

HeraldPOST

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

HP THURSDAY
March 15, 2012

Speed Read

MAILING RESTRICTIONS

Service members in Germany order items by mail or get them from friends in the states, but German law prohibits receiving certain items in Army mailboxes. **2**

TRAUMATIC BRAIN INJURY

The Defense and Veterans Brain Injury Center reports 29,255 service members were diagnosed with a TBI in 2009 and 30,380 were diagnosed in 2010. **3**

LEADERSHIP AWARD

A U.S. Army Europe Soldier will receive the Gen. Douglas MacArthur Leadership Award in Washington, D.C., March 23. **6**



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Some medical care can now be accomplished by email with a new secure messaging system. **9**

POISON PREVENTION

National Poison Prevention Week March 18-24 offers tips on how to prevent childhood poisoning. **10**

Defense Details

ENERGY SAVINGS PLAN

The Defense Department released an implementation plan for cutting energy consumption in military operations. Officials released a strategy in June outlining the need for energy conservation in military operations. In the plan released Friday, Defense Secretary Leon E. Panetta reiterates that the department must do its part to reduce U.S. fuel consumption to save money, to be less reliant on foreign oil and to improve security for U.S. forces who transport fuel into battle spaces. The implementation plan outlines a three-part strategy of reducing the demand for energy, securing diverse options beyond fossil fuels, and building energy security considerations into all military planning.

www.defense.gov

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Soldiers gain insight from top noncommissioned officer in Army

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

As Spc. Andrew Boyce scrambled to set up a communication tower, the Army's senior enlisted leader, Sgt. Maj. of the Army Raymond F. Chandler III, was watching.

Afterward, Chandler spoke candidly to Soldiers in Boyce's unit, Battery D, 5th Battalion, 5th Air Defense Artillery, about proposed changes to Army reenlistment and physical fitness standards. Chandler also stressed Soldiers' need to focus on character, commitment and competence and noncommissioned officers' responsibilities to enforce Army standards.

"He explained a lot of stuff that I've



Enforcing Army Standards

Staff Sgt. Michael J. Taylor

Sgt. Maj. of the Army Raymond F. Chandler III addresses Kaiserslautern Military Community members during a town hall meeting on the Vogelweh Military Complex March 8. Chandler also addressed senior enlisted personnel in Heidelberg and Kaiserslautern about his perspective on today's Army. Chandler's wife Jeanne also toured the area. See related story on page 9.

been reading about, but in more depth," Boyce said. "It puts more perspective on what I have to do as a Soldier to reach the NCO ranks."

U.S. Army Garrison Kaiserslautern was the final stop for Chandler and his wife, Jeanne, who arrived in Germany see **CHANDLER** page 9



Capt. Amanda Kehrrington

Capt. Andrew Arrington, 95th Military Police Battalion chaplain, delivers the benediction during a memorial ceremony for Sgt. 1st Class Gerald Benton, 28, of Riverdale, Ga., at the chapel on Daenner Kaserne in Kaiserslautern March 1.

Military Police say goodbye to fallen hero

By Staff Sgt. Tramel S. Garrett
18TH MP BRIGADE PUBLIC AFFAIRS

Soldiers, family members and civilians of the 18th Military Police Brigade said their final goodbyes to Sgt. 1st Class Gerald Benton, 28, of Riverdale, Ga., during a memorial ceremony at Daenner Kaserne chapel in Kaiserslautern March 1.

"He was a father, husband, noncommissioned officer in charge and Soldier," said Maj. Robert Matthews, 95th MP Battalion executive officer. "It is not a time of mourning as it is a time of remembering, remembering his commitment to the unit, his love of soldiering and his dedication to the men and women he proudly see **HERO** page 9

Disability evaluation information now available online for medically separated, retired Soldiers

INCOM Europe Public Affairs

Helpful data, phone numbers and first-line information on how the Integrated Disability Evaluation System works for U.S. Army in Europe Soldiers, family members and commanders is now available at the USA-

REUR IDES website, www.eur.army.mil/IDES.

Europe and Asia were part of the final implementation phase of an improved disability evaluation process for Soldiers which began in October 2011.

The new system eliminates both the requirement

for veterans to navigate the Department of Veterans Affairs disability evaluation process on their own and the delay between the end of a Soldiers' service and the beginning of their VA benefits.

The IDES partners the disability rating systems of the Department of Defense and

the VA to produce a disability rating system used by both departments.

The IDES also features a single set of medical examinations and a single set of disability ratings, resulting in benefits that begin as soon as Soldiers separate from military service.

CUSTOMS ADVICE

Counterfeits, medicines, foodstuffs unwelcome imports at American postal facilities in Germany

By Robert Szostek
USAREUR OPM PUBLIC AFFAIRS

Many U.S. service members stationed in Germany receive products by mail-order or from friends and family members living in the United States or other countries. However, some items may not be mailed to your Army Post Office address according to German law.

U.S. and German customs often conduct random checks of APO mail for unauthorized items. Recent seizures in the Kaiserslautern, Ramstein and Stuttgart areas show that some people are violating these laws.

"Using the APO to import any item for resale, a business or volunteer organization is banned," said Bill Johnson, Director of the U.S. Army Europe Customs Executive Agency.

Johnson explained that if you want to import items for these purposes, you are required to have them delivered to your German home address, and you must pay any import duty and tax due.

If you don't pay the fees, you are violating the law and U.S. military regulations by evading taxes.

Counterfeits of trademarked items are also banned from the mail.

"Trademark violations are the illegal use of signs, names, logos

and business names that brand manufacturers use to distinguish their products," Johnson explained.

Many producers of DVDs and CDs or designer goods such as purses, shoes or clothing have registered their trademarks with customs officials, who inspect the mail for fake products.

Johnson added that people should not buy medications, diet pills or nutritional supplements by mail order because the importation of those items through the APO is also forbidden.

Even items like vitamins or ginseng in highly measured doses may be subject to restrictions.

Food products are also problematic due to animal and plant health regulations.

"Meat or meat products like beef jerky, game or ham are banned from the mail, as are canned meats, soup mixes or pasta containing meat," Johnson said.

Caviar from sturgeon is forbidden due to the endangering of all species of sturgeon. There are further restrictions on potatoes, milk products and eggs.

Firearms and ammunition are also restricted items that should only be mailed to Germany if you have the required German permits.

Johnson said some types of

paintball guns and air soft rifles that are available stateside are more powerful than German law allows and recommends you consult customs before having these kinds of weapons sent to your Army Post Office address.

Endangered species products are another area of concern.

People buying these products add to the risk of animals and plants becoming extinct and customs officials can fine you and confiscate the goods.

Reptile skins are often used in watchbands, handbags, belts, wallets and shoes. Most crocodile, lizard, snake and all sea turtle products are prohibited, too.

Customs will also stop ivory and whale teeth decorations known as scrimshaw and netsuke as well as many plants such as cacti and orchids. "You should also remember that coffee, tobacco products and alcoholic beverages are rationed in Germany and may not be mailed via the APO," Johnson said.

It is legal to have things like coffee, liqueurs or cigars sent to your German home address via the German mail system or a commercial parcel service. However, you may have to pay tax and import duty, which can sometimes be quite expensive.

Military customs offices can provide further guidance on

What Cannot Be Mailed to American Postal Facilities

- ◆ Items for resale, businesses or volunteer organizations
- ◆ Knock-offs - counterfeits of trademarked items
- ◆ Medications, diet pills, supplements
- ◆ Food products – Milk products, meat products, potatoes, eggs
- ◆ Firearms and ammunition
- ◆ Endangered species products including caviar from sturgeon
- ◆ Reptile skins including crocodile, lizard, snake and sea turtle products
- ◆ Plants, including cacti and orchids
- ◆ Ivory and whale teeth
- ◆ Tobacco products**
- ◆ Alcoholic beverages**
- ◆ Coffee**

**It is legal to have things like coffee, liqueurs or cigars sent to your German home address via the German mail system or a commercial parcel service. However, you may have to pay tax and import duty, which can sometimes be expensive.

prohibited items.

Additional information is available in English on the German customs website at www1.zoll.de/english_version/b0_prohibitions_and_restrictions/index.html.



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<http://myBWnow.ning.com>

DISCUSSION BOARD

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

Question: Which do you like better: German Coke or American Coke? Do you think they taste different?

BWnow received 27 comments to this question and the clear favorite is German Coke with 11 choosing it versus five votes for American Coke.

—BWnow Facebook Administrator

"German for sure. I got a 12 pack recently and didn't check it first. Turned out to be American/high fructose corn syrup. You can definitely taste the difference."

—Amanda Papenfuss Eatherly, BWnow Facebook fan

"Anybody know if the movie theater will be doing pre-sales for The Hunger Games? ... I know they had pre-sales for whatever one came out in November,

but I don't think The Hunger Games is gonna attract as much attention as Twilight. I just want to make sure I get a seat for it. Can't wait."

