

HeraldPOST

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

HP THURSDAY
March 24, 2011

Speed Read

CLOCKS SPRING FORWARD

It's daylight saving time. Remember to set your clocks one hour ahead 2 a.m. Sunday.

HOLOCAUST SURVIVOR



A Heidelberg High School student's Jewish grandfather spoke to a history class about his experiences during World War II. 2

SCHOOL REGISTRATION

Mannheim, Heidelberg and Kaiserslautern schools hold registration next week. 3

BUS INSPECTION

A German police action March 17 to conduct safety checks on German buses that transport students to school included local installations. 4

AFAP ISSUES

The command prioritized 13 AFAP issues from several submitted at the February conference. Child care registration is featured this week. 8

POLICE MUSIC CORPS

A variety of music and medleys by the city's police band enchanted the packed audience in Festhalle Baumhain in Mannheim's Luisenpark Sunday. 13



COMMUNITY BASKETBALL

The 4th Air Support Operations Group took second in the Installation Management Command Europe unit-level basketball championships. 17

Defense Details

CONTINUING RESOLUTIONS

Funding the government through a series of continuing resolutions rather than approving a budget is "miserably inefficient," the Pentagon's acquisition executive said Monday. Congress has approved a series of short-term continuing resolutions since Sept. 29 that prohibit new contracts and limit spending to previous authorized levels. The most recent three-week extension took effect March 18 and funds the government through April 8.

www.defense.gov

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Woman recognized for 'phenomenal' efforts

Army spouse battles cancer, volunteers in community

By Rick Scavetta
USAG KAISERSLAUTERN



Rick Scavetta

Crystal Curran, president of the Kaiserslautern Landstuhl Spouses Association, and her macaw "Rollie" take part in the 2010 Red Ribbon Run at Rhine Ordnance Barracks in Kaiserslautern. Curran recently received the U.S. Army Europe Phenomenal Woman Scroll of Impact.

Two years ago this spring, Crystal Curran was elected president of the Kaiserslautern Landstuhl Spouses Association – an achievement earned through years of volunteering and support to Army communities.

A few weeks later, she was diagnosed with breast cancer.

But that did not stop Curran in her efforts to improve the KLSA's thrift stores in the Kaiserslautern Military Community. While enduring cancer treatments, she's helped to more than double annual revenue – funds that are donated to local community organizations.

For her efforts with the KLSA and other community activities, Curran was selected as Kaiserslautern's recipient of the U.S. Army Europe Phenomenal Woman Scroll of Impact, a recognition awarded in conjunction with Women's History Month.

"Phenomenal comes from your spirit and having a positive impact on what you're doing," Curran said. "It's not

just me. Not only one person gets to a place. If I get to a place, they are all coming with me."

Curran grew up in Westchester County, just north of New York City and see **WOMAN** page 18

Initial review of survey data indicates high satisfaction with Army life

By Alison Legall and William Bradner
FAMILY AND MWR COMMAND PUBLIC AFFAIRS

Data from the 2010 Survey of Army Families indicates an increased satisfaction with military life despite the current operational tempo according to Family and Morale, Welfare and Recreation officials.

The survey was based on a random selection of civilian spouses of active-duty Army Soldiers chosen to represent the Army as a whole.

Since the last survey in 2005, there has

been an increase in the number of spouses who indicate their Soldier plans to stay in the Army beyond their present obligation.

Additionally, there has been an increase in the number of spouses who are satisfied with the kind of life they can have in the Army and the respect the Army shows Soldiers and spouses.

"We're very happy to see, through hard data, that we're making progress in improving the quality of life for Soldiers and their families," said Lt. Gen. Rick Lynch,

see **SURVEY** page 18

Survey of Army Families

- 60 percent are satisfied or very satisfied with the Army as a way of life.
- 61.5 percent believe their family has adjusted well or very well to the demands of being an Army family.
- 79.8 percent of currently deployed or deployed and returned enlisted Soldiers' spouses said they were coping or had coped well or very well during the Soldier's absence or most recent deployment.

COMMENTARY

Holocaust survivor speaks to Heidelberg history class

Student's grandfather spent war years hiding in Belgium

By Benjamin Steil
HEIDELBERG HIGH SCHOOL

Students at Heidelberg High School had just finished the last day of Terra Nova testing Friday. I was off to history class.

As I thought about it, I realized we are in a unique situation. We live in a city with so much history and located so close to so much other history. It's a past my teenage counterparts in the states will only learn from books, while I have been lucky enough to walk in the footsteps of those before me.

On a trip to Waterloo, I walked the fields where Napoleon was defeated. In Versailles, I toured the palace. In Bastogne, I hiked the trails of the Battle of the Bulge, and in Normandy I walked the beaches the liberators landed on.

But today was different. Today in my history class we had a guest speaker,

a Holocaust survivor willing to come and share his story with my 11th grade World History class.

His story almost sounded like a chapter out of our history book, yet here was a real, live man standing there.

But this wasn't just any man. This was my grandfather, Simon Steil. Growing up I had heard bits and pieces of his story but listening to him speak to my history class, I realized he truly has a story to tell.

At the young age of about 4, his parents, older brother and aunt were "deported." Not deported in the sense many understand it, i.e. thrown out of a country, but rather deported to a camp, a concentration camp or work camp. He would never see or hear from his parents or brother again.

Left on his own as a very young child, he was picked up by the mayor of the village of Perwez, Belgium. About 30 other Jewish kids were there as well. The mayor called the town's people together and distributed the children, one child to each family.

These families would hide the Jewish children; shield them from the Nazis and those out to complete "the bigger plan." These towns' people risked their lives for Jewish children, for if they were caught they, too, would have been killed.

As a young boy, my grandfather remembers trying to get a peek out of a window from behind the drawn curtains and being scolded for going near



Linda Steil

Simon Steil speaks to the Heidelberg High School 11th grade students during World History class Friday. Steil is a Holocaust survivor who spent years during World War II hiding in the home of a resident of Perwez, Belgium, during World War II.

a window. He couldn't play outside and sometimes had to hide – not hide as in hide and seek, but rather hide because the Gestapo was doing a sweep of the house looking for Jews.

I can only imagine what went through his mind as he hid under a floor in the maid's quarters. He could not go to school or go play outside because he had to hide.

Eventually he was moved to a Jewish orphanage. He remembered being awakened in the middle of the night by a flashlight shined in his face. He

would find out why years later: The Gestapo was searching for children over 14. If they were found, they would be taken away. Everyone knew what it meant to be taken away. It was their death sentence.

In 1945, the liberation came. American troops rolled into the village of Perwez and he could be a part of society again. Placed in an orphanage for Jewish children, he spent the next several years moving around waiting for some family member, regardless of how distant, to claim him.

He was lucky. An aunt and uncle who had escaped to Switzerland at the beginning of the war recognized him. Through Jewish orphanage organizations, he was sent to live with yet a different aunt who had emigrated to the United States prior to the war.

He went to live in New York and became an American citizen. He showed us a few photos he found after many years of searching. He has been back to Perwez and searched the archives and visited what is left of the family that took him in and put their lives on the line. He talked to anyone he could find from those years that was still alive in the village. Unfortunately there are few.

He doesn't remember what his brother looks like and he never will – he couldn't find any photos of him. I sat there in my history class, almost forgetting that this remarkable man telling his horrifying story is my grandfather. Thank you, Grandpa.



www.facebook.com/BWnow
<http://myBWnow.ning.com>

DISCUSSION BOARD

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

"To all parents: Please supervise your kids when they are on the playground. This weekend we stopped a kid at a playground near our house from climbing onto the very top of the structure (the pyramid shaped part of the structure that is roof-like). Did I mention the child was trying to get a tire that had been taken off another part of the playground equipment and put over the pyramid roof? Had the

child fallen, he would have been hurt. Had the tire fallen, someone else below could have been hurt. It is incredibly frustrating as a parent of a small child to have to tell him we can't go to the playground because other children aren't being safe!"

– Rachel Moxley Madsen, BWnow Facebook fan

"When will Heidelberg have a community yard sale?"

– Julie Francis Stallings, BWnow Facebook fan

"The next yard sale for Heidelberg is planned for June 4 on Patrick Henry Village from 8 a.m.-2 p.m."

–BWnow Administrator

"If we want to sign up for it, who do we contact?"

Dawn Hopkins Benford

"Call Outdoor Recreation at DSN 373-7414 for details."

–BWnow Administrator



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Submissions are welcome, including letters to the editor, but we reserve the right to edit for style, space, libel, clarity, security and good taste. To be considered for publication in a particular issue, they must be in our hands by noon the preceding Thursday.

Area schools hold registration next week

Heidelberg, Kaiserslautern, Mannheim set dates so every child gets counted for next year's school enrollment

Staff Report

Heidelberg, Kaiserslautern and Mannheim schools will hold their annual school registration next week in their respective communities.

Registration for Heidelberg schools will be held 9 a.m.-5 p.m. March 30 and 8 a.m.-3 p.m. March 31 at the Village Pavilion on Patrick Henry Village.

Mannheim schools will hold registration 8 a.m.-6 p.m. March 30-31 at Mannheim Elementary School.

Kaiserslautern schools register March 28 through April 1 at locations throughout the district. (See "Kaiserslautern Registration Locations" at right.)

All new and current students attending Department of Defense Dependents Schools must register or re-register for the next school year which starts Aug. 29.

Returning Mark Twain Elementary School students will attend Patrick Henry Elementary School. The closing school ceremony for MTES will be June 3 at the school in Heidelberg.

Returning Mannheim High School students will attend Heidelberg High School. The closing ceremony for MHS is June 9 on Woods Field in Mannheim.

School registration is an annual event required by Defense Department regulations to determine students' continued eligibility for school enrollment. Accurate and complete school enrollments assist principals in projecting appropriate resources to support the coming school year.

"It is a critical activity for schools since funding and staffing authorizations are based on enrollment and enrollment projections," said Jim Ruehmeling, school liaison officer.

This process is important for three reasons, he said.

"School staffing and budgets are driven by enrollments. When families re-register returning students early, schools can budget resources needed to support the education program. And early enrollments allow schools to determine the available space we have to help support contractors and 'space available' families who contribute to

the military mission," Ruehmeling said.

Parents should gather the following information for school registration.

- ♦Current orders assigning sponsor and the student to the community
- ♦Sponsor's extension or deployment orders
- ♦Student's updated immunization records (Shots must be updated before students can start school.)
- ♦Birth certificate or passport for new kindergarten students
- ♦Current sponsor's unit and telephone numbers
- ♦Current e-mail address
- ♦Current emergency local and state-side contact information
- ♦New students should have previous school records and social security numbers

Some schools will send registration packets home with elementary students or mail them to APOs for middle and high school students so the forms can be completed before registration dates.

