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HeraldPOST

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

HP THURSDAY April 16, 2009

KAISERSLAUTERN

Helicopters will be able to land on Panzer soon

By Sgt. Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command is putting the finishing touches on a new landing pad that will give helicopters the ability to land directly onto Panzer Kaserne.

"The location for the new helipad is at the far south end of the installation. It is located in an area that is often used for overflow parking and force protection exercises," said Stephen C. Mahan, chief engineer for the 21st Theater Sustainment Command.

Mahan said the site and design was approved by U.S. Army Europe aviation safety personnel and took about eight months from concept to completion.

The $25,000 project will provide helicopters the ability to transport distinguished visitors and other personnel to and from Panzer Kaserne. It will also serve as a landing area for medical evacuation helicopters for contingency medical emergencies.

"Beside the fact that it's an incredible convenience, for a command headquarters, having this facility here will greatly increase our mission capabilities," said Capt. Rachel Sokalski, the aid de camp for the 21st TSC's commanding general. "If there's an emergency, it's important to be able to get there quickly, and that's what the helipad primarily brings to the command."

The helipad can support UH-60 Black Hawk and other military and civilian transport helicopters. The large white "H" and outline of the helipad is comprised of solid white paving bricks that will help make the helipad easy to spot from above.

living with autism

EDIS helps family adapt

By Jason L. Austin
HERALD POST STAFF

When you look at Susie Dzreke, you see a nearly 3-year-old girl, who probably tops out her growth chart.

But if you spend any time with her, you'll notice she doesn't make eye contact or speak, she moves almost constantly – mostly spinning – and she likes things a specific way – her books must be open and her colored blocks must form a line.

Susie has autism, a complex neurological disorder that affects one in 150 people throughout their lifetime. It crosses racial and social boundaries but is four times more prevalent in boys.

When Susie's mom, Betty Dzreke, took Susie to her two-year, well-child appointment, her pediatrician told Dzreke

see **AUTISM** page 16

Developmental Milestones

Roll: 4-5 months
Sit: 6-7 months
Babble: 8-9 months
Pull to stand: 9-10 months
Walk: 12-14 months
Point to objects: 18 months
First word: 12-24 months

Autism Red Flags

No big smile by 6 months
Lack of eye contact
Hard to engage
Lack of pointing
Repetitive play skills
Language delay
Seems to be in own world
Repetitive movement
SOURCE: Heidelberg EDIS

Susie Dzreke, 2, plays in her living room April 7. (photo by Jason L. Austin)

Speed Read

HELICOPTER RESET

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PHOTO CONTEST

Today is the last day to enter the Spring Break Photo Contest. Get your pics in soon for possible publication in the Herald Post. 4

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EARTH WEEK

Next week is Earth Week, and the Heidelberg community is gearing up with a variety of environmentally friendly activities. 15

Defense Details

EXPANDING AVIATION

Defense Secretary Robert M. Gates stopped at Fort Rucker, Ala., Tuesday to find out how fast the home of Army aviation could expand training operations. His visit came on the heels of his announcement that the proposed fiscal year 2010 defense budget would earmark $500 million to speed the delivery of helicopter pilots and crews to the battlefield.

PROCUREMENT SYSTEM

President Barack Obama gave a verbal "high-five" to Defense Secretary Robert M. Gates' proposal to reform the Pentagon's procurement system to eliminate wasteful programs and curb spiraling weapons and equipment costs.

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COMMENTARY

Are you drinking more than you should?

By Heather Robinson
USAG KAISERSLAUTERN

The month of April is dedicated to increasing awareness and self assessment of alcohol use. High-risk consumption can be based on lack of information and normalization from our social group and the media.

The body's natural response to alcohol is increased tolerance, lower inhibitions and potential for immediate or future alcohol-related problems. Lower your risk through education and prevent future problems.

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

Find out how to cut down on your drinking online at *http://ncadi.samhsa.gov/govpubs/ph372*.

The Army Substance Abuse Program promotes healthy choices and offers a low-risk drinking tool to allow you to enjoy your beverage of choice in moderation.

Drinking Tool (Based on a standard drink 1/2 ounce of pure alcohol per drink)

- Zero drinks = No alcohol related incidents (long or short term)
- One drink in a 24-hour time frame = No increased risk
- Two drinks daily = No increased risk if you are not driving and some research shows a health benefit
- Three drinks – not to exceed three drinks in a setting = frequently exceeding three drinks results in long-term medical concerns and increases risk of alcohol-related incidents. Not to exceed 14 drinks in a week.

And as always remember, you are in Germany so don't drink anything and drive.

For a free alcohol screening tool and more information about how to reduce risk, research on the risk factors or research specific to the Army, e-mail *heather.a.robinson1@us.army.mil*.

BW now

Check out USAG Heidelberg Commander Lt. Col. Robert White's blog **"On-Post Living: Child Policies and Child Supervision Guidance; necessary for good order and discipline?"** and let him know what you think online in the BWnow virtual community.

http://myBWnow.ning.com

COMMENTARY

AFN: Understanding political talk on radio, TV

By George A. Smith
AFN EUROPE OPERATIONS

Rush Limbaugh and Sgt. Chad "The Hitman" Highland both host shows on AFN radio, but Highland isn't worried about competing with Rush for his next stripe.

Different rules apply to the syndicated stateside radio talk show host and the AFN Heidelberg disc jockey doing the morning show in Baden-Württemberg. You'll hear Rush's political opinions on the airwaves, but you won't hear Highland's.

Since Limbaugh isn't a DoD employee, he is free to voice opinions critical of the president, Congress and the military while Highland, a Soldier, can't.

The key to understanding why political commentary airs on the American Forces Radio and Television Service and American Forces Network Europe is DoD regulation 5120.20-r, which says military networks should offer their overseas audience the same type and quality of shows airing in the United States. That's why AFRTS airs Limbaugh, Ed Shultz, Keith Olbermann, Bill O'Reilly, Jon Stewart, Lou Dobbs and similar programs.

The shows feature popular stateside personalities who make a living voicing bold, provocative statements seen by some as entertaining and others as offensive. The hosts' attention-grabbing style, coupled with the U.S. elections, resulted in a spike in the number of people contacting AFN Europe and "Stars and Stripes" wondering why a DoD-run organization such as AFN Europe carries shows with hosts critical of the president, Congress, the military or a political party.

"AFN has an obligation ... to provide our audience access to the same variety and diversity of programming they would enjoy if they were back in the States," said AFRTS spokesman Larry Sichter. "We seek the programs the majority of Americans tune into ... we let the marketplace decide. If it's popular, we try to get it on AFN."

Still, everyone from the leaders to the on-air talent at AFN Europe fully realize how sensitive politics can be. AFN Europe Commander Col. Scott Malcom says the subject of political commentary is, "One of the toughest programming challenges we face. The challenge is increased because we must appeal to an extremely broad demographic with very diverse desires for radio and television programming ..."

"The bottom line is that we strive to replicate for our overseas audience the same options they might reasonably have if they were stationed in the United States," Malcom said.

Despite the variety of political commentary on AFN Europe radio and TV, audience members often request shows that represent their view point be expanded or run at a better time. They also ask that shows that don't represent their opinion be canned or pushed to a different time slot. Others suggest AFN monitor shows in advance, and edit out statements that are disrespectful to the president, the Congress or the military.

Editing shows is a clear "no go." The regulation governing AFRTS operations is clear that editing out statements is censorship and never allowed.

AFN Europe and AFRTS feel the best way to handle controversial programming is to leave it to the individual. There's nothing to disagree with political commentary-wise with AFN Europe's military and DoD civilian air personalities, such as Highland. Regulations and directives say they may not use the airwaves to communicate their political opinions and commentary.

"When the audience tunes in to our broadcasts, they see us as a direct representative of the military and the Department of Defense," said Highland's boss, Master Sgt. Chris Seaton. "That's why you'll never hear one of our on-air personalities campaigning or giving their opinions on a political matter. Perception is reality."

If you really want to hear Highland's political opinions, jaw with him over a beer after duty hours when he's out of uniform. He'll tell you what he thinks as Chad Highland, private citizen, but not a representative of the military or AFN.

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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.

Resetting after deployment

Photos by Kristen Marquez

A hangar on Mannheim's Coleman Barracks is filled with CH-47 Chinook and UH-60 Black Hawk helicopters undergoing a reset after redeployment. The reset program encompasses hours of work to get the aircraft back to Army standards before being returned to their units.

Helicopter reset program ensures aircraft are ready to fly after years in the desert

By Kristen Marquez
HERALD POST STAFF

Mannheim's Coleman Barracks is the site of some important work that directly helps Soldiers deployed to Iraq and Afghanistan.

Without the work of hundreds of maintenance workers there, many of the Army's aircraft would not be ready for use after long deployments.

The Theater Aviation Sustainment Manager-Europe is handling the helicopter reset program, essentially taking aircraft that have redeployed from theater, finding any mechanical or structural problems, fixing them, and getting them back to their units.

"We do light, medium and heavy maintenance," said Lt. Col. Tildon "Kye" Allen, TASM-E commander. "The reset program in particular runs the gamut. They do everything from servicing wiper blades to doing limited depot repairs, sheet metal, structural repairs, blade repairs (and) engine repairs. That reset encompasses all those levels of repair."

UH-60 Black Hawks should have a reset performed every 350 hours, while CH-47 Chinooks should have a reset performed every 200 hours, Allen explained. The standard time for the reset program overall is 270 days, or nine months – for the current reset, the team has this time to complete the work on 59 helicopters.

"However, each aircraft has a different turn around time," Allen said. "UH-60A has a (turn around time) of 83 days. That's the target or the goal. For UH-60L it's 80 days, for CH-47, it's 113 days."

Once the aircraft go through the maintenance operations checks, Allen explained, it will then go through a maintenance test flight. Then, when it successfully completes the maintenance test flight, the aircraft's unit will take its turn checking things out. "Essentially the process starts all over – they'll do a pre-flight (check) … They'll go over the aircraft and make sure it's acceptable to them."

The operation at Coleman Barracks is handled almost entirely by contractors from Dyncorp International – currently approximately 320 – along with local national employees, according to Randall Strand, Dyncorp operations manager. Strand, a seven-year Army veteran, has been here for two years.

Probably 98 percent of the employees in the hangar are prior service, according to Strand, who said his company looks for prior service when hiring new employees since they know the Army language and the aircraft.

"Basically what you're doing is you're resetting the aircraft to a standard that the Army understands," he said of the reset process. "You're taking it back to something they can use. After sitting in the desert for one, two or three years, they deteriorate from the heat … We fix that and give the military something back to use in fighting the war – that's why this is important.

"It's basically to keep the Soldier in an aircraft that is safe, keep a quality product underneath him or her that they feel comfortable with, and they can go off and fight a war. So we fight the war effort from behind the lines."

(Above) Dyncorp International employee Richard Clark tightens a bolt on a UH-60 Black Hawk tail rotor intermediate gear box. (Left) A Dyncorp International employee pours an adhesive to repair a pilot's floor panel in a UH-60 Black Hawk.

David Mussack is a Dyncorp mechanic who moved to Mannheim in October to work on the reset program.

"(The reset program) provides a quality product to put Soldiers on the ground and get the wounded out – that's how I look at it," he said. "I really enjoy that part of it. I am a 20-year veteran, and I try to look out for the next guy."

The reset program is a huge undertaking and a big logistical effort, Allen said. Besides the giant hangars filled with aircraft, there are several "back shops" including shops for sheet metal work, engine repair and avionics.

"It's important to the Army because it keeps our machines in a posture to deploy when they are needed," he said. "Otherwise it would grow into states of disrepair …We are flying them longer, harder, and in austere conditions, and that requires a deeper maintenance."

All the aircraft currently undergoing the reset belong to the 12th Combat Aviation Brigade, which redeployed in the fall, Allen said.

"We're just having a really great time," Strand said. "It's difficult at times, but we get the job done."

Students travel to 5 countries in 5 days with Heidelberg CYSS

By Anne Anderson
CYS SERVICES WORKFORCE PREPARATION

High school teens and CYS Services staff from Heidelberg departed by bus April 3 for a whirlwind spring break tour of five countries in five days.

To celebrate April, the Month of the Military Child, Heidelberg Child, Youth and School Services Teen Program traveled around Germany, Austria, Italy, Switzerland and Liechtenstein.

Each teen paid $180 for transportation, entrance fees to museums and historical landmarks and lodging.