—Erinn Keala Forester, BWnow Facebook fan

"Erin, you can contact the PHV theater in Heidelberg at civ. 06221-27-238."

—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.

Reserve Soldiers receive life saving training



By Spc. Glenn M. Anderson
7TH CSC PUBLIC AFFAIRS

Soldiers of the 7th Warrior Training Brigade, 7th Civil Support Command, practice a two-man carry position during a 40-hour Combat Lifesaver Course Feb. 10-12 in Grafenwöhr. During the three-day class, students learn how to place a tourniquet on an amputee, stop the bleeding from a severe wound, place a nasopharyngeal airway tube in a patient who has ceased breathing and evacuate a patient from a battle zone.

GRAFENWÖHR – According to the Army Medical School’s Combat Lifesaver course, around 90 percent of combat deaths occur on the battlefield before the casualties can reach a medical treatment facility.

The 196th Medical Support Unit, part of the 7th Civil Support Command, Europe’s only Army Reserve Command and headquartered in Kaiserslautern, did their part by hosting a 40-hour Combat Life Saver course here Feb. 10 - 12.

“I have taught over 30 of these classes,” said Sgt. 1st Class Toney C. Fowler, a combat medic with the 196th MSU.

“No matter how many classes I teach, I still get excited watching students take the knowledge of responding and caring for wounded service members on the battlefield,” he said.

During the three-day class, students learned how to apply a tourniquet, stop bleeding from a severe wound, place a nasopharyngeal airway tube in a patient who has ceased breathing

and evacuate a patient from a battle zone.

“I rejoined the Army Reserve to so I could help further the medical knowledge of service members throughout this command,” said Spc. Rashaun Smith, a combat medic with the 196th MSU.

“I love what I do and enjoy helping people,” Smith said.

Although this class does not classify a Soldier as a medical specialist, it does increase the chance of a military or civilian casualty being helped after being severely wounded.

“This CLS class was very informative,” said Spc. Phillip Goodman, a supply clerk with 7th Warrior Training Brigade.

“We do a lot of training in the military, but I think this could be one of the more important classes that I have taken.”

All the students passed the course and can now take their newly-learned lifesaving techniques back to their respective units and real world environment, whether on the battlefield or during everyday life.

Recognize traumatic brain injury symptoms

Active duty at increased risk

By Keith Hauret
U.S. ARMY PUBLIC HEALTH COMMAND

Awareness of traumatic brain injury in the United States has greatly increased over the past few years. It is an important injury that can have long-lasting effects. Active duty service members are at increased risk for a TBI compared to their civilian peers.

According to the Defense and Veterans Brain Injury Center, 29,255 service members were diagnosed with a TBI in 2009 and 30,380 were diagnosed in 2010. (These numbers were obtained from the Defense and Veterans Brain Injury Center, TBI and The Military, <http://www.dvbic.org/TBI---The-Military.aspx>, Feb. 23, 2012.)

TBIs also occur among family members and retirees of all ages. More than 1.7 million Americans are treated each year for a TBI, according to the Centers for Disease Control and Prevention. This includes 1.4 million persons who are treated in emergency rooms, 275,000 who are hospitalized, and 52,000 who die from the injury.

The CDC estimates the yearly cost for TBIs to be \$76 billion. This includes costs for medical treatment and rehabilitation, lost wages, decreased productivity at work, and impact on

family members.

Each year, many Americans sustain a TBI and are not treated in emergency rooms, making it difficult to know how many TBIs actually occur. Many individuals with TBIs are treated in outpatient clinics, but many never seek any medical attention.

The American College of Sports Medicine estimated in a December 2011 team physician consensus statement that there are 3.8 million mild TBIs (concussions) each year just from participation in sports and recreational activities. TBIs are caused when external forces are applied to the head and brain. These forces can result from a blow or jolt to the head, an object penetrating the head/brain, “whiplash” (as in a car crash), or pressure caused by a blast or explosion.

TBIs range from mild (a brief change in mental status or consciousness) to severe (an extended period of unconsciousness or amnesia after the injury). With the deployments in Iraq and Afghanistan, the leading causes of TBI for the U.S. civilian population are different compared to the leading causes for military service members.

For the civilian population, falls (35 percent), motor vehicle crashes (17 percent) and striking the head by or against an object (17 percent) are the leading causes of TBI, according to the CDC. By comparison, a report by the U.S. Army Public Health Command says 69 percent of the TBIs that re-

quired deployed Soldiers to be hospitalized in Iraq and Afghanistan in the years 2004–2009 were from battle-related causes such as bullets, fragments and blasts.

Leading non-battle causes of TBIs included motor vehicle crashes (12 percent), falls (six percent) and sports (two percent). Service members and their families should be aware of TBI and its symptoms. Sometimes, symptoms will not be noticed for days, weeks or even months after the injury occurred. This is especially true with mild TBI. TBI symptoms can also be hard to distinguish from other common health problems such as post-traumatic stress disorder or depression.

Symptoms can include:

- Loss of consciousness
- Headaches
- Dizziness
- Excessive fatigue
- Trouble concentrating
- Forgetting things
- Irritability
- Balance problems
- Vision changes
- Sleep disturbance

For information on TBI, visit:

- U.S. Centers for Disease Control and Prevention, www.cdc.gov/Concussion
- Defense and Veterans Brain Injury Center – www.dvbic.org/TBI---The-Military/TBI-Facts.aspx
- University of Washington Traumatic Brain Injury Model System – TBI

Protect Against Brain Injuries

- ♦ Wear a helmet or other appropriate head gear.
- ♦ Wear safety belts when traveling in vehicles.
- ♦ Check for obstacles and loose debris when climbing or rappelling.
- ♦ Maintain a clean and orderly work area, free of foreign objects or debris.
- ♦ Use care when walking on wet, oily or sandy surfaces.
- ♦ Employ the buddy system when climbing ladders and working at heights.

What's Next

- ♦ Know the signs and symptoms of TBI.
- ♦ Seek medical care for any suspected concussion or TBI.
- ♦ Keep the Defense and Veterans Brain Injury Center phone number (U.S. civ. 1-800-870-9244) nearby. DVVIC can answer questions about TBI or can direct Soldiers to medical providers.

SOURCE: U.S. Centers for Disease Control and Prevention

- Patient Education Brochures – <http://depts.washington.edu/uwbtbi/Education/patiented.htm>
- Brainline – www.brainline.org/index.html
- Deployment Health Clinical Center, <http://www.pdhealth.mil/TBI.asp>

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.

NEW – What is the plan for Soldiers who are due to leave in less than 12 months and are being forced to move from Benjamin Franklin Village in Mannheim?

The specifics of each case will vary depending on that specific Soldier. Soldiers should first contact their unit to decide what option makes the most sense for them and their families. They can also contact their military personnel division to learn what administrative options may be available to them, such as shortening or extending their tour.

NEW – What will happen to the Exchange stores in the Mannheim and Heidelberg communities?

The Mannheim Exchange will close shortly before the closure of Benjamin Franklin Village later this year. Currently, the Mannheim Exchange is scheduled to close in August 2012. In Heidelberg the proposed date is August 31, 2014. This date could change depending on future projections.

NEW – When will the commissary in Mannheim close?

The Commissary in Mannheim is slated to close in August of 2012. Currently, the official closure date for the Heidelberg Commissary has not been announced.

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

There are sufficient quarters to move everybody 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.

How will the relocation affect the five-year rotation if the employees are willing to move to Wiesbaden? Will they be required to enroll in PPP, utilize their return rights, or will they be allowed to extend? If they're allowed to extend, how long will they be allowed to extend?

Individuals who have reached the end of their five-year terms normally enter the Priority Placement Program or exercise their return rights, if any, unless for some reason an extension is granted to the five-year period. Extensions are a management decision. The length of an extension is also normally a management decision. In relation to transformation, management will look at individual situations closely to determine the best course of action. Individuals should talk to their supervisors to ensure they understand each individual case.

Any word on when Coleman Barracks (specifically the correctional facility) will be closing?

Right now we don't have a confirmed closure date for the correctional facility, but Coleman is scheduled to close in 2014.

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 from PHV 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 your school for further guidance.

If our children are enrolled in the Exceptional Family Member Program in Heidelberg, will we need to redo their paperwork when we move to our next community?

Yes, each time you PCS to a new community, you will need to complete an eligibility screening and submit the appropriate paperwork.

When will a decision be made about employees who are not receiving Living Quarters Allowance during a Management Directed Reassignment?

