

# HeraldPOST

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

**HP THURSDAY**  
March 12, 2009

**Speed Read**

**FAMILY READING NIGHT**

Families gathered at Patrick Henry Elementary School to share a fun evening of games and reading. 3

**THE MILITARY CHILD**

For the first time in Kaiserslautern, the Army and the Air Force are teaming up for one large Month of the Military Child celebration. 4



**CERTIFICHECKS**

Even though CertifiChecks Inc. filed for bankruptcy, DeCA and AAFES will still accept outstanding gift certificates. 6

**RETRACT**

Wonder why you have to swipe your ID card at the gym? The new Retract system isn't so new to the Army, and it could mean well-used facilities get more funding in the future. 8

**DEPLOYMENT CENTER**

Construction engineers from the 902nd Engineer Company upgraded the sleeping quarters at the Deployment Processing Center on Rhine Ordnance Barracks. 12

**Defense Details**

**SOCIAL SECURITY**

Men and women serving in the U.S. military who become disabled while on active duty are receiving 'expedited processing' of disability claims from Social Security. The expedited process is for military service members who were disabled on or after Oct. 1, 2001, regardless of where the disability occurs. People in the military can apply for and receive benefits even while receiving military pay.

**INTERNATIONAL WATERS**

The United States will continue to sail ships on missions in international waters, a Defense Department official said Tuesday. Pentagon spokesman Bryan Whitman said the incident Sunday in the South China Sea in which five Chinese ships surrounded the USNS Impeccable – an unarmed Military Sealift Command vessel – won't hinder the United States from using international sea lanes.

Army news: [www.army.mil](http://www.army.mil)

**What's Inside**

Our Army Around the World .....10  
Leisure.....17  
Dear Ms. Vicki .....18  
GET OUT! .....19  
Movies .....19  
Announcements .....20  
Sports.....21

## Upgrades coming to PHV theater

By Jason L. Austin  
HERALD POST STAFF

Changes are coming to the Patrick Henry Village movie theater – changes patrons will notice from the moment they walk in until the closing credits.

Phase 1 will completely renovate the snack area, removing the decades old equipment and replacing it with a self-serve lineup, which means one see **THEATER** page 16

## Medic gives aid after car accident

By Jennifer Walsh  
HEIDELBERG MEDDAC

As Sgt. Latoddia S. Maze pulled up to the crash scene, he saw a passenger's hand sticking out of the sunroof.

It wasn't moving. Maze, who is a medic with the Heidelberg Health Center, was driving on the autobahn March 2, returning to Heidelberg from the Frankfurt Airport early that morning. A one-car accident involving two passengers had taken place moments before he passed by.

"I parked my car, got out of the car, and ran up to the scene," Maze said. "I looked at the gentleman in the car.



**MAZE**

He was in the driver's seat and his leg was shaking. He was in the fetal position, so all I could see was basically him going into shock. I yanked on the door, but I couldn't get the door open."

Maze then borrowed a car jack from one of the other people who had stopped to help. He placed the car jack between the window and the roof and was able to raise the roof a few inches. Although he could not get the driver out, he could get air into the vehicle.

see **MEDIC** page 16



Staff Sgt. Tyrone Basnight

Sgt. Maj. of the Army Kenneth Preston speaks to service members at Rhine Ordnance Barracks March 4. Preston spoke on a number of issues currently affecting Soldiers, such as dwell time and transformation in the Army.

## Preston discusses issues facing today's troops

By Sgt. Fay Conroy  
21ST TSC PUBLIC AFFAIRS

As the Year of the NCO gains momentum across the Army, the 21st Theater Sus-

tainment Command wasted no time getting the Army's highest-ranking noncommissioned officer to come to the Kaiserslautern military community and speak with

Soldiers, Sailors, Marines and Airmen stationed across Germany.

Sgt. Maj. of the Army Kenneth Preston spoke to about 1,500 service members from the KMC, Bamberg, Mannheim, Baumholder and Heidelberg at Rhine Ordnance Barracks March 4.

During his briefing, Preston highlighted the importance of the NCO Corps and

the significance of the Year of the NCO.

"(Chief of Staff of the Army) Gen. (George) Casey has said that our noncommissioned officers are really the glue that has held our force together over the last seven plus years in the global war on terror," Preston said. "Now that we are in our eighth year in the global war see **SMA PRESTON** page 16

## COMMENTARY

## Pre-cancerous skin spots cause look back at lifelong over-exposure to the sun

By Don Doran  
USAG KAISERSLAUTERN



Any of my friends and acquaintances who've seen me lately has asked "What's wrong with your face?" or at

least wondered it. Actually, it looks as if I have an awful disease, or I've been bitten by a venomous spider or something on both sides of my face. And believe me, it felt nearly as bad as it looked.

The cause of this awful appearance is that I am undergoing treatment for over-exposure to the sun during my youth and young adulthood. Now, according to my dermatologist, I have extensive sun damage to my skin, resulting in pre-cancerous areas (Actinic Kerasotes). Oh, I also have similar spots on my wrists and hands that were usually exposed during the same times I was being sunburned on my face and neck.

For the last few years, once or twice per year, my family doctor would freeze these scaly, pre-cancerous spots with liquid nitrogen, in hopes that they would not return or at least reduce the risk of developing into full-fledged skin cancer later on. During my last physical exam, the doctor suggested maybe it was time to see a dermatologist and get these spots checked out a little more thoroughly.

When I met with Dr. Paul Bostrom at Landstuhl Regional Medical Center, he suggested one of two possible courses, which involved applying an ointment (choice of two different medications) to either quickly, or over a longer term, chemically treat this condition. He warned that in using the stronger medication, many people might ask, "What's wrong with your face?" However, considering the dead of winter, I thought better to get it over with during cool weather, when it would be less painful and less visible (under coat and hat).

Well, I can report this was miserable, and I'm sure glad I made it to the follow-up appointment. I sure hope this does the trick for a long time. The ointment seems to have found (and attacked) all these sun-damaged spots and turned my face into a raw, itchy,

scaly mess. After two weeks (into a three- to four-week treatment) I was calling Dr. Bostrom back to ask "Does this sound right? I feel like I'm having an allergic reaction, with my skin blistering, peeling and feeling like I've been splashed with acid or something."

"Oh, this is about normal," he said, and I'm left wondering if I can endure another week or more of this.

Finally, I make it to the follow-up appointment with Dr. Bostrom to confirm how the treatment worked. I'm waiting in the treatment room thinking, "Hurry up. I can't stand another minute of this. Give me the stuff to start the healing."

He soon walks in and asks me how I'm doing, to which I reply "other than feeling like an open wound from my shoulders to my hairline, OK."

He looks me over and says, "It looks like you've responded well to the treatment."

I say, "Thank God," and, "You promised to give me some stuff to clean all this up quickly." He starts filling out the prescriptions, and I ask for a little more detail on this condition.

Dr. Bostrom conveys the following: Especially people with fair complexions are susceptible to skin damage (and eventually skin cancer) from over-exposure to the sun. Of course, everyone has a different tolerance, but some people are naturally more likely to develop symptoms of sun damage that can develop into full-fledged skin cancer.

And unfortunately, much of this over-exposure can occur early in life, and it stays with you forever. For that reason, parents should take precautions for their children like avoiding long periods out in the direct sun, using sun-block products and providing frequent breaks under shade protection.

Young adults, of course, enjoy the beach, sports and other outdoor activities, which are likely to result in over-exposure (sunburn). Also, occupations that require daily or frequent prolonged outdoor activity can be the cause of similar over-exposure and provide the same results. The problem is that since this has a cumulative effect, all the exposure one receives early in life can result in big problems long after one participated in the original "fun in the sun" activities.

Through early identification and treatment, most skin cancer deaths and severe skin cancer trauma can be prevented or eliminated. If you notice odd looking or odd feeling spots (especially in areas of skin normally exposed to the sun), consult your doctor to get them checked out. And, don't put it off until later.

Don Doran is the environmental protection specialist with the U.S. Army Garrison Kaiserslautern's Directorate of Public Works. Dr. (Air Force Lt. Col.) Paul Bostrom, from Landstuhl Regional Medical Center's Dermatology Clinic, assisted with this article.

## COMMENTARY

## Be a 'show' for medical appointments

By Maj. Chuck Unruh  
U.S. ARMY HEALTH CLINIC KAISERSLAUTERN

Too often public service messages are delivered in the negative, so let's try something new. Please ensure you make all your medical appointments.

Among Kaiserslautern military community Army clinics, 85 to 96 percent of patients are "shows" – making their appointments. They are seen for their acute or chronic medical conditions by professionals who are dedicated to improving patients' health.

There are services available to help patients to be "shows." Appointments are booked considering patients' schedules and confirmed by the booking agent's AudioCare automated reminder calls, which are made 48 to 24 hours from the day of the appointment. These calls are made between the hours of 5 and 8:30 p.m. and give patients the chance to confirm or cancel their appointments. Patients can always call the booking clinic to verify the appointment time.

The 4-15 percent of patients who don't make their appointments or call in advance to cancel (as much time as possible to offer the appointment to other patients) are "no-shows," which waste scarce resources, and take up an appointment that a "show" might have needed.

Just in the short month of February, we had 54 "no-shows" at our clinic. "No-shows" are taken seriously by clinic staff, and also by commanders who receive their unit "no-show" lists.

If you need to cancel or reschedule your appointment at the U.S. Army Health Clinic Kaiserslautern, call DSN 483-1750, civ. 0631-411-1750 any time. We do have a voice mail system if you are calling outside our normal duty hours of 6:30 a.m.-4 p.m. If you have trouble getting through, you can also e-mail [kleber.clinic@amedd.army.mil](mailto:kleber.clinic@amedd.army.mil).

Please help us serve you better by being a "show" or informing us as far in advance as possible if you need to cancel.



Commander, U.S. Army Garrison  
Baden-Württemberg:  
Col. Robert J. Ulse  
Public Affairs Officer:  
Lira Frye  
Editor:  
Kelli Bland  
Reporters:  
Jason L. Austin, Baden-Württemberg  
Christine June, Kaiserslautern  
Kristen Marquez, Baden-Württemberg  
Ina Stiewitz, Mannheim  
Webmeister:  
Juan Meléndez Jr.

Contact information:  
Herald Post  
Building 107, Patton Barracks  
373-7277/7243 or 06221-17-7277/7243  
[usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil)  
Baden-Württemberg Public Affairs  
373-1400/1600 or 06221-17-1400/1600  
[usaghd.pao@eur.army.mil](mailto:usaghd.pao@eur.army.mil)  
Kaiserslautern Public Affairs  
493-4072 or 0631-3406-4062  
[usak.pa1@eur.army.mil](mailto:usak.pa1@eur.army.mil)  
Mannheim Public Affairs  
380-1600/385-3369 or 0621-730-1600/3369  
[usagmpao@eur.army.mil](mailto:usagmpao@eur.army.mil)

## Advertising:

All requests for advertising must be made to the publisher's sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; [www.hp-ads.de](http://www.hp-ads.de).

The Public Affairs Office and Herald Post staff may not accept advertising.

The Herald Post is published by Adolf Deil GmbH & Co. KG, a private firm in no way connected with the Department of the Army, under exclusive written contract with the U.S. Army Garrison Baden-Württemberg. This commercial enterprise newspaper is an authorized publication for members of the U.S. Army overseas. Contents of the Herald Post are not necessarily official views of, or

endorsed by, the U.S. government, Department of Defense, Department of the Army or the USAG Baden-Württemberg.

Appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the U.S. government, Department of Defense, Department of the Army, the USAG Baden-Württemberg, or Adolf Deil GmbH & Co. KG of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09102. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil).

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.

# Celebrate Reading



*Families join together at PHES to 'foster a lifetime love of reading and learning'*

By Jason L. Austin  
HERALD POST STAFF

Many costumed and a few plain-clothed children came to Patrick Henry Elementary School March 4 to celebrate reading and to have some fun painting, crawling, fishing and eating – green eggs and ham were on the menu.

The evening brought out several cats in hats, a little Cindy Lou Who and a few star-bellied Sneetches to round out the bunch.

The goal, according to the event organizer Jenny L'Esperance, was to "foster a lifetime love of reading and learning."

Not to mention it was nice for the teachers to do something outside the classroom with all the kids, she said.

After two months of planning and three weeks of coming in early and staying late to decorate and prepare, L'Esperance, who teaches a multi-age class, said for the kids to see the excitement of parents and peers, it was worth it.

The evening had several guest readers, to include U.S. Army Garrison Commander Robert L. White, USAG Baden-Württemberg Command Sgt. Maj. Yolanda Lomax, and a singing cowboy, Dan L'Esperance, Jenny's husband and a teacher at Mark Twain Elementary School.

There were two book walks, like a cake walk, but with books instead of cake, several bookmark-making tables, a hat making table, and a game of Cats vs. Hats tic-tac-toe game.

Roaming the halls was the Cat in the Hat himself passing out books and posing for photos.

In the library, children played Cat in the Hat Jeopardy and other trivia games.

One room featured the information on the Read to Feed program, which the school is looking into



Photos by Jason L. Austin  
Kerigan Parker, a kindergartner at Patrick Henry Elementary School, crawls through a "Star-on" machine in the Sneetches hallway before paying for her very own belly star during a celebration of reading event held March 4 at her school. (above) U.S. Army Garrison Command Sgt. Maj. Yolanda Lomax 'moos' during her reading of "Mr. Brown Can Moo! Can You?" to a group of children during PHES's reading celebration.

