

Dental wellness

Clinic commander stresses importance of teeth care for mission readiness. See page 8.



School dining

Students enjoy eating in new high school cafeteria. See page 9.



Inspiration

Professional coach fires up Wahoos to prepare for championships. See page 19.



Herald Union



Vol. XV, No. 7

Wiesbaden: Your home in Germany

Jan. 17, 2013



Adm. James G. Stavridis (left), EUCOM commander, looks on as Lt. Gen. Donald M. Campbell Jr. (center) hands the USAREUR colors to Command Sgt. Maj. David S. Davenport during the USAREUR Assumption of Command Ceremony Jan. 9. Photo right: Maj. Gen. James C. Boozer accompanies Campbell as he inspects the troops in formation during the ceremony in the Wiesbaden Fitness Center.



Taking charge

Wiesbaden ceremony welcomes Lt. Gen. Campbell to USAREUR command

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

“It’s great to be back in Germany,” said Lt. Gen. Donald Campbell Jr. to reporters after formally assuming command of U.S. Army Europe.

Campbell accepted the command colors from Adm. James Stavridis, commander of the U.S. European Command, during a ceremony in the Wiesbaden Fitness Center Jan. 9.

“It’s great to be join-

ing this wonderful and storied USAREUR team — USAREUR for decades has been our nation’s defender of freedom forward,” Campbell said.

Both EUCOM and USAREUR commanders thanked the many guests who attended, representing the close ties between the United States and European nations. Stavridis praised the “strong partnership and alliance” of the “ongoing transatlantic relationship.”

He added that the joint training conducted in

Europe is crucial to stability in the world.

“Wiesbaden: What a great place to take this command,” said Stavridis, adding that Campbell would be the first USAREUR commander to serve here. “This will be a spectacular site for U.S. Army Europe.”

EUCOM’s senior leader pointed out that holding the assumption of command ceremony in “the shadow of the Gen.



Members of the 529th Military Police Company (Salute Battery) fire cannons outside the Gen. John Shalikashvili Mission Command Center during the USAREUR Assumption of Command Ceremony.

John Shalikashvili Mission Command Center” was especially poignant as a symbol of the decades of friendship and partnership between Europe and the United States.

Looking to the future, Stavridis charged USA-

REUR’s leader to focus on three areas — the post 2014 mission in Afghanistan, the continued alliance with Germany and fellow NATO partners, and emerging technologies.

“It really feels great

to be back in Deutschland,” said Campbell, who lived as a young captain in Mainz early in his military career. “It’s a wonderful place to live,” he added, saying that the

See Taking charge on page 3

Feedback: Did you make any New Year's resolutions?



Sgt. Christopher Bona
102nd Signal Battalion

"No I didn't make any New Year's resolutions. If I decide to do something, I don't wait until New Year's to start."



Sgt. 1st Class Edwin Lauderback
U.S. Army Garrison Wiesbaden Equal Opportunity adviser

"I want to help my wife stop smoking. And then there's always doing more exercise."



Capt. Jennifer Glover
U.S. Army Garrison Wiesbaden Headquarters and Headquarters Detachment commander

"I did not make a New Year's resolution because self-improvement is something I do throughout the year. Once I complete one item on my list I scratch it off and move on to the next."



Staff Sgt. Garth Cunningham
1st Battalion, 214th Aviation Regiment

"My New Year's resolution is to show more appreciation for my wife."



Lisa Crews
U.S. Army Garrison Wiesbaden Marketing chief

"I did not make a New Year's resolution because I generally set my own goals throughout the year. I don't feel I need to reinforce them with a New Year's resolution."

Ask the commander

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



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

Eve, that we would be waiting for some time, but that was not the case. A man named Tony arrived promptly and fixed the light. Not only did he arrive quickly, he was very friendly and courteous. My wife stated that he has been here before for another issue and that he was very nice and helpful on that occasion as well. It would be great if the community had more people like him.

Response: Thank you Ray for your compliment of the service you received from the Directorate of Public Works. We have passed along your comments to his supervisor. The staff has worked hard to ensure service order personnel have a courteous and professional attitude. It's great to hear from customers who recognize those efforts. Your feedback helps us reinforce this positive attitude.

Suggestion about hair dryers

Connie T. commented: Why not move the wall hair dryers from the Mannheim gym to the women's dressing room area at the Wiesbaden Fitness Center? They have four of those dryers in two different areas. They make it so that your hands are free to adjust the dryer to your head.

Response: Thanks Connie for the excellent suggestion. We

checked with the closing communities and were informed that this equipment will not be available until the May/June time frame. In the meantime, the Wiesbaden Fitness Center staff has assured me that hair dryers are available at the front desk for immediate use. All you have to do is ask.

Concern about empty Commissary shelves

Heather A. asked: Is there something going on at the commissary? It was out of stock of almost everything on my list. It's a little unnerving to see the shelves clear, especially on a German holiday (Sunday, Jan. 6).

Response: Heather, I checked with the commissary manager and was told that on Sunday (Jan. 6) the store suffered a breakdown of one of their compressors which serves six cooler displays. The staff relocated most items and expected to have the coolers up and running again by the evening of Jan. 7. Added to that issue, the commissary had trouble refilling their stock list during the holidays because of the demand. That meant that rather than having the usual 12,000 items the store carries, they were out of 165 items. The manager apologized for the inconvenience and assured me that normal service would have resumed by the time this comment appears in print in the Herald Union.

Question about the Tax Center

Sarah C. asked: When exactly will the Tax Center open? I am a first-year Family Child Care provider and have a few questions about our taxes but I am not sure whom to contact.

