

# HeraldPOST

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

**HP THURSDAY**  
April 12, 2012

## Speed Read

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## Defense Details

### JOINING FORCES

First Lady Michelle Obama and Dr. Jill Biden, wife of vice president Joe Biden, marked the first anniversary of their "Joining Forces" campaign this week. The two say they will continue to solidify the program's successes so a structured effort to help military families is a permanent part of American culture. "This has been a phenomenal first year," Obama said. "But the truth is, Jill and I have been working this issue since our husbands took the oath of office" in January 2009. Both women said that they've been amazed by the outpouring of support by American civilians and that they have felt privileged to meet with military families across the nation.

[www.defense.gov](http://www.defense.gov)

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## Army Chief of Staff addresses Soldier retention



Sgt. 1st Class Victor Aguirre

U.S. Army Europe commander Lt. Gen. Mark Hertling and his wife Sue, greet Chief of Staff of the Army, Gen. Ray Odierno, and his wife, Linda as they arrive in Heidelberg April 2. Odierno visited units across U.S. Army Europe as part of his tour of the U.S. European Command theater. The general concluded his European tour April 6.

*Leaders urge Soldiers to contact unit career counselors for latest information*

**By Sgt. 1st Class Victor Aguirre**  
USAREUR PUBLIC AFFAIRS

Chief of Staff of the Army Gen. Raymond T. Odierno talked to U.S. Army Europe Soldiers about future opportunities during his European Theater tour April 3.

"So just because the Army is going to get a bit smaller does not mean you will not have those opportunities. The Army is going to continue to have incredible opportunities for all our Soldiers. You are going to continue to have great potential for promotions and to continue to improve yourself," Odierno said.

"If Soldiers are conducting themselves properly and are exceeding the standard, the greater the possibility is for attaining a re-enlistment suited to the Soldier," said Sgt. Maj. Scott Leeling, USAREUR command career counselor.

"New policy is not meant to scare Soldiers into believing the Army is trying to get rid of them. Soldiers need to be properly informed and need to see their career counselors before the 24 months prior to ETS," he added.

"Bottom line is to do your job and there are lots of opportunities. I always talk about what makes the Army successful, is when we provide the opportunity for individuals to improve themselves, which adds to the greater collective," Odierno said.

## Heidelberg ushers in month of military child

*Community walk first of several planned events in April to salute their sacrifices*

**By Elizabeth Casebeer**  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The tiny, yet authoritative voice sounded over the sea of voices in front of the Child Development Center on Patrick Henry Village in Heidelberg April 2: "Come on everybody. Hold my hand. Let's go!"

As if drawn together by magnets, a handful of preschoolers did just as 3-year-old Chelsea Watlington asked.

They were soon joined by nearly 80 other children, who marched in the 11th annual Month of the Military Child Opening Walk from the CDC to Patrick Henry Elementary School.

The walk was sponsored by Army Community Service, Department

of Defense Dependents Schools and Child, Youth and School Services and was declared the official kickoff for the Month of the Military Child by U.S. Army Garrison Baden-Württemberg Commander Col. Bryan DeCoster, said Stephanie Morales, Child Youth and School Services Parent and Outreach Services Director.

DeCoster's proclamation, found on the Family and Morale, Welfare and Recreation website at [www.mwrgermany.com](http://www.mwrgermany.com), indicates more than 40 percent of Soldiers, Sailors, Airmen and Marines have left families with children behind, and more than 1 million American children have at least one parent serving on active duty.

see **WALK** page 12



Elizabeth Casebeer

Left, Noah Cohler, 3, takes a Child, Youth and School Services hat from Stephanie Morales, CYSS Education Outreach Services Liaison, while his mother, Toni Cohler and Teacher Assistant Lugenia Rosenfeld look on at the Patrick Henry Village Child Development Center in Heidelberg April 2.

## COMMENTARY

# Synapse program focuses on care for those with TBI

By Dr. Kendra Wagers  
LANDSTUHL REGIONAL MEDICAL CENTER

Traumatic Brain Injury has been called the signature injury of the wars in Afghanistan and Iraq, and after more than 10 years, many of our service members have been repeatedly exposed to events that have the potential of causing a brain injury.

Over 1 million military personnel have deployed since 2001 in support of Operation Enduring Freedom in Afghanistan or Operations Iraqi Freedom and New Dawn in Iraq.

Current deployment operations have involved service members in ground combat and hazardous security duty.

TBI is the most prevalent injury among warfighters during OND, OIF and OEF as a result of contact with enemy forces or weapon systems – mortars, improvised explosive devices, rocket-propelled grenades – and from head impacts from accidents, enemy action or other factors.

Deployment, therefore, could include being exposed to gun shots, blast exposures and other significant potential TBI generating events.

Given the significant length of the war and repeated deployments of service members to dangerous duty assignments downrange, there is an increased risk of exposure to possible TBI events as well as increased risk of increased symptoms arising from

repeat exposures.

Landstuhl Regional Medical Center has developed an intensive rehabilitation program to help called Synapse that focuses on providing care to service members who experience TBI.

This interdisciplinary team approach was developed as a response to the dynamic nature of potential TBI events service members could experience.

Service members at war are particularly at risk of TBI resulting from combat blast injury, which is usually characterized as resulting from primary (e.g., exposure to over pressurization wave from blast), secondary (e.g., impact from blast, debris), tertiary (e.g., impact after displacement), or quaternary (e.g., burns, inhalation of toxins, hypoxia, psychological effects) blast effects.

Such blasts effects can produce profound traumatic injuries in the brain, including damage to the parts of the brain that make vision possible, affect auditory processing, impact balance and coordination, impair cognitive functioning or impede occupational performance.

Our team of clinicians works to collaborate and individualize care for our service members, to educate them on the recovery from injury and foster greater understanding of what they can do to protect themselves.

LRMC's Synapse program has a strong clinical team consisting of

three TBI neurology providers, a clinical psychologist, a TBI optometrist, an audiologist, two physical therapists, two speech therapists, an occupational therapist, a rehabilitation psychologist and several nurse case managers.

The entire team evaluates service members experiencing TBI and determines if intensive services would support their return to full duty.

Providers often collaborate on care, evaluating the patient in an integrated service delivery environment to maximize therapeutic gain.

The intensive program at Landstuhl is individually developed to meet a service's unique symptom presentation and can be a few weeks or up to eight weeks long as appropriate.

The team also works closely with the command to review job function and performance and to tailor treatment toward addressing specific job capacities each service member may need to function within their military occupational specialty.

Follow-up services and treatment plans are developed at discharge and can often be implemented via telemedicine, home therapy programs or with local providers at the patient's home base of record.

A vital component to our discharge and follow up plan is educating service members and their support system on engaging in their own recovery and considering all the factors

in their lives that influence a positive course of rehabilitation.

A positive course of recovery from brain injury begins and ends with education.

Education and outreach to command is not only an integral part of the intensive program; it frames our service delivery. Every component of our intensive program emphasizes the importance of a holistic and dynamic recovery process. As one TBI specialist has written, re-framing how we think about an issue to create a positive outlook can be a vital part of recovery. Developing awareness, understanding and education on the expected course of recovery from brain injury creates empowerment. Empowerment is how we build function, create a sense of normalcy and develop self efficacy. Efficacy powers us towards our goals.

The goal of the intensive Synapse program is to offer a comprehensive intensive TBI program that complements the TBI care throughout the European theatre.

We also work closely with TBI providers throughout the European theater to coordinate care, disseminate educational resources and foster recovery. Our mission is not to ameliorate symptoms but foster understanding and recovery. To learn about the program, contact the LRMC TBI Rehab Clinic at DSN 590-5601, civ. 06371-9464-5601.



[www.facebook.com/BWnow](http://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

"Plan ahead – Did you know only active duty military personnel, federal employees and government contractors who are authorized logistical support and have valid TDY orders in Italy may purchase a limited supply of fuel coupons? If you are headed south of the Alps on leave, be sure to budget for host nation fuel prices."

–BWnow Facebook Administrator

"Has something changed? I know that with leave orders we are able to get gas coupons at Camp Ederle and at Camp Darby, military spouses with power of attorney could get gas vouchers."

–Tanja Johnson McCuen, BWnow Facebook Fan  
"Tanja, our friends at IMCOM-E provide this Q-and-A: Who can purchase fuel coupons and where can I use them?"

Active duty military personnel, federal employees and government contractors who are authorized logistical support and have valid TDY orders may purchase a limited supply of fuel coupons. Those on leave may not purchase fuel coupons. Fuel cards that are used in Germany do not work in Italy. NATO fuel coupons are valid at Agip and Eni stations."

–BWnow Facebook 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.

# Voting assistance officers gear up for election year

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Military voting assistance officers and assistants from the Heidelberg, Mannheim, Kaiserslautern and Stuttgart communities packed a second floor classroom in Heidelberg's Community Support Center April 4 to learn the ins and outs of the federal and state voting process.

A representative from the Department of Defense Federal Voting Assistance Program led the two-hour Federal Voting Assistance Program workshop, and U.S. Army Garrison Baden-Württemberg Commander Col. Bryan DeCoster kicked off the training with a few words.

"I think this is a very important function that you are performing. This is really how we help shape who the elected officials are and what type of functions we perform within the military.

It's also how we get to have our say in the national arena. I thank all of you for your work in voting assistance. It's a very important mission for all of the Soldiers and families out there across the community," DeCoster said.

Ivor Watson, USAG BW installation voting assistance officer and chief of the military personnel division and director of human resources, along with members of his staff, hosted the training.

"The focus here is to ensure that the unit Voting Assistance Officers know how to better do their job. A lot of them are new and they have not done

**"I've voted in past elections before but I never really saw the whole picture until now. It's good to know and I can relay the information back to my Soldiers."**

-1st Lt. Abdoul Kane, Voting Assistance Officer

this before," Watson said. "This is an additional duty where they are learning how to help Soldiers and their family members. It also gives them an opportunity to go over some of the type of questions they can expect to be asked and how to get to the right information," he said.

"Each unit has voting assistance officers who reach out to their Soldiers, civilians and family members face to face.

As the installation voting assistance officer, I assist the units as far as putting on training, going out to community events and providing information for folks who may not be able to get in touch with their voting assistance officer."

Watson also added that there is definitely more interest in the program right now due to the current election year and he hopes the trend will continue.

First Lt. Abdoul Kane, 57th Air Defense Artillery, said that he was excited to learn more about his new



Dijon Rolle

Sgt. Thomas Hampton and Sgt. 1st Class Chastity Morin look through copies of a voting assistance guide and other resource materials during a Federal Voting Assistance Program workshop in Heidelberg April 4.

duty. "It's pretty interesting. I've voted in past elections before but I never really saw the whole picture until now. It's good to know and I can relay the information back to my Soldiers," Kane said.

Before the class, the Chicago native had scoured the Internet looking for resources. "Now I have a better idea of what's available and exactly where to go. I can also use this information to help motivate my Soldiers to get out and vote," he said.

To be selected as an Army unit voting assistance officer, Soldiers should be a first lieutenant or sergeant

first class or higher.

However, there is no pay grade requirement to serve as an assistant VAO.

