

HeraldPOST

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

HP THURSDAY
April 19, 2012

Speed Read

AFN TELEVISES TOPPERS

The Roadside Theater's Tournament of Plays "Topper" awards take place Saturday at the Village Pavilion in Heidelberg, and AFN-Europe will air the event on the Pentagon Channel at 7 p.m. May 5 and 12.

LANDLORD-TENANT LAWS

Officials from the Patton Law Center share tips to help off post renters understand the German landlord-tenant law and their individual legal rights. 2

COMMUNITY MOURNS



Heidelberg community members reflect on loss of longtime commissary employee and former Soldier. 4

SEXUAL ASSAULT TRAINING

United States Army Europe hosts a series of sexual assault awareness training sessions in Heidelberg, Wiesbaden and Kaiserslautern during Sexual Assault Awareness Month. 12

BANDS THAT BIND

Strong BANDS campaign promotes Soldier, civilian and family fitness across the Army through physical activity. 17



Defense Details

SEXUAL ASSAULT

Defense Secretary Leon E. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, met with three members of the House of Representatives Monday to discuss new initiatives for stopping sexual assault in the military. "Service members and their families must feel secure enough to report this crime without fear of retribution, and commanders must hold offenders appropriately accountable," the secretary said. DOD's helpline is available 24/7 via web, phone or text message. Operated by the nonprofit Rape, Abuse and Incest National Network, it is available at civ. 877-995-5247 or www.safehelpline.org. The 24-hour sexual assault and domestic violence hotline for Mannheim and Heidelberg is civ. 0170-609-2862.

www.defense.gov

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Garrison preps for multi-media town hall meeting

By Donna Walker
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Members of U.S. Army Garrison Baden-Württemberg will hold a town hall meeting 2 p.m. May 3 at the Village Pavilion in Heidelberg.

The meeting will air live on American Forces Network Europe television and the Internet, and streamed on the garrison Facebook page for fans to watch and ask questions.

Combined, the Internet video stream, the AFN live broadcast and the Facebook report will provide viewers in multiple places the opportunity to ask questions of the commander and staff while the meeting takes place by using the multi-media platforms.

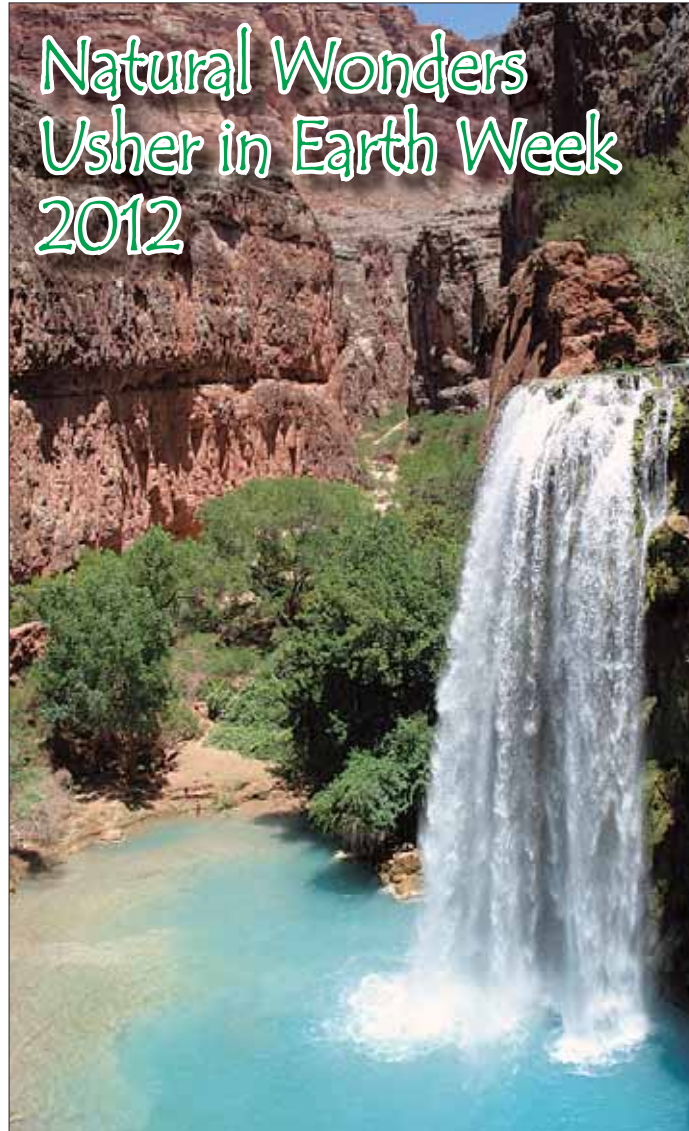
This will be the second multi-media town hall meeting the garrison has hosted.

During the first one held Jan. 26, viewers who watched from a military computer had difficulty with the live stream stopping and starting every few seconds.

Viewers are advised that during the actual broadcast they can change their settings to avoid the choppy stream.

On the bottom right hand side of the video is a setting with a drop down menu that should be set to "low." The option can only be set during the live stream.

"We had a large viewing audience for the last meeting and we hope see **TOWN** page 12



Patricia D. Koenigs

Patricia D. Koenigs' photo of Arizona's "Havasupai Falls" in the Grand Canyon earns first place in this year's Earth Week photo contest sponsored by the garrison's environmental division. The contest challenges photographers to capture the essence of the Earth's natural wonders, the theme of the contest. See other winners and Earth Week events on page 3.

Heidelberg teen clinic set to end services

HMEDDAC Public Affairs

The Teen Clinic, comprised of Heidelberg Health Center staff who provide services at Heidelberg High School once a week, will cease on-location support to students at the end of the

current school year.

"To better use our resources and still accommodate our high school's needs, we will work with the school nurse to schedule appointments for our teens and continue to ensure confidential care in accordance with

Army regulations," said Lt. Col. Rachele Smith, officer-in-charge of the Heidelberg Health Center.

The Teen Clinic currently provides students access for health-related concerns with a three-member presence from the HHC at the school

every Tuesday during school hours. However, based on an analysis of the utilization data for the program, Smith said that as the center continues to see a decline in its health care staff, a more effective use of the team (a see **TEEN** page 12

LEGAL ADVICE

Learn details of German landlord-tenant law

German leases may bestow more costs, responsibilities on unaware American renters

Patton Law Center

As U.S. commands, activities, installations and personnel consolidate in Germany, many individuals may be faced with issues relating to leases on their economy housing.

This article is intended to provide some basic information on German Landlord-Tenant Law. It is not intended to provide in-depth answers to every situation.

Additionally, you should carefully review the lease you signed to ensure you comply with its terms and conditions.

Termination

Generally a tenant has a right to terminate a lease upon giving the landlord three months notice effective at the end of a calendar month. There are limited exceptions to this general rule, and the lease must state these exceptions for them to apply.

A landlord's right to terminate a lease is more restrictive. A landlord must show a compelling reason such as the need for the premises to house himself or a family member.

Often landlords will attempt to terminate a lease because they want to sell the property. This is not considered an appropriate reason to terminate a lease.

A tenant may object, even if the landlord's reason to terminate the lease is warranted, and the tenant may request an extension of the lease if the termination causes an undue hardship.

For example, a Soldier or civilian employee being reassigned in a few months may object to the termination because it is unreasonable to find another rental for just a few months.

Notices regarding terminations must be in writing.

Damages

A tenant is responsible for the damages caused by him or his invitees. This includes damage caused by movers. The landlord may charge a tenant for damages caused by movers and then it is the tenant's responsibility to recover the costs from the movers.

