

HeraldPOST

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

USAREUR converts from NSPS to GS system May 23

USAREUR Public Affairs

Almost 2,000 National Security Personnel System employees in Headquarters, U.S. Army Europe and its major subordinate commands will transition to the General Schedule personnel system May 23.

The majority of USAREUR's NSPS employees will transition that day, according to USAREUR's NSPS Transition Manager Vera Garcia, from the USAREUR G1, Civilian Personnel Directorate.

"The conversion itself will be transparent to the employee, very much like when we converted into NSPS from the GS system," she said. "Most importantly, no loss of or decrease in pay will occur at transition."

In a recent article from the American Forces Press Service, the Director of the Pentagon's NSPS transition office John James Jr., expressed his commitment in regard to pay, saying the "department believes in that and believes it is the right thing to do."

He explained that the preservation of pay encompasses all transitioning employees. For instance, even NSPS employees who are paid a salary that exceeds the highest step in their pay grade, Step 10 under the GS system, will also retain their pay upon conversion.

James also explained in the article that classification specialists will determine the transitioning employee's grade using GS system criteria.

"If (the employee's) position classifies out as a GS-13, then that employee will become a GS-13 when they transition."

As part of the transition, employees will be placed under the Army's Total Army Performance Evaluation System for performance management upon conversion. TAPES is the standard performance management tool for GS employees.

More information on the transition, including a detailed frequently asked questions section, plus an online "GS 101" training module, is available on the Department of Defense **TRANSITION** page 9

Albert Schweitzer tournament wraps up



Annemarie Solbach

U.S. player, Marshall Plumlee, goes for two points against three French defenders in the preliminary round of play during the Albert Schweitzer Youth Basketball Tournament in Mannheim April 4. Plumlee, a junior at Christ School in North Carolina, had 3 points and 9 rebounds against France. It wasn't enough to hold off the French team who won by 1 point, 67-66 in the BFV Sports Arena. The U.S. team went on to take fourth in the tournament while France finished 13th.

U.S. takes second straight fourth place finish

By Sieg Heppner

USAG MANNHEIM PUBLIC AFFAIRS

If someone had predicted a week ago that a German team would be facing Australia in the championship game, their sanity and knowledge of basketball may have been questioned. But that's exactly what happened in the final match of the 25th Albert Schweitzer Basketball Tournament at the Benjamin Franklin Village Sports Are-

na, in Mannheim Saturday. Australia took the title 68-51. The German Under 18 team earned their berth in the final by beating the U.S. team Friday, 64-59. Australia defeated the German Under 17 team 75-53.

The U.S. team finished fourth, losing its final game to a more energetic German Under 17 team, 68-79. The Under 17 team had already upset the likes of Italy, China, New Zealand and see **ALBERT SCHWEITZER** page 9

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AFAP CONFERENCE


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MILITARY CHILDREN

The wives of President Barack Obama and Vice President Joe Biden paid tribute to military children, honoring their strength and sacrifice, in a Month of the Military Child video message. "As a grateful nation, it is our sacred responsibility to stand by our military children, just as they and their families stand by us," First Lady Michelle Obama said. From improving their schools to strengthening their communities to supporting their parents and guardians, she added, "President Obama is committed to ensuring that this administration does everything it can to support our military children."

NUCLEAR ATTACK

While the risk of nuclear war between countries has dropped, the risk of a nuclear attack has risen, President Barack Obama said. Obama officially opened the Nuclear Security Summit, where leaders of 47 nations are meeting to address the problems of nuclear materials and the threats that rogue nations and terrorist groups pose.

Army news: www.army.milDefense news: www.defenseink.mil

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LEGAL ASSISTANCE

PCS tips from the claims office

By Capt. Courtney Newman
patton legal office

As spring approaches, many service members and their families begin to think about summer rotations and moving to a new duty station. A big part of such a move is arranging for shipment of household goods. A small amount of advance planning can make this part of the move go much more smoothly.

Before the move, gather receipts and other documents that show the value of household goods. These documents may be needed if goods are lost or damaged in shipment. Plan on shipping all of these documents separately from household goods, either by mailing them or hand carrying them. That way, there will be proof of the ownership and value of property in the unlikely event that the entire shipment is lost.

Several days before the movers arrive, take photographs of valuable items. Turn televisions on before taking the photographs to demonstrate that they work properly. Take DVDs and compact discs out of their cases to demonstrate the extent of the collection. This will provide you with evidence of what was owned before the move. Ship the photos separately from your household

goods.

Owners should hand-carry jewelry, coin collections and other small, valuable items. The government claims system cannot compensate for coins or other cash lost in shipment. It is also unlikely you will be compensated for jewelry lost in shipment, because it is extremely difficult to prove precisely what was shipped.

On the day before the move, prepare quarters for the arrival of the packers. Remove photos from the wall and unplug televisions and other electrical appliances. It is best to let the movers pack the boxes, as this may prevent damage during shipment; damage to "owner packed" items is often blamed on the owner's packing rather than rough handling.

Lock hand carried items in a separate room or other location the packers cannot access. Once the packers arrive, it may be difficult to prevent them from packing everything they have access to. On the day of the move, supervise the packers to ensure property is packed properly. If anything is broken during packing or unloading, ensure this is indicated on the inventory.

Once everything is loaded into crates, ensure they are properly sealed and an inventory of household goods is received. Check over the inventory care-

fully before the movers depart. The inventory will contain codes indicating the condition of the items.

These codes are described at the top or bottom of the inventory. For example, "sc 2" may mean that the bottom of an item is scratched. If you disagree with the packers' assessment of the condition of your goods, note this on the inventory before signing it.

Once household goods arrive at the new duty station, be sure to inspect them carefully for loss or damage. One of the most important documents received is the DD Form 1840. If you notice any damaged or missing items on the day of delivery, annotate this form to reflect these damages.

Use the back of this form, the DD Form 1840R, to annotate lost and damaged items discovered after the movers have left. Service members have 70 days to turn this form in to the carrier or the nearest claims office.

Shipping household goods can be stressful, especially when treasured items are lost or damaged. A little advance preparation, however, can help make a move easier and ensure fair compensation if property is lost or damaged.

Contact the nearest claims office for more information.

COMMENTARY

Readily available substances of abuse

Heidelberg ASACS

Over-the-counter drugs and inhalants are easily accessible, inexpensive and easy to abuse for a quick high. Is your teenager abusing these products?

OTC medications are often overlooked when it comes to teaching your children about drugs of abuse. Youth learn from peers and other sources that some of the easiest substances to abuse are often right under their noses.

Dextromethorphan, also called DXM, is found in more than 120 non-prescription cough and cold medicines.

When taken far above its standard medical dosage, it can have strong dissociative and hallucinogenic effects.

Adolescents have nicknames for DXM and related substances. Names often heard include Robo, Skittles, Triple C's, Rojo, Dex, Tussin and Vitamin D.

Inhalants can cause chronic memory loss, emotional instability, slurred speech, body tremors, sight disorders, hearing loss, liver damage, kidney damage, bone marrow damage, paralysis, brain damage and even sudden death as a risk from first-time use.

While alcohol remains the number one drug of misuse and abuse among adolescents, we encourage all parents to exercise good judgment in monitoring medication use within your family and especially with children and adolescents.

For help on a local level, contact your Army Substance Abuse Program or your local Adolescent Substance Abuse Counseling Services. For more information online, check out The National Institute on Drug Abuse at www.drugabuse.gov.



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

"How many online courses and tests have you taken today? Finished your refresher training on how to use a computer or a Government Credit Card? Taken your mandatory class on anti-terrorism and espionage prevention? Suicide prevention? Summer safety? Sexual assault awareness? Ethics training? Perhaps I come from that older generation where most things were taught in a classroom environment with a teacher and the interaction of students who learned from

each other. Those days appear to be long gone. Instead, we are confronted with an endless stream of Web sites and training centers, hidden behind the walls of AKO or some other branch of service. The agony of registration can be complicated by entry fields that don't accommodate foreign nationals or addresses outside of CONUS. Just as elusive is our higher headquarters. Sometimes it's "Army" or "USAREUR", or maybe "IMCOM" or just plain "DoD". If you don't luck out with the correct

answer, you face rejection and are hurled back to the entry form. On a bad day, the page will have expired, and with it, all of the data fields you have meticulously entered in the last half hour between customers and phone calls. If you're lucky, you can use one of your 3 or 4 email accounts as your user name but you'll need a password until the system recognizes your Common Access Card, an oxymoron in itself."

-Sieg Heppner, BWnow member



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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.

**Earth Week
Events and Tips**

HEIDELBERG

April 19 - Alternative Transportation Day

• Walk, bike, carpool, or use public transportation. Find other carpoolers at BWcommunity.erieshare.com.

• "Bike to Work" - USAG BW Commander Col. Bill Butcher invites you to bike with him from Patrick Henry Village to work at 7:30 a.m.

• Environmental classroom with educational activities for water pollution, energy conservation, and health with DPW, DOL and BOSS at Patrick Henry Elementary School 8:30 a.m.-2:20 p.m.

April 20 - Water Education Day

• Did you know one faucet that drips four times a minute wastes 138 gallons of clean drinking water per year? Report leaks to the Service Order desk at DSN 387-3310, and to learn more about water conservation, visit epa.gov/owm/water-efficiency.

• Quick Tip: Hard water deposits can be removed from shower heads, faucets and screens by soaking in a diluted solution of vinegar.

April 21 - Enjoy the Great Outdoors Day

• Visit the free Heidelberg University Botanical Gardens. www.rzuser.uni-heidelberg.de/~jms/public/public_en.html.