Installation Voting Assistance Officers should hold the pay grade of general schedule -12 (civilian) or rank of major (military) or higher. Community members can call DSN 370-7725 or 370-3347 for information on the program and other upcoming training events.

For information on the federal and state voting process and additional VAO training tools, visit [www.FVAP.gov](http://www.FVAP.gov) or [www.imcom-europe.army.mil/webs/sites/news/voting.html](http://www.imcom-europe.army.mil/webs/sites/news/voting.html).

**ICE gets results**

To submit an ICE comment, look for 'ICE-HD' for Heidelberg, 'ICE-MA' for Mannheim or 'ICE-KL' for Kaiserslautern at the bottom of the garrison website's home page at [www.bw.eur.army.mil](http://www.bw.eur.army.mil).

Illustration by Hannah Niekra

Interactive Customer Evaluation allows customers to rate products and services provided by Department of Defense offices and facilities worldwide.

Comment card ratings are used to improve the products and services in the U.S. Army Garrison Baden-Württemberg. Community members are encouraged to use the ICE system to provide feedback, both positive and constructive, about

garrison issues.

The garrison convenes a Chill Board each quarter to discuss and evaluate the satisfaction rates received from customers throughout the community.

The Herald Post will periodically feature issues brought to leaders through the ICE system and ask readers to submit comments on garrison social media sites.

## Issue: Youth activities on east side of Kaiserslautern

### Scope

U.S. Army Garrison Kaiserslautern's Child, Youth and School Services encouraged parents to submit ICE comments about youth sports and SKIES (Schools of Knowledge, Inspiration, Exploration and Skills) activities in the

community.

### Customer Feedback

Customers ICE comments were 97 percent positive and got the attention of the instructors. They began to listen to community members and made suggestions for more timely classes and more

frequent classes.

### Command Response

As CYSS programs expand to the east side of Kaiserslautern, parents and children remain happy with the amount and type of activities, including sports, that are available.

## What do you think?

Express your opinion on Facebook ([www.facebook.com/army.kaiserslautern](http://www.facebook.com/army.kaiserslautern)) by answering: "What do you think about the amount and type of activities offered by Child, Youth and School Services in Kaiserslautern?" Comments may also be emailed to the Herald Post at [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil) or [usarmy.badenwur.usag.mbx.post-newspaper.mil](mailto:usarmy.badenwur.usag.mbx.post-newspaper.mil).

### Bnow Feedback on previous ICE issue – Volunteers keep Patton Wood Shop open

- Volunteers make things happen.
- This just proves how important volunteers are, especially in a closing community. Many thanks to all our wonderful volunteers.
- It is great! I am so glad that volunteers have donated their time for others by keeping the woodshop open.
- April is Volunteer Appreciation Month – thank you, Wood Shop

## transformation UPDATE

### Frequently Asked Questions

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

E-mail [usaghd.post@eur.army.mil](mailto: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](http://www.bw.eur.army.mil/transformation).

#### UPDATED and NEW – What's up with the Thrift Shop on Patrick Henry Village?

The Thrift Shop will be closed the last two weeks of May to move to Bldg. 4455 across from the Recycling Center where it will reopen June 1. The current building will be converted into a consolidated postal service center. Some renovation of the facility is necessary, and that work must begin by June 1 to be finished in time for the holiday mail season. The consolidation plan will combine four other postal facilities into one on PHV and will save the garrison and the Army about \$1.4 million. It will also allow customers from Campbell Barracks, Patton Barracks and the Community Support Center to keep their same mailing addresses when they transfer to the PHV facility.

#### UPDATED – Mannheim PX and Gas Station – What will happen to the Exchange stores in the Mannheim and Heidelberg communities?

The Mannheim Exchange, Gas Station and food court will close June 15.

#### NEW – I currently do not have a transportation entitlement to the United States. Will I still be eligible for a government-funded move to Wiesbaden?

Yes; however, the intra-theater move to Wiesbaden will not create a transportation entitlement to the United States.

#### NEW – I deploy this summer. My son goes to Heidelberg High School. Since he plays sports, will it have a team or will students be bused throughout Germany?

Heidelberg High School will be open for the 2012-13 school year and anticipates offering the same activities it has during the current 2011-12 school year.

#### Should we expect to see a raise in COLA for the service members staying behind – maybe a COLA survey?

Military finance centers pay Cost Of Living Allowance in U.S. dollars based on the currency exchange rate. COLA is calculated by comparing the prices of goods and services overseas with average prices for equivalent goods and services in CONUS. If prices in CONUS are rising at a greater rate than those overseas, COLA will decrease. If prices overseas are rising at a greater rate than those in CONUS, COLA will increase. For information about overseas COLA, see [www.defensetravel.dod.mil/site/cola.cfm](http://www.defensetravel.dod.mil/site/cola.cfm). COLA rates wouldn't be affected by changes in access to military facilities.

#### Will Patrick Henry Village be big enough to accommodate everyone from Mannheim? Housing is already quite full.

There are sufficient quarters to move everyone into Patrick Henry Village quarters. Based on the numbers for PHV, even though we are at an 85 percent utilization rate, 200 units are open. Two complete buildings are coming out of renovation by the end of March.

#### Our child goes to Patrick Henry Elementary. When we move, do we need to re-enroll him in the new school or will his paperwork be forwarded?

Individuals who are PCSing and enrolling in another Department of Defense Dependents School in Europe can carry their paperwork to the new school. Parents must also ensure they disenroll their child from their current school. If you are changing to a stateside school, your child's paperwork will need to be forwarded. Contact the school for further guidance.

### Facilities Operations Changes Mannheim

**NEW – Barber Shop** – The Mannheim Barber Shop will close April 30 due to low customer usage. Customers may use the Coleman Barber Shop 10 a.m.-4:30 p.m. Tuesday-Friday. However, the Coleman Barber Concessionaire has agreed to remain open until 5 p.m. after April 30 if customer traffic increases.

**Base Operations** – For assistance, residents should contact Sgt. 1st

Class Damien R. Hunt, who is now the Base Operations noncommissioned officer in charge located in Bldg. 245 on Sullivan Barracks, DSN 385-1610, civ. 0621-730-1610, civ. 07622-70-0535, [damien.r.hunt@mail.mil](mailto:damien.r.hunt@mail.mil), or Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, [robert.n.isbell2.civ@mail.mil](mailto:robert.n.isbell2.civ@mail.mil).

**Chapel Closure** – The Benjamin Franklin Village chapel will close in May. The last worship service will be May 6.

**NEW – Coleman Clinics** – The Coleman Troop Medical Clinic will cease full patient care services June 1, to include pharmacy services, and will transition to sick call support beginning June 4. In addition, all dental support at the Coleman Dental Clinic, to include dental sick call services, will cease May 1. Dental services for the Mannheim-Coleman Soldier population will transfer to the Patrick Henry Village Dental Clinic in Heidelberg. The sick call sign-in hours at Coleman TMC beginning June 4 will be 8-9:30 a.m. Sick call service will be reassessed on a monthly basis to determine continuation based on use. DSN 371-3130, civ. 06221-17-3130.

**UPDATED – Commissary** – As part of the draw down of forces in the area, the Mannheim Commissary will adjust operating hours beginning April 18. The new hours are 11 a.m.-7 p.m. Wednesday - Sunday. The commissary is slated to remain open through August. DSN 385-3940, civ. 0621-728-3611.

**Community Bank** – The Community Bank (Sullivan branch) is now closed Mondays. It is open 9:30 a.m.-4 p.m. Tuesday through Friday and 10 a.m.-1:30 p.m. Saturday.

**Gas Station** – The Gas Station on Benjamin Franklin Village in Mannheim is closed on Mondays to coincide with the operating hours of the Exchange, which is also closed Mondays. There is no access to BFW South (PX gate) on Mondays.

**NEW – Library Support Office** – The Library Support Office and the ACS Computer Lab in Bldg. 246, Room 118, on Sullivan Barracks hours of operation have changed: 8 a.m.-1 p.m. and 2-5 p.m. Monday-Wednesday, Friday and 1-5 p.m. Thursday. DSN 385-2688, civ. 0621-730-2688, <http://mwgermany.com/sullivanlibrary.html>.

**Postal Office Hours Change** – Mannheim postal facilities have changed their operating hours. The finance window at Postal Service Center 418 on Coleman Barracks is now open 10 a.m.-5 p.m. Monday, Wednesday and Friday. The community mail room is open 11 a.m.-6 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays. At Postal Service Center 437, finance is open 10 a.m.-5 p.m. Tuesday and Thursday and 10 a.m.-4 p.m. Saturday. The community mail room is open 11 a.m.-6 p.m. Tuesday and Thursday, 10 a.m.-4 p.m. Saturday and closed Mondays, Wednesdays and Fridays.

**Saturday Shuttle Service** – The Baden Württemberg Family and MWR Saturday shuttle bus service has been discontinued. The garrison shuttle service operates Monday-Friday including German holidays but not U.S. holidays. DSN 373-8350, civ. 062201708350.

**SORT Center** – The SORT Center, Bldg. 804-806, on Funari Barracks accepts hazardous waste turn-in 10 a.m.-noon on Mondays and Wednesdays. If Monday is a German or U.S. holiday, turn-in days are 10 a.m.-noon Wednesdays and Thursdays. Email [environmental@eur.army.mil](mailto:environmental@eur.army.mil). Normal SORT Center hours are 8 a.m.-4 p.m. Monday-Saturday and closed holidays. DSN 380-4242, civ. 0621-730-4242. **Heidelberg's Recycling Center** is open for household hazardous waste turn-in 8 a.m.-4 p.m. Monday-Saturday, Bldg. 4830, on Patrick Henry Village. DSN 388-9321, civ. 338-9321.

**Self-Help** – The Self-Help Store on Funari Barracks at the recycle center compound is open 10 a.m.-6 p.m. Tuesdays, 10 a.m.-2 p.m. Saturdays and closed German and U.S. holidays. DSN 380-4435, civ. 0621-730-4633.

**Sullivan Gym Hours** – The Sullivan Fitness Center is open 6 a.m.-8 p.m. Monday-Friday, 10 a.m.-5 p.m. Saturday, 11 a.m.-4 p.m. Sunday and 10 a.m.-5 p.m. federal and training holidays.

**Tax Relief Office** – The Tax Relief Office on Sullivan Barracks has the following hours: 10 a.m.-3 p.m. Monday, Wednesday and Friday, closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-1780, civ. 0621-730-1780.

**UPDATED – WIC Office** – The Women, Infants and Children Overseas office has further reduced office hours due to transformation and reduced base population. It is open 9 a.m.-2 p.m. Tuesdays and Wednesdays and 7:30 a.m.-4 p.m. Thursdays.

**Work Orders** – All Star no longer responds to service order calls in Mannheim. Customers should call the Directorate of Public Works service order desk in Heidelberg at DSN 387-3310/3311, civ. 06221-4380-3312. After duty hours, call DSN 115, civ. 06221-17-115.

**Veterinary Treatment Facility** – All records from the Mannheim clinic have been transferred to the Heidelberg Veterinary Treatment Facility on Patrick Henry Village. DSN 388-9469, civ. 06221-338-9469.

