

HeraldPOST

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



Together we stand

Sgt. Adrienne Killingsworth

2nd Lt. Todd Rossbach, a St. Paul, Minn., native and a platoon leader for 1st Platoon, 230th Military Police Company, 95th Military Police Battalion, addresses Macedonian and U.S. troops during a safety brief March 17 at Army Training Area Krivolak in Macedonia. 230th MP Co. Soldiers travelled to the Republic of Macedonia March 11-22 to train Macedonian soldiers on crew-served weapons in preparation for their upcoming deployment to Afghanistan.

230th MPs partner with Macedonian army, prep unit to deploy

By Sgt. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

“First, we will drink coffee.”

Those were the words of Macedonian army Maj. Slavco Cvetanoski, the commander of Army Training Area Krivolak in Macedonia, at a meeting March 12 with leadership from the 230th Military Police Company, 95th Military Police Battalion.

Before they could discuss training, the

business of friendship and partnership needed to be established. After a tray of fresh Macedonian coffee was brought to the table and every soldier took a seat, only then could the work truly begin.

Like many successful interactions between foreign militaries, cultural protocol would be as important as military protocol for the joint training exercise the military police Soldiers were going to be running for the army of the Republic of Macedonia.

As the group sat around a table together – enjoying the traditional Macedonian coffee – details could now be worked out, schedules and logistics updated, and official business could begin. The meeting was a scene that would preview the duality of the 230th MP Co.’s mission.

The 230th MP Co. deployed 36 of its 1st Platoon Soldiers to Krivolak and Peloplishte March 11-22 to take the lead see **TRAINING** page 12

Kaiserslautern set to open Warrior Zone

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

A place that single Soldiers can call “home” officially opens Monday at the Java Café on Rhine Ordnance Barracks.

“A Warrior Zone is a safe state-of-the-art environ-

ment where single Soldiers and their friends can go and meet other single Soldiers,” said the U.S. Army Garrison Kaiserslautern’s Command Sgt. Maj. Richard Jessup. “This is a place of their own for Soldiers to meet and share experiences in a very diverse environment.”

“It’s a very nice place to interact with other Soldiers. I like the free internet and being able to watch movies or play games with my friends.”

- Pvt. 2 Brian Lamson, Kaiserslautern’s Better Opportunity for Single Service members president

Warrior Zones have opened up at Army installations worldwide as part of the Soldier-Family Action Plan – the Army’s commitment to improving

Soldiers’ quality of life.

“This is a great place for the Soldier to come, play fun games and watch a movie, or just hang out with see **WARRIOR ZONE** page 12

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April 1, 2010

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The Heidelberg Sergeants Major Association held a bowling tournament to benefit a children’s hospital. 17



Defense Details

SHAPING OPERATIONS

U.S. and allied forces in Afghanistan are laying the groundwork for their much-anticipated efforts to combat extremists in Kandahar, Pentagon Press Secretary Geoff Morrell said. Morrell said combat operations will begin in earnest in the coming weeks. But in the meantime, he said, troops are engaged in what military officials refer to as “shaping” operations in preparation for the upcoming offensive there.

GUARD SUICIDES RISE

With 2010 suicide numbers slightly above last year’s and coming off the worst January on record, the Army National Guard is emphasizing resilience, transition programs and the importance of asking for help. Senators and National Guard leaders discussed unemployment, financial distress, a challenging economy and reluctance to ask for help as contributing factors. Army National Guard suicides increased 75 percent in 2009.

Army news: www.army.mil
Defense news: www.defenselink.mil

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COMMENTARY

Spring clean-up: What's all the fuss about?

By Sieg Heppner
USAG MANNHEIM PUBLIC AFFAIRS

I was given the joyous task of writing an "exciting" article about spring cleanup. That's about as exciting as flushing a toilet. It has to be done but it doesn't make you stand up and cheer. After some serious reflection, I asked myself, why do we even bother with a special spring cleanup in the military community?

One important reason is that the cold and windy weather has left plenty of debris in common areas. Pedestrians contribute their fair share of rubbish in the form of cans, bottles, paper, and food wrappings in spite of the numerous trash containers located throughout the community.

Another important reason is that the city of Mannheim has their own special week of spring cleaning between 20-27 March under the motto of "Clean up your city". In 2009, over 10,000 people collected over 17 tons of trash to improve the city's appearance.

The military community spring cleanup might be on a smaller scale but our participation demonstrates that we are neighbors who care about our surroundings and are proud to live in Mannheim. Believe it or not, we have numerous Host Nation visitors each week who still look at our housing area as a model of cleanliness and good order. That image is quickly tarnished when they see furniture and trash on the sidewalks, shopping carts abandoned in the strangest places and our treasured American beer bottles in the vicinity of Friendship Circle.

In a few short weeks, we will welcome back a large contingent of deployed Soldiers who have been away from the community about one year. What impression do we want to give them when they come through the front gate? We didn't care about their "home" while they were gone. We're "non-enduring" and it doesn't matter anyway. Or "I thought DPW



Mannheim BOSS representatives clean up after a picnic on Sullivan Field after BOSS Awareness Day.

Sieg Heppner

takes care of that."

The fact is that some maintenance contracts have been reduced due to budget constraints. That places a bigger responsibility on every member of the community to do their part in the effort of making our community presentable, for ourselves, our German neighbors, and our returning troops.

By the way, the city of Mannheim is just now in the process of passing a stricter ordinance on littering, posters in public places, and trash disposal.

The revised ordinance will allow police and civil authorities to impose heavier penalties for such violations as spitting in public, discarding paper wrappings or cigarette butts, or house refuse in public park containers.

Don't be surprised if a city employee taps you on the shoulder and requests 40 Euro for a littering violation.

Spring clean-up schedule

Mannheim

Coleman Barracks – 5-8 April
Taylor & Sullivan Barracks – 13-16 April
Spinelli Barracks – 19-23 April
Funari Barracks – 26-30 April
BFV Housing and barracks living areas – 3 May
BFV Housing and barracks living areas – 4 May (makeup day)

Heidelberg

Patton Barracks/Stem Kaserne – April 19
Campball barracks – April 20
Nachrichten Kaserne/ GAD – April 21
Hammonds Barracks/Community Service Center – April 22
Kilbourne Kaserne/Thompkins Barracks – April 23

Kaiserslautern

Dates to be determined.



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

"It looks like we will need the luck of the Irish to help us find a start hall so we can hold our 36th annual volksmarch...The Heidelberg International Wandering Club hosts a annual walking event every year, called a volksmarch, which is scheduled to take place on 18-19 September this year. We have just found out that our usual starting point, the International Gesamtschule Hasenleiser behind the back gate of Nachrichten Kaserne in Kirchheim, will be hosting their own event on the

same weekend so we have to look for a new location. We are unable to change the dates as this is given to us by the DVV (Deutscher Volkssportverband e.V.) to which the club is affiliated.

We are therefore seeking a hall in the Heidelberg area for 18-19 September (with set-up on 17 September). Approximately 3000 walkers usually attend our event, coming from the regional German walking clubs, the American communities (Mannheim, Wiesbaden, Kaiserslautern) as well as

from other countries in Europe. We will be offering 5km, 10km and 20km trails so we would prefer to have the starting point not far away from the hills of Heidelberg...If you know of a hall in the Heidelberg area which would be an ideal location for this event, please contact the club as soon as possible at hiw@yahoo.com, the last thing we want to do is cancel the event."

-Rob and Cath Floyd, BWnow members



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43rd Signal Bn. and DPW save IMCOM-E \$900 thousand a year with Lean Six Sigma

By Kris Joseph
5TH SIGNAL COMMAND PUBLIC AFFAIRS

After people take their cars to a mechanic for a general maintenance check-up or an oil change, their drive is a little smoother, the gears feel tighter, and they have an overall sense that things are running better than before.

In this real-life analogy, the car is the 43rd Signal Battalion in Heidelberg, and the mechanics are 43rd civilians trained in the process improvement servant known as Lean Six Sigma, an Army-sponsored continuous process improvement methodology that strives to transform the way Army organizations do business by finding more effective time, cost and process solutions for customers.

The 43rd, a signal battalion under the 2nd Signal Brigade and 5th Signal Command, embraced LSS and has had some notable successes that have spread throughout Europe.

The 43rd recently played a critical role in developing a partnership with 5th Signal and the Installation Management Command – Europe LSS programs.

Erich Deffner, an LSS-trained local German national from the U.S. Army Garrison Baden-Württemberg Department of Public Works, was looking for a way to save money at one of his installations and came up with an energy-saving idea to have computer monitors automatically go into sleep mode after 20 minutes of non use. He asked the 43rd to help with the effort locally.

"The 43rd was extremely helpful on this project," Deffner said. "Now we have a plan in place that is going to save money on electric costs so we can use the funds for other much needed areas on our instal-

lations."

"This LSS project is another one that is going to be implemented all over Europe," said Mike Beaupre, director of Continuous Process Improvement for 5th Signal Command. "We've estimated it's going to save IMCOM-E about \$900 thousand a year."

