

# HeraldPOST

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

**HP THURSDAY**  
March 17, 2011

## Speed Read

### BRAIN INJURY CLINIC

The first center offering comprehensive care for mild Traumatic Brain Injury patients celebrated its grand opening Feb. 25 at Landstuhl Regional Medical Center. 3

### OHA SURVEY EXTENDED

Military members stationed overseas have until April 15 to participate in the Overseas Housing Allowance Utility/Recurring Maintenance survey. 3

### MEDICAL OMBUDSMEN

Those looking for someone to help them with medical related issues and other problems have a ready resource in ombudsmen affiliated with the Army Medical Command's Medical Assistance Group. 4

### EARTH WEEK

If you have dreamed of being a wilderness photographer, now's your chance. Enter the Earth Week Photo Contest by submitting a photo with an "Into the Forest" theme. 4

### SEA LIONS END SEASON

The Heidelberg Sea Lions capped a successful season with a strong showing at the European Forces Swim League championships in Eindhoven, The Netherlands Feb. 12-13. 17

### SHAMROCK SHUFFLE

The U.S. Army Garrison Baden-Württemberg Sports and Fitness office hosted the Shamrock Shuffle 5-kilometer fun run and walk Saturday in Heidelberg. 18



## Defense Details

### AFGHAN POLICE PROGRAM

The Afghan Local Police program is one example of the innovative policies helping with the counterinsurgency campaign in Afghanistan. Army Gen. David H. Petraeus told the Senate Armed Services Committee Tuesday. The program is, in essence, a community watch, with local residents armed with assault rifles providing security under the control of their district police chief, Petraeus explained. Afghan police and U.S. Special Forces soldiers train and mentor the units.

[www.defense.gov](http://www.defense.gov)

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## Outreach services support survivors, honor Soldiers

By Lt. Gen. Rick Lynch  
IMCOM COMMANDER

I commanded the 3rd Infantry Division out of Fort Stewart as part of the surge in Iraq in 2007-08. During that time, 153 Soldiers died in combat in a place on the battlefield where I put them.

I pray for those Soldiers and their families every day. Their loss is something I have to live with. For any leader, the loss of a Soldier hits hard. But the loss that survivors experience is magnitudes deeper and wider because they have lost not just a Soldier, but a friend,

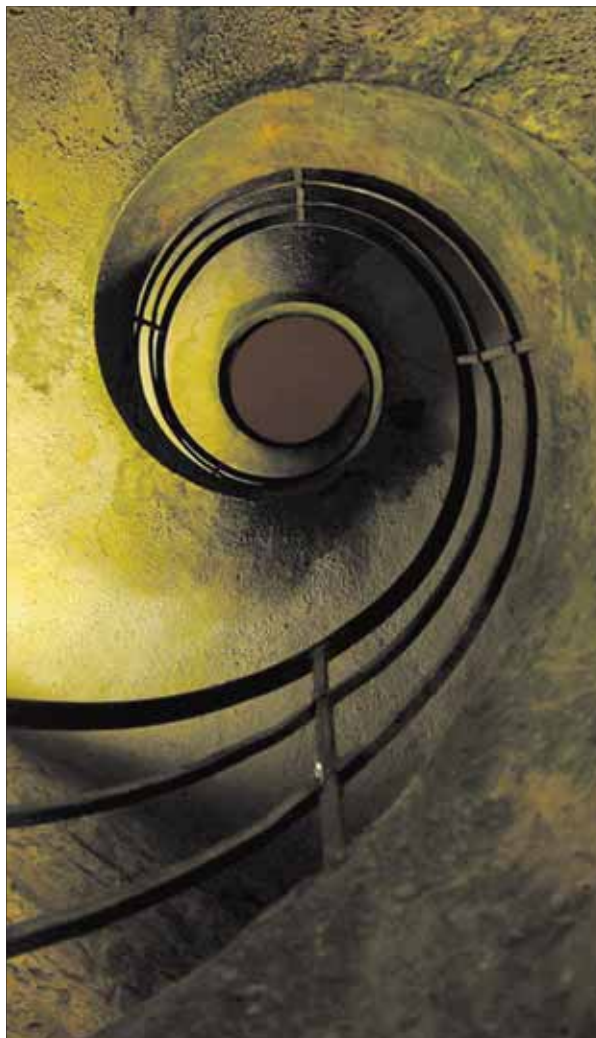
a son or daughter, a husband or wife, a father or mother.

When I visit installations, I meet with those who have lost loved ones on active duty. I make sure to talk with survivors for two reasons.

One reason is that as the commander of Installation Management Command, I need to know how we are doing with our new program, Survivor Outreach Services. The other reason is that survivors need to know that the Army recognizes and honors their Soldier's service and sacrifice.

The best, most see **SURVIVORS** page 12

## New kind of Nine



Staff Sgt. Pablo Piedra

Staff Sgt. Pablo Piedra, an Army recruiter in Douglasville, Ga., won the Division I design elements category of the 2010 Army Digital Photography Contest with "9," a photo he shot after winning a foot race with his wife to the bottom of a stairwell at Heidelberg Castle in Germany. Piedra did not realize what he had until he downloaded the photo. "When I got home and I looked at it, I was like: 'That's nine, yeah.' And that's where the title came from."

## Schuh Theater goes dark

Staff Report

The Mannheim Schuh Theater which closed mid-January due to structural damage to the roof will not be reopened.

"We investigated the cost of repair and the cost of relocating and neither made good financial sense," said U.S. Army Garrison Baden-Württemberg Commander Col. Bill Butcher. "It would also take several months to repair or to relocate the theater. Unfortunately, it just isn't practical to do that considering the impending closure."

Engineers discovered the roof problem during a regularly scheduled biennial inspection. see **SCHUH** page 18

## Dogs prepare to deploy

By Sgt. Adrienne Burns  
18TH MP BRIGADE PUBLIC AFFAIRS

The road to war is never an easy one, and as Soldiers from the Georgian Armed Forces 33rd Light Infantry Battalion prepare to join the mix in Af-

ghanistan, they are preparing themselves not only for combat, but also for the unique challenges of international partnership.

That's where the Joint Multinational Readiness Center, see **DOGS** page 12



Sgt. Adrienne Burns

A Soldier from the Republic of Georgia's 33rd Light Infantry Battalion gets a wet welcome from Boris, a military working dog assigned to the 527th Military Police Company, 709th MP Battalion.

## COMMENTARY

# Holding status 'worst' part of deployment journey

By Sgt. Brian Rodan  
7TH TTSB PUBLIC AFFAIRS

More than 80 Soldiers with 5th Signal Command's A Company, 44th Expeditionary Signal Battalion, were given a noble farewell as they started their journey to Afghanistan in support of Operation Enduring Freedom.

The scene was something out of the ordinary.

The street was lined with their fellow servicemembers presenting arms, from the theater all the way to the exit gate of Ledward Barracks in Schweinfurt.

After a three-hour emotional journey, they traveled through another gate early in the morning, arriving at the Kaiserslautern Deployment Processing Center, this time in darkness.

The Soldiers were then placed into a holding status, not an uncommon thing and known to many servicemembers with deployment experience.

"The expression of 'hold status' in the eyes of those who have deployed on multiple occasions is as though you have been put in a place where your emotions push forth (and) ... never seem to find balance," said Sgt. Winslow O. Harrington, A Company motorpool noncommissioned officer in charge.

He is on his fourth deployment and his previous deployment was 18 months.

The holding status at times can seem to be the worst of a deployment.

The Soldier is technically gone, but they don't have their family and they don't have the momentum of the deployment and its duties.

Soldiers sit and think of their loved ones, friends and family, and how much they miss them and wish they were home.

This, for some Soldiers, can be the hardest part of a deployment.



Sgt. Brian Rodan

Pfc. Brian M. Corbin spends time with his family an hour prior to departing with 44th Expeditionary Signal Battalion, A Company, to Afghanistan in support of Operation Enduring Freedom. Corbin is among more than 80 Soldiers providing communications capabilities to RC-North in Afghanistan.

"As we spend our free time thinking of our loved ones, we also try to focus our minds on the task ahead of us, anticipating success as we strive to provide communications capabilities to Regional Command-North," said Capt. Odene C. Brathwaite, Alpha Company commander.

"Our desire to be the best at what we do is our biggest motivation," she added.

In what job could you expect to wake up next to a loved one and in the same day leave them for a year-long separation into a hostile environment?

It takes a certain type of man or woman to be able to perform such a task.

A Company proved that they were made up of these servicemembers and deployed proudly in support of their country.



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<http://myBWnow.ning.com>

## DISCUSSION BOARD

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

**We posted a link on our BWnow Facebook page to the Washington Post article "Tricare target of Pentagon cuts as health care projected to reach \$65B" and received these responses.**

"Interesting article. I wouldn't mind if our family had to pay a small amount for our health care in our current financial situation. But, the article says, 'The current Tricare arrangement ... is simply

unsustainable,' Gates told the House Armed Services Committee in February, a day after rolling out the Pentagon's spending plan for 2012 ... Didn't Tricare just EXTEND benefits for dependents up to the age of 26? I don't know all of the details for that extension, but it doesn't make sense to me if Tricare expenses are putting such a strain already on the budget."

— Rachel Moxley Madsen BWnow Facebook fan

"I know the debt is horrible in this country but every single time they talk about cuts to retirees benefits I get so p... When you join the military you are PROMISED these benefits for retirement and soon there will be nothing left. I say take care of the people that take care of this country!"

—Carrie Keane, BWnow Facebook fan



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Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09014. Civilian address: Herald Post, Patton Kaseme, 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.

# Landstuhl brain injury rehabilitation center opens

By Chuck Roberts  
LRMC PUBLIC AFFAIRS

The first center offering comprehensive care for European-based mild Traumatic Brain Injury patients celebrated its grand opening Feb. 25 at Landstuhl Regional Medical Center.

"After two years and \$1.5 million, we now have what we think will be one of the premiere military medical TBI centers providing comprehensive, innovative medical care for patients with mild TBI," said acting LRMC commander Col. (Dr.) Jeffrey Lawson.

The Traumatic Brain Injury Rehabilitation Center is staffed with 32 military and civilian employees covering medical disciplines that include neurology, optometry, audiology, physical therapy, speech language pathology, occupational therapy, psychology and nurse case managers.

TBI treatment has previously been available at LRMC and its outlying health clinics for servicemembers, family members and DOD civilians, but now for the first time a team of medical specialists have been united in one building to facilitate care.

Patients needing care beyond the scope of their local health clinic can receive intensive treatment which includes the Synapse Program, a four-

week in-resident program.

For local outpatients and patients from downrange receiving short-term care for TBI, the center eliminates the need for patients with headaches, balance problems and other symptoms of TBI from having to navigate treatment at individual clinics in the medical center.

Patients will benefit from the new center, but TBI practitioners at LRMC have benefitted as well from their patients, said Maj. (Dr.) Shawna Scully, Chief of Neurology.

"The best true educator and professor that any of us working in TBI have ever had was our patients," said Scully during the opening ceremony. "They taught us, they explained, they were patient, which is amazing given what they were going through — chronic pain, sleep deprivation and a brain that just wasn't processing quite right. Every single thing you see in here is because they told us, 'X is wrong, and I need you to build something to fix it.' This is truly why this center is here."

"I think we are lucky to have such a great facility here providing significant contributions to our effort to learn about the signature wound of this war," said Lawson. "This is a great facility and I know we will do great things for our patients."



Phillip A. Jones  
Tim Fiscus (standing), a speech language pathologist, demonstrates how the board game *Tobago* is incorporated as cognitive gaming therapy for traumatic brain injury patients during the Feb. 25 grand opening of the Landstuhl Regional Medical Center Traumatic Brain Injury Rehabilitation Center. The center is the first of its kind in Europe and offers comprehensive care for European-based patients with mild TBI.

