

HeraldPOST

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

CYSS expands virtual services

By **Dijon Rolle**
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The days of enduring long lines on the first and the 15th of every month or rushing into the Parent Central Services office moments before closing time may now be a thing of the past for parents with children enrolled in Child, Youth and School Services programs.

Paying for child care is now as simple as a few key strokes and a click of your computer mouse. The CYSS Web site has expanded its options to allow parents to pay bills online, and they can also view available CYSS programs designed to keep their little ones busy year round.

In fact, the online payment option is now available Army-wide, and according to Stephanie Morales, parent services director for U.S. Army Garrison Baden-Württemberg's CYSS, it's yet another way the organization is transitioning into the future and focusing even more on the needs of their customers.

"It's been a long time coming," Morales said. "Everything is online, and a lot of our parents are generation Yers and they're social networking, and we're coming in see **ONLINE SERVICES** page 11

A sure way to start



Sharon Overstreet
Staff Sgt. William Love and daughter, Taylor, count and work on one-to-one correspondence at the Mannheim Elementary School Sure Start parent meeting. This month had a "Math-Magical" focus as children and parents experienced hands on standards based activities in the new math lab.

Culinary team recreates winning recipes at awards ceremony, demonstration

Sgt. **Daniel J. Nichols**
USAREUR PUBLIC AFFAIRS

Members of "Team Europe," the U.S. Army Europe and Installation Management Command-Europe 2010 Culinary Arts Team, were formally recognized for their achievements during a culinary demonstration and awards ceremony at the Warrior Zone on Patton Barracks in Heidelberg, April 29.

At the event the team, made up of Soldier and civilian chefs from across the Army in Europe, cooked and served the award-winning "Gold Medal Field Meal" they prepared at the 35th U.S. Army Culinary Arts Competition at Fort Lee, Va., in late February and early March.

"They've already done this menu numerous times in training, and they won a gold medal at the all-services competition," said Sgt. Maj. Mark Warren, USAREUR senior food service NCO. "Today's demonstration is not only for these Soldiers, but for the senior participants. When they come in

"The reason we support the culinary arts team is because, like so many of our other programs, it encourages Soldiers and civilians in U.S. Army Europe and Installation Management Command-Europe to strive for excellence."

-Gen. Carter Ham, USAREUR commander

they'll be able to experience first-hand – see, smell, taste – the quality and the level of food service execution it took for the Soldiers to get to this point," Warren said.

see **CULINARY TEAM** page 11

HP THURSDAY
May 6, 2010

Speed Read

TEACHER APPRECIATION

A Heidelberg Middle School teacher is recognized for dedication during Teacher Appreciation Week, May 3-7. 2



NEW ERMIC CALL CENTER

ERMIC recently opened a new care call center to provide centralized telephone appointments at Army health facilities throughout Europe. 8

WOMEN'S HEALTH MONTH

May is Women's Health Month, and Army health clinics are promoting regular screenings. 11

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BOWLING CHAMPIONSHIP

The Heidelberg Generals cleaned up at the U.S. Armed Forces Europe Bowling Championships in Kaiserslautern. 21

Defense Details

FAILED ATTACK

President Barack Obama called the failed weekend terror attack in New York's Times Square a sobering reminder of the need to remain vigilant against terrorists committed to destroying America's way of life.

ENTIRE 101ST TO DEPLOY

Throughout 2010 and 2011, more than 20,000 Soldiers from Fort Campbell's 101st Airborne Division will deploy to Afghanistan, the first time an entire Army division has deployed to Operation Enduring Freedom within one year. The 101st will be largely responsible for training and assisting Afghan army forces, but instead of living separately from their counterparts, the division will be exercising a new training method called "combined action," which is an integrated-troops approach.

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

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COMMENTARY

HMS PTA recognizes dedicated mentor during Teacher Appreciation Week

Dear Mr. Dennis Osborne,

In a month, my youngest son, who now stands a head taller than me, will walk across the stage and graduate from eighth grade at Heidelberg Middle School.

He, as well as his older brother, was fortunate to have you as a teacher in seventh grade. At the end of the school year, you invested the time and the effort to write each and every student a farewell letter. It celebrated their successes, challenged them to grow in certain areas, and demonstrated such a clear and caring perspective of the person my middle schooler was becoming that I was stunned by your insight.

Sometimes, as parents, we think that only we take the time to truly see our children, and you proved that that was just not true. As the expression goes, "Turnaround is fair play," so, in honor of Teacher Appreciation Week, I would like to write you an end-of-year letter of your own.

You look beneath the surface to really get to know each child and encourage them to do the same with their classmates. When my son stopped wearing Land's End turtle-necks and joined the Aeropostale crowd, you gently ribbed him, reminding him it wasn't about what he wore to school but about what he did in life.

You led your class through the "Star Girl" experience and taught them to celebrate differences in themselves and each other. You encouraged them to be creative and find outlets for their many and varied talents. Each year, the halls of Heidelberg Middle School reverberate to the sounds of your

class doing the "Bunny Hop" in some of the strangest outfits every seen on a teenager.

You emphasize the creative process but still teach that there are skills that have to be mastered. Yes, they can let their imaginations run wild during your creative writing project, but first they have to master your crash course in grammar rules.

It was a joy to watch kids excited about writing and talking to each other about their ideas in a way that continued outside the classroom and outside the school day. Each child felt like they had written something worth reading and could truly follow their own subject interests.

You know that a huge part of life is about making and maintaining connections; with your family, with your students, with your faith. When children move on from your classroom you still stop and talk to them, never failing to show genuine interest. When you meet a parent, you take the time to share with them and continue to show your involvement. They matter to you, and you, in turn, matter to them.

At school and after, you encourage students to work alongside you to make a difference by volunteering in their school and community. They learn from you that they can make a contribution and a difference, even if they are still not old enough to drive.

We have been blessed in having you partner with us in raising and educating our sons. They will take what you have taught them wherever we move.

Shirani Tisdale



Shirani Tisdale

Teacher Dennis Osborne showcases talent and celebrates being different on Star Girl Day at Heidelberg Middle School.



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

Here it is: Haguenau, France. I have been in BW for five years and only recently stumbled on this gem. 90 minutes from BFV and a world away from Germany. The city is adorable, as is nearby Souffleheim. I am not one to go on shopping splurges, but the nearby Cora shopping center made me take exception (and I parted with a hard-earned 60 euros!). I have not seen anything like it in years - the produce was beautiful, the fresh fish and meat section was

Unbelievable (bring a cooler is only going for a day trip), and the desserts... oh my! And the prices - so inexpensive when compared to Germany and a selection that was worth even a day trip. Plenty of parking and great service. For my last trip, I stayed in the Ritter Hof hotel (www.morsbronn-les-bains.com) which is only 10 minutes outside Haguenau center, but priced as if it were miles away (double rooms are only 55 euros). The room was comfortable and there

was no language barrier, as the owner speaks English exceptionally well. I can't wait for my hubby to come home from Iraq so I can take him to this place. He is a food and wine snob, and I finally found a place that has great food, great wine, and won't cost me a mortgage payment.

-Virginia, BWnow member



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69th Trans. Co. inactivates after 74 years of service

By Sgt. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

Friends, families and fellow Soldiers gathered outside the headquarters of the 28th Transportation Battalion April 29 to watch as one of the most storied companies in the battalion was inactivated after 74 years of service to the Army.

The 69th Transportation Company held its inactivation ceremony on Coleman Barracks in Mannheim, in front of a crowd that, although it knew this day would come, was reluctant to say its final goodbye.

The ceremony was attended by a crowd of guests that included Col. Thomas Evans, the commander of the 18th Military Police Brigade, Lt. Col. Elizabeth Griffin, commander of U.S. Army Garrison Mannheim, and USAG Mannheim Command Sgt. Maj. Alberto Delgado, – all there to pay tribute to the “Roadrunners” of the 69th Transportation Company.

“I knew when I became commander of the 28th Transportation Battalion, there would be many goodbyes – too many, in fact,” said Maj. Nicole Heumphreus, the commander of the 28th Transportation Battalion, who has had to deal with the declining size of the battalion since she took command last year. But, Heumphreus added, seeing the 69th inactivate is especially

difficult.

Early in her career as a cadet lieutenant, Heumphreus said she had the opportunity to ride in convoys with the Roadrunners and that her experience with the 69th reinforced what she already knew – that she wanted to be a transporter and serve in a truck battalion with truckers.

Given her long history with the company, Heumphreus was especially reluctant to see the 69th inactivated. But, she vowed to keep the legacy of the company alive.

“The 69th will not be relegated to the dust bin of history,” Heumphreus said. “All of us who have been part of the Roadrunner family will continue to breathe new life into its legacy as its guidon waits for its nation to call upon it one more time to serve.”