### Heidelberg

**Airport Shuttle Buses** – The free shuttle bus service for service members, DOD civilians and their families departing Germany from Ramstein Air Base on the Patriot Express channel flight now departs Heidelberg 4:20 a.m. every Tuesday from the Patrick Henry Village Guest House, Bldg. 4527, Grasweg, 69124 Heidelberg. The chartered bus includes a toilet and makes no rest area stops during the one hour, 45 minute drive. Travelers should arrive 15 minutes prior to bus departure with military identification cards and copies of permanent change of station or temporary duty orders. Service members on orders have priority, but other ID card holders can ride if space allows. For information or to sign up, contact the USAG Baden-Württemberg Central Processing Facility in the Community Support Center, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, [usarmy.badenwur.usag.mbx.cpf@mail.mil](mailto:usarmy.badenwur.usag.mbx.cpf@mail.mil). **The shuttle bus to the Frankfurt Airport** departs Heidelberg 7:30 a.m. Monday-Friday from the PHV Guest House. It returns to Heidelberg 11 a.m. or 2:30 p.m. Monday-Friday and approximately 11 a.m. Saturday if there are Soldiers traveling to Heidelberg. Frankfurt Gateway Reception Center in the Shelton Hotel: DSN 334-6903/6905, civ. 069-6959-73803.

**NEW – Pharmacy Hours** – The Heidelberg Health Center Pharmacy will change its operating hours beginning April 16. The pharmacy will be open 8 a.m.-5 p.m. Monday-Friday and closed weekends and federal holidays.

**Postal Office Hours Change** – The Heidelberg Army Post Office on the Shopping Center is open 10 a.m.-4 p.m. Tuesday, Wednesday, Friday and Saturday, 11 a.m.-5 p.m. Thursday and closed Mondays. The post office on Patrick Henry Village in Heidelberg is open 10 a.m.-4 p.m. Monday, Wednesday and Friday and closed Tuesdays, Thursdays and weekends.

**UPDATED – Tompkins Gym** – The Fitness Center on Tompkins Barracks in Schwetzingen will close on or about July 12. Hours are 5:30 a.m.-8 p.m. Monday-Friday and closed Saturdays, Sundays and U.S. holidays and open 10 a.m.-4 p.m. training holidays. DSN 370-9193, civ. 06221-57-9193.

**Wood Shop** – The Wood Shop on Patton Barracks will no longer close May 29. The facility is scheduled to remain open until the garrison deactivates. DSN 373-5195, civ. 06221-17-5195.

**Shooters Bar and Grill** – Shooters Bar and Grill in the Rod and Gun Club in Oftersheim is closed due to a decline in patronage. It has been re-designated Shooters Club House and is available for private events, parties and other group activities.

**Transportation Motor Pool** – The Transportation Motor Pool on Spinelli Barracks has closed and all vehicles are dispatched at the Heidelberg TMP, Bldg. 157, on Patton Barracks. DSN 373-8350, civ. 06221-17-8350, [www.bw.eur.army.mil/Directories/DOL/TMP.html](http://www.bw.eur.army.mil/Directories/DOL/TMP.html).

[www.bw.eur.army.mil/transformation](http://www.bw.eur.army.mil/transformation)

## Deputy provost marshal earns first ever honorary feldjaeger award

By Staff Sgt. Joel Salgado  
USAREUR PUBLIC AFFAIRS

U.S. Army Europe's deputy provost marshal has earned the distinction of being named the German Bundeswehr's first Honorary Feldjaeger for promoting partnership between U.S. military police and their German counterparts, the Feldjaeger.

Lt. Col. David Walker was presented the award for his service to the military police community during his three tours of service in Europe by Col. Hubert Katz, commandant of the Bundeswehr's Feldjaeger and Headquarters Service School in Hannover.

The award was presented while the USAREUR provost marshal's annual conference was being conducted at the

school.

"The [conference] was the ideal occasion to express our gratitude and high esteem for outstanding cooperation by decorating Lt. Col. Walker with this award of Honorary Military Policeman of the Bundeswehr Military Police and Headquarters Service School," Katz said.

Walker has nearly 40 years of service as a military and civilian law enforcement official. In his current position as deputy provost marshal, he oversees the Office of the Provost Marshal's law enforcement, security operations, plans and operations, vehicle registration and NATO Status of Forces Agreement branches.

That position has given him the opportunity to promote relations between U.S. and

German police on a daily basis and in a wide range of missions, he said.

"We work with German military police and they actually have jurisdiction on some of the things we are involved in, such as downed aircraft, troop and equipment movements and military convoys," Walker said. "It is essential to have a good working relationship with our host nation."

During tours in Europe spanning his 26 years as a military police officer, he has been responsible for organizing combined events at U.S. and German facilities, such as training in marksmanship and tactics and techniques for U.S., German and French forces. He has also organized and participated in social events designed to bring German and American service



Spc. Joshua Leonard

Lt. Col. David Walker, U.S. Army Europe's deputy provost marshal, poses in his office with the award naming him the German Bundeswehr's first honorary feldjaeger.

members closer together.

Walker has a wide range of training and education that supports his role as deputy provost marshal, including a bachelor's degree in criminal justice, schooling at the FBI National Academy, completion of the Bureau of Alcohol, Tobacco and Firearms' senior

agents' tactical course and experience as a civilian chief of police.

He has written Army law enforcement policy at the Pentagon and created and commanded the protective services detachment at Headquarters U.S. European Command.

## U.S. Army Europe command sergeant major showcases best assets in 'Soldier of the Week'

USAREUR Public Affairs

Spc. Jonathan Rupard is the first U.S. Army Europe Soldier of the Week named by USAREUR senior enlisted advisor Command Sgt. Maj. David S. Davenport Sr.

Rupard, a corrections specialist with the U.S. Army Correctional Activity-Europe on Coleman Barracks in Mannheim, saw a vehicle career off the autobahn into a group of trees Feb. 23. Rupard immediately pulled over and ran to assist. He assessed and evaluated the victim, helped the man out of his car and stayed with him until additional assistance arrived.

"USAREUR has so many great Soldiers who are making outstanding contributions to not only our mission, but in their communities as well. I wanted a way to recognize each of them publicly," said Davenport. "These are Soldiers who are just doing a great job and living the Army values."

Rupard, a native of Cleve-

land, Ga., joined the Army March 19, 2009, and has served at Fort Leonard Wood, Mo., and Guantanamo Bay, Cuba. He's earned the German Efficiency Sports Badge, completed the Combat Life Saver Course and has 36 semester hours of college credit.

Each week, USAREUR will profile one of its outstanding Soldiers. The Soldier of the Week can be found on Davenport's Facebook page, [www.facebook.com/USAREURCSM](http://www.facebook.com/USAREURCSM), and on the USAREUR website at [www.eur.army.mil/leaders/csm](http://www.eur.army.mil/leaders/csm). Each Soldier is nominated by his or her unit for the weekly feature that will include the Soldier's photo, some biographical information like the Soldier's job title, hometown and a brief summary of what makes the Soldier outstanding.

Leaders who would like to recommend a Soldier for the honor can submit recommendations through the unit Non-Commissioned Officer support channel.

### Soldier of the Week



Spc. Jonathan Rupard  
18th Military Police  
Brigade

## Youth learn life skills with DARE

By Rick Scavetta  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Juggling red balloons symbolized life's many challenges during graduation for a Drug Abuse Resistance Education program held recently at Wilson Barracks in Landstuhl March 23.

Fifth graders helped Lt. Col. Lars Zetterstrom, commander of U.S. Army Garrison Kaiserslautern, juggle several red balloons. A blue balloon was tossed in, representing drugs and alcohol, to show the difficulty of keeping life's balloons aloft with an added impairment. Spontaneously, Zetterstrom tapped the blue balloon to the floor and popped it with his desert-colored combat boot.

"I saw that it represented something bad," Zetterstrom said. "Stomping it out was the right thing to do."



Rick Scavetta

Students from Landstuhl Elementary School help Lt. Col. Lars Zetterstrom, commander of U.S. Army Garrison Kaiserslautern, juggle red balloons that symbolized life challenges during a recent Drug Abuse resistance Education program graduation.

Lessons like that are what the DARE program is about. Since 1983, DARE has taught millions of students worldwide about the effects of alcohol and drugs.

Each April, National DARE Day is commemorated in the United States by a presidential proclamation, community events and activities. This year, it was Monday, April 9.

In Kaiserslautern Military Community's four elementary schools, students com-

plete 10 lessons over several weeks, working from DARE planners. Landstuhl's graduating class was the first for Army Sgt. Raymond Engstrom, 29, of Cottage Grove, Minn., a garrison military police officer, who instructed the students.

"You learn to have fun with it," Engstrom said. "They're just young people. I always refrain from calling them kids or students. I'd say 'people about your age.'"

# Off duty doctor comes to aid of German woman

By **Chuck Roberts**  
LRMC PUBLIC AFFAIRS

Donald Bittner has been a doctor since 1981, but the Navy captain had never practiced medicine like he did March 26 while driving to a local restaurant with his wife.

They were passing through the village of Bann when they noticed several people crowded around a man performing CPR on an elderly woman beside the road.

When he approached the scene and announced he was a physician, the daughter told him the woman was her mother and had collapsed only a few minutes prior.

Bittner quickly assessed the woman who was not breathing, had no pulse and had turned blue.

After succeeding in opening an airway blocked by her dentures, Bittner performed mouth-to-mouth resuscitation and assumed control of CPR procedures with the help of the initial responder who assisted when he became fatigued from the continued effort. After about 25 minutes an ambulance arrived and they were



**BITTNER**

**"For me, it was a culmination of my time here because I felt so good to be able to give something back to the German community that has been so nice to me."**

—Donald Bittner, Navy Expeditionary Medical Unit 12

able to assess she was in ventricular fibrillation, which is when a weakened heart flutters or quivers and is unable to pump blood.

However, the defibrillator in the ambulance was inoperable to apply the needed electrical shock to restore the heart.

Bittner continued CPR until a second ambulance arrived and the defibrillator was successfully applied to initiate a heartbeat, a pulse, and she resumed breathing on her own.

The patient was taken to nearby St. Johannis Krankenhaus where the Bittners visited about an hour later and met the emergency room doctor who said the patient was in stable

condition but had transferred to Westpfalz Klinikum in Kaiserslautern for further care. It was there that Bittner met with the family and received a tearful, grateful hug from the daughter. He said they were the ones he was thinking of as he performed CPR as his wife Leticia held the Intravenous bag above.

"My concern was for the family," said Bittner. "I saw my own self in that situation, and the feeling of helplessness the family must have felt in being there. It really made me feel bad for them that they had to witness that."

Although Bittner said he has performed CPR a few times during

his career, to include reviving a patient in the operating room who had gone into cardiac arrest, it was the first time while off duty.

"In a hospital you have that sterile setting. When you're outside the hospital it's a whole different thing. It's not sterile anymore. You become actually involved with the family, so the whole emotional experience is completely different."

The timing of the incident, said Bittner, proved interesting. Just four days prior he completed a basic life support refresher class that included new procedures he applied on the scene.