**More Photos Online**  
[www.flickr.com/heraldpost](http://www.flickr.com/heraldpost)

supporting.

The Read to Feed program is a Heifer International fundraiser, where students seek sponsorship for book reading,

and the funds raised go to purchasing livestock for poor families to produce food stuffs, like eggs and milk.

For Russ Claus, PHES principal, the event was an opportunity to bring members of the community into the school to emphasize to the children the importance of reading and learning while having fun.

Having fun is why Nicolas Marzolino, 7, was there decked out in his Cat in the Hat outfit, who said his favorite Dr. Seuss book was a big book with lots of stories from the library. He said he enjoyed playing games, and was looking forward to going down the Sneetches hallway – they are his favorite character, his mom said.

## Reading for glee on PHV

Through the children's costumes no one, "knew whether this one was that one or that one was this one or which one was what one... or what one was who."

And so went the evening of cats in their hat, teachers and parents, singing cowboys and Sneetches, Cindy Lou Who, and all that.

The evening was fun for children young and old, with painting and hat making and waffled hearts baking, it was for celebrating reading Dr. Claus was told.

He's the top man at the school for people who are small in our little village named after Patrick Henry. Among the small people Claus is a giant – well he's quite tall.

The evening unfolded on March 4 in the halls says Jenny L'Esperance, after two months of planning it was fun for the teachers to decorate the walls.

She called herself the gatherer, organizer of fun, to celebrate reading, and make hearts speeding. Who is to blame? Claus says she's the one.

The teachers all stayed late night after night, they stayed, and some came early some students helped too, to make it just right.

The intent was quite purposeful for teachers and staff – to make reading fun. no longer a chore – more meaningful

For students to grow through a lifetime of love of reading and learning. We're mostly finished with this rhyme.

In the end it came down to love of Sneetches and Lorax. Nicholas Marzolino in his Cat in the Hat costume, went for stared Sneetches and an allusive balloon, avoiding the reading by the sergeant major named Lomax.

-Jason L. Austin



Spc. Adrienne Killingsworth

Col. Thomas P. Evans, commander 18th Military Police Brigade, presents the unit's colors to Command Sgt. Maj. Brenda K. Curfman, command sergeant major, 18th Military Police Brigade, during a dual change-of-command and change of responsibility ceremony in the Sports Arena on Benjamin Franklin Village in Mannheim Friday. Evans and Curfman assumed command of the brigade from Col. Mark S. Spindler and Command Sgt. Major Bernard C. McPherson.

## 18th MPs farewell commander and command sergeant major

By Spc. Adrienne Killingsworth  
18TH MP BRIGADE PUBLIC AFFAIRS

The Soldiers of the 18th Military Police Brigade said their farewells to both their commander and command sergeant major during a dual change-of-command and change-of-responsibility ceremony Friday at the Sports Arena on Benjamin Franklin Village in Mannheim.

The ceremony was attended by the Soldiers from each of the brigade's four battalions, along with many distinguished guests, German police, and members of the Mannheim community. The ceremony also included the participation of Feldjäger battalions 452 and 251, with which the brigade works closely.

Col. Mark S. Spindler, outgoing commander, transferred command to Col. Thomas P. Evans, while outgoing Command Sgt. Maj. Bernard C. McPherson passed responsibility on to Command Sgt. Maj. Brenda K. Curfman.

Maj. Gen. Yves J. Fontaine, commanding general, 21st Theater Sustainment Command, spoke on behalf of the outgoing command group during the ceremony.

Fontaine spoke fondly of the command team and the dedication they have shown to the unit, as well as the support and dedication their spouses and families have given to the unit, its Soldiers, their families and the local community.

Fontaine went on to give credit to the Soldiers of the brigade and the job they have done under the leadership of Spindler and McPherson and will continue to do under Evans and Curfman.

As the most highly decorated military police unit in the United States Army, the success of the brigade is easily recognized. Fontaine gave credit for this success to the Soldiers as much as to their leadership.

"These troopers live by the warrior ethos

and do what is right. It is their dedication, their service to our nation and their sacrifice that enables this unit to achieve success in everything it does," he said.

While it is hard for any commander to leave his unit, it is even more easily understandable why Spindler may have had trouble walking away from what he referred to as, "the most professionally rewarding and enriching experience of my life."

Spindler has served with the 18th MP Brigade three times in his career but felt his most recent tenure was memorable. "Not for any particular accomplishment or any real event, but because of the people – the extraordinary military and civilian personnel and family members we lived and served with – that has made this short time together one of great joy and happiness," he said.

Spindler is headed to the Senior Leaders Division at Human Resources Command in Alexandria, Va., for his next assignment.

Spindler could not leave, however, without speaking on behalf of his "battle buddy," McPherson.

Spindler touted McPherson as, "the strongest advocate for our troops and a wonderful teammate," adding that he, "could not have done it without him."

McPherson is headed to the Program Executive Office Soldier in Natick, Mass., where Spindler believes McPherson will, "once again take care of Soldiers, preparing them for going into the fight."

When Evans gave his speech as the new commander of the brigade, he addressed the crowd and said that he felt, "honored and humbled to stand before them as Vigilant 6. It is a tremendous privilege."

Evans assumes command with Curfman, who is moving to the brigade after acting as the command sergeant major for the 95th Military Police Battalion, also based in Mannheim.

## Joint celebration says 'thanks' to youth

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Saying "thanks" this year to Kaiserslautern's youngest members during April's Month of the Military Child will mark a "first."

For the first time, the 435th Air Base Wing's Services Squadron and the U.S. Army Garrison Kaiserslautern's Family and Morale, Welfare and Recreation will jointly host the Kaiserslautern military community Month of the Military Child Celebration. Meant as a close-out to monthlong activities, the celebration is scheduled for 11 a.m.-3 p.m. April 25 at Pulaski Park on Pulaski Barracks.

"Here's the thing – we have Army families living (or working) on our installations and vice versa – How can we better service our 'purple' community?" said Dorothy Choate, the 435th ABW Services Squadron's Family Member Program Flight chief. "We decided to attack some of our major events as a community and bring our resources together, so that we can serve our units and families more effectively and efficiently as one identity."

The month of April and with it, MOMC, happens every year, and the Air Force and Army in the KMC would each hold their own carnival-type event to mark the end of the military-wide observance, explained Belynda Smith, the garrison's FMWR Child, Youth and School Services chief.

"I have been here almost three years now, and I've noticed that there are a lot of similarities (between both programs)," Smith said. "We all celebrate youth and children in April so this was a good time to really come together and partner on the same type of event."

Uniting resources, talents and staff really adds to the event – being able to have more activities, games, information booths and entertainment, Choate and Smith agreed.

Activities planned for this event are numerous: Obstacle course, science and art, Sumo wrestling, boxing, tattoos and face painting, arts and crafts, bean bag toss, 'bobbin' for ducks, making beads and necklaces, horseshoes and ring toss. Several more are in the works with many of these activities being broken down into differ-

ent age groups.

Parents are not left out either as there will be information booths from both military branches, such as the Air Force's Ramstein Airman and Family Readiness Center and the garrison's Army Community Service.

Entertainment will be showcased on two platforms during the event, and will be again a combined effort with both services' youth programs performing, as well as the Kaiserslautern High School Step Team. Storytelling and puppet shows will be performed by staff from the Air Force and Army libraries.

Bouncy castles – again for different age groups, the garrison's Kiddie Train and Air Force fire trucks will be at this year's event. Costume characters also will walk around the park greeting children and their parents.

Monthlong activities will still be held at each of the Air Force and Army programs and facilities to celebrate children, said Choate and Smith, who both cite reading to children and visiting community members to share job or cultural experiences as some of these planned activities.

"We are going to take this (MOMC event) as our lead, and we are going to do other events throughout the rest of the year," Smith said. "It's just a very smart idea for us to partner on events like these because we both have Air Force and Army and, right now, Navy families in our programs – so it's just smart to do this for military families."

Choate agreed, saying there are several events that are in the planning stages now, such as the America's Armed Forces Kids Run in May and Boys and Girls Club Day for Kids in September.

Air Force Child Development Centers and school-age programs are on Ramstein Air Base, Sembach Annex, Vogelweh Housing and Kapaun Air Station. Army CDCs and school-age programs are on Kleber Kaserne, Miesau Army Depot and Landstuhl Regional Medical Center.

Since 1986, the Department of Defense, military services and communities around the world celebrate MOMC in April to recognize the importance of military children whose parents serve their country.



### BELINDA STEINACKER BECK



Belinda Steinacker Beck is a registered dietitian working for the Nutrition Care Branch at the Heidelberg Health Center. Dietitians apply and distribute knowledge about food and nutrition to their patients and the community. They also assess, analyze, intervene and educate patients in relation to diet and disease.

#### What do you enjoy most about being a dietitian?

I enjoy taking care of patients and assisting in improving their health through good nutrition. I particularly enjoy my work when I feel that I am able to make a real difference. When a patient has a nutrition related diagnosis – like diabetes, hypertension or high cholesterol – I can give them tools to manage their diagnosis from a dietary perspective and thereby improve their life.

#### What made you decide to become a dietitian?

I always enjoyed the sciences, nutrition and working with people, but also wanted to be able to find a real job with my university degree. The ability to work in a wide variety of employment settings and the ability to gain additional qualifications was also a deciding factor. I spent many years working as a clinical dietitian at the U.S. Army hospital in Heidelberg. I supervised a Women, Infants and Children clinic for four years in Arizona, and now I mainly work with out-patients. I am a certified lactation consultant and certified in weight management.

#### What is your favorite sport?

When the outdoor swimming pool season starts in May, I like to go swimming every evening rain or shine. When it rains, my kids and I sometimes have the pool all to ourselves. In winter, I like to go running or for long walks with my two dogs.

#### What is your favorite part about living in Germany?

At this point in my life, I have lived half of it in the United States and half in Germany. I love both places, and being in Germany in an American community gives me the best of both worlds. Sometimes patients are given education materials in German, and I enjoy being able to translate it for them. Every once in a while a German-speaking spouse will have an appointment, and then I will switch to speaking German. I also provide a shopping tour to a German grocery store twice a month, "Introduction to German Cuisine", demonstrating what to look for when food-shopping on the economy.

#### What is your favorite vacation spot?

I enjoy camping in the national parks in the United States. It would be hard to pick a favorite one because they all have their unique beauty. In 2006, we visited the Grand Canyon, Arches National Park, the Grand Tetons and Yellowstone. Here in Europe, it would be sailing the Greek Islands.

#### What is your favorite snack food?

I really like Fiber One bars while I am at work. At home it would be smoked salmon wrapped around a slice of cucumber.

#### Nominate a community member

If you would like to nominate someone in the community to be featured in the "Who's Who" column, e-mail the person's name, contact information and a brief description to [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil).

## CertifiChecks still usable

### AAFES, DeCA to continue to honor gift certificates despite company's bankruptcy

#### AAFES and DeCA

The Defense Commissary Agency and the Army and Air Force Exchange Service will continue to honor and redeem "CertifiChecks," gift certificates that have been purchased for service members, despite the recent announcement that CertifiChecks has ceased operations.

DeCA announced Friday that it will accept outstanding CertifiChecks gift certificates from authorized customers through July 31. The March 3 announcement of AAFES' plan to accept CertifiChecks did not include a deadline for use.

"I am happy to report that DeCA and (the Department of Defense) have found a way that we can honor our customers' unredeemed CertifiChecks," said DeCA Director and CEO Philip E. Sakowitz Jr.

"We have been deeply concerned about how this situation has impacted our customers worldwide, and we're happy that we've been able to find a solution."

CertifiChecks Inc., the Dayton, Ohio, company that has issued the commissary gift checks since 2002, announced Feb. 26 on its Web site that it had ceased operations and was filing Chapter 7 bankruptcy.

Since then, DeCA had been working non-stop with DoD officials to settle on a legal recourse it

could offer its customers left holding the unredeemable CertifiChecks. DeCA will be allowed to absorb the losses incurred from honoring the certificates from its Defense Working Capital Fund, Resale Stocks Account, Defense officials said.

The DWCF was established to allow the federal government purchase and repair activities to account for costs and revenue as if they were commercial businesses.

Since 2002, more than \$20 million in gift certificates have been purchased for authorized customers, including more than \$3.9 million in fiscal 2008.

When AAFES' troop support initiative, "Gifts From the Homefront," was initiated nearly six years ago, CertifiChecks allowed more flexibility than a traditional gift card due to the fact that they could be redeemed at other exchange systems, regardless of branch of service.

Today, an AAFES gift card is also accepted at any Navy or Marine exchange, thus making it a more flexible option and alternative to the CertifiChecks.

"In addition to its convenience, AAFES gift cards also improve the morale of troops and ensure that they are able to get exactly what they want while reducing shipping expenses for military supporters," said AAFES' Chief of Corporate Communication Lt. Col. Dean Thurmond.

## Health clinics go 300 days DUI/DWI free

By Jennifer Walsh  
HMEDDAC PUBLIC AFFAIRS

What do a battle buddy, a STOPP card and an identification tag have in common?

