



Reader feedback
 "Love is the most powerful force. It affects everyone and everything," said Sgt. Emily Osborn. See page 2 for more Valentine's Day feedback.



Leading by example
 Wiesbaden's own is Army Lodging Supervisor of the Year. See page 7.



Swim champs
 Wahoos win Tyrolean Division Championship for fourth time. See page 19.

Herald Union



Vol. XV, No. 9

Wiesbaden: Your home in Germany

Feb. 14, 2013

Energy audit

IMCOM works with garrison to find ways to conserve

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

Just as individuals play a role in saving energy, organizations also have ways of better using available resources. That's one of the reasons why the Army's Installation Management Command regularly audits installations to see how energy use is monitored, to eliminate inefficiencies and to seek ways to reduce costs.

"We're required to do an assessment on a yearly basis of 25 percent of our facilities," said Ernst Ku-

siak, U.S. Army Garrison Wiesbaden Directorate of Public Works energy manager. "As the energy manager for the garrison, I pick the buildings to analyze — those that might have a problem, have a high consumption or may be newly constructed buildings."

Lyman Parkhurst, an energy auditor with Sain Engineering Associates, Inc., spent a week in Wiesbaden Jan. 25 to Feb. 1, conducting an energy awareness and conservation assessment and reviewing the garrison

See Energy audit on page 5

Break-in targets

Criminals using symbols to mark potential victims' homes

A recent break-in at a servicemember's off-post residence in Eltville led German Police to share a warning with their U.S. military counterparts to be on the lookout for criminals who may be



Courtesy of the German Police
Symbols found outside a recent break-in.

targeting homes in the Rhein-Main area.

According to a crime prevention flyer from the Wiesbaden Criminal Investigation Command Office, a servicemember assigned to Clay Kaserne was the victim of a burglary while the individual was away on temporary duty.

"Once her house was noticeably unoccupied for several days, the group **See Break-in targets on page 4**



Photo by Staff Sgt. Brian Rodan

Command Sgt. Maj. Gerald L. Tyce demonstrates how to do core exercises during 5th Signal Command's Fit to Lead kickoff in the Wiesbaden Fitness Center.

Fit to Lead: 5th Signal Command launches health mentorship program

By Staff Sgt. Brian Rodan
 5th Signal Command
 Public Affairs Office

More than 400 Soldiers, civilians, local nationals and family members participated in 5th Signal Command's Fit To Lead kick-off event at the Lucius D. Clay Kaserne Fitness Center.

Fit to Lead is a program designed to help institutionalize a culture of health, fitness and balanced lifestyles in the various communities across the 5th Signal Command footprint.

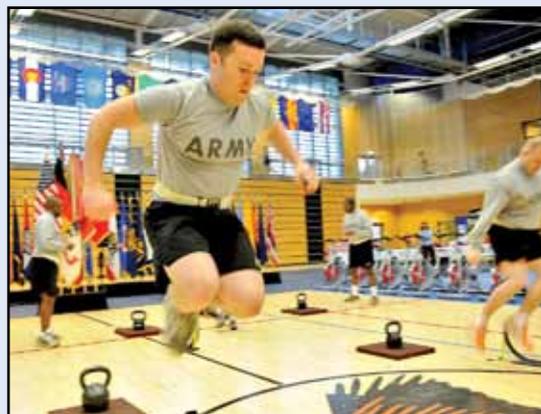


Photo by Kristopher Joseph

Soldiers participate in a seven-minute Crossfit demonstration at the Fit to Lead kickoff.

Overall fitness is an extremely important aspect of the Army profession.

Brig. Gen. Bruce T. Crawford, commander,

5th Signal Command, said, "Fit to Lead is about bringing together some of the dedicated professionals we have within

the community to help mentor those of us who want to give just a little bit more."

Professionals from the fitness center showcased Crossfit, HEAT, and Spin classes using volunteers from the audience to participate in the various workout demonstrations.

"What a way to start the day. It was motivating, it was fun and it was team building. I had a great time," said Barbara Calhoun, secretary to the general staff of 5th Signal Command, who **See Fit to Lead on page 3**

Feedback: *It's Valentine's Day — in your opinion 'Love is ...'?*



Marcus Perry
USO volunteer coordinator

"Love is what makes it possible for us to get through our day."



Ernestine Hatley
Directorate of Human Resources

"Love is knowing yourself and loving yourself."



Shanthadurga Vijayakumar
Community Bank employee

"Love is all the chocolate on sale the day after Valentine's Day. I shall buy it and eat it all. ... wait, what was your question again?"



Staff Sgt. Kareem Paschal
Directorate of Emergency Services

"Love is what you make it."



Pfc. Stephanie Gaylord
24th Military Intelligence Battalion, orderly room

"Love is affection another gives you in a way that normal people wouldn't."

From the command

'Focus on fundamentals' says USAREUR leader

By Lt. Gen. Don Campbell
Commander of U.S. Army Europe

It is wonderful to be back in Europe.

Ann and I sincerely appreciate the opportunity to once again join the tremendous team here at U.S. Army Europe. I'm honored to be afforded the opportunity to serve you — the Soldiers, civilians, families and host nation supporters who shape this dedicated community — and I feel it necessary to thank you for all you have done and continue to do every day.

USAREUR is in a time of transition. Our headquarters has a new home in Wiesbaden, we are in the process of deactivating two long-storied brigades and we are reducing our garrison footprint across Europe. This transition makes us leaner, better organized and more agile. In the end we will be better prepared to face the challenges of the future.

I'm here at an interesting time, as one of those challenges is at our doorstep today. As you all know, our nation as a whole is currently facing fiscal uncertainty and our Army is not immune to that. With this difficult time come tough decisions about how to navigate the road ahead and balance fiscal responsibility with the readiness of our force and the well-being of our families. I am committed to ensuring that our workforce stays informed and understands

the measures taken and the reasons for them. As always, I encourage all of you to rely on your chain of command and command information channels for timely and accurate information as we navigate these uncertain times.

One thing is clear, regardless of resources or troop levels, no less will be asked of us. We have made impressive gains with our allies and partners over the last decade, but our challenge will be to maintain and build upon these gains in a postwar era of competing resources.

This means that as an organization we will need to focus on fundamentals and on imperatives such as discipline, comprehensive fitness, leader development and teamwork. I expect leaders and Soldiers alike to follow these command imperatives that I have come to trust as a sound formula for developing units into a team

of teams that is ready to accomplish any mission. You will soon be seeing AFN spots and other means of communication that reinforce these imperatives.

We must continue to remain focused on accomplishing all missions while always ensuring the resiliency of our families. I expect all leaders to assist me in promoting a positive command climate; instilling trust up and down the chain of command that reinforces and exemplifies our Army Values and the Warrior Ethos of our combat proven force. Together we will continue to make our overseas home and the USAREUR team better every day.

I consider it an honor and privilege to lead this historic team and look forward to seeing you all in your formations and communities around Europe.

Strong Soldiers, Strong Teams.



Photo by Dee Crawford

Lt. Gen. Don Campbell, U.S. Army Europe commander, and his wife Ann tour the Community Open House Feb. 2.

Letters to the editor:

Readers provide feedback on website overhaul

More user friendly

Just wanted to drop a note and say the new look is great — very user-friendly and more pleasing to the eye than before. Thanks for the upgrade.

Sgt. 1st Class Constance

Ellis, Wiesbaden Health Clinic

Much improved, fresher

I visit the garrison website almost every day, so yesterday it was the old green one. Today

(Jan. 29) it is the new blue/gray one — much improved, looks fresher. I'm not sure who is the webmaster, but tell him/her "Well done — looks great."

Mayda Velez, DCMA Southern Europe

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News flash

Influenza vaccine

Influenza activity remains elevated — and if you haven't been vaccinated yet, you are at risk. Visit the Wiesbaden Health Clinic (immunization clinic) to get vaccinated. Walk-in hours are Monday, Wednesday and Thursday from 8 a.m. to 3:30 p.m.; Tuesdays from 10:30 a.m. to 6 p.m. and Friday from 8-11:30 a.m.

Parents reminded about school bus safety after child hit by car

A Wiesbaden military community elementary school student was hit by a car as she crossed the street in Raunheim after disembarking from a DoDDS school bus Feb. 7. The student was slightly injured and is recovering after being released from a local hospital. While an accident, parents are reminded to use vigilance and to remind their children to always use safety when entering or exiting school buses and crossing streets. Remember that drivers are not required to stop when approaching stopped school buses on German roads (although they are on military installations). Children should be told to always wait for the bus to depart and to look both ways before attempting to cross the street. And whenever possible, parents should try to park on the same side of the street or wait at the bus stop when picking up or dropping off students.

Make ID card appointments online

Did you know you can make an appointment online to get a new ID card? To schedule an appointment go to <https://rapids-appointments.dmdc.osd.mil>. The ID Cards/DEERS office is located in Room 111, Building 1023E on Clay Kaserne. Hours are 8 a.m. to 4 p.m. with the last customer sign-in at 3:30 p.m. Call mil 337-6355 or civ (0611) 705-5515 for more information.

Outstanding logisticians

The U.S. Army Europe will recognize the top logisticians in Europe at the Combined Logistics Excellence Awards Ceremony in the Wiesbaden Fitness Center March 19 at 12:30 p.m. The annual awards, the USAREUR level of an Army chief of staff initiative, honor units and organizations across Europe for their excellence in supply, maintenance and deployment operations. Call mil 370-5410 or 5436 for more information.

AFN topics wanted

AFN-Wiesbaden seeks daily topic ideas for the morning show. If you have an idea (especially about life overseas or in the Wiesbaden military community) to be discussed on the radio, submit your idea on the AFN Wiesbaden Facebook page or call mil 337-5103.

Check Fuel Card

Army and Air Force Exchange Service officials advise patrons to check their Esso Fuel Card expiration date (lower right hand corner). If near expiration, customers must stop by the nearest AAFES Fuel Card issuing location for a replacement card. (Courtesy of AAFES Public Affairs)



Photo by Kristopher Joseph

Christine Kuempel, a 5th Signal Command host nation employee, browses through the health and fitness booths available at the Fit to Lead kickoff.

Fit to lead

Continued from page 1
was a Spin volunteer.

Community members from throughout U.S. Army Garrison Wiesbaden set up various static displays on nutrition, outdoor recreational activities and other items that contribute to overall health and fitness.

Command Sgt. Maj. Gerald L. Tyce, 5th Signal Command, said, "I hope Fit to Lead results in a culture change, where fitness and exercises can be incorporated into your everyday living. It changes how we go about doing business. I think being fit and our leadership are intertwined together."

Tyce said he expects to see participation and expects lifestyle changes.

"I think this event was outstanding, and I'm extremely privileged to be part of an organization that is very positive about physical fitness," said Sgt. Arnold Caceres, a human resources specialist assigned to Headquarters and Headquarters Company, 5th Signal Command, and a HEAT volunteer.

U.S. Army Europe Command Sgt. Maj. David S. Davenport, said he wanted to be a part of this commitment to the Soldiers, Civilians, and Family members of the great 5th Signal Command.

"This Fit to Lead is a fantastic idea, and it's not just about fitness, it's about changing behaviors and a lifelong commitment to fitness," he said.

Davenport added, "Two things about this event stand out in my mind," Davenport said. "First are the Soldiers, civilians and family members who were coming forward with stories and testimonials about where they were in their life and the changes they made to become better people, whether it was losing weight or overcoming an emotional event.

"The second thing is that you have to enjoy it when your command sergeant major, your leader, gets out there in front of everybody and does that core exercise. What a way to lead by example," Davenport said.

At the conclusion of the event, Crawford issued a challenge to the audience. "I want to issue what's called the 10,000-pound challenge starting today and concluding May 1. This is not about losing weight, but a little bit of competition doesn't hurt," Crawford said.

"I think I could lose a few pounds, so if possible I'd like to donate whatever I could lose to HHC, 5th Signal Command," said Davenport.

For more information on Fit to Lead visit the official website at www.5sigcmd.army.mil/OSP/FTL.

