

# HeraldPOST

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

**HP THURSDAY**  
March 22, 2012

**Speed Read**

**TURN CLOCKS AHEAD**

Daylight Saving Time begins in Europe Sunday at 2 a.m. when clocks move forward one hour.

**COLEMAN CLEANUP**

Volunteers band together to create a clean and cozy home for local wildlife living on Coleman Barracks in Mannheim. **3**



**VOTING WORKSHOP**

Garrison officials will host a Federal Voting Assistance Program workshop 9 a.m. April 4 in Heidelberg. **6**

**WOMEN'S HISTORY MONTH**

Women Warriors recount their stories of hope and recovery during Women's History Month celebrations. **11**

**EAT TO LIVE HAPPILY**

Health officials recommend rearranging your plate to achieve success in weight management and disease prevention. **14**

**INDOOR SOCCER**

The next generation of soccer stars get their kicks during a Child, Youth and School Services indoor soccer clinic in Kaiserslautern. **17**

**Defense Details**

**SERVING HONORABLY**

While recent incidents have challenged U.S. operations in Afghanistan, the long-term objectives there remain the same, Army Gen. Martin E. Dempsey told PBS host Charlie Rose Saturday. The chairman of the Joint Chiefs of Staff said the U.S. military is committed to conducting an investigation into the March 11 alleged murder of Afghan civilians by an American staff sergeant in Kandahar province. Dempsey put the recent incidents in perspective, saying there have been 800,000-900,000 young men and women rotate through Afghanistan who have served honorably, have done the right thing and have maintained their senses of discipline.

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

**What's Inside**

Transformation Update.....**4**  
Our Army Around the World.....**10**  
Dear Ms. Vicki.....**14**  
GET OUT!.....**15**  
Movies.....**15**  
Announcements .....**16**  
Sports.....**17**



## Dachau camp survivor to speak for Days of Remembrance

**By Ed Drohan**  
ERMC PUBLIC AFFAIRS

Dr. Eva Iszak Djordjevic was 17 when American Soldiers entered the infamous Dachau Concentration Camp in April 1945, liberating her and thousands of other prisoners who had survived the Holocaust. After being treated for typhoid

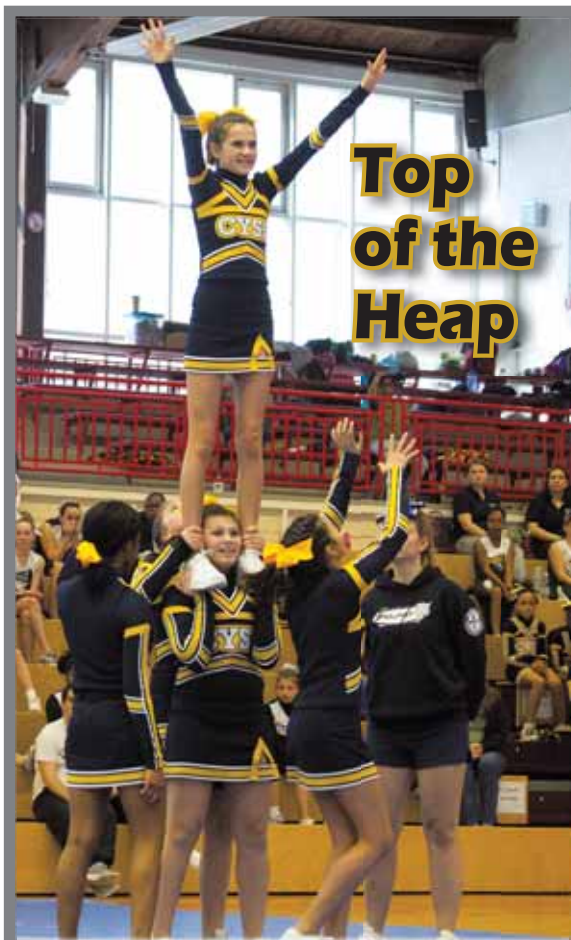
fever, she returned to her home of Belgrade, Yugoslavia (now Serbia) and hasn't set foot on German soil since.

Until now. Djordjevic will be the guest speaker at the Days of Remembrance event noon-1 p.m. April 19 at the Nachrichten Kaserne's Wilson Theater in Heidelberg. The theme of

the event is "Choosing to Act; Stories of Rescue."

Djordjevic, now 84, was a young Jewish girl in 1941 when her father was taken to the Topovska Supa concentration camp in Belgrade. She was able to escape to Budapest, Hungary shortly after, where she lived using false documents, see **SURVIVOR** page 12

Courtesy photo  
Dr. Eva Iszak Djordjevic, left, will speak April 19 in the Wilson Theater on Nachrichten Kaserne in Heidelberg for Days of Remembrance. She is pictured here with her daughter Valerija Isak-Jarmus at a restaurant in Belgrade.



## Top of the Heap

## Breathalyzer kits a must in France by July 1

**By Robert Szostek**  
USAREUR OPM PUBLIC AFFAIRS

Drivers who enter France – whether visiting, on business, or just passing through – will be required to carry a breathalyzer unit in their vehicles, beginning July 1.

The new law recently announced by the French government is in response to a high volume of traffic incidents involving alcohol.

Nearly 30 percent of all fatal traffic accidents in France are due to alcohol consumption, according to a release by the German automobile

club ADAC.

"The tests will allow people to test themselves and others if they suspect they are over the [blood alcohol content] limit," said Lt. Col. Raymond Stuhn, chief of law enforcement at the U.S. Army Europe Office of the Provost Marshal. The legal limit in France is 0.5 grams per liter.

Single-use breathalyzer tests are available in supermarkets, pharmacies and gas stations across France and cost about €50 cents to €1.50, OPM officials said. Outside of France they are available only at some see **BREATH** page 12

## AFN televises wrestling, cheerleading championships

**By George A. Smith**  
AFN EUROPE PUBLIC AFFAIRS

AFN Europe is dedicating a weekend to high school athletes, airing the Department of Defense Dependents Schools High School Wrestling and Cheerleading championships on March 31, and the DODDs High School Basketball Championships April 1 on the Pentagon Channel.

"Over the last few years, hundreds of student athletes, parents and relatives have asked to see a wide variety of school sport championship games on TV and this year we're very pleased to be able to offer see **CHAMPS** page 12

Heidelberg cheerleaders Kaeli Ebner, Jada Williams, Gabriella Brown, Olivia Stecker and Sydney Hansen perform a one-man stunt during the first cheerleading championships held for youth at the Sports Arena in Mannheim Saturday. The junior team won first place in the Spirit Cheer and Overall Dance categories. See results on page 17. (Photo by Jamie Williams)

AFN will televise the high school cheer championships 2 p.m. March 31 and the wrestling championships at noon. The events occurred in February, but this is the first time they will be shown on AFN. See story at right.

## LEGAL ADVICE

## How to file claims for damage from golf balls

### Patton Law Center

As the weather continues to improve, more people take advantage of the many outdoor sports available in the Heidelberg area.

One of the most popular destinations is the Heidelberg Golf Club.

Despite the enjoyment the sport provides, the game involves certain risks. Occasionally, a golf ball escapes its intended path and inadvertently strikes a person or object.

If you are injured or your property is damaged by a stray golf ball, you may be eligible to file a claim and be compensated under the Military Claims Act or the Status of Forces Agreement.

The MCA applies to U.S. citizens and their dependents residing in Germany for the purpose of supporting the U.S. Armed Forces Europe.

If you are a U.S. military service member, a Department of the Army civilian or a dependent of either, or if you are a contractor with full logistical support, you may file a claim for personal injury or property damage at any military claims office.

In Heidelberg, contact the Patton Law



<http://office.microsoft.com>

Center Claims Office. You have two years from the date of the incident to file your claim.

If you are a German national, a foreign national residing in Germany, a contractor without full logistical support or a retiree residing in Germany, you must file a claim under the SOFA.

There is no requirement to use any specific form to file a SOFA claim in Germany. All you need is a written document briefly describing the incident and stating how much money would compensate you for the damage.

Time is of the utmost importance. You must give this notice within 90 days of the incident. Any bills or estimates of repair can be given at a later date if you do not have them available immediately.

The Patton Law Center claims office is in Bldg. 107 on Patton Barracks in Heidelberg. Its hours are 9 a.m.-4 p.m. Monday, Tuesday, Wednesday and Friday, and 1:30-4 p.m. Thursday. DSN 373-5247, civ. 06221-17-5247.

## Identity theft tops consumer complaints: 280K in 2011

### Patton Law Center

Identity theft continues to be a major concern for U.S. consumers.

According to the Federal Trade Commission, identity theft complaints in 2011 accounted for more complaints than any other type of fraud or scam.

It was the 12th straight year that identity theft topped the list of consumer complaints.

The number of identity theft-related complaints increased by 11 percent to nearly 280,000 in 2011.

Debt collection companies also remained unpopular. They were the subject of over 180,000 complaints last year.

They came in second place in the number of consumer complaints. Banks and lenders were not on the list in 2010, but came in fifth overall in 2011. The FTC received over 89,000 of these complaints.

Complaints regarding phone and mobile services also spiked. The number of these

complaints rose by 87 percent to about 70,000.

There were a total of about 1.8 million complaints lodged with the trade commission in 2011.

According to the commission, the top 10 consumer complaints in 2011 were:

- ◆ Identity theft
- ◆ Debt collection complaints
- ◆ Prizes, sweepstakes and lotteries
- ◆ Shop-at-home and catalog sales
- ◆ Banks and lenders
- ◆ Internet services
- ◆ Auto-related complaints
- ◆ Imposter sales
- ◆ Telephone and mobile services
- ◆ Advance-fee loans and credit protection and repair

If you have an issue or problem in any of these areas, your nearest legal assistance office may be able to help you.

The legal assistance office is located on Patton Barracks in Heidelberg in Bldg. 107, and it can be reached at DSN 373-5058 or civ. 06221-17-5059.



[www.facebook.com/BWnow](http://www.facebook.com/BWnow)  
<http://myBWnow.ning.com>

### DISCUSSION BOARD

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

"BWnowers, welcome to the first official day of spring. Bring on the warmer weather and sunshine... we're ready! What signals the start of spring for you?"

—BWnow Facebook Administrator

"Daffodils. And I have seen plenty of them too!"

—Jessica Norris, BWnow Facebook Fan

"The first flower buds emerging up out of the ground and seeing all the birds fluttering about."

—Pam Cherek Buie, BWnow Facebook Fan

"Hearing the birds chirp and sing early in the morning!"

—Adrienne Reese Sanders, BWnow Facebook Fan

"Birds singing right outside my window! I love this time of year!"

—Paula Mier Martinez, BWnow Facebook Fan

"Fruehjahrsmuedigkeit (springtime lethargy - there is really no English word for it...)"

—Daniela Rode, BWnow Facebook Fan



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Submissions are welcome, including letters to the editor, but we reserve the right to edit for style, space, libel, clarity, security and good taste. To be considered for publication in a particular issue, they must be in our hands by noon the preceding Thursday.



# Volunteers lend time, talents to Mother Nature during Coleman cleanup

**Staff Report**

Members of the Nature and Biodiversity Conservation Union, U.S. Baden-Württemberg's Directorate of Public Work's Environmental Division and Soldiers from Echo Company, 1-214th Aviation Regiment gathered at Coleman Barracks in Mannheim Feb. 27.

Their mission was to enhance the habitat of the *Lacerta agilis*, a sand lizard and threatened species, and to help ensure the survival of owls breeding in the halls of an old nearby shooting range.