Officials from the Heidelberg Civilian Personnel Advisory Center advise

that the decision to provide LQA to employees relocating under a management directed reassignment (that are not currently receiving it) would be up to that particular organization. Employees may submit documentation through their supervisors to request LQA and their receiving organization would be responsible for either approving or disapproving the individual request, which is then sent to civilian personnel for final approval.

Facilities Operations Changes Mannheim

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, damiens.r.hunt@eur.army.mil, or Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, robert.n.isbell2.civ@mail.mil.

UPDATED – Chapel Closure – The Benjamin Franklin Village chapel will now close in May. The last Catholic service will be 5 p.m. March 31. The last Protestant 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.

Commissary – The commissary is closed Mondays and Tuesdays and open 8:30 a.m.-7 p.m. Wednesday-Sunday. DSN 385-3940, civ. 0621-728-3611.

Community Bank – The Community Bank (Sullivan branch) is now closed on Mondays. It will be 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 will be closed Mondays starting March 19 to coincide with the operating hours of the Exchange, also closed Mondays. There will be no access to BFV South (PX gate) on Mondays.

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 continues Monday-Friday including German holidays but not U.S. holidays. DSN 373-8350, civ. 062201708350.

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 American and German holidays. DSN 380-4435, civ. 0621-730-4633.

Sullivan Gym Hours – The Sullivan Fitness Center has new hours: 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.

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/Directorates/DOL/TMP.html.

Vehicle Inspection – Spinelli Barracks is the single-service location for vehicle inspections. Vehicle registration manager DSN 384-6100, civ. 0621-730-6100; support DSN 384-6911, civ. 0621-17-6911; vehicle inspection: DSN 384-6120, civ. 0621-730-6120. GPS: 68259 Mannheim-Feudenheim.

Vehicle Registration – The vehicle registration office on Spinelli Barracks in Mannheim is in Bldg. 1563. Customers should first call or visit the official home page for the U.S. Army Europe Registry of Motor Vehicles to ensure they have the proper paperwork and fee amount for their transaction, and bring checks or money orders to pay fees. The Spinelli office is open 7:30 a.m.-5 p.m. Monday through Friday (including training holidays) and closed American holidays. DSN 384-6909/6100, civ. 0621-730-6909, www.hqusaareu.army.mil/rmv.

WIC Office – The Womens, Infants and Children Overseas office will operate with reduced office hours beginning March 16 due to transformation and reduced base population. The office will be open 7:30 a.m.-4 p.m. Tuesdays, Wednesdays and 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.

Heidelberg

UPDATED – Airport Shuttle Buses – The free shuttle bus service for service members, DOD civilians and their families departing Germany from Ramstein Air Base on the recently announced 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.badenwurttemberg.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 on weekends and federal holidays.

Postal Finance and Official Mail Service – The Postal Finance and Official Mail service at postal service center 432 on Tompkins Barracks has been discontinued. Services are now located at the Heidelberg Shopping Center APO, Bldg. 3850, and the Official Mail and Distribution Center on Campbell Barracks, Bldg. 19. Consolidated mail room operations at PSC 432 continue uninterrupted. DSN 370-7940, civ. 06221-57-7940.

Postal Office Hours Change – The Heidelberg Army Post Office on the Shopping Center is now 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 now open 10 a.m.-4 p.m. Monday, Wednesday and Friday and closed Tuesdays, Thursdays and weekends.

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

Legacy Lives



Stefan Alford

Capt. Victor Johnson, Heidelberg Medical Department Activity Medical Company Commander, presents a framed photo of the old Heidelberg Hospital to Gen. George S. Patton Jr.'s granddaughter, Helen Patton, March 9 in Saarbrücken. Patton died Dec. 21, 1945, in the hospital from injuries sustained in an automobile accident. The gift was part of a presentation that included the return of a Gen. Patton Memorial Plaque to the family. The plaque was originally donated to the Heidelberg U.S. Army Hospital in 1972 by the Patton family. With HMEDDAC deactivating this summer and the health center closing next year as part of the Army's transformation in Europe, the plaque was returned to the Patton family where it will be on display as part of the Patton Stiftung-Sustainable Trust Gallery managed by Helen in Saarbrücken.

U.S. Army Europe Soldier to receive leadership award

USAREUR Public Affairs

The Department of the Army will recognize a U.S. Army Europe Soldier during the Army-level 2012 Gen. Douglas MacArthur Leadership Award ceremony in Washington, D.C., March 23.

Capt. Craig Halstead, a Sioux Falls, S.D., native, with the 172nd Infantry Brigade Combat Team will be among 28 Army officers who will receive the award, which includes a 15-pound bronze bust replica of MacArthur.

On Feb. 22, Halstead, commander of B Company, 2nd Battalion, 28th Infantry Regiment, was awarded the USAREUR-level GDMLA while on leave from his current deployment in Afghanistan, where he has been since July 2011.

"It's an honor," Halstead said on receiving the award. "I stand

here representing the [Soldiers] that I have served with."

Halstead said that seeing Soldiers today that have a desire and want to make a difference is the most rewarding aspect of leading. "The generation that are serving today, they know that when they sign up they are going to [combat]," Halstead said. "When I see that selfless service of my Soldiers, that is the most rewarding thing."

The GDMLA program was introduced in 1987 to recognize company-grade and junior warrant officers who demonstrate MacArthur's ideals of duty, honor, country and have a proven record of extraordinary performance, leadership and achievement. The awards are presented to 25 officers and three warrant officers serving in the active Army, Reserve components.

For information visit www.army1.army.mil/macarthur.

Support Soldiers train for real world mission

By **Spc. Glenn Anderson**
221ST PUBLIC AFFAIRS DETACHMENT

The 793rd Movement Control Team, 7th Civil Support Command, conducted a Reception, Staging, Onward-Movement and Integration validation exercise in Ramstein Feb. 29-March 1 in preparation for a future deployment in support of Operation Enduring Freedom.

"It started out a little slow and with a few bumps," said 2nd Lt. Michael Mendes, a 793rd MCT mobility officer, "We got some kinks worked out and have been able to persevere."

The 793rd MCT is trained for ground, rail, sea and air movement control operations and will be primarily involved with air operations during their imminent deployment.

"I think our validation and training is going great," said Capt. Stephanie Mann, the commander of the 793rd MCT. "After this exercise they all have that warm and fuzzy feeling they can go downrange and accomplish their mission."

The 793rd MCT has been training for three months by taking classes and

participating in hands-on training. Although many of the Soldiers have different experiences in their civilian capacity, they came together and worked as a team, according to Mann.

Mann said that by being at Ramstein, it is possible to see how things worked on a larger scale, which provided the unit an opportunity to get some hands-on training on some of the equipment they will be using on their mission.

The Soldiers loaded pallets, weighed and measured vehicles and simulated loading aircraft as a part of their training.

"The 793rd MCT has improved 500 fold," said Col. Ardis Ferguson, the commander of the 209th Digital Liaison Detachment, 7th CSC. "The 793rd is a very young unit, so in comparison to the beginning I am very impressed, and feel extremely confident that this unit will do very well on this mission."

Although the 793rd MCT is a reserve unit and all the Soldiers have civilian jobs, they feel confident that they will be able to perform their military jobs flawlessly.

The 793rd MCT not only worked on

heavy equipment such as forklifts and pallet loaders, but also completed the necessary paperwork associated with the loading of equipment onto the pallets.

"I finally get to see what happens on the other team and have learned how to load and process packs and pallets," said Sgt. Gregory Williams, a movement control non-commissioned officer with the 793rd MCT and bulk storage facility operations manager at Ramstein in his civilian capacity.

"Attention to detail is most important here, as planes cannot do their mission without us doing our job in a timely manner."

The Air Force assisted the 793rd MCT during the exercise and offered equipment and advice to assist the unit. "This is the first time I have done this type of training with an Army unit," said Air Force Staff Sgt. Christopher P. Abbott, an assistant noncommissioned officer in charge of combat readiness with the 86th Logistics Readiness Squadron, Ramstein Air Base.

"The 793rd MCT is doing extremely well, and is learning very quickly



Spc. Glenn Anderson

Soldiers from the 793rd Movement Control Team, 7th Civil Support Command, learn how to use heavy loading equipment during a validation exercise Feb. 29-March 1 at Ramstein Air Base. The Air Force assisted the 793rd MCT with hands-on training by showing how cargo could be loaded.

how to integrate with the Air Force in a joint atmosphere," he added.

"One of the largest problems was translating Air Force jargon into Army terminology and vice versa, but we adapted quickly and were able to train well with one another," said Abbott. At the end of the two-day exercise, the 793rd MCT received their validation, finalizing them to deploy and perform their mission at the highest level.