Sometimes landlords will attempt to recover replacement costs rather than repair costs. This is generally not allowed under German law.

For example, if the tenant has caused several cigarette burn marks on a carpet, a landlord is generally limited to recovering the value of the carpet as if the holes were not there, not the cost of a new carpet.

Incidental costs

The landlord can only charge for incidental costs that are spelled out in the lease and that are allowable under German law.

For instance, a landlord could charge for the maintenance of an elevator in an apartment building but not for the cost of repairs to that elevator.

Also German leases generally pass on more costs to a tenant than many Americans may be used to in a U.S. lease.

It is permissible to include lease clauses calling for the tenant to pay real estate taxes and insurance payments in Germany. The lease may also require the tenant to renovate or redecorate the premises upon departure.

Many German lease forms contain pre-printed clauses passing these costs on to the tenant.

Problems sometimes arise when the landlord attempts to pass these kinds of costs on the tenant despite an absence of language in the lease allowing him to do so.

This is not necessarily malicious on the landlord's part, as many landlords mistakenly believe German law allows them to automatically pass these costs to the tenant.

Security deposits

Under German law, landlords may hold security deposits for longer periods than you may be used to in the United States.

A landlord must place the security deposit into a segregated account that earns interest.

The deposit becomes repayable after the lease expires and the tenant has fulfilled all his or her obligations.

German court decisions generally allow the landlord six months to total and deduct any repair or other costs properly borne by the tenant before the security deposit must be returned to the tenant.

Mieterverein

Your local legal assistance office may have a German legal assistance attorney on staff who can help you with problems or questions in this area.

But as many military communities that are not enduring downsizing or transfer personnel, many German legal assistance attorneys are being consolidated into offices that support enduring communities.

Thus, tenants may want to consider joining their local Mieterverein, which is a German tenant association. Once you are a member, the organization offers free legal advice and helps level the playing field between tenant and landlord.

In Heidelberg, the Mieterverein's phone number is civ. 06221-20-473 and its website is www.mieterverein-heidelberg.de.



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

"Could you please direct me to whom I would contact about obtaining a waiver to travel with three pets on Patriot Express? We flew them here and would really like to take them home with us."

—Najia Es la Reina, BWnow Facebook fan

"Najia, please contact the Transportation Officer at civ. 06221-17-6271 or DSN 373-6271. He is more

than happy to speak with you about your situation and help in any way he can."

—BWnow Facebook Administrator

"The Overseas Housing Allowance survey started April 1. Take this opportunity to have an impact on the amount of money you receive for utilities and recurring maintenance allowance. If you have been

drawing OHA for at least six months and are not a homeowner, you are eligible to take the survey. Last year's survey resulted in a €32 a month increase in allowances ... Please help get the word out to others that may be eligible. The survey must be completed by COB April 30. Take the survey at <https://www.defensetravel.dod.mil/site/aprutil.cfm>."

—Randy Ries, BWnow Facebook fan



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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.

EARTH WEEK

Photo Contest Winners to observe Earth Week April 16-22

Second Place

Rauenberg Flower and Moon
Craig Koenigs



Third Place

A Hint of Frost
Pam Buie

Earth Week Events

Today through Sunday – Student Art Show – Heidelberg students exhibit Earth Week art show at the Arts and Cultural Center in the Village Pavilion Community Center in Heidelberg.

Wednesday – Science Night 4:30-6 p.m. at Patrick Henry Elementary School, a science extravaganza. The Environmen-

tal Division will offer activities including thermal camera and solar energy demonstrations and plant behavior experiments for children.

April 26 – Bike to Work – Meet 7 a.m. in the Burger King parking lot on PHV and cycle to your work site. Avoid fossil fuels, reduce pollution and get exercise. Groups will be led to Patton and Campbell Barracks.

Spring brings outdoor activities, health hazards

ERM Public Affairs

Spring is here and seasonal activities such as walking through the woods or cleaning out the attic could put you at risk for serious medical problems.

A walk in the woods exposes hikers to ticks that carry Lyme disease and tick-borne encephalitis, while dust stirred up from that spring cleaning job can contain dried rodent droppings that can cause hantavirus in humans.

All three diseases are common to Germany and prevalent in Baden-Württemberg, but they can be prevented with simple precautions.

Lyme disease is caused by bacteria, while tick-borne encephalitis is caused by a virus. Both can be transmitted when the tick bites a host.

The earliest symptom of Lyme disease is a rash that looks like a bulls-eye at the site of the tick bite,

and can progress to flu-like symptoms including muscle soreness, headache, fever and malaise. Early treatment with antibiotics usually cures the disease, but left untreated it can cause persistent chronic problems and physical disability.

Tick-borne encephalitis can affect the central nervous system and causes headache, fatigue and muscle pain. If the virus affects the central nervous system, paralysis can occur.

In tick-borne diseases, the best offense is a good defense. The Centers for Disease Control and Prevention recommends minimizing areas of exposed skin by wearing long-sleeved shirts, long pants, boots and hats. Tucking in shirts, tucking pants into socks and wearing closed shoes instead of sandals reduces risk. Repellents or insecticides that contain DEET can be applied to clothing and gear for added protection.

If bitten, remove the tick carefully with a pair of tweezers. Avoid squeezing the tick or detaching the head.

An effective vaccine for tick-borne encephalitis is a series of three shots given over a period of nine to 12 months. The makers of the vaccine have not sought U.S. licensure, so it is not available at military treatment facilities; but TRICARE beneficiaries with at least nine months remaining in Germany may get the vaccine from a host nation facility with a prescription from their primary care manager.

Hantavirus is spread through contact with the urine and excrement of rodents. In most cases, people are infected when they stir up dust in areas that are frequented by the rodents and breathe in the dried particles of those droppings.

Patients infected may suffer from the abrupt onset of fever and flu-like

symptoms followed by abdominal pain and, in severe cases, kidney failure. In 2010, more than 1,500 cases of hantavirus infection were reported across Germany with the majority reported in Baden-Württemberg and Bavaria.

Preventing hantavirus begins with keeping rodents away from your home, garage or campsite. Cleaning up spilled food to avoid attracting rodents and sealing holes that could allow them into your house or garage are good starts. When you start your spring cleaning in areas that are dusty (e.g. attics, garages and basements), wet down or wet mop the area first to avoid disturbing any dust that contains dried rodent droppings, and wear a filter mask to avoid breathing in any particles while cleaning.

By taking a few simple precautions, you can ensure your springtime, outdoor experiences are safe ones.



Gerri Young

Longtime commissary bagger André Kregel bags groceries in Heidelberg in this 2007 photo taken when he was 83 years old.

In Memoriam André Kregel

Longtime Heidelberg commissary bagger André Kregel passed away April 3.

Kregel, of Leimen, worked more than 30 years at the Heidelberg commissary. Following World War II, he worked for NATO in his home city of Paris.

Kregel began his relationship with Americans during World War II at Le Havre, France.

Named after American cigarettes, camps like Lucky Strike and Chesterfield were created after the Allied Forces secured the harbor of Le Havre in September 1944.

They were used as staging areas for incoming troops and some, like Camp Philip Morris, could accommodate as many as 35,000 men. By war's end, the camps had been somewhat improved and changed their focus to processing troops returning home.

Serving in the French army and assigned to Camp Philip Morris, Kregel advised his American counterparts.

"I knew where the bombs (in the ground) were," he told former DeCA public affairs officer Gerri Young. "I told the troops what places they should not go."

