

# HeraldPOST

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

**HP THURSDAY**  
March 10, 2011

## Speed Read

### GERMAN ARMY TATOO

The Bundeswehr honored outgoing U.S. Army Europe Commander Gen. Carter F. Ham with a German Army Tattoo on Campbell Barracks in Heidelberg March 2 to honor his time as commander. 3

### PARK AND RIDE

The city of Heidelberg has begun construction on a new Bahnstadt Park and Ride to enhance the parking areas of the Heidelberg Hauptbahnhof thanks to the partial return of public works property. 3

### FUEL OUTAGE

The Exchange has scheduled a system outage which will impact the ESSO Fuel ration card system Sunday from 5-10 a.m. 4

### MANNHEIM DOG PARK

Mannheim officially opened a dog park March 2 with the help of an Eagle Scout who constructed play structures. 6



### PHENOMENAL WOMAN

U.S. Army Europe selected a Mannheim woman for her positive impact in the community to kick-off Women's History Month observations in March. 11

### METABOLISM RULES

The Army Wellness Center in Heidelberg tests metabolic fitness and teaches how to manage the results. 13

## Defense Details

### IMPROVING DIVERSITY

A commission created to improve diversity among military leaders has issued 20 recommendations its members say will make the military better reflect the composition of the United States in its ranks. The Military Leadership Diversity Commission issued the findings yesterday of its 18-month research with recommendations for how the Defense Department can improve the promotion of women and minorities at a time when the nation is expected to become increasingly diverse.

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

## 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

## Toads on the roads go first

### Amphibian trek may affect local traffic

#### Staff Report

According to regional wildlife protection authorities, rising temperatures mark the end of hibernation for frogs and other amphibians in the next few weeks.

During their annual trek back to the breeding grounds, these critters are oblivious to busy roads and

other hazards.

Since several of them rank high on the endangered species list, regional traffic authorities will post speed limits in connection with frog warning signs on affected roads in the area.

Typically, this also involves temporary road closures during dusk and dawn.

In case of mass migration,

some secondary roads may even be closed for a whole night, but detours will be posted accordingly.

Roads affected in the Heidelberg area are primarily those along the wooded slopes of the Königstuhl hill towards the Ziegelhausen, Schlierbach and Emmertsgrund suburbs, Waldhilsbach and Neckargemünd.

Drivers are also asked to slow down and pay attention to volunteers working along the roadside. They pick up the animals from protective screens and carry them across the road to safety.

In Mannheim-Käfertal, a portion of Lampertheimer Strasse and a farm road near Karlsstern will be blocked temporarily while the migration is under way.

Heidelberg save-a-toad-volunteers may contact volunteer coordinator Renate Exner at civ. 06221-20731.

## Door-to-door taxi canceled

### Ruf taxi not affected

#### Staff Report

The regular door-to-door taxi service on Patrick Henry Village in Heidelberg has been canceled by the contractor.

Taxi Zentrale in Heidelberg no longer wishes to provide the service because of the low volume of business and the necessary security checks at the gate, said Frank Niccoll, Exchange general manager.

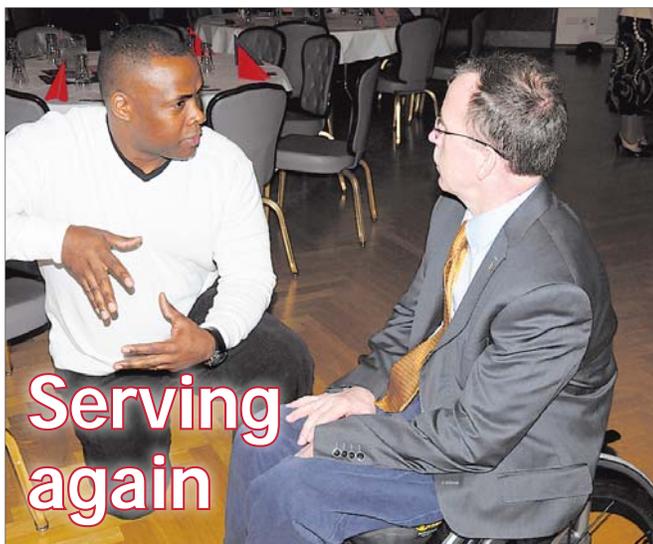
"We regret that the service has been stopped and we are seeking out other taxi services that might consider doing business on the installation," Niccoll added.

Although the door-to-door service is canceled, the Ruf Taxi service is not affected and remains an option for those residents of Patrick Henry Village

who want to go to the Kirchheim streetcar stop. Ruf Taxi has never come on post but stops outside the commissary gate. Callers must mention "ruf" (pronounced roof) taxi when ordering the service by dialing 06221-30-20-30.

Taxi Zentrale Heidelberg is a centrally located service that includes many taxi drivers who work independently. The phone number is the same: 30-20-30.

"It's unfortunate the door-to-door service is no longer available but we're happy to have the city of Heidelberg's cooperation and support that allows us to offer the Ruf Taxi," said Col. Bill Butcher, U.S. Army Garrison Baden-Württemberg commander.



## Disabled vet says focus on strengths

By Dijon Rolle  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It's been a little over three decades since Dr. Rory Cooper lost the use of his legs and gained access to a world he never would have imagined, at least not for himself.

Cooper shared his story with the crowd of Soldiers and civilians gathered in the ballroom of the Patrick Henry Village Pavilion during the Equal Employment Opportunity Disability Awareness Summit March 3 in Heidelberg.

In July 1980, Cooper was a 5th Signal Command Soldier stationed in Worms when he suffered a spinal cord injury in a training accident. The event left the young Army sergeant paralyzed, yet determined to overcome his injury and live a normal life in spite of his disability.

"It was a challenge adjusting to having a spinal cord injury and using a wheelchair," Cooper said. "And on the other hand I was grateful to be alive and fortunate that there were great people who helped to mentor me ... see COOPER page 12

Dr. Rory Cooper speaks with Sgt. 1st Class Larry Gray, NATO Equal Opportunity Advisor, during the U.S. Army Garrison Baden-Württemberg Equal Employment Opportunity Disability Awareness Summit in Heidelberg March 3. Cooper, a former 5th Signal Command Soldier, spoke about his experiences as a disabled person. (Photo by Dijon Rolle)

## COMMENTARY

# Focus on inspiration at Heidelberg High School

By Marcel Simon  
HEIDELBERG HIGH SCHOOL LIONHEART

"First of all I'd like to say I am not a motivational speaker," said Dr. Rory Cooper.

Little does he know that his story of success and hardship, as well as his words of encouragement have touched the hearts and minds of Heidelberg High School's students.

"It was one of the most inspirational speeches I've ever heard.

"Also, I liked his wheelie," said junior Colin Schwabach.

Dr. Cooper was a U.S. Army Soldier from 1976-1982. After his years in the military he published eight books and became a professor at the University of Pittsburgh.

Dr. Cooper was also very much interested in track and cross country during high school. He participated in the interservice marathon, won three bronze medals and qualified for the pre Olympic trial. Unfortunately, due to budget cutbacks, he was forced to withdraw.

However, in 1988, he competed in the 4 x 7 at the Olympic Games. Through all his achievements, sadly, he also experienced hardships.

"One day while riding my bicycle, a bus pushed me into an oncoming truck," said Dr. Cooper.

The result was that he became a

**"Inspiration gives people the will to keep pushing forward. I think that is why Dr. Cooper told us to find inspiration wherever we are in the world."**

—Heidelberg High School Junior Rene Johnson

paraplegic (paralyzed from the waist down).

Dr. Cooper continued to inspire Heidelberg High School students when he said that despite this obstacle he continued to pursue his education.

Fifth Signal Commander John Rowell, a major influence in Cooper's life, urged him to pursue a career in engineering. And so he did.

Dr. Cooper received his bachelor's and master's degree in engineering.

What seemed to interest high school students most is the fact that Dr. Cooper still competes in marathons in spite of his handicap.

"He told us he participated in the 2009 Pittsburgh marathon.



Courtesy photo

Dr. Rory Cooper is shown here with his wife Rosi at the Army 10-Miler in 2010 in Washington, D.C. Cooper spoke at Heidelberg High School March 2 about "Living Life With A Disability," the topic of U.S. Army Garrison Baden-Württemberg's Equal Employment Opportunity Disability Awareness summit. Cooper, a former member of the 5th Signal Command is an author, researcher and advocate for veterans with disabilities.

We couldn't believe it," says junior Jeremiah Miller.

Cooper amazed the high school students when he told them he was the face of the Cheerios box in 2009.

Cooper also encouraged students to find inspiration in their lives.

He found inspiration from his

graduate students and friends as well as when he was asked to be part of the Olympic team staff.

"Inspiration gives people the will to keep pushing forward. I think that is why Dr. Cooper told us to find inspiration wherever we are in the world," said junior Rene Johnson.



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## DISCUSSION BOARD

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

**"With Mannheim slowly closing shop, what is going to be done to fix the Laundromat (on Patrick Henry Village in Heidelberg)— coin stealing machines and lines of families?"**

—Joey Hernandez, BWnow Facebook fan

"Currently all but one washer are functioning. The launderette on PHV has 13 small washers (12 functioning), four extractors (large washers) and 11

dryers. We plan to add four more washers and two extractors early this summer. Our central vending manager has recently been tasked to provide me with an update of all launderettes weekly.

—Frank Niccoll, Exchange General Manager

**Question of the week: "What is the single biggest time waster you deal with on a day to day basis? (Ex. sorting through your e-mail inbox,**

**looking for a parking space, extra-long meetings that start late etc.)"**

"To me the biggest time waste is endless training sessions online, in the theater, in a classroom environment etc. We need to do this online class and this one, and, oh, while you're at it, do the other one, too ..."

—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.

