

HeraldPOST

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

HP THURSDAY
May 10, 2012

Speed Read

EARLY PUBLICATION

The Herald Post will be published one day earlier due to the German holiday. Our next edition will be available to the community Wed., May 16.

WARRIOR TRAINING

Kaiserslautern Soldier trains for his shot at cycling glory during the upcoming Wounded Warrior Games in Colorado. 3



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STOPPING A SILENT KILLER

High blood pressure claims thousands of lives each year and most victims rarely recognize the symptoms. 6

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Muscle cars migrate to popular Hockenheim raceway for weekend of high-speed action and thrills. 13

Defense Details

GAINING GROUND

Coalition and Afghan forces have reversed the Taliban's momentum and will continue to build on that success, a senior Pentagon spokesman said Monday. "The Taliban's momentum has not only been thwarted, it's been thrust back," Navy Capt. John Kirby told reporters. "We believe they are in a much weaker position." In December 2009, President Barack Obama announced a surge of 33,000 more U.S. troops to Afghanistan. These forces, deployed mostly in the south, took the fight to the Taliban and their terrorist allies. The number of American forces will reach 352,000 later this summer. Even with the withdrawal of 10,000 American troops in December 2011 and another 23,000 by the end of September 2012, more forces are facing the Taliban threat.

www.defense.gov

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Town hall talk heavy on transformation, services

Staff Report

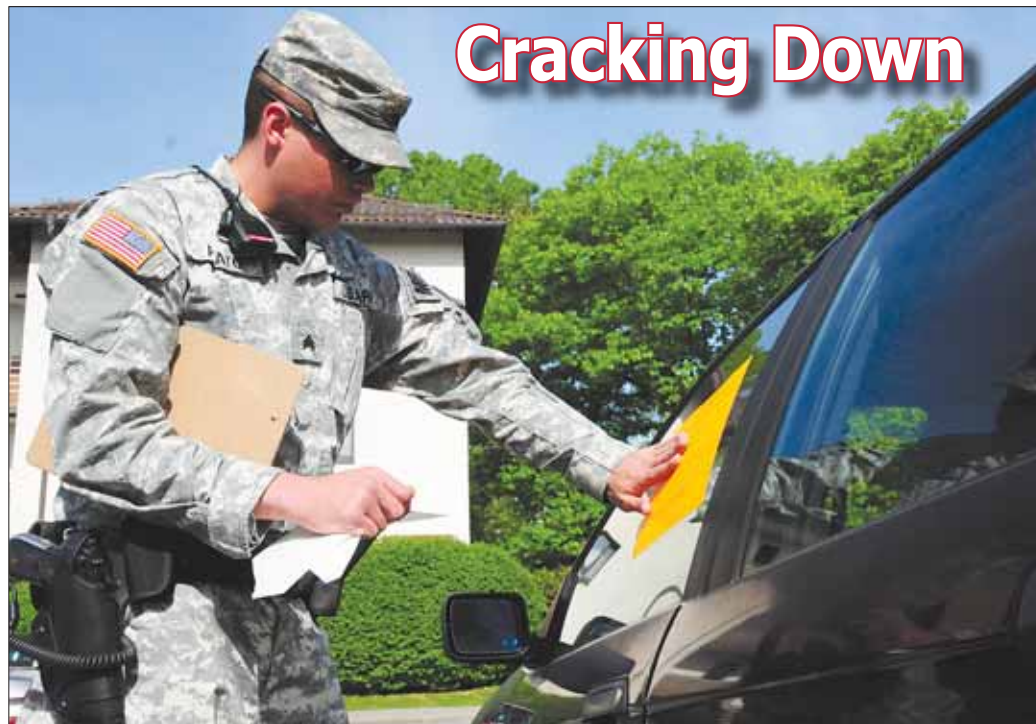
U.S. Army Garrison Baden-Württemberg leaders, Soldiers and community members gathered at the Village Pavilion Community Center in Heidelberg May 3 for the garrison's quarterly

town hall meeting. USAG BW Commander Col. Bryan DeCoster and a panel of representatives from the Directorate of Family, Morale, Welfare and Recreation, The Exchange (formerly known as the Army and Air

Force Exchange Service) Directorate of Human Resources, housing, Defense Commissary Agency, Patrick Henry Village Dental Clinic, Coleman Barracks and Heidelberg Health facilities, Department of Defense Dependents

Schools, Heidelberg Middle School, Transformation and Directorate of Logistics, took turns speaking to audience members about the latest changes in the Heidelberg and Mannheim communities.

see TOWN page 9



Elizabeth Behring

Sgt. Delos Plata, a patrol supervisor with the 529th Military Police Company, places a Notice of Suspected Abandonment on a vehicle on Patrick Henry Village in Heidelberg Tuesday. A policy signed by Garrison Commander Col. Bryan DeCoster April 25 emphasizes those service members and Department of the Army civilians who leave their cars behind can face punitive action, including the charge of vehicle abandonment.

New policy takes aim at abandoned vehicles cluttering community

By Elizabeth Behring

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It's that time again: flowers are blooming, birds are chirping, children are getting spring fever and cars are left behind when their owners depart U.S. Army Garrison Baden-Württemberg.

With Permanent Change of Station season right around the corner, garrison officials have seen an increase in cars left behind by their owners who have departed the community.

A policy signed by Garrison

Commander Col. Bryan DeCoster April 25 emphasizes those service members and Department of the Army civilians who leave their cars behind can face punitive action, including the charge of vehicle abandonment.

At the least, this punishment can be filed as an Article 92, which is a violation of or failure to obey a lawful or general order or regulation, said Staff Sgt. David Crocket, traffic investigations supervisor at the Provost Marshal's Office on Patrick Henry Village in Heidelberg.

The violation will also be reported to the U.S. Army Crime Records Center, a multi-functional center located in Virginia that supports the Army, as well as foreign, federal, state and local law enforcement agencies.

Both reports can follow a Soldier from installation to installation and can negatively impact security clearances, future employment and more, Crocket warned.

The majority of abandoned car cases

see POLICY page 9

COMMUNITY

Giving back to families, Soldiers

Family Support, Youth Programs raise more than \$133K

By **Jeannette G. White**
CFC-OVERSEAS

Representatives from Family Support and Youth Programs will receive a check from Combined Federal Campaign-Overseas 11:30 a.m. Tuesday in the G1 Conference Room, Bldg. 16 on Campbell Barracks in Heidelberg.

FSYP raised \$133,318.09 in 2011, which is \$42,090.76 more than in 2010. This is higher than the previous four CFC-O campaigns. But, most importantly, the funds go back to military communities in Europe for family support and youth programs.

FSYP is unique to CFC-Overseas. It is one way donors can give to their overseas military community.

The CFC-Overseas charity

listing only includes national and international charities, while many of the stateside CFCs include local organizations. Since many CFC contributors are used to giving locally, and knowing that contributors may want to be able to improve the quality of life in their local communities, the CFC-O developed FSYP.

♦From the 2010 campaign, more than \$627,000 was returned to FSYP.

One really exciting benefit of this program is that 100 percent of FSYP donations go back into overseas installations. No overhead costs are deducted.

♦FSYP receives funding from two sources. The first is when a contributor decides to donate directly to the program.

This donation is designated in the "FSYP" block on the pledge form.

The other way is through undesignated contributions. Sometimes, a donor chooses not to designate a charity on his or her pledge form.

All undesignated funds go into a large pot, and at the end of the campaign, the pot

(up to 6 percent of the total campaign revenue) is divided equally among the participating overseas installations as a part of FSYP funds. FSYP funds have been used for:

♦An installation in Australia used their FSYP funds to purchase equipment for their loan locker, since it takes up to a month for personnel to receive their household goods when relocating there.

♦An installation in Iraq used its funds to purchase equipment and DVDs to set up a movie tent for Soldiers to use during downtime.

♦An installation in Germany put its FSYP funds toward the purchase of a van that will be used to take children's athletic teams to competitions around Europe.

♦FSYP dollars can be put to use in any quality of life program that the local commander deems appropriate and that is in accordance with the service's regulations.

From providing softballs for youths to funding language classes for spouses or art supplies for the local child development center, FSYP can make a difference in your community.

Forward Progress



1st Lt. Maggie Kohler

Spc. Enoch Guto, a Nutrition Care Specialist with Company B, 212th Combat Support Hospital, serves Col. Koji Nishimura and Command Sgt. Maj. Alexis King, 30th Medical Command, during their visit to the Operation Forward Progress field exercise in Miesau April 26. Operation Forward Progress was a two-week training exercise to improve medical logistics and readiness for a rapidly deployable, theater-enabling medical capability in Europe. The exercise ended May 3.



