

# HeraldPOST

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

## 'Deadly, toxic workplace hazard'

### Doctor: Stigma must be eliminated

By Mark Heeter  
USAG SCHWEINFURT PUBLIC AFFAIRS

SCHWEINFURT, Germany – Stigma – a little, six-letter word with enormous consequences. “Stigma kills,” said Brig. Gen. (Dr.) Loree Sutton, special assistant to the assistant secretary of defense (health affairs) for psychological health and traumatic brain injury, borrowing a catchphrase she learned from colleagues in the Canadian armed forces.

“They consider stigma a deadly, toxic, workplace hazard. I like that term. Because as a leader, if any of us become aware of a deadly, toxic workplace hazard, we’re not content with just see **STIGMA** page 16



Phil Sussman

## NCO serves as ‘backbone’ for suicide prevention training

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Just as NCOs are the backbone of the Army, Staff Sgt. Jonathon Vinson provided consistency and structure to all eight suicide prevention training presentations held the first two weeks in March throughout the Kaiserslautern military community.

“He was my backbone – keeping the presentations moving forward,” said the U.S. Army Garrison Kaiserslautern’s Commander Lt. Col. Mechelle Hale, who was the facilitator for the trainings held for garrison Soldiers, civilians and family members.

see **BACKBONE** page 16



Spc. ida Tate

Mercedes Wild and Brig. Gen. Jeffrey G. Smith Jr., commander, 5th Signal Command, sign copies of the nonfiction children’s book “Mercedes and the Chocolate Pilot” by Margot Theis Raven during the Tell Me A Story event held at the Mannheim Elementary School gym on Sullivan Barracks March 8.

## Empowering children through literature

By Staff Sgt. Jonathon Gray  
5TH SIGNAL COMMAND PUBLIC AFFAIRS

At the Mannheim Elementary School, candy bars were floating to the ground in make-shift parachutes.

This was also the main theme for the nonfiction book, “Mercedes and the Chocolate Pilot” by Margot Theis Raven, which was read at a Tell Me A Story event in the school’s gym on Sullivan Barracks March 8.

Tell Me A Story is an initiative created

to empower military children by using literature and their own stories in a way that fosters skills for resilience, strong peer and parent connections, a sense of pride and accomplishment, and a caring community.

Brig. Gen. Jeffrey G. Smith Jr., commander, 5th Signal Command, and senior mission commander for the Mannheim community, read the book to Mannheim community children during the event.

In “Mercedes and the Chocolate Pilot,” U.S. pilot Lt. Gail S. Halvorsen, included see **STORY** page 16

**HP THURSDAY**  
March 19, 2009

### Speed Read

#### CIVILIAN FITNESS

Civilian employees will have the opportunity to enroll in the Army’s Civilian Fitness Program, which allows for three hours per week of exercise during normal duty hours for six months, next week. 3

#### READ ACROSS AMERICA



Mannheim High School students read to local kindergarteners as part of the annual Read Across America. 4

#### CELEBRATING WOMEN

The Schwetzingen-based NATO Brigade’s female commander shares her 25 years of experience in the Army. 6

#### RECYCLE AND REUSE

Heidelberg’s Recycling Center offers alternatives to trashing items when residents move in and out of the community. 8

#### SEXUAL ASSAULT

The USAG Baden-Württemberg communities have various events and training opportunities scheduled to educate community members about the prevention of sexual assault. 11

#### PRAYER BREAKFAST

Tom Holladay from Saddleback Church, the eighth largest stateside church, will speak at the Heidelberg prayer breakfast set for April 17. 13

#### LIKE FATHER, LIKE SON

A Mannheim-based Army first sergeant reunites with his Airman son in Iraq after a three-year separation. 14

### Defense Details

#### SEXUAL ASSAULT STATS

The Defense Department Tuesday released a congressional report that examines sexual assault allegations in the military services and sets policies for reducing incidents. The analysis found 2,923 sexual assault “reports” in fiscal 2008, which is roughly an 8 percent increase compared to fiscal 2007. But officials cautioned that the rise in reporting – a figure that represents the total number of sexual assaults reported – is not necessarily indicative that more incidents occurred.

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

## COMMENTARY

# ACAP leads to improved employability for Soldiers

By Command Sgt. Maj. Tracey E. Anbiya  
IMCOM-EUROPE

As leaders, we have a great responsibility regarding the care of our Soldiers. We can help both our Army and our Soldiers when we encourage our NCOs to allow Soldiers who are within one year of transitioning to attend Army Career and Alumni Program – ACAP – training events.

During the Army's Year of the NCO, this is one more way NCOs demonstrate how we are "leaders of Soldiers."

After the initial pre-separation counseling and briefing, Soldiers are scheduled to attend a two-and-a-half-day Transition Assistance Program Employment Workshop. At the TAP workshop, Soldiers are provided the knowledge, information

and skills they need to achieve their occupational or educational goals. They also learn to develop a resume, a skill that could provide Soldiers lifetime benefits.

A strong argument for granting our Soldiers enough time for ACAP is that more complete ACAP participation leads to improved employability once our Soldiers leave the Army, and improved employability translates into substantial savings for our Army. Keep in mind that pre-separation counseling at ACAP is mandated by Congress and embedded in Army and DoD policy.

The Army funds unemployment compensation collected by our Soldiers who have left the Army. During the last fiscal quarter, that funding amounted to nearly \$65 million. This is too much of a drain on funds desperately needed elsewhere

within the Army.

Each one of us can help reduce the cost – and help our Soldiers at the same time – by sending our transitioning Soldiers to ACAP earlier and allowing them the time needed to attend workshops, seminars and counseling that will make them more employable in the civilian world.

An early start at ACAP also supports retention by helping Soldiers compare their current salary, benefits and opportunities with those in the private sector. In this fiscal year alone, nearly 4,000 Soldiers have re-enlisted after going to ACAP.

If you are not already familiar with the ACAP process, you can go to the ACAP Web site at [www.acap.army.mil](http://www.acap.army.mil) and click on "Army Leaders." Or, better yet, call your local ACAP Center, as people there will be happy to give you a tour and briefing.

## LEGAL ASSISTANCE

## Understanding home state, home of record, domicile and legal residence

### Patton Legal Center

As a Soldier, civilian employee or family member how often are you asked, "Where are you from?" or "What is your home of record?" or "What is your state of legal residence?"

Legal assistance attorneys often get a different answer to all three questions from their clients. And many times the answers are incorrect.

For example, many U.S. citizens in Germany believe they have no state of legal residency simply because of their employment in Germany or because they no longer reside in the United States.

Many forms and documents refer to terms such as "home state," "residence," "home of record," "domicile" or "legal residence." These terms are often used interchangeably by the military and federal agencies, which adds to the confusion in understanding them. But each term has a distinct legal meaning.

Home state simply refers to where you were born or your native state. It has no legal significance beyond that, unless your home state also qualifies as one of the other terms.

Home of record is a term used by

the military for purposes of recording the state from which you entered the military. It is generally used by the military for the computation of certain travel and transportation allowances. Once designated, home of record is difficult to change, although it is somewhat easier for enlisted Soldiers to change than it is for officers.

Residence simply refers to where you currently live, either physically or by operation of law. You may have several residences at the same time. For instance, most Americans in Germany are residents of the United States, a particular state, and Germany.

Domicile and legal residence are often used interchangeably and refer to your permanent, fixed place of abode and where you plan to return despite temporary absences or residences elsewhere. Once established, domicile and legal residence exist until you effect a legal change. Under the Service members Civil Relief Act, a Soldier may retain the legal residence he had on entering active duty until the Soldier acts to establish a new residence in the state of assignment.

Unfortunately, these SCRA protections do not apply to civilian employees or family members, so their

domicile or legal residence changes depending upon their duty station, and, while they are in Germany, it is usually the last state where they lived before coming to Germany.

Thus, while you may have several residences, you have only one domicile or legal residence.

How does one establish a domicile or legal residence? The law requires two steps: first, your physical presence in the state and secondly, your desire to become a permanent citizen of that state during your presence there. That is really all there is to it. Most people follow up their intent by paying state taxes, getting a driver's license, registering to vote, or doing any number of acts to show you consider yourself a citizen of that state.

Contrary to what many people believe, one may not legally select Texas or Florida as your domicile or legal residence simply to avoid paying state income tax unless you meet the test provided in the paragraph above.

There is no such thing legally as a "state of residence for tax purposes" unless that state is also your domicile or legal residence. Also you do not lose your state citizenship simply because you moved to Germany as a result of your federal employment or

military orders.

If you work for the U.S. government in Germany and quit paying taxes to your state of domicile or legal residence simply as a result of being in Germany, your state could be successful in coming after you for back taxes that you failed to pay while in Germany.

Many people change their domicile or legal residence either correctly or incorrectly to avoid paying state taxes. Not only can this cause you legal problems if done incorrectly, but without sufficient research into all facets of state citizenship, it may also cost you money. For instance, Illinois has a state tax, but also has a generous death gratuity. If a Soldier who is an Illinois resident on active duty dies in connection with Operation Iraqi Freedom or Operation Enduring Freedom, the Soldier's beneficiary can collect \$313,887.96 by filing a claim with the State of Illinois. This amount is in addition to any federal benefits the beneficiary may have. This death benefit is more generous than any offered in any state which does not have a state income tax.

If you have questions or issues in these areas, feel free to consult your nearest legal assistance office.



**Commander, U.S. Army Garrison Baden-Württemberg:**  
Col. Robert J. Ulsee  
**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**  
[usak.pa1@eur.army.mil](mailto:usak.pa1@eur.army.mil)  
493-4072 or 0631-3406-4062  
**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

published 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.

## Program aims to improve civilian fitness levels

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Two past participants credit the Army's Civilian Fitness Program for helping them make a lifestyle change that has continued to the present.

The Civilian Fitness Program grants Department of the Army civilians and local nationals three, one-hour sessions each week during normal duty hours to exercise. It operates for six months at a time and is a one-time enrollment opportunity.

Enrollment dates for the next six-month program in the U.S. Army Garrison Baden-Württemberg communities are March 23-27.

The program is designed to help people get in the habit of incorporating physical activity into their daily lifestyle, said Lauren Mullins, the U.S. Army Center for Health Promotion and Preventive Medicine-Europe health promotion coordinator, who operates the program in Kaiserslautern.

"This program helps the participants to not only get moving, but it also teaches them the benefits of physical activity, assists them with developing personal goals, and arms them with stress management tools, nutritional tips and recipes," she said.

Doing just that was Gwen Galloway, a DA civilian who at the time worked at the USAG Kaiserslautern when she par-

ticipated in the program more than five years ago. She credited the program with being able to lose 24 pounds in six weeks.

"I developed a new lifestyle in which I really began to care about what I ate and if I didn't exercise as I should have," Galloway said. "No matter what, I at least do some walking even if it's just for five minutes."

Another success story is Guni Hinkel, a local national employee with the 21st Theater Sustainment Command's Theater Logistics Support Center-Europe, who participated in the program about eight years ago.

"The fitness program changed my way of life," she said. "I realized I could do more than just your normal gym exercise program by trying out walking, swimming and aerobics to build my own exercise program."

That's the beauty of the program – participants can choose any type of exercise activity such as fitness classes at military gyms, walking, running or lifting weights during their three hours a week, said Mullins, who added that the cost of fitness classes, for example, is "out of pocket" for participants and not reimbursable under the program.

Before the initial assessment, participants must complete an enrollment package that includes supervisor's approval and a health history



Christine June

Participants of the Army's Civilian Fitness Program can choose to take an exercise class at military fitness centers during their hours each week, but the cost of the class is paid for by the participant and not reimbursable under the program.

questionnaire.

The questionnaire is the first step in getting medically cleared for the program. Depending upon their answers paired with their blood-pressure screenings, participants may have to get approval from their doctor before they can actively participate in the program. To be medically cleared for the program, participants undergo stamina, cardio and flexibility tests, and blood-pressure checks at the initial assessment.

Exercise periods may be combined with employee's breaks or lunch periods to maximize their gym time or allow time for personal hy-

**Civilian Fitness Program Enrollment**

**Heidelberg:** 1-4 p.m. March 23 at Campbell Gym and 12:30-4 p.m. March 26 at the Wellness Center

**Kaiserslautern:** 8 a.m.-2 p.m. March 24 at the Kleber Fitness Center, 8 a.m.-4 p.m. March 26 at the Landstuhl Fitness Center, and 8 a.m.-2 p.m. March 27 at the Rhine Ordnance Barracks Fitness Center. Appointments: DSN 486-8614.

**Mannheim:** 11 a.m.-1 p.m. March 25 at Sullivan Gym

For more information and an enrollment package, visit [www.chppmeur.healthcare.hqsareur.army.mil/sites/dhpmw/civfit.aspx](http://www.chppmeur.healthcare.hqsareur.army.mil/sites/dhpmw/civfit.aspx), call DSN 373-5139, or e-mail [wellness@usag.heidelberg.army.mil](mailto:wellness@usag.heidelberg.army.mil).

giene before returning to work. However, Mullins said, unused exercise hours are not carried forward to subsequent weeks.

