

# Herald Union



Vol. XIV, No. 22

Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden

Aug. 16, 2012



Photo by Staff Sgt. Brooks Fletcher

## Pedaling on to healing

Romanian Army bilateral amputee 1st Sgt. Vasile Zbanca and amputee 1st Sgt. Valerica Slaniceanu lead cyclists while cruising downhill during the 14-mile community ride at Bostalsee, Aug. 4. The ride was the culmination of the four-day Wounded Warrior Project-hosted Soldier Ride Germany held in Oberhambach. The event allows the warriors the opportunity to continue to rebuild their confidence and strength in a supportive environment. See page 8 for the story and more photos.

## That's right

### Command sergeants major focus on improving health of force

By Wendy Brown  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

U.S. Army Garrison Wiesbaden Command Sgt. Maj. Sa'eed Mustafa likes it when he sees "what right looks like," and a trio from Better Opportunities for Single Soldiers showed him just that Aug. 3.

### Warrior Ethos

"I get goose bumps just listening to this young Soldier right here," said Mustafa, referring to Better Opportunities for Single Soldiers Spc. Jayse Knapp, who had just spoken about the program during a luncheon Mustafa organized for the community's sergeants major at the dining facility.

"If we had more Soldiers like this, out there doing the types of things these Soldiers right here are doing, we'd have fewer

DWIs, less domestic violence, fewer drug problems and all of the other issues that we have sometimes with some of our junior Soldiers," Mustafa said.

Mustafa, who assumed responsibility in July, also used the time to recognize the volunteer work of BOSS volunteers Spc. Charles Auteberry and

Sgt. Jesse Mathews of the 421st Multifunctional Medical Battalion.

Auteberry, also an Eagle Scout, and Mathews volunteered more than 80 hours of time with to the Pack 65 Cub Scout Rheingold District Day Camp at the Rheinblick Recreation Complex the week of July 25-29, said Knapp.

The "What Right Looks Like" spots from the U.S. Army

**See Right on page 3**

## Pet travel options possible on Patriot Express flights

The Patriot Express, Department of Defense-chartered air travel, originating at Baltimore/Washington International Airport and transiting to Ramstein Air Base offers options for Trans-Atlantic travel with pets.

"During the summer months, May through September, most airlines may impose a summer heat embargo and will not allow individuals to transport pets in the cargo compartment," said

Maj. Steven Czap, operations officer with USAREUR G1. "Most Patriot Express flights to BWI are climate controlled and can fly year-round without restrictions on breeds. Air temperature and pet travel costs on PE are generally cheaper when compared to commercial carriers."

According to the Air Mobil-

**See Pet travel on page 6**

## Inside



### Reader feedback

"Jet skis and water sports stuff," is what Sgt. Dustin Kueck of the 148th Military Police Platoon said would make his community more like home. See page 2 for more feedback.



### FRGs support families

V Corps FRGs keep families connected and active during deployment. See page 5.



### Blood Drive

Local drive collects 80 pints of blood for the American Services Blood Program. See page 16.

## Feedback: *What would make your community more like home?*



**Catalina Ramirez**  
**Wiesbaden spouse**

“We live in Newman Village and it’d be nice if they had playgrounds open so the kids can go outside and play. And having a swimming pool, that would bring the community more together especially on warm days like this.”



**Ricky Anderson**  
**U.S. Army Garrison**  
**Baumholder employee**

“If we were closer to a beach or water, because I used to live on the coast near water in the States.”



**Sgt. Benjamin Ashmead**  
**148th Military Police**  
**Platoon**

“Swimming pool outdoors or at the gym.”



**Elizama Monteiro**  
**Baumholder spouse**

“I’ve been in a military family for eight years so I’m used to just adapting, but I think they do a good job over here of taking care of us and trying to make it feel more like home.”



**Gladys Eke**  
**Wiesbaden spouse**

“I think everything we have is working. The clinic, the bank, commissary, PX — it feels like home. We can get everything we need that you can get in the States.”

## Ask the commander:

### Have a quality-of-life question or comment?

**Editor’s note:** *Have something you’d like to share with the commander — questions, comments or suggestions about quality-of-life issues? Please visit the garrison’s Facebook, Twitter or Interactive Customer Evaluation pages (easy access via the garrison’s home page at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil)), send an email to the Public Affairs Office ([usagwiesbadenpao@eur.army.mil](mailto:usagwiesbadenpao@eur.army.mil)) or a letter to the editor (see address below).*



**Col. David Carstens,**  
**U.S. Army Garrison**  
**Wiesbaden**  
**commander**

when I drop my two off because I have grown to know the great staff Mrs. Katherine and Mrs. Patricia have. Thanks ladies for all you do and your wonderful staff.

### Concerned about security

**Gene F. commented:** After contacting the MPs, who thought my question was silly, I would like to know how the commander feels about the following: I am a chief warrant officer 4, living in field grade quarters in Aukamm Housing, and have observed several local nationals parking in front of my building. Two were today, July 28. I observed them parking in front of my stairwell then going outside the gate and catching a bus. What will it take for the MPs to think this is inappropriate, a bombing? In today’s world, no one should be parking in front of U.S. military housing unless they are a guest of the building, the MP’s excuse to call the Polizei, is something I find appalling after serving in the Army for more than 21 years. When I deploy, I need to know my family is safe. I do not feel that at the present.

**Response:** *Thank you for being observant and taking notice of vehicles and personnel who do not appear to belong in the housing area. The proper action in situations like this is to notify the Military Police and report what you*

*observed. The Military Police will then look into the matter by checking the vehicles and, in conjunction with the German Polizei, run the license plates to determine who the owners are and if they present any type of threat to the community. I assure you that we take the safety and security of our Soldiers, civilians and Family members seriously, but we are in a unique situation compared to other installations you have been stationed at in your career. The Hainerberg, Crestview and Aukamm housing areas are open and have public streets running through them that belong to the city of Wiesbaden. This means that the local laws and ordinances apply to the streets and, unless there are signs prohibiting it, on street parking is open to everyone including host nation personnel. The Directorate of Emergency Services has developed a strong working relationship with the German Polizei to ensure the safety and security of personnel living in these areas. The MPs and Polizei patrol the housing areas independently, conduct joint patrols and traffic compliance checkpoints, and conduct covert surveillance on a regular basis in order to detect and deter criminal activity. Again, thank you for taking notice of something that didn’t look right, and I encourage you to continue to remain vigilant, report anything suspicious to the Military Police (at mil 337-5096/5097 or civ 0611-5096/5097) and encourage others to do the same.*

### Great CYSS service

**Connica M. commented:** I would like to take this opportunity to let everyone know what great service my family and I have received from the Hainerberg School Age Center and the Hainerberg day care. When I got here I was feeling nervous about sending my newborn to a place I didn’t know. It is hard being dual military and knowing you have to miss so much of your children’s day. However both the SAC and the day care center pride themselves on being compassionate and showing they really care. They are not doing their job for a paycheck but they are doing it because they genuinely care. I wholeheartedly appreciate everything that both centers are doing to keep parents informed and taking care of my little ones. I am writing this with tears because it really is hard to trust people with your children these days. But I honestly don’t worry

Keep up with the latest news and share feedback with community leaders and friends through U.S. Army Garrison Wiesbaden’s presence in social media. Like the “Garrison Wiesbaden” on Facebook at: [www.facebook.com/usagwiesbaden](http://www.facebook.com/usagwiesbaden). Follow the garrison on Twitter: [www.twitter.com/usagwiesbadenpa](http://www.twitter.com/usagwiesbadenpa). Get lost in the Flickr photo stream at [www.flickr.com/photos/wpao](http://www.flickr.com/photos/wpao).

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## News flash

### Safety registration system changes

The Army Traffic Safety Program registration requirements for motorcycle and driving safety classes will change Oct. 1 due to its migration to the Digital Training Management System. Only designated unit personnel will be able to register Soldiers for safety classes through DTMS. The following courses are offered only to military personnel: basic rider, experienced rider, military sports bike rider, intermediate driver training and remedial driver training/driver improvement training. Motorcycle classes are held at the Motorcycle Safety Training Range at McCully Barracks Building 6291. The driving safety classes are held at the In-processing Training Center classroom at Clay Kaserne Building 1043. Military personnel should contact the Safety Office at 337-7417 for more information.

### Legal education program

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Selected officers will attend law school starting in fall 2013 and will remain on active duty while attending law school. Interested officers should review Chapter 14, AR 27-1 to determine eligibility. The program is open to commissioned second lieutenants through captains. Applicants must have at least two, but no more than six years, of total active federal service at the time legal training begins. Eligible officers interested in applying should register for the Law School Admission Test. Send requests through command channels, including the officer's branch manager at AHRC, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron, Room 2B517), 2200 Army Pentagon, Washington, D.C. 20310. Applications must be received by Nov. 1, 2012. Interested officers should call the V Corps Rear SJA at mil 337-4700 or civ (0611) 705-4700 to schedule an interview.

### Central Issue Facilities closed

The Baumholder and Wiesbaden Central Issue Facilities will be closed Aug. 27-31 for annual inventory. In case of an emergency call the Baumholder CIF at mil 485-7470 or Wiesbaden CIF at mil 337-5653.

### Seeking ACAP counselor

The U.S. Army Garrison Baumholder Army Career and Alumni Program is accepting applications to fill positions for a part-time and full-time counselor. The counselor would provide transition and job assistance counseling and conduct pre-separation briefings and job assistance seminars. Applicants should possess a master's degree, and have a minimum of two years of experience in counseling, training, education or a related field. Applicants should have experience with Microsoft software programs such as Windows, Word and PowerPoint, and show a fluency in using the Internet. Applicants must also be eligible for individual logistical support. Submit resumes to [catharine.e.banks.ctr@mail.mil](mailto:catharine.e.banks.ctr@mail.mil). Call mil 370-9474 or civ (06221) 57-9474 for more information.



## Making BOSS commitments

U.S. Army Europe Command Sgt. Maj. David Davenport presents the "BOSS Commitment" bag to Spc. Jayse Knapp, U.S. Army Garrison Wiesbaden Better Opportunities for Single Soldiers president, to symbolize his commitment to the program during a visit Aug. 7. During the visit Davenport also discussed improving the overall health of the force with local sergeants major and first sergeants.

Photo by Chrystal Smith

# Right . . . . .

## Continued from page 1

Europe came to mind when thinking about Auteberry and Mathews, Mustafa said.

"When you've got Soldiers out there volunteering their own personal time to do these types of things it makes the community better," Mustafa said. "Obviously it helps grow them as good Soldiers and leaders, and then it mitigates all that other foolishness that we've got to deal with out there."

Knapp updated the senior NCOs on recent BOSS volunteer activities and upcoming trips.

"We have a very positive reputation," Knapp said. "We go on free or discounted trips. We have free food and free barbecues. We volunteer at everything. All of the Soldiers who want to be in it are in it and do amazing things."

Mustafa asked the sergeants major to encourage single Soldiers to get involved in BOSS. "These are once-in-lifetime types of opportunities, and it would be a shame for them to be in Europe and not take advantage of them," Mustafa said.

### Other topics

In addition to news on the active-ness of BOSS, the sergeants major also heard briefings from Housing, Andrews Federal Credit Union, Military Personnel Division, the Veterans of Foreign Wars and the Directorate of Emergency Services.

Victor DiMarzo, supervisory housing specialist, said the garrison is in the process of giving management control of the barracks back to the units, and garrison officials expect the barracks to go back to the units by mid-September.

The garrison will continue to

provide support and training after the transition, DiMarzo said.

In other barracks news, all but two of the barracks buildings have transponder locks, DiMarzo said, but Soldiers need to be aware that lost keys cost \$53 to replace.

Earnestine Hatley, U.S. Army Garrison Wiesbaden Military Personnel Division chief, said her office is making significant progress on completing a garrison-wide initiative aimed at identifying trained sponsors.

Sgt. 1st Class Rolando DeLeon, a military police officer representing DES said the community needs to work toward decreasing incidents of driving under the influence charges.

Four Soldiers assigned to Wiesbaden were charged with DUI in the last three months, DeLeon said. "Four DUIs in under a 90-day period is an awful lot of DUIs for Soldiers," he said, noting that AAFES sells breathalyzers for about \$4 a piece, and he encouraged people to use them.

DeLeon also encouraged the sergeants major to participate in a ride along program that Lt. Gen. Mark Hertling, USAREUR commander, spearheaded. The ride-alongs take place on weekends and holidays and during the hours of darkness, DeLeon said.

"My MPs are going to take you out and show you all the hot spots of where the Soldiers hang out," DeLeon said.

Al Johnson, vice president of overseas operations of Andrews Federal Credit Union, said bank representatives are available to come to units for personal finance education.

"I see too many Soldiers using

ATM machines, and they throw the receipts in the trash, and they don't maintain a check register, so we end up with (charges for insufficient funds). They write a check for \$10 and end up paying about a \$45 NSF in the process. getting \$45 for \$10 to me just doesn't make sense," Johnson said.