Spc. David Bolton

Kentucky Army National Guardsmen Sgt. Jon Crouch and Spc. Denver Williams, both Chemical, Biological, Radiological and Nuclear specialists with the 301st Chemical Company, check the remains of a car wash building in search of survivors trapped under the debris after torrential storms devastated the region March 2.

ourARMY around the world

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Amanda Kim Stairrett

Soldiers from "Hamilton's Own" 1st Battalion, 5th Field Artillery Regiment, 1st Heavy Brigade Combat Team, 1st Infantry Division, fire "Old Thunder," a Revolutionary War-era canon March 7 at Fort Riley, Kan., during a colors casing ceremony.



Sgt. Jessica M. Kuhn

Soldiers from the 44th Medical Brigade, XVIII Airborne Corps, are greeted by family and friends as they return to Fort Bragg, N.C., from a yearlong deployment in Afghanistan March 1.



Sgt. 1st Class Eric Pahon

Capt. Michael Stackhouse, of Lima, Ohio, and 1st Sgt. Christopher Roche, of Alexandria, Va., 82nd Combat Aviation Brigade, Task Force Saber, place gold combat spurs on the feet of Saber Troopers March 2 near Jalalabad, Afghanistan. Gold combat spurs are presented to troopers serving more than 30 days in a combat zone with a cavalry unit. This tradition dates back to the Civil War.



U.S. Army

Army CH-47 Chinook helicopters continue a mission after being aerially refueled during Emerald Warrior at Duke Field, Fla., March 6. The primary purpose of Emerald Warrior is to exercise special operations components in urban and irregular warfare settings to support combatant commanders in theater campaigns.

HERO

continued from page 1

served alongside," Matthews said.

According to senior leaders of the 18th MP Bde., Benton was considered an exemplary non-commissioned officer, always holding himself and his Soldiers to high standards.

Benton was well respected in his unit. His motto was "too easy," as he would take on any challenge with enthusiasm.

"It's a cliché in the Army that an officer's first NCO sets the tone for their career," said 1st Lt. Ryan Robinson, the 95th MP Bn. communications officer. "I'm disappointed that

Estate Claims

Anyone having any claims on or obligations to the estate of Sgt. 1st Class Gerald R. Benton of the 95th Military Police Battalion, 18th Military Police Brigade, should contact Summary Court Officer Maj. Melissa Field at DSN 496-3539.

I won't have the ability to call on Benton in the years to come. I can think of few people who could have set a better example for me, my Soldiers or the Army."

Sgt. Jonathan Carter, a joint node network team chief for Alpha Co. 72nd Expeditionary Signal Bn., in Schweinfurt, holds Benton in high regard. "If I had to write a book on what right looks like, I would place him on the cover."



Arrow of Light

Heidelberg Cub Scout Aaron Steil, center, tries to ignite his Cub Scout neckerchief with help from assistant den leader Michael Hughes during a traditional ceremony that marks the passage of Cub Scouts to Boy Scouts at the Rod and Gun Club March 3. Twelve Scouts earned the highest rank a Cub can earn, the Arrow of Light. Boy Scouts welcomed new members with new neckerchiefs, guide books and a camp out. Tradition says if the neckerchief doesn't burn, the Cub Scout is ready to move on to Boy Scouts. Neckerchiefs are dipped into a "magic" solution prior to the lighting. Watching the Scouts is Aaron's father Evan.

Secure messaging offers patients online medical care options

By Chuck Roberts
LRMC PUBLIC AFFAIRS

Think of secure messaging service as a house call from your family doctor but without having to worry about tidying up the house first.

Ironically, technology is bringing back a version of patient-friendly, old-world medicine through the simple use of secure emails with your Army health care team.

Certain types of medical care that require a visit to your Primary Care Manager can now be accomplished by email for beneficiaries registered with secure messaging, to include:

- Consulting with your medical team about non-urgent health matters
 - Requesting appointments and referrals
 - Requesting prescription renewals
 - Receiving test and laboratory results
 - Receiving guidance from your medical team by email
- Secure messaging is currently being introduced at primary care clinics at Landstuhl Regional Medical Center and at U.S. Army Health Clinic Kaiserslautern. Primary care clinics include family practice, internal medicine and the pediatric clinic.

To sign up for secure mes-

saging, beneficiaries can provide their personal email at their respective primary care clinic and they will receive an email invitation to join the service the same day. In the coming months, secure messaging will be available at all LRMC clinics in Belgium, Germany and Italy.

Although new to Army medicine in Europe, secure messaging is currently in use by more than 2,000 military and civilian medical providers from more than 50 sites in the United States, accounting for over 210,000 patient messages over the past six months.

Although beneficiaries receive a personal email letting

them know they have information awaiting them on secure messaging, they use a personal password to log into the secure messaging site. The secure site, contracted through Relay Health, is in compliance with the Federal Health Insurance Portability and Accountability Act and stringently protects your personal information through encryption technology. Your information is only accessible by you and your health care team.

Secure messaging is also a valuable tool for clinics and doctors to communicate with patients and to remind them of preventive services. Clin-

ics can easily send reminders about immunizations, screening such as well baby visits, medication recalls and flu vaccine availability.

An example of a typical patient message through secure messaging would be a mother concerned about her child who wakes up with a rash on her stomach. Instead of taking her child to the emergency room or trying to schedule a medical appointment, the mother could communicate through secure messaging with a nurse or doctor for advice on treating her child at home or bringing the child in for a medical appointment.

CHANDLER

continued from page 1

March 5 and visited commands in Heidelberg, Grafenwöhr, Vilseck, Hohenfels and Wiesbaden.

At Landstuhl, Chandler met with troops wounded in Afghanistan, medical Soldiers assigned to Landstuhl Regional Medical Center and patient liaisons – NCOs representing deployed units who support wounded warriors at LRMC.

Later, at Rhine Ordnance Barracks, Chandler watched Battery D's air defenders set up their Patriot missile batteries, a command post and a radar tower. Afterward, Chandler held a town hall meeting at Vogelweh's Galaxy Theater.

Troops asked Chandler about changes to the physical fitness test, the drawdown of U.S. troops in Europe and new reenlistment standards. Commit-

ted, competent Soldiers should have no problem reenlisting, Chandler said.

"What we have to focus on is character and commitment. I need you to understand what that means to you," Chandler said. "Are you doing the things you're supposed to do when no one's looking? That's character."

Chandler's discussion resonated with Pfc. Jeremy O'Shea, 20, of Fairfax, Calif., who's been in the Army roughly two years.

"It brought to light changes in the Army and gave it face," O'Shea said. "It put into perspective, how it's going to affect me, day to day."

Chandler's visit showed that the "higher ups" care about lower ranking troops, said Pfc. Adam Krampen, a Buffalo, N.Y., native who helped assemble the Battery D command post.

"It means a lot to me," Krampen said. "I'm proud to have met him."

Chandler calls Patton Barracks Warrior Zone 'the best'

Staff Report

The Sergeant Major of the Army and his wife visited U.S. Army Garrison Baden-Württemberg and headquarters U.S. Army Europe March 5-9 to share the way ahead for the Army.

While Sgt. Maj. Raymond Chandler III spoke with senior noncommissioned officers about enforcing standards and the next steps, his wife Jeanne visited Army Community Service on Patrick Henry Village and the Warrior Zone on Patton Barracks Heidelberg.

Chandler was given a tour of the Warrior Zone by Better

Opportunities for Single Soldiers president Sgt. Jaret Smith and Berry Patrick, USAG Baden-Württemberg director of Family and Morale, Welfare and Recreation.

Smith and Patrick talked about weekly cooking classes, the availability of entertainment such as game systems, computers and a sports bar next door.

"From all the Soldier morale centers I have seen, this is the best," said Chandler. "You're doing it right."

From Patton Barracks, she traveled to ACS to hear ACS officer Steve Yearwood talk

about building partnerships and resiliency in the community. Chandler also mentioned a project she is working on.

"The enlisted spouse curriculum is so important," she said. She 100 percent believes that senior enlisted spouses deserve an education about the Army including how spouses are part of the Army team.

Yearwood was glad to have Chandler visit and for her guidance on the enlisted spouse curriculum his office will provide.

"It validates our mission here and provides us with an opportunity to learn the priorities of the



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,

I married the man of my dreams Dec. 8. We have been together four years. My husband has been in the Army about three years and has deployed overseas. When he got back a year and a half ago, he was told he had post traumatic stress disorder, and they labeled it as a pre-Army condition.

My husband is 21. When he was 7, his sister died when she was only 1. He has had a hard time coping, and after he joined the Army, I thought it was getting better. He was able to talk about it more and not get so upset. I understand the loss is hard, because I have lost family members myself.

When he got back from deployment, he had a month's leave. While he was home, he told me about having flashbacks of his sister. I understand that things will happen when you are in a situation like he was in, but since his deployment, he has not been an easy

person to be around.