All three helped Heidelberg Medical Activity's health facilities in Heidelberg, Stuttgart, Mannheim and Coleman Barracks earn 100 Days DUI/DWI Free streamers for their company guidons from the commanding general of Europe Regional Medical Command. The facilities in Stuttgart, Mannheim and Coleman also earned 300 Days DUI/DWI Free certificates.

"I'm proud of our Soldiers for making the right decisions and putting safety first," said Col. Kyle D. Campbell, Heidelberg MEDDAC commander. "This is about 'Life Blood' Soldiers and families taking care of each other. This is the best type of achievement to be recognized for."

The DUI/DWI free program, which is part of an ERMCC initiative to end DUI/DWI incidents in the command, started in April after a series of alcohol-related driving incidents.

"We were having a spike, a dramatic increase in the number and speed of which we were getting them," said Carol Fontanese, the ERMCC safety officer. "We had 13 of them in three months."

To combat the issue in their footprint, the Heidelberg MEDDAC reinforced the use of resources, such as the battle buddy program, where Soldiers go out in pairs or groups, and programs such as STOPP cards and identification tags.

"The STOPP cards are really good," said Staff Sgt. Dustin James, Heidelberg MEDDAC's Safety Office NCO. "It tells you to stop and think about what you're doing instead of making a stupid decision."

The cards, which stand for stop, think, observe, plan and proceed, are small enough to fit in a wallet, but big enough to hold essential information.

On the back of the card Soldiers can list phone numbers for their first-line supervisor, their deputy advisor and the company commander, James said. There are also driving directions written in German so a Soldier can hand the card di-

rectly to a local taxi driver and be understood.

"It tells you on the back of the card for the driver to take you to the AOD (staff duty desk) and they'll pay the cab fare," James said. This allows Soldiers to get back to the kaserne safely, even if they don't have money in their pocket to pay for a cab.

Heidelberg MEDDAC Soldiers are also given Zero DUI identification tags when they in-process with the Medical Company. The identification tags have the number for the staff duty desk imprinted on them, so even if a Soldier is in Munich, he can call the number and the Soldier on duty will help him find a taxi.

"It's part of your uniform," James said.

Although the battle buddy system, STOPP cards and identification tags have helped Soldiers make the right decisions, James attributes their continued success to something more personal.

"People are taking an individual responsibility (for their actions) and there's constant leader involvement," James said.

## System uses ID cards to track use of recreational facilities

By Jason L. Austin  
HERALD POST STAFF

Gone are the days of scribbling your name on a clipboard before entering a fitness center.

"(We're) trying to get our facilities into the 21st century," said Rafael Santaliz, director, Family and Morale, Welfare and Recreation for U.S. Army Garrison Baden-Württemberg.

Now FMWR patrons will only need to place their ID cards into a card reader, wait for the beep, and head to their workout.

But, the RecTrac system does more than just track gym patrons.

"(It's) a great management tool for our people, because RecTrac can do so many things," Santaliz said. "(It) allows (managers) to make good management decisions on how they operate programs and facilities."

Installation Management Command-Europe began installing RecTrac systems in the fall, and Santaliz said he expects all the FMWR facilities to have the system by the summer.

"Now everybody has to come to the facilities with their ID cards and scan in," he said. "But you (show) it at the PX, at the commissary; you (show) it at the medical facilities. It's just a new way of doing business."

The Army-wide program has been used in the U.S. for a number of years, and now it's coming to Europe.

The system allows FMWR managers to track not only when customers are



Jason L. Austin  
Nettie Perry a Patton Fitness Center customer scans her common access card into the RecTrac system before an afternoon workout Monday. The system is new to Europe and helps Family, Morale, Welfare and Recreation managers make better decisions when it comes to services and facilities.

using the facilities and services, but the frequency of visits, the demographics of who is visiting when and more, allowing facility managers to decide on staffing needs.

The system also integrates financial data into the mix, tracking receipts and inventory, giving managers one more tool to leverage to make the best decisions for the facility.

"For the big Army headquarters, they can also track which installations are making money and losing money, and it also drives the money," Santaliz said. "So if you have programs that are

not being supported, they can say either you increase participation, or you close them down."

Signs posted at Patton Fitness Center in Heidelberg remind patrons that scanning their card ensures future funding.

For patrons used to signing a clipboard, Santaliz said the system speeds up the process. Once a customer has registered in the community, he only has to scan his card, instead of writing his name and unit on a piece of paper.

For large events, the staff can bypass the system and just take a head count

and manually enter the information in at a later time.

Right now, Santaliz said the system only registers patrons for their community, and when they visit another community for temporary duty or other reasons they would have to register in that community as well.

The issue is a telecommunications issue, which Santaliz said also affects customers of the Heidelberg Golf Course and the Rod and Gun Club near Oftersheim.

There is no link between the Heidelberg system and those locations, so patrons would have to register again at those facilities.

RecTrac is also not compatible with current customer tracking programs from CYSS and ACS. Those systems will remain stand-alone systems, and customers will not use RecTrac for these services.

Santaliz said that local nationals and NATO partners cannot use the system yet, but his staff is looking into ways to use their current installation passes to include their information in the system.

In the meantime, they can still sign in on a clipboard, and the staff will enter the daily head count into the system. The clipboard method will also work for those who forget their ID card, but the staff will ask to see the card on the patron's next visit.

"(The) customer service part of our business is to try to make this seamless for the patrons," he said.

## 7th Tactical Theater Signal Brigade hosts female forum

By Spc. Ida M. Tate  
5TH SIGNAL COMMAND

The 5th Signal Command's 7th Tactical Theater Signal Brigade held its first enlisted female forum Feb. 17 at the Cove on Sullivan Barracks with the goal to build strong bonds and esprit de corps among the female enlisted Soldiers in the unit.

The forum provided a venue for open and candid conversation where female Soldiers could discuss key sensitive issues that specifically address challenges of balancing the various roles of being a woman, a mother, a wife and a Soldier in today's Army.

Under the mentorship program, female Soldiers were given the opportunity to find answers to challenging situations and advice on how to communicate effectively with the appropriate leadership chain.

"The female Soldiers expressed the need for a forum setting to address issues specific to enlisted female Soldiers," said Sgt. 1st Class Felicia Brown, 7th TTSB. "We discussed how to create strong bonds with female Soldiers, mothers and spouses and how these roles often complement or conflict with each other," Brown said.

The mentorship program's focus is to find the balance in both professional and personal lives and to learn life skills that will transcend beyond military careers, Brown said.

Due to the success of the two-hour forum, 7th TTSB command group has discussed future meetings in which the female Soldiers can feel comfortable talking about all issues and concerns important to them.

## Spring Bazaar



Christine June  
Lisa Choate asks her 4-year-old son, Landon, what he thinks about this carpet while her 2-year-old daughter, Brayla, seems to like them all Friday at the U.S. Army Garrison Kaiserslautern's Spring Bazaar at the Special Events Center on Rhine Ordnance Barracks. About 3,000 people from surrounding areas visited the bazaar, which was held through Sunday. More photos of the Spring Bazaar are available online at [www.flickr.com/heraldpost](http://www.flickr.com/heraldpost).

# OUR ARMY around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)



Spc. Christopher Kroneberger (right) helps an Afghan man lay cable at Forward Operating Base Lagman, Afghanistan, March 4.

Spc. Carol A. Lehman



Airman 1st Class Grovert Fuentes-Contreras

A U.S. Soldier waits at parade rest for a four-star general to board a U.S. Army UH-60 Black Hawk helicopter at Ramstein Air Base Feb. 25.



Pfc. Evan Loyd

Lt. Col. Michael Mammay, commander of Task Force 4th Battalion, 27th Field Artillery, hands keys to a new ArmaTrac 602 tractor to Sheik Musa, a local leader in Iraq's Lutifiyah Nahia region, during a ceremony at Combat Outpost Meade March 5. The battalion donated 14 of the new machines for the use of farmers in the area.



Joyce N. Boghosian

From left to right, Mary Ragland and Alyce Dixon, both company clerks in the 6888th Central Postal Directory Battalion during World War II; first lady Michelle Obama; and Esther Corcoran, one of the first women to achieve the rank of Army lieutenant colonel, pose for a photo during an event honoring Women's History Month and military families at Arlington National Cemetery's Women in Military Service for America Memorial Center in Arlington, Va., March 3.

## Improvements to DPC



Staff Sgt. Tyrone Gasnight

Soldiers with the 15th Engineer Battalion's 902nd Engineer Company install sheets of drywall at one of the Deployment Processing Center's personnel holding areas on Rhine Ordnance Barracks March 3. The 902nd Engineer Company Soldiers provided their time, skills and labor to install permanent walls to separate the sleeping bays.

### Engineers upgrade sleeping areas, receive training

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command recently began another round of upgrades at its Deployment Processing Center on Rhine Ordnance Barracks in Kaiserslautern.

The DPC, which is run by the 21st TSC's 39th Transportation Battalion, is the last stop for Soldiers before they head to Ramstein Air Base to deploy in support of operations Iraqi Freedom and Enduring Freedom.

During the first phase of the current improvements, permanent walls are being installed to separate the sleeping bays in one of the personnel holding areas.

In lieu of going the traditional route and contracting the work out, the 39th Transportation Battalion contacted the 15th Engineer Battalion's 902nd Engineer Company, which sent 36 construction engineer Soldiers to complete the work.

Having Soldiers complete the project for Soldiers resulted in an estimated \$350,000 in cost savings, said Staff Sgt. Keith McCullough, the noncommissioned officer in charge of training at the 39th Transportation Battalion, who coordinated the

**"During the Year of the NCO it is even more important to take care of our Soldiers. We want to give back to the Soldiers; we want to show that we care. Improving the DPC is one way we can do that."**

-Staff Sgt. Keith McCullough, 39th Transportation Battalion Training NCOIC

project.

In addition to the financial savings involved, Soldiers using the facilities at the DPC will benefit from the improvements made by the construction engineers from the 902nd Engineer Company.

"Replacing the room dividers with permanent walls makes this a much nicer and friendlier environment for the Soldiers. Plus the walls are safer, more fire resistant and work better," said Spc. Michael Rastetter, a carpentry and masonry specialist with the 902nd.

"During the Year of the NCO, it is even more important to take care of our Soldiers," McCullough said. "We want to give back to the Soldiers; we want to show that we care. Improving the DPC is one way we can do that."

The 36 Soldiers, who travelled from Schweinfurt and stayed at the DPC for the duration of the first phase, benefited as well.

"This is an excellent project

for us," Rastetter said. "We are glad to have this opportunity to help out and be involved in a project that serves so many Soldiers, and it gives us the chance to train and to cross-train."

"This is the first time we have completed an entire construction project as a company," said 2nd Lt. Mark Henson, the officer in charge of the project. "In addition to the training, it has also given us a chance to bond."

The 902nd will have the opportunity to extend the training and deepen the bond. While the Soldiers will go back to Schweinfurt once the initial phase is completed, they will return for the second phase, which involves installing permanent walls in a different personnel holding area.

Phase two of the construction project is set to begin March 30.

"We will be back and probably bring 45 personnel," Henson said. "This is a good job to be on."

## FMWRC to provide pay-as-you-go Internet

By Rob McIlvaine  
FMWRC PUBLIC AFFAIRS

After discussing ideas about how to improve the quality of life for Soldiers and generate new sources of income for Family and Morale, Welfare and Recreation programs with Army Recreational Machine Program General Manager Don Rojas, Lt. Gen. Robert Wilson directed the provisioning of Internet services in barracks and other garrison locations.

Wilson, commanding general, Installation Management Command, intended to meet the substantial unmet demand for connectivity.

In the two years since those meetings, ARMP has provisioned Internet into barracks and other garrison locations at more than 30 garrisons in the continental U.S. and Germany. This is in addition to ARMP's efforts to provide garrisons the capability to provide free Internet support for wounded warriors. Provisioning for another handful of garrisons is underway, pending the delivery of circuits and the build-out of the infrastructure needed to carry connectivity to the end user.

Rojas explained that ARMP's business model is structured to support the Soldier's lifestyle. Soldiers using FMWRC's service do not have to sign long-term contracts tying them to vendors who install customer on-premise receiver devices. Instead, they are offered flexible subscription plans permitting hourly, daily, bi-weekly or monthly subscription options.

This model gives Soldiers maximum flexibility based on the unpredictable nature of their training and deployment regimens.

"Soldiers pay only for the Internet connectivity that they use, which contrasts with traditional vendor-delivered services where the customer pays for the Internet or cable TV regardless of whether they use it or not," Rojas said.

The pilot program began at Fort Benning and Fort Gordon in early 2007. "We found as we began that we had a learning curve to overcome. But we also saw a substantial market with unmet demand, and we had tremendous support from the command and MWR leadership at these installations," Rojas said.

ARMP returns 35 percent of gross revenues from all subscriptions directly back to the installation. After operating expenses and depreciation are deducted, all residual profits are deposited into the MWR Trust Fund. This is the central non-appropriated fund where net profits from all ARMP operations and AAFES dividends are deposited to earn interest until they are used to fund major construction projects for MWR activities.

The program was interrupted in December 2007, when ARMP was tasked to provide all wounded warriors with personal computers, Internet connectivity, phone service and cable television in all government-provided housing and barracks.

ARMP executed that mission by March 31, 2007 and continues to provide WTU commanders with sustainment and support for wounded warriors. Additionally, ARMP has been tasked to support Soldier and Family Assistance Centers with their requirements for Internet support, computers, printers and multi media.