Wiesbaden introduces environmental zone

In order to improve overall air quality, the cities of Wiesbaden and Mainz, following the example of other cities in Germany such as Heidelberg and Mannheim, have introduced a joint environmental zone ("Umweltzone") for the downtown areas.

Only motor vehicles with a "green decal" will be admitted. Although the official start was Feb. 1, tickets will not be issued during an initial six-week trial period. This environmental decal certifies that the vehicle is manufactured to an acceptable emissions standard in those areas.

Drivers entering an environmental zone without the appropriate decal may be subject to a €40 fine.

Options include upgrading the vehicle to bring it in compliance with the required emission standards, replacing the vehicle with one that meets the standards or parking the vehicle outside the environmental zone and using public transportation.

POV owners who do not currently have a green decal displayed on their windshield should contact Vehicle Registration at mil 337-7819 or civ (0611) 705-7819, Mainz-Kastel Housing Building 7514, Monday to Friday from 7:30 a.m. to 3 p.m.

The applicable environmental zone can be viewed at www.wiesbaden.de/medien/dokumente/leben/verkehr/UmweltzoneFeinInternet-130102.pdf.

From the blotter

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

Jan. 24

Lost government property: A noncommissioned officer is being charged with loss of government property through neglect.

Jan. 25

Assault: A Soldier is being charged with assault consummated by a battery.

Jan. 26

Traffic accident: A Soldier is being charged with a traffic accident — failure to yield the right of way.

Failure to obey regulation: An NCO is being charged with failure to obey order or regulation/re-register a privately owned vehicle.

Failure to obey regulation: An NCO is being charged with failure to obey order or regulation/re-register a POV.

Jan. 28

Drunken driving: A civilian employee is being charged with drunken operation of a vehicle, fleeing the scene of a traffic accident, civilian misconduct and damage to private property.

Drugs possession: A Soldier is being charged with wrongful use/possession of marijuana.

Drugs possession: A Soldier is being charged with wrongful use of a controlled substance.

Jan. 29

Failure to obey regulation: An NCO is being charged with failure to obey order or regulation/re-register a POV.

Drugs possession: An NCO is being charged with wrongful use of a controlled substance.

Jan. 31

Tax evasion: A family member is being charged with tax evasion, misuse of APO/FPO to import, illegal operation of a home-based business and civilian misconduct.

Tax evasion: A Family member is being charged with tax evasion, misuse of APO/FPO to import, illegal operation of a home-based business and civilian misconduct.

Feb. 1

Damage to property: A Soldier is being charged with damage to private property.

Feb. 3

Traffic accident: An NCO is being charged with a traffic accident — failure to clear the rear.

Assault: A Soldier is being charged with assault consummated by a battery and driving under the influence.

Assault: A family member is being charged with assault consummated by a battery and civilian misconduct.

Feb. 4

Traffic accident: A Soldier is being charged with a traffic accident — inattentive driving.

Feb. 6

Traffic accident: A senior airman is being charged with a traffic accident — inattentive driving.



Spc. Justin Leon reviews a tax document with retiree Charles Ganus on the opening day of the Wiesbaden Tax Center Feb. 4. The center is located at the Tony Bass Fitness Center.

Tax time: Wiesbaden center opens to offer free filing assistance

Story and photo by Wendy Brown
U.S. Army Garrison Wiesbaden Public Affairs Office

Charles Ganus was one of the first people to get his taxes done at the Wiesbaden Tax Center when it opened Feb. 4, and he had nothing but praise for the services offered there.

“You can talk to these people,” said Ganus, a retiree. “They do an outstanding job.”

Another great reason to visit the center is because it is free, said Capt. Brian Strang, officer-in-charge of the center. The center saved members of the Wiesbaden community an estimated \$450,000 in tax preparation charges last year.

The center will be open until June, but it is always better to get your taxes done sooner rather than later

— especially with many V Corps service members expected to return this spring, said Strang. People can call mil 337-4755 or civ (0611) 705-4755 to set up an appointment and ask which documents are necessary.

The Internal Revenue Service has trained and certified everyone who works in the center to prepare taxes, Strang said.

The amount of time it will take for the center to prepare tax documents depends on the complexity, said Strang. Someone who only has a W-2 and a 1099 for bank interest can expect to have their taxes done on the spot or within a half an hour, but for someone with rental properties in the States, the process usually takes just under a week, he said.

See Tax time on page 5

Break-in targets

Continued from page 1

marked her residence using symbols drawn in the snow,” the German Police reported. “The group returned and broke in, stealing numerous pieces of jewelry, loose Euro cash and other small items with a total value of approximately \$700.

“The group broke in through a glass rear patio door,” the report went on, explaining that the resident’s window/door metal shades (German Rolladen) had not been lowered while the inhabitant was away.

The German Police also reported finding several symbols drawn in the snow which most likely indicated the status of the dwelling. A triangle symbol reportedly means “woman living alone,” a sawtooth — “vicious dog” and circle with arrows — “worth looking into.”

“Based upon the correct symbols, the group had obviously performed surveillance on the residence prior to the service member departing on TDY,” according to the report, which confirmed that the female service member indeed owned a German shepherd (which was boarded elsewhere during her absence).

The German Police reported that since November 2012, 28 other homes were also burglarized by the same group in the Rhein-Main area.

The symbols are usually drawn on the sidewalk or brick/stone area near the mailbox in chalk or another form of marker.

All U.S. Army Garrison Wiesbaden residents are reminded to always remain vigilant and aware of their surroundings and any suspicious markings. Off-post residents should secure their “Rolladen” (window security shades), if equipped, when departing for an extended period of time.

People should also consider having a close friend or trusted unit member conduct periodic checks of their residences when away for any period of time, picking up mail/newspapers and shoveling snow to give the impression that someone is home, military law enforcement officers said. “It is also a good idea to get to know your neighbors and inform them when you will be away, so they can notify law enforcement of any suspicious activity in/around your residence.”

Anyone who notices suspicious individuals or markings around their homes, should photograph any markings and notify the German or Military Police. To report criminal activity or suspicious markings call the MP Desk at civ (0611) 705-5096 or 5097. (Information courtesy of the Wiesbaden CID Office)

Energy audit

Continued from page 1

facilities to determine ways to improve energy and water resource use.

“The idea is that we look at a range of building types,” Parkhurst said. That includes “areas where there were inefficiencies during our 2009 visit” and “to see what progress has been made and what are the latest changes with the garrison facilities.”

“He’s not here to punish us — he’s here to help us,” said Kusiak, explaining that overall the Army has directed that all garrisons reduce energy consumption to save money and resources.

“It’s a continuous improvement process,” said Parkhurst. With equipment changing dramatically over the course of time, technological improvements and major transformation in USAG Wiesbaden, it’s critical that energy managers consistently re-examine how systems operate, he said.

“If you leave it up to the customers, most do not grasp the impact of not conserving energy because they don’t have to pay for it,” said Kusiak, pointing out as an example the new General Shalikashvili Mission Command Center that, although having been constructed to meet Leadership in Energy and Environmental Design Silver standards and if the facility is not operated efficiently it is possible to consume significantly more energy than as was designed — or take the example of an airfield hangar wasting heat energy if the hangar doors are left wide open when they could be closed.

“One of the first things we look at during an audit is, what will the operational hours be,” said Kusiak, pointing out that reducing heat and turning off lights

in office buildings when not in use are major cost and energy savers.

“There are two parts to the audit process,” said Parkhurst. “They include immediate corrections and future improvements requiring funding.” Setting up systems where heat can be recovered and re-used is another part of the process, he said.

“This helps us by showing us ways where we can make improvements, gives us recommendations for future changes, how to educate our tenant units and the training needed of our local units to reduce energy consumption,” said Kusiak. “We get feedback for improvements and identify areas where we are already successful.”

Giving the issue command emphasis — an official report to the commander — helps communicate the need for community organizations and tenant units to also put more of an effort into saving energy, said the auditor.

What are immediate ways everyone can play a role in saving energy and cutting costs?

“The easiest thing is lights. We see external lights on during the day and doors left wide open,” said Parkhurst. “It’s really the simple things. While housing residents know that they should air out their rooms occasionally — windows should be left open for up to an hour during the heating season — not all day as was observed in several apartments and offices.”

With heat costing as much as five times what it costs in the United States, it is particularly critical that everyone do all he or she can to save where possible, he said, adding that last year USAG Wiesbaden spent \$21.9 million on utilities, including water.



Photo by Karl Weisel

Jeff Scott (from left), maintenance supervisor of the Wiesbaden Army Lodge, energy auditor Lyman Parkhurst and Ernst Kusiak, energy manager for the garrison, examine the energy systems of the Wiesbaden lodge.

“Initially it really costs the Army, not the customer,” said Jeff Scott, maintenance supervisor for the Wiesbaden Army Lodge, during a visit by the audit team. “It doesn’t come out of their pockets, but it really costs us all. The money saved on energy could be applied to other garrison quality of life programs if everyone did his or her part.”

Tax time

Continued from page 4

Although the deadline to file is April 15, military taxpayers overseas automatically get a two-month extension to file, Strang said.

It is important to realize, however, that if you owe money, late fees and interest begin to accrue from the April 15 date, Strang said.

To remedy the situation, it is often a good idea to try and estimate what you will owe and send it to the IRS, Strang said. If necessary, the IRS can issue a refund after you file.

It is also important for some people to realize they cannot file their taxes yet because of the late passage of the tax law this year, Strang said.

People who have properties they started renting in 2012 or who made major renovations in 2012 that must be depreciated probably will not be able to file until March, and those who would like an American or Lifetime Education tax credit will not be able to file for another

two weeks, Strang said.

At the center’s opening, Col. David Carstens, commander of U.S. Army Garrison Wiesbaden, noted that many of the Soldiers working in the center are “on loan” from many of the units within the garrison — including 5th Signal Command, V Corps, 66th Military Intelligence Brigade, U.S. Army Europe and 2nd Signal Brigade.

“What a great service,” said Carstens before helping to cut a ribbon with several of the center’s personnel. “I can’t think of too many other services — probably none — that provide this amount of savings all in one couple-month period of time.”

To find the status of your refund, visit www.irs.gov and click on “get your refund status” near the top of the page.

The Wiesbaden Tax Center, located at the Tony Bass Fitness Center, is open Monday to Wednesday and Friday from 9 a.m. to 5 p.m.; Thursday from noon to 5 p.m. The last sign-in is at 4:15 p.m. daily.

Capitol Motors

Lynch named Wiesbaden's Youth of the Year

Earns runner-up honors at IMCOM-Europe level

By Karl Weisel

U.S. Army Garrison Wiesbaden Public Affairs Office

Winning is nothing new for U.S. Army Garrison Wiesbaden Youth of the Year Natalia Lynch.

The recipient of a slew of honors, including the Young Georgia Author Award in 2006, the Boys and Girls Clubs of America Talent Search (for her involvement with the Wiesbaden band Volition) in 2012 and now Runner-Up in the Installation Management Command-Europe BGCA Military Youth of the Year competition, takes it all in stride.

"It feels pretty amazing — the fact that people look at what you've done and then to be held in such high regard is an amazing feeling," said Lynch who is in her penultimate year at the German Gutenberg Gymnasium (high school).

"Being named Youth of the Year is the highest honor a Boys and Girls Club member can receive," said Joseph Marton, with IMCOM-Europe's Child, Youth and School Services. "As BGCA's premier youth recognition program, Youth of the Year recognizes outstanding contributions to a member's family, school, community and Boys and Girls Club, as well as overcoming personal challenges and obstacles."

Lynch, who came to Germany with her mother, Lucia, to join her U.S. military pilot father, Keith, as an 11-year-old, decided to attend German school at that time to learn the language. Although a major hurdle, the young student who already spoke Portuguese (thanks to her mother's Brazilian heritage) and English quickly adapted to the new learning environment and has continued to excel academically.