When he got back, he was asked to see a military physician, who prescribed medication to help. Since then, he has stopped seeing her and stopped taking the medication, claiming he doesn't want to be on "crazy medication" the rest of his life.

I love my husband, and I would do anything for him, but he isn't letting anyone help him. When he gets upset or hurt, he doesn't show emotion. He doesn't cry, but he has fits of anger, and it takes him forever to calm down. It always seems to be something other than the situation at hand that is bothering him. About four months ago, his unit got orders for another deployment. He had been told that PTSD is an undeployable disorder.

Now, I do not know if that is true or not, but when the orders came in, his physician told him that it was no longer PTSD and that he has advanced adjustment disorder. I do not understand why they would change it like that, but I need to know better ways in dealing with my husband and his depression. He knows I am here for him. I tell him all the time that if he needs to talk, he can talk to me. All he does is get mad. He has had a very complicated life, so to a point I understand why he does what he does.

But I do not understand why he cannot trust me. I have tried to talk to him and tried to get him to go back on his meds, and every time I ask, he gets mad because he doesn't see the difference in himself when he takes them.

I myself understand that feeling. When I was 13, I was told I had bipolar disorder and was given meds to deal with it. It took me forever to understand what people meant by the difference in me when I took them compared to when I didn't. I have tried

to learn to cope with his mood swings and depression.

He has never hit me in his fits of rage. He might say mean things, but I do not believe that he understands what he is saying and how much they hurt, because when the situation is calm again and I bring it up, it hurts him and he feels bad for the things he said.

I need to know how to help him or at least deal with this inside myself. I will not leave him. I honestly feel that right now he needs me the most, and I am not going to be like everyone else and walk out on him in his time of need. If you can help me, I would greatly appreciate it. Thank you for reading.
Army Wife

Dear Army Wife,

I know this is very difficult for you, so I truly appreciate you writing and sharing your story. Your husband has endured some significant trauma, like the death of his sister when he was a young boy.

Sometimes people endure many events over a life time, like death of a loved one, the effects and the aftermath of hurricanes, earthquakes and war.

It's estimated that at least 40 percent of Americans have experienced at least one major trauma, and that eight to 12 percent of U.S. adults will experience PTSD at some point. The best predictor is a stressful event.

Many service members have repeated effects of combat stress and post traumatic stress with multiple deployments. Clinicians like me also know is that pre-existing trauma can be exacerbated with each traumatic event.

This is not your fault, and there is help for you and your husband. Here's the deal: your husband should

still see his doctor and make sure his symptoms are documented.

He should also seek treatment. This will not just go away. Many service members – specifically men – think seeking treatment is a sign of weakness. This is not true. Not seeking treatment leads to failed marriages, problems on the job, overall impairment in judgment and in overall health. I know you want what's best for him, and you have to hold him responsible for getting help.

Now, this does mean that you can take the lead in making appointments and even accompany him to the appointments for support. In the process, you have to take care of yourself, too.

Your husband has to accept responsibility for his mean behavior (being verbally abusive). Just because he has a diagnosis doesn't mean you must accept being mistreated. This is a good time to reach out to close family and other loved ones for support and spiritual support.

Here is a list of resources: Military Family Resource Center (U.S. civ. 703-696-9053) offers information on coping with deployments and deployment stress.

The National Center for PTSD at the Department of Veterans Affairs (U.S. civ. 802-296-5132) offers referrals in resource information.

Military OneSource (U.S. civ. 800-342-9647) can connect you at no cost to a counselor or therapist in your community. I really encourage you to talk to a therapist, because I know you need the support.

Lastly, the Defense Center of Excellence offers 24/7 support and many resources on PTSD, as well as other educational information.

Please stay in touch and let me know how you are doing.

Prevent childhood poisoning now

By Kira M. Koon

U.S. ARMY PUBLIC HEALTH COMMAND

National Poison Prevention Week March 18-24 highlights the dangers of poisoning and how to prevent it. However, poison prevention should be practiced all year round to ensure the safety of loved ones, especially children.

While all parents want to keep their children healthy and safe, the truth is the home can be a dangerous place if parents do not take actions to prevent childhood poisoning.

Every day, 374 children in the United States are treated in an emergency department and two children die from poisoning. For every 10 poison exposures in children, about nine occur in the home.

Poisons can be found in almost every room of every house, and curious children will often investigate anything within their reach – little hands can lead to big trouble.

However, with the right knowledge and information, parents have the ability to play a life-saving role in protecting children from household poisonings.

The first step is to realize what items in the home can be poisonous. Everyday items can cause severe illness and even death if ingested. The following are common household items that can be poisonous: medicine, mouthwash, beauty supplies, cleaners, bug spray, antifreeze, alcohol, cigarettes and certain household plants. The next step is to take action to prevent your children from having access to these items. Stick to the tips below throughout the year to prevent childhood poisoning in the home:

- ◆ Lock them up. Put medications, household cleaners, cosmetics and other potentially poisonous household products in locked or childproof cabinets out of children's sight and reach.
- ◆ Keep an eye on them. Never leave potentially poisonous household products unattended while in use, and put products back in their locked places as soon as you are finished using them.
- ◆ Don't keep it if you don't need it. Safely dispose of unused, unneeded or expired medications. When disposing of them, you can mix them with coffee grounds or kitty litter.
- ◆ Read the label. Always read labels and follow di-

Additional Resources

- ◆ U.S. Centers for Disease Control and Prevention – www.cdc.gov/safekids/poisoning
- ◆ Safe Kids USA, Inc. – www.safekids.org/safety-basics/safety-resources-by-risk-area/poison
- ◆ Poison Prevention – www.poisonprevention.org

rections exactly on all medications and household products.

- ◆ Keep it original. Keep products in their original containers. Your child may think a cleaning product is a drink if you store it in a soda bottle.
- ◆ Refer to medicine as medicine. Never refer to medicine or vitamins as candy.
- ◆ Know the number. Put the local or nationwide poison control center phone number, U.S. civ. 1-800-222-1222, near every telephone in your house, and program it into your cell phone. The poison control center is open 24 hours a day, seven days a week. Call the poison control center, 911 or civ. 112 if you think a child has been poisoned.

GET OUT!

area events

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

March 15

Salsa Festival – Hit the dance floor and show off your hottest moves during the Ulm Salsa Festival. There will be more than 60 workshops, for all levels of dancers from beginner to advanced. Festival runs through March 18. Haus der Begegnung and Studio Fiebre Tropical, Grüner Hof 7D and Ehinger Strasse 19. www.ulm-salsa-festival.de.
Mannheim's Luisenpark – An indoor jungle playground awaits with tropical temperatures 10 a.m.-5:30 p.m. through March. Regular admission fee to Luisenpark includes admission to the indoor playground.

March 16

Harlem Globetrotters – The legendary Harlem Globetrotters basketball team bring their tricks and talents to Munich. Game starts at 8 p.m. at the Olympiahalle, Spiridon-Louis-Ring 21 Eingang Ost. www.eventim.de.
Art Fair – The 10th annual Kunst Direkt Art Fair in Mainz will be held in the Rheingoldhalle 11 a.m. - 7 p.m. Check out local artists and shop for artwork. Free admission.
Wine Tasting Festival – Savor sip after sip during the Bad Dürkheim open-air wine tasting festival. Tickets are available at the tourist information office in Bad Dürkheim. Festival runs 6-11 p.m. Friday and Saturday and 5-11 p.m. Sunday. www.weinbergnacht.de.
Prague – Enjoy an overnight tour to one of Europe's most fascinating cities. Prague is a city filled with history, art and culture, contrast and mystery. On the guided tour see such sights as the Powder Tower, the old Town Square and the Charles Bridge. Tour includes a visit to the Prague Castle District – a town on a hill overlooking the city. <http://affiliates.uso.org/Kaiserslautern>.

March 17

Maerzmusik – Discover the Maerzmusik Festival of Contemporary Music in Berlin through March 25. Concerts will take place at venues throughout the city. Tickets: civ. 030-254-89-100 or at the box office at Haus der Berliner Festspiele. www.berlinerfestspiele.de.
Teddy Bear Museum – The Teddy Bear World exhibition and trade show comes to Wiesbaden's Rhein Main Hallen. The event reveals how the bears are made and features Steiff collector items. Event is open to the public 10 a.m.-6 p.m. through March 18. Rhein Main Hallen, Rheinstrasse 20. www.buzzoffbase.com.
Long Night at the Museums – Enjoy the history and beauty of Stuttgart's museums. Various museums throughout the city will remain open until 2 a.m. www.lange-nacht.de.
Wine Tasting – The Ramstein Officers' Club will host a wine and hors d'oeuvres tasting 6-8 p.m. at the Augusta Suite at the Woodlawn Golf Course on Ramstein Air

Base. Make reservations at the Ramstein Community Club. DSN 480-2824, civ. 06371-47-2824.