"Supervisors are encouraged to adjust work schedules to permit exercise times while

remaining focused on their missions," Mullins said.

The program requires participants to attend the initial and post assessments. Participants are weighed and measured for body fat at both assessments.

## 5th Signal Command announces deployments

By Kristopher Joseph  
5TH SIGNAL COMMAND PUBLIC AFFAIRS

Units from the 5th Signal Command have been identified for deployment to Afghanistan and Iraq in support of operations Enduring Freedom and Iraqi Freedom for the fiscal year 2009 force rotation.

The headquarters element of the 7th Theater Tactical Signal Brigade, stationed in Mannheim, will deploy with approximately 90 Soldiers to Afghanistan in the spring for up to 12 months as part of the normal rotation of troops. The brigade headquarters will serve as the Joint Network Operations Control Center, which is the single control agency for the management of the joint force communications systems.

One of 7th's two battalions, the 72nd Expeditionary Signal Battalion, also headquartered in Mannheim, will deploy with approximately 500 Soldiers to Iraq in Summer 2009 for up to 12 months. The 72nd will provide communications support to several locations in Southwest Asia using Joint Network Node technology.

The 7th's other ESB, the 44th, redeployed from Iraq in December after serving 15 months in support of OIF.



Spc. Adrienne Killingsworth

## Testing Soldier skills

Sgt. Tommy Dorsey, 566th Postal Company, 28th Transportation Battalion, comes to the aid of a "fallen comrade" during an exercise that tested Soldiers' abilities to evaluate and treat a casualty in a combat scenario. The exercise was a part of the 18th Military Police Brigade's Soldier and Noncommissioned Officer of the Quarter competition that took place March 9 on Coleman Annex in Mannheim. Soldiers were tested in multiple functional areas, in addition to standing before a board of senior noncommissioned officers, for the chance to earn the title.



# Read Across America



Mannheim High School junior Summer Jacobson reads to kindergarteners Alysha O'Brien and Lylyth Torres during the Read Across America event held at Mannheim Elementary School March 5.

## MHS students read to local kindergarteners

By Kevin Holloway  
MANNHEIM HIGH SCHOOL STUDENT

Reading to children is a tradition that goes back indefinitely and plays an important role in teaching values and making childhood memories.

Nine Mannheim High School students used Read Across America as an opportunity to embrace that tradition at the elementary school March 5.

The students, from Stephanie Nelson's humanities class, marched over to the elementary school, books in hand, to read to the kindergarteners there.

They were warmly welcomed with applause and shouts, and then settled in, a pair of kindergartners to each high-schooler, reading classics such as "The Giving Tree" by Shel Silverstein and "There Was An Old Lady Who Swallowed A Fly" to the eager children.

The ice was soon broken, and the two classes mingled together. Funny conversations sprouted everywhere. "At one point, one of my girls turned to me, pointed at a boy in the class and stated, quite bluntly, 'He likes girls.' I laughed and asked if she knew who he liked and she replied with, 'God made Jesus give him the power to like girls,'" said Summer Jacobson, junior.

These quirky and random moments were constant during the experience, and at times, the tables turned as the high-schoolers entertained the children with their own

stories.

"So there I was, reading some stories to kindergartners kids," said Jason Sampson, a high school participant. "I have to say that at first, they were kind of shy, but once the reading started, they were open for a conversation. You could tell by their laughter that they enjoyed the stories."

Another high-school participant, Lance Guysick, describes the walk down the elementary school hallway. "It had that 'kid smell.' That's what really brought me back," Guysick said. "I really enjoyed that walk down memory lane. When reading to kids, you tend to just let go and have some fun, with crazy voices and accents. In some cases, I believe the high schoolers in my class had more fun than the kids themselves."

In spite of all the fun, there were important messages in the books as well. Books were chosen from Jim Trelease's "Read Aloud Handbook" and the NY Times Best Books for Children and incorporated American values in their plots.

"Lyle, Lyle, Crocodile" was one such book. Lyle is a crocodile that lived with the Primm family on East 88th Street. Lyle contributes his time and skills to his family and community; he is happiest when being useful, which models work ethic and the importance of helping others. When faced with troubles, Lyle stays busy.

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

Eileen Sellman, who read this book said, "the children were so excited and involved in the reading. 'Lyle's teeth are so big and pointy!' said 5-year-old Jenna about Lyle, the Crocodile."

After the reading session, Lisa Clevenger, Mannheim Elementary School's kindergarten teacher, had an activity planned. Everyone traced their hands on red or white paper, cut them out, and made a Dr. Seuss Hat. Students, both big and small, compared hand sizes and continued the exchange.

After the activity, Clevenger assembled the children together and instructed them to sit "criss-cross applesauce," next to their high school partners. Then high school students Jacobson, on vocals, and Kevin Holloway, on guitar, played "Puff The Magic Dragon" and "Stairway to Heaven" to the class. The children couldn't help but jam along, bobbing their heads and swaying back and forth to the music.

"I loved performing for kindergartners," Jacobson said. "They're so non-judgmental and easily entertained. If you mess up, they don't care – they're always happy. Ah, the innocence of childhood. What surprised me the most was that they were more entertained by 'Stairway to Heaven' than 'Puff the Magic Dragon.' I guess you're never too young to get the Led out."

## Retiree pay reps to visit Germany

IMCOM-Europe Public Affairs

A retiree pay representative from Defense Finance and Accounting Service-Cleveland is scheduled to visit various locations in Germany April 18-25 to assist retirees and annuitants with pay problems and conduct audits of individual pay accounts.

Ninety-eight percent of the people who have had their retiree account audited by a DFAS representative reported they had errors on their account that they did not think about, according to Mike Malone, Installation Management Command-Europe Retirement Services officer.

While the thought of an audit during tax season might raise the anxiety levels of some people, this audit is voluntary and often very rewarding, according to Malone, who cited several examples of people who benefited from requesting account audits.

One retiree indicated the audit revealed that his account had the wrong beneficiary, showing his first wife – after he had remarried. Another retiree said he was paying state taxes to a state that did not tax military retiree pay. That error was corrected on the spot. A retiree in Belgium brought in a death certificate on his wife to suspend Survivor Benefit Plan payments; the problem was she had died 10 years ago. DFAS, by law, can only reimburse payments back to six years.

"These stories are real cases affecting retirees, hopefully you are not one," Malone said. "We think you should meet with the DFAS-Cleveland representative during his April 2009 visit to Germany. You need to sit down and audit your Retiree Account Statement to ensure your records are up-to-date."

"Remember, it normally only takes 10 minutes to bring your retiree pay account up-to-date. We look forward to seeing you there. No appointments – first come, first served," Malone said. "All retirees will be seen. The representative will stay longer at a location if need be."

While times may vary at locations, most visiting times are between 9 a.m. and 3 p.m. Morning hours should be 9-11:30 a.m., and afternoon hours are 1-3 p.m. Individuals should check with local RSO for exact times and possible locations changes due to military priorities.

### DFAS Visits

April 18: Stuttgart, Panzer Kaserne, Retiree Appreciation Day  
April 20, morning: Ramstein Air Base, RSO Office – across from the ID Card Section  
April 20, afternoon: Mannheim, CPF Building  
April 21: Kaiserslautern (Daerner Kaserne morning/Panzer Kaserne afternoon)  
April 22: Wiesbaden (RSO Office at the Airfield)  
April 23: Heidelberg (Heidelberg Shopping Center CPF Office)

# From cadet to colonel

## Female brigade commander shares military experiences

By Kristen Marquez  
HERALD POST STAFF

As a cadet in the Reserve Officer Training Corps at Mercer University in Macon, Ga., Leah R. Fuller-Friel became her battalion's first female commander.

Now, 25 years later and a colonel, she's the first female commander of the U.S. Army NATO Brigade, headquartered at Tompkins Barracks in Schwetzingen.

She said it all started back in high school when a "diligent recruiter" told her of the opportunities the Army could offer her through ROTC. Back then, she admits she didn't even really know what the letters 'ROTC' stood for.

Today, she's the commander of all Soldiers serving in three NATO battalions and 10 companies scattered throughout 33 locations in 13 countries.

"My husband and I served in NATO as majors and we really didn't know this opportunity was there," she said. "We were at (Training and Doctrine Command) ... as the G1 (Adjutant General), and they said 'we want you to come and take the NATO Brigade' and I thought 'there's no such thing.'"

Sgt. 1st Class Larry Gray, USANATO Brigade's Equal Opportunity advisor, said having Fuller-Friel take command as the first female in

that role is noteworthy not only for the women in the brigade, but for the Army as a whole.

"I think it's really good that other nations know that in our country, females are getting the opportunity to lead troops and can do it just as well as the men," he said. "They get those opportunities to train and lead, and having her in that role is very significant."

Fuller-Friel and her husband, retired Maj. Jack Friel, a field artilleryman, met and married at Fort Leavenworth, Kan., and have three sons; John, a company commander at Fort Hood, Texas, who is currently serving his third tour in Iraq; Mark, a captain in the Indiana National Guard; and Matthew, a sixth-grader, whom she says "can't wait to be in uniform."

Jack now serves as the senior family readiness advisor for the brigade, and according to his wife, is "working harder than he ever has worked. He's a very busy man."

"We always do a command team charter, my husband and I, what expectations we are going to do - we are going to balance faith, profession and family," she said. "That trio, and are we in sync, and usually the kids or the Soldiers will let us know if we are not."

The couple has served five tours overall in Europe - 12 of the 25 years of service so far



FULLER-FRIEL

for Fuller-Friel. She's held all of her levels of command in Europe as well.

Fuller-Friel said her favorite job so far as a Soldier has been being a company commander, a job that allowed her to get to know each Soldier and spouse in her company on a much more personal level. In her current role, it's a little harder to get to know every Soldier, though she tries.

"Going to see the Soldiers, in their environment, with their issues, and letting them show us what they actually do in support of NATO," she said about her favorite part of her job. "We try to get into their element as opposed to them coming here."

With March being Women's History Month, Fuller-Friel reflected on some of the women of her past who have made an impact on her life and helped her get to where she is today.

"First, my mother," she said. "She just instilled a great work ethic, and (encouraged me to) give everything that you do 110 percent and it will show; people will notice and you'll go far."

"And then I got over here in Europe and worked for Maj. Gen. Pat Hickerson and Maj.

"We need the diversity. I don't see that in the civilian life, I don't see it in my hometowns, I didn't see it in college, but the Army absolutely gives everyone the opportunity. You just have to seize it, become experts in your field and go from there, whether you are a man or woman."

### Test Your Women's History Knowledge

1. Who was the first woman to run for president of the United States (1872)?
2. Which Mexican-American woman has repeatedly been the leading money winner in the Ladies Professional Golf Association?
3. Who was the first woman Poet Laureate of the United States?
4. What leading suffragist was arrested and convicted of attempting to vote in the 1872 election?
5. What journalist traveled around the world in 72 days in 1890?
6. What former slave was a powerful speaker for the rights of women and Black people?
7. Who was the Shoshone Indian woman who served as guide and interpreter on the Lewis and Clark expedition?

SOURCE: www.nwhp.org

Answers: 1. Victoria Woodhull; 2. Nancy Lopez; 3. Rita Dove; 4. Susan B. Anthony; 5. Nellie Bly; real name Elizabeth Cochran Seaman; 6. Supriya Fritth; 7. Sojourner Truth

Gen. Dee Anne McWilliams, and basically those two (made me think 'wow, women can be general officers?' They were just absolutely professional subject matter experts in their field, and they're in my field, too.

"As they retired, they just passed on the torch and said 'you need to go on and do the jobs that we were never able to do.'"

She also mentioned Gen. Ann Dunwoody, commander of Army Materiel Command, who she worked with when Dunwoody was a two-star general at Fort Lee, Va.

"She's absolutely a master logistician," Fuller-Friel said. "She just said 'know your

field, know your Army, and you'll go far' and kept that philosophy."

The military's diversity is something Fuller-Friel said is unique and should be celebrated.

"I think that's one of the reasons why the Armed Forces is considered to be one of the most prestigious institutions - because of the diversity," she said. "We need the diversity. I don't see that in the civilian life, I don't see it in my hometowns, I didn't see it in college, but the Army absolutely gives everyone the opportunity. You just have to seize it, become experts in your field and go from there, whether you are a man or woman."

## National Security Personnel System faces DoD review

By Gerry J. Gilmore  
AMERICAN FORCES PRESS SERVICE

WASHINGTON - The Defense Department will undertake a comprehensive review of the National Security Personnel System to ascertain whether it is fair and transparent to participating employees, a senior Pentagon official said here Monday.

Deputy Defense Secretary William J. Lynn III directed the NSPS review, Brad Bunn, the Defense Department's program executive officer for NSPS, told Pentagon Channel and American Forces Press Service reporters. Lynn is the senior civilian executive overseeing NSPS at the Pentagon.

The Pentagon's review will provide officials the opportunity to "look at the (NSPS) system in a comprehensive manner, to understand how it has been operating, and to chart a path forward for the future of NSPS and how it is going to go forward in the Department of Defense," Bunn said.