# German Army Grand Tattoo



Sgt. Joel Salgado

Gen. Carter F. Ham, Commander of U.S. Army Europe (on podium at left), observes the German Grand Tattoo conducted March 2 by soldiers from the Bundeswehr on the parade grounds at Campbell Barracks in Heidelberg. The Grand Tattoo is a nighttime ceremony that includes 300 German Army troops in dress uniform carrying torches and accompanied by a military band.

## Ham receives Bundeswehr's highest ceremonial honor

By Sgt. Joel Salgado  
USAREUR PUBLIC AFFAIRS

The Bundeswehr, or German Armed Forces, honored Gen. Carter F. Ham, the U.S. Army Europe commander, in a ceremony on Campbell Barracks in Heidelberg March 2 commemorating his time spent as commander of U.S. Army Europe.

Before the ceremony, Ham gave his farewell remarks to guests at a reception.

"I am so very proud of all that the Soldiers, civilians and family members of the United States Army

Europe have accomplished," Ham said. "It has been my great privilege for these past two and a half years to serve alongside you."

Ham called training USAREUR Soldiers and their European partners for deployment the command's most vital task.

"The most important mission, as we've said since day one, is to train and prepare our forces that have to deploy for other operations, whether it's Iraq, Afghanistan, the Balkans or anywhere else in the world," Ham said.

Following the reception

was the German Grand Tattoo. The tattoo is a nighttime ceremony in which soldiers march by torchlight to the music of a military band. The Grand Tattoo is the Bundeswehr's highest ceremonial honor, and is usually reserved for three- and four-star generals, said Bundeswehr Chief of Staff Gen. Volker Wierer.

The ceremony saluted Ham's tenure as USAREUR commander. He is scheduled to assume command of U.S. Africa Command this month.

During a pre-ceremony briefing, Ham also spoke

briefly to the press about leaving.

"I must admit, I have mixed feelings. I am very much looking forward to my new position, but Heidelberg will always be a very special place to me – from the lord mayor, to the business people and to the residents. I miss it all already, but I will come to visit – that's a promise," Ham told the Rhein-Neckar-Zeitung.

The local newspaper reported the tattoo is more than likely the last in Heidelberg since the military installations are scheduled to close here. A

reporter asked the general if he is sad that the U.S. Army will leave Heidelberg.

"Yes, a bit. In my mind I know it was the right decision, but it almost breaks my heart when I think about the long, common history, the countryside, the people and the many friendships," he said.

Lt. Gen. Mark Hertling, Deputy Commanding General for Initial Military Training, U.S. Army Training and Doctrine Command on Fort Monroe, Va., is scheduled to assume command of U.S. Army Europe.

## City of Heidelberg constructs Park and Ride at Hauptbahnhof

*Partial return of public works property allows construction of parking lot, overpass*

USAG Baden-Württemberg DPW

The city of Heidelberg has begun construction on a new Bahnstadt Park and Ride to enhance the parking areas of the Heidelberg main train station.

After two-and-a-half years of negotiations between the U.S. Army and host nation, an agreement has been reached so that the city can construct a parking lot on city property between the railroad tracks and the fencing of the Directorate of Public Works compound property.

To provide access to this area the U.S. Army has agreed to return the

access road leading towards the Deutsche Post to the host nation. Construction of the park and ride will allow for vehicle parking on the Southern side of the Hauptbahnhof and will also include an overpass to the station.

"The city has big plans for the future of the Bahnstadt area," said Sonia Paoloni, DPW master planner.

"It is a true testament to the relationship of the host nation and the U.S. Army that a mutually beneficial agreement can be reached for both parties," she said.

The city of Heidelberg is currently in the process of clearing the ground between the DPW property and the railroad tracks of the Hauptbahnhof where the Park and Ride will be located.

Travelers will be able to park in this lot and legally pass over the train tracks using the overpass being constructed to connect the main station

of the Hauptbahnhof with this new park and ride area.

Once completed, access to this area for local traffic will turn right at the main traffic light at the DPW compound (across from the Shopping Center exit) and travel the road that currently leads towards the German post office. This road belongs to the U.S. Army but will be returned to Germany upon completion of construction.

All traffic for DPW and the Civilian Personnel Advisory Center will then turn left at the DPW entrance (towards the civilian personnel building) and drive to what will become the only entrance and exit gate into the DPW compound.

For the property where the DPW is located, the city has agreed to.

- ♦install new signage to clearly identify directions for travelers;
- ♦change the priority road to become the road turning left leading to the

new DPW main entrance;

- ♦lengthen the time of the traffic light at the compound entrance to facilitate a better traffic flow;

- ♦construct a new roadway within DPW property to connect the main entrance to the main parking lot in front of the Self Help.

All construction is funded and executed by the city and completion is projected for the end of April.

"The negotiated agreement for the partial return and park and ride lot will provide a benefit to both the city and the DPW employees and visitors," Paoloni said.

"The city will be able to provide additional parking and an overpass for commuters without having to wait for the U.S. Army to fully depart Heidelberg, and the US Army will have improved traffic flow, enhanced roadway and increased parking into the DPW for employees and visitors," she added.

# Fuel outage Sunday

AAFES Public Affairs

MAINZ-KASTEL, Germany –The Army and Air Force Exchange Service has a scheduled system outage which will impact the ESSO Fuel Ration Card System Sunday from 5-10 a.m.

Customers in Germany will not be able to purchase fuel at Exchange gas stations nor will they be able to use their fuel ration card at ESSO stations off-post.

Also, the Exchange will not be able to issue or replace fuel ration cards, perform balance or ration inquiries or add money to fuel card accounts.

The outage is necessary to reset the Exchange computer mainframe system clocks and perform critical system maintenance and software upgrades.



## Medical center explains brain injury

ERMIC Public Affairs

Army medical facilities throughout Europe are teaming up with military communities in March to create awareness of brain injuries that may impact Soldiers, family members and others.

“Though traumatic brain injury is considered the signature injury of Operation Enduring Freedom and Operation Iraqi Freedom, many other types of brain injuries can affect Soldiers and families,” said Dr. Maria Crane, director of the Europe Regional Medical Command’s Traumatic Brain Injury program. “We want to draw attention to them.”

Landstuhl Regional Medical Center has a variety of activities planned. An information table will

be set up at 11 a.m.-1 p.m. March 14-18 outside the dining facility.

TBI screening staff and neurology department nurse practitioners will be available to answer questions.

Tote bags containing concussion and helmet-fitting hand-outs, the handheld brains and a pen will be available.

Take a TBI quiz to become eligible to compete in a drawing every day for a “Brain Helmet.”

LRMC’s medical librarian will also set up a table with some of the latest TBI publications and a brain injury virtual library.

Professional discussions known as “Grand Rounds” will be also conducted at Landstuhl Regional Medical Center March 31 for clinical

providers to discuss brain injuries.

At Vogelweh Elementary March 29-31, six 30-minute presentations will be held for 150 fourth grade students that focus on the brain’s function.

An “egg-drop” brain safety display with and without helmet will be used to emphasize the need for proper fitting helmets.

Brain Injury Awareness Month displays and activities are planned at most of the 18 Army medical facilities throughout Europe.

Army medical facilities, local AFN affiliates and garrison newspapers will announce dates and times for radio talk shows about brain injuries, information display locations and schedules, and other activities.

## Family and MWR shuttle begins on Saturdays

Staff Report

Beginning this Saturday, Family and Morale, Welfare and Recreation will provide a Saturday shuttle service from Mannheim to Heidelberg for \$3 per person, one-way.

The Family and MWR shuttle will replace the U.S. Army Garrison Baden-Württemberg community shuttle bus which will continue to operate during the

week as usual. The Saturday shuttle makes its rounds four times a day from the Heidelberg Guest House, the commissary and the Shopping Center to the Mannheim Guest House and returns.

Schedules are posted at the bus stops or can be picked up at the Heidelberg Bowling Center and Guest House, the Top Hat Club in Mannheim or the Transportation Motor Pool in Heidelberg. DSN 373-7067, civ. 06221-17-7067.

### Ruf Taxi Schedule

#### From PHV to Kirchheim

Monday-Saturday: 6:50 a.m., 7:50 a.m., 8:50 a.m., 10:50 a.m., 11:50 a.m., 12:50 p.m., 2:50 p.m., 4:50 p.m., 6:50 p.m., 8:50 p.m.

Sunday: 11:50 a.m., 12:50 p.m., 2:50 p.m., 4:50 p.m., 6:50 p.m., 8:50 p.m. **Cost is €1.50.**

#### From Kirchheim to PHV

Monday-Saturday: 6:30 a.m., 7:30 a.m., 8:30 a.m., 10:30 a.m., 11:30 a.m., 12:30 p.m., 2:30 p.m., 4:30 p.m., 7:30 p.m., 8:30 p.m.

Sunday: 11:30 a.m., 12:30 p.m., 2:30 p.m., 4:30 p.m., 7:30 p.m., 8:30 p.m. **Cost is €1.50.**

**Passengers MUST call the Ruf taxi at civ. 06221-30-20-30 at least 30 minutes in advance for pick-up. Be sure to ask for a “ruf taxi.”**

## Ruf taxi available for Heidelberg

Community members have the option of using the Ruf Taxi to get into the city of Heidelberg from Patrick Henry Village.

The Ruf Taxi is available 10 times a day Monday through Saturday and six times a day on Sundays. When called, the taxi picks up either at the sheltered location at the commissary gate or at the main Heidelberg-Kirchheim stop.

To reserve a ride, call civ. 06221-30-20-30 at least 30 minutes prior to pick-up time. Make sure to tell the dispatcher you’d like a Ruf-Taxi. The size of the vehicle – a car, van or bus – depends on the number of passengers. The pedestrian entrance in the fence near the commissary provides convenient access for those who park at the commissary and walk to the stop.