Seeing the last remnants of the company stand together in formation was a visual reminder that the end was, in fact, near. The company that once boasted more than 160 Soldiers stood in formation with just over 20 Soldiers representing their unit.

Capt. Matthew Davis, commander of the 69th Transportation Company, took a moment to recognize the contributions of the Soldiers, past and present, who have built the legacy the Roadrunners leave behind.

Davis addressed the formation and said, “Professional and hardworking



Sgt. Adrienne Killingsworth
Capt. Matthew Davis, the commander of the 69th Transportation Company, and the remaining Soldiers of the unit, present arms during the unit's inactivation ceremony April 29 on Coleman Barracks in Mannheim, Germany. The unit is being inactivated after 74 years of service to the Army.

– you have given your best without question.”

The 69th leaves behind a tradition of support that spans the globe. Missions in the U.S., Italy, Croatia, the Balkans, Hungary, Austria, Bosnia, Iraq, Afghanistan and in Germany have given the unit a reputation as a company that never backs down from a challenge, Davis said.

“Everywhere it went, the 69th made a name for itself, and made it big. Most

of the time that name was among the best,” said Davis, who credits the leadership and support of the unit’s non-commissioned officers for getting the unit this far.

After the inactivation of the 69th, the 28th Transportation Battalion now consists of the 68th Transportation Company and the Headquarters and Headquarters Detachment. The HHD, 28th Transportation Battalion will also inactivate this summer.

Mannheim Volunteer Appreciation Ceremony

U.S. Army Garrison Mannheim held a volunteer recognition ceremony April 22 on Benjamin Franklin Village. USAG Mannheim commander, Lt. Col. Elizabeth Ryan Griffin received a symbolic check in the amount of \$1,749,135.64 in recognition of 96,689 documented hours on the part of volunteers in the Mannheim military community.

Service Member Volunteer of the Year: Spec. Matthew Damien Jaquez

Jaquez is the Vice President of the USAG Mannheim BOSS Program and acts as point of contact for single Soldiers who are interested in volunteering. He is active in the Knights of Columbus organization, supporting the Mannheim Catholic Church. In this role, he spearheaded the movement of a displaced local family into a new apartment and assisted the Sisters of Mannheim Catholic Church put beds together for a local organization benefitting several homeless individuals and families.



Youth Volunteers of the Year - Isabell Pelley and Elizabeth Howard

FRG Leader Volunteer of the Year - Keila Benitez

Family Member Volunteer of the Year - Federica

Family Volunteer of the Year - Family of Master Sgt. Steven and Michele Carter

Mannheim Lifetime Volunteer Service Award - Chief Warrant Officer 4 (Ret.) Thomas Sanders

21st TSC holds retreat, retirement ceremony

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

The late afternoon sun provided a picture perfect backdrop to illuminate the shiny promise of new beginnings when the 21st Theater Sustainment Command held its retreat and retirement ceremony at the parade field on Panzer Kaserne in Kaiserslautern April 23.

The ceremony was hosted by Maj. Gen. Patricia E. McQuisition, the 21st TSC’s commanding general, and the 21st’s Command Sgt. Maj. Jim Spencer.

Fittingly, Brig. Gen. Jimmie Jaye Wells, commanding general of the 7th Civil Support Command and the ceremony’s guest speaker, acknowledged the two retirees who both served with the 7th CSC before retiring.

“We will fill your position, but not your boots. Your legacy and reputation of caring for your Soldiers are traced in your footsteps,” Wells told Command Sgt. Maj. David Stading.

Stading, command sergeant major for the 7th CSC, is retiring after more than 32 years of com-

bined service in the Army’s active and the reserve components.

“I can’t believe it is happening – the 32 years went by so fast. But, if I look at everything I’ve done, it seems like three times as much time should have passed,” Stading said.

Nonetheless, there is no regret about retiring from the military service for Stading.

“There is no more honorable job in our nation than to lead America’s sons and daughters, but it is time. It is time for this new phase in my life,” he said.

His fellow retiree, Lt. Col. James Demchsak, the plans and operations officer for the 7th CSC, agreed.

However, Wells reminded him that he had attempted to retire once before but found himself changing his plans at the last minute and instead of retiring, he served three more years.

“Now, Jim Demchsak had planned to retire on Jan. 5, 2007, but 18 hours before his retirement ceremony, on Jan. 4, the telephone rang and Jim picked up the phone ... I want to say – thank you for taking that call,

Jim,” Wells said.

Nonetheless, Demchsak said after a lifetime of moving from one installation to another, first as a military brat and then during his 23 years of service, it is time to settle.

“Today is a good day to be a Soldier and a good day to retire. People have been telling me, ‘when it’s time to retire, you’ll know.’ I know today is that day,” he said.

Of course, Demchsak is not severing his military ties.

He will serve as the senior logistics planner with U.S. Army Europe’s supply and logistics directorate.

He and his wife, Robin, will remain in Kaiserslautern where he is also the quarterbacks’ coach for the Kaiserslautern Pikes American Football team.

Stading, on the other hand, looks forward to a lot of hunting and fishing near his retirement home he plans to build in San Antonio, Texas.

He too will be working with young people – through the Thomas “Hollywood” Henderson youth foundations.

Kaiserslautern holds festival to celebrate Month of the Military Child

By Air Force Staff Sgt. Jocelyn L. Rich
86TH AIR WING PUBLIC AFFAIRS

Organizations throughout the Kaiserslautern military community came together to host a festival supporting Month of the Military Child April 24.

The intent of the festival was to create a family friendly environment where all members were able to get together and enjoy the day.

"Our goal is to create a forum where parents can bring their children and spend some quality time with them," said Claudia Pauley, Landstuhl Youth Center, Child, Youth and School Services. "We wanted to show them how special and what an important part of the family they are."

The festival included a variety of events and activities such as live acts, military working dog demonstrations, martial arts demonstrations, craft tables, free food, organized sports, music and much more.

"This is the third event that we have been to this month," said Tech. Sgt. Sherman Paul, 24th Intelligence Squadron unit deployment manager. "Service members are on call 24/7, and the kids take the brunt of that. This gives us a chance to take a break and show the kids we really appreciate them being there."

Military members spend a large portion of their time supporting mission around the world away from their families. The festival provided an opportunity for families to get together and focus on one of the military's top priorities – families.

"The effects of deployments on children are our number one concern," said Mark Cobb, 86th Services Squadron Vogelweh Youth Programs director. "Military members sacrifice and deploy, of course. But the kids sacrifice just as much."

"We feel very strongly about parent involvement with the children of the military community," said Staff Sgt. Sandi Wellman, U.S. Air Forces in Europe Band clarinet player and mother of Calvin, 3, and Noah, 18 months. "I'm on the Parent Advisory Board and was involved when we were stationed at Lackland Air Force Base, Texas. It is important to show that the Air Force cares about what happens with the kids."

The festival has been hosted by the U.S. Army since 1986, but this is the second year that the Army and



Air Force Staff Sgt. Jocelyn L. Rich
Patty Medina, wife of Tech. Sgt. Eduardo Media, 721st Aircraft Maintenance crew chief, plays with her daughter Olivia, 2, during the Kids Festival at Pulaski Barracks, April 24, 2010. The festival was held as a finale for Month of the Military Child. Military members and NATO ID card holders were invited to come out and show their appreciation for the children.

Air Force have combined their efforts to provide a larger event to support the entire KMC.

"It makes sense," said Dorothy Choate, 86th SVS Family Members Programs chief. "We are proud to be partnered with the Army garrison for the second year. We're a true 'purple community' and pooling our efforts makes it easier to service a large community."

One of the highlights of the festival was the ribbon cutting of the first boundless playground in Europe. The boundless playground is a place that allows special need family members the ability to play side-by-side with other children – something that hit home to former U.S. Army 1st Sgt. Michelle Thomas.

"This project has been in the works a little over a year," Thomas said, who is also the mother of a 16-year-old high school sophomore with congenital heart disease. "There are about 40 installations around the world, and we have the first in Europe. It was important to combine the opening of the play-

ground with the event. It's another way for us to show the families how important they are and not leave any one out."

Thanks to the cooperation and joint efforts of numerous KMC organizations, the kid's festival was a success.

Those involved look forward to continuing the tradition by showing families the many other services offered within the community not just now, but year round.

"We advertise a lot in a good way," Cobb said. "It's a way for us to show the families what is out there for them. We just want to get as many families out as possible and just have fun."

"We are some 53,000 strong in the area and had about 4,000 folks throughout the day come out," Choate said. "It's a great turn out and we look forward to continuing this tradition. Our children are the true heroes, and they should be celebrated."

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Transition services provide options for Soldiers and spouses

By Rob McIlvaine
FMWRC PUBLIC AFFAIRS

As the Army continues its transformation, the future for transition services appears to be one of transformation, as well. This will benefit the Soldier and his spouse who typically need to visit several offices across a large installation when gearing up for transition to civilian life.