He was later assigned to his home city of Paris where he worked for NATO. He grew to like and respect the Americans he encountered and, as it turned out, his life would be forever linked to them.

He married an American woman and they had two children and two grandchildren. They ended up in Heidelberg where she worked for the Army and he eventually became a vendor stocker and then a bagger at the commissary. When his wife died after 35 years of marriage, he continued his bagger duties.

When asked in 2007 why he worked every day until he was 83 years old, he said, "To keep me out of the house. I work until noon every day, then rest, eat in a restaurant and go to bed early. Every Sunday I go to church. It's good for me and I think people here like me."

transformation UPDATE

Frequently Asked Questions

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

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

What the plans are for housing on Patrick Henry Village? Is there a possibility that a lieutenant colonel living in a stairwell could choose to move into the colonel quarters?

No policy decision has been made yet. The issue will still need to be reviewed by the senior mission commander in this area. The first priority is relocating this summer and fall those families that need to move in order for the garrison to complete the necessary closures in Mannheim and on Mark Twain Village. We need to be sure we have adequate housing for families first before we can concentrate on convenience moves. It is also dependent upon how much money the garrison has. Although it may seem as though these moves are easy, there is still money required because there has to be maintenance done on the quarters that you want to move into. As houses become open, people start moving up and we have a chain effect, and that requires a lot of in-between maintenance that has to be performed in all of those quarters.

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.

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. 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

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, damienn.hunt@mail.mil, or Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, 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.

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 adjusted operating hours beginning yesterday. 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 on Sullivan Barracks is 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 BFV South (PX gate) on Mondays.

Sexual Assault Hotline Consolidated – The 24-hour sexual assault and domestic violence hotline for Mannheim and Heidelberg is civ. 0170-609-2862.

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. Normal SORT Center hours are 8 a.m.-4 p.m. Monday-Saturday and closed holidays. DSN 380-4242, civ. 0621-730-4242. **Alternative: 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.

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.

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 departs Heidelberg **4:20 a.m.** every Tuesday from the Patrick Henry Village Guest House, Bldg. 4527, Grasweg, 69124 Heidelberg. Travelers should arrive 15 minutes prior to 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. 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.badenwuer.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.

Pharmacy Hours – The Heidelberg Health Center Pharmacy has changed its operating hours. The pharmacy is open 8 a.m.-5 p.m. Monday-Friday and closed weekends and federal holidays.

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.

www.bw.eur.army.mil/transformation

Occupational therapists celebrate history

LRMC Public Affairs

April is Occupational Therapy Month, and the 65th anniversary of the addition of Occupational Therapy to the Army Medical Specialist Corps.

The anniversary marks the service of military medicine occupational therapists who have deployed in every major U.S. conflict since World War I.

Occupational therapists and occupational assistants help people participate in the things they want and need to do through the therapeutic performance of everyday activities.

OT interventions include helping children with disabilities participate fully in school and social situations, helping people recovering from injury to regain skills and providing support for older adults experiencing physical and cognitive changes.

Occupational therapy services may include evaluations of the client's home and other environments (e.g., workplace, school, hospital), recommendations for adaptive equipment and training in its use and guidance and education for family members and caregivers. OT practitioners have a holistic perspective in which the focus is on adapting the environment to fit the person, and the person is an integral part of the therapy team.

At Landstuhl Regional Medical Center, occupational therapists provide a wide range of services to U.S. and coalition forces, family members and other government employees. Often, LRMC is one of the first places to treat injured service members.

Occupational therapists provide therapy for individuals who have been admitted to the hospital, inpatient behavioral health groups, outpatient orthopedic rehabilitation and outpatient traumatic brain injury services.

Therapists see individuals who are referred through other health care providers. Individuals are thoroughly evaluated to determine the need for therapeutic intervention. They have a long and storied past in providing these services.

The civilian forbearers of Army OT performed mental health rehabilitation starting in the first part of the 19th century, and the profession began to include physical rehabilitation in the 20th century. To assist with the hundreds of thousands of wounded troops during World War I, the Surgeon General's Office created the Division of Special Hospitals and Physical Reconstruction on Aug. 22, 1917.

In March 1918, OT was categorized as "all therapeutic work except physical therapy."

Occupational therapists, a workforce that was comprised of civilian women, were known as reconstruction aides. Most OT aides worked on hospital wards and "high qualities of character and skill in handicrafts were the early [skill] requirements."

On July 31, 1918, the War Department approved a plan for "reconstruction of the disabled men of the Army." OT aides began training "the sick and wounded in the arts and handicrafts and in academic and commercial studies" and also began "to apply massage, thermo, electro and local hydrotherapy." There was a significant drawdown of the OT workforce after the war and a transition to the civilian sector.

World War II brought about an increased need for and a further advancement of the profession of OT. At the start of the war, there were only eight occupational therapists and four assistants working in Army hospitals.

By the end of the war on Aug. 15, 1945, there were 899 OTs and trainees



Phil A. Jones

Rochelle Kathleen Lawson (née Crook), an exercise science major from East Tennessee State University, provides occupational therapy in March 2011 to a patient at Landstuhl Regional Medical Center, where the Cookeville, Tenn., native spent four weeks participating in a ROTC training program.

in 76 hospitals. In December 1944, the Technical Manual on Occupational Therapy was published by the War Department, documenting and helping to standardize current OT practices.

On April 16, 1947, Public Law 36 was approved by the 80th Congress, establishing the Women's Medical Specialist Corps. This law provided OTs with regular commission status. One of the requirements at the time was: "Applicant must be in an unmarried status with no dependents under the age of 14 years."

During the course of World War II, male corpsmen were assigned to OT to help limit personnel shortages and provide protection from aggressive patients. This most likely provided an opportunity for inclusion of assistants and aides from the civilian sector as well.

The need for this profession's con-

nection with the Army continued to expand in future conflicts. As the U.S. involvement in the Korean War grew, there was yet another increase in need for therapists to rehabilitate wounded Soldiers.

In 1955, with the inclusion of commissioned male occupational therapists in the Army, Public Law 84-294 changed the title of the Women's Medical Specialist Corps to the Army Medical Specialist Corps.

Army occupational therapists have deployed in every major U.S. conflict in the subsequent 50 years to include the Vietnam War, Operation Desert Shield, Operation Desert Storm, Operation Enduring Freedom and Operation Iraqi Freedom and have served in many humanitarian missions, establishing themselves as force multipliers in the rehabilitation and injury prevention arena.



Faces of the Community:

Heidelberg Health Center Pharmacy

Capt. John Stringer provides prescription medication to a beneficiary at the Heidelberg Health Center April 3. As part of the Army's continuing transformation in the Heidelberg area, the health center's pharmacy hours changed Monday. The new hours are 8 a.m.-5 p.m. Monday-Friday and closed weekends and federal holidays. The Health Center is located in Bldg. 3613 on Nachrichten Kaserne in Heidelberg. Pharmacy refill call-ins: DSN 486-5601, civ. 06371-86-5601. Pharmacist: DSN 371-2673, civ. 06221-17-2673.



Sgt. Ruth Pagan
 Team Misfits, with 2nd Brigade Combat Team, 4th Infantry Division, work together to lift a tire during the Warhorse Crossfit Challenge held at Camp Nathan Smith, Kandahar province, Afghanistan, April 8.



Staff Sgt. Thaddius S. Dawkins II

On day three of the 2012 Best Ranger Competition, teams showcased their hoist skills at Victory Pond at Fort Benning, Ga., Sunday.



