

HeraldPOST

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

Despite 'no fly zone,' LRMC delivers care

ERMC Public Affairs

Though flights to and from many European countries have been grounded or cancelled since April 15 due to high-flying volcanic ash from Iceland's erupting Eyjafjallajökull volcano, patients continue to receive quality medical care at Landstuhl Regional Medical Center.

"All patients - including those from Operation Iraqi Freedom and Operation Enduring Freedom in

our Intensive Care Unit - will continue to receive the best in medical and surgical care," said Col. John M. Cho, commander of LRMC. "Our staff is fully capable of sustaining the mission of providing world-class treatment for all who come to our facility."

In addition to 30 or more patients undergoing elective operations each day and those already admitted to the hospital, 192 warriors specifically from OIF/OEF are being treated on an out-

patient basis.

"We will continue to serve and meet the needs of all patients as we, like our European friends, wait out the effects of this unpredictable volcanic event," Cho said.

Availability of medical supplies to customers within the European Command has not been degraded.

"Because we are a medical depot with a lot of supplies on-hand, there has been no significant impact on medical supply delivery to customers in the European

Command area of responsibility," said Col. William M. Stubbs, deputy commander for operations for the U.S. Army Medical Materiel Center Europe. "We are monitoring the situation closely, however, and using ground transportation when air delivery is unavailable."

Though ash from the volcano eruption in Iceland may continue to disrupt air travel for awhile, it poses low health risks to ERMC beneficiaries in Germany, see **CARE** page 11

Going green

U.S. Army Garrison Baden-Württemberg Commander Col. William Butcher (right) leads a group of cyclists out of the Burger King parking lot on Patrick Henry Village in Heidelberg Monday. The group cycled from PHV to Patton Barracks for Alternate Transportation Day, one of the many events scheduled for Earth Week.



Lynn Davis

More Photos Online
www.flickr.com/heraldpost

Popular social media sites now open on U.S. Army Europe networks

By Jonathon M. Gray
5TH SIGNAL COMMAND PUBLIC AFFAIRS

Internet-based capabilities, to include social media Web sites such as Facebook and MySpace, can now be accessed from U.S. Army Europe Non-secure Internet Protocol Router Network computers.

"Opening up these Internet-based capabilities is an important step to allow users to connect, communicate, and research by leveraging this growing resource," said Col. John A. Cox, acting commander, 5th Signal Command.

The USAREUR policy is a product of recent announcements by both Department of Defense and Department of the Army officials to allow access to sites. Though the policy has been updated, securing the network is still a critical priority.

USAREUR network usage is monitored, cautions Cox: "It's important to remember that even though these network resources are turned on and accessible, users are on a Department of Defense information system. Activities on IBC sites will still be monitored and users should act according to the Ac-

"Opening up these Internet-based capabilities is an important step to allow users to connect, communicate, and research by leveraging this growing resource."

-Col. John A. Cox, acting commander, 5th Signal Command

ceptable Use Policy they signed."

USAREUR Operation Communications and Information Systems and see **CAPABILITIES** page 11

HP THURSDAY
April 22, 2010

Speed Read

MAIL DELIVERY

The closure of airports due to volcanic ash has delayed incoming and outgoing mail transported by air. 3

WARRIOR ZONE

The Warrior Zone in Kaiserslautern is now open at the Java Cafe on Rhine Ordnance Barracks for service members to enjoy. 3



CHILD ABUSE PREVENTION

April is Child Abuse Prevention Month and there are many activities and programs planned to enhance awareness. 14

SHOTGUN SAFETY COURSE

The Rod and Gun Club in Heidelberg holds a shotgun safety course the last Friday of every month. 17



Defense Details

DOD GOES GREEN

In a prelude to this week's Earth Day events, a major independent research group called the Defense Department a leader in energy conservation. The department is a prime consumer, accounting for 80 percent of the U.S. government's energy consumption, amounting to 330,000 barrels of oil and 3.8 billion kilowatts of electricity per day for more than 500 major military installations. But, it is on its way to meeting its stated goal of having 25 percent of its energy come from renewable sources by 2025.

PARALYMPIC TEAM

Defense Secretary Robert M. Gates told the members of the U.S. Paralympic team that they are inspirations to all members of the armed forces. Gates hosted the team that competed at the Vancouver, British Columbia, winter games at his Pentagon office. The Paralympic movement began after World War II, when returning GIs, many wounded in combat, looked for ways to continue competing.

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

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COMMAND MESSAGE

Defender 6 Sends – Resiliency

By Lt. Gen. Rick Lynch
IMCOM COMMANDER

Resiliency is the ability to bounce back in the face of adversity – it's mental toughness! Webster defines resiliency as, "the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress" and "an ability to recover from or adjust easily to misfortune or change."

The strength of our nation is only as strong as the Soldiers, families and civilians that courageously support and defend it. Over the last eight years, more than one million Soldiers have deployed to combat, more than 3,900 Soldiers have sacrificed their lives, and more than 25,000 have been wounded in service to our country.

Army units and families across the globe are relocating in compliance with the Base Realignment and Closure Law, and we continue to transform our business practices. To remain strong in this dynamic environment, leaders must proactively maintain and develop resiliency programs and services to enable the total Army Community (Soldiers, civilians, families and retirees) to maintain healthy relationships and happy lives.

Our approach to supporting resiliency for the Army community is to enhance its ability to adapt to stress by supporting, maintaining, and

developing programs and services that promote total wellness. As I have said before, I am convinced the Army spends too much time fixing Soldiers after they break, evidenced by the rise in suicide and substance abuse rates. We should be spending our time, energy and resources to make the Army community resilient to prevent its from breaking. We will use the Public Health Model of assessment, education, intervention and treatment to integrate and deliver services to help prevent Soldiers, civilians and families from breaking. By applying this model before a crisis happens, we will be better able to keep the Army community strong in all dimensions of resiliency.

Individuals must be fit mentally, physically and spiritually to achieve optimum resiliency. The installation management community will provide the best care, support and services for the Army community by improving quality of life through initiatives, such as the Army Family Action Plan, the Army Family Covenant, Army Community Covenants, the Installation Management Campaign Plan and the Comprehensive Soldier Fitness Program.

When I was the senior commander at Fort Hood, Texas, I built a Resiliency Campus to enable the Army community to become resilient before deployments, during deployments and to solve many other

challenges faced by Army families.

Other IMCOM garrisons are also focusing on resiliency. Fort Bliss, Texas, has a Restoration and Resiliency Center that offers a Warrior Resiliency Program and a Family Resiliency Program. Fort Jackson, S.C., is opening a Master Resiliency Training school that will offer a 10-day Master Resiliency Training Course to equip leaders to teach coping skills to unit members. At Fort Campbell, Ky., the Family Resiliency Council has teamed up with key organizations to be one of the first installations to publish an online resource guide to provide accurate and accessible information to Soldiers, families and civilians. These are but a few initiatives underway dedicated to enhancing Soldier, civilian and family resiliency. The strain of multiple deployments and other stress factors may continue into the future.

Therefore, I challenge leaders and personnel throughout the Army community to think of new ideas to enhance installation resiliency initiatives and to send your ideas to your installation leadership or me. I also challenge each of you to take advantage of existing programs and services on your installation and in your community to remain mentally, physically, and spiritually fit.

The Army community is strength of our nation, and IMCOM garrisons are the Army's Home!

COMMENTARY

Early return of dependents

By Sgt. 1st Class John C. Dittmore
USAREUR IG

Most married Soldiers moving to the European theater do so on an "accompanied" tour that includes their command-sponsored family members.