For the first time, this past fall, the U.S. Army Installation Management Command Headquarters combined three key human resource functions in one training conference with the goal of providing professionals the opportunity to share ideas, best practices and the steps to improve communication between all services.

These services – Army Career and Alumni Program professionals, transition center managers and retirement services officers – all support and provide services to Soldiers, civilians and family members who transition from military to the civilian sector.

“The Army’s Family and Morale, Welfare and Recreation Command’s Employee Readiness Program partners with ACAP to assist in job fairs, among others functions,” said Patti Wells, ERP program manager.

“Both fall under Transition Support Services in the FMWRC Family Programs Directorate. ERP

helps military spouses, Soldiers and retirees. Within ASEP, ACAP is responsible for “Partnership Alley,” which brings ASEP partner businesses to job fairs. These include Fortune 500 companies and federal agencies seeking military spouses. Corporate clients currently number 31, with Walmart scheduled to join in October,” Wells said.

But transitions services aren’t only for Soldiers, according to John Radke, chief of Army Retirement Services, and Dalton Alleyne, Retirement Services Program manager in the Army G-1’s Retirement Services Office.

“RSOs take care of the Soldier and family before and after retirement,” Alleyne said.

“Before retirement, RSOs brief Soldiers and spouses on benefits and on their Survivor Benefit Plan election. In Army RSO, we say that retirement isn’t an event, it is a process and there are a lot of changes and choices involved with that process. Soldiers and spouses need to plan, and a part of that planning is visiting their RSO.

“Additionally, the RSO support doesn’t end at retirement. Every retired Soldier and spouse, from all components, is supported by an RSO – even if that RSO is in a different state,” Alleyne said.

ACAP also meets the critical transition needs of the extended Army Family as well, including spouses, civilians, retirees and veterans. Employers who want to recruit the best and brightest.

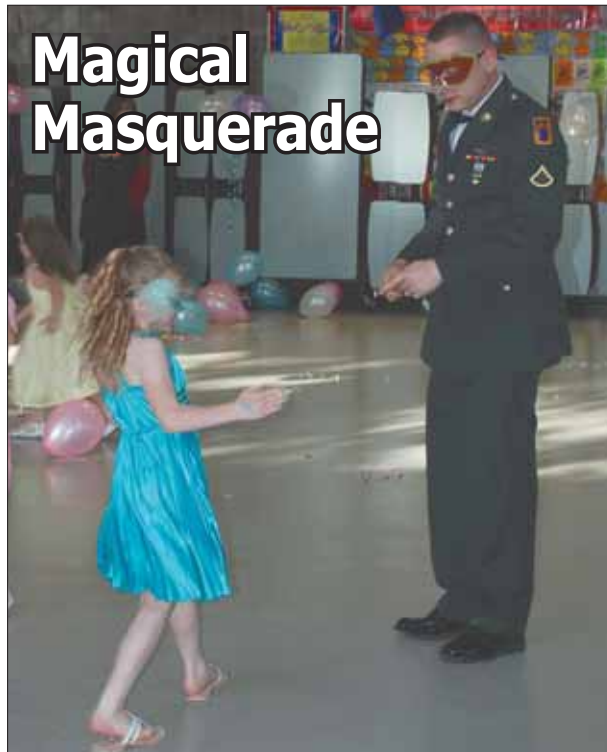
“There’s a multitude of federal agencies out there looking for former service members,” said Carl Savino, author of “The Military to Civilian Transition Guide,” available in all ACAP Centers worldwide.

ACAP partners with a multitude of employers globally and in the community by participating in job fairs, employer days and career events. These collaborations, with more and 300 corporations ranging from small companies and state governments to major companies such as Caterpillar, Inc., Eastman Kodak and Ratheon, open doors, facilitate employment, and educate employers.

The primary mission of the transition centers is to officially separate Soldiers. This includes the preparation and processing of the DD Form 214 (Certificate of Release or Discharge from Active Duty), which some say is the most important document a Soldier ever receives since it is the determining factor for many post-military benefits and entitlements.

But Bill McMillian, ACAP Transition Services manager from Fort Bragg, N.C., noted “We TSMs are like ringmasters. We learn about programs and pull them together so we can refer our Soldiers and spouses to the experts.”

With future collaboration between the three services already planned, transition services should be less like a circus in the months to come.



Pfc. Richard Sadger and his daughter, Kimmie, dance together at the Magical Masquerade Dance April 23 at Mannheim Middle School. The dance was sponsored by Daisy Troop 208, one of eight active USA Girl Scouts Overseas troops in Mannheim. More than 40 girls were in attendance, most with their dads in dress uniform. Volunteer Moms had several colorful masks for the girls to choose from as well as refreshments and door prizes.

Converting from NSPS to GS Frequently Asked Questions

Q. What is the anticipated timeline for the transition?

A. The majority of NSPS employees are scheduled to transition to non-NSPS personnel systems by September 30, 2010, more than a year earlier than required by the National Defense Authorization Act for FY 2010. The Department’s goal is to execute an orderly transition with the least disruption to organizations, missions and workforce. U.S. Army in Europe will transition May 23 and Installation Management Command will transition Aug. 15.

Q. Why can’t all NSPS organizations transition now?

A. A major transition requires careful planning. Leadership and human resources practitioners are working to ensure a smooth process with minimal disruption.

Q. What factors determine whether our organization is ready to transition?

A. Transition timelines will be determined based on organizational readiness, evidenced by:

- Avoidance of undue interruption to mission and hardship to employees
- Established processes to classify NSPS positions into the appropriate non-NSPS personnel system
- Existence of an appropriate legacy performance management system

Q. Will all NSPS employees return to the General Schedule?

A. No. The majority of the NSPS workforce will return to GS. However, the Department’s leadership is assessing what is required for organizations previously covered under personnel systems other than GS, such as the Navy alternative personnel system, Acquisition Demonstration Projects or organizations that, by law, must be converted to Science and Technology Reinvention Laboratory Demonstration Projects. It is important to note that employees will experience no loss of or decrease in current pay upon conversion out of NSPS.

Q. Since NSPS is repealed, why do I still have to work with my supervisor to develop performance plans and job objectives?

A. Federal employees are expected to have annual performance plans and appraisals. One of the key features of NSPS was the alignment of mission and individual job objectives. This is a positive aspect of any performance appraisal system. Regardless of an employee’s personnel system, it is important to understand how work aligns with mission and organizational priorities so expectations for where and how employees should focus efforts are clear. The Department encourages all employees to continue to have mission-aligned objectives.

Q. If my salary falls between two steps of my assigned grade, what step will I be assigned?

A. If your salary falls between two steps for your assigned grade, you will be placed on the higher step.

For more information visit, www.cpmo.osd.mil/nsps/faqs.html.



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Tip of the week: Take time to really establish and maintain good friendships. Good friends will always be there for you, through the good and the bad. Having unhealthy friendships can lead to stress and a pattern of bad habits.

Events:

Heidelberg - Join the Heidelberg International Wandering Club at the following volksmarches in May: Tiefenbach May 7, Ramstein and Bitzfeld May 8-9 (Sunday only). Trip to Holland over the fourth of July weekend. www.hiwc.de, hiwc@yahoo.com.

Mannheim - Family and Morale, Welfare and Recreation in conjunction with the Thrift Store will host a Community Yard Sale 10 a.m. - 2 p.m. May 8, in the Thrift Store parking lot. DSN 385-3169, www.mwrgermany.com.

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

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

Faces of the community: American Red Cross Office



Michael Boomhower, Red Cross case work volunteer and Christina Kilgore, field office coordinator, review documents at the Heidelberg American Red Cross office April 29. The American Red Cross office is located in the Heidelberg shopping center complex, inside of the Community Support Center. The office provides emergency communications for families and service members, and health and safety classes. They also provide briefings to family readiness groups and units, and provide financial help through referrals to aid societies. The office is open Monday- Friday 8 a.m.-4:30 p.m. and is closed for all federal holidays, except Columbus Day. You can contact the office at DSN 370-1760, civ. 06221-571-760.

State-of-the-Art ERMC Care Call Center opens with Europe-wide appointment phone number

By Steve Davis
ERMIC PUBLIC AFFAIRS

A \$700,000 ERMC Care Call Center officially opened April 26 in Heidelberg to provide centralized telephone appointments for routine medical appointments at Army health facilities throughout Europe.

ERMIC Chief of Staff Col. Karen Kelley and Heidelberg Medical Activity Department Commander Col. Paula Underwood cut the ribbon during a brief ceremony attended by call center staff and ERMC and HMED-DAC employees.

"This is a great access to care improvement," Kelley said. "By deploying state-of-the-art telephone equipment and software, and expanding hours and staff, we can serve our beneficiaries much better."