Jeff Wagaman, District One international commander for the VFW, said the organization is 2.1 million strong worldwide, and has more than 15,000 members in Europe. Wiesbaden, he said, is the largest VFW post in the world, with just under 3,000 members aimed at helping Soldiers with grants, lobbying Congress on behalf of veterans' issues and providing financial support to youth organizations.

The VFW is about strength in numbers, Wagaman said, and he encouraged Soldiers to become members if they are not already.

"It's not about the now, because you might not need the services now, because we're all young and healthy and hooah, hooah, but down the road when you're broke, you're hurt, you're disabled, who do you turn to? You turn to the VA for your...help," Wagaman said.

The VFW in Wiesbaden meets the second Thursday of every month at Building 7005, Crestview Housing Marsweg 3, 65191 Wiesbaden. Meetings start at 5 p.m. with socializing, and at 7 p.m. the organization starts meeting business. For more information, visit [www.vfwpost27.org](http://www.vfwpost27.org).

Visit [www.wiesbaden.army.mil/sites/mwr/boss](http://www.wiesbaden.army.mil/sites/mwr/boss) for more information about BOSS or call mil 337-5042 or civ (0611) 705-5042.

## Working on the railroad

*Railway industry offers jobs for veterans*

Soldiers, Sailors, Airmen and Marines considering separating from the active-duty military this year may seek employment options in the railways industry, which recently became the latest to pledge jobs to veterans.

Transportation Secretary Ray LaHood announced the 5,000-job pledge in a conference call with reporters, making rail the latest industry to offer jobs as part of the Joining Forces campaign. He was joined by Ed Hamberger, president and CEO of the Association of American Railroads, and Navy Capt. Brad Cooper, director of Joining Forces, which First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, created to help service members, veterans and their families.

Obama and Biden announced the hiring campaign last summer, with a goal of hiring 100,000 veterans or military spouses by 2013. Today, Cooper said, 1,600 companies have signed on to the Joining Forces challenge, hiring 90,000 veterans and spouses with pledges to hire 170,000 more in the coming years.

What is unique about the announcement, Cooper said, is that the 5,000 rail jobs are open now or in the very near future. They are listed on the association's website at [www.aar.org](http://www.aar.org).

The jobs, offered by about 500 companies, range from operating locomotives to working in signaling and telecommunications. "It's the whole spectrum of work," Cooper said. Most of the jobs are in freight rail, but also with Amtrak, commuter rails and rail supply companies, he said.

The industry is hiring because it's growing, Hamberger said, with some \$23 billion in investments at the same time that nearly a quarter of the freight rail workforce will be eligible to retire by 2015.

"We want to reach out and let veterans know that we're hiring," he said.

The industry has actively recruited veterans since it sought out military academy graduates to build the first railroad system more than 200 years ago, Hamberger said.

"We've learned that the skills service members learn in the armed forces translate very well to our industry," he said. "We, first and foremost, are focused on safety. You learn in the armed services that if you don't follow the rules, bad things happen."

"We need teamwork, dependability and high tech," he added, noting that military experience builds those skills.

The rail industry made more than 20,000 new hires last year — which was more than 5,000 than it expected — and one in four are veterans, Hamberger said.

Improving the nation's railways and hiring veterans are two of President Barack Obama's priorities, LaHood said. "Today's generation of heroes has made the United States safer and more respected around the world," he said. "The president has asked that we serve them as they have served us."

About 15,000 veterans work for the Transportation Department, LaHood said, and 3,000 of those have disabilities, many from their military service. The department recently created a Web portal — [www.dot.gov/veterantransportationcareers](http://www.dot.gov/veterantransportationcareers) — "that tells our returning warriors what jobs are available and how they can become certified," he said.



Photo by Karl Weisel

## Digging down to build up

Construction crews dig out space for the foundation of the new Information Processing Center July 31. The new 59,000-square-foot facility, located by the Community Activity Center on Wiesbaden's Clay Kaserne, is expected to be completed in October 2013. It will consolidate and expand several key organizations including 5th Signal Command's Theater Network Operations and Security Center, 5th Signal's Intelligence Office, U.S. Army Europe's Information Assurance Program Management Office and the Regional Computer Response Team Europe.

## Signal battalions prove net readiness 102nd, 69th Signal Battalions win NEC of the Year

**Sgt. Brian Rodan**  
5th Signal Command  
Public Affairs Office

Two 5th Signal Command units received top honors in this year's Network Enterprise Center competition.

The Network Enterprise Technology Command awarded the 102nd Signal and 69th Signal Battalions the 2012 Network Enterprise Centers of the Year in the medium and large categories, respectively.

"This worldwide competition measures the quality of service continuously provided to our customers and to our Army," said Col. Bruce Crawford, 5th Signal commander. "These winners exemplify the teamwork, leadership and selfless service that make our Army strong."

The NEC performs network operations, network management, information assurance, telephone service, and sustains base information and network services in support of both military and interagency organizations. The NEC ensures that enterprise services such as email, user storage, office automation, collaboration and information assurance are implemented and managed in accordance with current policy, procedural guidance and management procedures.

"It's definitely something that



102nd and 69th Signal Battalion crests

the command sergeant major and I are proud of; and not because of anything we did, but what each member of the 'Net Ready' battalion did," said Lt. Col. Nathan Bollinger, 102nd Signal Battalion commander. "Both servicing NECs in Wiesbaden and Baumholder, to include my headquarters and headquarters detachment and supporting S1, S2, S3, and S4 staffs, played a huge part in our success the past year."

"Together as a team we cultivated success," said Lt. Col. Wendy L. Rivers, 69th Signal Battalion commander, which is headquartered in Grafenwöhr. "I'm so proud of the hard work and dedication of everyone involved from the Soldiers, civilians, local-national employees, tenant units, my brigade, my fellow commanders and 5th Signal Command."

"Despite the tough road we traveled this past year, we're extremely happy and satisfied that the efforts are recognized," she said.

The 102nd and 69th had to meet

certain criteria to win within their respective categories during the competition.

"NEC award selectees supported enterprise solutions and demonstrated the most innovative solutions to resource shortfalls and other specified criteria," said Bollinger.

To win this competition, each NEC had to come together as a team and work hard to beat the other competitors, officials said.

"I attribute the organization's success to the dedicated cadre of Soldiers and the U.S. and host nation employees who work throughout the entire battalion. They come to work everyday with one main purpose and that is to take care of our customers," said Bollinger.

"Every individual assigned to the 69th Signal Battalion displayed dedication and perseverance," said Rivers. "There is no one person or group of people who made this happen. It was clearly a team effort."

"This group of fine professionals took every project, enterprise initiative and completed it better than best. In addition, our brigade gave us all the resources, guidance and support needed to win such a prestigious award. What an honor to be titled NETCOM 'NEC of the Year,'" she said.

## Keeping V Corps families connected

*Family readiness groups offer range of support and activities to families during deployment*

**By Wendy Brown**  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

It was the first V Corps spouses' night out that Priscilla Washington had attended since her husband left for Afghanistan, and she had a big smile on her face.

Washington, along with three other women, had met V Corps family readiness events coordinator Jennifer Kuhar for a spouses' night out of bowling at the Wiesbaden Entertainment Center July 27. "It's a good way to get out of the house and do something different," Washington said.

Although the V Corps deployment to Afghanistan started about three months ago, the organization's family readiness groups are going strong, and it is not too late to get involved.

It is important for family members of deployed Soldiers to keep in touch with V Corps through the family readiness groups because they are the only channel of official information, said Lt. Col. Michelle Clark, V Corps Rear Detachment commander. "It's a good program," Clark said. "It's like a lot of things — you get out of it what you put into it."

Also, V Corps officials are making special efforts to keep family members informed, Clark said.

Brig. Gen. Ricky D. Gibbs, deputy commander of V Corps, held a town hall meeting via video on July 17 to answer questions and give family members an idea of what life is like for Soldiers in Afghanistan, Clark said.

Gibbs hopes to make the town hall meetings a once-a-month event, Clark said, and has tentatively scheduled another for Aug. 20. Anyone interested in attending should contact the family readiness group leader for details.

Colleen Long, headquarters company family readiness group leader, said family readiness groups are a wonderful way to meet people, and the events for spouses particularly help.

"It's a good way to stay connected



Photos by Wendy Brown

**Priscilla Washington, V Corps spouse, bowls at the Wiesbaden Entertainment Center during a V Corps Family Readiness Group outing July 27.**

and find out information and what's going on," Long said.

Kuhar said there are family readiness group events happening every week, and people can find out about them by getting in touch with her, an FRG leader or by reading the V Corps newsletter "Tour de Force."

Events have included a dinner at the Brauhaus Castel in Mainz-Kastel, a trip to the Ebental Hof Ponyland in Rüdeshheim and a dinner at the Thai restaurant Brown Sugar in Wiesbaden, among others, Kuhar said.

Kuhar said she tries to schedule events for spouses on nights when Child, Youth and School Services have a Parents Night Out. Parents can use their respite care hours at CYS, which cuts down on babysitting expenses, she said.

Conversely, she avoids scheduling anything on CYS's Saturday child care events, so parents can take advantage of the six hours of child care to run errands or make the trip to Ramstein, Kuhar said.

"It's a really good way to meet spouses who are going through the same thing you are," Kuhar said. "It's a good networking tool, and really, it's just fun."

It is also not necessary to be a V Corps spouse to attend. Friends of spouses are also welcome.

Leandrea Detheridge, 66th Military Intelligence Brigade spouse, said she



**Sherry DeGroot (left) holds a bowling ball while her friend Leandrea Detheridge talks with V Corps Family Readiness Group events coordinator Jennifer Kuhar during a V Corps FRG event at the Wiesbaden Entertainment Center July 27.**

has accompanied her friend Sherry DeGroot to several events, including the bowling event.

"It's good for the women to get out and keep their minds busy," said Detheridge. Her husband has deployed twice, she said, and she knows what it is like.

Upcoming V Corps FRG events include making care packages at the USO Cottage on Hainerberg Housing at 6 p.m. Aug. 24, a board game night Sept. 7, an FRG forum Sept. 12, a spouse combat day Oct. 3 and a Halloween party Oct. 12.

Under the umbrella of the battalion

FRG, V Corps has four company-level family readiness groups. To find out which group to contact, call Candice Lane, V Corps family readiness support assistant, at civ (0611) 705-2121 or email at [Candice.l.lane.civ@mail.mil](mailto:Candice.l.lane.civ@mail.mil). To find out about upcoming events, contact Kuhar at civ (0151) 5208-7405 or [jkuhar04@gmail.com](mailto:jkuhar04@gmail.com).

For more information about Parents' Night Out, Super Saturday or respite care, call Child, Youth and School Services at mil 337-7928, civ (0611) 705-7928, or stop by Clay Kaserne Building 1215.

## Pet travel.....

### Continued from page 1

ity Command Passenger Policy Branch, there is a minimum fee of \$112 for up to 70 pounds and a max fee of \$336 for a 150 pound animal to fly on the PE. This calculation is based on the pet and kennel's combined weight and is broken down into three weight increments.

Commercial carriers calculate pet shipping cost based on cubic feet of cargo space taken up by the kennel and air space around the kennel for proper ventilation. This calculation can cost anywhere from \$395 for an average kennel to over \$1,160 for the largest commercial kennel to support a 150 pound animal for the same itinerary.

Currently there are 10 pet spaces, cats and dogs only, available on the Tuesday Patriot Express flight primarily used for PCS transportation. Each week there are also three other

Patriot Express flights, (formerly known as Category B or "Freedom Bird" or "Rotator") flying Soldiers from the Central Command area of responsibility that transit through Ramstein AB to BWI, and these often have temperature controlled spaces for pets, equating up to 40 pet allocations per week.

A very limited number of small pets may be authorized to travel in-cabin. Pets must be able to fit comfortably in a kennel (hard-sided or soft-sided) no larger than 20 inches long by 16 inches wide by 8 inches high in order to fit under the seat in front of you. Pets must be able to stand up, lie down, and turn around with normal posture and body movements.

When making outbound travel arrangements for pets, service members will have to keep in mind that they will have to make appropriate onward

movement arrangements of their pets from BWI to their PCS destination. This may be harder during the summer heat embargo period than the rest of the year.

If there is no space available on the PE flight, travelers still have the option to ship their pets via commercial carrier through air cargo (both unaccompanied).

Some additional options to offset the cost of pet shipping include, but are not limited to:

→ Shipping a privately owned vehicle to the port of



Photo by Chrystal Smith

**Most Patriot Express flights to BWI are climate controlled and can fly year-round without restrictions on breeds or air temperature.**

Baltimore in advance of official travel and drive to the permanent duty station or leave address. This option requires coordination with the local transportation office. Source specific guidance is the Joint Federal Travel Regulation, Chapter 5, U5435.