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

"Heidelberg police have issued a warning to dog owners in the Dossenheim and Schriesheim neighborhoods. This Monday (May 7), a 12-week-old Labrador puppy died within hours of ingesting poisoned sausage pieces placed alongside a farm road between Dossenheim and Schriesheim. The owner and a veterinarian called police, who secured more pieces of poisoned sausage in the area and started in-

vestigating. Witnesses may contact German police at civ. 06221-45-690. Police advise dog owners to keep their dogs leashed and under close supervision in this general area until the perpetrator(s) are identified."
— BWnow Facebook Administrator

"So sad. Who would do such a thing?"
— Elizabeth Carter, BWnow Facebook Fan

"Thank you for the info."
— Beate Hayes, BWnow Facebook Fan

"If you missed the town hall on May 3 ... not to worry. You can check out the meeting right here at www.youtube.com/BWnow."
— 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. Only spots results from the weekend will be accepted until noon on Monday.

Passion for cycling leads Kaiserslautern Soldier to compete in Warrior Games

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

RAMSTEIN-MIESENBACH – Reduced oxygen simulates higher elevations to help Staff Sgt. Spencer Anderson train for the cycling event at the 2012 Warrior Games in Colorado, Springs, Colo.

Anderson, an Army medic, is among 30 Soldiers and 20 veterans representing the Army at the third annual Warrior Games, a weeklong event for wounded troops in Colorado Springs, Colo. Events include cycling, archery, wheelchair basketball, shooting, swimming, track and field and sitting volleyball. The games began April 30.

Cycling keeps Anderson, a Soldier wounded in combat, on a positive track. He started cycling 16 months ago. Now, it's part of a routine, something productive that's motivated him to compete.

"Cycling has been a phenomenal tool for me," Anderson said. "It probably saved my life."

Shortly after the Sept. 11, 2001 terrorist attacks, the Wisconsin native left Asbury University in Wilmore, Ky., joined the Army and was assigned to the 82nd Airborne Division. In 2007, while deployed to Tikrit, Iraq, with the 1st Battalion, 319th Field Artillery Regiment, a roadside bomb exploded a few feet from Anderson's Humvee. The combat medic remembers a flash of light before losing consciousness.

He finished his 15-month tour, filled with intense and seemingly endless days, in Oct. 2007. Three years ago, he married his wife, Lorena, who's been his biggest



Rick Scavetta

Thin air piped into a mask, inside Physio Balance Neubert's Alpine training room helps Staff Sgt. Spencer Anderson train for the cycling event at the 2012 Wounded Warrior Games in Colorado.

supporter, he said. After serving at Fort Gordon, Ga., Anderson arrived at U.S. Army Garrison Kaiserslautern, where he now serves at the Warrior Transition Unit at Kleber Kaserne. Cycling, Anderson found, is a great outlet for someone recovering from post traumatic stress and traumatic brain injury – where bouts of anger come easily and often, Anderson said.

"When I'm angry, when I'm agitated, I can go out and just pound the pedals as hard as I want until I'm tired," Anderson said. "Then come home and I feel better."

Last year in Landstuhl, Anderson met his hero Lance Armstrong, who gave him the bracelet he wears when riding. He's since cycled in veteran's

events in Florida and Normandy, France – where a five-day tour through World War II battle sites ended with a leg of the Tour De France. In March, Anderson cycled during clinics at Fort Meade, Md., and qualified for the Warrior Games.

He's overcome more recent obstacles. In March, while driving to work, traffic built up on the A-6 autobahn in Kaiserslautern. A large truck slammed into Anderson's car, pushing him several hundred feet.

"His bumper is in my door and he's pushing. There's nothing I could do," Anderson said. "I said, 'God, can you help me, because I'm scared.'"

Since then, training has been a little painful, but Anderson is confident he'll be ready for the upcoming competition.

Through the outreach efforts of the American Red Cross, a partnership was formed with the Wounded Warrior Project, said Kathleen Butler, senior station manager at Ramstein Air Base.

Together, they support Anderson's training at Physio Balance Neubert, a local gym that offers Alpine sessions – riding with less oxygen.

Wounded troops evolve and get better through physical activity, said Carol Porter, Wounded Warrior Project's manager of alumni, who has seen troops "get that edge back."

"They've gone from having so much pain to realizing with a lot of training and help, they are able to get back to an active lifestyle," Porter said. "They don't give up."

Local areas see spike in Hantavirus

ERMC Public Affairs

Reported cases of Hantavirus in the Stuttgart area have increased dramatically this year, German Health Department representatives in Stuttgart said recently, including three reported cases involving U.S. forces. In all three U.S. forces cases, the individuals were treated and recovered from the illness.

"We're fortunate in one respect that the strain of Hantavirus common to this area is a relatively milder form of the disease than we sometimes see in other parts of the world, including the United States," said Col. Larry Connell, Stuttgart Health Clinic commander. "While preventing exposure to the virus is key, we also encourage anybody with symptoms of Hantavirus to contact their primary care clinic so they can be evaluated."

According to the U.S. Centers for Disease Control, the strain of Hantavirus common to this area has a mortality rate of less than one percent. Patients may suffer from the abrupt onset of fever and flu-like symptoms, followed by abdominal pain and, in some severe cases, kidney failure. Because human Hantaviruses do not spread from human to human, no isolation is needed.

In 2010, more than 1,500 cases of Hantavirus infection were reported across Germany, with the majority reported in Baden-Württemberg and Bavaria. Most occurred among adults living or working in rural areas, living close to a forested area, with frequent outdoor activities in these areas or employed in farming or construction. However it has been noted that urban cases have been on the rise in recent years.

Hantavirus is carried by rodents – the red bank vole in Germany – and is usually spread through contact with their urine and excrement. 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. Increased numbers of human cases are usually associated with an increase in the red bank vole population in the area and varies from year to year.

There is no vaccine available to prevent infection with Hantavirus.

Tips for Preventing Hantavirus

- Keep rodents away from your home, garage or campsite.
- Clean up spilled food to avoid attracting rodents.
- Seal holes that could allow rodents into your house or garage.
- When cleaning in areas that are dusty, wet down or wet mop the area first to avoid disturbing any dust that contains dried rodent droppings.
- Wear a filter mask to avoid breathing in any particles while cleaning.
- If you need to dispose of dead rodents, always wear a mask and gloves.

BW now We're on Facebook!

Like Connect with community members, ask and answer questions about life in Europe, share photos and more. **Like us** and join the discussion!

transformation UPDATE

Frequently Asked Questions

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

E-mail usarmy.badenwur.usag.mbx.post-newspaper@mail.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 – Can the mailroom on Coleman Barracks be open more than Monday, Wednesday and Friday for package pickup? Some units are still not able to get to the mailroom during these hours of operation because of their work schedules. With their current hours, we sometimes have to wait over a week just to pick up our packages.

Garrison officials are planning to extend the operating hours at the Coleman Barracks mailroom once postal services are consolidated onto Patrick Henry Village and Coleman.

NEW – Is the AAFES (The Exchange) Giessen Depot still on schedule to relocate to Gernersheim in 2014?

Yes. The facility is still on schedule to relocate to Gernersheim.

NEW – Since there are more families and organizations moving to Patrick Henry Village, can the Village Grille open for lunch during the week?

Due to staffing issues at this time, it would be difficult for the Village Grille to operate during lunch hours. However, officials from the Directorate of Family, Morale, Welfare and Recreation say they are willing to review the request to determine if changes to the operating hours can be made in the future.

NEW – The vacant homes on Grant Circle are becoming overrun with grass and weeds. Who is in charge of mowing these yards?

Each tenant is responsible for cutting their own grass, and a contractor is responsible for cutting the grass for the homes that are no longer being occupied. The command has reviewed the mowing contract that is currently in place and will ensure scheduled maintenance is being carried out as directed.

NEW – Will Soldiers (E5 and above) who are currently authorized to live in off post housing still be authorized to live off post when they move to other communities (such as Wiesbaden), or will they be forced back into military housing?

In accordance with current Wiesbaden Housing Policy, accompanied service members of all grades will be assigned to Army Family Housing when available. U.S. Army Garrison Wiesbaden's goal is to offer a choice of at least two AFH units, appropriate to the grade and bedroom requirements of the service member, when reasonably available. USAG Wiesbaden will assign 100 percent of service members in grades E1 through E4 on-post. If AFH is not projected to be available within 60 days, the service member has the option to accept a Certificate of Non-Availability to seek off-post private rental housing. Service members will automatically be issued a CNA if housing availability is projected to exceed 90 days. Exceptions to policy to move to private rental housing when offered AFH should be endorsed by the service member's O5 level commander and submitted to the Wiesbaden Housing Office in memorandum format. USAG Wiesbaden housing office will process the request and provide it to the USAG Wiesbaden Commander for final approval or disapproval.

What should military members expect in regard to logistical support and housing in a closing community?