## FDA orders older medicines off market

*Move affects cold, allergy remedies tested under earlier standards*

ERMC Public Affairs

The Food and Drug Administration announced its intent last week to remove a number of older cough, cold and allergy prescription medications from the U.S. market.

A list of the affected medicines is available at the FDA web site [www.fda.gov/drugs](http://www.fda.gov/drugs) by clicking the appropriate news link.

According to Col. Octavio C. Mont, the Europe Regional Medical Command pharmacy consultant, the affected medications were developed decades ago.

This was before studies were required to prove they were safe and effective for use by the general public. Thus, he said, they were never approved for use by the FDA.

"This action is related to the recent removal of many children's over-the-counter cough, cold and allergy products for the same reason," Mont said.

He pointed out that newer and more effective medications exist and that military pharmacies around Europe had not routinely provided the listed medications to patients for a "long time."

Since some of the medications are popular with many healthcare providers in the United States, though, Army families in Europe should check to see whether or not medications they were prescribed in the past that they may still have in their homes are on the list.

"People who have received prescriptions from Host Nation providers can also check the FDA list," Mont said.

"We encourage everyone to look through any prescription medications they may have in their homes and check to see if they are on the FDA list," he added.

The complete list of affected medications is available at <http://tinyurl.com/48xj7th>.

## Who decides how much money Soldiers living off post get to pay for their utilities? They do!

Staff Report

When eligible Soldiers fill out the Overseas Housing Allowance Utility/Recurring Maintenance Survey, they provide the data the Department of Defense uses to determine exactly how much money will be provided for off-post utilities and maintenance costs in Germany.

There is still time for eligible Soldiers and members of other U.S. forces stationed overseas to participate in the survey.

Those who have not received an e-mail with a link to the survey may visit the the U.S. Army Garrison Baden-Württemberg Web site at [www.bw.eur.army.mil](http://www.bw.eur.army.mil) and click the link under "Hot



Illustration by Brandon Spragins

Topics."

Service members who have lived in a private lease dwelling under the OHA program in Germany for at least the past six months are eligible to take the on-line survey.

Because accuracy is important, survey participants should use their records and receipts to help them report the average monthly cost of each of their utilities, as well as the average monthly cost of any routine maintenance expenses.

The survey can be stopped at any time, for example to research costs or search for receipts, and started again later. The survey continues through April 15.

The direct link to the survey is <https://www.defensetravel.dod.mil/ss/wsb.dll/s/eg4a>.

## Mannheim Parent Central Services to move

### Mannheim Family and MWR

Mannheim's Parent Central Services and Family Child Care will be closed March 29 during the move from Bldg. 742 to the Youth Services Bldg. 696. Parent Central

Services will be fully operational and ready to provide full customer service on March 30.

FCC Director Chelsea Jones will be available by phone March 29 if providers need assistance at DSN 380-9668, civ. 0621-730-9668.

Due to staff shortages, Parent Central Services will close during lunch starting April 1. New hours are 8-11:30 a.m. and 12:30-4 p.m. Monday-Friday. The phone numbers will remain the same: DSN 380-9135, civ. 0621-730-9132.

## Ombudsman helps with medical, military problems

### ERMC Public Affairs

Those looking for someone to help them with medical related issues and other problems have a ready resource in Europe.

Ombudsmen affiliated with the Army Medical Command's Medical Assistance Group focus on helping wounded warriors and their family members, but they may also assist active Army, Reserve and National Guard Soldiers, families, veterans and retirees.

"MEDCOM sent us here to be an independent, neutral and impartial resource for Soldiers, veterans and family members to address their concerns and speak on their behalf, if necessary," said Terrance Harris Sr., who covers the Heidelberg, Mannheim and Stuttgart areas.

"Though all other resources may have been

exhausted, we continue to march until the issue is resolved," Harris said.

Ombudsmen have become instrumental in resolving issues facing Soldiers assigned to warrior transition units while healing or awaiting a physical or medical evaluation board.

"We are comprised mostly of retired senior NCOs, officers and experienced civilian personnel. For those of us who are retired Army, we held medical jobs during our Army career. We have walked down the same paths as some of our clients," said Harris. "With that knowledge and experience, we can reach out and resolve issues easier than most other agencies."



HARRIS

The ombudsmen serve as advocates to resolve issues that Soldiers or family members have been unable to resolve through normal channels. Many are complex and include health care, physical disability processing, Reserve Component medical retention, transition to the Veterans Administration and administrative issues.

Ombudsmen are intended as a Soldier resource and not as a means of circumventing the chain of command.

They work closely with the MEDCOM Medical Assistance Group to assist with issues that come through the Army-wide wounded Soldier and family hotline.

"Soldiers and family members – even those in the states or anywhere else – can call us directly during the work week or reach us through the wounded Soldier and

family hotline 24/7," said Harris. The hotline is available toll-free at DSN 312-421-3700 or at commercial rates at 001-800-984-8523.

Harris said ombudsmen who receive calls for assistance via the hotline are required to contact the individual involved within 24 hours and, if the Soldier or family member is here in Germany, interview them to understand the nature of the complaint.

"Our goal is to resolve a hotline issue within 48-72 hours," said Harris. "If we cannot resolve the issue locally, we will ask for assistance from the MMAG."

To find out more, visit <http://medcomombudsman.amedd.army.mil>.

Heidelberg: Terrance Harris Sr., DSN 371-2112, civ. 06221-17-2112.

Landstuhl: George Allen, DSN 483-6301, civ. 0631-411.

## transformation UPDATE

### Frequently Asked Questions

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

E-mail [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil). We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at [www.bw.eur.army.mil/transformation](http://www.bw.eur.army.mil/transformation).

**Question: Some local national employees in Mannheim who have not been placed in other jobs will receive reduction-in-force letters that notify them they will continue to be paid through Sept. 30, but terminate their positions on May 31. Does this mean local nationals won't be working in Mannheim after May 31?**

Local nationals will continue to be paid through Sept. 30 but will not be working after May 31. When the garrison closes its colors, the employees' mission is completed.

**Will the Army help those who haven't found a job up until May only? What happens after that if local nationals haven't found a job by May 31? Will the Army continue to help them after the garrison closes?**

Surplus local national employees will remain registered in the Local National Referral System until the expiration of the notice period, i.e., until Sept. 30. If they are qualified for vacancies that become available between now and the end of September, they will be offered positions with priority given to those with the highest standing as determined by their social points.

### Facilities Operations Changes

**Tompkins Launderette** – The launderette on Tompkins Barracks will close April 1 due to low usage. Many Soldiers have washers and dryers available in their barracks and a large launderette is located on Patrick Henry Village in Heidelberg in Bldg. 4517, across from the Teen Center for use.

**Recovery Room New Hours** – The Recovery Room on Nachrichten Kaserne has new hours: 5-10 p.m. Tuesday-Thursday, 5 p.m.-3 a.m. Fridays and Saturdays and closed Sundays and Mondays. Lunch is no longer served at the Recovery Room.

**Coleman Shoppette** – The shoppette on Coleman Barracks in Mannheim expanded its hours as of Feb. 26 to 7 a.m.-8 p.m. Monday-Friday and 10 a.m.-8 p.m. Saturday-Sunday and U.S. holidays.

**Mark Twain Village Shoppette** – The shoppette on Mark Twain Village in Heidelberg will close June 3. The Campbell Barracks shoppette will expand its hours to include weekends – 10 a.m.-5 p.m. Saturdays and Sundays – to support the Soldiers and family members who live on MTV.

**Burger King** – Burger King on the Shopping Center in Heidelberg will close May 30. As the community of Heidelberg enters its next phase of transformation, AAFES has the responsibility to minimize operational losses.

**Subway** – The Subway restaurant on Sullivan Barracks in Mannheim will close May 20 and reopen on the Shopping Center in Heidelberg June 13.

**Spinelli furniture** – The furniture store on Spinelli Barracks in Mannheim will close June 27. Some furniture will be moved into the Exchange on Benjamin Franklin Village South.

**Mannheim Drivers' Testing** – Mannheim's Drivers' Testing Station located on Sullivan Barracks, Bldg 253, has closed. All drivers' testing services will be offered in Heidelberg on the Shopping Center, Bldg. 3850, room 136, with operating hours 7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221-57-6681.

[www.bw.eur.army.mil/transformation](http://www.bw.eur.army.mil/transformation)

**FAMILY ADVOCACY PROGRAM**

MWRGERMANY.COM

You are not to blame.  
You are not alone.  
There is help.  
Make the call.

24 Hour Hotline  
0170-609-2862

This 24 hour hotline is for victims of sexual assault and/or domestic violence in USAG Baden-Württemberg. The Mannheim Hotline, 0181-868-86448, is no longer valid. April is Sexual Assault Awareness Month.

USAG BADEN-WÜRTTEMBERG  
HEIDELBERG: 370-6883/6975; 06221-57-6883/6975 MANNHEIM: 385-3101; 0621-730-3101

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# Voting contest

## FVAP Public Affairs

Express your thoughts on the importance of voting by entering the Federal Voting Assistance Program slogan and poster contest by April 8.

Winning contest entries will be used to promote interest in the electoral process among military members, their families and U.S. citizens worldwide for the 2012 presidential election year.

The poster contest seeks artwork illustrating the importance of how it feels to be an American citizen voting absentee from anywhere in the world. This artwork will be used to create the 2012 voting poster and voting assistance guide cover. Poster contest details are at [www.fvap.gov/reference/poster.html](http://www.fvap.gov/reference/poster.html).

The slogan contest asks for slogans that inspire military members, their families and civilians overseas to participate in elections while away from home and can be found at [www.fvap.gov/reference/slogan.html](http://www.fvap.gov/reference/slogan.html).

The slogan will be used on the voting poster. All submissions must include full name, branch of service, mailing address, daytime phone, fax (including country and city codes or DSN prefixes) and e-mail address.

To submit your entry on-line, go to [challenge.gov](http://challenge.gov) and type "FVAP" in the search bar. Use the orange "Post a Submission" button to upload your entries. E-mail: [slogan@fvap.gov](mailto:slogan@fvap.gov).

One slogan or poster per e-mail. Fax: (703) 696-1352 or DSN 426-1352.

Visit the FVAP website at [www.fvap.gov](http://www.fvap.gov) for international toll-free fax numbers. No cover sheet is necessary. Mail: Federal Voting Assistance Program, Attn: Voting Slogan/Poster Contest, 1777 North Kent Street, Suite 14003, Arlington, Va., 22209. There is no limit to the number of entries, but please submit individual entries separately.

## Faces of the community: Heidelberg Thrift Shop



Brandon Spragins

From left to right Georgette Velasquez, a volunteer with the Heidelberg Thrift Shop, Bldg. 4503, on Patrick Henry Village in Heidelberg, bags an assortment of books, DVD's and music CDs in \$5 brown bags as Joan Leardi, Renee Kurtz-Olin and Marion Holtman converse on the great deals they found. The Heidelberg Thrift shop hours of operation are 10:30 a.m.- 2:30 p.m. Tuesdays and Wednesdays and 2-7 p.m. Thursdays. Call civ. 06221-76-7991 or stop by for information about how to consign items.