To help keep the cost down, teen centers at military communities in Garmisch and Vicenza and Camp Darby in Italy hosted and welcomed the Heidelberg group.

The group explored Dachau Concentration Camp, Garmisch, Innsbruck, Austria; Venice, Florence and Pisa, Italy; and Liechtenstein.

The "Five Countries in Five Days" field trip gave local teens the opportunity to see Europe, socialize and make friends, observe and learn about cultures other than their own, gain knowledge about historically significant landmarks, and discover new things about themselves.

For more information or to participate in the Lion's Den Teen Center's programs and special events, call DSN 388-9396, civ. 06221-338-9396, or stop by the teen center.

Teen center membership is free.

HRSC-E trains KFOR postal rotation

By Capt. Patricia Zisa
HRSC-E POSTAL TEAM

U.S. Army Photo

Sgt. Blanca Ortiz, a technical inspector with the 40th Infantry Division's postal platoon, and several other Soldiers from the 40th ID help to sort mail. Ortiz and the other Soldiers make up a deployable postal platoon conducting postal operations for Kosovo Forces 11.

CAMP BONDSTEEL, Kosovo – The 21st Theater Sustainment Command's Human Resource Sustainment Center-Europe oversaw the transition from an Air Force to an Army postal platoon in Kosovo recently.

During the rotation, the Army's 40th Infantry Division postal platoon assumed control of the Kosovo Forces 11 postal operation from the KFOR 10 Air Force postal platoon.

The 40th ID, also known as the "Sunburst" Division, is comprised of California Army National Guard Soldiers who were mobilized in September. The 40th ID formed a deployable postal platoon to assume postal operations for KFOR 11. The Soldiers received postal training at the U.S. Army Soldier Support Institute at Fort Jackson, S.C., and attended the Army Postal School's five-week course to receive a general overview of postal finance and operations.

Additionally, 1st Lt. Kristopher Speegle, the platoon leader, and Staff Sgt. Adelina Moran, the unit platoon sergeant, completed the course work for postal supervisors.

Then HRSC-E stepped in to provide contingency postal operations training at Grafenwöhr. They provided a mobile postal team to train and certify the Soldiers for the rotation duty. The training consisted of one week of classroom training, which concentrated on the Soldiers' operational skills and knowledge needed to effectively manage and control contingency postal operations. Furthermore, the Soldiers received two weeks of hands-on training in the Grafenwöhr Army Post Office.

"The training we received in Germany provided by HRSC-E helped build my Soldiers into great postal clerks and managers. Specifically, the hands-on training we received from HRSC-E and the Installation Management Command post office in Grafenwöhr allowed my Soldiers to incorporate everything they were taught in a real-life postal setting," Speegle said.

The certification by the HRSC-E postal team in Germany helped the KFOR 11 postal platoon finalize preparations for the move to Camp Bondsteel, Kosovo.

After months of preparation and weeks of training, the Soldiers were ready to conduct the postal operations at the Camp Bondsteel postal operations center.

However, in order to maintain their tactical skills and situational response skills, they rehearsed contingency drills to ensure they were also prepared for any potential threat situations. For instance, the HRSC-E postal team directed Speegle to plan a suspicious package training scenario involving Kosovo Camp leaders and local unit first responders.

"We are very appreciative for the support given by the HRSC-E, the Camp Bondsteel first responders, and all the participants throughout the planning and implementation of this training event. We plan to continue these types of simulated events so that we are prepared in the event that we encounter a contaminated or suspicious package," Speegle said.

The KFOR 11 rotation postal team is scheduled to serve at Camp Bondsteel until November 2010. The postal Soldiers look forward to their time in Kosovo and in providing first class postal service for the personnel stationed at Camp Bondsteel.

"We look at each piece of mail we deliver as a piece of morale to the hearts and minds of the Soldiers of KFOR 11. By completing our mission each day we help do our part in helping Soldiers get through a long deployment," Moran said.

21st TSC holds 'Year of the NCO' retreat

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

As has become a tradition, the 21st Theater Sustainment Command held a retreat and retirement ceremony before the four-day weekend at Panzer Kaserne April 2.

Like the retreat in March, the ceremony was dedicated to the Year of the Noncommissioned Officer.

Fittingly, retired Command Sgt. Maj. George Horvath III served as the featured guest speaker.

Horvath, whose distinguished career as an NCO spans 32 years and assignments from battalion to major command level, praised the Army's leadership for declaring 2009 the Year of the NCO.

He considers that focus on the NCO an excellent incentive to reflect on what is expected of today's NCOs by their Soldiers, officers and peers.

"Soldiering is tough, serious business, hard," Horvath told the crowd in attendance. "This business of ours requires NCOs that are tough, physically fit, mentally strong and agile."

He spoke of how the NCO Corps provides the Army's backbone and consequently must set and meet the highest standards.

"Nothing happens in the Army that an NCO is not involved in – nothing; everything your Soldiers do, there is an NCO involved or darn well should be," Horvath said.

"There is no place in our Army for minimum-standard NCOs. We should not tolerate any minimum standard NCOs in our ranks," he added.

High standards and effective leadership, mission accomplishment and proficiency, however, are impossible to achieve without excellent training.

"Never forget that your Soldiers will not rise to the occasion; they will fall to the level of their training," he said.

Maj. Gen. Yves Fontaine, the 21st TSC's commanding general, officiated during the ceremony and thanked the two retiring Soldiers, Col. Stephen Allen and Master Sgt. Wayne Mackey, for their service to the nation and the Army.

"Today we will honor two warriors who are preparing to embark on a new life journey and bid farewell to the Army and the many Soldiers, leaders and friends they came to know during their extraordinary careers," he said.

Allen is the deputy commander of the 7th Civil Support Command and has served for 30 years.

Mackey has held numerous leadership positions in the signal and communications field. He retires with 23 years of service.

Sgt. Frank Sanchez III

Retired Command Sgt. Maj. George Horvath III, the featured guest speaker at the 21st Theater Sustainment Command's Year of the NCO Retreat and Retirement ceremony at Panzer Kaserne April 2, provides the key note speech for the event.

FMWR offers summer giveaways

USAG Baden-Württemberg FMWR Marketing

Community members have chances to win great prizes and giveaways through July 4 as part of the U.S. Army Garrison Baden-Württemberg Marketing Office's Dog Daze of Summer contest.

Contest participants can win Family and Morale, Welfare and Recreation facility gift certificates, prize packages, a free round-trip ticket to the continental United States and a weeklong stay at Edelweiss Lodge and Resort in Garmisch.

Participation in the Dog Daze of Summer contest is simple with a variety of ways to register to win prizes. Find the "Rob the Dog" mascot on the FMWR Web site at *www.mwrgermany.com* and register to win a FMWR prize pack, awarded daily.

Rob the Dog will move around the Web site, so be sure to tune-in to AFN for daily hints as to where the mascot could be.

Participants can also print out their own FMWR passport from the Web site or pick one up at any FMWR facility. It needs to be stamped every time a different FMWR facility is used.

After eight stamps are collected, place it in the drop box at the community PX or commissary to register to win a weekly prize, a $10 coupon to any FMWR facility.

Anyone who signs up for RecTrac and provides their e-mail address will automatically be entered to win a monthly prize, a $25 gift certificate, good at any FMWR facility.

All registered participants will be entered into the end-of-the-month drawing and the drawing for the grand prize.

Grand prizes will be announced at the Heidelberg Fourth of July celebration, including the first-prize winner of one free round-trip economy class ticket from Frankfurt to any continental U.S. destination and the second prize winner of a one-week stay at Edelweiss Lodge and Resort.

For more details and full contest rules, visit *www.mwrgermany.com*.

Ceremony honors Europe's top Army logistical units

USAREUR Public Affairs

The top Army logistical units in Europe were recognized at an April 8 ceremony at the Patrick Henry Village Pavilion in Heidelberg for their excellence in maintenance, deployment and supply operations.

"As you get higher in the ranks, you learn that … the challenge is, 'How do you sustain the combat arms forces?'" said Gen. Carter F. Ham, U.S. Army Europe commander, at the annual Combined Logistics Excellence Awards ceremony.

"These guys have met that challenge with greatness," he added.

Ham presented the awards to units and organizations throughout Europe, including Germany, Italy, Romania, Kosovo and the Benelux region.

"A number of units enter and only a few win," said Mario Ambriz, logistics management specialist for USAREUR's logistics division.

The ceremony recognized the winners, runners-up and honorable mentions for all categories of the Army Award for Maintenance Excellence, the Deployment Excellence Award and the Supply Excellence Award.

Awards are based on an on-site visit to each organization and a book containing the unit's profile. Certain aspects of cleanliness, maintenance and efficiency make winners stand out, Ambriz said.

"I just want to point out that as I shook everyone's hand, the winners all said, 'See you again next year,' and the runners-up all said, 'Next year we'll win.' So there truly is a high standard of excellence here," Ham said as the ceremony ended.

Winners will compete as semi-finalists at the Department of the Army level. Those results are due to be announced this weekend.

Local Units Earning Awards

Army Award for Maintenance Excellence
- Headquarters and Headquarters Company, Special Troops Battalion, V Corps, Heidelberg
- Maintenance Activity Kaiserslautern, Theater Logistics Support Center-Europe, 21st Theater Sustainment Command, Kaiserslautern
- Headquarters and Headquarters Company, 7th Army Reserve Command, Kaiserslautern

Deployment Excellence Award
- Company C, 1st Battalion, 214th Aviation Regiment, 12th Combat Aviation Brigade, V Corps, Landstuhl

Supply Excellence Award
- Headquarters and Headquarters Detachment, 212th Combat Support Hospital, 30th Medical Brigade, Meisau
- 212th Combat Support Hospital, 30th Medical Brigade, Miesau
- Property Book Office, United States Army Garrison Kaiserslautern, Installation Property Book Office, Kaiserslautern

Continuing a 50-year tradition

Hamburg institute enhances U.S.-German partnership

By Dave Melancon
USAREUR PUBLIC AFFAIRS

HAMBURG, Germany – When the Haus Rissen Hamburg International Institute for Politics and Economics began conducting seminars in 1954, Europe was still recovering from World War II, the Cold War divided east from west and NATO – the trans-Atlantic bridge between continents – was still in its infancy.

More than 50 years later, many of those discussions of military security, economic stability and partnership between continents continue.

Members of the U.S. forces community in Europe, including service members, civilian employees and, occasionally, family members, have been involved in the seminar program since its founding. The institute, located in the Hamburg suburbs, is considered one of Germany's leading think tanks for discussion of military security, economics and social issues.

With some of Germany's leading experts in their respective fields, seminar lecturers lead U.S. and German Bundeswehr participants in discussions that encompass politics and foreign affairs, national security, history and economics. Participants are encouraged to speak freely.

Informal and after-hours meetings also add to the seminars' success and are two of its most productive tools, said Eckard Bolsinger, Haus Rissen research program director.

"Our grassroots-level discussions are at a very basic level where we try to improve the trans-Atlantic relationship," he said.

"We try within one week to give a firsthand understanding of how the German mind-set works. We try to help people to know how Germans and Americans think about foreign, security and economic policies."

Sometimes the most thought-provoking discussions take place outside of the seminar rooms, he added.

"The most important things happen during the coffee breaks or in the evening at the bar," Bolsinger said.

To facilitate the discussions and to help participants concentrate on the seminars, Haus Rissen provides food and lodging during their stay. The self-contained campus includes several meeting and conference rooms, a buffet-style dining area, recreation areas and guest rooms.

In addition to the classroom and informal seminars, the week's program includes a tour of Hamburg.

Haus Rissen, one of the few remaining think tanks in Germany since the end of the Cold War, also conducts programs in trans-Atlantic and international relations in Hamburg-area schools and for German businesses and other organizations, Bolsinger said. Military-to-military programs are conducted only for U.S. and German service members and their civilian counterparts.

There is very little difference between the institute's officer and noncommissioned officer seminars, he said. Groups attend separate sessions based on rank and equivalent civilian pay grade solely to encourage free expression during discussions.

"We do not get the average Soldier. It takes motivation to leave your compound and to be interested in the German environment," Bolsinger said. "We have highly motivated students here. They are very curious and very supportive of the German speakers."

The only problem for many of the participants, he noted, was that many attend the seminars toward the end of their tours of duty or employment in Germany.

As the United States sets some of its national priorities, Europeans are developing their own security and economic policies, he said. However, there is no reason for either to be concerned that the two are growing apart.