She said the ERMC Care Call Center, coupled with TRICARE Online, gives beneficiaries 24-hour access to medical appointments. TRICARE Online appointments are available at www.tricareonline.com.

The call center is managed and staffed by Heidelberg Medical Department Activity employees.

"We are pleased to support this Army Medical Command and ERMC

initiative to improve Access to Care," Underwood said. "The goal is to make more routine appointments available and to reduce telephone wait times."

An expanded call center staff now takes routine appointment requests from 6 a.m. to 6 p.m. Monday through Friday, excluding training or federal holidays. Beneficiaries may call 0800-ERMICARES, or 0800-376-2273.

The call center currently serves the Coleman, Katterbach, Illesheim, Mannheim and Heidelberg health clinics. By October, the ERMC Care Call Center will serve as the primary booking agency for all ERMC medical treatment facilities.

Opening the new ERMC Care Call Center is one of numerous Access to Care initiatives begun by the Europe Regional Medical Command during the past two years.

"Caring for wounded warriors, access-to-care improvements and medical facility upgrades have been among our priorities," said ERMC Commanding General Brig. Gen. Keith W. Gallagher. "The Army Medicine commitment of 'Bringing Value ... Inspiring Trust' and ERMC values of Compassion, Attitude, Responsiveness, Ethos and Safety have guided us, and they shall continue to be our beacon."

Among other ERMC access to care initiatives are:

- A Warrior Transition office for policy and planning, a Warrior Transition Battalion for oversight and four geographically dispersed Warrior Transition Battalion to care for wounded warriors were established. The goal is to help Soldiers heal and return to duty or help them effectively transition with dignity back to civilian life.
- More than 60 contract behavioral health and 80 mTBI providers have been hired to provide these essential services at each ERMC health facility.
- Patient and Family Centered Care programs have been established at each of ERMC's 19 Army medical facilities has established a Patient and Family Centered Care program to involve beneficiaries and entire families in the clinic decision-making process.
- mTBI and orthopedic tele-health centers have been established in Bavaria and at Landstuhl Regional Medical Center to extend the range of care and give patients and providers greater treatment options.
- Medical facility upgrades include planning and development for a "new" Landstuhl Regional Medical Center, an enhanced health care center at Vicenza and significant clinic

improvements at Katterbach, Vilseck and Grafenwöhr. The long-term recapitalization of Landstuhl is a TRICARE Management Activity and Department Defense initiative in its early stages. Additional funding must be approved by Congress for construction of the proposed \$1.2 billion hospital.

•ERMIC has been authorized to hire 20 host nation patient liaisons to assist beneficiaries on initial outpatient visits to TRICARE Preferred Providers. The liaisons will ease language and cultural concerns of patients referred "downtown" for care.

•Each ERMC health center or clinic now has an online "Guide to Host Nation Health care" to enhance your comfort zone when seeking care from TRICARE Preferred Providers and host nation medical facilities. A print version that will fit perfectly in your car glove compartment will soon be available in each clinic.

Many more initiatives - most of them transparent to beneficiaries - have been instituted, including customer service training for clinic staff members and positive organizational changes aimed at creating more appointments and streamlining care for beneficiaries.

A containment boom is staged at the Breton National Wildlife Refuge April 29 to help minimize the impact on environmentally sensitive areas. National Guard Soldiers and Airmen are on the ground in Louisiana, Alabama and Florida supporting civilian authorities tackling the Deepwater Horizon oil spill response. The Louisiana National Guard will assist local communities in the cleanup and removal of oil and protect critical habitats from contamination, according to a news release.



U.S. Coast Guard Photo

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U.S. Air Force Staff Sgt. Kamaille O. Long

Soldiers conduct practice landing falls during a joint forcible entry exercise on Pope Air Force Base, N.C., April 26. The Soldiers are assigned to the 82nd Airborne Division. The Division's brigades use forcible entry exercises to train for real-world contingency operations.



Benjamin Faske

Sapper competitors complete the rope climbing portion of the obstacle course before sprinting to the finish line. The Best Sapper Competition gives engineers throughout the Army the opportunity to compete in a grueling six phase and three-day competition to determine who are the best engineers in the Army.



Kristen Ellis

Sgt. Robert W. Laux practices shotput at Walter Reed Army Medical Center, Washington, D.C., in preparation for the first-ever "Warrior Games," May 10-14, in Colorado Springs, Colo. The games are a joint effort between the Department of Defense and U.S. Olympic Committee to inspire recovery, capitalize on physical fitness, and promote opportunities for growth and achievement among wounded, ill or injured service members.

ONLINE SERVICES

continued from page 1

and joining everybody else," she said. "It's also better customer service, it allows the customer to wake up in the middle of the night and pay their bill when they remember it rather than waiting until the next day to pay their bill."

Parents soon may be able to enroll and pay for any of the ongoing activities listed, with the exception of enrolling in the full-day care program online, Morales said.

Another recent transition that may be a little more obvious to parents is the name change of the Central Enrollment Registry to Parent Central Services.

"Parent Central Services and parent services better defines exactly what we do," Morales said. "We're there to meet the needs of the parents, answer their questions, and direct them to where they need to go for which programs."

In fact, it was one of two name changes. Last year Child and Youth Services became Child, Youth and School Services. Pamela Primmer, coordinator for CYSS, USAG Baden-Württemberg said the organization followed guidance from the Soldier Family Action Plan and it highlights the many faces and capabilities of CYSS.

"We want everyone to know how large our organization is and all of the wonderful things that we do for children, it's not only child care," Primmer said. "We have our SKIES programs, we have a large sports program, we have family child care, we have our school liaison ... anything that supports families and children and the Soldiers. That's what we're here for."

For more information on CYSS services and online payments, parents can visit <https://webtrac.mwr.army.mil/webtrac>.

To request a password and login parents should contact Parent Central Services. Heidelberg: DSN 388-9240 or civ. 062221-338-9241, Mannheim: DSN 380-9135 or civ. 0621-730-9135, Kaiserslautern: DSN 493-4516 or civ. 0631-3406-4122.

Women's Health Month shows importance of regular screenings

By Kristen Marquez
HMEDDAC PUBLIC AFFAIRS

With May being women's health month, officials at Army health clinics are urging women to think through all factors of leading a healthy lifestyle.

Getting regular checkups, preventive screening tests and immunizations are among the most important things women can do to take care of themselves.

"We always encourage women to come in for their yearly well-woman exam," said Col. P.K. Underwood, Heidelberg Medical Department Activity commander. "Preventive screenings are some of the most important things women can do for themselves."

However, women's well-being doesn't stop at just pap smears and mammograms, which are probably the most widely well-known exams for women.

Health care providers can help women go through a checklist of screening tests needed to ensure they remain healthy.

For example, some screening tests to consider are bone health, breast health, reproductive health and colorectal health.

Providers can help determine which tests and exams patients should have performed based on their risk factors and family history.

Diagnosing and treating health problems is not just up to the provider, however.

"Women can take some simple steps to en-

sure their own health," Underwood said. "Eating a nutritious diet, engaging in 30 minutes of physical activity a day and getting enough sleep are very small but important steps to getting healthier and maintaining your health."

While women and men are affected by many of the same health problems, they can affect women differently.

For example, heart disease, the leading cause of death for both men and women, has different symptoms in women.

Some diseases or symptoms are also more common in women than in men, such as osteoarthritis, obesity and depression, according to the National Institutes of Health.

Staying healthy is not just about medical care.

Women should also be aware of risky behavior such as smoking and not wearing a seatbelt, Underwood pointed out.

"Quitting smoking is one of the best things I ever did for myself," she said. "It's not easy. Any smoker can quit smoking, they just need to know that they must have the will to quit. When you convince yourself that you need to quit, you will."

Visitors at the Heidelberg Health Center can get more information on recommended preventive screenings from the display board in the lobby at the pharmacy.

For more information on women's health, visit www.womenshealth.gov or talk to your health care provider.

CULINARY TEAM

continued from page 1

While the world "field" is part of the name of the winning meal, this is not food in olive drab envelopes, and nothing here is freeze-dried. The gold medal meal includes mouth-watering treats such as herb pork tenderloin crepinette, carrot and ginger puree with pearl onions and peas, seared salmon and streusel baked apple with mascarpone cream filling.

The meal plan for the demonstration at the Warrior Zone was built for a group of 60 guests, including USAREUR commander Gen. Carter Ham.

"The reason we support the culinary arts team is because, like so many of our other programs, it encourages Soldiers and civilians in U.S. Army Europe and Installation Management Command-Europe to strive for excellence," said Ham during his address at the event.

For the chefs, challenging themselves with competing, preparing, cooking, and serving intricate meals is hard work, but they say it is a labor of love.

"I love it. I honestly do," said team member Sgt. Jesse Parker. "You really have to have a passion for cooking if you want to do something like this."