Registration is not complete until all required forms and information are submitted.

School Contact Information

Heidelberg

Mark Twain Elementary School – DSN 370-6996, civ. 06221-390-174
 Patrick Henry Elementary School – DSN 388-9054, civ. 06221-338-9054
 Heidelberg Middle School – DSN 388-9310, civ. 06221-762-449
 Heidelberg High School – DSN 370-8358, civ. 06221-57-8558

Kaiserslautern

www.kais-dso.eu.dodea.edu

Mannheim

Mannheim Elementary School – DSN 380-4705, civ. 0621-730-4705
 Mannheim Middle School – DSN 380-9181, civ. 0621-720-050
 Mannheim High School – DSN 380-4092, civ. 0621-72-2261

Kaiserslautern Registration Locations
 March 28-April 1

Kaiserslautern High School Gym (for Kaiserslautern Complex), 9 a.m.-3 p.m.
KMCC Mall (for Ramstein Complex) in the food court, 8 a.m.-7 p.m. Monday-Thursday and 8 a.m.-3 p.m. Friday
Landstuhl Elementary and Middle School Information Center, 8 a.m.-3 p.m.
Sembach Elementary School Tiger Tale Theater, 9 a.m.-3:30 p.m.
Baumholder Middle and High School Information Center, 8 a.m.-3 p.m. and Thursday until 9 p.m.
Spangdahlem Elementary School bus office, 8:30 a.m.-3 p.m. (also for middle school)
Bitburg Elementary School, 8:30 a.m.-3 p.m.
Bitburg High School, 8:30 a.m.-3 p.m.

High school students select next year's courses

Mannheim Middle School

High school course selection for all Heidelberg and Mannheim students will take place March 29-31 at Heidelberg high school.

Current Mannheim and Heidelberg

high school students will request courses on the following dates and times based on their last names.

- ♦A-L: 5:30-7:30 p.m. March 29
- ♦M-R: 5:30-7:30 p.m. March 30
- ♦S-Z: 5:30-7:30 p.m. March 31

Those who cannot attend on the

designated night may attend on one of the other nights. Administrators and counselors will be on site to assist. Eighth grade students from Mannheim and Heidelberg will select courses for next school year at Heidelberg high school 5:30-7:30 p.m. April 19.



Into the Forest...

Earth Week Photo Contest

If you have dreamed of being a wilderness photographer, now's your chance! You don't have to travel far to go into the woods. The United Nations has declared 2011 to be the International Year of the Forests. Explore the woods of Germany, with your eyes and cameras. Leave only your footprints behind you, but bring back your best photographs or collages and submit them to the [myBWNOW.ning.com](http://mybwnow.ning.com) – Earth Week Photo Contest page. The winning and runner up photos will be published in the Herald Post during Earth Week.

Go to <http://mybwnow.ning.com/profile/intotheforest> to upload photos.

Photos/collages should be taken in Germany. Please submit by April 10. See the website for more information. You must have a myBWNOW account to upload photos.



Soldier remembered

By Kevin Dougherty
STARS AND STRIPES

A month ago, Mannheim community members bid the 720th Explosive Ordnance Disposal Company farewell as it departed for Afghanistan.

On March 17, they reconvened to remember Staff Sgt. Eric S. Trueblood, 27, of Alameda, Calif., who died in Kandahar Province while conducting a post-blast analysis. It's a common policy used by insurgents: detonate one bomb and explode a second when Soldiers arrive to deal with the first.

Trueblood, an eight-year veteran of the Army, became an EOD technician in 2008, graduating first in his class, according to the Army. When he died in combat, he was on his second tour to Afghanistan, his first as a bomb specialist. The service was attended by about 300 people, mostly Soldiers. Also in attendance were wives of Soldiers in the company.

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NOTE: Anyone having any claims on or obligations to the estate of Staff Sgt. Eric S. Trueblood of the 720th EOD, 391st CSSB, should contact the Summary Court Officer Captain Vernell Rixner at DSN 382-5005.

German police inspect buses

Staff Report

A three-state German police action to conduct safety checks on German buses that transport students to school included local Army installations.

Buses were inspected on Patrick Henry Village, Benjamin Franklin Village and Mark Twain Village. The checks were performed after students arrived at school March 17.

In addition, the company's school buses were inspected in Schifferstadt-Dudenhofen and Lampertheim.

A total of 63 buses were inspected. Forty-five of them were rejected and 22 were "withdrawn from traffic" according to a news release from the Heidelberg police headquarters.

Four vehicles were unsafe for operation, 18 had defective lights, brakes and steering, the release said.

The withdrawn buses were taken to an independent company in the city of Brühl where

experts inspected the vehicles and prepared a list of defects.

The buses carrying American students were inspected after the children arrived on their respective installations in the morning.

The inspections did not cause students to be late for school.

The bus company provided backup buses for the afternoon ride home.

A few routes were combined for the afternoon trip but all students arrived home at their usual time. Each student had a seat on the bus, school officials reported.

Periodic inspections are required by the city of Heidelberg and the state of Baden-Württemberg.

"Yearly bus inspections are another layer of precaution that ensures the safety of our children, a U.S. Army Garrison Baden-Württemberg top priority," said Regina Abriego-Hingtgen, public affairs spokesperson.

transformation UPDATE

Frequently Asked Questions

Have a transformation-related question you'd like answered?

E-mail usaghd.post@eur.army.mil. We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at www.bw.eur.army.mil/transformation.

With all the personnel moving to Wiesbaden, is there any plan to either expand the medical clinic there or to build a new one? Many of the patients from there who come to Heidelberg complain the Wiesbaden clinic is much too small and access to care for civilians is limited.

The Wiesbaden medical facilities are being reviewed to determine how to best support the projected increase in population. Efforts are underway to increase the number of exam rooms to improve efficiency for primary care, but the number of Primary Care Managers also drives capacity. The clinic encourages family members to see their assigned primary care managers for optimum quality of care, but sometimes patients cannot see their PCMS on the date or time they wish. The priority of effort goes to active duty and active duty family members but civilians and retirees not enrolled to a PCM always have the option of using the space available option.

For Soldiers currently authorized to live in off post housing – will this still be authorized when we move to the Wiesbaden area or will they be forced back into military housing?

Housing assignments generally follow the USAREUR housing policy which states enlisted service members E-6 and below must live on post and E-7 and above may choose to live off post. Housing appointments for incoming personnel assigned to USAG BW are now handled at the Community Support Center, Bldg. 3850 on the Shopping Center Kaserne in Heidelberg.

Facilities Operations Changes

Mannheim Customs Field Office – The Customs office in Mannheim will be closed April 1 to relocate from Bldg. 255 to Bldg. 256 (the Military Police station).

Parent Central Services – Mannheim's Parent Central Services and Family Child Care will be closed March 29 during the move from Bldg. 742 to the Youth Services Bldg. 696. It will be fully operational and ready to provide full customer service on March 30. Parent Central Services will close during lunch starting April 1. Hours are 8-11:30 a.m. and 12:30-4 p.m. Monday-Friday. Phone numbers will remain the same: DSN 380-9135, civ. 0621-730-9132.

AAFES Gas Station – The gas station in Mannheim on Benjamin Franklin Village South will change its operating hours June 1. New hours will be 7 a.m.-8 p.m. Monday-Friday, 8 a.m.-8 p.m. Saturdays and 9 a.m.-7 p.m. Sundays.

Popeyes and Taco Bell – Beginning July 1, Popeyes and Taco Bell on Benjamin Franklin Village South in Mannheim will be closed Mondays.

Tompkins Launderette – The launderette on Tompkins Barracks will close April 1 due to low usage. Many Soldiers have washers and dryers available in their barracks and a large launderette is located on Patrick Henry Village in Heidelberg at Bldg. 4517, across from the Teen Center for use.

Recovery Room New Hours – The Recovery Room on Nachrichten Kaserne in Heidelberg has new hours: 5-10 p.m. Tuesday-Thursday, 5 p.m.-3 a.m. Fridays and Saturdays and closed Sundays and Mondays. Lunch is no longer served.

www.bw.eur.army.mil/transformation

Protective measures when off-post in Europe

Though living and working in Europe is generally safe, members of the U.S. forces community should be aware of the potential threat of attack by terrorists, criminals or other enemies of the United States and its allies. What follows are some tips to help keep service members, civilian employees and their families safe while they are off U.S. installations.

Q: What are some general ways U.S. Army Europe personnel and their families can avoid becoming targets when outside U.S. installations?

- Avoid wearing military uniforms when off post and only as approved by command policy.
- Try to be inconspicuous when using public transportation and facilities. Dress, conduct and mannerisms should not attract attention and be generally similar to those of citizens of the area.
- Stay away from known trouble areas.
- Avoid spontaneous gatherings or demonstrations.

Q: What can I do to stay safe when traveling by automobile?

- Always plan your route and have alternate routes ready.
- Carry a cell phone in your vehicle that can be used in the area in which you will be travelling.
- When renting a car, select a plain, inconspicuous vehicle.
- Avoid using vehicles that are easily identifiable as part of the government fleet.
- Do not display military decals or unit affiliations on your vehicles.

- Do not openly display military equipment or field gear in your vehicles.
- Always keep your vehicles well maintained and in good running condition. Keep their tanks full of gas.
- Before getting into a vehicle, check around and beneath it for evidence of tampering.
- Travel with companions and avoid isolated roads when possible.
- Park in busy, well-lit areas as much as possible.

Q: What about when traveling by air?

- Do not discuss your military affiliation, job title or responsibilities with strangers.
- Consider using a tourist passport if you have one, rather than an official passport.
- Look for a place on the plane where you can "ditch" important documents or items that identify you as affiliated with the U.S. military if you are hijacked.
- Use plain civilian luggage. Avoid military-looking bags such as duffle bags and assault packs.
- Ensure luggage tags do not show your rank or military address.
- Travel in conservative civilian clothing when using commercial transportation.
- Do not wear distinctly military items or U.S.-identified items, such as cowboy hats or American logo T-shirts, jackets or sweatshirts.
- Wear a long-sleeved shirt if you have visible U.S.-affiliated tattoos.

Q: Are there precautions I should take while I am at the airport?

- Try to arrive early and watch for suspicious activity.
- Look for nervous passengers who maintain eye contact with others from a distance.
- Try to observe what people are carrying. Be wary of suspicious carry-on luggage.