The events also happened soon before his scheduled departure from Landstuhl Regional Medical Center where he is serving a one-year rotation as deputy director for Navy Expeditionary Medical Unit 12 supporting the wartime effort in treating wounded warriors.

"For me, it was a culmination of my time here because I felt so good to be able to give something back to the German community that has been so nice to me," Bittner said.

# Culinary Arts students tour Kleber dining facility

By **Sgt. Michael Reinsch**  
USAREUR PUBLIC AFFAIRS

Culinary Arts students from Kaiserslautern High School visited the Clock Tower Café dining facility on Kleber Kaserne in Kaiserslautern March 30 for a kitchen tour and to see firsthand how everything works in a restaurant setting.

"I want to pursue a career in culinary arts," said Marcel Dustin, a sophomore student at KHS. "I have always been fascinated by cooking; always seeing my mother and my grandmother cooking."

The visit was to show aspiring students the details of how a large-scale kitchen is run on a day-to-day basis.

Staff Sgt. Nathan Burkholder, the senior food operations sergeant for the 21st Theater Sustainment Command and administration noncommissioned officer in charge for the Clock Tower Café, showed students the many different machines and cooking utensils used by the staff at the café.

"The goal of having the culinary arts students come out here is to give them a chance to see how things operate be-

hind the scenes of any kind of restaurant," Burkholder said. "This gives them a chance to experience what military cooks go through every day."

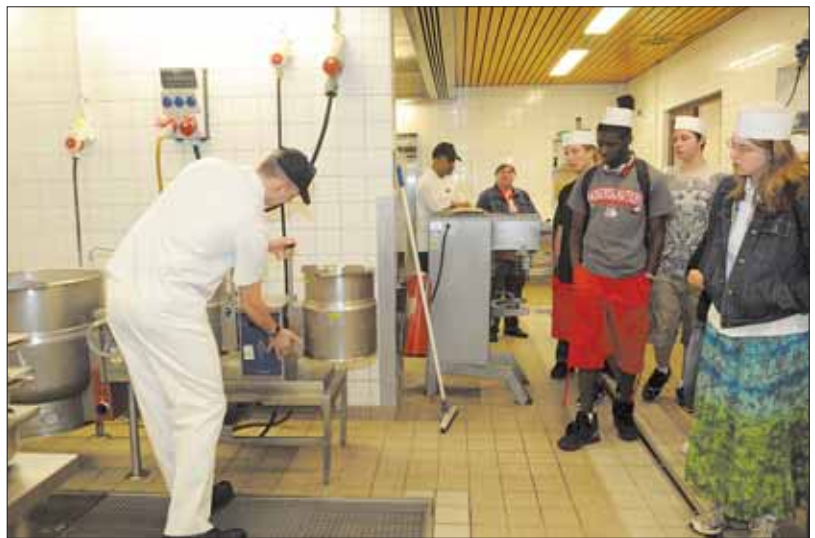
Some of the students were very interested in the facility because they see their future in culinary arts.

The course has two parts to it, culinary arts one and two, which students can take starting their sophomore year. For some of the students this is just the start to becoming a chef.

"I am going to try and start out as a chef and see where that leads me," said Lizzy DeRose, a senior at KHS. "If I feel a little more confident after a little while then I'll open my own restaurant, but until then I'll just be a chef."

"I want to have my own restaurant with a good kitchen," said Dustin. "I want to have a multi-national kitchen so it is not one type of food. Why would someone like to have one type of food when they can come to one place and get any type of food they want?"

The visit was in support of the nationally recognized Adopt-A-School program which encourages Soldiers and civilians to mentor stu-



Spc. Iesha Howard

Staff Sgt. Nathan Burkholder, the senior food operations sergeant for the 21st Theater Sustainment Command and administration noncommissioned officer in charge for the Clock Tower Café, shows Culinary Arts students from Kaiserslautern High School how to use a kettle cooker at the café dining facility on Kleber Kaserne in Kaiserslautern, March 30. The visit was in support of the nationally recognized Adopt-A-School program which encourages Soldiers and civilians to mentor students and support them in their academic studies.

dents and support them in their academic studies.

The 21st TSC entered into the partnership with KHS in October 2010.

The goal of the program, through mentoring students,

is to improve the overall academic achievement and communication and social skills of the students.

The Soldiers also provide guidance for decision making or problem-solving. The

21st TSC encourages personnel to participate in the Adopt-A-School program as mentors and volunteers by contacting 1st Lt. Shannen Wilson at civ. 0631-413-7124.



Sgt. Peter J. Berardi

Staff Sgt. James Liggon and other Soldiers carry a simulated casualty through an obstacle during the physical evaluation portion of the combat lifesaver course on Fort Dix, N.J., March 29. Liggon is assigned to the 316th Expeditionary Sustainment Command.



Staff Sgt. Bernardo Fuller

Secretary of the Army John McHugh personally thanks members of the Wounded Warrior Amputee Softball Team including Gregory Reynolds (center), a left arm forequarter amputee at the Wounded Warrior Amputee Celebrity Softball Classic April 3 at Nationals Park, Washington, D.C. The team's mission is to raise awareness, through exhibition and celebrity softball games, of the sacrifices and resilience of our military and highlight their ability to rise above any challenge.



Staff Sgt. Jason Epperson

Staff Sgt. Andy Short, a squad leader assigned to 1st Battalion, 501st Infantry Regiment, Task Force Blue Geronimo, leaps over an irrigation canal near the village of Gorchek, Khost province, Afghanistan, during Operation Nowruz New Year on March 30.



Terri Moon Cronk

First Lady Michelle Obama greets 4-year-old Eun White at Fisher House Number 4 on the campus of Walter Reed National Military Medical Center in Bethesda, Md., April 4.

**OUR**ARMY  
around the world

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visit [www.army.mil](http://www.army.mil)

## WALK

continued from page 1

"The walk was a huge success, and the kids had a great time. They loved it. They like getting out of the building, and the Military Police on the Segway had a great time, I think, too," Morales said.

The children, some accompanied by their parents, were led by Sgt. 1st Class Rhonda Tutewiler, Provost Marshal Office, on a T3 Motion electric vehicle, DeCoster, Garrison Command Sgt. Maj. Annette Weber and Sandy Hill, chief of USAG BW CYSS, who were holding a CYSS banner and bright smiles.

The group spontaneously burst into song after about 10 minutes "I am an American hero ..." they trilled. The song, partially influenced by "Yankee Doodle," was written by Van Edwards, PHES's music teacher.

Excited cries of, "There they are," rang out as children from the Mark Twain Village CDC dismounted a bus and merged into the line of walkers. The Benjamin Franklin Village CDC from Mannheim also joined the group.

Just before 10 a.m., the Drug Abuse Resistant Education's lion mascot met the parade at the school.

They then filtered into the multi-purpose room, where kids recited the pledge of allegiance and sang "America the Beautiful."

Then DeCoster read what he referred to as one of his favorites: "My Dad's a Hero," by Rebecca Christiansen, which lists all the reasons the military father is a hero and ends with the child realizing that he or she is, as well.

Third, fourth and fifth grade students dressed in Army Combat Uniforms and

heads donned with either black berets or patrol caps danced in unison to music while using elements of American Sign Language to form words as they shuffled their feet.

The Month of the Military Child was designated in April 1986 by then-Defense Secretary Casper Weinberger, who wanted to honor military kids for their sacrifices and courage.

"Military children need to be recognized, because they go through so many different things. Their lives are so different compared to [their peers'], because they are always dealing with the challenges of a deployment of a parent, of moving," Morales said.

Morales added that military children have grown accustomed to changing careers and promotions as they be-

come older, and they are owed unique support on behalf of the adult military community.

"At CYSS, we want to make sure we provide quality care to children to make sure we support them so they can succeed in their mobile lifestyle. We want to bring this to the forefront of the community: Children are important to us, and we care about them," Morales added.

Parents who volunteer their time any time of the year at CYSS can earn Parent Participation Points that equate to 10 percent off child care bills for every 10 hours logged, Morales said. Points can be collected by serving as chaperones, coaches and tutors, and reading to children.

Community members who are not parents can contact the Army Volunteer Corps

representative at their local Army Community Service Office in Heidelberg: DSN 370-6883, civ. 06221-57-6883 and in Kaiserslautern: DSN 493-4203, civ. 0631-3406-4203.

Events throughout the garrison this month include an ice cream social 3 p.m. Friday at the CDC on Benjamin Franklin Village and Morales' personal favorite: the teddy bear tea party at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg April 22.

To find additional MOMC activities, call Parent Central Services at DSN 388-9240, civ. 06221-338-9240 or visit [www.mwrgermany.com](http://www.mwrgermany.com).

Click on USAG Baden-Württemberg, then Child, Youth and School Services for a pop-up calendar.

## Easter fun for all ages during egg hunt in Heidelberg



Photos by Elizabeth Casebeer  
Nick Simpson, 15 months, closely examines a plastic egg and later attempts to eat it before the start of the annual Easter Egg Hunt at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg Sunday.



The Easter Bunny makes a cameo just prior to the start of the annual Easter Egg Hunt Sunday at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg.



Vivienne Pappano, 16 months, finds four plastic eggs at the Easter Egg Hunt Sunday at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg.

### Volunteers hide more than 4,000 eggs for annual hunt

By Elizabeth Casebeer

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Boys dapper in suits and sweaters and girls dolled up in frilly floral dresses covered nearly every square foot of the Village Pavilion Community Center's lawn Sunday, on the quest for Easter eggs.

Fifteen volunteers from Family and Morale, Welfare and Recreation, the USO and Better Opportunities for Single Soldiers in Mannheim, Heidelberg and Baumholder traveled to Patrick Henry Village in Heidelberg, said Les Green, Family

and MWR special events coordinator. They spread more than 4,000 colorful eggs across the lawn for children of all ages to easily - and in some cases, not so easily - spot.

One mother noticed a small girl had not found any eggs, so she asked her child to contribute his eggs to her basket. The child beamed back in appreciation and toddled off in search of more.

It took under 10 minutes for the majority of the eggs to be located and triumphant winners marched toward their cars with large baskets wrapped in

cellophane and containing a booty of stuffed animals, toys and of course, chocolate.

Twelve prizes were awarded for children in each age category who found the most eggs, and all children received his or her choice of a chocolate bunny from Cedrick G. Hardy, an operations assistant from the Warrior Zone on Patton Barracks in Heidelberg.

The event flanked an Easter brunch sponsored by the Heidelberg Community and Spouses' Club in the Community Center.



# EARTH WEEK

## To Celebrate Earth Day, April 22

### Activities During Earth Week, April 16-19

#### All Week Long!

• Stop by Patrick Henry Village Library in Heidelberg to “check out” the sustainable living book display and view environmental art from Heidelberg High School.

#### Monday, April 16

• USAG Kaiserslautern Environmental Division tours Gernersheim Army Depot threatened and endangered species compensation sites 9-11 a.m. USAG BW and USAG Kaiserslautern partner in continuing to protect the endangered animals and plants at one of the most habitat-rich installations in Europe.

#### Tuesday, April 17

• Patrick Henry Elementary School art students will create Earth Week themed chalk murals at the Heidelberg Commissary. From 9:15-11 a.m., more than 50 students will be busy using their artistic talents to raise awareness about environmental issues.