The team worked together in all aspects of preparing the meal, from setting up a containerized field kitchen to preparing ingredients, cooking the food, keeping the kitchen clean, washing dishes, and serving the meal when it was finished. Everyone seemed satisfied with the final product.

"It's a great privilege for all of us to be here today," Ham said. "And there are a lot of clean plates around the patio, which is a testament to the absolute excellence that was provided by these extraordinary ser-



Sgt. Daniel J. Nichols

Members of Team Europe, the U.S. Army Europe and Installation Management Command-Europe 2010 Culinary Arts Team, rush to prepare and serve the entree at a culinary demonstration and awards ceremony at the Patton Barracks Warrior Zone in Heidelberg April 29.

vice members and civilians."

Ham presented each member of the team with the Army Commendation Medal for their excellence in the culinary arts, and for representing USAREUR at the U.S. Army Culinary Arts Competition last month.

Team Europe walked away from that competition with 22 gold, nine silver and five bronze awards, including the competition's top team prize – the Installation of the Year Award. Team officials said that award has not been won by a Europe-based team since 1992.

V Corps Soldiers help Heidelberg JROTC cadets conduct land navigation training

By Staff Sgt. Claudio Tejada
V CORPS PUBLIC AFFAIRS

Soldiers from V Corps' Headquarters and Headquarters Company, helped students from the Heidelberg High School Army Junior Reserve Officer Training Corps program complete land navigation training in Schwetzingen April 22.

More than 80 JROTC cadets participated in the training course that covered an area approximately a kilometer and a half square.

The JROTC student leadership planned and conducted the exercise with guidance from retired 1st Sgt. Andrew King, who mentors the cadets at the school, and assistance from V Corps Soldiers led by Sgt. 1st Class Adam Martinez, the HHC operations NCO.

V Corps Soldiers played an important role in the training by making sure the exercise was safe and teaching the JROTC cadets how to navigate the wooded training area with the tools provided, King said.

The cadets spent some time in a classroom with those tools – map, lensatic compass and protractor – before heading outdoors to practice what they learned.

Cadets were split into nine groups that navigated the woodland to find 12 different points contained within the land navigation course set up in the training area.

"This land navigation event is very important for each cadet," King said. "Each cadet is invited to a summer leadership camp after the school year is over, and land navigation is one of the tasks they are tested on."

The cadets were in charge of the whole operation, King said, from planning the training to acquiring the necessary supplies and equipment and executing the event.



Staff Sgt. Claudio Tejada
Sgt. 1st Class Adam Martinez of Headquarters and Headquarters Company, V Corps, helps Heidelberg High School Junior Reserve Officers Training Corps Cadet Maj. Katelyn Bronell with land navigation during a JROTC training session in Schwetzingen April 22.

Parents and Soldiers from various units volunteered to assist the cadets.

"The JROTC program helps cadets become leaders and good citizens," said Master Sgt. Michael Brock from the European Regional Veterinary Command, father of Cadet Lt. Col. Rachelle Brock, commander of Heidelberg High School's 2nd JROTC Battalion.

The Army JROTC program is designed to encourage young American students to develop leadership skill while learning about U.S. military history and structure, Brock said.

The program emphasizes the importance of education and developing citizens with strong positive values and effective communication skills and work ethics.



Christine June

Spring Vehicle Safety Day

Sgt. John Chester, a mechanic with the 21st Theater Sustainment Command's 66th Transportation Company, checks underneath a vehicle April 29 during the U.S. Army Garrison Kaiserslautern's Spring Vehicle Safety Day at the garrison's Pulaski Auto Skills on Pulaski Barracks. About 150 people took advantage of the free car inspections, which are intended to get vehicles ready for vacation travel during spring and summer. Soldiers and civilians throughout the community volunteered their time and skills for this event.



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1/405th AFSB realigns LBE program

By Jennifer King
405TH AFSB PUBLIC AFFAIRS

The 1st Battalion, 405th Army Field Support Brigade is realigning the Left Behind Equipment program in Germany in order to streamline operations and consolidate support to the Soldier. The battalion closed the LBE site in Baumholder last month and will be closing the Mannheim location by the end of April.

"Effective no later than May of this year, almost all of our LBE operations will be conducted in Kaiserslautern," explained Lt. Col. James Kennedy, commander of the 1-405th Battalion. "We will be executing our LBE operations with the Theater Logistics Support Center-Europe, which is headquartered here in Kaiserslautern. Kaiserslautern will be the enduring LBE site for operations North of the Alps."

Kennedy believes that by aligning all LBE operations in one location, the battalion will be able to better synchronize the program.

"By having all LBE equipment located here in Kaiserslautern with the main repair activity, we will have better oversight of property accountability," Kennedy said. "We will be able to leverage the capabilities of TLSC-E to provide a program that is completely coordinated at one location, making the reissue of equipment to returning units much easier."

Col. John Haley, commander of the 405th AFSB, said streamlining all of the operations in one location will benefit the Soldier.

"Kaiserslautern is the European Sustainment Center of Excellence, and we have a long and beneficial working relationship with TLSC-E," Haley said. "By centralizing almost all of our operations in Kaiserslautern, we will have immediate access to the dedicated professionals of TLSC-E while being able to maintain close oversight of the program."

The realignment of the LBE operations in Germany will not impact the brigade's LBE operations south of the Alps at 3rd Battalion, 405th AFSB, which is headquartered at Leghorn Army Depot, Italy.

PHES Reading Carnival



Lynn Davis

Olivia Hifferty, 8, and Sydney MacDonald, 6, decide which Rainbow Fairy book they would like to purchase during the Patrick Henry Elementary School's Reading Carnival April 29 in Heidelberg. The event featured educational activities like: a reader's theater, quidditch games, literacy bingo, make-your-own bookmark and jeopardy. See more photos on www.flickr.com/heraldpost.

Promoting child safety



Boy Scouts from Troop 26 in Heidelberg were out in full force April 24 fingerprinting and photographing about 100 children so parents will have the information in case of an emergency. The event was the Eagle Scout project of Zach Harrington. The project is one of the requirements to advance from Life Scout to Eagle Scout.



ARMY FAMILY COVENANT: KEEPING THE PROMISE

ARMYOneSource.com

Experiencing Italy

By Mike Chapman
USAG MANNHEIM CYSS

The answer is “Buongiorno” as everyone quickly learned on the U.S. Army Garrison Mannheim Youth Center trip to Camp Darby, Italy, during a spring break trip April 12-16.

The group of 19 teenagers and seven chaperones travelled 12 hours by bus each way to enjoy the sites of Florence, Cinque Terre, Pisa and Tirrenia during this five-day odyssey.

Livorno Youth Center Assistant Director Jennifer Kandell was exceptionally instrumental in providing the important knowledge and fantastic logistical support needed that made this trip so successful.

“Jennifer even let me borrow the car to run errands for our group,” said Josie Craft, USAG Mannheim Youth Programs workforce development specialist.

“Unquestionably Jennifer was the key to helping make this trip go so smoothly,” added James Byron, USAG Mannheim Youth Program assistant and chaperone for the trip.

The bus ride from USAG Mannheim to Camp Darby provided the teens ample time to get acquainted and rested before the five days of exciting adventures and tireless days and nights for the staff. At least one chaperone was on duty and awake around the clock.

“We did not get much sleep,” Byron said, “but I really did not notice. We simply had way too much fun, and everyone was on their best behavior.”

Tirrenia, which is situated in the center of the coast of Tuscany, was the first stop on Monday, with a beautiful day at the beach.

Tuesday’s adventure took everyone to Cinque Terre, a remote piece of the Italian Riviera consisting of five villages connected by trails that hug the coastline. The group hiked trails and visited quaint villages on the Mediterranean. The statue of David caught everyone’s attention as the area was also packed with street vendors selling their wares.

By Thursday, the group had already spent countless hours walking and seeing sites, so a short trip to Pisa was the perfect fit. The teens had the opportunity to spend their remaining euros as they haggled to get the best prices on souvenirs. The final day, Friday, was devoted to the drive back to Mannheim, arriving safe and sound at the stroke of midnight.

“I just want to let everyone know how wonderful and special the trip was,” said Kim Fabor, one of the chaperones. “The staff that attended us was extremely professional and courteous. I was very pleased to see their positive interaction with the kids on a trip like this. Everything went so smoothly for such a major trip.”

For more travel information, visit www.usag.livorno.army.mil.



Photos by Kim Fabor

Students from the U.S. Army Garrison Mannheim Youth Center pose in front of the Bell Tower by the Leaning Tower of Pisa during their spring break at Camp Darby, Italy. While there, they visited Florence, Cinque Terre, Pisa and Tirrenia.

Above: A USAG Mannheim Youth Center student takes in the view and gets some video of Cinque Terre during a spring break trip to Camp Darby, Italy, April 12-16.