Easter Egg Museum – Travel to the Sonnenbühl Easter Egg Museum and learn about the history of Easter eggs, view a variety of different styles and materials and even shop at the Easter egg market. After this egg-stravaganza, travel to nearby Metzingen for lunch and shopping at nearby outlet stores. <http://affiliates.uso.org/rheinmain>.

Photo Exhibit – American photographer and Detroit native Dave Jordano profiles the scenes of urban renewal popping up across the Motor City in a new photo exhibition entitled Detroit Unbroken Down at the Amerika Haus in Munich. Open noon-5 p.m. Monday-Friday and noon-8 p.m. Wednesday through March 30. Free admission. Amerika Haus, Karolinenplatz 3. [www.amerika-haus.de](http://amerika-haus.de). Civ. 0895-525-3713.

Ropes Course – Test your climbing skills at the Kletterwald Ropes Course in Wiesbaden. Climbers of all ages and skill levels can navigate the massive obstacle course of trees and ropes. The course is open 9 a.m.-7 p.m. daily through Nov. 11. Neroberg 1, 65193, Wiesbaden. Civ. 01611-580-2246. www.kletterwald-neroberg.de.

March 18

Bruce Springsteen Concert – Tickets are now 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://worldticketshop.com).

Police Corps Charity Concert – The Mannheim German Police Corps will perform their spring concert at 4 p.m. The event will be hosted by the German-American Women's Club at Luisenpark in Mannheim. Tickets are €10 adults, €5 child. Civ. 0621-7141-9337.

King Tut – The exhibition 'Tutankhamun: His Tomb And His Treasure' shows the world's only museum-quality replica of humankind'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.

March 19

Hip-Hop Concert – Tickets are now on sale at the Vogelweh Community Center in 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.

March 24

Switzerland – Sit on the shore of a crystal-

clear lake while drinking coffee and looking at snow-capped mountains in the distance. This is Lucerne, one of Switzerland's most beautiful cities. Enjoy the mountain air, great shopping and Swiss hospitality. Take a walking tour and see such famous landmarks as the covered Chapel Bridge. On a clear day, you can see the breathtaking Swiss Alps mountain range. <http://affiliates.uso.org/kaiserslautern>.

March 26

Georgia O'Keeffe Exhibit – View the works of artist Georgia O'Keeffe at Munich's Kunsthalle der Hypo-Kulturstiftung. Exhibit features 75 paintings, sculptures, works and photographs of the artist and the western American landscape that inspired her. Exhibit is open 10 a.m.-8 p.m. daily through May 13. Kunsthalle der Hypo-Kulturstiftung, Theatinerstraße 8. www.hypo-kunsthalle.de.

March 31

Easter Egg Hunt – The Trowel Lodge #80 and Stars of Orion #43 will host their 4th annual Easter egg hunt and barbecue at the Patrick Henry Village park (behind the library) 11 a.m.-3 p.m. in Heidelberg. Enjoy food, prizes and games.

Nürnberg Easter Market – Each year at Easter time, a large Easter market is held on the main market square in Nürnberg. Visitors can find household goods, pottery, textiles, sweets, books and everyday articles. There will also be time to explore the city and shop during a two-hour walking tour of the Altstadt. <http://affiliates.uso.org/rheinmain>.

April 1

Rock Climbing – Enjoy a taste of adventure at the RockTown Bouldern and Bistro am Betze. The bouldering gym features a variety of walls to challenge climbers of all ages and skill levels. There's also a bistro where visitors can feast on burgers, pizza and pastries. RockTown is open 1-11 p.m. Monday-Tuesday; 9 a.m.-11 p.m. Wednesday-Thursday; 9 a.m.-midnight Friday-Saturday and 9 a.m.-9 p.m. Sunday. Kantstrasse 38, Kaiserslautern. Civ. 0631-8929-0850. www.rocktown.eu.

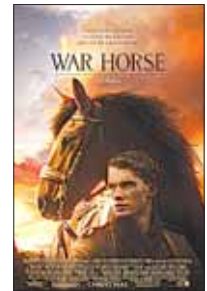
April 7

Medieval in Mainz – Travel back in time at the largest medieval spectacle in the Rhine Main area. Held on the riverfront (Reduit) in Mainz-Kastel, the event features a medieval market place with vendors, performances and an Easter Sunday children's treasure hunt (ages 6 and up). See jousting, knights, archery and falconry through April 9. Civ. 06131-286-2124, www.prohistory.de.

coming to THEATERS

WAR HORSE

Set against a sweeping canvas of rural England and Europe during the first world war, War Horse begins with the remarkable friendship between a horse named Joey and a young man named Albert, who tames and trains him. When they are forcefully parted, the film follows the extraordinary journey of the horse as he moves through the war, changing and inspiring the lives of all those he meets – British cavalry, German Soldiers and a French farmer and his granddaughter – before the story reaches its emotional climax. (Rated PG-13 for intense sequences of war violence) 146 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

March 16 - JOHN CARTER (PG-13) 7 p.m.; 10 p.m.
 March 17 - JOYFUL NOISE (PG-13) 4 p.m.; WAR HORSE (PG-13) 7 p.m.; JOHN CARTER (PG-13) 10 p.m.
 March 18 - JOYFUL NOISE (PG-13) 4 p.m.; JOHN CARTER (PG-13) 7 p.m.
 March 19 - JOHN CARTER (PG-13) 7 p.m.
 March 20 - WAR HORSE (PG-13) 7 p.m.
 March 21 - JOHN CARTER (PG-13) 7 p.m.
 March 22 - JOYFUL NOISE (PG-13) 7 p.m.

Vogelweh, Galaxy

March 16 - DR. SEUSS' THE LORAX (PG) 7 p.m.
 March 17 - THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 4 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 7 p.m.
 March 18 - THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 4 p.m.

Ramstein, Gateway Movieplex

March 16 - JOHN CARTER (PG-13) noon, 3 p.m., 6 p.m., 9 p.m.; WAR HORSE (PG-13) 11 a.m., 3 p.m., 5 p.m., 9 p.m.; JOYFUL NOISE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE MUPPETS (PG) 11:30 p.m., 2 p.m., 4:30 p.m.
 March 17 - JOHN CARTER (PG-13) noon, 3 p.m., 6 p.m., 9 p.m.; WAR HORSE (PG-13) 11 a.m., 3 p.m., 5 p.m., 9 p.m.; JOYFUL NOISE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE MUPPETS (PG) 11 a.m., 1:30 p.m., 3:45 p.m.
 March 18 - JOHN CARTER (PG-13) 11:45 a.m., 2:15 p.m., 4:30 p.m., 7 p.m.; WAR HORSE (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m.; JOYFUL NOISE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE MUPPETS (PG) noon, 2:30 p.m.
 March 19 - JOHN CARTER (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; WAR HORSE (PG-13) 11 a.m., 3 p.m., 5 p.m., 9 p.m.; JOYFUL NOISE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; THE MUPPETS (PG) 11:30 p.m., 2 p.m., 4:30 p.m., 7 p.m.;
 March 20 - JOHN CARTER (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; WAR HORSE (PG-13) 11 a.m., 3 p.m., 5 p.m., 9 p.m.; JOYFUL NOISE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; THE MUPPETS (PG) 11:30 p.m., 2 p.m., 4:30 p.m., 7 p.m.
 March 21 - JOHN CARTER (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; WAR HORSE (PG-13) 11 a.m., 3 p.m., 5 p.m., 9 p.m.; JOYFUL NOISE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; THE MUPPETS (PG) 11:30 p.m., 2 p.m., 4:30 p.m., 7 p.m.
 March 22 - JOHN CARTER (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; WAR HORSE (PG-13) 11 a.m., 3 p.m., 5 p.m., 9 p.m.; JOYFUL NOISE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; THE MUPPETS (PG) 11:30 p.m., 2 p.m., 4:30 p.m., 7 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), Cinemax (N7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, Cinemax, Cineplex - English Language movies

March 15, 18, 19, 20, 21 - CONTRABAND (R) 10:45 p.m. at CinemaxX
 March 15-21 - JOHN CARTER (PG-13) 4:45 p.m. (8 p.m. March 18 only) at CinemaxX
 March 21 - IRON LADY (PG-13) 6:30; 8:45 p.m. at Cineplex

community HIGHLIGHTS

Bullying Workshop

Child expert, author and teacher Dr. Michele Borba will present "Turning Cruelty into Compassion" for parents, educators and child and youth professionals, 9:30 a.m.-noon March 19 at the Landstuhl Youth Center, Bldg. 3819 in Kaiserslautern and 11 a.m.-1 p.m. (session one) and 3:45-5:45 p.m. (session two) March 23 at the Patrick Henry Village Pavilion Community Center in Heidelberg. The free open sessions will cover best practices and proven methods to reduce student bullying, violence and insensitivity, while building moral intelligence. Kaiserslautern: DSN 493-4123, civ. 0631-3406-4123. Heidelberg: DSN 388-9127, civ. 06221-338-9127.