Response: The Tax Center will open around Feb. 4, and will start scheduling appointments Jan. 28. In the meantime, stop by the Legal Assistance Office in Building 1023N on Clay Kaserne for assistance. You can also call the office at mil 337-4725 or civ (0611) 705-4725.

Praise for work order service

Ray B. commented: I had to call a work order in for a burning smell coming from a light fixture. I thought, with it being on the evening of New Year's



Did you know?

U.S. Army Europe's official website is now mobile-device friendly, no matter which handset you favor. Mobile users can access the site by the same web address as always — www.eur.army.mil. Visitors will be automatically sorted depending on browser size, and mobile browsers will be seamlessly switched to www.eur.army.mil/mobile. (Courtesy of USAREUR Public Affairs)

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News flash

Construction work on Clay Kaserne

Building 1026 on Wiesbaden's Clay Kaserne is undergoing major renovation which is expected to last through November. As such, traffic patterns have changed around the building — Weaver Avenue is now southbound (one-way) only. Access to Building 1526 (EDIS) has not been affected.

Self Help moving in Hainerberg

Due to renovation work on the Self-Help Issue Point in Hainerberg Housing, the facility is moving to Texas Str. 31. The facility will be closed Jan. 22-25 while the move is in progress. Self-Help supplies will still be available from the Directorate of Public Works main warehouse on Clay Kaserne in Building 1557.

Technology Expo

More than 35 exhibitors will demonstrate the latest in cloud computing, data storage protection, digital imaging, satellite solutions and more during a Technology Exposition hosted by the 102nd Signal Battalion Jan. 28 from 10 a.m. to 2 p.m. Refreshments and giveaways will be featured while supplies last. The event is free for all Wiesbaden/Clay Kaserne personnel.

CID seeks information

The Wiesbaden CID office is asking for help identifying a female Soldier who was a good Samaritan during an altercation at 9:20 a.m. Jan. 6 near the Fiat Autohaus at Mainzer Strasse 200 in Wiesbaden-Biebrich. The Soldier is described as being 35-50 years old, about 5 feet, 7 inches tall, with a slender build, dark hair that was either short or in a bun. She was wearing light-colored ACUs and drove a silver car similar to a Volkswagen Jetta or Toyota. She helped an assault victim by driving her to an unknown safe destination. People can contact the Wiesbaden CID Office at mil 337-6601 or civ (0611) 705-6601 or the Wiesbaden Provost Marshal Office at mil 337-5096 or civ (0611) 705-5096.

Military officers meeting

The First European Chapter of the Military Officers Association of America invites active duty, guard/reserve, former, or retired commissioned and warrant officers of the uniformed services to a meeting of the membership Feb. 2 from 11:30 a.m. to 1:30 p.m. at the Restaurant Barbarossahof in Esselfurth (near Kaiserslautern). Stop by for lunch, check out membership benefits and meet members of the chapter. Get directions and make reservations by sending an email to fleitmaker@t-online.de.

Produce a Super Bowl commercial

American Forces Network Television invites viewers to produce their own commercials and watch them on AFN television during the Super Bowl and pre-game shows. Last year AFN aired more than 100 viewer-produced "YouDoIt" commercials during the Super Bowl. Viewers have until Jan. 27 to submit their 14 or 29-second entries. Visit www.afneurope.net for submission guidelines. (AFN-Europe Public Affairs)



Photo by Karl Weisel

Service of Remembrance

Chaplain (Col.) Carleton Birch, 5th Signal Command, talks about the heroic actions displayed by the teachers and administrators at Sandy Hook Elementary School during the school shooting in Newton, Conn., Dec. 14. Birch and fellow chaplains from around the community spoke and led community members in prayer during a Service of Remembrance at the Clay Chapel Dec. 20 to remember the 20 students and seven adults killed in the incident.

Taking charge

Continued from page 1

host nation has embraced the U.S. Forces in Germany. "We can always depend on our host nation friends to be there for us . . . whether it is enjoying fests together, communities helping out with trips for families or just good will that you share with us all."

Campbell praised the ongoing military partnerships as well. "Our European partners, many of whom are represented here today, have stood side-by-side with us in many parts of the world for the last decade in places like Iraq, Afghanistan, North Africa and the Balkans to name a few. These partnerships, partnerships grounded in trust, remain the cornerstone for U.S. engagement with the world," he said.

As the U.S. Army Europe continues to transform to meet future contingencies, with an expected reduction in U.S. Forces from about 40,000 to 30,000 within the next three to four years, Campbell explained to reporters after the ceremony, it is important the partnerships continue to thrive.

"Over the last decade we have spent a lot of time together training, fighting and learning from each other, and we can't afford to lose that edge as combat operations wind down. Building trust starts with training, where we keep that edge sharp at places like the Joint Multinational Training Command, the crown jewel of USAREUR," he said. "JMTC remains the world class training environment for coalition and multilateral exercises."



Lt. Gen. Donald M. Campbell Jr. talks to the media after the ceremony.

"Training with our allies and partners builds the trust that will carry us to victory on the battlefield," Campbell said.

Campbell, who took over as USAREUR's 38th commander in early December, last served as the commander of III Corps and Fort Hood in Texas. USAREUR's former commander, Lt. Gen. Mark P. Hertling, retired late last year.

Submit your ideas for AFN-Wiesbaden daily topics

AFN-Wiesbaden seeks daily topic ideas for the morning show.

Play a role in helping guide the content and conversation on 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.

From the blotter

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

Dec. 30

Traffic accident—A civilian is being charged with a traffic accident: Inattentive driving.