→ Renting a car to travel from BWI to the permanent duty station and bringing the pet in the rental vehicle, but travelers will not be reimbursed, except for the mileage at \$0.555 per mile when submitting travel voucher for reimbursement. Specific guidance is in JFTR U5105.

→ Transporting pet via commercial or government air in advance of travel (non-reimbursable) and have family members receive pets at the arrival airport.

The PE offers cost-effective pet travel; however, whether flying on the PE or a commercial airline, the cost for shipping pets rest solely on the owner and is not reimbursable by the government.

If PE reservations cannot be made for pets, there are commercial pet shipping companies available.

Prices vary depending on destination and size of transport box. The transport box must be large enough for a pet to stand upright and to be able to lie down.

Shipping companies may have transport boxes for sale but personally owned boxes may be used as well. A recent health certificate from a veterinarian and shot records are required for shipping.

A company that has assisted U.S. service members is G.K. (Gradlyn Kennels) Airfreight Service at Frankfurt and Munich airports. At Frankfurt Airport—Frachtzentrum Nord (Freight Center North)—call civ (069) 697 125 419. At Munich's Franz Josef Strauss Airport, call civ (089) 975 914 81

For specific PE flight details and reservations contact your SATO travel representative (*Courtesy of U.S. Army Europe Public Affairs Office*).

**DB Media and Buch GmbH**

**Kaiserslautern Church of Christ**

## Thai ghosts take center stage in Bad Homburg

Performers entertain people of all ages at the Thai Festival in Bad Homburg Aug. 4. The annual event held near the Thai Temple in the Bad Homburg Kurpark features two days of traditional music and dance, culinary specialties and more. If you missed the Thai Festival, consider heading to Frankfurt Aug. 24-26 for the annual Museumsuferfest. Held on both sides of the Main River, it also features a wide range of concerts, international cuisine, museum exhibits, performance art and more. See page 22 for information on that and more things to do.

Photo by Karl Weisel



## Beware: Dangerous bacteria may be present in your workplace

**Karla Simon**  
U.S. Army Public Health  
Command Industrial Hygienist

Methicillin-Resistant Staphylococcus Aureus is a potentially dangerous type of staph bacteria that is resistant to certain antibiotics. It typically causes skin infection but can also affect the bloodstream, lungs, heart, bones and joints. MRSA is transmitted most frequently by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection, for example, towels, used bandages or equipment.

Some workplace settings have risk factors that make it easier to transmit MRSA. These factors, referred to as the 5 Cs, are as follows: *crowding*; *frequent skin-to-skin contact*; *compromised skin* (i.e., cuts or abrasions); *contaminated items and surfaces*; and *lack of cleanliness*.

**Practice good hygiene** by washing hands thoroughly with soap and water or use an alcohol-based hand sanitizer. Shower immediately after working out on gym equipment.

**Cover your wound.** Keep cuts and scrapes clean and covered with a bandage until healed.

**Do not touch.** Avoid contact with other people's wounds or bandages.

**Do not share personal items.** Avoid sharing personal items that touch bare skin such as towels, razors, uniforms and

personal protective equipment.

If it is suspected that the bacteria has been contracted, seek medical attention immediately and follow your health care provider's advice about returning to work.

Unless directed by a health-care provider, employees with MRSA infections should not be routinely excluded from going to work. Exclusion from work should be reserved for those with wound drainage ("pus") that cannot be covered and contained with a clean, dry bandage and for those who cannot maintain good hygiene practices. Employees with active infections should be excluded from activities where skin-to-skin contact with the affected skin area is likely to occur until their infections are healed.

Wash uniforms, clothing, sheets and towels that become soiled in a washing machine

set to the hottest water setting (with added bleach, if possible). Dry the washed items in a hot dryer, rather than air-drying. Cleaning contaminated equipment and surfaces with detergent-based cleaners or Environmental Protection Agency-registered disinfectants is effective at removing MRSA from the environment. The EPA provides a list of EPA-registered products effective against MRSA.

For more information, call 1-800-CDC-INFO or visit the websites for the U.S. Centers

for Disease Control and Prevention, [www.cdc.gov/niosh/](http://www.cdc.gov/niosh/)

[topics/mrsa](http://www.cdc.gov/niosh/topics/mrsa); and the Environmental Protection Agency,

<http://epa.gov/oppad001/chemregindex.htm>.

**Andrews Federal Credit Union**



Approximately 50 wounded warriors from the United States, Germany, Romania, Norway, Poland, the United Kingdom, Estonia and Latvia participated in the second annual Soldier Ride at Bostalsee near Baumholder.

Photos by Julia Sullivan



## Community joins wounded warriors in ride

Soldiers, Family members, civilian employees and other military community members volunteered, rode, cheered and supported approximately 50 wounded warriors from the United States, Germany, Romania, Norway, Poland, the United Kingdom, Estonia and Latvia during the Soldier Ride Germany community ride at Bostalsee Aug. 4.

“Our focus is to let the community know about the (Wounded Warrior Project) and the presence that wounded warriors have in Germany, whether they are American Soldiers or from coalition

forces,” said Angela Hemmen, team leader for WWP’s Soldier Ride Texas. “The community can see who these warriors are, what they are doing and how much they accomplished, not just this week, but during their recovery in general. The (community ride) is a way to celebrate that and say thank you.”

Last year’s ride was the first European Soldier Ride sponsored by the WWP. Like last year’s, this ride is the culmination of the four-day, WWP-hosted event held in Oberhambach. The event allows wounded warriors the opportunity to continue to rebuild their confidence and

strength in a supportive environment.

“I have learned over the last two years, being here in Europe, the significant contribution that the (WWP) makes to all the warriors,” said Lt. Gen. Mark Hertling, U.S. Army Europe commander.

“The logo of a warrior carrying another — we have all been through that. All of us have been where someone has carried us. I think what you will see today is a culmination of three days of riding and that the warriors are now prepared to

carry others.”

The community ride also provides the wounded warriors the opportunity to promote their positive message of

**“Our focus is to let the community know about the (Wounded Warrior Project) and the presence that wounded warriors have in Germany ...”**

recovery while encouraging community members to ride alongside, support from the route sidelines or

volunteer to assist with the event.

“I think Germany has raised the standard for what we want Soldier ride to be. The partnership between the military commands and the WWP is incredible,” said Hemmen on the unique relationship



Supportive riders young and old join the wounded warriors at Bostalsee.



There was no shortage of spectators as wounded warriors and supporters made their way around the Bostalsee.

between the two organizations. “With the support of both the military and local communities, we have exceeded our expectation.”

For more photos on this year’s Soldier Ride Germany, visit the U.S. Army Europe Flickr page (Courtesy of U.S. Army Europe Public Affairs Office).

## Humor drives home message of survival

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder  
Public Affairs Office

Dave Roever walked into Baumholder's Hall of Champions where more than 800 Soldiers were waiting to see him give a presentation about suicide prevention.

As he entered the hall and mingled with some of the officials, Jose Blanco approached Roever, shook his hand and said "welcome home." Both men smiled, exchanged knowing glances and patted each other on the shoulder.

When old friends meet such an exchange of greetings is understandable but these two men had never met before and Baumholder is not Roever's home.

Baumholder is, however regarded as the home of Champions and Roever is a champion. Roever is a Vietnam veteran who was seriously burned by a phosphorous grenade that exploded next to the right side of his head. And because Blanco, who is the director of Baumholder's Directorate of Plans, Training, Mobilization and Security, is also a Vietnam veteran so the display of camaraderie was understood even though they had only met for the first time. So why the greeting "welcome home?"

As Roever began his presentation the meaning of Blanco's greeting became clear. Vietnam veterans never received a welcome home after serving



Photo by Savannah Son

**Motivational speaker, Dave Roever relays his personal experiences to Soldiers about hope and resilience. Roever, a Vietnam veteran seriously burned in combat, traverses the world delivering a message of hope.**

their country. There were no welcome home celebrations, no ticker tape parades, nothing. They were humiliated, degraded, spat upon and called everything from murderers to baby killers. They received no welcome home or thank you for the dangers they had faced and the sacrifices they had made.

Roever told his audience that returning Soldiers were even advised to remove their

uniform and put on civilian clothes before leaving the airport.

As he continued with his motivational presentation, Roever talked about resilience, hope and love, weaving all of these elements into a message of survival and of a strong desire to continue with life despite the serious injuries he received in combat.

He talked about never giving up hope and of the one moment that he was hopeless that almost cost him his life. He talked about the love for his wife, who he had never betrayed or been unfaithful to.

Roever was shipped off to Vietnam shortly after his marriage, leaving his teenage bride behind only to return a different man, or so he imagined. Despite the extensiveness of his injuries, the love his wife had for him never faltered.

Roever also told the Soldiers to watch out for their battle buddies and to learn the signs that someone considering suicide may display. He related this message to having been

in combat, saying that after a while you develop a sense for your surrounding and you begin to feel and smell the danger in the air. "If something doesn't seem right, it probably isn't," he said.

Roever peppered his message of love, survival and hope with a unique brand of humor, which served to fortify his message that if he could survive, anyone could.

He added an excellent and tactful touch of humor as he talked about the moment he had lost all hope and had decided to take his life.

Lying in his hospital bed, he decided that he did not want to continue living and being a burden to his wife. He reached for the tube that was attached to the bottle that was keeping him alive and disconnected it. He lay back on his bed and waited to die but nothing happened.

"After a while I got hungry. I had pulled the wrong tube," he said.

He also added light to the moment when his wife first saw him in the hospital. He said

that as his wife stood before him—he wearing nothing but gauze and bandages and she a mini skirt. She said to him, "Welcome home Davey." "And I know that means when she calls me Davey," said Roever laughing.

He added that he then asked his wife "How can you love me? I'm not handsome anymore. I'm so ugly." To which she responded, "You were never handsome in the first place."

For almost an hour Roever shared his story of laddered with personal experiences and humor.

When it was over, Roever received an outstanding ovation from Baumholder Soldiers and a resounding "welcome home." (Editor's note: Shortly after hearing Roever's presentation, a Soldier went forward to Army Community Service counselors and expressed his personal feelings about wanting to take his life. He told the counselors that Roever's speech gave him the hope that he needed not to give up.)



Photo by Ignacio "Iggy" Rubalcava

**Dave Roever mixes humor with fact and reality to convey his message of hope and survival to military audiences around the world.**

## Baumholder news to transition in September

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

Baumholder news and information will transition from the *Herald Union* to multiple electronic and other sources in mid-September.

The last *Herald Union* edition featuring Baumholder information will be delivered on Aug. 30. In a provisional move, the U.S. Army Garrison Baumholder transitioned as an indirect reporting garrison to USAG Baden-Württemberg July 1. The *Herald Union* will continue to serve the Wiesbaden military community.

Members of the Baumholder community will continue to be able to receive current news and command information on both the Baumholder and Kaiserslautern garrison home pages, the several Facebook sites that serve both communities and other venues. Additionally, beginning Sept. 14, distribution of the *Kaiserslautern American* newspaper will begin in Baumholder.

The *Kaiserslautern American* is a weekly newspaper so Baumholder residents can expect to see a new edition each Friday.

"We see this as a win-win situation for the Baumholder community," said

Lt. Col. Michael Sullivan, U.S. Army Garrison Baumholder commander. "The transitions for Baumholder information to multiple sources will allow for a greater reach to our audience."

Using alternative communication tools is a logical and practical transition for the USAG Baumholder Public Affairs staff, officials said.

"Transitioning is another phase of the USAG Baumholder's realignment as an indirect reporting garrison to USAG Kaiserslautern in October 2013," said Madeleine Dwoiakowski, USAG Baumholder public affairs officer. "We look forward to contributing stories that

have KMC-wide interest through various communication tools."

"This is an exciting time for us, because we continue to look for new and improved ways to communicate with our customers," said Mark Heeter, USAG Kaiserslautern public affairs officer.

Currently, USAG Kaiserslautern is an indirect reporting garrison to USAG Baden-Württemberg. USAG Baden-Württemberg is scheduled to close in the fall of 2013 and USAG Kaiserslautern will then become a direct reporting garrison. At that time USAG Baumholder will realign as an indirect reporting garrison to USAG Kaiserslautern.

## Three youths win at regional, national competition

Baumholder students recently participated in the ImageMakers National Photography Contest and three Baumholder entries went on from the regional to the national competition and one took first place in its category. The winning student was Aisha Carter's, age 8 photo "The Door" won first place nationally in the digital color category. The other two regional winners were Alexa McNabb, 12 years old and Jaime Rahmen, 12 years old.

ImageMakers enables students to develop their creativity and cultural awareness through visual arts. The contest included five categories — color process, black and white process, alternative process, digital and photo essay.

The ImageMakers National Photography



"The Tree" by Jaime Rahmen

program encourages members to learn and practice various photography methods. The program includes a resource guide for local clubs, a national photography contest and a web site. The resource guide features eight sessions

for three components: Beginner ImageMakers, Intermediate ImageMakers and Advanced ImageMakers.