Support, whether logistical or housing or other, will continue to occur at a level our community members deserve. This means necessary services will continue to be provided based on customer demand and available resources (money, equipment, workforce). Often service locations have to be consolidated because of resource limitations and this will usually mean consolidation in the area with the greatest population which is Heidelberg. In some cases, the consolidation will be in Mannheim, like the Vehicle Registration on Spinelli Barracks. The intent is to keep established timelines as closure progresses while minimizing turbulence to community members by notifying them of changes as soon as possible and generally at least 30 days in advance.

That will not always be possible when changes are the result of unexpected employee sick leaves or other losses of employees providing the services. Although the changes are necessary, we understand they aren't easy because of the high level of services in close proximity to home and work that community members have become accustomed. The command will do its best to retain the proximity and quality of services as long as possible.

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.

Facilities Operations Changes Mannheim

Barber Shop – The Benjamin Franklin Village Barber Shop is now closed. The Coleman Barber Shop is open 10 a.m.-4:30 p.m. Tuesday-Friday. The Coleman Barber Concessionaire has agreed to remain open until 5 p.m. if customer traffic increases.

NEW – Bowling Center – The bowling center located on Sullivan Barracks is scheduled to close **June 22**.

Burger King – The Mannheim Burger King located on Sullivan Barracks is scheduled to close **July 28**.

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, ended **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 – Deli and bakery services are no longer available at the commissary. Sandwiches are still available in the grab 'n go section and customers can special order select items and purchase hot rotisserie chicken. The commissary operating 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.

NEW – Facility Closures – The Mannheim main post exchange, gas station, launderette, Popeyes, Taco Bell and concessions area are scheduled to close **June 15**.

Gas Station – The Gas Station on Benjamin Franklin Village 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.

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.

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

Shuttle Bus – The community shuttle bus will no longer stop at the Benjamin Franklin Village guest house, and a new stop has been added on Funari Barracks. The new schedule is also available from any shuttle bus driver, at the Central Processing Facility in Heidelberg or by calling DSN 373-8350 or civ. 062217-8350.

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.

NEW – Sullivan Fitness Center – The Sullivan Fitness Center is scheduled to close by **Sept. 1**.

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. Effective **May 18**, the Mannheim office will be open 9 a.m.-2 p.m. Tuesdays and 7:30 a.m.-4 p.m. Thursdays.

Heidelberg

Airport Shuttle Buses – The free shuttle bus service for service members, Department of Defense civilians and their families departing Germany from Ramstein Air Base on the Patriot Express departs Heidelberg once a week from the Patrick Henry Village Guest House in Heidelberg. For details on the shuttle schedule call U.S. Army Garrison Baden-Württemberg Central Processing Facility in the Community Support Center, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, usarmy.badenwur.usag.mbx.cpf@mail.mil.

UPDATED – The shuttle bus to the Frankfurt Airport – Effective **May 15**, the separate shuttle bus service from Heidelberg Patrick Henry Village Guest House to Frankfurt Airport will no longer be available. The cancellation is a result of the implementation of the Patriot Express channel flights that depart Ramstein Air Base. DSN 370-8399, civ. 06221-57-8399.

Community Bank Mobile Van – The Mobile Banking Van will cease service **May 11**. www.dodcommunitybank.com.

NEW – Dental Clinic – Effective **May 21**, sick call and exam hours for the Patrick Henry Village dental clinic will be 8:30-11:30 a.m. Monday-Friday. DSN 388-9500.

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.

Teen Clinic – The Teen Clinic at Heidelberg High School will cease on-location support at the end of the school year. Teens can be seen at the Heidelberg Health Center. DSN 371-2622, civ. 0800-376-2223.

NEW – Thrift Shop – The Thrift Shop on Patrick Henry Village will close **May 18** to prepare for its relocation to Bldg. 4455 (directly across the street from the PHV Recycling Center and Outdoor Rec Center). The old location will be used to house the new consolidated postal services facility scheduled to open in October. The thrift shop is scheduled to reopen at its new location in early June.

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.

High blood pressure may give no warning before it kills

By Ayanna Robinson
U.S. ARMY PUBLIC HEALTH COMMAND

There's a silent killer lurking, and in 2007, it claimed the lives of 336,000 Americans, as either a primary or contributing cause of death. Although you can't see the culprit, it's present in about one in three adults in the United States. High blood pressure, or hypertension, is a serious condition often referred to as the "silent killer" because it frequently has no warning signs or symptoms. It also increases the risk for heart disease and stroke, which are leading causes of death in the U.S., so it's important to get your blood pressure checked regularly.

What exactly is blood pressure? Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. It is measured as systolic (blood pressure when the heart beats while pumping blood) and diastolic (blood pressure when the heart is at rest between beats). Blood pressure is always reported as systolic over diastolic pressures; for instance, 120 over 80. A person is said to have high blood pressure when the systolic pressure is 140 or higher and the diastolic pressure is 90 or higher.

What can you do to prevent high blood pressure? People of all ages can make healthier lifestyle choices that will keep blood pressure in a normal range. An ounce of prevention is worth a pound of cure. Follow these key steps to prevent high blood pressure and maintain a healthy heart:

Be active. Physical activity can help lower blood pressure. Spending at least 30 minutes on most days of the week engaged in moderate levels of physical activity, like water aerobics or brisk walking, is recommended for adults.

Eat healthy. A healthy, well-

balanced diet that is low in total fats, saturated fats and cholesterol is a good way to keep blood pressure down. Also, eat lots of fruit, vegetables and low-fat dairy products. Certain foods like whole grain oats, celery, salmon, black beans and low-fat yogurt contain nutrients that lower blood pressure. It is also important to reduce sodium intake. You can do this by limiting the amount of salt you add to your food.

Watch your weight. Being overweight or obese increases your risk of developing high blood pressure. In fact, your blood pressure rises as your body weight increases. Losing even 10 pounds can help lower your blood pressure.

Limit alcohol. While research shows that drinking a glass of red wine a day may be a heart healthy choice, you don't want to drink in excess. Drinking too much alcohol, among other harmful health effects, can raise your blood pressure. If you drink alcoholic beverages, do so moderately. This is equal to one drink a day for women and two drinks a day for men.

Don't smoke. Smoking injures blood vessels and speeds up the process of hardening arteries. Smoking is especially bad for people with high blood pressure. If you don't smoke, don't start. If you do smoke, talk to your doctor about ways to quit.

Monitor blood pressure levels. It's important to know where you stand, especially since high blood pressure often has no warning signs. Be sure to have your blood pressure checked regularly by your doctor. You can also monitor your blood pressure between visits.

People with high blood pressure may be prescribed medications by their doctors. Remember, if you have high blood pressure, lifestyle changes are just as important as taking medications.

Faces of the Community: ACS Information and Referral



Bushra Ghani
Volunteer of the Year for Army Community Service, Ronda Latta, left, assists Sonya Malsuk Sharp, right, at the ACS Information and Referral desk. Latta and other U.S. Army Garrison Baden-Württemberg volunteers were recognized April 26 for the hours they spend donating their time to the community. Latta works in the main office in Bldg. 3850 on the Shopping Center in Heidelberg, which is open 8 a.m.-4:30 p.m. Monday-Wednesday and Friday, and 11 a.m.-4:30 p.m. Thursday. DSN 370-6883, civ. 06221-57-6975.



Got news or photos to share? Send them to the Herald Post!

We welcome submissions but reserve the right to edit them for style, space, clarity, taste, libel and security considerations.

A submission must be in our hands by noon Thursday for publication the following week. Only sports results from the weekend will be accepted until noon on Monday.

What are we interested in? Check the website www.bw.eur.army.mil/news for more details and to download a copy of our editorial policies and submission form. Or give us a call to discuss a story idea.

Announcements must be in writing; we cannot accept them over the phone. Each announcement must include a name and daytime telephone

number of a point-of-contact in case we have any questions. Text should be in the body of the message, not as attachments. We will not accept PowerPoint slides.

Photos should be sent as individual attachments (JPEG format is best), not pasted into Word or PowerPoint documents. Caption information should be included in the text of the e-mail message. That information should describe the contents and when the photo was taken, fully identify all recognizable persons (first and last names, titles and ranks if applicable) and name the photographer.

Submit your stories to: usaghd.post@eur.army.mil or usarmy.badenwurttemberg.usag.mbx.post-newspaper@mail.mil.



Election Countdown
180 Days

New Jersey to hold special election for congress June 5 due to death

Staff Report

New Jersey will hold a Special Primary Election in the 10th Congressional District to fill the seat vacated by the passing of Representative Donald Payne Sr., on June 5.

The 10th Congressional district consists of parts of Essex, Hudson and Union Coun-

ties. This Special Primary Election will be held concurrently with the regularly scheduled Primary Election June 5. Voters will receive one ballot for both the Special Primary and regular Primary Elections. Voters who have already requested a ballot for the regular Primary Election do not need to take further action.