Dec. 31

Failure to obey regulation — A Soldier is being charged with failure to obey order or regulation/re-register a privately owned vehicle.

Assault — A Soldier is being charged with aggravated assault.

Jan. 2

Assault — A Soldier is being charged with aggravated assault.

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

Jan. 3

Traffic accident—A civilian is being charged with a traffic accident: Improper backing.

Traffic accident — A Soldier is being charged with a traffic accident: Failure to clear the rear.

Jan. 4

Illegal substance — A civilian employee is being charged with growing/manufacturing marijuana.

Jan. 7

Traffic accident — A noncommissioned officer is being charged with a traffic accident: Following too closely.

Jan. 8

Miscellaneous — A civilian employee is being charged with insult to law enforcement officer, failure to render identification to law enforcement officer and civilian misconduct.

Illegal Substance — A civilian employee is being charged with possession of marijuana, operating a vehicle under the influence of marijuana and civilian misconduct.

Jan. 9

Traffic accident — A civilian employee is being charged with a traffic accident: Improper backing.

Traffic accident—A Soldier is being charged with a traffic accident: Failure to clear the rear, failure to obey order/regulation.

Traffic violation—An NCO is being charged with allowing an unlicensed person to operate a vehicle.

Jan. 10

Traffic accident — A family member is being charged with a traffic accident: Following too closely and failure to report involvement.

Getting ready for your next PCS move

The very fact that you are reading this article in Germany means that you have completed at least one Permanent Change of Station move. Every PCS is accompanied by the hassle of trying to ship your household goods. Perhaps your household goods did not suffer any damage in the last move or prior PCS shipments, maybe you had a significant loss to your household goods, or even more likely, you suffered through the loss or damage of only one or two of your items. No matter what your experiences have been in the past, if you are looking forward to your next PCS, you should know that the advance planning performed, before the movers even arrive, will significantly impact and improve your ability to gain compensation for a potential future loss in the upcoming shipment.

Legal Advice

Simple steps to a better move

Understanding the forms you will be working with during the move is essential. The Households Goods Descriptive Inventory and High Risk/High Value Inventory are confusing at first glance but can be deciphered. The first point to be made about these forms is that if your items, particularly those items you care most about, are not listed on either of these forms it may be difficult to justify that they were actually tendered or given to the moving company and thus reduce your chance to claim those items when they arrive at your next Army destination. In fact, if you read the fine print on the HGDI above the “warning” next to your signature block it reads, “We have checked all the items on this inventory page, and acknowledge that this is a true and complete list of the goods tendered and the state of the goods received.”

This statement is also an acknowledgment of the damage to your household goods that the movers have listed for each of your items. To determine what the damage listed is you must review three boxes and the corresponding codes next to your inventory items in the “Condition at Origin” column to determine what damage is listed. The three boxes are clearly marked “Descriptive Symbols,” “Exception Symbols” and “Location Symbols.” When the symbols are read off, the description of the damage should match the pre-existing damage.

If you sign your HGDI or HVI without reviewing these codes, you could be signing off on a plethora of damage that does not exist. This non-existent, but listed damage, could affect your claim. Department of the Army Pamphlet 27-162, paragraph 11-14d(2) (b) states that if an estimate of repair includes repair of PED, the amount of the damage attributable to pre-existing damage should be deducted from the amount paid for the repair.

You do not want to get stuck footing the bill for all new damage just because you did not review the forms carefully and non-existent damage was listed as pre-existing damage. Several other easy steps to prevent this from happening include: preparing your own inventory before the movers come so you can cross-check to make sure all items on your list are

also on the HGDI or HVI before signing, providing that list with an accurate depiction of the damage to movers beforehand so that they are on notice that you are aware of your own items, having the quality control number on hand if there is a disagreement on condition of items, and taking care of other logistical issues for this hectic day (e.g. babysitter or pet sitter for the packing day, placing the items not to be shipped in a sealed and locked room, and making sure your camera is charged in case any damage happens that day).

Another preventive step that will help immensely is taking pictures and video of all your household items before the movers arrive. A picture is worth a thousand words and in some cases the same amount of money. Taking date and time stamped photos and videos can show the condition of items before the packing and moving of your household goods.

Taking the same type of photos and videos of the corresponding items after shipment, showing the damage, can help establish that the damage did occur during shipping and not before or after shipping. Otherwise, DA PAM 27-162, paragraph 11-14d(3) requires that a repair firm determine whether the damage was due to rough handling for any internal damage.

Other helpful steps pertaining to proof of this nature include: taking photos of everything to include four or five angles of larger pieces of furniture and close ups of any actual pre-existing damage, taking pictures of the model and serial number of electronics in case they get lost or stolen, having the movers unplug all electronics (even if you have date stamped photos or videos of these items working) to demonstrate that they work, and making sure that if you have demonstrated the functionality of your household goods that the movers do not list it as a “Mechanical Condition Unknown” otherwise all of your other work could go to waste.

Finally, if you have not already created a binder with your purchase receipts in it, now is the time. No greater piece of evidence justifies the value of your household goods than the receipt from when you bought it. The receipts you keep clarify dates of purchase, price paid, brands and model numbers. This type of evidence goes along a way in determining the difference between an expensive brand leather couch and a faux leather couch when your’s goes missing and you are trying to justify the value to someone who has never seen it or spent a relaxing afternoon on it.