The goal of each component is to teach the use of photography as an art and a vocation. Each



"Half Pipe" by Alexa McNabb

component can stand on its own or members can graduate from one level to the next.

The goal of each component is to teach the use of photography as an art and a vocation. Each

component can stand on its own or members can graduate from one level to the next.



"The Door" by Aisha Carter

## Around the rock ... Around the rock

### Organizational day

The U.S. Army Garrison Baumholder holds its organizational day Sept. 7. That day, all USAG Baumholder support facilities will be closed. AAFES, commissary, medical clinic and dental clinic services and emergency services will remain open.

### Shock and rock challenge

Everyone is welcome to cheer on competitors during the Shock and Rock competition Aug. 16 at the U.S. airfield on the training area from noon to 4 p.m. then join in the celebration from 4-11 p.m. with live music by HSG — pure rock.



Family and Morale Welfare and Recreation will be selling food and drinks. Unit teams should have five warriors of various ages.

### Lawn mower maintenance

Military housing residents who have lawn mowers issued from the U-Fix-It Store or the Directorate of Public Works can get maintenance or repair work done at the DPW maintenance



shop in Building 8420, located directly behind the vehicle inspection station. If the repair is minor, such as replacing a cord or spark plug, the work can be done on the spot, providing the scheduled workload allows. Customers should call the DPW maintenance shop at mil 485-8420 first and explain the problem. If the lawn mower is broken and beyond repair it needs to be returned to the U-Fix-It Store, Building 8665.

For information about turning in a broken lawn mower call the U-Fix-It Store at mil 485-7375.

### Call before mailing packages

Post office customers who

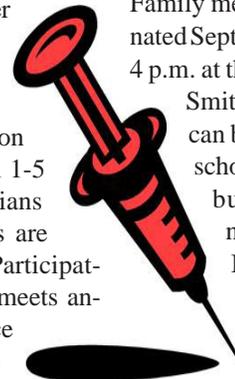
have five or more packages to mail may call and make an appointment Monday through Friday. Call mil 485-8771/7551 or civ (06783) 6-8771/7551.

### Save-A-Life Tour

The Save A Life Tour Is coming to Baumholder Aug. 27. There will be two shows at the Hall of Champions, one from 9 a.m. to noon and the second from 1-5 p.m. Soldiers, civilians and family members are invited to attend. Participating in this program meets annual Army Substance Abuse Prevention training requirements. For more information call mil 485-1710/7388.

### Influenza vaccine arrives in September

The influenza vaccine is coming to Baumholder in September. Service members can get the vaccine Sept. 4, 10 and 12 at the Hall of Champions. Family members can be vaccinated Sept. 8 from 10:30 a.m. to 4 p.m. at the Post Exchange on Smith Barracks. Students can be vaccinated at their school during September but the times have not been determined. Immunization Clinic hours are 7:30 a.m. to 4 p.m. For more information call Army Public Health Nursing at mil 485-7312.



## Around the rock ... Around the rock

### Host nation events

**Aug. 17-19**

Powwow Fest at Bostalsee

**Aug. 18-19**

Open House at the German Artillery School at Idar-Oberstein.

**Aug. 23-26**

Deutschland Rally Trier and Baumholder world championship competition. There is an entrance fee.

**Aug. 25**

Deutschland Rally at the Baumholder Military Training Area. There is an entrance fee.

**Aug. 24-26**

Baumholder Old City Fest at downtown Baumholder. Find more information at [www.altstadtfest-baumholder.de](http://www.altstadtfest-baumholder.de).

**Aug. 25**

Concert "The Armed Man," at Klotzbergkasern, entrance fee

**Aug. 25-26**

Community Fest at the Hoppstädten-Weiersbach community center, Hoppstädten

**Aug. 31-Sept. 2**

Knight tournament at St. Wendel. There is an entrance fee

**Aug. 31-Sept. 4**

Kusel Fall Fair with many rides, big market, fireworks on Tuesday evening.

**Aug. 31-Sept. 4**

Birkenfeld Prämienmarkt, Talweiher.

### Equality run

A Women's Equality Run will be held Aug. 24 starting at the Hall of Champions. The categories are adult and youth 17 and under. Registration is at 7:30 a.m. and the start time is 9 a.m. T-shirts will be on sale at the Mountaineer Physical Fitness Center. Awards will be given to those who place first, second and third.

### Flag football tourney

Baumholder will host a flag football tournament Sept. 10-13 on Soldier Fields One and Two. Participants must be 18 or older. The games will be from 6-9 p.m. Sign up at the sports office in Building 8105.

### Visit Paris — City of Light

Spend an exciting day in Paris traveling with Baumholder

Outdoor Recreation to the City of Lights Sept. 29. After a short breakfast, explore the city with a full day of sightseeing. The cost is \$75 per person. Contact Baumholder Outdoor Recreation at mil 485-7182.

### Commemorative run

A Commemorative run will be sponsored by the Hall of Champions Sept. 11. The categories are adult and youth 17 and under. Registration is at 7:30 a.m. and the start time is 9 a.m. T-shirts will be on sale at the Mountaineer. Awards will be given to first, second and third place finishers.

### Trip to Legoland

Join the Baumholder Recreation club on a trip to Legoland Aug. 19. The trip includes transportation and entry to the park. The bus departs from the Wagon Wheel Theater parking lot at 5 a.m. The cost is \$75 for adults and \$55 for children. Contact Baumholder Outdoor Recreation at mil 485-7182.

### Get wired for free

WiFi is available at the Baumholder Library. Just bring in your laptop and find out how to get online. Contact the library for more information at mil 485-8851.

### Post office changes hours

The Baumholder Post Office is now only open Monday through Friday. The central mail room is open from 10 a.m. to 3:30 p.m. The post office and official mail are open from 10 a.m. to 2 p.m. and in- and out-processing services are open from 9 a.m. to noon and 1-5 p.m.

### Experience Europe with BOSS

The Better Opportunities for Single Soldiers program offers trips to locations throughout Europe. To visit a variety of trip locations, travelers should obtain a tourist passport. The service is offered to single Soldiers, which includes those who are unaccompanied while assigned. The BOSS office is located across the street from the PX in Building 8698. Contact the BOSS office at mil 485-8251 or civ (06783) 6-8251.

### Dinner for single Soldiers

Better Opportunities for Single Soldiers offers a chance for single Soldiers to get out of the barracks, eat dinner and socialize with other Soldiers every Wednesday from 6:30-9 p.m. A free shuttle service picks up participants at the Chapel One parking lot at 6 p.m. Get out, enjoy a nice meal and good conversation, make friends, and sign up for fun trips and excursions. To confirm dinner reservations or to learn more, call the BOSS president at civ (0162) 270-8384.

### Aquatics training

Aquatics training for military units is available at the aquatics center. Types of training available are water survival, shallow water egress, and SKED training. Combat water survival testing and Army physical fitness test swim testing is also available. There are also alternate physical training activities such as water aerobics, inner tube water polo, and more. Experienced instructors available. Contact the aquatics manager for reservations at mil 485-7093 or civ (06783) 6-7093.

### SKIES Unlimited yoga

SKIES Unlimited is offering children 3-5 years old a chance to get fit through yoga classes every Thursday from 10:45-11:30 a.m. The cost is \$50 per session and sign up is at the Child, Youth and School Services Parent Central Services. For more information please contact the SKIES Unlimited office at mil 485-6969 or mil 485-7003.

### Zumba for children

Children 3-5 years old are welcome to participate in a SKIES Unlimited zumba class every Tuesday from 10:45-11:30 a.m. Sign up for \$50 a session at the Children, Youth and School Services'

Parent Central Services. For more information contact the SKIES Unlimited office at mil 485-6969/7003.

### SKIES offers ballet

The Child, Youth and School Services SKIES Unlimited program now offers classical ballet classes for \$50 per month. Classes for children 3-5 years old are held Tuesday through Thursday from 3-3:45 p.m. Beginner classes for children 6-9 years old are Wednesday from 3-4 p.m. Beginner classes for 10- to 18-year-olds are every Wednesday from 4-5 p.m. Intermediate classes for ages 10-18 are Tuesday and Thursday from 4-5 p.m. For more information contact the SKIES Unlimited office at mil 485-6969/7003.

### After school care available

Spaces are available for before- and after- school care. Before-school care hours are 6-8 a.m. After-school care hours are 2:30-6 p.m. Contact Wetzel School Age Services for more information and reservations at civ (06783) 6-7475 or mil 485-7475.

### Aqua jogger

Kimberly Bailes and her staff offer an aqua jogger program at the pool from 11:45 a.m. to 12:45 p.m. on Fridays. This is a fun, safe and effective workout in the water. Contact the aquatics center at mil 485-7093 for more information.

### Spanish story time

"Esto es un programa para pequenos lectores con historias, juegos y actividades en Espanol por aproximadamente 30 minutos. Vengan a leer."

Books are read in Spanish and in English. Interpretations are needed for this program.

Contact the library for more information at mil 485-1740.

### Your personal trainer

Would you like to build muscular strength, improve your health and clean up your diet? The Personal Training with Laurie program offers a variety of packages for you to get the results that you want. Stop by the Mountaineer Fitness Center to fill out an information sheet today.

### Take a free spin

Take a free spin class Tuesdays and Thursdays at the Mountaineer Fitness Center from 6:30-7:30 a.m. Beginners and experienced bikers will love this sweat-to-the-beat cardio workout.

### Escape to Euro Disney

Take a trip to meet Mickey Mouse Aug. 25 or Sept. 1. The bus departs from the Wagon Wheel theater parking lot at 3 a.m. and returns around midnight. Spend the day at Euro Disney in France. The cost is \$155 per person ages 12 and older and \$147 for children ages 3-11. The cost is \$75 for children 2 and under. The price includes entrance into both parks. Bring euro for other expenses and a tourist passport. For those who just want to go along for the ride, the cost is \$75 for transportation only.

### Fitness Instructors needed

The Baumholder Sports and Fitness Office is looking for certified instructors to offer classes such as aerobics, zumba, bodybuilding, TBX, personal training, martial arts, dance, and more. Call the Mountaineer Physical Fitness Center at mil 485-7418 or civ (06783) 6-7418 for more information on how to become an instructor.



**Joe Sattelle**

## Church of God

## Carter returns to command dental clinic

**By Karl Weisel**  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

Col. Preston Welch handed over the guidon of the Wiesbaden Dental Clinic Command to Col. Derrick Carter in a change of command ceremony at the Community Activity Center Aug. 1.

Carter, who returns to the Wiesbaden Dental Clinic leadership role after having previously led the clinic from July 2000 to July 2003, last served as the U.S. Army Reserve dental surgeon in Fort Bragg, N.C.

Welch, the outgoing commander, moves on to the National Capital Area to become the chief of oral and maxillofacial pathology at the new Fort Belvoir Community Hospital in Fort Belvoir, Va.

Calling the staff of the Dental Clinic “an excellent team of professionals,” Welch said, “I feel so humbled to have been given

the opportunity to command the Wiesbaden Dental Clinic. ... At the end of the day we stand and fall by and through the actions of our colleagues.”

Welch thanked his staff, mentors and members of the Wiesbaden military community, saying, “It is no secret to anyone who has lived here that the quality of life in Wiesbaden is exceptionally high.”

“The role of a clinic commander is a specifically challenging role within our AMEDD (Army Medical Department),” said Col. Craig Patterson, Landstuhl Dental Activity commander, who officiated at the change of command ceremony. The commander must possess, and demonstrate, all the managerial, administrative and leadership skills required of any commander. In addition, the clinic commander must also balance an active clinical practice. Col. Welch has indeed accomplished

this and much, much more.”

Patterson also praised the staff of the Wiesbaden clinic, saying the team is widely recognized as one of the most successful clinic commands in Europe. “The bottom line is taking care of Soldiers,” he said, adding that Welch and his team continuously demonstrate that they care about the community and the individual.

He also welcomed the incoming commander, saying, “We are lucky to have someone of your caliber and experience to continue in the excellent leadership of this command.”

Despite challenges across the Army and in Wiesbaden as transformation continues in the years ahead, Carter said, “This is a great command focusing on Soldiers and their families.”

Carter vowed to continue in the tradition of providing the “highest quality of dental care.”



Photo by Karl Weisel

Col. Preston Welch (from left), outgoing Wiesbaden Dental Clinic commander; Col. Derrick Carter, incoming commander; and Col. Craig Patterson, Landstuhl Dental Activity commander, sing the Army Song during the change of command ceremony held in the Community Activity Center Aug. 1.

## Signal Soldier earns VFW's All-American honor

**By Kristopher Joseph**  
5th Signal Command Public Affairs Office

Outstanding achievements in leadership growth and participation in Veterans of Foreign Wars programs garnered one 5th Signal Command Soldier the organization's top honor.