The Office of Personnel Management, which jointly publishes regulations with the Defense Department, covering NSPS, will conduct a separate review, Bunn said.

The Pentagon's review, he said, probably will take "several months" to complete.

The scheduled transfer this spring and fall of about 3,000 additional De-

fense Department civilians into NSPS will be delayed pending the outcome of the review, Bunn said.

"We're going to delay any further conversions of organizations and employees into NSPS while leadership can conduct this review," Bunn said. Members of Congress, other federal agencies, personnel experts, labor organizations and other stakeholders, he said, will be included as part of the review process.

The more than 200,000 DoD civilians who have been transferred into NSPS since the system began three years ago, Bunn said, will continue to operate under current NSPS policies and procedures. Most defense civilians

who were slated for transfer into NSPS already have done so, he said.

NSPS was developed as part of former Defense Secretary Donald H. Rumsfeld's program to transform the way the Defense Department does business to better meet the challenges of the 21st century. NSPS's pay-for-performance system replaced 50-year-old civil service rules that rewarded employees for length of service, rather than performance.

"NSPS is a pretty significant change in how we hire, pay and compensate and reward our civilian employees who support the national security mission in the Department of Defense," Bunn said.

## Recycling Center offers options for residents moving in and out of Heidelberg

By Jason L. Austin  
HERALD POST STAFF

I save Heidelberg community members an estimated \$20,000-\$60,000 every three months, help newcomers set up their home, do my part to protect the environment, and was bought in Paris – what am I?

It's the Reuse Center located in the Recycling Center on Patrick Henry Village, of course.

The concept is simple really, people bring unwanted but usable items to the Reuse Center, and anyone who can use the items takes them home, saving money and keeping more and more out of the waste stream.

The role of the Reuse Center is set to grow as the military community approaches the summer PCS season.

Departing community members can bring just about anything to the center, according to Travis Vowinkel, solid waste manager for USAG Baden-Württemberg. The exceptions are few – no food items, car seats, helmets or hazardous waste.

The hazardous waste, to include detergents and household cleaners, can be taken next door to the hazardous waste collection point.

The center is run by a squad of volunteers who donate their time to the center. "It gives me something to do," said Gena Roberts, who said she puts in up to 15 hours each week – half of that time is on Saturdays, where she and her husband put in a full day's work.

Her reasoning: "I get to meet people, and help people and get to see the babies and play with the kids."

The 90-square-meter building, reused from a Paris trade show, according to Vowinkel, is a collection of mismatched shelves and racks full of donated items.

"It's perfect for people (who are moving) who don't have time to go to the Thrift Store," said Vowinkel, who listed the Thrift Store as another way to keep usable items out of the waste stream, and earn some money.

The center is also helpful for newcomers waiting for household goods to arrive who may want to just borrow



Jason L. Austin

Gena Roberts, right, a Reuse Center volunteer, sorts through clothes Monday while a family takes advantage of the center's donated items.

some items until their shipment arrives, he said.

In addition to household items, Vowinkel said the center does a brisk trade in clothes, especially children's clothes. During the PCS season, the 220-volt appliances families no longer need can be a huge benefit for incom-

ing families, he said. Transformers are also popular, but the staff limits their distribution to one per family.

The center is limited to U.S. ID card holders only because of German customs and tax laws, and the items picked up at the center are intended for personal use only, Vowinkel said.

## Crossing over



Dave Melancon

Webelos scouts from Heidelberg Pack 284's Scorpion Patrol post the national colors during their "crossover" ceremony March 7 at the Heidelberg Rod and Gun Club. The ceremony marked the boys' last day as Cub Scouts and their first as Boy Scouts when they were welcomed into their new troops that evening.

## Customers help FMWR evaluate programs, service

IMCOM-Europe Public Affairs

The Installation Management Command-Europe Family and Morale, Welfare and Recreation division is taking the next step as part of its ongoing push to provide quality service to every customer.

"When it comes to serving the Army community, customer service and quality products are always a priority for region and garrison-level FMWR offices," said Peter Shallish of IMCOM-Europe FMWR.

In fact, FMWR programs at every garrison in the region have been strengthening employee and manager skills by training them in an Army-wide customer service program called Operation Excellence. In 2008, 58 FMWR Europe employees were certified as Operation Excellence trainers, who then held customer service classes for their garrison colleagues.

The next stage in this effort to enhance customer service throughout the region involves an evaluation program dubbed Mystery Shopper.

Mystery shoppers, explained Shallish, are community members who evaluate and report on service they receive from garri-

son FMWR programs. The term "mystery" refers to the fact that no one knows that the shoppers are evaluating the service and program they visit.

Following the "shop," the evaluator completes an electronic report with a stateside contractor that compares the customer's evaluation to comparable commercial establishments and provides the results to IMCOM-Europe FMWR. Results are then provided to the garrison.

"The evaluation report provides employees and managers information on their programs and services," said Shallish, "allowing them to recognize where they are doing well or where to make improvements."

An important aspect of the Mystery Shopper program, Shallish stressed, is involvement of Army community members in the evaluation process.

Anyone interested in becoming a mystery shopper – which is a paid position – needs to register online at [www.bareinternational.com](http://www.bareinternational.com) or e-mail [garrisonservices@bareinternational.com](mailto:garrisonservices@bareinternational.com). You must be at least 19, have access to the Internet and e-mail, and have an identification card allowing use of Army garrison FMWR programs.





Fred W. Baker III

Staff Sgt. Joe Lebron clears the road as other Soldiers walk through the field in the Tangi Valley, Wardak province, Afghanistan, March 8. The Soldiers led the clearing efforts in the valley looking for bombs and other threats to coalition forces.

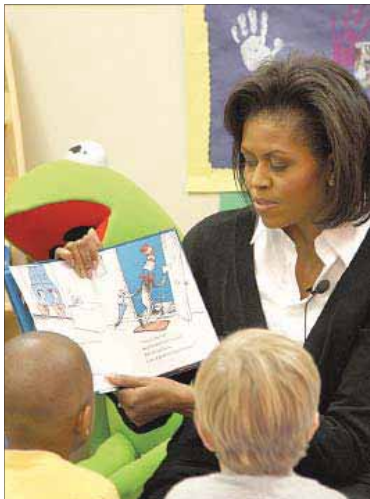
**OUR ARMY**  
around the world

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



Petty Officer 1st Class Chad J. McKeelley

A lone U.S. Army bugler plays Taps at the conclusion of the First Annual Remembrance Ceremony in Dedication to Fallen Military Medical Personnel at Arlington National Cemetery March 11.



U.S. Army

First Lady Michelle Obama reads "The Cat in the Hat" to children in Ms. Mattie's class at Prager Child Development Center March 12, during her visit to Fort Bragg, N.C. The first lady spoke with Soldiers and family members as part of her initiative to care for military families.



Staff Sgt. Adam Mancini

(Left) Spc. Jackie Greenlee, a medic with Company B, 1st Battalion, 4th Infantry Regiment, U.S. Army Europe, teaches a local boy how to give a high five March 11 near Forward Operating Base Lane, Zabul, Afghanistan. Greenlee is on a humanitarian aid mission near the base.

# Sexual assault prevention



Megan Roberts

The U.S. Army Garrison Kaiserslautern's Sexual Assault Prevention and Response Program sponsors the Clothesline Project from March 30 to April 30 at Army dining facilities on Landstuhl Regional Medical Center, Kleber Kaserne and Rhine Ordnance Barracks. The Clothesline Project is a vehicle for women affected by violence to express their emotions by decorating a T-shirt. These shirts will be hung on a clothesline to be viewed by others as testimony to the problem of violence against women.

## Garrisons offer training programs for Soldiers, civilians

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Leaders – military and civilian – will be stressing education, awareness and prevention of sexual assault during several events planned for the coming weeks.

April has been designated Sexual Assault Awareness Month since 2001.

"It's one month – 30 days – out of the year that's (nationally) dedicated to raising awareness of sexual assault and educating people on prevention strategies," said Megan Roberts, the U.S. Army Garrison Kaiserslautern's Sexual Assault Response coordinator.

The Army's newly launched I. A.M. (Intervene, Act and Motivate) Strong Campaign will play heavily in the Kaiserslautern garrison's SAAM events, Roberts said.

"With I. A.M. Strong, the focus has turned much more to the prevention of sexual assault and how important it is to combat it in our Army," Roberts said. "We will be implementing I. A.M. Strong into everything we do this month."

Roberts and Kaiserslautern Victim Advocate Coordinator Lisa Velez have teamed up to host events designed to reach as many people in the community as possible.

First is "Sex Signals," billed as an interactive Soldier training with a target audience of privates to specialists, ages 18 to 26. This training will take place in all three USAG Baden-Württemberg communities Monday and Tuesday.

"Sex Signals very much engages the audience who are the integral part of the learning process," Velez

said. "The audience chooses their own adventure."

Ultimately, this Soldier training creates critical dialogue among audiences that is necessary to dissolve enduring rape myths and encourage thoughtful, accountable and intimate behavior, Velez said.

Next is the Clothesline Project, a traveling ongoing exhibit that will be displayed for a two-week period throughout the month at dining facilities on Landstuhl Regional Medical Center, Kleber Kaserne and Rhine Ordnance Barracks.

Started in the KMC last year, the Clothesline Project is a vehicle for victims and others affected by violence can express their emotions by decorating a shirt. Last year's display had 23 shirts. Many of the shirts will again be on display this year along with any new ones that were made recently.

Victims can express their emotions either by writing or drawing. Markers and instructions are included with the shirts in the Clothesline Project packages, which can be picked up at several locations throughout the KMC.

"Last year, we actually had someone write the story (of the attack) on it, and that was quite powerful," Roberts said.

"One had a broken CD taped all over it, and another had camouflage that had been ripped and then taped on the shirt," she added.

Russell Strand, the U.S. Army Military Police School Family Advocacy Law Enforcement Training Program chief, will be presenting a briefing for first-responders who handle sexual assault cases in the community April 2 at the Wood-

**Sex Signals**  
**Heidelberg** – 9 a.m. March 23 at PHV theater. Seating is limited. DSN 370-6975.  
**Mannheim** – 2 p.m. March 23 at the Top Hat Club.  
**Kaiserslautern** – 9 a.m. March 24 at Galaxy Theater.

lawn Golf Course on Ramstein Air Base. This training also will be available in Heidelberg April 3 at the Roadside Theater on Patton Barracks with "Victimology" being offered 8:30-11:30 a.m. and "Sex Offenders" 1-4 p.m.

Also started last year in the KMC was the joint Air Force and Army sponsored SAAM five-kilometer awareness run and one-kilometer walk. This year's event will start 3 p.m. April 17 at the Ramstein Southside Gym. Last year, more than 1,000 community members participated in the event, Roberts said.

Rounding out the garrison's SAAM activities is the Shine the Light Walk that will start 7 p.m. April 30 at the youth center on Vogelweh Housing.

"You shine the light because a lot of sexual assaults and violence toward women are at night so in theory (by doing this walk) you make it safer and take back the power from the predators," Roberts said.

Other activities in Kaiserslautern include passing I. A.M. Strong information out at Army installation access gates on April 15. A self-defense class is scheduled for April 9 at the Kleber gym.

For more information, call Velez at DSN 493-4617 or e-mail lisa.velez2@eur.army.mil.

## Web site updates help veterans after deployment

Tricare Public Affairs

FALLS CHURCH, Va. – Since its launch Aug. 5, *Afterdeployment.org* has grown to provide more information and resources for service members returning from deployment – as well as for their families.

"It's a free resource that can be very helpful for veterans transitioning back from their deployment," said Army Maj. Gen. Elder Granger, deputy director for TRICARE Management Activity.

The site provides change strategies and educational materials that address combat stress and triggers, conflict at work, reconnecting with family and friends, depression, anger, sleep problems, substance abuse, stress management, kids and deployment, spiritual guidance, living with physical injuries and health and wellness.

The updated Web site at *www.afterdeployment.org* features workshops in the "Improving Relationships" program. These workshops provide service members with valuable tools for overcoming the tendency to isolate from friends and family, building relationship skills and reconnecting with partners following a deployment.

*Afterdeployment.org* also added self-help workshops and activities in the "Helping Kids Deal with Deployment," "Seeking Spiritual Fitness," and "Controlling Drugs and Alcohol" sections of the Web site.

"The diversity of registered users on *Afterdeployment.org* is a testimony to how wonderful the site is. Users report very positive feelings about the usefulness and quality of information available on *Afterdeployment.org*," Granger said.

"We've received great feedback, and we expect the Web site to offer even more assistance to families and veterans," Granger added. "Statistics indicate that there is a balance of families, providers, veterans, and active duty service members registered on the site."

The "Explore the Site" box on the top right of the page is a gateway to the site's many materials. Anonymous registration is required only for the workshops.

For transition behavioral health help, go to *www.afterdeployment.org*. For info on how TRICARE can help behavioral health, go to *www.tricare.mil*.

TRICARE Management Activity and the Military Health System TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.4 million eligible beneficiaries worldwide in the Military Health System.

