

HeraldPOST

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

Summer Hire program open for applications

By Staff Sgt. Patricia Deal
USAREUR PUBLIC AFFAIRS

U. S. Army Europe Family members ages 14-22 can apply for summer employment in the 2010 Summer Hire program through May 7. The program, which runs from June 21 through July 30, provides jobs in clerical, labor and child development positions.

"The Summer Hire program is really a unique program. It gives young people an opportunity to develop discipline and experience a workplace environment, and at the same time earn a little money. It helps them as they plan for college and their future jobs," said Supervisory Human Resources Provider Clarence "Sonny" Acklin, from the Civilian Human Resources Agency Europe Region director's office. "The various units and organizations that employ the young people also benefit from the Summer Hire program, as the kids manage to get a lot done in the six weeks."

"I look forward to the group of workers during the summer. It helps the workload," said Mannheim Fitness Facility Manager Jessie Dayton, who has employed youth from the Summer Hire program for the past three years. "The kids are enthusiastic and hardworking. I have the opportunity to instill a strong work ethic in these young folks. Not to mention that we get a lot done while they're here."

Kaiserslautern teenager Jordan Smith, 18, said he enjoyed his experiences the two summers he worked in the program. The application process was easy and the work was not hard, he said. "It was cool because I got to work with kids I knew and my bosses were easygoing," Smith said. "The money wasn't bad either, especially for a freshman and sophomore. I even got money back on my tax return. I saved almost all of it."

While the money was a plus for Smith, he added that working in the Summer Hire program at an early age taught him responsibility, too, as he had to follow a schedule and not show

see **SUMMER HIRE** page 12

Beginning a tradition



Staff Sgt. Claudio Tejada

Soldiers from Headquarters and Headquarters Company, V Corps, lower the U.S. flag during a retreat ceremony at Point Alpha near Fulda, March 31. The ceremony commemorating the 20th anniversary of the last U.S. patrol along the border of East and West Germany at the close of the Cold War will now be an annual tradition.

Ceremony at former border outpost salutes 20th anniversary of last Cold War patrol

By Staff Sgt. Claudio Tejada
V CORPS PUBLIC AFFAIRS

A retreat ceremony commemorating the 20th anniversary of the last U.S. Army patrol along the border of former East and West Germany took place at this one-time outpost near the city of Fulda, March 31.

The event honored the achievements of the Soldiers of the 11th Armored Cavalry Regiment, known

as the Blackhorse Regiment, and the partnership between America and Germany during the Cold War era.

"Being here was a difficult mission," said retired Gen. John Abrams, the "Blackhorse" commander at the time of the last patrol. Abrams said the mission here began in February 1946 with the 14th Cavalry Group, a unit that was well-known to his father, former Army Chief of Staff

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Mannheim Lab Center recognized for high standards

By Jennifer King
405TH AFSB PUBLIC AFFAIRS

The Army Oil Analysis Program's Mannheim Laboratory Center at Coleman Barracks received International Organization for Standardization 9001:2008 recertification in February.

The laboratory originally received

the ISO 9001:2008 in 2008, and this is the second recertification that the ISO gave to the laboratory.

"I am proud that our laboratory has been recognized for having such high standards," said Heidi Bodeit, the director of the laboratory. "I believe that our second recertification in as many years speaks to our consistent standards of operations, and it is a testament to the

professionalism and credibility of the entire laboratory's workforce."

The ISO 9001:2008 certificate is a validation that an organization's quality management system has been certified against a best practice standard and found compliant.

"The certificate is issued by a third party and lets customers know that we

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Heidelberg High School Boys and Girls track teams won the first meet of the season Saturday. 17



Defense Details

VA CLAIMS BACKLOG

Prioritizing the work ahead shortly after his first anniversary on the job, Veterans Affairs Secretary Eric K. Shinseki said his focus for the year ahead is on reducing the disability claims backlog. "We are going to break the back of the backlog this year," Shinseki said. He's counting on four pilot programs under way to help VA identify and break long-standing obstacles in providing veterans the benefits they've earned.

NUCLEAR REVIEW

The Nuclear Posture Review released earlier this week is the first over arching look at U.S. nuclear strategy since the end of the Cold War, a senior defense official said. The review builds on President Barack Obama's promise to take concrete steps toward the goal of achieving the safety and security of a world free of nuclear weapons, the official added. A second element was to maintain a nuclear deterrent as long as those weapons remain, and ensuring the safety, security and effectiveness of that deterrent while they remain.

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

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COMMENTARY

Alcohol Awareness Month: Are you aware of how much you drink?

By Amy Sensiba
USAG HEIDELBERG PREVENTION COORDINATOR

April is Alcohol Awareness Month. Sponsored by the National Council on Alcoholism and Drug Dependence since 1987, this observance encourages local communities to focus on alcohol related issues. We have all heard "drink in moderation" or "drink responsibly," but do we really know what that means?

If you are a woman or someone over the age of 65, this means that you should have no more than one standard drink per day. For men, this means that you should have no more than two standard drinks per day.

So what is a standard drink? A 12 ounce

regular 3.2 proof American beer, 5 ounces of American wine and 1.5 ounces of 80 proof distilled spirits.

Remember German beer and wine has higher alcohol content, which will result in a higher blood alcohol level.

Alcohol Awareness Month is an opportunity to assess your drinking habits and practices.

If you or someone you love is concerned about their drinking, call the Army Substance Abuse Program in your garrison for a free assessment.

Call Landstuhl at DSN 486-1710, civ. 06371-86-1710, Mannheim at DSN 380-1710, civ. 0621-730-1710, or Heidelberg at DSN 370-1710, civ. 06221-57-1710.

Using caution during barbecue season

By Mike Eberlein
USAG BADEN-WÜRTTEMBERG DES

Spring has finally arrived, and now summer is just on the horizon; many of us will be using the extra hours to fire up the grill and get family and friends together.

USAG Baden-Württemberg Directorate of Emergency Services, wants to share some important safety reminders when cooking outdoors, particularly when children are present.

- Supervise children around

grills. If using a public grill, close the barbecue fence if there is one.

- Keep matches and lighters away from children. Teach children to report any loose matches or lighters to an adult immediately

• Before using a grill, check the connection between the gas tank and the fuel line. Test for leaks using soapy water. Do not overfill the gas tank

- Dispose of hot coals properly by dousing them with plenty of water. Never place them in plastic, paper or

wooden containers – they can take up to five days to cool.

- Never grill / barbecue in enclosed areas – carbon monoxide could be produced and can be fatal.

• Make sure your barbecue is completely extinguished when finished.

- Alcohol and fire don't mix, know your limits and drink responsibly.

• Stop, drop and roll in the event your clothing catches fire. Cool the burn with water. Never apply ointment, grease or butter to the burned area.

LEGAL ASSISTANCE

Damage by golf balls: How to file a claim

By Capt. Courtney Newman
PATTON LEGAL OFFICE

As the weather continues to improve, more people will take advantage of the many outdoor sports available in the Heidelberg area.

One of the most popular destinations is the Heidelberg Golf Club. Despite its pleasures, however, the game of golf involves certain risks. Occasionally, a golf ball escapes its intended path and strikes an object inadvertently.

If you are injured or your property is damaged by a stray golf ball, you may be eligible to file a claim and be compensated under the Military Claims Act (MCA) or the Status of Forces Agreement (SOFA).

The MCA applies to U.S. citizens and their dependents residing in Germany for the purpose of supporting the U.S. Armed Forces Europe.

If you are a U.S. military service member, a DA civilian employee, or a dependent of either, or if you are a contractor with

'full logistical support,' you may file a claim for personal injury or property damage at any military post.

In the Heidelberg garrison community, contact the Patton Law Center Claims Office. Under the MCA, you have two years from the date of the incident to file your claim.

If you are a German national, a foreign national residing in Germany, a contractor without 'full logistical support,' or a retiree residing in Germany, you must file a claim under the SOFA. There is no requirement to use any specific form to file a SOFA claim in Germany.

All you need to provide is a written document briefly describing the incident and stating what amount of money is needed to compensate you for the damage.

Timing is of the utmost importance. You must give this notice within 90 days of the incident. Any bills or estimates of repair can be given at a later date if you do not have them available immediately.



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 volkmarch...The Heidelberg International Wandering Club hosts a annual walking event every year, called a volkmarch, 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 hiwc@yahoo.com, the last thing we want to do is cancel the event."