From Heidelberg-Kirchheim, passengers have direct access to Bismarckplatz on streetcar #26 or the city’s main train station via bus #33.

## transformation UPDATE

### Frequently Asked Questions

Have a transformation-related question you’d like answered?

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

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

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

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

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

### Facilities Operations Changes

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

**Recovery Room New Hours** – The Recovery Room on Nachrichten Kaserne puts new hours into effect Tuesday. It will be open 5-10 p.m. Tuesday-Thursday, 5 p.m.-3 a.m. Friday and Saturday and closed Sundays and Mondays. This Saturday will be the last day lunch will be served at the Recovery Room.

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

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

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

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

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

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

**ADS**

## Avoid PT test errors

U.S. Army Public Health Command Public Affairs

As Soldiers across the Army gear up for physical fitness tests, many worry they may not pass. Understanding common training errors can make the difference between a pass and fail score and can help a Soldier pass the two-mile run.

### Training error #1: overtraining

Research shows that Soldiers who run three days a week for no more than 30 minutes have two-mile run times that are just as good as those who run five days a week. Additionally, Soldiers who run three times a week have substantially less injury risk than those who run five days a week. Medical professionals therefore recommend that Soldiers train for a two-mile event by running no more than three days a week.

### Training error #2: specificity

If you want to improve the two-mile run time, focus on training distances of two miles. Training at greater distances can be a problem because they require different pacing with less speed. The last thing a person who fails a PT test needs is to run at a three-mile pace to pass a two-mile test.

### Training error #3: pacing

Beginning too fast causes anaerobic burn-out too quickly in set so the runner must slow considerably to attain a sustainable pace or risk not finishing the test at all. Start at a slow to moderate pace then increase speed throughout the event. There should be enough energy left for a strong finish.

### Training error #4: inefficient running style

Excess movements increase the demand for oxygen and make passing the two-mile run a chore. A runner's head should be straight forward, chest and shoulders should be relaxed, elbows bent about 90 degrees allowing arms to swing naturally, not forcefully. Stride length should be short, hips should lift the knees just enough to progress the feet forward.

## Faces of the community: Heidelberg's Pet Alley



Donna Walker

Susan Jones, owner and operator of Pet Alley on Patrick Henry Village in Heidelberg combs Sophie Watson's hair to ready the Yorkshire Terrier for her cut and bath. Pet Alley is the first pet grooming operation in Europe, according to Exchange officials. Dogs wishing to use Pet Alley grooming services must provide proof of rabies vaccination. Pet Alley is located next to the Shoppette and is open 10 a.m.-6 p.m. Monday-Friday, 9 a.m.-5 p.m. Saturday and closed Sundays. Civ. 06221-752-3340.

## It's a Dog's Park



Above, U.S. Army Garrison Mannheim Commander Lt. Col. Lisa Griffin stands with Zachary Trout who recently completed his Eagle Scout leadership project for canine members of the Mannheim community. Trout built a see saw for the dogs at the Mannheim Dog Park that officially opened March 2 on Benjamin Franklin Village. Right, Honey Jackson gives the new equipment a try at the park located off Lincoln Street between the rear parking lots of Bldgs. 195 and 193. Trout also received a coin from Garrison Command Lt. Col. Lisa Griffin and participated in the grand opening ceremony along with other scouts, community members and dogs. Dogs may run off leash in the park but must be accompanied by owners or supervised by persons over 16 years old who are also responsible for properly disposing of dog waste.



Photos by Tina Sanders

**ADS**

# Soldier participates in Hajj on invitational orders

By Rachel Clark

409TH CONTRACTING SUPPORT BRIGADE

In a cultural mix of people in a massive religious gathering in the Kingdom of Saudi Arabia, one U.S. Army Soldier experienced Hajj with a sense of enlightenment. He is a practicing Muslim who is represented the Department of Defense for a mission.

Maj. William Trimble, the executive officer of the 903rd Contingency Contracting Battalion based in Kaiserslautern recently had the opportunity to participate in Hajj on invitational orders.

Hajj is the annual pilgrimage to Mecca, Saudi Arabia. It is one of the largest annual pilgrimages in the world, and is the fifth pillar of Islam, a religious duty that must be carried out at least once in a lifetime by every able-bodied Muslim who can afford to do so. The Hajj is a demonstration of submission to God.

Trimble has been in the Army for more than 21 years. While attending Islamic services at the Ramstein Air Base South Chapel, Trimble learned through Chaplain Walid Habash of a program that was selecting service members to represent the De-

partment of Defense on an invitation from the Saudi Minister of Defense and Aviation to participate in Hajj.

Upon learning of the opportunity through Habash, Trimble put in a formal request and was selected for the Joint Hajj Training Mission. He was also named the officer in charge for the mission.

Trimble, along with four other service members, three from the Navy and one from the Air Force, prepared to make the trip in November.

"I established two objectives for the team. The first objective for the team was to complete our religious obligation to God by executing Hajj.

"Secondly, I wanted the team to engage as many people as possible while in Saudi Arabia in order to let Muslims know that representatives of the U.S. government were participating in Hajj and at the same time be a positive reflection of America and Americans," Trimble said.

Trimble along with the other members of the joint Hajj team reported to Washington,



TRIMBLE



Courtesy photo

People from all over the world gather in Mecca, Saudi Arabia, for the 2010 annual Hajj pilgrimage.

D.C., for their initial briefing and later traveled to Mecca to complete the Hajj pilgrimage. During the process, Trimble received complete support from his command.

"Maj. Trimble's devotion to Islam is unquestioned and his performance exemplifies the kind of Soldier the Army needs," said Lt. Col. David Hosna, the commander of the 903rd CCB.

"Allowing Maj. Trimble to

attend the Hajj would prove invaluable in making him a more effective and competent leader for the 903rd Contingency Contracting Battalion and 409th Contracting Support Brigade," Hosna said.

Upon completion of the mission, Trimble returned home with a better understanding of the people of the Muslim faith.

"There were people from all over the world, and Islam

is more diverse than most Americans can begin to fathom," Trimble said.

"This was a mission of a lifetime and an unforgettable experience. I cannot thank my command enough for the support rendered and the opportunity to participate and lead this Joint DOD mission," he said.

As of 2010, approximately 3 million people participated in the annual Hajj pilgrimage.

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**ADS**



John D. Helms

A Soldier from Ranger Training Class 4-11 completes a knots test early on day two of the Mountain Phase and moves immediately to rope bridge training and vertical haul line exercises at Camp Merrill, Dahlonega, Ga.



U.S. Navy Petty Officer 2nd Class William Selby

The Joint Armed Forces Color Guard renders honors as the U.S. Army Chorus sings the national anthem before the start of the Washington Capitals hockey team's 8th Annual Military Appreciation Night, at the Verizon Center in Washington, D.C., March 3.



Sgt. Michael J. MacLeod

Engineers with the 82nd Airborne Division's 1st Brigade Combat Team tie in a time fuse to a detonating-cord firing system during explosives training Feb. 23 at Fort Bragg, N.C. Explosives are a primary tool used by U.S. Army combat engineers.



U.S. Army

Former Sgt. Maj. of the Army Kenneth O. Preston makes his way to his retirement ceremony at Ft. Myer, Va., March 1.

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U.S. Army

Sgt. 1st Class Joshua Cunningham types a message into the blue force tracker system, during a mission Feb. 23 in Kabul, Afghanistan. Cunningham is a member of the 196th's Movement Team that provides transportation for service members wanting to conduct business at other camps throughout the Kabul Base Cluster.

# Phenomenal woman



**By Dijon Rolle**  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Disbelief coupled with a big smile – that’s how Myriam McClellan described her reaction upon hearing the news that she had been nominated for the first ever U.S. Army Europe Phenomenal Woman Scroll of Impact award.

“I couldn’t stop smiling because I thought someone was playing a joke. I’m not really one for being in the spotlight. I like being able to throw someone else out there as the center of attention,” McClellan said.

She and 12 other women from installations throughout Europe were nominated to receive the honor, which was designed to help kick-off Women’s History Month observations.

Christi Ham, wife of former USAREUR Commander Gen. Carter Ham, asked senior leader spouses to nominate a woman from each of their communities.

McClellan was nominated by Charles Griffin, whose wife Lt. Col Lisa Griffin is the U.S. Army Garrison Mannheim commander.

McClellan, her husband Jason and their two children Robert, 14, and Mark 13, arrived in Mannheim in September 2008.

The Pomona, Calif., native and former Soldier said she began to

look for volunteer opportunities soon after.

“I didn’t want to be stuck in the house and I didn’t want to go broke. I would have been shopping at AAFES, on the economy or online.”

McClellan found an opportunity with the Mannheim Orientation Spouse Tour program. The program, similar to a new Soldier’s in-processing, helps spouses familiarize themselves with the community and its resources.

McClellan started out making flyers for MOST events and has since gone on to lend her time and various talents to the Tell Me a Story reading events, the Army Family Team Building program and the Army Family Action Program.

Over the years she has served as a delegate, recorder and facilitator during annual AFAP conferences.

She is currently the Family Readiness Group leader for the 72nd Expeditionary Signal Battalion and the Public Affairs Officer for the Veterans of Foreign Wars post located on Sullivan Barracks in Mannheim.

The group hosts a social every Friday at 6 p.m. at their offices in Bldg. 678.

Despite her excitement, the nomination is still somewhat bittersweet.

As a result of Mannheim’s deactivation this May, there’s a strong chance McClellan will be the com-

## Mannheim volunteer gets place on 'scroll of impact'

munity’s first and only Impact nominee.

“It’s sad ... People go in and out of your life all the time being military, but whenever you see things coming to a close like Taylor Barracks, it becomes that much more real,” she said.