Because of the initial successes with WTU and fee-based internet connectivity, requests from garrisons for support has rapidly grown and expanded into areas beyond barracks and traditional MWR Internet cafes. To date, about 50 garrisons in Europe, Asia and the U.S. have been provided commercial Internet connectivity.

Demand has grown to such an extent that circuits are being upgraded at many of these garrisons. Another dozen or so garrisons have requested support and are awaiting build out.



# The next level

## HHS student named candidate for presidential program

By Kristen Marquez  
HERALD POST STAFF

Heidelberg High School senior Stuart Gujral can be described as quiet, sneaky and very intellectual.

He can also now be described as a candidate for the 2009 Presidential Scholars Program.

Gujral is one of 14 Department of Defense Education Activity students out of nearly 3,000 students nationwide to be named a candidate, an impressive feat considering there are nearly three million graduating seniors this year who were eligible.

He said he hadn't heard of the program before about two weeks ago when he read his name in the "Stars & Stripes." Two days later, he got a letter in the mail informing him of the honor.

"I'm just kind of surprised," he said. "I thought it was pretty amazing, I suppose."

The United States Presidential Scholars Program was established in 1964, by Executive Order of the President, to recognize and honor some of the nation's most distinguished graduating high school seniors. Each year, up to 141 students are named as Presidential Scholars, one of the nation's highest honors for high school students, according to [www.presidentialscholars.org](http://www.presidentialscholars.org).

After receiving the information in the mail, he had to fill out some forms, write some essays, and send it all back in. He admits he doesn't even know what comes next.

When asked what the honor would mean to him if he is named a Presidential Scholar, his reply?

"I'd have weeks of relatives congratulating me," he said. "I don't know if I'm going to get it, so I'm not going to worry about it."

He said he's not sure what it means for his school either.

"I don't know how it affects the school," he said. "The principal seems very happy about it, and people have congratulated me, but otherwise it's not that big of a deal."

While Gujral may seem nonchalant about the honor so far, one of his teachers, Ray Smola,



Kristen Marquez

Stuart Gujral, a senior at Heidelberg High School, is a candidate for the 2009 Presidential Scholars Program.

said that's just Stuart.

"He's probably a little too quiet," he said. "He reads a lot, a tremendous amount. He'll come to class with a question on things that we haven't even talked about yet. He's constantly running ahead of class."

"He's taking five AP classes – AP recommends no more than two, but he did well with it last year, so why not?"

Gujral has lived in the Heidelberg area for a little more than nine years, moving here from Arlington, Va., in December 1999 with his parents and two younger sisters. He said his next steps include going back to the States for college to attend either the University of Illinois or Rensselaer Polytechnic Institute and study nuclear or chemical engineering.

"He is one of my minions, which means he's a student that's good in science," Smola said. "He took AP Chemistry starting last year and did extremely well in it, and did extremely well on the AP test, but he hung around here a lot. He'll hang around with some of my other minions, which are also always good-in-science students. They talk about science, they do things in the back, like Academic Games, which is more trivia based. His interests vary widely."

Gujral is the kind of student who, when writing his essay on an influential person in his life, chose "Starship Troopers" author Robert Heinlein instead of some of the more familiar names of history.

"There's a movie; it's pretty bad," Gujral said. "The book is much different. It's much more philosophical. I suppose I kind of agreed with him. It's sort of like I

had all these jumbled ideas, and the book kind of expressed that and put them all together."

He's also the kind of guy who ran for student body president under the slogan of, "Why not?" He didn't win.

"He's got a sneaky sense of humor," Smola said. "He'll stay up until early morning hours getting a project done ... In the science lab he really likes the explosions and interesting things going on."

Smola is quick to share stories Gujral has told him about weekend experiments gone awry.

"I have bad luck with propane," Gujral admits with a smile, telling of a time he and a friend decided they wanted to try to melt salt. It didn't really work.

Smola also tells of the times Gujral played Leonard Nemo's version of "the Ballad of Bilbo Baggins" repeatedly at lunch and during seminar period – a song Smola describes as one of the worst ever.

"He would torture us with it," Smola said.

"I thought it was hilarious," Gujral replied.

Gujral will find out in a few months if he is named a 2009 Presidential Scholar. If he is, he'll be awarded a trip to Washington, D.C., in June for National Recognition Week, including five days of educational, celebratory and fellowship activities; participating in seminars and workshops with government officials and finally commence with a White-House sponsored event at which he would be awarded the Presidential Medallion.

For now, he's just going to continue being a senior and enjoying life as an American high school student in Germany.

# Taking care of your sexual health

By Maj. Julie E. Lee  
LRMC DEPARTMENT OF PREVENTIVE MEDICINE

April is STD Awareness Month, an annual observance to raise public awareness about the impact of sexually transmitted diseases on the lives of Americans and the importance of individuals discussing sexual health with their health care providers and if sexually active, their partners.

Approximately 19 million new sexually transmitted infections occur every year in the United States – and almost half of these are among young people aged 15 to 24, according to the Centers for Disease Control and Prevention.

STDs pose a serious public health threat to Americans – particularly young women, African Americans, men who have sex with men and individuals living in poverty or who have limited access to health care. STDs cost the United States' health care system as much as \$15.5 billion annually.

STDs such as chlamydia and gonorrhea are major causes of infertility among women. These and other common STDs can increase the risk of HIV transmission for both women and men. If you would like to get tested contact your nearest medical treatment facility.

There are many effective ways to prevent, diagnose and treat STDs. STD screening and early diagnoses are vital to prevent serious health consequences and increased transmission.

Screening is particularly important, since many STDs often have no signs or symptoms. CDC recommends annual chlamydia screening for sexually active women under the age of 26. CDC also recommends that girls and women between the ages of 11 and 26 who have not been previously vaccinated or who have not completed the full series of shots, be fully vaccinated against Human Papillomavirus.

For sexually active men whose partners are men, CDC recommends annual HIV and syphilis blood testing, annual chlamydia testing, as well as annual gonorrhea testing, with more frequent testing for those who engage in high-risk behavior.

## Change of Responsibility



Sgt. Ida Tate

Command Sgt. Maj. Patrick Brooks (left center), 2nd Signal Brigade, sheaths a noncommissioned officer saber after accepting it from Sgt. Maj. David Tolver (left), 5th Signal Command, during a change of responsibility ceremony on Sullivan Barracks Friday. Brooks replaces Command Sgt. Maj. Vernetta Lewis (right center).

## Financial education forum offers tips, tools

Staff Report

The Financial Industry Regulatory Authority's Investor Education Foundation hosted a Military Financial Education Forum at the Patrick Henry Village theater in Heidelberg Monday.

The three-hour forum, one of five throughout Germany this week, was designed to help military personnel get financially prepared and highlight free tools and resources available to help them learn to make prudent financial decisions.

"Some people choose to have professionals guide them through the financial world, and that's fine," said Francis Dong, associate director for FINRA, which is a partner in the U.S. Department of Defense Financial Readiness Campaign. "They are there to help you. But you still need to educate yourself and you need to be in the driver's seat."

Gary Tidwell, a FINRA vice president and also an Afghanistan veteran and teacher at the United States Military Academy at West Point, worked alongside Dong during the forum to address the unique set of challenges service members and their families face.

The forums are intended to reach out to service members where they are stationed to make sure they are ready to handle any financial challenges a tough economy might throw at them.

FINRA has given more than 75 financial education forums, reaching more than 18,000 service members so far.

Attendees learn about debt and credit management, best practices for saving a child's college tuition and smart strategies for retirement planning. In addition, the forums focus on the importance of being financially prepared for the upcoming year.

"The most important move you can make is to set financial goals for yourself," Dong said. "Set goals that are achievable. It's important that you have short- and long-term goals."

"Be specific about your goals," he added. "Setting a goal to pay off all your debts by the end of the month may be too broad and unachievable. However, selecting a single credit card to pay off by the end of the month is an example of a realistic and specific goal."

For more information, visit [www.saveandinvest.org](http://www.saveandinvest.org).

## 21st TSC hosts local blood drive

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

They do it for their own, and the Soldiers of the 21st Theater Sustainment Command who donated blood at the Kleber Fitness Center Feb. 26 are aware the Armed Services Blood Program-Europe collects blood for the military community.

"The blood we draw here comes from the military community and stays in the military community," said Mike Peacock, a recruiter for the ASBP in Europe.

ASBP is the official U.S. military blood program and the only blood collection service that collects blood solely for the needs of sick and injured service members.

Blood donors have to be active-duty military, their immediate family, retirees and government civilians.

Many donors share the same motivation. They want to support a vital need.

"I'm donating because giving is a good thing, and my blood may make a critical difference for some Soldier downrange," said Spc. Allen Munson, an intelligence analyst with the 21st TSC.

"I try to donate whenever there is a (ASBP) blood drive. I know that my blood is added to our supply for our military community," said Staff Sgt. Thea Sm, the noncommissioned officer in charge of the 21st TSC's communications section.

One Soldier was candid enough to voice another moti-



Medical Laboratory Technician Daryl Abrera draws blood from Pfc. Brad Ullrich, a 21st Theater Sustainment Command Soldier, during the Kleber Community Blood Drive at the Kleber Fitness Center Feb. 26.

vation.

"I donate usually twice a year to help save Soldiers' lives. This is a blood drive for Soldiers. Someday, I may need some blood myself," said Pfc. Brad Ullrich, also with the 21st TSC.

The Kaiserslautern installations are a favorite with the ASBP staff.

"Kleber Kaserne is a very good place to come," said Diana Christian, a laboratory technician with the Armed Services Blood Bank Center-Europe. "Donors come from Kleber, Panzer and Daenner Kaserne, sometime even from Rhine Ordnance Barracks. People here are very willing to donate and very friendly while they give. We even have our regulars here."

This was the fourth ASBP

blood drive here within the last two and a half years, and with every one the numbers have increased, according to Peacock.

"This is especially notable because there are a lot of regulations that govern the collection process," he said. "For instance, anyone who has been in Germany for more than five years can't donate because of the mad-cow disease outbreaks in the past. That alone excludes many civilians and senior officers and NCOs who normally would donate."

However, those who may not meet the strict criteria set up by the ASBP can still donate.

"You can go to the German Red Cross and donate and help the community you live and work in if you are not eligible to give to the ASBP, Peacock said.

## Reservist looks back on changes that occurred during 30-year career

By Sgt. Phillip H. Valentine  
7TH CSC PUBLIC AFFAIRS

With more than 30 years of service, Chief Warrant Officer 4 Ronald Kissee, supply technician, 7th Civil Support Command, conducted his last official day of duty living up to his commitment to the Army and the United States of America.

Kissee first enlisted in 1967 at the age of 17, and said he has seen many changes occur in the military since then.

"Five uniform changes, changes in weapons, Women's Army Corps and last, but still holding strong, the all volunteer Army," Kissee said.

During his distinguished career, Kissee survived two combat tours in Vietnam, the first as a demolitions specialist and the second as a door gunner.

He participated in the first REFORGER (Return of Forces to Germany) exercise held in Grafenwöhr in 1969, which was intended to ensure that NATO had the ability to quickly deploy forces to Germany in the event of a conflict with the Soviet Union.

Later, at the age of 40, he graduated from the Warrant Officer Basic and Certification Course.

"A career in the military is rewarding and gives you purpose," Kissee said. "I was first discharged from the Army in 1970.

"While I went on with my life, something was nagging at me, and it wasn't until 1982 I figured out what it was. I needed an occupation that relied on people around me living the Army Values, on or off duty - Soldiers can be relied upon."



KISSEE

Those who worked with Kissee were impressed with the amount of knowledge he had and speak very highly of him.

"He is so amazingly knowledgeable about everything," said Lt. Col. Kelly L. Donham, deputy chief of staff, 7th CSC's supply and logistics division.

"He knew what needed to be done to accomplish the mission," Donham said. "He never slacked off and worked hard even to his last day."

Kissee's NCOs also were impressed with his knowledge and his desire to help others.

"He always backed up anything he told you. That way you felt comfortable," said Master Sgt. Wade Orr, operations noncommissioned officer in charge, supply and logistics division. "He was a walking logistical library."

Kissee hopes he left the Soldiers of

the 7th CSC knowing they could always talk to him about anything.

Sgt. 1st Class Anthony Makar, who worked with Kissee for more than two years, said the chief warrant officer was his confidant and mentor.

"I'm so proud and honored to serve under him and call him 'my chief,' and now friend," Makar said. "I will never forget him. I wish him good fortune in his retirement years, and I sincerely hope I will see him again."

Although Kissee would like to see the end state of the 7th CSC's transformation, he is heading to San Antonio to settle down.

"I have two sons and four grandchildren living in the area, and the grandkids have plans for us," Kissee said.

Kissee and his wife, Jane, will both continue working in the civil service. He will be working in logistics and Jane in human resources.

# Marching to a new beat

## Musician finds inspiration in unit's heraldry

By Sgt. Fay Conroy  
21ST TSC PUBLIC AFFAIRS

21st Theater Sustainment Command Soldiers are now marching to a new beat. The brand new "21st TSC March" was written by Staff Sgt. Eric Burger, the chief of the resource management and logistics division and the detachment leader for the 76th Army Band, 21st TSC.

Although his current job might not have anything to do with making music, Burger has had a long and impressive career as a musician, both in the Army and as a civilian.