• Check out the MWR Outdoor Recreation Web site for fun ways to get outdoors. www.mwrgermany.com/HD/odr/odr.htm.

• Reduce air pollution and save resources: don't idle vehicles. Idling for more than 30 seconds is prohibited in Germany.

April 22 - Recycling Awareness Day

• Earth Week Photo Contest winner published in Herald Post.

• Take unwanted household hazardous materials to the Recycling Center on PHV for proper disposal. Recycling questions? Visit www.dpw.heidelberg.army.mil/om/recycling/recycling.htm.

• First and second-grade classes from Mark Twain Elementary School visit Mrs. Ham's Garden for a tour and picnic.

April 23 - Energy Conservation Day

• AAFES is promoting reusable bags during the month of April. Get 5¢ off of the green bags, and kick the plastic bag habit.

• Environmental Division judges recycled art contest at CYSS.

• Vampire appliances use power when "off". Use power strips to turn off electronics like TVs and chargers when not being used.

• Is sunlight sufficient? Turn off artificial lights if not needed.

KAISERSLAUTERN

• Look for the 'Willi B. Wasteful' campaign coming soon for a variety of energy reduction, waste reduction, recycling and other environmental awareness messages.

• An asbestos containing materials tri-fold flyer will soon be handed out to help community members understand more about asbestos (what it is, where it occurs and what to avoid).

MANNHEIM

• April 20 - Lt. Col. Elizabeth Ryan Griffin, Mannheim garrison commander, judges Mannheim Middle School's poster contest.

• April 23 - Girl Scouts will have a flower planting ceremony at the USO at 1 p.m.

Visit www.epa.gov/earthday for more on Earth Day.

New Installation Management Command logo to illustrate 2010-2017 campaign plan

By Ashley Bateman
USAG BAMBERG PUBLIC AFFAIRS

Military community members will now see a symbolic icon representing the progressive goals of Installation Management Command, the headquarters of Army garrisons worldwide.

The logo, developed to coincide with the 2010-2017 Installation Management Campaign Plan rollout and to run in conjunction with the IMCOM emblem, is representative of the four major facets of Army community life: stewardship, readiness, facilities and families.

Kathy Aydt, chief of Strategic Communications of Assistant Chief of Staff for Installation Management/IMCOM, was asked by IMCOM Commander Lt. Gen. Rick Lynch to create a logo representative of the new goals, following the rollout of the plan March 5.

"He is very interested in instilling pride and ownership within the workforce and wanted something that really symbolized the importance of the work that we do and for the Soldiers," Aydt said. "He felt it should be a logo that people could really relate to and get behind."

The team drew on the creative efforts of Family and Morale, Welfare and Recreation Center and Army Evaluation Center marketing divisions as well as engaging members of the installation management community to ensure the new image magnified the most significant aspects of the Army community.

"We extended it to our community at large in a type of contest format and solicited all the input," Aydt said.

The result, after only a one-week window for submissions, was more than 70 different versions of a logo to represent IMCOM.

More than 2,000 people then contributed their opinions by voting on a symbol.

The top choice contained all the elements the project team had hoped for.

"We were thrilled that it was the one selected," Aydt said. "It was designed to invoke pride in our command and our mission. The symbols are strong and the colors are bold, as is our mission and our commitment to fulfilling that mission."

Aydt explained that each element in the final design had a specific significance to representing Army communities and IMCOM's objectives for the coming years.

"You have the green with the tree which symbolizes our stewardship," she said. "You have the flag at the top that symbolizes our readiness in sup-



port of the Army. You see the facilities, the structures which represent the infrastructure that we're responsible for and of course you see the family grouping at the bottom. You may note that you can't tell who are Soldiers or if there are Soldiers there ... we also have a large civilian workforce that is very important to us. In this day and age not only Soldiers deploy but (so do) civilians. Those things were intentionally built into this logo, and probably on some level it's why it has such a wide appeal."

The campaign plan, published March 5, outlines the goals and areas deserving particular focus over the next seven years.

Lynch, who implemented the campaign, outlines the purpose of the plan in the mission statement; "To provide standardized, effective and efficient services, facilities and infrastructure to Soldiers, Families and Civilians for an Army and Nation engaged in persistent conflict," emphasizing the focus on increasing the effectiveness of post programs and agendas.

Lynch further underlined his aspirations for garrisons by choosing six major topics on which to focus funds, energy and manpower.

"My intent is to provide the facilities, programs and services required to support Army readiness, sustain the all-volunteer force and provide the infrastructure for current and future mission requirements," Lynch wrote.

"I will do so through six Lines of Effort: Soldier and Family Readiness, Soldier and Family Well-being, Leader and Workforce Development, Installation Readiness, Safety, Energy Efficiency and Security as imperatives in all that we do."

Col. Bill Butcher, U.S. Army Garrison Baden-Württemberg garrison commander, attended the campaign rollout conference and voiced his support for the plan's framework.

"Over the last 8 1/2 years, the Army has fundamentally changed. We've

got to take a good hard look at our garrison operations and determine the services and programs that are value-added. This plan helps us do that. It renews, reinvigorates, and refocuses us on what it means to support our Army."

According to Butcher, the new logo symbolizes what's important to the command.

"The logo describes who we serve," Butcher said. "Look at the bottom quadrant. You can't tell if they're military or civilian, but you can tell they're a family. Great contributions to our nation come from people whether they're wearing a uniform or civilian clothes. Our focus is on how we support them all."

USAG Baden-Württemberg plans to move forward with the Lines of Effort in the months ahead, according to Butcher, particularly implementing LOE 2 to further enhance Soldier, family and civilian well-being.

"I'm proud of what we've done to secure funding in the sustainment, restoration and modernization areas," Butcher said. "We're doing the best we can to maintain and revitalize our existing housing resources."

Nearly every Army Family Housing unit has or will receive some type of improvement.

The housing projects have included exterior painting, kitchen upgrades, fire alarm repairs, waterline and heating system upgrades and stairwell upgrades.

"Every single day, directly and personally, the garrison team has an incredible impact on Army Soldiers, families and civilians. We can't take a day off," Butcher said. "From funding family programs, to improving housing, to ensuring resiliency programs are in place, we recognize that service to our nation is one of the most honorable traits one can have, and we want to match that trait with support commensurate with our Soldiers, families' and civilians' service."

As garrisons move forward in meeting the goals of the 2010-2017 campaign plan, the new logo will continue to serve as a reminder to what IMCOM is built upon, the Soldiers, civilians and families that make up the worldwide Army community.

"We're proud as a garrison team to serve our community," Butcher said. "As our new theme states, 'We are the Army's home.'"

Commanders from all IMCOM-Europe garrisons are scheduled to meet in Heidelberg April 22-23 to discuss and develop action plans based on the six LOE's listed in the campaign plan.

Editor's note: U.S. Army Garrison Baden-Württemberg Public Affairs contributed to this article.

21st TSC hosts training for Ramstein High School JROTC

By **Sgt. Fay Conroy**
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command's Supply and Logistics Directorate provided weapons simulations training to Junior Reserve Officers' Training Course students from Ramstein High School at Panzer Kaserne in Kaiserslautern April 1-2.

The engagement skills trainer simulates firing an M16 rifle, M9 pistol and other weapons systems.

The marksmanship training can be programmed with different scenarios to teach users how and when to effectively engage a target with force.

During the JROTC visit, half of the group trained on the various scenarios, while the other group practiced basic marksmanship skills. Once each student completed the training, they

rotated groups.

"It's good to know that the training the Soldiers are getting, as well us, is as realistic as they can get it," said Kevin Stewart, a junior at RHS, after he went through the training.

The students were also taught how to disassemble and assemble an M9 pistol and how to load an M9 pistol and an M16A2 rifle.

"I think they were very excited, very hungry for more knowledge. As JROTC kids, they were eager to learn more about the military," said Master Sgt. Andrew Premont, the construction engineer branch noncommissioned officer in charge at the 21st TSC's Supply and Logistics Directorate.

For some of the students the knowledge they gained from the training helped them to see what they could



Sgt. Fay Conroy

Sgt. 1st Class Andrew Bedell, the transformation noncommissioned officer in charge for 21st Theater Sustainment Command, teaches students from Ramstein High School's Junior Reserve Officers' Training Course how to load an M9 pistol. The students visited Panzer Kaserne in Kaiserslautern April 2.

possibly do if they joined the military after high school.

"This training shows me what they do on a daily basis," said Ivan Alvarez a senior at RHS who is in the process

of applying to U.S. Military Academy at West Point. "I was planning on becoming a doctor beforehand, but I'm changing my mind. I've decided that I wanted to be more on the front lines."



Staff Sgt. Michael Taylor

Soldiers collect school supplies for Afghan children

Soldiers of the 21st Theater Sustainment Command's 5th Quartermaster Detachment display signs and various other donated school supplies as cars drive by during a fund raising drive on Rhine Ordnance Barracks in Kaiserslautern April 5. The drive was held by the 5th Quartermaster Detachment to collect school supplies and donations for needy children in Afghanistan. More than \$300 was raised and nearly 20 boxes of school supplies were collected.

New fire fighters test their skills during specialized training

Staff Report

Newly hired firefighters at the Germersheim Fire Station recently finished their third course of basic training.

The two-week course covered basics such as fire behavior, protection and prevention, hose management, hazardous materials, first aid and other areas.

For their final exam, all students had to complete a written test as well as a practice exam to ensure that the educational objectives of the course had been met.

Capt. Oliver Hinterlang, training officer, developed the lesson plan based on the incidents at the Depot in Germersheim.

