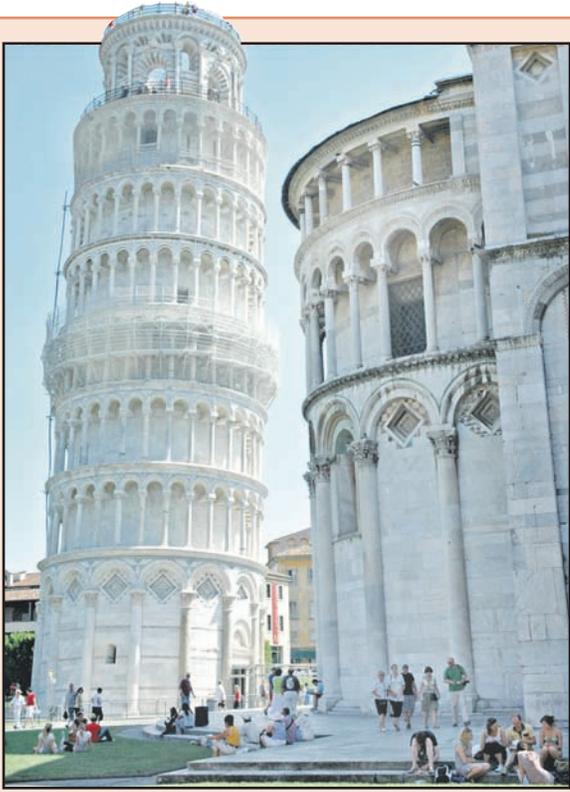


# Herald Union



Vol. XI, No. 22 Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden Aug. 13, 2009



Head off for adventures in Spain, Italy, Greece and nearer to home

**Special:**  
**End of summer/  
fall travel issue**



Photos by Karl Weisel



## Inside

**Plentiful Provence**  
History, art and breathtaking scenery await visitors in southern France. See page 8.



**Climbing Mont Blanc**  
Wiesbaden engineer tackles western Europe's highest mountain. See page 7.



**Young people's London**  
See the British capital through a teen's eyes. See pages 16 and 17.



## Travel health tips: Get smart before you depart

By Maj. Steven Knapp  
Chief of Public Health for the  
Wiesbaden Health Clinic

We know that money can't buy health. So why do we diligently plan the financial aspect of our travels, yet totally forget — or wait until the last minute — before considering the health risks of the trip.

The Centers for Disease Control and Prevention recommend a visit to a travel clinic four to six weeks before travel, especially when planning trips to Africa or Asia, to ensure vaccinations and medications are received early enough to protect you on your trip.

The closer the traveler is to takeoff, the less the vaccinations have a chance to build up the necessary immunity in your body.

Vaccinations alone do not protect you from getting a disease. They just initiate an immune response in your body to start building a defense system. It does not happen overnight.

The four-to-six-week recommendation provides for the full immune response.

Your body takes a beating when you

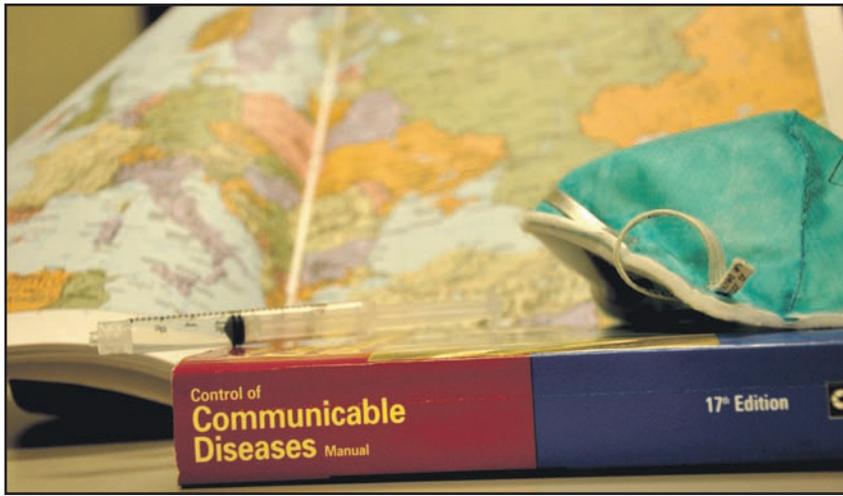


Photo illustration by Jennifer Clampet

**Medical experts advise travelers to be sure to include health risks and preventive measures in their planning when preparing for any trip.**

travel. Your immune system also comes under constant attack, being exposed to hundreds of people and their germs from all over the world. Early mornings, late nights, poor eating choices, too many snacks, not enough water, carrying heavy bags, the stress of getting there on time . . . the list is endless. Your immune system needs to be in top condition to fight off

the increased requirements.

Hand washing is the number one way to prevent illness. It is hard to find a sink sometimes so pack a three-ounce hand sanitizer in an easy-to-reach pocket to kill the germs by the quick grab, squirt and rub.

Prevent sickness when you travel by planning ahead. Pack the day before and

have the bags sitting by the front door or in the car. This gives you extra sleep hours in the morning and less stress when trying to get going in the morning.

Remember to drink water. Knowing that drinks are free on international flights tempts us to order a cool beer, soft drinks or slurp down that third cup of coffee. Good hydration allows for better sleep, improved immunity and less snacking.

Anticipate and plan ahead for meals. Our bodies need quality fuel, and smart nutrition choices are the key to feeling better overall.

Bring your favorite sunscreen and insect repellent. Too often the off brands we get while traveling are too greasy or uncomfortable so we end up not using them as we normally would and suffer the consequences.

Call your local health clinic to schedule a travel medicine clinic appointment, check out trip recommendations on [www.cdc.gov/travel](http://www.cdc.gov/travel) and review your Tricare travel benefits by contacting your local Tricare office or online at [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit).

## Keep force protection in mind when traveling

Living in Europe offers a wealth of travel opportunities. But force protection experts advise everyone to be aware of potential threats. Checking the following suggested websites for travel advisories is recommended:

➤ U.S. State Department worldwide travel information and advisories — <http://travel.state.gov>;

➤ U.S. Department of Defense Foreign Clearance Guide — <https://www.fcg.pentagon.mil> (users must request a password or access the guide from a .mil domain).

Other suggested tips for blending in include:

○ Travel in conservative clothing and not drawing attention to one's self;

○ Avoid wearing military items such as organizational shirts, caps or military-issue shoes or glasses;

○ Do not wear U.S. identified items such as cowboy hats or boots, baseball caps or American logo or patriotic T-shirts or jackets;

○ Avoid public demonstrations and other large gatherings;

○ Do not use military rank or military addresses on tickets, travel documents, hotel reservations or luggage tags;

○ Don't discuss military affiliation with fellow travelers;

○ Use a tourist passport whenever possible;

○ Use civilian luggage, not military looking

bags;

○ Always be alert to one's surroundings;

○ Avoid traveling in large groups of Americans or in convoys when possible;

○ If you think you are being followed, avoid stopping or taking actions that could lead to confrontation. Get to the nearest police station or other reputable establishment.

European travel offers fantastic opportunities to explore and get to know many unique and diverse cultures. But always being aware of one's surroundings and on the alert for suspicious activity will go a long way to keeping you and your family safe. (Courtesy of the V Corps Public Affairs Office)

## Workplace inequality — who really picks up the tab?

Commentary by Master  
Sgt. Mark Jordan  
U.S. Army Garrison Wiesbaden  
Equal Opportunity Office

If we are equal, then you pick up the tab.

This statement may help settle differences of opinions in social gatherings, but who

actually pays for the cost of inequality which bears such heavy consequences? Disparity in equality cannot be resolved by an agreement of who picks up the tab for a meal or leisure activity. Inequality affects the workplace, society and individual lives as a whole.

Equality by definition is the quality or state of being equal. The definition of inequality is twofold: social disparity and the disparity of distribution or opportunity. Inequality seems to be the payment used to settle the argument of who pays.

According to the 2007 U.S.

Census Bureau, women earned only 78 cents for every dollar men earned. That is approximately a 19 cent improvement from the 1963 wage gap figure of 59 cents on the dollar. Most women of color experience even more severe inequality: African-American women

earned only 68.7 cents for every dollar earned by men in 2005. Hispanic women earned only 59 cents and Asian women earned 89.5 cents.

Who's paying the price for this inequality? If everyone is

**See Workplace inequality on page 4**

### Herald Union published by AdvantiPro

The Herald Union, printed exclusively for members of the U.S. Army Garrisons Wiesbaden and Baumholder, is an authorized, unofficial Army newspaper published under the provisions of AR 360-1. Contents are not necessarily the official views of, nor endorsed by, the U.S. government or the Department of Defense. The editorial content is the responsibility of the USAG Wiesbaden and Baumholder Public Affairs Offices. No payment will be made for contributions. Everything advertised in this publication shall be made available for sale, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. This is a biweekly newspaper published by AdvantiPro GmbH. Our office is in Building 1023E on Wiesbaden Army Airfield. Circulation is 8,625 copies. For display advertising rates call Hanna-Maria Weills at civ (0631) 3033 5537, email [ads@herald-union.com](mailto:ads@herald-union.com); classified advertising rates call Anna-Maria Gonzalez at civ (0631) 3033 5530, email [class@herald-union.com](mailto:class@herald-union.com). Address: USAG Wiesbaden, Herald Union, Unit 29623 Box 60, APO AE 09096; Telephone: mil 337-7405; civ (0611) 705-7405; Email: [usagwiesbadenpao@eur.army.mil](mailto:usagwiesbadenpao@eur.army.mil); Home page: [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil).

### Command and newspaper staff

USAG Wiesbaden Commander.....Col. Jeffrey W. Dill  
USAG Wiesbaden Command Sergeant Major  
.....Command Sgt. Maj. Hector Alexander Prince  
Public Affairs Officer.....Anemone Rueger  
Editor.....Karl Weisel (mil 337-7405)  
USAG Wiesbaden Reporters.....Chrystal Smith (mil 337-1400)  
.....Jennifer Clampet (mil 337-5150)  
USAG Baumholder Reporters.....Ignacio Rubalcava (mil 485-6191)  
.....Stacy Theresa Graham (mil 485-7517)

## News flash

### Army Family Covenant Survey

Be sure to make your voice heard about the Army Family Covenant by completing a survey. The online survey will be available starting Aug. 15 at [www.armymwr.com/fmwrc/AFC/survey.htm](http://www.armymwr.com/fmwrc/AFC/survey.htm). The online survey allows you to express your frank opinions about anything related to the Army Family Covenant and just what you think it has done or not done for you and your family since its inception two years ago. "The USAREUR commanding general realizes that families in Europe have unique needs relative to our counterparts back in the States," said Lt. Col. Chris Farrell, special assistant to commander, who is providing oversight to the Army Family Covenant Assessment. "The Army Family Covenant is making a difference for our Soldiers and families, and



this survey will help us systematically improve support programs and services so we can do even better." (Courtesy of U.S. Army Garrison

Wiesbaden's Child, Youth and School Services and IMCOM-Europe Public Affairs)

### SOY and NCOY awards bash

Tickets are now on sale for the 2009 U.S. Army Europe Soldier of the Year and Noncommissioned Officer of the Year awards program to be held Aug. 27 at 11:30 a.m. in the Village Pavilion in Heidelberg's Patrick Henry Village. This year's USAREUR Soldier and NCO of the Year will be named at the event. Deadline for reservations is Aug. 24. Visit <https://www.updb.hqusareur.army.mil/events> to make reservations, print out the receipt and take it to unit representatives for payment. For more information call Sgt. 1st Class Steven Stanfill at mil 370-4154. (USAREUR Public Affairs)

### Online appointments

The Europe Regional Medical Command has increased the availability of online appointments through Tricare Online. Each clinic's website, at <http://ermc.amedd.army.mil/mtf>, has an online appointment link which is available around the clock — long after the appointment desks at the clinics have closed. Additionally clinic staffs are making an effort to improve the chances of beneficiaries seeing a provider they've seen before. Tricare beneficiaries are asked to visit the Tricare Online website by September to ensure their personal information is accurate. This includes making sure the beneficiaries are associated with the clinic that serves them — not a former duty station, for example. Clinic visitors are asked to leave feedback about their experiences by completing online Interactive Customer Evaluation cards on the clinic website. To cancel appointments patients are advised that online appointments can be canceled online; however, those made by phone must be canceled by calling the local central appointment line. Canceling early gives other beneficiaries an opportunity to get a medical appointment. (ERMC Public Affairs Office)

# NCOs put on new face for a changing Army

By Jennifer Clampet  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

"At the front of every Army mission in the United States or overseas you'll find a noncommissioned officer. They know their missions, they know their equipment, but most importantly they know their Soldiers."