The team trimmed bushes, blackberry briars and small trees and created special piles of soil that the sand lizards could use to sunbath, lay eggs and cover themselves.

Grassy areas were also cleared to provide a dry and sunny environment with open soil, which the animals require for survival.

The team moved bushes and small trees into the shooting range halls to provide a safe place for the baby owls to escape from foxes that target the young birds as easy prey.

"The first days they leave the nests they are not able to fly very well and are exposed to all predators if they have to sit on the ground," said Dr. Thomas Gladis, USAG BW Environmental Division.

"The project was originally planned for Earth Week in April, but due to the breeding season of birds, cutting trees



Courtesy Photo

A team of volunteers clear away brush and other debris nestled near an old shooting range on Coleman Barracks in Mannheim Feb. 27. The group cleaned up the area and used bushes and small trees to create a safe nesting area for the owls that now occupy the abandoned range.

and bushes is forbidden past the end of February," said Samantha Rogers, USAG BW Environmental Division.

Rogers is also the lead organizer for this year's annual Earth Week scheduled for April 16-22. During this time, community members will have the opportunity to participate in a series of activities designed to raise awareness about environmental issues, encourage resource conservation and promote appreciation for the Earth's natural envi-

ronment.

Earth Day is celebrated around the world April 22.

Team organizers said they plan to come together again this summer to survey the success of their efforts.

Look for more information on this year's Earth Week activities in upcoming editions of the Herald Post and on social media web sites at [www.facebook.com/bwnow](http://www.facebook.com/bwnow) and <http://mybwnow.ning.com/profile/naturalwonders>.

# New digital cable service hits Heidelberg

**TKS Marketing**

Beginning this month, Telepost Kabel-Service will introduce digital cable TV service at select locations on U.S. military installations in the Wiesbaden, Ansbach, Vilseck, Heidelberg and Grafenwöhr communities.

The service is scheduled to begin in Heidelberg on Patrick Henry Village and Mark Twain Village March 28.

The existing analog American Forces Network TV channel selection will remain the same; however, their broadcast frequencies will change when digiCABLE is activated.

Due to this change, TKS subscribers who live in onpost housing areas must retune their television sets using the new channel schedule provided by the company.

DigiCABLE is designed to deliver a whole new dimension of home entertainment to local military communities with high quality digital broadcasts.

The new system features an expanded and improved channel lineup of 70 popular U.S., German and Spanish stations.

Service can be requested at a local onpost TKSShop and an entry-level subscription starts at €19.95 per month.

Same-day activation is also available for customers and there is no activation fee for the service.

Subscribers do not have to sign a long-term contract or schedule an installation appointment to receive the service.

Due to technical requirements, all existing analog AFN and TKS cable television channels will be realigned with the introduction of digiCABLE.

When digiCABLE is introduced at a given location, local viewers must perform a channel scan on their television sets to recapture both AFN and TKS channels at their newly assigned broadcast frequencies.

DigiCABLE is already available in the Wiesbaden community in the Erbenheim, Hainerberg and Crestview areas.

Information about digiCABLE, along with a comprehensive channel list, can be viewed at the TKS website. [www.tksable.com/cabletv/digicable.aspx](http://www.tksable.com/cabletv/digicable.aspx).

**WELCOME TO THE THIRD ANNUAL EARTH WEEK PHOTO CONTEST!**

This year's theme, **Natural Wonders**, should showcase Nature in a way that makes the viewer say, "Wow!" and portrays complexity in the common, beauty in the wrath, majesty in the hidden ... or perhaps a subject that simply speaks for itself.

Upload photos on to <http://mybwnow.ning.com/profile/naturalwonders>. The winner and runner up will be published in the Herald Post April 19 during Earth Week.

Submit photos by April 10. You must have a myBWNOW account to upload photos. Questions? See the website for information.

Illustration by Hannah Vieira

## 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).

#### NEW – I currently do not have a transportation entitlement to the United States; will I still be eligible for a Government-funded move to Wiesbaden?

Yes; however, the intra-theatre move to Wiesbaden will not create a transportation entitlement to the United States.

#### What will happen to the students at Heidelberg High School? My son graduates in 2014. Do we know when HHS will close?

Heidelberg High School as we know it today on Mark Twain Village will close after the 2012-13 school year, but DODDS may establish a combined high school and middle school on Patrick Henry Village for the 2013-14 school year if there are sufficient high school students remaining. Current projections of personnel remaining in the Heidelberg and Mannheim communities justify maintaining an elementary school, middle school and high school in Heidelberg through 2012-13. The determination of how the schools will be configured in Heidelberg on PHV for the 2013-14 school year will be based on the projected number of assigned personnel and school age children remaining. As we gain more fidelity on these projections, we will work closely with DODDS to determine how assigned personnel will receive DODDS school services. If there are DODDS schools on PHV for the 2013-14 school year, community members can anticipate that some schools will be combined (either elementary combined with middle school or middle school combined with high school) and curriculum, faculty and activities will be reduced given the much smaller population remaining in Heidelberg and Mannheim.

#### Should we expect to see a raise in COLA for the servicemembers staying behind – maybe a COLA survey?

Military finance centers pay Cost Of Living Allowance in U.S. dollars based on the currency exchange rate. COLA is calculated by comparing the prices of goods and services overseas with average prices for equivalent goods and services in CONUS. If prices in CONUS are rising at a greater rate than those overseas, COLA will decrease. If prices overseas are rising at a greater rate than those in CONUS, COLA will increase. For information about overseas COLA, see [www.defensetravel.dod.mil/site/cola.cfm](http://www.defensetravel.dod.mil/site/cola.cfm). COLA rates wouldn't be affected by changes in access to military facilities.

#### What is the plan for Soldiers who are due to leave in less than 12 months and are being forced to move from Benjamin Franklin Village in Mannheim?

The specifics of each case vary. Soldiers should first contact their unit to decide what option makes the most sense for them and their families. They can also contact their military personnel division to learn what administrative options may be available to them, such as shortening or extending their tour.

#### What will happen to the Exchange stores in the Mannheim and Heidelberg communities?

The Mannheim Exchange will close shortly before the closure of Benjamin Franklin Village later this year. Currently, the Mannheim Exchange is scheduled to close in August. In Heidelberg the proposed date is August 31, 2014. This date could change depending on future projections.

#### When will the commissary in Mannheim close?

The Commissary in Mannheim is slated to close in August of 2012. Currently, the official closure date for the Heidelberg Commissary has not been announced.

#### Will Patrick Henry Village be big enough to accommodate everyone from Mannheim? Housing is already quite full.

There are sufficient quarters to move everybody into Patrick Henry Village quarters. Based on the numbers for PHV, even though we are at an 85 percent utilization rate, 200 units are open. Two complete buildings are coming out of renovation by the end of March.

#### How will the relocation affect the five-year rotation if the employees are willing to move to Wiesbaden? Will they be required to enroll in PPP, utilize their return rights, or will they be allowed to extend? If they're allowed to extend, how long

#### will they be allowed to extend?

Individuals who have reached the end of their five-year terms normally enter the Priority Placement Program or exercise their return rights, if any, unless for some reason an extension is granted to the five-year period. Extensions are a management decision. The length of an extension is also normally a management decision. In relation to transformation, management will look at individual situations closely to determine the best course of action. Individuals should talk to their supervisors to ensure they understand each individual case.

#### Any word on when Coleman Barracks (specifically the correctional facility) will be closing?

Right now we don't have a confirmed closure date for the correctional facility, but Coleman is scheduled to close in 2014.

#### Our child goes to Patrick Henry Elementary. When we move, do we need to re-enroll him in the new school or will his paperwork from PHV be forwarded?

Individuals who are PCSing and enrolling in another Department of Defense Dependents School in Europe can carry their paperwork to the new school. Parents must also ensure they disenroll their child from their current school. If you are changing to a stateside school, your child's paperwork will need to be forwarded. Contact your school for further guidance.

### Facilities Operations Changes Mannheim

**Base Operations** – For assistance, residents should contact Sgt. 1st Class Damien R. Hunt, who is now the Base Operations noncommissioned officer in charge located in Bldg. 245 on Sullivan Barracks, DSN 385-1610, civ. 0621-730-1610, civ. 07622-70-0535, [damiens.r.hunt@eur.army.mil](mailto:damiens.r.hunt@eur.army.mil), or Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, [robert.n.isbell2.civ@mail.mil](mailto:robert.n.isbell2.civ@mail.mil).

**UPDATED – Chapel Closure** – The Benjamin Franklin Village chapel will now close in May. The last Catholic service will be 5 p.m. March 31. The last Protestant service will be May 6.

**NEW – Coleman Clinics** – The Coleman Troop Medical Clinic will cease full patient care services June 1, to include pharmacy services, and will transition to sick call support beginning June 4. In addition, all dental support at the Coleman Dental Clinic, to include dental sick call services, will cease May 1. Dental services for the Mannheim-Coleman Soldier population will transfer to the Patrick Henry Village Dental Clinic in Heidelberg. The sick call sign-in hours at Coleman TMC beginning June 4 will be 8-9:30 a.m. Sick call service will be reassessed on a monthly basis to determine continuation based on use. DSN 371-3130, civ. 06221-17-3130.

**UPDATED – Commissary** – As part of the drawdown of forces in the area, the Mannheim Commissary will adjust operating hours beginning April 18. The store will be open from 11 a.m.-7 p.m. Wednesday - Sunday. DSN 385-3940, civ. 0621-728-3611.

**Community Bank** – The Community Bank (Sullivan branch) is now closed on Mondays. It will be open 9:30 a.m.-4 p.m. Tuesday through Friday and 10 a.m.-1:30 p.m. Saturday.

**Gas Station** – The Gas Station on Benjamin Franklin Village in Mannheim is closed on Mondays to coincide with the operating hours of the Exchange, which is also closed Mondays. There is no access to BFV South (PX gate) on Mondays.

**Postal Office Hours Change** – Mannheim postal facilities have changed their operating hours. The finance window at Postal Service Center 418 on Coleman Barracks is now open 10 a.m.-5 p.m. Monday, Wednesday and Friday. The community mail room is open 11 a.m.-6 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays. At Postal Service Center 437, finance is open 10 a.m.-5 p.m. Tuesday and Thursday and 10 a.m.-4 p.m. Saturday. The community mail room is open 11 a.m.-6 p.m. Tuesday and Thursday, 10 a.m.-4 p.m. Saturday and closed Mondays, Wednesdays and Fridays.

**Saturday Shuttle Service** – The Baden Württemberg Family and MWR Saturday shuttle bus service has been discontinued. The garrison shuttle

service continues Monday-Friday including German holidays but not U.S. holidays. DSN 373-8350, civ. 062201708350.

**Self-Help** – The Self-Help Store on Funari Barracks at the recycle center compound is open 10 a.m.-6 p.m. Tuesdays, 10 a.m.-2 p.m. Saturdays and closed American and German holidays. DSN 380-4435, civ. 0621-730-4633.

**Sullivan Gym Hours** – The Sullivan Fitness Center has new hours: 6 a.m.-8 p.m. Monday-Friday, 10 a.m.-5 p.m. Saturday, 11 a.m.-4 p.m. Sunday and 10 a.m.-5 p.m. federal and training holidays.

**Tax Relief Office** – The Tax Relief Office on Sullivan Barracks has the following hours: 10 a.m.-3 p.m. Monday, Wednesday and Friday, closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-1780, civ. 0621-730-1780.