Burger has been playing in Army bands for 20 years. It was while deployed with V Corps during Operation Iraqi Freedom in 2003 that the long road to the new 21st TSC March began. Then 3rd Corps Support Command's Command Sgt. Maj. David Wood asked Burger to write a march for the "First in Support" command. Burger wrote the music for the march, and it was officially adopted in 2004.

But it was at Burger's first performance at a 21st TSC event that he was asked by Wood, now the 21st TSC command sergeant major, to write a march for the "First in Support" command.

The heraldry of the 21st TSC proved to be a great inspiration to Burger when he was writing the lyrics.

"The (21st TSC's) distinguished unit insignia has a blue band that symbolizes the blue of the Rhine River. The first line of the song is 'from the blue of the Rhine ...' The line 'First in Support' is the unit's motto. The line 'a golden arrow flying straight ...' refers to the line in the distinguished unit insignia symbolism. The broad golden arrow depicts the unit's mission awareness and its logistical strength," Burger said.

For the music, Burger got a little help from John Philip Sousa, a famous marching band composer who lived around the turn of the 20th century.

"As I was working on the orchestration, I realized I had actually heard the melody before – or at least part of it. I went back through some previous arrangements I had done and realized the first part of the melody was from an 1886 march by John Philip Sousa titled 'The Bride Elect' that I had once arranged for a brass quintet. As I listened to the original, I felt it appropriate to use his four bar introduction with some reorchestration," Burger said.

In his civilian life, Burger has been equally successful. He has performed on stage with legends such as Frank Sinatra and Ella Fitzgerald and has been a featured jazz soloist at interna-



Courtesy Photos

Staff Sgt. Eric Burger, the chief of the resource management and logistics division and detachment leader for the 76th Army Band, rocks out with his guitar at a recent event. In addition to writing and arranging the new 21st Theater Sustainment Command March, Burger has also shared the stage with legends such as Frank Sinatra, Ella Fitzgerald and the Blues Brothers.

tional jazz festivals. A few of these festivals include the Reno International Jazz Festival, the Kool Jazz Festival in Los Angeles, the Umbria Jazz Festival in Italy, the Monterey Jazz Festival in California, and at the Europa Park and SWR Jazz Festival in Germany.

"Staff Sgt. Burger is an extremely talented and gifted musician, and even though the 76th Army Band is scheduled to inactivate later this year, the 21st TSC is very fortunate to have had such high-caliber musicians serving in the command," said Sgt. Maj. Cameron Porter, public affairs chief for 21st TSC.

Besides serving with the 76th Army Band, Burger is active as a freelance musician and performs with his band "Me and the Heat."

# Treating traumatic brain injuries

By Jerry Harben  
MEDCOM

A roadside explosion throws a Soldier against the side of his vehicle, with force that shakes his brain inside his skull. Another Soldier is in a traffic accident on the way to work, her head thrown forward into the windshield. A family member takes a hard fall during a sports game, hitting his head on the ground.

Different situations, but often the same result – a mild traumatic brain injury, better known as a concussion.

A concussion is an injury that causes an alteration of the person's mental status. You had your "bell rung." You are dazed and confused. More serious brain injuries that cause unconsciousness for 30 minutes or more are usually quickly recognized, but concussions may be dismissed and go untreated.

"It's the same as we see in a football game on TV, but no one comes out and holds up two fingers for you to count," said Lt. Col. Lynne Lowe, TBI program director in the Office of The Surgeon General of the Army.

"If you have a car accident and the EMTs come, they are likely to tend to your bleeding and not check for concussion. You are likely to be so happy you're alive, you don't think about concussion," she added.

Most people recover from concussions in a short time – as long as they do not repeat the injury.

"If someone has a concussion, we want them to be evaluated. It is very important that we protect them from getting another concussion before their brain heals," Lowe said.

Symptoms of concussion can include confusion, headaches, dizziness, ringing in the ears or nausea. These symptoms usually resolve within hours or a few days. Some people do have more persistent symptoms, which can include trouble sleeping, irritability or blurred vision.

"Providers can give medication for headaches or dizziness, and reassure them that they will be OK, because most people will be OK," Lowe said. "We teach them about what it means to have a concussion, and some of the warning signs of a worsening condition. If symptoms last longer, more formal testing can be done and, if needed, rehabilitation. It's a step care model, give them what they need, while always using our best judgment and available guidance."

"Just reassurance is very therapeutic in itself. Research proves that reassurance and education contribute to better outcomes," she said.

The Army has conducted a well-publicized campaign to convince Soldiers who may have suffered a concussion in combat to seek treatment. But this is not an injury limited to combat, it can result from sports, vehicle accidents or everyday activities that produce falls or bumps.

"Whether you're going down a snow ramp on a tube, riding a bicycle or playing contact sports, it's a good idea to wear a helmet," said Larry Whisenant, chief of the safety office at Army Medical Command Headquarters.

"Even children on a bicycle carrier should have helmets. It's such an easy thing to do and it can prevent a lot of grief."

"Some states don't require a helmet when riding a motorcycle, but the Army requires it of Soldiers regardless of state law," he added.

Whisenant said safe helmets should bear a seal of approval from either the U.S. Department of Transportation or the Snell Memorial Foundation.

## THEATER

continued from page 1

interaction with the cashier when patrons pay for snacks, according to Barbara Metcalf, theater manager for Mannheim and Heidelberg.

The renovation began March 4, when the Army and Air Force Exchange Service Europe Engineering Team ripped out the old service counter and all the equipment to make way for the new setup.

The renovations are anticipated to take about three weeks, according to Mike Garcia, foreman for the AAFES Europe Engineering Team. In the meantime, temporary concessions will be available in the lobby, but service will be limited.

The engineering team is working with U.S. Army Garrison Heidelberg to ensure the work doesn't interfere with events previously scheduled for the theater, according to Master Sgt. David Ralston, assistant installation coordinator.

During phase II, set to begin in about four weeks, technicians will install a new sound and projection system, which will improve the movie viewing experience, Metcalf said.

Getting to this point has been a long process, Metcalf said, but the service area had gotten to a point that the renovations were necessary, and the general manager had been pushing to upgrade the theater for a while.

The project is AAFES funded.



Shaun Maigitter, with the Army and Air Force Exchange Engineering Europe Team, removes part of a doorway at the Patrick Henry Village movie theater March 4. The three-man team is updating the concession area to provide better equipment for the employees to better serve their customers.

Jason L. Austin

## SMA PRESTON

continued from page 1

on terror, it really is our noncommissioned officers in thousands and thousands of locations around the world having success in small, little missions that has attributed to our success right now in the global war on terror."

"In turn, we want to recognize their contributions for all they've done for our units and organizations throughout the global war on terror," said Preston, explaining the reason for naming 2009 the Year of the NCO.

Preston also talked about his recent trip to Ukraine with U.S. Army Europe and 7th Army Command Sgt. Maj. Ralph Beam.

Preston and Beam traveled to the Ukraine to see the progress of the Ukrainian army's newly formed NCO corps and to speak at the first graduation of senior NCOs in the Ukrainian army.

"It is the noncommissioned officer corps of America's Army that is emulated by armies all over the world," Preston said.

During his speech, Preston talked about issues the Army faces such as the current transformation of the Army.

"We are about 85 percent complete in the largest transformation in our Army since World War II," he said.

Despite the multiple deployments Soldiers

**"We are about 85 percent complete in the largest transformation in our Army since World War II."**

-Sgt. Maj. of the Army Kenneth Preston

have been enduring, Preston said the first quarter of fiscal year 2009 has been a great one for retention.

"The first quarter of FY09 has been the most successful retention quarter for re-enlistment in the Army's history," he said.

"I'm very proud of what our Soldiers are doing to stay with the team, and I'm very proud of our leaders out there and all they're doing to create that command climate where Soldiers want to continue to serve and want to continue to be a part of their organization."

After Preston's speech, Soldiers lined up to meet the sergeant major of the Army and have their pictures taken with him.

"I thought it was very informative," said Spc. John Avery, a rear detachment personnel and administration center clerk for the 66th Transportation Company, 39th Transportation Battalion. "It's nice to hear someone tell the enlisted side of the story."

## MEDIC

continued from page 1

"(The driver) began to start breathing," Maze said, "but it was short, gasping breaths."

Unable to open the doors of the vehicle, Maze turned his attention to the female passenger next to the driver. It was her hand coming out of the sunroof.

"I went up to her, grabbed her hand, and felt for a pulse on her wrist. She had a weak pulse," Maze said. "She wasn't responding or saying anything to me, but I continued to tap on her leg trying to get her attention. Finally, she moved her wrist. If her hand wasn't out of the sunroof, I wouldn't have been able to tell she still had some life in her."

Approximately seven minutes later, the police, fire department and ambulance teams arrived. Maze gave them a detailed account of what he had already done to help stabilize the passengers. Then the rescue teams cut the passengers out of the vehicle and transferred them to two helicopters for evacuation. However, it was Sgt. Maze's initial actions that helped keep the passengers stable.

"Sgt. Maze was one of the first to come to the scene of the accident and provided first aid in an exemplary manner," said Peter Watzl, the South Hessen Polizei Department superintendent.

For Maze, the morning was a product of his Army training and his devotion to saving lives.

"I basically took everything – the warrior ethos and everything – and pulled it all into one and did what I had to do to save these people," Maze said. "My Army training helped me because number one, they teach us to adapt to situations. Even if you are nervous, you have to be cool, because there are other people who are depending on you."

The situation Maze was in was unusual, but his reaction to the event was not, according to his supervisor, Maj. Claudia Peterson, who is the head nurse of the Family Practice Clinic.

"A lot of people do drive by (accident scenes), but he's trained to be a medic. He is in the military, and he did what he's trained to do," Peterson said. "He's an excellent NCO. I'm really proud of him."

Although Maze has been in the Army since 2004, he has only been a medic for about a year. He got his Army start as an automated logistical specialist and changed his career path when he re-enlisted.

"I've always loved medicine," Maze said. "I had a lot of people in my past who died that could've been prevented if someone had the correct training. I figured I could be the one to do it."

Maze attended Advanced Individual Training at Fort Sam Houston in San Antonio, Texas, in March 2008. Sixteen weeks later, he emerged as a fully trained medic. He then made his way to Heidelberg where he now works in the health center's Family Practice Clinic. He primarily works with active-duty service members and families but has a soft spot for the local retirees.

"There are a lot of retirees here, and those guys did the same thing I did," Maze said. "They sacrificed 20 years plus. They deserve to have a medic who really cares about what he does and truly wants to be there for them."

In the future, Maze plans to shift his focus to occupational therapy, so he can aid Soldiers suffering from battlefield injuries.

"I'm fascinated with helping Soldiers out with this war," Maze said. "My main goal is to make someone get out of bed and say, 'yes, I want to get up this morning. I don't want to die.'"

In the meantime, Maze is happy working in Family Practice and even happier to continue being a Soldier. He plans to re-enlist in August.

"It goes past being a medic. It goes all the way to the basics of being a Soldier," Maze said. "I wear this uniform with pride, and I love what I do."



Shoppers and stallholders fill a weekly market in Mainz. Markets like this happen every week in cities and towns throughout Germany.

Rainer Kiedrowski

## Local markets reflect long traditions

### USAG Ansbach Public Affairs

It's that time of the year again where strolls through local markets are becoming more than an opportunity to stock up on household goods or local rarities. Not only do the offers at local flea markets increase in spring, but also the ones on the "Wochenmarkt," "Bauernmarkt," "Jahrmärkte" and so-called "Krämermärkte."

A "Wochenmarkt," characteristically offers fresh vegetables, fruits, eggs and dairy products from local farmers.

Also, the choice of organic food has increased enormously in recent years. You will find them labeled by the German word "Ökologischeranbau." If you want it fresh from the farm, a Wochenmarkt is the place to go to get your groceries.

The city of Ansbach has its market scheduled 8 a.m.-1 p.m. every Wednesday and Saturday downtown. The city of Dinkelsbühl, 8 a.m. - noon Wednesday and Saturdays at the Marktplatz. Bad Windsheim sets up its Wochenmarkt 7 a.m.-noon every Thursday at the Martinsplatz. Rothenburg hosts its Wochenmarkt, 8 a.m. to about 1 p.m. every Saturday.

The Bauernmarkt (farmer market) – as you find it for example at the Patrisiergelände, Würzburg, every first Saturday of the month from 8 a.m. to noon, or at the Johann-Sebastian-Bach-Platz in Ansbach, 8 a.m.-1 p.m., every third Saturday of the month – are markets with a long tradition.

In former times, the markets were a forum for farmers to conduct their business transactions and stock up on everything necessary to get through the next year. Today, farmer markets offer a variety of fresh goods such as meat, fish and bread, but also household articles, and farm machines and devices.

As the word Jahrmarkt (yearly market) implies, the market is usually – but not always – scheduled on a specific day once a year. It takes place on the date of the most honored local saint.

The Jahrmarkt tradition dates back to medieval

times. A Jahrmarkt was an important event that vendors from far away traveled to sell their wares.

They not only stayed at the city for a while and spent a lot of their money at local harborages and stores, but also brought news from all over the country.

Pretty often, fortune-tellers, jugglers and other entertainers took the opportunity at the Jahrmarkt to earn their incomes.

This tradition of entertainment remains today. Not only are a variety of wares offered at these markets, but also different rides and other forms of entertainment as well.