The words, attributed to Secretary of the Army Pete Geren, echoed off the walls in the Wiesbaden Fitness Center as NCOs from across the U.S. Army Garrison Wiesbaden sat in the bleachers and listened.

The 102nd Signal Battalion's July 30 NCO Forum celebrated the Year of the NCO.

And with the offerings of lectures on issues such as the new GI Bill, the I.A.M. Strong campaign and financial investments, the forum was also intended to accelerate the development of NCOs, said 102nd Signal Battalion Command Sgt. Maj. Robert Daniel Jr. About 200 NCOs attended lectures throughout the day-long event.

Guest speaker Command Sgt. Maj. Darius ZaGara of the Joint Multinational Training Command noted that today's NCOs are asked to play the parts of leaders, counselors, financial planners and much more.

"In the last 15 years, the Army has taken on a new face," ZaGara said. "You (the Army's NCOs) need to have an identity."

Today in Iraq and Afghanistan NCOs interface with mayors and school teachers, said ZaGara. They keep pace with the Army's requirements through training and distance learning. And they meet the needs of Soldiers.

ZaGara joined the Army in 1981 — four years



Photo by Jennifer Clampet

Command Sgt. Maj. Robert Daniel Jr. (left) and Command Sgt. Maj. Darius ZaGara address Soldiers during the NCO Forum July 30.

before the Army officially adopted its noncommissioned officer creed.

While NCOs today memorize the rigid speech reflecting the expectations of an NCO, ZaGara had the Constitution and the Bill of Rights.

He admitted it wasn't patriotism but a troubled circle of friends in Los Angeles that pushed him to join the Army. Understanding similar stories of today's young Soldiers, ZaGara noted that the biggest challenge for today's NCOs is that "culturation of Soldiers."

It was that camaraderie among fellow Soldiers that convinced him to stay in for 28 years.

"We are better," said ZaGara. "You are better because you don't fight just for the Constitution but for the men and women on your right and on your left. Simply put, you are the best."

## New award recognizes quality of life support

Nominations are now being accepted for a new award that recognizes teams or individuals responsible for improving the quality of life at Army garrisons.

The Quality of Life Awards were developed by Secretary of the Army Pete Geren last year to recognize individuals, commands and team efforts in improving Soldier and family quality of life. It is anticipated that winners will be announced in early October.

There are five categories in which to submit nominations:

- The Superior Quality of Life Award is for an initiative that could be emulated by all installations and commands worldwide.
- The Command Team Quality of Life Award is for a command team that best demonstrates personal involvement in initiating single or multiple quality of life improvements within its command.
- The Quality of Life Award is presented to an installation, command or group that has demonstrated the ability to develop "best practices" to improve Soldiers and their families' quality of life.

• The Quality of Life Partnership Award is presented to new or exciting partnerships that have improved Soldier or family quality of life programs. Partnerships can be between commands, organizations and individuals.

• The Quality of Life Award for Communication Excellence is presented to individuals or commands that have employed new or unique communication efforts in telling primary and secondary audiences of Soldier and family quality of life successes. This can include emerging media, such as Facebook or Twitter, or stories told with a unique and fresh angle.

"This year selection and nominations to the Army-level competition must be received prior to Sept. 4," Bohannon said. "A panel of judges from across the Army Staff will be selected to judge the entries."

Submission procedures and examples of last year's winning entries can be found on the homepage of the Army's Assistant Chief of Staff for Installation Management, or ACSIM, at [www.acsim.army.mil](http://www.acsim.army.mil). (Courtesy of the Army News Service)

## From the blotter

Compiled by the U.S. Army Garrison Wiesbaden Directorate of Emergency Services

### July 26

**Baumholder:** A noncommissioned officer was charged with owning an unregistered vehicle.

### July 27

**Wiesbaden:** A Soldier was charged with spouse abuse after being involved in an altercation which turned physical.

**Baumholder:** A Soldier was charged with being drunk on duty after failing a command-directed intoxilyzer test.

**Wiesbaden:** A Soldier was charged with being absent without leave after failing to show up for formation.

### July 28

**Baumholder:** A senior NCO was charged with owning an unregistered vehicle.

### July 29

**Baumholder:** An officer was charged with owning an unregistered vehicle.

**Wiesbaden:** An NCO was charged with owning an unregistered vehicle.

### July 30

**Baumholder:** A family member was charged with a traffic accident after striking another vehicle.

**Wiesbaden:** A Soldier was charged in a traffic accident after striking another vehicle.

### July 31

**Baumholder:** A Soldier and a family member were charged with assault after being involved in an altercation which became physical.

**Wiesbaden:** A Soldier was charged with exceeding his fuel rations after consecutive overdrifts.

### Aug 1

**Baumholder:** A Soldier was charged with spouse abuse after being involved in an altercation which turned physical.

**Wiesbaden:** A Soldier was charged with drunken driving after causing a minor accident and failing a sobriety test by the German Police.

### Aug 2

**Baumholder:** A Soldier was charged with failure to obey a general order after attempting numerous times to sign in a local national without documentation.

### Aug 3

**Baumholder:** A Soldier was charged with being drunk on duty after failing a command-directed intoxilyzer test.

**Wiesbaden:** A family member was charged with spouse abuse after being involved in an altercation that turned physical.

### Aug 4

**Baumholder:** A Soldier was charged with being absent without leave after failing to report for duty.

**Wiesbaden:** A Soldier was charged in a traffic accident after striking a ticket machine.

### Aug 5

**Wiesbaden:** A Soldier was charged in a traffic accident after striking another vehicle.

## Missing Link: Program helps orient teens to new home overseas

By Anna Marie Yu and Sherree Simonson  
U.S. Army Garrison Wiesbaden Public Affairs Office

Military teens know what it feels like to move from one place to another, making new friends and feeling lost in a crowd.

A new program, Missing Link, is reaching out to teens to familiarize them with Wiesbaden. Nineteen-year-old Summer Hires Alyssa Flynn and Natascha Carlucci came up with the idea for Missing Link after helping with an Army Community Service Newcomers Orientation Tour.

During the tour the teens heard a woman saying she wished her 21-year-old daughter was there with her. Flynn and Carlucci approached their director and told him about their idea for a program to welcome new teens to Wiesbaden.

"This program [Missing Link] would really help those in college as well as those in high school," said Carlucci.

The program works in conjunction with the ACS Newcomers Orientation Programs to help teens find friends, just before they attend school. It is also open to teens who might be attending college in the fall giving them a chance to socialize with people their ages.

The Missing Link program, open to teens ages 16-21, starts with a Newcomers Orientation Week targeting certain age groups and includes a briefing that lets students get a feel for downtown Wiesbaden and a tour on how to use the local transportation system. After the orientation teens are provided a list of places to hang out. The activities listed range from going to



Photo by Sherree Simonson

Newcomer teens get to know one another and their way around Wiesbaden and Mainz on a Missing Link tour.

local restaurants to attending a movie at the Taunus Theater in the Hainerberg Shopping Center.

"It's good because I don't have to be in an empty house," said Meghan Smith, one of two teens who attended the first Missing Link meeting July 14.

On July 15 Smith and Carlucci led a Missing Link tour that corresponded with the adult ACS newcomers walking tour.

Starting at the American Arms Hotel, the youth-focused tour took four teens downtown with stops at Mauritius Platz and a tradi-

tional German market.

The tour focused on visiting shops and restaurants rather than going to museums and stores that the teens' parents were excited about visiting.

Flynn and Carlucci showed the teens common fast food establishments such as kebab eateries to get quick food on the go.

"I really like the tour, and the food is great," said Smith.

The Missing Link transportation tour showed the teens how to use the bus to get to and from housing areas. The teens were taken to the Wiesbaden Hauptbahnhof (train station) where Flynn and Carlucci explained how to use the train system. The last destination on the transportation tour involved taking Bus 28 to downtown Mainz.

Teens interested in making new friends or welcoming new teens to the area can volunteer to help with the Missing Link, sponsor a newcomer or just provide ideas for places to go. For more information call mil 335-5254.

## Workplace inequality . . . . .

Continued from page 2

equal then it should be evident in pay, opportunity and benefits. For years women have showed up at work, punched the clock, done the same jobs as men and yet they have come up short with the paycheck.

It's one thing to say that everyone is equal and another thing to practice inequality. Everyone in the workplace should be treated equally. When anyone fails to have the same opportunities, benefits or rights as others, inequality exists.

So, what can be done to bridge the gap? How can the playing field be leveled? I believe the workplace must be "equalized," meaning to compensate for or to distribute evenly.

President Obama helped "equalize" the workplace by signing the 2009 Lilly Ledbetter Fair Pay Act into law. Ledbetter, who retired from the Goodyear Tire Company after having worked from 1979 until 1995 as a supervisor in Gadsen, Ala., experienced firsthand inequality in the workplace. She became an area manager, one of the few women in such a position,

and yet her pay continued to lag behind that of her male peers. At first her pay was in line with the men she worked with, who were doing the same job, so she thought. By the end of 1997 she made \$3,727 a month. The lowest paid man doing the same work made \$4,286 a month and the highest paid men were getting \$5,236. So she sued.

When President Obama signed the 2009 Lilly Ledbetter Fair Pay Act into law he helped pay the tab of inequality.

On Aug. 26, 1920, the 19th Amendment to the U.S. Constitution granting women the right to vote was ratified. This was the culmination of the long struggle by women seeking the right to vote. In 1971 the U.S. Congress designated Aug. 26 as Women's Equality Day to commemorate the passage of the 19th Amendment and to celebrate women's continuing struggle for equality.

Take the time to celebrate Women's equality and remember that while celebrating, you can be the one to "help pick up the tab."

## Italy's Camp Darby offers ideal getaway

*Cabins, campground, other amenities are launchpad for exploring Tuscany*

**Story and photos by  
Karl Weisel**  
*U.S. Army Garrison Wiesbaden  
Public Affairs Office*

Whether you use it to explore the nearby cities of Pisa or Florence, as a stopping point on the way to the islands of Sardinia or Elba, or simply spend time there relaxing on the American beach in Tirrenia, Camp Darby has a lot to offer. Situated just down the road from Galileo Gallilei Airport and Livorno, the U.S. military base features a wide variety of accommodations including cabins, small apartments and a campground, a tours office, commissary, post exchange, car rental agency and more.

A recently renovated swimming pool, shower facilities and upgraded cabins make Camp Darby a popular stopping point for people all over Europe.

A few miles down the road from the military base lies the resort town of Tirrenia and features its own guarded U.S. beach facility complete with parking, lifeguards, beach chairs and umbrellas, boats for rent, a Greek snack stand, hot showers and more.

And if you want to enjoy Italian cuisine while relaxing on the American beach, head left on the beachfront about 400 meters to La Perla Restaurant which offers a wide array of Italian dishes served cafeteria style (bathing suits are acceptable attire) for a decent price. The daily specials at the large patio cafeteria include everything from fresh

fish baked in basil and a white wine/lemon sauce to homemade lasagna, "fritto misto" (mixed fried fish including prawns and octopus) to basic pasta dishes. Washed down with a plateful of vegetables, an Italian salad and bread, a carafe of chilled local house wine, followed by some tiramisu and strong cups of espresso and it may be hard to even remember the soggy skies over Germany.