Beaupre said that the 43rd is a great example of how affecting change at the local unit level can create a ripple-effect that creates trust among organizations, which leads to huge savings and customer satisfaction at the theater level and beyond.

The 43rd was also given the task to reduce civilian overtime hours. David Ball, a 43rd civilian trained in LSS, used the methodology to tackle the overtime issue.

"By using LSS we were able to reduce overtime hours by 50 percent in just 90 days," Ball said. "We provided adequate alternatives for our civilian employees and in the end saved the 43rd about \$16 thousand."

As a result of this success, 43rd's method of saving overtime costs is now on course to be implemented throughout units in Europe.

Beaupre said that a crucial element for any unit using LSS is to have commander involvement.

"The commander is the agent of change in any unit," Beaupre said. "Whether a unit uses LSS or any other method to gain efficiencies, the commander has to believe in it and be the driving force behind the program to see real results."

According to Eric Ruggles, 43rd's deputy Director of Information Management, the 43rd Commander, Lt. Col. Laroy Peyton, avidly supports LSS as a way to improve his unit.

"He (Peyton) looks at the big

picture," Ruggles said. "He sees the value LSS can bring and he puts a lot of trust in me and his other civilians to help make things better for the battalion."

Since applying LSS, the 43rd has had several "quick wins" that have driven costs down, saved man hours and increased effectiveness.

"People like Eric and David in the 43rd have shown a lot of vision, drive and effort because they see the benefit of LSS," Beaupre said.

"We do see things differently," Ruggles said. "It's amazing how much time and money a unit can save if you can cut out even one redundancy in a process."

An example of this is when the 43rd reorganized the process of customer units requesting and receiving cell phones. Ruggles said that by cutting out one duplication of effort, hundreds of employee hours were saved and the customer units can now receive their orders over 60 percent faster.

"A lot of the problems are not identified because they are just part of the culture," Ball said. "People are used to doing the same things they've done for the last 20 years, so you have to show them what the organization wins over what they are going to lose."

"All of these success stories here are being seen by the Department of the Army," Beaupre said. "Saving nickels and dimes here and there can quickly turn into saving millions of dollars when more and more people jump on board."

Military units in Europe that need a tune-up can tap into the LSS "toolbox" by contacting the U.S. Army Europe LSS Deployment Manager at DSN 370-3530.

Additional info on LSS can be found at www.army.mil/ArmyBT-KC/focus/cpi/tools3.htm.

OHA survey gives service members a chance to be heard

By Staff Sgt. Patricia Deal
USAREUR PUBLIC AFFAIRS

The online Overseas Housing Allowance and Move-In Housing Allowance survey for Germany and Belgium begins today and runs through April 30.

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 is done every three years and captures how much service members spend on their off-post quarters when they initially moved in.

The MIHA is a one-time payment and covers 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, said Germany Country Allowance Coordinator William Gordon from the USAREUR G1, the command's theater-level human resources provider.

Gordon recommends having all receipts and paperwork on hand to help speed the process.

"We encourage those eligible service members to take the survey. Full participation in this survey is essential as allowances will be updated based on the results," Gordon said. "The key to success is good participation and good data."

The average annual OHA payment in 2009 in USAREUR was approximately \$25,000 (impacted by currency fluctuations), Gordon said.

The survey is expected to be available today. To complete the survey, click the OHA link on the USAREUR home page.

For more information about the survey, visit the Hot Topics section on the USAREUR home page.

Voting Assistance Officers gear up for elections

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Service members stationed overseas are making their political voices heard with a little help from their local unit voting assistance officers.

Recently, a group of Heidelberg area voting assistance officers gathered to complete a Federal Voting Assistance Program Training class held on Patton Barracks.

This one-day class primarily trains unit voting assistance officers on the 'ins' and 'outs' of absentee ballots and voting procedures at the federal, state and local levels.

They also receive instruction on how to ensure ballots are filled out correctly and how to educate U.S.

citizens on their right to vote and encourage voter participation.

John Godley is a senior program analyst from the Federal Voting Assistance program, who travels to military installations and U.S. embassies and consulates around the world to conduct classes.

"It can be a difficult process for Soldiers to really understand how to vote when they are over here in Germany and they're voting back in Kansas or Idaho or somewhere else," Godley said. "So it's necessary to get these individuals trained to help voters understand the process."

Godley covers the structure of the program itself and he goes through the individual forms step by step with voting assistance officers, as well as explaining their role and the resources that are available to

them.

Aleksandr Babenko from the Directorate of Human Resources for U.S. Army Garrison Baden-Wuerttemberg helped to organize the day's training.

"It is actually important not just on a small scale but also on a large global scale because voting is an opportunity for a person to voice their opinion and choose a leader not just for our community," Babenko said.

"They are selecting leaders for our future which will help to make a change."

Voting assistance officers must complete the Federal Voting Assistance Program Training class every two years.

For more information on this program you can visit www.fvap.gov.

Army programs give children skills, parents peace of mind

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Certain requirements at work demand people to look for appropriate child care programs in their community that will allow them to give more attention to their duties and their family.

The U.S. Army Child, Youth and School Services' School Age Services and Child Development Center programs serve military families and offer child care depending on the family's needs and preferences.

"Our program is really multi-faceted," said Dawn Weik Grossman, U.S. Army Garrison Heidelberg SAS director. "We all have incorporated multicultural programs, such as art, fitness, drama, music, and computer labs."

Besides all of the children's activities, the program also offers two certified teachers helping children with their homework and a full-time cook, serving quality meals to the children.

SAS also partners with Boys and Girls Clubs of America and the 4-H program.

"These (organizations) offer us unique programs that are already developed and implemented throughout the United States," Grossman said. "We benefit from these programs and we incorporate them. For example, they have a program called Smart Girls. We apply that and help young ladies to learn proper things, we train eating habits and try to steer them away from the negative things that are happening in society."

All children's activities require a well-trained staff and all employees

go through the CYSS training schedule, which includes different modules covering topics from safety, to environment, to positive guidance.

"It is not just baby-sitting," Grossman said. "The training is ongoing. We have to know how to evacuate the children, for example."

Besides interacting, leading activities, and mentoring the children, the staff is required to do lesson plans, prepare what activities they want to offer, and do research on how they are going to operate.

The activities the teachers offer in the room are based on a creative curriculum.

Each classroom has its own weekly lesson plans, which gives parents an idea of what their children are experiencing and learning.

"We try to partner with our local community," she said. "The U.S. Army Europe band is coming out now and then and they do a small performance for us; they then break it down one-on-one with the children asking questions. They take their instrument apart; and give an in-depth explanation, perhaps, exposing children to something they have not experienced before. It is great broadening experience for the children."

The younger the children are, the more staff is required to provide care. Approximately 40 teachers are responsible for about 135 children from 6-weeks-old to kindergarten age, enrolled in part-time and full-time care, at Heidelberg's CDC.

"A person who works here should be giving and happy and has to really like children," said Michelle Junkin, USAG

"We provide a lot of learning experiences for the children, and for the family we provide security and knowing that all of their children are being taken care of during the day."

-Aubrey McCaster, USAG Heidelberg CDC director

Heidelberg CDC supervisory program lead. "(It should be) a person who wants to teach (children) something, and see them grow and see them smile and appreciate the hugs and the laughter. The children give it all back."

With more than 20 years in the child care business, Junkin knows that watching children can be a challenge sometimes.

"Every day something else happens," she said. "There are different situations you have to go into. It is never boring, it is always exciting."

The teachers in the classrooms teach cognitive, emotional, social, and physical skills, which help the children to develop in those areas.

"... I like to interact and teach the children," Junkin said. "That is a very important job."

"We provide a lot of learning experiences for the children," said Aubrey McCaster, USAG Heidelberg CDC director. "And for the family we provide security and knowing that all of their children are being taken care of during the day."

The facility offers diversified care with different programs for different ages, such as an infant program, a toddler program, and several pre-school programs.

"It is important to parents that their children are being prepared to enter school," McCaster said. "A lot of parents don't have the necessary time to devote that much attention to prepare

their children for school, simply because of the duties they have as members of the military."

One aspect of the program is to offer a real-life experience, which teaches children eating habits or lets them witness real occupations, which involve their life.

"We have a so-called family-styled dining," said Michael Tojo, CDC assistant director. "Family styled dining is having meals that mirror meal time at home – sitting at the table and having age appropriate developmental skills at the table. For example, if the children are pre-toddler age they would need some assistance with cutting and using their fork, whereas for children at preschool age, bowls and plates are passed around where children take their own food."

Looking back on 17 years in the child care business, Grossman knows that a desire to work with children is the foremost requirement to become a care giver.

"I have tons of reports, but they get set aside when I have a child with a personal matter," Grossman said. "I've had kids that just needed someone to talk to – that is way more important. There is a very personal angle to it – making kids happy. We are like family here."

For more information on the SAS and CDC programs and how to become a child care provider, call Dawn Grossman at DSN 370-8994 or Aubrey McCaster at DSN 388-9301.

Students earn green belt at Lean Six Sigma course

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

Five Soldiers from the 21st Theater Sustainment Command graduated from the Lean Six Sigma green belt course at the Learning Center on Landstuhl March 19.