## REASONS TO USE THE TAX ASSISTANCE CENTER IN YOUR COMMUNITY:

**#1: TAX CENTERS WILL BE OPEN THROUGH THE LATE FILING DEADLINE IN JUNE.**

**#2: TAX CENTER SERVICES ARE FREE TO AUTHORIZED CUSTOMERS.**

**#3: TAX CENTER PREPARERS ARE IRS CERTIFIED AND SUPERVISED BY LICENSED ATTORNEYS.**

**#4: TAX CENTER EXPERTS KNOW THE CURRENT TAX LAWS.**

**DON'T WAIT - THIS YEAR'S NORMAL TAX DEADLINE IS APRIL 18.**

### Tax Centers

**Heidelberg  
and  
Mannheim**  
Shopping Center  
Bldg. 3860  
DSN 370-7510  
civ. 06221-57-7510

**Kaiserslautern**  
Kleber Kaserne  
Bldg. 3210  
DSN 483-7688  
civ. 0631-411-7688

Landstuhl Post  
Bldg. 3701  
DSN 486-6334  
civ. 06371-86-6334

## Kindergeld payments may not be taxable

### Patton Law Office

The Office of General Counsel for the Internal Revenue Service has recently made the determination that Kindergeld is not taxable.

Kindergeld is a monthly monetary payment paid by the German government to certain eligible people as a benefit for those with children.

Because it works as a reduction to German tax liability, the IRS has determined that it should not be considered as an item of income for U.S. federal income tax purposes.

If you believe your past Kindergeld payments were included as income on your federal income tax return, the Heidelberg Tax Center may be able to help you file an amended return.

By filing an amended return, you may be entitled to a refund of any tax you paid on Kindergeld.

To learn more about Kindergeld and tax contributions, contact a local tax center in Heidelberg, Mannheim or Kaiserslautern for details and to make an appointment.

# Chaplains celebrate life of the military brat

By **Rayna Letterman**  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Military life is a challenge. Packing up and moving every few years, multiple deployments, saying good-bye to friends and family for who knows how long.

Now add the stress of homework, chores, sports and extra-curricular activities and you've got the life of a military brat.

The U.S. Army Garrison Kaiserslautern Chaplain's Office understands the pressure the military puts on its youngest members and is doing something about it.

On March 9, more than 40 children and teens gathered at the Pulaski Religious Youth Center for this year's "Celebrating BRAT Life" event.

The day was just one part of the three-day Strengthening Resilience in Soldiers and Families program put on by the chaplain's office.

Becky Powell, the garrison's

Director of Religious Education, started the program in 2009 as a way of helping military children and teens understand and celebrate their identities, she said.

The kids played games and discussed the challenges of being military children. They also learned coping techniques to help them get through moves, deployments and having to say goodbye to family and friends.

This year's guest speaker was Paulette Bethel, a licensed marriage and family therapist, psychotherapist and retired U.S. Air Force officer. Bethel encouraged the children to open up about their feelings – good and bad – towards military life.

"A lot of times children have feelings that they don't express. Sometimes they don't know that they can share those feelings," Bethel said.

"A lot of times they're afraid that if they say how they're really feeling then that might

get them in trouble," she said.

Tara Deck, a seventh grade student at Kaiserslautern Middle School, knows all too well how difficult the life of a military BRAT can be.

"I'm moving in June and on the inside I'm really hiding that I'm going to miss everybody and it's like, 'Oh, keep the emotions in,'" Deck said. "Because you're just going to move in three years again. I think I've been able to put a shell up around the inside of myself and not get so personal with friends."

That's why the event was helpful, Deck said.

Sage Isla, a freshman at Kaiserslautern High School, said she's glad this type of program is available to military brats.

"Kids of all ages can get something out of it, especially the younger kids who aren't as used to brat life," Isla said. "It's good for them to talk about how brat life isn't always bad, you can benefit from it."



Rayna Letterman

Becky Powell, U.S. Army Garrison Kaiserslautern's director of religious education, talks with military children at a March 9 BRAT event on Pulaski Barracks in Kaiserslautern.

## World's Largest Concert



Linda Steil

Ashley Humpfries, left, and Samantha Leyba perform March 10 at Patrick Henry Elementary School in Heidelberg for "The World's Largest Concert," a sing-along concert that links students around the world through music during Music in our Schools month. The World's Largest Concert reaches an estimated 6 million students, teachers, and music supporters each year and is held to raise awareness about the need for funding for music programs in the schools. Students in the fourth and fifth grades sang and danced.

## Landstuhl woman honored

By **Chuck Roberts**  
LRMC PUBLIC AFFAIRS

Great women are not phenomenons but more the product of what women become with the proper support. Sgt. 1st Class Angela Martin was selected as the Landstuhl Regional Medical Center representative for the U.S. Army Europe Phenomenal Woman Scroll of Impact.

The scroll was developed to recognize phenomenal women in Europe as part of National Women's History Month. Nominations are based on family, social, emotional, physical and spiritual attributes and how the attributes of the individual selectees have contributed to three or more of the five pillars in their military communities.

Martin has been on the job only five months in the LRMC Nutrition Care Division, but the 17-year Army veteran quickly made an impact.

"Her motto is, 'Nothing is impossible if we just believe,'" said Staff Sgt. Doshka Bowers in her nomination letter. "Even when we have doubts or obstacles, she says never give up hope, stand firm in what you believe because the outcome can only get better if we try and have faith."

Here are Martin's thoughts on being selected.

**Q: Since this is related to National Women's History Month, are there women you admire or look to as role**

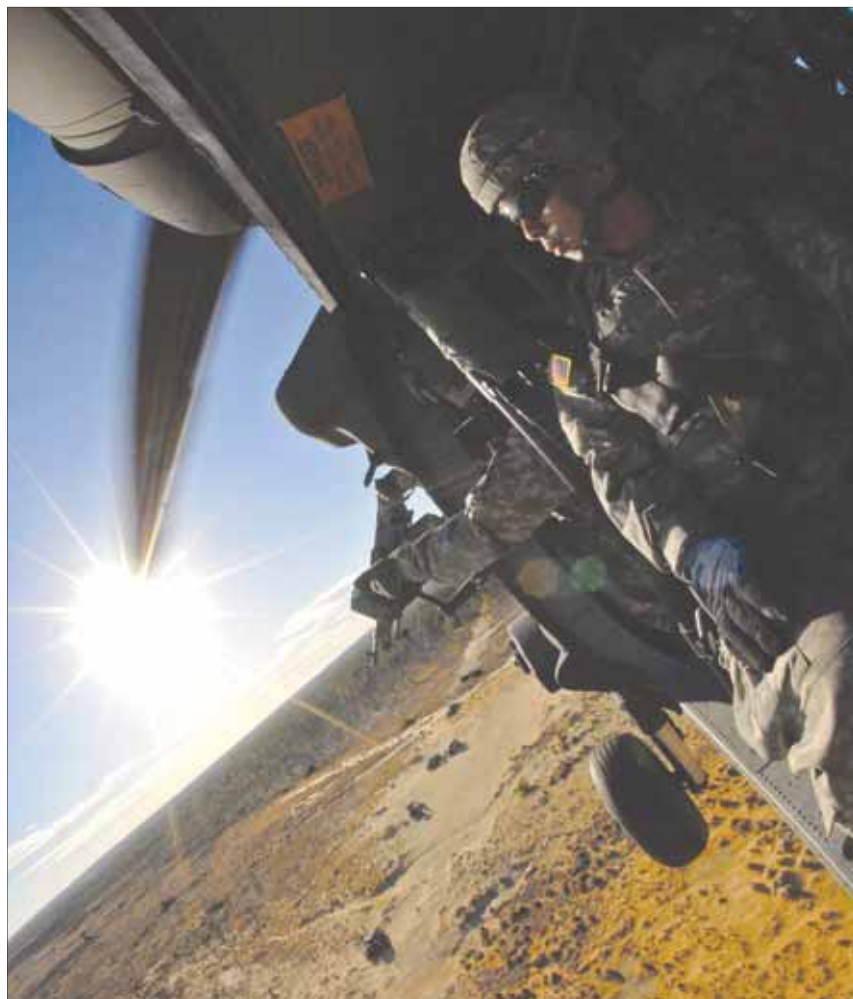
**models?**

I admire all women that have taken a step to improve life for someone else, but my role model is my mother. I learned a lot from her and she has never failed me or let me down. She struggled to raise my siblings and I with pride and doing things right the first time. Every day I work to be better and do better not for myself, but for the good of others.

If people in the world would not focus so much on what they can accomplish for themselves, but look to help others, then we would have less poverty, less hurt and pain and more love and concern for others.

**Q: Is there any advice you would like to give to young female Soldiers?**

I would encourage them to strive to be the best women they can be, to take pride in the way they dress and act in public and behind closed doors. I would encourage them to be a role model for the younger ladies around them. The way we dress, speak and carry ourselves demonstrates to the future women how they should be. TV shows our young ladies that we should be trashy, loud and hard core, but we should be loving, caring, sincere, attentive and dedicated to making life better. We don't have to act or do the things that society says we should, but their goals should be to continue to help women evolve and demonstrate a better depiction of what a woman really is.



Sgt. Jessica M. Kuhn

A Soldier from Company B, 2nd Battalion, 82nd Combat Aviation Brigade, looks on as one of his fellow crew chiefs qualify on the M240H machine gun during an aerial gunnery range at the Fort Bragg training grounds Feb. 18-20. The Soldiers were attempting to qualify from a UH-60M Blackhawk helicopter in preparation for a deployment to Afghanistan later this year.



U.S. Air Force Tech. Sgt. Manuel J. Martinez

A U.S. Soldier with the 10th Special Forces Group and his military working dog jump off the ramp of a CH-47 Chinook helicopter from the 160th Special Operations Aviation Regiment during water training over the Gulf of Mexico March 1 as part of exercise Emerald Warrior 2011. Emerald Warrior is an annual two-week joint/combined tactical exercise sponsored by U.S. Special Operations Command designed to leverage lessons learned from operations Iraqi and Enduring Freedom to provide trained and ready forces to combatant commanders.



U.S. Army

First Lt. Michael Keyser, A Troop, 1st Squadron, 11th Armored Cavalry Regiment, crawls through an obstacle during a Pre-Ranger Assessment Course March 1.



Staff Sgt. Anna Rutherfordford

Staff Sgt. Christopher Herndon of 623rd Engineer Company, Task Force Gridley, Nebraska Army National Guard, hands out wooden toys to village children in Paktika Province, Afghanistan, March 9.

**our**ARMY  
around the world

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

# Clearing the roads with Georgian National Army

By **Spc. Aislinn M. Amig**  
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

HOHENFELS, Germany – With hours spent inside military vehicles and crawling along a route at speeds of 5 kilometers per hour trying to find explosives meant to disable other military formations, no one ever said route clearance was glamorous.

It's a tedious job Soldiers from 2nd Platoon, 42nd Clearance Company, 54th Engineer Battalion were learning to perfect Feb. 14 to March 2.

Their primary mission was to conduct route clearance patrols in support of the Georgian National Army's 33rd Light Infantry Battalion as the unit prepares for a deployment to Afghanistan.

"We needed to show (the battalion) our capabilities as a route clearance platoon so they could utilize us effectively to complete their mission," said 2nd Lt. Anthony Cichorz, 2nd platoon leader from Chesapeake, Va.

During this training exercise, the 33rd Light Infantry Battalion's mission included conducting raids of weapons caches, combating planned assaults on their operating bases and conducting engagements throughout the cities.

"Our route clearance patrols were simulated and executed just as they would



Spc. Aislinn M. Amig

Second Lt. Anthony Cichorz, platoon leader for 42nd Clearance Company, 54th Engineer Battalion, from Chesapeake, Va., speaks with Soldiers from the Georgian National Army's 33rd Infantry Battalion during a training exercise in Hohenfels Feb. 27.

be in real-world situations. It really helped my guys build cohesion and learn to enjoy what can sometimes be a slow, painful process," Cichorz said.

Throughout the exercise, communication became difficult between the two nations due to the language barrier and the unavailability of interpreters.