Inexpensive flights through Ryanair from Frankfurt-Hahn Airport to Pisa are one way to get to Camp Darby fast. But if you plan on camping, remember that one pays extra for more bags with Ryanair and it may be hard to transport camping gear.

*To find out about the prices for renting cabins, rooms or a camping spot on Camp Darby visit [www.livornomwr.com](http://www.livornomwr.com). Local SatoTravel offices can also help with planning a trip to Pisa.*

Even though August is the peak tourist season in the towns and cities of Tuscany, one can still visit the sights comfortably. The locals advise getting into town early before the heat of the day or wandering through in the evening. This works well if you have children and want to spend the day at the beach before strolling through nearby Pisa in the evening. Italians, like most southern Europeans, tend to come alive after the sun sets, and Pisa is a lively town full of local students and citizens even after the tourists have faded for the night.



**Italy's Cinque Terre region is like no other. Walkways and a train connect five colorful villages sprawled on the coastal hillsides overlooking the sea.**

Simply strolling through Pisa's many squares such as the Piazza dei Cavalieri, walking along the Arno River or marveling at the famed structures on the Campo dei Miracoli (Field of Miracles) including the Torre Pendente (leaning tower) and Duomo (cathedral) as lights cast long shadows on the medieval stone houses fills one with a sense of the wonder at humankind's accomplishments.

About 80 kilometers north of Camp Darby lies the famed Cinque Terre region. After climbing the winding coastal roads past La Spezia by car or traveling by train through a variety of cliff-hugging tunnels, one comes to the village of Riomaggiore, the first of five towns which pour precariously down the rocky mountainsides

straight into the greenish-blue waters of the Ligurian Sea. Parking is at a premium along the coastal roads leading down to Cinque Terre, so arriving early, by bus or train is recommended.

Besides the stunning views in each of the five towns — Riomaggiore, Monterosso, Corniglia, Manarola and Vernazza — the allure for tourists is the fact that one must navigate between them on foot via dramatic paths hewn out of the rocky cliffs, by train or boat. Walks range from about 20 minutes between the first two towns to five hours to make the full distance. There is a small charge to walk on the cliffside paths which were originally carved out by local farmers to join the remote villages.

If you are on a tight budget and want to forgo a restaurant meal, consider picking up a

couple of pieces of focaccia (cut from large pans of pizza with everything from potatoes and rosemary on them to eggplant and pesto sauce) from a local rosticceria and munch on them while wandering the Cinque Terre walkways.

There are so many other sights located nearby Camp Darby that one will most likely only whet the appetite for future visits. Florence, Siena, the walled city of Lucca and famed painter and sculptor Amedeo Modigliani's hometown of Livorno are all within a short distance. And if you have the time head farther east to Vicenza to pick up tips for exploring the Veneto Region — especially Verona and Venice.

Don't forget to stop by your local library before setting out on a trip. A wide range of travel books and guides are available.



**Situated under tall pine trees, the cabins, rooms and campground on Camp Darby offer a relaxing place to stay while touring Italy.**



**A visitor examines wines in a Pisa shop. Photo right: A carriage ride in Pisa.**



## Finding *hidden* gems on the Costa Brava



The Fisherman's Wife monument in Lloret de Mar sits on the edge of the city's popular white-sand beach.



Tourists from across the European Union flock to the beach of Lloret de Mar in Spain. Photo right: A serving of the traditional Spanish rice dish paella de marisco served at a small restaurant in downtown Lloret de Mar.



Young boys play in a secluded cove area of Playa de Santa Cristina along the private beach of the Hotel Santa Marta.

*Even with predictable tourist traps, the most popular beach destination in Spain serves up a few surprises*

**Story and photos by Jennifer Clampet**  
*U.S. Army Garrison Wiesbaden Public Affairs Office*

"No comprende," the driver said as he looked back into the stretched section of his white limousine.

The tourist asked again how much longer until they made it to Playa de Santa Cristina. But her voice was muffled by the loud Spanish music blaring from the front of the vehicle. The music flooded the limo with a vibrant and colorful experience every tourist would expect from a trip to Spain's Costa Brava.

The driver lowered the volume and asked her to repeat the question.

"Top Gun" played on a flat-screen TV by the driver's head as he strained to hear a familiar word from the English-speaking woman in the back.

A mess of sounds. A frowning face. Then "trafic."

He heard the word.

"Five minutes," he said. "Five minutes."

But the woman was unconvinced. She watched as mopeds, scooters and motorcycles whizzed past the sea of cars on Barcelona's Autopista del Maresme — the highway heading to Costa Brava.

Distracting volumes of music, the occasional confused interaction between Spaniard and tourist and of course the aggressive driving tactics of cabbies gives even the smallest coastal town in the Costa Brava region a big-city feel.

The Costa Brava stretches from 60 kilometers north of Barcelona to the French border along the Mediterranean Coast. The region with its white-sand beaches and warm climate is the destination of choice for tourists heading to Spain.

The transformation of Spain's northeastern coastal towns from fishing villages to fast-paced tourist destinations for people from every corner of the European Union has created a new blend of culture and tradition.

A stoic female figure stands erect at the end of Lloret de Mar's 1,630-meter beach. The monument to the Fisherman's Wife — built in 1966 — is a prominent reminder of what the small town once relied on for its livelihood.

Today Lloret de Mar is considered the most popular resort beach on the Costa Brava. And the town depends on tourism.

"I'll give you €2 off," the Indian shop owner said as he patrolled his store's aisles offering deals on coastal knickknacks such as a light-up snow globe of Barcelona or an apron displaying the cartoonish bust of a Spanish senorita.

In the central streets and alleys of Lloret de Mar (pronounced "yu ret de ma"), tourists walk around in flip flops and beach towels showing off their sun-kissed skin as they stroll from the beach to the restaurants, stores, clubs, bars and little souvenir shops.

At the downtown Restaurant Pizzeria Garden a waiter hesitated to place the order for paella for two American tourists (cost of about €12 a person). The flowing crowd just outside the restaurant's gelato stand was an instant reminder that in Lloret de Mar everything new comes fast. The traditional is a bit slower.

The tourists brushed off the waiter's concerns about the 20-minute wait for the authentic paella de marisco — a traditional Spanish rice dish served with a variety of seafood including oysters, clams, shrimp, squid and Norway lobsters.

The couple's reward was a heaping meal served in a paellera — a specialized shallow pan from which the dish's name is derived.

Traditional food isn't the only hidden gem on the Costa Brava. Ten kilometers south of the city is Playa de Santa Cristina. The Hotel Santa Marta has created a quiet, family-friendly resort in the cove. Room rates are a bit on the pricey side. But the hotel offers tennis courts and a private pool juxtaposed with a private

beach. The hotel's amenities are growing with plans for a spa.

The hotel caters to a different kind of tourist — the ones interested in relaxing by a beach and spending time with the family — and the cost is more than one would pay at a small hotel in the city.

In Lloret de Mar the beach scene explodes with fresh twenty-somethings all looking for the next thrill — a ride on a banana-shaped inter-tube, a boat cruise, a jet ski rental and more.

For € tourists can soak in the sun on a rented lounge chair or sprawl out under a rented umbrella.

A favored picture for tourists is the Fisherman's Wife statue in the foreground with the beach in the background with sunbathers appearing as colorful dots in the distance.

The scene is a nod to the past and an overview of the present. But it's the stories of the multi-lingual waiters, the pushy cab drivers, the traditional food and gorgeous clean beaches that reveal the hidden gems of Lloret de Mar.

### Lloret de Mar, Spain

**The beach — 1,630 meters of white-sand beach, one of the most popular on the Costa Brava.**

**The Fisherman's Wife monument — a bronze sculpture on the southern end of the city's beach.**

**Shopping — the second most important economic activity in the city.**

**Eating — everything from Doner sandwiches to traditional Spanish cuisine such as paella.**

## Mont Blanc: Climbing to the summit of western Europe's highest mountain

*Editor's note: John Wutzer, who works for the U.S. Army Corps of Engineers, Europe District, wrote this after climbing Mont Blanc last year.*

**By John Wutzer**  
*Special to the Herald Union*

As I check into my hostel for a week-long climbing class in Chamonix, France, the hostel manager asks me if I had heard that a freak ice and snow avalanche buried eight climbers on their way to the Mont Blanc summit via the de Tacul route.

This was a stark reminder of the unforeseen dangers the mountains can present.

I had enrolled in the class to hone my climbing skills that included climbing Mont Blanc at the end of the week. I had intended to enhance my knowledge of how to use an ice axe, crampons and the rope. Additionally we would learn how to climb various rock pitches, navigate glaciers, safely cross crevasses, scale walls with solid holds, belay the guide and generally use our clothing to maintain a comfortable body temperature — all the while taking in some of the most incredible mountain views the great French Alps have to offer.

Remi was my guide, a truly fit and knowledgeable French mountaineer with 20 years experience. His strong climbing skills provided a comforting sense of security, making the week more enjoyable. Additionally the weather was excellent and provided us with unrestricted access to climbing and the panoramas.

From a small town outside Chamonix near Les Houches, we took a gondola to a train and then the train to the last stop at 7,545 feet (2,300 meters). From that point we started the climb along with several others.

I was traveling light, as was recommended, with a 25-liter pack.



Photo courtesy of John Wutzer

**The author poses for a photo and enjoys the sense of accomplishment of having summited the massive Mount Blanc in France.**

Our first target was to go to the La Gouter refuge at 12,529 feet (3,819 meters), a popular hut for over-nighting. The 4,984-foot vertical ascent involved steep hiking and mild technical rock climbing. Fixed cables on the climb did exist on steeper sections to aid in navigating safely.

Encountering French, Swiss, Italian, German, U.S., English and climbers of other nationalities provided a multicultural experience with shared greetings in many different languages.

I arrived at the hut in about four hours. As I ate the lunch I had carried — fruit and sandwiches — I could feel my body re-energizing almost immediately. I sat the entire time to rest my legs and mentally prepare for the long journey to the top.

The hour break was well needed but went fast. The climb is often broken up into two days with an overnight at the hut and an early start in the morning. Continuing on allowed us to have the mountain essentially to ourselves and

avoid the 1 a.m. mass rush to the top in the dark.

The transition to the snow and ice began immediately above the hut. This was a welcome break from the dusty rock face. The change was dramatic with the sun gleaming on the snow and ice. Pulling out the ice axe and crampons, it was off to the summit.

It was now 2 p.m. This portion of the climb consisted of crossing vast snow fields and a large glacier with numerous crevasses. The ascent vacillated from generally gentle flat glacier hiking to sharp, inclined ridge trekking with steep drop-offs on both sides. At times, it was a series of up and down ridge climbs. Up, down, up, down and whatever it takes to get to the top. My legs were very fatigued. We had covered so much vertical.

### Hard to prepare

This is difficult to prepare for when not living in the mountains. I told myself to just march on, regardless of the effects of the altitude, exhaustion, negative thoughts, visions of being in a place where I would be experiencing less fatigue discomfort. Deep drop-offs and narrow, steep ridges challenged my self-confidence.

I proceeded on. With only a 60 percent summit success rate among guided clients, I made an effort to not waste any time or energy. At times, just walking at this altitude on a slight incline can produce a heart rate of 130-140 beats per minute; the same as running on flat ground at sea level.

Many breaks were taken in the afternoon. Some prompted by myself, others by Remi. Each one was a welcome relief

to relax the legs, the body and the mind along with replenishing ourselves with food and fluids.

It had now been more than four hours since lunch and about nine hours since we started the climb.