However, during one's time in theater, occasions may arise that require the return of select or all of one's family members back to their respective home of record. In these cases, the Soldier can opt to submit a request for an "early return of dependents," commonly known as an "ERD" or "EROD." Every effort should be made to resolve all personal issues at the overseas location; consideration of an EROD should be one's last choice and not the first option. ERODs may be requested by the Soldier or family member or directed by the commander. A unit commander also has the authority to request the return of a family member if deemed in the best interest of the Army.

Command-sponsored family members who are EROD are entitled to government paid travel, shipment of household goods, and vehicle shipment back to the United States regardless of who requested the EROD. Moreover, once an EROD is approved, the respective family member loses command sponsorship.

Lastly, EROD requests based on impending deployments will typically not be considered and may not be used in lieu of a family care plan. For additional information visit, www.imcom-europe.army.mil/sfac/admin/erd.htm.



Join the virtual community today
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BLOG ROLL

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

"I am curious as to the rules governing the benefits that a military retiree can expect when traveling in Germany. I recently traveled to Germany and went to several army bases there and I was informed that my retired ID card was useless when it came to trying to purchase any type of food items on base. I could not even purchase a bottle of Pepsi at the commissary. I had to go off base to make purchases of such things. Does

anyone have any input on this?
-Ricky Lee Hicks, BWnow member

"A friend of mine had the same problem. What he did was go to the local customs office to get a "pink card". That allows you to buy items on post. But before you leave you have to go back there and pay the value added tax. I think anything under \$50 is free, but you still need to go back

to turn that card in. You need your ID and the stamped passport. Contact the customs office on post for more information. They can also give you information on what other benefits you can apply for (if there are any...). I hope you still enjoyed your trip...and will enjoy the next one even more!"
Daniela, BWnow member



Commander, U.S. Army Garrison
Baden-Württemberg:
Col. William C. Butcher
Public Affairs Officer:
Lira Frye
Command Information Chief:
Kelli Bland
Editor:
Lynn Davis
Reporters:
Christine June, Kaiserslautern
Dijon Rolle, Baden-Württemberg

Contact information:
Herald Post
Building 107, Patton Barracks
373-7277/7243 or 06221-17-7277/7243
usaghd.post@eur.army.mil
Baden-Württemberg Public Affairs
373-1400/1600 or 06221-17-1400/1600
usaghd.pao@eur.army.mil
Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usak.pa1@eur.army.mil
Mannheim Public Affairs
380-1600/385-3369 or 0621-730-1600/3369
usagmpao@eur.army.mil

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54th Eng. Bn. conducts 'Dagger Strike' training

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

BAMBERG, Germany – Soldiers with the 54th Engineer Battalion, 18th Engineer Brigade, spent two weeks, March 31-April 15, conducting training during an exercise here called Dagger Strike. The training, which was designed to test the engineers at the squad level, was divided into two categories – sapper training and construction.

The sapper training lane consisted of traffic control point operations, a dismantled route clearance lane and military operations on urban terrain, also known as MOUT. The construction training lane was divided into forward operating base construction, combat trails and crater repair. Each squad spent a day going through each lane.

"The benefit of the training is to get the squad leaders to work with the squads and to see what level of knowledge the squad leaders have," said Sgt. 1st Class Roderick Carter, a platoon sergeant with the 535th Engineer Support Company, who watched one of his squads go through the FOB construc-

tion lane April 7.

At the FOB construction lane, the squads were required to create a traffic control point and level the ground with heavy equipment to prepare the area, while pulling security. Soldiers who were identified to pull security had to watch for enemy combatants and maintain a secure perimeter while their teammates used heavy equipment to begin construction.

"I like to get the opportunity to get out here and evaluate the junior non-commissioned officers who lead some of the younger NCOs and Soldiers," Carter said. "It's good to see the squads come out and get a chance to operate and work in an environment similar to what we do downrange."

Soldiers from the 541st Engineer Company went through the MOUT training lane as the 535th Engineer Support Company went through the FOB construction lane. They conducted a road march from the FOB and met up with an interpreter who provided them with information on the high-value target they were seeking. In order to capture the high-value target, they were required to clear several



Sgt. Fay Conroy

Soldiers from the 535th Engineer Support Company, 54th Engineer Battalion begin work on the forward operating base construction lane April 7 in Bamberg during Dagger Strike. Dagger Strike tested the unit at the squad level.

buildings within the village area. Once they secured their target, they brought the high-value target to an extraction point for evacuation.

"This is some of the best training I have had in a long time – especially the route clearance, which is what we do downrange," said Pvt. Nicholas Brown, a combat engineer with the 541st Engineer Company.

Soldiers never really get the same effect as the real thing while training,

but if they are training all the time, they are trained to look on the ground, Brown said. When the Soldiers deploy, the training will help to make it more instinctive and natural, which will ultimately help save lives.

Dagger Strike II is scheduled to be held in Grafenwöehr May 10-27. During Dagger Strike II, units will be conducting training on breaching, MOUT, grenades, route clearance and marksmanship.

Volcanic Effect on Delivery of Mail

The closure of airports throughout Central Europe due to volcanic ash has delayed incoming and outgoing mail that is transported by air for U.S. Forces patrons in Germany, the Benelux, Italy, and Kosovo.

Until flight restrictions are lifted, no mail will be flown into or out of any of these countries, according to Installation Management Command-Europe postal officials.

The standard parcel post (bulk) mail transported by ship is not affected.

Mail that originated in the United States or elsewhere outside of Central Europe will not be delivered to Frankfurt or other European airports. As no mail is being received, there will be very little if any mail delivered. Local mail, such as that sent using the Military Postal Service (MPS), will continue to move as usual and be delivered throughout Europe.

Once flights resume, every effort will be made to ensure that mail is delivered as quickly as possible. In the meantime, patrons should watch for further announcements concerning flight restrictions or check with their local postal service center for more information.

In Memoriam - Susan Jaqueline Motke



Susan Jaqueline Motke died suddenly April 2 at the age of 52.

Motke, born in Heidelberg Jan. 11, 1958, graduated from Heidelberg American High School in 1976.

She was the lead child and youth program assistant for Child and Youth Services. She worked for CYSS for more than 26 years.

Her closest friends remember her as having a sense of humor, a love for children and a desire to positively impact families and the community.

There is a condolences book set up at the Mark Twain Village Child Development Center for anyone wishing to share their memories.

Kaiserslautern opens Warrior Zone



Christine June

Spc. Cheyenne Kodiak, from the 21st Theater Sustainment Command's 5th Quartermaster Company, shows his joy after "his" New Orleans Saints make a touchdown while in opponent, Spc. Rick Montelongo, the U.S. Army Garrison Kaiserslautern's command driver, takes it in stride in the "Madden 10" X-Box tournament April 5 as part of the grand opening activities for the garrison's new Warrior Zone at the Java Café on Rhine Ordnance Barracks. This touchdown was to no avail as Montelongo's Dallas Cowboys won the tournament's first round, 52-30.

Registration open for tackle football camp in K-Town

By Mark Heeter
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Football is coming back to Kaiserslautern.

Based on overwhelming acceptance of the tackle football program last year, the U.S. Army Garrison Kaiserslautern Child, Youth and School Services, has begun registration for a youth tackle football camp, scheduled for June 23-26, and open to registered children age 9 to 18.

"We're happy about it; it's an exciting thing for us," said Kurt Nussbag, assistant director for CYSS Youth Sports. "I think it's going to be great for the community, especially following up our first year of tackle football."