Even still, Pfc. Dustin A. Eudy, a combat engineer from Canton, Ohio, recognized the significance of the combined effort.

"It was important that we learn to interact with other units and different countries for our route clearance patrols," Eudy said. "We may have to work with them while

deployed, so it's good to get used to it now."

Pfc. Darvale Ingram, a combat engineer from Chicago, described how Soldiers from the 33rd Infantry Battalion played an integral role in the success of one of their medical evacuations.

"We brought the casualty to a landing zone near the Georgian post and they were able to help us pull security so we could focus on caring for the wounded Soldier," Ingram said.

The platoon cleared nearly 250 kilometers of road throughout the two and a half week exercise, providing safer traveling conditions for those units operating in the battlespace.

# Working Dogs



Sgt. Adrienne Burns

Spc. Scott Born, a patrol narcotics detection dog handler with the 527th Military Police Company, 709th MP Battalion, watches as his military working dog, Boris, gets some bite work in with a Soldier from the Georgian Armed Forces' 33rd Light Infantry Battalion during a readiness exercise Feb. 12-March 4 in Hohenfels. Military police dog handlers from the 18th MP Brigade trained the Georgians before their deployment to Afghanistan. See full story on page 1.

# Baby dental care offered

The dental clinic on Benjamin Franklin Village in Mannheim will offer baby dental exams and oral care information session 9-11 a.m. March 23 in the medical clinic conference room to provide parents with information on how to take care of their child's teeth from an early age.

"Tooth decay is the single most common chronic childhood disease, five times more common than asthma, four times more common than early childhood obesity and 20 times more common than diabetes," said Dr. Aurora Alva, pediatric dentist quoting American Academy of Pediatric statistics.

The clinic will provide exams for the first 10 parents that sign up.

"There are a lot of misconceptions about how to protect our children's teeth from cavities. One of the confusions is that juice is good for our kids and, yes, it is good but not in excess and not in between meals as it is one of the main causes for tooth decay," Alva said.

"The American Academy of Pediatric Dentists recommends every child seen by a dentist by age one or when the first tooth has erupted in the mouth," she said.

To pre-register, call DSN 380-9507, civ. 0621-730-9507.



## Into the Forest...

### Earth Week Photo Contest

**If you have dreamed of being a wilderness photographer, now's your chance! You don't have to travel far to go into the woods. The United Nations has declared 2011 to be the International Year of the Forests. Explore the woods of Germany, with your eyes and cameras. Leave only your footprints behind you, but bring back your best photographs or collages and submit them to [mybwnow.ning.com](http://mybwnow.ning.com) –Earth Week Photo Contest Page. The winning photo and runner up photo will be published in the Herald Post during Earth Week.**

**Go to <http://mybwnow.ning.com/profile/intotheforest> to upload photos.**

Photos/collages must be submitted between March 15 and April 10. Photos must be taken in Germany. See website for more information. You must have a myBWNOW account to upload photos.



Questions? See the website for further details or e-mail [environmental@hdpw.eur.army.mil](mailto:environmental@hdpw.eur.army.mil).



## DOGS

continued from page 1

the U.S. Marines and a team of dog handlers from the 18th Military Police Brigade come in. In Afghanistan, the International Security Assistance Force is made up of nearly 120,000 troops from 47 countries.

A pair of dog handlers from the 18th MP Brigade – Spc. Scott Born, a patrol narcotics detection dog handler with the 527th MP Company, 709th MP Battalion, and Spc. Paul Stevens, a PNDD handler, with the 230th MP Company, 95th MP Battalion – found themselves in a joint-service, international, JMRC-led training scenario in Hohenfels to help the Georgians gear up for their down range missions.

Born and Stevens worked with a team of Marines under guidance from JMRC to assist

the Georgian Soldiers during their Mission Readiness Exercise Feb. 12 through March 4, before they deploy to Afghanistan.

Prior to the exercise, the Marines had spent six months in the Republic of Georgia training the battalion for their upcoming deployment.

Their training is a part of the Marine Corps' Georgian Deployment Program, which is a "two-year, time-phased program which helps prepare four battalions – one every six months – to integrate with ISAF (International Security Assistance Force) in Afghanistan in a counterinsurgency environment," according to a U.S. Marine Corps press release.

The roles of Born, Stevens and their military working dogs in this program were to assist as the Georgians learned to integrate down range re-

sources into their missions.

"Our intent is to help the Georgians better understand how to use dogs (while deployed)," said Born.

Military working dogs will be a new asset to Georgian forces. Much like the need to familiarize themselves with foreign weapons, the Georgians needed to familiarize themselves with the capabilities of dogs. The Georgians had a little more than three weeks to understand and begin to utilize this new resource – lessons new dog handlers normally have nearly three months to accomplish.

But with the help of a few translators and a nudge in the right direction, "it started to click and they started to use us more," Born said.

When the working dogs arrived – along with their reputation as trained attack dogs – the Georgian troops were

reluctant and wary.

"It was like the parting of the Red Sea whenever we walked into a room with the dogs," Born said.

But once the Georgian Soldiers familiarized themselves with the dogs, saw the level of obedience and training they had and were able to interact with them, there was a turnaround.

Many of the Georgians took advantage of a special training opportunity to engage in bite work with the dogs. They put on special bite sleeves and were able to get a feel for what the dogs are capable of.

"Will he want to bite me after I take off the sleeve?" one Georgian Soldier asked through a translator.

"He will only bite the sleeve, right?" another asked.

The working dogs performed exactly as they were trained. Visibly relaxed after

their first few rounds of bite work, many Soldiers went time and time again, wanting to see everything the dogs were capable of.

Now, when the dogs enter a room, Georgian Soldiers reach their hands out to pet them, kneel down to say a few nice words, take pictures with their favorite dogs and show a true bond with their new battle buddies.

"They know the assets they're going to have once they get to Afghanistan, and I honestly think that, since working with us, they'll be more inclined to try and utilize the K-9 assets down range," Stevens said.

That said, Born emphasizes how important it is in Afghanistan to make use of this resource.

"The dog is the best asset to find explosives down range," he said.

## SURVIVORS

continued from page 1

meaningful thing we can do to honor our fallen soldiers is to support and care for those they left behind. Survivor Outreach Services was established in April 2008 to do that.

Chief of Staff Gen. George W. Casey, Jr., who the vision and compassion to propel the effort to support survivors beyond casualty assistance.

Casualty assistance officers work with families during a heart-rending time when families are notified of their Soldier's death and have to make funeral arrangements and decisions about entitlements and benefits.

Grief is personal.

It cannot be standardized or resolved in a set time period.

With the help of a panel of survivors selected by Casey, SOS was developed to provide longer-term, expanded support and care, taking up where casualty assistance ends.

SOS offers support through benefits coordinators who help Survivors understand and apply for local, state and federal benefits; financial counselors who assist through investment and estate planning education, and support coordinators who facilitate support groups, provide life skills education and connect survivors with counseling resources.

More than 200 SOS personnel now work on installations in the United States and overseas.

It does not matter how a Soldier died, and there is no

time limit on SOS services.

SOS coordinators extend a hand as survivors are working with casualty assistance officers in the first few months after a Soldier's death, but survivors do not have to accept assistance right then or ever.

They can decide to return months or years later.

The important thing is for survivors to know that the support is there.

They are not alone—they are part of the Army family for as long as they want to be.

There are also no exclusions in the definition of a survivor. For the SOS program, a survivor is anyone—immediate family, extended family, friend or fellow warrior—who feels the loss of a Soldier.

Not every survivor is not

entitled to the same benefits under law or regulations, but SOS coordinators will work with any survivor to access counseling and other resources.

Our partnerships with local and national support organizations make this more expanded, inclusive approach possible.

SOS staff have made tremendous progress in a short time, receiving more than 24,000 cases from Casualty and Mortuary Affairs and continually reaching out to survivors, both those who have suffered a loss recently and those whose loss predates the program.

They continue to refine and enhance services as more survivors provide feedback on their challenges and needs.

More information on SOS services and survivor resources is available on Army OneSource ([www.myarmyonesource.com](http://www.myarmyonesource.com)) or the SOS Facebook page.

The loss of a Soldier is not a topic people want to talk about, but it is a reality of military life.

We train for and plan our combat operations. We stress safety in garrison. We have enhanced programs to prevent risky behaviors and suicide.

In the end, despite our best efforts, we cannot prevent every loss. Survivor Outreach Services is crucial to honoring the fallen Soldier's service and sacrifice for our nation, we can do one last thing—offer support for the loved ones the Soldier left behind.

## SCHUH

continued from page 1

They found the roof trusses were cracked and weak and recommended the theater be shut down for safety reasons.

Following inspection, engineers from the garrison directorate of public works moved ahead with gathering estimates for repair. The overall cost of \$96,000 included repair work on the weakened trusses and removing and re-

placing panels and insulation.

The command also looked into moving the theater to a new location.

"I asked our engineers for an estimate on relocating the 35mm projectors and screen. The estimate was approximately \$100,000 for relocation and construction," said Frank Niccoll, Exchange general manager.

"We would have liked to keep the theater open for the

community," Butcher said. "But when you look at the safety risk combined with the cost, it wouldn't be responsible to do that."

Community members have options available including driving to the theater on Patrick Henry Village in Heidelberg to see movies there. In addition, German theater routinely offer English-language films. A Web site – [www.thelocal.de](http://www.thelocal.de) provides German

news in English. Each week, the lifestyle section of [www.thelocal.de](http://www.thelocal.de) lists the English-language films playing at the CinemaxX movie theater in downtown Mannheim on block P4 13. The Herald Post will begin listing these movies on page 15 at the bottom of the "theaters" column. The site's movie ratings are different than the U.S. ratings. Herald Post listings will include U.S. ratings.

### Movie Schedule

for this week at the Mannheim CinemaxX, P4 13, 68161 Mannheim, civ. 01805-62-5466, [www.cineplex.de](http://www.cineplex.de).

True Grit (PG-13) – today through Wednesday, 5:30 p.m.

The Adjustment Bureau (PG-13) – today through Wednesday, 8:15 p.m., 11 p.m.

The King's Speech (PG-13) – today through Wednesday, 5 p.m., 8 p.m.; today through Sunday, 2:30 p.m.

# Spending a night in a real castle

*Traveling with children: the Rhine lures the imaginative to a medieval world*

**By Leigh Bancroft**  
USAG BADEN-WÜRTTEMBERG MEMBER

Our boys, geared up in medieval garb of plastic armor and wooden swords, set out on another adventure to get a closer look at Germany's castles.

We decided to drive north along the Rhine River valley to see all the castles along the romantic route leading to Burg Eltz.

The highlight of our trip was a smaller 12th-century castle in the wine growers' town of Bacharach where we actually spent the night.

The Jugendherberge Stahleck, located inside the Stahleck castle, is situated on top of the hillside with a gorgeous view of the vineyards, the Rhine valley and the old city of Bacharach.

The castle is thought to have been built for the Hohenstaufen dynasty around 1135. It was destroyed by the French in the 17th century and rebuilt in the 20th century. The cobblestone paths and stone tower where, according to my 5-year-old, "Young maidens are locked away until rescued by their prince," gives it an authentic, medieval feel.

The youth hostel surprisingly offered more than I expected. For only €48 including breakfast, we got a large room with several beds and a private shower.

The windows opened over the castle grounds with a nice view of the Rhine

River. The rooms were not lavish by any means, but our boys were thrilled to sleep on bunk beds, easily transformed into castles where knights stood guard to protect the royal family.

The atmosphere in the common grounds was enjoyable and full of families with energetic children of all ages. A warm and friendly staff greeted guests and served hot chocolate, coffee and drinks all day.