At last, at about 6:15 p.m., we summited — above the clouds. The view was stunning. The long journey up was at an end with a surrounding view of everything.

I embraced the satisfaction of standing atop the highest point in western Europe 15,774 feet (4,810 meters). We spent about 15 minutes at the top eating and drinking and taking in the vast vistas while recalling the effort it took to get to that point. There was a truly calming sense of having accomplished something big.

We descended virtually alone and experienced a beautiful sunset on the return journey to the hut. The mountains were extremely quiet and the journey of genuine solitude was as peaceful as peaceful gets. I was tired, but going down was easier than going up. And the sunset was a nice distraction from the weariness.

We returned to La Gouter just as darkness set in two-and-a-half hours later. Toward the end of the 11-hour effort, I felt every step. My legs were physically drained. I was neither sick nor bitten by altitude sickness, just simply worn down from the long day of climbing. I cannot remember ever feeling as exhausted as I did that evening. But the true and lasting rewards of having accomplished the climb easily outweighed the discomforts that would soon vanish.

The service to the open seating area in the hut was closed but we quickly joined the staff in the small kitchen for the last meal to us select few. Every bite was like a reenergizing scoop of power. It all tasted better than good, but more importantly it was the way back to having normal body energy.

Shortly after dinner, I attempted to sleep in a super crowded, overly warm hut. Climbers were sprawled everywhere, sleeping on the floors and tables with bunk beds stuffed to the hilt. But it didn't matter, as long as I was horizontal. Closed windows, warm temps in the hut and high altitude air only allowed a few hours of sleep, but I felt far better.

The next day we had a simple breakfast and descended to the train station via the same trail and greeted all the new climbers going up, eagerly ready to tackle the Mont Blanc summit challenge.



Photo by John Wutzer

**Climbers make their way across a snow trail on the way up Mont Blanc.**



The 2,000-year-old Pont-du-Gard aqueduct still stands over the Gardon River, long after having served the first Roman cities with fresh water in the Provence region of France. A World Heritage site, the structure was built with interlocking stones and no mortar.

## Plentiful Provence: *Enter a world of sun-baked villages, sunflower fields in southern France*

**Story and photos by Karl Weisel**  
*U.S. Army Garrison Wiesbaden Public Affairs Office*

Ignoring the advice of fellow travelers and guidebooks which all recommend visiting in spring or fall, we decided to head to southern France in July. Not surprisingly, our destination, Provence, was crowded with tourists, overfilled parking lots and campgrounds which had been reserved months in advance.

Fortunately, after being turned away from several camping areas in the vicinity of Uzes and Remoulins and negotiating many kilometers of narrow, winding back roads, we discovered a quiet campground on the bank of the Gardon River near the small village of Montfrin. Although slightly unsettled upon entering the village by signs warning about the danger of roaming bulls in the streets in anticipation of the upcoming weekend bullfighting festival, we were happy to find ample space in the campgrounds on the edge of the village.

With the tent erected under the cover of trees, the evening air abuzz with the sound of cicadas, a fresh salad prepared and pasta on the boil we felt as if we had arrived. Thanks to the 1989 best-selling book "A Year in Provence" by Peter Mayle, ever popular artistic renditions by post-impressionist painters such as Vincent van Gogh and Paul Cezanne, and a landscape that offers something for all ages, this region of southern France remains a must-see on European travels.

While one might think this not a place for younger visitors, we found plenty to do for everyone in the family.

Our first stop was a drive into the 800-square-kilometer national park area known as the Parc Regional de Camargue. After descending from the rocky hilled terrain where we had set up camp about an hour north of the coast, driving through fields of sunflowers and lavender, we made a stop in the town of Arles, noted for its Roman artifacts and as having

served as inspiration for many of Dutch painter van Gogh's most famous works.

The guidebooks recommended visiting the town's museums, churches and Roman amphitheater; however, wanting to spend more time in the Camargue and having difficulty finding parking in town, we followed signs to the Pont du van Gogh. Known locally as Le Pont de Langlois aux Lavandieres, this reconstructed drawbridge was instantly recognizable from van Gogh's late 19th-century painting. And like a Renoir or Seurat painting, visitors from around the world were picnicking in the shade of trees along the sleepy river which flowed under the Arles drawbridge.

Heading farther south took us into the national park where we saw signs to bird sanctuaries and an archeological museum. As the park is home to hundreds of species of migratory birds and wild horses, it wasn't long before we could see flamingos,

**See *Plentiful Provence* on page 9**

**SJ Services**

**Kellerskopf Events**

# Special end of summer/fall travel



Visitors explore the Popes' Palace in Avignon. Photo left: Street performers entertain in Avignon during the theater festival. Photo above right: A reconstructed drawbridge invites comparison to Vincent van Gogh's painting in Arles. Photo right: People enjoy the Mediterranean surf on the beach at Stes-Marie-de-la-Mer in the Camargue national park.

## Plentiful Provence .....

### Continued from page 8

herons and horses all through the sandy marshes flanking the road through the park. Several ranches along the route offered horse rides through the Rhone delta terrain.

Once at the coast, in the town of Stes-Marie-de-la-Mer, we joined the lunchtime beach crowd for a fish lunch in one of the many outdoor restaurants and then settled down for some reading time on the beach.

### Papal Avignon

Our next day's destination was the town of Avignon — a massive, walled city on the bank of the Rhone River, famed for its Popes Palace. As home to a slew of breakaway popes in the 14th century, Avignon's huge gothic church dominates the town. But in July, Avignon's theater festival takes centerstage with

posters plastered on every surface, wandering thespians offering a sample of what's in store on stages throughout town, and musicians performing in every alcove.

With too little time, and too much to see, our last day in Provence took us to the Roman aqueduct known as Pont-du-Gard. Once a neglected reminder of the ambitious conquest by Roman legions some 2,000 years ago, this massive, three-tiered, interlocking-stone water delivery system towers over the Gardon River under which visitors canoe and dive from the cliffs. Now a World Heritage site, the park area features trails along the river, a small museum and amazing views. Companies along the Gardon River for several kilometers upstream from the the aqueduct offer canoes and

kayaks for rent by the day.

Drawing its name as the Roman Empire's first settled province outside of Italy, Provence offers visitors a wealth of things to do and see. From the ancient city of Nimes, the bustle

of Marseille, the picturesque houses of Aix-en-Provence to a host of other photogenic towns, villages and vineyards wherever one looks, Provence is breathtaking.

Visit your local library for

guidebooks and advice on the best time of year to explore Provence.

Menggu Han

Gordon -- der Gepflaegte Hund

Cavalry Chapel

Beautiful nails

Cool GmbH

## Community notes ... Community notes

### Get CPR certified

Wiesbaden American Red Cross offers Babysitters Training for youth ages 11-15 Aug. 14-15. Cost is \$40. A Red Cross Volunteer Orientation will be held at 9 a.m. Aug. 19 (stop by in advance to sign up). A full first aid/CPR/AED class will be held Aug. 24-26. Cost is \$50. If your CPR certification is not yet expired and you want to renew it, take a three-hour review class Aug. 28 starting at 9 a.m. Cost is \$25. Stop by the Red Cross in Building 1023E, Room 308, on Wiesbaden Army Airfield or call civ (0611) 705-1760 to register.

### School orientation

Hainerberg Elementary School holds a New Student Family Orientation Aug. 27 at 2 p.m. in the school media center. Class lists will be posted at the PX/Commissary at 5 p.m. Aug. 28. School starts Aug. 31 for children in grades one to five. A kindergarten orientation will be held at 9 a.m. Aug. 31 in the school's multi-purpose room (first day of classes for kindergartners is Sept. 8). A Hainerberg Elementary School open house will be held Sept. 3 at 1 p.m.

### Women's Equality Workshop

The U.S. Army Garrison Wiesbaden Equal Employment Opportunity Office will hold a brown bag lunch workshop highlighting Women's Equality Day 2009 Aug. 26 from 11:45 a.m. to 1 p.m. in Building 1023W, Room 210. Camille Howes will be the guest speaker. Call Ron Vitiello at mil 337-5616 for details.

### Casualty training

Sergeants first class to command sergeants major, chief warrant officers 2-5 and captains and above must attend Casualty Notification Officer and Casualty Assistance Officer training sessions to be certified for CNO and CAO duties. U.S. Army Garrison Wiesbaden will conduct CNO training Sept. 9 from 9 a.m. to 3 p.m. in Building 1032, Classroom 4 on Wiesbaden Army Airfield. CAO training will be conducted

Sept. 10 in the same location from 9 a.m. to 4 p.m. Once the formal classroom training is completed, certification is provided, and annual refresher training is then completed by the individual using the CNO and CAO training programs located on the DA Casualty and Mortuary Affairs Operations Center website. For more information contact Sean Crady at mil 337-7668 or by email at [sean.cradyc@eur.army.mil](mailto:sean.cradyc@eur.army.mil).

### WCSC open house

The Wiesbaden Community Spouses Club will hold an open house at the Community Activity Center Aug. 26 from 10 a.m. to 2 p.m. It will provide information on opportunities, clubs and organizations available to all ages. For details contact Alyce Newton at civ (0160) 914-39676 or email [alycenewt22@gmail.com](mailto:alycenewt22@gmail.com).

### Substitute teachers

Interested in a part-time job? Wiesbaden Middle School seeks individuals to work as substitute teachers. Applicants should stop by the school to complete a computerized background check and fill out paperwork.

### Hot water disruption

On Aug. 26 the heat supplier ESWE will perform emergency work on the main heat distribution lines on Wiesbaden Army Airfield. The hot water will be turned off from 9 a.m. to 5 p.m. for the following buildings: Heerstrasse 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33 and 35 and Aumannstrasse 37, 39, 41, 43, 45 and 47. Call mil 337-5344 or 5032.

### Transition briefings

Soldiers leaving the military (not retiring) must attend a pre-separation briefing no later than 90 days before transition date. Retiring Soldiers should attend a pre-retirement briefing. Pre-separation briefings will be held Aug. 13, Sept. 10, Oct. 8, Nov. 12 and Dec. 10 at 9 a.m. in

Room 210, Building 1023W on Wiesbaden Army Airfield.

### AAFES/DeCA Council

The AAFES/DeCA Advisory Council will meet Sept. 10 at 10 a.m. in Building 1023W, Room 210 on Wiesbaden Army Airfield to discuss issues such as coordinating command needs on exchange, motion pictures and commissary topics.

### New Children's Church

The Hainerberg Protestant Chapel holds an hour-long Children's Church from 11 a.m. to noon on Sundays. The new format coincides with the Protestant chapel's worship service. The program is open to children ages 4-10 providing a fun and educational environment to worship. Call mil 335-5248 or civ (0611) 408-0248.

### Kontakt barbecue

The German-American friendship club, Kontakt, invites everyone to make new friends and find out about the club at a barbecue in Crestview Housing Aug. 22 starting at 2 p.m. Bring your own goodies to cook and join in the fun.

### Women's Equality Day display contest

Wiesbaden's Equal Opportunity Office invites units, facilities and organizations in the Wiesbaden Army Airfield area of operations to compete in the 2009 Women's Equality Day Display Contest. Displays must be set up by Aug. 20 and must demonstrate creativity/clarity, historical context, relation to theme and appearance. First prize is lunch for up to 12 people, second is lunch for up to eight people and third place is lunch for up to five people. Register to take part by calling mil 337-5772 or 5897.

### Girl Scout Camp

A Girl Scout Twilight Camp will be held for Brownies Aug. 24-25 from 6-9 p.m., Daisies Aug. 26 from 6-7:30 p.m. and Juniors Aug. 27-28 from 6-9 p.m. The camps will be held at the Girl Scout Hut in Aukamm Housing (Westfallen 45). Cost is \$5 for registered scouts and \$10 for non-registered scouts. Reserve a spot with Cindy Fry at [cindykayfry@yahoo.com](mailto:cindykayfry@yahoo.com) or [Wiesbadengs@yahoo.com](mailto:Wiesbadengs@yahoo.com).