“It’s kind of like you have to put yourself in the mind frame that it’s okay. People move on,” she said.

In addition to being a wife, mother and community volunteer, McClellan is also studying business management and history with the hopes of one day becoming a teacher. She currently teaches AFTB classes at the Army Community Service center in Mannheim.

“Volunteering makes a difference. We’re all a family and I think that’s why I do what I do. Jason and the boys, we’re forever moving and that’s a part of military life. So you always want to make the best of what you have wherever you go. I want to be an example for my children,” McClellan said.

The nominee submissions included military spouses, active duty and reserve Soldiers and Army civilians.

The theme for this year’s Women’s History Month is “Our History is Our Strength.”

For information on the Phenomenal Woman Scroll of Impact awards visit [www.eur.army.mil/women](http://www.eur.army.mil/women).

## U.S. Army Europe honors women

USAREUR Public Affairs

U.S. Army Europe selected a local woman for her positive impact within the community to kick off Women’s History Month observations in March.

Myriam McClellan of Mannheim was chosen as one of 13 women from the wider U.S. Army Europe community.

Christi Ham, wife of former USAREUR Commander Gen. Carter Ham, called on senior leader spouses to nominate a woman from each of their communities for the first “USAREUR Phenomenal Woman Scroll of Impact.”

The purpose not only serves as an observance of Women’s History Month, but also “highlights those women who are making history now during Women’s History Month,” Christi Ham said.

“Not that these selectees are the ‘most’ phenomenal in our communities – but they stand to represent the kinds of sisters living amongst us,” she continued. “Their selection recognizes the efforts and accomplishments of many. Hence, I don’t view it as selecting winners, I view it as selecting strong examples of the kinds of folks we have with us.”

The Army’s Comprehensive Soldier Fitness program – an Army-wide program designed to increase the resilience and enhance the performance of Soldiers, Family members and Army civilians – was the guideline for submissions.

Using the CSF five dimensions of strength (family, social, emotional, physical, and spiritual), nominators considered how the attributes of the individual selectees have contributed to three or more of the five pillars in their military communities.

“It’s not easy to narrow the selection to one,” Ham said. “You can find yourself and those you volunteer with amongst these names because it takes an incredible team effort for any of us to accomplish what we do for our communities.”

The submissions included military spouses, active duty and reserve Soldiers and Army civilians.

In 1981 Congress established National Women’s History Week. Since 1987, when the week was expanded to a month, a special Presidential Proclamation is issued every year which honors the achievements of American women.

The women’s history month theme is “Our History is Our Strength.”

### In Memoriam

Micheline Motke, 90, who lived in Heidelberg for over 60 years passed away Jan. 16. Micheline was a dedicated member of the German American Women’s Club and worked annually for the Pfennig Bazaar which distributes its proceeds among German and American organizations. She was always there to support social projects and for this she was honored by being awarded the “Bundesverdienstkreuz,” the German government’s equivalent of a distinguished service medal.

## Patients get safety information at health center Friday to strengthen awareness

HMEDDAC Public Affairs

As a partner of the National Patient Safety Foundation, the Heidelberg Medical Department Activity announces its participation in Patient Safety Awareness Week.

HMEDDAC will engage staff, patients and the community through educational and awareness-building activities specific to empowering patients and strengthening patient-provider communications.

On Friday from 8 a.m.-1 p.m., tables will be set up in the Heidelberg Health

Center dining facility conference room, where staff will distribute health information to patients and fellow staff members. Information will also be provided about the services offered in the various departments of the health center.

Staff will be on hand to take blood pressures, provide tips on performing CPR and will demonstrate the use of an Automated Electronic Defibrillator, or AED.

“The goal of this week is to raise awareness of our patient safety activities and

services available to our staff, patients, and community,” said Terri Sharp, HMEDDAC patient safety manager.

Col. P.K. Underwood, HMEDDAC Commander, said patient safety is a top priority.

“Patient safety is one of our main concerns here at HMEDDAC, and we are excited to showcase patient safety programs with this event.

“We have always been committed to the highest quality care and a culture of trust with our patients,” she said.

## Use these precautions during barbecue season

### USAG Baden-Württemberg DES

Spring officially opens barbecue season and the directorate of emergency services urges community members to use safe outdoor cooking practices.

Here are some barbecue safety tips.

#### Safety

- Position the grill well away from siding, deck railings and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas and foot traffic.
- Keep children and pets away from the grill area. Declare a three-foot "safe zone" around the grill.
- Keep several long-handled grilling tools to give the chef plenty of clearance from heat and flames when flipping burgers.
- Periodically remove grease or fat buildup in trays below the grill so it cannot be ignited by a hot grill.
- Always have a bucket of water or a fire extinguisher nearby.

#### Charcoal grills

- If you have a charcoal grill, purchase the proper starter fluid and store the can out of reach of children and away from heat sources.
- Never add charcoal starter fluid when coals or kindling have already been ignited, and never use any flammable or combustible liquid other than charcoal starter fluid to get the fire started.

#### Propane grills

- If you have a propane grill, check the cylinder hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will quickly reveal escaping propane by releasing bubbles.
- If you determined your grill has a

gas leak by smell or the soapy bubble test and there is no flame, turn off the propane tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department.

- If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not attempt to move the grill.
- All propane cylinders manufactured after April 2002 must have overfill protection devices. OPDs shut off the flow of propane before capacity is reached, limiting the potential for release of propane gas if the cylinder heats up. OPDs are easily identified by their triangular-shaped hand wheel.
- Use only equipment bearing the mark of an independent testing laboratory. Follow the manufacturer's instructions on how to set up the grill and maintain it.
- Never store propane cylinders in buildings or garages. If you store a gas grill inside, disconnect the cylinder and leave it outside.

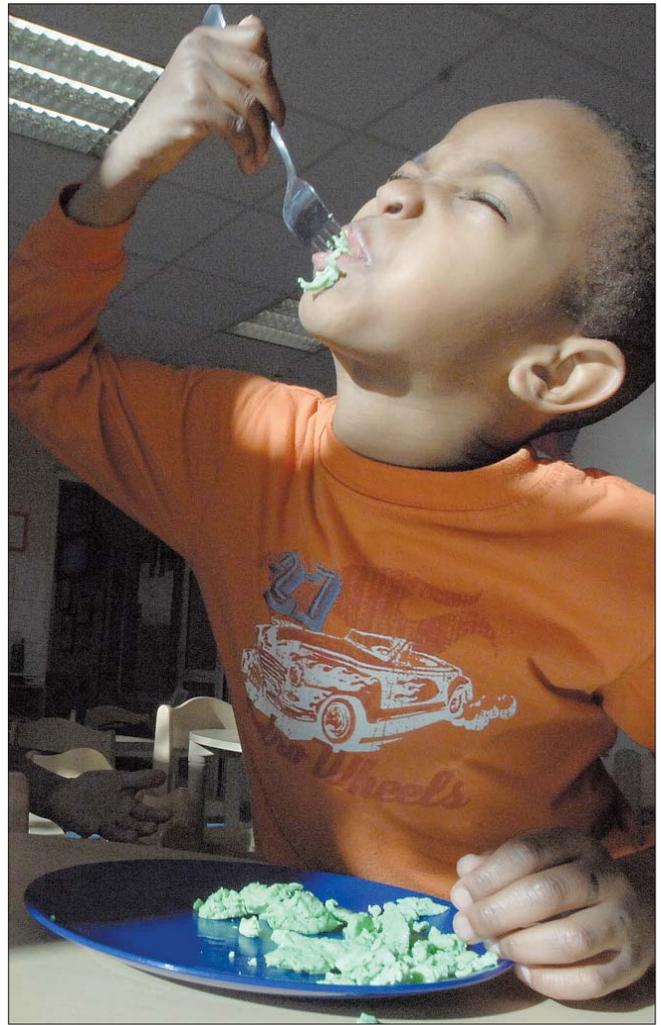
#### In case cloth catches fire

• Stop, drop and roll in the event clothing catches fire. (Stop immediately, drop to the ground, covering your face with your hands and roll over and over to extinguish flames.) Cool the burn with water. Never apply ointment, grease or butter to the burned area. Applying such products actually confines the heat of the burn to the skin and does not allow the damaged area to cool.

#### Keep grills outdoors

Propane and charcoal barbecue grills must only be used outdoors. If used indoors, or in enclosed spaces such as tents, they pose a fire hazard and risk of exposure to toxic gases

## Green Eggs and Ham



Rick Scavetta

Seven-year-old Joshua Frank samples green eggs and ham during a March 2 event at Landstuhl's School Age Services in Kaiserslautern. Schools throughout the world celebrate Read Across America Day on the birthday of children's book author Theodor Geisel, also known as Dr. Seuss.

## COOPER

continued from page 1

they helped me to get through it, attend college and take advantage of all of the opportunities that were still available to me."

Cooper was a cross-country runner who qualified in the 1980 Olympic trials. After his injury he channeled his love of athletics into other sports like wheelchair basketball to aid in his recovery. He went on to earn a bronze medal in the 1988 Paralympics games in Seoul, Korea.

Cooper also earned degrees in electrical and computer engineering and began working as an advocate for individuals with disabilities.

He spoke to the audience about how individuals without disabilities could better support those who are disabled, attitudes and discrimination he had encountered and some of the misconceptions employers can have about disabled people.

"With employers I think the biggest misconception is that having a disability means you're disabled and unable to work and unable to contribute. But what it really means is that you have different abilities and you have to focus on those strengths that you have," Cooper said.

He urged disabled individuals to focus on their education and to not allow friends

and family to do everything for them.

The summit was organized by the U.S. Army Garrison Baden-Württemberg Equal Employment Opportunity office.