GERMAN COOKING

German Lamb in Sour Cream

Servings: 4

Ingredients:

- 2 pounds lean, boneless lamb; cut int
- 1 large onion chopped
- 1 1/2 cups beef broth
- 2 tablespoons vegetable oil
- 1 teaspoon tarragon vinegar
- 1/2 cup flour; (plus 2 tbsps.)
- 2 teaspoons salt
- 2 tablespoons water
- 1/2 teaspoon dill seed
- 1 cup sour cream
- 1/2 teaspoon caraway seed
- 1/4 teaspoon rosemary leaves

Directions:

- Brown the lamb in oil in a skillet.
- Drain well.
- Combine the first measure of flour with the salt, dill seed, caraway seed and rosemary.
- Toss the lamb cubes in the mixture to coat thoroughly.
- Place the lamb cubes in a lightly oiled slow cooker.
- Stir in all the remaining ingredients except the second measure of flour, the water and the sour cream.
- Cover.
- Cook on the low setting for 10 to 14 hours.
- Turn to high 30 minutes before serving.
- Combine the second measure of flour with the water.
- Stir into the slow cooker. Cover.
- Cook until thickened.
- Stir in the sour cream.
- Serve over hot buttered noodles and garnish with additional sour cream.

SOURCE: www.mygermanrecipes.com

Learn to Shop for German Food

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



DEAR MS. Vicki

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

Dear Ms. Vicki,

I've been talking to my children about the birds and the bees since they were old enough to sit up straight.

I knew the time would come when they would grow up and start dating. We are a strong Christian family, and we have always told our children to wait until they get married to have sex.

I especially give this message to my daughter, because I do not want her to become "used goods" or for her to allow herself to become the young boys' experiment. My daughter is 16 and dating. Yes, she appears to be head over heels in love with this young man.

We are amicable with his parents. Both fathers are deployed.

Reading her text messages, I discovered she is performing oral sex on her boyfriend. From the tone of the text, there has been no penetration, which makes me happy to know that my daughter is still a virgin.

However, I know that oral sex is wrong and could lead to more. My sister feels I should put my daughter on contraceptives. She believes eventually there will be a full-fledge

sexual relationship. I think putting her on contraceptives will give her the green light to have sex.

She is my daughter, and I know what to do with her. I've always given her good council. I'm not trying to put you in my family business, but what do you think about birth control, should she be given them?

From: A Good Mother

Dear Mother,

Please read what you have written to me.

You said putting her on birth control would be giving her the green light to be sexually active. Hello Mother, she is already sexually active, right?

From your report, she is having oral sex. That's sex! I'm not being rude to you, but from your report, your daughter is not a virgin either. I don't know why people think only "penetration" is sex.

This is not true. Listen Mother, I think your daughter is probably doing more than what you read in the text. It's up to you to receive good guidance and education to prevent an unwanted pregnancy. Teaching her to wait is definitely the right thing to do.

But here's the reality, everyone will not wait until they get married to have sex. Start talking to your daughter about herpes and other venereal and sexually transmitted diseases.

Many teens think you cannot contract anything from oral copulation, but this isn't true. Hopefully, you are attending a church that has an active youth ministry that is very engaging with teens about these issues. I wish you the best. Let me know how you decide to handle this situation.

Response to previous columns: Ms. Vicki,

I've endured four long one year plus deployments since 2003. The deployments are nothing to deal with. I can handle the deployments.

It's the so-called agencies that are supposed to help families during the deployments. Trust me - they are no good.

They do not do what they are supposed to do. I have visited places like ACS, FRC and CPO for employment information, etc. Instead of people helping you and showing a little empathy, the employees sit back and look at you like you are crazy. It's like you are interrupting their power nap or something.

This is the wrong attitude. Systems are not working for many spouses when their husbands are deployed. You always encourage family members to get involved in their community and become involved with their surroundings.

I've written you in the past about some of these complaints and you said "make an ICE complaint" or talk to the director or supervisor of the agency.

It just does not help. You should know that when we try to do that we are treated rudely, phone calls never returned to us, and we just never seem to receive the help we are looking for.

You also seem to endorse Military OneSource a lot. They are supposed to be the military EAP, right? Wrong! They have never helped me either. I call them for resource information, and they tell me to look in the yellow pages.

This is a joke. Give your advice, but don't endorse these agencies or advise spouses to get involved in their community.

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.

"Theater of War" performances to help U.S. Army Europe Soldiers and family members cope with stresses of combat

By Staff Sgt. Patricia Deal
USAREUR PUBLIC AFFAIRS

"Theater of War", an innovative theatrical approach to helping Soldiers and their families cope with combat stress, makes its U.S. Army in Europe premiere for select communities May 12.

"Theater of War" uses dramatic readings from ancient Greek plays to foster discussions about the trials of war and the emotional return home from battle that challenge today's combat service members and their families.

Recognized stage and screen actors perform the readings. Actors in the USAREUR tour include

Gretchen Egolf who has appeared in "Roswell," "Journeyman," and "Law & Order SVU"; Jamie Hector who has appeared in "Heroes," "The Wire," "Law & Order," and the short film "Five Deep Breaths"; Reed Birney who has appeared in "Gossip Girl," "Kings," and "Law & Order"; and Brendan Griffin who has appeared in "Law & Order" and the TV movie "Taking Chance."

After the readings, audiences participate in town hall discussions with a guest panel of combat veterans, family members and medical professionals from the local military community.

While "Theater of War" has been touring military communities and town hall meetings across

the U.S. since 2008, this is the show's first time in USAREUR. The Defense Center of Excellence for Psychological Health and Traumatic Brain Injury contracted for "Theater of War" to encourage service members to seek assistance for psychological health concerns.

Performances

Heidelberg - 1:30 p.m. May 12, Patrick Henry Village Theater
Kaiserslautern - 9 a.m. and 4:30 p.m. May 20, Daenner Community Activity Center

GET OUT!

area events

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

May 6

Mannemer Mess (Volksfest) - The folksfest, located on Waldhofstrasse in Mannheim, has a carnival with rides, culinary specialties and entertainment daily. Through May 9. Family Day with half price rides is May 6 and there will be free fireworks May 7. Streetcars #1 and #3 go directly to the entrance.

May 8

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

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

Paintball Play Day - Single Soldiers can enjoy a day at the paintball field on Coleman Barracks in Mannheim and participate in capture the flag, football and total elimination games. Special playing fee of "two for one" includes gun, mask and air. Paintballs are available on site. DSN 381-7215, www.mwrgermany.com.

Country Party - Check out Germany's largest country party, learn how to line dance or take a ride on "Tornado" the mechanical bull 8 p.m.-4 a.m. at Kazabra Club in Kaiserslautern.

May 14

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

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

May 21

Comedy Show - Comedian Bengt Washburn will be performing at the Heidelberg Warrior Zone on Patton Barracks at 7 p.m. Admission is free. Washburn's act has been described as intelligent, whereas Bengt himself is usually described as ditz. 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.

May 22

Family Fun Fitness Festival - In conjunction with a case lot sale, the Heidelberg commissary will host its first Family Fun Fitness Festival 10 a.m.-3 p.m. The event will feature a dog 5-kilometer fun run, an obstacle course for adults with dogs and children with dogs, a relay race for the family with cases of commissary products, a circuit course with trainers from MWR working on several strength training and coordination exercises, face painting and more.

Rhine River Cruise - Cruise the mighty Rhine River at its most famous stretch from Rudesheim to St. Goar. The ship will pass castles, fortresses and the legendary Lorelei Rock. Perfect pictures are yours for the taking, or just sit back and enjoy the ride until you arrive at the charming town of St. Goar. There we will take the train to the fortress Rheinfels high above the Rhine. Once back in one of Germany's most popular tourist destinations, Rudesheim, there will be plenty of time to shop or sample the wines of the Rhine. The tour includes boat, train, and castle fees. <http://affiliates.usa.org/rheinneckar>.

May 23

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

May 27

Trip to Spain - Join Mannheim BOSS in Lloret de Mar, Spain, May 27-31. Open to all Soldiers and civilians. Sign up by May 21 for two overnights in a superior hotel, breakfast and dinner and a day trip to Barcelona. DSN 385-2561, www.mwrgermany.com.

Motorcycle Rally and River Ride - Grab your helmet and join fellow bikers for this all-day, fun-filled event. At the Heidelberg Army Airfield you'll receive free motorcycle safety training, followed by a scenic ride along the Neckar River. End up at the Heidelberg Rod & Gun Club for a barbeque and party. Registration: www.bw.eur.army.mil.

May 28

Little Shop of Horrors - Head to Heidelberg's Roadside Theater May 28 and 29 and June 4, 5, 11, 12, 18 and 19 at 7:30 p.m. and May 30 and June 6 and 13 at 3 p.m. to see this well-known production.