## Autohaus Hollmann



# Summer Hire

*Young workers, supervisors praise value of summertime program*

**By Anna Marie Yu**  
*U.S. Army Garrison Wiesbaden  
 Public Affairs Office*

It is that time of year again — summer. While many young adults were enjoying their vacation in the summer sun, others spent several weeks working in the Summer Hire Program earning a little money and lots of experience.

The Summer Hire Program for young adults ages 14-22 wrapped up July 31. It began June 22 offering six weeks of job experience. Eighty-two young adults headed off to jobs in Baumholder and Wiesbaden.

“The Summer Hires are employed to see how it is to work in a work setting,” said Socorro Catalan, Summer Hire coordinator. “I wanted them to take away responsibility and having accomplished something worthwhile while contributing to the garrison. For learning something, the expectations are both up to the supervisor and the student. But overall the program is as good to the Summer Hire, if they are willing to give to the mission.”

Charlie Fontana, Wiesbaden entertainment director, said not only did his Summer Hire employee learn work experience concepts, but also “any young employee should be learning the concept of eight hours pay for eight hours of work, as well as the principles of personal responsibility (including punctuality), positive human

relations, good communication, logical thinking and something that may not be obvious — the joys of the working world.”

Danielle Lee, Summer Hire worker at Wiesbaden’s Amelia Earhart Playhouse, organized costumes and participated in the musical production of “Pinocchio,” which she said was fun.

Wayne Sisk, who works at the Official Mail Room, said that his Summer Hire employee was able to take away something from the experience. “Just to be on time,” overall is a beneficial skill when one is out in the workforce, he said.

Summer Hire worker Antonio Trawick said not only did he get to work on time, he had the chance to find out how the Official Mail Room operates and mail is distributed. He added that he enjoyed working with his co-workers..

Kevin Ringgold, U.S. Army Garrison Wiesbaden sports and fitness director, said his view of the Summer Hire Program was positive. “I believe the program is extremely beneficial to the young adults because it begins the practice of taking responsibility. These young adults today are faced with never-ending challenges of everyday life, and I believe that with the summer employment it helps in establishing the building blocks necessary for facing these challenges.”

Summer Hires Alyssa Flynn and Natascha Carlucci got a



Photo by Sherree Simonson

**Summer Hire worker Antonio Trawick (right) gives Grady Martin his official mail at U.S. Army Garrison Wiesbaden’s Official Mail Distribution Center.**

chance to work for Army Community Service during their participation in the program. Both got a chance to laminate, cut things out, design bulletin boards, create pamphlets, help plan and coordinate activities and engage in many other activities that kept them occupied while working at ACS. This was the first year for both to participate in Summer Hire, and they both said it was excellent job experience.

### Learned work skills

“The Summer Hire Program helped me learn how the workplace runs, and it taught me a lot of work skills that might help me in the work career later,” said Flynn.

“I would have to say that this experience would not only look good on my resume but also help me on my future career because I’m a social work major and the ACS has a lot of social workers working here,” said Carlucci. “And pretty much I’m in a facility I’ll work in when I graduate from college.”

Now with the Summer Hire Program over, the youths will have a chance to relax and spend some of their hard-earned money before heading back to school at the end of this month. *(Anna Marie Yu and Sherree Simonson were Summer Hire employees with the U.S. Army Garrison Wiesbaden Public Affairs Office.)*

## Lucia’s gift Shop



Photo by Sherree Simonson

**A Summer Hire employee assists a customer at the Value Added Tax Relief Office.**



Photo by Stacy Theresa Graham

## Need money?

U.S. Army Garrison Baumholder Command Sgt. Maj. Earla Reddock cuts a ribbon in front of an automated teller machine at the Baumholder Commissary July 30. James Harkins, store manager (on left) and Stefan Steigert, banking center manager at Community Bank, join him. The ATM will help with long lines at other locations around the base.



Photo by Stacy Theresa Graham

Pfc. Shane Bailey, Company A, 40th Engineer Battalion, is issued new clothing after turning in his old gear. This is the first part of "resetting" the Soldiers to make them combat ready again after redeployment from Iraq.

## Soldiers get 'reset' with new clothing

By Stacy Theresa Graham  
U.S. Army Garrison Baumholder  
Public Affairs Office

Out with the old and in with the new is the current theme as Soldiers get "reset" with new clothing. This is the first step for all Soldiers at U.S. Army Garrison Baumholder who recently redeployed to become combat ready again.

Soldiers have been lining up to turn in their clothing, bags, gloves and other gear. "It is nice to get equipment and to have it new and clean," said Pvt. 2 Deven Fox, Company A, 40th Engineer

Battalion.

Angle Neal, property book officer, explained the process. "We are doing the reset for the OCIE which stands for Organizational Clothing and Individual Equipment. Once the units come back from a deployment we reset them, meaning we bring them back up to combat readiness," she said.

Every unit goes through this process. From the time they redeploy all the units will be reset with new clothing within 180 days.

"We are trying to bring a battalion

through a week. By the end of September all Soldiers will have completed this process," said Neal.

By the end of this process all Soldiers will have the universal color palate.

All the previous clothing that is not in use anymore will be turned in along with any used clothing from the deployment.

This is just the first cycle of being reset.

Soldiers will go through other cycles, receiving other equipment, to bring them back to a combat-ready status.

## Helping our furry friends

The Baumholder Community's stray animals are taken to the Pfeffelbach Animal Shelter.

To thank the shelter and to help the animals, donations will be accepted at the Baumholder Commissary Aug. 17-31.

On the way out of the commissary there will be a place to drop off donations of cat and dog food.

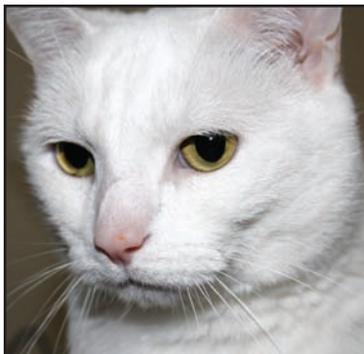


Photo by Stacy Theresa Graham



Photos by Stacy Theresa Graham

## Soldiers hope to get into levy briefings

Levy briefings are required by all Soldiers to get their orders for their next duty stations. Photo right: Willi Forster from the Transportation Office answers a question about shipping household goods. Photo left: Stephan Schlarb from the Central Processing Facility talks about outprocessing. Soldiers lined the hallways outside the levy briefing room in hopes of getting a seat July 22. Due to the overwhelming number of Soldiers PCSing, a mass levy briefing was planned for July 27, 28 and 29 to accommodate Soldiers moving.

# Putting out fire harder than you think

By Stacy Theresa Graham  
U.S. Army Garrison Baumholder  
Public Affairs Office

It was a calm day July 22, until a resident of Wetzel Housing started to cook and left the kitchen to watch television in the living room. A pot left unattended on a stove caught fire.

At 1:30 p.m. the Fire and Emergency Services of U.S. Army Garrison Baumholder Dispatch Center received notification by a pre-connected fire alarm system of a fire in a building in Wetzel Housing.

Immediately a four-man fire crew, fire truck and the aerial ladder rescue truck was dispatched. Upon arrival at the scene it was found the kitchen was on fire. A one-and-a-half-inch pre-connected hose line with 30 gallons of water was used to extinguish the fire. The apartment was ventilated.

The Wetzel resident was notified of the fire when a smoke detector went off. The occupant went out of the living room to the stairwells, took the six-kilogram building extinguisher and used it without success.

There was fire damage to the stove exhaust system, light fixtures, refrigerator, several cabinets and the working surface. Smoke damage was also seen in the entire kitchen area, living room, dining room and hallways.

The occupant was transported to a hospital in Idar-Oberstein for treatment of smoke inhalation.

The Baumholder Fire Department, in coordination with the community, is currently involved with a Fire Safety Campaign. Through this campaign off-post Soldiers and families will be educated with materials through a variety of channels.

The Housing Office is informing all families upon arrival to the Baumholder community of fire safety and where to find more information.

The smoke detectors in family housing on the garrison are "hard wired" and do not need to be checked by residents. Housing has an up-to-date list of when they need to be changed, which is every 10 years.



Courtesy photo

**When a Wetzel Housing resident left the kitchen to watch television a fryer was left unattended on a heated burner. This caused a fire and smoke damage to the entire kitchen area, living room, dining room and hallways July 22.**

Off-post residents should check if their smoke detectors are operated by batteries and if so they should make sure the batteries are changed as needed.

The fire department has checked all smoke detectors in buildings and the barracks in the community. Unannounced fire drills are occurring all over the community to ensure Soldiers, fam-

ily members and workers know how to evacuate and to make sure the fire alarms work.

"Support the safety and fire campaign this summer. If you have any questions call the Safety Office at mil 485-1670 or the Fire Department at mil 485-7572," said Hartwig Knorr, Garrison safety officer.

## Know some fire safety facts

The following are facts about fires in the United States found on [www.nfpa.org/education](http://www.nfpa.org/education):

- ◆ The leading cause of fires in the kitchen is unattended cooking.
- ◆ Most cooking fires in the home involve the stove top.
- ◆ Fire departments respond to an average of 7,900 home fires involving grills, hibachis or barbecues each year, including 5,000 outside fires and 2,900 structural fires.
- ◆ June and July are the peak months for grill fires.
- ◆ Thirty-three percent of home

grill structure fires start on an exterior balcony or unenclosed porch.

◆ Nearly two-thirds (63 percent) of all fatal victims of fires by playing are children 5 years old and younger.

◆ The items ignited by home fire play are principally mattresses, bedding or clothing.

◆ An estimated 890 lives could be saved each year if all homes had working smoke alarms.

◆ Thirty-eight percent of home candle fires started in the bedroom, resulting in 41 percent of the associated civilian deaths.

## Fire Safety: Danger of electricity

Courtesy of the *Nahe Zeitung*, translated by **Bernd U. Mai**  
U.S. Army Garrison Baumholder  
Public Affairs Office

If a fire occurs, the firefighters can take care of it. They know what to do and how to safely put out a fire.

What do the firefighters need to pay attention to at fires in electrical units?

Volker Lorenz, fire prevention representative with the OIE, conducted a seminar at the U.S. fire department in Baumholder. Besides the Baumholder U.S. fire chief Hans Kuhn, Lorenz welcomed an impressive number of participants at the seminar.

"Particularly, focusing on safety prevention and the cooperation between the fire departments and the OIE has become a tradition and was always helpful," said Lorenz.

During the seminar it was shown what dangers, caused by electricity, firefighters need to expect.

Theory and practice were part of the seminar. The participants were shown what kind of prevention measures are necessary including the personal safety equipment and detection of the electric tension.

The information proved that during a fire cooperation between firefighters and energy suppliers are vital. These types of seminars are mandatory to help protect the lives of firefighters.



Courtesy photo

**The seminar helps to train the Baumholder firefighters of Fire and Emergency Services. On the left, Volker Lorenz, fire prevention representative, stands with the OIE.**

## Important information, numbers for fire safety

The U.S. Army Garrison Baumholder Fire Department is located in Building 8413.

For fires and emergencies in Baumholder and Neubrück call mil 117, civ (06783) 6-117 or (06783) 2386.

The Fire and Emergency Services

supports the the FCC Class, use of fire extinguishers and fuel handler certification upon request.

Self-help classes and fire warden training is held regularly. The self-help class is every Monday at 1 p.m. at Building 8218 and the Fire Warden Training is the first Wednesday every month at

9 a.m. at Building 8413.

Fire extinguisher repair and maintenance shop operation hours are Monday through Thursday, 8:30 a.m. to noon and 1-4 p.m. The hours on Friday are 8:30 a.m. to noon.

If you need an ambulance call mil 116 or civ (06783) 6-116.