"We want to raise awareness of people with disabilities and to show people who are able bodied how people with disabilities get along, and that there is a thin line between persons who are able bodied and persons with disabilities," said Bonnie Ballard, USAG BW EEO. "It doesn't take but a minute or a second to become disabled. So we wanted Dr. Cooper to show how he has lived a successful life with a disability," she said. "Indi-

viduals with disabilities is one of our special emphasis programs and we want to ensure that persons who have disabilities are protected by the law and things are accessible for their needs."

Many years after his own accident, Cooper continues to work on behalf of disabled veterans and individuals. The Pittsburgh native has no intention of slowing down.

"Seeing the impact that the work I do has on other people with disabilities and seeing how their lives can be improved is motivating. I'm also inspired by the impact I can have on students in creating the next generation of people to help improve the

lives of people with disabilities. It's wonderful to be here and it's always great to reconnect with my Army family," Cooper said.

Cooper is a professor at the University of Pittsburgh and a director of the Paralyzed Veterans of America Research Foundation. He also serves as a member of the U.S. Secretary of Veteran's Affairs Prosthetics and Special Disability Programs Advisory Committee and the Board of Directors of Easter Seals. During the event guests were treated to a musical selection from Jimmy Godfrey, Mark Twain Village Chapel music director and Staff Sgt. Marvin Taylor from the Heidelberg Health Center.

# Learn to boost metabolism at Army wellness center

K.R. Pinkston

What do you do if your metabolism moves slower than rush-hour traffic around Washington, D.C.? You may suspect that you have a slow metabolism when you seem to gain weight just by walking past the bakery, but you cannot be sure unless you have your metabolism tested.

The first step to finding out if your resting metabolic rate is slow, normal, or fast is to have it checked at the Army Wellness Center in Heidelberg.

The metabolic test tells you how many calories you need to eat to lose, gain or maintain your weight. After having my metabolic rate checked, I attended the one-hour class "Upping your Metabolism."

At the beginning of the class, the attendees received the results of their metabolic testing, along with their body composition report, and a meal plan from instructor Pamela Perry, assistant director and nurse educator of the AWC.

"The problem is that we underestimate what we eat, but we overestimate what we do physically," said Perry. "At the end of the day you're fatigued because you're mentally tired, but actually you may not have moved your body around much."

Also, as a side effect of getting older, our bodies gain fat and lose muscle. "Every decade you lose about three percent of your metabolic rate," she explained.

The good news is even if your metabolic rate is a bit sluggish, you have several options that will increase it.

Perry said going for an evening walk, or getting an adequate amount of sleep will boost your metabolism; however, building muscle mass will



K.R. Pinkston

Pamela Perry, assistant director and nurse educator of the AWC, explains that about one-fourth of your plate should be your meat or protein, another one-fourth of your plate should be filled with grain, pasta, or potatoes, and about one-half of your plate should be filled with vegetables.

have the most impact. Lean muscle mass increases your body's need for more calories, meaning, the more muscle you have, the more you can eat to maintain your weight.

"Body fat burns two calories per pound, but muscle burns about 50 calories per pound to keep it around. So, the more muscle you have, the faster your metabolism is going to be," Perry said.

She explained how Body Mass Index is calculated and what it means for each of us. Two people with the same height and weight will have the same BMI; however, they may look very different if one of them has 10 percent

body fat, while the other one has 30 percent body fat, since body fat takes up more space.

Focusing more on your body's composition than on BMI is the main objective to manage your weight.

Along with strength training, aerobic exercise helps to maintain muscle and burn fat.

Perry recommended spending at least three times a week doing some kind of aerobic exercise.

"If you're not a gym rat, get yourself a pedometer and start tracking your steps. You need 10,000 steps a day for good health, and 12,000 to 14,000 steps to lose weight. Remember, a

pound of body fat is equal to 3,500 calories. If you want to lose a pound a week, you need to make sure that you consume about 500 calories less per day," said Perry.

But, she advised, be careful not to lose more than two pounds per week. If your body senses that food is in short supply, it will slow your metabolism to conserve energy. On the other hand, eating breakfast and meals that are spaced throughout the day will boost your metabolism, keep your blood sugar stable and cut down on cravings.

Each class participant received a personalized, nutritionally balanced meal plan, compiled by a registered dietician. Along with the meal plan, each person got a comprehensive exchange list that makes it easy to substitute any food item on the meal plan that you may not like to eat. You only have to make sure that you substitute food within the same calorie range and food group to stay nutritionally balanced.

At the end of the class, Perry recommended having your body composition checked again at the wellness center after you have incorporated exercise into your lifestyle and followed the meal plan for a month.

"If you come again, we can put you back on the body fat machine, and we can see if you're losing weight. Are you losing lean muscle or are you losing fat? It happens quite often that people come back and say that they've only lost three or four pounds; but then when we look at the results, we can see that they've lost body fat and added muscle. So it hasn't changed the scale weight that much, but their body composition has changed. They are healthier."

# Spoken word performances inspire Soldiers

By Staff Sgt. Tramel Garrett  
21ST TSC PUBLIC AFFAIRS

Soldiers, civilians and family members from the 21st Theater Sustainment Command gathered to participate in a vibe session and listen to artists perform the spoken word at a local establishment in Weilerbach near Kaiserslautern Feb. 25.

The session, which is normally held every other Friday, was different this time as it was held in conjunction with Black History Month.

The event began with a ritual called libation, which shows respect to the memory of famous black leaders who have died, as well as

their family members. For every name called out, the audience responded with "ashay," which means "and so it is."

Sgt. Lavelle Jones, a paralegal specialist with the 21st TSC and a native of Chicago, arranged the event to pay homage to leaders who changed history and to give local artists in the Kaiserslautern Military Community a chance to showcase their talents.

"I thought it was critical that we acknowledge where we come from," said Jones. "Bringing the past leaders' presence into the show makes whatever we do a success."

Many of the performers said they believed this was a great outlet. They performed poetry and songs that helped to inspire others to celebrate the achievements of black men and women throughout history.

"Poetry has been my stress relief. I have always had it in my heart," said Spc. Cynetta Moore, an information systems operator with the 21st TSC and a native of Norwalk, Conn. "I really feel at home on stage."

"This is a way to express one's self in a positive manner," said Jones. "I'm so excited when I perform. I love being an inspiration to others as well as being inspired

by them." According to the poets, using material that was inspired by personal events in their lives gives a special meaning to their performances.

In addition, this particular event was designed to encourage young men and women to learn more about black history.

"This is a part of our culture. When we come here and speak our spoken word, it is like having a piece of property," said Claudette Jones, a Heidelberg high school teacher and a native of Baltimore. "I'm so comfortable when I'm on stage. I feel like I belong there."



Staff Sgt. Tramel S. Garrett

Sgt. Lavelle Jones, a paralegal specialist with the 21st Theater Sustainment Command, introduces an artist to the stage Feb. 25.

## GERMAN NEWS

### Karneval kills

Two people have died this week during Karneval parades and several others were seriously injured. Both of the deaths resulted from head injuries sustained after falls. A 61-year-old man fell five meters from a platform during the Rosenmontag, or Shrove Monday, parade in Düsseldorf. He died on Monday evening after emergency surgery, rescue services reported on Tuesday. The reason for the fall was unknown, but authorities said they do not suspect the involvement of any other party. Police also reported that a 24-year-old man died on Monday evening after falling from a parade float in the Thuringian town of Viernau the day before.

### A Facebook Fast

In addition to guilty pleasures such as chocolate, alcohol and cigarettes, some German Christians are also planning on giving up social networking site Facebook during the traditional fasting period of Lent. A number of groups have mobilized on the site to recruit members and highlight their virtuous intentions – to avoid friending, poking and posting messages on each other's walls for the next seven weeks beginning Ash Wednesday. The motto of one group, Facebook fasten, or "Facebook fasting," is simple: "We waste so much time on Facebook and other social networks that we could invest much better elsewhere – in our relationship with God!" Instead of spending hours clicking around the addictive site, the 40 days of sacrifice and preparation for the celebration of Easter should be spent on spirituality, members say. The most popular social networking platform in Germany, Facebook experts estimate that users are on the site on average three hours per month. Germany's Protestant church stands behind the Facebook fasting campaign.

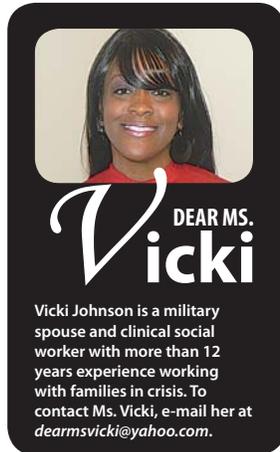
### Germany Most Popular

Germany is the most popular country in the world, according to a poll that asked people to rate the positive and negative influence of 16 major nations. Of the nearly 29,000 people surveyed from 27 countries for the BBC World Service poll, 62 percent said that Germany's influence on the world was positive. The country has been seen as having the most positive influence among the nations evaluated since tracking began in Germany in 2008. "In terms of lifestyle and its high-quality products, Germany has a successful image and doesn't have the baggage that countries like the United States and China have, which can be seen as culturally controversial," a spokesman for GlobeScan, the company which carried out the survey, told Britain's Telegraph newspaper. Coming in second was the United Kingdom, which was seen by 58 percent of respondents positively. Canada was the third most popular, followed by Japan, France and Brazil. The United States came in seventh, ahead of China, South Africa and India. At the bottom on the ranking was Iran, which had a negative ranking of 59 percent. Enjoying just slightly more love, or at least less antipathy, were North Korea at 55 percent and Pakistan whose negative perception jumped five points from last year to 56 percent.