Master Sgt. Matthew Coulter, senior maintenance noncommissioned officer and VFW Department commander in Europe, was one of 22 VFW department commanders worldwide to be distinguished as All-American Commander during a VFW convention July 23 in

Reno, Nev. Coulter, a member of the VFW since returning from the first Gulf War, has been very active in the VFW Department of Europe serving in numerous leadership and service positions.

Richard DeNoyer, VFW national commander, said in a news release that the award's criteria are based on outstanding achievements in membership growth and participation in other VFW programs that benefit veterans and their communities. “It's a great honor for me to serve the Soldiers, veterans and their families as a member of the largest combat veteran's organization in the world,” Coulter said. “With over 2.1 million members, VFW and



Photo by Karl Weisel

### Ask the Commander

U.S. Army Garrison Wiesbaden leaders Command Sgt. Maj. Sa'eed Mustafa (from left), Col. David Carstens, American Forces Network Wiesbaden's Sgt. Jedhel Somera and Sgt. 1st Class Daniel Carr talk during the AFN-Wiesbaden "Ask the Commander" radio show. Carstens joins the AFN DJs every other Friday to address topics of concern and answer questions from community members (tune in to FM98.7 on Aug. 17). Visit the garrison's Facebook page at [www.facebook.com/usagwiesbaden](http://www.facebook.com/usagwiesbaden) for details on the next Ask the Commander show.



Courtesy photo

Master Sgt. Matthew Coulter (right), 5th Signal Command's senior maintenance noncommissioned officer, is honored as an "All-American Commander" by Richard DeNoyer, national commander of the Veterans of Foreign Wars organization during their national convention.

auxiliary members can make a difference in their lives just by providing the help and support that is deserved for their sacrifices. Some gave all during times of war and continue to serve our great country even now. Let's help them in all

that they do.”

The VFW is a nonprofit veteran's service organization composed of combat veterans and those currently serving in uniform. For more information visit the VFW website at [www.vfw.org](http://www.vfw.org).

# Culture College teaches through experience

*Walking tour gives students a firsthand taste of Hessen's capital*

**By Wendy Brown**  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

Dierdre and Rufus Tinsley listened attentively as Irmgard Goebel answered questions about buying train tickets at the Wiesbaden Hauptbahnhof.

The couple had been stationed in Wiesbaden 10 years ago, but since a lot can change in that amount of time, they decided to sign up for Culture College, a three-day course that introduces people to the Wiesbaden community and German language and culture.

This was day two of the class, when the nearly 60 people enrolled took Goebel's Aug. 7 walking tour of Wiesbaden. "We wanted to see what had changed," said Dierdre Tinsley.

Goebel said she enjoys taking people on the walking tour because it helps U.S. Army Garrison Wiesbaden community members feel more comfortable off post.

"I think it's important to put them at ease so they know they can do it on their own — so they don't spend the whole time on post, too afraid to leave," said Goebel, who is German and contracts with Army Community Service to teach Culture College.

The first day of the class teaches people about German culture, the second day features the walking tour and the third day is a garrison orientation that includes information from local organizations, Goebel said. ACS offers the class once a month, and the next one takes place Sept. 10-12.

The tour started in front of the Bookmark at the Hainerberg Shopping Center, and from there people walked to the train station, where the group split in two because of the size. ACS

volunteer Jennifer Kuhar led one group and Goebel the other.

Next to the train station at the Lilien-Carre Wiesbaden shopping center, Goebel took her group into the Tegut grocery store. There she showed people how to unlock the grocery carts by inserting a €1 deposit. Next she explained about bottle deposits and showed everyone how to use the bottle recycling machine.

Then the group walked briefly around the mall, and Spc. Cefferycol Hines found it a good time to ask Goebel a question that would make his life in Germany easier.

Hines asked Goebel the words for water without bubbles in German. "Stilles Wasser," Goebel replied. After Hines successfully repeated the words, he nodded, thanked her and walked away, pleased with his new knowledge.

From there, the group left to walk downtown toward the Kurhaus Wiesbaden. On the way, they passed the Museum Wiesbaden and the Villa Söhnlein, also known as the White House because it resembles the presidential residence in Washington, D.C.

While walking, Goebel pointed out the Marktkirche steeples and noted that people can keep from getting lost downtown by looking up and finding them.

At one point, Hines stopped and snapped pictures of the historic Villa Clementine with his cell phone. The tour was very informative, he said.

In particular, he appreciated learning how to use the parking machines and buy train tickets, said Hines, who had been in Germany for three weeks.

K.K. Bobbe, a military spouse, said the tour helped orient her to the downtown area so she would not get lost. "It's always good to have someone show you around and answer questions," she said.

The tour's teens, who had bonded and walked together as a group, were particularly excited about the tour and being in Germany.

"I never knew half this stuff existed," said Ellen Tafoya,



Photos by Wendy Brown

**Irmgard Goebel, a Culture College teacher for Army Community Service, walks down Wilhelm Strasse near the Kurhaus Wiesbaden with Dierdre and Rufus Tinsley and other Culture College students during a walking tour of Wiesbaden Aug. 7. Photo right: U.S. Army Garrison Wiesbaden community members take a break in front of the Kurhaus during the tour. The tour took nearly 60 students to the Wiesbaden Hauptbahnhof, the Lilien-Carre Wiesbaden shopping center and downtown.**



14. "Did you ever know about schnitzel before coming here," she asked a friend.

Tafoya said she has lived in Germany for a month now and looks forward to also traveling in Italy and the Czech Republic while her family is stationed here.

Tyler Cordonai, 16, said he enjoyed seeing all the sites — particularly the architecture — during the walk downtown.

Jeremy Colon-Rios, 16, said he learned a lot during the tour.

"The most important thing I learned was how to buy tickets for the train," he said. "I think that's going to be good."

His brother, Jonathan Colon-Rios, 14, said he liked learning about all the different buildings in Wiesbaden. "I didn't even know they were here until today," he said.

After stops at the Kurhaus and the Hessisches Staatstheater Wiesbaden, the group headed to lunch at their choice of an Italian or German restaurant.

Kuhar said the tour is also a good way to meet people and make new friends. Goebel agreed, and said she often sees people exchange phone numbers during the tour. "It's a great opportunity to make new friends," she said.

To learn more about Culture College or sign up call ACS at mil 335-5254 or civ (0611) 4080-254. Or stop by Building 7790 on Hainerberg Housing Monday through Friday from 8 a.m. to 5 p.m.



Sgt. TJ Vallejos (center), a trainer at the Viper Pit, watches as first responders prepare “wounded Soldiers” for medical evacuation.

## Adding realism to combat lifesaver training

### Viper Pit tests students under fire, stress

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

As smoke, moans and the sounds of gunfire pour out of a hangar door on Clay Kaserne July 28, they’re accompanied by teams of German Soldiers and secret service police officers anxiously engaged in rescuing injured comrades.

The German military reserve and civilian first responders were trainees at the Viper Pit on Clay Kaserne — a unique training facility aimed at providing tactical field care training under the stresses of actual combat situations “They have to evacuate all six patients and then prep them for evacuation,” said Staff Sgt. John Lacroix, medical plans sergeant for the 421st Multifunctional Medical Battalion. “From there they have to get them to a landing zone for a medical evacuation.”

While providing critical lifesaving care in the cramped



German Reserve Soldiers and first responders transport casualties to a medical evacuation landing zone while under simulated fire at the Viper Pit training area on Wiesbaden’s Clay Kaserne.

chaos of a dimly-lit, blood-soaked, smoke-filled room tested their ability to provide proper care and maintain cool heads under fire, transporting their “wounded” colleagues to a safe landing zone gave them one more taste of what they might face in an actual combat or hostage rescue situation.

“Tactically it’s up to the

teams to reconnoiter the area and to get them to a safe landing zone,” said Lacroix.

What the teams didn’t know was that the Viper Pit trainers had “snipers” (using Multiple Integrated Laser Engagement System pistols) and improvised explosive devices in the area of one landing zone. As the teams made their way around the Clay

Kaserne motor pool, checking for opposing forces and covering one another as they moved from cover to cover, the trainers set off the simulated IEDs and incapacitated several of the participants by striking their MILES sensors. The remaining members of the team were forced to seek cover, provide care to those injured during the

rescue attempt and find an alternative medical evacuation site.

Eventually, as the teams made their way through the firing zone arriving at the “safe” landing zone, they completed the exercise and compared after-action notes with one another and the trainers.

“First of all, it’s important for our Soldiers to be trained before they deploy,” said Bundeswehr Col. Joachim Sanden, director of the Center of Expertise for Reserve Affairs, who was on hand to observe the training. “This is an excellent opportunity — for them to experience the stress of combat while focusing on what’s important and saving lives. ... We recognize that we may not have similar training facilities in our Armed Forces.”

Sanden explained that while the Bundeswehr does conduct pre-deployment medical training, the Viper Pit provides a more realistic environment. “When you are in combat you never know when you will need more expertise. ... We also learned that the training facility is moveable without a huge cost. That might be something we would look at for the future ... to create a similar facility for

**Continued from page 14**

German forces. “It’s important for the morale of the troops that you have someone in the unit to save lives in an emergency situation,” Sanden said, adding that partnership is another important element of training together.

As Germany has transitioned to an all-volunteer force, it’s equally vital that members of the Bundeswehr are knowledgeable to share their experiences with the public at large. “That’s also one of the intents. Due to the fact that we suspended conscription, we need more people to talk about security and the need for a trained military — what the Army does,” said Sanden.

Following an iteration of the training scenario, Lacroix discussed things the Soldiers did well and areas that could be improved.

“I was mainly focused on the medical area, and I think they did well at that,” he said, pointing out that repeated exposure to the stresses of lifesaving under fire can only improve an individual’s ability to react quickly and efficiently.

“For me personally as a German Soldier and officer in the reserves, and also as a volunteer firefighter ... I think this is some of the best training ever,” said German 1st Lt. Markus Mueller, praising the “high quality training” and friendships made through the process. Mueller added that he has recommended the training



**German Reserve Soldiers exit the Viper Pit after providing combat lifesaver aid under simulated fire. Staff Sgt. John Lacroix provides feedback as German Col. Joachim Sanden (second from right) listens.**

to his fellow Soldiers.

“Personally, I think the training and practice is better than any theory,” Mueller said, adding that he was looking forward to future partnership activities, including helping American Soldiers earn the German Sports Badge.

Bundeswehr Reserve 1st Lt. Oliver Oswald echoed Mueller’s feedback, explaining that while German first responders do receive a combination of civil and military first response training, the Viper Pit provides a unique training environment.

As the 421st Multifunctional Medical Battalion completes its move from Wiesbaden to Baumholder, Lacroix said, the Wiesbaden Training Support Center and Health Clinic are stepping in to take over the training facility.

“We’re going to rebuild and improve the Viper Pit, with help from the TSC,” Lacroix said.

“With TSAE (the Training

Support Activity Europe), TSC Wiesbaden and the Wiesbaden Medical Clinic we have combined forces to keep the Viper Pit alive in Wiesbaden,” said Ron Clendenen, chief of the Wiesbaden Training Support Center. “We can now provide combat lifesaver and advanced medic training for all the tenant units within the Wiesbaden military community. Currently the medical staff can train up to 40 students per training event. Overall, this will free up the Wiesbaden units from conducting multiple/simultaneous CLS training classes by allowing them to

send Soldiers to a consolidated class for certification.”

Clendenen added that the TSC is working with the garrison’s Directorate of Public Works to renovate the facility with new paint, electrical outlets and other features to create a “state-of-the-art facility.”

“We provide all the medical training aids such as mannequins, litters, fog machines, strobe lights and simulated automatic weapons fire,” he said, adding, “We also made it convenient for units to schedule the facility by adding it to the Range Facility

Management Support System.”

By offering home station training, Soldiers are able to perform their warrior skills and battle drills in one place, Clendenen said, which makes the training truly unique.

For more information on the Viper Pit email Staff Sgt. Lacroix at [john.lacroix@us.army.mil](mailto:john.lacroix@us.army.mil) or call Ron Clendenen at mil 337-5370 (See [www.army.mil/article/80731/Viper\\_Pit\\_puts\\_combat\\_lifesavers\\_to\\_the\\_test\\_for\\_an\\_earlier\\_story\\_this\\_year\\_on\\_the\\_Army\\_home\\_page](http://www.army.mil/article/80731/Viper_Pit_puts_combat_lifesavers_to_the_test_for_an_earlier_story_this_year_on_the_Army_home_page)).

**Piano Schulz**

**Autohaus Hollmann**

**Thai-Massage  
Praxis**

**Wiesbaden Dental Care**

**MLP  
Finanz-  
dienstleister**

**Dr. Bianca Knoll**



Photos by Wendy Brown

Amanda Schaller smiles at her daughter Natalie Schaller, 4 months, as laboratory technician Annisha Dunawa prepares her arm for a blood donation during a blood drive Aug. 3 at the Tony Bass Fitness Center. Photo right: Spc. Miguel Cruz demonstrates how Spc. Brittany Smith should make a fist to facilitate a good blood flow.