Sgt. Michael J. MacLeod

Spc. Justin Vnenchak, an infantryman with the 82nd Airborne Division's 1st Brigade Combat Team, maintains security in his sector while fellow paratroopers and Afghan police search a compound April 8 in southern Ghazni province, Afghanistan.



Tetsuo Nakahara

Members of the Camp Zama Girl Scouts along with Col. Eric D. Tilley, commander of U.S. Army Garrison Japan, plant a pine tree Friday at Arnn Elementary School during the kickoff ceremony for Earth Week.

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Medical officer earns prestigious leadership award

By Ed Drohan
 ERMIC PUBLIC AFFAIRS

Gen. Douglas MacArthur lived his life according to three words that are also the motto of the U.S. Military Academy at West Point – duty, honor, country. In May, a Heidelberg Medical Department Activity officer will receive MacArthur’s namesake award for epitomizing those ideals.

Capt. Victor Johnson, Headquarters Company commander for the U.S. Army Medical Activity Heidelberg, was recently selected to receive the 2011 Gen. MacArthur Leadership Award. He will receive the award at a Pentagon ceremony in May.

Johnson is one of 14 active duty and 14 Army Reserve and Army National Guard junior officers and warrant officers selected for the award, which is sponsored by the Gen. Douglas MacArthur Foundation.

According to Army officials, the award promotes and sustains effective junior officer leadership in the Army.

In her nomination letter, Heidelberg Medical Department Activity Commander Col. Telita Crosland called Johnson “an exceptional young officer who excels at taking care of Soldiers while ensuring mission accomplishment.”

In fact, it was his concern for his Soldiers that led Johnson to develop a training pro-



JOHNSON

“I didn’t win this alone ... All the Soldiers in this unit helped win it, from the docs who are treating patients, to the NCOs doing the inspections, to the Soldiers doing the basic things to keep this unit running ...”

—Capt. Victor Johnson, U.S. Army Medical Activity Heidelberg

gram that provided some of the most realistic training any had participated in to that point.

Since the medical unit doesn’t participate in national training exercises like many line units, Johnson developed his own based on his personal experiences in combat as a reconnaissance platoon commander in Afghanistan.

“We set up a patrol to conduct counterinsurgency operations in a village” at the Coleman Barracks training area, said Johnson, whose awards include the Combat Action Badge and the Army Commendation Medal with Valor device. “We divided the different departments into squads where they were ambushed and took casualties, and still had to move into the village and retrieve a high-value target.”

Soldiers had to interact with the village elders and try to convince them to hand over the high-value target. Johnson said he wanted to make sure the Soldiers received realistic training so they would be pre-

pared, especially since some could go on to be medics with line units.

He compared it to a high profile case where a group of Soldiers were killed and Jessica Lynch was captured in Iraq.

“That was a group of Soldiers who could have used more training to help mitigate the situation,” Johnson said. “I don’t want any of my Soldiers to get into something like that.”

Most of his Soldiers had never been ambushed before the training scenario, Johnson said. “I’d rather have them ambushed here for the first time than in Afghanistan.”

In addition to training his own Soldiers, Johnson was responsible for assisting members of the Rwandan Defense Force in preparing an emergency preparedness plan for the Kanombe Military Hospital, the African nation’s largest military hospital.

The hospital’s disaster plan was almost non-existent, Johnson said, so he and Master Sgt. Maria Sanchez, who is since now serving in Korea,

helped them write one using best practices learned through experiences here.

“They had never thought of having something like our Code Blue (cardiac arrest) teams and had no idea how to create a disaster plan,” Johnson said. “When we left, they had something that would work. They said they were going to replicate it and put it in at other hospitals as well.”

Lt. Col. Hugh McLean, the HMEDDAC deputy commander for administration, first suggested nominating Johnson for the award.

“Vic is imbued with the values: duty, honor, country. These were instilled in him at a young age by his father who was in the Navy and solidified when he attended West Point,” McLean said. “It was Gen. MacArthur, a graduate of West Point, who gave an awe-inspiring speech to the cadets about these three principles in 1962. Capt. Johnson is a Soldier’s Soldier. The principles are at the heart of every action he takes. I knew as soon as I saw the email message there

was not a finer candidate for this award.”

He added that the award selection committee knew what it was doing when it picked Johnson to receive the leadership award.

“I believe that the breadth of his accomplishments stood out,” McLean said. “Vic accomplished more in one year than many officers accomplish in their careers. His initiative, tenacity, and staunch belief in caring for the Soldier and mission accomplishment definitely stood out to the selection committee.”

Despite his accomplishments, Johnson said he never thought he would be selected for the leadership award since it was “so high up there.”

He also said the award was not just his award but an HMEDDAC award.

“I didn’t win this alone,” Johnson said. “All the Soldiers in this unit helped win it, from the docs who are treating patients, to the NCOs doing the inspections, to the Soldiers doing the basic things to keep this unit running. I like to say I just happened to be holding the ball when the music stopped.”

Johnson, who like graduated from West Point, started his career as an armor officer but reclassified into the medical service corps in 2010.

He’ll be starting a graduate program at Fort Sam Houston, Texas, in June with hopes of becoming a social worker.



Voting information for U.S. Army Garrison Baden-Württemberg communities

Questions about voting: legal voting residence

For voting purposes, “legal voting residence” can be the state or territory where you last resided prior to entering military service or the state or territory that you have since claimed as your legal residence.

Even though you may no longer maintain formal ties to that residence, the address determines your proper voting jurisdiction.

To claim a new legal residence,

you must have simultaneous physical presence and the intent to return to that location as your primary residence.

Military and their family members may change their legal residence every time they change permanent duty stations, or they may retain their legal residence without change.

This may mean that the family’s uniformed service member has a

different legal voting residence than his or her family members.

A Judge Advocate General officer or legal counsel should be consulted before legal residence is changed because there are usually other factors that should be considered besides voting.

If I do not maintain a legal residence in the U.S., what is my “legal state of residence?”

Your “legal state of residence” for voting purposes is the state or territory where you last resided immediately prior to your departure from the United States. This applies to overseas citizens even though you may not have property or other ties in your last state of residence and your intent to return to that State may be uncertain.

When completing block number seven of the Voter Registration and Absentee Ballot Request (<http://www.fvap.gov/resources/media/fpac>.

pdf) form, be sure to enter the entire mailing address of your last residence, including rural route and number.

That address determines your proper voting jurisdiction.

Some states allow children of U.S. citizens residing overseas who are U.S. citizens but who have never resided in the U.S., to claim one of their parent’s legal State of residence as their own.

A list of states allowing this can be found at <http://www.fvap.gov/reference/nvr-res.html>.

For voting information and assistance, contact your local unit or installation voting assistance officer.

The installation voting assistance officer for U.S. Army Garrison Baden-Württemberg is located on the second floor of the Community Support Center on the Shopping Center in Heidelberg. DSN 370-3347, civ. 06221-573347.

SOURCE: www.fvap.gov

Army training seeks to stop sexual assault, harassment

USAREUR Public Affairs

April is Sexual Assault Awareness Month. As a part of the Army's commitment to eliminating incidents of sexual assault, U.S. Army Europe will be educating Soldiers, federal civilian employees and family members through Bystander Intervention Training.

Author Mike Domish will host the event, adding a different approach to sexual assault and harassment training.

This approach to sexual assault awareness addresses consent, healthy dating, sexual assault awareness and what is often labeled as a "silent" issue into an engaging and thought-provoking training event.

The intent of the training is to foster a dialogue about dating, consent and sexual assault prevention.