### Audi Profits Sky High

German carmaker Audi posted Tuesday a 2010 net profit that was almost double the previous year's and gave an upbeat outlook for 2011. Net profit for the luxury car unit at Volkswagen leapt to €2.63 billion, up from €1.35 billion in 2009, on sales that gained 18.8 percent to €35.4 billion, a statement said. The company's operating profit was more than double the 2009 level at €3.34 billion, it added, while unit sales were 15 percent higher at 1.09 million vehicles. Audi was progressing in several regions around the world, and not only in China where sales jumped by 43.4 percent to 227,938 vehicles, the company said. German sales were essentially stable at 229,157 automobiles, while deliveries in the United States grew by a faster pace than the market in general to 82,716. Audi has set a sales target of 1.2 million cars for 2011.

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



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

### Responses from previous columns

#### Dear Ms. Vicki,

*I do not think commanders realize how damaging it is to base Family Readiness Group leader status on rank. I understand military commanders have dedicated their lives to the military and see everything through the lens of rank, but most spouses do not.*

*To many of us, automatically making the commander's spouse an FRG leader is like the mayor of a city appointing his cousin Benny as police chief, even though his only experience was being a security guard at the mall. It undermines the credibility of FRGs and I believe many spouses avoid FRG meetings for that reason.*

*Ultimately, it weakens the military community. That said, and because I do not expect any changes, I would tell "No longer a willing participant" to volunteer for organizations that are civilian based.*

*A list might include charity organizations off post (an excellent opportunity to learn German and improve the military's image in the surrounding community), at the schools or perhaps at the Red Cross.*

*I came to a similar conclusion as the writer a couple of years ago, and I have found that teachers, for example, do not care about the rank of your husband. They are just happy to have some help.*

#### Dear Ms. Vicki,

*I read the letter from "No longer a willing participant."*

*The commander of that unit and the spouses are wrong about the approach for the FRG. I am a husband of a battalion commander or its equivalent in the medical field and as such, I am the senior adviser to the FRG together with the command sergeant major's spouse.*

*I am present at the FRG meetings when needed and I have a voice but not a vote. I have never asked any of the volunteers for his or her*

*spouse's rank, nor have I heard any one doing so. If I did, I would stop it right away. It is a show of poor leadership of that commander and poor training of the spouse in FRG matters.*

*What did they learn in the pre-command course? The ones my wife and I attended made a big emphasis on FRG matters and how to properly assist our FRG leaders and volunteers. FRGs are not coffee groups, officers "wives" clubs (I am a husband) nor cliques of any kind. If they become that, it reflects poor leadership.*

*The commander is not the leader who gives guidance, rather he or she is the person responsible for a functional FRG program and giving the support that is needed for it to be so.*

*People are now getting tired of volunteering and when you get someone to do it, you should be thankful for it and take their offer and support their effort.*

*I would love to have a person like "No longer a willing participant" in our FRG to help it be greater every day. That command is letting wonderful community resources be wasted by an ill interpretation of the FRG program which can be a wonderful if one runs it as it is supposed to be.*

*In our FRG we fill the positions as volunteers step in and offer to help. If an officer's spouse is in a position and a spouse of an enlisted soldier wants to have it, my advice is to give it to this spouse, since they need the experience and it will help them grow in our military culture.*

*We only have officers' spouses in key positions when no one else is there to take them. We, as spouses of military people, don't have ranks. As I put it from a saying from my culture, "everyone sleeps on the floor or everyone sleeps on the bed." In other words, we are all equal.*

*My opinion is, shame on that commander and his spouse for misusing such a wonderful program as the FRG for their self-serving purposes.*

*Sincerely, Proud Senior FRG Adviser*

#### Dear Ms. Vicki,

*Why don't people wake up and get a clue? Do they ever wonder why only 10 or 15 percent of spouses participate with the FRG? It's because it's a bunch of pure mess. It's all about rank and kissing up to the colonel's wife.*

*I simply refuse to do that and my husband is an officer, too. They are haughty and arrogant. They walk around like they can talk down to everyone else. Wives just don't want the problems they would reap on their husbands for getting into a swearing match with another person's wife or, God forbid, the commander's wife.*

*I'm so glad you printed this letter, Ms. Vicki. This is a big problem and the Department of Defense should recognize it. They spend money where it shouldn't be spent. Like on the paid FRG assistants. Who needs them? All they do is keep their noses up the commander's and his spouse's butt in addition to getting their flirt on with everyone in the unit. Oops, did I say that? Keep up the good work, Ms. Vicki.*

*Tired of the Nonsense*

#### Dear Ms. Vicki,

*Again you have raised an important issue. My husband has been active duty for 15 years and we have made our rounds with BCT and with other assignments. The letter last week about the FRG's is right on in my opinion.*

*The military is all about rank. Commander's wives should not be over the FRG. The paid FRG staff is useless, too. They only work for the commanders and want to kiss up to him and his wife. Therefore, who is speaking for the families?*

*Well, it's certainly not the unit and it's not the FRG.*

*It's Time For A Change*

#### Dear Ms. Vicki,

*In regards to the letter written by "No longer a willing participant," I must say I, too, have faced this dilemma.*

*When I first became an Army wife four years ago, I wanted to get involved with the FRG. Still, my husband's rank only allowed me to take on smaller roles. The FRG leader at the time didn't show interest at all and actually wanted to step down. I was willing to take the position no questions asked. It's one thing to assign housing based on rank, but for the FRG positions? Not cool! Because of this, I refused to attend any and all fundraisers, gatherings or trips.*

*It also makes my skin crawl knowing my husband's chain of command uses ranks to punish him when I get involved and voice my concerns. Whatever happened to our first amendment, freedom of speech?*

*In all seriousness, military spouses outrank the service members. Why? Let's say I voice my concerns to my husband's chain of command. His staff sergeant doesn't like what I have to say so he places my husband on extra duty or goes as far as demoting him. As a spouse, I can go to Inspector General and file a complaint or go to my congressman or congresswoman.*

*If it comes down to it, there are other people who outrank the chain of command. I'm sorry if I sound stuck up, but I refuse to let anyone treat my husband or myself with disrespect just because they're a higher rank. What happened to equality?*

*So Done With The Army*

# GET OUT!

## area events

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

### March 10

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

**Car Show** — The Retro Classic Car Show offers car lovers a chance to view vintage and classic cars all in one place. Check out Mercedes, Porsches, Aston Martins, Rolls Royces and more through March 13 at Neue Messe Stuttgart, Messeplatz 1, 70629 Stuttgart. Several vendors will also be on hand selling auto-related items. [www.buzzoffbase.com](http://www.buzzoffbase.com).

**Pfennig Bazaar** — Heidelberg's German-American Women's Club holds its annual bargain bazaar through March 12 at the Internationale Gesamtschule, 69126 Heidelberg Hasenleiser. Hours are 11 a.m.-6 p.m. March 10, 10 a.m.-6 p.m. March 11 and 10 a.m.-2 p.m. March 12. Civ. 06221-41-2025, [www.GAWC.de](http://www.GAWC.de).

### March 11

**Heidelberg Theater** — See the classic play, "All My Sons" about the life of a family after a World War II hero returns home 7 p.m. at the Roadside Theater on Patton Barracks in Heidelberg. Recommended for mature audiences. Tickets: [www.roadside-theater.com](http://www.roadside-theater.com).

### March 12

**English Theatre** — Frankfurt's English Theatre presents "Beauty and the Beast" about a strong-willed woman, Belle, who breaks the spell that turned a prince into a beast. The theater is at Gallusanlage 7. Park at Parkhaus am Theater, Kaiserplatz, Goetheplatz and Hauptbahnhof. Tickets: [box-office@english-theatre.de](mailto:box-office@english-theatre.de), [www.english-theatre.de](http://www.english-theatre.de), civ. 069-2423-1620.

**Art Exhibit** — Heidelberg Arts and Cultural Center opens its John Kay exhibit 7 p.m. at the Patrick Henry Village Pavilion in Heidelberg. Kay is an American artist living in Heidelberg who has spent his life taking photographs and writing poetry. DSN 388-9421, civ. 06221-338-9421, [www.mwrgermany.com](http://www.mwrgermany.com).

### March 15

**African-American Exhibit** — The Heidelberg Center for American Studies hosts the

opening reception for the photo exhibition "The Civil Rights Struggle, African American GIs and Germany" 6 p.m. at the center located at the Curt und Heidemarie Engelhorn Palais, Hauptstraße 120, 69117 Heidelberg. The show, co-sponsored by the German Historical Institute, Washington, D.C., and Vassar College is open 10 a.m.-5 p.m. through April 21. Civ. 06221-54-3879.

### March 16

**Book Author Reading** — American author Colson Whitehead will present a reading from his fourth novel "Sag Harbor" 8 p.m. at the German-American Institute in Heidelberg, Sophienstrasse 12, 69115 Heidelberg. [www.dai-heidelberg.de](http://www.dai-heidelberg.de).

### March 17

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

**Ski Weekend** — Heidelberg Outdoor Rec travels to the majestic peaks and glaciers of Saas Fee in Switzerland on a weekend ski trip March 17-20. DSN 388-9282, civ. 06221-338-9282, [www.mwrgermany.com](http://www.mwrgermany.com).

### March 18

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

**Ski Switzerland** — Jump at a chance to ski the Matterhorn in Zermatt, Switzerland, March 18-20. Receive a discount on your ski equipment when you rent from Outdoor Recreation. DSN 338-9282, civ. 06221-338-9282, [www.mwrgermany.com](http://www.mwrgermany.com).

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

### March 20

**Spring Concert** — The Mannheim German-American Women's Club hosts a charity concert featuring the Police Music Corps of Mannheim under the direction of Dieter Kaufmann in the Festhalle Baumhain of the Luisenpark in Mannheim 4 p.m. in the Luisenpark. Tickets, adults €10, students €5 are available at the police headquarters in Mannheim, L6, 1, Kasse, Juwelier Benz in Mannheim-Rheinau on

Relaisstrasse 59 or at the main entrance to the park on Friedensplatz on the day of the concert. Civ. 0621-876-2410.