# Blood drive raises 80 pints

**By Wendy Brown**  
*U.S. Army Garrison Wiesbaden  
 Public Affairs Office*

Members of the U.S. Army Garrison Wiesbaden community helped save as many as 240 lives during a blood drive Aug. 3.

The American Red Cross often advertises the fact that each pint of blood can save as many as three lives, and the drive raised 80 pints of blood, said Jana Fullmer, Wiesbaden American Red Cross station manager. The American Red Cross, the USO and the Armed Services Blood Program sponsored the event, held at the Tony

Bass Fitness Center on Clay Kaserne.

In all, 104 people signed in at the event, Fullmer said.

Among those who donated blood was Sgt. Jason Ayres, who said this was his fourth time donating blood. “I do it to help my fellow Soldiers,” he said. “It’s always something that’s needed.”

Spc. Brittany Smith said donating blood is a good act of selfless service — one of the Army’s seven values.

“I feel like it’s a good deed to do and it helps others,” Smith said.

Pfc. Crisa Hosey said she donates blood every chance she gets because she has the rare O negative blood type. “I do it almost every time I can — a handful of times a year,” she said.

Amanda Schaller, an Army spouse, donated blood with her 4-month-old daughter Natalie in a portable car seat at her side. Schaller said it was the first time she had ever donated blood.

“I’ve been wanting to,” she said, “but I couldn’t because I was pregnant.”

Schaller, who had nearly completed her blood donation,

said she had not experienced any problems and would do it again. “It’s a good opportunity to help,” she said.

Airman 1st Class Andres Cook said he donated blood to do his part in helping out Soldiers.

According to the American Red Cross, someone in the United States needs blood every two seconds, and medical facilities need more than 38,000 blood donations a day.

There is no way to manufacture blood; people must donate it, according to the American Red Cross.

Blood is often needed for cancer treatments, and a single car accident victim can require as many as 100 pints of blood, according to the American Red Cross.

Fullmer said Wiesbaden will host blood drives Oct. 4 and Dec. 14.

People can also find out

about future opportunities to give blood by keeping in touch with the Wiesbaden American Red Cross on Facebook at [www.facebook.com/AmericanRedCrossWiesbaden](http://www.facebook.com/AmericanRedCrossWiesbaden), Fullmer said.

In addition, the U.S. Army Garrison Wiesbaden website at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil) carries information, as well as the Command Information Channel, Fullmer said. People can also go to [militarydonor.com](http://militarydonor.com) to find out about upcoming dates and to schedule an appointment, and they can contact the Wiesbaden office at mil 337-1760/ 5173 or civ (0611) 705-1760/5173. The office is located on the third floor of Clay Kaserne Building 1023E.

Another way to learn more about blood donation opportunities is to visit [www.redcross-blood.org](http://www.redcross-blood.org) or call 1-800-RED CROSS (1-800-733 2767).

**Warmu Gastro GmbH**

**Autohaus Hollmann**

## Community notes ... Community notes

### Community Open House

More than 40 agencies will be represented at the Community Open House Aug. 21 from 10 a.m. to 2 p.m. at the Wiesbaden Fitness Center on Clay Kaserne. The Training Support Center will also hold an open house at the same time. Learn about the Engagement Skills Training, Call For Fire Training, photo support and more in Buildings 1032 and 1638 (near the Postal Service Center).

### Community Information Briefing

The next Community Information Briefing will be held Aug. 28 at 9:30 a.m. in the Community Activity Center. Follow it live online by visiting the garrison's home page at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil) or the garrison's Facebook page at [www.facebook.com/usagwiesbaden](http://www.facebook.com/usagwiesbaden).

### Financial Peace University

Anyone interested in learning more about Dave Ramsey's Peace University can attend meetings Aug. 20 and 27 at 6:30 p.m. at the Hainerberg Chapel basement. Evelyn Lurhuma, a military spouse with degrees in accounting and business, will teach the 13-week personal financial management class starting Sept. 10. For more information, write [elurhuma@yahoo.com](mailto:elurhuma@yahoo.com).

### Dragon boat race

Anyone interested in participating in a dragon boat race at Wiesbaden's Schierstein Harbor Sept. 22 should contact Jerel Pehl at [jerel.d.pehl.civ@mail.mil](mailto:jerel.d.pehl.civ@mail.mil) or [chief10wrenches@yahoo.com](mailto:chief10wrenches@yahoo.com). Practices are every

Wednesday from 6:30 p.m. to 8 p.m.

### ACS Mystery Tour

Army Community Service features a Mystery Tour Aug. 21 from 9 a.m. to 7 p.m. starting in front of the Bookmark Store at the Hainerberg Shopping Center. Call mil 335-5254 or civ (0611) 4080-254 to register.

### Kudos to volunteers

Congratulations to the following individuals, U.S. Army Garrison Wiesbaden's July Volunteers of the Month: Julia Fuchs, Anne Blakeslee, Wannica Wyatt, Sgt. 1st Class Karen Reed, Rebecca Carmichael, Darius Wyatt, Jodie DeLeon, John Garrison, Jaime Waterbury, Dean Kraft, Chakiris Moss, Tami Pickering, Janiah Nicholson and Gordon Blackstone.

### Children's Flea Market

The Wiesbaden Entertainment Center holds a Children's-Stuff-Only Flea Market Sept. 15. To rent a table costs \$20. Call mil 335-5335 or civ (0611) 408-0335.

### Seek volunteers for observance

Volunteers are sought to help with the community's American Heritage Month Celebration in November. Sought are singers, dancers, American Indian dishes and cultural displays. Call Sgt. 1st Class Gerrine Garcia at mil 337-7039 or civ (0611) 705-7039 for details.

### CDC opening

Child, Youth and School Services hold a special opening

Aug. 25 from 10 a.m. to 4 p.m. at the Clay Kaserne Child Development Center. Cost is \$24. Call Parent Central Services at mil 337-7928 or civ (0611) 705-7928 to make a reservation.

### Women's Equality Day

The 66th Military Intelligence Brigade Equal Opportunity Office adviser invites all community members to a Women's Equality Day event Aug. 24 from 11:30 a.m. to 1 p.m. at the Tony Bass Fitness Center on Clay Kaserne. Key-note speaker Dr. Charmaine Stradford will discuss the theme of "Celebrating Women's Right to Vote." Call Sgt. 1st Class LaShawn Stradford at mil 337-5355 for more information.

### Red Cross classes

The Wiesbaden American Red Cross offers a standard first aid class which includes CPR Aug. 18 from 8 a.m. to 4:30 p.m. Cost is \$55. Sign up by Aug. 16. The Red Cross also holds babysitter's training and first aid/CPR Aug. 23-24, 9 a.m. to 3 p.m. Cost is \$55. The class is open to youths ages 11-17. Classes will be held in Room 223, Building 1023E, on Clay Kaserne. Call mil 337-1760, civ (0611) 705-1760 or stop by the Red Cross Office in Building 1023E to sign up.

### Mad Hatter's Tea Party

The Military Council of Catholic Women host a Mad Hatter's Tea Party and Meet and Greet Sept. 6 from 10 a.m. to noon at the Hainerberg Chapel. Wear your favorite hat or pick one up at the door. Child care will be provided. Enjoy food, games and meet new people. For more information email [wiesbadenmccw@gmail.com](mailto:wiesbadenmccw@gmail.com).

### Community Chapel

### Fall Kick-off

Representatives from each chapel congregation will be available at the Hainerberg Chapel Thursday, Sept. 6, from 5 p.m. to 7:30 p.m. to provide information about worship service times and programs. There will also be information available about religious education, as well as an opportunity to sign up for religious education. In addition, there will be a free hotdog supper.

### Newman Village open house

The Wiesbaden Housing Office invites community members to view the display houses in Newman Village on Clay Kaserne Tuesdays and Thursdays from 11 a.m. to 2 p.m. Look for the "Display Houses" sign.

### Wackernheim street repairs

The road leading to the entrance of McCully Barracks and the small arms range has been temporarily closed for construction. During the construction drivers are being detoured around the back of McCully to reach the temporary gate or at the circle at the entrance to Wackernheim (when driving from Wiesbaden) to reach the small arms range.

### Looking to sell your car?

Check out the Wiesbaden resale lot located at the end of the parking lot near the fence in between the Wiesbaden Army Lodge and Wiesbaden Entertainment Center in Hainerberg Housing. For more information

call civ (06134) 604 460.

### Credit union jobs

Andrews Federal Credit Union seeks individuals wanting to advance their careers in a financial institution. Jobs are open in Wiesbaden, Schweinfurt and Belgium. For more information visit [andrewsfcu.org](http://andrewsfcu.org) or call Mary Favero at civ (0611) 978 7535.

### BOSS highlights

Wiesbaden's Better Opportunities for Single Soldiers invites Soldiers to go camping in Camp Darby, Italy, Aug. 30. BOSS meetings are held every first and third Wednesday of the month from 3-30-4:30 p.m. in the Warrior Zone (Building 1214) on Clay Kaserne. Visit the BOSS web page at [www.wiesbaden.army.mil/sites/mwr/boss.asp](http://www.wiesbaden.army.mil/sites/mwr/boss.asp) or call mil 337-5042 for more information about these and other BOSS programs.

### VFW Open House

Every Thursday at 6 p.m. is Open House at the Veterans of Foreign Wars Post 27. Stop by Building 7005 in Crestview Housing (Marsweg 3, 65191 Wiesbaden). Meetings are the second Thursday of every month at 7 p.m. Come earlier (at 5 p.m.) to socialize.

### Playground Day

Join other parents and children during a Playground Day

at Crestview Housing Aug. 24 from 11 a.m. to noon. Playground Days feature fun outdoor activities for toddlers and preschoolers including bubbles, parachute games, water tables and obstacle courses. Call civ (0611) 4080-330 for details.



**Immanuel Baptist Church**

**Beautiful Nails**

**Autohaus Haese**





## For your health

# Immunizations vital to keeping children healthy

**By Maj. Kyndra Jackson**  
U.S. Army Public Health Command

For many, the month of August symbolizes the end of summer and the start of a new school year for most of the nation's children. Parents, eager to ensure their child has a safe and successful school year, scramble to fulfill school supply lists and face long lines at the malls to purchase new school clothes. Immunizations are a vital piece to children's safety and protection at school.

One might think, "How are immunizations important in keeping a child safe?" Immunizations, vaccines or shots help protect individuals from serious diseases. Immunizations can prevent infectious diseases like measles, diphtheria and rubella. People in the United States still die from these and other vaccine-preventable diseases. It's extremely important to know which shots your child

and you need and when to get them.

This is why the month of August is recognized as National Immunization Awareness Month. This is the time to encourage family, friends and coworkers to protect their health by getting caught up on their shots. Most immunizations work best when they are given at certain ages. The following are some general guidelines.

### Young children

Children under age 6 get a series of immunizations that protect against a variety of diseases such as measles, pneumonia, polio, chickenpox and hepatitis. Visit your health care provider to get a complete list of all of the recommended vaccines for children under age 6.

### Preteens/teens

All 11- and 12-year-olds need immunizations to help protect against tetanus, diph-

theria, whooping cough and meningitis. Doctors recommend girls and boys get the HPV vaccine to protect against HPV-related diseases.

Immunizations aren't just for babies and children. Adults also need immunizations to help protect from serious diseases and illness. Everyone over age 6 months needs a seasonal flu shot every year. In addition to the flu shot, adults need to be aware of other recommended immunizations. A one-dose shingles vaccine is recommended for adults age 60 and older. Adults should get a tetanus shot every 10 years. Adults should also talk to their health care provider about the pneumonia or pneumococcal vaccine.

Pneumonia is still a major cause of illness and death in the United States. According to the Centers for Disease Control and Prevention, it is estimated that pneumonia caused 43,500

cases and 5,000 deaths among persons of all ages in 2009. Adults ages 19-64 with certain medical conditions, those who smoke cigarettes or adults with asthma should get the vaccine. Adults 65 years and older should get the one-time shot. Research shows that these groups of adults are at a higher risk of getting pneumonia.

Immunizations apply to all individuals — from infants to seniors. When people remain timely with their shots, it not only protects the individual and family, it also protects the community as a whole. Talk to your doctor or nurse to find out which immunizations you need.

For more information, visit your local military treatment facility or community health department. The Internet also



provides a lot of information about immunizations.

For more information about immunizations, visit the Centers for Disease Control and Prevention, Vaccines and Immunizations at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines). Or visit, the Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases, 2012 Immunization Schedules [www.cdc.gov/vaccines/schedules/index.html](http://www.cdc.gov/vaccines/schedules/index.html).

# Combating childhood obesity: A family affair

**By Allison Pompey**  
U.S. Army Public Health Command

At what age do you remember starting to make healthy food choices? For many of us those decisions don't happen until later in life.