-Rob and Cath Floyd, BWnow members



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Army in Europe recognizes units, installations for excellence in supply, maintenance and deployment operations

By Sgt. Daniel Nichols
USAREUR PUBLIC AFFAIRS

U.S. Army Europe and the Installation Management Command-Europe honored organizations and installations for their excellence in the areas of supply, maintenance and deployment operations during a Combined Logistics Excellence Awards ceremony at the Patrick Henry Village Pavilion here, March 23.

The CLEA program encompasses three distinct awards – the Army Award for Maintenance Excellence, the Deployment Excellence Award and the Supply Excellence Award. The program here combines the recognition of USAREUR and IMCOM-E organizations. Each award is presented in multiple categories. In his remarks at the event, USAREUR Commander Gen. Carter Ham said this year's awards are noteworthy because continued deployments over the past eight years have made the already tough process of competing for CLEAs even more difficult.

"It's not like 10 years ago, when you could focus your entire unit's energy on preparing for this award," said Ham. "The way we do business today in the Army, if you don't have sound systems -- if you don't have excellent systems -- no surge or special effort is going to allow you to be good enough to win these awards."

Organizations earn the awards based

on an entry packet containing the unit's profile and descriptions of its achievements during the previous 12 months, followed by rigorous on-site evaluations by subject-matter experts.

Preparing for the award and evaluation is a small piece of the process, Ham said; what really earns CLEAs is the service units provide day in and day out.

"It's more than just that packet. It's the hours and days and weeks of extra effort to ensure that your unit is indeed excellent in all that it does," Ham said.

FY 09 USAREUR Army Award for Maintenance Excellence winners:

Category Mobilization Table of Organization and Equipment, Small: Echo Company, 1st Battalion, 214th Aviation Regiment, 12th Combat Aviation Brigade, Mannheim.

Category MTOE, Medium: 51st Transportation Company, 28th Transportation Battalion, 21st Theater Sustainment Command, Mannheim.

Category TDA, Large: Maintenance Activity Kaiserslautern, Theater Logistics Support Center-Europe, 21st Theater Sustainment Command, Kaiserslautern.

Category U.S. Army Reserve TDA, Medium: Headquarters and Headquarters Company, 7th Civil Support Command, Kaiserslautern.

FY 09 USAREUR Army Award for Maintenance Excellence runners-up:

Category MTOE, Small: Headquarters and Headquarters Detachment,

357th Air and Missile Defense Detachment, Kaiserslautern.

Category TDA, Medium: Maintenance Activity Mannheim, Theater Logistics Support Center-Europe, 21st Theater Sustainment Command, Mannheim.

FY 10 USAREUR Deployment Excellence Award best participating:

Category Supporting Unit: Deployment Processing Center, 39th Transportation Battalion (MC), 21st Theater Sustainment Command, Kaiserslautern.

FY 10 USAREUR Deployment Excellence Award runners-up:

Category Small Deploying Unit: Service Battery 5th Battalion, 7th Air Defense Artillery, 357th Air & Missile Defense Detachment, Kaiserslautern.

Category Supporting Unit: Headquarters and Headquarters Detachment, 39th Transportation Battalion (MC), 21st Theater Sustainment Command, Kaiserslautern.

FY 10 USAREUR Deployment Excellence Award honorable mentions:

Category Small Deploying Unit: Alpha Battery, 5th Battalion, 7th Air Defense Artillery Battalion, 357th Air & Missile Defense Detachment, Kaiserslautern.

FY 10 USAREUR Supply Excellence Award winners:

Category Level III (A) MTOE Battalion: 212th Combat Support Hospital,

30th Medical Brigade, Europe Regional Medical Command, Miesau.

Category Level IV (A) MTOE Supply Support Activity:

Supply Support Activity (ADW) 5th Battalion, 7th Air Defense Artillery, 357th Air and Missile Defense Detachment, Kaiserslautern.

Category Level IV (B) TDA Supply Support Activity:

Supply Support Activity (AG2), Supply Activity Europe, Theater Logistics Support Center-Europe, 21st Theater Sustainment Command, Kaiserslautern.

FY 10 USAREUR Level Supply Excellence Award runners-up:

Category Level I (B) TDA: Company/Battery/Detachment: Maintenance Activity, Mannheim.

Theater Logistics Support Center-Europe, 21st Theater Sustainment Command, Mannheim.

Category Level II (A) MTOE Property Book Operations:

Property Book Office, 30th Medical Command, Europe Regional Medical Command, Heidelberg.

FY 10 USAREUR Supply Excellence Award honorable mentions:

Category Level II (A) MTOE Property Book Operations:

Property Book Office, 21st Special Troops Battalion, 21st Theater Sustainment Command, Kaiserslautern.

Editor's note: For a complete list of awards visit www.hqsareur.army.mil/news.

21st TSC holds first retreat, retirement ceremony of 2010

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

An early spring storm soaked the Panzer Parade Field here March 26, but it did not dampen the spirits of the Soldiers and civilians who attended the 21st Theater Sustainment Command's first retreat and retirement ceremony for 2010.

A retreat ceremony traditionally signals the end of the duty day. At Panzer Kaserne, the national colors of the United States and Germany are ceremoniously lowered and retired each day as a sign of respect to both countries and to their national colors.

The theme of the retreat and retirement ceremony was "Service to Our Nation." It was also the first retreat and retirement ceremony held since Command Sgt. Maj. James Spencer became the command sergeant major of 21st TSC.

"Nothing illustrates a Soldier's commitment to service than a Soldier working hard day in and day out," said Spencer, who was also the guest speaker. "Today's Army is the best trained, best led and most capable Army in our history. We continue to take on the many challenges that we face

today with extraordinary skill and devotion."

Spencer recognized the service of Maryland native Sgt. 1st Class Lamont Gilliam, the noncommissioned officer in charge of the 21st TSC's Netherlands Law Center, who is retiring after more than 20 years of service. Spencer thanked Gilliam for his service to the Nation.

Gilliam received a Meritorious Service Medal from Maj. Gen. Patricia E. McQuiston, the commanding general of 21st TSC, during the ceremony along with the U.S. colors, a retirement lapel pin, a certificate of retirement and a certificate of appreciation signed by President Barack Obama.

"It feels wonderful. It's a happy and sad feeling at the same time. Happy because I'm moving on and sad because I'm leaving the Army family that I've had for 20 years," said Gilliam.

Gilliam plans on returning to the Army family after he receives his doctorate in clinical psychology.

He plans to work for the Armed Forces as a civilian military psychologist to help those struggling with post-traumatic stress disorder.

Heidelberg dons denim for sexual assault awareness

Staff Report

U.S. Army Garrison Heidelberg designated April as Sexual Assault Awareness Month, and April 21 as Denim Day, to demonstrate the importance of sexual assault awareness.

The theme "Hurts one. Affects all...Preventing sexual assault is everyone's duty" shows that sexual assault not only affects the victim and their loved ones, but also bystanders and diminishes a unit's mission readiness.

"Sexual violence affects every member of this community, and it will take everyone in this community to work together to end it," said Andrew McConnell, USAG Heidelberg sexual assault response coordinator. "Tackling this issue may seem like an insurmountable task, but this is an issue we must confront. This community and every person in it are far too valuable to tolerate sexual violence in any form."

In USAG Heidelberg, victim

advocates are available 24 hours a day offering confidential assistance to victims of sexual assault, including clarifying their choices regarding medical exams, treatment, investigations, and referrals to other services. A new pilot project allows Active Duty Soldiers and eligible adult victims of sexual assault, such as civilians and family members, to receive a restricted report.

"Sexual Assault Awareness Month is an opportunity for us to join together and take a meaningful stand against sexual violence," said Lt. Col. Robert White, USAG Heidelberg garrison commander. "We hope every Soldier, civilian and family member will join us on Denim Day, April 21, in wearing denim to raise awareness about the dangerous misconceptions that surround this crime and show their support for the prevention of sexual assault."

For more information on sexual assault prevention call DSN 370-6883, civ. 06221-57-6883, www.mwrgermany.com.

Planting for the future



Courtesy photo

Cub Scouts, pack 284, and Heidelberg Girl Scouts work together to officiate the adoption of two trees on Patrick Henry Village March 23, for an early start to Earth Week. The trees were provided by the Directorate of Public Works and were required to replace two that had to be cut down. The planting was preceded by a brief talk about the specific characteristics of the trees and about the meaning of adoption.