- Locate objects suitable for cover in case of an attack in the airport.
- Do not linger near open public areas. Proceed through security as soon as possible.
- Be aware of unattended baggage anywhere inside the terminal.
- Report suspicious activity to airport security personnel.

Q: What should I be aware of when using public transportation such as buses, taxis and trains?

- Vary your mode of commercial transportation to avoid establishing noticeable travel patterns.
- Select busy stops, but avoid standing in or near a group while waiting.
- Do not always use the same taxi company.
- Ensure that drivers are licensed and that vehicles have safety equipment such as seat belts.
- Make sure that the driver is the same person who appears on the driver's license posted in the bus or taxi.
- Try to travel with a friend or companion or in a group.

Q: What are some things that my family can do?

- Your family should know that talking about your military affiliation or duties to people outside the U.S. forces community may place you or them in danger.
- Talk with your family about potential risks.
- Share information you receive regarding public demonstrations and known trouble spots and advise them to steer clear of them.
- Make sure your family knows how to identify and report threats or suspicious activity.

SOURCE: Chairman of the Joint Chiefs of Staff Guide 5260: "A Self-Help Guide to Antiterrorism."



Rick Scavetta

Spc. Raymond Engstrom checks out an online Department of Defense survey about service members monthly utilities expenses while living off post in Germany. The survey is open until April 15.

Online data survey sets monthly allowance

By Rick Scavetta
USAG KAISERSLAUTERN

Spc. Raymond Engstrom recently took an online Department of Defense survey about his monthly expenses living off post – information that helps the military better understand the costs troops face while living overseas.

A Soldier from U.S. Army Garrison Kaiserslautern, Engstrom said took the survey because the data helps the DoD set overseas housing allowances for service members living in privately leased housing in Germany – where costs can be high and currency exchange rates fluctuate.

“It helps the military know how much to give you as far as your utilities payments, which is very important,” Engstrom said. “Utilities are where you get hit.”

Each year, the DOD seeks feedback from military members in Germany and other countries about their monthly expenses. The survey is open until April 15 and takes roughly 30 minutes to fill out.

DOD uses the data to set monthly-paid utility and recurring maintenance allowances that troops receive to defray expenses. Service members in Germany who lived in a privately leased housing for the past six months or more and receive an overseas housing allowance are encouraged to take the survey, accord-



ing to a U.S. Army Europe news release.

Engstrom arrived in Kaiserslautern last year, after serving a 15-month tour in Baghdad, Iraq. He lives in a second story walkup apartment in a small village nestled in the Pfalz forest about 12 miles southeast of Kaiserslautern.

It’s his first time renting overseas, so he keeps careful track of what he spends, he said.

“There’s gas for heating, water bills, power bills. Plus, I pay for garbage removal, chimney sweeping and stairwell maintenance,” he said.

Things not considered utilities in the survey include charges for TV, Internet, telephone, cleaning and yard maintenance. Survey takers should use records and receipts to accurately determine their average utility/recurring maintenance expenses, USAREUR officials said. A mass e-mail went out to unit leaders recently about the survey. Engstrom’s supervisor recommended that he take it.

“Being the first time I’ve lived off post since being in the Army, it was important to say, this is how much I’m paid versus what my expenses are,” Engstrom said. “The payoff is making sure my bills are getting paid and that my finances are straight.”

To access the survey visit “Hot Topics” at www.kaiserslautern.army.mil or www.bw.eur.army.mil.

Faces of the community: Heidelberg Bowling



Brandon Spragins

Chief mechanic Chris DiLello makes repairs on lane nine at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village, Bldg. 4545. The Heidelberg Bowling and Entertainment Center contains a variety of leisure activities for all ages to include an arcade, miniature golf, a snack bar and party rooms. DSN: 388-9040, civ. 06221-338-9040, www.mwrgermany.com/heidelbergbowling.html.

Army publications employees win improvements awards

IMCOM Europe

For the second time in three years, members of Installation Management Command Europe won both awards in categories of the Army-wide competition for the Secretary of the Army Publications Improvements Awards.

Miriam Benz has won the Army Editor of the Year Award (Command) for her success in editing Army in Europe publications.

Robert L. Mohler, Tamara Pasquale and Natascha J. Syre won the Secretary

of the Army Award for Publications Improvements (Command).

When they were nominated, all four of the employees were members of the IMCOM-Europe Document Management Branch.

They are being recognized for merging the Library of Army in Europe Publications and Forms with the Army in Europe Publishing System to create the consolidated Army in Europe Library and Publishing System and for making AEPUBS available on both the classified and unclassified computer networks.

Leaders resolve issues

By Lt. Gen. Rick Lynch
IMCOM COMMANDER

I often say you can read about history or make history. This year, the voices of those who contributed to the AFAP process were heard and history was made at the AFAP general officer steering committee held in February.

Senior Army leaders and program representatives from across the Army resolved 17 of 40 quality-of-life issues in support of our wounded warriors and families.

These issues originally identified by AFAP representatives at the unit or installation level will make life better for Soldiers, their families and civilians for years to come.

Qualified wounded warrior job applicants now receive greater visibility in the federal government hiring process. Major accomplishments include the integration of the U.S. Department of Veterans Affairs Veteran Resume Inventory (*VetSuccess.gov*) into the Army recruitment process and the designation of human resource specialists as veteran employment coordinators.

To learn more about this issue, visit the Army OneSource website at <https://www.myarmyonesource.com/familyprogramsandservices> and search for issue number 617.

Through issue number 610 we have expanded treatment for Traumatic Brain Injury patients by offering screening, identification, treatment and rehabilitation services at each Army medical treatment facility.

To date, TBI programs at 40 facilities have achieved full validation, 10 have achieved initial validation and the remaining programs will receive full validation by this month.

Wounded warriors will benefit from the availability of standardized respite care for their caregivers through TRICARE and the VA (issue number 630) and through the establishment of the Army Wounded Warrior Support Network (issue number 632). The support network is a program that connects

severely wounded, injured and ill Soldiers and their families to a network of resources in the local community.

Three initiatives were completed in the family support category.

These provide for more affordable child care to those who need it the most (issue number 566), TRICARE coverage for children up to age 26 (issue number 632) and a policy revision that requires Initial Military Training Soldiers with exceptional family members to receive new assignment instructions if the OCONUS travel approval authority has not notified the Soldier of the availability of EFMP services 30 days prior to the Soldier's graduation (issue number 639).

Ten of the 17 issues resolved were designated as unattainable due to resource or legislative constraints. Although the AFAP recommendations were unattainable, progress was made on many of the issues.

An example of this is the increase in administrative and permanent-change-of-station weight allowances for grades E1 to E4 and E7 to E9, establishment of a hardship-based increase to PCS weight allowance and 500 pounds of spouse professional weight allowance. To learn more, visit our website and search for issue 457. The Army will continue to work the issues, but the Army Family Action Plan is your program.

I encourage you to learn more about the AFAP process by visiting the Army OneSource website at www.myarmyonesource.com.

From there, you can follow the progress on issues that are currently being worked by selecting "Active Issue Search" at the bottom of the page and then search by issue number or by key word.

The Web site also allows you to submit a new issue directly to your garrison or command's AFAP process and provides AFAP brochures, articles and videos to download. You can also download the "HQDA AFAP Issue Search" application for free on your iPad, iPhone and iPod Touch devices.

Keith L. Ware Winners

Radio Entertainment Program

3rd Place: Jesse Granger, "Best Warrior Update," U.S. Army Europe Public Affairs

Television Information Program

3rd Place: "Good Friday: A story of heroism in Afghanistan," USAREUR Public Affairs

Television News Report

3rd Place: Sgt. Joe Labutka, "Run to Remember," AFN-Heidelberg

John T. Anderson Military Broadcast Journalist of the Year

Sgt. Joe Labutka, AFN-Heidelberg

Civilian Broadcast Journalist of the Year

Jesse Granger, USAREUR Public Affairs

Outstanding Initiative in New Media

3rd Place: "Baden-Württemberg Now," USAG Baden-Württemberg Public Affairs, Installation Management Command Europe

Command Video Blog

1st Place: USAG Baden-Württemberg Public Affairs, Command Video Blog, IMCOM-E

Army names top print, broadcast journalists

USAREUR Public Affairs

The Department of the Army recognized public affairs specialists, print and broadcast journalists for excellence in their career field in the Maj. Gen. Keith L. Ware Public Affairs competition.

The competition salutes excellence among Soldiers and civilian employees who produce broadcast programming, print articles, photographs, graphic art and Web-based products to inform and entertain the Army audience.

The program is conducted to foster and cultivate excellence among public affairs professionals. The annual contest is named for Maj. Gen. Keith L. Ware, a World War II Medal of Honor recip-

ient and former Army Chief of Information who was killed in action in Vietnam.

Among the winners are U.S. Army Europe Public Affairs, American Forces Network Europe and U.S. Army Garrison Baden-Württemberg Public Affairs.

Each of the competition entrants not only had to compete at their Army Service and Component Commands, but also won first place in their respective categories before moving forward to the Army-wide level competition.

First-place winners will move on to compete in the Department of Defense Thomas Jefferson Competition conducted by the Defense Information School in April.

AFAP

Army Family
Action
Plan

The Mannheim and Heidelberg communities identified major issues of concern at the Feb. 15-17 AFAP conference. The command prioritized 13 issues. One issue will be featured in the Herald Post each week.

Heidelberg and Mannheim AFAP issues

Issue: Child care pre-registration

Scope

Advance notification to the gaining installation's Child, Youth and School Services is not on the losing installation's out-processing checklist. CYSS is not informed of arriving families, causing a delay in availability of services. As a result, Soldiers and civilians may have to wait for childcare availability, negatively impacting readiness.

Recommendation

◆Mandate Army-wide CYSS child care pre-registration for the gaining installation during out-processing at the losing installation.

◆Expand the Global Data Transfer system to enable the exchange of all CYSS information.

Command position

"We're prioritizing this issue because the availability of child care, especially overseas, is critical for families. AFAP members expressed concern about the lack of child care spaces upon their arrival to the community. We believe that through the exchange of child care information prior to a family's arrival, the command would be in a better position to make child care available," said U.S. Army Garrison Baden-Württemberg Commander Col. Bill Butcher.

What do you think?

Express your opinion of this issue on Facebook (www.facebook.com/bwnow) and BWnow (<http://myBWnow.ning.com>) by answering the Question of the Week: What are your thoughts on how to get children who are new to the community registered for child care in a timely manner?