And what a year. In 2009, planners got the go-ahead to run a tackle program open to the first 50 applicants.

"Once we opened up registration for those 50 slots, within two hours they were gone. And we had 60 kids on the waiting list," said Tony Broccoli, YS director, who quickly sought permission to increase the cap on applicants.

"Finally, we wound up with about 120 kids, registered with a waiting list," he said.

The camp, which will comprise three training sessions and three meals per day, will feature coaches and players from both the National Football League and collegiate ranks, according to Nussbag.

"It's great that we're going to try to get our local volunteers out as well, so hopefully they can learn from (the guest coaches and players), learn their coaching techniques," he said.

"Our volunteers, without them we wouldn't have a program. From what I've gathered ... they're really excited about coming out and learning certain things for these guys," Nussbag added.

Players are likely to be broken up into age groups, perhaps a group of younger children and a group of high school players, according to Nussbag.

"It's going back down to the fundamentals of teaching kids the proper techniques of defensive positions, offensive positions, the quarterback positions," Broccoli said. "This camp can kind of fine tune that particular position for their son or daughter."

Yes, daughter.

"Girls are welcome, too. We did have a couple playing for us last year," he said.

Players wishing to attend the camp, which is open to DOD-sponsored youth from throughout Europe, must be registered with USAG Kaiserslautern CYSS programs before applying for the camp. For registration and contact information, log on to <https://webtrac.mwr.army.mil/webtrac/kaiserslautern-cyss.html>.

Eco-Challenge



Students from Heidelberg Middle School perform their 2nd Annual Eco-Challenge Play April 7 in the HMS auditorium. Community members looked on as an important meeting took place between Ms. Mother Nature, Planet "Globe" Earth and representatives of Homo sapiens. In a production filled with both humor and gravity, Pat Kiebler's sixth grade drama class presented play. The short production was co-written by students and featured choreographed songs, rhythm percussion (with recyclables in trash bags) and spoken word.

Official details new recuperation leave policy

By Jim Garamone
AMERICAN FORCES PRESS SERVICE

Some deployed service members will not be charged for rest and recuperation leave under a new Defense Department policy.

The new policy allows service members in designated areas to go on rest and recuperation leave without charge to their leave accounts. "So in a sense, it is an administrative absence and that's up to 15 days," said Sam Retherford, the Defense Department's director of officer and enlisted personnel management.

In the past, the leave was charged to service members' accounts, though travel time from the theater to the airport closest to their destinations was not charged, Retherford said.

The nonchargeable rest and recuperation leave program will be limited to the "most arduous" areas, and the combatant commander must recommend it through the Joint Staff for approval by the undersecretary of defense for personnel and readiness, Retherford said.

To qualify for the program, members must be serving in a leave re-

stricted area, where no dependents are allowed. They must be receiving hostile-fire pay and in areas where travel in and out of the country is restricted.

"Two additional areas are that the duty has to be extremely arduous and the command has to foresee continuing combat operations," Retherford said.

The benefit will take effect once an area is designated by the undersecretary of defense for personnel and readiness and will not apply retroactively. The Army identified the need as especially important for junior members, Retherford said, because they typically do not have a large amount of leave accumulated.

"At the end of their deployment, there is very little in their leave accounts for rest, recuperation and reintegration to the family and community," he said. "So this program means they will not be charged for the R&R leave, and they will have that leave upon redeployment."

Inability to take leave upon returning from a deployment is a problem. The services want their people to take leave so they can decompress

and reintegrate with the families and communities. The services have been allowing administrative leave upon redeployment from a combat zone, but generally limit it to local areas around bases.

Service members already in Iraq and Afghanistan who qualify to participate in the R&R program will qualify for the nonchargeable R&R program. The areas that qualify for the program have to be redesignated every two years. The commander of U.S. Central Command requested that Iraq and Afghanistan be designated as nonchargeable rest and recuperation areas, Retherford said.

"We quickly coordinated this request with the military departments to ensure we provided service members with this new benefit as quickly as possible," he added.

About 1 million service members have participated in CENTCOM's rest and recuperation program. Due to the requirement for combat operations in a presidentially designated combat zone, the nonchargeable rest and recuperation program should be limited to U.S. Central Command, officials said.

Earth Week Photo Contest

First Place - Bavarian Creek



Runner Up - Thirsty



Honorable Mention Enjoying Spring



Honorable Mention PHV Moonlight



Honorable Mention Squirrel



Honorable Mention Green Butterfly



More Photos Online

The Earth Week Photo Contest was judged by the USAG Baden-Württemberg Environmental Division. To view all 168 entries, visit <http://mybwnow.ning.com>.



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COMPREHENSIVE SOLDIER FITNESS PROGRAMS FOR THE ENTIRE COMMUNITY

Emotional: Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions.

Tip of the week: The deadline is approaching for Soldiers to complete the Global Assessment Tool, part of a new Army-wide holistic initiative focused on building resilience: Comprehensive Soldier Fitness. By May 31, commanders must ensure all Soldiers have completed the mandatory, confidential 240-question survey, Army officials said. The Global Assessment Tool, or GAT, helps work toward resilient Soldiers by forcing them to take a closer look at their emotional health, and what can be improved on. Defined as the "ability to grow and thrive in the face of challenges and bounce back from adversity," resilience for Soldiers is essential in an environment of persistent conflict.

Events:

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

Mannheim - There will be a candlelight vigil 1-3 p.m. April 28 at Schuh Theater to remember victims of sexual assault and child abuse.

Kaiserslautern - Sex Signals is a unique combination of improvisational comedy, education and audience participation. "Sex Signals" provides a provocative, in-your-face look at issues surrounding dating, sex and date rape. There will be a performance 6 p.m. April 26 at the Galaxy Movie Theater on Vogelweh. The program is open to all adults 18 and older. DSN 493-4615, civ. 0631-3406-4615.

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

Faces of the community: Kaiserslautern I.D. Card Office



Vanessa Bester poses for her new Common Access Card at the U.S. Army Garrison Kaiserslautern ID card office on Kleber Kaserne, while Melissa Barger, a human resource technician at the office, checks the snapshot on her computer. The ID card section is co-located with the passport office and Defense Eligibility Enrollment Eligibility Reporting System office on the first floor of building 3245 on Kleber Kaserne. The staff provides services Monday-Friday 8 a.m.-3:30 p.m. DSN 483-7662, civ. 0631-411-7072.

EFMP promises garrison-wide standardized service for Army Families

By Rob McIlvaine
FMWRC PUBLIC AFFAIRS

ALEXANDRIA, Va. - The U.S. Army Family and Morale, Welfare and Recreation Command recently conducted the second Exceptional Family Member Program Summit to enhance services for family members with special needs, keeping the promise of the Army Family Covenant.

Active-duty Soldiers enroll in the program when they have a family member who has a physical, emotional, developmental or intellectual disorder requiring specialized services so their needs can be considered in the military personnel assignment process.

"The Army EFMP leads the uniformed services and the nation through a model of support for Soldiers and families with special needs by connecting and supplementing existing national networks of support and services with local military and civilian resources," Lt. Gen. Rick Lynch, IMCOM commander, said.

A mandatory enrollment program, EFMP works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services to families

with special needs.

"The needs of EFMP are great, and much work remains to be done, particularly in the areas of communication and program standardization. We must have seamless program standardization from garrison to garrison," said Sharon Fields, FMWRC EFMP manager.

This vision EFMP has been working on for the past year is scheduled for a July 2010 implementation.

With many of the garrisons becoming joint-based communities, this standardization should work seamlessly for all EFMP families in every service.