"Sometimes it is hard for us in Germany to recognize that your focus of security policy has shifted in the last 12 to 15 years. You are focusing more on the Pacific Rim and trans-Atlantic relations, and the European Union (nations) are less important than they were during the Cold War."

Dave Melancon

U.S. and German participants talk over a problem in international policy during a small group discussion at the Haus Rissen Hamburg International Institute for Politics and Economics March 24.

"We try to give them an understanding that you can see the world from a different perspective."

-Eckard Bolsinger, Haus Rissen research program director

"But we will always stand with Number One," he added, referring to the United States.

Maintaining the relationship between Germany and America is an unwritten part of the German constitution, Bolsinger said.

"The relationship between the U.S. and Germany is one central pillar in our (national) policy," he said. "Our mission (at Haus Rissen) is to improve that pillar; to make it stronger, even in difficult times."

The seminars are successful if the participants return to their units and offices with a better understanding of one another, he said.

"We try to give them an understanding that you can see the world from a different perspective. The European experience is different form the American experience."

Recent seminar participants said they valued that "European experience" Bolsinger mentioned.

"The most useful part for me was gaining an understanding of how complicated Europeans really are," said Master Sgt. James K. Eakes of the Joint Multinational Readiness Center Operations Group in Hohenfels. "The knowledge I gained will certainly be applied in my future interaction with Germans and Europeans and I'm quite confident will lead to improving all of my European – especially German – relationships."

As a self-described medieval history enthusiast, Eakes said the seminar also filled in some major gaps in his understanding of German history.

"The end of the post-medieval time frame we (studied) put a lot of things into better perspective for me," Eakes said. "Of course, a historical understanding explains quite a bit about modern times."

Sara C. Hurt, of the Installation Management Command-Europe Security Office Heidelberg, said she thought linking Germany's history to discussions about the future was informative and pertinent.

"The most interesting subject to me was the future of the European Union," the security specialist said. "I must admit I really had no background on it and did not realize how long it has been in the making and how much it has evolved over the years."

Hurt said she found the comparisons between the origins of the European Union and the United States particularly interesting and learning history from another nation's point of view enlightening.

"Although I had lived in Germany for three years in the 1980s and then a little more than a year on this tour, I still learned quite a bit that I did not know about German history, politics and the fine line they have to walk still to this day with the fallout from World War II," Hurt said.

Hurt's final analysis of the seminar was proof of Bolsinger's view about the informal grassroots discussions that take place among the U.S. and German colleagues who attend.

"The most useful part overall to me, though, was the networking and the friendships made with the Germans and with our U.S. Air Force personnel," she said.

Haus Rissen

Information about Haus Rissen:
www.hausrissen.org/index_eng.html

To enroll in a Haus Rissen seminar:

- U.S. Army Europe personnel: contact the USAREUR Public Affairs Office Community Relations section at DSN 370-6647 or via e-mail at *ocpa.pi@eur.army.mil*.
- IMCOM-E personnel: contact the IMCOM-Europe Public Affairs Office at DSN 379-6328 or via e-mail at *imcom-e-pao@eur.army.mil*.
- U.S. European Command personnel: contact the EUCOM Public Affairs Office Community Relations division at 430-8574 or via e-mail at *ecpaactionofficers@eucom.mil*.
- U.S. Air Forces Europe personnel: contact the USAFE Public Affairs Office at DSN 480-6565 or via e-mail at *usafe.pai@ramstein.af.mil*.

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Spc. Benjamin Watson

Two UH-60 Black Hawk helicopters land on training ranges to drop off Soldiers during an air-assault, live-fire training exercise on Fort Bragg, N.C., April 3.

Staff Sgt. Adam Mancini

Sgt. 1st Class Jarrod Gozy gives a toy to a wounded Afghan child in a hospital at Kandahar Air Field, Afghanistan, Friday. Gozy is assigned to Company B, 1st Battalion, 4th Infantry, based in Hohenfels.

U.S. Army Photo

An Iraqi soldier gives stuffed bears to children at the Al Bestor School in Hariwab, Iraq, April 2. Iraqi soldiers, supported by U.S. Soldiers from Military Transition Team 336, delivered toys, pencils, paper, pens, erasers, markers, notebooks, pencil cases, backpacks, a freezer and a message on safety, time management and organization skills to the girls, ages 6 to 12.

U.S. Navy Petty Officer 2nd Class Walter J. Pels

Spc. Zachary Sexton deploys concertina wire around the entrance to a makeshift medical clinic in Abu Bakr, Iraq, April 7. Soldiers are preparing the facility for medical personnel from the Iraqi Ministry of Health, who will provide free medical care and consultation to area residents. Sexton is assigned to 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

Pete Souza

President Barack Obama visits Al Faw Palace on Camp Victory, Iraq, April 7. This was Obama's first trip to Iraq as commander in chief and he took time to talk to troops and civilians.

Joint effort assists Afghanistan veterinarian in battle against rabies

By Chuck Roberts
LRMC PUBLIC AFFAIRS

Dr. Ezatuallah Jaheed is waging a battle against a common enemy in Afghanistan that has remained virtually invincible.

His foe is rabies, which kills an estimated 55,000 people each year in Asia and Africa.

In Afghanistan, rabies is prevalent from sources such as stray dogs wandering city streets. When an Afghanistan citizen is bitten by an animal suspected of having rabies, the capability doesn't exist to diagnose and treat the victim. Except in a few rare cases, the outcome is 100 percent fatal once clinical signs of rabies begin.

But the future looks brighter as a result of Jaheed's recent visit to Landstuhl. During his three-week visit, the professor of veterinary pathology at Kabul University (Faculty of Veterinary Science) trained on techniques and lab equipment used for the detection and treatment of rabies.

The plan is for the same techniques and equipment to be established at Kabul University. The diagnostic laboratory would be funded by governmental agencies such as the U.S. Agency for International Development and supported administratively through enduring relationships Jaheed developed with counterparts at the U.S. Army Veterinary Laboratory Europe and at Landstuhl Regional Medical Center.

"I will take all of this knowledge back to share with students and colleagues in my country where this information is very important and useful for my people," said Jaheed, who is the only veterinary pathologist in Afghanistan.

Two of Jaheed's counterparts that he will keep close ties with are Leslie Fuhrmann, who has worked in the rabies lab at VLE for 10 years, and Lt. Col. (Dr.) Greg Saturday, who met Jaheed while in Afghanistan to deploy a rapid rabies diagnostic test for U.S. Veterinary Corp personnel. Saturday said he hopes to see Jaheed and his colleagues working autonomously in about a year in their effort to eradicate rabies in Afghanistan.

In addition to his study of rabies, Jaheed spent time studying how to process tissue into glass slides, as well as the histopathological diagnosis of endemic diseases in his country such as foot-and-mouth disease and anthrax.

"This has been a great example of interagency and joint cooperation between USAID, the Vet Lab, LRMC and Kabul University toward the advancement of science," Saturday said. "Hopefully we have put into place a continuous exchange of knowledge that will benefit the colleagues of Dr. Jaheed, the ordinary people of Afghanistan and hope for others to come."

The goal is for autonomy in establishing the framework to help eradicate rabies in his country as soon as possible, but on a personal level Jaheed has a longer outlook.

"I hope this relationship continues forever," he said.

Campbell gym to close temporarily in late May

Staff Report

Heidelberg's Campbell Fitness Center will be closed 1 p.m. May 21 until 5:30 a.m. May 26 for the installment of new water lines inside the building, according to Directorate of Public Works officials.

The building, which was constructed about 60 years ago, still has its original water lines. Because of rust and calcium build-up, there are breaks in the lines and a lack of hot water to the gym's shower facilities, DPW officials said.

"These lines are being held together by the rust inside and the paint outside," said James Thompson, DPW operation officer. "If we don't replace these soon, this will become an indoor swimming pool not a fitness center."

While the gym is closed over the Memorial Day holiday, patrons will still be able to get their fitness fix at the Patton gym, which will be open for regular hours May 21-22 and extend its hours May 23-25 to be open 9 a.m.-6 p.m.

"Although this work will close the (Campbell) Fitness Center for several days, our patrons will greatly benefit by having hot, reliable showers after their hard workout," said Holly Ogren, Campbell Fitness Center facility manager.

Record numbers turn our for annual egg hunt

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Christine June

Abigail Sausaman (right), 3, gives two of her eggs to Emma Brown, 3, Saturday at the U.S. Army Garrison Kaiserslautern's Eggstravaganza at Pulaski Park on Pulaski Barracks.

Close to 1,000 people, including more than 500 children, hunted for 3,000 decorated eggs hidden by the Easter Bunny for the U.S. Army Garrison Kaiserslautern's Eggstravaganza at Pulaski Park Saturday.

A record number – "Four times the number of people who attended last year," which held the previous record, said Bob Bigelow, garrison community recreation officer.

Held as one of the garrison's Month of the Military Child events, Eggstravaganza also fits into the Army Family Covenant – a commitment by Army leadership to improve the quality of life for families – by bringing a familiar family stateside event overseas, said Steve Selvey, the garrison's Family and Morale, Welfare and Recreation's Kaiserslautern Outdoor Recreation manager, who was in charge of this year's event.

"It was a great event – ran very smoothly, and we tried to fit everybody's needs," said Selvey, who added that he handed out "hundreds" of additional eggs at the park entrance for late arrivals.

Good thing, too – as those thousands of hidden eggs were gone in a matter of minutes. The Easter Bunny, who was at the event greeting and posing for pictures with children and their parents, also handed out eggs for children who missed getting some during the hunt.

Emma Brown, 3, climbed, slid and ran throughout the park's playground – still, she had no luck in finding any eggs. However, she didn't have to go to Selvey or the Easter Bunny for eggs, as Tyler Araujo, 4, and Abigail Sausaman, 3, each gave her two eggs when they saw how disappointed she was at not finding any eggs.

"Because she didn't have any – she was sad," said Tyler, on why he gave Emma two of his eggs. His mother, Air Force Staff Sgt. Elizabeth Araujo, 86th Airlift Wing's Aeromedical Squadron, proudly added a bit more: "Easter egg hunts are supposed to be fun, and when he heard that she didn't get any eggs, he just decided to give her some because he had plenty. One is really all children need to be happy – there's candy inside."

For Emma's mother, Ulrike Rheinhardt, who is a nurse at the Westpflzklinik in Kaiserslautern, was really glad she brought her four children to this free event to give them a taste of American culture.

"(Germans) do have Easter egg hunts, but it's something you do in your own yard and the Easter bunny isn't there – that's why I thought it was extra special. They had so much fun."

Decorated eggs of various sizes and filled with candies were hidden in four areas, blocked off into four age groups.

IMCOM-E hosting summer camp

IMCOM-Europe Public Affairs

Installation Management Command-Europe is hosting a summer camp designed specifically for children of deployed service members.

Called Camp A.R.M.Y. Challenge – the acronym stands for Adventure, Resilience, Memories, Youth – the June 15-20 program offers not only a welcome break from the family stresses of deployment, but also a chance for "more than 200 kids to meet other youth facing similar challenges," said Joe Marton, Child, Youth and School Services program specialist for IMCOM-Europe Family and Morale, Welfare and Recreation.

Middle school and high school students currently in grades 6-12 whose active-duty parents have deployed or will be deploying between June 1, 2008, and March 1, 2010, are eligible to apply – and must do so by May 4.

Although the camp is hosted exclusively by IMCOM-Europe Child, Youth and School Services, the camp will have some spaces open to children whose deployed moms or dads belong to the Air Force, Navy or Marine Corps.

Students having just completed eighth grade are considered an eighth-grader for camp attendance and may only apply to the middle-school camp sessions.

The weeklong camp, which will be held in Germany, will provide concentrations in basketball, culinary arts, soccer and track and field. Plus all will participate in an outdoor adventure program (such as hiking, climbing and canoeing) and healthy living classes.

More Info Online
www.mwr-europe.com

"We want the experience to be fun but also educational," Marton said.

Additionally, the program aims to build positive relationships between military children, noted Marton, who added, "there are scores of stories of these kids building lasting friendships that started in CAC and other similar camps we have sponsored."

Besides Camp A.R.M.Y. Challenge, CYS Services will be offering summer programs at every IMCOM-Europe garrison for school-age children, middle-school youth and teens.

As for CAC, a non-refundable $50 camp registration fee is required when a child is selected to attend the camp. The fee reserves a slot in an assigned session.

Central bus pick-up points will provide transportation to the camps; however, Marton stressed that individualized transportation will not be funded, with families being responsible for getting their sons or daughters to central bus pick-up points.