**Castle Tour** — Travel to King Ludwig II's magnificent Neuschwanstein Castle, the inspiration for Walt Disney's fairy-tale Kingdom. This towering palace and the surrounding mountains welcome visitors to explore. <http://affiliates.usa.org/rheinmain>.

### March 27

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

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

### Ongoing

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

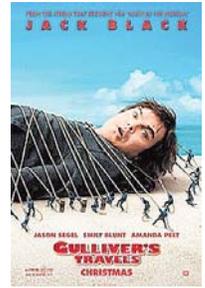
**Flea Market** — Don't miss the newest flea market in the area in Rumpelkammer Hockenheim every Saturday 10 a.m.-5 p.m. It's inside unless the weather is balmy, then it moves outdoors. There's a first Friday flea market from 5-11 p.m. and a second Friday children's market from 2-7 p.m. Address: Speyererstrasse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

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

# THEATERS

## GULLIVER'S TRAVELS

(Jack Black, Emily Blunt) Lemuel Gulliver is a mailroom clerk at a New York newspaper who bluffs his way into an assignment writing about the secrets of the Bermuda Triangle and is hurtled to an undiscovered land, Lilliput. In this fantastical world, Gulliver is bigger-than-life in size and ego especially after he starts telling tall tales, taking credit for his world's greatest inventions and placing himself at the center of its most historic events. But when he loses a daring battle against the Lilliputians' longtime enemies and puts them in peril, he must find a way to undo the damage. Rated PG (brief rude humor, mild language and action) 85 minutes.



## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

March 10 - HALL PASS (R) 7 p.m.  
 March 11 - RANGO (PG) 7 p.m.; SEASON OF THE WITCH (PG-13) 9 p.m.  
 March 12 - RANGO (PG) 4 p.m.; GULLIVER'S TRAVELS (PG) 7 p.m.; SEASON OF THE WITCH (PG-13) 9 p.m.  
 March 13 - RANGO (PG) 4 p.m.; SEASON OF THE WITCH (PG-13) 7 p.m.  
 March 14 - GULLIVER'S TRAVELS (PG) 7 p.m.  
 March 15 - RANGO (PG) 7 p.m.  
 March 16 - SEASON OF THE WITCH (PG-13) 7 p.m.  
 March 17 - RANGO (PG) 7 p.m.

### Mannheim, Schuh

The Schuh Theater is closed until further notice.

### Vogelweh, Galaxy

March 11 - SEASON OF THE WITCH (PG-13) 7 p.m.  
 March 12 - GULLIVER'S TRAVELS (PG) 4 p.m.; HALL PASS (R) 7 p.m.  
 March 13 - HALL PASS (R) 4 p.m.

### Ramstein, Gateway Movieplex

March 10 - TANGLED (PG) 11 a.m., 1:30 p.m., 4 p.m., 7 p.m.; HOW DO YOU KNOW (PG-13) 11:15 p.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.; THE DARK KNIGHT (PG-13) noon, 4 p.m., 7 p.m.  
 March 11 - RANGO (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; GULLIVER'S TRAVELS (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m., 10:15 p.m.; SEASON OF THE WITCH (PG-13) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m., 9:45 p.m.  
 March 12 - RANGO (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; GULLIVER'S TRAVELS (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m., 10:15 p.m.; SEASON OF THE WITCH (PG-13) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m., 9:45 p.m.  
 March 13 - RANGO (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; GULLIVER'S TRAVELS (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; SEASON OF THE WITCH (PG-13) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m., 9:45 p.m.  
 March 14 - RANGO (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; GULLIVER'S TRAVELS (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; SEASON OF THE WITCH (PG-13) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m., 9:45 p.m.  
 LEAP YEAR (PG) noon, 1:30 p.m., 4:45 p.m., 7 p.m.  
 March 15 - RANGO (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; GULLIVER'S TRAVELS (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; SEASON OF THE WITCH (PG-13) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; LEAP YEAR (PG) noon, 2:30 p.m., 4:45 p.m., 7 p.m.  
 March 16 - RANGO (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; GULLIVER'S TRAVELS (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; SEASON OF THE WITCH (PG-13) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; LEAP YEAR (PG) noon, 2:30 p.m., 4:45 p.m., 7 p.m.  
 March 17 - TRON: LEGACY (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; GULLIVER'S TRAVELS (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; SEASON OF THE WITCH (PG-13) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; LEAP YEAR (PG) noon, 2:30 p.m., 4:45 p.m., 7 p.m.

### THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
 Schuh Theater, Mannheim, 0621-730-1790  
 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

## community HIGHLIGHTS

### Sealed Bid Sale of Vehicles

Family and MWR Kaiserslautern announces a sealed bid sale on five vehicles until March 11. View details at [www.mwrgermany.com/kaiserslauternautoskills.html](http://www.mwrgermany.com/kaiserslauternautoskills.html). DSN 493-4037, civ. 0631-3406-4037.

### AUSA Meeting

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

### Veterinary Treatment Facilities

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

### Assault Hotline

The 24-hour hotline for victims of Sexual Assault and Domestic Violence is civ. 0170-609-2862. Call this hotline any time to obtain advocacy and support in both Heidelberg and Mannheim. The Victim Advocate Coordinator will establish confidentiality and support in order to provide you with information and advocacy. The Victim Advocate Coordinator will also go over the unrestricted and restricted reporting options available and will assist with protocol procedures.

### Scholarships for Students

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

### Scholarships for Wives

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

## local EMPLOYMENT

### Criminal Justice Instructor

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

### Volunteer Needed

Heidelberg Girl Scouts are looking for community-minded volunteers. Training and mentoring are provided. [HeidelbergGS@yahoo.com](mailto:HeidelbergGS@yahoo.com).

### KAISERSLAUTERN

#### Community

• **Tween Video Game Day** – Youth in 5-8 grades can stop by the Library on Landstuhl Post 3-5 p.m. March 11 and check out the latest video games. Free snacks and drinks will be provided. DSN 486-7322, civ. 06371-86-8390.

• **Kids' Zone** – Leo the Lion is looking his best for pictures with you and your friends noon-8 p.m. March 12 at the Kids' Zone on Pulaski Barracks. DSN 493-4125, civ. 0631-3406-4125.

• **Business Club** – Kaiserslautern American German Business Club requests reservations by March 14 for its next event 6:30 p.m. March 17 at the Hacienda Restaurant in Einsiedlerhof's Midway Plaza. [kaiserslautern@agbc.de](mailto:kaiserslautern@agbc.de).

• **ADHD Support Group** – Join the Attention Deficit Hyperactivity Disorder group to talk about balancing nutrition and medication 6-7:30 p.m. March 15 in Bldg. 2891 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

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

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

• **Command Team Forum** – Fulfill your annual Family Advocacy Briefing requirement by attending the forum 9-11:30 a.m. March 17 at the Landstuhl Community Club, Bldg. 3780, Landstuhl Post. DSN 493-4203, civ. 0631-3406-4203.

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

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

### HEIDELBERG

#### Education

• **ACS Classes** – Families Learning About Germany, 9 a.m.-2 p.m. March 14-16; Field Trips, 8:30 a.m.-1:30 p.m. March 17 and 19; Resume Writing, 9-11 a.m. March 14; USA

# ANNOUNCEMENTS

Job Application, 9-11 a.m. March 15; AFTB Level II, 9-11 a.m. March 15-17; Intro to MS Publisher, 9-11 a.m. March 16; The Volunteer Experience, 10-11 a.m. March 16; Hands on Interactive Stress Reduction, 10 a.m.-noon March 17 on Nachrichten Kaserne, Bldg. 3622, Company B conference room; Bringing Baby Home, 1-4 p.m. March 17.

• **Central Texas College** – Register through March 18 for courses at the Patton Education Center in Criminal Justice, Early Childhood and Food and Beverage Management. Classes begin March 28. DSN 385-2815, civ. 0621-730-2815, [mannheim@europe.ctcd.edu](mailto:mannheim@europe.ctcd.edu). CTC also offers the Microsoft Certified Information Technology Professional Server Administrator Preparation program, online, starting every month. DSN 373-8660, civ. 06221-17-8660, [www.europe.ctcd.edu](http://www.europe.ctcd.edu).

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

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

#### Community

• **Volksmarches** – The Heidelberg International Wandering Club is registered for walks March 12-13 in Queidersbach, Forst, on Sunday only and March 19-20 in Bergen-Enkheim, Grolsheim, Stetten also on Sunday only. The full list of trips is now online. [www.hiwc.de](http://www.hiwc.de).

• **Women's History Month** – Celebrate Women's History month 11:30 a.m. March 16 in the Casablanca room on Campbell Barracks with guest speaker Brig. Gen. Nadja West addressing the theme "Our History Is Our Strength."

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

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

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

• **Road Block** – Hang out at the

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

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

• **Easter Brunch** – Easter Sunday Brunch 10 a.m.-2 p.m. April 24 comes complete with a German-American breakfast buffet at the Village Pavilion. DSN 388-9098, civ. 06221-17-9098.

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

• **Golf Social** – The Heidelberg Women's Golf Association invites all lady golfers to a yearly membership drive and Tee-Off-Social 6 p.m. March 24 in the restaurant at the Heidelberg Golf Club. All ladies who join HWGA during the social will receive a special gift. DSN 373-6050, civ. 06221-17-6050.

• **Voice Your Choice** – Family and MWR wants to know what residents want at Right Arm Nights held at Legends Bar on Patrick Henry Village in Heidelberg 4-7 p.m. every third Friday for bosses and their closest co-workers. The five-question survey is available on the Family and MWR home page at [www.mwrgermany.com](http://www.mwrgermany.com). DSN 373-5006, civ. 06221-17-1350.