"Our incidents here differ from most other locations..." Hinterlang said. "We have more hazardous material and medical runs than fires."

As a result the training curriculum was based on those special needs on post to train firefighters more efficiently.

The Germersheim fire station opened four years ago and most of the currently available training equipment was acquired from the Defense Reutilization and Marketing Office, while some was built or obtained by employees from other fire departments.

Leaders credit the exemplary dedication and commitment of all of the fire fighters as key to making it possible to conduct this training.

Because several fire fighting procedures can differ from those of their host nation, the staff here provides the new fire fighters time to adapt and learn about operations on U.S. installations.

Hazardous material standards are taught by Station Chief Hartmut Erbel, who is one of two certified hazardous material technician instructors with the Army in Europe.

Erbel attended five weeks of instructor training in 2006 at the Fire Academy on Goodfellow Air Force Base in Texas.



Courtesy photo

Newly hired fire fighters respond to a mock motor vehicle accident during training at the Germersheim Fire Station.

Paratroopers pay tribute to Operation Varsity 65 years later

By Staff Sgt. Michael J. Taylor
21ST TSC PUBLIC AFFAIRS

REES, Germany – Imagine your heartbeat racing uncontrollably at the speed of 160 beats per minute. You're filled with anticipation and uncertainty. No one knows what will happen next. The sound of small arms fire and artillery echoes through your head, and here you stand, above it all just waiting to hear one word – GO!

Those were the thoughts racing through the head of British paratrooper Frank Butt while approaching the drop zone at Hamminkeln during World War II. More than 16,000 paratroopers and several hundred aircraft were involved in the original assault in 1945, deemed Operation Varsity, which was the largest in history to be conducted in one day at one location.

In celebration of the 65th Anniversary of Operation Varsity, Butt returned to the site to witness Soldiers from the 21st Theater Sustainment Command's 5th Quartermaster Detachment conduct an airborne operation with British, German and Dutch paratroopers March 27.

Although it has become a yearly event for British paratroopers, it was the first time the U.S military jumped here since the 17th Airborne Division conducted its airborne operation with the 6th British Airborne Division in WWII.

In March 1945, the Rhine was the final barrier separating the Allies from the heart of Germany. Plans were underway to cross this barrier and capture the Ruhr, Germany's industrial heartland.

With the capture of the Ruhr, Germany's war machine would eventually collapse.

The area chosen by the Allies to make the amphibious crossing was between the German cities of Emmerich and Wesel. The 17th Airborne Division and the 6th British Airborne Division assisted the crossing by seizing several important objectives in a massive daylight airborne assault.

"I am proud to be a part of such a big piece of history," said Spc. Winston H. Cartier III, an airborne and air assault qualified Soldier with the 5th Quartermaster Detachment, who is a native of St. Thomas, Virgin Islands. "It felt good up there, and I had a soft landing, which is always good."

Hundreds of German civilians, British army veterans and civilians, and American Soldiers gathered to watch as 120 military paratroopers conducted a joint airborne operation from eight Air Force C-130 Hercules aircraft into the damp farmlands of Rees.

"I look forward to the anniversary every year," said Wolfgang Schmidtchen, a native of Rees. "My father often recalls the events that took place on that day 65 years ago when he was just a teenager."

"This anniversary is the biggest event in our town and hundreds of people show up to witness it every year," Schmidtchen added.

The actual operation during WWII took place in Hamminkeln, which is about seven kilometers from Rees. But due to modern advancements in the area, the jump and the majority of the festivities are now conducted in Rees.

The anniversary celebration consisted of the airborne operation, a church service, a wreath-laying ceremony, a reception at the Rees city hall and a dinner in Hamminkeln.

Several Soldiers who jumped dur-



Staff Sgt. Michael J. Taylor

A Soldier with the 21st Theater Sustainment Command's 5th Quartermaster Detachment braces himself for landing after jumping from a C-130 Hercules during the 65th Anniversary of Operation Varsity in Rees, Germany, March 27. Operation Varsity was the largest single airborne operation in history to be conducted in one day at one location.

ing the anniversary had family ties to the actual operation, including Staff Sgt. Ben C. Cowie, the noncommissioned officer in charge of 5th Quartermaster Detachment portion of Operation Varsity. Cowie is a native of Des Moines, Iowa.

"My grandfather, Cpl. Edward Locher, participated in Operation Varsity 65 years ago," Cowie said. "Words can't explain how honored I am to be a part of this anniversary today."

"It's pretty ironic that I am a part

of the first U.S. unit to jump into this area since my grandfather did it during the war," Cowie said. "Every time I'm in a plane I say a prayer to him, and every time I jump out of a plane I know he's right there with me, so this jump was in honor of him."

"Over 65 years ago, a war started that would demand the attention of our bravest and most dedicated Soldiers," Butt said. "Many passed and many disappeared. Now, we have an opportunity to honor them all!"

Earth Week Photo Contest

Want to be the next Ansel Adams? Ever dreamed of being a wildlife photographer? You don't have to travel far to see wilderness. It's just around the corner. So go outside, explore your neighborhood and submit your best photos of landscapes, nature, and wildlife to myBWnow.ning.com - the top photo will be published in the Herald Post and will win a prize sponsored by AAFES.

<http://myBWnow.ning.com>

Photos must be submitted between March 15 and April 15. Use the tag "Earth Week" to identify the photo for the contest. Photos must be taken in Germany.

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STRONG MINDS, STRONG BODIES, STRONG FAMILIES

COMPREHENSIVE SOLDIER FITNESS PROGRAMS FOR THE ENTIRE COMMUNITY

Spiritual: Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional and societal sources of strength.

Tip of the week: Spiritual fitness matters because the more people feel connected to a sense of meaning and to life, others and the divine, the more they are able to cope successfully and bounce back in times of stress and crisis. Along with helping us to feel happier and healthier, spiritual fitness helps reduce chaos. Spiritual fitness is related to better health among people who are ill and to less loneliness and depression and greater satisfaction with life after a stressful experience. Just like keeping physically fit, spiritual fitness is something that needs to be tended to and worked at. For some, the path to spiritual fitness is through organized religion, whereas the practice of some others is not tied to any religious belief. You might find meaning and connection by spending time in nature, or through volunteering, or by creating something useful, or even by playing with a pet.

Events:

Heidelberg - The Heidelberg International Wandering Club is hosting volksmarches April 17-18 in Spremlingen and Dallau and April 24-25 in Ludwigshafen and Cleebronn. www.hiwc.de or hiwc@yahoo.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. Along with information booths, there will be sports and activities for units and families to participate in.

Kaiserslautern - Cards For A Cause Club will meet 11 a.m.-4:30 p.m. May 12 at the Pinehurst Room, Ramstein AFB Woodlawn Golf Course, to make "spring holiday" cards and small projects for wounded warriors to send out to family and friends. Membership is open to all ID card holders, but children under 18 must be accompanied by an adult. \$5 materials fee. pejachowski@juno.com.

For more information on Comprehensive Fitness, visit www.army.mil/csf.

Faces of the community: Heidelberg Passport Office



Dijon Rolle

Cullen Donnhof, ID and passport offices supervisor, and passport agent Jeri Bridgefort, look over a set of documents while assisting a customer at the Heidelberg Passport Office Friday. The Heidelberg Passport Office processes regular-fee (tourist) and no-fee (official or regular) passport applications, reports of birth abroad and issues Status of Forces Agreement identification cards. The staff also provides information and assists applicants with visa, Social Security Numbers and naturalization applications. The office is open Monday-Wednesday and Friday 8 a.m.-4 p.m. and Thursday 8-11:45 a.m. It is closed for lunch daily 11:45 a.m.-1 p.m. DSN 370-3922 or civ. 06221-57-3922.

Major moves for American Forces Network-Kaiserslautern

AFN Kaiserslautern

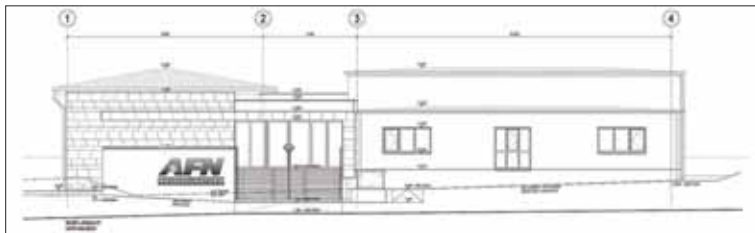
AFN Kaiserslautern is about to undergo a huge face lift. The building that houses the AFN radio and TV studios in Vogelweh is slated for a major renovation project. When the renovation is finished, the AFN Kaiserslautern staff will serve the community from a newly refurbished facility that will include two brand new radio studios and a new reception lobby, as well as handicap access.

The new public area will allow the station to host tour groups and to interact with the community. The project includes new office spaces and a total revamp of the building's technical infrastructure, ensuring the station is well-equipped to serve the Kaiserslautern military community and Baumholder well into the 21st century.

"It's a huge project for us," Air Force Master Sgt. Elizabeth Carty, the AFN Kaiserslautern station manager, said. "There was an addition to the building in the late '90s to add some office space, modern bathrooms and a TV studio, but the heart of the building is still the original structure built in 1954."

The \$2.4 million renovation project includes two new radio studios, a reception area for guests, handicap access and a new layout for offices and video and audio production suites.

"This project is something we've been moving toward for several years now," said AFN Kaiserslautern Operations Manager Jerry Cormier. "The renovation has been planned to eliminate a lot of clumsy, small rooms and improve the flow of the workspace."



This blueprint shows what the AFN-Kaiserslautern building will look like once the renovation is complete.