"The move to Germany (from Savannah, Ga.) and my switch to German school did not deter me; I wrote a poem in German which was published in the summer 2008 edition of my school's newspaper, Theo," said Lynch, adding that she has enjoyed a range of unique experiences including serving an internship with the European Space Operations Center and being recognized by the city of Wiesbaden for having developed an online business model for her Network for Teaching Entrepreneurship class.

"I was excited about coming to Germany — I had never been there before," she said, explaining

"She's an accomplished young lady. I was impressed with how she juggles so many different things." — Aaron Chapuis



Photo courtesy of Natalia Lynch

Natalia Lynch performs with Shin Cousens, members of the award-winning band, Volition, at the Grapes of Wrath Bazaar on Mainz-Kastel Storage Station last fall.

that while learning about German history in school in Georgia was one thing, getting a chance to experience the culture firsthand was another all together. "I wanted to see what experiences I could have, that I didn't have the opportunity to experience before."

At the same time, Lynch said she always appreciated the connection to her American community that Youth Services provides.

"The YS is like my lifeline to the American community. They are the platform for my contact with American kids," Lynch said, adding that she would like to help establish more contacts between German and American teens.

"She's an accomplished young lady," said Aaron Chapuis of Wiesbaden's CYSS, who accompanied Volition when the band was invited to perform for a BGCA convention in San Diego, Ca., in 2012 after winning the Talent Search competition. "I was impressed with how she juggles so many different things."

As an accomplished musician and violin teacher, Lynch has enjoyed a range of unique experiences performing with her school orchestra, church choir, American band mates in Volition both overseas and in the United States, and joining Fabian Witmer and Friends for a concert at the Wiesbaden Christmas Market in December 2012.

"I have been teaching private violin lessons for beginners since September 2009. During this time, I have seen countless examples of the positive effects music has on children's development," she said.

Volition, which has performed at various community events, is gearing up to enter this year's BGCA Talent Search again, Lynch added. "Whether we are fortunate enough to be selected again or not, I hope I can continue to serve my military community and make my club proud."

The former volunteer for the *Herald Union* said she was very thankful for all of the support and guidance she has received from the staff at Wiesbaden Youth Services. "They do a really good job of promoting teens in a good way," Lynch said.

Register now for AWAG Seminar in Garmisch May 5-9

By Deborah Casey

Hessen Area AWAG Representative

The registration deadline for the 57th annual AWAG Leadership and Training Seminar, "Leading by Serving," is fast approaching. Registration remains open through March 11.

This year's seminar will be held at the Edelweiss Lodge and Resort in Garmisch from May 5-9.

The delegate fee is \$550 and covers

all professional course materials and supplies along with all meals and lodging.

The seminar is open to all members of the European military community, and its primary purposes are to provide quality leadership training and professional development to volunteers, encourage participation in volunteer activities and foster relationships between all volunteers. AWAG's goal is training, strengthening and connecting

volunteers within the European military community.

The speakers for our 57th annual AWAG seminar have been selected and offer a range of insights and experiences. From among the nearly 100 classes, delegates will have a difficult time choosing which ones to attend. Here is a sample of what you can expect: Going Up — Preparing A Dynamic Elevator Speech, Preparing Your Finances for A

Return To The United States, and How to Avoid Firing a Volunteer.

FRGs may use their appropriated funds for the seminar fees for the delegates as well as pay for travel and child care expenses while their members attend the seminar.

Get registered by logging onto www.awagonline.org. If you have any questions, find your local representative on the same home page.

Lodge supervisor best Army-wide

By Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

There must be something in the water in Wiesbaden that breeds excellence.

After a host of accomplishments in the past two years — Housing Manager of the Year, Installation Management Command Stalwart Runner-Up, Army Community of Excellence Gold and Sustainment Awards and IMCOM-E Youth of the Year Runner Up among other honors, the U.S. Army Garrison Wiesbaden can now also celebrate having the best Army Lodging Supervisor of the Year.

Lincoln Wakefield, assistant manager of the Wiesbaden Army Lodge, was recently recognized by the Department of the Army with the prestigious recognition.

“He cares about people,” said Wiesbaden Army Lodge manager, Jim Weber. “We call him Mr. Care, the King of Service. It’s that feeling he has — how he takes care of people — those he supervises and our guests.”

As a new facility — the 164-guest-room Wiesbaden Army Lodge having replaced the long-serving American Arms Hotel in Wiesbaden in January 2011 — there was a big expectation among newcomers and guests at the lodge, Weber said.

Wakefield’s previous experience at the American Arms and know-how helped ensure a successful transition, Weber said. “He puts himself in the guests’ shoes and that’s how he gets that commitment from the staff as well. ... He’s always fair, and it comes through



Photo courtesy of the Wiesbaden Army Lodge

Col. David Carstens, U.S. Army Garrison Wiesbaden commander, presents Lincoln Wakefield, Wiesbaden Army Lodge assistant manager, with the Army Lodging Supervisor of the Year Award.

— you can’t fake that kind of stuff.”

Weber, who was named the Army Lodging Manager of the Year in 2004, said Wakefield’s contributions are invaluable. “He makes my job a lot easier. There aren’t many supervisors in the world who generally care about people like he does.”

Wakefield, who started in the busi-

ness as a club aid with Morale Welfare and Recreation after having served in the military and attending college, learned by doing with a steady progression through front desk clerk, reservations manager and eventually serving as assistant manager at the American Arms.

“I’ve learned a lot by doing. ... I think I’m pretty grounded in the concepts and

demands of lodging in the military and commercial business worldwide. ... You learn everything from everyone you come in contact with and try to apply it to this big word ‘hospitality,’” he said.

Among those lessons learned was helping maintaining the “concept of homey feeling” that guests enjoyed at the American Arms and applying it to the more commercial environment of the new lodge.

The lodge served about 50,000 guests in fiscal year 2012.

Wakefield, who said he hopes to be running a lodge sometime in the future, praised the mentorship of Weber and the support of his fellow staff members.

“Winning the award is pretty darn cool. It says a lot for the people I work for and with. I know it sounds like a cliché,” he said, “but if it wasn’t for them it would have never happened.”

His only regret was the Wiesbaden Army Lodge not having yet won Army Lodge of the Year honors in the annual competition. “That would have been the pinnacle,” he said.

“Every day everyone struggles with different challenges, but the support we receive from virtually every activity we come in contact with has been superb,” Wakefield added, praising the Directorate of Public Works and other organizations that help make Wiesbaden’s lodge continue to operate smoothly and successfully.

“Our support element staff agencies do a super job of taking care of us and helping make our guests enjoy their stay in one of the premier lodging facilities in Europe,” he said.



Photos by Karl Weisel

Celebrating the Thrift Shop opening

Community members enjoyed refreshments and music by the Ryan de Rama Band (left) during the grand opening of the Wiesbaden Community Spouses Club’s Thrift Shop on Mainz-Kastel Storage Station Feb. 2. The store, located in Building 4013, is open Tuesdays from 10 a.m. to 4 p.m., Thursdays from 10 a.m. to 7 p.m. and Saturdays from 10 a.m. to 4 p.m.

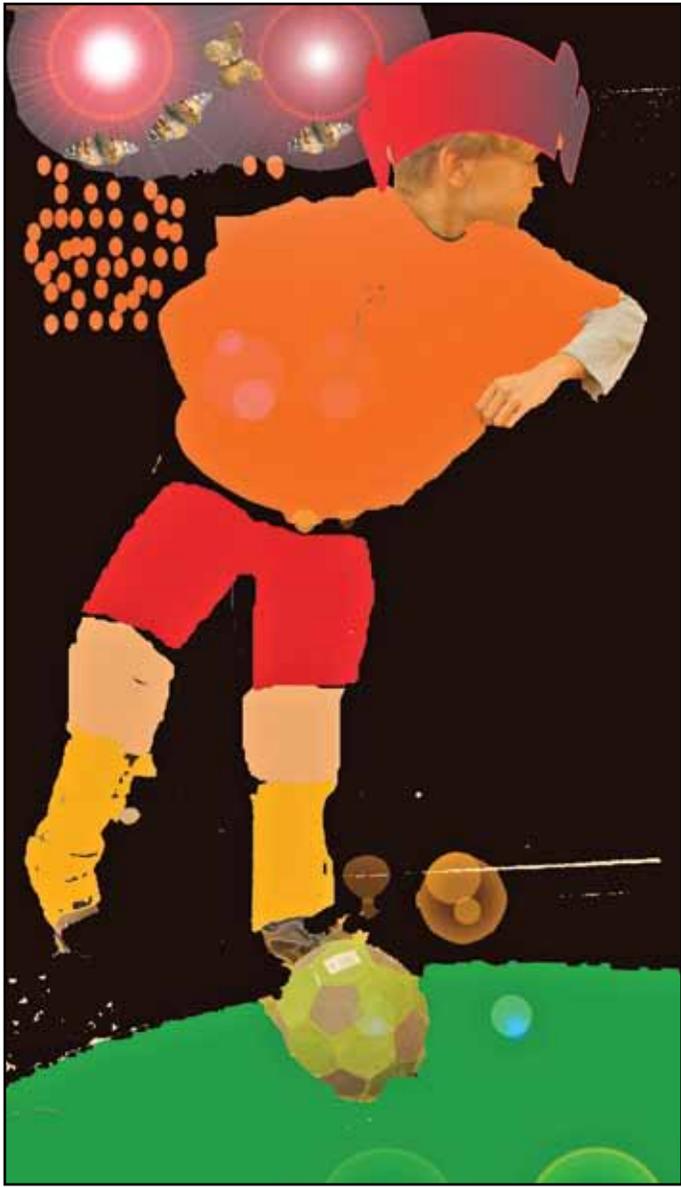


Photo by Wendy Brown

Owen Machuta, 10, demonstrates the Garage Band computer program he used to create the song that won the Boys and Girls Club of America Digital Arts Festival competition. Andrea Bethea, youth technical laboratory program associate for Child, Youth and School Services, helps Machuta. Photo left: Christopher Bispels' award-winning digital photo illustration depicting the youth as a successful soccer player in the future.

Digital artists: Youths recognized in Boys and Girls Clubs of America competitions

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

It all started when Owen Machuta's friends Dante and Logan wanted to join the Music Club at School Age Services at Hainerberg Housing.

Machuta, 10, would not have joined the club otherwise, and as a result he created an electronic song that won first place in the Boys and Girls Clubs of America Digital Arts Festival. To win, he competed against children at military installations overseas, and then with children throughout the United States.

"I wouldn't have joined this club if it weren't for Dante and Logan," said Machuta, a fifth-grader at Hainerberg Elementary School. "I wanted to be around them because they're my friends, and Ms. Andrea, she helped me and pointed out a few

things I could fix. So I would like to thank them."

Ms. Andrea is Andrea Bethea, youth technology laboratory program associate at the Hainerberg School Age Center. "I cannot say how proud I am of him to have stuck it out and finished the song," said Bethea. "A lot of children start songs but don't finish them."

To create the song, Bethea taught Machuta how to use the Garage Band computer program on a Macintosh computer in the computer laboratory. The song, which does not have a name, is one minute and 50 seconds long. The contest rules said it had to be less than two minutes long.

The song took him about a month to compose, Machuta said, and it was the only song he composed. He stopped going to SAS about three months ago.

Matt Machuta, Owen's father, said he plans to download GarageBand so Owen can use it at home, and he also plans to get him an instrument. "It's incredible and I'm extremely proud of the young man," he said. "He's quite talented"

"It's incredible and I'm extremely proud of the young man. He's quite talented." — Matt Machuta

Owen, who likes listening to the Beatles and Tim McGraw, said he would either like to play the drums or electric guitar. Composing the song and winning the contest has definitely sparked an interest in music, he said.

Betha said she uses instruments in the club to teach students the basics of music, such as composition and rhythm. She teaches them how to use the digital software so children can learn how to compose music, she said.

Owen said there is a prize for winning the contest, but organizers have not posted what it is yet.

Jamie Machuta, Owen's mother, said she enjoyed listening to the song. "After they burned a CD of it, and after I listened to it the first time, I thought it was really good," she said.