Mannheim Middle School students participate in reading exhibition

By Kris Wheeler

USAG MANNHEIM SCHOOL LIAISON OFFICER

Mannheim Middle School students overcame stage fright to individually stand in front of a room full of other students, parents, and members of the Mannheim Military Community at the 4th annual Alpha Phi Alpha Fraternity, Theta Theta Lambda Chapter's Reading Exhibition March 26.

Donning a microphone, each of the 62 students in the competition read a published story, poem, essay, or biography of choice.

Ranging from happy to sad and everything in between, thought-provoking selections included Rudyard Kipling's "IF" to "The Man in the Glass" to a number of impressive original poems. Students were allowed a maximum of three minutes to exemplify their best oratory skills and demonstrate to the judges their skills of expressive reading, good posture, and eye contact.

All students received several gifts and Certificates of Merit from the Chapter president, Mr. Samuel C. Gregory.

Grand prize winners were sixth grader Leminnie Garrison, seventh grader Ty Wroblewski, and eighth grader Estephany Picaso.

Alpha Phi Alpha Fraternity sponsors this yearly reading exhibition to promote reading literacy of DoDDS middle schoolers across Europe. Due to the success of this event in Mannheim, plans are to expand the competition to other schools during the coming year.

"Developing oratory skills is so important in all walks of life," said Master Sgt. Steve Carter, Alpha Phi Alpha Fraternity member. "I am amazed at watching the self-confidence of these students develop as I can just picture them being future politicians, entertainers, and military leaders."

The program supports Alpha Literacy Week, part of an umbrella Alpha Program "Go-to-High School Go-to-College" to combat illiteracy and foster interest in reading. Furthermore, the program supports a DoDEA initiative to foster interest in reading.

The first Alpha Phi Alpha Reading exhibition was launched in March 2007 and has been a tradition at Mannheim Middle School each subsequent year.

The event is purposely scheduled the week after Terra Nova testing as it builds upon the momentum generated by the preparation and execution of the test.

Significance of women in history celebrated at Daenner Kaserne

By Lt. Col. Michele Sutak
7TH CSC PUBLIC AFFAIRS

Who was the first woman to run for president of the United States?

Victoria Claflin Woodhull of Homer, Ohio, campaigned for presidency in 1872.

That question was one of many asked to the audience at the Kaiserslautern Community Activity Center who came together to celebrate the 23rd anniversary of Women's History Month themed "Writing Women Back into History" recently at Daenner Kaserne.

The room was decorated with women's history books and paintings to compliment the event. As guests arrived, female Soldiers dressed in World War II, Korean War and Vietnam area uniforms thanked each woman for their contributions and handed out gift bags.

At the start of the event, guest speaker Jennifer J. Beckwith, principal of Kaiserslautern High School and a 26-year veteran of education, asked the participants questions about women who had significant roles in history. Then, she spoke of the women who were vaguely mentioned in books as if their accomplishments often seemed to be written with invisible ink.

"In the history of Cleopatra," she said, "what is written ... you hear about her beguiling beauty and the woman who brought down the mighty Caesar, but few historians mentioned she was a genius in developing products, leadership [of] Egypt, her intellect and how she was able to persuade."

Cleopatra ruled Egypt at 18 years old and was fluent in nine languages.

Beckwith also quoted from a decades-old U.S. Transportation Department manual, which stated 11 tips to get more out of women. Beckwith added that the guidance was to pick young women because older women are fussy.

In addition, husky girls have a temper, the manual stated.

"This was the history that was written about women," she said. "Who do you think wrote this history? Why do you think we have this theme of writing women back into history?"

Beckwith said even when women are recognized in their own times, they are often not portrayed properly in history books. She also touched on the women who have made contributions in the past.

In closing, she asked the audience to be vigilant about what they write and say about women. A slideshow



Sgt. John Gribble

Jennifer J. Beckwith (left), principal of Kaiserslautern High School, and Sgt. 1st Class Nayda S. Martinez, the equal opportunity advisor of the 7th Civil Support Command, distribute papers with trivia questions to participants of the Women's History Month observance recently at the Kaiserslautern Community Activity Center on Daenner Kaserne.

followed Beckwith's speech, highlighting women of today in high-level positions in the film industry, corporations and government, along with a video presentation that honored women in the military.

The purpose of Women's History Month is to increase consciousness

and knowledge of women's history. People are encouraged to remember the contributions of notable as well as ordinary women during the month of March, in hopes the day will soon come when it is impossible to teach or learn history without remembering these contributions.

Engineers discuss lessons learned during Maneuver Support Conference

By Spc. Aislinn M. Amig
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

More than 300 Soldiers from across U.S. Army Europe and select individuals from the Army's engineer branch came together to participate in the Maneuver Support Conference March 24-26 at Patrick Henry Village in Heidelberg.

Engineer, infantry and sustainment command leaders shared their lessons learned from previous deployments as well as their experiences in garrison at the conference, which was sponsored by the 18th Engineer Brigade.

"This conference is about training and going back to the unit to apply it," said Col. Paul M. Paolozzi, the commander of the 18th Eng. Bde., at the start of the conference. "It is only when you apply what you learn that it becomes useful."

Top leaders from around the Army were present, including Brig. Gen. Bryan Watson, the commandant of the U.S. Army Engineer School, Sgt. Maj. of the Army Kenneth O. Preston, and Command Sgt. Maj. Micheal L. Buxbaum, the command sergeant major of the U.S. Army Corps of Engineers.

Members of the German army were also in attendance to share their partnership experiences with the U.S. Army engineers. German army Col. Otto Radlmeier, the director of the Military Engineering Center of Excellence, discussed the mission



Brig. Gen. Bryan Watson, the commandant of the U.S. Army Engineer School, speaks to Soldiers of the 18th Engineer Brigade after an Esprit de Corps run March 26 at Tompkins Barracks in Schwetzingen.

Capt. Sonie Munson

of his organization and how its purpose is to direct interoperability of military engineering.

A brigade combat team commanders' panel featured infantry and sustainment brigade commanders, who shared their experiences in a deployed environment and gave suggestions on how to better utilize engineer forces in a unit's area of operations.

Audience members also had the chance to gain knowledge from a route clearance panel, which featured platoon leaders and other officers from the 4th and 9th Engineer Battalions. These leaders shared their deployment experiences and touched on aspects in the garri-

son environment, which leaders should strive to improve upon.

"Have duplicity in everything you do; ensure your systems have two belly buttons – a primary and an alternate," said Maj. Carrington Stoffels, the 9th Eng. Bn.'s plans and operations officer, during his brief.

After three days of sharing experiences and interacting with members of the German army, the leaders agreed that they were able to gain valuable knowledge from their counterparts and implement the lessons learned in their daily operations. As Paolozzi said in his introductory speech, "No sane commander would go into combat without the engineers."

Heidelberg students run 500 miles in 13 days

Staff Report

Heidelberg elementary and middle school students found that running around in circles can actually be beneficial when aiming for an active and healthy lifestyle. Using the Promoting Active Children Everywhere (P.A.C.E) program, students achieved their goal of running 500 miles March 8-20.

Ultra-marathoner Paul Staso was the inspiration for the great amount of physical activity. By completing a 500 mile trek from Grafenwoehr to Landstuhl in 3 weeks while carrying his needed belongings on his 80-pound stroller and resting in private homes and hotels, Staso demonstrated the importance of exercising in children's lives.

Through running 500 miles in a joint-effort, Heidelberg students emulated Staso's determination to incorporate physical activity within their daily routines.

After the program passed the finish line, Staso took a break March 31 by visiting Mark Twain and Patrick Henry Elementary Schools and Heidelberg Middle School, to further instill motivation within students who participated in accomplishing the mile-high goal.

"We were all inspired by Paul and his accomplishments," said Dolly Crooks, MTES principal. "What he had to say to us was powerful and it was said in such a way that the children understood the message to 'set goals, keep your word and your promises, include your family in decision-making, don't let others bring you down no matter what, take care of your body since it's the only one you have' and 'celebrate success.' He gave the kids something powerful to think about."

The runner's positive message and passion engaged students and adults alike.

"Mr. Staso is very personable and is an animated public speaker," said Linda Shahan, Mark Twain ES P.E. educator. "He brought enthusiasm for the project to the students which conveyed the important message of taking care of ourselves."