**WIC Office** – The Womens, Infants and Children Overseas office will operate has reduced office hours due to transformation and reduced base population. The office is open 7:30 a.m. - 4 p.m. Tuesdays, Wednesdays and Thursdays.

**Work Orders** – All Star no longer responds to service order calls in Mannheim. Customers should call the Directorate of Public Works service order desk in Heidelberg at DSN 387-3310/3311, civ. 06221-4380-3312. After duty hours, call DSN 115, civ. 06221-17-115.

### Heidelberg

**UPDATED – Airport Shuttle Buses** – The free shuttle bus service for service members, DOD civilians and their families departing Germany from Ramstein Air Base on the recently announced Patriot Express channel flight now departs Heidelberg **4:20 a.m.** every Tuesday from the Patrick Henry Village Guest House, Bldg. 4527, Grasweg, 69124 Heidelberg. The chartered bus includes a toilet and makes no rest area stops during the one hour, 45 minute drive. Travelers should arrive 15 minutes prior to bus departure with military identification cards and copies of permanent change of station or temporary duty orders. Service members on orders have priority, but other ID card holders can ride if space allows. For information or to sign up, contact the USAG Baden-Württemberg Central Processing Facility in the Community Support Center, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, [usarmy.badenwur.usag.mbx.cpf@mail.mil](mailto:usarmy.badenwur.usag.mbx.cpf@mail.mil). **The shuttle bus to the Frankfurt Airport** departs Heidelberg 7:30 a.m. Monday-Friday from the PHV Guest House. It returns to Heidelberg 11 a.m. or 2:30 p.m. Monday-Friday and approximately 11 a.m. Saturday if there are Soldiers traveling to Heidelberg. Frankfurt Gateway Reception Center in the Shelton Hotel: DSN 334-6903/6905, civ. 069-6959-73803.

**NEW – Pharmacy Hours** – The Heidelberg Health Center Pharmacy will change its operating hours beginning April 16. The pharmacy will be open 8 a.m.-5 p.m. Monday-Friday and closed weekends and federal holidays.

**Postal Finance and Official Mail Service** – The Postal Finance and Official Mail service at postal service center 432 on Tompkins Barracks has been discontinued. Services are now located at the Heidelberg Shopping Center APO, Bldg. 3850, and the Official Mail and Distribution Center on Campbell Barracks, Bldg. 19. Consolidated mail room operations at PSC 432 continue uninterrupted. DSN 370-7940, civ. 06221-57-7940.

**Postal Office Hours Change** – The Heidelberg Army Post Office on the Shopping Center is now open 10 a.m.-4 p.m. Tuesday, Wednesday, Friday and Saturday, 11 a.m.-5 p.m. Thursday and closed Mondays. The post office on Patrick Henry Village in Heidelberg is now open 10 a.m.-4 p.m. Monday, Wednesday and Friday and closed Tuesdays, Thursdays and weekends.

**Tompkins Gym** – The Fitness Center on Tompkins Barracks in Schwetzingen will close on or about July 29. Hours are: 5:30 a.m.-8 p.m. Monday-Friday and closed Saturdays, Sundays and U.S. holidays and open 10 a.m.-4 p.m. training holidays. DSN 370-9193, civ. 06221-57-9193.

**UPDATED – Wood Shop** – The Wood Shop on Patton Barracks will no longer close May 29. The facility is scheduled to remain open until the garrison deactivates. DSN 373-5195, civ. 06221-17-5195.



## CFC-Overseas annual awards ceremony

### USAREUR Public Affairs

U.S. Army Europe hosted the annual awards ceremony for the Combined Federal Campaign-Overseas in Heidelberg March 13.

More than 200 units from USAREUR and Installation Management Command-Europe qualified for awards for their collective \$2.5 million in donations from more than 16,000 donors. More than 100 units qualified for the platinum award, which required a \$200 average contribution per potential contributor, or 85 percent participation.

Special guest speakers for the event included Command Sergeants Maj. David Davenport and Barry Maieritsch, senior enlisted advisors for USAREUR and IMCOM-E, re-

spectively.

Organizations such as the Heidelberg Women's Golf Association donated their time and effort to raising money for charitable campaigns. HWGA raised \$13,000 during a golf tournament and donated that money through the CFC-O for the Susan G. Komen Breast Cancer Foundation.

Many of the charities that benefit from CFC-O support reintegration programs for service members overseas, and other programs for veterans, active duty service members and their families.

Contributors had the opportunity to support their local overseas military communities through the Family Support and Youth Programs, for which funds are returned to the installations to support

## 44th Signal moves in August

### 5th Signal Public Affairs

WIESBADEN – Fifth Signal Command's 44th Expeditionary Signal Battalion will relocate from U.S. Army Garrison Schweinfurt to Grafenwöhr this August.

The move comes a year earlier than planned in

support of recently announced European force posture changes as part of the Office of the Secretary of Defense global defense posture plans. The 44th ESB will provide tactical support from Grafenwöhr, which remains a U.S. Army Europe enduring community.

### COMMAND MESSAGE

## Commander promises customer service

By Lt. Gen. Michael Ferriter  
IMCOM COMMANDER

Every day across our installations, members of Team IMCOM are working hard to provide world-class customer service and make it a great day to be a Soldier, family member or Army civilian.

A prime example is when a 71-year-old retired sergeant first class visited the Fort McCoy ID card office to renew his card.

Ken Quade, a separation and retirement services specialist, noticed the retiree needed a different kind of card. He was not receiving all the benefits he should have been receiving.

Quade could see the customer needed help, and so he took corrective action. Incredibly, with Quade's help, the retiree was eventually able to recover more than \$41,000 in back pay and receive other benefits he had earned.

Just imagine the impact of this on the sergeant first class and his wife. They returned to the office to tell Quade in person what a big difference it made in their lives.

We in the Installation Management Command are charged with delivering the majority of installation services and Soldier and family programs, and we know that a critical element of service delivery depends on our people.

World-class customer service depends on making connections with the customers across the counter – listening to them, working to find solutions and saying thank you.

It doesn't cost a penny to make someone feel like a million dollars. It does take a commitment to serve and provide leadership at every level.

Our focus on customer service is a promise of predictable service. It is a promise that customers will always be treated with courtesy, respect and an attitude of let's-make-this-work.

We can see many other great examples of customer service across IMCOM. There's Carol Pryer, a survivor support coordinator with the Florida Army National Guard, who with great persistence and compassion has built a strong network for our most revered members, Army survivors.

Or Robin Greene at Fort Sam Houston, who has worked hard to streamline the process for providing housing for Soldiers with medical needs. Or Jessica Zagelow, Family Child Care director at Fort Bliss, who goes above and beyond for children who need extra care. Or Nick Overstake and Pat Fielder at Campbell Army Airfield, who came to work on Christmas Day to repair runway lights just to make sure a flight of redeploying Soldiers could land.

There are way too many great examples to name them all, and to that I say, "Go Team!"

Thank you, IMCOM personnel, for setting the standard for customer service. I am extremely proud of our team and what you do for Soldiers, families and civilians every day.

And thank you, too, to our customers for your feedback. Keep sending us those ICE comments.

Visit the IMCOM Facebook page and tell us about our team members who deliver excellent customer service.

We want to know how we can improve, and just as much, we want to hear about our stars.

## U.S. Army Europe presents KONTAKT awards

### USAREUR Public Affairs

U.S. Army Europe announced the 2011 Outreach-KONTAKT awards March 12, which honors Heidelberg's Sgt. Michael Brown with an individual (non-member) high achievement award

and Outreach-KONTAKT Club Heidelberg with a group high achievement award.

The awards will be presented at the annual Outreach-KONTAKT awards banquet Aug. 4 to honor outstanding contributions to the program and to German-American friendship.



Election Countdown  
231 Days

## Campaign posters not allowed in government quarters

### Staff Report

Whether Rick Santorum, Mitt Romney, Ron Paul or Barack Obama is your favored candidate for president in 2012, you cannot place a poster in your window that expresses

Voting information for U.S. Army Garrison Baden-Württemberg communities

that opinion, according to the defense department.

Department of Defense Directive 1344.10, Political Activities by Members of the Armed Forces, prohibits the posting of presidential campaign posters and flyers in the windows of government provided quarters.

The intent of the policy is to encourage DOD employees to exercise their voting rights as citizens but to avoid implying their endorsement of certain political candidates or activities.

DODD 1344.10, issued Feb. 19, 2008,

## Workshops offered April 4 in Heidelberg for voting assistance officers

U.S. Army Garrison Baden-Württemberg will host a Federal Voting Assistance Program workshop 9 a.m. April 4 on the Shopping Cen-

ter, Bldg. 3850, Room 231, in Heidelberg for Heidelberg, Mannheim and Kaiserslautern Voting Assistance Officers. The workshop will provide

critical information, resources and tools for the successful performance of VAO duties and ultimately the success of the voter in participating in

our electoral process.

Tenant organizations or VAOs should email the USAG Baden-Württemberg Installation Voting Assistance Of-

ficer at [usarmy.badenwur.usag.mbx.voting@mail.mil](mailto:usarmy.badenwur.usag.mbx.voting@mail.mil), or phone DSN 370-3347, civ. 06221-57-7725 to confirm attendance at the workshop.

### Go to the Source

The Department of Defense Directive 1344.10, entitled Political Activities by Members of the Armed Forces, was issued Feb. 19, 2008, and can be found in its entirety online at [www.dtic.mil/whs/directives/corres/pdf/134410p.pdf](http://www.dtic.mil/whs/directives/corres/pdf/134410p.pdf). The policy provides specific details about how active duty military and DOD civilian employees can and cannot participate in political activities.

states in paragraph 4.1.2.12, "A member of the Armed Forces on active duty shall not display a partisan political sign, poster, banner or similar device visible to the public at one's residence on a military installation, even if that residence is part of a privatized housing development."

# Race track perfect setting to learn safe driving in Europe

By Spc. Glenn M. Anderson  
221ST PUBLIC AFFAIRS DETACHMENT

HOCKENHEIM, Germany – Members of Kaiserslautern's 7th Civil Support Command participated in a driver's improvement course hosted by the Allgemeiner Deutscher Automobil-Club e.V., a German automobile services company here March 7 to prepare them for different and demanding road conditions that may occur on Europe's roads.

The course began with a safety briefing about the condition and layout of the track, along with safety rules and regulations, followed by a track orientation drive around for participants.

The importance of this type of training correlates with vehicular fatality statistical data. According to the U.S. Army Reserve Command safety office, during fiscal year 2012, there have been seven fatalities involving privately owned vehicles so far.

"This is too many accidents," said Dante E. Azul, the 7th CSC safety manager.

"I am hoping that this event will benefit the Soldiers and civilians within our command and give the participants an opportunity to learn things that they normally would not learn in the real world until it was too late," he said.

The course, which covers 3 kilometers, consists of six different specialties from simple braking to braking in snowy conditions, controlling a vehicle on a normal surface to controlling a vehicle on a wet surface.

"This course is a lot of fun," said 1st Lt. Mark A. Newgent, a plans and operations specialist with the 7th CSC, after he completed a defensive driving maneuver on the snow and ice por-



Spc. Glenn M. Anderson

First Lt. Mark A. Newgent, a plans and operations specialist with the 7th Civil Support Command, recovers his vehicle after a slippery curve caused him to lose control of his vehicle at a drivers' improvement course March 7 at the race track in Hockenheim. The license plate has been intentionally blackened to protect privacy.

tion of the safety course. "Where else can I drive my car to the limit under a controlled environment not knowing what is coming next?"

"This training is very positive and the practical experience has given me a better understanding of different driving conditions that I had not experienced before," said Newgent.