Young digital artist recognized

Congratulations also go to Wiesbaden's Christopher Bispels, age 9, who was a winner at the Europe regional level of

the Boys and Girls Clubs of America competition in the Photo Tech Division.

Bispels winning entry was a digitized version of himself portraying what he would like to be in the future. His award-winning photo illustration showed him as a professional soccer player.

"They had to use digital photo software to show what they'd like to do in the future," said Andrea Bethea, a tech lab program associate at Hainerberg's School Age Center. "He really wants to be a soccer player."

Bispels used Adobe Photoshop to create his photo illustration, she said.

Both boys were recognized by Col. David Carstens, U.S. Army Garrison Wiesbaden commander, during a presentation at the Hainerberg center Feb. 6.

Reaping rewards for quality service

Col. David Carstens, U.S. Army Garrison Wiesbaden commander, and 1st Sgt. Takisha Benitez honored three civilian employees and one Soldier Jan. 31 for notable customer service delivered during January. The civilian employees received certificates and \$250 on-the-spot cash awards. The Soldier was awarded a certificate, coin and a three-day pass.

Nearly anyone who attended the Holiday Tree Lighting at the Wiesbaden Fitness Center and other holiday events within the garrison this year will likely remember **Heidi Hoban, Wiesbaden Lodge administrative assistant**, as the friendly elf who assisted Santa Claus. Hoban donated her time for all the events, said her supervisor James Weber. In addition, Hoban coordinated for hot beverages, cookies and candy canes to be available.

Alberto Marquez, Directorate of Plans, Training, Mobilization and Security plans specialist, received a 100 percent positive ICE satisfaction rate from more than 25 responses, said his supervisor, Glen Moonilal, DPTMS director. Marquez provides clear, relevant and detailed guidance for operation orders and makes sure that the points of contact for operation orders are on-site, on time and ready to support the requirements needed.

Capt. Briana Tellado,



Hoban



Tellado



Welz

Wiesbaden Legal Center administrative lawyer, is a diligent worker-bee who provides more than half of the written legal opinions requested from garrison directorates, said Tellado's supervisor Maj. Lisa Satterfield. Her diligence and attention to detail have made her a go-to person for many people in the garrison. In addition, Tellado volunteers her time to train all the Tax Center employees and enlisted support.

Janina Welz's, Wiesbaden Legal Center, legal assistance attorney, competency, dedication and eagerness to assist clients with their problems have been acknowledged over and over through satisfied customer Interactive Customer Evaluation comments, said her supervisor, Capt. Yvette Soto. She also goes the extra mile to help the community solve German legal issues such as landlord-tenant issues or services contracts.



Photo by Wendy Brown

Col. David Carstens, U.S. Army Garrison Wiesbaden commander, and 1st Sgt. Takisha Benitez award Alberto Marquez a \$250 on-the-spot award at his work center on Clay Kaserne Jan. 31 for outstanding customer service during the month of January.

Osiris Audio AG

U.S. Youth Soccer

Hitting the notes

Acclaimed pianist assures musical success of Wiesbaden's youths

By Wendy Brown

U.S. Army Garrison Wiesbaden
Public Affairs Office

Call her the Bela Karolyi of Wiesbaden piano teachers.

Just as high-powered Romanian gymnastics coach Karolyi assured success to American gymnasts such as Mary Lou Retton in the 1980s, Georgiana Teohari-Vidican — a native of Romania — is assuring success to her American piano students in Wiesbaden.

After Brianna and Tori Brouse, 10 and 7 respectively, did exceptionally well during a recital in Munich last summer, Teohari-Vidican asked the girls if they would like to give a recital in her hometown of Arad, Romania. They accepted, and traveled from their home in Aukamm Housing to the city in western Romania in December.

"I was very excited," said Tori. "I got to play in a new place with new people in a place where there is snow."

Teohari-Vidican said she was proud of how well the girls played, and so was everyone at the recital who saw them perform. "The Romanian public is very picky. They are used to having very good artists performing. It was the first time I said yes to doing this," she said.

Teohari-Vidican's husband, who is also Romanian, was a member of the U.S. Army, and he now works as a civilian in the military community. She began teaching American children in Mannheim, and as members of the 1st Battalion, 214th Aviation Regiment, and other units moved from Mannheim and Heidelberg to Wiesbaden, she began commuting to Wiesbaden to teach them here. Tori and Brianna's father, Lt. Col. Edwin Brouse, commands the battalion.

Lisa Brouse, the girls' mother, said she played piano as a girl and started teaching Tori and Brianna herself, but they have surpassed her ability to play piano. She wanted to give the girls a unique European experience when they came to Germany, and she is extremely happy they had a chance to perform in Romania.

"She has a love for music," said Brouse of Teohari-Vidican. "She wants to give that passion to her students, and it shows."

Brianna said one of the reasons she enjoys playing the piano is because it gives her a chance to express herself, and in a video of the girls' Romanian performance that comes across perfectly. Both girls played not just one or two fairly complicated songs with grace and poise, but several.

Brianna said her favorite song to play is Johann Pachelbel's "Canon in D," and she hopes to be able to play Ludwig van Beethoven's "Moonlight Sonata" well someday. Her favorite composer is Bach. Tori, on the other hand, likes to play "Für Elise" by Beethoven and her favorite composer is Sergei Prokofiev.

"Prokofiev expresses how I'm very happy to play the piano," Tori said.

When it comes to teaching children how to play piano, it would be difficult to find a more qualified teacher.

Teohari-Vidican, who lives in Mannheim with her husband, performed her first solo — Joseph Haydn's Piano Concert in D Major — with the Arad Philharmonic Orchestra at age 8.

In 2003 she graduated with the highest grade from West University of Timisoara, where she earned a bachelor's degree as a concert pianist. In 2007 she graduated from the Hochschule für Musik und Darstellende Kunst Mannheim with a post-graduate degree in chamber music for pianists.

In the meantime, Teohari-



Georgiana Teohari-Vidican, piano teacher and accomplished pianist, instructs Brianna Brouse and sister Tori through a piece of music during a home lesson.

Vidican has performed all over the world, including New York City and Los Angeles, and received several prizes at competitions in Romania, Germany, Hungary and Italy. Now 33, she began teaching at the age of 19 at the Sabin Dragoi School of

Arts in Arad, which is where the girls gave their performance.

Brianna and Tori plan to perform in Wiesbaden with more of Teohari-Vidican's students during a recital this May at the Hainerberg Chapel. The exact date has not been set yet.

Teohari-Vidican plans to start teaching piano through the Wiesbaden Child, Youth and School Services' SKIES program in March, and people can contact the program at mil 335-5269 or civ (0611) 4080-269.

Orders don't automatically end phone contracts

U.S. forces personnel must properly end communications contracts when leaving Germany or risk paying

Due to reasons such as Permanent Change of Station or Expiration, Time in Service moves, deployments and base closures many military families are faced with terminating contracts with German service providers.

Terminating a contract for phone and Internet services often seems to be the most challenging of all. Legal assistance clients from as far away as United States, Vicenza and even Kuwait have reported that even after six months or more at the new duty location they still regularly receive their German telephone bills.

Most telecommunication contracts, whether land line, Internet or mobile, run for initially 24 months. If you do not terminate them by a certain point of time — usually three months before the normal expiration date — the contract will automatically be renewed for



another 12 months.

There is no immediate termination right in German civil law even when you are required to move due to military orders. A cancellation has to be in writing and should be faxed or sent registered mail return receipt requested. The burden of proof that the cancellation was received by the phone company is on

the customer.

However, many companies will let customers with PCS or ETS orders out of those contracts although there is no legal right for service members to be released early. The Service Members Civil Relief Act does not apply in Germany. The release is totally up to the company. However, by sending a letter and explaining the circumstances for the move, most companies will agree to a three month termination. Some companies may require a settlement fee which may equal 50 percent of the basic monthly fees for the rest of the contract term.

If you are moving within Germany, you can take your home phone and Internet contracts with you to your new home. You do not have to cancel the old contract and get into a brand new contract. Simply notify your phone and Internet service provider about your relocation to another home. If your provider is unable to offer you services at your

new location, you can terminate your contract by giving three months notice.

It proves to be very helpful to keep all documents and receipts. Deutsche Telekom and T-Online are known to sell unpaid German bills to U.S. collection agencies and you might have to prove that payments were made later on, even after you have returned to the United States.

In order to avoid problems with mobile phone providers you should consider purchasing a prepaid card. They are paid in advance and you can have control over how much you are spending on phone calls. As most German card providers only charge for outgoing phone calls you can still use your phone to receive calls even when the card is empty. The 110 emergency numbers always works.

If you have further questions, visit the Legal Assistance Office at the Wiesbaden Legal Center on Clay Kaserne, Building 1023N, Monday, Tuesday, Wednesday and Friday from 9 a.m. to noon and 1-4 p.m.; Thursdays from 1-4 p.m. To visit with an attorney, call mil 337-4725 or civ (0611) 705-4725. *(Courtesy of the Wiesbaden Legal Assistance Center)*



Photos by Romeo Alimbuyao

Crazy Kinder

Wiesbaden Youth Services cheerleaders shout enthusiastic cheers as they parade the streets of the Hessen capital while participating in the Wiesbaden Kinder Fasching Parade Feb. 9. Photo far right: A Hessen youth arrayed in costume and vibrant paint beats his drums as he marches with his band in the kinder parade. The youths were among hundreds of other Hessen youngsters participating in the traditional procession through Wiesbaden's downtown corridor to celebrate the crazy days of Fasching.





Photos by Wendy Brown

Meeting the Call of Duty

BOSS leaders pose with the Call of Duty cast of characters James C. Burns, Dave Mason and Kamar de los Reyes during an autograph session at the Warrior Zone Feb. 2. Photo left: Jeffrey Haines, a member of Better Opportunities for Single Soldiers, smiles as Dave Mason prepares to autograph his copy of the popular Call of Duty Black Ops video game. Mason played the character Rich McDonald in the game, Burns played Sgt. Frank Woods and Reyes, Raul Menendez. The USO sponsored the visit.

Stickers, other decals unauthorized on POVs

U.S. European Command anti-terrorism officials want to remind U.S. forces personnel stationed in Europe to avoid being targeted by terrorist or criminal forces by blending in and not standing out from the crowd. One way to do that is to remove decals and stickers that identify a privately owned vehicle as belonging to an American.

Army in Europe Regulation 190-1 (Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany), which applies to forces stationed in Germany,

states that installation and Department of Defense decals not issued in Europe, such as installation access stickers issued at bases in the United States, must be removed from vehicles before they are registered in Europe. Displaying decals, stickers or banners on USAREUR-registered vehicles other than those authorized may result in cancellation of a vehicle's registration, failure of the mechanical inspection, or both. Additionally, displaying license plates or decals in violation of AER 190-1 is a

traffic violation that can result in a driver having two points assessed to his license.

The only emblems authorized for display on USAREUR-registered vehicles are:

- ❖ Installation verification decals issued to employees of non-DoD agencies who work on or have routine access to U.S. military installations
- ❖ German environmental emissions control decals
- ❖ Handicap parking permits
- ❖ European highway vignettes indicating that highway fees have been paid

❖ Expiration decals issued with initial and renewal registrations

❖ An oval international "USA" decal purchased by the owner is required if the vehicle crosses international borders using U.S. Forces "non European-style" license plates

More information on registration and driving requirements for U.S. forces personnel in Europe can be found at <https://aepubs.army.mil/>



An example of an unauthorized decal or sticker on a USAREUR registered vehicle

[pdfpubs/AER190-1_1003801!](https://aepubs.army.mil/) pdf_or by checking with your local vehicle registration office.

Early return an option but should be last resort

Most married Soldiers PCSing to the European Theater do so on an accompanied tour that includes their command-sponsored family members. Command sponsorship authorizes family members to move to Europe at government expense and affords them logistical support such as TRICARE and schools for the children.

However, during one's time in theater, occasions may arise that require the return of select or all of one's family members back to their respective home of record. Examples include financial hardship, medical issues, and marital problems that can't be resolved. In these cases, the Soldier can opt to submit a request for an Early Return of Dependents, commonly referred to as an ERD or EROD. Every effort should

be made to resolve all personal issues at the overseas location; consideration of an EROD should not be taken lightly and should be one's LAST choice and not the first option.