The ceremony was attended by Brig. Gen. Jimmie Jaye Wells, the deputy commanding general of 21st TSC, who stressed the importance of Lean Six Sigma, especially during this rough economy.

Wells said that while people think the Army just "blows stuff up," the Army should be run more like a business. The Army should focus on managing its resources, such as finances and time.

"Those are the components that we are looking at in Lean Six Sigma," he said.

The LSS course teaches students how to use data and statistical analysis as a way to figure out a solution to help a business or company run more efficiently. The green belt is awarded to students who go through the first step in LSS and are working on their first project.

To earn their green belts, the students attend a

two-week course spread over two months with a one-month gap in between to allow students to develop their projects.

For Sgt. 1st Class Nanette Williams, the communication plans noncommissioned officer in charge of the Special Troops Battalion, 21st TSC, earning her green belt was just the beginning. Her project is to find ways to improve the communication process in her battalion to help it run more efficiently and smoothly.

"It was very intensive but well worth it for our organization and it will help us improve our planning and operations process," she said.

"Next to Soldiers, Lean Six Sigma is our professional inspiration. When you are looking for professional inspiration, learn about Lean Six Sigma," said Williams' sponsor for her project, Lt. Col. Paul Iloff, the 21st TSC communications and information management director.

Twelve Soldiers from the European Regional Medical Command also completed the LSS green belt certification, which gave the course an added bonus.

"We had 17 people in the class. One hundred percent graduated, and it was well deserved," said Richard Rhodes, the lead instructor for the LSS green belt



Brig. Gen. Jimmie Jaye Wells, the deputy commanding general of 21st Theater Sustainment Command, speaks at a Lean Six Sigma green belt graduation at the Landstuhl Learning Center March 19.

course. "The medical world and 21st TSC made a good combination."

LSS green belt courses are held four times a year. LSS black belt courses, which are a level above green belt, are held twice a year.

Proper training, gear equals safe motorcycle riding in Europe

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

Motorcycle riding is an exciting and enjoyable hobby, but it can also be very risky and dangerous. Servicemembers, civilians and their families stationed in Europe must make safety their number one priority when they choose to operate a motorcycle here.

Safe motorcycle riding includes wearing the proper protective clothing and equipment, seeking out opportunities for education and training, and following DOD and Army regulations as well as host nation and local laws.

Army accident rates show that motorcycle operators have a much higher risk of being killed in an accident when compared to travelers in a passenger vehicle, said Scott Livingston, a safety and health specialist with U.S. Army Garrison Kaiserslautern.

"Overall our motorcycle rider population in the Army is very low, however, they generally account for almost one third of our traffic deaths," Livingston said.

For example, out of 109 Army private motor vehicle fatalities in fiscal year 2009, 32 fatalities were attributed to motorcycle accidents, Livingston said.

Europe is a very challenging environment for motorcycle riders, especially new and novice riders with little or no experience, said Livingston. Based on this, only DoD-sponsored servicemembers, civilians and their family members with prior experience and a current motorcycle endorsement on their U.S. driver's license can obtain a U.S. Army Europe motorcycle license.

Proper training and personal protective equipment is critical, said Livingston. Unlike an automobile, motorcycle accidents are a lot less forgiving. When an accident is unavoidable, a motorcyclist's personal protective equipment can protect them from serious injury or death.

Personal protective equipment includes a helmet certified by the Department of Transportation; impact or shatter resistant goggles, wraparound glasses or a full-face shield; long sleeved shirt or jacket; long trousers; sturdy footwear, leather boots or over the ankle shoes; and full fingered gloves or mittens designed for motorcycle use.



Christine June

Airman 1st Class Harry Sinner from 1st Combat Communications Squadron starts the cornering-judgment exercise of the U.S. Army Garrison Kaiserslautern's Motorcycle Safety Foundation Training Course at the Motorcycle Range on Kapaun Air Station.

A brightly colored upper outer garment should be worn during daylight hours, and a highly reflective upper outer garment should be worn during the hours of limited visibility.

Every person who owns a motorcycle or is thinking about buying a motorcycle should seek out opportunities to improve their awareness and their capabilities. Motorcycle riders should ask their unit leaders about starting up a local motorcycle mentorship and safety program, and volunteer for additional training at every opportunity.

By regulation, the Army requires that all Soldiers who operate motorcycles, both on and off post, attend the Motorcycle Safety Foundation's Basic Rider Course. Chapter 11-9b of Army Regulation 385-10 states that commanders may also offer the MSF's Experienced Rider Course in addition to the basic course, but not in lieu of the basic course. However,

anyone who has documentation of prior completion of the Experienced Rider Course will be in compliance with the Army standard for motorcycle training and will not be required to attend the basic course.

Motorcycle riders should visit the U.S. Army Combat Readiness and Safety Center's POV and Motorcycle Safety web site at <https://safety.army.mil/povmotorcyclesafety> and the center's Motorcycle Mentorship Program web site at <https://safety.army.mil/MMP> for more information. Another resource for motorcycle riders is the Motorcycle Safety Foundation at <http://www.msfc-usa.org>. For motorcycle licensing and training information in your local area, contact the Driver's Testing Station and Safety Office.

All things considered, operating a motorcycle can be very risky and dangerous – but armed with the proper training, knowledge and gear – the risks and dangers can be significantly reduced.

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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COMPREHENSIVE SOLDIER FITNESS PROGRAMS FOR THE ENTIRE COMMUNITY

Social: Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.

Tip of the week: Human beings are social animals. It seems intuitive (even for introverts) that social contact has benefits. Obviously we need other people to fulfill basic needs. Maybe less obviously, we seem to need other people to maintain adequate levels of mental well-being and motivation. Awareness of your own interaction with other people is the first step in improving your social fitness. Learning to identify which types of situations make you uncomfortable and then modifying your behavior to achieve positive results is a critical step in becoming more socially fit. You can learn to become aware of behaviors in other people that prompt you to respond in negative ways and modify your own behavior to turn the situation into a positive experience.

Event: Celebrate the grand opening of the USAG Kaiserslautern Warrior Zone inside of the Java Café 4 p.m. April 5, on Rhine Ordnance Barracks, Bldg. 273. This new facility features the latest in gaming and digital entertainment, four flat-screen TVs, and surround sound system, headphones, and DVD capabilities and is free for all Soldiers and guests 18 and over to use. DSN 493-2623 or civ. 0631-3406-2623. www.mwrgermany.com.

Visit one of the loveliest parks in Europe with the Mannheim USO. Luisenpark is one of Mannheim's best-kept secrets. Visit the conservatory, terrarium, aquarium, butterfly house and bird sanctuary. Children can enjoy the mini farm with a variety of animals and the three distinctive playgrounds. You will be able to have lunch at the TV tower or tea and a snack at the authentic Chinese teahouse (meals not included in tour price). <http://affiliates.uso.org/rheinneckar>.

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

Faces of the community: Heidelberg Vehicle Registration



Dijon Rolle

The Heidelberg Vehicle Registration Field office is located inside of the Heidelberg Shopping Center. The office is responsible for registering and de-registering vehicles with United States Army Europe license plates. Currently this office is the only vehicle registration office in Heidelberg. The renewal office located on the DPW compound is now closed until further notice. Employees recommend that customers call ahead or stop by to avoid any surprises and to help stay abreast of any changes that may pertain to them. The office hours are Monday – Friday 8 a.m. – 3 p.m. and Thursdays 10 a.m. 3 p.m. You can contact the Heidelberg Vehicle Registration Field Office at DSN 370-9487 or civ. 06221-57948.

Kaiserslautern prepares for Easter egg hunts

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

The U.S. Army Garrison Kaiserslautern hosts two Easter events this Saturday to give Kaiserslautern military community children a chance to hunt for eggs that the Easter Bunny has hidden for them.

First up is the garrison's "Eggstravaganza" that starts at 11 a.m. at Pulaski Park on Pulaski Barracks. Next is the Landstuhl Community Chapel's Easter Egg Hunt from 2 to 4 p.m. at the Chapel grounds on Landstuhl Regional Medical Center.

Both are free events for Department of Defense ID card holders and their families.

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

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

A record number of about 1,000 people, including more than 500 children attended last year's "Eggstravaganza," Selvey said.

The "Eggstravaganza" will again host the Easter Bunny who will be available to pose for pictures with families. Selvey added that the Easter Bunny will have

a basket full of decorated eggs for late arrivals and children who missed getting some eggs during the hunt.

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

The park's playground will be divided into two areas – one for children younger than 3 years old, and the other for children 3 to 4 years old. The Flat grassy upper area next to the woods is for children 5 to 7 years old, and the wooded area above the playground is for children 8 to 12 years old.

Egg collection bags will be available for children to collect the eggs, Selvey said. He added that there will even be a table set aside so that children can decorate their bags and a bouncy castle.

Families will be allowed to enter the area at 10:35 a.m., Selvey said.

Landstuhl Community Chapel has hosted its event for three years.

"We host this event to give the community a chance to get to know us, and we get to know them," said Chaplain (Capt.) Thomas Collier, the garrison's Kaiserslautern community chaplain, who is the officer in charge of this event. "It's a time to fellowship and have fun."