Logistics Ball

U.S. Army Europe's Logistics Division and the 21st Theater Sustainment Command will host the European Logistics Ball at the Patrick Henry Village Pavilion Community Center in Heidelberg March 23. Registration: www.eur.army.mil/g4/logball2012. DSN 484-8251, civ. 0631-431-8251 (21st TSC personnel); DSN 370-8506, civ. 06221-57-8506 (all other units).

Retiree Eye Exams

In honor of Save Your Vision Month, the Landstuhl Regional Medical Center Optometry Clinic will provide routine and or diabetic eye exams for retirees March 29. Patients are required to bring an escort, as exams include eye dilation. Appointments: DSN 486-LRMC (5768), civ. 06371-86-5762.

Exchange Patriot Family Contest

The Army and Air Force Exchange Service is sponsoring a Patriot Family Peeps Diorama contest until April 8. ID card holders can craft a patriotic scene using Peeps candy and a shoebox. Judging will be based on originality, innovation and the ability to portray each scene in a respectable manner. www.shopmyexchange.com/Community/patriotfamily/contests.htm.

Arizona Special Primary Election

Arizona will hold a special primary election April 17 for the 8th Congressional District (Cochise, Pima, Pinal and Santa Cruz counties), to fill the seat vacated by Rep. Gabrielle Giffords. Federal Post Card Applications must be postmarked, emailed or faxed by April 17. Residents who voted in the Nov. 2, 2010, general election will not receive an automatic ballot. www.azsos.gov/election/Military.htm.

local

EMPLOYMENT

Family Fun Day

Volunteers are needed for the Child, Youth and School Services and Exceptional Family Member Program Family Fun Day 10 a.m.-2 p.m. April 28 at the Patrick Henry Village Park with set up starting 8 a.m. Activities include face painting, arts and crafts, bubbles and hula hoops. Civ. 0621-730-3101.

Central Texas College

Central Texas College Headquarters on Coleman Barracks in Mannheim is seeking an academic program manager to work full-time and with benefits. A master's degree from a regionally accredited college is preferred, and applicants should have at least two years of instructional experience and administrative experience in adult education or training. DSN 382-4326, civ. 0621-789-53872, www.europe.ctcd.edu.

KAISERSLAUTERN Community

♦ **Locash Cowboys** – Armed Forces Entertainment presents Locash Cowboys with doors opening 6 p.m. and show start 7 p.m. March 17 at the Kazabra Club, Bldg. 2057, Vogelweh. DSN 489-7261, civ. 0631-536-7261.

♦ **St. Patrick's Day Quiz** – ID card holders 18 and older can visit the Kaiserslautern Main Library at Landstuhl (Bldg. 3810) or the Kleber branch (Bldg. 3205) to test their St. Patrick's Day knowledge for a chance to win a prize. DSN 486-7322, civ. 06371-86-7322.

♦ **St. Patrick's Day Party** – Enjoy Irish stew with bread or fish and chips during a St. Patrick's Day party 9 p.m.-2 a.m. March 17 at Armstrong's Irish Pub on Vogelweh Housing. www.mwrgermany.com.

♦ **Disney Breakfast** – Families can come dressed in Disney costumes or pajamas and enjoy a pancake, eggs, bacon, biscuits and gravy breakfast while watching Disney movies 8-11 a.m. March 18 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Civ. 0631-354-9986.

♦ **Multi Cultural Spouses Club** – Spouses can bring a potluck dish to the multi cultural spouses club, a fun and interactive club that promotes diversity and networking, 11 a.m. March 23 in the Yellow Ribbon Room on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

♦ **New Moms Group** – Mothers can bring their babies ages 0-12 months to network and receive information on intimate topics 10:15-11:30 a.m. March 20 in Bldg. 2919 on Pulaski Barracks. Group sessions include a guest speaker. DSN 493-4058, civ. 0631-3406-4058.

♦ **Debt, Credit Management** – Army Community Service teaches a free class on how to manage debt and build personal credit 3-5 p.m. March 26 in Heaton Auditorium at Landstuhl Regional Medical Center. DSN 493-4203, civ. 0631-3406-4203.

♦ **Diabetes Day** – Army Community Service and the Ramstein Health Clinic will offer free glucose screenings, recipes and diabetes-related information 11 a.m.-1 p.m. March 27 in front of the Landstuhl Regional Medical Center dining facility. DSN 493-409, civ. 0631-3406-4091.

♦ **Cinema Sunday** – Watch the movie Cars 2 and snack on popcorn 2:30-6:30 p.m. March 25 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Free snack bags will be available for children 12 and under. Civ. 0631-536-6000.

♦ **Lactation Training** – Mom2Mom will host a 40-hour Healthy Children Project certified lactation counselor training program to provide current, research-based information on lactation and the art of counseling for hospital staff, midwives, doulas and

others who assist new mothers June 25-29 at Landstuhl Regional Medical Center. Civ. 173-743-3016.

♦ **Children's German Classes** – Children ages 3 to 18 registered with Child and Youth Services can learn basic vocabulary, sentences and common German phrases at locations throughout the Kaiserslautern Military Community. Register at Parent Central Services or the One Stop Shop. DSN 493-4156, civ. 0631-3406-4516.

HEIDELBERG Education

♦ **UMUC Europe** – University of Maryland University College Europe offers registration for spring session for undergraduate and graduate on-site and online courses until March 18 with class start March 19. DSN 370-6762, civ. 06221-176-3780, www.ed.umuc.edu.

♦ **ACS Classes** – Army Family Team Building Level 2, 9 a.m.-2 p.m. March 19-21; Introduction to Microsoft Word, 9-11 a.m. March 20-21, ACS Information Center, PHV Pavilion Community Center, Bldg. 4507; Checkbook Management, 9-11:30 a.m. March 21; Using your Leisure Time Well, 10-11:30 a.m. March 22, Nachrichten Kaseme, Bldg. 3622, Warriors in Transition Conference Room; 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

♦ **Right Arm Night** – Ages 18 and older can enjoy happy hour with their bosses and co-workers 5-7 p.m. March 15 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Parents Night, Day Out** – Child, Youth and School Services offers parents day out 10 a.m.-4 p.m. March 17. Sign up by March 15 at Parent Central Enrollment, Bldg. 4443, on Patrick Henry Village. Parents Night Out March 16 has been canceled. DSN 388-9340, civ. 06221-338-9341.

♦ **CYSS Training Day** – Child, Youth and School Services facilities and programs will be closed for training March 16. Alternate childcare arrangements need to be made for that day. Parent Central Enrollment: DSN 388-9240, civ. 06221-338-9240.

♦ **Legends St. Patrick's Day** – Irish band The Goldshots will play at a free St. Patrick's Day party 9 p.m. March 16 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Slapshots St. Patty's Day** – Wear green and enjoy green beer March 17 at Slapshots on Patton Barracks. DSN 373-5190, civ. 06221-

17-5190, www.mwrgermany.com.

♦ **Story Time** – The Patrick Henry Village Library hosts story time for parents and their preschoolers 11 a.m. March 21 and every Wednesday. Children under 3 can enjoy a story 11 a.m. March 22 and every Thursday. DSN 370-1740, civ. 06221-57-1740.

♦ **Hunger Games Party** – In recognition of the upcoming Hunger Games movie based on the New York Times bestselling novel, children in grades five and up can prove they have what it takes to survive the games with trivia, games and more 5-7 p.m. March 22 at the Patrick Henry Village Library. DSN 370-1740, civ. 06221-57-1740.

♦ **Experienced Rider Course** – Experienced active duty motorcycle riders, in accordance with the Motorcycle Safety Foundation, can take a free experienced rider course 9 a.m.-5:30 p.m. April 3 at the Heidelberg Army Airfield MSF Range. Participants must have attended the MSF Basic Rider Course, and their MSF card should be close to expiration. Sign up by March 23: <https://apps.imcom.army.mil/AIRS/Default.aspx>. DSN 370-8003, civ. 06221-57-8003.

♦ **The 39 Steps** – The Roadside Theater on Patton Barracks will present a comedic Hitchcock thriller 7:30 p.m. March 23, 24, 30, 31 and April 6, 7 and 3 p.m. April 1. Children under 5 not admitted. DSN 373-5020, civ. 06221-17-5020.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers will meet 3:30 p.m. March 27 in the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Cooking Class** – Treat your taste buds and let your senses take over in a free hands-on international cooking class 10:30 a.m.-1 p.m. March 30 at the Patrick Henry Village Commissary. Registration is required. DSN 370-6975, civ. 06221-57-6975.