ERODs may be requested by the Soldier, family member, or directed by the commander. If a Soldier or a family member has a legitimate reason for requesting an EROD, then a DA Form 4187 must be submitted with recommendations from applicable agencies through the unit's battalion S1 to the Garrison Commander for consideration. A unit commander also has the authority to request the order for the return of a family member if deemed in the best interest of the Army. In this instance, the commander will submit a request for an EROD through the bat-

talion S1 to the garrison commander.

Command Sponsored family members who are EROD, are entitled to government paid travel, shipment of household goods, and POV shipment back to CONUS regardless of who requested the EROD. Moreover, once an EROD is approved, the respective family member loses their command sponsorship.

Once an EROD has been executed and the family member desires a return overseas, the individual's sponsor must request for command sponsorship again. Command sponsorship is a privilege and approval for returning family member/s is not a guaranteed. If the application is approved, all travel expenses back to the overseas location will be "out of pocket." The govern-

ment will not pay the travel expenses for the returning of the family members or for their shipment of household goods.

Lastly, EROD requests based on impending deployments will typically not be considered and may not be used in lieu of a family care plan.

As one can see there are many things to consider prior to requesting an EROD. For additional information or questions about the EROD process, refer to the following regulations and website governing ERODs: AR 614-30, Overseas Service; AR 55-46, Travel Overseas; USAREUR Supplement 1 to AR 55-46 Travel Overseas; Joint Federal Travel Regulation (JFTR) Volume I paragraph U5900 at <http://www.imcom-europe.army.mil/sfac/admin/erd.htm>.

Community notes ... Community notes

Black History Month event Feb. 26

Join fellow community members in celebrating Black History Month at a special event in the Taunus Theater Feb. 26 from 11:30 a.m. to 1:30 p.m. The event will feature a special presentation of the Amelia Earhart Playhouse's play, "The Elevator," and guest speaker Brig. Gen. Bruce Crawford, commander of the 5th Signal Command.

Passport Outreach

The U.S. Army Garrison Wiesbaden's Military Personnel Division and U.S. Consulate General Frankfurt will host a Passport Outreach March 1 from 9:30 a.m. to 2 p.m. in Building 1043 on Clay Kaserne. Services to be offered include birth registration (by appointment), tourist passports and other U.S. citizenship and immigration services. The Passport Office will be closed on that date. Call mil 337-5308/7470/5515 or civ (0611) 705-5308/7470/5515.

Easter services

The following religious ser-

vices will be held as Easter approaches: **Maundy Thursday** April 4 Catholic Mass at noon at the Clay Chapel, Protestant service at noon at Hainerberg Chapel; **Good Friday** April 5 Catholic Mass at noon at Clay Chapel, Protestant Service at noon at the Hainerberg Chapel. Call mil 335-5248 or civ (0611) 408-0248 for more information.

Job Fair March 22

A Job Fair will be held March 22 from 10 a.m. to 2 p.m. at the Wiesbaden Entertainment Center. For more information call Army Community Service at mil 335-5254 or civ (0611) 4080 254.

'American Girl' social

An "American Girl" social for girls ages 6 and above will be held every third Saturday of the month at 10 a.m. at the Wiesbaden Library on Clay Kaserne starting Feb. 16. Girls should bring their American Girl dolls with to the social. Activities will include the reading of an American Girl book, artwork, discussion of etiquette, tea and cookies. Make reservations (as space is limited) by calling the library at civ (0611) 705-1740 or

Joyce Schloesser at civ (06128) 489 202.

America Saves

Get a wealth of financial advice during Army Community Service's America Saves presentation from 9 a.m. to noon Feb. 28 at the Taunus Theater. The agenda includes information on the Thrift Savings Plan, understanding credit, free credit reports and credit scores. Call Army Community Service at mil 335-5254 or civ (0611) 4080 254 for more information.

Library happenings

The Wiesbaden Library holds preschool story time every Thursday at 10 a.m. Interested in a library orientation? They are available every Tuesday at 1:30 p.m. by request. The library will be closed March 29 for Good Friday and April 1 on Easter Monday.

BOSS happenings

Wiesbaden's Better Opportunities for Single Soldiers heads to the Black Forest for skiing and snowboarding on the Feldberg Feb. 16. For more information visit the BOSS home page at www.wiesbaden.

army.mil/sites/mwr/boss.asp or call mil 337-5042.

Financial Peace University

Financial Peace University will be offered Mondays from 6:30-8:30 p.m. starting Feb. 25. For registration information contact Evelyn Lurhuma at civ (0152) 5197 2663 or email wiesbadenfpu@gmail.com.

Children's Flea Market

A "children's stuff only" flea market will be held March 9 from 10 a.m. to 1 p.m. at the Wiesbaden Entertainment Center. It will open at 9 a.m. for expectant mothers.

Community Information Briefing

The next Community Information Briefing will be held Feb. 26 at 9:30 a.m. at the Wiesbaden Entertainment Center.

Babysitter training

The Wiesbaden American Red Cross offers a babysitter's training and pediatric first aid class April 9 and 10 in Room 223, Building 1023E on Clay Kaserne. Classes will run from 9 a.m. to 3 p.m. Cost is \$55. The class is open to youths ages 11-17. Call mil 337-1760 to register.

Kudos to volunteers

Congratulations to the Wiesbaden American Red Cross, Child Youth and School Services, Wiesbaden Community Spouses Club's Thrift Shop and Amelia Earhart Playhouse — recipients of the Presidential Volunteer Service Award. Kudos also to U.S. Army Garrison Wiesbaden's Volunteers of the Quarter — **Kimberly Anderson, Lee Peng, Anne Blakeslee, Orbre Nicholson and Colleen Long.**

Mothers of Preschoolers

Join fellow mothers (from pregnancy to kindergarten) to share ideas at the Mothers of Preschoolers meetings the second and fourth Wednesdays of the month from 9-11 a.m. at the Clay Kaserne Chapel. Limited child care is available — so

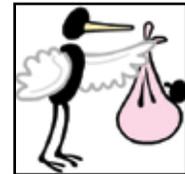
reserve a spot in advance. Email wiesbadenmops@gmail.com for more information.

Special child care openings

Child Youth and School Services has special Friday openings from 6:30-11:30 p.m. and Saturdays from 10 a.m. to 4 p.m. on the following dates: Feb. 22, March 2, 15 and 30, April 20, May 3 and 18, June 22 and 28. Make reservations at least four days in advance. Call Parent Central Services at mil 337-7014 or civ (0611) 705-7014 for more information.

Baby Shower

A Wiesbaden Community Baby Shower will be held March 29 from 10:30 a.m. to 1:30 p.m. at the Wiesbaden Entertainment Center. It is free and open to



expectant parents and families with newborns (up to six months old). Call civ (0611) 408-0254 for details.

Pet First Aid

Wiesbaden American Red Cross offers pet first aid classes (including CPR and rescue breathing). The next class is March 2 from 9 a.m. to 12:30 p.m. in Room 223 in Building 1023E on Clay Kaserne. Cost is \$45 per family. Call mil 337-1760 to register.

Transition Center briefings

The Wiesbaden Transition Center holds pre-separation briefings for honorably transitioning Soldiers (not retirees) no later than 90 days before transition date. Briefings are scheduled for Feb. 14, March 14, April 11, May 9, June 13, July 11, Aug. 8, Sept. 12, Oct. 10, Nov. 14 and Dec. 12 from 9 a.m. to noon in Building 1023E on Clay Kaserne. Pre-retirement briefings for Soldiers and family members are conducted from 9 a.m. to 4 p.m. in Building 1023E on April 17, July 17 and Oct. 16. Career Status Bonus and Redux Retirement briefings will be Feb. 14, March 14, April 11, May 9, June 13, July 11, Aug. 8, Sept. 12, Oct. 10, Nov. 14 and



Photo by Bill Heiges

Scout Sunday

Wiesbaden area Boy Scouts Ric Heiges and Eli Kraft serve as ushers during Catholic Mass Feb. 3 at the Hainerberg Chapel. The Boy Scouts of America designate the Sunday that falls before Feb. 8, Scouting Anniversary Day, as Scout Sunday. This anniversary date recognizes the contributions of young people and adults to Scouting. About 60 Scouts and adult leaders attended various religious services in the Wiesbaden community on Scout Sunday.

Schoolbits

Wiesbaden wins Academic Bowl

Congratulations to the Wiesbaden High School's Morgan Stallard, Devan Tisdale, Zach Cassou and Dominik Muellerleile for outscoring their fellow Department of Defense Dependents Schools-Europe counterparts in the annual All-Europe Academic Bowl in Hambachtal. The team was coached by Travis Schupp. *(Courtesy of the Stars and Stripes)*

No school

Hainerberg Elementary School holds a teacher professional day Feb. 15 — no school that day for students. Local Department of Defense Dependents Schools will also be closed Feb. 18 for the Presidents Day holiday.

Medication policy

Parents are reminded that students may not have prescription or over-the-counter medication in their possession during the school day at Hainerberg Elementary School. Medicine should be given to the school nurse to be administered during the day to students. *(Courtesy of the Distinguished Dachshund News)*

School registration

Wiesbaden Department of Defense Dependents Schools will hold registration for next school year in the Wiesbaden Middle School gym April 18 from 7:30 a.m. to 6 p.m. and April 19 from 7:30 a.m. to 3:30 p.m.

Host homes needed

The Wiesbaden High School seeks host homes for international students who will be attending the International Schools Theater Association Festival Feb. 28 to March 3. If you have room to host a student or would like to help with any other aspect of the festival (transportation, meals, entertainment, logistics) call Christopher Harbach at civ (01516) 720 0414 or email christopher.harbach@eu.dodea.edu.

FAST classes

The Wiesbaden Education Center offers Functional Academic Skills Training classes for qualified Soldiers from March 11 to April 2, May 13 to June 4 and July 29 to Aug. 20. Classes will be held weekdays from 7:45-11:45 a.m. A pre-TABE test is required within two months of the start of each class and can be taken at the Education Center. Dates for upcoming tests are March 8, May 10 and July 26. The goal of the class is to prepare Soldiers for more advanced schooling, increase reenlistment options and enhance trainability. To be eligible to take a class Soldiers must have a GT score below 110. Soldiers can call mil 337-5559, email Jason.m.thorp.ctr@mail.mil or speak to a counselor at the center in Building 1023 (Room 120) on Clay Kaserne for more information.

Big Bucks Ball

Wiesbaden High School's Big Bucks for College program holds a '70s Retro Ball (dinner and auction) March 1 at 6 p.m. at the Tony Bass Classroom on Clay Kaserne. Cost is \$35 per person. The event will include a wine tasting, dinner, dancing and auction. For more information and tickets send email to bbfc.whs@fgroups.facebook.com or wiesbaden-bbfc@googlemail.com.

English as a Second Language

Army Community Service's Relocation Readiness Program offers English as Second Language classes March 8 to April 26 at the ACS Training Room (ACS, second floor) in Hainerberg Housing. Classes will be held Wednesdays and Fridays from 4-5:30 p.m.



Photos by Karl Weisel

Hainerberg Elementary School kindergarten teacher Tammy Williams listens as pupils recite verses from Dr. Seuss' "Ten Apples Up On Top" during last year's Read Across America celebration.

Read Across America

Special events aimed at encouraging lifelong habit

By Chuck McCarter
Wiesbaden Middle School

Research has shown that children who are motivated and spend more time reading do better in school — and success in school opens doors to future opportunities.

During the week of March 4, schools in the Wiesbaden area will join the National Education Association in building a nation of readers through its signature program, NEA's "Read Across America." Now in its 16th year, this year-round program focuses on motivating children and teens to read through events, partnerships and reading resources.

"Read Across America" Day, a national reading celebration, takes place each year on or near March 2, the birthday of beloved children's author, Dr. Seuss. Across the country, and around the world, thousands of schools, libraries and com-

munity centers participate by bringing children, adults and books together.