Achieving cultural change of the Army's sexual assault prevention strategy includes helping change the participant's attitude and behavior and

decrease the acceptance of rape myths, to include victim blaming.

Training sessions will be held on the following dates and locations at 9:30 a.m. and 1:30 p.m.: Wiesbaden (Tanus Theater) April 24, Kaiserslautern (Galaxy Theater) April 25 and Heidelberg (Patrick Henry Village Theater) April 26.

For information about Bystander Intervention training, contact your unit's Sexual Assault and Prevention Response program representatives.

TEEN

continued from page 1

doctor, nurse and medic) at the Heidelberg Health Center would allow them to see more patients on the premises and still maintain access to care for the teens as needed.

"Our teens have a need for confidential care," explained Smith, "and we'll continue to provide a means for them to receive that care. This service has a positive impact on our teens, such as education and awareness of safe sex."

Data for the Teen Clinic showed that more than 50 percent of the student visits were associated with immunizations and sports physicals.

These services can be provided at the health center, "as well as coordinating with the school nurse to offer immunization days and sports physical days more than just one day per year as currently provided," Smith said.

Call the Heidelberg Health Center appointment line at DSN 371-2622 or civ. 00800-376-22273.

TOWN

continued from page 1

community members will tune in again this time.

"With television, an Internet stream and Facebook commentary on the town hall meeting, folks have a lot of ways to ask questions and get answers on the spot," said USAG BW Commander Col. Bryan DeCoster. "The town hall is a two-way forum that provides me and the staff valuable feedback about what community members need."

Town hall meetings generally occur once every three months for the commander to meet face-to-face with all community members.

The commander and staff provide updates on transformation and explain changes to services while community members express opinions and bring issues to the commander.

In between these larger quarterly town halls, the garrison has been hosting smaller town halls focused on specific units to address their upcoming moves to other communities this summer and fall.

"We hope using Facebook, the Internet and AFN will allow everyone the chance to get their

concerns addressed," DeCoster said.

A recent garrison survey of community members showed that transformation (73 percent) is the most valuable kind of news to those who live and work here.

The town hall meeting will be aired on the program guide and the Heidelberg virtual channel, 15 on an AFN decoder, or the AFN Atlantic Prime channel from on post.

It will stream online at www.afneurope.net and www.bw.eur.army.mil/community_life/townhall.htm.

AFN will also air the program on the top half of the local program guide with audio and video while the program runs on the bottom.

Questions will be addressed at the meeting and public affairs staff will consult with subject matter experts for a response.

Questions also may be emailed ahead of time. Place "town hall meeting" in the subject line and direct an email to usarmy.baden-wur.usag.mbx.post-newspaper@mail.mil.

Questions may also be submitted on the garrison website at www.bw.eur.army.mil/community_life/townhall.html.

your local connection



U.S. Army Garrison Baden-Württemberg's
command information program

Local Information: www.BW.eur.army.mil

Get the latest news and information about the Heidelberg, Mannheim and Kaiserslautern communities

Herald Post Newspaper: www.BW.eur.army.mil

Pick up a paper copy in high-traffic areas in your community, or access the PDF version online – a new edition is published every Thursday

Virtual Community: <http://myBWnow.ning.com>

Blog about your experiences, ask and answer questions about life in Europe on the discussion boards, search for on- and off-post events, make friends, share photos and more

Photo Gallery: www.flickr.com/heraldpost

View, download and share photos from community events

YouTube: www.youtube.com/BWnow

See the video version of local news

SURVIVOR OUTREACH SERVICES

OUR PURPOSE is to deliver on the Army's commitment to Families of the Fallen. Survivor Outreach Services connects you with people who can help you find the right support.

Survivor Outreach Services provides support services for Active, Reserve and Army National Guard Families.





Survivor Outreach Services is an ARMY FAMILY COVENANT COMMITMENT. Keeping the Promise
MyARMYOneSource.com



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, follow her on Twitter @dearmsvicki, or visit www.dearmsvicki.com.

Dear Ms. Vicki,

My husband has children from a previous relationship, but we have custody. I have worked hard to be a good mother and not show any

favorites toward them or the children we have together. We work hard to treat all the children the same so no one can feel mistreated. They call me mom, just like my children do.

I know their mother is a part of my husband's past, and I am not jealous of her in any way. However, could I have a minute of your time to explain some recent events that I disagree with? I don't suspect my husband of doing anything wrong, but my stepchildren's mother is planning to visit her children (our children), and my husband wants her to stay in our home. I do not want her to stay in my house, but my husband has given me an ultimatum. He said, "She will stay here, or else." I don't know what the "or else" means, but I feel like I'm being threatened.

My husband wants his ex to stay in my home for me to entertain, cook and clean for her. I think he is asking me to do something I cannot do. I don't have any hard feelings toward her, but it's not my place to be her maid. Furthermore, I do not want her to see me as some puppet on a string that my husband pulls around, and I don't think it's fair.

I don't know what the other option is,

but I don't see why I have to let her stay in my home. She is a grown woman; she can stay in a hotel or in a tent outside. I really don't feel good about this, and I'm surprised my husband issued me an ultimatum to force me to do this. I'm at a loss and don't know what to do. Maybe I should just pack up and leave, and they can live happily ever after. I'll take any advice you have to offer. The Ultimatum

Dear Ultimatum,

Your husband appears to be very forceful about this issue. I have a few questions for you. Is your husband afraid for his ex to have the children alone? Is her behavior in question? In other words, I could understand if your husband thinks he should keep a watchful eye on the children.

Of course, it would be easier to do this if they are in your home. I know this is difficult for you. Obviously, you feel that your husband's ex is coming to take over your home and your family. Your feelings are normal. However, let me say that many people in this situation can have good relationships and a good understanding.

Since the plan is for her to come to

your home, you should speak with her before she arrives so you can be part of the planning. You should set boundaries and give time limits to her stay. It is your home, and you are the woman of the house. You should have some say in this matter too.

It's also important for you and your husband not to argue about this issue in front of the children. Doing so could cause emotional harm, confusion and even low self-esteem. It sounds like you really love your stepchildren, so I know you want what's best for them.

I think it's inappropriate for your husband to give an ultimatum, and I understand why you question this behavior. I recommend counseling to help you both sort through some of these feelings. If counseling services are not available on your base, contact Military OneSource to connect you with a provider in your local community. The services are free and normally you can get an appointment within a few days.

Listen, the ex has not arrived yet. This will give you time to get support, have discussions with your husband and his ex and set firm boundaries.

Ergonomics focuses on safety, comfort

By Chanel S. Weaver
USAPHC PUBLIC AFFAIRS

Whether it's staying in a marriage, living in the same community or raising a child, when people stick with something year after year, they demonstrate they are in it for the long haul. They learn to take the good with the bad.

That's why David Alberth, a radiation safety expert at the U.S. Army Public Health Command, kept working for the Army nearly 40 years. Even though his office chair was uncomfortable, his computer screen was getting harder to see and the space in his office was getting increasingly narrower, he hung in there because that's what he felt devoted employees do.

"I knew the work I was doing to keep our military safe from the harmful effects of radiation was important," said Alberth, a senior health physicist. "I enjoy using my institutional memory and knowledge of historical examples to solve current problems."

Alberth kept files in his office that covered more than 20 years of history. He was so efficient at what he did that employees at the USAPHC as well as Army and DOD scientists often consulted him on radiation issues. He was recognized as a master consultant on radiation issues a few years ago. But recently, his coworkers and supervisor began to notice a problem.

"David had a huge collection of files, and his office space was so

constrained that he could barely move around," said Lt. Col. Constance Rosser, a program manager in the USAPHC health physics program.