The chapel's hunts will be broken down into different time slots for three age-groups: ages 1 to 4 will start hunting eggs at 2:30 p.m., 5 to 8 at 3 p.m.; and, 9 to 12 at 3:30 p.m.

"Each year we have added more to our event," Collier said.



Christine June

The U.S. Army Garrison Kaiserslautern hosts two Easter egg hunts this Saturday for Kaiserslautern military community children up to 12-years-old. The garrison's "Eggstravaganza" starts at 11 a.m. Saturday at Pulaski Park on Pulaski Barracks, and the Landstuhl Community Chapel's Easter Egg Hunt is 2 to 4 p.m. at the Chapel grounds on Landstuhl Regional Medical Center.

This year's event will have a bouncy castle, games and crafts. Music will be provided by the Worship Band and food will be served.

In case of inclement weather, the event will be held in LRMCC's Heaton Auditorium.



Sgt. Travis Zielinski

As the sun rises, Soldiers weave through an obstacle course on Camp Taji, Iraq, March 23. The soldiers, assigned to the 1st Cavalry Division's, Company F, 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, worked together to complete the challenges during eight events.



U.S. Air Force Tech. Sgt. Francisco V. Govea II

Staff Sgt. Gerald Frushon, right, and Pvt. Samuel Lima, provide security during a school assessment in Wesh, Afghanistan, March 16. Frushon and Lima are assigned to C Troop, 8th Squadron, 1st Cavalry Regiment.



U.S. Army Photo

Airborne students exit the aircraft at 1,250 feet above the drop zone.



U.S. Air Force Tech. Sgt. Francisco V. Govea II

Soldiers fortify an Afghan police checkpoint by placing razor wire around the perimeter in Robot, Afghanistan, March 19. The soldiers are assigned to Bear Troop, 8th Squadron, 1st Cavalry Regiment.



Sgt. Travis Zielinski

During a team-building challenge, U.S. Army 1st Lt. Alan Roy, right, and Sgt. Luis Garcia crawl through an obstacle course on Camp Taji, Iraq, March 23. Roy, a platoon leader, and Garcia, a squad leader, are assigned to the 1st Cavalry Division's, Company F, 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade.

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around the world

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TRAINING

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in a crew-served weapons training exercise for the Macedonian military police, ranger and special forces soldiers from the Macedonian army's Special Operations Regiment in preparation for the unit's upcoming deployment to Afghanistan with the Vermont National Guard's 86th Brigade Combat Team.

The exercise, which consisted of multiple days of classroom training and weapons ranges, familiarized more than 90 Macedonian soldiers with the Army's M2 .50-caliber machine gun, M249 Squad Automatic Weapon, MK19 automatic grenade launcher and M240B machine gun – all weapons the Macedonians will need to be very familiar with when they link up with their American counterparts in Afghanistan.

Being experienced marksmen already, the training for the Macedonian soldiers was an opportunity to familiarize themselves with U.S. weapons and to fuse the training provided by the Soldiers of the 230th MP Co. with the extensive knowledge of weapons they already possess.

After a few days in the classroom, the success of the Macedonian soldiers at the weapons ranges proved to be a testament to not only the hard work and dedication that went into their training but also to their readiness.

Macedonian army Lt. Col. Zoran Blazevski, the chief of operations for the Special Operations Regiment, said

that in the future the Macedonian army may receive its own supply of crew-served weapons and that having 92 trained personnel would be a huge asset to its forces.

"With this experience, during those five days of training, we learned a lot, I would say. Our soldiers, who are going on their mission in Afghanistan in the future, are (well) prepared to use these weapons," Blazevski said.

The weapons range is something they hope to replicate in future training for other soldiers now that they have 92 soldiers who are trained and experienced on crew-served weapons, Blazevski added.

A visit to the weapons range at Krivolak March 19 by a delegation from Allied Joint Force Command Naples, headed by Adm. Mark Fitzgerald, the JFC Naples commander as well as the commander of U.S. Naval Forces Europe and U.S. Naval Forces Africa, emphasized the military-wide importance of the training.

The U.S. military's mission in Afghanistan places reliance on its strong partnerships with other militaries. The 230th MP Co.'s mission in Macedonia was a testament to the United States' dedication to these partnerships.

As important as the weapons training was from a strictly military perspective, the exercise also provided American and Macedonian troops with an opportunity to expand their horizons and interact on more personal levels. Having the chance to create a bond be-

tween the two militaries on a cultural and military level left a strong impression on many of the Soldiers who participated in the event.

"They've introduced us to a little bit of their culture – the sports they like to play, the food they like to eat. We have had little conversations about our lives before the military, and it's pretty nice talking to them," said Pfc. Daniel Rojas, a military police Soldier with the 230th MP Co. "I hope when I go downrange, I get to see a couple of these guys down there and we can fight side by side."

Many of the Soldiers who participated in the exercise saw the value in the duality of their mission and their unique opportunity to visit Macedonia. Having a chance to visit historic Macedonian sites and letting Macedonian soldiers show American soldiers the things they were most proud of in their country was a chance not many Soldiers will have in their military careers.

For Pfc. Ryan Lackovic, a military police Soldier with 230th MP Co., who had an opportunity to teach one of the classes on crew-served weapons, one of the most important things he wanted to take back from his time in Macedonia was not a souvenir or a photograph – it was the value of the experience.

"Most people don't get to have the experience of coming to Macedonia and seeing the countryside or even to train soldiers," Lackovic said. "So the experience is pretty priceless, and I think taking that back is pretty big."

Despite the language barrier that many thought would exist, it proved to be relatively easy for the two armies to find similar interests and ways around the communication roadblocks.

Staff Sgt. Sylvester Hall, platoon sergeant for 1st Platoon, 230th MP Co., said that in spite of the language barrier, there was a common language among soldiers that helped to make the training run smoothly and the mission a success.

"I am very impressed with how my Soldiers have done over here," Hall said, "and the Macedonian soldiers have done excellent as well. I think they'll be successful when they go over to Afghanistan."

As demonstrated time and again, the camaraderie between soldiers – of any country – can transcend borders and language barriers. It is a bond that it quick to form and almost impossible to break.

As the 230th MP Co. prepared to depart Macedonia and its Soldiers said their final good-byes, the friendships that had been established were obvious. Unit patches were traded, e-mails were exchanged and hopes of seeing one another again were voiced time and again.

And as these Macedonian soldiers make their way to Afghanistan, they leave behind a unit of U.S. military police Soldiers who are not only proud to have supported them in their mission, but are personally invested in their success.

WARRIOR ZONE

continued from page 1

friends," said Wendy Gittens, the Family and Morale, Welfare and Recreation Command's Food and Beverage Management trainee.

This single-Soldier home has a lounge with four big flat-screen TVs with satellite access, multiple gaming systems, stereo system and projector lighting effects. There are also six computer workstations with free internet access.

"It's a very nice place to interact with other Soldiers," said Pvt. 2 Brian Lamson, the garrison's Better Opportunity for Single Soldiers president, who added that he and his friends have been to the Warrior Zone a couple of times even though they live about 30 minutes away. "I like the free internet and being able to watch movies or play games with my friends."

Although the Warrior Zone has been open since Feb. 15, the official ceremonial ribbon cutting is 4 p.m., Monday.

A gaming tournament highlights the grand opening events, which also includes free food and beverage samples.

Gittens said that the Warrior Zone is for service members and their guests, 18 years and older.

Jessup added that the priority is single Soldiers so that they have a place a part from their barracks to go to and be able to relax in a safe environment.

A portion of the funds for the garrison's Warrior Zone came from FMWRC, and the garrison's FMWR invested an additional \$15,000, said Gittens, who added that the renovation took two months.

Travels of a Submarine



Second grade students in the German Immersion class at Patrick Henry Elementary School perform a musical show, 'Travels of a Submarine' (Reise im Unterwasserboot) in German March 23. The students performed two shows for the students and one show for the parents.

Imgard Braun-Williams

Japanese love opera finds success in Europe

Standing ovations for 'Ai-En' in Heidelberg's Opera Tent

By Shiva Hamid
HEIDELBERG THEATER

As one of the most important contemporary composers in Japan, Minoru Miki's opera titled "Ai-En", which recently premiered in Europe, touched audience members with its sensuous singers and orchestra.

The charismatic opera tells a magical love story set in eighth century Japan.

According to the Mainzer Allgemeine newspaper, "the European premiere of 'Ai-En' will go into the annals of the Heidelberg Theater without a doubt. Everything went absolutely right, including the music, singers and scenes. Minoru Miki is one of the most significant composers in the world today."

Composer Minoru Miki's opera convincingly entwines fictional characters with actual historic figures, including Jakuchō Setouchi, an author, Buddhist nun, peace activist, and recipient of Japan's most distinguished literature prize.

Nelly Danker, a young German-Japanese student at Hans Neuenfels, directed the Heidelberg performance and captured characteristics from the Asian world by collaborating with set and costume designer Andreas Auerbach.