Complete information details and application forms – which will be accepted only online – are available at *www.mwr-europe.com*.

Deployed parents can watch Europe graduations live

DoDEA

Deployed service members will be able to view their high school graduating seniors crossing the stage and moving their tassels from right to left via live Webcasts on graduation day.

The Department of Defense Education Activity in Europe, the U.S. Army Europe and the U.S. Army 5th Signal Command have combined assets, talents and technologies to enable the live Webcasts via the Internet.

The effort will allow at least 18 graduation ceremonies to be viewed by an estimated 125 deployed parents in Iraq, Afghanistan and other locations around the world.

The first graduation ceremony will be Webcast June 4. The bulk of graduation ceremonies will take place simultaneously June 5. The last ceremony will be Webcast on the evening of June 11. A list of participating schools and information on how to access the broadcasts will be available at the DoDEA Web site once details are finalized.

Using Web technology, deployed parents will be able to see their graduating senior cross the stage and view student messages recorded for the occasion. The collective effort is intended to give graduating students and deployed parents the opportunity to share in this life event.

This is the seventh year the effort has been undertaken. Diana Ohman, director for DoDEA Schools in Europe, who has been very involved with each of the yearly Webcasts, says that although it is a monumental technical challenge, these Webcasts are emotionally significant to the student and the deployed parent.

"There is no room for error," she said. "It is too important. It is important to the graduating senior that he or she be able to share the event with their parents, as well as for the deployed parent to be able to view their son or daughter crossing the stage."

Planning for this year's Webcast began in January. Seniors who had, or anticipated having parents deployed at graduation, were identified through the high schools and the immense coordination process began to broadcast these graduations in real time to Iraq, Afghanistan and other locations.

For more information, call DSN 338-7612, civ. 0611-380-7612.

17 graduate from KMC hunter safety course

KMC Rod and Gun Club

The KMC Rod and Gun Club's Hunter Safety Course graduates recently celebrated passing final exams and acceptance into the National Association of Hunting, State of Rheinland-Pfalz Division, at a knighting ceremony held March 27 at the Lichtenberg castle near Kusel.

Before dining on a meal of wild boar in the castle restaurant, the graduates were called front and center to receive their "Jaegerbrief" certificates, be presented with a ceremonial pine branch and then asked to kneel and be stroked with the hunter's sword by long-time German hunter Max Butler.

The formal readings in English and in German told not only of the codes of honor German hunters must follow, but they also told of the duties and responsibilities entrusted to them for safe handling of firearms, care and protection of hunting lands and proper care and management of all game animals.

The spring 2009 graduates were a diverse group of active-duty Air Force, Army, Navy, an Air Force wife, Army and Air Force civilian employees and a University of Maryland professor.

The graduates include: Tai Bolaji, Steven Bower, Donald Doran, Larry Dunbar Jr., Nicholas Fink, Trent Freidel, Dennis Grater, Zachary Hall, Allan Johnson, Joshua LeCour, Phil Maas, Angela Nicholson, Ryan Nicoletti, Richard Paradis, Charles Reid, John Rosnow and Tadros Friez.

The German hunting license (Jagdschein) is available to all military ranks and civilian affiliates over age 18 (provided one can pass required background checks).

Germany is suffering the same decline in the numbers of hunters as the United States, causing over-runs in game populations with added risks to motorists, crop damage and increased spread of animal diseases. This increases hunting opportunities for all new hunters.

The course of instruction, in addition to meeting three nights per week for nearly three full months, requires students to pass stringent marksmanship tests on both stationary and moving targets on all of the Vogelweh firing ranges.

Shooter training and qualification required proven competency with rifles, shotguns and pistols, and for some students (especially the never-before hunters) required frequent weekends of practice at the ranges.

Over the course of several weekends Rod and Gun Club employees and volunteers supervised and assisted students on the shooting ranges until they could pass each of the shooting skills requirements.

One weekend field-outing provided practical training on a large German hunting revier several kilometers southwest of Ramstein. While there, volunteer hunters provided training on hunting techniques, close-up views of animal burrows, examples of wild boar damage in farmer's fields, training on making, placing and recognizing German hunter's "branch signs" (codes used for marking and signaling nearby hazards and useful in tracking wounded game and other communication), and they reviewed several styles of hunting seats and shelters used for both census taking and hunting German game animals.

U.S. forces and affiliates are offered opportunities to participate in many European game hunts for varied species of both feathered and furred animals.

And for those few who are "up to the test," U.S. forces hunters may even get the opportunity to bag such prestigious European trophy game animals as the elusive mouflon sheep or hike alpine slopes for gams bock.

Courtesy

Mike Nolske and Greg Vernon present a Hunter Safety Course graduation certificate to Trent Friedel at a knighting ceremony held March 27 at the Lichtenberg castle near Kusel.

39th Trans. Bn. NCOs 'read for success'

Program targets children of deployed parents

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

He truly is an unlikely suspect. Yet, Sgt. Daryl Meyer volunteers for the "Reading for Success" program taken on by the noncommissioned officers of the 39th Transportation Battalion.

During the Year of the NCO, the 21st Theater Sustainment Command's 39th Transportation Battalion has planned a different project each month to spotlight and celebrate NCO contributions. Their first reading session for the program took place March 17-20 on Vogelweh with children from the Kaiserslautern Elementary School.

"The kids loved it and were very excited to have their own reading buddy. For some of our students, this is the only time they get to have someone read to them or to listen to them read," said Sheri Thomas, the reading specialist at KES.

The kids weren't the only ones who enjoyed it.

"We had about 35 NCOs volunteer and participate that first week. It was such a success and everyone enjoyed it so much that we added another week. Then we decided to continue after the spring break. Now we hope to have about six Soldiers carry on for the rest of the school year, either on a weekly or biweekly basis," said Sgt. 1st Class Glen Faulkenberry, the 39th Transportation Battalion training NCO and the program's coordinator.

Thomas was happy to hear the news. She explained that in addition to filling the need for reliable volunteers, Soldiers make great role models, too.

"It shows kids that reading is important since our Soldiers are taking time off from their missions to read to them or listen to them read," she said.

Meyer is one of the NCOs who has returned. He read two storybooks to 19 kindergarteners April 1, asking questions about the books and answering some of the questions the children had. By the time they gave him a unanimous "thumbs up," he was all smiles.

"I didn't think I even liked kids. I guess I just haven't been exposed to them much and had no idea they could be so much fun," Meyer said.

Though this admission is made a bit shyly, there is no hesitancy when he says he will continue to participate in the reading program as long as possible.

"I never realized that with so many parents deployed, the kids miss having someone read to them or listen to them read," he said.

Angelika Lantz

Sgt. Daryl Meyer, a training sergeant with the 39th Transportation Battalion, reads to a group of kindergarteners at Kaiserslautern Elementary School April 1.

Meyer, who is single and does not have children, hopes to inspire others when they learn about the program. Additionally, he says it is definitely fun, and there is a work connection.

"You always hear being an NCO and leading Soldiers is a lot like being a parent and taking care of kids," he said. "In both cases you have to show that you care to be effective; you need a firm hand at times and you need to set an example."

AFN Europe survey results will bring changes

By George A. Smith
AFN EUROPE OPERATIONS

AFN Europe is debuting a new AFN The Eagle Top 20 AFN countdown show and adding more Stateside and host nation news as a result of its just-concluded survey.

The network wanted at least 1,500 online surveys, but got 4,637, thanks to ads in "Stars and Stripes" and installation newspapers, AFN publicity that included 10 "fill out a survey" radio remotes and the enticement of a prize by the Edelweiss Lodge and Resort.

The survey indicates most U.S. military personnel in Europe listen to the radio when they drive to work, just like they do in the States. Most listeners tune in AFN The Eagle and Power Network weekday mornings from 6-10 a.m. Among people who listen to AFN The Eagle, 76.7 percent listen to the morning disc jockey from 6-10 a.m., while 58.6 percent of Power Network listeners tune in to Morning Newswatch from 6-9 a.m.

Americans' musical tastes vary as wildly as the flavors you find at a European sidewalk ice cream shop. While 47.7 percent of listeners want to hear more country, 44.1 percent want to hear less, and although 40.1 percent of respondents want to hear more Hip-hop/R&B, 54.3 percent want less. In comparison, only 21.9 percent of respondents said they want to hear less of Hot Adult Contemporary music, the dominant music in the AFN The Eagle format.

With this in mind, AFN Europe is giving stations more flexibility to reach listeners with a mix of Progressive Hot Adult Contemporary music that meets local audience preferences.

The AFN Europe survey indicated strong support for the AFN The Eagle format as well as weekend countdown shows, so the network will debut a new Eagle Countdown show Sundays at 1 p.m., featuring the most popular songs airing on the Eagle that week. You'll choose what will be on the countdown by casting votes on the Web site.

Other radio programming changes include moving Little Steven's Underground Garage from AFN The Eagle at 4 p.m. Saturday to Power Network 8 p.m. Saturday, since it's more popular with the older listeners who tune in the Power Network, and moving American Country Countdown from 11 a.m. Sunday to 5 p.m. Sunday on AFN The Eagle. The popular show will also continue to air on the Power Network. Z Rock 50, which aired at 5 p.m. Sundays on AFN The Eagle, will go off the air completely.

The survey shows National Public Radio shows, Rush Limbaugh and Ed Shultz all have loyal, dedicated listeners and AFN Europe won't change anything with them.

The major complaints about AFN radio were poor reception and difficulty tuning in frequencies with American car radios. AFN, in coordination with host nations, continues to work on getting better frequencies, but host nation stations naturally get priority. Add to this that getting a new radio frequency usually takes about seven years.

Since the entertainment programming you see on AFN TV comes from the Broadcast Center in California, AFN Europe focused its TV questions on products created in Europe such as the AFN Europe Report and short infomercials called "spots."

Audience comments on spots ranged from "I get real tired of the same old commercials," to "run the shows without the public service announcement breaks, then use the extra minutes to run selected short newscasts and short videos."

But eliminating the spots and airing stateside commercials isn't possible. AFN Europe's primary mission is command information. Airing commercials would result in producers charging the American Forces Radio and Television Service for shows.

Another major TV finding was that only 19.2 percent of survey respondents say they watch the AFN Evening newscast every night. AFN Europe is expanding its newscast to 30 minutes to provide the audience a more traditional news show.

Work orders to be filled faster with upgrades

By Kristen Marquez
HERALD POST STAFF

For those who have tried to call the Heidelberg Directorate of Public Works service order number and waited a long time to hear a human voice, rest assured the dead phone time is no longer.

Community members should now experience less wait time when reporting a problem to the DPW service order work desk, according to DPW's Erich Deffner.

"With our old phone system, occasionally there have been situations where customers had to wait over 20 minutes before their call was answered," Deffner said. "Sometimes the phone system even failed to connect customers to our DPW service order desk agents."

Deffner said new upgrades on the call center will benefit everyone in the community. Changes include an adjustable menu structure and the possibility to add more personnel to the call center during peak hours.

"DPW is running a call center for service orders," he said. "The phone system for this portion has been upgraded, providing more flexibility to represent the DPW workflow for receiving service orders."

They've also made changes to the DPW internal processes to more quickly answer questions regarding the status of existing service orders, he said.

Customers will be presented a structured menu of the most common issues when they call the service order line. For issues not handled by DPW, such as telephone, television or computer issues, customers will be directly connected to external providers.

DPW work orders

Hours

- Monday - Thursday 7:30 a.m.-4 p.m. Friday 7:30 a.m.-2 p.m.: DSN 387-3310/3311/3312, civ. 06221-4380-3310/3311/3312
- e-mail *serviceord411@eur.army.mil*
- After hours emergencies: DSN 115, civ. 06221-17-115
- Closed German and American holidays

Phone Menu

1 - Existing service order
2 - New service order
3 - Telephone problems
4 - TV problems
5 - Safe repair, office furniture, equipment repair
9 - Information on hours of operation

MANNHEIM

MOUT site to open soon

Staff Report

A new urban training facility is set to open May 19 at the Local Training Area in Mannheim-Lampertheim to help prepare Soldiers for possible deployment missions.

The military operations on urban terrain, or MOUT, site will be able to locally support training for mission-essential and warrior battle tasks.

The site consists of four structures with multiple rooms, where team and squad leaders can train Soldiers on everything from the basics of entering a building and clearing rooms to learning the concepts of clearing multiple buildings and rooms as a squad or platoon.