Cormier says the renovation won't have any effect on the service AFN provides to the community. "Demarrio Spence will still be there with The Eagle Morning Show to get your day started, our producers will still be out with their cameras to tell the DoD worldwide audience what's happening in the Kaiserslautern military community, so this move should be somewhat transparent for our audience."

Carty added the renovation will also make the station better suited to tour groups. For now, though, the community tour program is suspended until the renovation is complete and the AFN Kaiserslautern staff moves back to the 5th Avenue location.

The station serves an estimated audience of 64,000 in the Kaiserslautern military community, which includes Ramstein and Landstuhl, as well as the Baumholder community. Local radio shows on AFN The Eagle should continue without interruption on FM

100.2. Clients can still submit announcements for their events by going to the station's Web page at <http://kaiserslautern.afneurope.net> and clicking on the "Publicity Requests" link at the top of page.

The 5th Avenue, Vogelweh location has been the home of AFN Kaiserslautern since October 1954. The station signed on the air in December 1953 from Kleber Kaserne, broadcasting from a mobile radio studio mounted on a truck while waiting for the 5th Avenue studio to be built.

This month, that bit of history will be recreated when the station staff packs up its microphones, CDs, cameras and laptops and moves to a temporary facility just down the road at the Einsiedlerhof Civil Engineering compound, where it will broadcast from a mobile radio studio mounted on a truck while the Vogelweh station is completely renovated. The project is scheduled to take nine months.

Kaiserslautern hosts town hall for families

By Amanda Sanchez
USAG KAISERSLAUTERN CUSTOMER MANAGEMENT SERVICES

Construction of the new school facilities on Vogelweh is slated to begin this summer and will bring changes to the way base is accessed.

An update to the construction project on Vogelweh is just one of the topics to be discussed at the 21st Theater Sustainment Command and U.S. Army Garrison Kaiserslautern town hall meeting 6 p.m. Monday at the Armstrong Community Club on Vogelweh Housing.

As a combined Army leadership event, this is the seventh town hall meeting for the KMC.

Town hall meetings, which provide the community a one-stop shop for information, are held quarterly. Town hall meetings were originally established to allow the senior mission commander

and garrison leadership to talk with families and hear their concerns. They continue to be a forum to hear the voice of the community and an opportunity to bring about change.

Organized by the garrison's Customer Management Services, these town hall meetings follow a format similar to the monthly garrison Community Information Forum in that subject matter experts give 10-minute briefs followed by an open forum, giving the community a chance to ask questions and share their concerns.

Subject matter experts, including Defense Commissary Agency, Army and Air Force Exchange, Department of Defense Dependent Schools, Kaiserslautern Housing Management Office and many others will be in attendance to address issues attendees may have.

Although the town halls are a combined Army

leadership event, members of all branches of service and their family members are invited to attend. The information provided is not unique to Army families and can be useful for all military members in the Kaiserslautern military community.

In addition to the construction update, there will be a Kaiserslautern Senior Working Group update, and presentations on the Army Emergency Relief Campaign, and the garrison's Family and Morale, Welfare and Recreation upcoming events.

Briefs should last about an hour and then the floor will be open for questions from the community.

To submit an issue to be discussed at this town hall, e-mail usagkweb@eur.army.mil. For more information or to add topics for the next town hall meeting, call DSN 493-4541 or civ. 0631-3406-4541.

Working groups identify top concerns during Heidelberg AFAP Conference

By Mari Haley
HEIDELBERG AFAP

There were more than 100 participants in Heidelberg's Annual Army Family Action Plan Conference this year, held at the Village Pavilion March 30-April 1.

The three-day event had representation from every Heidelberg unit, helping to make it a success.

The purpose of the AFAP Conference is to enrich the well-being in the Heidelberg community, as well as in communities Army wide, by providing a process for the discussion and resolution of issues concerning America's Army.

"Because AFAP goes directly to the source to get community issues, we are able to identify and resolve them,"

said Dawn Powell, ACS marketing specialist. "This really is a fantastic program that has a profound impact on all of us."

For more than 25 years, the Army has gathered at posts, camps, stations, regional communities and headquarters to identify issues that affect the fundamental well being of our Army.

Their efforts have helped institute and improve programs and services, revise policies and change laws.

Through this issue-identification process, Army constituents have given leaders a means to assess problems quickly and react to them immediately.

The top 10 issues identified by the delegates were:

1. Department of Defense Dependent Schools class-

- room instruction accountability – asking for a mandate on DoDDS standard of 60 percent in-classroom observation by administration quarterly;
2. Implementation of Universal tuition-free pre-school in DoDDS schools in Europe;
3. Relief of mandatory housing policy for non-enduring communities;
4. Availability of automated external defibrillators on post;
5. Matching Thrift Savings Plan contributions for active-duty service members;
6. Outside the Continental United States TRI-CARE dental liaison;
7. Smoking policy enforcement on post;
8. Move-in Housing Allowance for overseas on-post housing;
9. Billeting for active-duty victims of sexual assault or



Allyson B. Campbell
A working group sorts through issues during Heidelberg's AFAP conference held at the Village Pavilion March 30-April 1.

domestic violence – provide a safe barracks room;

10. Better barracks assignment of NCOs and Soldiers.
- Teen workgroup:
1. Driver's training for overseas students;
 2. Inadequate DoDDS credit transfer; and
 3. Blocked Internet access on DoDDS computers.

The issues that were chosen will either be worked toward resolution at the local level or forwarded to the major com-

mand level for resolution. "This was my first experience, and it really opened my eyes to how things go on in the community and garrison," said Joseph Benavidez, working group delegate.

Each and every issue that was submitted will be reviewed by the Heidelberg Garrison Steering Committee and the outcome will be posted on the ACS Web site, www.mwrg-ermany.com/hd/acs in the near future.

ALBERT SCHWEITZER

continued from page 1

Turkey in the preliminary games.

"We only met each other two weeks ago while other teams have been playing together for two years or more," said Larry Krystkowiak, U.S. coach, about how the U.S. team finished.

For Australia, it was their first appearance in the final since 1998 where they lost to Spain. This time, their endurance and perseverance kept them a steady six points ahead of the German team for the better part of the second half. Top scorer for Australia was Mitchell Creek with 20 points.

Creek also won the award for Best Power Forward. On the German team, Philipp Neumann scored 15 and was named the top center in the tournament.

The tournament's best small forward, Hugh Greenwood, scored 12 points and is also the only Australian player to make a return visit to Mannheim after participating in the 2008 tournament

when he was 16.

The younger German team was the surprise of the tournament, playing with poise and determination to finish in third place ahead of the Americans. Top scorer for the U.S. team was Ryan Boatright with 18 points. Boatright was the tournament's high scorer overall (137 points in seven games) but finished second to Evan Fournier (136 points in six games) as the best shooting guard.

The U.S. team finished ahead of favored teams such as France (13th), Greece (ninth), Spain (fifth) Italy (sixth) and Turkey (eighth).

U.S. Army Garrison Mannheim Command Sgt. Maj. Alberto Delgado praised the U.S. team for "keeping (their) cool and never getting flustered when referee's decisions didn't go (their) way."

Over 28,000 spectators watched the games at the MWS hall and U.S. Sports Arena April 3-10. All of the results and statistics can be found at <http://statistik.basketball-bundesliga.de/AST/spielplan.php>.

TRANSITION

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fense's NSPS transition Web page www.cpmosd.mil/nsps.

A link to the Web site is also available on the USAREUR Home Page www.hqusareur.army.mil under Hot Topics.

To ensure employees are making the right career decision for themselves, Garcia recommends affected employees review all the information available at the DOD Web site, talk to their supervisor, take the "GS 101" online class if needed, and consult their Civilian Personnel Advisory Center for individualized questions or concerns.

In the National Defense Authorization Act for Fiscal Year 2010, Congress repealed the authority for the NSPS and required all employees to be transitioned out of NSPS by no later than Jan. 1, 2012.

Installation Management Command will transition Aug. 15 and the Civilian Human Resources Agency will transition May 9.



U.S. Navy Mass Communication Specialist 2nd Class Manhea Kim

A school headmaster shares goodwill with U.S. and Iraqi forces before handing out backpacks during a coalition humanitarian aid mission led by the Iraqi army March 31 in Nasir Wa Salam, Iraq. The goal of the humanitarian aid effort is to improve the relationship between local nationals and the Iraqi army.



Lawrence Torres III

Command Sgt. Maj. Patrick Brooks (right) encourages each of the Soldiers with 5th Signal Command's Company B, 44th Expeditionary Signal Battalion, prior to their departure. More than 150 Soldiers with 44th ESB deployed to Afghanistan in support of Operation Enduring Freedom. Brooks is the 5th Signal Command's 2nd Signal Brigade command sergeant major.



U.S. Air Force Senior Master Sgt. David H. Lipp

U.S. Army Pfc. William Case and Pvt. Mason Clayton, from the North Dakota Recruit Training Battalion, dress a simulated injury on a mannequin during a stripes for skills event at the Armed Forces Reserve Center in Fargo, N.D., April 1. The stripes for skills event is a North Dakota Army National Guard program that provides new Soldiers with a chance to be promoted based on their basic Army knowledge and skills.