The theme for this year's observance is "Grab your hat and read with the cat."

Here in Wiesbaden, it won't be just a day, but a whole week. Starting on March 1, Wiesbaden Middle School will kick off their celebration with the first of five reading themed days. On Monday, March 4, there will be a school-wide assembly to celebrate reading and a continuous story read throughout the day.

All through the week, you might see some unusual sights in our schools ... children in pajamas or costumes, parents and teachers sporting red and white striped top hats, and maybe even some "Green Eggs and Ham."

Wiesbaden students will be joining an estimated 45 million of their peers across the world celebrating the joy of reading.

Check with your child's school to see how you can be

part of the celebration.

Hainerberg Elementary School second-grade teacher, Carolyn Dolit, has a room full of excited readers already.

Veronica, one of her enthusiastic readers said, "Books encourage me and entertain me. I learn new things and get smart."

The research is clear: Children who are read to and who read for pleasure are significantly more successful in school than children who do not.

In each of our schools, the mastery of reading is not just a one-week event, but an everyday effort.

Give your children a head start on success — teach them reading is fun. Parents, for more information on helping your children become better readers, go to www.nea.org/grants/13026.htm.

"You're never too old, too wacky, too wild, to pick up a book and read with a child."

School safety

ADAC representatives Cornelius Blanke and Stephan Baltes (center) present traffic safety vests to pupils at Hainerberg Elementary School Feb. 7. The German traffic safety organization has given away 800,000 vests to local school children to promote safety.

Photo by Karl Weisel



Folic acid: essential for a healthy baby

Lt. Col. Sandra Keelin,
U.S. Army Public Health
Command

One of the most important things you can do to help prevent serious birth defects in your baby is to get enough folic acid every day.

The U.S. Public Health Service and the Centers for Disease Control and Prevention recommend that all women of childbearing age consume 400 micrograms of folic acid daily to prevent birth defects.

Folate (folic acid) is a B-vitamin needed for cell division and

blood cells. It is also known to help prevent neural tube birth defects that affect 3,000 pregnancies a year in the United States. Folic acid is essential for the development of the neural tube that encloses the spinal cord. When the neural tube fails to close properly, infants suffer disabilities such as paralysis of the lower body and learning disabilities or are still-born.

The baby's neural tube is formed in the first month of pregnancy — before a woman knows she is pregnant. Taking folic acid before and during pregnancy reduces the risk of

common and serious NTDs by 50-70 percent. In fact, since 50 percent of pregnancies are unplanned, all women of child-bearing age, even if not planning to become pregnant, should consume folic acid every day, even between pregnancies.

Unfortunately, only one-third of U.S. women between the ages of 15 and 45 consume the recommended amount from their diet. There are three ways that women can get enough folic acid:

Take a vitamin supplement. The easiest way a woman can get the recommended daily amount of folic acid is to take a multivitamin daily. Most multivitamins sold in the United States have the recommended 400 mcg of folic acid.

Eat a fortified breakfast cereal daily. Read the nutrition

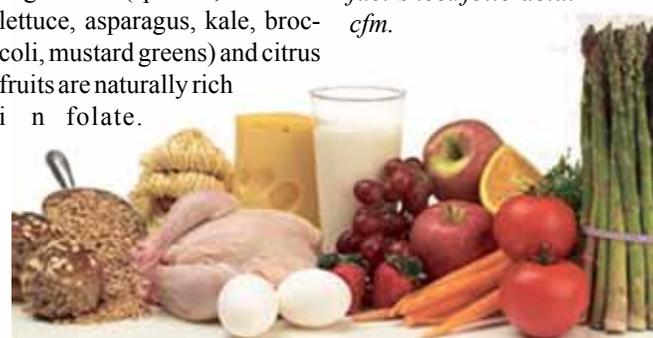
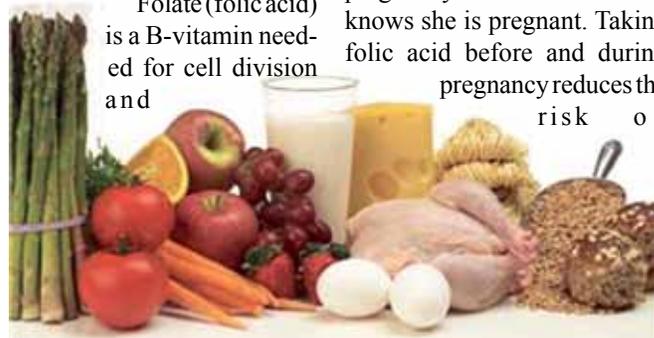
facts panel on the cereal box to ensure it is fortified with 100 percent of the daily value of folic acid. In addition, consume grains, pastas and breads that are enriched with folic acid. Since the introduction of fortification of breads, cereals and flour in 1998, the CDC reported a 36 percent reduction in neural tube defects.

Eat foods super-rich in folate every day. Plant foods such as beans, legumes, dark leafy vegetables (spinach, romaine lettuce, asparagus, kale, broccoli, mustard greens) and citrus fruits are naturally rich in folate.

Keep in mind that folic acid is water soluble and can be destroyed in cooking. Cook vegetables in as little water and as quickly as possible. In addition, read the labels on citrus juices to ensure they are fortified with extra folic acid.

For more information visit the U.S. Department of Health and Human Services Office on Women's Health,

www.womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.cfm.



Condoms: personal protection for sexual health

By BethAnn Cameron
U.S. Army Public Health Command

“No glove, no love.”

“Respect yourself, protect yourself.”

These common slogans are used when referring to condom use. Condoms are commonly used to prevent pregnancy. However, proper use of condoms can protect against human immunodeficiency virus, or HIV, and sexually transmitted infections, or STIs.

According to the August 2010 issue of the Armed Forces Health Surveillance Center's Medical Surveillance Monthly Report, STI's continue to occur at relatively high rates in U.S. military populations. STI rates among military members often increase during times of frequent deployments and high operational stresses.

Because many STIs do not have signs or symptoms, people unknowingly pass them to their partners. The U.S. Centers for Disease Control and Prevention estimate 19 million new STIs occur each year in the United States—emphasizing the importance of preventing STIs. One in four Americans will get an STI in their lifetime.

Feb. 14 is National Condom Awareness Day and marks the start of National Condom Week. The goal is to raise awareness and encourage the use of condoms for personal protection. Condoms are an important personal protective measure for Soldiers. Having an STI

or an unintended pregnancy can affect readiness and jeopardize a unit's mission. Mental stress can also make it difficult for a Soldier to concentrate on the mission.

Condoms are effective when people use them correctly and consistently. A new condom should be used with each act of vaginal, oral or anal sex. In addition, use water-based lubricants only and apply to the outside of the condom. Oil-based products such as baby oil, petroleum jelly, hand lotion, mineral oil, margarine or whipped cream are not ideal lubricants as they weaken condoms causing them to break easily. Additionally, store condoms in a cool, dry place, as overexposure to heat also speeds up the deterioration of condoms.

Condoms are available at grocery markets, convenience stores, pharmacies, military exchanges and some military treatment facilities. They come



in a variety of brands, colors, sizes and textures, with or without lubrication. In addition, you can find condoms specially made for either males or females. For the military, condoms can be ordered through your supply chain. Order a box and leave them for your battle buddies by the Staff Duty Officer.

Male condoms are made of natural skin, latex or polyurethane. Natural-skin

condoms made from lambskin do not protect against disease because they contain small pores (holes) that may allow viruses like HIV to pass through. If you or your partner is allergic to latex, use condoms made from polyurethane. When wearing a condom, leave a little space at the tip to catch the sperm.

A female condom is a polyurethane pouch with two soft rings on each end and is designed to cover the entire vaginal area and block the cervix. The smaller ring fits on the inside of the vagina to hold the condom in place while the larger ring remains on the outside. Use a water-based lubricant with it. A female condom can be inserted several hours before having intercourse and should be removed right afterwards.

Be responsible. Be in charge and stay in charge of your sexual health. Although it may be uncomfortable, you need to talk with your sexual partner about condoms. They benefit both of you. Protect yourself from STIs and prevent pregnancy by using condoms all the time, every time.

For more information about condoms and sexual health, go to these websites:

- Planned Parenthood Federation of America, www.plannedparenthood.org
- U.S. Centers for Disease Control and Prevention, www.cdc.gov/sexualhealth
- American Sexual Health Association, www.ashastd.org.

Stopping bullying

Wiesbaden boxers share message of respect

Story and photos by
Wendy Brown
U.S. Army Garrison Wiesbaden
Public Affairs Office

When Sgt. 1st Class Adam Martinez was growing up, his father taught him how to box so he could protect himself and his sister from bullies.

These days, Martinez is the U.S. Army Garrison Wiesbaden Combat Sports head coach, and he not only teaches children about boxing, but also how to stop bullying without resorting to violence. Before two groups of fourth- and fifth-graders at Aukamm Elementary School Feb. 6, Martinez and three members of the garrison's boxing team talked about the sport and how — like any other sport — it can bring people together.

"You can see me in there sparring with professional teammates that I have, and you see us sparring, and you're like, 'Wow. These guys are really trying to hurt each other,'" Martinez said. "The minute we come out of the ring, we're hugging, we're smiling, and saying, 'Good training buddy. I appreciate it brother. Thank you.' We take care of each other. We're not trying to hurt each other. We treat others how we would like to be treated."

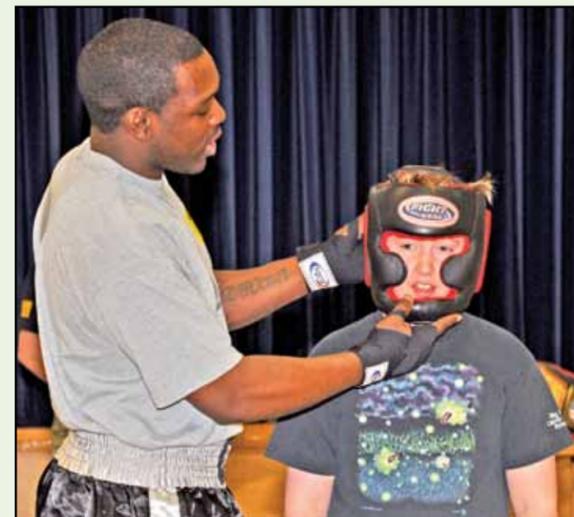
In addition to camaraderie



Sgt. 1st Class Adam Martinez, coach of the U.S. Army Garrison Wiesbaden Boxing Team, practices with team member Pfc. Nathaniel Barnd during a talk about boxing at Aukamm Elementary School Feb. 6.

and friendship, boxing is also about safety, Martinez said. Spc. Rubin Stackhouse, super heavyweight champion at boxing tournaments in Wiesbaden and Grafenwöhr in 2012, used student volunteer David Maxwell to demonstrate how head gear helps keep boxers safe. He also explained that certain punches, such as to the back of the head, are not allowed.

Spc. Justin Teodoro spoke



Spc. Rubin Stackhouse, a member of the U.S. Army Garrison Wiesbaden Boxing Team, uses Aukamm Elementary School fifth-grader David Maxwell as a model to show how head gear protects boxers Feb. 6 at the school.

to the children about the importance of a mouth guard and the history of jump roping as boxing's top exercise.

"The jump rope is one of the oldest and most effective tools used in boxing," Teodoro said. "From all the way to Sugar Ray Robinson to Pretty Boy Floyd, jump rope is a staple of boxing exercises. It helps build cardiovascular health, helps keep the heart rate up, helps keep the blood flowing, and also helps improve your intake of oxygen. It also helps relieve stress and helps improve coordination. It is a full body workout."

Not only that, but jump ropes often cost less than \$10 and can be used anywhere, Teodoro said.

Pfc. Nathaniel Barnd spoke to the children about boxing gloves and hand wraps. After one student asked if Barnd had ever had a boxing glove fall off in the ring, he explained that the gloves are secured so tightly there is no way one would ever fall off.