After drivers completed each event on the course, a trained ADAC instructor directed the drivers via radio communication on how to correct their vehicle in various training scenarios while analyzing their performance.

"Each Soldier drives differently," said Florian Franz, a driving instruc-

tor for 15 years. "Some drivers are cautious, while others drive a little more aggressively."

"These Soldiers need to get the feeling for different speeds in different conditions," said Franz. "As the speed rises, so does the G-Force of the vehicle and I want the Soldiers to learn how this can affect driving response times."

As the day went on, the drivers became more confident about their driving and were able to handle even the most difficult course more easily than before.

"Since we are accustomed to the regulatory speed limits in the U.S., the

autobahn is a highway built for speed and a split-second decision makes a difference in life or death," said Master Sgt. Cory Najera, safety non-commissioned officer in charge for the U.S. Army Reserve Command.

"The drivers improvement training is geared for Army Reserve Soldiers and Department of the Army civilians to learn how to drive safe on the fast highways of the German Autobahn," said Najera. "This program has provided valuable insight for drivers who are not accustomed to the autobahn."

For information, contact 7th Civil Support Command public affairs at civ. 0631-411-4725 or 0162-270-4936.

**ICE**  
gets  
**results**

To submit an ICE comment, look for "ICE-HD" for Heidelberg, "ICE-MA" for Mannheim or "ICE-KL" for Kaiserslautern at the bottom of the garrison website's home page at [www.bw.eur.army.mil](http://www.bw.eur.army.mil).

Interactive Customer Evaluation allows customers to rate products and services provided by Department of Defense offices and facilities worldwide.

Comment card ratings are used to improve the products and services in the U.S. Army Garrison Baden-Württemberg. Community members are encouraged to use the ICE system to provide feedback, both positive and constructive, about

garrison issues.

The garrison convenes a Chill Board each quarter to discuss and evaluate the satisfaction rates received from customers throughout the community.

The Herald Post will periodically feature issues brought to leaders through the ICE system and ask readers to submit comments on garrison social media sites.

## Issue: ID Card office now accepts online appointments

### Scope

The U.S. Army Garrison Baden-Württemberg DEERS and ID Card Office in Heidelberg experienced unexpected staff losses, leaving few employees to help customers who were seen on a first-come, first served basis.

### Customer Feedback

Community members submitted ICE comments about the long wait times to conduct business there.

### Command Response

Starting this month, the garrison implemented a 24/7 online appointment

scheduler that allows customers to view a virtual calendar and to choose times that fit their schedules so they can be seen without waiting. Customers who arrive late must reschedule.

The calendar is located at <https://rapids-appointments.dmdc.osd.mil>.

*What do you think?*

Express your opinion on Facebook ([www.facebook.com/bwnow](http://www.facebook.com/bwnow) and [BWnow](http://BWnow) ([mybwnow.ning.com](http://mybwnow.ning.com)) by answering the question of the week: "What do you think of the new online appointment scheduler for the DEERS or ID card office? If you've used this, was your appointment wait time reasonable?" Comments may also be emailed to the Herald Post at [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil) or [usarmy.badenwur.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwur.usag.mbx.post-newspaper@mail.mil).



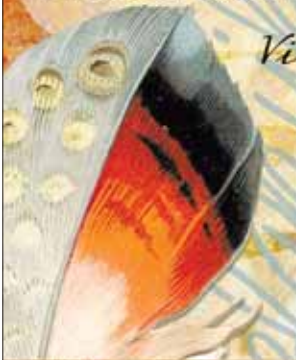
# Women's History Month

*...To ignore the vital role that women's dreams and accomplishments play in our own lives would be a great mistake. We draw strength and inspiration from those who came before us - and those remarkable women working among us today. They are part of our story, and a truly balanced and inclusive history recognizes how important women have always been in American society.*

*Virginia Woolf*

I'M NOT  
AFRAID OF  
STORMS  
FOR I'M  
LEARNING  
HOW TO SAIL  
MY SHIP

LOUISA MAY ALCOTT



Women's Education-  
WOMEN'S EMPOWERMENT





Staff Sgt. Teddy Wade

Soldiers from the One Station Unit Training low crawl while negotiating an obstacle course during their first week of Basic Training in Fort Benning, Ga., March 9. OSUT is a training program in which recruits remain with the same unit for both Basic Combat Training and Advanced Individual Training.



French Navy Maitre Christian Valverde

Afghan National Army Maj. Gen. Khatoll Mohammedzai answers questions from public affairs photojournalist Sgt. Christopher Harper during the lunch break at the Shafafiyat sponsored International Women's Day event honoring the women of Afghanistan at International Security Assistance Force headquarters, Kabul, Afghanistan, March 7. Shafafiyat is an International Security Assistance Force agency which works with community leaders to combat corruption.



Spc. Julian Turner

Soldiers with Battle Company, 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, lift a casualty during a training exercise at the Joint Multinational Readiness Center in Hohenfels March 11. The Army's 173rd ABCT, Europe's rapid-reaction force, is conducting a mission rehearsal exercise at the JMRC in preparation for an upcoming deployment to Afghanistan. The exercise is designed to develop combat skills, counter-insurgency tactics and the multinational partnerships between the military forces of the United States, Albania, Bosnia, Bulgaria, the Czech Republic, Romania, Serbia and Slovenia.



Master Sgt. Don Matthews

A South Dakota Army National Guard UH-60 Black Hawk helicopter drops 600 gallons of water on a fire in Rapid City, S.D., March 9. The helicopter crew is assigned to the Army National Guard Aviation Support Facility.

**our**ARMY  
around the world

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



# Wounded women warriors now athletes, leaders, inspiring examples during Women's History Month

By C. Todd Lopez  
ARMY NEWS SERVICE

WASHINGTON – Staff Sgt. Stefanie Mason suffered nine fractures to her head and traumatic brain injury as a result of a vehicle crash while on a mission in Afghanistan in 2010. Now she's competing for gold at the Warrior Games.

"I have made remarkable strides in my recovery since I was injured," she said.

Mason was injured April 20, 2010, in Kabul, Afghanistan, while working as part of the 354th Civil Affairs Brigade.

She said she and her team were "winning the hearts and minds of the international community," there. She worked to persuade local leadership to work on projects like building schools, to change laws and to engage in humanitarian missions.

Days after the injury, she was in Germany, and then on to Walter Reed Army Medical Center in Washington, D.C.

She also spent three months at the Richmond Veterans Brain Injury Center, and was immobilized there due to other injuries she suffered.

"I was unaware of what would happen in the future; however [I had] another strong woman at my side – my mother. She helped support me as I endured the pain and intense therapy."

With determination, Mason said, she is where she is today.

In May 2011, a little over



MASON

**"I was unaware of what would happen in the future; however [I had] another strong woman at my side – my mother. She helped support me as I endured the pain and intense therapy."**

–Sgt. Stefanie Mason, U.S. Army paralympian hopeful

one year after she was injured, she was at the Warrior Games in Colorado. There, she earned a gold medal in the 50-meter freestyle and a bronze medal in the 50-meter backstroke.

Now, Mason wants to go to the Paralympics in England.

"I'm crossing my fingers, and I'm working hard," she said.

Mason spoke March 14 at the Warrior Transition Command's Women's History Month Celebration at the Women in Military Service for America memorial at Arlington National Cemetery. She told attendees that like her, women across the Army have made great advancements.

"Today, women in the military have again made considerable strides," she said. "Now women, like their predecessors, are serving in supporting units as truck drivers, medics, military police and helicopter pilots. They are taking a more proactive role than ever before."

Today, she said, women are on the front lines. They can be captured, injured or killed.

In between therapy at Walter Reed National Military Medical Center in Bethesda,

Md., Mason is also working at the Pentagon doing public affairs work in the Office of the Secretary of Defense. She hopes she will clear her medical boards and will eventually be able to go back to her Reserve unit and serve her country again as a civil affairs specialist.

Maj. Gen. Jimmie O. Keenan, commanding general, U.S. Army Public Health Command and chief of the U.S. Army Nurse Corps, also spoke and relayed anecdotes from her own experience that highlight the work of women who are empowered to achieve.

Included among those is her own sister, who works for the Internal Revenue Service as deputy commissioner for operations support, is a female Soldier who was injured and lost an arm, and who now runs her own security consulting firm.

Keenan said that more recently, the first female officer advanced to the role of Army surgeon general.

"What a breaking of the glass ceiling that was for all of us in the military," Keenan said of Lt. Gen. Patricia D. Horoho, the Army's surgeon

general.

Keenan also discussed her own efforts, after serving a tour in Kosovo, to participate in the legislative process by working as an Army liaison on Capitol Hill in the office of Sen. Kay Bailey Hutchison of Texas.

While serving there, she was able to participate in the development and approval of legislation related to women and girls in Afghanistan.

"Women literally died in child birth because there was no one to take them to a hospital to deliver. Because they could not go unescorted, they would literally die," Keenan said.

"[The senator] was a big supporter of No Child Left Behind, and she also believed in the education of women both here and abroad. So she asked me to draft a bill, because I'd gotten pretty good at it. She said, 'Let's draft a bill and get all the women senators to support the bill, and we'll introduce it as a group. And then we'll do the same thing on the House side, with the congresswomen,'" Keenan added.

The bill was introduced in both the House and Sen-

ate, and the bill was signed by then President Bush – the Afghan Women and Children Relief Act of 2001, which authorized U.S. humanitarian aid expenditures on health care and education for women and children.

"What this really says is it talks about the importance of education and it talks about the importance of empowerment, and what a group of women, who are determined to do something, what they can do," she said.

Keenan said that going forward, Army women must ensure in their roles as mothers that no barriers are placed on their own children

"We must carry on the work that is before us, to ensure our daughters have no limits on their dreams, no obstacles on their achievements and no remaining ceilings to shatter as they continue the strength of the Army and the strength of the nation," she said.

"Women should not shy away from the attributes of being a female, but rather should capitalize on the unique characteristics that make them women and such a vital part of history," she added.

## Celebrating Women's History Month

Sgt. Maj. Darlene Taylor inspires Soldiers, civilians and family members gathered for this year's Women's History Observance March 9 in Heidelberg. Taylor is the chief dental noncommissioned officer for Europe Regional Dental Command. She spoke on the topics of education and empowerment for today's female leaders to more than 100 participants.



Capt. Charles Patterson

## BREATH

continued from page 1

pharmacies or online.

Disposable or electronic breath testing equipment may be used, ADAC reported.

The disposable variety consists of a tube and a plastic bag to blow into, and use a color reaction to indicate whether a driver is over the legal BAC limit. Test kits carrying an "NF" consumer protection label are recommended in France.

Before Nov. 1, drivers found without the test kit in their vehicles will be given a warning; after that date they will be fined €11 on the spot.

"I recommend motorists have at least two breathalyzers in their vehicle at all times," Stuhn advised, "so that one can be used if necessary while the other is there to show to police."

Driving under the influence of alcohol in France is punishable with a fine of €90 to €750 when BAC is between 0.5 and 0.8.

With a BAC over 0.8, drivers can be punished with a fine of up to €4,500 and a maximum of two years imprisonment, even without displaying any signs of drunkenness.

BAC limits in Europe ranges from 0.2 to 0.9.

The most common limit in Europe is 0.5, and applies where most U.S. forces are stationed in Europe — Belgium, Germany, Italy and the Netherlands.