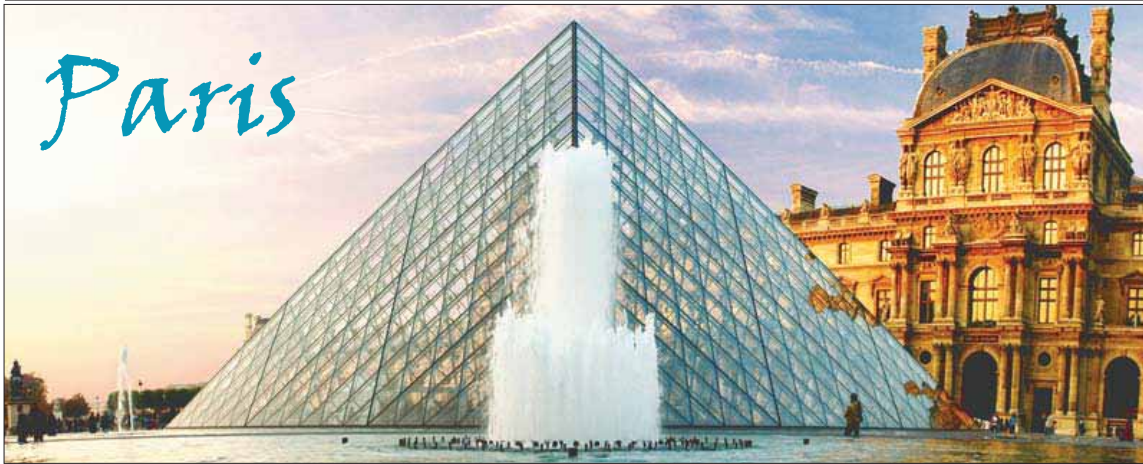


Cherie Cullen

First Lady Michelle Obama thanks U.S. service members and civilian employees for their service April 9 at the Pentagon.

ourARMY
around the world

For more Army news,
visit www.army.mil



The ideal city for fashion moguls, lovers, artists and architectural enthusiasts

By Molly Hayden
BAVARIAN NEWS

Whether it's the city of love or the city of lights, Paris is the cultural capital of Europe, making it the world's top travel destination. The city simply oozes fashion and has long been a haven for artists, musicians, philosophers and creators.

Today, Paris is one of the world's leading business and cultural centers and remains and remains influential in politics, entertainment, fashion, media, science and the arts.

Paris' diverse constitution contributes to its status as one of the world's major global cities.

Located in northern France, the densely populated city and its suburbs houses a population of roughly 11 million people and brings in more than 30 million visitors each year. In the 19th century, artists flocked to Paris to be inspired and create. The same holds true today.

Iconic street artists tenant a square on the Place du Tertre in Montmartre, vying to sell passing tourists quick sketch portraits, caricatures or vividly colored views of city.

Artists occupy sidewalks through Paris to paint the local scenery and street performers entice tourists with comedic antics, music or tricks in the hopes of earning a few euros.

In addition, Parisian merchants line the streets selling cheap souvenirs you can't live without. (Five keychains for €1? Yes, please.)

While much of the culture is in the people and the atmosphere that blankets the city, Paris also boasts a few must-do tourist stops.

Tower Power

The Eiffel Tower is Paris' most-recognized icon. Built for the World Exposition of 1889 by Gustave Eiffel, the tower stands 324 meters (1,063 ft) tall. The construction was only meant to last for the duration of the Exposi-

tion, but it still stands today, illuminating the sky with a glittering light show every hour in the evenings, as well as providing millions of visitors with breathtaking views of the city year round.

The tower has three levels for visitors. Tickets can be purchased to ascend either by stairs or elevators to the first and second levels. The walk to the first level is more than 300 steps, as is the walk from the first to the second level. The third and highest level towering 525 feet over its second level counterpart, is accessible only by elevator.

Museum Mayhem

As museums go, the Louvre is prodigious. It could take a lifetime to bask in the eight thematic departments and 35,000 pieces of artwork. Visit the Louvre with a plan of action.

The infamous Mona Lisa and the Venus de Milo are must-sees, along with works by Caravaggio and Rembrandt. From there, choose what you like and see what you can.

The Louvre's permanent collection includes masterpieces by European masters, as well as unsurpassed Greco-Roman, Egyptian and Islamic arts collections.

Additionally, temporary exhibits often highlight particular artists or movements, from modern day to the classics, and are almost always worthwhile.

The Louvre emerged in the 12th century as a medieval fortress, slowly evolving toward its status as a public arts museum during the French Revolution in the late 18th century. Since then, it has become the world's most-visited museum and an enduring symbol of French excellence in the arts.

To see the bridge between classical and modern art, visit the Musée d'Orsay next.

The Musée d'Orsay houses the largest collection of painting, scul-

ture, and decorative objects produced between 1848-1914, showcasing many of the most remarkable works of the early modern era.

Visitors welcome a detailed and breathtaking look at modern painting, sculpture, design, and photography, spanning from neoclassicism and romanticism to impressionism, expressionism, and art nouveau design while viewing works from Van Gogh, Degas, Monet and Gauguin.

In the center of Paris on the banks of the Seine, opposite the Tuileries Gardens, the museum itself is a work of art, installed in the former Orsay railway station.

Monet's water lilies dance in the airy rooms and Boleslas Biegas' sculpture of the Sphinx captivates the passersby. The Musée d'Orsay will ignite the artist in all who visit.

Holy Lands

The famous Sacre Coeur basilica (Basilica of the Sacred Heart) sits at the highest point of Paris on the Montmartre knoll. The formidable hills and stairs are worth your aching calf muscles to view various breathtaking beautiful views of the city.

The basilica's famous white architecture dominates the city while the interior contains one of the world's largest religious mosaics. Visit the Sacre Coeur at dusk for a front row seat to an illuminated view of the Eiffel Tower and the city of lights.

Across town, Notre Dame is a marvel of gothic architecture and worth a trip. Its dramatic towers, spire, stained glass and statuary that took more than 100 years to complete are jaw dropping. The site of Notre Dame is the cradle of medieval Paris and has always been the religious center of the city. Climb the North tower to see Paris from the hunchback Quasimodo's perspective.

Going the Distance

A half hour outside of Paris, the Palace of Versailles is the grand pooh-bah

of chateaus. From Marie-Antoinette's decorated estate to the ornate gardens to King Louis the XIV's humble 51,210 square meter chateau, the Palace of Versailles will never cease to amaze.

The hall of mirrors is perhaps the most celebrated room in the chateau, combining history (the World War I treaty was signed in this hall) with unique beauty. Elaborate artwork and furniture saturate each room in wealth and luxury, appropriately fitting for a King, or three.

Louis XIII first erected the building as a small hunting lodge, but Louis XIV built the palace standing today. Each of the three French kings who lived there until the French Revolution added improvements, making it a symbol of royal absolutism, embodying the emotion of classical French art.

After exhausting oneself on the sights and sounds of Paris, take time to relax and indulge in the culture of city, evoking your inner Parisian. The usual clichés would have us believe that Parisians are always in a hurry, rude and arrogant, although this is a huge misconception. (They don't smell bad, either.)

Parisians are culturally enlightened with a unique outlook. They enjoy the good things in life and are extremely inviting to tourists and travelers alike – especially if you put forth a bit of effort in learning a few simple French phrases and the history that surrounds you.

American author Elliot Harold Paul once wrote, "The last time I see Paris will be on the day I die. The city was inexhaustible, and so is its memory."

So while visiting Paris, sip rich red wine and eat garlic-battered snails, wave good-bye and say "au revoir" to a restaurant proprietor, have cheese for dessert, take in the local theater or listen to live Jazz music in a French café. While in Paris, see the sites but most importantly be a Parisian, if only for a few days.

GERMAN COOKING

Chocolate Filled Cake

Servings: 8

Ingredients:

- 1 pkg active dry yeast
- 1/4 cup warm water (105-115 F)
- 3/4 cup milk, scalded
- 1/3 cup butter, softened
- 1/4 cup sugar
- 1 teaspoon salt
- 2 eggs
- 1/2 teaspoon vanilla extract
- 3 1/2 cup all-purpose flour
- 6 ounce pkg semi-sweet chocolate morsels
- 1/2 cup chopped walnuts
- 1 egg beaten

Directions:

- In small bowl, dissolve yeast in water; set aside. In large bowl, combine scalded milk, butter, sugar and salt; stir until butter melts.
- Beat in eggs and vanilla extract. Stir in yeast. Gradually add flour, beating well after each addition.
- Turn dough out onto lightly floured board; knead 8 minutes. Place dough in large greased bowl; turn once.
- Cover bowl with plastic wrap; let rise in warm place until doubled in bulk (about 1 1/2 hours).
- Turn dough out onto lightly floured board; knead 1 minute. Roll into 22x14 inch rectangle.
- Sprinkle semi-sweet chocolate morsels and nuts over dough. Roll up jelly roll style starting with long side; seal seam.
- Form into ring; seal ends. Place seam side down on cookie sheet. Cut 2/3 way through ring at 1 inch intervals, leaving center intact.
- Gently twist each section.
- Cover with plastic wrap; let rise in warm place until doubled in bulk (about 1 hour). Preheat oven to 350 degrees.
- Brush break with beaten egg. Bake at 350 degrees for 25-30 minutes.
- Serve warm or at room temperature. Garnish as desired.

SOURCE: www.mygermanrecipes.com



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,

Right now both of my parents are deployed. Yes it's hard because they are both in the Army. I am proud of them both. Even though having two parents in the Army and deployed at the same time is hard. I'm a sophomore in high school and I have other brothers and sisters too.

My grandparents have been great. My grandmother stays with us full time and my grandfather travels back and forth to help out too. He also runs a small business back home. I miss my parents tremendously but I'm stepping out trying to be a young adult, taking care of my younger siblings and preparing for prom for the first time.

I wish my mother was here with me to help me pick out a gown or a nice dress but I'm shopping with friends. I have other friends with a parent or both parents deployed. They are having an even more difficult time than I am.