Sgt. 1st Class John Laughter

Looking through the sight of his 240B machine gun, a paratrooper with the 2nd Security Force Assistance Brigade, pulls security while a search continues for a hidden weapons cache, during a training exercise March 17. The 2nd Brigade, 82nd Airborne Division, is conducting numerous training exercises as part of a rotation at the Joint Readiness Training Center in Fort Polk, La.



U.S. Army

Soldiers assigned to the 442nd Military Police Company, New York National Guard, 4th Advise and Assist Brigade, 3rd Infantry Division, practice evacuating a casualty in Camp Ramadi, Iraq.



Sgt. Jesus J. Aranda

Staff Sgt. Samiya Bush, Company B, 18th Airborne Corps, spars with former 10-time professional boxing world champion Oscar De La Hoya at Camp Liberty, Iraq, March 12. During the visit De La Hoya and his team took the time to greet, thank and sign autographs for hundreds of service members and military employees.

Right, Soldiers with 3rd U.S. Infantry Regiment, The Old Guard, carry the casket of Army Cpl. Frank Woodruff Buckles, the last American World War I veteran, for his funeral ceremony at Arlington National Cemetery March 15.



Staff Sgt. Adora Gonzalez

ourARMY
around the world

For more Army news,
visit www.army.mil



Herr Dieter Kaufmann conducts the Polizeimusikkorps Mannheim Sunday in the packed Festhalle Baumhain in Mannheim's Luisenpark, Mannheim.



Photos by Mark Turney

The Polizeimusikkorps Mannheim perform under the direction of Dieter Kaufmann Sunday in Mannheim's Luisenpark for a benefit concert sponsored by the Mannheim German American Women's Club.

Mannheim Police Band performs

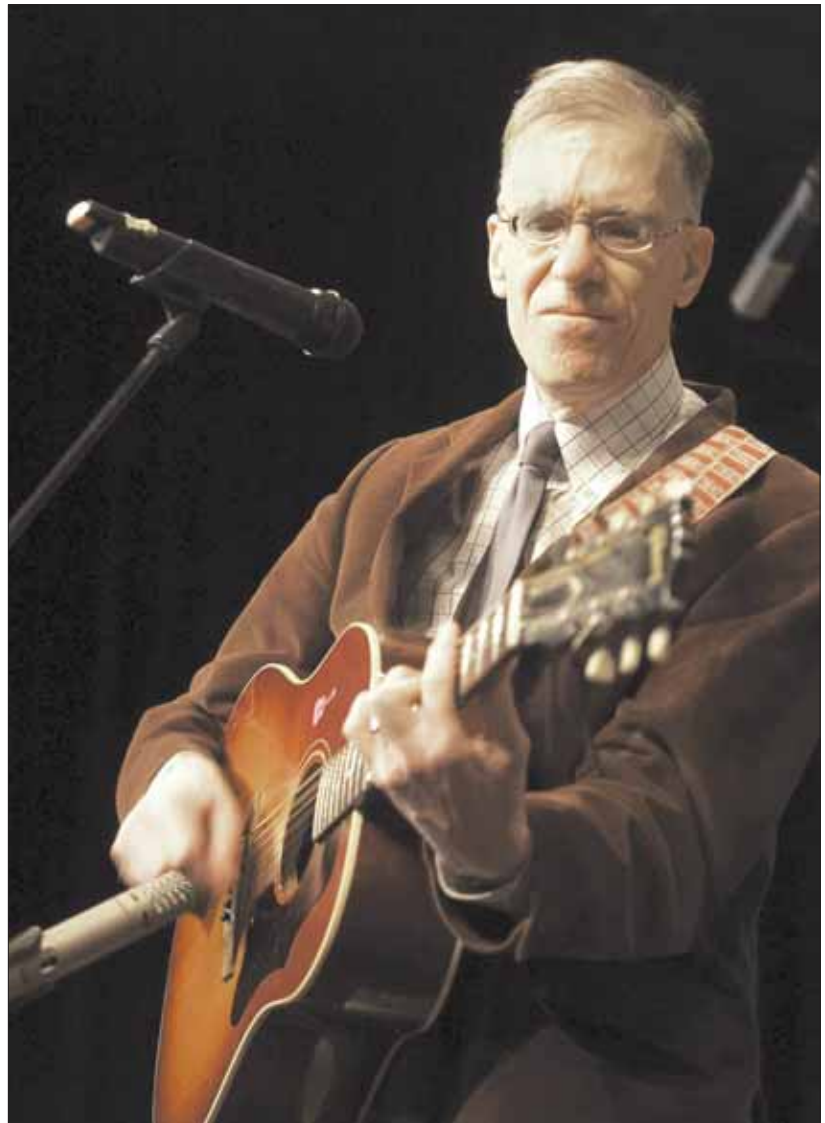
Staff Report

A variety of classical music, show tunes and medleys from German and American popular eras enchanted the standing room only audience in Festhalle Baumhain in Mannheim's Luisenpark Sunday during a benefit concert by the city's police band.

Sponsored by the Mannheim German-American Women's Club under the auspices of 5th Signal Commander Brig. Gen. Jeffrey G. Smith Jr., the spring event paid tribute to the 60-year history of the women's club. To the delight of attendees, Smith added a performance to his remarks when he picked up his guitar and played a folk song about baling hay.



Walter Brusniak, left, and Patrick Wachtel share a lighter moment after a particularly difficult piece of music during the Polizeimusikkorps Mannheim concert Sunday in Luisenpark, Mannheim.



Fifth Signal Commander Brig. Gen. Jeffrey G. Smith Jr. plays a folk song immediately following the intermission of the benefit concert by the Mannheim Police Corps Band Sunday.

GERMAN NEWS

German Nuclear Reactors Shuttered

If any more nuclear power plants are taken off the grid in Germany, the country would be in danger of blackouts and higher electricity prices, the German Energy Agency said Tuesday. Last week, three of the country's older atomic facilities went dark in compliance with Chancellor Angela Merkel's three-month moratorium on extending the life of the country's reactors. In the wake of the nuclear crisis in Japan, Berlin has ordered the shuttering of the seven oldest of Germany's 17 nuclear reactors, at least temporarily. But electricity production will be strained when the other atomic energy plants are shut down, DENA head Stephan Kohler told daily Passauer Neue Presse. "There's nothing there to sugarcoat," he said. "There is a danger of regional blackouts during peak-demand periods." Because less electricity would be produced in the south, more power generated in the north would have to be circulated there, he explained.

Mercel Narrowly Escapes Copter Crash

A police helicopter that had last week been carrying Angela Merkel lost power a few hours after dropping her off. It fell 1,000 meters before the crew could restart its engines, the Bild am Sonntag newspaper reported Sunday. The helicopter had been transporting the chancellor from the town of Friedrichshafen am Bodensee to an election campaign event in Waldshut-Tiengen on the Swiss border. After Merkel got off at her destination, the three-person crew began the journey back to their base near Munich. But near Augsburg, at an altitude of 1,600 meters, both engines of the Super Puma 332 suddenly died and the helicopter plunged toward the ground. Crew members were able to restart the vehicle's engines only when it was several hundred meters above the earth.

No Results From Knut Autopsy

Vets on Monday began an autopsy on Knut, the Berlin Zoo's beloved polar bear, as fans left flowers, candles and poignant messages to mark his untimely demise. However, it remained unclear when the results of the examination of Knut, who was found lifeless in the pool in his enclosure on Saturday afternoon, would be published. "I cannot give you a timeline. We will inform the public when we know what the exact cause was," spokeswoman Claudia Bienek told AFP. Knut first shot to fame as a cute cub after being abandoned by his mother and reared by hand. Devastated fans on Monday left bouquets of pink and red roses, tulips, messages of love, photos of Knut and even a croissant to mark their beloved's passing at the zoo. Bienek said there were currently no plans to erect a memorial to Knut, but zoo director Bernhard Blaszkiewicz said on Monday there might be a small statue in the polar bear enclosure.

SOURCE: www.thelocal.de



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,

My husband and I have been married for almost three years but it hasn't been easy. One month after we got married (two months after he returned from a six month deployment), my husband got a DUI and things have been rocky ever since.

His drink of choice is vodka and when he drinks he usually drinks the whole bottle straight and tries to hide it from me, usually by throwing the bottle under the bed or putting it somewhere high, out of my reach. When I don't find empty alcohol bottles it's empty cough suppressant bottles.

My husband is now back from his second deployment; this one was 12 months. He finally admits he has a problem and has been able to remain sober for months at a time but now it's starting to be more frequent again.

I can't get a job because I'm afraid of not being home when he gets off of work because I know he would use that opportunity to drink. Every time he drinks, we have a knock down, drag out and later he will apologize and we cry together, but it keeps happening. He lies to me all the time about drinking and other substance abuse

issues, so I have completely lost trust in him.

I love my husband very much and I know that he loves me, but I am mentally and emotionally drained.

My husband doesn't want the Army to get involved because he doesn't want this on his record. It's not just me and my husband. We have three children, mine biologically from a previous marriage, but he adopted all of them almost a year ago. Help me.
From: C.D.

Dear C.D.,

As you know your husband has symptoms of alcohol dependency. Alcoholism may be due to genetics, emotional health or social environment.

In other words, having a family history of alcoholism and living in a social environment where others use alcohol excessively or as a coping mechanism can also cause one to develop a drinking problem.

Additionally, one who has a mental health problem like anxiety, depression, combat stress or PTSD are at risk of using alcohol to self medicate.

Many service members who have endured multiple deployments like your husband report using alcohol to help them cope with reintegration.

Whatever started his excessive drinking, he has to get help. There's also help available for your entire family. Your husband may be the one who is using alcohol inappropriately, but as you can see, it can be living hell for the entire family.

When he received the first DUI, I'm sure he was ordered to see a substance abuse counselor for an assessment. What happened as a result of that? Did he receive treatment or an alcohol education class? In your letter you report that he is abusing other substances, too?

This is serious.

He may not want his unit to

find out about this issue but it's only a matter of time before it comes to light. There are probably many people who already know.

In the meantime, he could cause harm to someone else, to him and to his family.

He will need a thorough assessment to determine the level of treatment that is appropriate. The fact that he is able to bargain with himself and not drink for periods of time only to relent and return to the same level of drinking is a definite sign of dependency.

Here are signs of alcoholism:

- ◆ Feel guilty or ashamed about your drinking.
- ◆ Lie to others or hide drinking habits.
- ◆ Have friends or family members who are worried about your drinking.
- ◆ Need to drink in order to relax or feel better.
- ◆ Black out or forget what you did while you were drinking.
- ◆ Regularly drink more than intended.