#### Wednesday, April 18

• Kindergarten Garden

Planting at Patrick Henry Elementary School. Kindergartners will learn how to plant seeds and care for their gardens in this annual tradition.

• Butterfly Garden Maintenance and Planting by Roots and Shoots at Heidelberg High School, 1:25-2:50 p.m. The Roots & Shoots group (a Jane Goodall Foundation youth organization) will ready the butterfly garden for its hungry summer visitors.

#### Thursday, April 19

• Stop by the Household Hazardous Waste Information Booth 10 a.m. - 3 p.m. at the Exchange Annex at the Community Support Center, Bldg. 3802. Get all your household hazardous waste questions answered and discover greener alternatives to common hazardous materials in your home.

• Winners from the Earth Week Photo Contest “Natural Wonders” will be published in the Herald Post – awesome photos from talented photographers in our community.



Samantha Smith

National Junior Honor Society members clean the interior courtyard before planting flowers at Heidelberg Middle School Friday as part of their service hours to the organization. NJHS members need to complete five service hours per quarter, said NJHS sponsor Dennis Osborne. “The kids are working hard toward their big event, which is the eighth grade dance,” he said. Through bake sales, candy grams and other fund raising activities, they’ve raised more than \$1,000 that will go toward setup and decorations for the May 19 dance at the Village Pavilion Community Center in Heidelberg.

### Special Events!

#### Wednesday, April 25

• Science Night at Patrick Henry Elementary School. From 4:30-6 p.m., PHES hosts a science extravaganza. The Environmental

Division will offer several activities including thermal camera and solar energy demonstrations, and plant behavior experiments for kids.

#### Thursday, April 26

**Bike to Work – Meet 7 a.m. in the Burger King parking lot on PHV and cycle as a group to your work site. Avoid fossil fuels, reduce pollution and get some exercise. \*Groups will be led to Patton and Campbell Barracks.**



## Adjutant General writes voting message to all

By Jason T. Evans  
ADJUTANT GENERAL OF THE ARMY

I strongly encourage you to participate and cast your vote in the 2012 Presidential Primaries and Election. Voting is one of our most important constitutional rights.

You can exercise your right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) ([www.fvap.gov/resources/media/fpca.pdf](http://www.fvap.gov/resources/media/fpca.pdf)) or by complying with the ballot request procedures enacted by the state in which you vote. See your unit Voting Assistance Officer for your state requirements.

The FPCA SF76 should be mailed or

sent electronically as soon as possible. You should then receive your absentee ballot as requested.

If you are an overseas voter and have not received your absentee ballot 30-45 days prior to your state's deadline, you should complete a Federal Write-In Absentee Ballot ([www.fvap.gov/resources/media/fwab.pdf](http://www.fvap.gov/resources/media/fwab.pdf)), and send it to your local election official. If you receive your absentee ballot late, I encourage you to complete the FWAB and mail it in. Mailing guidelines differ from state to state. I recommend you check your state's guidelines by contacting your voting assistance officer.

It's a freedom you defend – vote!

## Leader discusses sexual assault, harassment prevention

### USAREUR Public Affairs

April is Sexual Assault Awareness Month and during a tour of the European theater, Chief of Staff of the Army Gen. Raymond Odierno sat down for a podcast with U.S. Army Europe April 3 and discussed the Army values and sexual assault and harassment prevention.

Odierno said sexual assault and sexual harassment, “... are inconsistent with our values. It's not consistent with the trust we expect to have between Soldiers.

“As part of the Army profession, it really is about our values, our moral and ethical values. It is also about what I consider to be the basic component and fundamental foundation of the profession, which is trust.”

Through the Sexual Harassment and Assault Response and Prevention Program, the Army reinforces its commitment to eliminate incidents of sexual assault and sexual harassment through awareness and prevention, training, victim advocacy, reporting and accountability.

“It is important during this month that we reflect on this, and we try to do everything we can to ensure that all Soldiers, male or female, feel comfortable serving,” Odierno said.

Sexual assault and harassment are incomprehensible and it's something that is inconsistent with our values and ending this misconduct is a responsibility that belongs to all of us, and I am confident in our efforts to do so, Odierno said.



DEAR MS.

# Vicki

Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: [dearmsvicki@yahoo.com](mailto:dearmsvicki@yahoo.com), follow her on Twitter @ [dearmsvicki](https://twitter.com/dearmsvicki), or visit [www.dearmsvicki.com](http://www.dearmsvicki.com).

## Identify signs of depression

Depression is the fourth most troublesome illness in the world. More than 120 million people suffer worldwide. In the U.S., it is estimated that each year 17 to 21 million people experience depression. This illness can affect anyone regardless of economic status, race, gender and age.

On the other hand, women are twice as likely as men to be diagnosed with depression in any given year. Others who are more likely to receive this diagnosis include adults between the ages of 40 and 59, African-Americans and financially disadvantaged persons.

As the drawdown occurs with the two wars in Iraq and Afghanistan, we are seeing depression in service members and family members, too. Over time, depression can get worse. Because of this, it is imperative to seek treatment.

Several signs can be associated with depression. The illness can be experienced differently from one

person to the next. One person may have one or two symptoms, while another person may have many symptoms. The most familiar symptoms are feelings of worthlessness, hopelessness, sleeplessness and changes in appetite from eating too little or even overeating.

Excessive crying, staying in bed for long periods of time or more often than normal and thoughts of ending your life are also common symptoms. For a diagnosis of depression, these symptoms are experienced most of the day for at least two weeks.

Again, if untreated, these symptoms can persist for years. It is normal to experience situational depression for reasons such as loss of a job, relocation, death of a loved one, divorce, retirement and deployment. The situational experiences may not last long, and your overall capability to function should not be impaired.

However, if it continues to the point where you

cannot work or carry on with your daily routines, you should speak to a professional. Depression is not an illness about willpower.

The following are some symptoms you should be aware of.

**1** You find yourself crying a lot and you don't know why. You are sad and blue, with little energy or desire to carry out your daily routines. You have lost the "get-up and go" attitude you once had.

**2** Your appetite has changed and you are not eating very much at all, or you are overeating. This has caused noticeable weight gain or weight loss.

**3** You beat yourself up because you can't snap out of it. Every day you say it will be different, that you will return to your normal self. However, every day it is the same: you can't snap out of it. This is not about willpower. You feel worthless, hopeless and you even feel guilty.

**4** You have lost your zest or zeal for life and the activities that you once found pleasurable. You loved to exercise, go out for drinks with friends, biking or bowling.

However, you are constantly invited to do these things with family and friends, but you don't have the desire to do them. Life is no longer exciting.

Don't be afraid to get help from a loving family member or friend you can trust. Spiritual support from your pastor, rabbi or other clergy member can be helpful. Remember, in the case of emergency, call DSN 114, civ. 112.

## GERMAN NEWS

### Girl Left In Car Trunk

A 72-year-old German grandfather was so distracted by a beauty spot in the Sorpe Lake in the Sauerland area of North Rhine-Westphalia, he left his 9-year-old granddaughter locked in the trunk of his car and went for a walk. Concerned passers-by who heard shouting and banging from inside the car trunk called the police who, along with the fire brigade, opened it and freed the girl. Once the grandfather returned, he admitted he had put her in the trunk of the car, a newspaper reported Tuesday. He told police she had asked to travel in the trunk just once, and he had let her do so on the way to the lake. A police spokesman told the paper the man was "visibly affected by the whole situation," and that he was given a warning and promised never to let anyone travel in the trunk of his car again.

### Long-Awaited Elephant Dies

The first elephant to be born at Leipzig Zoo in a decade died Monday morning shortly after birth. First-time mom, 26-year-old Asian elephant Hoa, who keepsers at the Saxony Zoo had identified as inexperienced, attacked her newborn shortly after she gave birth. Keepers are not sure whether that was why the calf died, or if he was stillborn. "After weighing up all the risks, we decided on a birth plan we felt was the safest, and was the least stressful," zoo director Jörg Junhold told Die Welt. "Nevertheless, the level of disappointment and sadness among the keepers is high," he added. According to reports from the zoo, the birth was very quick and Hoa was taken away from her public enclosure to recover in private. Her calf weighed 130 kilograms. She will be integrated back into the small herd of elephants at Leipzig Zoo as soon as possible. The last elephant calf to be born at Leipzig Zoo was in 2002, and before that there had not been a birth in 66 years. The father of the calf born Monday, Naing Thein, has already fathered 15 babies and was brought to Leipzig in 2009. Hoa has lived in the herd since 1987, when she arrived as an infant.

SOURCE: [www.thelocal.de](http://www.thelocal.de)

## Drinking and driving not new

By Dr. Trish Prosser

U.S. ARMY PUBLIC HEALTH COMMAND

Drunk driving actually began before the invention of cars. As soon as a person climbed onto the back of another animal, there must have been drunken horse, camel and elephant riders. Drinking played a large role in going to sea also.

Alcohol has played an important part in human civilization for a long time. Historians believe that slaves building the Great Pyramid at Giza drank about one to one and a half gallons of beer a day. A daily task in Egyptian households was brewing beer, while the pharaohs preferred to drink wine. It is easy to imagine drunken chariot riders in Rome, and there is no doubt that some of Hannibal's men rode drunkenly on elephants into battle.

The collection, processing and distribution of water actually developed in the 20th century. Before then, a constant source of fresh and clean water was harder to come by. Stored water without modern techniques quickly stagnates.

One hundred years ago, diseases like cholera and typhoid were spread through contaminated water, killing hundreds of thousands. Alcohol was used as an alternative to water because

most germs and viruses that lived in water could not survive in alcohol. It comes as no surprise that alcohol was widely used as medicine to kill germs and dull pain.

The first actual drunk driving arrest was made in 1897 in London when a man ran his car into a building. Before this time and for many decades after, automobiles and their owners were not regulated in any way.

In the United States, it was not until 1910 that the first drunk driving laws were adopted in New York, but these laws merely stated that one should not drive a motor vehicle while inebriated, which was not clearly defined. In 1939, Indiana introduced the first Blood Alcohol Content level to determine if a driver was drunk. This level was set at .15, which is nearly twice today's .08 national legal limit.

In the 1980s, Mothers Against Drunk Driving came to prominence, ignition interlock devices began to be court ordered and the national minimum legal drinking age was set at 21.

In 1989, the Exxon Valdez grounded on Bligh Reef, releasing around 11 million gallons of crude oil into Prince William Sound, arguably the worst environmental disaster until the 2010 Deepwater Horizon spill in the

Gulf of Mexico. The responsibility for the Exxon Valdez accident was blamed on a drunken ship's master. Clearly, alcohol and boats, like alcohol and cars, are not a good combination.

It was not until July 2004 that the entire United States adopted a universal BAC level of .08 as the national standard for drinking and driving. Army Regulation 600-85 states "abuse of alcohol ... is inconsistent with Army values."

For thousands of years, alcohol has been an important part of our culture and our existence. While there has been an awareness that drunkenness is a bad thing, moderation has been tolerated due to the fact that at times in our history alcohol was literally seen to be as important as water.