♦ **Gaiberger Weg** – Workers will cut trees along Gaiberger Weg between the Blockhaus parking lot and Unterer St. Nikolausweg (toward Gaiberger) with occasional short closures of Gaiberger Weg 8:30 a.m.-3 p.m. until March 31.

♦ **Airboarding** – Army Outdoor Recreation sponsors an airboarding trip to Lengriess March 31. Airboards are inflatable sleds easily steered using fins. Bus leaves 3 p.m. from the Park and Ride lot outside the Patrick Henry Village Commissary gate and is expected to return about 11 p.m. DSN 388-9282, civ. 06221-338-9282.

♦ **Toad Migration** – Rising temperatures have triggered toad migration season in Ziegelhausen, Schlierbach, Emmertsgrund and around Kohlhof. Since many are endangered, the city of Heidelberg will post speed limits and close certain roads during the night (7:30

p.m.-6:30 a.m.) This affects portions of Am Schlierbachhang near the Rondell, Wolfsbrunnsteige and Klingelhüttenweg near the forest edge. Drivers are urged to use caution, particularly during dusk and dawn, as volunteers pick up the toads and carry them to safety.

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

♦ **HMS Yearbooks** – Heidelberg Middle School yearbooks for the 2011-12 school year are available online at internationalmemories.us and at the school. Contact HMS for user ID and password to order online. DSN 388-9311, civ. 06221-338-9311.

♦ **JROTC Uniforms** – The Heidelberg High School Army JROTC is accepting donations at the JROTC building (Bldg. 3744 on Mark Twain Village) of Army Combat Uniforms, Army Service Uniforms (Class As) and other equipment. DSN 370-8004, civ. 06221-57-8004.

♦ **Am Schlierbachhang** – Due to construction work, the Am Schlierbachhang road will remain closed to 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

♦ **CYSS Training Day** – Child, Youth and School Services facilities and programs will be closed for training March 16. Alternate childcare arrangements need to be made for that day. Parent Central Enrollment: DSN 380-4850, civ. 0621-730-4850.

♦ **Modern Warfare 3** – Challenge yourself and your buddies at Modern Warfare 3 online on Play Station 3 or X-Box 4:30-10 p.m. March 16 and every Friday at the Warrior Zone on Coleman Barracks. DSN 382-4149, civ. 0621-779-4410.

♦ **TGIF Buffet, Variety Night** – Adults can enjoy a TGIF buffet 6:30 p.m. and stay for variety music 9 p.m.-2 p.m. March 16 and every Friday at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370.

♦ **'70s, '80s Night** – Adults can groove to a variety of '70s and '80s tunes 10 p.m.-3 a.m. March 17 and every Saturday at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370. www.mwrgermany.com.

♦ **Story Time** – In partnership with Parent to Parent, toddlers and preschoolers can enjoy stories and a craft 10:30 a.m. March 21 and first and third Wednesdays in the ACS satellite office, Bldg. 246, Sullivan Barracks. DSN 385-3101, civ. 0621-730-3101, www.mwrgermany.com.

Shamrock Shuffle

Leoann Tansey, left, and her sons Donovan, 4, center, and Aidan, 6, right, dressed in green from head to toe to run in the annual U.S. Army Garrison Baden-Württemberg Shamrock Shuffle 5-kilometer fun run and walk Saturday around Patrick Henry Village in Heidelberg. "Their father's Irish," Tansey said, "but he's deployed, so we're here representing."

First across the finish line was 18-year-old Brian Hannum with a time of 15 minutes, 20 seconds, followed by Kurt Barkei with 15:49, Robert Zuch, 17:23 and Mike Pierce, 18:24. Women finishers were Laura McCracken at 19:39, Erica Barkei, 20:26 and Enkhee Goetz, 20:55.
SOURCE: FMWR Sports and Fitness



Participants of all ages wear colorful, glimmering scarves around their waists and get into the groove at a Zumba class in the Fitness Room on Patrick Henry Village in Heidelberg on a recent Thursday evening.

Zumba fever takes over Heidelberg

By Jamie Williams
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The Zumba Fitness craze has made its way to the Baden-Württemberg community with full force. Through a mixture of Latin-inspired dance moves and upbeat music, Zumba Fitness is more than just your average aerobics class, it is a fitness party.

Zumba first hit the fitness scene more than a decade ago in Miami, Florida and has now branched out to more than 125 countries.

The program's goal is to spread the philosophy of health, happiness and loving everything you do, especially your workout.

"My one and only primary goal with Zumba classes is to enjoy fitness dancing," says Heidelberg Family and Morale, Welfare and Recreation Zumba instructor Mabel Evans. "I don't think of it

as a workout. It is really a party for your entire body."

Zumba Fitness is described as "dance fitness." It incorporates a variety of exotic rhythms set to high-energy Latin and international beats designed to get you moving and burning calories. Although the curriculum is centered on dance movements, there is no requirement to have dance experience to do Zumba.

"If you can walk, then you can move and dance and wiggle," said Evans. "That's what Zumba is: great feeling movement that is enjoyable and fun."

One of the unique things about Zumba is that it appeals to both women and men of all ages. In the Patrick Henry Village Fitness Room's Zumba classes, you can find a range of participants from elementary school to senior ages and everything in between, all

with varying levels of fitness.

"Zumba is a really positive addiction," says Zumba participant Eleni Zachari. "The energy that Mabel brings to class makes you want to keep coming back. During Zumba class I feel so self-confident and have so much fun. It is a great atmosphere."

Several Zumba classes are offered around the garrison. Classes are held 9-10 a.m. Monday, Wednesday and Friday, and 5:30-6:30 p.m. Tuesday and Thursday in the Fitness Room on Patrick Henry Village in Heidelberg.

The Campbell Fitness Center in Heidelberg has classes 5:15-6:15 p.m. Wednesday and 5-6 p.m. Friday.

Sullivan Gym in Mannheim offers the class 7-8 p.m. Monday and Thursday and 6-7 p.m. Wednesday. Cost is \$4 per session or 10 sessions for \$34.

staying ACTIVE

Bowling Party

Patrick Henry Village Bowling and Entertainment Center will host a bowling party all day March 17. One free kids game with every paid adult game. DSN 388-9040, civ. 06221-338-9040.

Sergeants Major Bowling Tournament

The Heidelberg Sergeants Major Association's Annual Bowling Tournament takes place March 31 at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village. Check-in is at noon, lunch is 12:30 p.m. and tournament starts 1 p.m. Proceeds support Easter and Christmas programs for the Mannheim Children's Hospital. DSN 370-3303, civ. 06221-57-3303.

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.

Miesau Fitness Center New Hours

The Miesau Fitness Center near Kaiserslautern is now open 6 a.m.-6 p.m. Monday-Friday, 11 a.m.-5 p.m. Saturday, 11 a.m.-5 p.m. training holidays and closed Sundays. Primary use of the facility is for Soldier and unit physical training, intramurals, youth sports and instruction. For recreational use, the fitness centers at Kleber, Landstuhl, Rhine Ordnance Barracks and Sembach are available. www.mwrgermany.com.

March Madness, Pool, Poker

Basketball fans can enjoy the March Madness games at Slapshots on Patton Barracks, Bldg. 104, above the Shoppette; play pool 7 p.m. Mondays; or poker 7 p.m. Wednesdays. DSN 373-5190, civ. 06221-17-5190, www.mwrgermany.com.

Board Game Night at Coleman

The Coleman Warrior Zone, Bldg. 86, features weekly events including a board game night, 4:30-10 p.m. Mondays with chess, UNO, Pictionary and others. DSN 382-4410, civ. 0621-779-4410, www.mwrgermany.com.

Community Volleyball

Unit Volleyball games will take place 6-9 p.m. through May 7 at the Patton Fitness Center in Heidelberg. 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.

Youth Self Defense Instructors Needed

Certified instructors are needed to teach self defense to Kaiserslautern teens ages 13-18. DSN 486-5412, civ. 06371-86-5412.

High School Track Coaches Needed

The Heidelberg High School track team is looking for volunteer coaches to help with the upcoming season. If you have some experience to share, especially in field events, please consider volunteering a few hours a week. DSN 370-8004, civ. 06221-57-8004.

Heidelberg Sports Camp Instructors

U.S. Army Garrison Baden-Württemberg Child, Youth and School Services seeks instructors for 2012 summer camps. Experience in instructing and coaching in a specific sport is required. DSN 388-9397, civ. 06221-338-9397, www.mwrgermany.com.

Intro to Brazilian Jujitsu

Learn the art of Brazilian Jujitsu 5-7 p.m. Wednesdays and Fridays at the Arts and Cultural Center in the Patrick Henry Village Pavilion in Heidelberg. DSN 388-9418, civ. 06221-338-9418.