Platoon or squads can also practice offensive and defensive operations of a building as well as upper-level entry techniques.

"The first of its kind in this area, the MOUT site training facility has proven itself to be an invaluable training tool for operations, ensuring our Soldiers are better equipped to deal with the numerous variables encountered when deployed in an urban environment," said Michael S. Marcustre, range and LTA coordinator in Mannheim.

The 7th Army Joint Multinational Training Command's Range and Training Land Program funded the cost of the facility, and U.S. Army Garrison Mannheim funded the site preparation.

The site's grand opening is scheduled for 10:30 a.m. May 19 and will include a ribbon-cutting followed by a live demonstration.

Local Soldiers to participate in competition

IMCOM-Europe Public Affairs

While the Army's observance of the Year of the Noncommissioned Officer continues, leaders at Army garrisons throughout Europe will turn their attention to NCOs and Soldiers for another reason as the Installation Management Command-Europe Region Soldier and NCO of the Year competition takes place May 10-13 at Grafenwöhr.

According to Installation Management Command-Europe Command Sgt Maj. Tracey Anbiya, garrisons have until April 24 to submit packets to the review board for the 2009 competition.

"NCOs and Soldiers always bring their A-games to competitions like this. But with the focus on NCOs this year, we think we'll see competitors raise the bar," Anbiya said.

Anbiya and a board consisting of garrison command sergeants major from assigned garrisons and their representatives will gather at Grafenwöhr to evaluate and score competitors' knowledge and proficiency in a slew of military tasks and subjects.

The annual competition is a three-phased event. Phase 1 of the competition was the unit selection of an NCO and a Soldier to participate in Phases 2 and 3 at Grafenwöhr.

Phase 2 is the field competition during which NCOs and Soldiers will face rigorous tests that challenge their Soldier skills both technically and tactically in every aspect.

Phase 3 is the selection board. The IMCOM-E command sergeants major will chair both the Soldier and NCO selection boards. The boards will use a fast-paced series of questions and constant change of subjects to evaluate each competitor's military bearing, confidence and knowledge in a multitude of areas such as land navigation, physical fitness, leadership, history, NCO Creed and history, first aid, sexual harassment and sexual assault and more.

"This is a very challenging competition. Any NCO or Soldier who advances to the Grafenwöhr phases has truly accomplished a lot and should be proud to represent their garrisons," said Anbiya. "At Graf, we pick the best from among the best in Europe who will advance to compete at the National Capital Region event."

The IMCOM-Europe awards ceremony is scheduled for May 28 in Heidelberg.

Heidelberg community gears up for Earth Week

Staff Report

U.S. Army Garrison Heidelberg will celebrate Earth Week next week with a variety of events and activities for the community.

"It's kind of a catch phrase to say that 'Earth Day is every day,' but it's important to remember everything we can do to conserve resources and protect our ecosystem every day, not just when someone's looking over your shoulder," said Tim Clark, who works for the Heidelberg Directorate of Public Works' Environmental Division. "We really hope that everyone in the community learns something from this Earth Week celebration and benefits as well. There are some really great programs that people have put together."

Heidelberg Middle School's Drama Club students performed their "Ecology Challenge" production April 2 to teach their peers about environmental problems and their solutions.

The presentation started with an enthusiastic question-and-answer skit about how long it takes some items to degrade in the trash. One student announced that Fresh Kills Landfill in New York has a greater volume than the Great Pyramid of Giza. The students addressed ozone depleting substances with beat poetry, alternative transportation with "Driving Miss Lazy," and Jack Johnson's "The 3 Rs (Reduce, Reuse, Recycle)" to bring the message home.

"People always remember lyrics to songs. What better way is there than through song and dance to get an important message across," said Pat Kiebler, HMS drama teacher. "And it's fun."

Many more events are happening all over the area this week and next – some on post and some in neighboring German communities. Tuesday and Wednesday, students from HMS ventured to the SolarPark in Walldorf for a facility tour to get a first-hand look at how photovoltaic energy is generated and integrated into the regional power network.

HMS students also worked with a group of German students Wednesday to preserve a dune habitat in Sandhausen. They will meet again next week to finish the project.

"This is wonderful for the students from our two cultures to work together on something that is so important to all of us," said Susan Gehring, HMS assistant principal. "This is truly a global issue, and it is great when we can work together on this."

Next week, tune in to AFN The Eagle daily Monday through April 24 and check out the quiz in the Herald Post for chances to win prizes sponsored by AAFES.

For those who want to burn calories instead of gasoline, there will be a bike auction at 1 p.m. May 2 at the Recyclinghof on Speyerer Strasse near the Heidelberg Army Air Field. Abandoned bikes from around the city will be sold to the highest bidder. Bike path maps of Heidelberg from FMWR will be available at PHV Library and during AAFES bike tune-ups Tuesday and Friday during Earth Week. Visit *www.epa.gov* for tips on how to protect the environment and your health.

Courtesy

Students from the Heidelberg Middle School Drama Club perform "Ecology Challenge" April 2.

Earth Week Events

April 21
- Alternative Transportation Day
- Papermaking at the Reuse Center
- AAFES bicycle maintenance
- Judging for SAS art contest

April 22
- Germersheim base clean-up
- Papermaking at the Reuse Center
- MTES flower planting
- AAFES tire pressure day
- Girl Scouts PHV clean-up

April 23
- HMS Sandhausen dune project
- Germersheim recycling day
- PHV CDC flower planting

April 24
- Germersheim planting and barbecue
- HMS environmental relay races
- Judging of HMS door decorations and posters
- AAFES bicycle maintenance

April 25
- SAS picnic with hike and Dishmobile and recycled newspaper hats for kids

All Week
- Environmental books on display at the PHV Library
- Outdoor Recreation has "Bike to Work" maps available
- Lunch recycling challenges at MTES and PHES
- Tree plantings at the golf course
- Radio quizzes on AFN The Eagle
- PHES compost training and trash pick-up

More event details: DSN 387-3028

IMCOM-Europe accepting FY 2010 mentor, mentee program applications for GS-11 through GS-13

IMCOM-Europe Public Affairs

Installation Management Command-Europe is accepting applications for its Centralized Mentoring Program for fiscal year 2010.

Individuals interested in either being a mentee or mentor in the Headquarters IMCOM Centralized Mentoring Program – HCMP – may fill out application forms available online or at local human resources offices, according to Raymond Zawalski, IMCOM-Europe human resources specialist.

"This is a great opportunity (for those) with aspirations of developing their leadership skills for future challenging positions to be mentored by a senior leader," Zawalski said.

Zawalski also said that the program provides senior leaders with an avenue to help develop well-rounded managers at the mid or senior level by providing them the opportunity to enhance their leadership skills by grooming individuals for higher-level responsibility.

Employees who are GS-11 through GS-13, or equivalents, and employees covered by the National Security Personnel System whose positions are equivalent to GS-11 through GS-13, are eligible to apply.

A number of IMCOM employees will be selected as mentees / mentors and be matched up.

In addition to supervisory signatures, applications require endorsements from the garrison commander/manager or deputy garrison commander and the region director or designee.

Applications must be received in IMCOM-Europe Human Resources (Raymond Zawalski) by June 12.

Individuals seeking more information should contact their garrison HR office.

Welcome home 624th MCT

Sgt. Frank Sanchez III

Capt. Alex Hunter, a member of the 624th Movement Control Team, 39th Transportation Battalion, 21st Theater Sustainment Command, holds his son, Jack, at a welcome home ceremony April 8 at Kleber gymnasium on Kleber Kaserne. Hunter and 20 other Soldiers from the 624th MCT returned from a 15-month deployment to Afghanistan in support of Operation Enduring Freedom. While there they coordinated transportation operations for 10 months in Bagram and five months at Forward Operating Base Shank. This included about 800 Mine Resistant Ambush Protected vehicles, thousands of containerized supplies, air pallets and service members.

AUTISM

continued from page 1

that it wasn't normal for a 2-year-old not to speak, or at least say "mama" and "dada."

"(Language delays) are often the first flag that parents and/or doctors pick up on that leads them to us," said Julie Brannon, occupational therapist, Educational and Developmental Intervention Services for the Heidelberg and Mannheim communities. She went on to say that parents often know something is different about their child.

"They know their kids best, but aren't ready on their own to ask the question that might lead (to seek help)," Brannon said.

For Susie, whose father is deployed to Iraq with the 18th Engineer Brigade, the path to diagnosis meant a trip with her mom and an EDIS staff member to Landstuhl Regional Medical Center, where they met with a developmental pediatrician and a psychologist.

There the psychologist performed a standardized test for autism detection that Betty said looked like play time for Susie.

But what the doctor looked for with the Modified Checklist for Autism in Toddlers, or M-CHAT, were clear indicators that Susie's behaviors fell into the spectrum of autism.

Autism is just one of several other similar neurological disorders, which are as a group called autism spectrum disorders, according to Autism Speaks, a non-profit organization dedicated to autism awareness.

Three main indicators that doctors and therapists look for when working with children suspected of autism are delayed or disordered communication, both verbal and non-verbal; restricted or repetitive behaviors; and lack of social interaction.

Susie, from her lack of speech and eye contact to her open books, fits the profile of an autistic child. Another trait: "She doesn't like to play with a big group … she just wants to be alone," Dzreke said.

Once a child has been identified as having developmental delays, whether autism or some other disorder or delay, the EDIS staff develops, in concert with the child's parents, an Individualized Family Service Plan, which determines what kind and the frequency of services the child will receive.

The various therapists at EDIS then provide in-home therapy sessions, where they not only work with the children but also teach the parents to incorporate therapeutic activities into their normal routine.

Dzreke said EDIS staff members visit her house twice each week and have taught her a lot. "They taught me how to handle her, to let her move around and do her own thing," she said.

The biggest concern for Dzreke is whether Susie will talk. However, she has become friends with another family with an autistic daughter who at age 3 is talking, which gives Dzreke hope.

EDIS services are available for children from birth to age 3, when they can enter developmental preschool in the local Department of Defense Education Activity school.

The most common delays seen in the Heidelberg and Mannheim communities are common speech and motor delays, according to Carol Schrimp, EDIS program manager. The rate of autistic children in the two communities is on par with the national average, she said.

Parents are encouraged to learn developmental milestones to ensure their child is developing within a normal range.

"All children develop differently, and we know that and we say that," Schrimp said.

To help identify children who are not developing normally, the health clinics in the Heidelberg and Mannheim communities require parents to fill out "ages and stages" questionnaires at every well-baby and well-child appointment.

They also host various events throughout the year to try to identify children who need assistance. Twice a year they offer Happy Hours, where they provide information to parents at child development centers during pickup times. They also host twice a year Milestones and More, where they offer basic screenings for anyone in the community.

In addition, information is available at the various community fairs and festivals throughout the year. EDIS also accept walk-ins and referrals from pediatricians and works closely with the Exceptional Family Member Program.

Regardless of how a child is referred to EDIS, what matters is that the child and his family get the help they need.

"EDIS has helped me a lot," Dzreke said.

Checking Your Child's Development

EDIS Happy Hours

Parents can talk to professionals about their child's development 4-6 p.m. April 21 at Mark Twain Village Child Development Center or 4-6 p.m. April 22 and 28 at Mannheim Child Development Center.

Milestones and More

Free Developmental Screenings for children birth to 3 years (language, motor, social, self-help and hearing screened) 8:30 a.m.-1 p.m. April 29 at the Family Child Care Center, Bldg. 742 on Sullivan Barracks in Mannheim. DSN 385-3133, civ. 0621-730-3133.

Kelli Bland

HEIDELBERG SCHLOSS: A DIFFERENT PERSPECTIVE

Step back in time with the night watchman on an entertaining, historical castle tour

By Kristen Marquez
HERALD POST STAFF

The year was 1622, and we arrived at the Heidelberg Castle on a glorious Sunday evening, cameras in tow, to be met by a friendly and uniformed lantern-wielding gentleman at the front gate.

He was the Heidelberg Castle night watchman, and we were being recruited to fight on the front lines the next morning against the Catholics who were planning to conquer and seize the castle and the city from the streets below.

But first, we were going to be treated to a special tour of the castle.

The night watchman greeted us with his lantern and weapon and escorted us to the terrace area for some complimentary champagne and a short history lesson as we looked out over the city of Heidelberg. Our group included about 13 curious members of the community and family members visiting from the United States.

On the tour, we were given background information on the castle itself as well as its former (or current, since we were supposed to be in 1622) occupants, who were not staying at the castle at the time due to the 30 Years War, which had begun in 1618.