I think your husband should self-refer. He should simply walk into the substance abuse office and ask to speak to a counselor. The counselor will know what steps to take.

Many service members have kept their career while receiving treatment for alcoholism. My first employment after graduate school was working with servicemembers with alcohol and other substance abuse problems. It's not a sign of weakness.

In the meantime, you should connect with AL-ANON.

That organization will be a support system for you and your family to include your husband and children. You can get phone support and attend support groups in your local community. Please contact them even if your husband refuses to get help.

Call (stateside) civ. 888-4AL-ANON (888-425-2666) Monday-Friday, 8 a.m. to 6 p.m. Eastern time.

Defense releases report on sexual assault in the military

DOD Public Affairs

The Department of Defense released the "Fiscal Year 2010 Annual Report on Sexual Assault in the Military" March 17.

This year's report incorporates results from the quadrennial "2010 Workplace and Gender Relations Survey of Active Duty Members," an anonymous and voluntary survey conducted by the Defense Manpower Data Center, which measures gender issues among members of the armed forces.

Over the last two years, the department has made significant efforts to prevent and respond to sexual assault.

While it appears these efforts are beginning to

payoff, there is still work to do to integrate and continue to improve our efforts across the department and the services.

"The department's position on sexual assault is clear — one sexual assault is one too many," said Clifford L. Stanley, under secretary of defense (personnel and readiness).

"Sexual assault has absolutely no place in today's armed forces. We are firmly committed to doing our best to ensure that those who have stepped forward to protect our country are themselves protected within the ranks," Stanley said.

Currently, the defense department is reviewing and analyzing the Sexual Assault Prevention and Response office organizational structure and pro-

grams to develop a more comprehensive approach to prevent and handle sexual assaults in an integrated and uniform manner across the services.

The renewed focus of this review will include enhancements to policies related to:

- ◆ Privileged communications between victims and their advocates
- ◆ Expedited unit/organization transfers for victims
- ◆ Access to legal counsel for victims
- ◆ Experts to assist and prosecute

The complete report is available at www.sapr.mil.

For specific information regarding the military departments, contact the Army at (stateside) 703-697-2564, the Navy at 703-697-5342 and the Air Force at 703-695-0640.

GET OUT!

area events

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

March 24

CATS Come to Play – Tickets are on sale now for a German language version of the otherwise original CATS musical. The show will play in Mannheim May 27-June 12. Due to high demand, additional shows have recently been added beginning July 16. The shows will take place on Europaplatz in a unique custom-tailored tent which brings the audience closer to the circular stage. Tickets: civ. 0180-515-2530, www.kartenkaufen.de and at most local ticket agents.

Limp Bizkit – Tickets are on sale for the Limp Bizkit concert at Mannheim's SAP Arena 8 p.m. June 25. Tickets are available at 0621-10-1011, online at www.rhein-neckarticket.de, www.bb-promotion.com and from local ticket agents.

Tribute to the Rat Pack – Top performers Reamonn's Rea Garvey, Xavier Naidoo, Sasha and comedian Michael Mittermeier get together to pay tribute to the legendary rat pack – Sammy Davis Jr., Frank Sinatra, Dean Martin and Joey Bishop. Supported by a big band, the foursome present swing classics with the unequalled coolness, smugness and drive of Las Vegas fame. Shows will be at Mannheim's Rosengarten 8 p.m. Dec. 20-21. Tickets are available now at civ. 0621-10-1011, www.bb-promotion.com, www.rhein-neckarticket.de and local ticket agents.

March 25

Roadside Theater – See Arthur Miller's classic play, "All My Sons" about the life of a family after a World War II hero returns home 7:30 p.m. March 25-26 and April 1-2 and at 3 p.m. March 27 at the Roadside Theater on Patton Barracks in Heidelberg. Recommended for mature audiences. DSN 373-1520, civ. 06221-17-1520, www.roadside-theater.com, www.mwrgermany.com.

KMC Onstage – "Doubt, a Parable" is a Pulitzer Prize winning drama by John Patrick Shanley centering on a Catholic school principal, Sister Aloysius, who takes matters into her own hands when she suspects Father Flynn of improper relations with a male student. The play, set in the Bronx, N.Y., in 1964, will be performed 7:30 p.m. at KMC Onstage on Kleber Kaserne in Kaiserslautern March 25-26 and April 1-2. DSN 483-6626, civ. 0631-411-6626, www.mwrgermany.com.

March 31

Fernsehturm Tower – The tall slim building overlooking Stuttgart, the Fernsehturm, is 217 meters high and is one of Stuttgart's most important landmarks. This building is a TV and radio tower that in 2009 won the award for "Historical Landmark Art of Engineering in Germany." It contains a restaurant and is host to per-

formances and sporting events. The tower is open 9 a.m.-11 p.m. Civ. 071-123-2597. www.buzzoffbase.com.

April 4

Audi Museum – The Audi Museum is housed in a round futuristic building designed to represent the rings of a tree. Inside the space is open and airy, ideal to exhibit the models Audi has produced in its 100-year history. Two-hour tours are offered 11:30 a.m. in English Monday-Friday. The museum is open 9 a.m. to 6 p.m. daily. Civ. 0800-283-4444. www.buzzoffbase.com.

April 6

English Language Stammtisch – "American Foreign Policy in the Middle East" is the topic of the new organization meeting at 6:30 p.m. at the historic Ritter Hotel St. Georg in the heart of Heidelberg's Old City, Hauptstrasse 178 next to the Market Place. Join the lively discussion in English of topics of current interest in the Rhein-Neckar Valley. liirica100@yahoo.com.

April 7

South of France – Romans, Vincent van Gogh, Pablo Picasso, French cowboys, Paul Cezanne and more await during this guided tour of Southern France. Celebrate the end of winter and step into spring by exploring some of the world's most beautiful French treasures. Spend three days crisscrossing Provence and Camargue. <http://affiliates.uso.org/Kaiserslautern>.

April 9

Veterama – Experience one of Europe's largest classic and vintage car and motorcycle markets and swap meets. Find whole vehicles, spare parts, tools, accessories, documentation, trade and meet fellow aficionados. The spring edition of Veterama, traditionally held in Ludwigshafen, sports more than 1,500 exhibitors offering about 100 complete cars and 600 motorbikes on two weekends. April 9-10 features cars and motorcycles, April 16-17 is for motorcycles only. Location: Friedrich Ebert Gelände, Erzberger Straße, 67063 Ludwigshafen. Hours: 8:30 a.m.-6 p.m. Saturdays; 8:30 a.m.-4 p.m. Sundays. Tickets: Single day €8, family (two adults, two kids under 15) single day €10; Insider ticket (valid Friday-Sunday) €20. www.veterama.de/en/1-home.html.

Long Night of the Museums – The "Long Night of Museums," 7 p.m.-2 a.m., features 30 new locations this year to include a rediscovered bunker in the hillside under the Heidelberg castle and a boat tour of Mannheim's industrial harbor. A wealth

of offerings are available with a single ticket that gives access to 130 venues: museums, art galleries, historic monuments, theaters, libraries in Mannheim, Heidelberg and Ludwigshafen. The ticket includes public transportation (Museumslinie) between sites. Featured are special exhibitions, workshops, guided tours, concerts and performances. Tickets are available online and at participating museums and galleries, public transportation salespoints. A children's program is available 7-10 p.m. The website features a "Nachtplaner" (night planner) to help visitors map a route in advance to get the most out of the offerings. <http://langenacht-meier-online.de> (German language only).

April 12

Mannheim Tour – If you're new to the Mannheim area or just curious about the city, this special tour is for you. Visit some of the city's most popular sights such as the Water Tower, the Holocaust memorial, the Paradeplatz, the Farmer's Market and the castle. There will also be time for lunch and shopping. Let USO Heidelberg be your guide. <http://affiliates.uso.org/rheinmain>.

April 30

Maimarkt – Mannheim's May Fair, April 30 through May 10, boasts a tradition of over 400 years as a regional fair among Germany's largest. Over 1,400 vendors on the fairgrounds near Mannheim's SAP Arena offer everything from tools, building materials, livestock, home entertainment, travel information, sporting goods and farm supplies. Major side shows include a horse riding competition and entertainment in the glass cupola. The fair is open 9 a.m. to 6 p.m. daily. Advance tickets are on sale and a good bargain is the VRN Maimarkt ticket which combines a public transportation return ticket from anywhere inside the VRN network with admission to the fair: €8 for adults, €4 for children. Both types are available at more than 300 outlets in the region. www.maimarkt.de (German language).

Ongoing

Mannheim Parks – Mannheim parks summer hours are in effect through October for Luisenpark and Herzogenriedpark. Both open at 9 a.m. and box offices close at dusk during March and April and at 9 p.m. from May through August. Summer hours for the tea house are 1-6 p.m. weekdays except Tuesdays and 11 a.m.-7 p.m. Sundays and holidays. Earlier closure is possible in case of inclement weather. Summer opening hours for the green house are 10 a.m.-5:30 p.m. daily through March and 10 a.m.-6:30 p.m. from April-September.

THEATERS

COUNTRY STRONG

(Gwyneth Paltrow, Tim McGraw) A rising young singer-songwriter gets involved with a fallen, emotionally unstable country star. Together, the pair embarks on a career resurrection tour. But concerts, romantic entanglements and old demons threaten to derail them both. Rated PG-13 (thematic elements involving alcohol abuse and some sexual content) 117 minutes.



TRUE GRIT

(Jeff Bridges, Matt Damon) A 14-year-old girl joins an aging U.S. marshal and another lawman in tracking her father's killer into hostile Indian territory in Joel and Ethan Coen's adaptation of Charles Portis' original novel. Rated PG-13 (intense sequences of western violence) 110 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

March 24 - MARS NEEDS MOMS (PG) 7 p.m.
 March 25 - PAUL (R) 7 p.m.; COUNTRY STRONG (PG-13) 9 p.m.
 March 26 - TRUE GRIT (PG-13) 4 p.m.; COUNTRY STRONG (PG-13) 7 p.m.; PAUL (R) 9 p.m.
 March 27 - TRUE GRIT (PG-13) 4 p.m.; PAUL (R) 7 p.m.
 March 28 - COUNTRY STRONG (PG-13) 7 p.m.
 March 29 - PAUL (R) 7 p.m.
 March 30 - TRUE GRIT (PG-13) 7 p.m.
 March 31 - PAUL (R) 7 p.m.