Martinez also demonstrated with the boxers how they train for events such as the Black History Month Boxing Tournament in Wiesbaden held Feb. 9.

"Every single one of you is capable of doing the things we

do," Martinez told the children, "but you have to have discipline. You have to have respect. You have to be safe."

When he was a child, boxing gave him something to strive for, Martinez said.

"When I got home, I knew that if I wanted to go to the boxing gym and I wanted to train hard, I had to do my homework. I had to do my chores. I couldn't get in trouble at school, because I realized that was indeed a privilege," Martinez said.

More than anything, boxing taught him how to respect others, take care of people and be a protector — not a bully, Martinez said.

Students listed the forms bullying can take, including physical bullying, cyberbullying, spreading rumors, verbal bullying and excluding people.

Martinez noted that sometimes people unintentionally hurt the people closest to them by pushing too far or making comments without thinking.

"Probably the best way that I can think for myself, when I wake up in the morning and I start my day and I think, 'How can I stop myself from being a bully today?' I look at myself first," Martinez said.



Members of Team Wiesbaden welcome champion Ruben Stackhouse to the arena at the Black History Month Boxing Tournament. Photo right: The Bavarian military community's Joshua Grether lands a blow to the face of Wiesbaden's Levi Aylsworth during their heavyweight fight.

Bountiful bouts

Fight fans treated to action-packed evening

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

It was an evening that offered something for everyone — knockdowns, slugfests, giveaways and sheer bravado in the ring.

"We're here as part of our Black History Month Celebration — we've got a great evening planned for you," said U.S. Army Garrison Wiesbaden Command Sgt. Maj. Sa'eed Mustafa.

And with that the first of nine bouts got underway — a three-round demonstration of boxing craft with U.S. Army Garrison Wiesbaden's Nathaniel Barnd besting the Bavarian military community's Manuel Valdez. Barnd, who won the fight by decision, was also recognized as



Wiesbaden's Rubin Stackhouse is declared the winner after the referee stopped his super heavyweight match-up with the Bavarian military community's Gabriels Nichols.

the best boxer of the night.

The home team returned in Bout two with middleweight Tylus Rodgers finishing off the Bavarian military community's Dustin Reed one minute and 35 seconds into the first round. Rodgers claimed the gold after Reed stood for three eight counts and the referee stopped the contest.

But the Bavarian military community let the home crowd know that they were far from finished starting with Bout three. In a light heavyweight showdown the Bavarian military community's Imo Aieti pounded fellow BMC slugger Sugar Cruz. After surviving a standing eight count in the third round, Cruz settled for silver against the victorious Aieti.

Bout four pitted two Wiesbaden fighters, Shawn Elliot and Nieko Gilliom, in a heavy-

weight contest. Although pretty evenly matched, Elliot kept up the pressure and went on to claim the three-round decision.

"It could have gone to anybody," said Elliot, a 4th Air Support Operations Squadron Airman. "It went back and forth — it was a pretty even match."

Training for a triathlon paid off for the Bavarian military community's David Brown who took home the gold after winning a three-round decision against Wiesbaden's Arien Edwards in another heavyweight showdown. Brown's endurance was obvious as he wore down Edward's defenses.

"This (boxing) is kind of secondary," said the 2nd Battalion, 4th Cavalry Regiment, athlete. "All I've been doing is biking, running and swimming while training for a triathlon in South Africa."

Several boos from the crowd met the decision following Bout six — a wild slugfest that saw the Bavarian military community's Clinton Lyons appear to knock down Spangdahlem's Aaron Aylesworth. Visibly dazed, Aylesworth accepted the gold trophy after the referee stopped the contest and the announcer explained that Lyons had been disqualified for an illegal blow to the head.

Wiesbaden fighter Levi Aylsworth added to the gold claimed



Referee Tom Hlavacek waits to call the start of Round 3 of a bout. Photo right: Wiesbaden's Shawn Elliot looks on as Wiesbaden's Nieko Gilliom sits on the canvas after tripping.



by members of the 4th ASOC with a three-round unanimous decision over the Bavarian military community's Joshua Grether in Bout seven.

"It was the first time ever, for me, putting on gloves," said Aylsworth, "the first time taking blows to the head."

The Wiesbaden boxer added that "it was a good feeling," to win the fight. "I felt pretty confident when that third round came around, but I was pretty tired."

A knockout 35 seconds into Round one of their super heavyweight bout saw Stuttgart's Jamaal Warren claim gold over the Bavarian military community's

Joshua Goheen. The tone of the fight was set 10 seconds into the face-off with Goheen being sent to a neutral corner for a standing eight count before returning only to be knocked to the canvas 15 seconds later.

The evening's final match-up started off promising with the Bavarian military community's Gabriels Nichols storming out of the red corner to challenge Wiesbaden's Rubin Stackhouse. After trading a series of powerful punches, Nichols grimaced in pain, favoring his right elbow, and the referee stopped the contest at one minute and 15 seconds into Round one.

The decision awarded Stackhouse one more gold trophy to add to his collection before the U.S. Customs-Europe Soldier heads to his next duty assignment in Fort Stewart, Ga.

Five fighters went uncontested — Wiesbaden's Justin Teodoro, Joel Flores, Derek Rowe, Lisa Manela and BMC's Isaac Chavez — and one bout saw BMC's Fernando Mendoza claiming a walkover victory against Baumholder's Justin Earls.

Team trophies were awarded to the Bavarian military community (first place), U.S. Army Garrison Wiesbaden (second) and Team Wiesbaden (third place).

By Donald Seltzer
Volksmarch Editor

Take a hike: A guide to volksmarching in the Kaiserslautern/Wiesbaden area

Volksmarching Notes

❖ Things are coming together for the Wiesbaden International Wandering Club's debut. However, the position of activity coordinator has yet to be filled. Get all the details about the job by sending a message to hiwc@yahoo.com.

❖ This writer bids a fond farewell to one of Wiesbaden's most active and inspiring volksmarchers, Nancy Shawley, as she retires from Department of Defense Dependents Schools and returns to the States.

❖ Got a comment? Found something you'd like to correct? Want to change "unknown" to a useful trail description? Write me at volksmarch@gmail.com with the subject "Feedback."

❖ Many thanks to readers Pat and Cheryl Patterson, and Michael Harrigan for providing brochures.

❖ Readers are asked to pick up extra event brochures and to mail them via MPS to Donald Seltzer, CMR 467 Box 5533, APO AE 09096.

❖ The postal code is included in the listings for readers using navigation devices. Autobahn exit numbers are being added for those without such devices.

❖ Receive the unabridged version of Take a Hike at the same time as the newspaper editor by sending an email message to volksmarch@gmail.com with "subscribe" in the subject line.

❖ Look for additional event choices at www.wiesbaden.army.mil/hunion/Takeahike.htm.



scenic view of the Rhein River. Use the Bingen-Gaulsheim exit (14) of Autobahn 60 and follow a secondary road and IVV signs to the start.

Start: Sportheim Hassia at Mainzer Strasse 197 **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (5 km), 7:30 a.m. to 1 p.m. (10 km) and 7:30 a.m. to noon (20 km)

Trail: Somewhat hilly, mostly fields with some woods **Award:** None.

Hemmersdorf (66780)—This Saar-

land event is west of Dillingen and only a few kilometers from the French border, yet it's easily reached by Autobahn from the Landstuhl/Ramstein area. From Ramstein and Landstuhl, use Autobahns 6 and 8 toward Saarlouis and Merzig to exit at Rehlingen (7). Use secondary roads through Büren to reach Hemmersdorf.

Start: Grenzlandhalle on Niedaltdorfer Strasse **Saturday:** 7 a.m. to 2 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (15 km) **Sunday:** 7 a.m. to 1 p.m. (6 and 10 km) and 7 a.m. to noon (15 km) **Trail:** Unknown **Award:** None.

Rothenburg ob der Tauber (91541)—This walk explores the medieval walled-city of Rothenburg. The Saturday-only old-town walk offers a mini-tour of its many shops and sights. The outside trails, including a half-marathon distance, are a great choice if you've already experienced the old-city trail. It's crowded but not overwhelming; parking is plentiful. In conjunction with this special walk discounts on admission are offered by a number of museums and attractions by showing your IVV start card. Use Autobahns 5, 6 and 7 past Heidelberg, Heilbronn and Crailsheim in order to reach Rothenburg. Alternately, Autobahns 3 and 7 via Würzburg and Kitzingen may be used.

Start: Sporthalle at Erlbacher Strasse 5 **Saturday:** 7 a.m. to noon (6, 11 and 21 km outside of city) and noon to 4 p.m. (11 km old-city trail) **Sunday:** 7 a.m. to 2 p.m. (6 and 11 km) and 7 a.m. to noon (21 km) **Trails:** Old-City routes are paved and have steps; trails in the surrounding area are hilly and wooded **Award:** Cloth shopping bag.

Weekend of March 9-10

Simmern/Hunsrück (55469)—This walk brings wanderers to the scenic Hunsrück region west of Bingen and celebrates the club's

40th anniversary. Take Autobahns 60 and 61 and the Rheinböllen exit (45), then pick up B-50 toward Kirchberg and Simmern. A secondary road will be used for the final mile or so to Simmern. From Baumholder, take the minor road skirting the boundary of the training area to reach B-420. Continue toward Lauterecken to connect with and use B-270, B-41, B-421 and B-50 to reach Simmern.

Start: Hunsrückhalle at Schulstrasse 12 **Saturday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (5 and 10 km) and 7 a.m. to noon (20 km) **Trails:** Hilly, woods and fields **Award:** None.

Weekend of March 16-17

Frankfurt/Main-Bergen-Enkheim (60388)—This event offers a variety of trails for different abilities. The start hall is in the Enkheim area of Frankfurt, across the street from the Hessen Center shopping mall and streetcar stop. The mall is at the western end of Autobahn 66 when coming from Hanau. From Aschaffenburg and Hanau take A-66 right to the shopping center. From elsewhere, readers will need to consult their maps carefully if using a route other than A-66. Drivers can use Autobahns 3 and 661 (northbound) to find directional signs to Bergen-Enkheim, then follow small, white IVV signs to the start.

Start: Volkshaus Enkheim at Borsigallee 40 **Saturday:** 7 a.m. to 3 p.m. (5 and 10 km), 7 a.m. to 1 p.m. (20 km) and 7-11 a.m. (30 km) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) and 7-11 a.m. (30 km) **Trails:** Shorter trails are slightly hilly and stroller-friendly for the large-wheeled variety, longer trails are hillier; woods, fields and some city streets **Award:** From previous events.

Grolsheim (55459)—This walk is just south of Bingen and offers a variety of trail lengths. Use Autobahn 60 to pick up B-50 at Bingen, head south toward Bad Kreuznach and follow IVV signs to the start. From Wiesbaden and Mainz, use the St.

Goar exit of A-60 to pick up B-9, then the Gensingen exit to connect with B-50.

Start: Nahelandhalle on Aspischer Weg **Saturday and Sunday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to noon (20 and 30 km) **Trails:** Shorter trails are mostly flat, longer trails are hilly; fields, local neighborhoods and some woods **Award:** From previous events.



Weekend of Feb. 16-17

Bad Marienberg (56470)—Although it's a bit of a drive, this event offers a swim and rewards walkers with scenic views of the Hoher Westerwald region. From Giessen use Autobahn 45 toward Herborn and Siegen and exit at Herborn-West (26) to use B-255 and B-414. Drive west toward Hachenburg and watch for IVV directional signs.

Start: Schulzentrum (walk) on Kirburger Straße and Marienbad (swim) at Bismarckstrasse 65 **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) and 9 a.m. to 1 p.m. (swim) **Trail:** Hilly, wooded areas **Award:** Decorative candle.

Weekend of Feb. 23-24

Bingen-Kempton (55411)—Easily reached via Autobahn, the Bingen-Kempton event offers a

Things to do ... Things to do

Ham radio license

Interested in getting a ham radio license? Before you can get on the air to communicate with others around the world you'll need an amateur radio license, regulated by the Federal Communications Commission. Learn the rules and how to operate safely. An FCC test session will be conducted by the American Radio Relay League March 3 from 11 a.m. to 5 p.m. at the Buergerhaus in Giessen. To take the test bring a photo ID and \$15. Contact nr2y@hotmail.com by email or visit the ARRL homepage at

arrl.org for more information.