Germany has a 0.3 limit if you're in an accident, said U.S. Army Europe Office of the Provost Marshal officials. The Czech Republic, Hungary, Romania and Slovakia have zero tolerance. The following website details the limits for individual countries: [www.etsc.eu/faq.php](http://www.etsc.eu/faq.php).

When traveling in Europe, drivers need to know what they may be required to carry in their vehicles. The following site outlines requirements for individual drivers: [www.theaa.com/motoring\\_advice/touring\\_tips/compulsory\\_equipment.pdf](http://www.theaa.com/motoring_advice/touring_tips/compulsory_equipment.pdf).



U.S. Army

Drivers entering France after July 1 will be required to carry disposable or electronic breath testing equipment in their vehicles. Before Nov. 1, drivers found without the test kit in their vehicles will be given warnings. After that date, they will be fined €11 on the spot.

## SURVIVOR

continued from page 1

working as an apprentice in a women's clothing workshop.

In 1944, Djordjevic was taken by the German army that had by then occupied Hungary and was forced to march with other Jewish women 30-40 kilometers a day, stopping at times for forced work details, until they reached the Austrian border. There a train took them to Ravensbruck, a notorious women's concentration camp 90 kilometers north of Berlin. The women were subjected to beatings, harsh work and starvation.

"From 4 to 8 a.m. standing on the Appell Platz [square where the roll calls were held] [with the] temperature -10 to

-20 degrees Celsius in a summer dress and a thin jacket..." after being awakened by guards who beat them with leather belts, Djordjevic recalled in a letter written some time after her liberation. "At 8 a.m., exhausted and frozen, with a cup of black water [they called] coffee and a thin piece of bread made of a mixture of flour and scrapings of wood, we [were] pressed to work outside."

The women were forced to do heavy labor both day and night. Thousands died from starvation and torture, but Djordjevic held out until she was transferred to Burgau and then eventually Turkheim, both Dachau subcamps, in March 1945. By this time she

and most of her fellow women prisoners couldn't work because of the effects of starvation.

"The Appell continued there, also the starving, humiliation, but they could not send us to work because we were living corpses," she recalled.

After being liberated by American troops and treated for illness and starvation, Djordjevic returned to Belgrade where she learned her father had been killed by his captors just days after she last saw him.

"After all [my psychological] and physical sufferings, I started a new life, but an eternal scar persists in my wounded soul," Djordjevic

**"After all [my psychological] and physical sufferings, I started a new life, but an eternal scar persists in my wounded soul."**

—Dr. Eva Iszak Djordjevic, Dachau concentration camp survivor

wrote. "The irreplaceable loss of my father, of many relatives and friends, loss of my home, [psychological] and physical sufferings, humiliations, tortures cannot be replaced with even all the money in the world."

In the decades since the end of World War II, Djordjevic has lived in Belgrade and raised her family, but has never been back to Germany.

Her visit to participate in

the Days of Remembrance will be her first trip to Germany since leaving 67 years ago.

Days of Remembrance runs from April 15-22. The United States Congress established the Days of Remembrance as our nation's annual commemoration of the Holocaust.

For information on this year's event, call the Europe Regional Medical Command Equal Opportunity Advisor at DSN 371-2604.

## CHAMPS

continued from page 1

the wrestling and cheerleading competitions for the first time ever," says AFN Europe Commander Col. Bill Bigelow. "We are proud to provide a venue that helps our DODDs Europe athletes share their talents with a deployed parent and relatives around the world."

AFN Europe has aired the DODDs-E high school basketball and football

championships for three years.

Bigelow says while the AFN would like to broadcast every DODDs high school sporting championship, the network doesn't have the people, equipment or funds to do all of them. Live sporting event coverage takes 40-50 people, and additional funds. AFN Europe, unlike major stateside networks, only has one live satellite production vehicle and no dedicated mobile production team. Every month,

AFN has to consider other requests for live coverage of town hall meetings, concerts, welcome home ceremonies and other high profile events.

AFN Europe was able to record the wrestling and cheerleading competitions for playback because both events took place at the same location, the Wiesbaden Army Airfield Fitness Center, and on or close enough to the date of the basketball championships, Feb. 25.

You can watch wrestlers in 14 weight

classes battle it out in the DODDs Europe Wrestling Championships March 31 at noon Central European Time, with the DODDs Europe Cheerleading Championship starting directly afterward at 2 p.m. Cheerleading coverage includes commentary by cheerleading experts.

AFN Europe will rebroadcast all six DODDs Europe Basketball Championship games noon-7:45 p.m. April 1 Central European Time.



# Mannheim rocks with sounds of country

By Linda Bredvik  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The SAP Arena in Mannheim looked like it had been transplanted to Wyoming or Texas March 4 when the International Festival of Country Music returned to Germany after a 20-year hiatus.

There were cowboy hats, elaborate cowboy boots and belt buckles the size of plates everywhere. Curiously, most of it was worn by Germans, not Americans.

When asked why, more than one temporary cowboy said: "Because the clothes are cool."

Germans have had a long-standing fascination with the West, due in some measure to books written by a 19th century German author, Karl May, who never actually visited the West. Nevertheless, his books became hugely popular and were turned into a television series during the 1960s.

To many concert goers, the West represents their image of the American way of life – wide open spaces and freedom: "The Marlboro Man," said one woman who would have fit in perfectly at the National Finals Rodeo.

The music is as much a part of the image as the

clothing, as evidenced by the members of the various country music dancing clubs that were in attendance. Gerd Steidl and members of the Blacksmith Line Dancers were one such group.

"I used to be into hard rock. Years ago, on a visit to the states, I started listening to country music and I was hooked," he said.

Since then, he's been giving line dancing lessons in Germany for over 20 years but he's also been a line-dancing instructor in the United States, as well.

His group meets once a week north of Frankfurt just to dance and have a little western fun. Last week, they were having a lot of fun in matching western shirts and some elaborately stitched cowboy boots.

"I'm still fascinated with the music," Steidl said.

So are many of his countrymen, it would seem.

The festival ran for over 20 years, beginning in 1969, but this is the first time it's been held in Germany since 1991, and show organizers brought in a range of musical styles for their return – everything from traditional to roots to western swing to bluegrass.

And, as in America, there are fans for every style.



Photos by Mark Turney

Lonestar lead singer Richie McDonald, left, and keyboardist Dean Sams, right, play it up for the crowd in the SAP Arena in Mannheim March 4 during the International Festival of Country Music. After a 20-year break, the festival returned bringing traditional country musicians like George Hamilton IV, bluegrass legend Ricky Scaggs and the crowd's favorite, Reba McEntire, pictured below, who closed the four-hour show to huge applause, screams and people holding lighters high in the air.

A woman down the row from me loved the rock sound of Lonestar.

Three British women who had taken the train from Munich liked Ricky Scaggs' style of bluegrass.

Others preferred the western swing sound of Asleep at the Wheel.

And, just like in America, most everyone seemed to be a fan of Reba McEntire.



# Police Make Music

The Mannheim Polizeimusik-korps directed by Dieter Kaufmann perform a variety of classical and contemporary tunes Sunday in the packed Festhalle Baumhain in Mannheim's Luisenpark. The annual spring concert is a charity event sponsored by the Mannheim German-American Women's Club.

## GERMAN NEWS

### Crumbling Cologne Cathedral

A 50-centimeter chunk of the Cologne Cathedral fell 25 meters Monday and struck a homeless man in the head, requiring him to receive medical treatment. Even though the area was roped off while workers inspected the spot, there are reports that bits sometimes break off the cathedral during bad weather. An inspection revealed that the fallen piece was from the 14th century and fell due to wear and tear.

### Check Expiration Dates

As part of a nationwide campaign to reduce the nearly 82 kilograms of food each person throws away in a typical year, consumers are urged to "look, smell and try" goods older than their best-before date. Many products can be safely eaten for several days after that date, the consumer minister said Monday. Best-by dates should not be confused with use-by dates printed on things like meat. A survey commissioned by the consumer minister showed that nearly one in five people who were aware of the current discussion about food waste were already changing their habits.

### Bank Robber Jailed After 20 Years

A 61-year-old man was recently convicted for his role in a 1992 armored bank car robbery near Berlin in which armed men killed a security guard and escaped with 3.5 million Deutschmarks – around €1.8 million. The stolen money was never recovered.

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



Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: [dearmsvicki@yahoo.com](mailto:dearmsvicki@yahoo.com), follow her on Twitter @dearmsvicki, or visit [www.dearmsvicki.com](http://www.dearmsvicki.com).

Dear Ms. Vicki,

I am asking your advice, since you are a mother of three sons and wife of a Soldier and a professional. My husband is an Army Vietnam veteran. Our grandson, who will be graduating this year at 17, would like to serve. My daughter is against it. I have been fortunate to be a full-time grandmother to him since he was a baby. When he decided to

use me as a sounding board for this career choice, I was surprised at my reaction: neither for or against. I know too well the lifetime emotional impact Army life and war can have on the Soldier. Seventeen is young. He has always known that he is expected to go to college.

I do not feel I have overstepped the bounds by suggesting he attend the local two-year college so he can graduate at 19. (I even said, "This will give you the maturity and proof of maturity needed to convince your mother you can make such a decision.") I got, "Gram, that is a great idea. I didn't even think about that," which of course makes me feel good and delays the inevitable major decision.

Having sons yourself and being service-oriented, you have a chance one of them may want to serve their country.

Can you share your thoughts? I am scared and am confronted with the real fears of war. Being of service comes naturally to my grandson, even though his grandfather hasn't told war stories and doesn't talk openly about boot camp.

To Serve Or Not To Serve

Dear Service,

This is a great question. Please realize all responses and emotions

regarding your grandson joining the military are normal.

As we look around globally at what our service members are facing, it can cause concern and even anxiety. I am still concerned for my husband every time he takes a trip abroad (not necessarily a deployment).

I respect you and your daughter's feelings. However, I can honestly say that I meet many 17- and 18-year-olds at the Military Entrance Processing Stations right before they are shipped off to basic training. Many are more confident and capable than the older recruits. One thing your grandson will have in his favor is a supportive family. This will be very beneficial to him. If he is successful, it will be because of his caring and supportive family.

While my husband and I have let our sons make their own decisions, our support has been unwavering. In the end they have always thanked us for that.

I know it's hard, because he is still a baby, right? Just give him as much information as you can about college and the Army, and he will make the right decision. Either way, he will be successful. I hope this helps ... keep praying.

# Eat less for better, healthier life style

## MyPlate based on new dietary guidelines

By Capt. Jeremy F. Brooks  
LANDSTUHL REGIONAL MEDICAL CENTER

Food is meant to be enjoyed, but eating less is the key to weight management and disease prevention, according to the 2010 Dietary Guidelines for Americans.

During National Nutrition Month, the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) encourages everyone to "Get Your Plate in Shape."

Have you heard about the new "plate" that has replaced the old food pyramid? It's called MyPlate, and it's based on the most recent revision of the Dietary Guidelines for Americans. Recently, the U.S. Department of Agriculture announced a new tool to help individuals take those guidelines and put them into practice. The SuperTracker is a comprehensive, state-of-the-art resource available at [ChooseMyPlate.gov](http://ChooseMyPlate.gov) designed to assist individuals as they make changes in their lives to

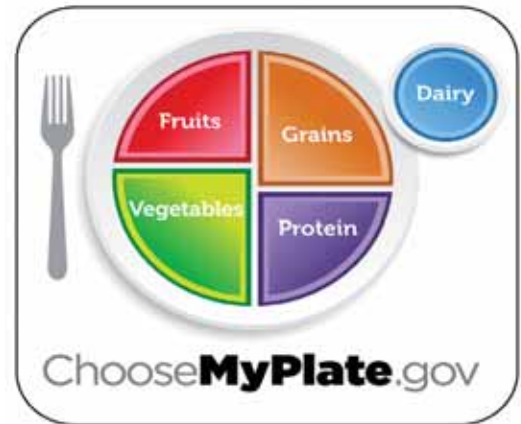
reduce their risk of chronic disease and maintain a healthy weight. More than just an online food and activity tracker, the SuperTracker has a "Food-A-Pedia" for looking up nutrition information for over 8,000 foods and specific ways to help you customize and personalize the information just for you. Here are some simple and practical ways to eat fewer calories while savoring and enjoying in your food.

