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LENZ CLEANS

Karlsruhe's social mayor Martin Lenz will be moving next Saturday, 24. April, with a shovel, broom and garbage bag through Beiertheim. He supports the 1. Beiertheimer Carneval Club 89 (1. BCC), which participated in a clean-up campaign for wants to ensure cleanliness around his clubhouse and along the Alb in the district.

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UNICEF Children's City 2010

PSK celebrates 30 years of Oberwaldbad and helps

Karlsruhe (bla). The Post Südstadt Karlsruhe (PSK) supports with its sporting activities in this Year Karlsruhe as UNICEF Children's city 2010. Start was yesterday with the Health Day on the grounds of the PSK on Ettlinger Allee. The celebration continues with the "30 Years of Oberwaldbad" next Saturday and then in June with the Fidelitas Night Run.



For 30 years, children and their parents have been having fun swimming under professional supervision at the Oberwaldbad under the direction of the PSK.

At the Health Day, the

Visitors yesterday had the opportunity to actively get to know fitness courses.

There was also a children's course and activities on topics such as "Motopedia for Children", which deals with children in need of support. The Revenue from a flea market also go to UNICEF.

"So far, donations have been received 100,000 euros have been raised, so we are confident

are to reach the target by the end of the year

to reach 300,000 euros," said this week Johannes Schmitz, UNICEF Representative of the City of Karlsruhe. "It is important to put children in the center of attention and sport always offers a good opportunity," says Schmitz is pleased with the commitment of the PSK, which has

young people) is one of the largest clubs in Baden. Next Saturday the Oberwaldbad celebrates its 30th birthday since the Takeover by the PSK (then still Postsportverein), the thus expanding its sports offerings and the residential home from the maintenance costs. The 90 percent of the bathroom is

"For ten years, the Grants from the city of Karlsruhe has not grown significantly", explains PSK Managing Director Werner Hafner. 40,000 visitors, especially from Rippurr, Weierherfeld, Dammerstock as well as many schools, come every year to the small but nice bathroom. On 26 June, the PSK collects

then on the edge of the 32nd Fidelitas Night run for the Unicef Children's Town. In conjunction with the Ultrarun over 80 kilometers there is a day of action under the motto "Children are our future" - including children's and Bambini runs and a Sunday New Year's Eve celebration of the Rippurr clubs.

Sexual abuse survive and process

Karlsruhe-Durlach (bb). Over 50 visitors enthusiastically welcomed author Isabelle Müller after her Reading in the bookstore Mächtlinger applauded in Karlsruhe-Durlach. In the fully occupied room had previously been completely silent.

Currently, the media is every day full of reports of sexual Abuse. In her autobiography "Phoenix Daughter - Hope was my Way," published in the Krüger Verlag, Isabelle Müller describes her own nine Years of abuse in her childhood by

her father. And she gives people courage, hope and help, how to avoid such a fate can endure.

"I outsourced myself," explains the 45-year-old author from Kapfenhard near Pforzheim. She has always again on the positive in their of bitter poverty, racism and exclusion

Childhood in the 60s in France. This included five chocolates, a doll, which she received as a gift, and the Love of her Vietnamese mother, Mè Loan. Her father was Fran-

zose. On the faces of the listeners reflected how they were visibly moved by the author's descriptions. Isabelle Müller had not told her mother about the abuse. "She would have

Father killed," is the Author certainly. Because at 12 Years ago her mother left her Men and violence dominated

At home in Vietnam, because she is In the 1930s, there was no price for a field and two pigs wanted to be sold to a man. And set out on his own Faust through the turmoil of the Indo-China War, where she met her future husband.

Excluded all her life, the Author of her mother's feeling give life for their children

to have mastered it well. "If I had the opportunity to emergency telephone, I would have called," says Isabelle Müller today. At her previous readings, people told about her abuse.

"I had it good back then," says the author. Her tip for Victims of abuse: Report the perpetrator and tell your self again and again: "I believe in myself, I am worth being loved."

After her failed second Suicide attempt at the age of 17 she knew that she should live. Moreover, she repeatedly met dear people who showed her the way at important stages in her life. "Heaven is for me the name from God and vice versa," Isabelle Müller describes the Asian wisdom that her mother, as a shaman, passed on to the children embedded in European ideas in France.

Isabelle Müller explains relaxedly, that she has long since forgiven her father. "In this reading, you can feel between hot and cold," described Inge Becker from Karlsruhe-Durlach her feelings. "The author is so incredibly strong and authentic,"

said Lisa Marten from Rheinstetten. Despite the topic of abuse, the reading was "absolutely beautiful," been, said Valentina Gra-vili from Mühlacker. Relieved people could laugh, as Isabelle Müller from her time with her husband Stephan in Kazakhstan or as her

Mother Mè Loan reunites with her brother Lé after 50 years in Vietnam demanded that he dropped his pants on the beach, to use his scarred buttock as to show proof. "The lecture was beautiful, very touching and thrilling, just like the Book," said Susanne Ziegel-meyer from the bookstore Mächtlinger.



Author Isabelle Müller described how she survived her experience of sexual abuse in the Mächtlinger bookstore in Karlsruhe-Durlach.

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Unter dem Motto Mit Musik in den Frühling lädt sie Wohnidee zum Frühlingsfest ein. Ab 11 Uhr geht das musikalische Vergnügen los. Als besonderes Highlight freuen wir uns die Kultgruppe der deutschen Volksmusik, "Die Schäfer" begrüßen zu dürfen. Mit 25 Ausstellern, sowie Schieß- und Losbuden bieten wir Ihnen Spaß und Abwechslung. Und für die Kleinen unter uns gibt es Karusells und ein Abenteuerland zum Klettern.

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