Should you want to gather more information or address concerns regarding the ability to claim certain items if damaged during a move, an appointment should be set up to speak with a member of the claims staff at the Office of the Staff Judge Advocate. The Legal Assistance /Claims Office is located at the Clay Kaserne Legal Center, Building 1023N. Hours are Monday, Tuesday, Wednesday and Friday from 9 a.m. to noon and 1-4 p.m.; Thursday from 1-4 p.m. To visit with an attorney or claims examiner, walk-in hours are Tuesday from 9 a.m. to noon and Thursday from 1-4 p.m.

IAC meeting: *Bus stop safety, anti-bullying video highlight quarterly community-school get-together*

By Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

Safety at a Newman Village school bus stop, a student-produced anti-bullying video and the Student-2-Student program were topics at the Installation Advisory Committee meeting Jan. 13 at Wiesbaden High School.

The IAC meetings and individual School Advisory Council or SAC meetings provide school administrators, partnership units, parents and community leaders with an opportunity to share issues of concern. SAC and IAC meetings are held quarterly with the IAC hosted by a different school each meeting.

The Jan. 13 IAC meeting led off with a premiere showing of a video featuring students, Wiesbaden High School Principal Sharon O'Donnell and U.S. Army Garrison leaders, Col. David Carstens and Command Sgt. Maj. Sa'eed Mustafa addressing the topic of bullying.

"This is part of the Leonardo Project," said Peter Witmer, USAG Wiesbaden's school liaison officer, explaining that students are participating in the competition between Wiesbaden-area German and American schools. Explaining that Wiesbaden High School has four projects among the some 125 Leonardo efforts, the local Department of Defense Dependents Schools-Europe high school is the sole American school taking part.

The video has been uploaded to the garrison's YouTube

channel and can be viewed on both the garrison's home page (www.wiesbaden.army.mil) and Facebook page (www.facebook.com/usagwiesbaden).

Witmer asked community members to support the student effort by visiting the Leonardo projects page at www.leonardo2013.de, clicking on "alle Projekte," scrolling down to the Wiesbaden High School projects and "liking" the Facebook page. Comments and encouragement are also appreciated, he said.

"My hat is off to the students," said Carstens, describing their efforts as extremely professional and topical. While bullying may not be as big an issue in Wiesbaden as in other stateside schools, "the reality is, bullying occurs in all of our schools — it's just human nature."

Through the video and other anti-bullying efforts, "we are acknowledging it and helping get the word out in a combined fashion that we're just not going to stand for it," he said.

With more and more students gathering at the Newman Village school stop in the mornings, safety is becoming an increasing topic of concern, according to Hainerberg Elementary School administrators.

"We've received quite a few complaints about the pickup area at the bus stop in Newman Village housing," said Hainerberg Elementary School Assistant Principal Jason Sheedy. Explaining that as more people move into the housing area, the

population of students meeting the bus in the morning is growing rapidly — to more than 120 elementary students in early January.

The administrators and commander called for more parental supervision at the stop (only about 30 percent of parents are currently escorting their young children) and area drivers to better observe U.S. Forces traffic regulations which require vehicles to never pass school buses stopped for a pick-up or drop-off while on U.S. military installations (this is not the case off base on German-controlled roads).

School mascots were another topic with Wiesbaden Middle School counselor Dr. Frankie Nielsen sharing news about Bob the Bobcat and Aukamm Elementary School Principal Debbie Parks talking about Duke and Daisy bears. Both school administrators described how the stuffed animals have played an important role in keeping students connected with loved ones serving far

from home in such places as Iraq and Afghanistan. While Duke and Bob have deployed to visit Soldiers serving in faraway lands, Parks described Daisy as a "stay behind bear" who serves as a symbol for those waiting for loved ones to return home. "Daisy also helps connect those kids who don't have deployed parents feel like they are a part of it as well," she said.

"It really is an emotional connection," added Witmer.

All of the school leaders present praised local partner units for their ongoing support of the schools. This has ranged from the Defense Commissary Agency's and Corps of Engineers, Europe District's involvement in the Science, Technology, Engineering and Math initiative at Wiesbaden Middle School to 66th Military Intelligence Brigade's support of a Hainerberg Elementary School Dr. Martin Luther King

Jr. poster event.

Members of the 102nd Signal Battalion have also been active in their partner school — Aukamm Elementary — helping sponsor Chess and Deployment Clubs which give pupils an opportunity to "vent and express themselves," according to a Soldiermentor.

"I think it's rewarding for the students, but it's also rewarding for the Soldiers to participate as well."

"I think it's rewarding for the students, but it's also rewarding for the Soldiers to participate as well," said Sgt. Justin Cooley, 102nd Signal Battalion.

Other issues included discussions about the high and middle school's Student-2-Student programs which recently saw involvement and training for a host of new participants, upcoming school accreditation team visits, Kid's News and homecoming events for returning V Corps Soldiers from deployment in Afghanistan.

The next IAC meeting is scheduled to be held in March.

Capitol Motors



Photo by Karl Weisel

Parents greet students as they arrive home from school at the Newman Village bus stop Jan. 17. Drivers are advised that passing a stopped bus is illegal on post.



Photo by Chief Warrant Officer 3 Mark Jay

Holiday photo contest winners

Congratulations to our winners and to everyone who took part in our Holiday Photo Contest.

Our panel of judges, which included members of the U.S. Army Garrison Wiesbaden Public Affairs Office and USAG Wiesbaden school liaison officer Peter Witmer, said they enjoyed viewing all of the entries which featured a wealth of topics and unique views of the holiday season.

Our first place winning entry by **Chief Warrant Officer 3 Mark Jay** captured new family member Kolton Jay, born Dec. 20, 2012.

Judges had a hard time deciding between the second and third place entries ending in a tie for second place with photos by **Clara Chipley** (Yuki in backpack with Travis Chipley) and **Hannah Schouveller** (a bird, winter feeding).