The obesity epidemic has grown considerably in recent years, particularly in children and adolescents. In fact, one in every three American children is overweight or obese. Like other childhood health conditions such as diabetes and asthma, obesity in children requires some form of lifestyle intervention. Numerous studies have found that overweight children and teens are much more likely to become overweight adults unless they make positive lifestyle eating and physical activity changes. Parents and guardians are key decision-makers who affect the lifestyle needs when it comes to the nutrition, physical activity and health of their children.

While the problem of obesity is largely due to inactivity coupled with poor diet, several other factors also contribute to the problem. Those factors include culture, a family history of obesity, medications, medical illness,

stressful life events/changes, low self-esteem and depression or other emotional problems. Children who are overweight are at greater risk of developing complications such as diabetes, high blood pressure and heart disease. Additionally, these children are at an increased risk of developing emotional problems such as depression and anxiety.

Families can do a number of things to combat obesity. By making healthy eating and regular exercise a family activity, parents can improve the chances of successful weight control and positively affect their children's health in a big way.



The American Academy of Pediatrics recommends families start with one of the 5-2-1-0 behaviors listed below and set specific goals to improve their health:

- 5 — Eat at least five fruits

and vegetables every day.

- 2 — Limit screen time (i.e., television, computer, video games) to two hours or less per day. Children younger than 2 should have no screen time at all.

- 1 — Strive for one hour or more of physical activity every day.

- 0 — Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

In addition to the 5-2-1-0 goals, adopt family activities such as eating breakfast every day; limiting fast food, take-out food and eating out at restaurants; and preparing foods at home and eating meals together as a family. Turn family time into fun, active time by taking a family bike ride or hike, going to the park and throwing a ball back and forth, or taking a family martial arts class together.

Choose to be healthy — use 5-2-1-0 goals every day. Remember small changes can make a big difference in the long run. Maintain a lifestyle for your child that supports healthy eating and active living. Discuss your child's weight with a doctor at least annually. A registered dietitian can assist with developing goals for healthy eating and physical activity.

Go online to [www.kidseatright.org](http://www.kidseatright.org) for reliable, scientifically-based health and nutrition information to help children grow healthy. In addition, the Centers for Disease Control and Prevention has more information about Childhood Overweight and Obesity at [www.cdc.gov/obesity/childhood](http://www.cdc.gov/obesity/childhood).

## Sports shorts

### Combative Tournament

U.S. Army Garrison Wiesbaden's Sports and Fitness Center hosts a Post Combative Tournament Aug. 24 from 10 a.m. to 5 p.m. A medical screening and weigh-ins will be held from 7-9 a.m. Stop by the Wiesbaden Fitness Center or call mil 337-5541 or civ (0611) 705-5541 for details.

### Fall Youth Sports

Child, Youth and School Services fall sports practices start Aug. 27 for tackle football and soccer. Other fall sports include cheerleading, cross country and golf. Contact Parent Central Services at mil 337-7928 or civ (0611) 705-7928 for more information.

### Women's Equality Run

The Baumholder Sports Office hosts a Women's Equality Run Aug. 24. Registration opens at 7:30 a.m. with the race starting at 9 a.m. The event is free to all participants. Commemorative T-shirts are available for \$5 at the Mountaineer Fitness Center. Call the Sports Office at mil 485-7176 or civ (06783) 6-7176 for more information.

### Calling mountain bikers

A local mountain biking group invites anyone interested in joining their tours ("no longer than about 15-20 miles at moderate speed — fun is first") around the Wiesbaden area. The group meets every Wednesday at 6:30 p.m. at the end of the Nerotal and on most Sundays around 10 a.m. For details call Bjorn Piechocka at civ (0611) 306 040 or email [b.piechocka@formundwohnen.de](mailto:b.piechocka@formundwohnen.de).

### Golf at Rheinblick

The Rheinblick Golf Course features the Rheinblick Open Aug. 18-19 from 8 a.m. to 3 p.m. and a Summer Fest Tournament Aug. 25 from 8 a.m. to 3 p.m. Call civ (0611) 505 927 for more information.

### Football action

The Wiesbaden Phantoms face the Rhein-Neckar Bandits at 4 p.m. Aug. 25 and the Munich Cowboys Sept. 8 at the Helmut-Schoen Sports Park (near the Hainerberg Shopping Center — next to the Brita Arena). Tickets, available at the gate on game day, are €10 for adults, €6 for children ages 11-16 and free for children up to age 10.

### Rolling Hills golf

Baumholder's Rolling Hills Golf Course hosts Kid's Clinics for children ages 6-17 Sept. 22 and Oct. 6. Cost is \$10 per child. The Rolling Hills Golf Course also features Thursday Night Scrambles teeing off at 6 p.m. They are open to all golfers — rain or shine. Call mil 485-7299 or civ (06783) 6-7299 for more information.

### Fitness classes

Get toned up and fit during one of the Wiesbaden Fitness Center's many classes — Zumba, spin, body tone, Plyometrics, H.E.A.T. and more. Call civ (0611) 705-5541 or stop by the fitness center on Clay Kaserne for more information.



Photos by Karl Weisel



## Arena flag football

A player moves into position to catch a lateral pass in the Wiesbaden Fitness Center's Arena Flag Football Competition July 28. Photo left: A player snatches the flag of an opposing player. The event featured two teams from Wiesbaden, and one team each from Landstuhl and Heidelberg. The Heidelberg squad won the tournament. U.S. Army Garrison Wiesbaden's Sports and Fitness Office hosts unit-level flag football starting Sept. 3 and running through Nov. 1. Games will be played on the sports field at the Mainz-Kastel Storage Station. Units should register by Aug. 25. Call mil 337-5541 or civ (0611) 705-5541 for more information.



Photo by Anemone Rueger

## Police and German-American friendship

Members of the German Polizei bowl with members of the U.S. Army Garrison Wiesbaden community, including commander Col. David Carstens, Command Sgt. Maj. Sa'eed Mustafa and garrison law enforcement officers, at the Wiesbaden Entertainment Center Aug. 6. Officials held the event to cultivate German and American friendship between police officers.

# Sports and leisure



## Paddle power

Paddlers make their way down the Lahn (large photo) and Weser Rivers. The Lahn River, which features a series of crank-it-yourself locks, offers scenic canoe and kayak adventures, especially on the stretch between Weilburg and Bad Ems, before running in to the Rhein River near Koblenz. The Weser River is located north of Kassel with

boats available for rent at the picturesque, medieval town of Hannisches-Münden. For more information about canoe and kayak opportunities visit your local Outdoor Recreation.

Photos by Karl Weisel



## Things to do ... Things to do ... Things to do

### ADAC Rallye

Car racing fans will enjoy the **ADAC Rallye Deutschland** Aug. 23-26 as drivers race through Baumholder. The Marketing Office will have a number of tickets to give away. Call mil 485-6263 for information. For more information on the rallye visit [www.adac-rallye-deutschland.de](http://www.adac-rallye-deutschland.de).

### Museum Fest

Frankfurt invites visitors from far and wide for one of its most popular festivals on both sides of the Main River — the **Museumsuferfest** — Aug. 24-26. The festival features free concerts, international cuisine, a children's play area, dragon boat races and more. Visit [www.museumsuferfest.de/start-en](http://www.museumsuferfest.de/start-en) for more information in English.

### BOSS Berlin trip

Baumholder's Better Opportunities for Single Soldiers features a bus trip to Berlin and the Tropical Island in that area Aug. 24-26. Call Alice Verberne-Benamara at mil 485-6263 for details.

### Playhouse auditions

Wiesbaden's Amelia Earhart Playhouse holds auditions for its first production of the new season Aug. 15-17 with performances slated for October. Call the playhouse at mil 336-2473 or civ (0611) 816 2474 for more information.

### Wine fests

Wiesbaden's **Rheingauer Weinwoche**, one of the largest wine festivals in the world, continues through Aug. 19. Other wine festivals in the area include the **Kostheimer Vintner Fest** Aug. 17-20, the **Rüdesheimer Wine Fest** Aug. 17-20, the **Raenthaler Wine Fest** Aug. 17-20 and the **Martinthal Wine Fest** Aug. 24-26.



Photo by Karl Weisel

Visitors enjoy the many stands, concerts and displays at the Frankfurt Museumsuferfest.

### SKIES the limit

Baumholder's SKIES program offers classes in tae kwon do, aikido, classical ballet, keyboard, piano, guitar, basketball, gymnastics, soccer, volleyball, driver's education and cheerleading. Call the SKIES Office at mil 485-6969 or Parent Central Services at civ (06783) 6-7003 for details.

### USO classes, tours

The Rhein Main Area USOs feature ballroom, swing

and salsa dance lessons; portrait photography classes; wine tasting; ballet and more. Upcoming tours include **Bern** (Switzerland) Aug. 18, the **Elvis Festival** in Bad Nauheim

Aug. 18, **Frankfurt** Aug. 18, **Heidelberg's Königstuhl** Aug. 18, **Disneyland Paris** Aug. 25, **Trier** Aug. 25, the **Riesling Route** Aug. 26 and **Prague** Aug. 31. Call mil 335-5106 or stop by any Wiesbaden USO for more information.

### Praise Night 7

The Saturday Night Church in Wiesbaden Nordensstadt (Daimlerring 8b) hosts Praise Night 7 featuring vari-

ous Christian bands including **Ghetto Preach**, **Fabian Witmer** and **Quartet**, **Klangsam**, **AfricanEr.de**, **Unified Worship**, **FaceUp**, **Devotional** and **Daniel Freund**. Everyone is welcome to the free concert. Visit [www.snc-rm.de](http://www.snc-rm.de) for more information.

### Summer in the City

Mainz features its annual Summer in the City concert series with performances by **Chris De Burgh** Aug. 24 at 8 p.m. at the Kurfürstliches Schloss, **Joan Armatrading** Aug. 30 at 8 p.m. at the Kurfürstliches Schloss and **Runrig** Sept. 1 at 7 p.m. at the Zitadelle. Visit [www.frankfurter-hof-mainz.de](http://www.frankfurter-hof-mainz.de) for ticket information on these and other concerts.

### Documenta 13

Documenta 13, featuring the latest in art and entertainment, will be held throughout the town of Kassel through Sept. 16. The event, only held about every four years, is a showcase of contemporary artists from around the globe.

**School bits**

**AAFES Back-To-School Bash**

The Hainerberg Main Exchange and Wiesbaden Services host a Back-To-School Fashion Show and more Aug. 25. The event will also feature children's amusements, a raffle, face painting and a flower workshop. Call civ (06134) 204 810 for more information.

**Sports physicals**

The Wiesbaden Health Clinic will conduct Child, Youth and School Services sports physicals Aug. 20. Make an appointment by calling civ (0611) 705-6339 if your child has not had a physical to play sports within the last 12 months. Don't forget to bring shot records to the appointment.

**UofM registration**

The University of Maryland University College Europe holds registration for its fall semester on-site and online courses through Aug. 19 with classes starting Aug. 20. UMUC Europe also features a new \$150 military book award for active duty service members and will continue its \$150 book award for spouses. A \$700 new student scholarship is also being offered to help with tuition and books. Visit [www.ed.umuc.edu](http://www.ed.umuc.edu) or stop by the Education Center for details and to register.

**University of Phoenix**

Reserve your seat today for Master of Business Administration courses starting Sept. 27. The University of Phoenix offers accelerated programs that can be completed in 18-24 months taught by local faculty. Classes meet one night per week. Upcoming classes range from Management to Marketing, Accounting to Business Law. Call mil 337-5940, civ (0611) 705-5940 or email [Wiesbaden@phoenix.edu](mailto:Wiesbaden@phoenix.edu) for more information.

**FAST classes**

The Wiesbaden Army Education Center will be offering a Functional Academic Skills Training class for qualified soldiers from Aug. 30 to Sept. 21. Class times are Monday through Friday, 7:45-11:45 a.m. FAST provides Soldiers with on-duty instruction in reading, math, and language. The goal is to improve job performance, prepare Soldiers for more advanced schooling, increase reenlistment options and enhance trainability. To be eligible for the training a Soldiers must have a GT score below 110. Soldiers interested in FAST should call mil 337-5559, or email [jason.m.thorp.ctr@mail.mil](mailto:jason.m.thorp.ctr@mail.mil) or visit the Education Center on Clay Kaserne Building 1023E Room 120 and speak to a counselor.

**Sure Start**

Hainerberg, Smith and Wetzel Elementary Schools are now accepting Sure Start applications for school year 2012-13. Children must be 4 years old by Sept. 1, 2012, to be eligible. Stop by the schools for other eligibility requirements and an application.

**Still important to register**

If you haven't registered your child for next school year, be sure to stop by your child's school for the registration packet. It's vital that school administrators get an accurate enrollment number in order to ensure the proper staffing.

**Back-to-school events**  
*Know where to go for information and fun*

Parents and students can get into the spirit of the new school year with a host of special events aimed at better familiarizing them with schools and support in the Baumholder and Wiesbaden area.