The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations.

The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to *www.health.mil*.



## Ban on light bulbs to reduce emissions



Illustration by  
Sgt. Brandon Spragins

**Traditional light bulbs are going to disappear in Europe. EU member states are planning to progressively phase out the energy-wasting incandescent bulbs starting this year and finishing at the end of 2012.**

### What does that mean?

The new rules place progressive bans on bulbs based on the number of watts of electricity they use and their energy efficiency class. The phasing out begins with the high-energy 100 watts bulbs that will be ruled out starting Sept. 1. The phase-out plan will continue until 2012 when all traditional bulbs shall have disappeared from the market.

Alternatives are compact fluorescent bulbs (CFLs, also known as energy saving bulbs), halogen bulbs and LED-based lights. The regulation progressively removes incandescent bulbs from the market in a way that allows manufacturers to adapt their production. Products already on the market may continue to be sold, but in the future, consumers can only get energy saving bulbs.

### Why?

A conventional incandescent bulb uses five times more energy than an energy-saving compact fluorescent light bulb, because 95 percent of the energy it consumes is transformed into heat rather than light. It may have the side benefit of making a room warmer, but it's an expensive and inefficient way of producing heat.

In addition, the most common energy-saving light bulbs last 10 times longer than incandescent light bulbs.

Switching from filament bulbs to CFLs is a relatively painless move that will save money in the long run. Depending on the number of lamps installed, an average household switching from incandescent bulbs to compact fluorescent lamps could make net savings (taking into account higher purchasing price of the lamps) between \$ 100 and \$ 200 a year on their electricity bill.

After the phase-out is complete, the European Union will save close to 40 terrawatt hours of electricity per year. This is equivalent to the electricity usage of the entire country of Romania, or of 11 million European households. That also demonstrates that small changes, when multiplied by millions of people making them, can have a substantial impact.

### Is the EU the only region that bans traditional bulbs?

No. In 2007, Australia became the first country to enact an outright ban on incandescents, which will take effect in 2010. They were followed by Cuba, who apparently sent youth brigades into people's homes to swap out the bulbs for more energy-efficient ones. California is planning a phase-out by 2018. And New Zealand wants to do the same, ending the use of traditional light bulbs starting in October.

In the United States, the Energy Independence and Security Act, passed in June 2007 requires roughly 25 percent greater efficiency for light bulbs, phased in from 2012 through 2014. This effectively bans incandescent bulbs.

SOURCE: USAG Baden-Württemberg DPW Environmental Division

## Health center hosts healthy recipe challenge

By Jennifer Walsh

HEIDELBERG MEDDAC PUBLIC AFFAIRS

And the winner is ... fresh broccoli salad.

The Heidelberg Health Center Nutrition Care Branch hosted a healthy recipe contest – complete with taste-testing judges – March 12 at Nachrichten Kaserne.

“We decided to put a healthy recipe challenge together because the slogan for National Nutrition Month is ‘Eat Right,’” said Capt. Karen A. Rowey, chief of Nutrition Care Branch.

During the event, eight staff members sampled six healthy side dishes ranging from soup to salad to vegetables. After all of the dishes had been sampled and scored, population health nurse Michelle K. Coe was announced as the winner for her fresh broccoli salad recipe.

“It was very tasty, and it had ingredients that I like,” said Rita M. Snowden, who was on the judging panel. “I really loved it, and I think I will try it at home.”

The competition required participants to meet stringent recipe rules including a short preparation time, ingredients that are available at the commissary and a list of health benefits the dish would provide.

“The recipes had to have a health benefit to them, like an ingredient that is a functional food, such as preventing cancer or is high in fiber,” Rowey said.

Coe chose to submit her salad recipe for several reasons including the user-friendliness of the recipe.

“It’s very healthy, it’s easy to make and you can mix the ingredients,”



Jen Walsh

Darla Huck, who won second place for her “Not your mamma’s chicken soup” recipe, prepares her dish for the Heidelberg Health Center’s healthy recipe challenge March 12 at Nachrichten Kaserne.

Coe said. “For example, instead of raisins, you can use cranberries. You can use whatever you have.”

The winning dish will be featured during a National Nutrition Month specialty lunch at the health center’s dining facility during the last week of March. All of the other submitted recipes may also make appearances on the dining facility’s menu in the future, according to Rowey.

Other winners included second-place winner Darla Huck’s “Not-your-mamma’s chicken soup” and third-place winner Traudel Brummer’s “Noodle-spinach.”

Those interested in learning more about ways to improve their diet, can set up an appointment with one of the health center’s registered dietitians by calling the central appointments line at DSN 371-2622, civ. 06221-17-2622.

### Fresh Broccoli Salad

#### Ingredients:

- 3 heads fresh broccoli
- 1 red onion
- 1/3 pound turkey bacon, red fat
- 1 cup raisins
- 1 cup sliced almonds
- 1 1/4 cup light mayonnaise
- 2/3 cup white sugar
- 3 tablespoons white wine vinegar

#### Preparation:

Place bacon in the oven on parchment paper or in skillet until brown. Cool and crumble.  
Cut the broccoli into bite-size pieces and cut the onion into thin, bite-size slices.  
Combine with the bacon, raisins, almonds and mix well.  
To prepare the dressing, mix the mayo, sugar and vinegar together until smooth.  
Stir the dressing into the salad, let chill and serve.

## Save money with free, reduced lunch programs

**USAG Baden-Württemberg SLO and U.S. Air Force 435th MSG**

How about an extra \$371.05 a year? That is how much a family with one student on the U.S. Department of Agriculture free lunch program can save per school year.

The USDA School Lunch Program is offered at all Department of Defense Dependents Schools in Europe.

This program is designed to meet federal requirements for nutritionally balanced meals and offer free or reduced-priced meals for eligible children. The program is available to all children attending DoDDS schools in Europe.

All interested families need to apply for free and reduced lunches every year. Eligibility for receiving free or reduced-priced lunches is based on total family income and household size. The Department of

### Contact Information

**Ramstein and Landstuhl Schools:** 435th Mission Support Group SLO for Ramstein and Landstuhl schools in Room 207 in Bldg. 2106 on Ramstein Air Base DSN 480-9374, civ. 06371-47-93-74

**Kaiserslautern and Sembach Schools:** 431st Air Base Group SLO in Room 306 in Bldg. 2787 on Kapaun Air Station, DSN 489-6771, civ. 0631-536-6771. The Free/Reduced Lunch Application Form can be obtained at any of the KMC schools, schools liaison office or online at [www.kaiserslautern.army.mil/sites/newcomers/SLO\\_lunch.asp](http://www.kaiserslautern.army.mil/sites/newcomers/SLO_lunch.asp).

**Mannheim Schools:** Child, Youth and School Services Central Enrollment Office in Bldg. 255 on Sullivan Barracks, DSN 380-9135, civ. 0621-730-9135

**Heidelberg Schools:** Child, Youth and School Services Central Enrollment Office in Bldg. 4442 on Patrick Henry Village, DSN 388-9370, civ. 06221-338-9370

Defense has been approved to apply the Alaska guidelines so more families may qualify for the program than in the past.

With the Army and Air Force Exchange Service computerized tracking system, there is no distinction made between students – all receive the same meals.

For example, an E-7 with 15 years of service and a total family size of four – sponsor, spouse and

two children – would qualify for the reduced lunch program providing there is no additional income in the household.

The current price of reduced lunch is 40 cents versus the full price of \$2.05, for a possible savings of \$298.65 per child during the school year.

Eligibility guidelines can be found at [www.fns.usda.gov/cnd/governance/notices/iegs/IEGs08-09.pdf](http://www.fns.usda.gov/cnd/governance/notices/iegs/IEGs08-09.pdf).

## 21st TSC holds 'Year of the NCO' retreat

By Sgt. Fay Conroy  
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command held a Year of the Noncommissioned Officer retreat and retirement ceremony March 12 at Panzer Kaserne.

Officiated by Maj. Gen. Yves Fontaine, the commanding general of the 21st TSC, the ceremony was held to celebrate the Year of the NCO and to honor three retiring Soldiers.

"This retreat is an opportunity to not only recognize Soldiers and their families who after faithfully serving our nation are retiring, but also a chance to pay tribute to our nation and those who serve on this day," said Fontaine.

The guest speaker for the ceremony was the command sergeant major of the 1st Armored Division, Command Sgt. Maj. Roger Blackwood.

"The retreat ceremony historically marks the end of the working day for Soldiers, but most importantly it is to honor our nation's colors and ideals that the colors represent for our country – the principals of freedom and liberty that those who serve in and with our Armed Forces of the United States of America have courageously stepped forward to defend everyday with the dedication, commitment and capability that is valued by our nation and respected by many around the world," Blackwood said.

The Soldiers retiring were Lt. Col. Joseph Bray, the assistant chief of staff for personnel and administration for the 21st TSC, who served in the Army for



Retired Lt. Col. Thomas Blair accepts the Meritorious Service Medal from Maj. Gen. Yves Fontaine, the commanding general of the 21st Theater Sustainment Command, at a retreat ceremony held at Panzer Kaserne March 12. Blair retired Feb. 20 after 21 years in the Army.

more than 20 years; Sgt. 1st Class Jeffery Troxel, HHC, 21st TSC motor sergeant, who served in the Army for 22 years; and Lt. Col. Thomas Blair, the rear detachment commander for the 18th Military Police Brigade, who served in the Army for 21 years. Blair retired Feb. 20 and now works as a Department of the Army civilian at U.S. Army Europe headquarters in Heidelberg.

"I think it was a first class event. It always is, and I really appreciate it. I always come here as an audience member but really standing out here brings new light to it," Blair said.

"It was very nice and exciting. It brought closure to everything," Bray said.



Sgt. 1st Class Jeffery Troxel, holds a folded American flag to his chest during the ceremony. He was also awarded a Meritorious Service Medal in recognition of his 22 years.

## Saddleback Church pastor to speak at prayer breakfast

IMCOM-Europe



HOLLADAY

Tom Holladay, associate pastor for Saddleback Church, will speak at U.S. Army Garrison Heidelberg's prayer breakfast, which will be held 7-9 a.m. April 17 at the Patrick Henry Village Pavilion.

Holladay, who also serves as a teaching pastor for Saddleback, has a "passion in ministry to help people discover a love for the Bible and an understanding of God's truth that changes the way they live," said Chaplain (Lt. Col.) David Druckenmiller, operations staff chaplain for Installation Management Command-Europe.

Besides his ministry duties at Saddleback – which is the eighth largest stateside church with an average weekly attendance of 20,000 – Holladay also assists Rick Warren, the church's pastor, while teaching at Purpose Driven Church conferences around the world. Plus he has written several books, including "The Relationship Principles of Jesus" and (with Kay Warren) "Foundations: 11 Core Truths to Build Your Life On."

Performing at the breakfast will be the Mark Twain Village Protestant Choir and the U.S. Army Europe Band brass ensemble.

The annual event, said Druckenmiller, allows members of the U.S. Army Garrison Heidelberg area "to celebrate as a community of faith, acknowledging individual and corporate spiritual needs."

Tickets, which are free, are available at the USAG Heidelberg MTV and PHV chapels, unit chaplains, or through organization command sergeants major or first sergeants who are coordinating unit distribution.

Donations will be received at the door, with all contributions being used to minister Soldiers, Druckenmiller said.

**USAG Heidelberg  
Prayer Breakfast**

Time: 7-9 a.m. April 17  
Location: Patrick Henry Village Pavilion

## Heidelberg parents treated to some time off

By Jason L. Austin  
HERALD POST STAFF

Reservations are required, but coat and tie are optional.

Parents in the Heidelberg community receive special treatment from the Child, Youth and School Services staff, who offer a Parents' Night Out and a Parents' Day Out on the first and third weekend of each month.

The program was originally designed to help parents with a deployed spouse have some time for themselves, and it still serves that need as well as many others.

"When Soldiers return – to give the couple time to reunite and get to know each other again," said Stephanie Morales, Outreach Services director for Child, Youth and School Services.

Many people who are not deployed also use the service Morales said, for a date night or to take day trips that may not be appropriate for children, or just to run errands they have put off until the weekend.

The Parents' Night Out is 7 p.m.-midnight on Fridays and includes a heavy snack.

The end of the evening, once the children have settled

**U.S. Army  
Child, Youth & School  
Services**

**CYSS Central Registration**  
Building 4443, Patrick Henry Village  
DSN 388-9240/9241; civilian 06221-3389240/9241  
Monday-Friday, 8 a.m. to 5 p.m.  
Next Parent's Night/Day Out: Friday night, Saturday

down, becomes a movie night for the children.

Before the movie the children are exposed to the same developmental programs as offered in the Child Development Center, Morales said.

Parents' Day Out is 10 a.m.-4 p.m. Saturdays, and the children are provided lunch.

The CYSS staff are, "selfless people who have already worked a full shift, who stay on to support the program."

For those families with deployed spouses, the Army Family Covenant pays for 16 free hours of child care each month, and those hours can be used for Parents' Night and Day Out.

For the rest of the community, or for those who have already used their covenant-supported hours, each session cost \$20 per child – infant to grade five.