# Operation Travel Europe makes traveling easier

**By Stacy Theresa Graham**  
*U.S. Army Garrison Baumholder  
Public Affairs Office*

Three or four years in Europe sounds like a long time, but the time may slip away before you know it. Planning and budgeting to make the most of your time overseas is important and may prevent you from having regrets when it is time to say goodbye.

Army Community Service has created a new class just for this purpose. Operation Travel Europe will be offered

the evening of Sept. 17 and continue to be offered quarterly.

Operation Travel Europe will help community members travel at low cost and learn how to budget their trips. Modes of travel will be discussed including travel by plane, train, automobile, bus and ship.

Some places you go will require you to bring your passport or visa.

Many people overpack for trips, and this class will teach you what to pack and how to travel light. Participants will learn

what to pack for a baby and ways to make traveling easier in many ways.

Operation Travel Europe will show you how to blend in as an American and how to know what places you can and cannot go to while living in Europe. There are advisories and restrictions that change daily.

Do you know how to search for good deals on vacations?

This class will show you how to get the most for your money by searching the Internet, going to travel agencies,

tour companies, the USO, Outdoor Recreation and travel groups.

“The goal is to teach people how to travel on a shoestring, how to get there, how to budget for it, how to enjoy yourself and how to be safe and come back to start your next adventure,” said Katie Beyer-Rodgers, Army Community Service relocation program manager.

If you are interested in finding out more about this class or want to sign up call ACS at mil 485-8188 or civ (06783) 6-8188.

## **MWR roundup ... MWR roundup ... MWR roundup**

### **Outdoor Recreation**

Outdoor Recreation is offering the following trips, certifications and courses:

- Aug. 15, Czech Shopping
- Aug. 21-25, Austria Adventure Weekend
- Sept 3-7, Croatia Labor Day Weekend
- Scuba certification every weekend
- Hunting Course
- Fishing Course

For more information and prices call mil 485-7182 or civ (06783) 6-7182.

### **Rolling Hills Golf Course**

Join the golf course for the American Club Golf Champion Stroke Play Aug.15-16. Cost is \$75.

### **Rolling Hills pool**

Swimming lessons are being offered for youth and adults at the Rolling Hills pool. In addition the new swimming and water safety program will start in August. Various times and levels will be offered.

Water aerobics classes on Wednesdays and Fridays from 5:30-6:30 p.m. are now available.

Call civ (06783) 6-6575 or mil 485-6575/7093 for more information.

### **Hall of Champions renovation**

Due to the renovation of the Hall of Champions gym floor, the weight room, sauna, lockers and dressing room are available from 6-9 p.m. Monday through Friday and Saturday, Sunday and holidays from noon to 8 p.m. with access through Strikers' entrance.

The cardio room is open for physical training hours, Monday through Friday, 6-8 a.m. with access through rear door.

### **Mountaineer Fitness Center hours**

The Mountaineer Fitness Center is open Monday

through Friday, 5:30 a.m. to 8:30 p.m., Saturday, Sunday, holidays, 8 a.m. to 4 p.m.; training holidays, 8 a.m. to 4 p.m.

### **Unit-level flag football tournament**

There will be a unit-level flag football tournament Sept. 14-17 at Iron Soldier Fields I and II at 6 p.m.

### **Team soccer practice**

Team soccer practice is held from August to September for coed teams each Monday and Wednesday from 6-7:30 p.m. at Minick Field.

### **Personal training now available**

Individual or packaged sessions for personal training is now offered. Contact the Sports Office to make an appointment with a professional trainer. To find out more on prices and appointment times call the Baumholder Sports Office at civ (06783) 6-6671 or mil 485-6671/7176/6615.

### **Certified fitness instructors needed**

Are you a certified group exercise instructor or personal trainer? Do you teach martial arts classes? For details on becoming an instructor here in Baumholder call civ (06783) 6-6671 or mil 485-6671/7418.

### **Coaches needed**

Coaches and officials are always needed. For more information on how to become a coach or official call the Baumholder Sports Office at civ (06783) 6-6671 or mil 485-6671/7176/6615.

### **Bowling Center tournament schedule**

Strikers Bowling Center has a Monte Carlo tournament Aug. 29, 9-Pin No-Tap Sept. 29 and a Halloween Tournament Oct. 31.

All tournaments begin at 2 p.m. You must be 18 years or older to participate. There is a \$20 entry fee

that includes three games, shoe rental, prize money, fountain drink and trophy for top three places. For more information call civ (06783) 6-6569 or mil 485-6569.

### **Shooters Sports Bar and Diner**

Shooters Sports Bar and Diner is now open. Menu items include pizza, nachos and chicken wings in a classic-style sports bar setting. Shooters Diner is open every day from 5-11 p.m. It is closed on Wednesday.

The bar is open the same time as the diner and stays open late Thursday to Saturday until 2 a.m. and on American holidays from 5 p.m. to 3 a.m. Shooters is located on Ruschberger Strasse in the same building as Outdoor Recreation.

Shooters also delivers to Smith and Wetzel Housing. Call civ (06783) 4242 or 185-2771 to place your order.

### **Strong Beginnings Pre-K**

Register your child for a daily three-hour program designed for 4-5-year-olds entering kindergarten in the fall of 2010. This program will be in Building. 8046 on Smith Barracks. Registration has begun. Enroll at CYSS Central Enrollment, Building 8743 Dispensary.

### **Elementary school special classes**

Wetzel and Smith Elementary Schools offer the following special classes in September.

Sure Start: Child must be 4 years of age on or before Sept. 1, 2009.

Kindergarten: Child must be 5 years of age on or before Sept. 1, 2009.

Call your school for more information: Smith Elementary School, mil 485-7589 or civ (06783) 6-7589 or Wetzel Elementary School, mil 485-6416 or civ (06783) 6-6416.

## **Host nation events ... Host nation events**

### **Around town**

The following host nation events are will be held in the cvoming weeks in the nearby communities:

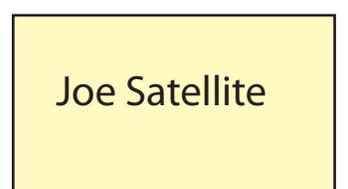
- Aug. 16-18, European-cup competition of scooters at St. Wendel
- Aug. 21-23, Old City Fest in

- downtown Baumholder
- Aug. 25, “Nabucco” at Thallichtenberg Castle. Entrance fee
- Aug. 29-30, Castle Fest at Kyrburg Castle, Kirn
- Sept. 7, market at Kirn, 9 a.m. to 2 p.m.
- Sept. 4-8, Kusel Fall Fair

- Sept. 5-8, Prämiemarket at Birkenfeld
- Sept. 5, flea market at Hom-burg/Saar
- Sept. 11-15, “Wurstmarkt” at Bad Dürkheim (largest wine fest)
- Sept. 13, Farmers Market at Berglangenbach

- Sept. 18-21, “Wurstmarkt” at Bad Dürkheim (largest wine fest)
- Sept. 18-19, International Mountain-Bike Marathon at St. Wendel
- Sept. 19-20, International Jazz Days at St. Wendel Saalbau. Entrance fee

- Sept. 19-21, Baumholder City Fair with a market on Monday



## Crete: vacation of a lifetime

By Ignacio "Iggy" Rubalcava  
U.S. Army Garrison Baumholder  
Public Affairs Office

If you love the sun and need a break from the often problematic German weather, then maybe a two-and-a-half-hour flight to the Greek island of Crete, in the rich blue waters of the Mediterranean is the answer to your suntanning dilemma.

Although now is the high season for summer travel, the fact that many Europeans are being more conservative with their finances makes it easier to book a last-minute summer getaway.

Your travel agency may also offer numerous day trips that can take you through one of the many gorges in Crete, or make your destination a pirate's cove and explore the coast along the way from the rail side of your ship. Most cruises offer plenty of time to cool off in the turquoise waters off the many beaches or lagoons along the coast.

The majority of the sun worshipers congregate on Crete's north shore. The largest concentration of hotels and sandy beaches are located on a stretch that starts from the coastal city of Rithimion and stretches 15 kilometers to the east. Book yourself a hotel in this region and you'll be in the middle of all the summer fun. If you're looking for a more relaxing vacation, try booking a stay farther west near the harbor town of Georgiopolis. There is still plenty of action, but the beaches are not as crowded.

From the Georgiopolis area you are only a half hour drive away from Chania, Crete's second largest city and former capital. The city is nestled at the base of the Akrotiri peninsula on Crete's northern coast. The narrow streets in Chania's old town are a souvenir hunter's treasure trove. Numerous alleys are lined with shops offering various merchandise ranging from handcrafted leather goods to extraordinary novelty gifts. The city has a Venetian-like harbor that is lined with restaurants and souvenir shops.

Regardless of where you stay, there's no need to waste away your time taking in the sun or chilling under an umbrella on the beach with a cold drink at your side, unless of course that is your objective. Beach-side locations offer numerous water sport activities such as parasailing or skiing, water skiing, wind surfing, banana boat rides, catamaran rides and the ever popular full throttle adrenaline rush of jet skiing.

No matter where in Crete your travels may take you, you'll always find a great place to eat. Because Crete has become a popular tourist location, most restaurants or "tavernas" offer their menus in



Photo by Ignacio "Iggy" Rubalcava

Such was a pirate's view from his sanctuary high atop a Crete island. Many Greek pirates were actually freedom fighters, struggling to break the island away from Turkish occupation.



Photo by Ignacio "Iggy" Rubalcava

A monastery on the Akrotiri Peninsula.

English so you won't be too surprised when the waiter brings your food. The key to an enjoyable meal in Crete is to remain flexible. If you absolutely feel you have to order a burger and fries, don't be surprised if the waiter returns with two large hamburger patties, a mountain of fries, a tomato and cucumber salad and a basket full of bread. Theoretically all the ingredients for a hamburger are there. They are just presented in a slightly different format.

Food and drink prices are very reasonable so they won't put a large burden on your finances. The island's currency is the Euro so it makes it easy to calculate what you spend.

One great way to experience more of Crete than what you see from under your beach-side umbrella is to rent a car.

Using your hotel as a base station, you can drive off on a road trip into Crete's mountainous countryside. At its narrowest point you can reach the south coast of the island from your north shore hotel in about one and a half to two hours.

Crete's south coast, commonly referred to as the Libyan side of the island, because its waters extend to Libya on the African coast, is mostly rocky and dotted with fishing villages, but there are plenty of secluded beaches that will offer you a lifetime of memories.

If you do rent a car, there are a couple of things to remember. Crete's National Road, which is the closest thing to an Autobahn, has a speed limit of about 80 kilometers per hour. Although the locals may push the envelope of this traffic ordinance, it's recommended you drive conservatively and obey the law. The National Road is a two-lane road, one lane in each direction and the middle of the road is shared with oncoming traffic.

The National Road spans the entire length of the island from east to west, making it easy to get you to your destination in good time.

Crete's back roads are, at best, one and a half lanes wide and can present some hazardous driving conditions, so drive defensively and go easy on the gas pedal. There are a few natural obstacles that will encourage you to drive defensively in Crete. Whereas most countries will use speed bumps and cameras to slow you down, Crete uses wild goats, landslides and old people to help control your speed. The wild goats and landslides are predominantly found in the mountainous regions and can surprise you around any curve. The old people are indigenous to the villages

and can also surprise you. Because of their chronological "maturity," they tend to misjudge the speed of an oncoming vehicle to that of their ability to make it across the road safely.

A safety tip when on the beach — pay close attention to the lifeguards and the daily weather warnings. The conditions on the beach can change from day to day or from one moment to the next. They can vary from still water with tiny ripples washing up on the shore to turbulent waves crashing onto the beach.

Red flags on the beach mean stay out of the water. A yellow flag means be extremely careful when going in the water. A green flag indicates safe swimming conditions. There are plenty of lifeguards who patrol the beaches on their quad bikes. Pay attention to their warnings and leave the water if they tell you to. They know their business and they know the beach. They are there for your safety.