Efforts are ongoing to help EFMP families transition smoothly to communities where their special needs will be met with comprehensive and coordinated services.

Soldiers can then focus on mission readiness, knowing their families' needs are met.

"The command knows what's needed. When Lt. Gen. Lynch visits a garrison, he always pulls together a focus group of parents who are enrolled in EFMP because he wants to hear their concerns and suggestions to make the program better," Fields said.

According to one mother, EFMP is wasting no time in making good on

its promise.

"I was selected to go to the EFMP Summit after attending an EFMP workshop at Fort Lewis, Wash.," said Sgt. 1st Class Fernice Morton, Equal Opportunity advisor and mother of a child enrolled in EFMP. "While there, I was in respite care transition between contractors and the Army Community Service staff was always available to assist me every step of the way."

"I have witnessed the evolution of this program for more than 30 years, and the stars are aligned for great potential," said Antoinette Hill, whose daughter is enrolled in EFMP.

While the nation is focused on the military, we are focused on collaborative EFMP partnerships and the partners are stepping up. Families, warriors and survivors are better served and EFMP better fulfills the promises of the Army Family Covenant," Hill said.

Families need to remember where to get the helpful information.

"Army Community Service works hand in hand with the EFMP at the medical facility. While the medical services are responsible for the paperwork for enrollment, at ACS we provide everything (support, information and links) you need," said Susan Moyer, Army Community Services

EFMP manager at Fort Carson, Colo.

According to Moyer, services that parents and individuals are searching for are right at their fingertips.

"ACS is like a 'yellow pages' for special needs information," Moyer said.

As the EFMP Summit drew to a close, Lynch summed up the way ahead.

"Take care of our Soldiers and families, one family at a time. To do this, we've got to fix this program so it works better and we have to get the word out. When I was a young commander, no one told me about EFMP. I had to learn about it on my own," Lynch said.

In the near future, FMWRC EFMP will implement a system that fully supports families with special needs at five pilot locations: Fort Belvoir, Va.; Fort Campbell, Ky.; USAG Grafenwöehr, Germany; Fort Leavenworth, Kan.; and Fort Lewis-McChord, Wash.

Also in the near future, the Army will identify what's required for joint services to participate in this program.

For more information, visit Family Programs at Army OneSource at www.myarmyonesource.com/FamilyProgramsandservices/FamilyPrograms/ExceptionalFamilyMemberProgram/default.aspx.



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Spc. Luisito Brooks

Flames leap into the air in front of the 49 soldiers who re-enlisted on Joint Security Station Nasir Wa Salam, Iraq, April 9. The Soldiers are assigned to the 2nd Infantry Division's 4th Battalion, 9th Infantry Regiment, 4th Stryker Brigade Combat Team.



U.S. Army Photo

Sgt. Alexis Ramos, a public affairs specialist at Fort Carson, Colo., works on his jabs during an All-Army Boxing workout at Fort Huachuca, Ariz.



Vince Little

Spc. Elisha Helsper of the Idaho National Guard tangles with Sgt. 1st Class Ryan Taniguchi of the Hawaii National Guard for the flyweight division championship at the National Guard Combatives Tournament at Fort Benning, Ga.



U.S. Army Photo

Capt. Ernest Dorema, an officer in charge of the emergency room at the 28th Combat Support Hospital shows Sinna Abdul Azeem, an anesthesiologist with Yarmouk Hospital, how to use a Combat Application Tourniquet on the leg of a mock casualty during an exercise as a part of Operation Medical Alliance held at Sather Air Base, April 7.

Signs of spring



Dijon Rolle

A Directorate of Public Works employee cuts the grass on Patton Barracks in Heidelberg Monday. This week is spring clean-up at many installations within U.S. Army Garrison Baden-Württemberg.

CAPABILITIES

continued from page 1

Signal Command will constantly monitor these tools and update respective controls and security measures to protect the users and the network while enhancing network capabilities.

"We have basic network protection in place and will continue to monitor the network for malicious activity associated with IBC," said Lt. Col. Kurt A. Schosek, director Europe-Theater Network Operations and Security Center, 5th Signal Command.

Beyond the technological security of the network, users of DOD computer systems still have to be aware of the content of sites they visit.

Users can better protect the computers and themselves by being observant and watchful, connecting only with sites that are known and not following unknown links or messages to different sites and pages.

Operational security is also a key concern.

"Our biggest help to security and the integrity of the network is the users," Cox said. "Soldiers and civilians must remain

vigilant and aware of what they do on the computers and remember that network is a tool of our national defense that we depend on to accomplish our missions. We must protect it."

IBC capabilities only will be allowed a limited amount of data transfer speed on the network to allow mission critical data to continue.

"These and other measures are in place to ensure IBC capabilities will not adversely affect mission critical operations," Schosek said. "This guarantees that our network will still be active and available for all warfighters."

For Information assurance awareness training, visit <https://ia.signal.army.mil/DoDIAA/default.asp>.

Additional information is available to computer users on the EUR domain at <https://itt.eur.army.mil>.

Users can follow the "News" or "Links" sections for IA training opportunities and information.

For further information on IBC and the impact to the network, contact your information assurance officer, your servicing computer help desk, or dial 119.

CARE

continued from page 1

Italy and Belgium.

"Public health concerns appear to be very low due to the high altitude of the ash cloud," said ERMC Preventive Medicine Consultant Col. Evelyn Barraza.

However, Barraza said people who have a pre-existing respiratory condition such as chronic bronchitis, emphysema and asthma should contact their clinic or primary care manager if they notice a change in their health.

Information about health effects of volcanic ash is available at the U.S. Geological Survey Web site on volcanic ash at <http://volcanoes.usgs.gov/ash/>.

Barraza said the USGS information applies primarily to areas closer to significant volcanic activity.

The U.S. Army Public Health Command brochure "Health Effects of Volcanic Ash and Gases" is available at <http://ermc.amedd.army.mil>.

Ash from Iceland's erupting Eyjafjallajökull Volcano had drifted over northern Europe by Friday.

The visible ash sweeps in an arc across the Netherlands, Germany, Poland and Russia. It is likely that the clouds mask additional ash.

The airborne ash grounded flights across much of northern and western Europe starting April 15.

As the ash moved south, more countries began to close their



Satellite photo

Ash from Iceland's erupting Eyjafjallajökull Volcano had drifted over northern Europe by Friday. The brown ash is mixed with clouds in this photo-like image taken by the Moderate Resolution Imaging Spectroradiometer on NASA's Terra satellite. The visible ash sweeps in an arc across the Netherlands, Germany, Poland, and Russia.

airspace.

Fine volcanic ash can clog jet engines, causing the engines to stall, however, many airports are beginning to reopen after closing due to the ash.

Ash had been reported over Norway, Sweden, northwestern Russia, northern Poland, northern Germany, northern France and the southern United Kingdom, said the Icelandic Met Office.

Eyjafjallajökull began its

eruption March 20 after 187 years of quiet.

On April 14, the volcano began a more forceful eruption, emitting plumes of ash.

As of Friday, the eruption was still ongoing, with ash reaching heights of four to five kilometers, said the Icelandic Met Office.

The volcano's previous eruption lasted just over a year between December 1821 and January 1823.



Heidelberg

Spc. Brian J. Miller was convicted March 24 by an enlisted panel at a general court-martial of one specification of violating Article 134, Uniform Code of Military Justice, Drunk and Disorderly Conduct. Miller was sentenced to be reduced to the grade of E-3.