Although Staso has departed, students will make sure to continue exercising and achieving the goals they set. The program reveals that no goal is too difficult if attempted by fellow classmates and educators.

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.



STRONG MINDS, STRONG BODIES, STRONG FAMILIES

COMPREHENSIVE SOLDIER FITNESS PROGRAMS FOR THE ENTIRE COMMUNITY

Family: Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.

Tip of the week: The key to any strong Family is a good, healthy marriage. Keeping a marriage healthy takes work, especially when you're dealing with frequent moves or deployments. The U.S. Department of Health and Human Services brings us ten tips to help you build a strong marriage every day. If you find you and your spouse is still struggling, don't be afraid to seek help.

1. Learn to communicate effectively
2. Make time for each other
3. Fight fair
4. Make a commitment to your relationship
5. Express appreciation
6. Maintain a sense of humor
7. Learn to compromise
8. Practice forgiveness
9. Keep romance alive
10. Take time for yourself.

Events: Heidelberg/Mannheim - Family Movie Night, 2 p.m. April 9 at the Patrick Henry Village Theater.

Kaiserslautern - Community celebration for the Month of the Military Child, 11 a.m.-3 p.m. April 24 at Pulaski Park. Free hot dogs, chips and drinks. The event will feature a magic and puppet show, story telling and gymnastics, dance and martial arts demonstrations. There will also be a kiddie train and a bounce castle. The teen shuttle will be running throughout the community for this event. DSN 486-8915, civ. 06371-86-8915.

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

Faces of the community: Patton Barracks Education Center



Dijon Rolle

Louis Dean, educational services specialist and manager of the Patton Barracks education center, assists a customer visiting the center. Some of the services that the center provides are educational counseling services, civilian and military testing services, Army Continuing Education System virtual and face to face counseling. The staff is also available to assist customers with questions regarding their educational benefits and available colleges and universities offering classes online and on-site in the local community. The Patton Barracks Education Center is located on the first floor of building 106 on Patton Barracks, Heidelberg. Their office hours are 7:30 a.m. - 4:30 p.m., Monday through Friday. The center is closed on weekends and federal holidays. You can contact the office at DSN 373-6226/8700.

Heidelberg High School names Mr. HHS during pageant

Heidelberg High School

No traditional bake-sale full of appetizing cupcakes could rival Heidelberg High School's Mr. HHS pageant and fund raiser in terms of freshness and fulfilling originality.

Humor, passion and astonishment entwined during HHS' male pageant and talent show March 26. With swinging umbrellas, fierce walks and amusing expressions, eight high school juniors and seniors successfully engaged the crowd, therefore helping the senior class raise funds for their upcoming graduation ceremony.

After two hours of competition, the judges chose Jonathan Ochart as Heidelberg High School's first-annual Mr. HHS.

Along with a gift certificate, he received a sash and crown to certify his title.

Dan Meador successfully appealed to the crowd by winning Mr. Congeniality and also received a gift certificate and a sash.

"[We] talked about what kind of fund raiser [we] wanted to do to raise money for the senior class graduation, but also something that the

whole school would enjoy," said Kara Wendling, HHS senior class president. "[We] decided a Mr. HHS pageant would be the perfect fundraiser."

The entertainment began once the contestants entered the high school auditorium while walking to "It's Raining Men" by the Weather Girls.

The participants captured the essence of the song through cleverly twirling their umbrellas during their runway walk and dance.

"My favorite part was definitely the entry of the participants with the umbrellas," said high school senior Minnie-Marie Harris. "I have always loved 'It's Raining Men' and Jonathan Ochart dancing on stage was pretty much the highlight of my day, no joke."

After the lively entrance, contenders modeled their casual wear while hosts Wendling and Rachel Perrotta read their accomplishments and goals aloud.

Doing so allowed judges Gerald Hatch, Holly Cook and Roger Jackson to understand what the contestants hope to do for themselves, and more importantly, the world.

Once the comical yet serious introductions concluded, the high school

"I enjoyed seeing the contestants' talents, because it's not everyday that you get to see what normal kids in the school can do. They go out and show you something you don't expect them to do."

-Kara Wendling, HHS senior class president

students put their talents to the test.

Senior Jonathan Ochart performed Mozart's "Eine Kleine Nachtmusik" on the violin and junior Sammuell Shively recited an original poem.

Junior Zach Richards sang and struck his guitar to "Free Fallin'" by Tom Petty, while Paco Abrazado played "Seven Nation Army" by the White Stripes on his electric guitar.

Tanner Bauer performed an original song on the piano, Dan Meador plucked the strings of his guitar while singing Coldplay's "Viva La Vida," Nathan Holan sang a parody of Lady Gaga's "Poker Face," and Zack Burton recited an original poem.

"I enjoyed seeing the contestants' talents, because it's not everyday that you get to see what normal kids in the school can do. They can go out and

show something you didn't expect them to do," Wendling said.

The performers concluded their talents with a graceful yet firm hand-wave commonly seen during professional beauty pageants.

Although newcomers to the pageant field, the contestants' hand-waves seemed as polished as their hope for world peace.

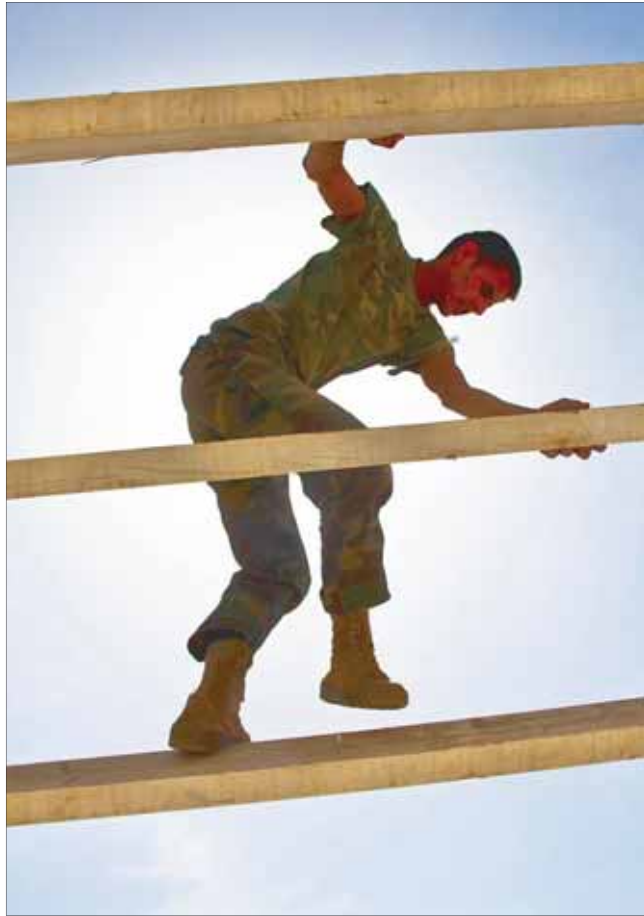
"I think it went perfectly, we had a lot of people show up and we raised a lot of money for the Senior Class. The lights went well, and the contestants were amazing and funny, and everyone who went enjoyed it," Wendling said.

"A lot of community members also came, and it was such a success that I think HHS can do it following years and make it a tradition," she added.



U.S. Army Photo

A sedated tiger cub gets a medical check-up from Dr. Mewafak Raffo, left, a veterinary advisor assigned to 1st Armored Division, and Maj. Matt Takara, commander 51st Medical Detachment Veterinary Medicine, 248th Medical Detachment Veterinary Services, March 24, at the Baghdad zoo. The zoo has been a program of partnership between Iraqi zoo workers and U.S. forces for the past few years.



Staff Sgt. Adelita Mead

An Iraqi border enforcement officer, Candidate 2nd Lt. Mustafa Khayon, climbs down an obstacle at a course at the Shaibah Training Center near Contingency Operating Base, Basra, Iraq, March 15. Soldiers also participated in the course.



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

Soldiers from the 5th Stryker Brigade Combat Team, 2nd Infantry Division construct an Afghan Highway Police checkpoint in Robot, Afghanistan, on March 19.



Spc. Nicholas T. Loyd

Soldiers help injured Afghan villagers onto a UH-60 Black Hawk helicopter during an operation to transport patients in Uruzgan province, Afghanistan, March 28.