Parents must reserve a space in advance, as there are only 30 spaces offered for each session.

Morales did say that families with a deployed member have priority and would not be turned away.

"We have enough staff, and bring in more if we need to support our deployed community members."

## 'Make a scene' for a shot at \$1,000 AAFES shopping spree

DALLAS – Aspiring filmmakers from the military community still have time to get their "lights, cameras and action" in order for a chance to play a part in the most anticipated sequel of the year – the Army and Air Force Exchange Service's "It's My Benefit 2" video contest.

Dubbed "Rediscover the Value of AAFES," this year's video competition focuses on 30-second to one-minute commercials that demonstrate what the AAFES benefit means to the filmmaker. Video submissions, vying for one of three shopping sprees valued at \$1,000, \$500 and \$250, can be uploaded through the Patriot Family Link at [www.aafes.com](http://www.aafes.com) anytime between Friday and June 20.

"Beyond the prizes, AAFES is also offering budding directors, producers and actors major exposure as winning entries will eventually make their way to an international audience via the BX/PX's proprietary in-house network, EXTV," said AAFES' Chief Marketing Officer Mat Dromey.

"Today, EXTV programming is seen in more than 150 PowerZones around the world, including locations throughout Iraq and Afghanistan."

Complete rules concerning the "It's My Benefit 2" contest, including some subject matter ideas, are available online at the AAFES Community Connection, [www.aafes.com/Patriot\\_Family/video-contest2.asp](http://www.aafes.com/Patriot_Family/video-contest2.asp).

The first round of judging will be conducted around June 30 when 10 semi-finalists will be identified based on creativity, accuracy of information and promotion of the value AAFES offers.

Final judging and winners of the AAFES video contest are expected to be announced around July 20.

## Family reunites in Iraq after three-year separation

By Danitza James  
FAMILY READINESS SUPPORT ASSISTANT

First Sgt. Jade M.W. James is serving in Iraq, which he expected. What he didn't expect, though, was for his son to show up there, too.

On a Tuesday afternoon, James, of the 69th Transportation Company, 28th Transportation Battalion based in Mannheim, received an e-mail from his son saying "Dad, I'm getting deployed to Iraq."

After that, all he could think of was seeing him for the first time in three years. While James was on his second deployment to Operation Iraqi Freedom, his son, Airman 1st Class Maurice H. James, graduated from Shoemaker High School, at Fort Hood, Texas. Then he embarked on his journey to follow his father's footsteps and joined the U.S. Air Force at the age of 18.

"Couldn't believe it," Jade James said on a recent visit with Maurice in Iraq. "I wanted him to go to college, but he has to make his own decisions in life, and you have to learn to live with them. But I'm very proud of his commitment in life, and that he is sticking to it."

Jade James, with more than 23 years of military service and three deployments under his belt, never expected to see his son wearing the combat uniform and fighting by his side.

"(It) is an honor to see my son grow up to be the kind of man he is," Jade James said. "Although we're in different branches of the military,



Airman 1st Class Maurice James stands with his father, 1st Sgt. Jade James, of the 69th Transportation Company, 28th Transportation Battalion based in Mannheim, during a recent reunion of the two, who had not seen each other in three years, in Iraq.

we both strive for the same purpose – freedom."

Jade James arrived in Iraq in May 2008. He is stationed in Anbar Province, West of Baghdad with a transportation unit, providing logistical support to Multi National Forces-Iraq. He is due to return to Germany with his unit late this summer.

Maurice James was sent to Iraq in

November for a four-month deployment that will end this summer. As part of the 30,000-troop surge, he is stationed at Joint Base Balad north-east of Baghdad with the Combat Joint Special Operations Command.

Father and son hope to visit each other after their return from Iraq, and perhaps share some stories from their deployments.

## Band festival offers 100 students chance to perform together

### Heidelberg Middle School

Heidelberg Middle School student Dhillon Tisdale had never heard of Thelonius Monk and his piece "Round Midnight" until he was introduced to him by Wiesbaden Middle School's band director, Jena Hancock.

Now, thanks to the Heidelberg District Honor Band Festival, he's a little more in tune with some jazzier, contemporary pieces of music.

This year's band festival was hosted by the Department of Defense Education Activity

Heidelberg District and held in the Patrick Henry Village Pavilion March 5-6.

More than 100 students from five different schools attended. The students, who were selected by their band directors, had been preparing for months, meeting after school on a weekly basis. They practiced musical pieces that had been chosen by the band directors from the participating schools.

On the first day of the festival, the musicians met at a large group for the first time. Their day was busy with sec-

ditional and group rehearsals as well as the opportunity to attend mini workshops offered by the U.S. Army Europe Band. There was even a professional on hand to repair instruments in need of a little care so they could sound their very best.

On the second day, after a morning of hard work, the band held its first concert for students of Heidelberg Middle School. After opening with the "Star Spangled Banner," the young musicians moved on to the brisk, marching notes of "Washington Post" conducted

by Lynn Bales from Mannheim Middle School.

The program was a varied mix of contemporary and classical pieces with some popular opera themes included as well. The concert ended with the rhythmic piece, "Drums Ole," conducted by Heidelberg Middle School's Carol Robinson, the festival coordinator.

The benefits for these young musicians were numerous. They were able to receive playing tips from professionals and their peers. They were exposed to different con-

ducting styles from various band directors, including the energized, dramatic style of Melissa Gitlin from Robinson Barracks Middle School. They gained performance experience by playing for fellow students, and later, in an evening concert, for parents from all the communities.

As Rebecca Brashier, the band director from Boeblingen Middle School, commented before she conducted one of the pieces, there was reason indeed for all these students to join together in "Music for A Celebration."



## Europe-based military teens try hands at policy making at Quality of Life Conference

By John J. Kruzal  
AMERICAN FORCES PRESS SERVICE

WASHINGTON – Like adolescents around the world, U.S. military dependents in Europe crave more independence.

They want to explore and study in the countries surrounding their base, learn to drive cars and have more flexible accommodations between the United States and their family's quarters.

This is the message a group of 10 teens stationed overseas delivered in Garmisch March 12, at a forum known as the U.S. European Command Quality of Life Conference. The conference convenes spouses, teens, military members and civilians deployed on the continent, allowing them to shed light on common issues in hopes of steering budgets and policy.

And for the first time, teenagers were given their own soapbox as one of five participating focus groups. These adolescents brainstormed the key issues facing military dependents and whittled it down to a list of their top concerns.

"What we're seeing is that these teens are highly educated, great communicators, strategic thinkers, and they're more technologically advanced than I ever was," Wayne Boswell, the chief of EUCOM's Quality of Life branch, said in a phone interview from the conference.

Molly Kisner, who resides with her family at Patch Barracks in Stuttgart is a teen

**"These good and bad experiences have been heard and considered for the future we hold within ourselves. These experiences may not be taken into action overnight, but someday we will see it happen."**

Molly Kisner, teen delegate

delegate who's been keeping the group's minutes in teenage technophile fashion – on a blog.

"So far we have succeeded in narrowing down our issues into our Top 10," reads an entry she posted onto the EUCOM-sponsored Web site March 10. "These were submitted to 'the guys upstairs' for approval."

One of the group's proposals is a rather novel idea – an exchange program that would swap students in good academic standing from one Department of Defense Dependents School in Europe to another.

"As for the foreign exchange, basically we are asking that DoDDS implement an exchange program between schools allowing students to completely experience other cultures in their theater," Kisner blogged yesterday. "Said student needs a minimum of a 3.0 (grade point average)."

Even though the teenagers missed a week of school to attend the conference, they received a crash course in civics while catching a glimpse of how policy evolves.

The "guys upstairs" – the panel tasked with reviewing

initial proposals – recommended the teens shift their focus from DoDDS to more appropriate organizations within the Defense Department – namely, the military's Morale, Welfare and Recreation department and the Child, Youth and School Services division.

Displaying the intuition of seasoned and sure-footed government policy makers, the teens established a blue ribbon committee to refocus their proposal, regrouped, then issued a progress update.

In the case of these precocious teenagers, their desire to be in the driver's seat is both figurative and literal. One of the big complaints among dependents in EUCOM is that a lack of driver's education on military installations is an unfair handicap that their peers across the Atlantic don't have to endure.

Boswell said Installation Management Command-Europe already has hooked up live driving simulators that let teens take the safety training portion free of charge. While completion of the regimen doesn't license them to drive, it does check one of two necessary boxes.

But as eager as some teens might be to hit the open road, the top issue the focus group identified suggests they're not ready to leave the nest for good.

"Our No. 1 topic submitted was getting plane tickets for college students who live in the U.S. to visit their family (in Europe) twice a year instead of the current once a year," Kisner wrote.

The remarkable debut by the teen group has helped officials see an entirely different perspective of life on base, Boswell said.

"When we ask them a question, they help us look at issues very differently than we would have looked at them ourselves," he said.

Karina Viesca, a teen delegate who lives at Ghedi Airbase, Italy, lauded the opportunity to share her experience as a military dependent.

"These good and bad experiences have been heard and considered for the future we hold within ourselves," she wrote on the blog March 12. "These experiences may not be taken into action overnight, but someday we will see it happen."

Boswell suggested that some of the teens have taken such a vested interest in the dialogue because it could have a bearing on the quality of their adult lives.

"In large part, in the military we're basically growing our own," he said. "So as we talk to them and get their perspective, they're really helping us shape their environment for when they enter the military."

## Senior leaders discuss combating sexual assault

USAREUR Public Affairs

U.S. Army Europe's commanding general challenged USAREUR senior leaders to take the point in a collective effort to combat sexual assault during a daylong conference in Heidelberg March 9.

Calling sexual assault a crime, Gen. Carter Ham said it is time for leaders to confront a challenging and uncomfortable issue that has been with the Army a long time and undermines unit readiness and cohesion.

"It is time for us to do something about it ... It is not going to be easy. It is going to be challenging. It is going to be frustrating. There will be advances and there will be setbacks," the general said.

"This is an uncomfortable subject. As a father, as a husband, as a friend, this is not a subject I like to talk about. It makes me uneasy," he said. "I hope it makes you uneasy as well, which is why we need to talk about it."

Five keynote speakers took part in the conference at the Patrick Henry Village Pavilion. The speakers included David Lisak, forensic consultant and associate professor of psychology at the University of Massachusetts, Boston; attorney Anne Munch, faculty member for the American Prosecutors Research Institute, the National Judicial Education Program and the National College of District Attorneys; Michelle M. Garcia, director of the Stalking Resource Center at the National Center for Victims of Crimes; and Russell Strand, chief of the Family Advocacy Law Enforcement Training Branch.

The speakers discussed myths surrounding sexual assault, profiled the typical rapist, outlined the roles of military and community leaders and presented details of the Army's I. A.M. Strong Campaign and Sexual Assault Awareness Month programs planned for April.

The sessions included frank and uncensored discussions between the presenters and participants. Presentations echoed the general's call to action while educating senior officer, enlisted and family leaders about the mechanics and myths of sexual assault.

## 7th Theater Tactical Signal inducts, trains NCOs

By Staff Sgt. Jonathon Gray  
5TH SIGNAL COMMAND PUBLIC AFFAIRS

The 5th Signal Command's 7th Theater Tactical Signal Brigade inducted 47 noncommissioned officers into the NCO Corps during an NCO induction ceremony held at the Schuh Theater on Sullivan Barracks March 12.

The induction signified the transition of a Soldier into the leadership role of a sergeant and the start of a new chapter for their Army career. The year 2009 has also been designated the "Year of the NCO" by the Secretary of the Army that

serves to highlight the role and importance of NCOs throughout the Army.

"Today we are here to induct these young NCOs," said Command Sgt. Maj. Terence Farmer, 7th TTSB, during the ceremony. "They are our future, and without them, the U.S. Army would not be successful."

The previous day the newly inducted NCOs and their sponsors received mentorship training during an NCO forum at the Top Hat Club in the barracks.

Command Sgt. Maj. Mathew Acome, 72nd Expeditionary Signal Battalion, was one of the speakers at the forum

who covered a variety of topics, including fairness and education.

"I am proud of my advanced education ... Take the time so that you can be proud of yours, too," Acome said.

"We are realizing the value of a formal mentorship program from the brigade down to the platoon level. This strengthens the NCO Corps and the unit," Farmer said.

The 7th also recently held its first-ever female forum that was led by female NCOs and provided an outlet for all of 7th's females a chance to gather and talk openly about their common issues.

**STIGMA**

continued from page 1

minimizing it. No, we have to eliminate," Sutton said while visiting the Schweinfurt Health Clinic.

And one key to de-stigmatizing the mental and psychological challenges facing Soldiers upon re-deployment is education, according to 1st Sgt. Creed McCaslin of the Warrior Transition Battalion at Fort Lewis, Wash.

McCaslin joined Sutton on the Schweinfurt visit with Brig. Gen. (Dr.) Rhonda Cornum, director of the Army's comprehensive soldier fitness program, and Brig. Gen. Keith Gallagher, commander of Europe Regional Medical Command based in Heidelberg.