Our modern life is so different from that of an Egyptian slave or a Roman charioteer or a medieval farmer, and yet our attitudes toward alcohol largely remain the same. Drunk driving has been around a long time, but the common message seems to be that if you have to go somewhere, don't overindulge. So rethink that drink.

For information on preventing drinking and driving, visit: [www.apd.army.mil](http://www.apd.army.mil), [www.drinkingand-driving.org/Articles/historyof.html](http://www.drinkingand-driving.org/Articles/historyof.html) or [www.dontdiedrunk.org](http://www.dontdiedrunk.org).

# GET OUT!

## area events

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

### April 12

**Prague Easter Market** – Take in the Prague Easter Market happening in the heart of this historic city at the Old Town Square and Wenceslas Square. More than 100 stalls will stock a variety of handcrafted products such as wooden toys, Czech crystal and glass-ware, jewelry, metal-ware, candles, embroidered cloth and beautifully dressed puppets and dolls. Marvel at the bright, hand-painted Easter eggs then get savor barbecued sausages and ice-cold Pilsner beer. Several stalls also have large hams roasting on spits, and there will be folk music and dancing by groups who travel from all over the Czech Republic to perform. Market runs through April 15. [www.buzzoffbase.com](http://www.buzzoffbase.com).

**Photo Exhibit** – View vivid and powerful images of the protests sparked by the 2009 Iranian presidential elections in a photo exhibit at the Art Virus Ltd. gallery in Frankfurt. Free admission through April 15. Bergesgrundweg 3. Civ. 069-6986-6620. [www.artvirus-ltd.com](http://www.artvirus-ltd.com).

**Hip-Hop Concert** – Tickets are on sale at the Vogelweh Community Center near Kaiserslautern for the Watch the Throne European tour. The rap duo featuring Jay-Z and Kanye West will perform June 5 at the Frankfurt Festhalle. Ticket price includes transportation to and from the concert. DSN 489-7626, civ. 0631-536-7626.

**Spring Festival** – The Annual Heidelberg Spring Festival or Heidelberger Frühling features fun events and renowned classical music artists, including international soloists, ensembles and orchestras. Festival runs through April 29. Kongresshaus Stadthalle Heidelberg, Neckarstraden 24. [www.heidelberg-tourismus.de](http://www.heidelberg-tourismus.de)

**King Tut** – The exhibition Tutankhamun: His Tomb And His Treasure shows the world's only museum-quality replica of human-kind's most fascinating tomb and treasures and the opportunity to visit the tomb three-dimensionally in its original state 10 a.m.-6 p.m. Monday-Sunday through June 24. Mainzer Landstrasse 124, Güterplatz, D-60327 Frankfurt am Main, [www.tut-ausstellung.com/en/frankfurt/the-great-tutankhamun-must-see-exhibition.html](http://www.tut-ausstellung.com/en/frankfurt/the-great-tutankhamun-must-see-exhibition.html).

### April 13

**Keith Sweat Concert** – Rhythm and Blues singer Keith Sweat will perform at Club Zapata in Stuttgart 8 p.m. May 16. Tickets are on sale now. Pragstrasse 120 70376. [www.songkick.com/concerts/12171948-keith-sweat-at-zapata](http://www.songkick.com/concerts/12171948-keith-sweat-at-zapata)

**Japanese Garden** – The Japanese Garden in Kaiserslautern is open for visitors 10 a.m. - 6 p.m. Tuesday-Sunday. Admission is free for children under 11 and Gartenschau season tickets can also be used to enter the Japanese Garden. [www.japanischergarten.de](http://www.japanischergarten.de).

### April 14

**Art Exhibit** – Artist Milena Tiner will showcase her artwork 7 p.m. at the Village Pavilion Gallery on Patrick Henry Village in Heidelberg. Exhibit runs through April 29. DSN 388-9421, civ. 06221-338-9421.

**Stuttgart Zoo** – Take a trip to the Stuttgart Zoo located at the Wilhelma Park, the largest zoological and botanical gardens in Europe. The zoo features newly designed polar bear enclosures and other attractions to delight all ages. Visitors can also stroll through the park and admire the exotic trees, orchids, water lilies and a magnolia grove. <http://affiliates.uso.org/Kaiserslautern/>

### April 16

**German Pharmacy Museum** – The German Pharmacy Museum's collection of more than 20,000 objects represents the rich history of medical sciences, especially the history of pharmacy. Housed in one of Germany's architectural landmarks, the Heidelberg Castle, the collection is considered to be one of the largest and finest in existence, spanning 2 thousand years of pharmacy history. The museum is open 9:30 a.m.-6 p.m. daily. Civ. 062-212-5880.

### April 20

**Wizard of Oz** – The classic children's book and movie, The Wonderful Wizard of Oz, comes to life in a ballet performed by the Staatsballet Berlin. Enjoy a modern twist on a classic favorite. Show starts 7:30 p.m. Tickets are priced at €9 - €42. Komische Oper Berlin, Behrenstrasse 55-57. [www.staatsballett-berlin.de](http://www.staatsballett-berlin.de).

### April 21

**Salsa Night** – Learn to salsa and showcase your new moves during Salsa Night at Armstrong's Community Club on Vogelweh housing near Kaiserslautern 9 p.m.-2 a.m.

**Long Night of Museums** – Mannheim, Ludwigshafen and Heidelberg will host a series of concerts, exhibitions and presentations highlighting art, history and architecture during the Long Night of Museums 7 p.m. - 2 a.m. Visitors can explore more than 200 venues, art galleries, studios, churches and theaters throughout these cities. Turley Barracks in downtown Mannheim will also be open to the public for a light and sound show and photo exhibit detailing the contributions of former Soldiers. <http://langenacht.meier-online.de>.

**Holland** – Enjoy Holland at tulip time during a special overnight tour that will highlight Tulipmania and the charms of the Netherlands. Journey through the beautiful countryside to the coastal town of Noordwijk to observe the annual flower parade, Holland's version of the rose parade.

Tour The Hague, Keukenhof Gardens, a Delft Blue porcelain factory and other attractions. <http://affiliates.uso.org/Kaiserslautern/>

**Robert Glasper Experiment** – Catch Jazz, Hip-Hop and soul group the Robert Glasper Experiment 8 p.m. May 18 at Frankfurt's Club Zoom with special guest Bilal. Tickets: [www.worldticketshop.com](http://www.worldticketshop.com).

### April 27

**Heidelberg Plays Market** – The Heidelberg Plays Market or Heidelberger Stückmarkt features premiere performances by young directors and playwrights. An independent jury awards three prizes, while the audience bestows the spectators' prize overall. Event runs through May 6 at various times and venues across Heidelberg. [www.theaterheidelberg.de/festivals/festival/2](http://www.theaterheidelberg.de/festivals/festival/2).

**London** – Tour one of the most famous cities in Europe during a city tour of London. View famous sights such as the Tower of London, Buckingham Palace, Westminster Abbey, the Globe Theater and St. Paul's Cathedral. <http://affiliates.uso.org/rheinmain>.

### April 28

**Maimarkt** – The Maimarkt, or May Fair, in Mannheim is one of Germany's largest and oldest attractions. More than 1,400 vendors will fill the fairground near Mannheim's SAP Arena offering a variety of unique goods. Fair goers can also feast on food and drinks from all over the world and enjoy amusement park rides. The fair is open daily 9 a.m.-6 p.m. through May 8. Tickets can be bought in advance at the box office. [www.maimarkt.de/index.php?id=139&L=0%2Fpm%2Ffileadmin%2F](http://www.maimarkt.de/index.php?id=139&L=0%2Fpm%2Ffileadmin%2F) (German language only).

**Military History Tour** - Relive the Battle of Hürtgen Forest. This military tour will explore the battle's West Wall defenses and feature a discussion of the Battle of Aachen. Other stops include the Kall Train, Dragon's Teeth, Castle Hill, bunkers and the Hürtgenwald military museum. <http://affiliates.uso.org/rheinmain>.

**Bruce Springsteen Concert** – Tickets are on sale for the Bruce Springsteen and the E Street Band concert 8 p.m. May 24 in Frankfurt's Commerzbank Arena. [www.worldticketshop.com](http://www.worldticketshop.com).

**Georgia O'Keeffe Exhibit** – View the works of artist Georgia O'Keeffe at Munich's Kunsthalle der Hypo-Kulturstiftung. Exhibit is open 10 a.m.-8 p.m. daily through May 13. Kunsthalle der Hypo-Kulturstiftung, Theaterstrasse 8. [www.hypo-kunsthalle.de](http://www.hypo-kunsthalle.de).

**Tom Petty Concert** – After more than 20 years, the American rock band Tom Petty and the Heartbreakers returns to Europe. 8 p.m. June 30, at the SAP Arena in Mannheim. Tickets available now. Civ. 0621-101011. [www.bb-promotion.com](http://www.bb-promotion.com).

## coming to THEATERS

### AMERICAN REUNION

(Chris Klein) In the comedy American Reunion, all the American Pie characters we met a little more than a decade ago are returning to East Great Falls for their high school reunion. In one long-overdue weekend, they will discover what has changed, who hasn't and that time and distance can't break the bonds of friendship. It was summer 1999 when four small-town Michigan boys began a quest to lose their virginity. Now these lifelong friends have come home as adults to reminisce about their days in high school.

(Rated R for crude and sexual content throughout, nudity, language, brief drug use and teen drinking) 99 minutes.



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

April 12 - MAN ON A LEDGE (PG-13) 7 p.m.  
 April 13 - AMERICAN REUNION (R) 7 p.m.; AMERICAN REUNION (R) 10 p.m.  
 April 14 - CHRONICLE (PG-13) 4 p.m.; ONE FOR THE MONEY (PG-13) 7 p.m.; AMERICAN REUNION (R) 10 p.m.  
 April 15 - CHRONICLE (PG-13) 4 p.m.; ONE FOR THE MONEY (PG-13) 7 p.m.  
 April 16 - THE GREY (R) 7 p.m.  
 April 17 - CHRONICLE (PG-13) 7 p.m.  
 April 18 - AMERICAN REUNION (PG-13) 7 p.m.  
 April 19 - THE GREY (R) 7 p.m.

#### Vogelweh, Galaxy

April 13 - WRATH OF THE TITANS (PG-13) 7 p.m.  
 April 14 - BIG MIRACLE (PG) 4 p.m.; MAN ON A LEDGE (PG-13) 7 p.m.  
 April 15 - THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 4 p.m.