Pfc. Todd R. Boone was convicted March 25 by a military judge at a special court-martial of one specification of violating Article 86, Uniform Code of Military Justice, absence without authorized leave. Boone was sentenced to be reduced to the grade of E-1, to forfeit \$964 per month for six months and to be confined for six months.

Pfc. Brian P. Bourque was convicted April 6 by a military judge alone at a general court-martial of one specification of violating Article 85, Uniform Code of Military Justice, desertion; two specifications of violating Article 90, disobeying a superior commissioned officer; three specifications of violating Article 91, disrespect towards a noncommissioned officer; one specification of violating Article 108, destruction of government property; and one specification of violating Article 134, incapacitation for duty due to overindulgence in alcohol. Bourque was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, and to be confined for four months.

Kaiserslautern

Sgt. 1st Class Zoltan Kozinc, assigned to the Headquarters and Headquarters Company, 21st Theater Sustainment Command, was convicted April 13 at a special court-martial of three specifications of making a false official statement and one specification of wrongful appropriation of more than \$500 of government money. Kozinc was sentenced to be reduced to the rank of staff sergeant and to forfeit \$2,150 of his pay per month for four months.

Courts-Martial Results

The results of courts-martial associated with the Heidelberg, Kaiserslautern and Mannheim communities are published in cooperation with the V Corps and 21st Theater Sustainment Command Judge Advocate General.

Motorcycle Safety: Are You Ready to Ride?



Apply effective mental strategies:

- Constantly search the road for changing conditions. Use MSF's Search, Evaluate, Execute strategy (SEESM) to increase time and space safety margins.
- Give yourself space and time to respond to other motorists' actions. Use lane positioning to be seen; ride in the part of a lane where you are most visible.
- Watch for turning vehicles.
- Signal your next move in advance.
- Avoid weaving between lanes.
- Pretend you're invisible, and ride extra defensively.
- Don't ride when you are tired or under the influence of alcohol or other drugs.
- Know and follow the rules of the road, and stick to the speed limit.



Know your bike and how to use it:

- Get formal training and take refresher courses.
- Note: Riders must complete a MSF course every 3 years.
- Visit http://www.imcom-europe-armymil/sites/management/so_atstp.asp to locate the Motorcycle Safety Foundation hands-on RiderCourse nearest you and available training date.
- Practice. Develop your riding techniques before going into heavy traffic. Know how to handle your bike in conditions such as wet or sandy roads, high winds, and uneven surfaces.

Remember:

- Give yourself space. People driving cars often just don't see motorcycles. Even when drivers do see you, chances are they're never been on a motorcycle and can't properly judge your speed.
- Ride Smart...Ride Safe.

The warm weather and the longer hours of daylight mean spring is on the horizon. Signs that it's time to break the bike out of winter storage. Hold on before you ride; you should thoroughly inspect your vehicle to ensure it's safe to ride. Perform a pre-ride inspection of your vehicle checking the tires and wheels for serviceability, controls for damage and proper adjustment, lights for operation, fluid levels, and the chassis for visible signs of damage and the stands. Okay, the vehicle may be ready, but are you?

The Motorcycle Safety Foundation offers the following guidelines for riding a motorcycle safely:

Be Visible:

- Remember that motorists often have trouble seeing motorcycles and reacting in time.
- Make sure your headlight works and is on day and night.
- Use reflective strips or decals on your clothing and on your motorcycle.
- Be aware of the blind spots cars and trucks have.
- Flash your brake light when you are slowing down and before stopping.
- If a motorist doesn't see you, don't be afraid to use your horn.

Dress for safety:

- Helmet: Certified to meet American National Standards Institute Z90-1 or the Economic Commission for Europe Norm 22-02.
- Eye Protection: Impact or Shatter Resistant Goggles or Full-face Shield. Must meet Vehicle Equipment Commission Regulation, Standard 8 (VEEC-8).
- Full-fingered Gloves
- Leather boots or over-the-ankle shoes
- Outer Garment: Brightly colored (i.e. yellow, bright green, red, orange) during the day and reflective at night (See Note)
- Long-sleeved shirt or jacket and trousers
- Remember - the only thing between you and the road is your protective gear.

Note: When wearing winter clothing, gear that will wear a slightly different appearance at night, use reflective strips, lights and wear the appropriate jackets. The Army PT jacket worn with an orange or yellow reflective belt worn diagonally across the shoulder meets both day and night requirements.



Malta: An enchanting Mediterranean island

By Andy Bailey
BAVARIAN NEWS

After a long dark winter in Germany, my wife and I searched for the perfect place to enjoy sunshine and relaxation for our spring vacation. We found the perfect mixture of sunshine, culture and rest in Malta.

Day 1

Our first day in Malta, we walked around Spinola Bay. Named for a Spanish nobleman, the bay is lined with restaurants, shops and traditional Maltese fishing boats beautifully painted yellow, green and blue. We quickly learned that English was the main language of the island and had no trouble communicating.

Day 2

Our second day, we hired a cab to take us to the Three Cities, Vittoriosa, Senglea and Cospicua. The cities date back to the Phoenicians. The ancient homes and fortresses offer a glimpse back to what life was like for them.

Several major civilizations from Phoenicians to Romans, Crusaders to Muslims, to the French and English empires settled on Malta. Vittoriosa housed the Maritime Museum. Exhibits included log books from British war ships and parts from of triremes showing Malta's long shipping history. Wandering through Vittoriosa we also found the Inquisitor's house. Site of the Spanish Inquisition, the self-guided tour contrasted how people were jailed and tortured during the Inquisition with displays on the history of Christianity on the island. After our walk, I could feel the sense of historical importance of the island.

Day 3

Our third day, we scheduled an open jeep tour of the nearby island Gozo. Second of three islands in the Maltese archipelago, Gozo is the agricultural heart of Malta. Our first stop was the fabled Blue Lagoon on the island of Como. The absolutely gorgeous water was an intense blue that I had never seen before.

We traveled through herds of goats,

orchards of figs, pomegranates and lemons to the next stop - Calypso cave. Anyone who has had the rare pleasure (misfortune?) of reading Homer's "Odyssey" in high school English class might remember that Calypso was the sea nymph who imprisoned Odysseus. The cave was quite small and required a candle to illuminate my way as I climbed over rocks. Below the cave is a beautiful orange-sand beach. Our guide quite proudly explained this particular beach was a film location for the movie "Troy."

Little did I know that this would be a precursor of Brad Pitt and Jennifer Aniston sighting stories for the rest of our trip. In the parking above the "Troy" beach and the Calypso cave, a stand sold hand made woolen goods from local sheeps' wool and honey from local bee hives. We watched the old Maltese women weaving the sweaters on site. Our tour guide then drove us to the Ggantija or "Giant Towers," more than 5,000-year-old Neolithic temples. Unfortunately, there was not a lot of information on the history of the temples, but there were a lot of tourist stands selling tourist stuff.

At that point we drove to Victoria, the medieval fortified town which is the heart of Gozo. There we ate a typical Maltese meal, all the food locally grown. Our guide explained that prior to Malta joining the European Union, it was agriculturally self sufficient.

Our meal was an interesting cross of English and Italian cuisine. Malta is a former British colony and geographically close (60 miles) from Sicily. The meal was fabulous. After our meal, we drove to the Azure Window, an enormous land and sea feature that can be seen from miles away. It is hard to describe but is a huge rock out-cropping with a hole through it. The hole creates a frame and though it, the view looks like a picture of the sea crashing against the rocks. The area itself is reported to be a divers' paradise.