The night watchman introduced us to an army sergeant who showed us the correct way to fire a weapon, as well as diagrams of helping wounded comrades, which definitely did not include the modern conveniences you'd find at the health center here.

A little while later, we met Margaret, the castle maid, as she was cleaning up and dusting the rooms. Margaret kept us entertained as she told us about some of the customs and traditions for the population during the 17th century – including ways to determine if the lone single male in our group would be a good match for her to try to court.

Elizabeth, one of the local townspeople, also joined us on our tour. She brought "mud shoes" to try to trade with someone in exchange for perhaps some rats – one of the few meat sources available at the time due to the impending takeover. Members of our tour group tried on the shoes – but no one took her up on the rat offer.

Elizabeth, Margaret and the night watchman escorted us to the castle's chapel, a beautifully decorated area where they tried to convince two members of our group to get married right then and there – they decided against it.

After about an hour and a half of laughing, learning and chatting, the tour concluded with refreshments from the castle's restaurant.

Tours such as this are offered by Schloss Heidelberg and are never the same tour twice. There may be different rooms to visit or new characters to meet. Some tours can even include a two-course dinner in the middle of the tour or a dessert bar after its conclusion. It simply depends on what the group wants to learn about and what parts of the castle are available for touring that day.

The tours can be done entirely in English, and you can request a date and time that fits into your schedule. Ideally, eight to 10 people make for a good sized tour, but larger groups can be accommodated. You should try to give the castle at least a week's notice from the date you'd like to schedule a tour.

The castle also offers weekly open Night Watchman Tours in German, with the next one being 8 p.m. May 3. An English tour will be available that night as well, and the service center hopes to begin offering weekly English open tours for those who don't want to book a special group tour.

To book a tour, call the Service Center Schloss Heidelberg civ. 06221-65-5716 or 06221-53-8431 or e-mail *info@service-center-schloss-heidelberg.com*.

Kristen Marquez

"The sergeant" teaches his recruits (aka the tour group) how to fire the weapon they will be expected to use in battle the next morning as part of The Night Watchman Tour of the Heidelberg Castle.

(Top) "The night watchman" discusses the history of the Heidelberg Castle to ensure his 13 recruits understand why they are preparing to battle the Catholics in the morning.

Kelli Bland

Local townsperson "Elizabeth" (left) and Heidelberg Castle maid "Margaret" attempt to trade mud shoes for a few good quality rats.

German Cooking

Blanched white asparagus with fine air-dried ham

Ingredients:
- 1 lb fresh white asparagus
- 1 large ripe avocado
- 1/2 cup Basic Oil and Vinegar Dressing (see recipe below)
- 4 ripe round or plum tomatoes, skinned
- 4 large fresh Basil leaves, shredded
- 8 wafer-thin slices German imported Black Forest ham
- 1 tablespoon chopped fresh chives
- sea salt and freshly ground pepper

Preparation:
- Trim the bottoms of the asparagus stalks and peel with a vegetable peeler. Bring a large pan of salted water to a boil and drop in the asparagus. Simmer for 3 minutes and have a large bowl of iced water ready.
- Using a large slotted spoon, lift out the asparagus spears carefully. Place immediately into the iced water and leave for 5 minutes, then carefully drain.
- Slice the avocado and mix gently with a third of the dressing. Season well. Slice the tomatoes thinly and season. Allow to stand for 10 minutes then drizzle with another third of the dressing and mix in the basil.
- Arrange two slices of ham on each of four large plates. Divide the asparagus, tomato and avocado between the plates. Drizzle the last of the dressing over the asparagus and sprinkle over the chives. Season with coarsely ground pepper and serve.

Basic Oil and Vinegar Salad Dressing Ingredients:
- 4 ounces rapeseed or vegetable oil
- 4 ounces olive oil
- 4 ounces German white wine or German apple
- vinegar or half of each
- 1/2 teaspoon sea salt
- 1 teaspoon German mustard
- 1 teaspoon German honey (optional)
- 1/4 teaspoon freshly ground pepper

Preparation:
- Whisk together all ingredients. Store refrigerated in sealed jar. Whisk again just before serving.

SOURCE: www.germanfoods.org

DEAR MS. Vicki

Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at *dearmsvicki@yahoo.com*.

Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at *www.blogtalkradio.com/dearmsvicki* to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more.

Dear Ms. Vicki,

I have an out-of-control son who is only 4 years old. I hope this is not an indication of what he will be like when he is 14 years old.

I am afraid to leave my home with him. He tantrums in the commissary like 20 going east and west. Last week we went to the PX, and he was rolling over on the floor.

Its' hard for me to shop, do any chores, or meet my friends for lunch. For one thing, he is not doing good in day care, and none of my friends want to swap babysitting because they don't want to keep him.

He's been in trouble for biting other children and fighting with them for no reason at all. He screams, kicks and has even hit me and his father.

I am very embarrassed by his behavior. I know you are not The Nanny, but any advice you can give me will be very helpful.

From: Tired Of Tantrums

Dear Tantrums,

I love answering questions like this. I guess it's because I like giving advice on behavior management, etc.

To start, you and your husband must be on one accord with changing your son's behavior. It sounds like your son knows how to keep your attention focused on him.

Since I am not in your home, I do not know when this problem began or the duration of the problem.

Let me first advise you and your husband to always stay calm when dealing with your tantrumming son. Conversely, if you are to gain control of his behavior, you must begin to do the following:

1. Provide structure from the time he wakes up until bedtime.
2. You should make a child-friendly schedule of daily activities to share with him. Make it fun! Include eating times, nap time, play time (outdoor and indoor play time) craft time, bath time, and even time to teach him to help with chores, etc.
3. You must always state your behavior expectations and tell him what is acceptable and unacceptable.
4. When you talk to him always kneel so that you can be eye to eye with him; this will reinforce what you are saying.
5. Establish consequences for unwanted behavior, like using time outs. His time out should at least be four minutes for his age.
6. Set limits and follow through with the consequence every time.
7. Praise him using the 3:1 ratio. This means, if you make four comments, three must be positives ones. For example "Mommy likes the way you're sitting," "I like the nice way you are talking to Mommy," "You're a good helper," etc.

It won't be easy getting a grasp on his behavior especially depending on the duration of the problem. However, be consistent and you will begin to see positive changes.

If the problem does not get better, consider taking him for a medical consult to rule out any medical problems.

Also consider a consult with a clinical social worker or counselor for more one-on-one help in a family or individual session.

Response to the April 9 column:

Dear Ms. Vicki,

Last week a young woman wrote you and said she was wondering if she should return home to Arizona rather than deal with a deployment and being away from her husband.

The answer is absolutely not! She is a grown woman now and needs to deal with it. She can't just run home on every whim.

It's time for her to learn to depend on herself. She is not a little girl any more. Stay here and build a life and a home for her husband to come home to. Home is where the Army sends you!

From: I'm Staying

Understand occupational health nurses roles, responsibilities during National OHN's Week

By Debra Parker
U.S. ARMY CHPPM

Army occupational health nurses are joining their professional organization, the American Association of Occupational Health Nurses, in celebrating the sixth annual National Occupational Health Nurses Week Friday through April 23.

This week, themed "The Best Value in Health Care," recognizes members of the occupational and environmental health nursing profession.

The goal in observing an official recognition week for occupational and environmental health nurses, or OHNs, is to assist their patients and employers to better understand the roles and responsibilities of OHNs in furthering health and safety.

Most people understand the function of a nurse in a clinical setting, but not everyone is aware that there are also nurses who work in non-clinical/business environments.

Through legal and regulatory compliance, workplace hazard detection, counseling and health promotion and wellness activities, OHNs improve the health of workers to contribute to a healthy bottom line for the Army.

They are key to achieving optimal employee health, thereby reducing absenteeism, improving productivity and reducing health care costs.

OHNs are trained to identify health and safety risks in the work environment; educate and train employees on injury prevention; support positive, healthy lifestyle changes for employees; leverage health promotion and disease and disability management programs to improve employee health and quality of life; serve as health advocates to internal and external groups; and engage employees in taking charge of their health.

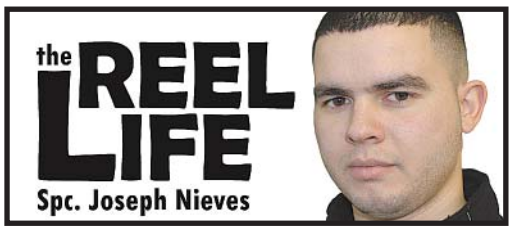
In addition, OHNs align occupational health services with Army goals and facilitate communication and collaboration among professionals, management and external groups.

OHNs manage care for the injured and ill employee from onset to return to work; conduct assessments of employees' health status; routinely communicate with employees, management, health care providers, etc.; evaluate and use appropriate resources; and use a multidisciplinary approach to achieve desired outcomes.

The primary outcome or goal is to achieve optimal employee health, while ensuring a safe and timely return to work in a cost-effective manner.

They are familiar with the hundreds of laws and regulations that govern health and safety in the workplace.

Whether it's the Health Insurance Portability and Accountability Act, worker's compensation laws, the Occupational Safety and Health Act, or the Family Medical and Leave Act, OHNs and other occupational health and safety professionals work with management and others to interpret and comply with public policy decisions that protect the health and safety of Soldiers and civilian employees.



Fast and Furious

Round 4 ... Fight!

I will admit I was a little excited about the fourth installment in "The Fast and The Furious" franchise with fast cars and great music being some of the reasons why.

I was surprised when the previews first came out that they got the original cast together for this one, and that it wasn't taking place after the third, but in between the second and third.

So interesting plot setup aside, I was curious where they were going to take the film. Dominic (Vin Deisel) and his crew move down to the Dominican Republic where they hijack fuel tankers for major money and where they also happen to become international criminals.

Movie Lovers Online

Join the "Movie Lovers" group in the BWnow virtual community at *http://myBWnow.ning.com* to give props and flops to the latest flicks and chat with The Reel Life's Spc. Joseph Nieves.

When the heat comes on, they split and head for cooler climates. That's when the fun starts. I will have to say that I didn't really like the second but thought the third was different and not too shabby with the awesome Tokyo-ized cars.

The fourth movie felt a bit like the first, which is what they planned on and it worked. Not only did the movie make more than the last film in its first weekend, but it is also the highest-grossing car movie for an opening weekend ($70 million).

I thought the movie was good and will probably round out my collection of Fast and Furious DVDs. Also you might be happy to hear there are two more Fast and Furious movies on the way.

Kids can technically go see this movie but its got some stuff in there you might not want them to see. Grab your seat and strap yourself in – it's going to be crazy ride.

GET OUT!
area events

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

April 16

Child Lights: Protect & Celebrate Kids – Join ACS at the Patrick Henry Village Pavilion in Heidelberg for a celebration of children from 6 - 8 p.m. Enjoy activities and education for parents and children of all ages including family crafts, infant safety, teen dating, Internet safety and more.

Pfennig Bazaar – The German American Women's Club Heidelberg hosts its 2009 Pfennig Bazaar noon-6 p.m. April 16, 10 a.m.-6 p.m. April 17 and 10 a.m.-3 p.m. April 18 at the International Gesamtschule, Baden-Badener Strasse / Erlenweg in Heidelberg. *www.gawc.de*.

April 17

Hawaiian Luau – Enjoy a barbecue luau at 5 p.m. on the patio at Slapshots on Patton Barracks in Heidelberg. They'll even be serving up a barbecued wild boar from the forests of Germany. DSN 373-5190, civ. 06221-17-5190.

Comedy After Dark – Comedian Marcus Combs is featured 9 p.m. at the Top Hat Club in on Benjamin Franklin Village in Mannheim. Tickets $15 in advance or $18 at the door. DSN 380-9370, civ. 0621-730-9370.

April 18

One Day Holland Tour – Join Heidelberg Outdoor Recreation and visit Holland to see the beautiful tulip gardens. Keukenhof, also known as the Garden of Europe, has been the world's largest flower garden for more than 50 years. This trip goes through 80 acres of tulip gardens where we'll see many fascinating flower arrangements in every color you can imagine spread along paved paths. Before returning home, stop by a cheese farm and also a shop where they make wooden shoes. DSN 388-9282, civ. 06221-338-9282.