Vogelweh, Galaxy

March 25 - COUNTRY STRONG (PG-13) 7 p.m.
 March 26 - MARS NEEDS MOMS (PG) 4 p.m.; TRUE GRIT (PG-13) 7 p.m.
 March 27 - MARS NEEDS MOMS (PG) 4 p.m.

Ramstein, Gateway Movieplex

March 24 - YOGI BEAR (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE FIGHTER (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:30 p.m.; THE DILEMMA (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.; EARTH (G) noon, 2:30 p.m., 4:45 p.m., 7 p.m.
 March 25 - PAUL (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; TRUE GRIT (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7 p.m., 9:45 p.m.; COUNTRY STRONG (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m., 10 p.m.
 March 26 - PAUL (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; TRUE GRIT (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7 p.m., 9:45 p.m.; COUNTRY STRONG (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m., 10 p.m.
 March 27 - PAUL (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; TRUE GRIT (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7 p.m.; COUNTRY STRONG (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
 March 28 - PAUL (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; TRUE GRIT (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7 p.m.; COUNTRY STRONG (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; DR. SEUSS' HORTON HEARS A WHO! (G) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.
 March 29 - PAUL (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; TRUE GRIT (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7 p.m.; COUNTRY STRONG (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; DR. SEUSS' HORTON HEARS A WHO! (G) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.
 TRUE GRIT (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7 p.m.; COUNTRY STRONG (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
 DR. SEUSS' HORTON HEARS A WHO! (G) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.
 March 31 - DR. SEUSS' HORTON HEARS A WHO! (G) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.; TRUE GRIT (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7 p.m.
 COUNTRY STRONG (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
 Galaxy Theater, Vogelweh, 0631-50017
 Gateway Cineplex, Ramstein, 06371-47-5550

Visit www.aafes.com for updated listings and more movie descriptions
 Mannheim, Cinemax, P4 13, 68161 Mannheim, civ. 01805-62-5466, www.cineplex.de.

Mannheim, CinemaxX

March 24-30 - THE ADJUSTMENT BUREAU (PG-13) 5:30 p.m.
 March 24-30 - THE KING'S SPEECH (R) 8:15 p.m. Also playing March 26 at 5:15 p.m. and March 27 at 2:30 p.m.

community HIGHLIGHTS

Assault Hotline

The 24-hour hotline for victims of Sexual Assault and Domestic Violence is civ. 0170-609-2862. Call this hotline any time to obtain advocacy and support in both Heidelberg and Mannheim. The Victim Advocate Coordinator will establish confidentiality and support in order to provide you with information and advocacy. The Victim Advocate Coordinator will also go over the unrestricted and restricted reporting options available and will assist with protocol procedures.

Federal Benefits Phone Number

The Federal Benefits Unit in Frankfurt will have a new telephone number starting April 4 to provide assistance with Social Security, Medicare or Veterans Administration issues. The new number is civ. 069-905551-110. All previous extensions and phone numbers will be discontinued. The Federal Benefits Unit, Frankfurt can also be reached at FBU.Frankfurt@ssa.gov or fax 069-749352.

Best Logisticians

Logistics Soldiers, civilians and units in Europe will be saluted during the U.S. Army Europe and Installation Management Command-Europe Combined Logistics Excellence Awards ceremony 1:30 p.m. April 5 at the Patrick Henry Village Pavilion in Heidelberg. The ceremony recognizes logisticians who have achieved excellence in maintenance, supply and deployment-related categories. Three awards are presented: the Army Award for Maintenance Excellence, the Supply Excellence Award and the Deployment Excellence Award.

TRICARE Representative

A TRICARE Beneficiary Services representative will be at the commissary on Patrick Henry Village in Heidelberg 11 a.m.-3 p.m. the first Saturday of every month beginning April 1. The TRICARE Overseas Program Patient Handbook can be downloaded at <http://tricare-overseas.com>.

Amnesty Day

The 21st Theater Sustainment Command has scheduled an amnesty day to allow individuals to turn in ammunition and explosives April 12 at the Theater Logistics Support Center—Europe's Ammunition Supply Point 9 at Miesau Army Depot. DSN 481-3516, civ. 06372-842-3664.

Veterinary Treatment Facilities

The Mannheim and Heidelberg Veterinary Treatment Facilities will have limited appointment availability through the month of April when both Veterinary Corps officers will be TDY. Services and appointments availability will be extremely limited. Preventative medicine, vaccinations and PCS health certificates will be prioritized. Most sick call and surgical requests will be referred to other clinics. DSN 388-9469, civ. 06221-338-9470.

local EMPLOYMENT

Central Texas College

Substitute and part time positions are available at Central Texas College at the Patton Barracks Army Education Center for administrative assistant, test examiner and counselor aide. Applicants subject to National Agency Check with Inquiries and computer security tests for using government computers. Candidates must be able to acquire an AKO e-mail address. DSN 373-6176, civ. 6221-17-6176.

KAISERSLAUTERN

Education

♦ **Conversational Spanish** — A free Learn to Speak Spanish class is offered 9 a.m. Tuesdays in Bldg. 2891 on Pulaski Barracks. Register: DSN 493-4203, civ. 0631-3406-4203.

Community

♦ **ASAP Moves** — The Army Substance Abuse Program office is now located at Daenner Kaserne, Bldg. 3104, 4th Floor. The new numbers are DSN 483-7857, civ. 0631-411-7857.

♦ **Landstuhl Library** — Fourth Friday family fun night with the library staff and other families will be 5:30-7:30 p.m. March 25 at Landstuhl Library on Landstuhl Post.

♦ **Kids' Zone** — Meet Gabe the Gorilla who is looking his best for pictures with you and your friends 11 a.m.-6 p.m. March 26-27 at the Kids' Zone on Pulaski Barracks. DSN 493-4125, civ. 0631-3406-4125, www.mwgermany.com.

♦ **The Producers** — Auditions for the Broadway musical "The Producers" take place 6:30 p.m. March 28-29 at KMC Onstage on Kleber Kaserne. Roles are open for those 16 and older. DSN 483-6626, civ. 0631-411-6626.

♦ **A Piece of Cake** — Children grades 6-12 are invited to learn about cake recipes, techniques, types of cakes and cake decorating 4-6 p.m. March 31 at the Landstuhl Combined Club. Free for children enrolled in Child, Youth and School Services. DSN 493-4516, civ. 0631-3406-4516, www.mwgermany.com.

♦ **Comedy Show** — The Kazabra Club on Vogelweh will host a comedy show featuring Queen Aishah and M-Dub 9 p.m. April 15 with an after party to follow. DSN 489-6000, civ. 0631-536-6000.

♦ **It's Magic** — Get free tickets to see illusionist Rob Lake stir up a magical mix during his mesmerizing show 7 p.m. April 16 at KMC Onstage on Kleber Kaserne. kmconstage@eur.army.mil.

♦ **Parent Survey** — Save 5 percent on Child, Youth and School Services fees by completing the parent survey at www.mwgermany.com/cyss.html before March 31. DSN 493-4516, civ. 0631-3406-4122.

HEIDELBERG

Education

♦ **ACS Classes** — Resume Writing, 9-11 a.m. March 29; FRG Leader 101, 2:30-4 p.m. March 29; VMIS Training, 10-11 a.m. March 30; Understanding the TSP, noon-1:30 p.m. March 30.

♦ **UMUC Registration** — University of Maryland University College Europe announces registration for online courses through April 3. Classes start April 4. Students can apply for scholarships for up to \$100 of textbook costs. www.edumuc.edu/financial_aid.

♦ **FAST Class** — Functional Academic Skills Training to reinforce basic math

ANNOUNCEMENTS

or reading skills will be held in the Patton Barracks Education Center 8 a.m.-noon March 29. The Test for Adult Basic Education is a mandatory pre-test for FAST and must be completed before March 28. DSN 373-6226, civ. 06221-17-6226.

Community

♦ **Cannon Fire** — Cannon fire will be heard coming from Campbell barracks March 24-25. Those visiting or working on Campbell Barracks on those days are highly encouraged to turn off their car alarm systems.

♦ **Volksmarches** — The Heidelberg International Wandering Club is registered for walks in Kirm-Sulzbach March 26-27. The full list of trips is now online. www.hiwcc.de.

♦ **You're A Star** — Make reservations by March 27 to join the Heidelberg Community Spouses Club "You're A Star" event 6:30-10 p.m. April 1 at the Patrick Henry Village Pavilion. Featured will be the USAREUR Jazz band, vendors and a photography station. Reservations: www.hscs-heidelberg.com.

♦ **Volunteer Recognition** — RSVP by March 29 for the annual volunteer recognition ceremony to be held 6-8:30 p.m. at the Patrick Henry Village Pavilion. DSN 370-6883, civ. 06221-57-6975.

♦ **Month of the Military Child** — There will be a walk 9 a.m. April 1 from the Child Development Center to the elementary school on Patrick Henry Village where USAG Baden-Württemberg Commander Col. Bill Butcher and Command Sgt. Maj. Annette Weber will proclaim the start of the Month of the Military Child. DSN 388-9240, civ. 06221-338-9240.

♦ **Line Dance** — Get free line dance instructions 7-9 p.m. April 1 at Legends on Patrick Henry Village. DSN 388-9670, civ. 338-9570, www.mwgermany.com.

♦ **April Fools** — Hop over to the Recovery Room on Nachrichten Kaserne 9 p.m.-3 a.m. April 1 for an April Fools Hip Hop Party. DSN 371-2762, civ. 06221-17-2762.

♦ **Egg Drop** — Be amazed by science at the Middle School Egg Drop and Science Fair 9 a.m.-2 p.m. April 2. DSN 388-9240.

♦ **Play and Stay** — Join the party 3:30 p.m. April 6 for the Month of the Military Child Play and Stay at the Child Development Center on Patrick Henry Village. DSN 388-9240, www.mwgermany.com.

♦ **Magic Show** — Magician Rob Lake will present a free family magic show open to the community 7 p.m. April 15 at the Village Pavilion. DSN 373-7414, civ. 06221-17-7414.

♦ **Teddy Bear Tea Party** — Children ages 2-10 (accompanied by an adult) are invited to a special tea time 2-4 p.m. April 17 at the Village Pavilion. Mr. Teddy Bear will make an appearance so formal

attire is recommended. DSN 388-9240, civ. 06221-338-9240.

♦ **Old School Party** — The Recovery Room on Nachrichten Kaserne will host an old school dance 9 p.m.-3 a.m. April 16 with disc jockey Madlogic. DSN 371-2762, civ. 06221-17-2762, www.mwgermany.com.