Honorable mentions went to photos by **Tamara Glidewell**



Photo by Hannah Schouveller



Photo by Clara Chipley



Photo by Hannah Schouveller

(Emily and Amanda Glidewell with their new bears) and **Hannah Schouveller** (Yogi, the dog, excited to open his stocking).

Winners should stop by Public Affairs in Building 1205 on Clay Kaserne. (See more photos on pages 22 and 23.)



Photo by Tamara Glidewell

Students raise money for disaster relief

Students at Wiesbaden Middle School closed out the year with a fundraising event to help supply disaster relief for people around the world.

Members of the school's National Junior Honor Society sponsored "Chain Wars" Dec. 3-7. Students at WMS bought a "chain link" for 50 cents. Links were counted daily and credited to each student's seminar class. The seminar with the longest chain received an ice cream party.

The competition was fast and furious, with Jennifer Senior's sixth-grade seminar class taking the prize.

"To get money for Chain Wars I went door to door," said Letisha Henry. "I wrote a letter asking people if they would raise money for the Red Cross. I thought it was important be-

cause it was going to New Jersey and my family lives there."

Like Letisha, many students emptied their piggy banks and asked their parents for extra chores to earn money.

All students at WMS were active participants helping NJHS raise more than \$1,633 in just five days. The Wiesbaden Middle School Parent Teacher Student Organization added to this amount for a total of \$2,000.

Originally, NJHS members wanted to support efforts for Hurricane Sandy recovery, but after watching the hurricanes in Haiti and natural disasters in other parts of the world decided to support all disaster relief. All proceeds went to the Red Cross Disaster Relief Fund. *(Story and photos courtesy of Sally Jones and Lezli Rust, Wiesbaden Middle School)*



The Wiesbaden Middle School's National Junior Honor Society and Parent Teacher Student Organization donated \$2,000 to the Red Cross' disaster relief fund.

MPs report rise in shoplifting before the holidays

By Robert Szostek

U.S. Army Europe Office of the Provost Marshal Public Affairs Office

There has been a steep increase in the number of shoplifting incidents within the U.S. Army in Europe since the beginning of November, say officials with USAREUR's Office of the Provost Marshal. OPM officials report that USAREUR Military Police registered 32 shoplifting cases between Nov. 1 and Dec. 5, 2012, versus fewer than 20 for the previous three months.

Sgt. Maj. Michael P. Cieslewski, OPM provost sergeant major, said would-be shoplifters should know they are likely to get caught and face hefty penalties.

"If you feel tempted to shoplift ... don't do it," Cieslewski said. "The consequences are serious and

the risk of getting caught is just too great."

"If you see anybody in a store take something without paying, report it to a salesperson, security guard or cashier," he added.

Cieslewski warned that shoplifting can have lasting effects on an Army career and civilian life after leaving the Army. And because violators are not attempting to steal big-ticket items — officials said that often the cost of the stolen items amounts to less than \$20 — it's a big risk for a small potential payoff.

"Regardless of the cost of the item, shoplifting is still a crime with all the attendant repercussions and the time-worn cliché that 'crime doesn't pay' applies, especially in these circumstances," Cieslewski continued.

OPM officials said that while their statistics show

the recent spike in incidents has involved more junior enlisted Soldiers than any other group within the U.S. forces in Europe community, violators come from every group: family members; enlisted, noncommissioned officers and officer service members; and civilians.

Shoplifting is an expensive problem for which everybody pays the price, OPM officials said. It hurts consumers because prices go up as retailers cover losses and fund security personnel, programs and equipment. They recommended checking out the National Crime Prevention Council pamphlet available at www.npcp.org/resources/files/pdf/theft/shoplifting.pdf for more information on shoplifting and its costs to individuals, families and communities.



Photo by Karl Weisel



Photo by Tomekia East Williams

Holiday homecomings

Several V Corps Soldiers on R&R leave surprised their children by stopping by their schools during the holidays. Above: Sgt. Darrell Cadiz and son Derek at Aukamm Elementary School; left: Capt. Agustin Valerio with Eavin and Tristan; and right: Maj. Tony Herrera and daughter Lilly at Hainerberg Elementary School.

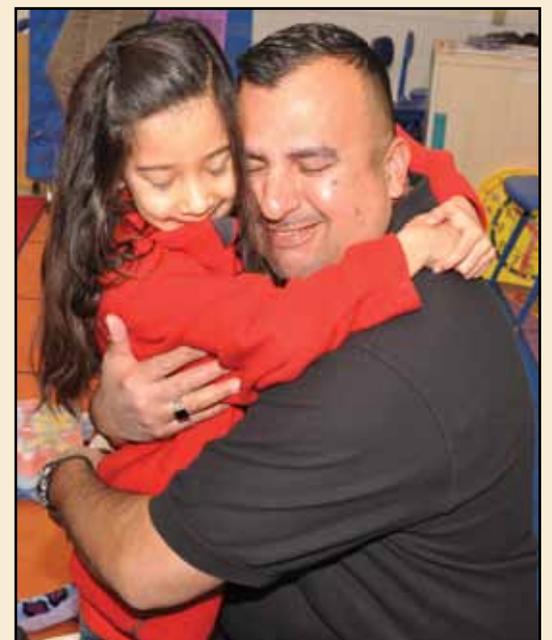


Photo by Karl Weisel

'Go First Class' at the Wiesbaden Dental Clinic

The Army's surgeon general, Lt. Gen. Patricia Horoho, has called for a transformation of Army Medicine. She asked and challenged military medical providers to improve readiness and advance wellness. The transformation has resulted in a significant change in focus in dental care. The Medical Protection System's recent change in dental readiness classification reflects this paradigm shift.