The island is rich with history and culture. Because it is a Greek island, mythology once played a key role on this island. Evidence of Crete's mythological past is evident in the architecture and in the names of the locations you may visit. The people are friendly, very traditional in their ways and in Mediterranean fashion, they are very laid back. Take that into consideration when you interact with them.

As always, before embarking to any location outside of Germany, check in with the U.S. Army Garrison Baumholder force protection officer for any additional travel advisories that may exist for your destination of choice.

Pack your sunglasses and sun cream. A vacation of a lifetime awaits you on Crete.



Penguins entertain visitors at the London Zoo. Photo right: the Sherlock Holmes Museum on Baker Street.

# Young people's London

Teen finds plenty to explore while visiting British capital

Story and photos by  
**Zoe Weisel**  
Special to the Herald Union

As a young teen you might think it boring to spend your vacation in London. If so, you are very wrong.

There are so many things to do, you'd probably run out of time. London is not just famous for its nightclubs and parties, but also for its exciting tourist attractions.

Here are six reasons why young teens would have an unforgettable vacation in London.

### Madame Tussauds

Madame Tussauds: This is one of the most visited tourist attractions in London. You can be as close to your idols as never before. I am not talking about your actual idols but about their wax images. However, you can take loads of pictures standing next to people such as Johnny Depp or Dr. Martin Luther King.

### Jack the Ripper walk

The Jack the Ripper walk: If you are a fan of murder mysteries then this is a perfect way to spend one of your evenings. You will meet your guide at the Tower Hill station. He will take you to every scene of death and

tell you every gruesome detail about the White Chapel murders. The walk takes about one hour and 45 minutes.

### London Zoo

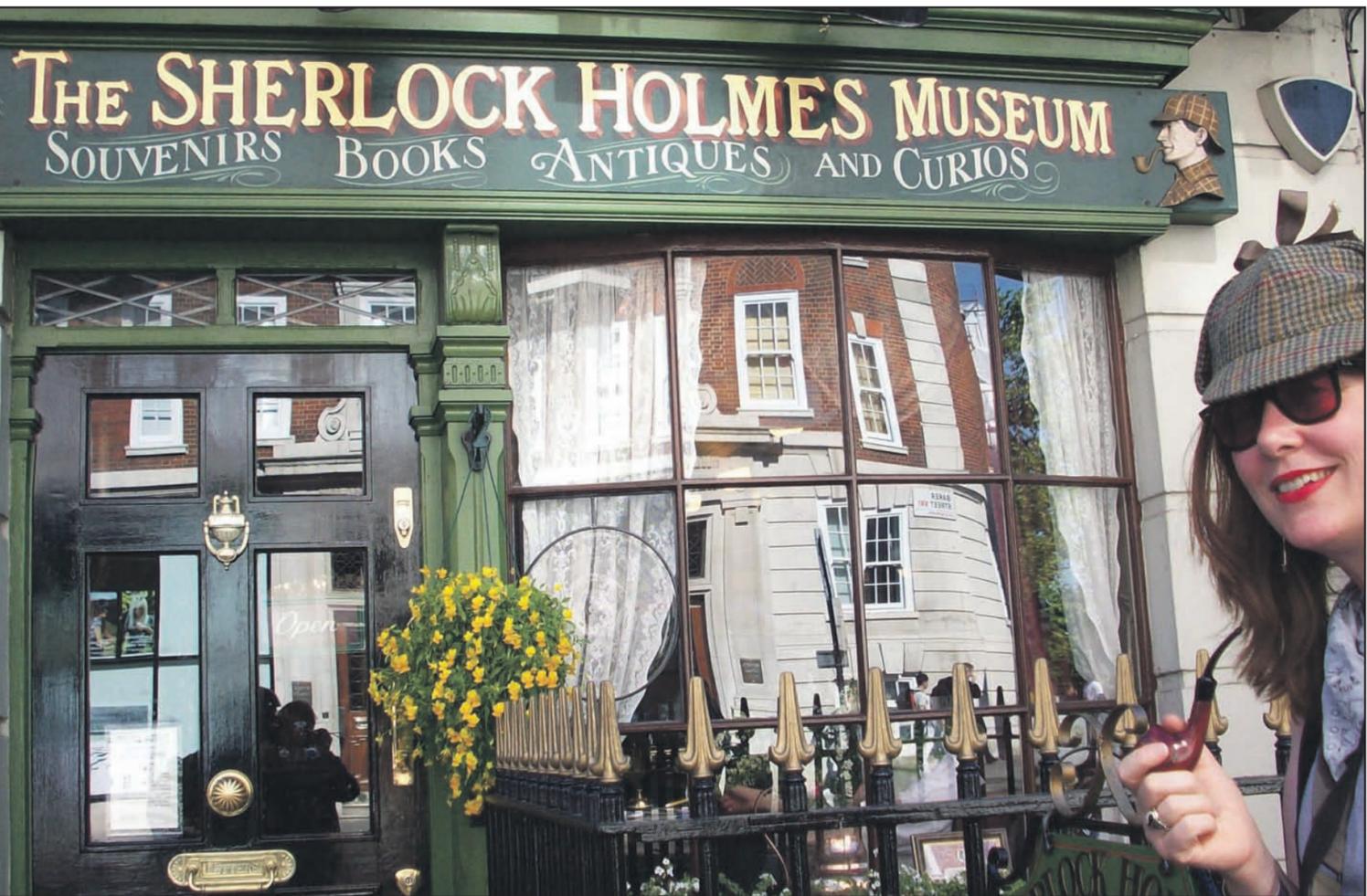
The London Zoo: This is also one of the main tourist attractions. There are a lot of exotic animals in the London Zoo. An example is the Komodo dragon. Also, there are a lot of animal shows during the day. If you are lucky, exotic birds will fly inches over your head. Even a skunk is featured. Among the many animals on display, some of the most popular attractions are the black-footed and rockhopper penguins — one of whom loves to have his belly rubbed

### Tower of London

The Tower of London: If you are interested in medieval culture you will enjoy a visit to probably the biggest tourist attraction in the whole of London. You will be able to learn exclusive details about that period of time. Mainly, you will learn about the life of Henry the VIII. You will even get a look at his bedroom and his throne.

### London theater

The Musicals: Just like



New York, London has a lot of theaters with all kinds of different musicals including "Wicked" and "The Lion King." If you are a fan of theater, you will very much enjoy watching a great cast of musical actors performing an amazing show.

### Sherlock Holmes Museum

The Sherlock Holmes Museum: Fans of the stories about this famous fictional detective will have a great time examining his lifestyle. There are wax figures, documents, evidence of the crimes and lots more.

So don't miss out on a great opportunity. These are only six experiences you can have in London. There are loads more.

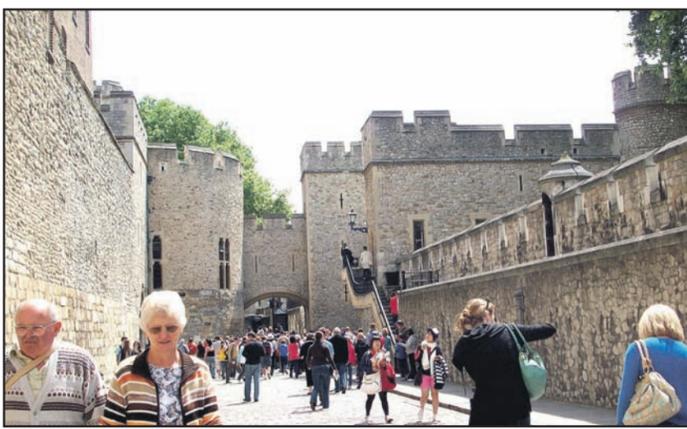
For more information check with your local library for books on London or visit your favorite tourist office to arrange a trip.

We traveled by train, but there are also various inexpensive flights available. Check the Internet for options.

I can't promise you that the weather will be nice, but I can definitely promise you that you will not be bored. (Contributor Zoe Weisel will be going into eighth grade next school year.)



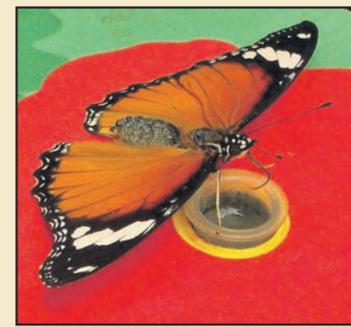
The Fab Four and other personalities await visitors at the Madame Tussauds Wax Museum. Photo right: A double-decker bus makes its way through downtown London.



Shoppers look for bargains at Camden Market. Photo left: London's Tower remains one of the city's most popular attractions.



# Bunches of butterflies



Besides featuring 750 different species of animals, London Zoo is also a butterfly paradise. Visitors are invited into the butterfly kingdom where they are surrounded by hundreds of free flying butterflies. Younger visitors will be impressed to learn that butterfly wings are covered in thousands of overlapping, tiny scales and that butterflies can taste with their feet.



# Sports and leisure



Photos by Karl Weisel

## Travel on two wheels

One of the great things about living in Europe is that marked bike trails are available in many countries. Whether you head to the Netherlands to battle the winds and pedal along the coast or make like Lance Armstrong and climb the mountains in Switzerland and France, you'll find plenty of fellow cyclists out on the trail. Closer to home are also a wide variety of biking opportunities. One ever popular local bike trip is to head north on the Rhein River from Mainz-Kastel toward Rudesheim (passing through many of towns along the route which hold wine festivals this time of year). Picnic up in the vineyards or enjoy lunch in one of the many restaurants and eateries along the trail. Hop on the ferry at Rudesheim, crossing over to Bingen and then pedal back down the river on the other side to Mainz. Signs all along the route indicate distances and directions for bikers. Photo above: Bikers cross the river on the ferry to Bingen. Photo above left: A view of Rudesheim along the trail. Photo left: A field of poppies near Ingelheim off the bike trail. For more information about cycling opportunities in the area, upcoming bike trips or renting gear stop by Outdoor Recreation (next to the shoppette) on Wiesbaden Army Airfield.



### Night of the Churches

The Church of St. Augustine of Canterbury in Wiesbaden, known to many as the "English Church," is located on Frankfurter Strasse, adjacent to the park. The English-speaking congregation, carrying on the traditions and worship of the Anglican/Episcopal Church, is a mixture of Americans, British, German and other nationalities. The church holds its eighth annual Night of the Churches Sept. 4 with various programs and services starting at 6:15 p.m. Visit [www.staugustines.de](http://www.staugustines.de) or call civ (0611) 306 674 for more information.

### Baumholder Book Club

Baumholder Library invites readers to join the Baumholder Book Club which meets the last Thursday of each month at the library at 6 p.m. Membership is free.

### Upcoming festivals

Kostheim holds the **Kostheimer Vintner Fest** Aug. 14-18; Rudesheim holds the **Rudesheimer Wine Fest** Aug. 14-17 and Wiesbaden features the **Rheingau Wine Festival** Aug. 14-23. See Things to Do on the garrison home page at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil) (click on the Things to Do link) for more upcoming fests. Frankfurt holds its annual Museumsuferfest featuring international cuisine, exhibits, live music, dragon boat races and more Aug. 28-30.

## Things to do

### Kontakt goes to Movie Park

The Wiesbaden Kontakt Club features a trip to the Movie Park Germany in Bottrop Sept. 26. Members will leave from the Buffalo Steakhouse at Berliner Strasse in Wiesbaden at 8:30 a.m. Email [ralf@outreach-wiesbaden.com](mailto:ralf@outreach-wiesbaden.com) if interested in joining the trip.

### Operation Rising Star

The U.S. Army Garrison Wiesbaden Rising Star Competition will be held Aug. 28 at 7 p.m. at the Community Activity Center on Wiesbaden Army Airfield. The deadline to register is Aug. 21. Stop by the Community Activity Center or visit [www.OpRisingStar.com](http://www.OpRisingStar.com) to register.