We then drove to the salt flats, our last stop of the tour. The local inhabit-

ants carved several kilometers of one inch deep "pans" into solid rock in order to harvest salt from seawater. The pans were anywhere from nine to 16 square feet. The inhabitants would pour nearby seawater into the pans; once the water had evaporated they would gather the salt for use. Historically, the salt was used in food preservation.

Day 4

Our fourth day, we arranged for a tour of the main island of Malta. Our first stop was the local artists' colony of Ta' Quali. The colony at one time had been a former British military base. The artists' shops are in old military Quonset huts. We saw traditional glass blowing and filigree making.

After our several purchases of local crafts, our guide, Francis, took us to MDina-Rabat, the old walled fortress. En route, Francis took us on a stop to see a tree. It was a unique spot and spoke to how deep Christianity is rooted in Malta. The tree had a natural formation of Christ on the Crucifix. After the mandatory pictures, we went on to the old city. Upon arriving, we walked around the city wall. The views of the island were fantastic.

In town, we went to St. Paul's catacombs, named for St. Paul who was hidden in these catacombs from the Romans. Our tour of the catacombs was odd. We expected to learn about St. Paul, but the tour focused on the origin of the catacombs and the pagan religions and cultures that would entomb the dead there. There was not a word on St. Paul.

Next we headed to the traditional fishing village of Marsakloxx. It was incredible. The bay was filled with the traditional blue, green and yellow fishing boats as far as the eye could see. Lining the bay was an open air market packed with locally made foods and goods. After an hour of haggling and buying, we met back up with our tour guide and headed toward our last stop: the Blue Grotto. The Blue Grotto, near the town of Zurrieq, is a series of caves supposedly with the bluest waters. Un-

fortunately, the wind was too strong to hire a boat to get us out to see the grotto. We had our guide take us back to the hotel after a long day of walking and shopping.

Day 5

Our plan for the fifth day was to tour the capital city Valletta, named after the crusader that built the town. Much to our dismay, it was Good Friday. Malta observes Christian holidays. It worked in our favor, however. It was a sunny day that we spent pool-side, resting, as the next day we would return to Germany.

Day 6

On our last morning, we hired an early cab to take us to Valletta to see St. John's Co-Cathedral. Several locals told stories about the cathedral the famous Black Gate. Named the Black Gate from the time of Napoleon when he conquered the island, the Black Gate is completely made of silver. When the French invaded, they proceeded to loot the island of its gold and silver. To protect the gate, the people painted it black in hopes of fooling the looters. The disguise worked and the Black Gate became a local legend.

When we arrived, the Cathedral was packed with people. We were able to see it was filled with stones ornately designed with crests of crusaders from across Europe. After defending ourselves from French and German tour groups, we eventually made our way to the "Black Gate." I was disappointed and excited at the same time. Stripped of its black disguise, I could see that it was an intricately designed silver gate. Unfortunately, the room was under construction so we could only look across the room at it.

After the Cathedral, we decided to make a quick walk around town. The town was great, and we wish we spent more time exploring it. We found Malta to be one of the best Mediterranean islands we have visited. Its mixture of history, culture, people, and food made it an enchanting visit, well worth a return trip.



Gord McKenna

GERMAN COOKING

Beef Roast With Mushroom Stuffing (Rostbraten Mit Pilzfülle)

Servings: 6

Ingredients:

- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 2 pounds flank steak
- 1 teaspoon mustard; dijon style
- 2 tablespoons vegetable oil
- 1 onion; small, chopped
- 4 ounce mushroom pieces
- 1/2 cup parsley; chopped
- 2 tablespoons chives; chopped
- 1 tablespoon tomato paste
- 1/2 cup bread crumbs; dried
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon paprika
- 3 bacon strips, cubed
- 2 onions; small, finely chopped
- 1 cup beef broth; hot
- 1 teaspoon mustard; dijon style
- 2 tablespoons tomato ketchup

Directions:

- Lightly salt and pepper flank steak. Spread one side with mustard.
- To prepare stuffing, heat vegetable oil in a frypan, add onion and cook for three minutes, until lightly browned. Add mushroom pieces; cook for five minutes. Stir in parsley, chives, tomato paste and bread crumbs. Season with salt and pepper and paprika. Spread stuffing on mustard side of the flank steak, roll up jelly-roll fashion and tie with thread or string. To prepare gravy, cook bacon in a Dutch oven until partially done. Add the meat roll and brown on all sides, approximately 10 minutes. Add onions and saute for five minutes. Pour in the beef broth, cover Dutch oven, and simmer for one hour. Remove meat to a preheated platter.
- Season pan juices with mustard. Salt and pepper to taste; stir in ketchup. Serve the gravy separately.

SOURCE: www.germanrecipes.com

Learn to Shop for German Food

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



DEAR MS. Vicki

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

Dear Ms. Vicki,

Do I worry too much? My husband tells me I'm a worry wart. I've heard this expression before, but is there something wrong with worrying?

My mind is constantly spinning, and now it takes me hours to fall asleep because I spend time tossing and turning and, of course, thinking about everything that could go wrong.

What if my husband is killed in Afghanistan?

What if my teenager has a car accident today? Suppose I get sick with a debilitating illness and die? Who will raise my children? Is this normal? It's making me sick because I'm trying to figure out when did this worrying start. What happened to cause me to start worrying?

From: A Worry Wart...perhaps?

Dear Worry,

Worry is a normal response. However, if you think you are constant worrying you can make yourself sick.

In my professional opinion, I think you are experiencing some anxiety and even depression. While I can diagnose mental health conditions, I will stay in my own lane because I'm not a medical doctor.

So, I highly recommend that you make an appointment to speak with your primary care physician. There are same-day appointments available if you call early in the morning. If there are none, then get the soonest available appointment.

I know you've heard the most common phrases about worrying, i.e. worrying won't do you any good, whatever will happen will happen, and there's no reason to fear or fret about things that are beyond your control. This may be true and good advice. However, it has not stopped you from worrying and tossing and turning all night.

There are some quick tips I would like to recommend, but again, let me note that I think your worrying is more about anxiety, panic attacks and possible depression.

Please speak to your doctor. In the meantime try make an appointment to see a clinical social worker or therapist who can demonstrate some deep breathing and meditation exercises.

If there are no services available on your base, contact Military OneSource to be connected to a provider in your local community. Other tips: Getting regular exercise, even if it's walking every day for 30 minutes or more.

Get spiritual support to help you get through this deployment. Deployments are tough and many spouses and service members are reporting that each deployment gets tougher, not easier.

Finally, solicit help from your family and friends, especially those who can redirect your irrational thoughts and conversation.

Please keep in touch with me and let me know how you are doing. Thank you so much for taking the time to write me.

Response to previous column:

Dear Ms. Vicki,

I am responding to a column in one Army installation local newspaper titled "supportive but not sure what to do."

First, I believe that your response was "right on" if you are communicating with someone who is having deployment-related issues such as husband's mission, his focus, etc. However, you missed the entire middle section of this woman's issue, the part where she states "what if he doesn't come back this time. Who will care about me or his children?"

I know they have programs for military families, but that's all publicity."

The reality here is that this woman is trying to come to grips with the fact that he may not come back, and she is concerned about her and her children's future.

The program she eluded to is called Survivor Outreach Services. This program is designed to assist survivor when their worst nightmare becomes a reality – their Soldier does not return. The program is part of Army Community Service.

The mission of the SOS program is to provide continued support and resources to survivors for as long as they desire to stay connected with the Army. SOS programs are located in every state and resources can be found at all the installations worldwide; in fact, most Army installations in the U.S. have SOS located right there in the ACS building.