Mobility was getting more difficult for Alberth, who suffers with arthritis and other orthopedic problems from his activities as a long-distance runner in earlier years. With a few phone calls, even more paperwork and a lot of heavy lifting, Alberth's coworkers voluntarily reconfigured his office. The office's reconfiguration and design was completed under the professional direction of USAPHC's Ergonomics Program members.

Today, Alberth's new workspace boasts state-of-the-art amenities including an adjustable keyboard, an oversized monitor, a workstation that allows him to stand at intervals, and of course, plenty of space to maneuver around effortlessly.

John Pentikis, an ergonomist, said the program is in high demand for office reconfigurations from customers throughout the federal workforce, completing an average of two a month.

"The teams identify risk factors in an office and come up with solutions to mitigate those factors," Pentikis said. The make-up of these office reconfiguration teams varies, but they often include ergonomists, physical therapists, occupational therapists and engineers. A key goal of the program is injury reduction.

"We want to prevent injuries to our workforce," Pentikis said. "Research

shows that virtually all musculoskeletal injuries can be prevented."

The goal is also to ensure employees can perform their jobs safely and comfortably, according to Col. Myrna Callison, Ergonomics Program manager. The ergonomics team frequently travels stateside and abroad to assess employee working conditions and offer interventions to decrease injury risk. "We frequently perform ergonomic studies on offices, warehouses, hospitals and other places where federal employees work," Callison said.

Recently, the Ergonomics Program was instrumental in the development of a safe-patient handling program that uses ergonomically sound equipment to help hospital staff lift patients in ways that do not cause injuries. The program is being tested in the Madigan (Joint Base Lewis-McChord, Wash.) health care system, with an ultimate goal of being implemented in various Army medical treatment facilities.

Alberth said he is grateful the USAPHC ergonomics team and his coworkers took action to preserve his safety and health. "The renovation made me realize that there are many USAPHC personnel who care about my welfare," Alberth said.

Pentikis said it was a pleasure to serve. "I like what I do because I have an opportunity to interact with other people ... and help them work in an environment that suits them," Pentikis said. "It doesn't benefit an agency to have an employee who is uncom-



Christina Graber

Ergonomist John Pentikis, U.S. Army Public Health Command, conducts an office assessment for a USAPHC Soldier. Personnel in the ergonomics program frequently perform studies on places federal employees work to minimize the risk of worker injuries.

fortable and at risk of injury."

Rosser agreed.

"Mr. Alberth has spent the majority of his career assessing and mitigating the health risks of radiation to secure the safety of our military personnel in both deployed and garrison locations," said Rosser. "The steps we took to ensure he could perform his job easier were just a token of our gratitude for his service. It is our duty to ensure that all employees have reasonable accommodations."

For more information, visit phc.amedd.army.mil/topics/workplace-health/ergo/Pages/default.aspx.

GET OUT!

area events

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

April 19

Asparagus Festival – Farmers near Darmstadt host an annual asparagus festival through May 19. Select and sample local Asparagus fresh from the field and served in a variety of palate-pleasing ways. Steinbrücker Hof, 64331 Wieterstadt.

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.

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.

Heidelberg 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, Neckarstadt 24. 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-tutanchamun-must-see-exhibition.html.

April 20

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 2,000 years of pharmacy history. The museum is open 9:30 a.m.-6 p.m. daily. Civ. 06221-25880.

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.

April 21

Stuttgart Spring Fest – Enjoy one of Europe's biggest springtime parties during Stuttgart's annual Spring Fest at the Cannstatter Wasen fair grounds. The event

features rides, side-shows, beer tents and plenty of food and drink stands to satisfy every taste. Fest is open noon -11 p.m. Monday through Thursday, noon - midnight Friday, 11 a.m.-midnight Saturday and 11 a.m.-11 p.m. Sunday through May 13.

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 Mannheim will also be open to the public for a light and sound show and photo exhibit detailing the contributions of former Soldiers. Tickets information at <http://langenacht.meier-online.de> (German language only).

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.

April 23

Keith Sweat Concert – Rhythm and Blues singer Keith Sweat will perform at Keller Club in Stuttgart 8 p.m. May 16. Tickets are on sale now. Rotebühlplatz 4, 70173 Stuttgart. www.songkick.com.

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.

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 24

Marvin Gaye Tour – Experience the Marvin Gaye Midnight Love "walkumentary" tour. Visitors can purchase a special phone or iPod app to learn more about the late Rhythm and Blues legend and details on

his time in Ostend, Belgium. Walking tour features footage of Gaye and interviews with those he knew. www.marvingaye.be (English available).

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.

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>.

Floriade 2012 – The World Horticultural Expo is in Venlo, The Netherlands, through Oct. 7. Visitors experience a variety of gardens of the world, flower shows, jungle greenhouse, rare trees, variety of foods, or experience life as a bee. www.floriade.com.

April 28

Maimarkt – The Maimarkt, or May Fair, in Mannheim is one of Germany's largest and oldest attractions. More than 1,400 vendors fill the fairground near Mannheim's SAP Arena offering a variety of unique goods. Fairgoers 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 (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.

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, Theatinerstrasse 8. hypo-kunsthalle.de.

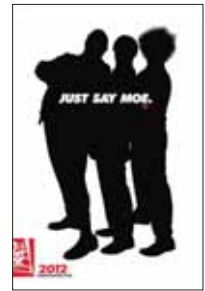
Tom Petty Concert – After 20 years, rock band Tom Petty and the Heartbreakers returns to Europe. Concert at 8 p.m. June 30, at the SAP Arena in Mannheim. Civ. 0621-101011. www.bb-promotion.com.

coming to THEATERS

THE THREE STOOGES

(Will Sasso, Sean Hayes, Chris Diamantopoulos) Left on a doorstep of an orphanage run by nuns, newborns Larry, Curly and Moe waste no time finger-poking, nyuk-nyuking and woo-woo-wooing their way into trouble. Years later, and with the orphanage forced to close its doors, the three grown Stooges embark on a mission to save their former home.

(Rated PG for slapstick action violence, some rude and suggestive humor including language.) 90 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

April 19 - THE GREY (R) 7 p.m.

April 20 - THE THREE STOOGES (PG) 7 p.m.; SAFE HOUSE (R) 10 p.m.

April 21 - THE THREE STOOGES (PG) 4 p.m.;

JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 7 p.m.; SAFE HOUSE (R) 10 p.m.

April 22 - THE THREE STOOGES (PG) 4 p.m.; SAFE HOUSE (R) 7 p.m.

April 23 - SAFE HOUSE (R) 7 p.m.

April 24 - THE THREE STOOGES (PG) 7 p.m.

April 25 - THE THREE STOOGES (PG) 7 p.m.

April 26 - SAFE HOUSE (R) 7 p.m.

Vogelweh, Galaxy

April 20 - AMERICAN REUNION (R) 7 p.m.

April 21 - CHRONICLE (PG-13) 4 p.m.;

THE GREY (R) 7 p.m.

April 22 - ONE FOR THE MONEY (PG-13) 4 p.m.

Ramstein, Gateway Movieplex

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.

April 20 - THE THREE STOOGES (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.;

JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 11:15 a.m., 1:45 p.m., 4:30 p.m., 8 p.m.;

SAFE HOUSE (R) 11 a.m., 3 p.m., 6 p.m., 9 p.m.

April 21 - THE THREE STOOGES (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.;

JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 11:15 a.m., 1:45 p.m., 4:30 p.m., 8 p.m.;

SAFE HOUSE (R) 11 a.m., 3 p.m., 6 p.m., 9 p.m.