Soldiers identified as Dental Readiness Classification two are no longer considered "green" in MEDPROS. They are now classified as "amber," and will remain so until all necessary treatment has been completed. The Soldier is still considered available for deployment.

The dental classification system has not changed. Soldiers with no required care are classified as DRC one. Soldiers with treatment needs and no conditions that will result in an emergency in the next 12 months are DRC two. Soldiers with a condition that might result in an emergency in the next 12 months are DRC three. Finally, Soldiers whose condition has not been determined or have not been evaluated in the last 13 months are DRC four.

Col. Derrick R. Carter, commander of the Wiesbaden Dental Clinic Command, said the change is absolutely the right push as the Army and society stress good health. Every Soldier and their commander must strive for oral wellness or DRC one. The Department of Defense's and the Army's current standard for units is 65 percent of its assigned strength.

"If you're in DRC one, you're green. You're mission ready, and have achieved oral wellness. Your oral health impacts the likelihood of reporting to sick call for a non-traumatic illness or injury. Soldiers identified as DRC two roughly make up 20 percent of those reporting for sick call. Soldiers in DRC one is someplace between one and three percent."

Carter continued, "They are at work, focusing on mission success. And just as important, they are actively impacting the cost of dental care."

Minor lesions or conditions may take one or a few appointments to fix, at a low cost in time and expense. Progression of a lesion or condition may result in a root canal or pulling of a tooth for



Photo by Wendy Brown
Robert Walker, a registered dental hygienist at the Wiesbaden Dental Clinic, cleans the teeth of Spc. Andrew Hughes at the clinic Jan. 7. Right: The clinic urges Soldiers to enter the first class of dental readiness.

a Soldier. A condition resulting in a root canal often means the Soldier went days with pain. The Soldier finally decides to report to sick call, and has emergency treatment to address the pain. Follow-up treatment can include a root canal (one or two appointments), a final filling (one appointment), and a crown (two or three appointments).

This means a possible seven encounters to treat and save a single tooth. The cost, conservatively, is more than \$2,400, 12 man-hours (if the Soldier doesn't have to travel for any of the appointments or uses the "buddy" system), reduces accessibility and availability for others, lowers unit readiness, and leaves the Soldier non-available for deployment — all because a minor condition was allowed to progress, because it didn't affect Soldier and unit readiness."

Soldiers and units must reset their dental azimuth today, he said. They must take an aggressive stance to assist the Army's Surgeon General in the advancement of oral well and health. Soldiers not in a DRC one status who don't have a scheduled dental appointment need to contact the dental clinic, to move towards the oral wellness objective. The clinic is open from 7:30 a.m. to 4:15 p.m., Monday through Friday, including training holidays. The phone numbers are mil 337-1720, 337-5804,

civ (0611) 705-1720 or (0611) 705-5804.

Carter, highlighting the difference between readiness and oral wellness, said, "Readiness provides assessment for the command for mission analysis. Oral wellness is a state of health that is disease free. Readiness has an expiration date, it's an annual requirement. Soldiers who are non-compliant are undetermined, with respect to mission ready, and are DRC four. A simple examination will place them in another category."

Carter also addressed several other important dental concerns for Soldiers. He noted that Soldiers who experience a dental emergency when the clinic is closed must call the Military Police Desk at mil 337-5096 or 337-5097 or civ (0611) 705-5096 or (0611) 705-5097.

Soldiers who seek emergency dental care on the economy will not be reimbursed, and will pay for it out of pocket. "All dental care for Soldiers is provided by the dental clinic. Emergency care is available 24 hours a day, 365 days a year. Family members have the option of seeking reimbursement, if enrolled, under the Tricare Dental Program (MetLife and Dental)," he said.

GO FIRST CLASS!!!

DENTAL CLASS 1: NO WAITING, NO WORRIES.

Please call the Wiesbaden Dental Clinic at 337-1720/5804 (Comm) 0611-705-1720/5804 today to schedule your appointment!

Soldiers who can't make their scheduled dental appointment should notify the clinic as soon as possible. This allows the clinic to schedule another patient in that space. Soldiers not showing up for an appointment deprive others of the benefit of receiving this very valuable resource, Carter said.

The U.S. Army Dental Command has started a campaign to promote DRC one objective. The campaign's motto is "Go First Class!" This is an excellent reminder to every Soldier that DRC one means less waiting for routine services.

"Our goal is focusing on Soldiers, making sure that they are healthy and mission ready," said Carter. "We must maximize resources and create efficiencies in the delivery of dental care. The clinic meeting and surpassing DoD's standard, for oral wellness, equates to greater available and accessibility for family members. Soldiers have the opportunity to impact their own care and others. They have to make a commitment to "Go First Class."



Roscoe Johnson, vice president of the student council, and Wiesbaden High School Principal Sharon O'Donnell cut a ribbon together during the grand opening of the school's cafeteria Jan. 7. Photo right: Wiesbaden High School senior Kenyatta Agiza receives the first lunch served at the school's new cafeteria from AAFES employee Jean Lyon. The cafeteria is located in the school's multi-purpose room.



Wiesbaden High School opens cafeteria

In 65-year history, school has never had an on-campus cafeteria

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

Wiesbaden High School senior Kenyatta Agiza was all smiles after becoming the first person to buy a lunch in the school's brand-new cafeteria Jan. 7.

"It's really convenient not to have to walk so far to get lunch," Agiza said. "Before, we either had to walk to the commissary or to Pizza Hut. Now we have more options and healthy food."