Get Registered to Vote

If you are not already registered to vote, you may do so by submitting a Federal Post Card Application. Your FPCA must be received by your County Clerk's office by May 15. Go to www.FVAP.gov or obtain an FPCA from your unit or installation voting assistance officer.



U.S. Army

Sgt. Carl Hawthorne of the 273rd Military Police Company (Rear Detachment), District of Columbia National Guard, fires tracer rounds from an M249 machine gun at Fort A.P. Hill, Va., May 5.



Sgt. Michael J. MacLeod

Spc. Craig Moon and fellow paratrooper with the 82nd Airborne Division's 1st Brigade Combat Team load concertina wire onto the front of a Mine Resistant Ambush Protected vehicle April 29 in Ghazni province, Afghanistan.

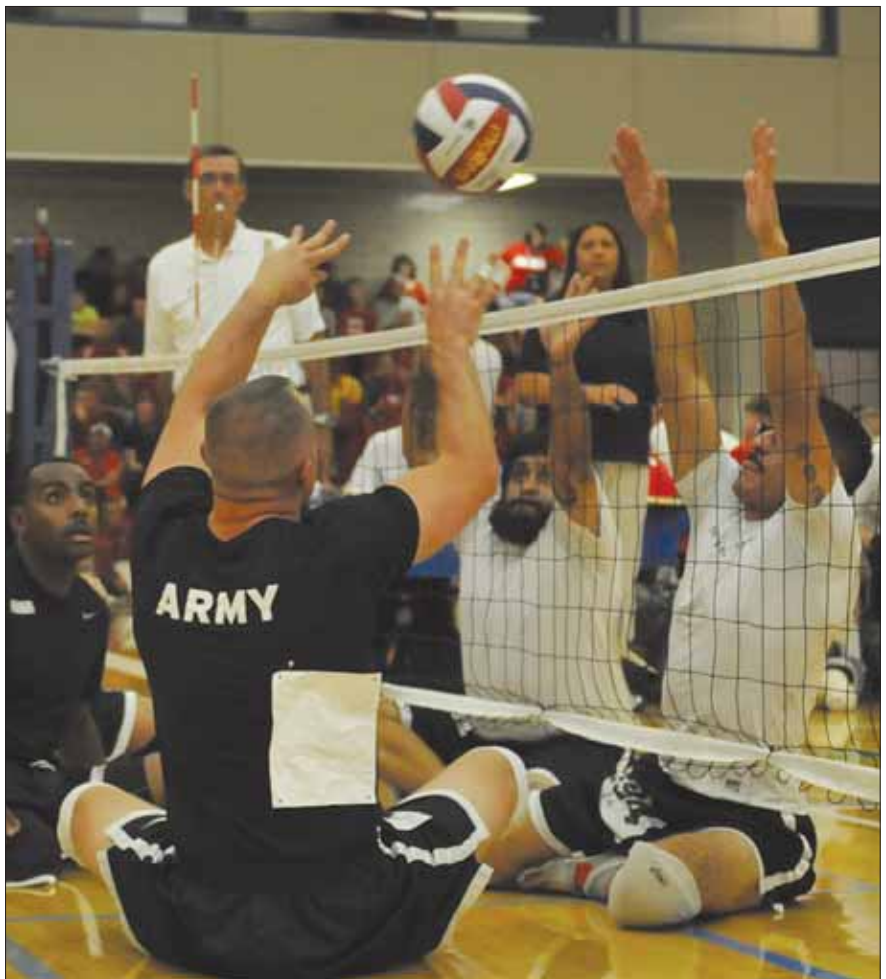
ourARMY
around the world

For more Army news,
visit www.army.mil



Spc. Cory Grogan

An Oregon Army National Guard crew chief with Charlie Company, 7th Battalion, 158 Aviation Regiment, directs first responders as they load a simulated injured patient onto an UH-60 Black Hawk helicopter during Vigilant Guard-Oregon near Hayward Field in Eugene, Ore., May 2.



Sgt. Jerry Griffiths

Cpl. Brian Miller prepares to defend against the U.S. Special Operations Command team during the second night of sitting volleyball for the 2012 Warrior Games at the Air Force Academy in Colorado Springs, Colo., May 2. The Warrior Games is an annual event allowing wounded, ill and injured service members and veterans to compete in paralympic sports including archery, cycling, shooting, sitting volleyball, track and field, swimming and wheelchair basketball.

POLICY

continued from page 1

said. After receiving orders of any kind – PCS, End of Service or deployment – Soldiers need to properly investigate how to dispose of their vehicle responsibly, he explained.

“They have a few choices. They can sell the car, donate it to Family and Morale, Welfare Recreation’s Auto Crafts or they can ship it to CONUS [Continental United States]. These are the only options,” Crocket said.

Prior to selling a car to a local national, owners should consult the U.S. Customs Office at the Community Shopping Center in Heidelberg to ensure laws are not violated.

Military Police have determined that most of the time, cars are left because they are no longer able to pass inspection and therefore, cannot be registered in Germany or shipped to the U.S. This happens a lot with “beater cars,” or older-model vehicles Soldiers tend to pass to one another as they rotate in and out of theater.

Due to the frequency of changing hands, beaters are frequently not taken care of, and it costs money to repair and get them ready to pass inspection. If a Soldier is out of money and time, he or she may remove the plates and leave it behind.

“We have a huge database where we can look up the vehicle identification number, the license plate and all the driver information. If we have a bit of time, we can just look up the vehicle’s make and model and narrow it down from there. And a VIN scrape – well that’s another crime in itself,” Crocket said, indicating the illegal cover-up or scratching out of a VIN.

It’s not difficult to identify cars that might be abandoned, Crocket said. MP rely on reports from community members, the garrison’s maintenance crews and their own observations to pinpoint suspected violations.

“If a vehicle is up on blocks or has leaves covering it, that stands out. It can be an eye sore. Sometimes we’ll get calls from community members

who will say, ‘Hey I know this guy’s been gone, but his car is still sitting out there,’ and then we’ll go check it out. By all means, call us if you think a car’s been abandoned,” Crocket said.

Sometimes, although rarely, Crocket said a vehicle will be initially identified as abandoned when in fact, it’s not. The owner could be deployed, on Emergency Leave or awaiting car parts from the U.S.

“But a deployment is almost never the case anymore, since we are not an enduring community and we no longer have entire units deploying together. For those Soldiers who are deployed, they should have a [Special] Power of Attorney in place with their rear detachment, and they should at least brush the leaves off, park it in the company area, put a tarp on it and make sure it’s not on blocks,” Crocket said, adding the unit is the first call the MP make after being unable to contact the owner.

“We will work with the person on a case-by-case basis, but if you know you’re going on leave for 30 days and your

registration is going to expire during that time, that’s not an excuse for not taking care of it beforehand.”

What happens after a vehicle is determined to truly be abandoned?

“We put a nice orange sticker on it, on the driver’s side so it obscures the view and nobody tries to drive it off” Crocket explained.

The sticker leaves a thick residue of glue and paper on the window when removed, which is an intentional design, Crocket said.

“After that, we wait 72 hours until we put together the paperwork for the impound lot, and we try to make contact with the owner first, to give the benefit of the doubt,” Crocket said.

Vehicles are towed to the Spinelli Barracks impound lot at the owner’s expense. The owner gets 45 days to get the vehicle ready to pass inspection. If the vehicle doesn’t pass, the paperwork will go to the disposal board, which is controlled by the Directorate of Logistics.

In turn, the disposal board

decides if it will be sold, stripped for parts or destroyed. Vehicles that still have liens are usually collected by the lien holder.

“This doesn’t clear the owner of responsibility,” Crocket said. “If there is still a lien on the vehicle, they are still responsible for the rest of that lien, even if it’s destroyed.”

Whatever money is recuperated from the sale or destruction of cars that don’t have a lien attached to it goes back into the garrison to support Family and MWR programs.

“It’s a vehicle, something that’s controlled by a VIN, a serial number controlled by Customs. It’s not a CD you left in the barracks. We just need the community to understand that not only is taking care of their cars their responsibility, not doing so creates more work for the people left behind,” Crocket said.

A copy of the garrison’s new policy letter on the removal of abandoned vehicles can be viewed in PDF format at www.bw.eur.army.mil/about/policies.html

TOWN

continued from page 1

transformation efforts and their effect on housing, health care and the upcoming school year.

The panel also discussed several facility closures scheduled for June 15 in the Mannheim community, to include the Mannheim Post Exchange main store, gas station, Popeyes chicken restaurant, Launderette, Taco Bell and concessions area.

Another big change in the works is the garrison’s Postal Service Center consolidation plan. USAG BW will consolidate all Heidelberg postal operations into one central postal service center during the first quarter of fiscal Year 2013. The new center will be located in Bldg. 4503 on Patrick Henry Village. The building currently houses the thrift shop, which will relocate May 18. Customers will not have to change their mailing address once the center opens on PHV in October. The consolidation is expected to cost the garrison \$595,000 but is projected to save \$1.5 million in labor costs.