- Be mindful of your daily calorie needs. Find your personal daily calorie quota using the [ChooseMyPlate.gov](http://ChooseMyPlate.gov) website. When planning your meals and snacks throughout the day, keep your calorie needs in mind. A simple way to do this is to think about the portions on your plate. Divide your plate in four sections with one each for whole grains, lean proteins, vegetables and fruits, and a side of dairy, such as a cup of low-fat milk or yogurt or an ounce of cheese.
- Avoid oversized portions by

using smaller plates, bowls and glasses. Portion sizes have exploded over the past 20 years ... and so have our waistlines.

The standard 10-inch plate may be too large for you. Switch to eight-inch or appetizer-sized plates and you will automatically portion and eat less without feeling deprived. Pile your plate with nutrient-dense, lower-calorie foods like vegetables, fruits, whole grains and lean protein foods such as beans, seafood, lean meat and poultry.

- Get into the kitchen and stay in charge of what you're eating. Cooking more often at home not only allows you to balance what's on your plate, but also enables you to choose healthier fats, less sodium and increase the fiber in your diet while balancing the amount of calories you eat. Then, when you eat out, you'll be more apt to recognize healthy portion sizes based on your experiences at home. Take the tactic of choosing lower calorie menu



options when dining out by focusing on vegetables, fruits and whole grains.

- Watch out for liquid calories. Calories in fruit juices and drinks with added sugar, sports drinks, sugar-laden coffee beverages and soft drinks can add up fast.
- Drink water instead of sugary drinks. Make it a point to carry a bottle of water with you during the day. Try diluting fruit juice with water to cut the sugar and calories, which still provides some

flavor and fluids. Also, think before you drink alcoholic beverages, as they have calories, too. Remember to drink alcohol sensibly by capping it with one drink a day for women or two drinks a day for men. A standard drink is five ounces of wine, 12 ounces of beer or 1.5 ounces of distilled spirits.

For information, contact a registered dietitian at Landstuhl Regional Medical Center. DSN 486-8144, civ. 06371-86-7144.



# GET OUT!

## area events

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

### March 22

**Art Exhibit** – The Malik and Areta Mayfield art exhibition is on display at the Heidelberg Arts and Cultural Center on Patrick Henry Village. The exhibit is open to the public through March 31. [www.mwrgermany.com](http://www.mwrgermany.com).

**Bruce Springsteen Concert** – Tickets are on sale for the Bruce Springsteen and the E Street Band concert 8 p.m. May 24 in Frankfurt's Commerzbank Arena. [www.worldticketshop.com](http://www.worldticketshop.com).

**MaerzMusik** – Discover the MaerzMusik Festival of Contemporary Music in Berlin through March 25. Concerts will take place at venues throughout the city. Tickets: civ. 030-254-89-100 or at the box office at Haus der Berliner Festspiele. [www.berlinerfestspiele.de](http://www.berlinerfestspiele.de).

**Photo Exhibit** – American photographer and Detroit native Dave Jordano profiles the scenes of urban renewal popping up across the Motor City in a new photo exhibition entitled Detroit Unbroken Down at the Amerika Haus in Munich. Open noon-5 p.m. Monday-Friday and noon-8 p.m. Wednesday through March 30. Free admission. Amerika Haus, Karolinenplatz 3. [www.amerikahaus.de](http://www.amerikahaus.de). Civ. 0895-525-3713.

### March 23

**Heidelberg Spring Music Festival** – The Annual Heidelberg International Spring music festival (Heidelberger Fruehling) features numerous concerts from renowned classical artists, including international soloists, ensembles and orchestras and new musicians. Festival runs through April 29. Kongresshaus Stadthalle Heidelberg, Neckarstadt 24. For ticket information and locations visit [www.heidelberger-fruehling.de](http://www.heidelberger-fruehling.de).

**Wiesbaden Museums** – The city of Wiesbaden will host its short night at the museums event starting at 7 p.m. Museums will stay open until midnight and visitors can enjoy the collections for free. [www.kurze-nacht.de/](http://www.kurze-nacht.de/).

**Wiesbaden Easter Market** – During the Easter Market in Wiesbaden, some 90 stands will display their Easter goods in the pedestrian zone of Wiesbaden around Mauritius Square. Browse for products such as painted wooden eggs, Easter eggs, wine presents, herbs, oils, Easter dishes, candles, beekeeper products, jewelry, Easter cutlery, flowers, window pictures and much more. There will also be children's games, marching bands, street theater and an opportunity to visit the Easter Bunny. A wine auction will also be held in cooperation with the Geisenheim University of Applied Sciences. [www.buzzoffbase.com](http://www.buzzoffbase.com).

### March 24

**Prague Easter Markets** – The Prague Easter Markets run daily through April 15 in

the heart of this historic city at the Old Town Square and Wenceslas Square. More than 100 stalls will stock a variety of handcrafted products such as wooden toys, Czech crystal and glassware, jewelry, metalware, candles, embroidered cloth and beautifully dressed puppets and dolls. Marvel at the bright, hand-painted Easter eggs and enjoy barbecued sausages and ice cold beer. There will also be folk music and dancing by groups who travel from all over the Czech Republic to perform. [www.buzzoffbase.com](http://www.buzzoffbase.com).

**Mannheim's Luisenpark** – An indoor jungle playground awaits with tropical temperatures 10 a.m.-5:30 p.m. through March. Regular admission fee to Luisenpark includes admission to the indoor playground.

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

### March 26

**Georgia O'Keeffe Exhibit** – View the works of artist Georgia O' Keeffe at Munich's Kunsthalle der Hypo-Kulturstiftung. Exhibit features 75 paintings, sculptures, works and photographs of the artist and the western American landscape that inspired her. Exhibit is open 10 a.m.-8 p.m. daily through May 13. Kunsthalle der Hypo-Kulturstiftung, Theaterstraße 8. [www.hypo-kunsthalle.de](http://www.hypo-kunsthalle.de).  
**Free Admission** – The Landesmuseum Württemberg in Stuttgart is offering free entrance to the museum through April 1. Visitors can enjoy exhibits on display in the Fruchtkasten and the Roman Lapidarium in the Neue Schloss. The museum is open 11 a.m.-5 p.m. Tuesday through Sunday.

### March 30

**Military Music Show** – International military orchestras from around the world take the stage during the annual International Military Music Show in the Saarland-halle in Saarbrücken. Tickets are €29 - €45. [www.bundesmusikparade.de](http://www.bundesmusikparade.de).

**Jazz Fest** – Enjoy the International JazzArt Festival in Schwäbisch Hall, about an hour northeast of Stuttgart. Festival runs through April 1. To purchase tickets visit [www.jazzart-hall.de](http://www.jazzart-hall.de).

**Frankfurt Spring Dippemess** – Take in Frankfurt's Spring Dippemess open air fair on the Festplatz am Ratsweg. Visitors can enjoy fireworks displays, amusement park rides and more. The fair is open daily 2 p.m. - midnight through April 22. Free admission.

### March 31

**Mannheim Easter Egg Market** – The city of Mannheim will host an International

Easter Egg Market in Luisenpark 11 a.m. - 6 p.m. through April 1. More than 40 artists from across Europe will showcase their unique egg painting techniques.

**Easter Egg Hunt** – The Trowel Lodge #80 and Stars of Orion #43 will host their 4th annual Easter egg hunt and barbecue at the Patrick Henry Village park (behind the library) 11 a.m. - 3 p.m. in Heidelberg. Enjoy food, prizes and games.

**Nürnberg Easter Market** – Each year at Easter time, a large Easter market is held on the main market square in Nürnberg. Visitors can find household goods, pottery, textiles, sweets, books and everyday items. <http://affiliates.usa.org/rheinmain>.

### April 1

**Rock Climbing** – Enjoy a taste of adventure at the RockTown Boulder and Bistro am Betze. The bouldering gym features a variety of walls to challenge climbers of all ages and skill levels. There's also a bistro where visitors can feast on burgers, pizza and pastries. RockTown is open 1-11 p.m. Monday-Tuesday; 9 a.m.-11 p.m. Wednesday-Thursday; 9 a.m.-midnight Friday-Saturday and 9 a.m.-9 p.m. Sunday. Kantstrasse 38, Kaiserslautern. Civ. 0631-8929-0850. [www.rocktown.eu](http://www.rocktown.eu).

### April 4

**English Language Stammtisch** – The English Language Stammtisch will meet 6:30 p.m. at the Zum Gueldenenen Schaf. The topic will be contemporary influence of English, French, Italian and Colonialism in the Middle East and the special relationship between England and the United States. Hauptstrasse 115, Heidelberg Altstadt. Civ. 062-212-0879.

### April 7

**Medieval in Mainz** – Travel back in time at the largest medieval spectacle in the Rhine Main area. Held on the riverfront (Reduit) in Mainz-Kastel, the event features a medieval market place with vendors, performances and an Easter Sunday children's treasure hunt (ages 6 and up). See jousting, knights, archery and falconry through April 9. Civ. 06131-286-2124, [www.prohistory.de](http://www.prohistory.de).

### April 8

**King Tut** – The exhibition Tutankhamun: His Tomb And His Treasure shows the world's only museum-quality replica of humankind's most fascinating tomb and treasures and the opportunity to visit the tomb three-dimensionally in its original state 10 a.m.-6 p.m. Monday-Sunday through June 24. Mainzer Landstrasse 124, Güterplatz, D-60327 Frankfurt am Main, [www.tut-ausstellung.com/en/frankfurt/the-great-tutanchamun-must-see-exhibition.html](http://www.tut-ausstellung.com/en/frankfurt/the-great-tutanchamun-must-see-exhibition.html).

## coming to THEATERS

### 21 JUMP STREET

(Jonah Hill, Ice Cube)

In the action-comedy 21 Jump Street, Schmidt and Jenko join the police force and the secret Jump Street unit. The two use their youthful appearances to go undercover in a local high school. As they trade in their guns and badges for backpacks, Schmidt and Jenko risk their lives to investigate a violent and dangerous drug ring. (Rated R for crude and sexual content, language, drugs, teen drinking and some violence) 109 minutes.



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

March 22 - JOYFUL NOISE (PG-13) 7 p.m.  
March 23 - THE DEVIL INSIDE (R) 7 p.m.; 21 JUMP STREET (R) 10 p.m.  
March 24 - EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 4 p.m.; CONTRABAND (R) 7 p.m.; 21 JUMP STREET (R) 10 p.m.  
March 25 - EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 4 p.m.; 21 JUMP STREET (R) 7 p.m.  
March 26 - 21 JUMP STREET (R) 7 p.m.  
March 27 - CONTRABAND (R) 7 p.m.  
March 28 - 21 JUMP STREET (R) 7 p.m.  
March 29 - EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 7 p.m.