♦ **Road Block** — Hang out at the Earth Week Block Party 4-9 p.m. April 23 at Slapshots on Patton Barracks with live music, food and drinks. DSN 373-5194, civ. 06221-17-5194, www.mwgermany.com.

♦ **Easter Egg Hunt** — Bring your kids to a fun morning of Easter egg hunting 10 a.m.-1 p.m. April 24 at the Village Pavilion. DSN 373-7414, civ. 0621-17-7414, www.mwgermany.com.

♦ **Easter Brunch** — Easter Sunday Brunch 10 a.m.-2 p.m. April 24 at the Village Pavilion comes complete with a German-American breakfast buffet. DSN 388-9098, civ. 06221-338-9098.

♦ **Kiddie Volksmarch** — The Heidelberg International Wandering Club will sponsor a kiddie Volksmarch April 30 beginning at 9 a.m. at the Patrick Henry Village Library. www.hscs-heidelberg.com.

♦ **Kids' Zone Redemption Tickets** — The Kids' Zone at the Patrick Henry Village Bowling and Entertainment Center no longer issues redemption tickets on the games. Tickets can be redeemed at the prize counter until April 1. Games now only accept quarters. DSN 388-9040, civ. 06221-338-9040, www.mwgermany.com.

MANNHEIM

Education

♦ **ACS Classes** — USA Job Application, 10 a.m.-noon March 25; AFTB Level I, 9 a.m.-2 p.m. March 29-30; VMIS Training, 1:30 p.m. March 30; Scream Free Parenting, 10 a.m.-noon March 30, April 6, 13 and 20 at the Child Development Center.

♦ **American Red Cross** — Pet First Aid, noon-3 p.m. for dogs and 3-6 p.m. for cats April 2 and April 6 9:30 a.m.-12:30 p.m. for dogs and 12:30-3:30 p.m. for cats; Standard CPR, AED and First Aid, 8 a.m.-5 p.m. April 6; Registration is required prior to class: Bldg. 242 on Sullivan Barracks, DSN 385-1760, civ. 0621-730-1760.

Community

♦ **Movie Night** — Join the madness for movie night at the Youth Center, Bldg. 696 on Benjamin Franklin Village 6 p.m. March 25. DSN 380-4864, civ. 0621-730-4864.

♦ **Bully Prevention Workshop** — A bully prevention workshop presented by Les Nichols, creator of "Safe on All Sides" is open to all community members at no cost 6-8 p.m. March 28 at the Youth Center, Bldg. 696, on Benjamin Franklin Village, DSN 380-4212, civ. 0621-730-4212.

♦ **Bowling** — Join the Bowlerama Bonanza 3:30-6:30 p.m. Wednesdays through March 31 at the

Benjamin Franklin Village Bowling Center. DSN 380-9290, civ. 0621-730-9290, www.mwgermany.com.

♦ **Customs Field Office** — The Customs office will be closed April 1 to relocate from Bldg. 255 to Bldg. 256 (the Military Police station).

♦ **Month of the Military Child** — Join the Child Development Center parade 9:30-10:30 a.m. April 1 on Benjamin Franklin Village.

♦ **Information Fair** — Find resources for your child at the Month of the Military Child Information Fair 3:30-5 p.m. April 1 at the School Age Center on Benjamin Franklin Village.

♦ **Reading Exhibition** — Alpha Phi Alpha fraternity and Mannheim Middle School will sponsor a reading exhibition 8:30 a.m.-3 p.m. April 1 in the multi-purpose room to promote self-confidence and reading fluency. Readers will be judged on choice of selection, interpretation and stage presence. DSN 380-9181, civ. 0621-730-9181.

♦ **One-day Ski** — Outdoor Recreation offers one-day ski trips to Oberstdorf on April 2 and Engelberg, Switzerland on April 9. Civ. 0170-451-4102.

♦ **Salsa Lessons, Party** — Learn how to Salsa 6-7 p.m. for level one and 7-8 p.m. for level two April 6, 13 and 20 at the Top Hat Club on Benjamin Franklin Village. Then show off your talent at the Salsa Party 9 p.m.-4 a.m. April 22. DSN 380-9370.

♦ **Mannheim's Got Talent** — Mannheim's Got Talent is open to all ages and talents 6 p.m. April 16, 23 and 30 at the Top Hat Club. DSN 380-9370, civ. 0621-730-9370.

♦ **Europa Park** — Visit Germany's largest amusement park with over 100 attractions, entertainment and rides. Outdoor Recreation bus departs Mannheim Schuh Theater 7 a.m. April 17. DSN 384-6300, www.mwgermany.com.

♦ **Protestant Women** — Women of all faiths are invited to join the Protestant Women of the Chapel 9:30 a.m.-noon and 6-8 p.m. Tuesdays until May 17 at the Benjamin Franklin Village Chapel basement.

♦ **Community Yard Sale** — Buy or sell at the community yard sale 8 a.m.-2 p.m. April 30-May 1 on Benjamin Franklin Village. Residents, with the exception of those who live on Washington and Lincoln Streets, may set up in front of quarters; all others may set up in the parking lot in front of the Sports Arena. No new or commercial items may be sold. Rent tables from Spinelli Outdoor Recreation or on-site (at the Sports Arena). DSN 385-3169, civ. 0621-730-3169.

♦ **Moving On** — The middle school and high school will host a "Moving On" celebration 11:30 a.m.-1:30 p.m. June 9 on Woods Field. Entertainment will be provided by USAREUR band, the school bands and drama students.

Local team unwilling to quit

4th Air Support Operations Group take second in unit-level basketball championships

Staff Report

Heidelberg's 4th Air Support Operations Group finished second at the 2011 Installation Management Command Europe unit-level basketball championships March 11-13 in Bamberg with a heart-wrenching 38-36 loss to the 44th Expeditionary Signal Battalion from Schweinfurt.

"The team traveled to the tournament with only six players and shocked the 17-team tournament field with their gritty, intelligent and no-quit team concept," said Thomas Benson, Heidelberg Sports Director.

"It was an honor to be recognized by the IMCOM tournament director, opposing coaches and several players as the best team working together at the tournament," said Phil Adolph. "We're certainly not the youngest and maybe not the most athletic, but the best team. It meant a lot."

"We worked hard, battling our way out of the loser's bracket and eliminating four teams from the tournament during our run to the championship game. One opposing player from the undefeated championship team (44th ESB) was impressed that time and again we just 'wouldn't go away,'" said Doug Middendorf.

"It was a privilege to represent the entire Heidelberg community as basketball ambassadors and accomplish so much with such a small squad. It was exhausting trying to compete at that level with five or six guys, playing nine games in three days. But it was certainly worth all the blood, sweat and blisters," said Tom Blazek.

"They represented the Heidelberg community with uncanny competitiveness, determination and desire with limited resources – they only had six players – and they were tremendously successful at their mission," Benson said.

Replenish nutrients after exercising

By Maj. Vancil McNulty

USA PUBLIC HEALTH COMMAND PUBLIC AFFAIRS

The old saying, "You are what you eat" was popularized (but not originated) by an English nutritionist named Dr. Victor Lindlahr who published a book in the 1940s called "You Are What You Eat: How to Win and Keep Health with Diet."

Lindlahr believed in the idea that food controls health. The last 70 years of nutrition research has provided evidence that Lindlahr was right – good nutrition has a positive influence on health. We also now understand how important "recovery" nutrition is for athletes and how it plays a role in the prevention of injury.

Strenuous exercise such as endurance running, sprinting, or resistance training deplete energy (muscle glycogen stores) and cause muscle damage. If depleted energy is not replaced and muscle damage not repaired adequately,

injury and reduced physical performance occur.

Studies of women who exercise show a negative energy balance is a risk factor for stress fractures of the bone. While both civilian and military research have proven that consuming foods that restore energy balance overcomes fatigue, minimizes muscle damage, promotes recovery and protects against heat injury, the timing of the nutritional intervention is critical.

Research shows that consuming a combination of carbohydrates and protein within a 60-minute window immediately following very strenuous exercise initiates repair of muscles damaged during the activity and begins the replenishment of muscle energy stores. This is the only recommendation from the Joint Physical Training Injury Prevention Work Group related to nutrition and its effect in the prevention of musculoskeletal injury. During this time,

the body is primed for rebuilding what was broken down during exercise. If the nutrients are consumed more than 60 minutes after the end of the exercise session, the body is less able to absorb the nutrients, thus diminishing the rate of recovery.

After an hour of exercise, the ideal balance of nutrients needed to allow for the most rapid replenishment of muscle glycogen to optimize and accelerate the recovery process is roughly 12 to 18 grams of protein and 50 to 75 grams of carbohydrate (a ratio of 1 gram of protein for every 4 grams of carbohydrate).

Foods with protein content are (about 7 grams each) one egg white, one ounce cheese, one ounce meat, one cup milk, ¼ cup nuts, two tablespoons peanut butter. Foods with carbohydrates (about 15 grams each) are ½ cup of fruit juice, small piece of fruit, one ounce cereal, one piece of bread, ½ cup pasta, ½ cup rice.

More "Staying Active" Information

Community Basketball Scores

In unit basketball Sunday, Heidelberg toppled Schweinfurt 74-68 at the Patton Fitness Center in Heidelberg. Top scorers for Heidelberg were George Watlington, 20 points; Horatio Patterson, 19 points and Izell King, 18 points. For Schweinfurt, Troy Salvant scored 22 points and Kevin Dillard scored 11. Source: Thomas Benson

Heidelberg High School Sports

Heidelberg Baseball and Softball teams meet at Ansbach Saturday for a double header with first game at 10 a.m., and the second game at 12:30 p.m. Soccer teams face Ansbach at home. Varsity girls play at 10 a.m. and the Varsity boys at noon; Junior Varsity girls play at 2 p.m. and

JV boys play at 3:30 p.m. Track and Field teams travel to Ansbach for a 10 a.m. meet against Ansbach, Bamberg, Hohenfels, Vilseck, Patch, and Black Forrest Academy.

Upcoming Community Volleyball

Upcoming unit-level volleyball games: The Roughnecks play U.S. Army Europe at 6:30 p.m. and the 4th Air Support Operations Group face the Heidelberg Medical and Dental Activity at 7:30 p.m. March 28; 4th ASOG will face the Roughnecks 6:30 p.m. and the Heidelberg Medical and Dental Activity square off against USAREUR at 7:30 p.m. March 29. On March 30, HMEDDAC plays the Roughnecks at 6:30 p.m. and 4th ASOG goes up against USAREUR at the Patton Fitness Center in Heidelberg.

staying ACTIVE

Heidelberg Bowling Tournament

The Heidelberg Sergeants Major Association's bowling tournament will be March 26 at the Bowling Center on Patrick Henry Village. DSN 370-8015, civ. 06221-57-3303, hsmagermany@gmail.com.