Take the time to find out about the SOS program, you may not need it today, but someone you know may need it tomorrow. I wish her luck and hope she is able to locate the information and resources she is looking for.

From: Been there, done that

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.

Observing Child Abuse Prevention Month

By **Vernon Chandler**
USAG KAISERSLAUTERN FAMILY ADVOCACY PROGRAM

The theme for this year's Child Abuse Prevention Month is "Children Are Our Future: Let's Keep Our Future Safe by Protecting the Child." Child Abuse Prevention Month is devoted to celebrating everything we can do to transform our community into a place that cares about – and actively supports – families and children.

"We have a full month of Child

Abuse Prevention Month activities planned for the Kaiserslautern area," explained Devon Paul, U.S. Army Garrison Kaiserslautern Emergency Placement Care coordinator and project officer for the prevention month programs. "We have a variety of events planned to promote healthy families. Special activities include a family movie night, art contest, teen talent show, commissary and BX information booths, story times at the elementary schools and a blue ribbon

campaign."

Paul explained that "the blue ribbon pays tribute to those children who are victims of child abuse. We hope everyone in the garrison participates in at least one of our events."

"The majority of child abuse cases stem from situations and conditions that are entirely preventable in an engaged and supportive community," explained Elizabeth Nelson, a registered nurse with USAG-Kaiserslautern's New Parent Support Program. "A commu-

nity that cares about early childhood development, parent support and maternal mental health, for instance, is more likely to see families nurturing children who are born healthy and enter school ready to learn."

For more information regarding the child abuse prevention awareness activities during the month of April, contact Devon Paul at the USAG-Kaiserslautern Family Advocacy Program by calling DSN 493-4331, civ. 0631-3406-4331.

GET OUT!

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

April 23

Comedy Show - There will be a comedy show featuring "Wildcat" and Vince Acevedo 9 p.m. 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.

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 going 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 - 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 a great place to walk around. Schwetzingen is one of the asparagus capitals of Germany. <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 Rudesheim, stopping at the famous Niederwald monument above Rudesheim. On the trip home we will discuss the capture of Mannheim and Heidelberg by the U.S. Seventh Army. <http://affiliates.usa.org/rheinneckar>.

April 27

Cooking Class - Do you enjoy German food? Would you like to learn how to prepare typical German cuisine? During this three-hour session, learn how to prepare an appetizer, a main dish, a side dish and a dessert. Please bring enough small containers to eat out of (one for each dish) and for any leftovers. You'll also need eating utensils and your appetite. The USO will supply all the ingredients. <http://affiliates.usa.org/Kaiserslautern>.

May 1

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

May 4

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

May 5

Cinco de Mayo - Come and join the fiesta and celebrate Hispanic culture 6 p.m. - midnight May 5. There will be games, prizes

and plenty of food and fun at the Landstuhl Community Club, Bldg. 3780. DSN 486-7244, civ. 06371-86-7244

May 8

Vegas Night - Come to Legends at Patrick Henry Village Bldg. 4506 and see if Lady Luck is on your side at Las Vegas Night 7 p.m. Try your hand at black jack, roulette and five card draw and win awesome prizes like Edelweiss weekend getaways, gift certificates and more. Open to FMWR patrons ages 18 years and older. www.mwrgermany.com.

May 21

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

Ongoing

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

Free Billiard Class - Learn cue ball control, banking and many new games during free billiard lessons, sponsored by the Heidelberg KONTAKT Club at the Billiard World behind Campbell Barracks in Heidelberg-Rohrbach on Sundays at 3:30 p.m. Civ. 06226-785910. **Heidelberg's French Connection** - Your passport to France in Heidelberg begins 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 Cerde de Rencontres, a casual discussion group that meets monthly. Montpellier Haus is located at 19 Kettengasse. Civ. 6221-162969. Information courtesy of Gayle S. Padgett, Stripes European Travel.

coming to THEATERS

DEAR JOHN

(Channing Tatum, Amanda Seyfried) When a soldier named John Tyree meets an idealistic college student named Savannah Curtis, it's the beginning of a true romance. Over the next seven tumultuous years, the lovers, separated by John's increasingly dangerous deployment, stay in touch through their letters, meeting in person only rarely. However, their correspondence triggers fateful consequences that neither could foresee. Rated PG-13 (sensuality and violence) 108 minutes

DEATH AT A FUNERAL

(Chris Rock, Danny Glover) A day in the life of an American family who come together to put a beloved husband and father to rest. As mourners gather at the family home, shocking revelations, festering resentments, ugly threats, blackmail and a misdirected corpse unleash lethal mayhem. Rated R (language, drug content and some sexual humor) 90 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

April 22 - FROM PARIS WITH LOVE (R) 7 p.m.
April 23 - DEATH AT A FUNERAL (R) 7 p.m.; VALENTINE'S DAY (PG-13) 9 p.m.
April 24 - THE TOOTH FAIRY (PG) 4 p.m.; DEATH AT A FUNERAL (R) 7 p.m.; DEAR JOHN (PG-13) 9 p.m.
April 25 - THE TOOTH FAIRY (PG) 4 p.m.; DEATH AT A FUNERAL (R) 7 p.m.
April 26 - VALENTINE'S DAY (PG-13) 7 p.m.
April 27 - DEATH AT A FUNERAL (R) 7 p.m.
April 28 - DEAR JOHN (PG-13) 7 p.m.
April 29 - THE TOOTH FAIRY (PG) 7 p.m.

Mannheim, Schuh

April 23 - DATE NIGHT (PG-13) 7 p.m.
April 24 - DEAR JOHN (PG-13) 4 p.m.; DATE NIGHT (PG-13) 7 p.m.; VALENTINE'S DAY (PG-13) 9 p.m.
April 25 - DATE NIGHT (PG-13) 4 p.m.; VALENTINE'S DAY (PG-13) 7 p.m.

Vogelweh, Galaxy

April 23 DEAR JOHN (PG-13) 7 p.m.
April 24 DEAR JOHN (PG-13) 3 p.m.; DATE NIGHT (PG-13) 7 p.m.
April 25 VALENTINE'S DAY (PG-13) 3 p.m.; DATE NIGHT (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

April 23 - DEATH AT A FUNERAL (R) - 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m., 9 p.m.; DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m., 8:45 p.m.; SURF'S UP (PG) 12:15 p.m., 3:45 p.m.
April 24 - DEATH AT A FUNERAL (R) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m., 9 p.m.; DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m., 8:45 p.m.; SURF'S UP (PG) 12:15 p.m., 3:45 p.m.
April 25 - DEATH AT A FUNERAL (R) 12 p.m., 3:30 p.m., 6:45 p.m.; DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m.; SURF'S UP (PG) 12:15 p.m., 3:45 p.m., 7 p.m.
April 26 - DEATH AT A FUNERAL (R) 12 p.m., 3:30 p.m., 6:45 p.m.; DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m.; SURF'S UP (PG) 12:15 p.m., 3:45 p.m., 7 p.m.
April 27 - DEATH AT A FUNERAL (R) 12 p.m., 3:30 p.m., 6:45 p.m.; DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m.; SURF'S UP (PG) 12:15 a.m., 3:45 p.m., 7 p.m.
April 28 - DEATH AT A FUNERAL (R) 12 p.m., 3:30 p.m., 6:45 p.m.; DEAR JOHN (PG-13) 11:30 p.m., 2:30 p.m., 6:30 p.m.; VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m.
April 29 - DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 7:30 p.m.; VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m.; SURF'S UP (PG) 12 p.m., 3:30 p.m., 6:45 p.m.