Reservations are recommended and can be made at the theater on Patton Barracks. DSN 373-5020, civ. 06221-17-5020, www.roadside-theater.com.

June 2

Mannheim Idol - The big singing competition is back. Audition at the Top Hat Club on Benjamin Franklin Village 5-6 p.m., June 2-4 or come out to cheer on your favorite competitors during the competition rounds June 5, 12, 19 and 26 at 6 p.m. The finals will be held at 6 p.m. July 3 in the main tent of the German American Summer Fest. DSN 380-9370, www.mwrgermany.com.

June 2

Heidelberg Castle Illumination Cruise - The mock "burning" of the Heidelberg Castle, Germany's most famous ruin should be included on every visitor's itinerary. The illumination is a recreation of the castle's actual 17th century destruction and burning by the French Army. A boat cruise on the scenic Neckar River is truly the best place to observe this very special event. <http://affiliates.usa.org/rheinneckar>.

June 19

Bike from Mannheim to Heidelberg - Bike along the Neckar River and enjoy the scenic route to Heidelberg. Spend the day in Heidelberg's old city. \$15 for bike and guide. DSN 381-7215, www.mwrgermany.com.

Ongoing

Schwetzingen Festspiele - Visit the Schwetzingen Palace for a radio-classic-festival with top-class opera and concert program. Through June 13. Civ. 07221-929-4990 or www.schwetzingen-festspiele.de.

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.

coming to THEATERS



A NIGHTMARE ON ELM STREET

(Jackie Earle Haley, Kyle Gallner) A group of suburban teenagers share one common bond: they are all being stalked by Freddy Krueger, a horribly disfigured killer who hunts them in their dreams. As long as they stay awake, they can protect one another, but when they sleep, there is no escape. Rated R (violence, disturbing images and some sexuality) 95 minutes

THE LOSERS

(Zoe Saldana, Jeffrey Dean Morgan) On a mission deep in the Bolivian jungle, a team of elite commandos find themselves on the receiving end of a lethal betrayal. Now presumed dead, the men join forces with a mysterious operative named Aisha to hunt down their enemy and even the score. Rated PG-13 (a scene of sensuality, violence, sequences of intense action and language) 90 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

May 6 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 7 p.m.
 May 7 - A NIGHTMARE ON ELM STREET (R) 7 p.m.; THE CRAZIES (R) 9 p.m.
 May 8 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 4 p.m.; A NIGHTMARE ON ELM STREET (R) 7 p.m.; THE CRAZIES (R) 9 p.m.
 May 9 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) 4 p.m.; SHUTTER ISLAND (R) 7 p.m.
 May 10 - THE CRAZIES (R) 7 p.m.
 May 11 - A NIGHTMARE ON ELM STREET (R) 7 p.m.
 May 12 - SHUTTER ISLAND (R) 7 p.m.
 May 13 - A NIGHTMARE ON ELM STREET (R) 7 p.m.

Mannheim, Schuh

May 7 - THE LOSERS (PG-13) 7 p.m.
 May 8 - THE LOSERS (PG-13) 4 p.m.; THE CRAZIES (R) 7 p.m.; SHUTTER ISLAND (R) 9 p.m.
 May 9 - THE LOSERS (PG-13) 4 p.m.; THE CRAZIES (R) 7 p.m.

Vogelweh, Galaxy

May 7 - THE CRAZIES (R) 7 p.m.
 May 8 - THE LOSERS (PG-13) 4 p.m.; SHUTTER ISLAND (R) 7 p.m.
 May 9 - THE LOSERS (PG-13) 3 p.m.; THE CRAZIES (R) 7 p.m.

Ramstein, Gateway Movieplex

May 6 - PERCY JACKSON AND THE OLYMPIANS: THE LIGHTNING THIEF (PG) - 11 a.m., 3:45 p.m., 6:30 p.m.; COP OUT (R) 11:30 a.m., 2:30 p.m., 6 p.m.; WALL-E (G) 11:15 p.m., 4 p.m.
 May 7 and 8 - A NIGHTMARE ON ELM STREET (R) 11 a.m., 1:30 p.m., 6 p.m., 8:45 p.m.; THE CRAZIES (R) 11:30 a.m., 2 p.m., 5 p.m., 8 p.m.; SHUTTER ISLAND (R) 11:15 a.m., 2:45 p.m., 6 p.m., 9 p.m.; SPACE CHIMPS (G) 12 p.m., 3:30 p.m.
 May 9 - A NIGHTMARE ON ELM STREET (R) 11 a.m., 1:30 p.m., 6 p.m.; THE CRAZIES (R) 11:30 a.m., 2 p.m., 5 p.m.; SHUTTER ISLAND (R) 11:15 a.m., 2:15 p.m., 6:15 p.m.; SPACE CHIMPS (G) 12 p.m., 3:30 p.m.
 May 10 - A NIGHTMARE ON ELM STREET (R) 11 a.m., 1:30 p.m., 6 p.m.; THE CRAZIES (R) 11:30 a.m., 2 p.m., 5 p.m.; SHUTTER ISLAND (R) 11:15 a.m., 2:15 p.m., 6:15 p.m.; SPACE CHIMPS (G) 12 p.m., 3:30 p.m.
 May 11 - A NIGHTMARE ON ELM STREET (R) 11 a.m., 1:30 p.m., 6 p.m.; THE CRAZIES (R) 11:30 a.m., 2 p.m., 5 p.m.; SHUTTER ISLAND (R) 11:15 a.m., 2:15 p.m., 6:15 p.m.; SPACE CHIMPS (G) 12 p.m., 3:30 p.m.
 May 12 - A NIGHTMARE ON ELM STREET (R) 11 a.m., 1:30 p.m., 6 p.m.; THE CRAZIES (R) 11:30 a.m., 2 p.m., 5 p.m.; SPACE CHIMPS (G) 12 p.m., 3:30 p.m.
 May 13 - THE CRAZIES (R) 11:30 a.m., 2 p.m., 5 p.m.; SHUTTER ISLAND (R) 11:15 a.m., 2:15 p.m., 6:15 p.m.; SPACE CHIMPS (G) 12 p.m., 3:30 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

HIGHLIGHTS

Transition Center Operation Hours

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

Eagle Scouts Meeting

The Transatlantic Council, BSA invites all Eagle Scouts, their parents and spouses to an Eagle Scout Reception 7 p.m. May 29 at the Casablanca Room at Campbell Barracks, Heidelberg, brian.raymond@tac-bsa.org or royeden@hotmail.com.

PhD Program

The University of Oklahoma is hosting an information session for the Doctorate in Organizational Leadership program. It will be held at the Heidelberg Education Center on Patton Barracks at 9:30 a.m. May 24. If you are interested in earning a PhD while living in Europe, faculty members from the Norman Campus will be on hand to answer questions about the program. apeuadmin@ou.edu or DSN 370-6687.

CMR Package Notification

CMR customers can be notified via e-mail when they receive packages at the CMR. Visit your local CMR to provide your name, box number and e-mail address to begin the service.

local
EMPLOYMENT**ACAP Counselor**

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

Jobs for Teens

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

Summer Camp Counselor

The Army Career and Alumni Program is currently seeking a full-time ACAP counselor in the Heidelberg-Mannheim area. Applicants must have a master's degree, be computer literate, and have a minimum of two years' training in job assistance, career or employment counseling, teaching, training, or a related field. Applicants can not be considered ordinarily resident and must have logistical support. DSN 370-7545, civ. 06221-57-7545, darla.huck@us.army.mil.

KAISERSLAUTERN Community

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

• **Closure** - The Vogelweh Service Credit Union branch office will be closed May 10 to attend the Kleber Service Credit Union branch office grand opening. The branch will resume normal hours of operation May 11. Online Banking, ATMs and the Contact Center are all available 24 hours a day, seven days a week.

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

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

• **AFCEA Luncheon** - AFCEA Kaiserslautern Chapter 158 is hosting the monthly luncheon at the Ramstein Officer's Club 11:30 a.m. May 13. Guest speaker is Alex Hudson, Global Knowledge Director of U.S. Federal Sales, Europe. Hudson will discuss IT training in the federal space. DSN 489-6409, civ. 0631-536-6409.

• **Health Clinic Closure** - U.S. Army Health Clinic-Kaiserslautern, located on Kleber Kaserne, will close at 9 a.m. May 14 for a change of command ceremony. For patients requiring medication pickup, the pharmacy will remain open 8 a.m.-4 p.m. DSN 483-6265, or kleber.clinic@amedd.army.mil.

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

• **CSB Briefing** - The Kaiserslautern Transition Center will host a briefing on Career Status Bonus May 19 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the

15-year mark and are eligible for a \$30,000 bonus. Register: DSN 483-7071, civ. 0631-411-7071.