April 22 - THE THREE STOOGES (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;

JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 11:15 a.m., 1:45 p.m., 4:30 p.m., 8 p.m.;

SAFE HOUSE (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.

April 23 - THE THREE STOOGES (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;

JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 11:15 a.m., 1:45 p.m., 4:30 p.m., 8 p.m.;

SAFE HOUSE (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.

April 24 - THE THREE STOOGES (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;

JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 11:15 a.m., 1:45 p.m., 4:30 p.m., 8 p.m.;

SAFE HOUSE (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.

April 25 - THE THREE STOOGES (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;

JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 11:15 a.m., 1:45 p.m., 4:30 p.m., 8 p.m.;

SAFE HOUSE (R) 11 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.

April 26 - THE THREE STOOGES (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;

JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 11:15 a.m., 1:45 p.m., 4:30 p.m., 8 p.m.;

SAFE HOUSE (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238

Galaxy Theater, Vogelweh, 0631-50017

Gateway Cineplex, Ramstein, 06371-47-5550

Visit www.aafes.com for updated listings and more movie descriptions

Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

April 19-22 - BATTLESHIP (PG-13) 5 p.m. at CinemaxX

April 19-21 - MY WEEK WITH MARIOLYN (PG-13) 5 p.m., 8 p.m. at CinemaxX

April 21, 22 - THE HUNGER GAMES (PG-13) 2:15 p.m. at CinemaxX

community HIGHLIGHTS

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. American Forces Network will stream the awards online and on the Pentagon channel 7 p.m. May 5 and 12. DSN 373-5020, civ. 06221-17-5020, www.roadside-theater.com.

Garrison Spring Cleanup

U.S. Army Garrison Baden-Württemberg will host its annual Spring Cleanup at Patton Barracks and Mark Twain Village East and West in Heidelberg April 23; Campbell Barracks and Nachrichten Kaserne in Heidelberg April 24; Benjamin Franklin Village and Sullivan, Spinelli and Funari Barracks in Mannheim April 25; the Shopping Center in Heidelberg and Coleman Barracks in Mannheim April 26 and the Village Pavilion on Patrick Henry Village in Heidelberg, Tompkins Barracks in Schwetzingen and Gernersheim Army Depot April 27. Cleanup efforts outside include trimming grass, removing weeds and sweeping common areas. Service or work orders can be submitted to the Directorate of Public Works through their web page accessible at the garrison website, www.bw.eur.army.mil.

Vehicle Registration

Vehicle Registration in Bldg. 1563 on Spinelli Barracks in Mannheim will be closed April 30 for staff to conduct a U.S. Army Europe Office of the Provost Marshal-mandated inventory. Vehicle Registration is open 7:30 a.m.-5:30 p.m. Monday-Friday and is closed American holidays and at noon the last working day of each month. DSN 384-6100, civ. 0621-730-6100. The inspection station in Bldg. 1563 will be open 7:45 a.m.-3:45 p.m. with last customer seen 3:30 p.m. DSN 384-6120, civ. 0621-730-6120.

Overseas Housing Survey

Service members assigned to Germany and residing in privately-leased quarters who have drawn Overseas Housing Allowance for at least six months are encouraged to take the annual OHA Utility and Recurring Maintenance Allowance survey by April 30 at <https://www.defensetravel.dod.mil/site/aprutil.cfm>. Spouses of deployed service members are eligible to take the survey, which can influence the housing allowance rate. DSN 370-3888, civ. 06221-57-3888.

Asian Pacific American Heritage

Volunteers are needed to sing, dance and prepare food 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 Exchange. DSN 373-7955, civ. 06221-17-7955.

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.atrrs.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. This does not apply to local national and contractor employees. Civ. 06221-57-7226.

KAISERSLAUTERN Community

♦ **EDGE! T-shirts** – Youth ages 6-12 and enrolled in Child, Youth and School Services can make their own T-shirts April 25. Registration required by April 20. DSN 493-4516, civ. 0631-3406-4516.
♦ **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 26 at Landstuhl Youth Center, Bldg. 3819. Registration required by April 20. 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 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@googlegmail.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.mwgermany.com.
♦ **Family Fun Days** – Spend a quality family afternoon playing darts, virtual bowling, shooting pool and playing board or video games 3-6 p.m. April 29 at Armstrong's Club,

Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986.

♦ **Children's 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

♦ **ACS Classes** – 7 Habits of Highly Effective Army Families, 9 a.m.-4 p.m. April 19-20, Village Pavilion Community Center Presidential Room; Command Team and First Responder SHARP Workshop, 1-5 p.m. April 20, Village Pavilion Community Center Presidential Room; Sexual Assault Response Coordinator/Victim Advocate/Sexual Harassment/Assault Response and Prevention Forum, 9 a.m.-noon April 20, Village Pavilion Community Center Presidential Room; Army Family Team Building Level 3, 9 a.m.-2 p.m. April 23-25; Applying for a Federal Job (USA-JOBS)/Civilian Resume Writing, 9-11 a.m. April 24-25, Information Center, Village Pavilion Community Center; Volunteer Management Information System Training, 10-11 a.m. April 25; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted otherwise. DSN 370-6975, civ. 06221-57-6975.

Community

♦ **Cell Phones For Soldiers** – Non-profit organization Cell Phones for Soldiers hopes to collect more than 50,000 old phones this year that will be used to purchase calling cards for troops serving overseas to keep in contact with their families. Donate during April at 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. www.cellphonesforsoldiers.com.
♦ **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.
♦ **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.

♦ **Trivia Challenge** – Test your knowledge at Trivia Challenge 7-9 p.m. every Thursday at Legends on Patrick Henry Village for the chance to win weekly prizes. Bring a team or join one. DSN 388-9570, civ. 06221-338-9570.
♦ **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 which allegedly inferred consent.
♦ **Right Arm Night** – Supervisors can grab his or her Right Arm after the long week work and enjoy free appetizers 5-7 p.m. April 20 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.
♦ **Line Dance Instruction** – Learn how to line dance 7-9 p.m. and stay for a karaoke and dance party 9 p.m.-close April 20 and Fridays at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.
♦ **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 2-10 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.
♦ **Story Time** – The Patrick Henry Village Library hosts story time for parents and their preschoolers 11 a.m. April 25 and every Wednesday. Children under 3 can enjoy a story 11 a.m. April 26 and every Thursday. DSN 370-1740, civ. 06221-57-1740.
♦ **Bike To Work** – Celebrate Earth Week with Bike to Work Day 7 a.m. April 26, leaving from the Burger King parking lot on Patrick Henry Village. One group goes to Campbell Barracks and Nachrichten Kaserne, and one group will go to Patton Barracks. DSN 388-9101, civ. 06221-338-9101.
♦ **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: Civ. 0171-496-3564.