A Day in the Alsace – Join the USO for a charming, colorful day with a typically French flair. First visit Soufflenheim, the home of the beautiful hand made pottery for Backeoffe and kougelhopf, then move on to Wissembourg, gateway to the Alsace and home to the abbey of St. Peter and Paul. Finally, move on to the famous Cleebourg Winery to sample Alsatian wine from the region and visit their "Cave Historique des Hospice," the history of Alsatian vineyards. *http://affiliates.uso.org/kaiserslautern.*

Paris Dinner, Tour and Boat Cruise – See tourist attractions such as the Eiffel Tower, Notre Dame Cathedral, the Arch of Triumph, and more as we spend the day sightseeing with time for shopping. After some free time, we go for a unique dining experience; we'll head over to the Latin Quarter in the evening for an authentic five-course meal served in a historic atmosphere. Then, enjoy an evening boat cruise on the Seine River. *http://affiliates.uso.org/kaiserslautern.*

April 25

Schwetzingen Castle Tour – Join the KONTAKT club at 2:15 p.m. or 3:15 p.m. for a castle tour in English. After the tour, join up at the Luegenbrueckl restaurant for dinner at 5:30 p.m. DSN 387-3296.

Salsa Night – Enjoy the hot sights and sounds of salsa music 8 p.m.-1 a.m. at Armstrong's Club on Vogelweh Housing in Kaiserslautern. This free event features a live disc jockey, margarita bar, chips and dips and an hour of free Salsa lessons beginning at 9 p.m. Civ. 0631-354-9926.

Prague Express – Join Outdoor Recreation for this one-day trip to the Czech Republic. $95. Heidelberg, DSN 388-9282, civ. 06221-338-9282. Kaiserslautern, DSN 493-4117, civ. 340-64117.

April 26

Europa Park – Head to Europa Park with Mannheim Outdoor Recreation. Departure at 7 a.m. The cost is $20 per person plus park entrance fees. DSN 381-7215, civ. 0621-739-251.

April 30

Hip-Hop All Nighter – Join DJ Pimp Flower 8 p.m. at the Cove on Sullivan Barracks in Mannheim for a hip-hop all-nighter. Free entry and free food. DSN 385-2884, civ. 0621-730-2884.

Ongoing

Heidelberg Spring Fest – Head to Heidelberg through April 25 for this large classical music festival. Heidelberg will be turned into a festival town for about four weeks and attracts lovers of music from near and far. Internationally renowned soloists, ensembles and orchestras will be presented. Civ. 06221-583-5920, *www.heidelberger-fruehling.de*.

Stuttgart Spring Fest – Head to the Stuttgarter Fruelingsfest for a traditional festival atmosphere on the Cannstatt Wasen with chicken, roller coasters, gingerbread hearts and more. Open daily noon-11 p.m. through May 3. *www.stuttgarter-fruehlingsfest.de.*

coming to THEATERS

HANNAH MONTANA: THE MOVIE

(Miley Cyrus, Billy Ray Cyrus) Miley Stewart struggles to juggle school, friends and her secret pop-star persona. When Hannah Montana's soaring popularity threatens to take over her life – she just might let it. So her father takes the teen home to Crowley Corners Tennessee for a dose of reality, kicking off an adventure filled with fun, laughter and romance. Rated G - 98 minutes

PAUL BLART: MALL COP

(Kevin James, Jayma Mays) Paul is a single, suburban dad, trying to make ends meet as a security officer at a New Jersey mall. It's a job he takes very seriously, though no one else does. When Santa's helpers at the mall stage a coup, Jersey's most formidable mall cop will have to become a real cop to save the day. Rated PG for (violence, mild crude/suggestive humor, language) 121 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

April 16 - BRIDE WARS (PG) 7 p.m.
April 17 - FAST AND FURIOUS (PG-13) 7 p.m.; TAKEN (PG-13) 9:30 p.m.
April 18 - PAUL BLART: MALL COP (PG) 4 p.m.; TAKEN (PG-13) 7 p.m.; FAST AND FURIOUS (PG-13) 9:30 p.m.
April 19 - PAUL BLART: MALL COP (PG) 4 p.m.; FAST AND FURIOUS (PG-13) 7 p.m.
April 20 - TAKEN (PG-13) 7 p.m.
April 21 - HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.
April 22 - FAST AND FURIOUS (PG-13) 7 p.m.
April 23 - PAUL BLART: MALL COP (PG) 7 p.m.

Mannheim, Schuh

April 16 - NEW IN TOWN (PG) 7 p.m.
April 17 - HANNAH MONTANA: THE MOVIE (G) 7 p.m.
April 18 - HANNAH MONTANA: THE MOVIE (G) 4 p.m.; TAKEN (PG-13) 7 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 9:30 p.m.
April 19 - HANNAH MONTANA: THE MOVIE (G) 4 p.m.; PAUL BLART: MALL COP (PG) 7 p.m.
April 20 - TAKEN (PG-13) 7 p.m.
April 21 - HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.
April 22 - PAUL BLART: MALL COP (PG) 7 p.m.
April 23 - HANNAH MONTANA: THE MOVIE (G) 7 p.m.

Vogelweh, Galaxy

April 16 - BRIDE WARS (PG) 7 p.m.
April 17 - FAST AND FURIOUS (PG-13) 3:30 p.m.; FAST AND FURIOUS (PG-13) 7 p.m.; TAKEN (PG-13) 10:30 p.m.
April 18 - PAUL BLART: MALL COP (PG) 3 p.m.; FAST AND FURIOUS (PG-13) 7 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 10:30 p.m.
April 19 - PAUL BLART: MALL COP (PG) 3 p.m.; FAST AND FURIOUS (PG-13) 7 p.m.
April 20 TAKEN (PG-13) 7 p.m.
April 21 - HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.
April 22 - FAST AND FURIOUS (PG-13) 7 p.m.
April 23 - PAUL BLART: MALL COP (PG) 7 p.m.

Ramstein, Hercules

April 17 - TAKEN (PG-13) 7 p.m.
April 19 - HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.

Ramstein, Nightingale

April 16 - MONSTERS VS. ALIENS (PG) 7 p.m.
April 17 - HANNAH MONTANA: THE MOVIE (G) 3:30 p.m., 7 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 10:30 p.m.
April 18 - HANNAH MONTANA: THE MOVIE (G) 3 p.m., 7 p.m.; TAKEN (PG-13) 10:30 p.m.
April 19 - HANNAH MONTANA: THE MOVIE (G) 3 p.m., 7 p.m.
April 20 - HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.
April 21 - PAUL BLART: MALL COP (PG) 7 p.m.
April 22 - TAKEN (PG-13) 7 p.m.
April 23 - HANNAH MONTANA: THE MOVIE (G) 7 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg , 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Hercules, Ramstein, 06371-47-5550
Nightingale, Ramstein, 06371-47-6147
Visit *www.aafes.com* for updated listings and more movie descriptions

ANNOUNCEMENTS

community HIGHLIGHTS

Government Vehicle Auction

Interagency Fleet Management System European Region will hold a public auction of used U.S. government vehicles through April 19. Bidding will be via live Internet auction. Public inspection period 9 a.m.-3 p.m. April 16 at Spinelli Barracks, IFMS Consolidated Vehicle Processing Center. *www.vebeg.de*. DSN 337-7781, civ. 0611-705-7784.

Retiree Pay Representative

A Retiree pay representative from DFAS-Cleveland will be in Germany to assist retirees and annuitants with pay problems and conduct audits of individual pay account. The schedule includes: April 20, Mannheim, CPF Building; April 21, Kaiserslautern, Daenner Kaserne/Panzer Kaserne; April 23, Heidelberg, Shopping Center CPF office. Check with your local Retirement Services officer for exact times and possible location changes.

Postage Increase

The price of a first class letter, 1 ounce, will increase May 11 to 44 cents. Other classes of mail and some services will also increase. The Forever Stamp is still good for sending first class letters weighing 1 ounce or less. When the rate increase begins, your local military post office will have the new stamps.

local EMPLOYMENT

SKIESUnlimited Instructors

Heidelberg SKIESUnlimited Instructional Class Program seeks guitar and German language instructors for youth. DSN 388-9399; civ. 06221-338-9399.

Mannheim EFMP Coordinator

Interested candidates must possess a bachelor's degree in one of the following fields: psychology, marriage, family and child counseling, social work, human development, counseling, public administration, special education, public health or nursing. Solicitation will close at noon April 17. DSN 385-3101.

Red Cross Field Office Coordinator

The American Red Cross Heidelberg is seeking a field office coordinator to provide emergency communications and casework services to members of the military and families. Applicants must be U.S. citizens and be command sponsored and/or have access to post with their own ID card. Submit resumes by April 24 at *www.redcross.org*. Enter 7727BR as the job search key word. DSN 370-8711, civ. 06221-57-8711.

Massage Therapists

The Heidelberg Sports and Fitness Centers are looking for massage therapists. DSN 370-6489, civ. 06221-57-6489.

Aerobics Instructors

The Kaiserslautern Sports and Fitness Centers are looking for aerobics instructors for the following classes: Power Pump, Hi-Low Step, Turbo Kick, Latin Aerobics and Hip-Hop Aerobics. DSN 493-2086, civ. 0631-3406-2086.

Education Center Substitutes

Sullivan Barracks Education Center seeks: administrative assistant, ALC Operator, test examiner and Central Texas College field representative. Civ. 0621-730-2370, *jeanne.baktis@eur.army.mil*.

KAISERSLAUTERN

Education

◆**ACS Classes and Events** – Teen Dance at Club XPRESS, 10 p.m. April 18; Anger Management, 10 a.m. April 20 and 3 p.m. April 23; Basic Training for Parents, 10 a.m. April 20; Managing Your Assets, 9:30 a.m. April 21; Resumix, 1 p.m. April 21 and 9:30 a.m. April 23; Emergency Placement Care Training, 3 p.m. April 21-22; TEACH Group Meeting, 6 p.m. April 21; Euros and Cents, 9:30 a.m. April 22; HUGS Playgroup at Pulaski Barracks, 10 a.m. April 23; Dress for Success/Interview Skills, 1 p.m. April 23; Stress Management, 4 p.m. April 23; Couples' Communication, 6 p.m. April 23. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, *www.mwrgermany.com/kl/acs*.

◆**Basic Skills Pilot Program** – The education center on Rhine Ordnance Barracks is the site for the Army's Online Basic Skills Pilot Program for GT score improvement. This pilot program is for basic skills in reading and math and ends Aug. 31. Students can begin this self-study program at anytime. DSN 493-2590, civ. 0631-3406-2590.

◆**Stress Relief Class** – The Landstuhl Regional Medical Center Social Work Services office offers a free stress management briefing at the LRMC Kirchberg Room, 4:45 p.m. April 21. DSN 486-8366, civ. 06371-86-8366.

◆**ICE Training** – Interactive Customer Evaluation account manager training 9 a.m. April 29 at the garrison's library, Bldg. 3810 on Landstuhl Regional Medical Center. Civ. 493-4241.

Community

◆**CYS Services Teen Shuttle** – This service began April 15 and is available to all CYS Services patrons in high school. A valid ID card and shuttle card will be required to ride. Pick up points are located throughout the KMC including Vogelweh, Ramstein and Landstuhl. DSN 493-4516, civ. 0631-3406-4516.

◆**Month of the Military Child** – Celebrate our military children and youth with a free event open to the community at Pulaski Park, 11 a.m. -3 p.m. April 25. The event will feature food, entertainment and activities for the whole family. DSN 486-5412, civ. 06371-86-5412.

◆**Pianist and Technical Crew Needed** – The KMC Onstage Community Theater is currently seeking a pianist and technical crew for the upcoming production of "Lucky Stiff." This musical will be performed the last weekend of May and first two weekends of June. DSN 483-6626, civ. 0631-411-6626.

◆**AGBC Meeting** – The Kaiserslautern American German Business Club will meet 10:30 a.m., April 25 at the Zweibruecken Airport. The topic will be "The Conversion of a U.S. Air Base to a Commercial Airport." RSVP by April 20 at *kaiserslautern@agbc.de.*

◆**RMS Flea Market** – The Ramstein Middle School PTSA/Teacher Flea Market will be 8 a.m.-1 p.m. May 1 in the multi-purpose room at RMS.

HEIDELBERG

Education

◆**ACS Classes and Events** – English as a Second Language offered throughout the week. DSN 370-6883, civ. 06221-57-6883, *www.mwrgermany.com/hd/acs*.

◆**Red Cross Class –** CPR Adult/Child/Infant and AED training, 8 a.m.-5 p.m. April 18. Cost $40. DSN 37-8711, civ. 06221-57-8711.