We enjoyed a few hours walking around the quiet town of Bacharach. Cobblestone pathways led to cozy restaurants and small shops with souvenirs.

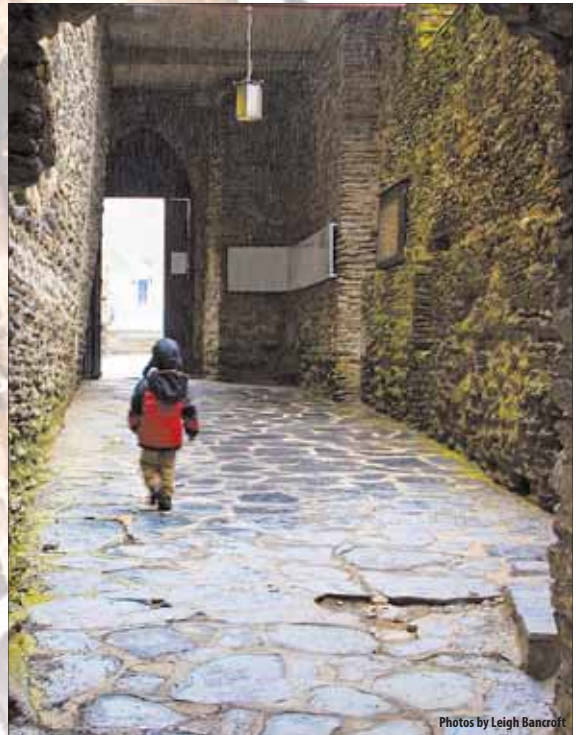
Most of the town was closed for the winter so the streets were quiet. This gave us the opportunity to see a few attractions and get back to the castle for our two little knights to explore.

As the sun began to set and the night fog rolled in, we made our way back to the castle for the dinner buffet. The dinner was not great but the warm atmosphere made up for it.

Families were scattered throughout the common grounds playing board games and cards with their children. The hostel staff kept the older children entertained with fruity, alcohol-free drinks at the bar, while the smaller tots built replica castles with wooden blocks in the toy room.

Children were able to walk around freely.

It turned out to be the perfect get away with kids. Next time, we know to bring board games.



Photos by Leigh Bancroft

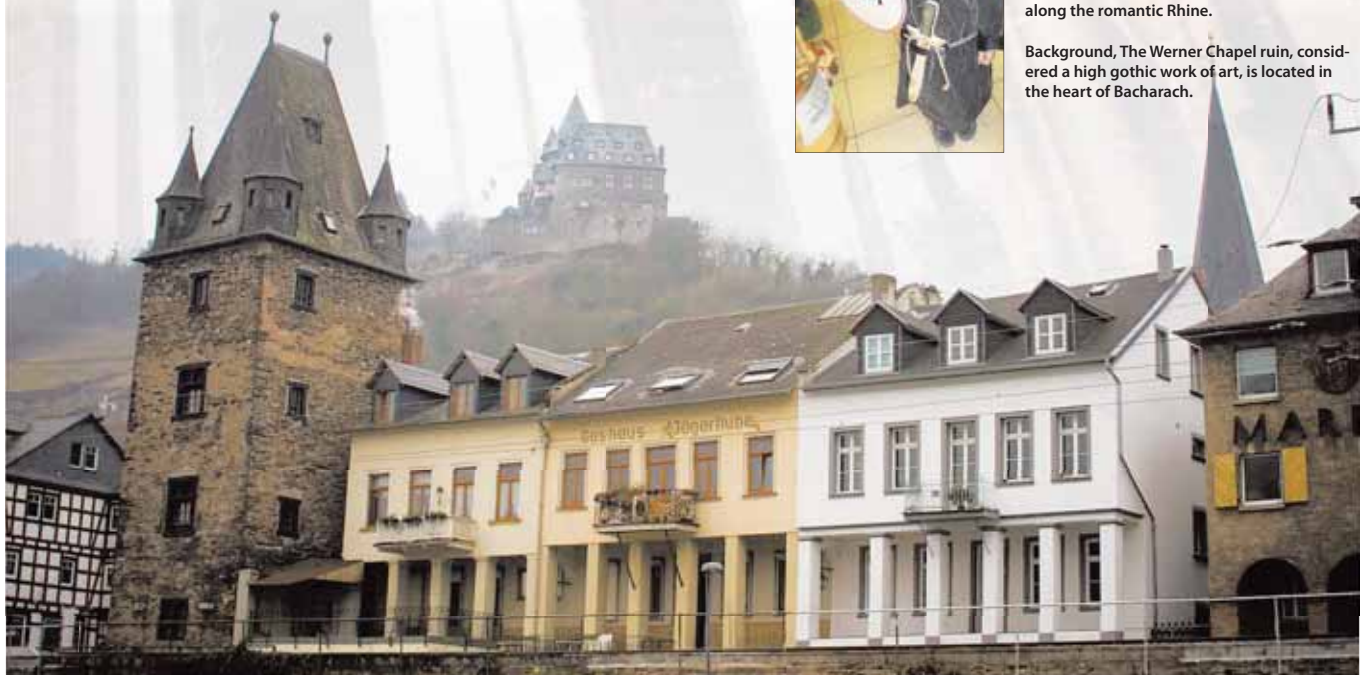


Above, the entrance to the Jugendherberge Stahleck hostel with cobblestone paths and medieval architecture.

Left, A children's medieval store sells costumes fully equipped with wooden swords, shields and play armor, appropriate wear for the town's Renaissance festival in the spring.

Below, The town of Bacharach, with a view of the Jugendherberge Stahleck hostel at the top of the hill, is one of many medieval towns along the romantic Rhine.

Background, The Werner Chapel ruin, considered a high gothic work of art, is located in the heart of Bacharach.



## GERMAN NEWS

### Nuclear Reactors

Germany announced Tuesday it would temporarily shut down the oldest seven of its 17 nuclear reactors pending a safety review in light of Japan's atomic emergency. Chancellor Angela Merkel said a safety review of all nuclear reactors will be launched with all reactors in operation since the end of 1980 set to be idled for a three-month moratorium. This covers seven nuclear reactors: Biblis A and B, Neckarwestheim, Brunsbüttel, Isar 1, Unterweser and Philippsburg 1. Germany decided a decade ago to be nuclear-free by 2020, but this target was postponed until the mid-2030s by Merkel's government last October despite strong public opposition. Japan's government has said radiation levels near the Fukushima nuclear plant have reached levels harmful to humans, advising thousands of people to stay indoors after two explosions and a fire at the facility Tuesday. Four of the six reactors at the plant, 250 kilometres (155 miles) northeast of Tokyo, have now overheated and sparked explosions.

### Life Span and Birth Month

A person's lifespan depends on the month they were born, according to a new study by the University of Greifswald. November babies live on average nine months longer than those born in May, it found. Scientists at the university's hospital in northeastern Germany analyzed several million deaths related to cardiovascular diseases between 1992 and 2007. They found that women born in November lived some 7.3 months longer than those born in May, while men lived 11.7 months longer.

### BMW Sales

German luxury automaker BMW raised its 2011 outlook Tuesday and said it now expects to sell significantly more than 1.5 million vehicles for the year. BMW, which also owns the Mini and Rolls-Royce brands, presented most of its 2010 results last week when it said it should sell around 1.5 million vehicles this year, up from 1.46 million last year. Munich-based BMW posted a net profit of €3.23 billion (\$4.48 billion) for 2010, 15 times higher than the level a year earlier. Pre-tax profit should now exceed €4.84 billion, the record level set last year, the company said. The BMW brand remains the group's core unit, with sales of 1.22 million autos last year. Europe was the group's biggest market, followed by China and the United States. Sales were growing meanwhile in Brazil, India, Russia, South Korea and Turkey.

SOURCE: [www.thelocal.de](http://www.thelocal.de)



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).

### Responses to previous columns

#### Dear Ms. Vicki,

You had a recent letter from P.V. who noted she had been married to a Soldier for 25 years. The Soldier went on to become an officer, and eventually remarried a younger woman.

If in fact the lady had been married to the Soldier for 25 years and at least 10 of those years were while he was in the military, I believe she is entitled to half his retirement.

The writer sounds like she may not be American so she may not have access to a military lawyer. Additionally, her ex-husband should have been required to bring her to his separation briefing when he made the selection to participate or not participate in the Survivor Benefit Plan.

Soldiers cannot make the decision to participate or not without the spouse being present. The spouse also has to acknowledge and sign that he or she is in agreement with the Soldier's election.

As I retired a few years ago, I don't think either of these facts have been discontinued.

Thank you, Ebaby

#### Dear Ms. Vicki,

I was reading your column today about someone's child having Attention Deficit Hyperactivity Disorder. I have an ADHD child as well.

I would like to recommend a reward chart. That sometimes helps the child learn responsibility. For each chore that my child does, we give him a star. For instance, if we share cleaning the dishes, he gets a star. The more stars he gets, the more things we allow him to do, like playing the video games he loves.

We have spoiled our children a lot, but we knew that for them to learn to be responsible, we have to quit spoiling our children.

Being a mother of a ADHD child isn't easy. It is a full time job. I struggle to keep my son in line, but I also struggle to know more about this condition by going to specialists and learning from the doctors and counselors and psychiatrists who help my son. Without medications he would be trying to get out of working at school. My son's school has a counselor and a doctor who come there and help a lot.

I have a long line of ADHD in my family and they tell me things to try, like taking TVs out of the room or maybe taking him to the park. If the park isn't an option during the winter time, then take him to the mall or maybe to Chucky Cheese to run some energy out. I find that it helps calm him down a bit.

His sleeping habits are horrible, but we assure him that the next day we will be able to do fun things like go out to a park or out to eat.

Schools don't have a lot of patience because they have a lot of students, but when they start saying

we have to have parents come pick them up, I feel like they don't care about how my child is suffering from all of this.

A lot of pain comes of having an ADHD child. I can say one parent to another that no matter what the diagnosis, we will always know best for our children. I forgot to mention – social security income for the child could help support the family as well. I also want to say thank you, too, for listening to everyone's problems. You make the world go around and keep their strength up. As the nana of six said, you're an angel from God.

Another mother with a child that has ADHD

#### Dear Ms. Vicki,

In one of your columns you tell somebody, "When you are in a committed relationship you have to let other friendships go."

Are you serious? What you are saying is to leave your old life behind and start new. Is that what you did? Then I can only say, I feel really sorry for you and your husband. Because if you ever break up, you will be alone.

I am glad that I have old friends. We both do. And we both are fine with it. Because there is trust. We would never say you have to break off all friendships you had before we met. And if my partner would do that, he would find himself out of my life.

When I read the things you tell people, you are so far from reality it is ridiculous. And then somebody says you should be in papers all around the world. Just what the world needs. I most certainly need nobody who obviously doesn't know anything about real life telling me to get counseling.

Dee

PS: And I know you will not publish this, but that's okay.

# National nutrition month theme: Eat right, with color

### HMEDDAC Public Affairs

National Nutrition Month, an annual nutrition education and information campaign celebrated in March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme is "Eat right. With Color."

According to [www.eatright.org](http://www.eatright.org), a rainbow of fruits and vegetables creates a palette of nutrients and phytonutrients on your plate, each with a different bundle of potential benefits in a healthful eating plan: from oxidizing free radicals that may damage healthy cells, to having anti-inflammatory qualities, to lowering LDL cholesterol. Enjoy foods that are a treat for your eyes – and your body.

♦ **Green: fruit – avocado, apples, grapes, honeydew, kiwi, lime; vegetables – artichoke, asparagus, broccoli, green beans, green peppers, leafy greens.** Their lutein and indoles have antioxidant potential and may help promote healthy vision and reduce cancer risks.