♦ **School Transition Workshop** – Parent to Parent will host a workshop to teach parents how to help their children experience smooth school transitions 8:30 a.m. April 27 at Patrick Henry Elementary School. DSN 388-9054, civ. 6221-762-454.
♦ **Dachau Concentration Camp** – Army Outdoor Recreation visits Dachau Concentration Camp April 28. DSN 388-9282, civ. 06221-338-9282, www.mwgermany.com.
♦ **EFMP Fun Day, MOMC Picnic** – Child, Youth and School Services celebrates military children at a family picnic event 10 a.m.-2 p.m. April 28 at the park on Patrick Henry Village. DSN 388-9240, civ. 06221-338-9240. The Exceptional Family Member Program Family Fun Day will take place during the MOMC family picnic, with games, entertainment, snacks and refreshments specifically for families registered in the EFMP. DSN 370-6975, civ. 06221-57-6975, www.mwgermany.com.
♦ **Country Shindig Dance Party** – Boot scoot and boogie to Legends on Patrick Henry Village for the Country Shindig Dance Party 9 p.m. April 28 featuring with country video disc jockey Cadillac Country and free appetizers. DSN 388-9570, civ. 06221-338-9570.
♦ **Am Schlierbachhang** – Am Schlierbachhang road will remain closed until July. Residents, pedestrians and cyclists can 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 Barracks. www.cellphonesforsoldiers.com. www.mwgermany.com.
♦ **TGIF Buffet** – Enjoy food 6:30 p.m. and stay for variety music 9 p.m.-2 a.m. April 20 and every Friday at the Top Hat Club on Benjamin Franklin Village. DSN 380-9370, civ. 0621-730-9370.
♦ **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. May 2 and first and third Wednesdays in the Army Community Service Satellite Office, Bldg. 246, on Sullivan Barracks. DSN 385-2688, civ. 0621-730-2688.
♦ **Board Game Night** – Play board games 4:30-10 p.m. Mondays at the Warrior Zone on Coleman Barracks. DSN 382-4410, civ. 0621-779-4410.



IMCOM

Instructors lead a U.S. Army Strong B.A.N.D.S. event promoting the worldwide effort to inspire physical activity and better health at Army garrisons during National Physical Fitness and Sports Month which takes place in May.

Strong BANDS campaign promotes fitness, resiliency during sports month

By Robert Dozier
IMCOM PUBLIC AFFAIRS

SAN ANTONIO – The U.S. Army will again use the Strong B.A.N.D.S. campaign to promote Soldier and family fitness and community well-being by showcasing garrison physical activities during National Physical Fitness and Sports Month in May.

Strong B.A.N.D.S. promotes healthy physical activity by Soldiers, families and civilians at organized events across the Army.

“It’s all about enhancing community resiliency,” said Darrell Manuel, Army sports director and program manager for Strong B.A.N.D.S.. “What started last year as a sports and fitness event now has been expanded to include Child, Youth and School Services, Outdoor Recreation, Adaptive and Inclusive Recreation, Libraries and Warrior Transition units participating.”

B.A.N.D.S. stands for Balance, Activity, Nutrition, Determination and Strength – all key components of overall well-being. A program of the U.S. Army Installation Management Command, Family and Morale, Welfare and Recreation directorate, the campaign is designed to energize and inspire community members to live a healthy lifestyle.

“With the success of the campaign last year, garrisons are excited and energized about being a part of this year’s event,” said Manuel. “We have the opportunity like never before for the garrisons to showcase all the great

programs and facilities available to Soldiers and families.”

Fifty-nine garrisons participated last year and together conducted 200 classes, competitions and running events. The promotion involved 25,000 participants worldwide.

“Fort Polk is thrilled to participate in the Strong B.A.N.D.S. program again this year,” said Victoria Clark, recreation specialist at Fort Polk, La. “If there is a way to motivate people to get more active, either by pursuing a personal goal or competing against others, then we are excited to showcase our facility to help Fort Polk’s community reach their fitness goals and commit to fitness.”

The garrisons will give black and gold wristbands to participants of their activities during the promotion. The black represents determination and the gold, achievement.

“In today’s busy and demanding world, it is more important than ever to provide our Soldiers and families an opportunity and outlet for recreational choices that will contribute to a healthy lifestyle,” said Megan O’Donoghue, director of Family and MWR marketing, Fort Leonard Wood, Mo. “The Strong B.A.N.D.S. program helps us to highlight the variety of recreation and fitness avenues available to our Soldiers and families through Family and MWR programs and facilities.”

Soldier athletes from the Army’s World Class Athlete Program will be featured as campaign ambassadors representing the best

Local Strong B.A.N.D.S. Events

May 12

- 9 a.m. Dog/Human 5K Fun Run at PHV Commissary in Heidelberg
- 11 a.m.-2 p.m. DeCA Fitness Circuit Challenge at PHV Commissary

May 18 - Warrior Transition Battalion Europe Adaptive Sports Challenge at Patton Barracks Gym in Heidelberg

- 8:30-10:30 a.m. Seated volleyball and wheelchair relay
- 10:30 a.m.-12:30 p.m. wheelchair basketball and adaptive fitness challenge
- 12:30-2 p.m. Awards ceremony followed by lunch

in physical fitness and sports in the Army.

Family and MWR customers, regardless of whether or not their garrison is participating, have a chance to participate through the Strong B.A.N.D.S. webpage at www.ArmyMWR.com/strongbands by leaving comments, uploading photos and winning prizes. The page will also list health and fitness events scheduled at each garrison.

“Fitness is a state of mind,” said Manuel. “If you think healthy, participate in healthy activities, you’re on the right track to stay healthy. We care for the Soldiers and families who have endured so much for so long. The Strong B.A.N.D.S. campaign promotes physical fitness, well-being and, more importantly, a resilient lifestyle.”

staying ACTIVE

Bundesliga Ice Hockey

The final home game of the German Ice Hockey championship takes place at 4:30 p.m. April 22 at the SAP Arena in Mannheim. Tickets: <https://tickets.saparena.de>.

Bundesliga Soccer

Bundesliga Soccer team 1899 Hoffenheim plays Bayer Leverkusen 3:30 p.m. 21 April 21 and FC Nürnberg 3:30 p.m. April 28 at the Rhein-Neckar-Stadium in Sinsheim. www.achtzehn99.de/tickets-online-kaufen.

Tennis Lessons, Tournament in Heidelberg

The Heidelberg Tennis Center is offering private, semi-private and group indoor tennis sessions. A spring open tournament will be held April 28-29. DSN: 388-9037; CIV: 06221-338-9037, 0176-2456-8225, www.mwrgermany.com.

Coleman Bowling Center

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

Table Tennis Competition

A rules meeting will be held 8:30 a.m. for the table tennis competition at 10 a.m. April 28 at the Landstuhl Fitness Center, Bldg. 3720. DSN 486-2088, civ. 0631-3406-2088.

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. For information, e-mail info@germanbasketballcamp.com or see http://espn.go.com/blog/truehoop/post/_id/6528/a-basketball-camp-in-switzerland. Civ. 0767-572-141.

Kaiserslautern Softball, Slow Pitch

Units wanting to enter a softball team must sign up by May 16. Coaches meeting will be 6 p.m. May 16 at Rhine Ordnance Fitness Center, Bldg. 172. Those looking to play slow pitch softball with the local players should register by May 25. DSN 493-2086, civ. 0631-3406-2086.

Body Building and Figure Invitational

Fit men and women may compete May 19 at Body Building and Figure Invitational. Exhibition is 11 a.m. and evening show begins at 6 p.m. Enter the competition or buy tickets at the Kaiserslautern High School Auditorium, Bldg. 2001, on Vogelweh. DSN 493-2088, civ. 0631-3406-2088.

Wednesday Night Scramble

The Heidelberg Golf Club holds Wednesday Night Scrambles through Aug. 15. Sign up 4-5:30 p.m. on day of play for 6 p.m. start. Open to eligible users with verifiable handicap. The Heidelberg Golf Club is in Oftersheim, an der Bundestrasse 291. DSN 370-5946, civ. 06202-53-767.

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 is required. DSN 388-9418, civ. 06221-338-9418, www.mwrgermany.com.