furniture and large appliances.

# Let the games begin



Photos by Lira Frye

Two Heidelberg junior teams play as Youth Services soccer kicked off Saturday at several Patrick Henry Village fields. Look for more soccer action next week at all PHV fields.

## Heidelberg Intramural Golf Week 3 Results

| UNIT          | TEAM               | WON | LOST |
|---------------|--------------------|-----|------|
| OP/CIS        | Perez/Quinones     | 3   | 0    |
| FMWR          | Benson/Morrison    | 3   | 0    |
| FMWR          | Long/Abrigo        | 2   | 1    |
| USAREUR       | Mahler/Clark2      | 2   | 1    |
| OP/CIS        | O'Keefe/Otero      | 2   | 1    |
| MEDDAC        | Bir/Broderick      | 2   | 1    |
| USAG-H        | Santaliz/Mackenzie | 1   | 1    |
| 208th Fin.    | Childs/James       | 1   | 2    |
| USAREUR       | Hingtgen/Mahan     | 1   | 2    |
| HBGC          | Hiatt/Reynon       | 0   | 2    |
| DPW           | Voight/Meyer       | 0   | 3    |
| 208th Fin. II | Lancaster/Styron   | 0   | 3    |



Mannheim Gladiator's Payton Gardner (right) battles for the ball with Heidelberg Bantam Team 5's La'Shai B.K. Myhand. Heidelberg took the game 5-0.

## staying ACTIVE

### Golf Tournaments

**Ramstein** - There will be a fundraising golf tournament, 8 a.m. May 7 at the Woodlawn Golf Course on Ramstein. The tournament will be a four-person scramble with a shotgun start. Prizes for first-third place for the longest drive and closest to the pin contests. DSN 486-8146, civ. 06371-86-8146.

**Heidelberg** - The 2010 U.S. Forces European Golf Championship will take place at the Heidelberg Golf Course in Otfersheim May 8-9. The tournament is open to all military personnel on active duty; retirees and, reserves and National Guard military personnel who are TDY in this command. Individual entry fee is \$40 per golfer. All fees must be paid at time of entry. The championship will consist of 36 holes of stroke play and 18 holes tournament play for each day of the two-day event. Registration: civ. 06202-53767 or [www.heidelberggolf.com](http://www.heidelberggolf.com).

**Heidelberg** - The Heidelberg Sergeants Major Association will host a shotgun start golf scramble 8 a.m. May 14. Registration starts at 6:30 a.m. The cost is \$45 per person for four-person teams and includes greens fees, cart, range balls and lunch. Registration is open to the first 24 teams to sign up. To register contact [Daniel.Hingtgen@us.army.mil](mailto:Daniel.Hingtgen@us.army.mil) or [brad.weber1@us.army.mil](mailto:brad.weber1@us.army.mil).

**Kaiserslautern** - The annual Kaiserslautern American German Business Club charity golf tournament will be held June 11 at the Championship Course on Ramstein Air Base. The proceeds from this event fund the AGBC Scholarship for German and American students pursuing business-related courses on the university level. The event will be a scramble best ball format and feature a shotgun start at 1 p.m. The green's fee will also include an electric cart required by the course, driving range use and a donation to the Kaiserslautern AGBC Scholarship fund. Prizes will be awarded. The deadline for application and payment of fees is May 28. [rhinotom2@t-online.de](mailto:rhinotom2@t-online.de) or [kaiserslautern@agbc.de](mailto:kaiserslautern@agbc.de).

### BOSS Paintball Challenge

The Heidelberg Better Opportunities for Single Soldiers is hosting a paintball challenge at the Rod and Gun Club in Otfersheim 1:30 - 4:30 p.m. May 8 and 22, June 12, July 10, Aug. 14 and Sept. 11. Cost is \$20 and includes gun rental, field costs and 500 paintballs. DSN 373-5275, civ. 06221-17-5275.

### Powerlifting Tournament

The Miesau Fitness Center is hosting a powerlifting tournament for active duty military and DOD civilians ages 18 and up. Registration deadline is April 30 and the tournament is 10:30 a.m. May 8. Weigh-in/equipment check is 8-9:30 a.m. Awards for first and second teams and individuals. DSN 493-2088, civ. 0631-3406-2088, [www.mwrgermany.com/forms/kl\\_sports\\_registration.htm](http://www.mwrgermany.com/forms/kl_sports_registration.htm)

### Volunteer Youth Coaches Needed

The Mannheim CYS Sports and Fitness Department is looking for volunteer coaches and officials for its youth sports programs. Coach and officials packets will be accepted throughout the year. No experience is required. The CYS Sports and Fitness staff will provide all of the training and materials. Coach's packets are available at Sullivan Barracks, Bldg. 696, Rm. 211. Registration for Mannheim Youth Summer Sports Camps will run throughout the summer. Parents can register their child at Parent Central Services, Bldg 742, Benjamin Franklin Village. DSN 380-9208, civ. 0621-730-9209, [james.mcelwain@us.army.mil](mailto:james.mcelwain@us.army.mil).

### Players Needed for Heidelberg Teams

Heidelberg needs players to join the Heidelberg Generals community softball and volleyball teams. The men's and women's teams for both sports practice 6-9 p.m. every Tuesday and Thursday at the Patton Fitness Center and sports field. Open to all US ID card holders ages 18 and over (cannot be high school students). DSN 373-8032, [www.mwrgermany.com](http://www.mwrgermany.com).