"We have to educate society. You have to understand, when a Soldier comes back, he's going to be different," said McCaslin, a Purple Heart recipient who has had logged four deployments in his Army career.

"It's just not like turning off the light switch" for Soldiers, and sometimes they have drastically different reactions to their environment, McCaslin said.

Cornum quickly added something else about

the returning Soldier, as a matter of educating the unfamiliar.

"The majority of them will come back more appreciative of their family, more responsible. They will come back better able to determine what is important," she said.

Most redeploying troops return as better citizens after what can be a defining or changing moment in their lives, she said, especially reservists.

"They're going to come back, and they're going to reintegrate into their communities," Cornum said, adding that "they may have some of that hyper-alertness, they won't be the same ... the ways they will come back better will not be obvious (initially)."

"I know for me, I appreciate life a lot more," McCaslin said. "Family's become a lot more important; society's become more important; my ethos in general, my values on life have changed and become a lot stronger."

Americans need to be engaged in a dialogue with the military to learn about mental health, mild traumatic brain injuries, and psychological impacts of combat, Sutton stressed.

"We want to educate the country and ignite the level of dialogue and hope," she said.

**STORY**

continued from page 1

packets of candy with handkerchief parachutes for the children as part of his daily flights during the post-World War II humanitarian Berlin Airlift. The story focuses on a relationship that developed with one young recipient, 7-year-old Mercedes Simon, now Mercedes Wild.

After the book reading, Smith introduced Wild, who talked to the children about her real-life relationship and friendship she developed with the pilot (Halvorsen) in the story.

"The friendship in this story means that former enemies can come together as one family," Wild said.

Capt. Crystan Allan, commander, Headquarters and Headquarters Company, 5th Signal Command, read a parallel story to the students and parents, discussing the continued traditions of today's military members in Iraq and Afghanistan.

"What happens is that people like you send school supplies and clothing to the children in Iraq and Afghanistan through Operation I CAN," Allan said.

Operation I CAN is short for "Iraqi Children Assistance Network."

I CAN connects thousands of Iraqi children to people throughout the world who donate school supplies. Thanks to deployed Soldiers, these supplies reach schools in villages and cities throughout Iraq.

As part of the Tell Me A Story event, the students and parents



Spc. Ida Tate

Brig. Gen. Jeffrey G. Smith, Jr., commander, 5th Signal Command, reads a copy of the nonfiction children's book "Mercedes and the Chocolate Pilot" by Margot Theis Raven during the Tell Me A Story event held at the Mannheim Elementary School gym March 8. The story was featured at Mannheim's first TMAS, which is an initiative that was created to empower military children by using literature and their own stories.

**"The friendship in this story means that former enemies can come together as one family."**

—Mercedes Wild

formed into smaller groups to discuss the book and make their own modern versions of the chocolate bar parachutes that were dropped during the 1948-1949 Berlin Airlift for the children of Berlin.

Each of the gathered families

were also given a copy of the book which was signed at the event by Smith and Wild.

Items, such as clothing and school supplies, for Operation I CAN should be sent to Capt. Erin McGrew at: VCR, ISAF HQ US NSE, APO AE 09356.

**BACKBONE**

continued from page 1

Hale picked Vinson, who is the garrison Chaplain's Office religious support operations NCOIC, to assist with the trainings as the garrison's command sergeant major was in the states for a conference.

"Without question, he stepped up for the task and did extremely well," she said.

**VINSON**

Kaiserslautern chain-teaching programs were a part of the Installation Management Command's directed suicide prevention stand down, which had to be completed by March 15. This new program began just a month before the deadline with the goal of increasing community awareness of suicide risk factors and warning signs and intervention guidelines.

Military officials reported that suicidal behavior among U.S. service members was at an all-time high in 2008, with 143 Soldiers taking their own lives.

Presentations revolved around the "Beyond the Front" interactive video with facilitators and narrators engaging the audience on the decision-making process in saving a Soldier's life. For all the trainings held here, Vinson ran the program making sure to stick with the facilitator's flow and the audiences' responses, for the three garrison-sponsored presentations, he also served as the narrator. "Such interaction made the training personal and interesting, and the video we watched along with the narration done by (Staff) Sgt. Vinson was excellent," said Lisa Hartmann, the garrison's Family and Morale, Welfare and Recreation marketing program manager, who attended the garrison-sponsored training held March 11 at the Galaxy Theatre on Vogelweh. "He has this wonderful voice that is full of empathy, and he was able to get the points across to every single person sitting in the theater."

Making sure that everyone gets the point was always on Vinson's mind as he was relating the information from the screen to the audience.

"With my deep and loud voice, it makes Soldiers pay attention so they are actually hearing the material – this is extremely important, especially when talking about the triggers that are common with Soldiers," said Vinson, who has been with the Chaplain Corps for his entire 15-year Army career and is a certified suicide prevention instructor.

Sgt. 1st Class Carolyn Johnson, the garrison's Directorate of Plans, Training, Mobility and Security operations NCO, told Vinson several times how much she enjoyed the training and his voice.

"I really enjoyed this type of training because there was more interaction than most I've attended," said Johnson, who has been in the Army for 20 years. "(Vinson) has an excellent voice – he should be on the radio."

Excellent as Vinson's voice was during the trainings, he also provided another crucial role as the logistician for all the trainings held here that were conducted on five Army kasernes, from Landstuhl Regional Medical Center to Kleber Kaserne, which is almost 20 miles. This required setting up all equipment including the all important – sound system. Again, all eight trainings were held in a two-week period.

"Yes, you could say that (Staff) Sgt. Vinson was the backbone of these trainings," said Meghan Roberts, who is the garrison's Sexual Assault Response coordinator, and who attended all the trainings as a subject matter expert.

Another subject matter expert attending all of the trainings was Lauren Mullins, the U.S. Army Center for Health Promotion and Preventive Medicine-Europe health promotion coordinator, who operates the program in the KMC.

"He kept the trainings moving forward and running smoothly," she said.

# Along the Weinstrasse...

## Forst holds performance to 'burn winter' and welcome spring

by Petra Lessoing  
435TH AIR BASE WING PUBLIC AFFAIRS

Sunday, several towns and villages in the Pfalz region will hold celebrations to say good-bye to winter and welcome spring. This is done in different ways. One tradition is to "burn winter," and another one is to have summer day parades and perform summer day plays.

The most popular and biggest summer day parade and play always takes place the third Sunday before Easter in Forst along the German Wine Street. Forst residents perform a play called "Hanselfingerhut Fest." The first performance is at 2 p.m. Sunday near the northern exit of the village and the last performance is at 3:30 p.m. in front of Felix-Christoph-Traberger-Halle.

Historical documentation of the play dates back to 1721. The dramatic play immigrates from Southern Germany and Switzerland. It has a deep meaning, but it is spiced with humor and originality. The story is based on the old Teutonic idea of a fight between summer and winter.

The play consists of four scenes and six characters with the village streets as stage. The first scene shows the fight between winter and summer. Both performers are placed in little cone-shaped houses made of laths and sticks.

The winter house is covered with straw and has a straw cross on top; the summer house is covered with ivy and decorated with a blue and white flag on its top. Both houses have a little hole to look through. The two competitors are armed with sabers made of wood and walk down the street with the house over their head. They talk about their good qualities before they finally start fighting. Summer wins.

In the second scene, an officer cadet (ensign), who looks like a mercenary in former times, judicially resolves the fight between winter and summer.

In the third scene, the main character of the play, "Hanselfingerhut," appears. His dress is shabby and his face is smeared with oil and soot. He represents a tramp who lost all his belongings, but still is in the mood for playing tricks on others and teasing young and good-looking girls. While singing he swings between the summer and the winter house, which are about five meters away from each other. He finally is looking for a girl from the audience to press a black brand (kiss) into her face.

The fourth and final scene demonstrates how Hanselfingerhut is exhausted and how the barber tries to cure him with a bloodletting on his toe. But he faints, and the officer cadet tickles him with his sword. Hanselfingerhut wakes up again and eats fresh pretzels to recover. All performers keep walking through the streets and re-perform the play twice before the burning of winter on the Festplatz.

The fest actually starts in the morning after worship service. Children receive special brötchen. This tradition dates back to 1600 when the emperor's court reader, Felix Christoph Traberger, made a donation. In a certificate from Sept. 8, 1600, Traberger mentions the good neighborly intents of the mayor and the whole community, which made him donate 40 guilders (former currency) with a two-guilder interest.

The court reader decided that each year on mid-Lent Sunday, brötchen for two guilders must be bought and given to local children. To thank the donor, a prayer must be said for him.

Forst is a little village with about 700 residents located between Bad Dürkheim and Deidesheim. It has many vineyards and is well known for its wine. The village is dominated by typical framework houses and sandstone buildings covered with ivy and vines. The main street, paved with stones, is part of the German Wine Street.



Travis Nobles



## 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.



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

**Dear Ms. Vicki,**

*I am an active-duty Soldier with two tours under my belt. I feel like I have to continue to be strong and not let my guard down. I am falling apart mentally and don't really know how much longer I can keep up the "I'm OK deal."*

*I am one snap away from losing it. I can't fall apart because too many people are counting on me, and I trust that God will bring me out of this. However, my job and people are driving me crazy in the meantime.*

*If I say something, I am afraid I will lose my clearance and job because they may not trust my judgment anymore. The only wounds that are being recognized are the visible ones.*

*What can I do without being seen as weak?*

**From: Active Duty**

**Dear Active Duty,**

I'm glad you wrote to me! Yours is an important situation, as many are dealing with combat-related stress reactions. You are not weak, you are human. My goodness, you've had two combat tours.

Research shows subsequent deployments increase the opportunity for combat stress, and rightfully so.

In the mean time, I'm concerned about you emotionally, mentally and physically. You must let your guard down, so you can take care of yourself.

I'm not sure which base you are located at or near. However, please start with your primary care physician. If you are near a post with a behavioral health clinic, please make an appointment immediately. I will also send you other viable resources that can help.

You have done a great job taking care of so many people. You have to take care of yourself, too. Many women are coming forward expressing the same feelings just like you. You are not alone.

I'm not sure if receiving mental health services will adversely affect your career. Conversely,

letting problems increase and get worse can definitely have an adverse affect on your career. Please seek help today, don't delay.

Editor's note: Receiving mental health services will not adversely impact a Soldier's career. Soldiers who need help are encouraged to seek help immediately.

**Dear Ms. Vicki,**

*My husband has been home from Iraq for 18 months. He does not eat, sleep, socialize or anything. He refuses to be around family or friends. It's like I've lost my husband.*

*He does not hold me in his arms anymore, and we haven't made love in many, many months.*

*He has lost 25 pounds. He is not a big man either, so he looks sick. All the while he continues to go to work and is preparing for another deployment.*

*I've tried to tell his commanders that something is wrong with him. They try to say we are trying to get out of the upcoming deployment. Now my husband just got an Article 15, and they took pay from him and gave him extra duty.*

*This is not fair; I'm trying to tell them something is wrong, and they are punishing him.*

*Who can I turn to for help, because I need someone to listen. Please help.*

**From: Wife Gone Crazy**

**Dear Wife,**

Thanks for writing and for sharing your story. Your letter echoes the sentiments of many spouses who are concerned for their service member.

Sounds like your husband is definitely experiencing some combat stress reactions that are causing great concern.

He really needs to see a physician for a mental health evaluation. Actually I always like to recommend starting with a medical physical to rule out any other health problems.

Seeing both his primary care physician and a psychiatrist is paramount at this time.

In case of emergency, you can always go to the emergency room. You are not alone, and your hus-

band's symptoms are experienced by many. He really needs to get some help immediately.

**My husband has been home from Iraq for 18 months. He does not eat, sleep, socialize or anything. He refuses to be around family or friends. It's like I've lost my husband. He does not hold me in his arms anymore, and we haven't made love in many, many months.**

Again, the behavioral health clinic on post can help, and his primary care physician can help him get access to the services he needs.

**Dear Ms. Vicki,**

*I was reading an article on how you help military families. I want to share a story with you.*

*I was married for 23 years when I lost my husband at the age of 43 to cancer. I was only 42 at the time and didn't want to be alone for the rest of my life.*

*I met this wonderful military man on the Internet who was serving in Iraq at the time. We talked several hours, and then he started calling me.*

*After three months, he took a leave and we met in person. I was from Illinois and he was from Pennsylvania.*

*After spending two weeks together, we got engaged and met each other's families. He came home on June 23, 2006. I drove with my mother and niece from Illinois to his parent's home. We drove to the airport to meet the plane when it came in. It was a wonderful feeling to see him.*

*I learned when I lost my first husband that we have to accept what God gives us.*

*I know this was definitely a match made in Heaven. We were married in Illinois with both families present.*

*He was never married and everyone who knows him says they have never seen him any happier than he is now. We bought a house in November 2006. He is now deploying again this year.*

*I know in my heart that God will keep him safe and bring him home to me. When you have the love that we have, nothing will divide you. We can survive anything if we put our minds to it.*

*I feel that we definitely have to support our spouses when they are deployed. It makes a better closeness for all. Thank you for all you do.*

**From: A Survivor**

### 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.

# GET OUT!

area events

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

## March 20

**The Glass Menagerie** – The Roadside Theater presents this classic American drama, 7:30 p.m. March 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).