Along with her hauntingly beautiful soprano, Hye-Sung Na received much applause for her double-role as the "first" and "second" love. Moreover, her collaboration with the young Korean singer Byoung Nam



Photos by Markus Kaesler

Hwang, who played Ono Kiyoto with a vigorous yet sensitive tenor, won listeners over. The opera choir under the direction of Jan Schweiger also performed phenomenally.

One of the most fascinating moments occurs during the third act, when Yang Ying plays the Pipa, a Chinese lute. The internationally-respected Chinese performer is one of the best and most sought after musicians who plays the historic stringed instrument.

"This consummate young artist, whose playing was in part integrated within the orchestra but addition-

ally in solo selections, stood out with distinction and received spontaneous outbursts of applause," according to the Rhein Neckar Newspaper.

Audience members were astounded by her tremendous ability to create exotic and beautiful sounds.

Similarly, the Philharmonic Orchestra under Dietger Holm also impacted the audience with its colorful and precise performance, which connects elements of the western orchestra with Asia's musical traditions.

While extremely compelling, the Heidelberg Theater initially took a

risk by introducing a Japanese opera in its original language.

Nonetheless, the audience's enormously enthusiastic response compensated the cast and crew for familiarizing themselves with the Japanese language.

Representatives of the Japanese embassy in Berlin and the Japanese Cultural Center in Köln, Heidelberg's Lord High Mayor Dr. Eckart Würzner and many Asian guests came to see the performance.

As a result of this event, the close connections between Japan and Heidelberg have strengthened.



Information and Tickets

Address:
Theater and Orchestra Heidelberg
Emil-Maier-Strasse 16
69115 Heidelberg
Civ. 06221-583-5000

Show dates and times:
April 19
April 27
May 15
June 5
All shows begin at 7:30 p.m.

Tickets:
www.theaterheidelberg.de or tickets@theater.heidelberg.de
Civ. 06221-582-0000

Box office Opera Tent
The corner of Emil-Maier-Strasse and Alte Eppelheimer Strasse
Monday-Saturday 11 a.m. - 6 p.m.

Box office Theaterkino
Hauptstrasse 42, Heidelberg
Monday-Saturday 11 a.m. - 6 p.m.

GERMAN COOKING

Chicken Fricassee (Huhnerfrikassee)

Servings: 4

Ingredients:

- 1 stewing chicken
- 3 cups of cold water
- 1 Tbsp. salt
- 1 leek
- 1 celery stalk
- 1 carrot
- 1 whole clove
- 1 bay leaf
- 1 small onion, cut in half
- 1 small can button mushrooms, drained
- 1/3 cup butter
- 1/4 cup all purpose flour
- 1 pinch ground nutmeg
- 1 teaspoon worcestershire sauce
- 1 dry white wine, german
- 1 teaspoon lemon juice
- 1 small can of peas, drained
- 1 egg yolk
- 6 tablespoon whipping cream

Directions:

- Cut chicken into pieces.
- Place chicken in a deep saucepan; cover with cold water.
- Add salt, leek, celery, carrot, whole clove, bay leaf and onion. Bring to boil; reduce heat.
- Simmer 1 to 2 hours, depending on size and tenderness of chicken.
- Remove chicken from cooking liquid; cool slightly.
- Remove skin and fat; cut flesh from bones in large pieces. Strain liquid.
- Cut mushrooms into thin slices. Sauté in a small amount of butter in a medium skillet. Melt butter in a large skillet. Stir in flour. Cook, stirring constantly, until light golden brown, about 3 minutes. Add a small amount of hot cooking liquid and season with salt, nutmeg, worcestershire sauce, wine and lemon juice.
- Place chicken pieces, sauteed mushrooms and peas in sauce; warm gently over low heat.
- When all ingredients are hot, turn off heat. Let stand 3 to 4 minutes.
- Before serving, blend egg yolk and whipping cream in a small bowl. Stir egg yolk mixture into sauce to make it smooth and rich.
- Serve hot with rice.

SOURCE: www.mygermanrecipes.com



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.

Dear Ms. Vicki,

From the tone of your letters I know you are not going to like what I have to say. I know that you and your readers can have their opinions because it is a free country.

I'm not a stupid woman like many of the women who write you, but I have to admit what I've abhorred about some of them as life would have it I'm in the same situation. What are you supposed to do when you meet the man of your dreams and he is married?

Should you run in the other direction or what? I never intended to fall in love with a married man. I can't say it just happened, but here I stand shocked and dismayed. Why, why, why I keep asking myself. How could he do this to me?

My married boyfriend was cheating on me too. Yes, cheating on me. He has been having his way with other women in his same unit. It doesn't matter what their rank is, he fraternizes etc.

I was thinking he was a professional Soldier when he is taking advantage of these young female Soldiers. When I met him he said he was in the process of a divorce. He has lived at least 1/3 of his career as a geographical bachelor as he is now (I'm sure this is to his advantage too).

He said his divorce would be final by December 2008. I figured it was

none of my business to inquire about his marriage or what happened to tear his marriage a part. I believed him when he said he was getting a divorce and I even heard him speak with his lawyer on occasion and I've viewed legal papers regarding the divorce.

Now it's 2010 and still no divorce has happened. As it turns out, his wife is pregnant, by him of course and the baby is due next month. She along with his other two children will be moving here after the baby is born to set up house while he is deployed.

A young female Soldier is the one who came to me and provided the tip of information that made all of this come to surface. Yes, I had fallen in love with him and everything that comes with being in love with a man.

He told me after his divorce was final the two of us would at least move in together "just to see where things would go".

Obviously, I wanted to marry him. I'm a southern girl with good southern values so I wanted to be married and not a live in lover. Now I know that this was just his game and he was playing with me. He was never going to leave his wife and he continues to cheat with the other women.

I think I should be the one to bring him down with all of the information I have on him. This way he must discontinue his behavior. I respect marriage, but if he is going to be married then he should give up his cheating ways and stay home with his wife.

Am I looking for a man, honestly I am and yes I want to be married. However, at 33 years old and dealing with all of the drama it may be worth it to stay by myself. Thanks for listening Ms. Vicki. Please impart any wisdom on this subject as you wish.

From: My Unfaithful Married Lover

Ms. Vicki's Online Talk Show

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

STD Awareness Month – talk to your doctor and get tested

HMEDDAC Public Affairs

Sexually transmitted diseases can be an uncomfortable topic of discussion for some people. But the truth is, while STDs are becoming more common in the United States, they're treatable and preventable if people are careful.

April is STD Awareness Month, and health experts with the Heidelberg Medical Department Activity urge you to take some time to learn about the most common STDs and how to prevent them.

"Many STDs have no symptoms at all," said Maj. Kristal Bryant, public health nurse at the Mannheim Army Health Clinic. "This means that many

people are infected and don't know it. The only way to know for sure is to get tested."

The Centers for Disease Control and Prevention estimates there are approximately 19 million new cases of STDs each year in the United States. Almost half of those cases are among young people ages 15 to 24.

"Don't be afraid to discuss STDs with your health care provider," Bryant urged. "We're not here to reprimand you for being infected. We're here to help you get the testing and treatment you need."

"Most importantly, talk about STDs with your partner. You should be able to have an open and

honest conversation with each other and that will help prevent STDs in the future," she said.

Vaccines offer protection against two of the most common sexually transmitted viral infections: hepatitis B and human papillomavirus, better known as HPV, which has been linked to cervical cancer.

"STD testing should be part of your routine medical care if you are sexually active with more than one partner," Bryant said. "As your health care team, we can provide the appropriate counseling, vaccinations, testing and treatment if needed."

For more information on the prevention and treatment of STDs, call your local health care clinic or visit www.cdc.gov.

GET OUT!

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

April 3

Dinner Theater - Members of the Off Main Street Theatre on Coleman Barracks will perform the play, 'Jake's Women'. Jake, a novelist who is more successful with fiction than with life, faces a marital crisis by daydreaming about the women in his life. The wildly comic and sometimes moving flashbacks played in his mind are interrupted by visitations from actual females. Jake's women include a revered first wife who was killed years earlier in an accident; his daughter who is recalled as a child but is now a young woman; his boisterous and bossy sister; an opinionated analyst; his current wife who is leaving Jake for another man; and a prospective third wife. Show starts at 7:30 p.m. April 2, 3, 9, 10, 16 and 17. Dinner served at 6:30 p.m. Show only 3 p.m., April 11. Children under five cannot be admitted to any performance. DSN 373-5020.

Amsterdam By Night Tour - With more than 40 concerts and theatrical performances a day, 1,400 cafes and bars, 40 discos, 800 restaurants, 40 theaters, and hundreds of establishments that can't be categorized, Amsterdam's nightlife truly has something for everyone. The tour will leave Saturday morning, have lunch (not included) en route at a Dutch restaurant, and visit one of the oldest wooden-shoe makers in the area. Upon arrival, there will be a city orientation and then you will have the until 3 a.m. to explore. This tour is restricted to participants 18 years old or older. No children or infants. U.S. (blue), EC, or Canadian passports recommended. Travel documents are the responsibility of the customer. Tour price includes transportation, city orientation, and a USO tour guide. <http://affiliates.uso.org/Kaiserslautern>.