• **Recovery Room New Hours** – The Recovery Room on Nachrichten Kaserne will have new hours March 15. It will be open 5-10 p.m. Tuesday-Thursday, 5 p.m.-3 a.m. Friday and Saturday and closed Sundays and Mondays. March 12 will be the last day lunch will be served at the Recovery Room.

### MANNHEIM

#### Education

• **ACS Classes** – Care Team Training, 9:30-11:30 a.m. March 11; Intro to MS Publisher, 10 a.m.-noon March 11; FRG Key Caller and POC Training, 1-3 p.m. March 11; Play Date with Daddy, 10 a.m.-noon March 12, BfV, Bldg. 725; Car Seat Safety Checks March 14, by appointment only in the Bldg. 251 parking lot; Families Learning About Germany, 9 a.m.-2 p.m. March 14-16; Field Trips, 8:30 a.m.-1:30 p.m. March 17 and 19 in Bldg. 254 conference room; Resume Writing, 9-11 a.m. March 14; USA Job Application, 9-11 a.m. March 15; Hearts Apart Brown Bag Lunch "Time Management," 11:30 a.m.-1 p.m. March 15; Life in Balance, 1-3 p.m.

March 15; Intro to MS Publisher, 9-11 a.m. March 16; The Volunteer Experience, 1:30 p.m. March 16; Resume Writing, 1-3 p.m. March 17. Classes are at ACS in Bldg. 251 on Sullivan Barracks unless noted.

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

• **American Red Cross** – Community Adult, Child and Infant CPR, AED and First Aid will be offered 8 a.m.-5 p.m. March 12. Registration is required: Bldg. 242 on Sullivan Barracks. DSN 385-1760, civ. 0621-730-1760, [www.redcross.org](http://www.redcross.org).

#### Community

• **Volunteer Nominations Due** – Nominations are due March 11 for the Mannheim Volunteer of the Year. The annual ceremony is 6-8 p.m. April 29 in Bldg. 725 on Sullivan Barracks. DSN 385-3101, civ. 0621-730-3101.

• **Madness Begins** – Youth will kick off March Madness 4-6 p.m. March 14 at the Youth Center, Bldg. 696 on Benjamin Franklin Village with a battle on the basketball court. DSN 380-4864, civ. 0621-730-4864.

• **St. Patty's Party** – The Youth Center will host a St. Patrick's Day Party 5-8 p.m. March 17 at the center on Benjamin Franklin Village. DSN 380-4864, civ. 0621-730-4864.

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

• **Bowling** – Join Bowlerama Bonanza 3:30-6:30 p.m. Wednesdays through March 31 at the Benjamin Franklin Village Bowling Center. Grades 1-5, \$60 per day and grades 6-12 free. DSN 380-9290, civ. 0621-730-9290, [www.mwrgermany.com](http://www.mwrgermany.com).

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

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

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

# Taekwondo teaches mental, physical strength for children, adults

## Staff Report

Third black belt instructor Holger Gerhards, an advocate of the martial arts since he was six years old, teaches a Taekwondo class for adults at the Heidelberg Middle School gym on Patrick Henry Village.

"The adult class is quite small at the moment but I have one black belt and two beginners," Gerhards said, adding that the class for children has 60 students from white, the first belt, to black belts.

But that doesn't include his 50 students at the University of Heidelberg where most of his Taekwondo adult instruction takes place. For the past six years, the third black belt, has taught two to three times a week.

"Taekwondo has two major parts, sparring or fighting and Poomsae, fighting imaginary opponents with a standardized technique," he said, adding that this provides an impression of all the aspects of Taekwondo.

"Self defense is only a small aspect because there are a lot of other martial arts which are



Illustration by Brandon Spragins

much more effective in self defense," he added.

"In Taekwondo, you learn a lot of movements and therefore, you learn to coordinate arms and legs. So, it's a bit of the awareness how your body is working," he said.

"The other main aspect is the mental thing. Some exercises you do with a partner and therefore, you have to respect

your partner and work together. If you do not learn this, there is the possibility that someone gets hurt.

"And you learn discipline because you have to do Taekwondo regularly if you want to achieve something."

Gerhards likes the diversity of the art that he has been teaching on and off since he was 17 years old.

"I can still learn new things and I like to see how the students develop with Taekwondo, how they learn and get better," he said.

His interest also lies in the acrobatic parts. "I'm interested in acrobatic parts of Taekwondo like jumping kicks," he said.

The lifelong past time might have been inspired by the movies or by his older brother's testing of it and showing him some movements at home, he said.

Whatever the initial motivation, it's the excitement that keeps him with it.

"I also got some experiences in soccer and canoeing. But these sports aren't this exciting for me," he said.

DSN 370-6489, civ. 06221-57-

### What is Taekwondo?

Taekwondo is a Korean martial art that offers students a platform to improve their self confidence, discipline and physical fitness. Taekwondo literally translates to "the art of kicking and punching." In this class students will learn and improve upon various Taekwondo techniques. Other areas of focus include motor skills, balance, agility and increasing attention span.

### Taekwondo Schedule

**Beginning Taekwondo**, 5-6 p.m. Tuesdays and Thursdays taught by Hae-Nam Na with Holger Gerhards assisting for ages 7-18.

**Intermediate Taekwondo**, 6-7 p.m. Tuesdays and Thursdays from 1800-1900 taught by Hae-Nam Na with Holger Gerhards assisting teaches for ages 7-18

**Advanced Taekwondo**, 7-8 p.m. Tuesdays and Thursdays taught by Hae-Nam Na with Holger Gerhards assisting for ages 7-18

**Adult class**, 8:15-9:15 p.m. Tuesdays and

Thursdays taught by Holger Gerhards for ages 18 and up.

Classes are held at the Heidelberg Middle School Gym on Patrick Henry Village.

For youth enrollments and payments visit the Child, Youth and School Services Parent Central Services in Bldg. 4533 on Patrick Henry Village. DSN 388-9240, civ. 06221-338-9241.

For adult classes, purchase tickets at the Campbell Barracks Fitness Center. DSN: 370-6350, civ. 06221-57-7506.

## 4th Area Support Operations Group wins unit level basketball

The 4th Area Support Operations Group snared the Heidelberg Unit Level Basketball Tournament Championship title Monday with a 55-52 clincher against the Medical Command Monday at the Patton Fitness Center in Heidelberg.

Both teams will represent the Heidelberg community at the 2011 Installation Management Command

Europe Unit Level Basketball Championship today through Sunday in Bamberg.

Third place in the unit level championship was secured by the 43rd Signal Battalion. The tournament's Most Valuable Player honors went to Thomas Blazek with the 4th ASOG team.

Games began March 1 and continued through Monday on

Patton Barracks in Heidelberg.

Most of the games scores were close with MEDCOM beating 4th ASOG with a score of 45-32 just before the final game that brought 4th ASOG the three-point win.

Other teams in the tournament rounds were NATO and U.S. Army Garrison Baden-Württemberg.

SOURCE: Thomas Benson

### Send the Herald Post Your Sports Photos

If you have photos from sporting events in your community, e-mail them along with the details of the event and names of those pictured to

[usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil)

### Find Photos Online

Don't forget to check out the photos we couldn't fit in this edition of the Herald Post online at

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

## staying ACTIVE

### Shamrock Shuffle

Join the Heidelberg Sports and Fitness Shamrock Shuffle 5-kilometer run and walk March 12. Registration will be 8:30-9 a.m. in the commissary parking lot on Patrick Henry Village. DSN 370-6489, civ. 06221-17-6489, [www.mwgermany.com](http://www.mwgermany.com).

### Campbell, Patton, Coleman Gyms

**The Campbell Barracks** gym in Heidelberg has new weekend hours from 9 a.m.-6 p.m. Saturdays and Sundays.

**The Patton Gym** in Heidelberg will have new weekend hours effective March 12. The center will be open 9 a.m.-4 p.m. Saturdays and Sundays. Weekday hours will remain the same: 5:30 a.m.-9 p.m. Monday-Friday. DSN 373-6110, civ. 06221-17-6110.

**The Coleman Gym** in Mannheim has extended its weekday hours effective immediately. New hours are 5:30 a.m.-9 p.m. Weekend hours remain the same: 10 a.m.-5 p.m. DSN 385-3164, civ. 0621-730-3164.

### Soccer Players

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

### Bowling Tournament

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

### USAREUR Bowling Tournament

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

### Golf Tournament

Sign up by April 3 for the Masters Golf Tournament scheduled for April 10 at the Heidelberg Golf Club on der Bundesstrasse in Oftersheim. Open to all eligible users with a verifiable handicap. DSN 379-6139, civ. 06202-53-767.

### Intramural Golf

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

### Baden Bruins

The Baden Bruins Army hockey team is looking for new players to fill their recent expansion team – the Province Bruins. The Bruins recently added this team so they could include skilled Army hockey players and recruit players at all levels. The Bruins are coached by ex-Hartford Whaler Bob Sullivan and German National player, Volker Lindenzeit. Inline season begins April 1. Those interested in inline skating or ice hockey should e-mail [info@badenbruins.com](mailto:info@badenbruins.com).

### Heidelberg Softball Officials Clinic

Heidelberg Softball Officials' Clinic and Tournament will be April 19-23. Classroom instruction will be 6-9 p.m. April 19-22 in the Heidelberg Sports office, Bldg. 128, on Patton Barracks. The clinic tournament will be April 23. DSN 373-8032, civ. 06221-17-8032.

### Mannheim Aerobics

Sullivan Gym in Mannheim has workouts for everyone including Special Mix 6-7 a.m. Mondays for total body conditioning and Pilates 7-8 p.m. Wednesdays, the ultimate workout to strengthen, lengthen and tone. DSN 385-2001, civ. 0621-730-3149.



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