◆**Priority Placement Workforce Briefing** – Learn about the Priority Placement program 1-3:30 p.m. April 24 at the Patrick Henry Village theater. DSN 375-2063.

◆**Master of Business Administration** – University of Phoenix is currently enrolling students for the MBA program. Classes are one night a week and start May 27. DSN 373-7650, civ. 06221-588-0492.

Community

◆**Heidelberg International Wandering Club** – Upcoming Volksmarches: Rohrwiller, Cleebronn and Elgersweier, April 18-19; Oberstenfeld, Ketsch, April 25-26. Sign up for trips to Frankfurt, London and Belgium. *hiwc@yahoo.com, www.hiwc.de.*

◆**Spanish-English Mass** – Mass will be 5 p.m. April 18 at Mark Twain Village Chapel. Stay for a fish fry and salad bar after mass. Civ. 06221-751859, evening; day 0177-6748-775.

◆**30th MEDCOM Change of Command Ceremony** –Military and civilian community members are invited to attend the Headquarters, 30th Medical Command change of command and color casing ceremonies 1 p.m. April 22 on the parade field at Nachrichten Kaserne in Heidelberg. Outgoing 30th MEDCOM commander Col. Bernard L. DeKoning will relinquish command to incoming commander Col. Dennis D. Doyle. Casing of the 30th MEDCOM colors for deployment will follow the change of command as the unit prepares to deploy to Afghanistan.

◆**Retirement Ceremony** – Held at 3 p.m. April 24 near the flag pole on Patton Barracks for Soldiers and civilians with an approved retirement date. DSN 373-6334.

◆**Krimson and Kream Scholarship Benefit Ball** – Kappa Alpha Psi Fraternity Inc. will hold its 2009 ball April 25 at the Village Pavilion. Donations are $35, and proceeds go toward scholarships for graduating DoDDS students. Civ. 0160-9916-2144.

◆**Kiddie Volksmarch** – The Heidelberg International Wandering Club is sponsoring a kiddie volksmarch from 9 a.m.-noon April 25. Start and finish at the library on PHV. Entry is free and a parent must accompany the child. Children will receive a medal and certificate upon completion of the 5k course. Civ. 06227-841226 or *hiwc@yahoo.com.*

◆**NAF Warehouse Sale** – FMWR hosts a warehouse sale 9 a.m.-1 p.m. April 25 on Patton Barracks, Bldg. 156 (by Speedy Lube).

◆**Summer Hire Application** – Summer Hire application assistance Real World transition workshops for seventh -12th graders and parents will be 4-6 p.m. April 26, at Heidelberg Middle School. DSN 388-9377, civ. 06221-338-9377.

◆**Spring Clean Up** – All Soldiers and civilians assigned to or living in Heidelberg will participate in Spring Clean Up, April 27-May 1. Mornings should be used to clean up around the work place, and at 10 a.m. Soldiers should be released to clean up in family and single Soldier housing areas under the direction of their area building coordinators. DSN 373-8857, civ. 0162-270-0571.

◆**Housing Office Closure** – The Housing Office will be closed April 30 and May 1. Full services will resume May 4 at 8 a.m.

◆**Pothole Repair Work** – Directorate of Public Works staff will be inspecting roads and repairing damages from the winter months as necessary. Community members are asked to remain aware of construction teams and possible interruptions in traffic. Work is estimated to last through May. DSN 387-3150.

◆**National Day of Prayer** – The Intercessory Prayer Team Members will be available to pray with during the community's National Day of Prayer, 6 a.m.-6 p.m. May 7 at the Patrick Henry Village Chapel. ◆**International Movie Nights** – Enjoy an evening watching great foreign films at International Movie Nights at the Arts and Cultural Center in the Patrick Henry Village Pavilion, every last Thursday of the month starting at 7 p.m. Movie Nights are open to ages 18 and over only. DSN 388-9418, civ. 06221-338-9418, *www.mwrgermany.com*.

MANNHEIM

Education

◆**ACS Classes** – DSN 385-3101, civ. 0621-730-3101.

◆**Priority Placement Workforce briefing** – Learn about the Priority Placement program 8:30-11 a.m. April 20 at Schuh Theater on Sullivan Barracks. DSN 375-2063.

Community

◆**Gate Changes** – Upgrades are coming to the access control points at Funari, Coleman, Spinelli, Grant Circle and BFV-S. Any installation with a closed exit lane will be marked as closed and signs will be posted to the alternate exit gates. Schedule: BFV-S Gate (PX) through April18; Spinelli Gate, April 20-25; Coleman Gate (phase II), May 4-11; Funari Gate, May 18-23.

◆**Orthodox Holy Week and Pascha Schedule** – Meetings at Coleman Chapel. Passion Gospels 6:30 p.m. April 16; Holy Friday Burial Service, 3 p.m. and Lamentations 6:30 p.m. April 17; Holy Saturday Divine Liturgy, 9:30 a.m. and Compline 10:30 p.m. April 18; Holy Pascha Matins and Liturgy of Pascha, midnight April 19.

◆**Youth Services** – DSN 380-4864, civ. 0621-730-9997.

◆**Sullivan Library** – Scrapbook Club, noon-3 p.m. April 19; Film Screening, 4-5:30 p.m. April 19; Story Hour, 10:30-11:30 a.m. Thursdays; Teen Advisory Board, 4-5 p.m. Thursdays. DSN 380-1740, civ. 0621-730-1740.

◆**Volunteers Needed** – Mannheim High School will host a track meet April 25 at Woods Field. Volunteers are needed. DSN 380-4092.

◆**Models Needed –** The Top Hat is seeking volunteer female and male models of all shapes and sizes for the May 29 Fashion Show. Participants and patrons must be 18 years of age and older. Call no later than April 17. Civ. 0151-5428-2645.

◆**Community Bank Closed –** The Community Bank located at Sullivan Barracks be closed until 1 p.m. on April 29 and all day May 1.

Baby Shower – The Mannheim Army Health Clinic invites expectant parents and parents with children 2 months old and younger to its Mannheim Community Baby Shower 10 a.m.–2 p.m. April 30 at the Sports Arena. Sign up by April 23: Civ. 0621-730-9560.

◆**Super Saturdays** – Held the second Saturday of every month from 10 a.m.-4 p.m. at the Child Development Center. Child care is open to families who have a current registration with CYS Services. Reservations accepted up to a month in advance: DSN 380-4851, civ. 0621-730-4850.

◆**Tax Center** – The Mannheim Tax Center, located on Taylor Barracks Bldg. 343, is open 9 a.m.-4 p.m., Monday through Friday including training holidays. Most clients accepted on a walk-in basis, although highly complex returns may require an appointment. DSN 381-7978, civ. 0621-730-7978.

◆**Housing Area Mayors** – The Housing Office is looking for individuals who are willing to be housing area mayors. Mayors are volunteers who serve as the spokesperson for the residents of their housing area. DSN 385-2611, civ. 0621-730-2611.

Heidelberg, Mannheim win Army vs. Air Force Final 4

In the final rounds of the Army vs. Air Force Final 4 men's and women's basketball championships at BFV Sports Arena in Mannheim April 3-5, the Army teams outshined the Air Force hands down, winning every game that pitted the two services against each other.

The Heidelberg women and the Mannheim men claimed victory in the All-Army championships.

Heidelberg's Lady Generals topped Mannheim 61-51, and the Mannheim Mustangs slid by Kaiserslautern 69-64 to successfully defend their 2008 title.

Mustang coach Staff Sgt. Montrell McGruder moved to Mannheim in 2001, and they won the Final 4. He moved to Fort Leonard Wood, Mo., the day after taking the 2009 title.

'I am the engine'

Point guard leads team to back-to-back championships

IMCOM-Europe Public Affairs

U.S. Army Garrison Mannheim basketball point guard Sgt. Charles Clark led his team to the 2008 and 2009 Installation Management Command-Europe men's basketball championships.

The noncommissioned officer is no stranger to being on winning hoops teams; he played for a Minneapolis, Minn., Patrick Henry High School team that won three state 3A championships.

Now he is a Soldier – but still playing quality ball.

Noting a relationship between military sports and the Noncommissioned Officer of the Year elements of fitness, training and education, Clark said he believes they all bond together for a single purpose – winning.

Taking a break during the Europe tournament, he said: "You must be physically fit to run up and down the court. And you have to think and remember things in you do in practice that improve your game.

"We are playing our fourth game in two days; we still have at least two more match ups."

A self-described student of basketball, Clark said he has learned from past and present great point guards, such as Chris Paul and Isaiah Thomas.

What he learns he puts into practice, helping the USAG Mannheim Mustangs become the top U.S. military team in Europe.

Thaddeus Green, the USAG Mannheim sports director, confirmed Clark's floor-leader claim of, "I am the engine."

"When the team needs to speed it up or slow it down," Green said, "Clark is the one directing the team tempo."

Away from the court, as an air traffic controller, Clark maintains a place in his unit's gold standard fitness category, which is for Soldiers that score 270 or higher on physical fitness tests.

And in March, the warrior-athlete was the Soldier of the Quarter for the 1-214th Aviation Regiment.

U.S. Army Photo

Sgt. Charles Clark, an air traffic controller with the 1-214th Aviation Regiment, led U.S. Army Garrison Mannheim, Germany, during back-to-back Installation Management Command-Europe basketball crowns.

"You must be physically fit to run up and down the court. And you have to think and remember things in you do in practice that improve your game."

-Sgt. Charles Clark, Mannheim Mustangs point guard

Clark leaves Germany in July for Fort Rucker, Ala.

"The community of Mannheim will miss him," Green said. "It will be tough to say goodbye to him. He loves the military sports program."

staying ACTIVE

Send the HP Your Sports Photos

Do you have photos from sporting events in your community – youth sports, high school sports, unit-level or community sports? Share them with the Herald Post. E-mail your photos, along with the details of the event and names of those pictured to *usaghd.post@eur.army.mil*.

Sexual Assault Awareness Walk

Promote sexual assault awareness and education at a 5K run and 1K walk at 3 p.m. April 17 at the Ramstein Southside Fitness Center. Free T-shirts for the first 500 Army participants. Show your support for victims of sexual assault by participating in the "Shine the Light" Sexual Assault Awareness Walk on Vogelweh Housing at 7 p.m. April 30. Walk begins at the Vogelweh Youth Center Fields. Registration is not required for either event. DSN 493-4617, civ. 0631-3406-4617, *lisa.velez2@eur.army.mil*.

Powerlifting Championships

The Landstuhl Fitness Center brings you the 2009 U.S. Forces Europe Powerlifting Championships at 10 a.m. April 18. DSN 486-7172, civ. 06371-86-7172.

Unit-Level Softball

Mannheim – A Mannheim Community Unit-Level Softball Clinic will be held at Sullivan Barracks, (Bldg. 238, room 234) 6-9 p.m. April 22-24. Anyone interested in umpiring softball must attend. DSN 385-2048, civ. 0621-730-2048.

Kaiserslautern – Units wishing to participate in this year's unit-level softball league should contact Sports and Fitness. DSN 493-2087, civ. 0631-3406-2087, *usagklnsports@eur.army.mil*. Sign up no later than May 6.

Boxing Championships

The Miesau Fitness Center hosts the 2009 U.S. Forces Europe Boxing Championships April 23-26. DSN 481-3797, civ. 06372-842-3797.

Tennis Tournament

The Patrick Henry Village Tennis Center will conduct eight tennis tournaments this season starting with the Spring Open Tournament April 25-26. The clay court competition will feature men's and women's singles and doubles events according to tennis professional teacher Adel Ismail for entry. The cost is $20 for the Spring Open. DSN 388-9037, civ. 0176-2456-8225.

All-Stars/Masters Championships

BFV Bowling Center in Mannheim invites all qualified members of local associations chartered through USBC to participate in this state-level tournament from May 22-25. Bowling competition will be handicap with a separate division for scratch bowlers. Cash prizes will be available depending on the number of participants. Bowlers can sign-up through to May 15. Entries will be accepted on a first-come, first-served basis. DSN 380-9528, civ. 0621-730-9528, *colleen.gardner@eur.army.mil*.

Yoga Classes

The Landstuhl Fitness Center now offers six yoga classes: 9-10 a.m. Monday, Wednesday and Friday; 6:30-7:30 p.m. Tuesday and Thursday; and 6:15-7:15 a.m. Tuesday. Classes are $7/class or $40 for eight classes. Tuesday mornings are free. DSN 486-7172, civ. 06371-86-7172, *www.mwrgermany.com*.

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