Luisenpark Visit - One of the loveliest parks in Europe is just a streetcar ride away from the Mannheim USO. Luisenpark is one of Mannheim's best-kept secrets. The tour guide will take you to the conservatory, terrarium, aquarium, butterfly house, and bird sanctuary. You will be able to have lunch at the TV tower or tea and a snack at the authentic Chinese teahouse (meals not included in tour price). Children will enjoy the mini farm with a variety of animals and the three distinctive playgrounds. NOTE: Entrance fee to the park is not included in tour price. Entrance fees: Adults €5; Children (ages 6-15) €2.50; Children under 6 are free. <http://affiliates.uso.org/rheinneckar>.

April 10

Polish Pottery - This tour is for serious shoppers who are interested in Polish pottery, wicker, and amber jewelry. Charming Polish pottery from the Boleslawiec region is hand-painted and made from natural ceramic clay, found in nearby deposits. Please

bring dollars and Euros for purchases and meals. Wear comfortable clothing and bring a pillow, blanket, snacks and water. Tour price includes transportation, tour guide, and two seats per person. <http://affiliates.uso.org/rheinneckar>.

Holland Day Tour - Join us for an unforgettable tour that will have you tiptoeing through the tulips. The first stop is Zaanse Schans, a picture perfect village with centuries old windmills and shops that carry wooden shoes and cheese. Then we will visit the famous gardens of Keukenhof, with millions of tulips, amaryllis, freesia and hyacinths. Enjoy the acres of beautiful flower exhibits, a Dutch windmill and play areas with an adventurous maze, and much more. If you need a break from all the activities, you will be able to relax in one of the many restaurants. <http://affiliates.uso.org/rheinneckar>.

Boxing Match - There will be a sanctioned Ultimate Fighting Championship fight at 6 p.m. at the Heidelberg Boxing gymnasium located on Redtenbacher Str., 6 Heidelberg 69126. Doors open at 5 p.m. There will also be a small bar for refreshments and food. Tickets are €25. <http://www.bcxgymnasium.de>.

Hockey Game - The Baden Bruins, an Army hockey team playing in the DPL "Die Players Liga", will face the Heddesheim Flames for the league championship at the SAP Arena at 8:30 p.m. The event is free.

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-Eglise. 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 Euros. 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

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 hand-made 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. Be sure to bring euro for lunch and shopping. We recommend U.S. (blue), EC, or Canadian passports. Travel documents are the responsibility of the customer. Comfortable shoes are recommended for our walk through the cobblestone streets. Tour price includes transportation, city tour, and a USO tour guide. Due to strenuous walking on cobblestone streets in crowded areas, this tour is not recommended for children under 6. <http://affiliates.uso.org/Kaiserslautern>.

April 24

Holland overnight - This special overnight tour will enable you to fully experience tulipmania and the charms of the Netherlands. After a good Dutch breakfast buffet (included), we'll drive through the beautiful countryside to the coastal town of Noordwijk to take our position along the parade route to observe the annual flower parade, Holland's version of the rose parade. After lunch on the famous Scheveningen Boardwalk, we'll check in to our 4-star hotel and then take a guided tour of The Hague. In the evening, you can visit the boardwalk or The Hague downtown or the Madurodam Park. After breakfast in the hotel (included), we go to the famous Keukenhof Gardens, the most beautiful spring flower show in the world. In the afternoon, we'll continue on to Delft, where we'll visit one of three remaining Delft Blue factories. After our factory tour, we'll continue into the quaint town of Delft for a city orientation around its canals, churches, and 16th century homes. U.S. (blue), EC, or Canadian passports are required. Tour price includes transportation, breakfast, one overnight in a four-star hotel, Keukenhof Gardens entrance fee, guided tour of The Hague, guided tour of Delft factory and city, and USO tour guide. <http://affiliates.uso.org/Kaiserslautern>.

coming to THEATERS

HOW TO TRAIN YOUR DRAGON

(Jay Baruchel, Gerard Butler) Set in the mythical world of burly Vikings and wild dragons, and based on the book by Cressida Cowell, this action comedy tells the story of Hiccup, a Viking teenager who doesn't exactly fit in with his tribe's longstanding tradition of heroic dragon slayers. Hiccup's world is turned upside down when he encounters a dragon that challenges him and his fellow Vikings to see the world from an entirely different point of view. Rated PG (sequences of intense action and some scary images, and brief mild language) 98 minutes

WHEN IN ROME

(Kristen Bell, Josh Duhamel) An ambitious young New Yorker, disillusioned with romance, takes a whirlwind trip to Rome where she defiantly plucks magic coins from a fountain of love, inexplicably igniting the passion of those who threw them in: a sausage magnate, a street magician, an adoring painter and a self-admiring model. But when a charming reporter pursues her with equal zest, how will she know if his love is the real thing? Rated PG-13 (some suggestive content) 91 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

April 2 - HOW TO TRAIN YOUR DRAGON (PG) 7 p.m.; WHEN IN ROME (PG-13) 9 p.m.
April 3 - HOW TO TRAIN YOUR DRAGON (PG) 4 p.m.; WHEN IN ROME (PG-13) 7 p.m.; LEGION (R) 9 p.m.
April 4 - HOW TO TRAIN YOUR DRAGON (PG) 4 p.m.; WHEN IN ROME (PG-13) 7 p.m.
April 5 - WHEN IN ROME (PG-13) 7 p.m.
April 6 - HOW TO TRAIN YOUR DRAGON (PG) 7 p.m.
April 7 - LEGION (R) 7 p.m.
April 8 - HOW TO TRAIN YOUR DRAGON (PG) 7 p.m.

Mannheim, Schuh

April 2 - THE BOUNTY HUNTER (PG-13) 7 p.m.
April 3 - THE BOUNTY HUNTER (PG-13) 4 p.m.; WHEN IN ROME (PG-13) 7 p.m.; THE BOOK OF ELI (R) 9 p.m.
April 4 - WHEN IN ROME (PG-13) 4 p.m.; THE BOUNTY HUNTER (PG-13) 7 p.m.

Vogelweh, Galaxy

April 2 - WHEN IN ROME (PG-13) 7 p.m.
April 3 - THE BOUNTY HUNTER (PG-13) 3 p.m.; LEGION (R) 7 p.m.
April 4 - WHEN IN ROME (PG-13) 3 p.m.; THE BOUNTY HUNTER (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

April 2 - HOW TO TRAIN YOUR DRAGON (PG) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; WHEN IN ROME (PG-13) 12 a.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; LEGION (R) 11 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; MEET THE ROBINSONS (G) 12:15 p.m., 3:45 p.m., 7 p.m.
April 3 - HOW TO TRAIN YOUR DRAGON (PG) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; WHEN IN ROME (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; LEGION (R) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; MEET THE ROBINSONS (G) 12:15 p.m., 3:45 p.m., 7 p.m.
April 4 - HOW TO TRAIN YOUR DRAGON (PG) 11 a.m., 2 p.m., 6 p.m.; WHEN IN ROME (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m.; MEET THE ROBINSONS (G) 12:15 p.m., 3:45 p.m., 7 p.m.
April 5 - HOW TO TRAIN YOUR DRAGON (PG) - 11 a.m., 2 p.m., 6 p.m.; WHEN IN ROME (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m.; LEGION (R) 11:30 a.m., 2:30 p.m., 6:30 p.m.; MEET THE ROBINSONS (G) 12:15 p.m., 3:45 p.m., 7 p.m.
April 6 - HOW TO TRAIN YOUR DRAGON (PG) 11 a.m., 2 p.m., 6 p.m.; WHEN IN ROME (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m.; LEGION (R) 11:30 a.m., 2:30 p.m., 6:30 p.m.; MEET THE ROBINSONS (G) 12:15 a.m., 3:45 p.m., 7 p.m.
April 7 - HOW TO TRAIN YOUR DRAGON (PG) - 11 a.m., 2 p.m., 6 p.m.; WHEN IN ROME (PG-13) - 12 a.m., 3:30 p.m., 6:45 p.m.; LEGION (R) - 11:30 a.m., 2:30 p.m., 6:30 p.m.
April 8 - WHEN IN ROME (PG-13) - 12 p.m., 3:30 p.m., 6:45 p.m.; LEGION (R) 11:30 a.m., 2:30 p.m., 6:30 p.m.; MEET THE ROBINSONS (G) 12:15 p.m., 3:45 p.m., 7 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

Community Bank Holiday Closing

Due to the Easter holiday, all Community Bank centers will be closed April 2-5. For customer convenience, ATMs and online banking are available.

2010 Census count

U.S. Army in Europe Soldiers, federal civilian employees, and dependent family members will be counted in the 2010 Census – without filling out a census form. The DoD's Defense Manpower Data Center will provide the count based on home of record, legal residence, or last duty station. National Guard members serving overseas as of April 1 are also included in the overseas count. DoD contractors are not included in the count. For more information visit www.census.gov.