♦ **Orange and deep yellow: fruit – apricot, cantaloupe, grapefruit, mango, papaya, peach, pineapple; vegetables – carrots, yellow pepper, yellow corn, sweet potato.** Carotenoids, bioflavonoids and the antioxidant vitamin C in these foods promote a healthy heart, vision, immunity and reduced risk for some cancers. The deeper the orange/yellow color, the more carotenoids they have.

♦ **Purple and blue: fruit – blackberries, blueberries, plums, raisins; veg-**

**etables – eggplant, purple cabbage, purple-fleshed potato.** Anthocyanins, which give a blue-purple color and phenolics, may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

♦ **Red: fruit – cherries, cranberries, pomegranate, red/pink grapefruit, red grapes, watermelon; vegetables – beets, red onions, red peppers, red potatoes, rhubarb, tomatoes.** These deliver lycopene, a powerful carotenoid, as well as anthocyanins. They help maintain a healthy heart, vision, immunity and may reduce cancer risks.

♦ **White, tan, brown: fruit – banana, brown pear, dates, white peaches; vegetables – cauliflower, jicama, mushrooms, onions, parsnips,**

**turnips, white-fleshed potato, white corn.** Alllicin in onion (and garlic) and selenium in mushrooms may promote heart health and reduce cancer risks.

Registered dietitians are food and nutrition experts committed to improving the health of their patients. They can translate the science of nutrition into practical solutions for healthy living.

In the same way that you have a physician whom you see regularly to manage your medical needs, everyone should see an RD routinely for help in managing nutritional needs. Registered dietitians at the Heidelberg Health Center encourage annual nutrition checkups.

To make an appointment with a registered dietician, call DSN 371-2622, civ. 06221-17-2622.

# GET OUT!

## area events

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

### March 17

**Luisenpark** – Mannheim's favorite indoor playground, the Luisenpark greenhouse and exhibition hall (Ausstellungshalle und Pflanzenschauhaus), beckons. While it's wet and chilly outside, children can climb rope nets, scale wooden towers and explore to their heart's content. The indoor arena offers reserved parking for baby strollers. Open 10 a.m.-5:30 p.m. through March 20. Admission fee includes access to the indoor playground. Address: Gartenschauweg 12, 68030 Mannheim. Civ. 0621-41-0050.

**Kiss Me Party** – Get your Irish on at the St. Patrick's Day "Kiss Me I'm Irish" party 7 p.m. March 17 at Slapshots on Patton Barracks in Heidelberg. DSN 373-5194, civ. 06221-17-5194. [www.mwrgermany.com](http://www.mwrgermany.com).

### March 18

**Harlem Globetrotters** – The world-famous Harlem Globetrotters bring their basketball magic to the Ballsporthalle in Frankfurt. Catch a second show on March 24. Tickets: [www.worldticketshop.com](http://www.worldticketshop.com).

**Roadside Theater** – See Arthur Miller's classic play, "All My Sons" about the life of a family after a World War II hero returns home 7:30 p.m. March 18-19, 25-26 and April 1-2 and at 3 p.m. March 20 and 27 at the Roadside Theater on Patton Barracks in Heidelberg. Recommended for mature audiences. DSN 373-1520, civ. 06221-17-1520, [www.roadside-theater.com](http://www.roadside-theater.com), [www.mwrgermany.com](http://www.mwrgermany.com).

**Ladenburg Tour** – Enjoy a walking tour of the Ladenburg Altstadt (old town) and learn about the rich history of this town. Relax on the train ride from Heidelberg to Ladenburg. See the market square, St. Gallus church, the Roman ruins, the witch's tower and more and the museums that cover the local history. Free time is included for lunch and shopping. <http://affiliates.uso.org/rheinmain>.

### March 20

**Spring Concert** – The Mannheim German-American Women's Club hosts a charity concert featuring the Police Music Corps of Mannheim under the direction of Dieter Kaufmann in the Festhalle Baumhain 4 p.m. in the Luisenpark in Mannheim. Tickets, adults €10, students €5 are available at the police headquarters in Mannheim, L6, 1, Kasse, Juwelier Benz in Mannheim-Rheinau on Relaisstrasse 59 or at the main entrance to the park on Friedensplatz on the day of the concert. Civ. 0621-876-2410.

**Castle Tour** – Travel to King Ludwig II's magnificent Neuschwanstein Castle, the inspiration for Walt Disney's fairy-tale Kingdom. This towering palace and the surrounding mountains welcome visitors to

explore. <http://affiliates.uso.org/rheinmain>.

### March 25

**KMC Onstage** – "Doubt, a Parable" is a Pulitzer Prize winning drama by John Patrick Shanley centering on a Catholic school principal, Sister Aloysius, who takes matters into her own hands when she suspects Father Flynn of improper relations with one of the male students. The play, set in the Bronx, N.Y., in 1964, will be performed at KMC Onstage, Bldg. 3232, Kleber Kaserne in Kaiserslautern March 25-26 and April 1-2, and 7:30 p.m. DSN 483-6626, civ. 0631-411-6626, [www.mwrgermany.com](http://www.mwrgermany.com).

### March 26

**Paris Tour** – Experience an express trip to Paris and see such major tourist attractions as the Eiffel Tower, Notre Dame Cathedral, the Arch of Triumph and much more. Arrive midday and start out with a city tour of famous attractions. After free time, enjoy a unique dining experience in the Latin Quarter for an authentic five-course meal served in a historic atmosphere or marvel at the City of Lights during an evening boat cruise on the Seine River. <http://affiliates.uso.org/kaiserslautern>.

### March 27

**Bruno Mars** – Singer Bruno Mars hits the stage at 8 p.m. at Die Röhre in Stuttgart. Tickets are available now. [www.worldticketshop.com](http://www.worldticketshop.com).

**Chocolate** – What could be more tempting than chocolate? Learn more about chocolate, visit the special exhibition "Schokoladen-Welten" at the Museum im Schweizer Hof in Bretten. There, discover the history of the cocoa bean and how it found its way to Europe. A chocolatier will demonstrate the art of crafting chocolate goodies such as Easter bunnies and Santa Claus. Samples are included and admission is free. The museum is open 11 a.m. to 6 p.m. Saturdays and Sundays and on German holidays through April 25.

### April 7

**South of France** – Romans, Vincent van Gogh, Pablo Picasso, French cowboys, Paul Cezanne and more await during this guided tour of Southern France. Celebrate the end of winter and step into spring by exploring some of the world's most beautiful French treasures. Spend three days criss-crossing Provence and Camargue. <http://affiliates.uso.org/kaiserslautern/>.

### April 9

**Veterama** – Experience one of Europe's largest classic and vintage car and motor-

cycle markets and swap meets. Find whole vehicles, spare parts, tools, accessories, documentation, trade and meet fellow aficionados. The spring edition of Veterama, traditionally held in Ludwigshafen, sports more than 1,500 exhibitors offering about 100 complete cars and 600 motorbikes on two weekends. April 9-10 features cars and motorcycles, April 16-17 is for motorcycles only. Location: Friedrich Ebert Gelände, Erzberger Straße, 67063 Ludwigshafen. Hours: 8:30 a.m.-6 p.m. Saturdays; 8:30 a.m.-4 p.m. Sundays. Tickets: Single day € 8, family (2 adults, two kids under 15) single day €10; Insider ticket (valid Friday-Sunday) € 20. [www.veterama.de/en/1-home.html](http://www.veterama.de/en/1-home.html).

### April 12

**Mannheim Tour** – If you're new to the Mannheim area or just curious about the city, this special tour is for you. Visit some of the city's most popular sights such as the Water Tower, the Holocaust memorial, the Paradeplatz, the Farmer's Market and the castle. There will also be time for lunch and shopping. Let the USO Heidelberg be your guide. <http://affiliates.uso.org/rheinmain>.

### Ongoing

**Mannheim Parks** – Mannheim parks summer hours extend from March through October for Luisenpark and Herzogenriedpark. Both open at 9 a.m. and box offices close at dusk during March and April and at 9 p.m. from May through August. Summer hours for the tea house are 1-6 p.m. (7 p.m. in case of sunny weather) weekdays except Tuesdays and 11 a.m.-7 p.m. Sundays and holidays. Earlier closure is possible in case of inclement weather. Summer opening hours for the green house are 10 a.m.-5:30 p.m. daily through March and 10 a.m.-6:30 p.m. from April-September.

**Flea Market** – Don't miss the newest flea market in the area in Rumpelkammer Hockenheim every Saturday 10 a.m.-5 p.m. It's inside unless the weather is balmy, then it moves outdoors. There's a first Friday flea market from 5-11 p.m. and a second Friday children's market from 2-7 p.m. Address: Speyererstrasse 1, 68766 Hockenheim-Talhaus. [www.rumpelkammer-hockenheim.de](http://www.rumpelkammer-hockenheim.de).

**Greeters Available** – The Mannheim and Heidelberg "Greeter's" Web sites are up and running and available in English and other languages. Book a greeter to discover these cities and their surroundings free of charge. Greeters are not professional tour guides but they provide personal and unique experiences for tourists, business travelers or residents. Civ. 0621-483-483-93, [www.Mannheim-Greeter.de](http://www.Mannheim-Greeter.de) or [www.Rheinneckar-Greeter.de](http://www.Rheinneckar-Greeter.de).

# THEATERS

## THE FIGHTER

(Mark Wahlberg, Christian Bale) Inspired by the true story of two brothers who come together to train for a historic title bout that will unite their fractured family, redeem their past and at last, give their hard-luck town what it's been waiting for: pride. The story unfolds on the gritty, blue-collar streets of Lowell, Mass., where Dicky is a former boxing hero that squandered his talents and threw away his shot at greatness. Micky Ward, his half brother, is the struggling boxer who's always lived in his brother's shadow. Rated R (language, drug content, some violence and sexuality) 115 minutes.



## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

March 17 - RANGO (PG) 7 p.m.  
 March 18 - MARS NEEDS MOMS (PG) 7 p.m.;  
 THE FIGHTER (R) 9 p.m.  
 March 19 - MARS NEEDS MOMS (PG) 4 p.m.; THE DILEMMA (PG-13) 7 p.m. 7 p.m.; THE FIGHTER (R) 9 p.m.  
 March 20 - MARS NEEDS MOMS (PG) 4 p.m.; THE DILEMMA (PG-13) 7 p.m.  
 March 21 - THE FIGHTER (R) 7 p.m.  
 March 22 - MARS NEEDS MOMS (PG) 7 p.m.  
 March 23 - THE DILEMMA (PG-13) 7 p.m.  
 March 24 - MARS NEEDS MOMS (PG) 7 p.m.

### Vogelweh, Galaxy

March 18 - THE FIGHTER (R) 7 p.m.  
 March 19 - THE DILEMMA (PG-13) 4 p.m.; RANGO (PG) 7 p.m.  
 March 20 - RANGO (PG) 4 p.m.