#### Ramstein, Gateway Movieplex

April 12 - WRATH OF THE TITANS (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; BIG MIRACLE (PG) 11:15 a.m., 4:45 p.m., 7:30 p.m.; MAN ON A LEDGE (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; CARS 2 (G) 2 p.m.  
 April 13 - AMERICAN REUNION (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; CHRONICLE (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; ONE FOR THE MONEY (PG-13) 11:15 a.m., 3:45 p.m., 6 p.m., 8:30 p.m.; THE GREY (R) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8:45 p.m.; KUNG FU PANDA 2 (G) 1:30 p.m.  
 April 14 - AMERICAN REUNION (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; CHRONICLE (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; ONE FOR THE MONEY (PG-13) 11:15 a.m., 3:45 p.m., 6 p.m., 8:30 p.m.; THE ADVENTURES OF TINTIN (PG) 1:30 p.m.  
 April 15 - AMERICAN REUNION (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; CHRONICLE (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; ONE FOR THE MONEY (PG-13) 11:15 a.m., 3:45 p.m., 6 p.m.; THE ADVENTURES OF TINTIN (PG) 1:30 p.m.  
 April 16 - AMERICAN REUNION (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; CHRONICLE (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; THE ADVENTURES OF TINTIN (PG) 11 a.m., 3:30 p.m.  
 April 17 - AMERICAN REUNION (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; CHRONICLE (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; THE ADVENTURES OF TINTIN (PG) 11 a.m., 3:30 p.m.  
 April 18 - AMERICAN REUNION (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE ADVENTURES OF TINTIN (PG) 11 a.m., 3:30 p.m.; THE GREY (R) 11:30 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; ONE FOR THE MONEY (PG-13) 1:30 p.m., 6 p.m.  
 April 19 - AMERICAN REUNION (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; ONE FOR THE MONEY (PG-13) 1:30 p.m., 6 p.m.; THE GREY (R) 11:30 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; THE ADVENTURES OF TINTIN (PG) 11 a.m., 3:30 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](http://www.aafes.com) for updated listings and more movie descriptions  
 Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, [www.cineplex.de](http://www.cineplex.de)

#### Mannheim, CinemaxX, Cineplex - English Language movies

April 12-15 - BATTLESHIP (PG-13) 4:45 p.m., 7:45 p.m. and 7:45 p.m. April 16-18 at CinemaxX  
 April 18 - TITANIC 3D (PG-13) 7:45 p.m. at Cineplex

## community HIGHLIGHTS

### NAF Furniture Sale

Family and Morale, Welfare and Recreation will sell guest room furniture, paintings and refrigerators 9 a.m.-2 p.m. April 14 in Bldg. 1509 on Spinelli Barracks in Mannheim. Other FMWR items will be sold in Bldgs. 1518 and 1523. The sale is open to ID card holders, and buyers must arrange for removal of their items the same day.

### Tournament Of Plays

The Roadside Theater will host the Tournament of Plays "Topper" Awards at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg 7:30 p.m. April 21. This evening of song and dance celebrates U.S. Army theater productions from across Europe, Tony Awards style. DSN 373-5020, civ. 06221-17-5020, [www.roadside theater.com](http://www.roadside theater.com).

### Asian Pacific American Heritage

Volunteers are needed to sing, dance and prepare food samplings for the observance of Asian Pacific American Heritage Month throughout May. The programs will be sponsored by the Heidelberg Equal Opportunity working group and the Army and Air Force Exchange Service. DSN 373-7955, civ. 06221-17-7955.

### AUSA Award Nominations

The Association of the U.S. Army Abrams Chapter (Heidelberg and Mannheim) is seeking nominations of Department of Defense civilians for the Joseph P. Cribbins exceptional service award. Deadline is May 4. Civ. 06221-363-5321.

### Summer Hire Program

The Civilian Human Resources Agency Europe Region is accepting applications until May 20 for the Summer Hire Program, June 18 to July 27. Applicants must be unmarried family members of active duty service members or Department of Defense civilian employees, ages 14-22, who have reached their 14th birthday prior to June 21 and will not turn 23 prior to the end of the program. Jobs include clerical, labor and child development positions. Applications are available at <https://cpolrhp.cpol.army.mil/>. Prospective employees must also submit hard copies of employment documents directly to the Civilian Personnel Advisory Center that services their community. DSN 370-8514, civ. 06221-57-8514.

### No Fear Training

U.S. Army Europe federal civilian employees have until May 31 to complete Notification of Anti-discrimination and Retaliation online training, or No Fear, on the Army Training Requirement and Recourses System website at <https://www.atrs.army.mil>. The training, EEO-202, includes applicable rights and remedies for civilian employees under federal anti-discrimination and whistle blower protection laws. Training must be completed every two years through the No Fear act of 2002. This training requirement does not apply to local national and contractor employees. Civ. 06221-57-7226.

### Family and MWR Services Survey

Family and Morale, Welfare and Recreation recently sent a survey in the mail to determine which Family MWR programs and services are most important and vital to community quality of life. If you receive the survey, please take 15 minutes to complete it. [www.mwrgermany.com](http://www.mwrgermany.com).

### KAISERSLAUTERN Community

♦ **EDGE! Academic Today** – Child, Youth and School Services-enrolled youth in grades 8-12 can work on team building, learn mutual respect, build a desire to learn at a higher level and identify college and career opportunities 5-6 p.m. April 12, 19 and 26 at Landstuhl Youth Center, Bldg. 3819. Registration is required by the Friday prior. DSN 493-4516, civ. 0631-3406-4516.

♦ **Friday The 13th Party** – Come dressed as a horror character for a chance to win a prize and watch classic horror films 9 p.m.-2 a.m. April 13 at Armstrong's Club, Bldg. 1036 on Vogelweh Housing. Civ. 0631-354-9986.

♦ **EDGE! T-shirts** – Youth ages 6-12 and enrolled in Child, Youth and School Services can make their own T-shirts April 18 and 25. Registration required by the Friday prior. DSN 493-4516, civ. 0631-3406-4516.

♦ **BOSS Car Safety Day** – Better Opportunities for Single Soldiers hosts a free spring safety check 10 a.m.-6 p.m. April 20 at Pulaski Auto Skills, Bldg. 2859 for all ID card holders. DSN 489-6162, civ. 0631-536-6162.

♦ **Cinema Sunday** – Watch the movie Beauty and the Beast while snacking on free popcorn during Cinema Sunday 2:30-6:30 p.m. April 22 at Armstrong's Club, Bldg. 1036 on Vogelweh Housing. Free snack bags available for children 12 and under. Civ. 0631-536-6000.

♦ **Mother's Day Bazaar** – There will be a Mother's Day bazaar 9 a.m.-6 p.m. April 23-26 in Heaton Hall at Landstuhl Regional Medical Center. DSN 493-4558, civ. 0631-3406-4558.

♦ **Mom2Mom Scholarships** – Mom2Mom will offer three full and two half-tuition scholarships for the Healthy Children's Center for Breastfeeding's Certified Lactation Counselor training program 8:15 a.m.-4:30 p.m. June 25-29, because of donations from the Kaiserslautern-Landstuhl Spouses Association and the Ramstein Officers' Spouses Club. The 40-hour course is designed to provide solid, up-to-date, research-based information regarding lactation, as well as the art of counseling. Scholarship applications are due by April 27 to [volunteer.m2m@googlemail.com](mailto:volunteer.m2m@googlemail.com) and will be awarded based on need and merit.

♦ **MOMC Celebration** – The Month of the Military Child celebration includes live entertainment and face painting 11 a.m.-3 p.m. April 28 with free refreshments noon-2 p.m. while supplies last at Pulaski Park on Pulaski Barracks. Parent Central Services: DSN 486-4515, civ. 0631-3406-4515.

♦ **Disneyland Express** – Army Outdoor Recreation goes to

Disneyland Paris April 28. DSN 493-4117, civ. 0631-3406-4117, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Childrens German Classes** – Child, Youth and School Services-enrolled youth of all ages can learn basic German vocabulary, sentences and common phrases. Register with Parent Central Services, DSN 493-4156, civ. 0631-3406-4516 or the One Stop Shop, DSN 486-8943, civ. 06371-86-8943.

### HEIDELBERG Education

♦ **FAST Class** – Schedule the mandatory pre-test for the Functional Academic Skills Training (FAST) by April 16 at the Patton Barracks Education Center. FAST is 8 a.m.-noon April 17- May 7 and can reinforce basic math or reading skills, resulting in improved General Technical scores for reclassification or re-enlistment purposes. DSN 373-6176, civ. 06221-17-6176.

♦ **University of Oklahoma** – Enrollment is open for the University of Oklahoma Master of Human Relations and Master of Arts programs with emphasis in international relations. Courses are taught on-site, online and through independent study by campus professors. DSN 373-7919, civ. 06221-17-7919, [aphidelberg@ou.edu](mailto:aphidelberg@ou.edu).

♦ **ACS Classes** – Culture College, 8:30 a.m.-1 p.m. April 16-19; Introduction to Microsoft Excel, 9-11 a.m. April 17-18, Information Center, Patrick Henry Village Pavilion Community Center; Checkbook Management, 9-11:30 a.m. April 18; Effective Management of Volunteers, 10-11 a.m. April 18; Exceptional Families Network, 10-11:30 a.m. April 18; Family Readiness Group Funds Training, 2:30 p.m. April 18; 7 Habits of Highly Effective Army Families, 9 a.m.-4 p.m. April 19, Village Pavilion Community Center, Presidential Room; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531; Re-integration Briefing, 9 a.m. Tuesdays. Registration is required. Classes are in the Community Support Center, Bldg. 3850, and the Shopping Center unless noted otherwise. DSN 370-6975, civ. 06221-57-6975.

### Community

♦ **Cell Phones For Soldiers** – Old cell phones may be donated during the month of April at the following locations: Army Community Service, Community Support Center, Bldg. 3850; Information Center, Village Pavilion Community Center; Patrick Henry Village Commissary; Campbell Fitness Center and Patton Fitness Center. Proceeds will be used to purchase calling cards for troops serving overseas. [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Spouses Club Luncheon** – The Heidelberg Community and Spouses'

Club will sponsor High Tea: Looking over the years of HCSC, 10 a.m.-1:30 p.m. April 18 at the Village Pavilion Community Center with lunch served 11 a.m. Child care is available. Reservations required by April 13: [www.hcsc-heidelberg.com/reservations.html](http://www.hcsc-heidelberg.com/reservations.html). Civ. 06221-648-6121, [www.hcsc-heidelberg.com](http://www.hcsc-heidelberg.com).

♦ **National Library Week** – Enter your self-checkout library receipts to win a daily raffle drawing at the Patrick Henry Village Library until April 14. DSN 370-1740, civ. 06221-57-1740.

♦ **Story Time** – The Patrick Henry Village Library hosts story time for parents and their preschoolers 11 a.m. April 18 and every Wednesday. Children under 3 can enjoy a story 11 a.m. April 19 and every Thursday. DSN 370-1740, civ. 06221-57-1740.

♦ **Kids' Choice Book Party** – Children in grades 1-5 can vote for their favorite book during the Kids' Choice Book Party Election until April 15 at the Patrick Henry Village Library. The Kids' Choice Book Party is scheduled 3:30 p.m. May 23. DSN 370-1740, civ. 06221-57-1740.

♦ **BOSS Meeting, Cheap Eats** – Better Opportunities for Single Soldiers meets 3:30 p.m. April 18 in Bldg. 104 on Patton Barracks. Stay after for free Italian fare for all military personnel starting 5 p.m. at the Patton Warrior Zone. DSN 373-5275, civ. 06221-17-5275, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **FRG Forum** – Army Community Service hosts a Family Readiness Group Forum 2:30-4 p.m. April 26 in the Community Support Center, Bldg. 3850 with guest speaker Ashley Grassl, USO Central Manager. Register with ACS by April 19. DSN 370-6883, civ. 06221-57-6883.