For the first time since Wiesbaden High School opened 65 years ago, students can buy food and eat it in an on-campus cafeteria, said Principal Sharon O'Donnell. To mark the occasion, Roscoe Johnson, vice president of the student council, and O'Donnell cut a ribbon to open the facility.

Served on campus

"This allows our students to be served on campus instead of having them walk across the street to get their lunch," O'Donnell said. "It is important to me because it gives our students access to good food and an opportunity to socialize and meet and mingle and talk in a large group."

Once inside the kitchen,

the students could choose between a meal of baked chicken, green beans, pineapple and a roll and an a la carte menu that included wraps and salads. Agiza chose the chicken option and said it was delicious.

Johnson agreed. "The food here is great because it has a little of everything that is very nutritious — vegetables, meats and other nutritious other things," he said. "I would recommend this to someone because it has a lot of everything — a huge meal and lots of options."

Also, "It helps a lot since it is on campus and you save time to have a great conversation with friends or study a little bit," Johnson said.

AAFES-Europe Commander Col. Fredrick J. Hannah, Command Sgt. Maj. Keith Craig and Senior Vice President Ed Bouley attended the event and ate lunch in the cafeteria.



Wiesbaden High School students eat lunch in their new cafeteria for the first time Jan. 7.

AAFES provides food for Department of Defense Dependents Schools cafeterias.

Healthy food

The cafeteria centralizes lunch for the students while providing healthy food that is all USDA approved, Hannah said.

Craig said the students will have more time to spend eating because they do not have to leave campus to eat. "They can just relax and concentrate on school," he said.

Bouley said he talked to a few students in the a la carte line who compared the offerings to the food at other schools they had attended. The students all liked the Wiesbaden offer-

ings and were excited about the options, he said.

John Herrera, a junior, couldn't help but compare the food at the cafeteria to the food at his old school.

Not only are the academics at Wiesbaden better than at his old school, but now he believes the food is as well, Herrera said.

Students may either pay in cash or receive a personal identification number through AAFES and pay for lunch that way, said Royce Buenaventura, AAFES Supervisor of Wiesbaden High School Feeding. Full meals cost \$2.55 each, and prices on the a la carte list vary. A veggie, turkey or ham wrap, for example, costs \$2.25.

"We're here to stay and we're not expensive," said Buenaventura.

O'Donnell said students are still allowed to go off campus for lunch. They have done well

returning from lunch to be on time for class, and as long as that does not change, neither will the policy, she said.

When the school opened in 1948, most of the students lived within walking distance of the school, so they went home for lunch, O'Donnell said.

That, however, was back when the school had 56 students and nine teachers, according to the school's website, and a lot has changed since then.

Arrive by bus

Most notably, many of the students live off post and arrive by bus, O'Donnell said.

Shortly after lunch started, O'Donnell noted that the cafeteria was full of students, and they all seemed happy. "They're just enjoying it. They're loving it," she said.

The students agreed.

Meagan Smith, a senior, said she really likes the convenience of the cafeteria. "It is an option we didn't have before," Smith said.

"Being able to be just eat at our own school and not having to figure where we want to walk to and spending our time walking," she added. (Lt. Col. Allen Hing, Public Affairs Officer for the AAFES Exchange-Europe and southwest Asia, contributed to this story.)

Web conferencing brings Army engineers to DoDDS classroom

By Jennifer Aldridge
U.S. Army Corps of Engineers,
Europe District, Public Affairs
Office

A live video stream of eighth-grade physics students displayed on Jason Cade's computer screen. After a quick audio check, Cade, a U.S. Army Corps of Engineers, Europe District, project manager and mining engineer, with the assistance of his colleagues, used face-to-face video conferencing to teach a lesson on roller coaster engineering to Wiesbaden Middle School students Dec. 19.

Cade asked: "How do roller coasters work?" During the next 30 minutes, Cade and the students discussed the physics behind the thrilling train with no engine.

"Young minds were influenced today with real-life professionals who had the firsthand knowledge of how gravity and the law of physics work in real-life situations," said Dr. Susan Hargis, Wiesbaden Middle School principal.

Cade and his USACE Leadership Development Program teammates coordinated the e-learning session with Elaine Young, a middle school science teacher. The LDP team is working with local Department of Defense Dependents Schools-Europe to identify opportunities to bolster student interest in science, technology, engineering and math subjects. Web conferencing is a simple, convenient way to present STEM content to the school audience, Cade said.

The lesson was delivered via GoToMeeting software, a cutting-edge learning and teaching tool, Hargis said.

"As a principal, watching this type of 21st-century learning is so exciting," Hargis said. "Sitting in the classroom during the GoToMeeting class as an observer, I felt so honored to be part of this partnership with the U.S. Army Corps of Engineers."

The roller coaster e-lesson was purposefully developed to tie into the current class curriculum. During the half-hour seminar, students demonstrated a basic understanding of potential and kinetic energy — the relationship between the two is the key to coasters. Cade presented material in an interactive format, frequently asking questions about gravitational pull, friction and inertia to keep the students engaged.

"This is a more exciting approach to engineering," Cade said. "There is an exciting side to the profession."

Raquel Blankenhorn, a fellow LDP team member and district contracting specialist, could tell the kids were relating to the subject matter because of their responsiveness.

"Three, four, five hands would go up when Jason asked a question," Blankenhorn said. "I think they were learning without even realizing they were learning."

The roller coaster lesson was a great platform from which to explain engineering concepts, he added. Teaching something kids are interested in is phenomenal.