Sgt. Bryce Dubee

Soldiers hand out hundreds of pink backpacks filled with school supplies and toys to students at a girl's school in Iraq, March 25. The Soldiers, assigned to the 2nd Infantry Division's Company C, 1st Battalion 38th Infantry Regiment, 4th Stryker Brigade Combat Team, delivered about 2,400 backpacks throughout the day.

OURARMY
around the world

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visit www.army.mil

ANNIVERSARY

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Gen. Creighton Abrams.

The Soldiers who manned Point Alpha trained and deployed in a fast tempo, Abrams said, rotating as often as every three months between their home base in Fulda, field training in Grafenwoehr, and duty on the border.

Platoons of approximately 40 cavalry troopers pulled patrol duties from four to six weeks at a time to demonstrate NATO's presence here and make a show of force along the border overlooking the famed Fulda Gap, where many expected the ultimate confrontation of the Cold War to play out.

The regiment's mission and assignment at what was officially called Observation Point Alpha ended with Germany's reunification in November 1989 and the dissolution of the Warsaw Pact.

Starting this year, a German-American Day celebration is planned for March 31 each year here, Abrams said.

The retreat ceremony took place on a chilly day, near the former U.S. observation tower, just a moment's walk away from the former border and a now defunct East German guard tower. Current and retired senior U.S. Army leaders and German government officials addressed the importance of the mission for the U.S.-German partnership.

"The Soldiers that represented U.S. Army Europe, both in this regiment and for this region, all rotated up here to pull part of the mission and the duty," Abrams said during his keynote address.

"The work at Point Alpha is a symbol of the NATO alliance," he said. "I can tell you with all respect and admiration that this partnership was excellent. It was excellent in the cities and communities (where) we lived; it was excellent in the military; and it was excellent, frankly, in the framework of the NATO alliance, which continues to grow."

Brig. Gen. Michael A. Ryan, the V Corps deputy commanding general, said the corps and its German partners successfully defended the Fulda Gap for four decades.

"The U.S. and western allies focused for 40 years on deterring aggression and defending Western Europe against threats from the Soviet Union and its



Staff Sgt. Claudio Tejada

Brig. Gen. Michael A. Ryan, deputy V Corps commander, talks with Soldiers from the corps' Headquarters and Headquarters Company following a retreat ceremony at Point Alpha, near Fulda, Germany, March 31. The ceremony commemorated achievements of U.S. and German Soldiers who patrolled the border between East and West Germany during the Cold War era.

communist partners in Eastern Europe," he said. Ryan emphasized that the outpost's mission today, standing as a symbol of that partnership, is just as important as Point Alpha's strategic value during the Cold War.

The presence of NATO troops on this border, and the alliance between Germany and U.S. units such as the 11th ACR and other V Corps and VII Corps Soldiers, ensured that the West was ready to deploy in

response to an invasion from the East, said Lt. Col. John McClory, a former commander of K Troop, 3rd Squadron, 11th ACR.

Today OP Alpha is "a chilling but important reminder of the division of Germany and the West-East altercations of the Cold War," said Ryan.

"Point Alpha is a strong reminder of the vigilance and professionalism of those V Corps and 11th ACR troopers and warriors," he said.

HIGH STANDARDS

continued from page 1

have implemented the necessary internal processes to meet obligations," explained Akwasi Edusei, AOAP MLC quality management representative and a native of Kumasi, Ghana.

Col. John Haley, commander of the 405th Army Field Support Brigade, echoed Bodeit's praise for her team and offered his congratulations to the entire laboratory.

"The AOAP MLC is an integral part of U.S. Army Materiel Command activities in the European theater," Haley said.

"This recertification is recognition of the hard work and high standards that exemplify the AOAP MLC laboratory. Their commitment to excellence and dedication to the customer is laudable," he added.

The AOAP MLC provides and executes the AOAP for the European Command area of operations.

The laboratory supports the warfighter with the most technologically advanced diagnostic tools to provide a detailed analysis of engine, transmission and hydraulic oils to detect impending failures in oil-wetted components before catastrophic failures occur.

SUMMER HIRE

continued from page 1

up late or miss work. "I think all kids should sign up for the program," he said. "The experience helped me. Now I have a permanent part-time job."

Mannheim teenager Arikka Shepard, 15, said she is looking forward to her summer job this year, as she enjoyed working last year. "I actually made a lot of money so I could buy some cool things," she said. "At least I wasn't wasting my summer doing nothing, and probably getting into trouble."

Salary for the Summer Hire positions is yet to be determined, but should be around \$5.50 per hour, according to Acklin.

Clerical work includes tasks such as typing, computer work, filing, answering telephones, and receptionist and customer service tasks. Labor positions may include working indoors or outdoors and light to moderate lifting or yard work. Child and Youth Services positions involve assisting child caregivers or helping with youth activities.

Applicants for summer hire positions must be unmarried family members of active duty service members or DoD civilian employees. Applicants must have reached their 14th birthday prior to June 21, and must not reach their 23rd birthday prior to July 30, when the program ends. For positions in Child and Youth



Christine June

Jürgen Trautsch, U.S. Army Garrison Kaiserslautern deputy installation coordinator, and Keiana Allen, a summer hire employee, take down a sign on Pulaski Barracks. Allen was one of nearly 300 summer hire employees for the Kaiserslautern military community in 2006.

Services, applicants must be at least 16 years old.

There are two parts to the application process. Applicants must first apply online at the CHRA-E Web site under "employment" at <http://cpolrhp.belvoir.army.mil/eur/>. Applicants must also submit a hard-copy application packet to the Civilian Personnel Advisory Center that serves their community. Complete instructions and forms are available on the CHRA-E Web site.



Bavarian king's castle town a site for modern fairy tale vacations

TimoOK

Allgäu region offers famous Neuschwanstein castle and relaxation

By Carola Meusel
USAG STUTTGART PUBLIC AFFAIRS

Fairy tales, legends, kings and queens evoke images of picturesque castles and a romantic period of life long ago. However, not all romantic fairytales are just legends, demonstrated by Bavaria's Allgäu region.

Located on the Romantic Road, which leads from Würzburg to Füssen, the region provides a Bavarian getaway reminiscent of times gone by.

No German vacation is complete without a castle, and this area has two: Hohenschwangau and Neuschwanstein, which stand guard over lake-studded Schwangau and Füssen areas.

The Schwangau region and both castles are made famous by the legendary "Fairy Tale King" Ludwig II. King Ludwig II was mainly interested in art, not politics, as reflected by his castle today. He designed and built three castles: Linderhof, Herrenchiemsee, and the most famous, Neuschwanstein.

Ludwig II shied away from both public and political appearances, and spent most of his time escaping in

dreamy legends and romanticized operas. Visitors can still see his mystical view of the world at the Neuschwanstein castle, where Ludwig II only lived for six weeks before he died. He dedicated this castle to Richard Wagner, a German composer, conductor and stage director and one of his closest friends.

Fourteen of the castle's rooms are open to the public, including the sacral throne hall (Thronsaal), inspired by Byzantine churches, which features an enormous chandelier, symbolizing a Byzantine crown.

The hall stands for Ludwig's concept of sovereignty; he believed he was the mediator between God and the world. The castle also has an indoor grotto — an artificial stalactite cave — built by a stage designer.

Another highlight is the Singer's Hall (Sängersaal), which pays homage to the mystical world of knights and still hosts concerts due to the excellent acoustics.

The walls at Neuschwanstein are painted with scenes of the medieval Nibelungen and Lohengrin legends in Wagner's operas. Another significant symbol in both the Lohengrin

legend and in Neuschwanstein is the swan, shown on all decorations, sheets, paintings and furniture.

"Since the Middle Ages, the swan was the official symbol for the Schwangau (Swangau) region," explained a tour guide at the Hohenschwangau castle. "The swan is also represented in the coat of arms of King Ludwig II as the sovereign of Schwangau."

Soon after the king's mysterious death in the Starnberg Lake in 1886, along with his psychiatrist, Dr. Bernhard von Gudden, Neuschwanstein opened its doors for the public.

However, according to locals, it was the king's last will to tear down the castle after his death to avoid letting the public enter his private hideaway.

Fortunately for us, his last will was never enacted. According to statistics provided by the tourist information at Schwangau, about 1.3 million people visit Neuschwanstein every year.

For visitors to the area, the castle itself is never really out of sight.

Both Neuschwanstein and Hohenschwangau are visible from every pool at the local spa area, as well.