### Ramstein, Gateway Movieplex

March 17 - TRON: LEGACY (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.;  
 GULLIVER'S TRAVELS (PG) 11:15 a.m., 2:15 a.m., 5:15 p.m., 8:15 p.m.;  
 SEASON OF THE WITCH (PG-13) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.;  
 LEAP YEAR (PG) noon, 2:30 p.m., 4:45 p.m., 7 p.m.  
 March 18 - MARS NEEDS MOMS (PG) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.,  
 9:45 p.m.; THE FIGHTER (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:30 p.m.;  
 THE DILEMMA (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 9 p.m.  
 March 19 - MARS NEEDS MOMS (PG) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.,  
 9:45 p.m.; THE FIGHTER (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:30 p.m.;  
 THE DILEMMA (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 9 p.m.  
 March 20 - MARS NEEDS MOMS (PG) 11 a.m., 1:30 p.m., 5 p.m., 8 p.m.;  
 THE FIGHTER (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:30 p.m.;  
 THE DILEMMA (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.;  
 EARTH (G) noon, 2:30 p.m., 4:45 p.m., 7 p.m.;  
 March 22 - MARS NEEDS MOMS (PG) 11 a.m., 1:30 p.m., 5 p.m., 8 p.m.;  
 THE FIGHTER (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:30 p.m.;  
 THE DILEMMA (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.;  
 EARTH (G) noon, 2:30 p.m., 4:45 p.m., 7 p.m.  
 March 23 - MARS NEEDS MOMS (PG) 11 a.m., 1:30 p.m., 5 p.m., 8 p.m.,  
 THE FIGHTER (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:30 p.m.;  
 THE DILEMMA (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.;  
 EARTH (G) noon, 2:30 p.m., 4:45 p.m., 7 p.m.;  
 March 24 - YOGI BEAR (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.;  
 THE FIGHTER (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:30 p.m.;  
 THE DILEMMA (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.;  
 EARTH (G) noon, 2:30 p.m., 4:45 p.m., 7 p.m.

### THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
 Galaxy Theater, Vogelweh, 0631-50017  
 Gateway Cineplex, Ramstein, 06371-47-5550

Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions  
 Mannheim, Cinemax, P4 13, 68161 Mannheim, civ. 01805-62-5466, [www.cineplex.de](http://www.cineplex.de).

## Mannheim, CinemaxX

March 17-20 - THE KING'S SPEECH (PG-13) 2:30 p.m.  
 March 17-23 - TRUE GRIT (PG-13) 5:30 p.m.; THE ADJUSTMENT BUREAU (PG-13)  
 8:15 p.m., 11 p.m.; The King's Speech (PG-13) 5 p.m., 8 p.m.

## community HIGHLIGHTS

### AUSA Meeting

The General C.W. Abrams Chapter of the Association of the United States Army will host its next general membership meeting 6 p.m. March 24 at the Gasthof Schutzenhaus in Eppelheim. U.S. Army Garrison Baden-Württemberg Commander Col. William C. Butcher will be the guest speaker and address community transformation issues. Civ. 0171-496-3564.

### Asymmetric Warfare Group

The Asymmetric Warfare Group recruiting team is seeking senior NCOs and officers for operational advisor teams and support staff. Unique skills sought include combat experience, maturity, analytical and innovative thought and communication skills. Briefings will be 10:30 a.m. and 1:30 p.m. April 4 on Patton Barracks in Heidelberg, Bldg. 135, the old chapel.

### Amnesty Day

The 21st Theater Sustainment Command has scheduled an amnesty day to allow individuals to turn in ammunition and explosives April 12 at the Theater Logistics Support Center – Europe's Ammunition Supply Point 9 at Miesau Army Depot. DSN 481-3516, civ. 06372-842-3664.

### Veterinary Treatment Facilities

The Mannheim and Heidelberg Veterinary Treatment Facilities will have limited appointment availability through the month of April when both Veterinary Corps officers will be TDY. Services and appointments availability will be extremely limited. Preventative medicine and vaccinations and PCS health certificates will be prioritized. Most sick call and surgical requests will be referred to other clinics. DSN 388-9469, civ. 06221-338-9470.

### Scholarships for Students

Students graduating from the Department of Defense Dependents Schools Europe and planning to attend a Historically Black College or University should apply by March 30 for a scholarship from the Rhein-Neckar Branch of the NAACP. Scholarships are awarded based on academic performance and demonstrated leadership abilities. Only those awarded scholarships will be contacted. The amounts of the scholarships will be determined. Civ. 06224-17-2052 or 0162-296-0030.

### Scholarships for Wives

Wives of uniformed service members may apply for the Saban Military Wife Educational Scholarship to attend vocational training programs in the medical field. Fifteen \$8,500 scholarships, five \$10,000 scholarships and two \$30,000 scholarships will be awarded. Applications will be accepted through May 1. [www.OperationHomefront.net/scholarship](http://www.OperationHomefront.net/scholarship).

### Scholarships

The Germany alumni chapter of Kappa Alpha Psi Fraternity will accept scholarship applications from graduating DoDDS seniors through March 30 for \$1,000 and above scholarships. <http://kapsigermmany.com>.

## local EMPLOYMENT

### Criminal Justice Instructor

Central Texas College is seeking adjunct criminal justice instructors for face-to-face classes in the Heidelberg and Mannheim areas. Requirements include at least an associate's degree and experience in the field. Classes are taught evenings and weekends. DSN 382-5560.

### KAISERSLAUTERN

#### Education

♦ **Conversational Spanish** – A free Learn to Speak Spanish class is offered 9 a.m. Tuesdays in Bldg. 2891 on Pulaski Barracks. Register: DSN 493-4203, civ. 0631-3406-4203.

♦ **Multicultural Spouses Club** – Army Community Service will host a get-together with other spouses 11 a.m. March 25 in Bldg. 2891 on Pulaski Barracks.

#### Community

♦ **ASAP Moves** – The Army Substance Abuse Program office is now located at Daenner Kaserne, Bldg. 3104, 4th Floor. The new numbers are DSN 483-7857, civ. 0631-411-7857.

♦ **Independent, Foreign Films** – Enjoy a free viewing of the French film "1981, The Year I Became a Liar" by Ricardo Trogi with English subtitles 6 p.m. March 17 at the library on Landstuhl Post. DSN 486-7322, civ. 06371-86-8390.

♦ **Indoor Flea Market** – Contact Army Outdoor Recreation for reservations at the Indoor Flea Market 8 a.m.-2 p.m. March 19. Rent two tables and a bench for \$25. Flea Market will be at the Special Events Center, Bldg. 237, on Rhine Ordnance Barracks. DSN 493-4117, civ. 0631-3406-4117, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Spring Youth Apprenticeships** – Applications are being accepted through Mar. 18 for spring youth apprenticeships through the Child, Youth and School Services HIRE! program. Information sessions will be held on Mar. 28-June 17. DSN 486-8915, civ. 0631-86-8915, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Mother Daughter Book Club** – Share a special bonding experience by reading the March book "Penny Dreadful" by Laurel Snyder 5:15-6:30 p.m. March 24 in the Landstuhl Library. Recommended for ages 9-12. Civ. 0151-5877-6489, [kmcmotherdaughterbookclub@gmail.com](mailto:kmcmotherdaughterbookclub@gmail.com).

♦ **The Producers** – Auditions for the Broadway musical "The Producers" take place 6:30 p.m. March 28-29 at KMC Onstage on Kleber Kaserne. Roles are open for those 16 and older. DSN 483-6626, civ. 0631-411-6626.

♦ **Parent Survey** – Save 5 percent on Child, Youth and School Services fees by completing the parent survey at [www.mwgermany.com/cyss.html](http://www.mwgermany.com/cyss.html) before March 31. DSN 493-4516, civ. 0631-3406-4122.

### HEIDELBERG

#### Education

♦ **ACS Classes** – Intro to MS Word, 9-11 a.m. Mar. 21-22; Smooth Move, 10-11 a.m. Mar. 22; Anger Management, 1-3 p.m. March 22; Networking and Interviewing Skills, 9-11 a.m. March 23; Sponsorship Assistance Training, 10-11 a.m. March 23; ACS Overview, 10-11 a.m. March 23 in Bldg. 4531; FRG Key

Caller Training, 2:30-4 p.m. March 23; Smart Banking, 9-11:30 a.m. March 24; Coping Strategies for Life, 10 a.m.-noon March 24 on Nachrichten Kaserne, Bldg. 3622.

♦ **Central Texas College** – Register through March 18 for courses at the Patton Education Center in Criminal Justice, Early Childhood and Food and Beverage Management. Classes begin March 28. DSN 385-2815, civ. 0621-730-2815, [mannheim@europa.ctcd.edu](mailto:m Mannheim@europa.ctcd.edu).

♦ **UMUC Registration** – University of Maryland University College Europe announces registration for on-site classes through March 20. Classes begin March 21. Registration for online courses continues through April 3. Classes start April 4. Students can apply for scholarships for up to \$100 of textbook costs. [www.ed.umuc.edu/financial\\_aid](http://www.ed.umuc.edu/financial_aid).

♦ **FAST Class** – Functional Academic Skills Training to reinforce basic Math or Reading skills will be held in the Patton Barracks Education Center 8 a.m.-noon March 29. The Test for Adult Basic Education is a mandatory pre-test for FAST and must be completed before March 28. DSN 373-6226, civ. 06221-17-6226.

#### Community

♦ **Cannon Fire** – Cannon fire will be heard coming from Campbell barracks March 24-25. Those visiting or working on Campbell Barracks on those days are highly encouraged to turn off their car alarm systems.

♦ **Right Arm Night** – The next Right Arm Night is 5-7 p.m. March 17 at Legends on Patrick Henry Village and includes free finger food.

♦ **Volksmarches** – The Heidelberg International Wandering Club is registered for walks March 19-20 in Bergen-Enkheim, Grolsheim, Stetten (Sunday only) and Kim-Sulzbach March 26-27. The full list of trips is now online. [www.hiwc.de](http://www.hiwc.de).

♦ **Month of the Military Child** – There will be a walk 9 a.m. April 1 from the Child Development Center to the elementary school on Patrick Henry Village when USAG Baden-Württemberg Commander Col. Bill Butcher and Command Sgt. Maj. Annette Weber will proclaim the start of the Month of the Military Child. DSN 388-9240, civ. 06221-338-9240.

♦ **April Fools** – Hop over to the Recovery Room on Nachrichten Kaserne 9 p.m.-3 a.m. April 1 for an April Fools Hip Hop Party. DSN 371-2762, civ. 06221-17-2762.

♦ **Egg Drop** – Be amazed by science at the Middle School Egg Drop and Science Fair 9 a.m.-2 p.m. April 2. DSN 388-9240.

♦ **Play and Stay** – Join the party 3:30 p.m. April 6 for the Month of the Military Child Play and Stay at the Child Development Center on Patrick Henry Village. DSN 388-9240, [www.mwgermany.com](http://www.mwgermany.com).

### Teddy Bear Tea Party

Children ages 2-10 (accompanied by an adult) are invited to a special tea time 2-4 p.m. April 17 at the Village Pavilion. Mr. Teddy Bear will make an appearance. Formal attire is recommended. DSN 388-9240, civ. 06221-338-9240.

♦ **Salsa Party** – The Recovery Room on Nachrichten Kaserne will shake 9 p.m.-3 a.m. April 9 with disc jockey Amondo. DSN 371-2762, civ. 06221-17-2762.

♦ **Magic Show** – Magician Rob Lake will present a free family magic show open to the community 7 p.m. April 15 at the Village Pavilion. DSN 373-7414, civ. 06221-17-7414.

♦ **Road Block** – Hang out at the Earth Week Block Party 4-9 p.m. April 23 at Slapshots on Patton Barracks with live music, food and drinks. DSN 373-5194, civ. 06221-17-5194, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Easter Egg Hunt** – Bring your kids to a fun morning of Easter egg hunting 10 a.m.-1 p.m. April 24 at the Village Pavilion. DSN 373-7414, civ. 0621-17-7414, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Easter Brunch** – Easter Sunday Brunch 10 a.m.-2 p.m. April 24 comes complete with a German-American breakfast buffet at the Village Pavilion. DSN 388-9098, civ. -6221-338-9098.