I don't like it because they talk

like they want to just give up. Some of them are starting to do the wrong things, well it's wrong in my book. Things like smoking cigarettes, weed, feeling pressured to have sex, and some are having sex just to say they have done it. I know that I cannot make any one do what they want to do but it does bother me that so many of my friends can just fall to any little pressure.

Yes our parents are deployed but it's not like we are from a destitute country where we are living on the streets or as orphans like some children and teens are facing. I try to encourage my friends to do the right things for themselves and for the sake of their parents. I know it would hurt my parents if they discovered I was involved in the wrong activities and I would not want to face their disappointment. I even look at my grandparents and I'm grateful they are willing to help us while my parents are continuing with their military careers. It's not anyone's fault that my parents chose this career or that there are wars going on right now.

Back to my friends, I don't drink, smoke and I'm not having sex with my boyfriend. I can't say I will stay a virgin until I'm married but I know that I'm not old enough to handle a sexual relationship. But can you tell me what to do about friends who talk on their cell phones or text while driving. In your opinion is this like drinking and driving or am I being too paranoid. Honestly, some of my friends think I'm going too far trying to be a good girl.

From: Trying To Do the Right Things

Dear Right Things,

There is much in your letter that many young people could learn from. I truly applaud you for trying

to do the right thing and making your parents proud of you. I want them to know they have done a beautiful job raising you.

No, you don't have a chip on your shoulder, you are not angry but you are at a vulnerable age where peer pressure is very real. You are very right in your approach because it's best to resist the temptation to do many of the things your peers are doing and not even start them i.e. smoking, drinking, other drugs, sex, etc. Addictions can start when someone engages in an activity "one time." So again ... keep saying no! Many teens believe they are invincible in other words they think "nothing will happen to me;" "I'll just do this one time" and mostly "no one will ever find out" ... wrong. Someone will find out and it's often times when things have spiraled out of control.

Your parents are just like me. It wasn't long ago that we were teenagers. Sex, drugs, teen pregnancy and venereal diseases are not a new thing. It was around when I was a teen too. That pressure was all around me. However, I knew that being a poor, black young lady from the inner city, with a mother who was a widow, I wouldn't have a snow ball's chance in "you know what" of making it if I would turn to drugs or if I got pregnant. Like you, I wanted my mother to be proud of me.

You are right you can't make your friends do anything, but Helen Steiner Rice wrote a poem called "Brighten Up The Corner Where You Are". In essence this is what you can do. Texting and driving is "Deadly!" Don't do it and refuse to get in cars with friends who won't obey these rules, trust me "Refuse to get in their cars!"

Heidelberg celebrates Women's History Month

By Jonathan Ochart
HERALD POST INTERN

Pocahontas, Harriet Tubman and Eleanor Roosevelt, among others, usually come to mind when considering the impact women have had throughout history.

The Heidelberg Equal Opportunity Office captured the importance of women's contributions during its Women's History Month presentation in the Mark Twain Village Chapel in Heidelberg March 29.

Through a variety of presentations, the EO allowed spectators to observe the many roles women have played in history and today.

After an invocation led by Maj. Ralph Clark, the USAG Heidelberg Deputy Chaplain, Lt. Col. Robert White, USAG Heidelberg commander, welcomed community members

while narrating the birth of Women's History Month. Once Congress declared March as Women's History Month, the United States observed the talents and extraordinary contributions of various females.

The welcome was followed by a slide presentation highlighting influential women. It demonstrated how females, such as modernist artist Georgia O'Keeffe, were able to manifest their own wishes for the world through several mediums; therefore, it created a more mentally and physically pleasing world.

"It is very important to recognize the great contributions civilian and military women have had towards the American culture," said Michael Ward-Maxwell, EEO officer.

Then Maya Angelou's poem titled "Phenomenal Woman" was recited. The poem helped educate community

members of the various roles women play and how many more powers lie beneath the surface.

Once the poem concluded, guest speaker Irma Finocchiaro took to the stand to speak of "millions of women who have helped the community."

By describing the evolution of women's positions in the world and the U.S. military in particular, Finocchiaro captured the essence of this year's Women's History Month theme: "Writing Women Back into History."

When speaking of woman military pilots whose contributions were extensively ignored but recently acknowledged, Finocchiaro said "these women were trailblazers. They opened the door for all women of the military."

"In our Army, women continue to make history," Finocchiaro said. "This month is an opportunity for us

to realize the contributions made by those who blazed trails for women."

"(I) enjoyed the presentation by Finocchiaro and her messages relating to women and of their proud history of what they have done in support of the nation's missions," Ward-Maxwell said.

"Females have achieved a lot," Ward-Maxwell said. "Fifty years ago a female four-star general was unheard of, but not anymore. Seeing that we now have an African-American president, maybe we'll see a female president soon as well."

Although the month has come to an end, women continue contributing to society and breaking the glass ceiling.

"We are tasked with writing the next chapter in Women's History; it is our duty for the future," Finocchiaro said.

GET OUT!

area events

More events online at <http://myBWNing.com>

April 15

Liberty Trail Ride - Registration is now open until April 15 for the Normandy Liberty Trail ride June 4-6. This challenging recreational cycling trip will take you through some of the most beautiful countryside and militarily significant regions of France's Cotentin Peninsula. The ride coincides with D-Day memorial observances. The event is an annual pilgrimage for cyclists throughout U.S. Army Europe and begins with the traditional church service in Périers and departure from the city hall with commemorative ceremonies along the way, including Ste-Mère-Église. The daily rides will begin and end in Périers, with a midday meal and mid-morning and mid-afternoon snacks. The full daily distance is broken up into four segments of about 30-35 kilometers. The registration cost of €83. Price includes an event jersey and tickets for three lunches plus mid-route snacks. Fee also covers the cost of the motorcycle escort, emergency medical and roadside repair services, and a "sag" bus. Registration is limited to only 400 cyclists and only road/racing bikes are allowed. This is not a competitive event, but it does require participants to be fit. Cycling routes average 120-130 kilometers per day. To download a registration form visit www.voiedelaliberte.fr (choose the English version then choose the tab that says "Registration by Courier") or email ron.rasch@eur.army.mil.

April 17

Paris Tour - Affectionately known as the City of Lights, Paris evokes images of romance, adventure and culture. With its incredible museums, cafes, stores and specialty shops, excitement is around every corner. Experience the one and only Paris and make memories that will last a lifetime. This tour includes a two-hour sightseeing tour and you will have plenty of free time for exploring on your own. <http://affiliates.usa.org/rheinneckar>.

Visit Bern - 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>.

Brussels City Tour - One of Europe's capitals and an international city with flair,

Brussels is a city bustling with activity, beautiful shops and a myriad of museums. That's the Brussels you'll see as we start our day with a city tour, during which you'll see the beautiful main square, La Grand'Place, the famous statue Manneken-Pis and much more. We'll even stop at a Belgian lace shop for a demonstration, after which you can buy some of the beautiful handmade lace. Next, you'll have plenty of free time to have lunch (try a famous Belgian waffle for dessert), shop, explore the sights, or visit one of Brussels' many museums, which includes an auto museum, a military museum and several art and history museums. <http://affiliates.usa.org/Kaiserslautern>.

April 18

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>.

April 24

Night of the Long Museums - Frankfurt offers just about anything a big city would offer, especially museums. This tour will give you the opportunity to visit some of these museums on a night out on the town. Upon arriving in Frankfurt, you will receive a city orientation and a museum pass that will grant you access to more than 40 museums and galleries. Participating museums and galleries in Frankfurt and Offenbach will open their doors until after midnight during this special Night of the Long Museums. Concerts, readings, dance performances, parties and many other activities will be ongoing throughout the city. Free shuttle buses, and even a shuttle boat, will transport you from museum to museum. There will be some time for shopping before the museums open their doors at 7 p.m.. This tour is not recommended for children. <http://affiliates.usa.org/Kaiserslautern>.

Schwetzingen Gardens and Palace - Schwetzingen Palace is known as the pink pearl of the Kurpfalz, and its gardens resemble the gardens in Versailles. This small town is famous for its castle, which used to be the summer residence of the last ruling prince of Mannheim, but it's even more famous for its beautiful, large park. For lovers of gardens and flowers, this is a great place to walk around. Schwetzingen is one of the asparagus capitals of Germany. The castle tour is not included. <http://affiliates.usa.org/rheinneckar>.

Strasbourg City Tour - Are you curious about the French Alsace region, the region Louis XIV called "the beautiful garden."

Then you'll want to take this USO tour to Strasbourg, the capital of Alsace. We'll begin our day with a city tour, including the beautiful Gothic cathedral that took about 400 years to build, and the famous La Petite France section of the charming old city with its 16th and 17th century timbered houses lining the Ill River. After the city tour, you'll have free time to try one of the regional dishes, Flammekuche, at one of the quaint restaurants (not included), explore on your own, or shop in the large department stores and numerous shops. <http://affiliates.usa.org/Kaiserslautern>.

Rhein River Crossing - Travel to many of the critical river crossing and battle sites of the U.S. Third and Seventh Armies and discuss how the soldiers of the American Army attacked across the Rhine, seized bridgeheads on the east bank of this great river and then triumphed in the final battles of central, southern and eastern Germany. Enroute to Patton's Third Army crossing sites south of Koblenz we will discuss Allied strategy and operations in 1945 and the tactics and techniques of the American Army. We will stop at critical crossing sites in the Third and Seventh Army sectors at Boppard, St. Goar, Nierstein and Worms. We will visit the famous Lorelei, where the American 89th Division raised the American flag on 26 March 1945, and then visit the beautiful wine town of Rüdesheim, stopping at the famous Niederwald monument above Rüdesheim. On the trip home we will discuss the capture of Mannheim and Heidelberg by the U.S. Seventh Army. <http://affiliates.usa.org/rheinneckar>.