As the need of Jahrmarkts for trading wares and exchanging news became more and more needless, many Jahrmarkts disappeared or became a Volksfest.

The German word "Krämermarkt" is an umbrella term for markets offering a wide range of goods like clothes, toys, purses, valets, household supplies and more.

The various "Frühjahrsmarkt" – (spring market) scheduled in March and April are "Krämermärkte." Diethofen has its scheduled for Tuesday at the Marktplatz. Wassertrüdingen combined its with a flea market that is scheduled for March 22. Also, Herrieden's Frühjahrsmarkt kicks off March 22.

With the market the businessmen in Herrieden open up the stores for this particular Sunday.

Feuchtwangen hosts its Frühjahrsmarkt March 29.

With Easter around the corner, the city of Dinkelsbühl set up its Easter market March 28 and 29.

Over the years the definition of the different market types softened.

Nowadays, you will likely find a vendor of leather goods on a Wochenmarkt or a children's ride at a Krämermarkt.

But as much as the markets' forms got combined, the main focus of offerings at each market still maintains the original meanings.

### Area Markets

#### Wochenmarkt

##### Mannheim

- ♦ Tuesdays and Thursdays - 8 a.m.-2 p.m. and Saturdays 8 a.m.-3 p.m., Marktplatz
- ♦ Wednesdays and Fridays - 10 a.m.-7 p.m., Willy-Brandt-Platz
- ♦ Fridays - noon-7 p.m. Biomarkt, Kapuzinerplanken

##### Weinheim

- ♦ Saturdays - 8 a.m.-1 p.m. (Bauernmarkt)

**Heidelberg** - All markets are open 8 a.m.-1 p.m. October-March, and open at 7 a.m. April-September.

- ♦ Mondays - Weststadt, Wilhelmsplatz
- ♦ Tuesdays and Fridays - Altstadt, Hauptstraße in front of the Anatomiegarten (this market was formerly at Friedrich-Ebert-Platz)
- ♦ Wednesdays - Altstadt, Marktplatz  
Neuenheim, Marktplatz
- ♦ Thursdays - Weststadt, Wilhelmsplatz
- ♦ Fridays - Pfaffengrund, Kranichweg  
Kirchheim, Kerweplatz
- ♦ Saturdays - Ziegelhausen, Parkplatz Kucheblech  
Altstadt, Marktplatz  
Neuenheim, Marktplatz  
Handschuhsheim, Tiefburgvorplatz  
Bergheim, Alfons-Beil-Platz, and Rathausstraße  
Emmertgrund, Einkaufszentrum

#### Special Markets

- ♦ Nice and Style - Friday and Saturday, Heidelberg
- ♦ Künstlermarkt (artist market) - Saturday, St. Leon-Rot
- ♦ Internationale Katzensausstellung (international cat show) - Saturday, Plankstadt
- ♦ Großtauschmarkt für Briefmarken (stamp collector market) - Saturday, Mannheim, Rheingoldhalle
- ♦ Weinheimer Sommertagszug (Summer days train) - March 21-22, Weinheim
- ♦ Ökologie, Gesundheit, Ernährung, Heilen (Wellness) - March 20-22, Hockenheim, Stadthalle
- ♦ Rhein-Neckar-Mineralienbörse (Mineral market) - March 22, Eppelheim, Rhein-Neckar-Halle
- ♦ "Rund ums Haus 2009" (Around your house) - March 27-29, Weinheim, Rolf-Engelbrecht-Haus
- ♦ Frühlingsmarkt (Spring market) - March 28-April 11, Mannheim
- ♦ Wein festival Kraichgau/Bergstraße - March 29, Wiesloch
- ♦ Kunsthandwerkermarkt (Arts and Crafts), April 3-4, Mosbach

## GERMAN GOVERNMENT

### Experience Stuttgart

Capital city opens doors to  
American visitors

American personnel stationed in Mannheim and Heidelberg are invited to spend a day in Stuttgart as special guests of the Baden-Württemberg State Parliament, the state government and the city of Stuttgart.

Community members are invited to participate in the next city visit set for April 6.

The Capital City Visitation Program is part of an initiative to increase German-American contact and offers Soldiers, civilians and family members a unique opportunity to learn more about the state of Baden-Württemberg and its history.

The program begins at the Baden-Württemberg State Parliament with a presentation on the political structure and current political situation, as well as a comparison to the U.S. political system. A luncheon will be hosted in either the restaurant of the State Parliament or in the "Ratskeller" as special guests of the city of Stuttgart.

A tour guide will provide a guided walking tour to some of Stuttgart's major sights – the State Theater, the New Palace, the Old Palace and the Market Hall of Stuttgart.

The program concludes with a reception at the city hall with the lord mayor or the lord mayor's personal envoy. The presentation at the city hall also includes a film showing some of the highlights of the city of Stuttgart and the state of Baden-Württemberg.

Each participant will receive informative brochures and books from both the State Parliament and the city of Stuttgart, covering a myriad of topics on history, politics and culture, as well as taking a light-hearted look at "those strange German ways."

The tour also provides an understanding of the history shared by the U.S. forces and the state of Baden-Württemberg with special emphasis on the crucial role the United States played in reconstructing war-torn Germany and providing it with its present day democratic constitution.

The visit will also provide an overview of Baden-Württemberg, which is the third largest of the 16 German federal states both in terms of area (13,803 square miles) and population (10.7 million). Baden-Württemberg is Germany's most prosperous state and one of Europe's leading industrial regions.

Stuttgart, the capital of Baden-Württemberg, is Germany's sixth largest city and is best known for its high-tech industry. Stuttgart is also world-renowned for its culture. The city features the Stuttgart Theater, which offers world-class ballet, opera and theater performances and is the largest theater of its kind in Europe. The Stuttgart region has Germany's highest density of scientific, academic and research organizations.

Furthermore, Stuttgart is one of Germany's largest wine-growing towns with a centuries-old viticulture tradition.

Participation in this program is free. Transportation to and from downtown Stuttgart will be via bus provided by U.S. Army Garrison Heidelberg. The bus will depart the park and ride located outside the Heidelberg commissary gate at 7 a.m. Expected return at approximately 7 p.m.

For more information or to register for the April 6 visit, call DSN 373-1600 or e-mail [usaghdpaoo@eur.army.mil](mailto:usaghdpaoo@eur.army.mil) no later than March 30. Space is limited, so reserve seats in advance.

Also, please note that this tour is not designed for children. The tour is open to all Soldiers, DoD civilians and spouses who are new to Germany.



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](mailto:dearmsvicki@yahoo.com).

#### Response from Tired of Stripping in last week's HP:

Dear Ms. Vicki,

*I was raised in and out of foster care. I have two sisters who are managing to do well, and they live in California.*

*My oldest sister works for a good company and my youngest sister works and goes to community college.*

*I still do not have a relationship with my parents and a lot of other*

#### 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](http://www.blogtalkradio.com/dearmsvicki) to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more.

*family members. I was practically a baby when I was placed in foster care, supposedly because my parents had a drug problem and they were neglectful.*

*I have friends, but they are struggling trying to make it, too. I don't have any friends who are military wives, mainly because I just don't trust them.*

*I hope you can find some resources for me. Just writing to you has helped me to feel better. Thank you for listening.*

OK, Tired,

I checked online in your area to try and find some resources to help strippers leave the game. I could not find any like a "strippers anonymous."

If your letter is printed, maybe someone will read it who knows of resources and send them to me. I will try to get the information printed in the paper at that time.

At this point, I think you should resign from the club you are

working for – just quit. With your background, I can see why you became involved with stripping. You are looking for love in all of the wrong places. However, you have to realize that you must love yourself first.

Tell your husband you won't strip any longer. If he tries to force you, then I'm sure a victim advocate could let you know if they could help you in any way. I'll send you their numbers.

Perhaps you should consider moving to California with your sisters. They seem to be doing great and getting their lives together. It sounds like they could give you some support and mentoring.

Whatever you do I think you should stop stripping immediately and get some counseling.

Contact Military OneSource to be connected to a provider in your immediate area at 800-342-9647. Keep in touch and let me know what you decide.

## Protect your family from poison found in your home

### LRMC Pharmacy

Every 13 seconds, a U.S. poison control center receives a call about an unintentional poisoning.

Due to the large number of poisonings in America, the U.S. Congress established National Poison Prevention Week in 1961. Shortly thereafter, the Poison Prevention Week Council was organized to coordinate this annual event and promote poison prevention.

National Poison Prevention Week, the third week in March each year (March 15-21 this year), is a week nationally designated to highlight the dangers of poisonings and how to prevent them.

More than 90 percent of poisonings occur in the home. Although exposure to hazardous substances is a dangerous at any age, children are especially vulnerable, which heightens the danger.

A child is at a greater risk for a number of reasons. Children's immune systems are less developed and, therefore, less protective. Children absorb greater concentrations of pesticides and "toxic" chemicals per pound of body weight through inhalation, ingestion and contact with the skin.

Some of the substances involved in exposures to children under the age of 6 include adhesives and glues, arts and crafts supplies, office supplies, batteries, cleaning substances, cosmetics and personal care items, deodorizers, fertilizers, paint and stripping agents, plants, medicines and vitamins and tobacco products.

"Most poisonings can be prevented by following some basic safety precautions," said Dr. Jessica McMahan, inpatient pharmacist at Landstuhl Regional Medical Center.

Some ways to prevent poisonings include storing all potentially poisonous substances out of the reach of children and removing unused or unnecessary household products and unused or expired medications. Lock medicines and household products where

### Poison Control

#### Phone Numbers

Toll-free anywhere in Europe: 00800-444-88-444

Civ: 06371-86-7070

DSN: 486-7070

Nurse Advice Line: 0800-825-1600

German Emergency Line: 112

#### Online Information

[www.poison.org](http://www.poison.org)

[www.poisonprevention.org](http://www.poisonprevention.org)

[www.aapcc.org](http://www.aapcc.org)

children cannot see or reach them. Use child-resistant packaging and replace the caps tightly after using a product. Read the label before taking or giving medicine – every time.

Use household products according to label directions especially, since mixing certain household products can cause dangerous gases to form. Post emergency numbers near your home phone including the Poison Control Center.

The center is staffed by nurses and pharmacists able to answer questions and determine whether it is necessary to visit the emergency department or call an ambulance.

Be ready to provide information to include the individual's age, weight, health conditions or problems, the substance involved, what first aid has been given, and if the person has vomited.

If medicine has been swallowed, do not give anything by mouth unless advised by the Poison Control Center. If you think someone has been exposed to a poison, act fast.

We invite you to stop by the Landstuhl Regional Medical Center Pharmacy and pick up a brochure on poison proofing your home and garage. Expired and unused medications can also be brought to the pharmacy at LRMC for safe destruction.



## Watchmen

It seems to me that these last few weeks have been a step back in time to reminisce of the old days of arcade machines and comic books.

This week's movie, "Watchmen," has been a long time in the making, starting as a comic book series running from 1986 until 1987. It took them 22 years to finally bring it to the big screen.

Under the direction of Zack Snyder ("300") it has come to life like we never expected. I am a huge fan of this series; I read the graphic novel a while back when I heard of the upcoming

ing movie, and I absolutely couldn't wait. I could easily see a movie adaptation going bad, since most comic to movie adaptation normally get criticized the hardest but not this movie.

"Watchmen," which is set in 1985 (and Nixon is president, which is just awesome in my opinion), follows a group of former 'super heroes' trying to solve the mysterious murder of "The Comedian," another ex-hero.

The characters in this film are amazing, and the movie is just beautiful. I wish I could elaborate more, but I would hate to ruin the movie. I wish I could sit down with everyone and tell you all about it – this movie is just great.

There are a few dry spots, but honestly that's because the movie isn't action-driven, it's story-driven, which I love. It's all-around a beautiful piece of artistic work.

It is definitely not a kids' film as it is rated R, but I think even the ladies might enjoy this film. Guys, this one's all for you – check it out. See you all at the movie.

# GET OUT!

area events

### March 12

**Retro Classics 2009** – International exchange for vintage cars, motorcycles, spare parts and restoration through March 15 at the New Trade Fair Center Stuttgart (Airport). Civ. 0711-18-5600, [www.messe-stuttgart.de/retro](http://www.messe-stuttgart.de/retro).

**International Solo Dance Theater Festival** – 18 contemporary choreographers and young dancers present their latest productions to the public and a high-calibre jury through March 15. Preliminary decisions: Thursday-Saturday. Grand final with presentation of the awards on Sunday. Performances every evening from 8 p.m. 0711-1873-804.

**Bluegrass Band and Open Mic Night** – Head to Shooter's Bar and Grill at the Heidelberg Rod and Gun Club in Otfersheim for live music from the Bluegrass Valley. Local musicians are encouraged to bring their instruments and join the band. DSN 375-5022.

**Grease** – The musical "Grease" will be presented March 12 and 13 at 7:30 p.m. in the Heidelberg High School auditorium. Featuring a full cast of talented high school performers, the show features such hits as "Greased Lightning," "Beauty School Dropout" and "You're the One That I Want." Reservations are recommended: [jon.hodge@eu.dodea.edu](mailto:jon.hodge@eu.dodea.edu), civ. 0172-622-6127.