Kaiserslautern Unit Level Volleyball

A unit-level Volleyball competition will be held 6 p.m. March 28 at the Miesau Army Depot, Bldg. 1220. DSN 493-2086, civ. 0631-340-62086.

Adult Softball Tryouts, Practice

Kaiserslautern softball teams are looking for players and coaches to try out and practice 6:30 p.m. March 28 and 30 and 1 p.m. April 2 at the Rhine Ordnance Fitness Center, Bldg. 172. Must be 18 or older. DSN 493-2088, civ. 0631-340-62088.

USAREUR Bowling Tournament

U.S. Army Europe Bowling Tournament will be March 28- April 1 at the Bowling and Entertainment Center on Patrick Henry Village in Heidelberg. DSN telephone: 388-9040, civ. 06221-338-9040.

Kaiserslautern Bowling Tournament

The Kaiserslautern Sergeants Major Association's Bowling Tournament will be noon-3 p.m. April 2 at the Vogelweh Bowling Center. Register: DSN 484-7548, civ. 0631-413-8118.

Golf Tournament

Sign up by April 3 for the Masters Golf Tournament scheduled for April 10 at the Heidelberg Golf Club on der Bundesstrasse in Oftersheim. Open to all eligible users with a verifiable handicap. DSN 379-6139, civ. 06202-53-767, www.mwrgermany.com.

Intramural Golf

Register by April 5 for the Heidelberg intramural golf program which is scheduled for April 7-June 23 at the Heidelberg Golf Course. Program is open to the first 20 two-player teams that register. An organizational meeting will be held 3 p.m. April 7 at the golf course. DSN 373-8032.

Power Lifting Invitational

Register through April 1 for the Powerlifting Invitational on Kleber Kaserne in Kaiserslautern starting 10:30 a.m. April 9. Open to ID card holders 18 and older. Register: www.mwrgermany.com/sportsevents.htm.

Heidelberg Softball Officials Clinic

Heidelberg Softball officials' clinic and tournament will be April 19-23. Classroom instruction will be 6-9 p.m. April 19-22 in the Heidelberg Sports office, Bldg. 128, on Patton Barracks. The tournament will be April 23. DSN 373-8032, civ. 06221-17-8032.

Soccer Players

Heidelberg Community Soccer is seeking players for the community team. Practices and tryouts are 6-9 p.m. Mondays and Wednesdays at the Patton Barracks fitness center in Heidelberg and the Tompkins Barracks fitness centers in Schwetzingen. Must be 18 years or older. DSN 373-8032, civ. 06221-17-8032.

Baden Bruins

The Baden Bruins Army hockey team is looking for new players to fill their recent expansion team – the Province Bruins. The Bruins recently added this team so they could include skilled Army hockey players and recruit players at all levels. The Bruins are coached by ex-Hartford Whaler Bob Sullivan and German National player, Volker Lindenzweig. Inline season begins April 1. Those interested in inline skating or ice hockey should e-mail info@badenbruins.com.

See Photos Online
www.flickr.com/heraldpost

WOMAN

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worked in executive travel before meeting her husband, Lt. Col. Robert Curran, on vacation.

In 2003, they married and moved to Germany. A week later, he was gone for a year – deployed on the first of two tours in Iraq. While in Mannheim, Curran began volunteering at the local thrift store.

"I realized that was where my niche was," Curran said. "The volunteer aspect was wonderful for me. That's where the passion started, seeing the rewards the community reaps from what we do."

Her husband's next assignment was a commander's position, so the couple moved to Kaiserslautern, where Curran is often seen at community events with her macaw "Rolie" perched upon her shoulder.

During two terms as KLSA president, Curran has spent countless hours overseeing the organization's transformation, refining business practices and creating cohesion among volunteers, said Leif Johnson,

who nominated Curran for the USA-REUR recognition.

Women in military communities, to include those in uniform, government civilians and family members, embody strength and resiliency, putting their mark on history now.

That's why, Christi Ham, wife of Gen. Carter Ham, the former USA-REUR commander, initiated the scroll recognition. Nominations were based on the five dimensions of the Army's new Comprehensive Soldier Fitness program – family, social, emotional, physical and spiritual.

Curran is a woman of impact and energy whose dedication and devotion to community service has helped shape the Kaiserslautern Military Community into a great place to live and serve, Johnson said. She's endured surgeries and taxing treatments, yet her energy-level never appeared to decrease, he said.

"She never shows it," Johnson said. "She engages the world with exuberant and contagious energy that breaks down walls, brings people together and accomplishes great things for the

community."

In May 2009, KLSA members elected her president. On June 28, 2009, while at a checkup at Landstuhl Regional Medical Center, Curran learned she had cancer.

"I walked out into the parking lot, screamed out loud, cried a little, and immediately the words, 'I just want to live,' formed somewhere in the back of my mind," Curran said.

She composed herself and called her husband, who at the time was in the country of Georgia.

"They think it's cancer," she told him.

"Don't worry," her husband replied, "Whatever it is, we'll get through it."

Within days, she had the first of a half dozen surgeries. For two years, she received monthly treatments at a hospital in Heidelberg. She continues a daily regimen of medication. But she feels like the cancer is now behind her, she said.

"You never look back," Curran said.

Feeling like she was making a contribution to the community motivated Curran during her trying times,

she said. She felt the spouses who elected her depended on her and she didn't want to let them down during a time of growing momentum, she said.

"They chose me to lead," Curran said. "I wanted to do a good job and leave it better than when we came here. I wanted to be proud of what we were doing."

Two years ago, the spouses association's thrift stores gave away about \$70,000 to local organizations. This year, they will offer more than \$150,000. Each month, the Landstuhl and Pulaski Thrift Shops generate about \$20,000, she said.

The stores improved ways to process donated items and were the first in the area to move from using prices on little tickets to scanners.

The relationship between the KLSA and store employees tightened, making a more cohesive team. Consequently, it improved working conditions, Curran said.

"It's not just me," Curran said. "It's that group effort makes a team and that makes you strong."

SURVEY

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commanding general of the Installation Management Command.

The data suggests that Soldiers, their spouses and families are very resilient in the face of the demands that the Army places on their lives, especially with the increasing number of deployments and time away from family. Sixty percent of spouses report that they are adjusting easily to the reunion with their Soldier following deployment or time away from the family.

Additional data shows that despite ongoing conflicts, budgetary restraints and multiple deployments, 60 percent of civilian spouses of active-duty Soldiers are satisfied with the Army as a way of life and believe their family has adjusted well to the demands of being an Army family.

"In the past four years, we've put a lot of effort into programs and services that support Soldiers and their families," said J.C. Abney, deputy to the commander of the Family and MWR Command.

"The Army made a promise to our entire Army family that we'd provide them a quality of life commensurate with their service through the Army Family Covenant, and these survey results prove we're making a difference," Abney

said.

More than three-fifths (61.5 percent) of spouses reported that the demands the Army makes of family members is either not a problem or only a slight problem. Less than one-fifth (13.5 percent) reported it is a serious or very serious problem.

In general, spouses were able to handle tasks related to their paid job and volunteer work well or very well; three-fourths (77 percent) managed working at their paid jobs well or very well and about one-half (56 percent) handled doing their regular work and additional volunteer work (48 percent) well or very well.

"Through spouse employment programs, family support groups, resilience classes and dozens of other programs and services, we've put in place the right support," said Maj. Gen. Reuben D. Jones, Family and MWR commander.

"Now it's a matter of refining those programs and making sure we continue to meet the needs of the Army family.

"The survey results show we're moving in the right direction, but this is no time to rest on our laurels," he continued. We've made a commitment, through the Army Family Covenant, and we'll continue to live up to that

commitment by being responsive and supportive to the Soldiers and families who sacrifice so much for our Nation," Jones said.

A majority of officer spouses (88.4 percent) and enlisted spouses (79.8 percent) reported that they managed well or very well the taking care of their children's health while the Soldier spouse was deployed.

Though the data justifies what Army leadership suspected about the resiliency of Army families, it also reveals that Army life is not without challenges.

One spouse wrote, "I love the Army, but it is a hard life for both Soldier and spouse. I am an Army brat and sometimes have trouble understanding that my family and I may not always come first ... so, I do not know how (spouses) who were not brought up in the military do it."

Not all the data was positive.

It also indicated that spouses are unhappy with the current deployment cycle, and want longer dwell times between their spouses' deployments.

Army Chief of Staff Gen. George Casey has already promised longer dwell times, stating in a recent Installation Management Command

town hall meeting that he plans to increase dwell times to two years in the near future.

While such a move is welcomed news for Soldiers and families, it's just one step in creating a more resilient, capable total Army family. A multi-agency workgroup is deep into the process of addressing resiliency and coping capabilities through the Comprehensive Soldier and Family Fitness programs which identify – either through awareness campaigns or self-assessment – Soldiers and family members who are having difficulty coping, and offering programs, support and counseling services to help improve their resiliency.

Compared to the previous survey of Army families, spouses indicated they are currently more likely to have experienced emotional or nervous problems (15 percent in 2005; 19 percent in 2010) and marital problems (11 percent in 2005; 14 percent in 2010).

"Resiliency – for Soldiers and family members – is high on my list of priorities," Lynch said. "The Comprehensive Fitness programs are meant to be all-inclusive, addressing the spiritual, emotional, family and physical fitness levels of our Army.

"By working closely with other agencies and commands, like the chaplains and the medical command, we'll meet this challenge as well and take another leap forward in supporting our great Army," Lynch said.

Data received through the Survey of Army Families provides information to Army leadership to plan, formulate and improve policies and programs which benefit Army families.

For example, results from previous surveys have helped the Army design Family Readiness Groups and create or improve Family and Morale, Welfare and Recreation programs such as Warrior Adventure Quest and the Exceptional Family Member Program.

"We'll be taking a hard look at this data," Jones said, "to determine where to focus our efforts in the future. We're not done; the survey results don't mean we've 'completed the mission.'"

"They indicate we're moving in the right direction," he said. "There's still a lot of work to be done, and leadership is still committed to living up to the covenant."

To read more results from this year and previous versions of the Survey of Army Families, please visit <http://mwrbrandcentral.com/HOMEPAGE/research.html>.