The Königliche Kristall Therme in Schwangau offers various saunas, steam baths, a Turkish Hamam, mineral water pools, a saline pool and whirlpools.

For an exclusive view of the Neuschwanstein castle, visitors can reserve a room at the Hotel Maximilian in Schwangau-Waltenhofen.

The hotel is also an exclusive wellness option. This family-friendly and traditional Bavarian hotel offers special packages.

A visit to this fairy tale kingdom is not complete without visiting the medieval town of Füssen, just four kilometers outside of Schwangau. Timbered houses, old alleys and the Hohe Schloss make up this picturesque Bavarian town.

While the area is no longer a home for kings, it still offers visitors the royal treatment.

The area's history, scenery and unique culture that were important during King Ludwig II's time did not die with him. Today, visitors can take in the same atmosphere while making memories of their own.

For more information, visit www.schwangau.de.

GERMAN COOKING

Oatmeal-Banana Gingerbread

Servings: 4 dozen cookies

Ingredients:

- 3/4 cup margarine, softened
- 1/2 cup brown sugar, packed
- 1/4 cup honey
- 1 1/2 teaspoon ground cinnamon
- 1 1/2 teaspoon ground ginger
- 1 teaspoon ground cardamom
- 1/2 teaspoon ground cloves
- 2 medium extra-ripe bananas, 1 peeled
- 2 eggs, beaten
- 1 3/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup chopped almonds
- 1/2 cup mixed candied fruit, finely chopped
- 2 cup quick oats, uncooked
- LEMON GLAZE----
- 3/4 cup sifted powdered sugar
- 1 juice from lemon (1t)
- 1 drop almond extract

Directions:

- Beat margarine, brown sugar and honey in large bowl.
- Beat in cinnamon, ginger, cardamom and cloves. Mash bananas with fork in small bowl; use 1 cup for recipe.
- Add 1 cup banana and eggs to margarine mixture; beat until blended.
- Combine flour, baking powder, baking soda and salt in small bowl.
- Stir in almonds and candied fruit.
- Add to margarine mixture. Stir until well blended.
- Stir in oats. Drop by heaping teaspoonfuls, 2" apart, onto greased cookie sheets.
- Bake in 400 degrees Fahrenheit oven for eight minutes.
- Cool completely on wire racks.
- Spread with lemon glaze or dust with powdered sugar. When glaze has set, store cookies in airtight container.
- LEMON GLAZE: Combine all ingredients until blended.

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,

This is my husband's 4th deployment and it's getting old. We have been married for 12 years with three beautiful children, but I know he has been away for a total of six years.

Don't read me wrong for starters, this is not a "cry me a river" or a letter to complain about my poor husband who is deployed for the "umpteenth" time.

I love my husband more than anything and my children too. However, I have to be honest, I don't like deployments at all and I am upset that my husband has not seen his children grow up. Why should I have to pretend everything is happy, happy, joy, joy when it's not? I want to tell my husband how I feel but I can't because I don't want to hurt him. Watching him leave on that bus again headed for the airport was just gut wrenching for me.

Suppose he doesn't come back this time. Who will care about me or his children? I know they have all of these programs for military families, but that's all publicity. Ms. Vicki am I wrong for wanting my husband to know how I truly feel. I was in the ROTC and accepted my commission. I was in the Army but I did not stay in past my commitment

because we got married and started a family, so

I know about patriotism and serving one's country. Ms. Vicki, please keep in touch with me like you tell your other reader's to do. I could use the extra support.

From: Supportive but Not Sure What to Do

Dear Supportive,

I hear you loud and clear. I know that many other spouses and family members understand your position. My husband's last deployment was a difficult time for me.

Just like you I had many different emotions that varied by the hour. I had many great friends and family members who helped me. Deployments are tough and what you are experiencing is normal. Earlier reports were that each deployment would get easier.

However, most spouses and family members report the opposite; they become tougher regardless of your age, the age of your children, socio economic income, etc. It doesn't get easier.

Conversely, you can make it through this deployment. What I like about your letter is that you "own" your feelings.

That's great. In other words if you are sad, mad, resentful...say it, that's quite alright. When you know what you're feeling then you can deal with the emotion. Yes your husband is deployed and I know he is busy. His focus is very important, but it's also important that you keep the lines of communication open with him. For this reason, you can let him know when you are having good days and "not so good days".

But here's the deal, don't just say "oh I had a terrible day", but let him know what you did to improve or how you made adjustments to make it better. It's important to show that you can improve your coping and your stamina. This is also important for your children because they will pick up the emotions of their caregiver.

So if they can see that you are handling your stress and solving

problems they will learn to do the same. Much will happen over this deployment cycle. The first phase (the first three months) is the most difficult. You have to put together a wellness plan to include emotional/mental support, even if this means you speak with a clinical social worker or counselor from time to time.

You should also include spiritual support i.e. your clergy, a pastor, priest or rabbi. Include physical activity even if you walk 30 minutes a day. Research shows that exercise decreases stress and improves our mood. Lastly, depend on your close family and good friends who will be there for you. I'll keep in touch with you and you do the same. I think you will make it.

Responses to previous columns: Ms. Vicki,

The lady last week is a cougar. Let me make it plainer, she is a cougar with a receding hair line. Listen lady, your age shows. Please leave the younger men alone and find someone your own age, like at the VFW, at the Elks lodge or even a retirement home. You will be better served for it. Why in the world would you want to fool yourself by dating a married man? Why? Can you give these younger men children?

No you cannot, and not to mention your competition. You are competing with every woman age 16-45. It's no way you can compete with them, trust me. I dated younger men in the past and I have no money to show for it. Yes, they want your money and your prestige. You will get a good lay but that's it.

An older man wants your company, they want to pat you on your legs every now and then or kiss you on your cheek, and that's about the size of it. Additionally, they will spend their money on you and take care of you. That's what I need right now because the younger men have milked me dry! Younger men... buyer beware.

From: Been There Done That

Jewish chaplain teaches the meaning of Passover

By Elcya Weiss

SPECIAL TO THE HERALD POST

Fifty-five people gathered in Heidelberg March 29 to retell the story of the Jewish people's exodus from Egypt and to celebrate the start of Passover, a holiday synonymous with spring and rebirth.

"Soldiers have come from as far away as Ansbach to participate in this Seder (the ritual feast of Passover)," said Chaplain (Lt. Col.) Avi Weiss, the only Army rabbi stationed in Europe.

The celebration included the matza cracker and the explanation behind it.

In the haste to escape from Egypt, the Jewish

people could not wait for their bread to rise and thus a tradition was born.

The Passover observance is based on the biblical Exodus story.

The biblical account tells how the Jewish people moved out of slavery and instructs Jews to relive the experience each year, by eating only unleavened foods for a week and teaching the next generation about this story.

The traditional Seder meal was conducted at several chapels around Germany, as well as in private homes all over the world.

Weiss punctuated the Heidelberg Seder — which means "order" — and used musical references dur-

ing the evening to keep everyone on track, and handed out gifts throughout the ceremony.

Paul Ellenbogen, a member of the military Jewish community in Heidelberg since the 1950s, watched from his corner seat as his children and grandchildren called out answers to the rabbi's questions.

"It's a little different from the seders I remember, but the kids are enjoying it," he said.

Other military installations around Germany where Jewish communities joined to celebrate the Seder together include Stuttgart, Spangdahlem Air Base, and Ramstein Air Base, where a Jewish Air Force Chaplain serves the greater Ramstein-Kaiserslautern community.

GET OUT!

area events

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

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. www.boxingymnasium.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 in Mannheim 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 Pèriers and departure from the city hall with commemorative ceremonies along the way, including Ste-Mère-Eglise. The daily rides will begin and end in Pèriers, 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 rasch@eur.army.mil.

April 17

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

Switzerland - Come with the USO to Bern, the romantic capital of Switzerland. A beautiful city with its famous bear pit, clock tower, fountains, and quaint specialty shops, Bern is an unspoiled jewel of medieval architecture. During a guided tour through Bern's old town, you'll see the bear pit, cathedral, Houses of Parliament, prison tower, and famous Zytglocken clock tower. You'll have time to shop for Swiss chocolate, cheeses, watches, and other souvenirs on the six-kilometer long arched shopping promenade, the largest in Europe. From Bern, we travel to the Emmentaler to visit a Swiss cheese factory in Affoltern where you can buy cheese and other Swiss specialties. U.S. (blue), EC, or Canadian passports are required. Travel documents are the responsibility of the customer. Please bring Swiss franc for meals and souvenirs. Tour price includes transportation, city tour, and USO tour guide. <http://affiliates.uso.org/Kaiserslautern>.