**Shopping in France** – Join the USO for a day trip to France. The first stop will be at a farmer's market in Haguenau, where you'll find a large selection soaps, herbs, pastries and fresh produce. Then to the Cora, a shopping center you can shop for fine French foods, cheeses, and wine. In the afternoon head to Soufflenheim and the many stores selling traditional Alsatian pottery. DSN 385-2082, civ. 0621-730-2082, <http://affiliates.uso.org/rheinneckar>.

## March 21

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

**Flamenco Festival** – The 7th Würzburg Flamenco Festival will be held through March 30 at various locations in Würzburg. Ticket prices range from €16 to €18. Tickets are available at the tourist office, Falkenhäuser Markt, Würzburg. Reservations: civ. 0931-372-39.

**Museum Night** – Around 80 museums, galleries and cultural institutions take part in "Museums Night" in Stuttgart. In addition to numerous exhibitions and special exhibitions they also offer tours, parties, readings and bands. Stuttgart's fascinating cultural attractions are presented in a pleasant atmosphere and the event attracts many thousands of visitors. One ticket gives you free admission to all participating institutions as well as the shuttle buses and the historical trams that provide transport between the venues. [event@lft-online.de](http://event@lft-online.de), [www.lange-nacht.de](http://www.lange-nacht.de).

**Eisenach in Thuringen** – Follow in the footsteps of Martin Luther, Johann Sebastian Bach and St. Elizabeth of Thuringen on this special USO tour to the city of Eisenach in the former East German State of Thuringen. This weekend, Eisenach will celebrate one of the largest traditional spring festivals of Germany, the Sommergewinn. The festivities center around the victory of summer, personified as Frau Sunna, and her victory over winter. An afternoon parade through the town will celebrate the coming of spring. The city, birthplace of Johann Sebastian Bach, is dominated by the mighty Wartburg castle.

## The Student Prince

Tickets are now on sale for the Heidelberg Castle's annual festival of theater and music, the Schlossfestspiele. Tickets bought by March 31 receive a 10 percent discount, according to organizers. The festival runs June 26-Aug. 9 at various venues in the castle. It includes the perennial American Favorite "Der Studentprinz" (The Student Prince) which plays July 24, 26 and 30, and Aug. 7, all at 8:30 p.m. Tickets are available at the theater box office, civ. 06221-582-0000, [tickets@theater.heidelberg.de](mailto:tickets@theater.heidelberg.de), and at many local ticket outlets. [www.heidelbergerschlossfestspiele.de](http://www.heidelbergerschlossfestspiele.de) and [www.theater.heidelberg.de](http://www.theater.heidelberg.de).

See the chamber where Martin Luther lived and worked from May 1521 till March 1522, disguised as Junker Jörg. You'll have free time for lunch, shopping, taking part in the festivities, and exploring before we have a late afternoon visit to the Bach Haus where we'll hear a sampling of his works on original instruments of Bach's time. <http://affiliates.uso.org/kaiserslautern>.

## March 22

**Sommertagszug** – The city of Weinheim will host a "Sommertagszug" starting at 2 p.m. This parade with spring theme floats and dressed up groups of children from local schools and child care facilities will bid farewell to winter and welcome spring. The parade marches through Bahnhofstraße to the Marktplatz where a gigantic snow man will be burned to make way for spring. A small amusement area with kiddie rides and food booth will be set up near the Marktplatz.

## March 24

**Ladenburg Orientation** – Explore this city with the USO. In the past, Ladenburg has been an ancient Roman capital, a busy medieval city and a thriving 16th century trade center. After a walking tour of the city, enjoy the lovely half-timbered Market Square and many quaint restaurants. DSN 385-2082, civ. 0621-730-2082, <http://affiliates.uso.org/rheinneckar>.

## March 27

**Live Theater Performance** – The KMC Onstage Community Theater presents Ayn Rand's "Night of January 16th," a courtroom drama-comedy in three acts. This interactive show will bring members of the audience onstage as jurors to decide the fate of murder suspect, Karen Andre. Show dates are 7:30 p.m. March 27-28, April 3-4 and 10-11 and 3 p.m. April 5. DSN 483-6626, civ. 0631-411-6626.

**Outdoor Recreation trips** – Hit the

slopes for a ski weekend in Feldberg in the Black Forest or head to Prague, Czech Republic March 27-29 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Sesame Street Screening** – The USO Rhein Neckar will host a special sneak preview screening of Sesame Street's "Coming Home: Military Families Cope with Change," featuring Queen Latifah, John Mayer and Elmo, 1-3 p.m. in Bldg. 254 on Sullivan Barracks in Mannheim.

**Poland Shopping Trip** – Now is the chance to shop in Poland for all those beautiful Polish designs you've been admiring in the local area. This is strictly a shopping tour that runs through March 29, so you'll have plenty of time to shop, shop and shop. You'll be able to shop for Polish pottery, as well as other Polish gift items. <http://affiliates.uso.org/kaiserslautern>.

## March 28

**Prague** – Spend an exciting day at "the crossroads of Europe." After a breakfast stop, take a guided tour. The route takes in the four most interesting and important parts of the city: The New Town, The Old Town, The Jewish Quarter and Prague Castle. Highlights to visit on your free time are the town square, the Astronomical Clock, the changing of the guard at the Castle and the Charles Bridge. DSN 385-2082, civ. 0621-730-2082, <http://affiliates.uso.org/rheinneckar>.

**Time Warp** – Originally celebrated as a meeting of the house and techno scene, "Time Warp" long ago established itself as an interdisciplinary music and media art spectacle. At various locations through April 4. On April 4, the grand TDK Time Warp Concert will be held at the Maimarkt-gelände on five different stages. [www.time-warp.de](http://www.time-warp.de).

## April 11

**Stuttgart Spring Festival** – The colorful, vibrant Spring Festival takes place at the Cannstatter Wasen site through May 3. For three weeks, visitors can join in a joyous celebration of the return of spring. Pure pleasure is the order of the day, with a Ferris wheel, the Wild Mouse, raffle stands, festival beer, candy floss, bratwurst, "Göckele" and "Kässpätzle" (Swabian noodles with cheese) – everything you could wish for in a festival for the whole family. [info@instuttgart.de](http://info@instuttgart.de) or [www.in.stuttgart.de](http://www.in.stuttgart.de).

## April 16

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

# coming to THEATERS

## RACE TO WITCH MOUNTAIN

(Dwayne Johnson, Anna Sophia Robb) For years, stories have circulated about a secret place in the middle of the Nevada desert, known for unexplained phenomena and strange sightings. It is called Witch Mountain, and when a Las Vegas cab driver finds two teens with supernatural powers in his cab, he suddenly finds himself in the middle of an adventure he can't explain. When they discover that the only chance to save the world lies in unraveling the secrets of Witch Mountain, the race begins, as the government, mobsters and even extraterrestrials try to stop them. Rated PG (sequences of action/violence, frightening/dangerous situations, thematic elements) 97 minutes



## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

March 19 - WATCHMEN (R) 7 p.m.  
 March 20 - RACE TO WITCH MOUNTAIN (PG) 6:30 p.m.; NOT EASILY BROKEN (PG-13) 9:30 p.m.  
 March 21 - RACE TO WITCH MOUNTAIN (PG) 2 p.m.; THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 5 p.m.; NOT EASILY BROKEN (PG-13) 9:30 p.m.  
 March 22 - RACE TO WITCH MOUNTAIN (PG) 2 p.m.; THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 5 p.m.  
 March 23 - NOT EASILY BROKEN (PG-13) 7 p.m.  
 March 24 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.  
 March 25 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.  
 March 26 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.

### Mannheim, Schuh

March 19 - STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 7 p.m.  
 March 20 - WATCHMEN (R) 7 p.m.  
 March 21 - GARFIELD: A TALE OF TWO KITTIES (PG) 2 p.m.; NOT EASILY BROKEN (PG-13) 7 p.m.; WATCHMEN (R) 9:30 p.m.  
 March 22 - KUNG FU PANDA (PG) 4 p.m.; WATCHMEN (R) 7 p.m.  
 March 23 - WATCHMEN (R) 7 p.m.  
 March 24 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.  
 March 25 - NOT EASILY BROKEN (PG-13) 7 p.m.  
 March 26 - WATCHMEN (R) 7 p.m.

### Vogelweh, Galaxy

March 19 - THE UNBORN (PG-13) 7 p.m.  
 March 20 - RACE TO WITCH MOUNTAIN (PG) 3:30 p.m., 7 p.m.; NOT EASILY BROKEN (PG-13) 10:30 p.m.  
 March 21 - RACE TO WITCH MOUNTAIN (PG) 11 a.m., 3 p.m., 7 p.m.; NOT EASILY BROKEN (PG-13) 10:30 p.m.  
 March 22 - RACE TO WITCH MOUNTAIN (PG) 11 a.m., 3 p.m., 7 p.m.  
 March 23 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.  
 March 24 - NOT EASILY BROKEN (PG-13) 7 p.m.  
 March 25 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.  
 March 26 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.

### Ramstein, Hercules

March 20 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.  
 March 21 - NOT EASILY BROKEN (PG-13) 7 p.m.  
 March 22 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.

### Ramstein, Nightingale

March 19 - STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 7 p.m.  
 March 20 - THE UNBORN (PG-13) 3:30 p.m., 7 p.m.; WATCHMEN (R) 10:30 p.m.  
 March 21 - DOUBT (PG-13) 3 p.m.; WATCHMEN (R) 7 p.m., 10:30 p.m.  
 March 22 - THE UNBORN (PG-13) 3:30 p.m.; WATCHMEN (R) 7 p.m.  
 March 23 - NOT EASILY BROKEN (PG-13) 7 p.m.  
 March 24 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.  
 March 25 - NOT EASILY BROKEN (PG-13) 7 p.m.  
 March 26 - THE CURIOUS CASE OF BENJAMIN BUTTON (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

### Daylight Savings Time

Daylight Saving Time began in the U.S. March 8 and will begin in Europe March 29. During those three weeks, time zone differences between most of the U.S. and Europe will be one hour less than usual.

### Retiree Pay Representative

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

## local EMPLOYMENT

### Career Expo

Don't miss the upcoming Career Expo 9 a.m.-3 p.m. April 16 at the Kazabra Club, Vogelweh Bldg. 2057. Participants can meet with dozens of employers, including government and contracting agencies. DSN 493-4029, cv. 0631-3406-4029, or Jacqueline.Boone@eur.army.mil.

### Education Center Substitutes

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

### Chapel Contractors

The U.S. Army Garrison Kaiserslautern Chaplain's Office seeks a contracted nursery and watch coordinator and a religious education coordinator through Sept. 30. DSN 493-4229, cv. 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. Submit cover letter and resume to: University of Oklahoma, CMR 419, Box 1634, APO, AE 09102, aqeadmin@ou.edu, or fax DSN 370-6687, cv. 06221-768945, by March 25.

### Tutors

Kaiserslautern SKIESUnlimited seeks tutors for math, English, science, history and more. DSN 486-5412, cv. 06371-86-5412.

### Aerobics Instructors

The USAG Kaiserslautern Sports and Fitness Centers are looking for aerobics instructors. DSN 493-2086, cv. 0631-3406-2086.

### ACAP Counselor

The Army Career and Alumni Program currently has openings for a part-time counselor with future interest in potential full-time employment in the Heidelberg/Mannheim area and a part-time counselor for the Stuttgart area. All applicants must have a master's degree, be computer literate, and have a minimum of two years' training in job assistance, career or employment counseling, teaching, training, or a related field. All applicants cannot be considered ordinarily resident and must have logistical support. DSN 370-7545, cv. 06221-57-7545 or darla.huck@us.army.mil.

## KAISERSLAUTERN

### Education

• **ACS Classes and Events** – Kaiserslautern City Tour, 9:30 a.m. March 21; Anger Management, 10 a.m. March 23; Army Family Team Building Level III, 9:30 a.m. March 24-26; Resumix, 1 p.m. March 24 and 9:30 a.m. March 26; Euros and Cents, 9:30 a.m. March 25; HUGS playgroup at Pulaski Kids' Zone, 10 a.m. March 26; Anger Management, 3 p.m. March 26; Stress Management, 4 p.m. March 26; Couples' Communication, 6 p.m. March 26; BRAG support group meeting, 10:30 a.m. March 28. Reservations are required for most classes. DSN 493-4203, cv. 0631-3406-4203, www.mwgermany.com/kl/acs.

• **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

• **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, cv. 0631-3406-4117.

• **BOSS Meeting** – Better Opportunities for Single Service members meet 1 p.m. April 2 at Bldg. 2929 on Pulaski Barracks. DSN 493-4344.

• **Clothesline Project** – The Sexual Assault Prevention and Response Program sponsors the Clothesline Project March 30-April 30 at Army dining facilities on Landstuhl Regional Medical Center, Kleber Kaserne and Rhine Ordnance Barracks. This is a part of the garrison's Sexual Assault Awareness Month activities.