Ongoing

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 or 0151-12730208.

Heidelberg's French Connection - Your passport to France in Heidelberg begins at Montpellier Haus, a cultural center supported by one of Heidelberg's sister cities, Montpellier, France. Located near Heidelberg's landmark Hotel Ritter, the center boasts a wine cellar and offers a variety of services, including a French conversation class, newspapers and Montpellier tourist information. The director, Soumia Baha can provide details on the French cultural events taking place around Heidelberg, such as the Bastille Day Ball, French Week, French Cinema and the Cercle de Rencontres, a casual discussion group that meets monthly. Montpellier Haus located at 19 Kettingengasse. Civ. 6221-162969. Information courtesy of Gayle S. Padgett, Stripes European Travel.

coming to THEATERS

DATE NIGHT

(Steve Carell, Tina Fey) Dragged down by the daily grind, suburbanites Phil and Claire try to put the spark back in their marriage by visiting a trendy Manhattan bistro. They get more than they bargained for when a case of mistaken identity hurls them into an incredible adventure involving corrupt cops, a mob boss and a crazed cab driver. Rated PG-13 (sexual and crude content throughout, language, some violence and a drug reference) 88 minutes

THE WOLFMAN

(Benicio Del Toro, Anthony Hopkins) Though absent from his ancestral home of Blackmoor for many years, aristocrat Lawrence Talbot returns to find his missing brother at the request of the latter's fiancée, Gwen. He learns that a creature has links to an ancient curse turning people into werewolves when the moon is full. To save the village and protect Gwen, he must slay the bloodthirsty beast, but he contends with a horrifying family legacy. Rated R (bloody horror, violence and gore) 125 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

April 16 - DATE NIGHT (PG-13) 7 p.m.; FROM PARIS WITH LOVE (R) 9 p.m.

April 17 - DATE NIGHT (PG-13) 4 p.m.; FROM PARIS WITH LOVE (R) 7 p.m.; THE WOLFMAN (R) 9 p.m.

April 18 - DATE NIGHT (PG-13) 4 p.m.; THE WOLFMAN (R) 7 p.m.

April 19 - EDGE OF DARKNESS (R) 7 p.m.

April 20 - THE WOLFMAN (R) 7 p.m.

April 21 - DATE NIGHT (PG-13) 7 p.m.

April 22 - FROM PARIS WITH LOVE (R) 7 p.m.

Mannheim, Schuh

April 15 - THE TOOTH FAIRY (PG) 7 p.m.

April 16 - CLASH OF THE TITANS (PG-13) 7 p.m.

April 17 - THE TOOTH FAIRY (PG) 4 p.m.; FROM PARIS WITH LOVE (R) 7 p.m.; THE WOLFMAN (R) 9 p.m.

April 18 - THE TOOTH FAIRY (PG) 4 p.m.; CLASH OF THE TITANS (PG-13) 7 p.m.

Vogelweh, Galaxy

April 16 - FROM PARIS WITH LOVE (R) 7 p.m.

April 17 - CLASH OF THE TITANS (PG-13) 3 p.m.; THE WOLFMAN (R) 7 p.m.

April 18 - CLASH OF THE TITANS (PG-13) 3 p.m.; FROM PARIS WITH LOVE (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

April 16 - DATE NIGHT (PG-13) - 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; THE WOLFMAN (R) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; FROM PARIS WITH LOVE (R) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; MONSTERS VS. ALIENS (PG) 12:15 p.m., 3:45 p.m.

April 17 - DATE NIGHT (PG-13) - 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; THE WOLFMAN (R) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; FROM PARIS WITH LOVE (R) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; MONSTERS VS. ALIENS (PG) 12:15 p.m., 3:45 p.m.

April 18 - DATE NIGHT (PG-13) - 12 p.m., 3:30 p.m., 6:45 p.m.; FROM PARIS WITH LOVE (R) 11:30 a.m., 2:30 p.m., 6:30 p.m.; MONSTERS VS. ALIENS (PG) 12:15 p.m., 3:45 p.m.

April 19 - DATE NIGHT (PG-13) - 12 p.m., 3:30 p.m., 6:45 p.m.; THE WOLFMAN (R) 11 a.m., 2 p.m., 6 p.m.; FROM PARIS WITH LOVE (R) 11:30 a.m., 2:30 p.m., 6:30 p.m.; MONSTERS VS. ALIENS (PG) 12:15 p.m., 3:45 p.m.

April 20 - DATE NIGHT (PG-13) - 12 p.m., 3:30 p.m., 6:45 p.m.; THE WOLFMAN (R) 11 a.m., 2 p.m., 6 p.m.; FROM PARIS WITH LOVE (R) 11:30 a.m., 2:30 p.m., 6:30 p.m.; MONSTERS VS. ALIENS (PG) 12:15 p.m., 3:45 p.m.

April 21 - DATE NIGHT (PG-13) - 12 p.m., 3:30 p.m., 6:45 p.m.; THE WOLFMAN (R) 11 a.m., 2 p.m., 6 p.m.; FROM PARIS WITH LOVE (R) 11:30 a.m., 2:30 p.m., 6:30 p.m.; MONSTERS VS. ALIENS (PG) 12:15 p.m., 3:45 p.m.

April 22 - THE WOLFMAN (R) - 11 a.m., 2 p.m., 6 p.m.; FROM PARIS WITH LOVE (R) 11:30 a.m., 2:30 p.m., 6:30 p.m.; MONSTERS VS. ALIENS (PG) 12:15 p.m., 3:45 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 for updated listings and more movie descriptions

community HIGHLIGHTS

Organizational Leadership

The University of Oklahoma is accepting applications for doctorates in their Organizational Leadership Program until Sept 1. This program is only offered about every two years and classes are held on the weekends in Heidelberg. Visit www.gou.ou.edu or contact DSN 370-6687 or apeuadmin@ou.edu.

Battle of the Bands Cancelled

The Battle of the Bands events scheduled for April 17 and May 22 has been cancelled and rescheduled for June 5.

Operation Purple Summer Camp

The National Military Family Association announced that USA Girl Scouts Overseas - North Atlantic was chosen to host their 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 Germany. Registration is now open and applications will only be accepted online. www.operationpurple.org.

TRICARE MEETS NEW STANDARDS

The TRICARE military health plan meets standards set by the Patient Protection and Affordable Care Act signed March 23 by President Obama, according to a message posted on the Military Health System web site by the Assistant Secretary of Defense for Health Affairs. To learn more about the recently signed legislation and TRICARE benefits, Europe Regional Medical Command beneficiaries can visit www.tricare.mil.

Vehicle Registration Changes

As of Jan. 1, the "AU" Decal on front license plates is no longer being required. The German front license plate will only have the lavender decal because German authorities have established that the "AU" requirement will be part of the TÜV inspection. Personnel coming into vehicle registration doing renewals, transfers on the German license plates will keep the license plates and a white repair decal will be issued for the front license plate. The white repair decal will be placed over the old "AU" decals. White repair decals will be issued to every German license plate issued before Dec. 31.

local EMPLOYMENT

Job Fair

USAG Kaiserslautern Army Community Service is hosting a job fair 10 a.m.-2 p.m. April 22 at the Kazabra Club. Get information, apply for jobs; meet with education center and university representatives. Bring a resume and dress to impress for on-the-spot interviews and hiring. DSN 493-4029, civ. 0631-3406-4029.

Dog Groomer

The Army Career and The U.S. Army Garrison Mannheim, FMWR Department is looking for a qualified, English speaking licensed dog groomer to provide dog grooming services on post. This position would be on a contracted basis. DSN 468-7225, civ. 0981-1837-225.

KAISERSLAUTERN Community

• **Town Hall** - The 21st Theater Sustainment Command and U.S. Army Garrison Kaiserslautern will host a town hall 6 p.m. April 19 at Armstrong's Community Club on Vogelweh Housing. The town hall is open to the entire community. To submit an issue for discussion for this town hall, e-mail usagkweb@eur.army.mil. DSN 493-4541, civ. 0631-3406-4541.

• **Road Construction** - The city of Kaiserslautern will start construction on a traffic circle between Daenner Kaserne and Kaiserslautern Army Depot April 19. This construction will be done in two phases and will last approximately six months. The detour plan of Phase I is on the U.S. Army Garrison Kaiserslautern's Web site at www.kaiserslautern.army.mil. Phase II detour plans have not yet been finalized.

• **Comedy Show** - There will be a comedy show featuring "Wildcat" and Vince Acevedo 9 p.m. April 23 at the Kazabra Club on Vogelweh. There will also be an after party and a "Mr. Rhythm and Ms. Blues" best dressed contest" at 11 p.m. Advance tickets are \$15 and \$18 at the door. DSN 489-6000 civ. 0631-536-6000.

• **Month of the Military Child** - There will be a community celebration for the Month of the Military Child at Pulaski Park 11 a.m. - 3 p.m. April 24. There will be free hot dogs, chips and drinks, a magic and puppet show, story telling and gymnastics, dance and martial arts demonstrations. Take a ride on the kiddie train or visit the bouncy castle. Sparky the Dog will also make an appearance. The teen shuttle will be running throughout the KMC for this event. DSN 486-8915, civ. 06371-86-8915.