Sweetheart Valentines

The Cappuccino Casino invites lovers for a special **Sweetheart Valentines** event with DJ Stan Feb. 16 from 8 p.m. to 1 a.m. The Cappuccino Casino also features **Blues Night** March 1 and **Krazy Karaoke** March 9. Call civ (0611) 411-4444 for more information.

'Les Liasons Dangereuses'

Wiesbaden's Amelia Earhart Playhouse invites theater-goers

to the show-stopping "Les Liasons Dangereuses" March 1-3, 8-10 and 15-17. Call the playhouse at civ (0611) 816-2473 for reservations.

Praise Night 8

Enjoy a host of free Christian music including performances by Alyssa, Kerubin, Stay and Pray and the Milal Missionary Choir March 9 from 6:30-9:30 p.m. at the Saturday Night Church in the Christlichen Zentrum Wiesbaden-Nordenstadt at Daimler-ring 8b. Visit www.snc-rm.de for

more information.

Spring Bazaar

The German-American and International Women's Club Wiesbaden hosts a Spring Bazaar March 16 from 10 a.m. to 5 p.m. at the Kurhaus Kolonnade. It will feature a range of sale items and a coffee house. People can also donate items to be sold at the fund-raising event. Items should be dropped off at the German Salvation Army collection point, Schwarzenbergstr. 7 on Saturdays

from 10 a.m. to noon and Wednesdays from 3-5 p.m.

Books should be dropped off the day before the event at the Kurhaus Kolonnaden. Visit www.derfrauenclubwiesbaden.de for details.

USO trips

The Rhein Main Area USOs offer trips to **Innsbruck and Swarovski Crystal World** Feb. 23; **Paris** Feb. 23; **Wiesbaden** Feb. 23; **Luxembourg** March 2; **Berlin** March 2; **Amsterdam or Triberg in the Black Forest** March 9. Stop by any Rhein Main Area USO office or call civ (0611) 731 301.



Chantel Wynn displays picture-perfect technique in freestyle competition during the European Forces Swim League, Tyrolean Division Championships in Wittlich Jan. 27. Photo below: Sophie Parker demonstrates total focus and determination as she executes the breaststroke during competition.

Wahoos clinch fourth consecutive title

Story and photos by
Karen Ravensbergen
Special to the Herald Union

Wiesbaden Wahoos dominated in the water and took home their fourth consecutive division championship title at the recent European Forces Swim League, Tyrolean Division Championships in Wittlich Jan. 27.

With 57 swimmers entered in 40 events, the Wahoos were optimistic about a fourth straight win. The Wahoos crushed the competition finishing with 812 points. The Eifel Sharks took second with 303 points, Hohenfels Hurricanes finished third place with 193 and the Vilseck Vipers fourth with 107 points.

The Wahoos had outstanding performances in all age groups, that resulted in 61 gold medals overall.

Several swimmers, in various age groups were first place finishers in their three individual events. They were: Tyler Peng, Giulana Weiss, Jack Love, Eoin Oravetz, Kersten Parella, Isabella Lee, Sophie Parker, John Roddy, Amanda Ravensbergen, Drew Parker and Chantel Wynn.

Ten other swimmers also took first place in two of their individual events, and eight others netted one individual gold medal toward the teams tally. The relay teams also had impressive showings, as they

swam away with many of the top honors in the various age groups and relay categories.

In all, the Wahoos brought 61 gold medals, 41 silver medals, 21 bronze medals, seven relay team gold medals, and a first place team trophy home to Wiesbaden.

It was a sweet victory for the Wahoos head coach, Lt. Col. Jason Wieman, and his strong support staff of assistant coaches — Maj. Bryan Love, Cathy Ruhl and Rebecca Kuhn.

All coaches served on a volunteer basis this season. A great deal of credit goes to two new members of the coaching staff this season: Spc. David Bumstead and Pfc. Tyler Smythe. “These fine young men are extremely dedicated, outstanding volunteers,” said Coach Wieman. “They made quite an impression on our swimmers and inspired our swimmers to do their very best. We were sad to lose them before the end of the season, but they deserve a lot of credit for helping us get this far and be this successful.”

Both Smythe and Bumstead were awarded the Military Outstanding Volunteer Service Medal for their contribution to the team and support of the Wiesbaden youths.

“It’s been a long season,” added Wieman. “These swimmers, and all our coaches and

parent volunteers have worked incredibly hard for so long. All that effort has really paid off.” Following tradi-

tion, coaches enjoyed being thrown in the water, followed by dozens of swimmers to celebrate and savor the victory.

And while clinching the division championship seemed to be a great culmination to a long season, there are more strokes yet to be taken.

Thirty swimmers will represent Wiesbaden in the EFSL Individual League Championships Feb. 16-17 in Eindhoven, the Netherlands, as they compete against swimmers from all 19 of the EFSL’s teams throughout Europe.



Sports shorts

Volleyball Officials Clinic

Learn the fundamentals of being a volleyball official at a Volleyball Officials Clinic Feb. 25 to March 1 from 6-9 p.m. at the Wiesbaden Fitness Center. Call the fitness center at mil 337-5541 for details.

Krav Maga Workshop and Seminar

Learn the basics of this Israeli self-defense system at a Krav Maga Workshop and Seminar March 17 from 1-5 p.m. at the Wiesbaden Fitness Center. Weekly classes will also be offered following the workshop for those interested in continuing. Call mil 337-5541 for more information.

Valentinus Racquetball Tournament

The McCully Fitness Center in Wackernheim will be the site of a Valentinus Racquetball Tournament Feb. 23-24 from 8 a.m. to 6 p.m. Call mil 334-4900 for more information.

Scratch Bowling Tourney

A Scratch Series Bowling Tournament will be held Feb. 15 to March 15 at the Wiesbaden Entertainment Center in Hainerberg Housing. First prize is \$250. Call mil 335-5190 for details.

Track coach wanted

Wiesbaden High School seeks an experienced throwing coach to work with discus and shot put athletes. The volunteer must be available for after school practices from 3-5 p.m. weekdays. Track season runs from March 4 to May 25. Call Larry Chavel at civ (01514) 143 1172 or email *Hilario.chavez@eu.dodea.edu*.

AER run

A five-kilometer run will be held, starting at the Wiesbaden Fitness Center, March 1 at 6:20 a.m. to kick off this year’s Army Emergency Relief fund-raising campaign. Call mil 337-7887 for details.

Hunting course

Wiesbaden Outdoor Recreation hosts a German hunting course Feb. 19 to April 17. Cost is \$200. Call Outdoor Rec at civ (0611) 705-5760 for more information.

DoDDS-Europe Championships

Mark your calendars for the upcoming Department of Defense Dependents Schools-Europe Wrestling Championships Feb. 15-16 and Basketball and Cheerleading Championships Feb. 20-23 to be held in Wiesbaden. Come out and cheer on DoDDS top teams and athletes.



Winner takes ball
Finn Swafford, in the white uniform, and Terrell Younger, green and white uniform, contend to win the opening tip during youth basketball competition Jan. 29 at the Wiesbaden High School Multipurpose Room.

Photo by Augusta Payeur



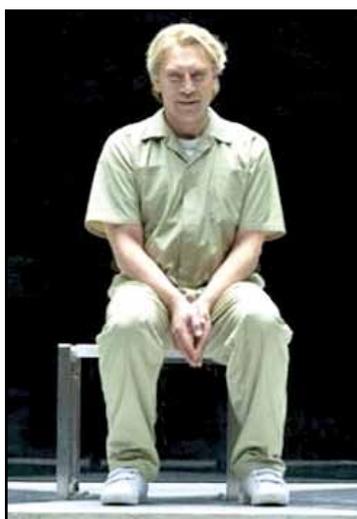
Jason Bateman wants his identity back from thief Melissa McCarthy in "Identity Thief."

At the movies Feb. 14-28

Wiesbaden, Taunus Theater

- Feb. 14 — Alex Cross (PG-13) 7 p.m.
- Feb. 15 — Red Dawn (PG-13) 7 p.m. Identity Thief (R) 9:30 p.m.
- Feb. 16 — Dr. Seuss' The Lorax (PG) 4 p.m. Identity Thief (R) 7 p.m.
- Feb. 17 — Ice Age: Continental Drift (PG) 4 p.m. Identity Thief (R) 7 p.m.
- Feb. 18 — Identity Thief (R) 7 p.m.
- Feb. 19 — Flight (R) 7 p.m.
- Feb. 20 — Red Dawn (PG-13) 7 p.m.

- Feb. 21 — Killing Them Softly (R) 7 p.m.
- Feb. 22 — Beautiful Creatures (PG-13) 7 p.m. A Good Day To Die Hard (R) 9:30 p.m.
- Feb. 23 — Rio (PG) 4 p.m. A Good Day To Die Hard (R) 7 p.m.
- Feb. 24 — Escape From Planet Earth (PG) 4 p.m. A Good Day To Die Hard (R) 7 p.m.
- Feb. 25 — Beautiful Creatures (PG-13) 7 p.m.
- Feb. 26 — Skyfall (PG-13) 7 P.M.
- Feb. 27 — Killing Them Softly (R) 7 p.m.
- Feb. 28 — Skyfall (PG-13) 7 p.m.



Denzel Washington stars as Whip Whitaker, a pilot who saves the day while confronting personal demons in "Flight." Photo above right: Javier Bardem faces off against Daniel Craig in the latest James Bond installment, "Skyfall." Photo right: Danny DeVito, Zac Efron and others lend their voices to the animated characters of "Dr Seuss' The Lorax."



Movie plots

Red Dawn (PG-13) — A city in Washington state awakens to the surreal sight of foreign paratroopers dropping from the sky. American citizens find themselves prisoners and their town under enemy occupation. Determined to fight back, a group of young patriots seek refuge in the surrounding woods, training and reorganizing themselves into a guerilla group of fighters. Stars Chris Hemsworth, Adriaenne Palicki and Jeffrey Dean Morgan.

Identity Thief (R) — Unlimited funds have allowed Diana to live it up on the outskirts of Miami, where the queen of retail buys whatever strikes her fancy. There's only one glitch: The ID she's using to finance these sprees reads Sandy Bigelow Patterson and it belongs to an accounts rep who lives halfway across the United States. With only one week to hunt down the con artist before his world implodes, the real Sandy Bigelow Patterson heads south to confront the woman but discovers just how tough it is to get his name back. Stars Jason Bateman and Melissa McCarthy.

Dr. Seuss' The Lorax (PG) — This is an adaptation of Dr. Seuss' classic tale of a forest creature who shares the enduring power of hope. The animated adventure follows the journey of a boy as he searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world. Stars Danny DeVito, Ed Helms, Zac Efron and Taylor Swift.

Flight (R) — Whip Whitaker (played by Denzel Washington), a seasoned airline pilot, miraculously crash lands his plane after a mid-air catastrophe, saving nearly every soul on board. After the crash, Whip is hailed as a hero, but as more is learned, more questions than answers arise as to what really happened on that plane?

Beautiful Creatures (PG-13) — This is the tale of two star-crossed lovers — Ethan (Alden Ehrenreich), a young man longing to escape his small town, and Lena (Alice Englert), a mysterious new girl. Together, they uncover dark secrets about their respective families, their history and their town. Also stars Emma Thompson and Jeremy Irons.

Escape From Planet Earth (PG) — Astronaut Scorch Supernova (Brendan Fraser) is a national hero to the blue alien population. A master of daring rescues, Scorch pulls off astonishing feats with the quiet aid of his nerdy, by-the-rules brother, Gary (Rob Corddry), head of mission control at BASA. When BASA's no-nonsense chief Lena (Jessica Alba) informs the brothers of an SOS from a notoriously dangerous planet, Scorch rejects Gary's warnings and bounds off for yet another exciting mission.