During the meeting, community members who could not attend in person posted questions to the garrison’s BWnow Facebook page.

Each question was then read aloud and answered by the commander or a member of the panel during the meeting. Some panel members also offered to provide additional follow-up information to audience members whose questions required a more detailed response.

Some of the questions and responses are printed in this week’s edition of the Herald Post on the transformation page (located on page 4).

The meeting was videotaped by members of American Forces Network Europe and aired live on AFN’s program guide and the Heidelberg virtual channel 15 (on an AFN decoder) and AFN Prime Atlantic for viewers on post. A video stream was also posted on the AFN Europe website www.afneurope.net and on a special section of the garrison’s official homepage at www.bw.eur.army.mil/community_life/townhall.html. After the meeting, a raffle was held for audience members who attended the town hall in person, and several walked away with fruit baskets from DeCA and gift certificates from the Exchange.

Garrison members have not yet confirmed a date for the next town hall meeting.

Visit BWnow’s YouTube channel at www.youtube.com/BWnow to watch video of the May 3 USAG BW town hall meeting.

The latest **BLING** for fuel card abusers

Get yours today -- abuse or misuse your fuel ration card!

An Esso fuel card can only be used to put fuel in the vehicle for which it was issued, by the registered owner of that vehicle. Transferring or selling fuel rations is punishable under the Uniform Code of Military Justice, civilian employee misconduct policies and German law.

For more on fuel card policies, go to: www.aafes.com/germanyfuelcard

GERMAN NEWS

€200 Million Bank Error

A German man whose bank mistakenly gave him €200 million has been told he can keep the €12,000 interest earned while it rested in his account overnight. The man, named in German media only as Michael H., sold shares last April for €20,000, but his online bank Comdirect accidentally put €200 million into his account. Michael H. swiftly transferred €10 million of it into his current account at a different bank. Even though Comdirect successfully retrieved all the €200 million, it demanded €12,000 on top — 14.4 percent interest on the money he moved. The district court in Itzehoe, Schleswig-Holstein, ruled May 3 that Comdirect should repay the man the €12,000, plus the interest it accrued over the last year. But the bank is going to appeal. "People who want to use money that does not belong to them generally have to pay interest," a bank spokesman said. "That is the same for everyone." Michael H. admitted it was fun to be a multimillionaire, but now regrets moving the money. "It would have been better if I had done nothing," he said.

Berlin Airport Opening Delayed

Berlin's new Berlin-Brandenburg Willy Brandt International Airport will not open as planned June 3, it was confirmed Tuesday, with one minister suggesting it could be delayed until August or September. The airport will replace the Tegel and Schönefeld airports, which were slated to close on the day of the Willy Brandt opening. Brandenburg's state Interior Minister Dietmar Woidke said there were problems with the fire escape system, specifically the warnings and door closure systems. Insiders at Lufthansa, which has been planning to increase flights in and out of the German capital through the new airport, said it needed a functioning airport in Berlin. But there was some understanding for the delay at the airline's annual general meeting in Cologne Tuesday. "The kind of chaos that was seen at London Heathrow cannot be repeated in Berlin," a high-ranking Lufthansa official said, referring to the 2008 public relations disaster that was the opening of the Heathrow fifth terminal. The airport is set to cost at least €2.5 billion and a new stretch of highway, as well as a rail extension and new station, were built.

SOURCE: www.thelocal.de



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](https://twitter.com/dearmsvicki), or visit www.dearmsvicki.com.

Dear Ms. Vicki,

My husband is active duty Army, and he's giving me his GI Bill benefits to use for school. I'm taking online classes toward my associate degree in psychology.

I have always wanted to become a therapist, but with the inspiration of my husband and reading your articles, I'm driven to work with service members, like you do. My ultimate goal is to have my Ph.D., but I know I'll need at least a master's to become a licensed therapist.

Can you give me any pointers on what kind of classes I should take or specific degree I should work toward? Any advice you can give would be greatly appreciated. Thank you so much.

Sincerely, Love My Soldier

Dear Love,

I'm always recruiting for social workers to join the field. A Bachelor of Social Work and Master of Social Work or SW/ Master of Science in Social Work will lead to licensure quickly and will open many doors for you in the clinical or behavioral health field, administration and policy, prevention and education. You can do much in the profession of social work.

However, if you want to become a psychologist, that will be great, too. Continue on with your bachelor's degree, and continue with graduate school. Many universities have dual programs where you can get a Master of Science in psychology and a Doctor of psychology degree. You can even choose to attain a Ph.D. in Psychology. Both a Psy.D. and a Ph.D. can put you on the road to becoming a licensed psychologist.

I'm sure you will make the best decision. Start researching universities and their programs, and visit the campuses when you get the chance. Just remember, all social work programs must be accredited by the Counsel on Social Work Education, and psychology programs should be American Psychological Association accredited.

Try to reach out to local social workers and psychologists and ask them why they chose the profession. It will be insightful and will help you choose which degree and license is best for you. Keep in touch.

Dear Ms. Vicki,

I am a spouse who is new to the

Army life. What advice can you give when it comes to my Soldier going off to school for long periods of time, and how do I handle deployments? My biggest concern is infidelity. I hear so many spouses who say their Soldier had an affair and the reason for it was the distance. How do I maintain the trust in my marriage and stay positive about everything?
New Wife

Dear Wife,

Thank you for writing, because this is a good question, and your concerns are valid. However, don't read too much into the gossip and rumors. Yes, military culture and bases are definitely a microcosm of our society. In other words, what you find in any neighborhood in America, you will find in the military. However, there are many people who are maintaining great relationships and marriages in spite of long separations and deployments. In my personal and professional opinion, the two people must be committed to making the relationship work at all cost. And of course, being faithful to each other will help tremendously.

Visit your Army Community Service office on base or your local post. They offer a plethora of information and sometimes free classes too. Try to find what you are passionate about and volunteer with that effort in the military community and your local community too. Visit family and close friends as often as possible. Remember, you can also stay in touch with me too. I think you will be fine and will do great things. Stay encouraged and keep in touch.

Exercise ball best for exercise, not as a desk chair

By John Pentikis

U.S. ARMY PUBLIC HEALTH COMMAND

There has been much research in the past few years devoted to trying to make workers healthier while working.

One of the more popular ideas is the use of an exercise ball to replace a traditional office chair. However, there seems to be a great deal of debate comparing the pros and cons of using an exercise ball as an office chair and what effect the ball will have on the back.

Exercise balls were not originally intended as a piece of exercise equipment, but rather as a therapy tool to improve balance and strength. The instability of the exercise ball forces the use of the core muscles of the midsection. As an exercise tool, this is a positive feature because it is important to strengthen the muscles of the low back and abdomen. However,

those same features are not necessarily desirable for a chair.

There has been little research done on the effects of using an exercise ball as a full-time seat. One study suggested that extended sitting on an unstable seat surface does not really affect the overall spine stability.

Sitting on a ball appears to spread out the contact area, which could explain the reported discomfort. Another study's results found an increase in muscle use in certain back muscles as well as an increase in discomfort while sitting on the stability ball.

From an ergonomics point of view, stability balls are not an effective solution for reducing low back pain in the workplace for these reasons:

- Active sitting increases the rate of fatigue due to constantly being off balance. In addition to fatigue, continuously maintaining your balance throughout the day may be an issue for some individuals and people with

previous back injuries.

- Exercise balls do not have armrests or back supports, key features in supporting the body.

- A reclined sitting position is the most comfortable position for the back, and an exercise ball does not allow you to sit in this position.

- There are also safety concerns if someone is not using the exercise ball properly. Exercise balls do not have a stable balance and present a potential safety risk of falling off of them, or the ball may pop, causing the user to fall. In addition, a general user may not realize that a fully inflated exercise ball is going to be much more difficult to sit on than a less inflated ball.

The only situation recommended for extended use of an exercise ball is as a form of exercise. In an office setting, an exercise ball should only be used for a few minutes at a time spread throughout the day for an



exercise break, but not as a full-time desk chair.

Exercise balls are a great addition to a comprehensive exercise or health program. However, they are not a suitable addition to a comprehensive ergonomic computer workstation.

The best way to reduce low back fatigue and discomfort from sitting is to limit prolonged exposure to sitting to one hour and to choose a chair that allows you to change your sitting posture frequently throughout the day.

GET OUT!

area events

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

May 10

Heidelberg Flower Market – Purchase fresh flowers for every occasion at the Heidelberg flower market every Friday 2:30-5 p.m. and 11 a.m. - 2:30 p.m. Saturdays. Akademiestraße, Heidelberg, 69117.