### March 13

**The Glass Menagerie** – The Roadside Theater presents this classic American drama, 7:30 p.m. March 13, 14, 20, 21, 28 and April 3-4, and at 3 p.m. March 22 and 29. A heartbreaking memory play of family and lost dreams, it's filled with lyrical symbolism about the inability to escape the harshness of reality. DSN 373-5020, civ. 06221-17-5020, [www.roadside theater.com](http://www.roadside theater.com).

**Polish Pottery Express** – This tour is for

serious shoppers who are interested in Polish pottery, wicker and amber jewelry. Charming Polish pottery from the Boleslawiec region is hand-painted and made from natural ceramic clay. DSN 385-2082, civ. 0621-730-2082, <http://affiliates.usa.org/rheinneckar>.

**Tropical Islands** – What better way to relax than taking a tropical vacation. Either alone, with a friend or the entire family Tropical Islands has something for everyone. Explore the world's largest indoor rain forest, and then slip into the warm water of the Bali Lagoon. Or simply play on a sandy beach in the South Seas village. DSN 385-2082, civ. 0621-730-2082, <http://affiliates.usa.org/rheinneckar>.

**Extreme Heli-Skiing and Snowboarding** – Head to Lauterbrunnen, Switzerland, through March 15 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Switzerland Ski Safari** – Head to Zermatt, Crans-Montana and Saas-fee with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Comedy After Dark** – Mannheim's Top Hat Club hosts its Comedy After Dark and After Party at 9 p.m., featuring stateside professional comedian Kendall Ferguson and local band Premiere Soul. Tickets are \$15 in advance, \$18 at the door. DSN 380-9370, civ. 0621-730-9370.

### March 14

**Choir Concert** – The Irontdale High School Choir will entertain the crowd at 2:30 p.m. at the market place in Rothenburg ob der Tauber. Civ. 09861-404-800.

**Salsa Night** – Head to Armstrong's Club on Vogelweh in Kaiserslautern starting at 9 p.m. for a night complete with Salsa lessons, DJ, margarita bar and more. Civ. 0631-354-9926.

**Easter Egg Market** – Visit the Interna-

tional Easter Egg Market at the Schwetzingen Palace 11 a.m.-6 p.m. March 14 and 10 a.m.-5 p.m. March 15. [www.ostereiermarkt.com](http://www.ostereiermarkt.com).

### March 15

**Luisenpark Orientation** – One of the loveliest parks in Europe is just a streetcar ride away from the Mannheim USO. Luisenpark is one of Mannheim's best kept secrets. The tour guide will take you to the conservatory, terrarium, aquarium, butterfly house, and bird sanctuary. Children will enjoy the mini farm with a variety of animals and the three distinctive playgrounds. DSN 385-2082, civ. 0621-730-2082, <http://affiliates.usa.org/rheinneckar>.

### March 16

**Black Forest Tour** – This special tour will take you on a scenic drive to the city of Triberg, the unofficial capital of cuckoo clocks. You'll also have the unique opportunity to go behind the scenes to see how these timepieces are crafted. Normally closed to tourists, we have arranged a special viewing of the factory where many of the Black Forest cuckoo clocks are made. From the raw wood to the carved masterpiece, see how an authentic clock is created. You also can climb a portion of the highest waterfall in Germany. DSN 385-2082, civ. 0621-730-2082, <http://affiliates.usa.org/rheinneckar>.

### March 19

**The Great Ice Age** – The ice skating show "The Great Ice Age" world tour stops at the ARENA, Kurt-Leucht-Weg 11 in Nuremberg at 8 p.m. Figure skating stars, from world champions to Olympic gold medal winners will perform breathtaking routines. Tickets: €30-80, available at the ARENA.

## coming to THEATERS

### The Unborn

(Gary Oldman, Odette Yustman) Casey Beldon hated her mother for abandoning her as a child. But when inexplicable events begin to happen, Casey begins to understand why she left. Plagued by merciless dreams and a tortured ghost that haunts her waking hours, she must turn to the only spiritual advisor, Sendak, who can make it stop. Rated PG-13 (intense sequences of violence/terror, disturbing images, thematic material, language, sexual references) 88 minutes



### DOUBT

(Meryl Streep, Philip Seymour Hoffman) Father Flynn is trying to upend the school's strict customs. The winds of political change are sweeping through the country, and, indeed, the school has just accepted its first black student, Donald Miller. But when Sister James shares with Sister Aloysius her suspicion that Father Flynn is paying too much attention to Donald, Sister Aloysius is galvanized to begin a crusade to both unearth the truth and expunge Flynn. Rated PG-13 (thematic material) 104 minutes

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

March 12 - VALKYRIE (PG-13) 7 p.m.  
 March 13 - WATCHMEN (R) 6:30 p.m.; THE UNBORN (PG-13) 10:30 p.m.  
 March 14 - DOUBT (PG-13) 2 p.m.; WATCHMEN (R) 5 p.m.; THE SPIRIT (PG-13) 9:30 p.m.  
 March 15 - DOUBT (PG-13) 2 p.m.; WATCHMEN (R) 5 p.m.  
 March 16 - THE SPIRIT (PG-13) 7 p.m.  
 March 17 - WATCHMEN (R) 7 p.m.  
 March 18 - DOUBT (PG-13) 7 p.m.  
 March 19 - WATCHMEN (R) 7 p.m.

#### Mannheim, Schuh

March 12 - MARLEY AND ME (PG) 7 p.m.  
 March 13 - STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 7 p.m.  
 March 14 - DOUBT (PG-13) 2 p.m.; THE UNBORN (PG-13) 7 p.m.; STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 9:30 p.m.  
 March 15 - ALVIN AND THE CHIPMUNKS (PG) 4 p.m.; THE SPIRIT (PG-13) 7 p.m.  
 March 16 - THE SPIRIT (PG-13) 7 p.m.  
 March 17 - DOUBT (PG-13) 7 p.m.  
 March 18 - THE UNBORN (PG-13) 7 p.m.  
 March 19 - STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 7 p.m.

#### Vogelweh, Galaxy

March 12 - VALKYRIE (PG-13) 7 p.m.  
 March 13 - THE UNBORN (PG-13) 3:30 p.m., 7 p.m.; WATCHMEN (R) 10:30 p.m.  
 March 14 - DOUBT (PG-13) 3 p.m.; WATCHMEN (R) 7 p.m., 10:30 p.m.  
 March 15 - THE SPIRIT (PG-13) 3 p.m.; WATCHMEN (R) 7 p.m.  
 March 16 - THE UNBORN (PG-13) 7 p.m.  
 March 17 - THE SPIRIT (PG-13) 7 p.m.  
 March 18 - DOUBT (PG-13) 7 p.m.  
 March 19 - THE UNBORN (PG-13) 7 p.m.

#### Ramstein, Hercules

March 13 - THE SPIRIT (PG-13) 7 p.m.  
 March 14 - THE UNBORN (PG-13) 7 p.m.  
 March 15 - DOUBT (PG-13) 7 p.m.

#### Ramstein, Nightingale

March 12 - FIRED UP (PG-13) 7 p.m.  
 March 13 - MARLEY AND ME (PG) 3:30 p.m.; STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 7 p.m., 10:30 p.m.  
 March 14 - MARLEY AND ME (PG) 3 p.m., 7 p.m.; STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 10:30 p.m.  
 March 15 - MARLEY AND ME (PG) 3 p.m.; STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 7 p.m.  
 March 16 - THE SPIRIT (PG-13) 7 p.m.  
 March 17 - DOUBT (PG-13) 7 p.m.  
 March 18 - THE SPIRIT (PG-13) 7 p.m.  
 March 19 - STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 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](http://www.aafes.com) for updated listings and more movie descriptions

## community HIGHLIGHTS

### Civilian Fitness Program

The Department of the Army-approved program is back. Civilians employed by the Army are encouraged to engage in regular program of exercise and other positive health habits. Commanders and supervisors may approve and allow for three one-hour exercise sessions each week during normal work hours for a total of 78 hours total over a consecutive six-month period of time. The next assessment period begins in March. Enrollments are in Heidelberg, 1-4 p.m. March 23 at Campbell Gym and 12:30-4 p.m. March 26 at the Wellness Center; in Mannheim 11 a.m.-1 p.m. March 25 at Sullivan Gym; in Kaiserslautern by appointment only (DSN 486-8614), 8 a.m.-4 p.m. March 26 at Landstuhl Fitness Center and 8 a.m.-2 p.m. March 27 at ROB Fitness Center. DSN 373-5139, [wellness@usag.heidelberg.army.mil](mailto:wellness@usag.heidelberg.army.mil).

### Unauthorized Mail in CMRs

Mail received and addressed in "c/o" is unauthorized mail and will be sent back to the sender, reference DoD 4525.6-M. Patrons will be notified prior to returning it to the sender. DSN 370-6611, [jennifer.m.coleman@eur.army.mil](mailto:jennifer.m.coleman@eur.army.mil).

### UMUC Europe Spring Registration

University of Maryland University College Europe registration for Spring Session 2 is now underway. For on-site courses, registration is open until March 20 with classes beginning March 22. Register for online courses through April 5. A \$100 book award is also available for spouses of active-duty service members. [www.edu.umuc.edu](http://www.edu.umuc.edu).

### Passport Application Process

All passport applications must be filled out at [travel.state.gov](http://travel.state.gov) and printed out with a barcode on the top left corner of the front page of the actual application. The National Processing Center in the U.S. will not accept handwritten applications or those without the barcode. Bring the application and other necessary documents to the passport office. DSN 370-3921; civ. 06221-57-3921.

### AWAG Conference Registration

The 2009 American Women's Activities Group annual conference is May 3-7 at the Edelweiss Lodge and Resort in Garmisch. Register by March 15. Conference fee is \$525 per person. [awagonline.org](http://awagonline.org).

## local EMPLOYMENT

### Chapel Contractors

The U.S. Army Garrison Kaiserslautern Chaplain's Office is seeking two contracted employment positions for fiscal year 2009. Contract obligations for a nursery and watch coordinator; and, religious education coordinator is from March 1 to Sept. 30. DSN 493-4229, civ. 0631-3406-4229.

### OU Area Site Director

The University of Oklahoma is seeking applicants for an area site director at Patton Barracks. Requirements include a bachelor's degree, experience in marketing, public relations, office administration, supervisory position, needs assessment, reporting skills, MS Office XP computer skills. Local travel required. Submit cover letter and resume to: The University of Oklahoma, CMR 419, Box 1634, APO, AE 09102, by e-mail to [apeuadmin@ou.edu](mailto:apeuadmin@ou.edu), or fax DSN 370-6687, civ. 06221-768945, by March 25.

### KAISERSLAUTERN

#### Education

• **ACS Classes and Events** – Great IDEAS Meeting, 3 p.m. March 14; Anger Management, 10 a.m. March 16 and 3 p.m. March 19; Basic Training for Parents, 10 a.m. March 16; Managing Your Assets, 9:30 a.m. March 17; Resumix, 1 p.m. March 17 and 9:30 a.m. March 19; TEACH Group Meeting, 6 p.m. March 17; Newcomers' Orientation, 9:30 a.m. March 18-19; HUGS Playgroup at Pulaski Kids' Zone, 10 a.m. March 19; Stress Management, 4 p.m. March 19; Couples' Communication, 6 p.m. March 19; Kaiserslautern City Tour, 9:30 a.m. March 21. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, [www.mwgermany.com/kl/acs](http://www.mwgermany.com/kl/acs).  
• **CSB Briefing** – The Transition Center hosts a briefing on Career Status Bonus March 18 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. DSN 483-7071, civ. 0631-411-7071.  
• **Sex Signals** – Sexual assault and awareness training 9 a.m. March 24 at Galaxy Theater.  
• **ICE Training** – The Customer Service Office hosts Interactive Customer Evaluation account manager training 2 p.m. March 25 at the garrison's library, Bldg. 3205 on Kleber Kaserne. DSN 493-4241.

#### Community

• **Tax Centers** – The 21st Theater Sustainment Command's tax centers at Kleber Kaserne and Landstuhl Regional Medical Center are open for customers. Both centers take walk-ins or appointments.  
• **Women's History Month** – The Equal Opportunity Office hosts a 2009 Women's History Month luncheon 11:30 a.m.-1 p.m. March 17 at the Kaiserslautern Community Activity Center on Daenner Kaserne. This year's theme is "Women taking the lead to save our planet." Guest speaker will be Diane Devens, Installation Management Command-Europe director. Tickets are \$10. DSN 493-4277.  
• **American Legion Meeting** – The American Legion Post GR01 will hold a meeting 6:30 p.m. March 18 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516, [wardtrans@yahoo.com](mailto:wardtrans@yahoo.com), [www.ktownamericanlegion.org](http://www.ktownamericanlegion.org).  
• **BOSS Meeting** – Better Opportunities for Single Service members meeting is 1 p.m. March 19 in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.  
• **Indoor Flea Market Season** – Indoor Flea Market season starts 8 a.m.-2 p.m. March 21 at the Special Events Center, Bldg. 237 on Rhine Ordnance Barracks. DSN 493-4117, civ. 0631-3406-4117.  
• **Kleber Clinic Feedback** – The

U.S. Army Health Clinic-Kaiserslautern on Kleber Kaserne wants to exceed all patients' expectations. Don't leave the clinic unhappy without giving the clinic NCOIC, chief nurse, or commander the chance to satisfy your expectations. The commander can be reached at DSN 483-6265, civ. 0162-2730099, or [charles.unruh@us.army.mil](mailto:charles.unruh@us.army.mil).