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

Topper Awards

The 2010 IMCOM-Europe Topper Awards Show and Ceremony will be 6 p.m. - 11 p.m. April 24 at the Patrick Henry Village Pavilion, Heidelberg. The awards celebrate the best in U.S. Europe Army Entertainment.

Peer to Peer Video Contest

The Army BOSS program and the U.S. Army Combat Readiness/Safety Center are sponsoring a video competition to promote off-duty safety awareness. The competition is open to active duty, Army Reserve, and National Guard Soldiers and ends April 30. Details at <https://safety.army.mil/Default.aspx?alias=safety.army.mil/peertopeer>.

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. www.gou.ou.edu or 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 its popular Operation Purple summer camp in 2010. Girl Scouts are partnering with TransAtlantic Council Boy Scouts of America and the Child, Youth and School Services to serve girls and boys ages 9-12 in the European theater. Operation Purple Camp will be held July 11-17 at Camp Lachenwald at Franken Kaserne near Ansbach 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. www.tricare.mil.

local EMPLOYMENT

Jobs for Teens

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

Summer Camp Counselor

Summer camp counselors wanted for School Age Center June 1 - Aug. 30. Must be a U.S. citizen, high school graduate and 18 years old at the application. Announcement number: EUNAFH-M1003TEMPYSHD. <http://cpolwapp.belvoir.army.mil/public/vabSelfNom/getresultsvab>.

KAISERSLAUTERN Community

• **Month of the Military Child** - A community celebration for the Month of the Military Child will be held 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. The teen shuttle will be running throughout the KMC for this event. DSN 486-8915, civ. 06371-86-8915.

• **Sex Signals** - It's a unique combination of improvisational comedy, education and audience participation. "Sex Signals" provides a provocative, in-your-face look at issues surrounding dating, sex and date rape. There will be a performance 6 p.m. April 26 at the Galaxy Movie Theater on Vogelweh. The program is open to all adults 18 and older. DSN 493-4615, civ. 0631-3406-4615.

• **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.

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

• **Kid's Zone** - The newly renovated Kid's Zone is open for business. It now offers a new healthy menu option and the facility is ready to book your child's birthday party. The Kid's Zone is located on Pulaski Barracks, Bldg. 2895. DSN 493-4125, civ. 0631-3406-4125 www.mwrgermany.com.

HEIDELBERG Education

• **Lunch and Learn** - The University of Phoenix invites you to a Lunch 'n' Learn at Patton Education Center. Learn about the Master of Business Administration and Master of Arts in Education programs, while enjoying free pizza, snacks and drinks noon April 23, room 118. RSVP: DSN 373-7650, civ. 06221-588 0492, rebecca.fink1@us.army.mil.

• **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: Volunteer Management Information System Training 10-11 a.m. April 28; noon-3 p.m. DSN 370-6975.

Community

• **Sexual Assault** - April is Sexual Assault Awareness Month. Commanders and First Responders Training will be at the PHV Pavilion Presidential Room 9 a.m. - 4 p.m. April 23. DSN 370-6975. The interactive improv show Sex Signals scheduled for 1-3 p.m. April 22 at the Patrick Henry Village Theater is cancelled and will be rescheduled.

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

• **Month of the Military Child** - The following events will be held in honor of the Month of the Military Child: Kinder Volksmarch sponsored by the Heidelberg International Wandering Club 9 a.m. - noon April 24 at the PHV Library parking lot, A Family Picnic 10 a.m. - 2 p.m. at PHV Park and a Teddy Bear Tea Party, 4 p.m. April 25 at the PHV Pavilion.

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

• **Odyssey of the Mind** - 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. Contact kinabobina@yahoo.com, Kina.Stallings@eu.dodea.edu.

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

• **HIS** - The Heidelberg International Ski Club will host a bike maintenance night 7 p.m. April 28 at the Hotel Zagreb in Schwetzingen.

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

• **Asian Pacific American Heritage** - There will be a kick-off celebration honoring Asian Pacific American Heritage Month 11:30 a.m. - 1 p.m. May 4 at the Heidelberg commissary sponsored by the USAG Baden Wurttemberg Equal Opportunity Office. This year's theme is "Diverse Leadership for a Diverse Workforce."

• **Safety Day** - The USAG Heidelberg community will conduct a summer

safety awareness day for Soldiers and civilians 8 a.m. - 4:30 p.m. May 6 at the Patton Fitness Center and surrounding areas. DSN 373-8189.

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

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

• **Cell Phones for Soldiers** - The Cell Phones for Soldiers program is collecting old cell phones to help purchase calling cards for deployed troops. You can drop off your old cell phones at the Patrick Henry Village commissary, Army Community Service, Campbell Fitness Center or Patton Fitness Center during the month of April. www.mwrgermany.com.

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

• **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. www.mwrgermany.com.

MANNHEIM Education

• **Red Cross Classes** - The American Red Cross has 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

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

• **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.

Sexual Assault Awareness

- There will be training on Sexual Assault Prevention Awareness 9-11 a.m. for U.S. military, 1:30 - 3:30 p.m. for U.S. civilians and 6-8 p.m. for family members April 23 in Bldg. 725 Benjamin Franklin Village.

• **Girl Scout's Dance** - The Girl Scouts are sponsoring a Magical Masquerade Dance at the Mannheim Middle School multi-purpose room 6-8 p.m. April 23. The event is open to girls ages 5-17. Cost is \$2.50 per person. Reservations: magicalmasquerade@yahoo.com.

• **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.

• **SSSC** - The Self Service Supply Center in Mannheim will be closed April 26-30 for GSA Inventory. It will reopen 8 a.m. May 3.

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

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

• **Month of the Military Child and Sexual Assault Awareness Month** - There will be a candlelight vigil 1-3 pm April 28 at Schuh Theater to remember victims of sexual assault and child abuse.

• **IACS Office Hours** - The Installation Access Control System or "IACS" Office located in building 724/A, Sullivan Barracks, is now open 8 a.m. - 4 p.m., Monday-Friday, with a lunch time closure of 11:30 a.m. - 12:30 p.m. daily. IACS will no longer be closed on Thursday mornings. DSN 380-9165, Penny.Irwin@eu.army.mil.

• **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.

UFC hits Heidelberg



Gloria Estraca

Kyle Kingsbury (right) and Chris "The Crippler" Leben hit the mat for fans during the Ultimate Fighting Championship event held at the Patton Fitness Center in Heidelberg April 15. The UFC fighters and trainers paid a visit to sign autographs, answer questions, and demonstrate a few moves. The trainers gave some advice to young fans hoping to get into UFC.



Jennifer King

Vanessa Holly takes aim during a recent shotgun safety course at the Heidelberg Rod and Gun Club. The club holds shotgun safety courses the last Friday of each month from 3-5 p.m. The course is open to all ID card holders over age 18, and the \$25 registration fee includes firearm rental, ammunition and instruction. For more information, contact the club at civ. 06202-51193.

Ready,
aim,
fire

staying ACTIVE

Golf Scrambles

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

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

BOSS Paintball Challenge

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

Volunteer Youth Coaches Needed

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

U.S. Forces European Golf Championship

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

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.

Spring Fishing Course

Sign up for the 2010 Spring Fishing Course at the Heidelberg Rod and Gun Club 6-10 p.m. May 20 and 21, 9 a.m.-2 p.m. May 22-23. Fee is \$65 per person or take advantage of our super saver fee: \$100 family fee when 2 or more immediate family members sign up. Open to ID card holders ages 10 and over. www.mwgermany.com.