Festival of Sparkling Wine – Enjoy live music and a glass of sparkling wine during the festival of sparkling wine in Bingen am Rhein. Festival takes place in the heart of town near castle Klopp. www.bingen.de/en/2/sectfest.html

Floriade 2012 – Explore the World Horticultural Expo in Venlo, The Netherlands, through Oct. 7. Visitors can stroll through a variety of gardens from around the world, see flower shows, a jungle greenhouse, rare trees and sample a variety of foods during their trip. www.floriade.com.

May 11

Carnival – Kaiserslautern hosts its annual carnival "Maikerwe" on the Messplatz fairgrounds starting at 6 p.m. More than 140 vendors offer games, food, clothing, jewelry, household items and attractions. Families can enjoy reduced prices and special offers until 7 p.m. May 16 and American visitors can pay for attractions in U.S. dollars during dollar day May 18. Rides are open 2-11 p.m. Monday-Friday and 2 p.m. - midnight Saturdays through May 21.

May 12

Farmer's Market – Kaiserslautern hosts a farmer's market 7 a.m. - noon every Wednesday and Saturday. Find fresh fruits, vegetables, meats, cheeses, organic items and local specialties like honey and spices. Stiftsplatz, Kaiserslautern, 67655.

Art Exhibit – Artist Lisbania Perez showcases her artwork at the Village Pavilion Gallery on Patrick Henry Village in Heidelberg 7 p.m. Exhibit runs through May 27. DSN 388-9421, civ. 06221-338-9421.

Night of the Jumps – Check out extreme stunts and other amazing motorcycle feats during the Night of the Jumps show at the SAP Arena in Mannheim 7 p.m. www.nightofthejumps.com

Salsa Night – Hit the dance floor as Disc Jockey Bello spins the hottest Salsa music 9 p.m. - midnight at Legends on Patrick Henry Village in Heidelberg. Enjoy food and mojitos.

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

www.meier-online.de (German language only).

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>.

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.

Tom Petty Concert – After 20 years, rock band Tom Petty and the Heartbreakers returns to Europe. Check out the band in concert 8 p.m. June 30, at the SAP Arena in Mannheim. Tickets: civ. 0621-101-011. www.bb-promotion.com.

May 13

The Scorpions – Catch the rock band The Scorpions live in concert at the Festhalle in Frankfurt 7:30 p.m. Tickets: www.eventim.de.

Mother's Day Cruise – Spend Mother's Day relaxing on the Rhine River. Enjoy a castle tour of the Burg Rheinstein, boat cruise, wine tasting and luncheon. There will also be time for shopping and exploring Rudesheim, one of the best known little towns along the Rhine. <http://affiliates.uso.org/kaiserslautern>.

Hubertushof Ranch – Enjoy a true Wild West cowboy experience in Germany. The Hubertushof Ranch offers a range of activities for would-be cowboys and ranchers out there, including travels on horse riding trails, cattle herding, lasso-ing, and milking cows. Blumensteinstraße 9, Schönau-Gebüg, Pfalz, Germany, 66996. Civ. 06393-993737.

May 14

Wiesbaden Wilhelmstraße – With more than 130 different stores lining what is most often called the "Designer Street" by the locals, the Wilhelmstraße in Wiesbaden is one of the town's hottest shopping scenes. Over a third of the exclusive boutiques in Wiesbaden's bustling shopping locale offer exclusive, designer branded clothes, jewelry, shoes, beauty products and accessories. Shops open 9 a.m. - 8 p.m. Monday - Saturday.

Hochspeyer Tour – The Hochspeyer Tourist Office (near Kaiserslautern) offers three

guided walks to historical sites in the area, led by English-speaking tour guides. The tours take participants to Frankenstein Castle, Diemerstein Castle and Villa Denis in the Diemerstein valley. Call the Hochspeyer Tourist Information office to schedule a tour. Civ. 06305-71147 or email info@hochspeyer.rlp.de

May 15

Farmer's Market – Frankenthal hosts a farmer's market 9 a.m. every Tuesday and Friday. Select and sample an array of fresh vegetables, fruit and meat from local farmers. Rathausplatz, Frankenthal, 67227.

May 16

Discussion – Director Kelly Nyks will discuss his film: Split: A Divided America 8 p.m. at the Deutsch-Amerikanisches Institut in Heidelberg. Sofienstraße 12, 69115. Civ. 0622-160-7322. www.dai-heidelberg.de

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. Rottebühlplatz 4, 70173 Stuttgart. www.songkick.com.

May 18

Vintage Market – Browse through a selection of Swedish Antiques, accessories and handpainted Belgian and French furniture during the Vintage Inspirations Vintage Market in Nanzdietschweiler near Ramstein 5-7 p.m. May 18 and 10 a.m. - 4 p.m. May 19. Dollars and Euros accepted. Hauptstraße 68, Nanzdietschweiler. Civ. 0638-357-9548.

Robert Gasper Experiment – Catch the jazz, hip-hop and soul group the Robert Gasper Experiment 8 p.m. May 18 at Frankfurt's Club Zoom with special guest Bilal. Tickets: www.worldticketshop.com.

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

May 24

Frankfurt Produce Market – Enjoy fresh local produce grown in Frankfurt's surrounding countryside 10 a.m. - 6 p.m. each Thursday and 8 a.m. - 5 p.m. Saturdays. Many organic varieties of produce are available along with unique cheeses, seafoods, meats, baked goods and homemade jams and preserves. Several stalls sell ready-made snacks, lunches and drinks to enjoy on the go. Kaiserstraße, Frankfurt am Main, 60329. www.buzzoffbase.com

coming to THEATERS

AVENGERS

(Robert Downey Jr.) The Super Hero team up of a lifetime features iconic Marvel Super Heroes Iron Man, The Incredible Hulk, Thor, Captain America, Hawkeye and Black Widow. When an unexpected enemy emerges that threatens global safety and security, Nick Fury, director of the international peacekeeping agency, finds himself in need of a team to pull the world back from the brink of disaster. (Rated PG-13 for intense sequences of sci-fi violence and action throughout, and a mild drug reference) 142 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

May 10 - ACT OF VALOR (R) 7 p.m.
 May 11 - MARVEL'S THE AVENGERS (PG-13) 7 p.m.; MARVEL'S THE AVENGERS (PG-13) 10 p.m.
 May 12 - DR. SEUSS' THE LORAX (PG) 4 p.m.; PROJECT X (R) 7 p.m.; MARVEL'S THE AVENGERS (PG-13) 9:30 p.m.
 May 13 - DR. SEUSS' THE LORAX (PG) 4 p.m.; MARVEL'S THE AVENGERS (PG-13) 7 p.m.
 May 14 - MARVEL'S THE AVENGERS (PG-13) 7 p.m.
 May 15 - GONE (PG-13) 7 p.m.
 May 16 - MARVEL'S THE AVENGERS (PG-13) 7 p.m.
 May 17 - PROJECT X (R) 7 p.m.

Vogelweh, Galaxy

May 11 - SAFE (R) 7 p.m.
 May 12 - PUSS IN BOOTS (PG) 4 p.m.; ACT OF VALOR (R) 7 p.m.
 May 13 - WANDERLUST (R) 4 p.m.

Ramstein, Gateway Movieplex

May 10 - SAFE (R) 11:15 a.m., 2 p.m., 5 p.m., 7:45 p.m.; WANDERLUST (R) 11:30 a.m., 5 p.m., 7:30 p.m.; ACT OF VALOR (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; PLANET 51 (PG) 2 p.m.
 May 11 - MARVEL'S THE AVENGERS (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:15 p.m.; DR. SEUSS' THE LORAX (PG) 1 p.m.; GONE (PG-13) 11:15 a.m., 1:30 p.m., 4 p.m., 6:45 p.m.; PROJECT X (R) 11:15 a.m., 4:15 p.m., 6:30 p.m.
 May 12 - MARVEL'S THE AVENGERS (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:15 p.m.; DR. SEUSS' THE LORAX (PG) 1 p.m.; GONE (PG-13) 11:15 a.m., 1:30 p.m., 4 p.m., 6:45 p.m.; PROJECT X (R) 11:15 a.m., 4:15 p.m., 6:30 p.m.
 May 13 - MARVEL'S THE AVENGERS (PG-13) noon, 3:30 p.m., 7 p.m.; DR. SEUSS' THE LORAX (PG) 1 p.m.; GONE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 5:45 p.m., 8 p.m.; PROJECT X (R) 11:15 a.m., 4:15 p.m., 6:30 p.m.
 May 14 - MARVEL'S THE AVENGERS (PG-13) noon, 3:30 p.m., 7 p.m.; DR. SEUSS' THE LORAX (PG) 11:15 a.m., 1:45 p.m.; GONE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 5:45 p.m., 8 p.m.; PROJECT X (R) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.
 May 15 - MARVEL'S THE AVENGERS (PG-13) noon, 3:30 p.m., 7 p.m.; DR. SEUSS' THE LORAX (PG) 11:15 a.m., 1:45 p.m.; GONE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 5:45 p.m., 8 p.m.; PROJECT X (R) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.
 May 16 - MARVEL'S THE AVENGERS (PG-13) noon, 3:30 p.m., 7 p.m.; DR. SEUSS' THE LORAX (PG) 11:15 a.m., 1:45 p.m.; GONE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 5:45 p.m., 8 p.m.; PROJECT X (R) 11:30 a.m., 2 p.m., 4:15 p.m., 6:30 p.m.
 May 17 - MARVEL'S THE AVENGERS (PG-13) noon, 3:30 p.m., 7 p.m.; DR. SEUSS' THE LORAX (PG) 11:15 a.m., 1:45 p.m.; GONE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 5:45 p.m., 8 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, CinemaxX, Cineplex - English Language movies