• **Volunteers Needed** – Army Community Service needs volunteers for the Special Olympics Spring Games May 6 at the German Police Academy in Enkenbach-Alsenborn. DSN 493-4062, civ. 0631-3406-4062.

### HEIDELBERG

#### Education

• **ACS Classes and Events** – Intro to MS Publisher, 9 a.m.-noon March 16 and 18; Community Orientation Briefing, noon-3 p.m. March 16; Re-integration Briefing, 9 a.m. March 17; RESUMIX, 9 a.m.-noon March 17; PCS Briefing, 12:30-3 p.m. March 17; EFMP Support Group – Speaker, Topic: Speak Therapy, 6:30 p.m. March 18; Bringing Baby Home, 1-4 p.m. March 19; English as a Second Language is offered throughout the week. DSN 370-6883, civ. 06221-57-6883, [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).  
• **Red Cross Classes** – CPR AED, 8 a.m.-5 p.m. March 28. DSN 370-8711, civ. 06221-57-8711.  
• **FAST Class** – Patton Education Center will conduct Functional Academic Skills Training 8 a.m.-noon March 17-April 6. DSN 373-6176.  
• **Graduate Degrees** – The University of Oklahoma at Patton Education Center offers graduate degrees in human relations and international relations. OU's unique course format, online courses or independent study courses allow even working adults to pursue a graduate degree program. Summer 2009 registration began March 2. DSN 373-7919, [apeidelberg@ou.edu](mailto:apeidelberg@ou.edu).  
• **Sex Signals** – Sexual assault and awareness training 9 a.m. March 23 at PHV theater. Seating is limited. DSN 370-6975.

#### Community

• **BOSS Meetings** – If you are a single, unaccompanied or single-parent Soldier, BOSS wants you. Meetings are 4-5 p.m. every first and third Wednesday of the month, on Patton Barracks, Bldg. 104. [www.mwgermany.com](http://www.mwgermany.com).  
• **Heidelberg International Wandering Club** – Join the HIWC at the following volkshochschulen: March 14-15, Grolsheim, Stetten; March 21-22, Bergen-Enkheim, Kim-Sulzbach. Sign up for upcoming trips to Reinsfeld, Frankfurt and London. [hiwc@yahoo.com](mailto:hiwc@yahoo.com), [www.hiwc.de](http://www.hiwc.de).  
• **Heidelberg International Ski Club** – The club is having a St. Patrick's Day Party 7 p.m. March 18 at the Hotel Zagreb in Schwetzingen.

Wear something green and have a great time. [www.heidelbergski.com](http://www.heidelbergski.com)

• **Healthy Recipe Challenge** – The Nutrition Care Branch at the Heidelberg Health Center is offering a competition for National Nutrition Month. Have your dish featured in the National Nutrition Month specialty meal at the end of the month. E-mail [karen.rowey@amedd.army.mil](mailto:karen.rowey@amedd.army.mil) for contest guidelines.

• **Library Closed** – The library on PHV will be temporarily closed March 24 and 31. For assistance on these days, call DSN 370-1740, civ. 06221-57-1740.

### MANNHEIM

#### Education

• **ACS Classes** – English as Second Language, 9-11 a.m. March 13, 16 and 18 and 6-7:30 p.m. March 17 and 19; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. March 16 and 18; School-Age Parenting, 9-10 a.m. March 17; Account and Budget Management, 9-11:30 a.m. March 17; FRG Key Caller and POC Training, 9:30-11:30 a.m. and 5:30-7:30 p.m. March 17; Levy and Out-processing Briefing, 1-2:45 p.m. March 17; Resume Writing, 10-11 a.m. March 18; Mom and Me Playgroup, 10 a.m.-noon March 18; Hearts Apart, 11:30 a.m.-1 p.m. March 18; Sponsorship Training for Leaders, 3-4 p.m. March 18; Healthy Relationships, 2-4 p.m. March 19; Organization POC VMIS Training, 3-4 p.m. March 19; Daddy and Mommy Basic Training, 5:30-8 p.m. March 19. DSN 385-3101, civ. 0621-730-3101.  
• **Sex Signals** – Sexual assault and awareness training 2 p.m. March 23 at the Top Hat Club.  
• **CTC Enrollment** – Central Texas College Europe registration is March 9-20; deadline for distance learning classes is March 16. All courses are eight weeks long and begin the week of March 30. DSN 385-2815, civ. 0621-730-2815.

#### Community

• **Gate Changes** – Upgrades are coming to the access control points at Funari, Coleman, Spinelli, Grant Circle and BFV-S. The upgrades will consist of new active barriers and improved guard shacks. Each upgrade will last at least one week and some gates will take two weeks to complete the installation. Any installation with a closed exit lane will be marked as closed and signs will be posted to the alternate exit gates. Schedule: Coleman Barracks, March 16-21; Grant Circle (BFV Side), March 23-28; BFV-S Gate (PX), April 6-18; Spinelli Gate, April 20-25; Coleman Gate (phase II), May 4-11; Funari Gate, May 18-23.  
• **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.

• **CYS Closed** – All Mannheim CYS Services Programs will be closed March 13 due to mandatory training. DSN 385-3550, civ. 0621-730-3550

• **Blood Drive** – American Legion Riley Leroy Pitts Post GR07 is sponsoring a Mannheim community-wide blood drive 9 a.m.-2 p.m. March 24 in Bldg. 1563 on Spinelli Barracks. There will be a free raffle to give away a USO trip to Paris and two \$50 gift certificates from AAFES, plus much more. Military personnel, family members, DoD civilians and U.S. contractors with valid ID cards are eligible. Civ. 0175-747-9565.

• **German-American Women's Club Grants** – The German-American Women's Club of Mannheim is accepting applications for the Spring 2009 welfare grants until March 24. Funds will be awarded to non-profit organizations in need that benefit the Mannheim military community. Send inquiries to [traci.haggard@us.army.mil](mailto:traci.haggard@us.army.mil).

• **Volunteer Ceremony** – The Garrison will host its annual Community Volunteer Ceremony at Ben Franklin Franklin Village, Bldg. 725 6-8 p.m. April 23. Seating is limited, therefore reserve by March 30. DSN 385-2759, civ. 0621-730-2759.

• **Protestant Women of the Chapel** – Meet at Ben Franklin Village Chapel 9-11:30 a.m. Thursday mornings and 6:30-8:30 p.m. Tuesdays. [Mannheimpwoc@yahoo.com](mailto:Mannheimpwoc@yahoo.com).

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. March 22; Film Screening, 4-5:30 p.m. March 22. DSN 380-1740, civ. 0621-730-1740.

• **Youth Services** – Project Learn, 4-5 p.m. March 17; Club Tech, 5-6 p.m. March 18; Image Makers (Photography), 4-5 p.m. March 19; Dragon Fly Quest, 4-5 p.m. March 20. DSN 380-4864, civ. 0621-730-9997.

• **MCC Scholarships** – Mannheim Community Club is offering merit-based scholarships to college-bound high school seniors and to undergraduate students already enrolled and continuing their education. Applications are available in the Mannheim High School counselor's office, the Education Center, the Thrift Shop and at ACS. Applications must be postmarked by April 1.

• **Veterans of Foreign Wars** – VFW Post 9534 is now located in Bldg. 678 Apt. 6A and B, Jefferson Street, Sullivan Barracks has a new Web site, [www.mannheimvfw.com](http://www.mannheimvfw.com). Every Friday night at 6 p.m. there is a VFW social for members and guests. A monthly membership meeting is held the first Monday of the month. The VFW can assist with answering questions and applying for VA benefits, by appointment. Civ. 0621-7249-1920.



# Year of the NCO



Jason L. Austin

About 550 Soldiers from Heidelberg-based units participate in the Year of the NCO community run on Patrick Henry Village Friday morning.

## 550 troops gather for group run

By Kristen Marquez  
HERALD POST STAFF

Despite rain and cold weather, about 550 Soldiers participated in a Heidelberg community run Friday morning to celebrate 2009 as the Year of the Noncommissioned Officer.

The Soldiers run up outside the Patrick Henry Village Pavilion before setting off on the 3.1-mile route through the streets of PHV at 6:30 a.m.

"The purpose of today's run was to foster unit cohesion and esprit de corps," said U.S. Army Garrison Heidelberg Command Sgt. Maj. Annette R. Weber. "Additionally, the community run goes along with Sgt. Maj. of the Army (Kenneth) Preston's initiative for March — Focus on Physical Fitness — and what better way to show our physical fitness than by completing a 3.1-mile run in the drizzling rain and sounding off to Army cadence."

U.S. Army Europe Command Sgt. Maj. Ralph R. Beam led the run and spoke to the Soldiers afterward. He reminded them of the importance of not only being an NCO but celebrating the Year of the NCO.

"You should get up every morning and say 'today's the day I'm going to earn my stripes,'" he said. "You should do that every morning."

"You should reaffirm every day that you are a sergeant . . . wearing stripes doesn't mean that you tell other people what to do. It means you take care of Soldiers, and you accomplish the mission. You serve



Kristen Marquez

After Friday morning's Year of the NCO community run, fruit, drinks and pastries were provided for the troops.

the Soldiers now, not yourself. If you don't think that, you need to take the stripes off. Everybody that brings dishonor to one set of stripes brings dishonor to us all. That's what this year is about."

Weber said coming together as a community to support NCOs provides a daily reminder of their importance.

"Events that honor our NCOs are very important to our community because it shows our community what NCOs do daily and how we do it," she said. "Honoring our NCOs lets our NCOs know we are extremely proud of their hard work and their commitment to service."

Beam pointed out that in 1989 the Army last celebrated the Year of the NCO, and from that year came the NCO Creed. "The number one initiative that came out of that was they formalized the creed of the NCO — the document that tells the world exactly what we are supposed to be able to do and what they expect

from us," he said.

Noncommissioned officers don't replace officers, they supplement them and help make their reach go farther, Beam said.

"The first thing you put on in the morning is your attitude," he said during the formation. "Not your running shoes, but you put your attitude on, that 'today I'm going to push myself hard.' That's what it takes to wear sergeant stripes."

Although the weather may have kept many community members from attending and participating, Weber said she was still happy with the turnout.

"I would just like to thank all the units that participated in today's run," she said. "Without their participation, the Garrison Heidelberg would not be a success. We are extremely proud of all Soldiers, family members and civilian professionals that continue to do a great job every day to make Heidelberg the best (overseas) community in the world."

### 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](mailto:usaghd.post@eur.army.mil) within one week of the event.

#### Youth Sports Registration

Spring season sports registration in Mannheim is happening through March 13 for baseball (ages 3-18), girls softball (ages 10-15) and soccer (ages 3-15). DSN 385-2750, civ. 0621-730-2750.

#### Shamrock Shuffle 5K Fun Run

Registration will be held at the commissary parking lot on Patrick Henry Village in Heidelberg 8:30-9 a.m. March 14. Walkers start at 9:15 a.m. and the runners start at 9:30 a.m.

#### Bowling Tournament

A nine-pin, no-tap bowling tournament will be held March 28 at the Heidelberg Bowling Center on Patrick Henry Village. The \$20 per person entry fee includes three games of bowling, shoe rental and a pizza lunch. Prizes will be awarded to the first- and second-place teams: men's and women's high game; and men's and women's high series. The tournament is open to the first 24 four-person teams. Registration is now open. DSN 379-9435, [bruce.mersereau@us.army.mil](mailto:bruce.mersereau@us.army.mil); or DSN 370-7891, [timothy.magee@us.army.mil](mailto:timothy.magee@us.army.mil).

#### Bowling Tournament in Stuttgart

Kappa Alpha Psi Fraternity will hold a bowling tournament March 27-29 at the Galaxy Bowling Center, Panzer Kaserne, Stuttgart. SCRATCH Prize four-person team \$1000, doubles \$500, singles \$250. Nine-pin, no-tap prize men individual \$150, Women individual \$150. Proceeds go toward scholarships for DoDDS. \$30 per person entry. Civ. 0160-991-62144.

#### Golf Tournament

Play in the Heidelberg Golf Club Masters Tournament April 12. Registration deadline is April 5. The Masters is an 18-hole stroke play event. Prizes will be awarded to places based on participation in each flight. The entry fee is \$40 (plus applicable green fees) and the tournament is open to those with verifiable handicaps. [www.mwrgolf.com](http://www.mwrgolf.com) or [www.heidelberggolf.com](http://www.heidelberggolf.com).

#### Community Softball Tryouts

Join the Kaiserslautern community softball league. Men's tryouts will be held at KAD Sports Field on Daenner Kaserne, and women's tryouts will be held at Rhine Ordnance Barracks Gym at 6:30 p.m. March 19 and 26 and at 1 p.m. March 21 and 28. Coaches are also needed. DSN 493-2087, civ. 0631-3406-2087, [usagknsports@eur.army.mil](mailto:usagknsports@eur.army.mil).

#### Youth Sports Coaches

**Kaiserslautern** — Youth Sports is seeking volunteer coaches for winter sports — basketball, cheerleading and wrestling. DSN 493-4112, civ. 0631-3406-4112.

**Heidelberg** — The Youth Sports and Fitness program is looking for instructors and coaches for the summer programs for archery, baseball, basketball, football, golf, soccer and tennis. DSN 388-9397, civ. 06221-338-9397, cell 0160-963-10380.