♦ **Kids' Zone Redemption Tickets** – The Kids' Zone at the Patrick Henry Village Bowling and Entertainment Center no longer issues redemption tickets on the games. Tickets can be redeemed at the prize counter until April 1. Games now only accept quarters. DSN 388-9040, civ. 06221-338-9040, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Recovery Room New Hours** – The Recovery Room on Nachrichten Kaserne has new hours. It is open 5-10 p.m. Tuesday-Thursday, 5 p.m.-3 a.m. Friday and Saturday and closed Sundays and Mondays.

### MANNHEIM

#### Education

♦ **ACS Classes** – Intro to MS Word, 9-11 a.m. Mar. 21-22; Networking and Interview Skills, 9-11 a.m. March 23.

♦ **Central Texas College** – Register through March 18 for courses at the Sullivan Education Center in Criminal Justice, Early Childhood and Food and Beverage Management. Classes begin March 28. DSN 385-2815, civ. 0621-730-2815, [mannheim@europa.ctcd.edu](mailto:m Mannheim@europa.ctcd.edu).

#### Community

♦ **Right Arm Night** – The Right Arm Night scheduled for March 18 at the Top Hat Club has been changed to April 15.

♦ **Movie Night** – Join the madness for movie night at the Youth Center, Bldg. 696 on Benjamin Franklin Village 6 p.m. March 19 and 25. DSN 380-4864, civ. 0621-730-4864.

♦ **Baby Teeth** – The pediatric dental clinic will conduct a Baby Dental Care information session 9 a.m. March 23 in the conference room at the clinic. The session includes oral exams and cleanings. Pre-register: DSN 380-9507, civ. 0621-730-9507.

♦ **Bowling** – Join the Bowlerama Bonanza 3:30-6:30 p.m. Wednesdays through March 31 at the Benjamin Franklin Village Bowling Center. DSN 380-9290, civ. 0621-730-9290, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Month of the Military Child** – Join the Child Development Center parade 9:30-10:30 a.m. April 1 on Benjamin Franklin Village.

♦ **Information Fair** – Find resources for your child at the Month of the Military Child Information Fair 3:30-5 p.m. April 1 at the School Age Center on Benjamin Franklin Village.

♦ **Reading Exhibition** – Alpha Phi Alpha fraternity and Mannheim Middle School will sponsor a reading exhibition 8:30 a.m.-3 p.m. April 1 in the multi-purpose room to promote self-confidence and reading fluency. Readers will be judged on choice of selection, interpretation and stage presence. DSN 380-9181, civ. 0621-730-9181.

♦ **One-day Ski** – Outdoor Rec offers one-day ski trips to Oberstdorf on April 2 and Engelberg, Switzerland on April 9. \$55-\$60 not including lift tickets. Civ. 0170-451-4102.

♦ **Salsa Lessons, Party** – Learn how to Salsa 6-7 p.m. for level one and 7-8 p.m. for level two April 6, 13 and 20 at the Top Hat Club on Benjamin Franklin Village. Then show off your talent at the Salsa Party 9 p.m.-4 a.m. April 22. DSN 380-9370.

♦ **Mannheim's Got Talent** – Mannheim's Got Talent is open to all ages and talents 6 p.m. April 16, 23 and 30 at the Top Hat Club. DSN 380-9370.

♦ **Europa Park** – Visit Germany's largest amusement park with over 100 attractions, entertainment and rides. Outdoor Recreation bus departs Mannheim Schuh Theater 7 a.m. April 17. DSN 384-6300, [www.mwgermany.com](http://www.mwgermany.com).

♦ **Protestant Women** – Women of all faiths are invited to join the Protestant Women of the Chapel 9:30 a.m.-noon and 6-8 p.m. Tuesdays until May 17 at in the Benjamin Franklin Village Chapel basement.

♦ **Community Yard Sale** – Buy or sell at the community yard sale 8 a.m.-2 p.m. April 30-May 1 on Benjamin Franklin Village. BFV residents, with the exception of those who live on Washington and Lincoln Streets may set up in front of their quarters; all others may set up in the parking lot located in front of the Sports Arena. No new or commercial items may be sold. Rent tables from Spinelli Outdoor Recreation or on-site in front of the Sports Arena. DSN 385-3169, civ. 0621-730-3169.

# Heidelberg Sea Lions end season

## Team says goodbye to coach

### Staff Report

It's a time of transition and reflection for the Heidelberg Sea Lions.

The European Forces Swim League team capped a successful season with a strong showing at the EFSL Championship meet held in Eindhoven, The Netherlands Feb. 12-13.

Team members Karter Rasmussen, 9, and Reid Aldous, 18, both returned with first place wins and six medals each.

There were also eight Sea Lions who placed in the top six in their events: Olivia Hilferty, McKenzie Dalton, Wilson Bigelow, Damon Pugin, Mackenzie Walton and Savannah Owens. Almost all swimmers who attended the championship meet showed improvements in each of their event times.

Swimmers and parents said they're already looking forward to next year's season.

"Being a part of the Heidelberg Sea Lions swim team has been such a positive experience for our family," said Melanie Bray, mother of team members Jordan, Madison, Taylor and Ethan Bray.

"When you have four children that range in age from 8 to 16 years old, it is hard to find an activity that everyone can enjoy, but swimming provided that for us," Bray said.

"I loved that swimming brought us all together from the practices to the meets. Our children have developed some great friendships and healthy habits along the way and have

truly missed it in the off-season," she added.

However, the team's recent accomplishments were somewhat bittersweet as they said goodbye to head coach Quincy Kelly, who is scheduled to leave this summer.

"She has done a tremendous job with all the kids and the team is very appreciative of all her hard work," said Janelle Rasmussen, Heidelberg Sea Lions swim shop manager.

This year 64 swimmers and four coaches participated in 15 meets during the six-month season, in addition to practicing three to five days a week.

The team is actively searching for a new head coach and assistant coaches.

The Sea Lions swim team is open to any family member of the Heidelberg and Mannheim military communities between the ages 6 through 19.

Swimmers must be able to demonstrate basic competitive swimming skills.

The Sea Lions had 33 swimmers who participated in this year's championships: Reid Aldous, Samantha Aldous, Riley Astrup, Katie Bigelow, Wilson Bigelow, Ethan Bray, Bee Bronnell, Katie Bronnell, Alan Bywater, Jennifer Bywater, Chloe Craig, Noah Craig, McKenzie Dalton, Jasselli Gutierrez, Ali Hilferty, Olivia Hilferty, Sam Hilferty, Alina Liptrot, Celine Liptrot, Kilian Liptrot, David Macy, Ben Owens, Savannah Owens, Ethan Parkhill, Brenna Pfahler, Michael Prater, Sarah Prater, Damon Pugin, Karter Rasmussen, Rylie Rasmussen,



Janelle Rasmussen

This final meet of the season was also the last for Sea Lions Head Coach, Quincy Kelly. The Sea Lions are searching for a new head coach.



Janelle Rasmussen

Sea Lion Reid Aldous, 18, and fellow swimmer Karter Rasmussen, 9, returned with first place wins. Rasmussen and Aldous each returned with six medals.

Kaite Rutter, MacKenzie Walton and Sophia Weedman.

For more information visit [www.heidelbergsealions.com](http://www.heidelbergsealions.com).

## staying ACTIVE

### Campbell, Patton, Coleman Gyms

The Campbell Barracks gym in Heidelberg has new weekend hours from 9 a.m.-6 p.m. Saturdays and Sundays. The Patton Gym in Heidelberg has new weekend hours. The center will be open 9 a.m.-4 p.m. Saturdays and Sundays. Weekday hours will remain the same: 5:30 a.m.-9 p.m. Monday-Friday. DSN 373-6110, civ. 06221-17-6110. The Coleman Gym in Mannheim has extended its weekday hours. New hours are 5:30 a.m.-9 p.m. Weekend hours remain the same: 10 a.m.-5 p.m. DSN 385-3164, civ. 0621-730-3164.

### Unit Level Volleyball Competition

Sign up before March 21 to participate in a unit-level volleyball competition 6 p.m. March 28 at Miesau Army Depot, Bldg. 1220. DSN 493-2086, civ. 0631-340-62086.

### Tackle Football Camp

Register through March 22 for tackle football camp for ages 9-18 year. Fee is \$300-\$325 for night camp. Register by appointment at Parent Central Services on Pulaski Barracks in Kaiserslautern or at <https://webtrac.mwr.army.mil>.

### Women's Golf

The Heidelberg Women's Golf Association invites all lady golfers to a yearly membership drive and Tee-Off-Social 6 p.m. March 24 in the restaurant at the Heidelberg Golf Club. DSN 373-6050, civ. 06221-17-6050.

### Heidelberg Bowling Tournament

Registration is now open for the Heidelberg Sergeants Major Association's bowling tournament March 26 at the Bowling Center on Patrick Henry Village. The tournament is open to 28 four-person teams. Register: DSN 370-8015, civ. 06221-57-3303, [hsmagermany@gmail.com](mailto:hsmagermany@gmail.com).

### Adult Softball Tryouts and Practice

Kaiserslautern softball teams are looking for players and coaches to try out and practice 6:30 p.m. March 28 and 30 and 1 p.m. April 2 at the Rhine Ordnance Fitness Center, Bldg. 172. Must be 18 or older. DSN 493-2088, civ. 0631-340-62088.

### USAREUR Bowling Tournament

U.S. Army Europe Bowling Tournament will be March 28- April 1 at the Bowling and Entertainment Center on Patrick Henry Village in Heidelberg. DSN telephone: 388-9040, civ. 06221-338-9040.

### Kaiserslautern Bowling Tournament

The Kaiserslautern Sergeants Major Association's Bowling Tournament will be April 2 noon-3 p.m. at the Vogelweh Bowling Center. Register: DSN 484-7548, civ. 0631-413-8118.

### Golf Tournament

Sign up by April 3 for the Masters Golf Tournament scheduled for April 10 at the Heidelberg Golf Club an der Bundesstrasse in Oftersheim. Open to all eligible users with a verifiable handicap. DSN 379-6139, civ. 06202-53-767, [www.mwgermany.com](http://www.mwgermany.com).

### Intramural Golf

Register by April 5 for the Heidelberg intramural golf program which is scheduled for April 7-June 23 at the Heidelberg Golf Course. Program is open to the first 20 two-player teams that register. An organizational meeting will be held 3 p.m. April 7 at the golf course. DSN 373-8032.

### Soccer Players

Heidelberg Community Soccer is seeking players for the community team. Practices and tryouts are 6-9 p.m. Mondays and Wednesdays at the Patton Barracks fitness center in Heidelberg and the Tompkins Barracks fitness centers in Schwetzingen. Must be 18 years or older. DSN 373-8032, civ. 06221-17-8032.

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

# Baseball, Softball Clinics



Left, players practice their pitching drills. Right, Heidelberg High School Baseball Team members assist young and upcoming players on how to hold the bat. The Lions conducted an all-day baseball and softball training camp for youth March 12 on Patrick Henry Village in Heidelberg. Players from Stuttgart, Mannheim, Wiesbaden and Heidelberg attended to learn basic softball and baseball skills.



Photos by Dan Ledbetter

# Doing the Shamrock Shuffle



Photos by Dan Ledbetter

The U.S. Army Garrison Baden-Württemberg Sports and Fitness office hosted the annual Shamrock Shuffle 5-kilometer fun run and walk Saturday. The race kicked off at 9 a.m. at the Patrick Henry Village commissary in Heidelberg. Approximately 400 community members completed the 5-kilometer event. As part of the fun, children collected shamrocks that were hidden along the route and redeemed them for a medal at the finish line.

Left, the first place women's runner. Right, Barry Donalson from the Mannheim Health Clinic. Below, Staff Sgt. Narvez family at the start of the race.

Bottom left, the first person (and first dog) to cross the finish line. Bottom right, the line crowd takes off for the start of the race.

SOURCE: Holly Ogren, Dan Ledbetter