May 10-16 – DARK SHADOWS (PG-13) 2:45 p.m., 5:30 p.m., 8:15 p.m. at Cineplex
 May 11-12, 16 – DARK SHADOWS (PG-13) 11 p.m. at Cineplex
 May 10-15 – THE AVENGERS (PG-13) 7:45 p.m. at CinemaxX

community HIGHLIGHTS

Estate Claims

- Those with claims on or obligations to the estate of Sgt. Dick A. Lee, 529th Military Police Company, 95th Military Police Battalion, 18th Military Police Brigade, should be made to summary court officer 2nd Lt. Keith Odom, DSN 373-7766, civ. 06221-17-7766.
- Claims or obligations to the estate of Spc. Manuel J. Vasquez, 172nd Brigade Combat Team, Task Force 2-28 Infantry, should contact summary court martial officer 1st Lt. Jorge Bonilla, DSN 475-4125, civ. 0162-255-7605.

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 May 11 at <https://www.defensetravel.dod.mil/site/aprutl.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.

Summer Hire Program

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

No Fear Training

U.S. Army Europe federal civilian employees have until May 31 to complete Notification of Anti-discrimination and Retaliation online training, or No Fear, on the Army Training Requirement and Recourses System website at <https://www.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.

Army Homefront Fund

The Army Homefront Fund provides financial aid to wounded warriors and their families. It partners with the Warrior Transition Command and non-profit agencies to provide grants for emergency financial assistance, food, shelter, emergency repairs and critical items. Apply at www.armyhomefrontfund.

local EMPLOYMENT

Community Bank

Community Bank on the Shopping Center in Heidelberg has part-time openings for customer service representatives and tellers. Required qualifications include customer service experience, oral and written communication and Microsoft Office skills. Candidates must meet local or United States work eligibility requirements. Civ. 06221-60-0862.

KAISERSLAUTERN Education

- **USA Jobs** – Receive hands-on instruction and assistance from Army Community Service employment readiness experts on how to find government jobs 10 a.m. May 11 in Bldg. 2917 on Pulaski Barracks. DSN 493-4029, civ. 0631-3406-4029.
 - **Boot Camp For Dads** – New and soon-to-be fathers can attend a free boot camp that helps prepare for raising a child 11 a.m. May 14 in Bldg. 2917 on Pulaski Barracks. Registration required. DSN 493-4203, civ. 0631-3406-4203.
 - **Co-Parenting Class** – Learn to be the best parent you can during the process of divorce or separation and help children maintain a sense of love and normalcy in a class provided by Army Community Service Family Advocacy 5:30 p.m. May 17 in Bldg. 2917 on Pulaski Barracks. Registration required. Civ. 0631-3406-4062.
 - **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.
 - **EDGE! Spanish and German** – Youth in grades 5 through 8 can learn German or Spanish by immersion 4-5 p.m. Fridays until June 8 at the Landstuhl Library, Bldg. 3810. Register no later than the Friday prior with Parent Central Services, DSN 493-4516, civ. 0631-3406-4516, or Landstuhl One Stop Shop, DSN 486-8943, civ. 06371-86-8943.
- Community**
- **Willy Pete Concert** – Watch a free performance from the band Willy Pete as they celebrate the American warrior starting 9 p.m. May 11 at Armstrong's Club, Bldg. 2036 on Vogelweh Housing. DSN 493-4128, civ. 0631-3406-4128.
 - **Military Officers Association** – Active duty, National Guard, Reserve, former and retired commissioned and warrant officers are invited to a First European Chapter of the Military Officers Association of America membership meeting 11:30 a.m.-1:30 p.m. May 12 at the Barbarosahof Restaurant in Eselfurth. alanjolsen@gmail.com.
 - **Country Nights** – Check out Germany's largest country party and ride the mechanical bull 8 p.m.-4 a.m. May 12 and Saturdays at the Kazabra Club, Bldg. 2057 on Vogelweh. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.
 - **Kleber Java Cafe** – Enjoy snacks and beverages and a chance to win prizes during the grand opening of the Java Cafe on Kleber Kaserne noon May 14. Cafe will be located

in Bldg. 3232, inside KMC Onstage. www.mwrgermany.com.

- **EDGE! T-shirts** – Youth ages 6-12 and enrolled in Child, Youth and School Services can make their own T-shirts 4-6 p.m. May 16, 23 and 30 at the Landstuhl Library, Bldg. 3810. Registration required by the Friday prior. DSN 493-4516, civ. 0631-3406-4516.
- **Dirty Rotten Scoundrels** – KMC Onstage presents Dirty Rotten Scoundrels 7:30 p.m. May 18 and 19, June 1, 2, 8 and 9 and 3 p.m. June 3 and 10 at KMC Onstage, Bldg. 3232 on Kleber Kaserne. Purchase tickets at the Landstuhl One Stop Shop. DSN 486-8943, civ. 06371-86-8943.
- **Mystery Shopper** – Mystery shoppers perform customer service reviews throughout the garrison and through various Family and Morale, Welfare and Recreation programs. www.mwrgermany.com.

HEIDELBERG Education

- **ACS Classes** – Family Readiness Group 101, 2:30 p.m. May 12; Culture College, 5-8:30 p.m. May 14-17; Introduction to Microsoft Word, 9-11 a.m. May 15-16, Information Center, PHV, Village Pavilion Community Center; Checkbook Management, 9-11:30 a.m. May 16; The Volunteer Experience, 10-11 a.m. May 16; Applying for a Federal Job (USAJOBS)/Civilian Resume Writing, 9-11 a.m. May 22-23, Information Center, PHV, Village Pavilion Community Center; Volunteer Management Information System training, 10-11 a.m. May 23; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531; Re-integration Briefing, 9 a.m. Tuesdays. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted. DSN 370-6975, civ. 06221-57-6975.
- Community**
- **BOSS Garage Sale** – Better Opportunities for Single Soldiers will collect household items until June 1 to sell at the Community Yard Sale June 2. Proceeds go toward the "Stronger" conference, which is training on suicide prevention, sexual assault awareness and overcoming addiction. The fundraising goal is \$5,000. Items can be dropped off at the BOSS office, Bldg. 104 on Patton Barracks or given to unit BOSS representatives. DSN 373-5275, civ. 06221-17-5275.
 - **Cultural Club** – The Heidelberg Cultural Club, for those 18 and older, meets 6:30 p.m. May 10 and second Thursdays at the Arts and Cultural Center on Patrick Henry Village. Members visit and attend various cultural sites and activities. DSN 388-9418, civ. 06221-338-9418.
 - **Great American Trailer Park** –