Pre-Retirement Seminars

CHRA-E HRDD is offering pre-retirement seminars for employees, five years or less, away from retirement. The seminars will provide employees with an increased understanding of their retirement system, FEHB, FEGLI, TSP and Social Security. Employees should select the seminar associated with the retirement system they are under. Local class dates for CSRS are April 6 in Schwetzingen and April 12 in Kaiserslautern. For FERS, April 7 in Schwetzingen and April 13 in Kaiserslautern. Enrollment is through CHRITAS. For details contact John Fouch at DSN 483-5845.

Free Summer Camp

Operation Purple is offering a free week of summer camp for military kids whose parents are, have been or will be deployed July 11-17 near Ansbach. For registration information and other dates and locations visit www.militaryfamily.org

Field Study Courses

Travel to Italy and Scotland and earn university credit with UMUC Europe. Tour some of the most exciting locations in Europe while studying literature and history with University of Maryland University College. Two UMUC field study courses will be offered this summer: History and Culture of Naples, held in Italy, and Scotland: Culture, Literature, and History, held in various cities throughout Scotland. The registration deadline for these courses is April 30. Visit www.ed.umuc.edu/fieldstudy/ or contact a UMUC field representative.

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 or civ. 0631-3406-4029.

WIC Overseas

WIC Overseas is looking for an administrative Assistant. High school diploma or equivalent with secretarial/business office experience or education. Business training or associate's degree preferred. Experience in health-related field desirable. Must type 40-60 wpm. Job requirements include good communication and customer service skills. Must be a U.S. citizen. E-mail your resume and cover letter to: alicia.a.kunz@eur.army.mil or fax to civ. 0621-730-4424 (380-4424). You may also drop your information off at the Ramstein WIC Office.

KAISERSLAUTERN Education

• **EDGE! Program** - The EDGE! Program provides youth 6th – 12th grade after-school, school-out day, and summer activities in partnership with FMWR organizations throughout the garrison. EDGE! activities are delivered through four different packages – Fit EDGE!, Art EDGE!, Adventure EDGE! And Life EDGE! Activities are free. Contact Janice.brockoli@us.army.mil or Child, Youth and School Services Partnership Office, Landstuhl One Stop, DSN 486-8991 or civ. 06371-86-8991.

Community

• **Easter Sunrise Service** - An Easter Sunrise Service will be held at 6:30 a.m. April 4 at the Donnelly Park Soccer Field on Ramstein Air Base. In the event of inclement weather, the service will move to Ramstein's North Chapel. Guest speaker will be the U.S. Army Europe Command Chaplain (Col.) Charles Bailey. DSN 493-4098 or civ. 0631-3406-4098.

• **Easter Services** - The U.S. Army Garrison Kaiserslautern's Daenner and Landstuhl Community Chapels are hosting Easter Protestant Services on Easter Sunday, April 4. Easter Sunday Service is 10 a.m. with kids church at the Daenner Chapel, Bldg. 3150, and 11 a.m. with Kids Church at the Landstuhl Community Chapel in LRMC. DSN 493-4098 or civ. 0631-3406-4098.

• **Easter Eggstravaganza** - Join the community for a free Easter egg event. The egg hunt starts at 11 a.m. April 3 at Pulaski Park on Pulaski Barracks. Gates open at 10:35 a.m. Open to the community and for children up to 12 years old. DSN 493-4117 or civ. 0631-3406-4117.

• **Easter Brunch** - There will be an Easter Brunch 9:30 a.m. - 2 p.m. April 4 at Armstrong's Club. In addition to the regular all-you-can-eat American style Sunday breakfast, a large assortment of extra dishes will be included for Easter. Price for adults is \$18.25 and for children \$1 per year of age. Call civ. 0631-534-4922 for reservations.

• **Warrior Zone Opening** - Celebrate the grand opening of the USAG Kaiserslautern Warrior Zone inside of the Java Café 4 p.m. April 5 on Rhine Ordnance Barracks, Bldg. 273. This new facility features the latest in gaming and digital entertainment, four flat-screen TVs, and surround sound system, headphones, and DVD capabilities and is free for all Soldiers and guests 18 and over to use. DSN 493-2623 or civ. 0631-3406-2623. www.mwgermany.com.

• **Luncheon** - The Armed Forces Communications and Electronics Association Chapter 158 will hold its next monthly luncheon 11:30 a.m. April 8 at the Ramstein Air Base Officer's Club, Suite 3. The

guest speaker will be Col. Charlie Williamson, USAF Deputy JA. Please RSVP online by April 5 at http://kaiserslautern.afcechapter.org/lunch_sign.php. You may still attend without an RSVP but RSVPs are preferred. Contact todd.poynter@ramstein.af.mil, stevenc.jacinto@ramstein.af.mil or visit <http://kaiserslautern.afcechapter.org/>.

• **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 or 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/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 or civ. 06371-86-8915

• **Vehicle Safety Check** - Bring your car for a free Spring safety check on 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 you 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. Call Army Outdoor Recreation or go to www.mwgermany.com.

• **Room Rental** - Armstrong's Club offers room rental service perfect for holiday, office, and birthday parties. Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986. www.mwgermany.com.

HEIDELBERG Education

• **Red Cross Classes** - CPR/AED classes for the professional rescuer are being offered 8:30 a.m.-12:30 p.m. April 3 at the Shopping Center Bldg 3850 Rm. 272. Cost is \$50. DSN 370-1760.

• **Spring Registration** - The Heidelberg Complex Schools will host their annual spring registration for new and returning students for school year 2010-2011 at the Village Pavilion 9 a.m. 4 p.m., April 5 and 10 a.m. - 5 p.m., April 6. All new and current students attending Heidelberg Middle School, Heidelberg High School, Mark Twain Elementary School and Patrick Henry Elementary must register or re-register their children for the next school year, which starts August 30.

Community

• **ACS Classes** - Heidelberg Army Community Service is offering the following classes and events: Life in Balance 1-3 p.m. April 6; Hot Monogamy, Creating passion that makes relationships thrive 1-3 p.m. April 8; Family Movie Day 2 p.m. April 9, at the PHV Theater; EFMP Teen Social 7-9 p.m. 1st Friday of the month, PHV Panther's Place.

• **Holy Week Services** - The following religious services will be offered in the community during Holy Week: Roman Catholic Holy Thursday Mass 6 p.m. Mark Twain Village, Lutheran Holy Thursday Service Nachrichten 5:30 p.m., Episcopal Eucharist Holy Thursday Nachrichten 7 p.m., Protestant Service Good Friday MTV 12 a.m., Episcopal Good Friday Liturgy Nachrichten 7 p.m., Roman Catholic Stations of the Cross Good Friday MTV 3 p.m., Lutheran Good Friday Liturgy Nachrichten 3 p.m., Roman Catholic Good Friday Liturgy Patrick Henry Village 6 p.m., Episcopal Stations of the Cross Good Friday Nachrichten 7 p.m., Roman Catholic Easter Vigil w/ baptisms Holy Saturday, MTV 8 p.m., Seventh Day Adventist Saturday Nachrichten 10:30 a.m., Roman Catholic Service Easter Sunday MTV 9 a.m. and PHV 12 p.m., Roman Catholic Confirmation Easter Sunday PHV 5 p.m., Protestant Service Easter Sunday MTV 10:45 a.m./PHV 8:30 a.m. and 10 a.m., Gospel Service Easter Sunday MTV 12:30 p.m., Episcopal Service Easter Sunday Nachrichten 9 a.m. and Lutheran Service Easter Sunday Nachrichten 10:45 a.m.

• **Spring Revival** - The Heidelberg Gospel congregation will host a Spring Revival at the Mark Twain Village Chapel 6:30 P.M. April 7 - 9. Everyone is invited and the theme is "Restoration." Civ. 0160-975-10000 or latisha.d.faison@eur.army.mil.

• **International Wandering Club** - Members of the International Wandering Club will be hosting volksmarches April 10-11 in Rodenbach and Freiberg/Neckar. The next general membership meeting is April 12 at the SG Gasthaus in Otfersheim. www.hiwc.de or e-mail the club at hiwc@yahoo.com for more information.

• **CYS Spring Break** - Heidelberg Children Youth and School Services is organizing spring break activities for middle school students April 9-16. Permission slips must be signed by April 7. Contact DSN 388-9003.

• **Community Bank** - There will be construction work beginning on April 12 on the Community Bank ATM at the commissary. The machine will be removed and there will be no ATM service during this time. ATM service should resume by April 16.

• **Potluck** - If you are from Iowa, went to school in Iowa, have relatives

in Iowa, or just want to be associated with people from Iowa, the USAREUR G3 is organizing an Iowa themed potluck at Patrick Henry Village Pavilion April 17. More details to follow.

• **HCSC** - Are you a non-profit private organization in need of funding? The Heidelberg Community and Spouses Club may be able to help you. Deadline for submitting a grant application for block three is April 23. Visit www.hcsc-heidelberg.com and follow the welfare link for guidelines and eligibility.