**Baumholder orientations**

Baumholder schools will hold new student orientations on the following dates: **Smith Elementary School** Aug. 16 at 3 p.m.; **Baumholder Middle High School** Aug. 23 at noon; **Wetzel Elementary School** Aug. 23 at 2 p.m. **Wetzel Elementary School** hosts a meet and greet Aug. 24 at 1 p.m. **Smith Elementary School** holds a kindergarten orientation Aug. 27 at 8:30 a.m.

Open houses will be held at **Smith Elementary School** Aug. 27 at 1 p.m.; **Baumholder Middle High School** Sept. 13 from 5-7 p.m.; and at **Wetzel Elementary School** Sept. 20 from 4-6 p.m.

A special **Youth Sponsorship Bowling Party** for all newcomers to the Baumholder community will be held at the Striker's Bowling Center (Building 8105 on Smith Barracks) Aug. 16 from 1-3 p.m. Pick up information about community schools; Child, Youth and School Services programs; travel opportunities and more.

**Wiesbaden orientations**

Wiesbaden schools hold the following student orientations: **Hainerberg Elementary School** kindergarten orientation Aug. 23 from 10-11 a.m.; **Aukamm and Hainerberg Elementary Schools** new student orientations Aug. 23 from 11 a.m. to 12:30 p.m.; **Wiesbaden Middle School** new student orientation Aug. 23 12:30-2 p.m.; **Wiesbaden High School** new student orientation Aug. 23 from 2-3:30 p.m.

Open houses are slated for: Sept. 5 **Aukamm and Hainerberg Elementary Schools** from 4-5:30 p.m.; **Wiesbaden Middle School** Sept. 6 from 4-6 p.m. and **Wiesbaden High School** Sept. 13 from 5:30-7 p.m.

Wiesbaden students in grades six to 12 are also invited to a barbecue from 3:30-6 p.m. at the **Wiesbaden Teen Center** in Hainerberg Housing following the orientations. "It's part of the ongoing youth sponsorship initiative," said



Photo by Karl Weisel

**Students enter Hainerberg Elementary School for the beginning of the 2011 school year. This year, the first day of school for students in grades one through 12 is Aug. 27.**

Peter Witmer, U.S. Army Garrison Wiesbaden school liaison officer, adding, "The timing is ideal. It's the same day as when people are already coming to the middle and high school for the new student orientations."

**School contact information**

Below is contact information for school principals, school liaison officers, school bus offices and district superintendents who steer Department of Defense Dependents Schools in U.S. Army Garrisons Baumholder and Wiesbaden. The Heidelberg District Superintendent's Office is responsible for the four schools in the Wiesbaden area and the Kaiserslautern DSO oversees the three schools in the Baumholder area.

**District Superintendents**

**Heidelberg District:** Frank Roehl, mil 388-9383, civ (05221) 759-02312

**Assistant Superintendent:** Steve Sanchez.

**Kaiserslautern District:** Dr. DellMcMullen, mil 489-6339/6848, civ (0631) 536-6848/6339.

**Assistant Superintendent:** Dr. Elizabeth Dunham

**USAG Baumholder**

**Schools Officer:** Randy Lambert, mil 485-6968, civ (06783) 6-6968.

**Smith Elementary School:** mil 485-7589, civ (06783) 6-7589.

**Principal:** Sue Morin.

**Wetzel Elementary School:** mil 485-7492/6416, civ (06783) 6-7492/6416

**Principal:** Angie Cotton.

**Baumholder Middle High School:** mil 485-7590, civ (06783) 6-7590

**Principal:** Jennifer Remoy

**School Bus Office:** Located in Building 8801, Room 14 at Baumholder Middle High School. Hours are 8:30 a.m. to 3:15 p.m. Call civ (06783) 6-6874.

**USAG Wiesbaden**

**Schools Officer:** Peter Witmer, mil 335-5129; civ (0611) 408-0129

**Hainerberg Elementary School:** mil 335-5354; civ (0611) 4080-354

**Principal:** Penelope A. Miller-Smith

**Aukamm Elementary School:** mil 337-6261, CIV (0611) 705-6261.

**Principal:** Debbie Parks  
**Wiesbaden Middle School:** mil 335-5373, civ (0611) 4080-373.

**Principal:** Dr. Susan Hargis  
**Wiesbaden High School:** mil 335-5351, civ (0611) 4080-351.

**Principal:** Sharon O'Donnell  
**School Bus Office:** Located in a small, red building next to the Wiesbaden Middle School entrance in Hainerberg Housing. Hours are 8 a.m to 2:15 p.m. and 3-4 p.m. Call civ (0611) 4080-382, mil 335-5382.

# School bus safety and more

*Start the school year off right with this primer on riding the bus*

Going to school is like riding ... well a school bus. You never really forget the rules.

But for parents of Department of Defense Dependents Schools-Europe students who are new to the system, there are a few school bus rules that make riding in DoDDS-Europe a different experience.

## Your child needs a bus pass

Parents need to register their children for bus passes. The distance from the residence to the assigned school determines whether children walk or ride the bus to school. The distances are one mile for elementary students and 1.5 miles for secondary-level students. To register for a bus pass, visit the Wiesbaden or Baumholder school bus offices.

## What happened to the yellow school bus?

DoDDS-E does not own buses or employ drivers. The buses transporting DoDDS students are European-style tour or transit coaches marked with international school bus signs. For the most part DoDDS-E contracts with host-nation commercial companies for transportation services.

## The school bus driver

Bus drivers are not required to speak English, only the host-nation language. Buses are equipped with two-way communications linking drivers to the contractor's central control station. Drivers are also not responsible for

enforcing good order and discipline on the bus. The driver's job is to operate the bus safely.

## The traffic won't stop

In Europe vehicle traffic is not required to stop for loading and unloading school buses. American children are reminded to never cross the street in front of or behind the school bus. DODDS-E also reminds parents that bus transportation is a privilege and not a right or entitlement. A student's behavior will result in disciplinary action to include temporary or permanent suspension of bus privileges.

Additional bus safety information can be viewed at [www.eu.dodea.edu/transportation](http://www.eu.dodea.edu/transportation).

## Behavior standards for school bus students:

On and around school buses students will:

1. Comply with all school rules with the "Behavior Standards for School Bus Students."
2. Board and exit the bus in an orderly, safe manner.
3. Present bus pass when boarding the bus and upon demand.
4. Remain seated while on the bus.
5. Talk with other passengers in a normal voice.



Photo by Karl Weisel

**A school bus lets off students next to Wiesbaden Middle School. DoDDS-Europe contracts with a local companies for bus service.**



Photo by Karl Weisel

**A school bus pulls up to the curb near Hainerberg Elementary School and Wiesbaden Middle School.**

6. Keep all parts of the body inside the bus windows.
  7. Keep aisles, steps and empty seats free from obstruction.
  8. Remain fully and properly clothed.
  9. Treat the driver and fellow students with respect.
  10. Promptly comply with the bus driver's or monitor's instructions.
  11. Treat the bus and other private property with care.
- On or around school buses, students will not:
1. Fight, push, shove or trip other passengers.
  2. Use or possess unacceptable items identified in the school "Code of Conduct."
  3. Push while boarding, on or exiting the bus.
  4. Get on or off the bus while the bus is in motion.
  5. Make excessive noise or play electronic equipment without earplugs.
  6. Put objects out of bus windows

- or hang out of windows.
  7. Engage in horseplay.
  8. Obstruct aisles, steps or seats while on the bus.
  9. Engage in public displays of affection.
  10. Eat, drink or litter on the bus.
  11. Use profane or abusive language or make obscene gestures.
  12. Spit or bite.
  13. Harass, bully or interfere with other students.
  14. Disrespect, distract or interfere with the bus driver.
  15. Damage private property.
  16. Sit in the bus driver's seat or touch bus operating devices or equipment.
  17. Open or try to open bus door.
  18. Throw or shoot objects inside or out of bus.
  19. Tamper with bus controls or emergency equipment.
  20. Violate any other school rule, law or military installation regulation.
- (Courtesy of DoDDS-Europe)



Robert Capron (from left), Zachary Gordon and Grayson Russell share campfire stories in the adventure comedy "Diary Of A Wimpy Kid: Dog Days."

## At the movies Aug. 16-30

### Baumholder, Wagon Wheel

- Aug. 17 — The Watch (R) 7 p.m.
- Aug. 18 — Total Recall (PG-13) 4 p.m. Step Up Revolution (PG-13) 7 p.m.
- Aug. 19 — Diary Of A Wimpy Kid: Dog Days (PG) 4 p.m.
- Aug. 24 — Total Recall (PG-13) 7 p.m.
- Aug. 25 — The Bourne Legacy (PG-13) 4 p.m. The Campaign (R) 7 p.m.
- Aug. 26 — Hope Springs (PG-13) 4 p.m.

### Wiesbaden, Taunus Theater

- Aug. 16 — Chernobyl Diaries (R) 7 p.m.
- Aug. 17 — The Bourne Legacy (PG-13) 7 p.m. Hope Springs (PG-13) 9:30 p.m.
- Aug. 18 — Madagascar 3: Europe's Most Wanted (PG) 4 p.m. The Bourne Legacy (PG-13) 7 p.m. The Campaign (R) 9:30 p.m.
- Aug. 19 — Madagascar 3: Europe's Most

Wanted (PG) 4 p.m. The Campaign (R) 7 p.m.

- Aug. 20 — Hope Springs (PG-13) 7 p.m.
- Aug. 21 — Prometheus (R) 7 p.m.
- Aug. 22 — Chernobyl Diaries (R) 7 p.m.
- Aug. 23 — Snow White And The Huntsman (PG-13) 7 p.m.
- Aug. 24 — The Odd Life Of Timothy Green (PG) 7 p.m. The Expendables 2 (R) 9:30 p.m.
- Aug. 25 — ParaNorman (PG) 4 p.m. The Odd Life Of Timothy Green (PG) 7 p.m. The Expendables 2 (R) 9:30 p.m.
- Aug. 26 — ParaNorman (PG) 4 p.m. The Expendables 2 (R) 7 p.m.
- Aug. 27 — The Odd Life Of Timothy Green (PG) 7 p.m.
- Aug. 28 — That's My Boy (R) 7 p.m.
- Aug. 29 — Prometheus (R) 7 p.m.
- Aug. 30 — Rock Of Ages (PG-13) 7 p.m.

## Movie plots

**Diary Of A Wimpy Kid: Dog Days (PG)** — During his summer vacation, "Wimpy Kid" Greg Heffley hatches a plan to pretend he has a job at a ritzy country club — which fails to keep him away from the season's dog days, including embarrassing mishaps at a public pool and a camping trip that goes horribly wrong. Stars Zachary Gordon and Steve Zahn.

**Hope Springs (PG-13)** — Kay and Arnold (Meryl Streep and Tommy Lee Jones) are a devoted couple, but decades of marriage have left Kay wanting to spice things up. When she hears of a renowned couples specialist in the small town of Great Hope Springs, she attempts to persuade her skeptical husband to get on a plane for a week of marriage therapy. Also stars Steve Carrell.

**Paranorman (PG)** — In this comedy thriller a small town comes under siege by zombies. Misunderstood local boy Norman (voiced by Kodi Smit-McPhee), who is able to speak with the dead, is called to the rescue. In addition to the zombies, he'll have to take on ghosts, witches and, worst of all, moronic grown-ups, to save his town from a centuries-old curse. Also stars Anna Kendrick and John Goodman.

**The Campaign (R)** — When long-term congressman Cam Brady (Will Ferrell) commits a major public gaffe before an upcoming election, a pair of ultra-wealthy CEOs plot to put up a rival candidate and gain influence over their North Carolina district. Their man: naïve Marty Huggins (Zach Galifianakis), director of the local Tourism Center. At first, Marty appears to be the unlikeliest possible choice but, with the help of his new benefactors' support, a cutthroat campaign manager and his family's political connections, he soon becomes a contender.

**Step Up Revolution (PG-13)** — Emily arrives in Miami with aspirations of becoming a professional dancer. She sparks with Sean, the leader of a dance crew whose neighborhood is threatened by Emily's father's development plans. Stars Kathryn McCormick, Ryan Guzman and Cleopatra Coleman.

**The Watch (R)** — Suburban dads who form a neighborhood watch group as a way to get out of their day-to-day family routines find themselves defending the Earth from an alien invasion. Stars Jonah Hill, Ben Stiller and Vince Vaughn.

**Snow White And The Huntsman (PG-13)** — Snow White is the only person in the land fairer than the evil queen out to destroy her. But what the wicked ruler never imagined is that the young woman threatening her reign has been training in the art of war with a huntsman dispatched to kill her. Stars Kristen Stewart, Chris Hemsworth and Charlize Theron.



Tommy Lee Jones and Meryl Streep star as a couple seeking to set a spark to their marriage in "Hope Springs." Photo right: Zack Galifianakis (left) and Will Ferrell face off on the take-no-prisoners campaign trail in "The Campaign."



# *Freestyle*

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