Brussels City Tour - One of Europe's capitals and an international city with flair, Brussels is a city bustling with activity, beautiful shops, and a myriad of museums. That's the Brussels you'll see as we start our day with a city tour, during which you'll see the beautiful main square, La Grand'Place, and 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 mu-

seums. 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 four-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>.

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. Don't forget to bring euro for shopping and lunch. We recommend U.S. (blue), EC, or Canadian passports. Travel documents are the responsibility of the customer. Tour price includes transportation, city tour, cathedral tour, and USO tour guide. <http://affiliates.uso.org/>.

coming to THEATERS

CLASH OF THE TITANS

(Sam Worthington, Pete Postlethwaite)
Caught amid a war between the gods, Perseus, the son of Zeus, is helpless to save his family from Hades, god of the underworld. With nothing left to lose, Perseus leads a band of warriors on a dangerous quest to prevent Hades from overthrowing the king of the gods and laying waste to the Earth. Rated PG-13 (fantasy action violence, some frightening images and brief sensuality) 106 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

April 8 - HOW TO TRAIN YOUR DRAGON (PG) 7 p.m.
April 9 - THE TOOTH FAIRY (PG) 7 p.m.; CLASH OF THE TITANS (PG-13) 9 p.m.
April 10 - THE LOVELY BONES (PG-13) 4 p.m.; THE TOOTH FAIRY (PG) 7 p.m.; CLASH OF THE TITANS (PG-13) 9 p.m.
April 11 - THE LOVELY BONES (PG-13) 4 p.m.; CLASH OF THE TITANS (PG-13) 7 p.m.
April 12 - THE TOOTH FAIRY (PG) 7 p.m.
April 13 - CLASH OF THE TITANS (PG-13) 7 p.m.
April 14 - THE LOVELY BONES (PG-13) 7 p.m.
April 15 - CLASH OF THE TITANS (PG-13) 7 p.m.

Mannheim, Schuh

April 9 - HOW TO TRAIN YOUR DRAGON (PG) 7 p.m.
April 10 - HOW TO TRAIN YOUR DRAGON (PG) 4 p.m.; THE TOOTH FAIRY (PG) 7 p.m.; EDGE OF DARKNESS (R) 9 p.m.
April 11 - THE TOOTH FAIRY (PG) 4 p.m.; HOW TO TRAIN YOUR DRAGON (PG) 7 p.m.
April 12 - THE LOVELY BONES (PG-13) 7 p.m.
April 15 - THE TOOTH FAIRY (PG) 7 p.m.

Vogelweh, Galaxy

April 9 - THE LOVELY BONES (PG-13) 7 p.m.
April 10 - HOW TO TRAIN YOUR DRAGON (PG) 3 p.m.; EDGE OF DARKNESS (R) 7 p.m.
April 11 - THE TOOTH FAIRY (PG) 3 p.m.; HOW TO TRAIN YOUR DRAGON (PG) 7 p.m.

Ramstein, Gateway Movieplex

April 9 - CLASH OF THE TITANS (PG-13) 11:30 a.m., 2:45 p.m., 6:30 p.m., 9 p.m.; THE LOVELY BONES (PG-13) 11 a.m., 2:30 p.m., 6 p.m.; EDGE OF DARKNESS (R) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; THE TOOTH FAIRY (PG) 12:15 p.m., 3:45 p.m., 7 p.m.
April 10 - CLASH OF THE TITANS (PG-13) 11:30 a.m., 2:45 p.m., 6:30 p.m., 9 p.m.; THE LOVELY BONES (PG-13) 11 a.m., 2:30 p.m., 6 p.m.; EDGE OF DARKNESS (R) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; THE TOOTH FAIRY (PG) 12:15 p.m., 3:45 p.m., 7 p.m.
April 11 - CLASH OF THE TITANS (PG-13) 11:30 a.m., 2:45 p.m., 6:30 p.m.; THE LOVELY BONES (PG-13) 11 a.m., 2:30 p.m., 6 p.m.; THE TOOTH FAIRY (PG) 12:15 p.m., 3:45 p.m., 7 p.m.
April 12 - CLASH OF THE TITANS (PG-13) 11:30 a.m., 2:45 p.m., 6:30 p.m.; THE LOVELY BONES (PG-13) 11 a.m., 2:30 p.m., 6 p.m.; EDGE OF DARKNESS (R) 12 a.m., 3:30 p.m., 6:45 p.m.; THE TOOTH FAIRY (PG) 12:15 p.m., 3:45 p.m., 7 p.m.
April 13 - CLASH OF THE TITANS (PG-13) 11:30 a.m., 2:45 p.m., 6:30 p.m.; THE LOVELY BONES (PG-13) 11 a.m., 2:30 p.m., 6 p.m.; EDGE OF DARKNESS (R) 12 p.m., 3:30 p.m., 6:45 p.m.; THE TOOTH FAIRY (PG) 12:15 p.m., 3:45 p.m., 7 p.m.
April 14 - CLASH OF THE TITANS (PG-13) 11:30 a.m., 2:45 p.m., 6:30 p.m.; EDGE OF DARKNESS (R) 12 p.m., 3:30 p.m., 6:45 p.m.; THE TOOTH FAIRY (PG) 12:15 p.m., 3:45 p.m., 7 p.m.
April 15 - THE LOVELY BONES (PG-13) 11 a.m., 2:30 p.m., 6 p.m.; EDGE OF DARKNESS (R) 12 p.m., 3:30 p.m., 6:45 p.m.; THE TOOTH FAIRY (PG) 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

Puerto Rican Birth Certificates

The Government of Puerto Rico, in collaboration with the United States Department of State and the United States Department of Homeland Security, have enacted a new law on issuing and using birth certificates to combat fraud and protect the identity of people born in Puerto Rico. On July 1 the new law will invalidate birth certificates issued before that date by the Puerto Rico Health Department through its Vital Statistics Record Office. Affected personnel must request new birth certificates. New birth certificates may be obtained by filling out a birth certificate application form from the Puerto Rico Vital Statistics Record Office on or after July 1. Application forms are available online at www.salud.gov.pr/Programas/registroDemografico/Pages/RequisitospasaporticolectueldelNacimiento.aspx. Local community passport offices can provide assistance on how to request new birth certificates.

Month of the Military Child

AFN "The Eagle" is celebrating the Month of the Military Child, throughout April and they need your help to highlight all of the hard work going on across Europe in support of The Month of the Military Child. You can send them your stories about people, programs or initiatives happening in your community. For details or submissions, contact chris.eder@afn.dma.afm or DSN 634-6709.

Operation Purple Summer Camp

The National Military Family Association announced that USAGSO-NA was chosen to host their popular Operation Purple summer camp in 2010. Girl Scouts are partnering with TransAtlantic Council Boy Scouts of America and the Child, Youth and School Services to serve girls and boys ages 9-12 in the European theater. Operation Purple Camp will be held from July 11-17 at Camp Lachenwald at Franken Kaserne near Ansbach Germany. Registration is now open and applications will only be accepted online. Sign up at www.operationpurple.org.

TRICARE MEETS NEW STANDARDS

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

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.

Dog Groomer

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

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.broccoli@us.army.mil or Child, Youth and School Services Partnership Office, Landstuhl One Stop, DSN 486-8991 or civ. 06371-86-8991.

Community

• **ID Card Section Closure** - The Identification Card section of the USAG Kaiserslautern Directorate of Human Resources Military Personnel Division will be closed 1 to 4 p.m. April 9 due to renovations. For emergencies, call DSN 483-7333 or civ. 0631-411-7333.

• **SAAM Events** - The U.S. Army Garrison Kaiserslautern's Victim Advocate Coordinator will host several events for Sexual Assault Awareness Month. An information booth will be set up 11 a.m. - 2 p.m. April 9 at the Kaiserslautern Military Community Center on Ramstein Air Base and a special showing of "Sex Signals" for military families will be held 6 p.m. April 26 at the Galaxy Theater on Vogelweh. For details contact the garrison's victim advocate coordinator at DSN 493-4617 or civ. 0631-3406-4617.