### Travel with the USO

Rhein-Main Area USOs feature the **Amsterdam Express** Aug. 15 and trips to **Movie Park** Aug. 16, **Reims** Aug. 22, **Euro-Disney Paris** Aug. 23, **Riesling Route with Eric the Red** Aug. 23, **Rhein castles** Aug. 25, **Luxembourg** Aug. 29, **Cologne by train**



Aug. 29, **Mosel castles** Sept. 4 and **Black Forest and Triberg** Sept. 5. Stop by the USOs on Wiesbaden Army Airfield or at the Hainerberg Shopping Center for more reservations.

### Jazz in the Kurpark

Joan Faulkner and band, and the Wiesbadener Juristenband will perform at 11 a.m. Sept. 6 in the Wiesbaden Kurpark. Entrance is €21.

### Conversational German

Baumholder's SKIES program offers conversational German classes for children ages 3-18. Classes are Tuesdays and Wednesdays in Building 8046. Cost is \$60 or one AFC SKIES credit. Call mil 485-7003 or civ (06783) 6-7003.

### Palmengarten blues

The U.S. Consulate and the *Frankfurter Rundschau* present "Blues — Sunny Side Up" featuring Harriet Lewis, Tommie Harris and the Bluesnight Band Aug. 20 at 7:30 p.m. in the Frankfurt Palmengarten. Tickets are €10.

The Palmengarten is located at Siesmayerstr. 63.

### Hired!

Teens age 15-18 are invited to gain career experience through Wiesbaden Youth Service's Hired apprenticeship program. Call Steven Hall at mil 335-5169.



Members of the U.S. National Track and Field Team Lela V. Nelson (left), Olympian Paul Terek (right) and men's head coach Mario Sategna talk to Wiesbaden youths.

## Thorpe Cup: World-class athletes inspire Wiesbaden youths

Story and photos by Jennifer Clampet  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

The competitive world of track and field vaulted itself into the minds of local youth earlier this month.

Children in Wiesbaden's Child, Youth and School Services' School-Age Services Program stared up at their guest speakers Olympian Paul Terek and heptathlon athlete Lela V. Nelson as the duo ran a question and answer session at the Teen Center Aug. 6.

How old are you?  
What do you do?

When did you start running?

And just as the questions died down, another one shot from the back, "Do you make any money?"

The question stirred laughter among the members of the U.S. National Track and Field Team crowded into the room.

"We all had our chances to be professional athletes," said Terek. "But we chose to do something we really liked to do. You can't go half a different ways. You have to choose one thing and go one way."

For Terek that one way was track and field.

Nelson and decathlon athlete Chris Randolph noted that training for events takes dedication.

Decathlon competitions include 100-meter, 400-meter, 1500-meter, 110-meter hurdles, shot put, javelin, high jump, long jump, pole vault and discus events.

And while most of the U.S. national track team members started their running careers in middle school and high school, Tom Pappas said he had no such aspirations.

The 2003 world decathlon champion and three-time Olympian described himself as an average athlete in high school.

Pappas, now 32, said it wasn't until his sophomore year in college that he actually started to think that running would take him somewhere.

The USA teams stopped at the U.S. Army Garrison — visiting with Soldiers at the dining facility and signing autographs at the Wiesbaden Fitness Center — before heading to Marburg for the 16th annual Thorpe Cup competition.

Days later, Aug. 8-9, Pappas won the Thorpe Cup competition and led the USA men's team to a victory over Germany. The Thorpe Cup is known by some as the world's most important nation-versus-nation team decathlon — a meet between American and German men and women teams. The U.S. men's teams have won 13 of the 16 competitions.

Meet and greets at Wiesbaden garrison facilities were intended to help drum up support for the American athletes at the German-hosted competition, said meet director Hermann Holzfuß.

At the Wiesbaden Fitness center, 11-year-old Madison Ralph wove her way into the crowd of athletes looking up at each with a pen, a book and a smile. As the softball-, soccer- and swimming-loving pre-teen corralled autographs from the Olympic hopefuls, Ralph admitted she's never participated in track and field events. But meeting the athletes was definitely "cool" she said, adding, "They're taller than I thought they would be."



Members of the U.S. National Track and Field Team sign autographs during a visit to the U.S. Army Garrison Wiesbaden Fitness Center Aug. 6.

## Sports shorts

### USO golf scramble

A USO Golf Scramble will be held Sept. 19 at the Rhein-blick Golf Course. Sign-up deadline is Sept. 15. Entry is \$45 or €45 a person. Fee includes a welcome bag, golf cart, green fees, range balls, dinner and giveaways. To register visit [www.uso.org/rheinmain](http://www.uso.org/rheinmain) or any USO in Wiesbaden. Call civ (0611) 721 010 or mil 337-5591.

### Team soccer practice

Baumholder soccer players are invited to join in coed soccer. Practice is each Monday and Wednesday from 6-7:30 p.m. at Minick Field. Call mil 485-6671 or civ (06783) 6-7418 for details.

### All-Army hockey team

The 2008 USAFE hockey championship team, the Baden Bruins, seeks experienced ice hockey players for its upcoming season. The Bruins are coached by former NHL player Bob Sullivan and also play in the local German mens league. Contact Ken Robinson at civ (0172) 626 3642, email [admin@badenbruins.com](mailto:admin@badenbruins.com) or visit [www.badenbruins.com](http://www.badenbruins.com).

### CYSS Coaches Clinic

CYSS Sport and Fitness is holding a Coaches Clinic Aug. 15 at 8 a.m. at the Wiesbaden Middle School and teen center. CYSS still has coaching positions open for cheerleading for ages 3-15, flag football for ages 7-12, soccer for ages 3-15 and volleyball for ages 8-15. Teams for ages 3-5 practice once a week. Teams for ages 6 and

up practice twice a week. Call mil 337-7940 or civ (0611) 705-7940 for details.

### Wiesbaden Wahoos want you

The Wiesbaden Wahoos youth swim team seeks new members for the fall/winter swim season. Youths ages 6-19 able to swim a minimum of 50 meters freestyle are welcome to join. A mandatory registration meeting will be held Aug. 25 at 6 p.m. in the Army Community Service cafeteria in Hainerberg Housing. Swimmers must have a physical form completed and signed by a health care provider before the start of the season. Swim clinics will be held Aug. 17-22 (for experienced swimmers) and Aug. 24-28 (for less experienced swimmers) from 8-10 a.m. at the Kleinfeldchen pool in Wiesbaden. Coach Debra Kruecken (an Olympic qualified swimmer) will conduct both clinics. Registration is required for both clinics. Contact [swimwahoos@yahoo.com](mailto:swimwahoos@yahoo.com) or visit [www.wiesbadenwahoos.com](http://www.wiesbadenwahoos.com).

### Bodybuilding Championship

The 2009 U.S. Forces Europe Bodybuilding Championship will be held Sept. 12 at the Wiesbaden Fitness Center. It is open to all U.S. ID cardholders. Call civ (0611) 705-5541 for details.

### Rolling Hills golfing

An American Club Golf Champion Stroke Play event will be held Aug. 15-16. Cost is \$75 to enter. Call mil 485-7299 for details.

**Boxing smoker**  
Male and female boxers are invited to compete in a unit-level boxing event Aug. 29 at 6 p.m. at the Wiesbaden Fitness Center. Send an email to [sameul.j.lee@eur.army.mil](mailto:sameul.j.lee@eur.army.mil) or call civ (0176) 665-76446 if interested in competing.



Photo by Jennifer Clampet



## Movie plots

**The Time Traveler's Wife (PG-13)** — Clare (Rachel McAdams) has been in love with Henry (Eric Bana) her whole life. She believes they are destined to be together, even though she's never sure when they will be separated because Henry is a time traveler — cursed with a rare genetic anomaly that causes him to live his life on a shifting time line.

**Land Of The Lost (PG-13)** — Will Ferrell stars as has-been scientist Dr. Rick Marshall who is suddenly spat back through time. With no weapons, few skills and questionable smarts in an alternate universe full of marauding dinosaurs and fantastic creatures, Marshall must use everything he has to survive.

**District 9 (R)** — Twenty-eight years ago when aliens made contact with Earth, humans waited for a hostile attack or giant advances in technology. Neither came. Instead the aliens were refugees, the last survivors of their home world, and they were set up in a makeshift home in South Africa's "District 9" as the world's nations argued over what to do with them. Tension between the aliens and humans comes to a head when Wikus van der Merwe (Sharlto Copley) contracts a mysterious virus that begins changing his DNA.

**G.I. Joe: The Rise Of Cobra** — From the Egyptian desert to below the polar ice caps, the elite G.I. Joe team uses the latest in next-generation spy and military equipment to fight corrupt arms dealer Destro and the growing threat of the mysterious Cobra organization.

**My Life In Ruins (R)** — Nia Vardalos, writer and star of "My Big Fat Greek Wedding," stars in this comedy. Georgia (Vardalos) has lost her kefi (Greek for mojo). Discouraged by her lack of direction in life, she works as a travel guide, leading a rag-tag group of tourists as she tries to show them the beauty of her native Greece. While opening their eyes to an exotic foreign land, she too begins to see things in new ways in the process.

**Imagine That (PG)** — A powerful financial executive whose career was sent spiraling down the drain due to a sudden lack of confidence finds the answers to his inexplicable setback in an imaginary world dreamt up by his young daughter in this fantasy comedy starring Eddie Murphy.

**Up (PG)** — Carl Fredricksen spent his entire life dreaming of exploring the globe and experiencing life to its fullest. But at age 78 life seems to have passed him by, until a twist of fate and a persistent 8-year-old Junior Wilderness Explorer named Russell gives him a new lease on life. The unlikely pair encounter a host of adventures.



Eric Bana and Rachel McAdams share each other's company temporarily as they are torn apart by Bana's condition which causes him to live his life on a shifting time line in "The Time Traveler's Wife."

## At the movies Aug. 13-27

**Baumholder, Wagon Wheel**  
Theater is closed through Sept. 16 for renovations.

### Wiesbaden, Taunus

- Aug. 13 — Land Of The Lost (PG-13) 7 p.m.
- Aug. 14 — G.I. Joe: The Rise Of Cobra (PG) 4 and 7 p.m. District 9 (R) 9:30 p.m.
- Aug. 15 — G.I. Joe: The Rise Of Cobra (PG) 4 and 7 p.m. District 9 (R) 9:30 p.m.
- Aug. 16 — G.I. Joe: The Rise Of Cobra (PG) 4 p.m. District 9 (R) 7 p.m.
- Aug. 17 — District 9 (R) 7 p.m.
- Aug. 18 — My Life In Ruins (R) 7 p.m.
- Aug. 19 — The Hangover (R) 7 p.m.

- Aug. 20 — Imagine That (PG) 7 p.m.
- Aug. 21 — Terminator Salvation: The Future Begins (PG-13) 4 p.m. The Time Traveler's Wife (PG-13) 7 and 9:30 p.m.
- Aug. 22 — Up (PG) 4 p.m. The Time Traveler's Wife (PG-13) 7 and 9:30 p.m.
- Aug. 23 — Up (PG) 4 p.m. The Time Traveler's Wife (PG-13) 7 and 9:30 p.m.
- Aug. 24 — The Time Traveler's Wife (PG-13) 7 p.m.
- Aug. 25 — The Taking Of Pelham 1 2 3 (R) 7 p.m.
- Aug. 26 — Year One (PG-13) 7 p.m.
- Aug. 27 — The Taking Of Pelham 1 2 3 (R) 7 p.m.



Sharlto Copley finds himself joining the aliens in a special holding facility when he is infected with a strange disease that alters his DNA in "District 9."

# *Freestyle*

---

# *Freestyle*

---