#### Vogelweh, Galaxy

March 23 - JOHN CARTER (PG-13) 7 p.m.  
March 24 - WAR HORSE (PG-13) 4 p.m.; JOYFUL NOISE (PG-13) 7 p.m.  
March 25 - JOYFUL NOISE (PG-13) 4 p.m.

#### Ramstein, Gateway Movieplex

March 22 - JOHN CARTER (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.  
WAR HORSE (PG-13) 11 a.m., 3 p.m., 5 p.m., 9 p.m.;  
JOYFUL NOISE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.;  
THE MUPPETS (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.  
March 23 - 21 JUMP STREET (R) 11:45 p.m., 2:15 p.m., 4:45 p.m., 7:15 p.m., 10 p.m.;  
EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11 a.m., 2 p.m., 5 p.m., 10 p.m.;  
CONTRABAND (R) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.;  
THE DEVIL INSIDE (R) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 10:30 p.m.  
March 24 - 21 JUMP STREET (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m., 10 p.m.;  
EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11 a.m., 2 p.m., 5 p.m., 10 p.m.;  
CONTRABAND (R) 4:30 p.m., 7 p.m.;  
THE DEVIL INSIDE (R) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 10:30 p.m.;  
ALVIN AND THE CHIPMUNKS: CHIPWRECKED (G) 11 a.m., 2 p.m.  
March 25 - 21 JUMP STREET (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.;  
EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:45 p.m.;  
CONTRABAND (R) 4:30 p.m., 7 p.m.; THE DEVIL INSIDE (R) 11:30 p.m., 1:45 p.m., 4 p.m., 6:30 p.m.;  
ALVIN AND THE CHIPMUNKS: CHIPWRECKED (G) 11 a.m., 2 p.m.  
March 26 - 21 JUMP STREET (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.;  
EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7 p.m.;  
CONTRABAND (R) 11:15 a.m., 7 p.m.; THE DEVIL INSIDE (R) 11:30 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; HAPPY FEET 2 (PG) - 2 p.m., 4:30 p.m.  
March 27 - 21 JUMP STREET (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.;  
EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:45 p.m.;  
CONTRABAND (R) 11:15 a.m., 7 p.m.; THE DEVIL INSIDE (R) 11:30 p.m., 1:45 p.m., 4 p.m., 6:30 p.m.; HAPPY FEET 2 (PG) 2 p.m., 4:30 p.m.  
March 28 - 21 JUMP STREET (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.;  
EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:45 p.m.;  
CONTRABAND (R) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.;  
THE DEVIL INSIDE (R) 11:30 a.m., 7 p.m.; HAPPY FEET 2 (PG) 2 p.m., 4:30 p.m.  
March 29 - 21 JUMP STREET (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.;  
EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11 a.m., 2 p.m., 4:45 p.m.; 7:45 p.m.;  
THE DEVIL INSIDE (R) 11:30 a.m., 1:45 p.m., 4 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 Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, [www.cineplex.de](http://www.cineplex.de)

#### Mannheim, CinemaxX, Cineplex - English Language movies

March 22-28 - THE HUNGER GAMES (PG-13) 5:30 p.m. (11:30 a.m. March 25) at

Cineplex and March 22, 24-28 5 p.m. at CineMaxX

March 28 - BEST EXOTIC MARIGOLD HOTEL (PG-13) 8:45 p.m. at Cineplex

## community HIGHLIGHTS

### Retiree Eye Exams

In observance of Save Your Vision Month, the Landstuhl Regional Medical Center Optometry Clinic will provide routine and diabetic eye exams for retirees March 29. Patients are required to bring an escort, as exams include eye dilation. Appointments: DSN 486-LRMC (5768), civ. 06371-86-5762.

### Exchange Patriot Family Contest

The Army and Air Force Exchange Service is sponsoring a Patriot Family Peeps Diorama contest until April 8. ID card holders can craft a patriotic scene using Peeps candy and a shoebox. Judging will be based on originality, innovation and the ability to portray each scene in a respectable manner. [www.shopmyexchange.com/Community/patriotfamily/contests.htm](http://www.shopmyexchange.com/Community/patriotfamily/contests.htm).

### Arizona Special Primary Election

Arizona will hold a special primary election April 17 for the Eighth Congressional District (Cochise, Pima, Pinal and Santa Cruz counties), to fill the seat vacated by Rep. Gabrielle Giffords. Federal post card applications must be postmarked, emailed or faxed by April 17. Residents who voted in the Nov. 2, 2010, general election will not receive an automatic ballot. [www.azsos.gov/election/Military.htm](http://www.azsos.gov/election/Military.htm).

### AUSA Award Nominations

The Association of the U.S. Army Abrams Chapter (Heidelberg and Mannheim) is seeking nominations of Department of Defense civilians for the Joseph P. Cribbins exceptional service award. Nomination deadline is May 4. Awards will be presented during the annual meeting. Civ. 06221-363-5321.

### Tax Centers Open

The Heidelberg Tax Center (on the Shopping Center), the Kaiserslautern Tax Center (Bldg. 3210 on Kleber Kaserne) and the Landstuhl Tax Center (the ground floor of Bldg. 370), can help prepare and file returns. The Heidelberg Tax Center is open for appointments 10 a.m.-5 p.m. Mondays, Wednesdays and Fridays and 10 a.m.-6 p.m. Tuesdays. Walk-ins for basic tax returns are 10 a.m.-4 p.m. Thursdays. DSN 370-7510, civ. 06221-57-7510. The Kaiserslautern Tax Center is open 9 a.m.-4 p.m. Monday-Friday. DSN 483-7688, civ. 0621-411-7688. The Landstuhl Tax Center is open 9 a.m.-4 p.m. Monday-Friday. DSN 486-6334, civ. 06371-86-6334.

### Army Homefront Fund

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

## local EMPLOYMENT

### Family Fun Day

Volunteers are needed for the Child, Youth and School Services and Exceptional Family Member Program Family Fun Day 10 a.m.-2 p.m. April 28 at the Patrick Henry Village Park in Heidelberg with set up starting 8 a.m. Activities include face painting, arts and crafts, bubbles and hula hoops. Civ. 0621-730-3101.

### KAISERSLAUTERN Community

◆ **Multi Cultural Spouses Club** – Spouses can bring a potluck dish to the multi cultural spouses club, a fun and interactive club that promotes diversity and networking, 11 a.m. March 23 in the Yellow Ribbon Room on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

◆ **Cinema Sunday** – Watch the movie Cars 2 and snack on popcorn 2:30-6:30 p.m. March 25 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Free snack bags will be available for children 12 and under. Civ. 0631-536-6000.

◆ **Debt, Credit Management** – Army Community Service teaches a free class on how to manage debt and build personal credit 3-5 p.m. March 26 in Heaton Auditorium at Landstuhl Regional Medical Center. DSN 493-4203, civ. 0631-3406-4203.

◆ **Diabetes Day** – Army Community Service and the Ramstein Health Clinic will offer free glucose screenings, recipes and diabetes-related information 11 a.m.-1 p.m. March 27 in front of the Landstuhl Regional Medical Center dining facility. DSN 493-409, civ. 0631-3406-4091.

◆ **Sponsorship Training** – Sponsors of families joining the community can attend free sponsor training through Army Community Service 3-4 p.m. March 27 in Bldg. 2891 on Pulaski Barracks. Registration required. DSN 493-4203, civ. 0631-3406-4203.

◆ **Tuesday Night Expressions** – ID card holders can play instruments, sing and more during Tuesday Night Expressions 7-10 p.m. March 27 and every Tuesday at the Landstuhl Community Club, Bldg. 3780. Children can participate until 8 p.m. with parental supervision. [www.mwgermany.com](http://www.mwgermany.com).

◆ **EDGE! T-shirts** – Youth ages 6-12 and enrolled in Child, Youth and School Services can make their own T-shirts April 4, 11, 18 and 25. Registration required by the Friday prior. DSN 493-4516, civ. 0631-3406-4516.

◆ **Lactation Training** – Mom2Mom will host a 40-hour Healthy Children Project certified training for lactation counselor to provide current, research-based information on lactation and the art of counseling for hospital staff, midwives, doulas and others who assist new mothers June 25-29 at Landstuhl Regional Medical Center. Civ. 0173-743-3016.

◆ **Children's German Classes** – Children ages 3 to 18 registered with Child and Youth Services can learn basic vocabulary, sentences and common German phrases at locations throughout the Kaiserslautern Military Community. Register at Parent Central Services or the One Stop Shop. DSN 493-4156, civ. 0631-3406-4516.

### HEIDELBERG Education

◆ **University of Oklahoma** – Enrollment is open for the University of Oklahoma Master of Human Relations and Master of Arts programs with emphasis in international relations. Courses are taught on-site, online and through independent study by campus professors. DSN 373-7919, civ. 06221-17-7919, [aphidelberg@ou.edu](mailto:aphidelberg@ou.edu).

◆ **ACS Classes** – Army Emergency Relief commanders and first sergeants brief, 10-11 a.m. March 23; Applying for a Federal Job, 9-11 a.m. March 27-28; Volunteer Management Information System Training, 10-11 a.m. March 28; Bringing Baby Home, 5:30-8:30 p.m. March 28; Relaxation Techniques, 10-11:30 a.m. March 29, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition Conference Room; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531; Community Orientation Brief, noon-3 p.m. Mondays; Re-integration brief, 9 a.m. Tuesdays. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted otherwise. DSN 370-6975, civ. 06221-57-6975.

### Community

◆ **Hunger Games Party** – In recognition of the upcoming Hunger Games movie based on the New York Times bestselling novel, children in grades five and up can prove they have what it takes to survive the games with trivia, games and more 5-7 p.m. March 22 at the Patrick Henry Village Library. DSN 370-1740, civ. 06221-57-1740.

◆ **Bullying Workshop** – Child expert, author and teacher Dr. Michele Borba will present "Turning Cruelty into Compassion" for parents, educators and child and youth professionals 11 a.m.-1 p.m. (session one) and 3:45-5:45 p.m. (session two) March 23 at the Patrick Henry Village Pavilion Community Center. The free open sessions will cover best practices and proven methods to reduce student bullying, violence and insensitivity, while building moral intelligence. DSN 388-9127, civ. 06221-338-9127.

◆ **Experienced Rider Course** – Experienced active duty motorcycle riders, in accordance with the Motorcycle Safety Foundation, can take a free experienced rider course 9 a.m.-5:30 p.m. April 3 at the Heidelberg Army Airfield MSF Range. Participants must have attended the MSF Basic Rider Course, and their MSF card should be close to expiration. Sign up by March 23: <https://apps.incom.army.mil/AIRS/Default.aspx>. DSN 370-8003, civ. 06221-57-8003.

◆ **The 39 Steps** – The Roadside

Theater on Patton Barracks will present a comedic Hitchcock thriller 7:30 p.m. March 23, 24, 30, 31 and April 6, 7 and 3 p.m. April 1. Children under 5 not admitted. DSN 373-5020, civ. 06221-17-5020.

◆ **BOSS Meeting** – Better Opportunities for Single Soldiers will meet 3:30 p.m. March 27 in the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

◆ **Story Time** – The Patrick Henry Village Library hosts story time for parents and their preschoolers 11 a.m. March 28 and every Wednesday. Children under 3 can enjoy a story 11 a.m. March 29 and every Thursday. DSN 370-1740, civ. 06221-57-1740.

◆ **Cooking Class** – Treat your taste buds and let your senses take over in a free hands-on international cooking class 10:30 a.m.-1 p.m. March 30 at the Patrick Henry Village Commissary. Registration is required. DSN 370-6975, civ. 06221-57-6975.