• **CFAC Club** - The Cards For A Cause Club will meet 11 a.m. - 4:30 p.m. April 14 at the Pinehurst Room, Woodlawn Golf Course on Ramstein to make cards and mini-scrapsbooks for wounded warriors to send out to family and friends. Membership is open to all ID card holders, and children under 18 must be accompanied by an adult. Future meeting dates are May 12 and June 9. pejachowski@juno.com.

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

• **HUGS** - Effective April 22, the HUGS playgroup will move to the Kid's Zone on Pulaski Barracks and the meeting time will change to 10-11:30 a.m. each Thursday. This playgroup is an interactional and educational group, designed to develop parenting skills, socialization, and educational activities. Contact Army Community Service at DSN 493-4203 or civ. 0631-3406-4203. www.mwgermany.com.

• **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 and martial arts demonstrations. Take a ride on the kiddie train or visit the bouncy castle. Sparky the Dog will also make an appearance. The teen shuttle will be running throughout the KMC for this event. DSN 486-8915 or civ. 06371-86-8915

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

• **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 or 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.

• **Army Recruiting** - The Army Recruiting Station located at Bldg. 2915 on Pulaski Barracks is looking for qualified and motivated 17 to 39 year-olds looking for job training and college education. Contact Staff Sgt. Griffith Newell at DSN 493-4003 or civ. 0631-3406-4003 or Griffith.newell@usarec.army.mil.

• **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

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

Community

• **ACS Classes** - Heidelberg Army Community Service is offering the following classes and events: 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.

• **Gate Closure** - WISAG Rausch will be conducting maintenance and repair work on the Heinzmann barriers at the commissary gate overwatch position adjacent to the middle school. The repair will be 8 a.m. - 6 p.m. April 12. During this time, traffic will be diverted and allowed access through the Large Vehicle Inspection System. POWs will not be able to exit through the commissary gate and most will use the Grasweg gate to exit the installation. Oversize vehicles, will exit the installation through the LVIS lane. Traffic will be controlled by the guards and MPs.

• **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.

• **Passport Office Hours** - The Heidelberg passport office has new operating hours. Starting April 12 their new hours will be 8 a.m. - 4 p.m. The passport office is closed daily for lunch from 11:45 a.m. to 1 p.m. and on Thursday afternoons. The passport office is located in room 232 of Bldg 3850 at the Heidelberg Community Support Center/Shopping Center. DSN 370-3922 or 8487. http://www.bw.eur.army.mil/directories/DHR_milpa.html

• **Gun and Rod Club** - The hours of operation of the rifle and pistol ranges at the Heidelberg Rod and Gun Club have changed for training and U.S. holidays. There are now as listed: Wednesdays: 5-8 p.m.; Saturdays: 9am-8p.m.; Sundays: 9a.m. - 2p.m.; Training Holidays: 5-8 p.m.; U.S. Holidays: 12-8 p.m. www.mwgermany.com. Contact civ. 06202-51193.

• **Volunteers Recognition** - The Heidelberg community will host its annual Volunteer Recognition Ceremony at the Patrick Henry Village Pavilion 6 p.m. April 22. The ceremony will recognize the many volunteers in this community. Dress will be semi-formal. Deadline to RSVP is April 9. DSN 370-6883/6975

• **HCS** - 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.hsc-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

• **Red Cross Classes** - An adult, child and infant CPR/AED and first aid course will held 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 or civ. 0621-730-1760.

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. 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 Friendship Circle gate.

• **Outreach Services** - Super Saturday will be 10 a.m. - 4 p.m. April 10 at the CDC. Child care will be open to families who have a current registration with CVS Services. Please contact the CDC to make your reservations. Reservations will be accepted a month in advance. FRG/Unit Night will be 5:30-8:30 P.M. April 15 at the CDC. Child care will be available only to families attending FRG or deployment related meetings. Children must have a current registration with CVS Services. Contact Parent Central Services DSN 380-9135/9132 to make your reservations.

• **AER Campaign** - The Army Emergency Relief campaign is currently underway. If you would like to donate please see your unit representative or contact DSN 385-2002 for donation information. Active campaigning ends April 16 but donations are accepted year round.

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

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

American team takes gold in German shooting competition

By Jennifer King
405TH AFSB PUBLIC AFFAIRS

The Heidelberg Rod and Gun Club Deutsche Jagdschutz Verband Team took first place at a competition shoot on March 27 at Schutzenhaus 1490.

"Team members practice diligently all year on the ranges, and our efforts paid off again," said Dom Knoll, team leader for the Heidelberg Rod and Gun Club team. "This is the third year that our team has taken gold in a competition."

The DJV competition circuit is only open to shooters who hold a German hunting license.

"The DJV competition shoots simulate actual hunting situations such as freehand and moving targets for shooters to hone their shooting skills so that when we are in the field and take the shot on game animals, we know our shot is good," explained Michael Sinnema, another member of the American team.

The competition, which includes both a rifle and a shotgun competition, is for shooting

proficiency at moving targets at 100, 50 and 30 meters.

"Competition shooting requires extra concentration and lots of discipline," said Gerry Clayton, who is a member of the team. "We've got to shoot different ways at different distances with different firearms, so it requires a wide range of proficiency."

Team members learn that discipline through lots of practice, says Ed Puterbaugh, the final member of the American team that took the first place honor.

"We practice at least once per week for several hours," Puterbaugh explained. "We go through lots of ammunition, but it's worth it when we compete and win first place."

Tom Winkel also shot at the competition, although he was not a member of the American team.

"I was very pleased with my personal score, particularly since this is range on which we don't have a lot of time to practice," Winkel said. "I really enjoyed not only the shooting, but also the camaraderie with our German

hosts."

In addition to the team medal for first place, Knoll also scored a silver individual medal based on his individual competition score.

The Heidelberg Rod and Gun Club is the only American facility in Germany that has a team that shoots on the German DJV circuit.

"Our DJV team is a great source of pride for us," said Col. Armon Cioppa, president of the Heidelberg Rod and Gun Club Advisory Council. "By representing our club at multiple shooting events throughout Germany, they really assist us in maintaining our close ties to our German friends in the shooting and hunting circles."

The DJV team is always interested in recruiting new shooters. Anyone interested in learning more should contact Dom Knoll or visit the Heidelberg Rod and Gun Club. For more information on the Heidelberg Rod and Gun Club and the variety of outdoor activities available, visit www.mwrgermany.com/HD/rod_gun/rod_gun.htm.

Heidelberg sweeps first track meet



Linda Steil

Heidelberg sophomore, Sharaud Gallman, receives the baton from senior Kadeem Stowe, during the 400m leg of the sprint medley during the first track meet of the season Saturday at Patrick Henry Village. Heidelberg finished first with a time of 4:05.54. Heidelberg Boys won the meet with 129.66 points, Mannheim followed with 86.33 points. Heidelberg Girls won the meet with 87 points, Mannheim came in third with 75.50 points.

staying ACTIVE

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). Contact DSN 373-8032 or www.mwrgermany.com.

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.

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 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 lamar.c.porter@eur.army.mil.

AGBC Charity Golf Tournament

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

Exercise Classes

Zumba Classes are now being offered at Landstuhl and Kleber Fitness Centers. Enjoy the hot sounds of Cuban music and learn moves to help you get in shape. Classes at Landstuhl are open to families and adults. The family class schedule is 10-11 a.m. Monday and Wednesday and the adult class schedule is 12-1 p.m. Monday and Wednesday at Landstuhl Fitness Center Bldg. 3720. DSN 486-7172 or civ. 0631-86-7172. The schedule for the Kleber classes for adults is 11:45am-12:45p.m. Tuesday and Thursday. The Kleber Fitness Center is located in Bldg. 3235. DSN 483-7610 or civ. 0631-411-7610. www.mwrgermany.com.

Bowling Tournaments

BOSS will host a bowling tournament at the PHV Bowling and Entertainment Center 12-3:30 p.m. April 17. Cost is \$20 per person, four person teams, limited to 26 teams. Price includes three games, shoes and pizza lunch. Prizes for first, second and third place. Contact your unit BOSS rep. or DSN 373-5275. www.mwrgermany.com.

SAS Sports Surge

Heidelberg Child Youth and School Services is hosting a sport's clothing and equipment drive for new or gently used sporting equipment, clothing and gear. April 1-30. All sports, all sizes, adults and kids. Drop off point at School Age Services, bldg. 3850 Community Support Center. DSN 370-8994 or www.mwrgermany.com.