• **Armstrong's Club** - Armstrong's Club invites you to Rhythm and Blues Night 9 p.m. - 2 a.m. April 24. This free event features a live DJ and free finger food. DSN 489-6000 civ. 0631-354-9986. www.mwgermany.com.

• **AGBC Dinner** - The Kaiserslautern American German Business Club will hold its gala 15th anniversary dinner 6 p.m. April 26 in the conference center of the Fritz Walter Stadium. Deadline to RSVP is April 21. kaiserslautern@agbc.de.

• **Mother's Day Bazaar** - The Mother's Day Bazaar will take place at Heaton Hall, located inside of the Landstuhl Regional Medical Center 9 a.m. - 6 p.m. April 26-29. Items featured: paintings, jewelry, Portuguese gift items, Birkenstock shoes and other European treasures. Prices are in U.S. dollars. DSN 493-4184, civ. 0631-3406-4184.

• **Vehicle Safety Check** - Bring in your car for a free spring safety check

9 a.m. - 6 p.m. April 29 at Pulaski Auto Skills on Pulaski Barracks, Bldg. 2859. DSN 493-4167, civ. 0631-3406-4167.

• **Flea Market** - Visit the Indoor Flea Market March - October for exciting deals on interesting treasures. Looking to sell? We can help with that too. Flea Market dates are 8 a.m. - 2 p.m. April 17, May 15, June 19, July 17, Aug. 21, Sept. 18 and Oct. 16. www.mwgermany.com.

• **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.

HEIDELBERG Education

• **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.

• **ACS Classes** - The following classes are now being offered by Army Community Service: Intro to MS Word 9 a.m. - noon, April 19 and 21; Intro to Computers 9 a.m. - noon April 20 and Communicative Assertiveness 1-3 p.m. April 20; FLAG 5-9 p.m. April 19-21; Checkbook Management/Smart Banking 9-11:30 a.m. April 22, Communication and Assertiveness for WT 10 a.m. and Coping with Divorce 1-3 p.m. April 22. DSN 370-6975

Community

• **Health Center Construction** - There will be construction work on the main entrance to Bldg. 3613 on Nachrichten Kaserne, scheduled to last from now through June 28. The construction will not affect accessibility to the building; however, patients are reminded to use caution when using the entrance.

• **Passport Office Hours** - The Heidelberg passport office has new operating hours. It's new hours are 8 a.m. - 4 p.m. The office is closed daily for lunch from 11:45 a.m. - 1 p.m. and on Thursday afternoons. The passport office is located in room 232 of Bldg. 3850 at the Heidelberg Community Support Center. DSN 370-3922. www.bw.eur.army.mil/directories/DHR_milpo.html.

• **CYSS** - Child Youth and School Services Parent Central Services, formerly Central Enrollment, has new operating hours beginning April 15; 8 a.m. - 4:30 p.m. Monday, Tuesday, Wednesday and Friday and 8 a.m. - 3:30 p.m. Thursday.

• **Rod and Gun Club** - There will be an archery safety course 11 a.m. - 3 p.m. April 17 at the Heidelberg Rod and Gun Club. The class will

be taught by local archery club members. Open to U.S. ID card-holders and authorized guests. Civ. 06202-51193.

The \$10 course fee includes equipment. www.mwgermany.com.

• **POSH Training** - The location for POSH training scheduled for 1 - 3 p.m. April 21 has been changed to Bldg. 110, in the command conference room on Patton Barracks. Reservations DSN 373-5494.

• **Spring Cleaning** - The tenants of the Community Support Center in Bldg. 3850 at the Heidelberg Shopping Center will conduct Spring cleanup all day April 22. Normal customer service will continue, but customers should expect longer wait times. It is advised that customers schedule their visit to the CSC on another day if possible. Questions should be directed to the individual office. www.heidelberg.army.mil/HD_phonebook.html.

• **Volunteers Recognition** - The Heidelberg community will host its annual Volunteer Recognition Ceremony at the Patrick Henry Village Pavilion 6 p.m. April 22. The ceremony will recognize the many volunteers in this community. Dress will be semi-formal. DSN 370-6883.

• **Volksmarches** - The Heidelberg International Wandering Club is hosting volksmarches April 17-18 in Spredlingen and Dallau and April 24-25 in Ludwigshafen and Clebronn. www.hiwc.de or hiwc@yahoo.com.

• **Yard Sale** - Heidelberg Middle School Odyssey of the Mind and Young Astronauts will host a yard sale April 24, Polish pottery bingo April 29, and family portraits May 1 at the Heidelberg Middle School in the multi-purpose room. kinabobina@yahoo.com.

• **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 [mwgermany.com](http://www.mwgermany.com).

• **Arts and Culture Club** - Starting in May, the Cultural Club Meetings will be held at 6:30 p.m. every second Thursday of the month at the Heidelberg Arts and Cultural Center. Join the Cultural Club and experience Europe with others who love the arts and love to travel. DSN 388-9419 [mwgermany.com](http://www.mwgermany.com).

• **Hired Program** - High schoolers ages 15-18, can sign up now for the next term of the CYSS 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.

MANNEHM Education

• **Red Cross Classes** - The American Red Cross has a CPR/AED for Professional Rescuer Class 8 a.m. - 4 p.m. April 17 in Bldg. 242, Basement Red Cross Training Room, Cost is \$50 and includes all materials. Sign up at the Red Cross Office, Bldg. 242, Room 103. Civ. 0621-730-1760, DSN 385-1760. There will also be an adult, child and infant CPR/AED and first aid course 8 a.m. - 5 p.m. April 24 at the Red Cross office training classroom. The cost is \$45 and includes all materials. DSN 385-1760, civ. 0621-730-1760.

Community

• **IAC Meeting** - The next Mannheim Installation Advisory Council will be 3:30-4:30 PM. April 19 at the commander's conference room. This forum will discuss support provided to the Mannheim schools by USAG Mannheim. Items to be included are services for school year 2010-2011, to include bus service and student transitions in and out of the community. This forum is open to the public. DSN 380-4212 or civ. 0621-730-4212 or kris.wheeler@eur.army.mil.

• **Blood Drive** - There will be a community blood drive 9 a.m. - 2 p.m. April 20 at the Sullivan Barracks Fitness Center. Walk-ins are welcome or to make an appointment to donate go to www.militarydonor.com. Once registered, click on "Donate Blood" and then on "Landstuhl, Germany." 17 year olds may now also donate.

• **Civilian Fitness** - By popular request, the Sullivan Gym is having one last enrollment for the Civilian Fitness Program. The next open enrollment date is 10 a.m. - noon. April 20 at Sullivan Gym. Appointments are required. DSN 385-3149, civ. 0621-730-3164.

• **Volunteer dinner** - The Mannheim Army Community Service will host its annual volunteer celebration 6-8 p.m. April 22. This celebration dinner will be held in Bldg. 725 behind the Bowling Center on Benjamin Franklin Village. Child care is available. Reservations DSN 385-3101, civ. 0621-730-3101.

• **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 Healthcare 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 to participate in.

Australia wins gold at Albert Schweitzer Tournament



Courtesy photos

Members of the Australia team celebrate Saturday after winning first place at the Albert Schweitzer Basketball Tournament held at the BFV Sports Arena in Mannheim. The tournament showcases youth basketball talent from around the world.



U.S. player, Ryan Boatright, blows by a member of the French team during a preliminary round of play April 4. France beat the U.S. 67-66.



U.S. player, Andrew White, goes in for a dunk during the Albert Schweitzer tournament held at the BFV Sports Arena in Mannheim.

Australia faces off against Germany for the gold during the championship game of the Albert Schweitzer tournament Saturday. Australia pulled out a victory, taking down Germany 68-51.



staying ACTIVE

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 begin April 19 and run throughout the summer. Parents can register their child at Parent Central Services, Bldg 742, Benjamin Franklin Village. DSN 380-9208 / 9209 or civ. 0621-730-9208 / 9209 or james.mcelwain@us.army.mil.

Players Needed for Heidelberg Teams

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. Open to all US ID card holders ages 18 and over (cannot be high school students). DSN 373-8032, www.mwrgermany.com.

USAG Kaiserslautern Tournament

Men's and women's basketball teams from various military communities throughout Europe will compete for first, second and third place and for the MVP Award. Tournaments are 6 p.m. April 16, 9 a.m. April 17 at Kleber and Miesau Gyms and 9 a.m. April 18 at Kleber Gym. DSN 493-2087, civ. 0631-3406-2087.

Dodgeball Tournament

Get your adrenaline rushing with Heidelberg Sports and Fitness. Bring your team out for the dodgeball tournament April 15 and 16 to win cool prizes or get hands-on training from the pros at the Ultimate Fighting Championship fighters demonstration 6 p.m. April 15. All events take place at the Patton Fitness Center and Sports Field, located on Patton Barracks. www.mwrgermany.com.

U.S. Forces European Golf Championship

The 2010 U.S. Forces European Golf Championship will take place at the Heidelberg Golf Course in Oftersheim 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.

AGBC Charity Golf Tournament

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 or kaiserslautern@agbc.de.

Exercise Classes

Zumba Classes are now being offered at Landstuhl and Kleber Fitness Centers. Enjoy the hot sounds of Cuban music and learn moves to help you get in shape. Classes at Landstuhl are open to families and adults. The family class schedule is 10-11 a.m. Monday and Wednesday and the adult class schedule is 12-1 p.m. Monday and Wednesday at Landstuhl Fitness Center Bldg. 3720. DSN 486-7172 or civ. 0631-86-7172. The schedule for the Kleber classes for adults is 11:45am-12:45p.m. Tuesday and Thursday, DSN 483-7610, civ. 0631-411-7610. www.mwrgermany.com.