♦ **Highly Effective Families** – Face and conquer unique challenges that come with being an Army family during the 7 Habits of Highly Effective Army Families seminar 9 a.m.-2 p.m. April 19 and 20 in the Village Pavilion Community Center. Registration is required. DSN 370-6975, civ. 06221-57-6975.

♦ **Days Of Remembrance** – Europe Regional Medical Command will present Days of Remembrance with theme Choosing to Act: Stories of Rescue noon-1 p.m. April 19 at Wilson Theater on Nachrichten Kaserne. Guest speaker will be Dr. Eva Iszak Djordjevic, Dachau Concentration Camp survivor. DSN 371-2604, civ. 06221-17-2604.

♦ **Denim Day** – Wear blue jeans on Denim Day, April 20, as part of an annual international protest against erroneous and destructive attitudes toward sexual violence. In 1999, the Italian Supreme Court overturned a rape conviction because the victim was wearing tight jeans and allegedly inferred consent.

♦ **Texas Hold 'Em** – The last tournament of the season begins 7 p.m. with buy-in start 6 p.m. April 21 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Teddy Bear Tea Party** – Children ages 2 to 10 and their parents can come dressed up to the Child, Youth and School Services Teddy Bear Tea Party 2:30-4 p.m. April 22 at the Village Pavilion Community Center. The event is in celebration of the Month of the Military Child. DSN 388-9423, civ. 06221-338-9423.

♦ **Volunteer Of The Year** – Volunteer ID card holders and guests are invited to a volunteer recognition ceremony 6-8:30 p.m. April 26 at the Village Pavilion Community Center. This year's theme is Resilient Volunteers Make A World Of Difference. DSN 370-6883, civ. 06221-57-6883.

♦ **Stuffed Animal Sleepover** – Children can wear pajamas and bring their favorite stuffed animal for story time 6:30 p.m. April 27 at the Patrick Henry Village Library. DSN 370-1740, civ. 06221-57-1740.

♦ **Wine Tasting** – The Abrams Chapter of the Association of the United States Army will host a wine tasting of Heidelberg red wines and a winery tour 7-9 p.m. April 27 at Weingut Clauer. Proceeds benefit the Wounded Warrior Program. Reservations are recommended. Civ. 0171-496-3564.

♦ **EFMP Family Fun Day** – Exceptional Family Member Program members can enjoy a day filled with games, entertainment and refreshments 10 a.m.-2 p.m. April 28 at the Burger King Park on Patrick Henry Village. DSN 370-6975, civ. 06221-57-6975.

♦ **AER Campaign** – Contribute to the Army Emergency Relief campaign to help fellow Soldiers until May 15. DSN 370-6975, civ. 06221-57-6975.

♦ **Am Schlierbachhang** – Due to construction work, the Am Schlierbachhang road will remain closed through traffic until July. Residents will be able to access their property, and pedestrians and cyclists will be able to bypass the construction site.

### MANNHEIM Community

♦ **Cell Phones For Soldiers** – Old cell phones may be donated during the month of April at the Army Community Service Satellite Office, Bldg. 246 on Sullivan Bks. [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Story Time** – Parent to Parent and the Mannheim Library Support Office offer toddlers and preschoolers stories and a craft 10:30-11:30 a.m. April 18 and first and third Wednesdays in the Army Community Service Satellite Office, Bldg. 246, on Sullivan Barracks. DSN 385-2688, civ. 0621-730-2688.

# Albert-Schweitzer Youth Basketball Tournament returns to Mannheim

## Teens from around the world compete for top honors



Deutscher Basketball Bund/Krug

The Australian team celebrate after winning the Albert Schweitzer International Youth Basketball Tournament in the Sports Arena on Benjamin Franklin Village in Mannheim in 2010. This is the first year the tournament, which is held in Mannheim biennially, will not be on BFV due to last year's deactivation of U.S. Army Garrison Mannheim.

### Staff Report

The biennial Albert-Schweitzer International Youth Basketball Tournament continues 6 p.m. tonight with the United States playing Russia 6 p.m. at the Waldsporthalle in Viernheim (GPS address: Industriestr. 38, 68519 Viernheim).

Germany will play Italy 8 p.m. tonight at the MWS Halle Herzogenried (GPS address: August Kuhn Strasse 35, Mannheim).

The tournament pits the best players under the age of 18 from 16 countries against each other to win the unofficial world championship.

This is the first time since 1958 the tournament, held every other year in Mannheim, will not be played in the Sports Arena on

Benjamin Franklin Village, due to the garrison's deactivation last year. The AST kicked off Saturday and is providing top entertainment to fans for the week.

The half-finals will take place from 10 a.m.-8:30 p.m. Friday at the MWS Halle am Herzogenried, and the final will be 9 a.m.-4:15 p.m. Saturday at the MWS Halle am Herzogenried.

To date, no German team has ever won the tournament and American teams have managed to take home top 10 times during past competitions.

The 2012 teams are Argentina, Australia (last year's tournament winner), China, Denmark, France, Germany, Greece, Israel, Italy, New Zealand, Russia, Serbia, Sweden, Spain, Turkey and the United States.

Exactly 16 years ago, Dirk Nowitzki, 17 at the time, was running across the court during the Albert-Schweitzer Tournament – and no one would have expected that the player from Würzburg, who was not really playing ball that well at the time, would eventually turn into the famous professional he is today. Nowitzki plays for the National Basketball Association's Dallas Mavericks.

He is the only player in NBA history to get 100 blocks and 150 three-pointers in a single season. But Nowitzki is only one among many others: Earvin "Magic" Johnson, Croatia's Toni Kucok and his fellow countryman Drazen Petrovic, the so-called "Mozart of Basketball" who died such an untimely death, or Arvidas Sabonis from Lithuania: they all were part of the unofficial world championship of the U18 Talents.

The 2010 tournament is still forgotten by many fans, especially from the German point of view (second and third in the final ranking). The long-standing event, which combines 16 of the best U18 national teams of the world, is taking place for the 26th time in Mannheim now until Saturday.

For the full schedule, visit [www.basketball-bund.de/ligen-ergebnisse/albert-schweitzer-turnier/schedule-stats](http://www.basketball-bund.de/ligen-ergebnisse/albert-schweitzer-turnier/schedule-stats). For more information about the Albert-Schweitzer-Tournament, visit [www.basketball-bund.de](http://www.basketball-bund.de). (The website is in German).

TRANSLATION: Brigitte O'Preska

## Fitness classes put a bounce in your step



Photos by Elizabeth Casebeer

Photo left, instructor Becca Hayes, reflected on the right in the glass, calls cadence during a body conditioning class Monday in the Campbell Fitness Center on Campbell Barracks in Heidelberg. Hayes is one of several instructors who offer classes for varying degrees of fitness levels at fitness centers throughout U.S. Army Garrison Baden-Württemberg. Photo right, Staff Sgt. Lee Coleman, U.S. Army Europe G3, moves her dumbbell to mimic movements Becca Hayes demonstrates during a body conditioning class on Campbell Barracks Monday. Hayes substituted that class, but typically teaches spinning and her own total



body fitness class throughout the week. The Campbell Fitness Center is open to community members 12 and older 5:30 a.m.-9 p.m. Monday-Friday and 9 a.m.-6 p.m. Saturday-Sunday.

## staying ACTIVE

### Intramural Golf

The Intramural Golf Program is April 12-June 28. Play will be 5 p.m. Thursdays at the Heidelberg Golf Course and is open to the first 20 two-player teams that register. All units located in USAG Baden-Württemberg are eligible to participate. Each unit can enter two two-person teams. The organizational meeting will be 4 p.m. April 12 at the Heidelberg Golf Course and is open to ID cardholders age 18 and older. DSN 373-8032, civ. 06221-17-8032, [www.mwrgermany.com](http://www.mwrgermany.com).

### Sullivan Fitness Center Cleaning

Sullivan Fitness Center (Bldg. 237 only) will be closed 10 a.m.-2 p.m. April 14 for deep cleaning and sanitation. It will reopen at 2:30 p.m. The gym (Bldg. 237a) will be open all day April 14. DSN 385-2001, civ. 0621-730-2001.

### Beginner Bike Maintenance Workshop

There will be a Beginner Bike Maintenance Workshop 11 a.m.-2 p.m. April 15 at the Patrick Henry Village Activity Center (Village Pavilion) in Heidelberg for beginners and all types of bikes. Receive information on bike safety, roadside repair, tire and tube changing and rules of the road. There will be a bike ride after the workshop, weather permitting.

### Coleman Bowling Center

Coleman Bowling Center will close 1 p.m. April 30 for inventory processing. The regular schedule resumes May 1.

### Community Volleyball

Unit Volleyball games take place 6-9 p.m. through May 7 at the Patton Fitness Center. Competition is open to all military units or components assigned to the Heidelberg military community. Participants must be at least 18 years old and authorized to use Family and Morale, Welfare and Recreation facilities. DSN 373-8032, civ. 06221-17-8032, [www.mwrgermany.com](http://www.mwrgermany.com).

### Summer Basketball Camp in Heidelberg

A Wilson Swiss Allstar Basketball Camp for boys and girls ages 8-19 will take place in Heidelberg Aug. 12-18 featuring special guests NBA player DeMarcus Cousins with the Sacramento Kings, Mike Weinar from the Dallas Mavericks, top-level European coaches and (former) pro players. Jordan McCabe, a 13-year-old ball wizard from Wisconsin, will be the special guest camper. Sign up through camp website at [www.germanbasketballcamp.com](http://www.germanbasketballcamp.com). For information, e-mail [info@germanbasketballcamp.com](mailto:info@germanbasketballcamp.com) or see [http://espn.go.com/blog/truhoop/post/\\_/id/6528/a-basketball-camp-in-switzerland](http://espn.go.com/blog/truhoop/post/_/id/6528/a-basketball-camp-in-switzerland). Civ. 0767-572-141.

### Brazilian Jiu-Jitsu

ID card holders 18 and older can learn the art of Brazilian Jiu-Jitsu while learning how to stay fit with this time-honored self-defense technique 5-7 p.m. Wednesdays and Fridays at the Arts and Cultural Center on Patrick Henry Village in Heidelberg. The course emphasizes physical fitness, mental and spiritual focus, self-discipline and personal enhancement through camaraderie and respect for others. Participants should bring their own Judo or Brazilian Jiu-Jitsu Gi. No experience required. DSN 388-9418, civ. 06221-338-9418.

### Family Fitness

Parents and kids can get a full-body workout in 60 minutes during Family Fitness, which incorporates body bars, obstacle courses and more, 9:30-10:30 a.m. Tuesdays and Thursdays at Miesau Physical Fitness Center, Bldg. 1220, on Miesau Army Depot near Kaiserslautern. DSN 481-3797, civ. 06372-842-3797, [www.mwrgermany.com](http://www.mwrgermany.com).

### Send the Herald Post your photos

If you have photos from sporting events, e-mail them along with the details of the event and names of those pictured to [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil) or [usarmy.badenwurt.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwurt.usag.mbx.post-newspaper@mail.mil).