MANNHEIM Education

• **Writing Seminar** - Learn how to write an academic essay from Jason Welch of the University of Phoenix 12-1 p.m. April 9 on the second floor of the Sullivan Education Center on Sullivan Barracks. Free event open to the public with free pizza and soft drinks. RSVP at DSN 373-7650 or civ. 06221-588-0492 or Maria.Neelands@phoenix.edu

Community

• **Albert Schweitzer Tournament** - USAG Mannheim has installed fencing on Sullivan Barracks for the upcoming Albert-Schweitzer-Tournament to allow for access and parking of host nation visitors. Beginning today, traffic to Sullivan HQ, the MP station, bank, USO, and library will be detoured via the commissary road. During tournament operation hours, vehicles will have to exit via the main gate rather than the existing Circle gate.

• **Mannheim Tax Center** - You can go to the Mannheim Tax Center on Taylor Barracks, Bldg 332, to file your taxes for free with no appointment necessary. Hours of operation are 9 a.m.-5 p.m., Monday-Friday. If you have rental property, itemize your deductions, or have stocks/bonds/mutual funds, please call DSN: 381-7978 or civ. 0621-730-7978 to schedule an appointment. If you have filed your taxes at the Mannheim Tax Center in previous years, please drop by to pick up copies of your tax records before June 15. The Mannheim Tax Center will be permanently closing after this year.

• **Alterations shop closed** - The Taylor Barracks alteration concessionaire is now permanently closed. All inventory not picked up will be moved to the BVF shop for pick-up. If customers have clothing in for alterations service only, please pick up at the BVF Alterations Shop. If clothing was at the shop for cleaning or for alterations and cleaning, the pick-up location is the BVF Cleaners. Both BVF alterations and cleaners are open 10 a.m. - 6 p.m. Monday - Friday and Sat 10 a.m. - 4 p.m. BVF Cleaners and Alterations is located at the Concession Mall, Bldg. 2758 across the parking lot from the Post Exchange.

Bowlers get on the ball to support children's hospital

By Sgt. Maj. Lisa Hunter
HEIDELBERG SERGEANTS MAJOR ASSOCIATION

More than 120 Heidelberg and Mannheim bowlers competed for prizes and trophies during the Heidelberg Sergeants Major Association 2nd Annual Bowling Tournament Saturday, but the big winners are the patients of a Mannheim Children's Hospital.

"At this year's tournament, we raised \$1,335, double what we raised at last year's tournament," said Sgt. Maj. Bruce Mersereau, who coordinated the tournament for the association. "All of this money goes to Easter and Christmas programs for the Mannheim Children's Hospital."

The proceeds included an anonymous \$250 donation from a patron who dropped the cash into a donation jar, said the HSMA president, Sgt. Maj. Brad Weber.

Thirty teams, the maximum number, participated in this year's tournament. The association treated the bowlers to a pizza lunch and soft drinks before the thunderous roll of bowling balls announced the start of the tournament. The bowlers competed in individual and team categories for trophies and gift cards. The winners are:

- First-place team: The Scrat Pac
- Second-place team: Mannheim 2+2
- High game men: Paul Schardt
- High game women: Demetria Roberts
- High series men: Thomas Adams
- High series women: Sabine Kunde

"Some of our participants are die-hard bowlers. Others came as part of a unit or section team," Weber said. "But every one of them came here to help us raise money for these children. This is what makes the Heidelberg/Mannheim communities such a great place to live. We have great community support. We really appreciate all the bowlers and association



Sgt. Maj. Lisa Hunter

Rebecca Silvas shows off her bowling finesse as she sends one down the lane during the 2nd Annual HSMA Bowling Tournament Saturday.

members who made this event such a great success."

The Heidelberg Sergeants Major Association hosts and participates in several fund-raising events each year. All of the proceeds are returned to the community. "We want to give back to our community," Weber explained. "In addition to the children's hospital, we donate money to the Landstuhl Fisher House and give savings bonds to the U.S. Army Europe Soldier and NCO of the Year, just to name a few. Association membership is open to all U.S. Army command sergeants majors, sergeants majors and those of an equivalent rank in other branches of service and/or foreign militaries. It's also open to retired service members in the same rank."

For more information, contact Sgt. Maj. (Ret.) Ivor Watson at ivor.watson@eur.army.mil.

Professional hockey player visits Kaiserslautern High School

By Ken Robinson
A4 PRESIDENT

A member of Team USA and the Mannheim Adler professional hockey team was the guest of honor at Kaiserslautern High School's annual winter sports banquet March 3.

Andy Hedlund was honored at the chance to speak to the winter athletes and his message was loud and clear, "Work hard and never give up."

Hedlund, himself, had a hard time making his own high school team. His coach did not believe that he had what it took to make the varsity team. Not only did he make the team, but was able to captain the team his senior year. Andy's message of perseverance was spot on for the KHS athletes as they listened attentively to each and every word spoken.

"It was an absolute honor to be able to go and speak for a few minutes," Hedlund said. "The kids and parents have all sacrificed a lot to be over here, and as an American I can really appreciate their

service. With many of my relatives having served in the Military over the years and giving so much to the make up of my family, it was nice to be in a position to give something, however small, back to the military community. I look forward to more opportunities like this in the future."

Hedlund was so impressed with the Kaiserslautern High School athletes during his visit that he requested 30 tickets from the Adler organization for an upcoming game. To add to his generosity, Hedlund offered ten additional "player select" tickets donated from his fellow Adler teammates. The tickets would then be given to those athletes who, not only excel athletically, but excel academically as well.

"For the athletes of Kaiserslautern High School to get the chance to have such an 'up close and personal' experience with a professional sports personality like Andy Hedlund was both inspiring and insightful," said Stan Kyle, KHS athletic director. "It's the type of experience from which all of them



Ken Robinson

Professional hockey player, Andy Hedlund, speaks during Kaiserslautern High School's winter sports banquet March 3.

benefit and can take as a life lesson in motivation and determination."

For more information about Andy Hedlund and the Adler professional hockey team, you can visit the new Army, Air Force, Adler Alliance (A4) web site at www.adleralliance.com.

A4 is a one-stop shop for hockey information for all military sites throughout Germany. Information about club hockey, military hockey, in-line hockey and public skating can also be found there.

staying ACTIVE

Albert - Schweitzer Tournament

The 2010 Albert-Schweitzer Basketball Tournament will run April 3-10. The tournament is co-sponsored by the German Basketball Federation, the City of Mannheim, and USAG Mannheim. High school teams from 15 countries compete in this prestigious and world's-largest junior basketball event that was the stepping stone for basketball greats such as Magic Johnson, Kobe Bryant, Tim Duncan and Dirk Nowitzki. Venues are the US Sports Arena on Sullivan Barracks and the MWS Halle Am Herzogenried in Mannheim located at August-Kuhn-Str. 35. The Opening Ceremony will be held at 7 p.m. April 3 at the US Sports Arena. For more information about the teams, tickets, directions, and other details, check out the German Basketball Federation's AST bilingual web site at www.ast-basketball.de/index.php?id=20.

AFN re-airing DoDDS Tournament

AFN Europe is airing a special encore of the DoDDS High School Basketball Championships 12-7 p.m. April 4 on the Pentagon Channel (Central European Time). AFN Europe is re-airing the DoDDS High School Basketball championships as a lead in to the NCAA Men's Division I Championship Basketball game. The NCAA Division I Men's Championship game airs on AFN/sports 3 a.m. April 6 (Central European Time).

USAG Kaiserslautern Tournament

Men and Women basketball teams from various military communities throughout Europe will be competing 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. Pre-Registration is April 5-13. DSN 493-2087 or civ. 0631-3406-2087.

IMCOM-Europe Softball Clinic

If you would like to become an official for softball, you must register before April 5. There will be training April 6-11 at the Digital Training Facility on Pulaski Barracks, Bldg 2874 B. Registration is open to the community. DSN 475-7576 or e-mail tony.leesr@us.army.mil.

Men's Community Softball Try-outs

There will be a community men's softball tryout 5 p.m., April 5. You must be 18 years-of-age or older and have already graduated. The tryouts will be at the softball field across from the Mannheim commissary on Sullivan Barracks. Contact DSN 385-1520 or 385-3164.

Men and Women's Sports Try-outs

Heidelberg Community Men and Women Softball Teams are conducting player tryouts and practices 6-7:30 p.m. Tuesday and Thursday evenings at Patton Sports Field. Resumes are also being accepted for the position of Heidelberg Generals Head Softball Coach. Contact DSN:373-8032 or civ. 06221-178032. The Heidelberg Community volleyball teams are conducting player tryouts and practices 6:30-8 p.m. Tuesdays and Thursdays at Patton Fitness Center. Contact DSN:373-8032 or civ.06221-178032. Intramural Golf- the 2010 USAG-Heidelberg Intramural Golf League starts April 8. Competition and matches are conducted at 5 p.m. Thursday evenings at the Heidelberg Golf Course. Register by April 6. Contact DSN 373-8032 or civ. 06221-178032.

U.S. Forces European Golf Championship

The 2010 U.S. Forces European Golf Championship will take place at the Heidelberg Golf Course in Offersheim May 8-9. The tournament is open to all Army, Air Force, Navy, Marines, and Coast Guard military personnel on active duty; Retirees and, Reserves and/or 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. Applicants can call the Heidelberg Golf Club at civ. 06202-53767 to enter or download the form from www.heidelberggolf.com and email it to lamarc.porter@eur.army.mil.