- The Roadside Theater on Patton Barracks presents The Great American Trailer Park musical 7:30 p.m. May 11, 12, 18, 19, 25 and 26 and special family matinee 3 p.m. May 13, 20 and 27. Reservations recommended. DSN 373-5020, civ. 06221-17-5020, www.roadside-theater.com.
- **Line Dance Instruction** – Learn how to line dance 7-9 p.m. and stay for a karaoke and dance party 9 p.m.-close May 11 and Fridays at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.
- **Children's Book Week** – Celebrate Children's Book Week with various activities through May 13 at the Patrick Henry Village Library. DSN 370-1740, civ. 06221-57-1740.
- **Mother's Day Brunch** – The Heidelberg Community Spouses Club will host a Mother's Day brunch 10 a.m.-2 p.m. May 13 at the Village Pavilion Community Center. Better Opportunities for Single Soldiers will give a rose to every mother who attends. Reservations recommended. DSN 388-9098, civ. 06221-338-9098.
- **Billiards Tournament** – Test your skills on the pool table starting 7 p.m. May 14 and Mondays at Slapshots on Patton Bks. for a chance to win prizes. DSN 373-5190, civ. 06221-17-5190.
- **BOSS Cheap Eats** – Better Opportunities for Single Soldiers serves a free pot luck for all military personnel 5 p.m. May 16 at the Warrior Zone on Patton Bks. DSN 373-5275, civ. 06221-17-5275.
- **Customs Office** – Due to German holidays, the U.S. Forces Customs field office in Heidelberg will be closed May 17 and 28. DSN 370-7142, civ. 06221-57-7142.
- **Last Story Time Of Season** – The last story time of the season for Patrick Henry Village Library will be 11 a.m. May 17. Regular story times will resume after Labor Day. DSN 370-1740, civ. 06221-57-1740.
- **Right Arm Night** – Ages 18 and older can enjoy happy hour with their bosses and co-workers 5-7 p.m. May 18 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570, www.mwrgermany.com.
- **Parent's Day, Night Out** – Child, Youth and School Services presents Parent's Night Out 7 p.m.-midnight May 18 and Parent's Day Out 10 a.m.-4 p.m. May 19 for CYSS-enrolled children up to fifth grade. Reservations must be made by noon the Thursday prior at Parent Central Enrollment, Bldg. 4443 on Patrick Henry Village. DSN 388-9340, civ. 06221-338-9341.
- **Prague Express, Czech Beer** – Army Outdoor Recreation on Patrick Henry Village goes to Prague, the Czech Beer Fest and Keukenhof Gardens May 19. DSN 388-9282, civ. 06221-338-9282.
- **International Cooking Class** –

- Learn how to cook savory and sweet Polish pierogies and cheesecake for dessert 10:30 a.m.-1 p.m. May 23 at the Patrick Henry Village Commissary. Registration is required. DSN 370-6975, civ. 06221-57-6975, www.mwrgermany.com.
 - **Kids' Choice Book Party** – Children in grades 1 through 5 can come to the Patrick Henry Village Library for the Kids' Choice Book Party, with games, crafts and more 3:30 p.m. May 23. Registration required. DSN 370-1740, civ. 06221-57-1740.
 - **AUSA Meeting** – The Association of the United States Army Abrams Chapter will host a membership meeting and free schnitzel buffet 6:30-8 p.m. May 24 at Gasthof Schützenhaus (GPS: Rudolf Wild Straße 109, Eppelheim) with guest speaker Command Sgt. Maj. David Davenport Sr., U.S. Army Europe command sergeant major. Executive committee meeting will follow immediately afterward.
 - **Trivia Challenge Season** – Bring a team or join one for the new trivia challenge season 7-9 p.m. Thursdays until Aug. 3 at Legends on Patrick Henry Village. The team that gathers the most points by Aug. 30 will win a prize. DSN 388-9570, civ. 06221-338-9570, www.mwrgermany.com.
- MANNHEIM
Community**
- **Battlefield Night** – Team up with friends and play Battlefield online on X-Box or PlayStation 3 4:30-10 p.m. May 10 and Thursdays at the Warrior Zone on Coleman Bks. DSN 382-4410, civ. 0621-779-4410.
 - **TGIF Buffet** – Enjoy a buffet 6:30 p.m. and stay for variety music 9 p.m.-2 a.m. May 11 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 16 and first and third Wednesdays in the Army Community Service Satellite Office, Bldg. 246, on Sullivan Barracks. DSN 385-2688, civ. 0621-730-2688.
 - **Customs Office** – Due to German holidays, the U.S. Forces Customs field office in Mannheim will be closed May 17 and 28. DSN 370-7142, civ. 06221-57-7142.
 - **Community Yard Sale** – A community yard sale is scheduled 10 a.m.-2 p.m. May 19 at Grant Circle on Benjamin Franklin Village. Tables are available for rent from Heidelberg Outdoor Recreation. DSN 388-9282, civ. 06221-338-9282.
 - **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, www.mwrgermany.com.

BMW fans celebrate return to Hockenheim Ring

By Richard Bumgardner
CONTRIBUTING WRITER

Across the normally quiet German valley comes the roar of high-performance vehicles. It's spring and that means racing has returned to Hockenheim.

On April 27, three of Germany's big automakers, Mercedes, Audi and BMW, were here to claim the first victory of the "Deutsche Tourenwagen Masters" series, or DTM.

Next to soccer and Formula One racing, DTM is one of the most popular sporting events in Europe and represents the pinnacle of touring car racing. For the last couple of years it's only been Mercedes and Audi racing at DTM, but 2012 marks the return of BMW, much to the delight of BMW enthusiasts.

Mike Van Dongen, a civilian Quality Assurance Supervisor with the Defense Logistics Agency at Rhine Ordnance Barracks, came to Hockenheim with his wife, Michelle, to see the race.

"This is our first time here," explained Van Dongen. "With BMW coming in and being a passionate "M" fan, and growing up on NASCAR, this is both of my favorites coming together!"

Nearby, Genaro Layo, a captain in U.S. Army Europe's 173rd Airborne Brigade Combat Team out of Bamberg, was here with about 25 of his friends from the neighboring military communities of Kaiserslautern, Heidelberg, Stuttgart and Wiesbaden.

As vice president of "M" Flight, a group of more than 200 military and civilian BMW Motorsport owners from Europe



Richard Bumgardner
Two DTM drivers and their cars battle for the lead during the inaugural DTM race of the 2012 season held at Hockenheim April 29.



Richard Bumgardner
British professional racing driver Jamie Green with the Mercedes DTM team, speaks with reporters after coming in second place at the first DTM race of the season, held at Hockenheim April 29.

and the U.S., he and his crew represent some of the more hardcore military car enthusiasts, guys who make modifications to their cars, take them to shows and even participate in drivers and safety training.

"I think what drives this club is not only the camaraderie but the second and most important thing

is the passion for motorsports that we all have," Layo explained. "You have to respect the car, the power and its capabilities," Layo said. "One of our members is a safety officer and he's been working with ADAC so we've opened up to our members some drivers, safety and track training to enhance our driving levels here in Germany."

These are important considerations since "M" Flight members drive these high performance cars that represent the pinnacle of BMW engineering.

On this beautiful spring weekend at Hockenheim, Layo and Van Dongen could only watch as their favorite brand battled through technical issues and only placed 6th. But this is a long season with 10 more races scheduled throughout Europe, and anything could happen.

The next DTM race is October 21. Visit www.hockenheimring.net.

Heidelberg High School track team tackles hurdles



Linda Steil
Bryce Jackson pulls ahead to win the 100 high hurdles while Tavion Daniels (right) took second at Saturday's track meet in Heidelberg.



Linda Steil
Courtney Morgan dominates the 330 yard low hurdles Saturday in Heidelberg.

staying ACTIVE

Tennis Contractor Sought

Heidelberg Sports and Fitness Branch is seeking a tennis contractor for seasonal operation of the outdoor tennis center at Patrick Henry Village in Heidelberg until October 2014. Individual must be able to provide private and group tennis lessons for youth and adults and perform court maintenance at the PHV tennis center. Requirements: Minimum of 10 years experience as a tennis instructor for youth and adults; expertise in clay court maintenance and care; ability to pay yearly fee to the NAFI for use of the courts; ability to communicate instructions in English; ability to plan and schedule programs and tournaments. Interested individuals may send their contact information to maria.t.assaf.naf@mail.mil by May 21.

Dog, Human 5K Fun Run

Dogs and humans of all ages can participate in a Dog and Human 5K Fun Run with registration starting 8:30 a.m. and run start 9 a.m. May 12 at the Patrick Henry Village Commissary in Heidelberg. Non-dog owners also welcome. DSN 370-6350, civ. 06221-57-6350, www.mwrgermany.com.

Inline Skating at Hockenheim Ring

With its smooth asphalt and wide, graded track, Hockenheim racetrack can also serve as an ideal place for inline skating. The track is open to skate, scooter and bike enthusiasts May 15 and most Tuesdays from 6-11 p.m. through September. Cost is €4 for adults and €2 for children. More information is available at Civ. 06205-104-820 or email frank.welter@fwv-promotion.de.

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

Men and Women can compete May 19 at a Body Building and Figure Invitational. Exhibition is 11 a.m. and evening show begins 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.

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, 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/truethoop/post/_/id/6528/a-basketball-camp-in-switzerland. Civ. 0767-572-141.

Paintball Play Days

ID card holders ages 16 and up and non-ID card holders 18 and up can play paintball rain or shine at the Rod and Gun Club in Oftersheim, an der Bundesstraße 291. Units and groups: noon-4:30 p.m. Wednesdays and Fridays; open play 10 a.m.-4:30 p.m. Saturdays and 10 a.m.-1:30 p.m. Sundays. Field fees include marker, mask and goggles. DSN 06202-51193, civ. 06202-605644, www.mwrgermany.com.

Brazilian Jiu-Jitsu

ID card holders 18 and older can learn Brazilian Jiu-Jitsu while staying 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. No experience necessary. DSN 388-9418, civ. 06221-338-9418, www.mwrgermany.com.