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

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

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

• **Car Lot** - Army Outdoor Recreation has a used car resale lot located adjacent to Pulaski Park. Reservations: DSN 493-4117, civ. 0631-3406-4117, www.mwgermany.com.

HEIDELBERG**Education**

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

Community

• **ACS Classes** - The following classes are now available at Army Community Service: Intro to MS Word, 9 a.m.-noon May 10 and 12; Federal Web-Based Application, 9 a.m.-noon May 11; Smooth Move, 10-11 a.m. May 11; Time Management and Goal Setting, 1-3 p.m. May 11; Buy your First Home, noon-1:30 p.m. May 12; From Couplehood to Parenthood, 1-3 p.m. May 13. DSN 370-6883, civ. 06221-57-6975 or www.mwgermany.com/hd/acs.

• **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.mwgermany.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.

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

pickup will occur on May 25 instead of May 24 on all installations.

• **Volksmaerches** - Join the Heidelberg International Wandering Club at the following volksmaerches in May: Tiefenbach May 7, Ramstein and Bitzfeld May 8-9 (Sunday only). Trip to Holland over the Fourth of July weekend. www.hiwc.de, hiwc@yahoo.com.

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

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

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

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

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

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

• **Scholarship Luncheon** - Alpha Kappa Alpha Sorority, Inc., Mu Psi Omega Chapter is holding its 1st Scholarship Luncheon honoring DoDDS-E seniors with scholarships to apply toward continuing education. The luncheon is noon-4 p.m. May 22 at Der Europäische Hof - Hotel Europa, Friedrich-Ebert-Anlage 1, Heidelberg. Donation: €50. All proceeds benefit the Mu Psi Omega Scholarship Fund. Civ. 06221-576543.

• **Changes in the ATSTP** - Effective immediately, the Advanced and Supervisors Driver's Courses have been removed from the ATSTP curriculum. The Intermediate Driver's Course that targets Soldiers under 26 years of age has been moved to a new time slot of 12:30-3 p.m. to

accommodate use of the Heidelberg Garrison Shuttle Bus. To register for an ATSTP course go to: <https://airs.lmi.org/home.aspx>.

MANNHEIM Community

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

• **Spouse Appreciation** - The garrison will observe Military Spouse Appreciation Day noon-2:30 p.m. May 7, outside Bldg. 253, Sullivan Barracks. Spouses are invited to stop by for cake and flowers.

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

• **Yard Sale** - There will be a Community Yard Sale 10 a.m.-2 p.m. May 8, on Benjamin Franklin Village. DSN 385-3169, www.mwgermany.com.

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

• **Baby Basics Health Fair** - The Mannheim Army Health Clinic and ACS are hosting a free "Baby Basic Health Fair," 10 a.m.-2 p.m. May 22 at the Mannheim Sports Arena. The event is free and will feature information for all expecting families and families with children up to age 1. Civ. 0621-730-9549.

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

• **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@eur.army.mil.

• **CYSNew Hours** - 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.

Generals destroy competition in Armed Forces Europe Bowling Championships

By Susan Huseman
USAG STUTTGART PUBLIC AFFAIRS

The Heidelberg Generals launched a major offensive in Stuttgart, virtually shutting out the six women's and 18 men's teams in the U.S. Armed Forces Europe Bowling Championships held April 21-23 at the Galaxy Entertainment Center on Panzer Kaserne in Kaiserslautern.

After bowling 18 games in three events, the Lady Generals (Lakisha Cruz, Michelle Rene, Patricia McHenry and Marlys Davies) won the women's division Commander's Cup Challenge with a total pin count of 11,665, while Heidelberg's number one men's team captured the commander's cup with 13,800 pins.

The Lady Generals also won the team event and high series.

Leading the charge for the Generals in the trophy count was Cruz, who won first place trophies for the women's individual high game and high series, and doubles team, along with teammate Rene.

Cruz also placed second in the women's single event and fired a 3,035 for a second place finish in the all events category.

With her results, it's hard to believe Cruz got off to a slow start.

"The lanes were giving me problems on the first day. But I managed to pull it off on Thursday and Friday," she said.

But it wasn't necessarily all Cruz's show.

The Generals' number one men's team, consisting of Paul Schardt, Pat Nolan, Lou Renna and Allan Smith, also earned first-place trophies for the men's team event high game and high series.

"We picked up our spares," said Schardt, the team captain. "The patterns were definitely challenging,

but being able to adjust to them and select the right ball helped us."

Nolan won the men's all events category, with 3,745 total pins. He also won second place in the men's single event.

Nolan and Smith bring great depth to the team.

Nolan was recently hired to manage the bowling center in Heidelberg.

A professional bowler since 1996, Nolan has worked in the bowling industry for 15 years and said he spent a year and a half on the national pro tour and holds several Professional Bowlers Association regional titles.

"I started bowling in San Diego as a kid. I like sports — this is the only one I had any talent in," he said.

Smith, who just relocated to Heidelberg from Fort Gordon, Ga., competed in the 2009 PBA World Championship and also bowls on the European professional tour.

But he was humble. "I'm the worst bowler in my family," he said.

"My mom was the bowler of the year for the state of Texas last year. My brother placed 14th in the U.S. (Bowling Congress) Championships — that's out of 85,000 bowlers," he said.

Yet with all his experience, Smith, who hails from Houston, said he did not fare well at the Stuttgart competition.

"It's them," he said of his teammates. "They carried me today. I was dead in the water."

Good teammates were also the key for Kaiserslautern's Tom Fehlman, who won the men's single event with a pin count of 1,359.

"It all has to do with who you bowl with. Surround yourself with good people, and you get a good outcome," he said.

staying ACTIVE

Street Ball

Head to Mannheim Middle School's outdoor basketball court 11 a.m.-6 p.m. May 8 for 3-on-3, slam dunk, 3-point and free throw contests. Register at Sullivan Gym at 9 a.m. Must be 16 or older to participate. \$10 entry fee. DSN 385-8334, civ. 0621-730-3314.

2010 IIHF World Hockey Championship

The 2010 International Ice Hockey Federation World Hockey Championship will be held in Germany May 7-23. This special tournament will host 16 of the world's top national men's hockey teams. The opening game between Germany and team USA May 7 is expected to set a new ice hockey attendance World Record. Played at the Veltrins-Arena football stadium in Gelsenkirchen, the U.S. Men's National Team has the potential of being part of hockey history with an anticipated sellout crowd of 75,976. All other games will be played at either the SAP Arena in Mannheim, or the Lanxess Arena in Köln. www.adleralliance.com.

Golf Tournaments

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. Registration: Daniel.Hingtgen@us.army.mil or brad.weber@us.army.mil.

Heidelberg - The European Department of the Association of the U.S. Army will host a golf scramble in honor of the Army's 235th Birthday 8 a.m. June 11 at the Heidelberg Golf Course. Format will be a four person team scramble with a shotgun start. Entry fee of \$45 per person includes green fees, cart, range ball and lunch. AUSA members get a free mulligan. This event is limited to the first 24 teams to sign up. Registration: david.ellis@us.army.mil.

Hockey Sports Writer Wanted

The Army, Air Force, Adler Alliance is currently looking for hockey sports writers. Have you ever dreamed about being a sports journalist? Wouldn't you like to give your assessment of a professional hockey game, to include up close and personal interviews with the athletes? Well, as an A4 journalist, that is exactly what you will be doing. A4 is a non-profit sports media organization, run by military members, providing news and information about professional and military hockey in Germany. A4 has also partnered with the Mannheim Adler professional hockey team allowing A4 journalists complimentary tickets and access to players. For the upcoming IIHF World Championships, A4 will have a birds eye view on many of the games, to include a number of interviews with national players. If you have a knack for writing and a passion for the game, please contact A4 at info@adleralliance.com.

Mannheim Cycling Group

If you are interested in joining a cycling group for enjoyable rides in the Mannheim military community and meeting other riders while also improving your health, fitness and bicycle riding skills, contact Ronis Gutierrez at DSN 385-2588, civ. 0152-22025712 or ronis.gutierrez@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 Oftersheim 1:30 -4:30 p.m. May 8 and 22, June 12, July 10, Aug. 14 and Sept. 11. Cost is \$20 and includes gun rental, field costs and 500 paintballs. DSN 373-5275, civ. 06221-17-5275.

Powerlifting Tournament

The Miesau Fitness Center is hosting a powerlifting tournament for active-duty military and DOD civilians ages 18 and up. The tournament is 10:30 a.m. May 8. Weigh-in/equipment check is 8-9:30 a.m. Awards for first and second teams and individuals. DSN 493-2088, civ. 0631-3406-2088, www.mwgermany.com/forms/kl_sports_registration.htm.

In the zone

Heidelberg Youth Sports softball player, Tatiana John, pitches to Stuttgart during a game Saturday at Patrick Henry Village. Heidelberg went 1-1 in the double header against Stuttgart.



Linda Steil