• **Breitenwald Range opened** – The Breitenwald 25-meter and 300-meter ranges are now open. DSN 486-8339 to schedule these ranges.

• **Cancer Support Group** – Meets 2-3:30 p.m. the second and fourth Tuesday of the month in the Kirchengarten Room in the Landstuhl Regional Medical Center dining facility. DSN 486-8366.

• **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.

• **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, cv. 0162-2730099, or charles.unruh@us.army.mil.

• **VAT forms by e-mail** – Save time and order VAT Forms by e-mail.

Fill out the form and follow the directions on [www.mwgermany.com](http://www.mwgermany.com) and VAT Forms will be delivered to your APO Box. DSN 483-1780, cv. 0631-411-1780.

• **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, cv. 0631-3406-4062.

## HEIDELBERG

### Education

• **ACS Classes and Events** – Intro to MS Outlook, 9 a.m.-noon March 23 and 25; Families Learning about Germany, 9 a.m.-2 p.m. March 23-24 with field trip 8:30 a.m.-1:30 p.m. March 28; Army Family Team Building Level II, 9 a.m.-2 p.m. March 24-26; Anger/Stress Management, 1-4 p.m. March 24; Smooth Move, 10-11 a.m. March 25; Checkbook Management, 9-11 a.m. March 27. English as a Second Language is offered at various times throughout the week. DSN 370-6883, cv. 06221-57-6883, www.mwgermany.com/hd/acs.

• **Red Cross Classes** – CPR AED, 8 a.m.-5 p.m. March 28. DSN 370-8711, cv. 06221-57-8711.

### Community

• **Colon Cancer Awareness** – The Heidelberg Health Center will have an informational table about colon cancer at the commissary 11 a.m.-3 p.m. March 20. Nurses will be available to answer questions and schedule screenings.

• **Heidelberg International Wandering Club** – Join the HIWC at the following volkmarsches: March 21-22, Bergen-Enkheim, Kirm-Sulzbach; March 28-29, Hüttenhald (Mossautal), Hahnstättchen. Sign up for upcoming trips to Ballersdorf, Reinsfeld, Frankfurt and London. [hiwc@yahoo.com](http://hiwc@yahoo.com), www.hiwc.de.

• **Spanish Mass** – Mass will be 5p.m. March 21 at Mark Twain Village Chapel. Food and fellowship from 6-7 p.m. Lenten Mission from 7-8 p.m. cv. 06221-751859, evening; day 0177-6748-775.

• **School Registration** – Registration for school year 09-10 will be: Mark Twain Elementary, 8:30 a.m.-3 p.m. March 23-April 3; Patrick Henry Elementary School, 7:30 a.m.-3:30 p.m. March 23-April 3; Heidelberg Middle School, 8 a.m.-6 p.m. March 30-31; Heidelberg High School, 8 a.m.-5 p.m. March 30-31 and noon-4 p.m. April 1. Contact each school directly with questions.

• **Library Closed** – The library on PHV will be temporarily closed March 24 and 31. Call DSN 370-1740, cv. 06221-57-1740.

• **Winger's Lunch Express Shuttle** – Starting 11:30 a.m. March 30, Winger's Grill and Bar will offer a Lunch Express shuttle service from

Campbell Barracks to PHV. Pick up is every day in front of Campbell Gym.

• **Thrift Shop closure** – The Thrift Shop will be closed April 1 for the monthly HCSC luncheon.

• **Family Movie Day** – 2 p.m. April 6 at the PHV Theater. Enjoy a free movie in honor of Child Abuse Prevention Month, featuring, "The Tale of Despereaux." Seating is limited.

• **Housing Office Closed** – The Heidelberg Housing Office will be closed April 10 and 13 in observance of Good Friday and Easter. Full services will resume April 14.

• **Child Lights** – Child Lights: Protect and Celebrate Children 6-8 p.m. April 16 at the PHV Village Pavilion. Join us for a celebration of kids. Enjoy family crafts, infant safety, teen dating, internet safety and more. Door Prizes and Refreshments will also be provided.

• **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).

## MANNHEIM

### Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. March 20, 23 and 25 and 6-7:30 p.m. March 24 and 26; Interviewing Skills, 10-11 a.m. March 20; Toddler Parenting Class, 9-10 a.m. March 23; Multicultural Club, 11 a.m.-1 p.m. March 23; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. March 23 and 25; School-Age Parenting, 9-10 a.m. March 24; Levy and Out-Processing Briefing, 1-2:45 p.m. March 24; Post Battlemind Training for Spouses, 9 a.m.-noon and 5:30-8:30 p.m. March 25; Hearts Apart Support Group, 11:30 a.m.-1 p.m. March 25; Tschüss Teens, 3:30-4:30 p.m. March 25; Stress Management, Anger Management, Couples Communication classes, call for date and time. DSN 385-3101, cv. 0621-730-3101.

### 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 sheds. 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.

• **Tax Center** – The Mannheim Tax

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

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

• **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 AAFFS, plus much more. Military personnel, family members, DoD civilians and U.S. contractors with valid ID cards are eligible. Cvt. 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 that benefit the Mannheim community. Send inquiries to [trachgaggard@us.army.mil](mailto:trachgaggard@us.army.mil).

• **Volunteer Ceremony** – The Garrison will host its annual Community Volunteer Ceremony at Benjamin Franklin Village, Bldg. 725 6-8 p.m. April 23. Reserve a seat by March 30. DSN 385-2759, cv. 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** – Starting March 29, hours of operation will change to: 10 a.m.-7 p.m. Tuesday-Thursday; 10 a.m.-6 p.m. Friday and Saturday, closed Sunday, Monday and German holidays. Scrapbook Club, noon-3 p.m. March 22; Film Screening, 4-5:30 p.m. March 22, Teen Book Discussion Group, 4-5 p.m. March 25. DSN 380-1740, cv. 0621-730-1740.

• **Youth Services** – Dragon Fly Quest, 4-5 p.m. March 20; Youth Action Council, 5-6 p.m. March 20; Passport to Manhood, 4-5 p.m. March 25; 4-H Club, 6-7 p.m. March 25; Torch Club, 4-5 p.m. March 26; Youth Sponsorships, 5-6 p.m. March 27. DSN 380-4864, cv. 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 MHS counselor's office, the Education Center, the Thrift Shop and at ACS. Apply by April 1.



**USAG Mannheim Unit-Level Basketball Championships**

The Headquarters and Headquarters Company, 214th Aviation Regiment took home the championship title for U.S. Army Garrison Mannheim's Unit-Level Basketball Championships March 4-7 after defeating 44th Signal in the final round. Tournament results are as follows: 9th MP 19 - 44th Signal 39; 5th Signal 24 - 515th 18; C Co. 72nd 38 - HHC 214th 47; 9th MP 13 - 44th Signal 33; 5th Signal 47 - HHC 214th 49; 515th 29 - C Co. 72nd 45; 95th MP 44 - 5th Signal 28; 9th MP 14 - C Co. 72nd 42; 44th Signal 50 - HHC 214th 51; C Co. 72nd 28 - 95th MP 34; 95th MP 32 - 44th Signal 42; Championship Game - 44th Signal 42 - HHC 214th 40; HHC 214th 44 - 44th Signal 36.

**Nearly 300 try their luck in Shamrock Shuffle**

**By Holly Ogren**  
CAMPBELL FITNESS CENTER FACILITY MANAGER

In the chilly Saturday morning air, about 275 Heidelberg community members gathered in the commissary parking lot on Patrick Henry Village to participate in the Shamrock Shuffle 5K Fun Run.

The annual run, sponsored by Family and Morale, Welfare and Recreation, normally attracts about 150 participants, but it nearly doubled in participation.

The run is not designed to be competitive but rather offers an opportunity for the community to gather together and focus on fitness. "We have always recognized the importance of Soldier fitness in the Army, but these noncompetitive runs allow families, with all level of fitness, to participate in a non-intimidating, fun atmosphere," said FMWR Heidelberg Sports and Fitness Chief Michael Criswell.

FMWR welcomed runners, walkers, kids, pets and small children in strollers, many of whom were dressed appropriately in bright green running outfits and hats to celebrate St. Patrick's Day.

U.S. Army Garrison Heidelberg Command Sgt. Maj. Annette R. Weber kicked off the event by welcoming participants and thanking them for taking part. The start gun was fired allowing walkers to start the course followed by runners a few minutes later.

All the participants finished the 3.1 mile route around PHV and – despite the noncompetitive nature of the event – Paul Ryan crossed the finish line first with a time of 18:36.

When children aged 12 and under crossed the finished line, they were greeted with a medal placed around their neck.

"The medal is very special for the children after accomplishing what to them seems like a long course; we hope that small incentives, like medals, will encourage children to participate in more physical activity," said Heidelberg assistant fitness coordinator Alexander Kuepper.

In addition, the first 90 adult participants to register on the morning of the run received a Shamrock Shuffle T-shirt.

Participants refueled after the run/walk with oranges, bananas, water and juice provided by FMWR. The event concluded with participants trying their luck in a raffle. Those with good luck walked away with backpacks, water bottles, towels, a massage gift certificate and aerobic class coupon book.

Heidelberg community members can visit [www.mwrgermany.com](http://www.mwrgermany.com) to see a calendar of all the sports and fitness events offered throughout the year.

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

**Lions baseball kicks off Saturday**

**Lions Coaching Staff**

Heidelberg High School baseball players are gearing up for a season-opening doubleheader against Hohenfels Saturday at the Patrick Henry Village field.

This is the first year the Department of Defense Dependents Schools-Europe offers high school baseball. Previously, baseball was administered under the auspices of the Family and Morale, Welfare and Recreation Child, Youth and School Services program.

"On a competitive level, high school baseball turns up the heat because starting positions and playing time are driven by skill and effort instead of fees," said Tom Leugers, Heidelberg Lions head coach who works at the Installation Management Command-Europe Division of Emergency Services.

Leugers, who coached the Heidelberg CYSS senior team last year, said the CYSS league does a great job providing a 'farm system' to help develop basic skills and game knowledge.

In addition, Leugers said the season might not have been possible without the cooperation and assistance of CYSS John English and his staff from CYSS, who provided equipment and ensured the field was prepared for the upcoming season.

While CYSS baseball focused on mentoring and development, high school ball transcends the educational boundaries and embraces a more competitive environment.

"While one of our goals is to develop players, our mission is to win games. So I think fans will see some very competitive games," Leugers said.

"While CYSS is a great opportunity to develop skills and get mandated playing time, high school baseball is competitive."

**Heidelberg Lions Baseball Team**

William Domko, Brett Hall, Chris Hall, Ben Jackson, Jonathan Klinner, Matt Leugers, Ben McGhee, Jake Moak, Jimmy Montfleury, Justin Patrick, Jamal Pope, Ramon Rosario, Tommy Saunders, Stephan Steen, Freddy Stuart, Zack Smith, Chris Williams; managers Moe Shoots and Natalie Marquez; head coach Tom Leugers; assistant coaches Tom Davenport, Berry Patrick and Tom Saunders

This year's Heidelberg Lions team, with a roster of 17 players, is situated in the eight-team East Region, which also includes teams from Ansbach, Bamberg, Hohenfels, Mannheim, Patch, Vilseck and Wiesbaden. Leugers said the eight-team division will likely be deep in talent.

"The schools in this group have historically fielded talented players and teams, so we will have to play tough each and every weekend," Leugers said.

After Saturday's season-opening showdown against Hohenfels with games set for 10 a.m. and 1 p.m., Heidelberg's double-header schedule looks like:

- March 28: Home against Bamberg
- April 18: Home against Wiesbaden
- April 25: Away against Ansbach
- May 2: Away against Mannheim
- May 9: Home against Patch
- May 16: Away against Vilseck

"We're fortunate to have a number of returning players and to have picked up some 'new' talent," Leugers said. "Unfortunately, weather hasn't been accommodating, so we haven't been able to do a lot of work outside. But, I'm confident that the players have a good sense of the game, and once we get on the field, we'll shake the rust off quickly."

While games generally start at 10 a.m. and 1 p.m., schools may alter start times to accommodate local events or long travels by visiting teams.

**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.

**Women's Golf Association**

The Heidelberg Women's Golf Association hosts a Tee-Off-Social and membership sign-up at the U.S. Heidelberg Golf Club, 6 p.m. March 26. If you are female, over 18 years old, and either play golf or would like to learn the game, this is the right place to come. E-mail [AbrigoRegina@hotmail.com](mailto:AbrigoRegina@hotmail.com) or visit the HWGA online at <http://mybwnwning.com/group/HWGA>.

**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.mwrgermany.com](http://www.mwrgermany.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, [usagkhsports@eur.army.mil](mailto:usagkhsports@eur.army.mil).

**Youth Sports Coaches**

The Heidelberg 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.

**Horseback Riding Lessons**

Kaiserslautern's SKIESUnlimited brings you an all new learning opportunity with horseback riding lessons for children and teens ages 4-18. DSN 493-4516, civ. 0631-3406-4122.