◆ **Volunteer Of The Year** – Volunteer ID card holders and guests are invited to a volunteer recognition ceremony 6-8:30 p.m. April 26 at the Patrick Henry Village Pavilion Community Center. This year's theme is Resilient Volunteers Make A World Of Difference. Reservations required by March 30. DSN 370-6883, civ. 06221-57-6883.

◆ **Gaiberger Weg** – Workers will cut trees along Gaiberger Weg between the Blockhaus parking lot and Unterer St. Nikolausweg (toward Gaiberger) with occasional short closures of Gaiberger Weg 8:30 a.m.-3 p.m. until March 31.

◆ **BOSS In Prague** – Better Opportunities for Single Soldiers goes to Prague, Czech Republic, March 31. DSN 388-9282, civ. 06221-338-9282.

◆ **Airboarding** – Army Outdoor Recreation sponsors an airboarding trip to Lengries March 31. Airboards are inflatable sleds easily steered using fins. Bus leaves 3 a.m. from the Park and Ride lot outside the Patrick Henry Village Commissary gate and is expected to return about 11 p.m. DSN 388-9282, civ. 06221-338-9282.

◆ **Easter Sunday Brunch** – Enjoy Easter Sunday Brunch with a carving and omelet station, a dessert buffet and more 10 a.m.-2 p.m. April 8 at the Patrick Henry Village Pavilion Community Center. Reservations recommended. DSN 388-9098, [www.mwgermany.com](http://www.mwgermany.com).

◆ **Easter Egg Hunt** – The Easter Bunny will be at a free Easter egg hunt for children 12 and under 12:30-1 p.m. April 8 at the Patrick Henry Village Pavilion Community Center. Children will receive a chocolate egg, and prizes will be awarded for the most eggs found by each age group. Special awards will also be given for mystery eggs.

◆ **Toad Migration** – Rising

temperatures have triggered toad migration season in Ziegelhausen, Schlierbach, Emmertsgrund and around Kohlhof. Since many are endangered, the city of Heidelberg will post speed limits and close certain roads during the night (7:30 p.m.-6:30 a.m.) This affects portions of Am Schlierbachhang near the Rondell, Wolfsbrunnsteige and Klingelhüttenweg near the forest edge. Drivers are urged to use caution, particularly during dusk and dawn, as volunteers pick up the toads and carry them to safety.

◆ **ARM Campaign** – Contribute to the Army Emergency Relief campaign to help fellow Soldiers until May 15. DSN 370-6975, civ. 06221-57-6975.

◆ **HMS Yearbooks** – Heidelberg Middle School yearbooks for the 2011-12 school year are available online at [internationalmemories.us](http://internationalmemories.us) and at the school. Contact HMS for user ID and password to order online. DSN 388-9311, civ. 06221-338-9311.

◆ **JROTC Uniforms** – The Heidelberg High School Army JROTC is accepting donations at the JROTC building (Bldg. 3744 on Mark Twain Village) of Army Combat Uniforms, Army Service Uniforms (Class As) and other equipment. DSN 370-8004, civ. 06221-57-8004.

◆ **Am Schlierbachhang** – Due to construction work, the Am Schlierbachhang road will remain closed to through traffic until July. Residents will be able to access their property, and pedestrians and cyclists will be able to bypass the construction site.

### MANNHEIM Community

◆ **Modern Warfare 3** – Challenge yourself and your buddies at Modern Warfare 3 online on Play Station 3 or X-Box 4:30-10 p.m. March 23 and every Friday at the Warrior Zone on Coleman Barracks. DSN 382-4149, civ. 0621-779-4410.

◆ **TGIF Buffet, Variety Night** – Adults can enjoy a TGIF buffet 6:30 p.m. and stay for variety music 9 p.m.-2 a.m. March 23 and every Friday at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370.

◆ **'70s, '80s Night** – Adults can groove to a variety of '70s and '80s tunes 10 p.m.-3 a.m. March 24 and every Saturday at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370. [www.mwgermany.com](http://www.mwgermany.com).

◆ **Story Time** – In partnership with Parent to Parent, toddlers and preschoolers can enjoy stories and a craft 10:30 a.m. April 4 and first and third Wednesdays in the ACS satellite office, Bldg. 246, Sullivan Barracks. DSN 385-3101, civ. 0621-730-3101, [www.mwgermany.com](http://www.mwgermany.com).



# Youth Cheer To Victory



Jamie Williams

The Heidelberg Juniors Cheerleading Team compete in the first cheer championships held for youth at the Sports Arena in Mannheim Saturday. The team finished with first place in the Spirit Cheer and Overall Dance categories. Results in the bantam category: Hello Introductory Cheer – first place, Ansbach; second, Heidelberg; third, Stuttgart; Spirit Cheer – first place, Heidelberg; second, Ansbach; third, Wiesbaden; Dance: first place, Ansbach, second, Heidelberg; third, Wiesbaden. Results in the junior category: Hello Introductory Cheer – first place, Schinnen; second place, Heidelberg; third, Stuttgart; Spirit Cheer – first place, Heidelberg; second, Schinnen; third, Stuttgart; Dance – first place, Heidelberg; second, Schinnen; third, Stuttgart.

# Indoor youth soccer scores goal with children, parents in winter

By Mindy Campbell  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Inside an empty hangar on Rhine Ordnance Barracks in Kaiserslautern, a dozen young children and their parents surround a fenced patch of green artificial turf.

Coach Mike Rabb blows his whistle and the kids don practice jerseys, grab soccer balls and start practice – despite the chilly weather outside.

For the past two months, children took part in U.S. Army Garrison Kaiserslautern's Child, Youth and School Service's indoor soccer clinic – the first of its kind offered through SKIES, or School of Knowledge, Inspiration, Exploration and Skills, said Shay Berchtold, SKIES Unlimited director.

"We had soccer during the summer, spring and fall, but nothing in the winter," Berchtold said. "Lots of parents are interested in doing something with their children and don't want them out in the rain. Through this program, kids can keep up with soccer and get some exercise during the winter."

It was successful, with 82 children enrolled, she said. The largest group was 3 to 5-year-olds.

The garrison's Family and Morale, Welfare and Recreation staff saw a need for a winter program and knew of German indoor soc-

cer's popularity. So, they decided to offer their own program.

Unlike other programs, SKIES soccer clinics are taught by a professional coach, instead of volunteers.

Rabb, who has played competitive soccer for more than 25 years, runs both the indoor and outdoor clinics. When Rabb held his first soccer camp in July 2009, he had three children participate. Last summer, more than 350 attended his camp. He focuses on teaching soccer drills and conditioning to help players develop basic and fundamental soccer skills.

Having an indoor venue allows Rabb to offer clinics despite foul weather, he said.

"With the little guys, if the weather is bad – if it rains – I have to cancel practice," Rabb said. "I wanted to develop a good soccer program so that they can play year 'round."

For parents, the idea of indoor soccer was also appealing.

"It is especially nice in Germany to be able to do this indoors during the winter," said Shannon Bachman, whose son Jacob, 5, took part. "This is great because he is getting exercise, and it is good to be around kids his own age, which will help him before he goes to kindergarten next year."

Although Lance Blackwell, 7, prefers playing outside, the in-



Mindy Campbell

Lance Blackwell, 7, outruns Alex Lee, 6, to get the ball during a recent practice of the SKIES Unlimited indoor soccer clinic on Rhine Ordnance Barracks in Kaiserslautern.

door clinic keeps his soccer skills sharp, he said.

"My favorite part is scoring goals," Lance said. "I like that I can keep on maintaining my soccer skills."

Signups for spring CYSS sports are underway. Spring sports include indoor rock climbing, golf, track and field, bowling, T-ball, baseball and softball. SKIES Unlimited offers soccer clinics at Landstuhl and Sembach. Civ. 0631-3406-4516.

## staying ACTIVE

### PGA Pro Sought

The Heidelberg Golf Club is looking for a PGA-certified golf instructor. Interested professionals must be language proficient in both English and German. Interested individuals should call civ. 06202-53767.

### Heidelberg Youth Baseball Camp

Registration for youth baseball camp at Heidelberg Middle School for boys and girls ages 6-10 is 9:30-10 a.m. March 25 with camp conducted 10 a.m.-4 p.m. Registration for ages 11-14 is 9:30-10 a.m. April 1 with camp conducted 10 a.m.-4 p.m. The Heidelberg varsity baseball team presents the camp. Cost is \$50 and includes lunch and camp shirt. Civ. 06221-648-6949.

### Clarification – Zumba in Mannheim

There are no Zumba classes offered at the Sullivan gym in Mannheim as indicated in the March 15 issue of the Herald Post. Zumba is offered 9-10 a.m. Monday, Wednesday and Friday, and 5:30-6:30 p.m. Tuesday and Thursday in the Fitness Room on Patrick Henry Village in Heidelberg. The Campbell Barracks Fitness Center in Heidelberg has classes 5:15-6:15 p.m. Wednesday and 5-6 p.m. Friday.

### Sergeants Major Bowling Tournament

The Heidelberg Sergeants Major Association's Annual Bowling Tournament takes place March 31 at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village. Check-in is at noon, lunch is 12:30 p.m. and tournament starts 1 p.m. Proceeds support Easter and Christmas programs for the Mannheim Children's Hospital. DSN 370-3303, civ. 06221-57-3303.

### Sullivan Fitness Center Cleaning

Sullivan Fitness Center (Bldg. 237 only) will be closed 10 a.m.-2 p.m. April 14 for deep cleaning and sanitation. It will reopen at 2:30 p.m. The gym (Bldg. 237a) will be open all day April 14. DSN 385-2001, civ. 0621-730-2001.

### Miesau Fitness Center New Hours

The Miesau Fitness Center near Kaiserslautern is now open 6 a.m.-6 p.m. Monday-Friday, 11 a.m.-5 p.m. Saturday, 11 a.m.-5 p.m. training holidays and closed Sundays. Primary use is for Soldier and unit physical training, intramurals, youth sports and instruction. For recreational use, fitness centers at Kleber, Landstuhl, Rhine Ordnance Barracks and Sembach are available.

### March Madness, Pool, Poker

Basketball fans can enjoy the March Madness games at Slapshots on Patton Barracks in Heidelberg, Bldg. 104, above the Shopette; play pool 7 p.m. Mondays; or poker 7 p.m. Wednesdays. DSN 373-5190, civ. 06221-17-5190, [www.mwrgermany.com](http://www.mwrgermany.com).

### Board Game Night at Coleman

The Coleman Warrior Zone, Bldg. 86, features weekly events including a board game night, 4:30-10 p.m. Mondays. DSN 382-4410, civ. 0621-779-4410, [www.mwrgermany.com](http://www.mwrgermany.com).

### Community Volleyball

Unit Volleyball games take place 6-9 p.m. through May 7 at the Patton Fitness Center in Heidelberg. Competition is open to all military units or components assigned to the Heidelberg military community. Participants must be at least 18 years old and authorized to use Family and Morale, Welfare and Recreation facilities. DSN 373-8032, civ. 06221-17-8032, [www.mwrgermany.com](http://www.mwrgermany.com).

### Dynamic Yoga at Landstuhl

A yoga class to revitalize the body and awaken the mind and spirit takes place 6:30-7:45 p.m. Wednesdays at the Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 06371-86-7172.

### Heidelberg Sports Camp Instructors

U.S. Army Garrison Baden-Württemberg Child, Youth and School Services seeks instructors for 2012 summer camps. DSN 388-9397, civ. 06221-338-9397, [www.mwrgermany.com](http://www.mwrgermany.com).