Through presentations like this, Cade hopes to attract young students, especially minorities

and females, to specialty engineering fields.

"I am actually the only black mining engineer in the state of Illinois," he said. "My goal is to educate minorities and women about nontraditional engineering."

Videoconferencing with students is a simple way for USACE to add value to the classroom and encourage future generations to consider STEM professions such as engineering.

"We bring real life to the classroom," Cade said. "Folks in this building have the credentials to talk about things teachers only deal with on a theoretical basis."

The e-learning format is the "perfect venue for engineers to

teach and inspire," Hargis said. It enables district professionals to interact with students in Wiesbaden and around the world. It is the communication medium of choice for the district and the school because it's accessible and convenient.

"As a presenter, I avoid driving to the school, parking, finding the classroom — that takes time," Cade said.

On the day of the GoToMeeting lesson, the LDP team gathered in the conference room, set up the webcam and virtual meeting, and presented in less time than transiting would have required for an in-person visit.

"Thirty minutes of our time isn't much to give up for educa-

tion," Cade said.

The Wiesbaden Middle School science department plans to continue this type of "learning adventure" once a quarter. Hargis is confident that partnering with students in a collaborative, creative community will benefit everyone.

"You are filling my heart with joy and hope for our students' future," she said. *(Editor's Note: The USACE Europe District LDP team has two additional Web conferencing sessions with local Wiesbaden schools in March and May. The team also will support Engineering Week in February and a school field trip in April.)*



Photos by Jennifer Aldridge

Wiesbaden Middle School students appear on a video screen that Jason Cade, a U.S. Army Corps of Engineers, Europe District, project manager and mining engineer, can see during a Dec. 19 video conference. Vice versa, Cade appears on a screen (bottom left) for the students.

421st MMB Soldiers rescue family

Stoy and photo by
Ignacio Rubalcava

U.S. Army Garrison Baumholder
Public Affairs Office

An early morning drive in Baumholder turned into a nightmare for Heather Majorwitz and her two children, Kaitie and Bret.

They were on their way to school Jan. 3 when their car hit a patch of ice and started to skid across the road toward an oncoming bus. Majorwitz, a librarian at a local elementary school, swerved to avoid the bus and slid off the road, rolling her car.

“One minute we were on the road and the next we were hanging from our seatbelts,” Majorwitz recalled during a recent recognition ceremony held at U.S. Army Garrison Baumholder.

The car's wheels were still turning when a group of Soldiers from the 421st Multifunctional Medical Battalion, formerly stationed in Wiesbaden, came upon the scene. Without hesitation, Chief Warrant Officer 2 Vladimir Sequera and three other Soldiers stopped their Humvee and dashed out to help. The children were already making their way out of the car's shattered back window when the Soldiers approached.

Sequera and the other Soldiers, Sgt. 1st Class Winston Smith, Sgt. 1st Class Nathan Lehman and Sgt. Cheryl Heneberry quickly brought the children to safety and wrapped them with their jackets to stay warm. By then, Majorwitz was trying to get out of the car and Sequera and the other Soldiers turned their attention to helping her.

“When we saw the vehicle we immediately pulled to the side. We all had the same thought. There's somebody in the vehicle,” Sequera said. “We didn't know if they were American or German. We just wanted to help.”

“I just remember the car rolling and lots of glass. I felt blessed to walk away from the wreck but I also felt really blessed that we had Soldiers there that would go above and beyond and help us. You guys



Heather Majorwitz thanks the 421st Multifunctional Medical Battalion Soldiers who rescued her and her children from an automobile accident at U.S. Army Garrison Baumholder.

are my heroes,” Majorwitz said.

“I'm glad that we were there to help out. I don't think it's a hero thing. I think it's human behavior that we help each other out. It is part of what we do in the military,” Sequera said.

Madeleine Dwoiakowski, public affairs officer for the Baumholder garrison, drives the same route on her way to work.

“I saw Soldiers and hoped that none of our guys were injured, not knowing that the soldiers were actually assisting on the scene,” Dwoiakowski said. “I then saw the car and it looked like it had gone through a press. They were extremely fortunate to walk away with no injuries, and they were also equally fortunate that the Soldiers were there almost immediately to help.”

For Majorwitz, it was the scariest moment she's experienced as a mother.

“I wasn't sure if the children were OK. Everybody said they were OK, but even at the hospital I wasn't sure,” she said. “My little boy gets anxious about things and I was worried that he'd have this anxiety and wouldn't want to ride in a car again.” Majorwitz explained they had a flat tire once and for the next year her son checked the tires before getting in the car.

But her son “was fine, he was a trooper,” Majorwitz said. Turning to Sequera, she added, “I think he was fine because you guys were there immediately.

There wasn't that second to even worry about it because we were taken care of right away.”

Later, Majorwitz called her 15-year-old daughter in the States and told her why she enjoys working with Soldiers and their families.

“This is why I do what I do to serve these guys, because

they're there and they step in — no matter what,” Majorwitz said. “It's automatic, because that's who they are. This makes me even more proud to be able to teach the kids of our soldiers because I know that they're out there taking care of everybody else.”

Majorwitz expressed her

gratitude to the Soldiers.

“I think that's why you are Soldiers,” Majorwitz said, as she fought back tears. “We could have died, but we didn't. We were very fortunate all around so I just want to thank you.”

Majorwitz then embraced Sequera and said, “You guys are my heroes.”

Capitol Motors

JROTC takes on trash cleanup

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

After several people complained about the amount of trash between Wiesbaden High School and the Post Exchange, members of the Junior Reserve Officers' Training Corps decided to clean it up.

"I think it's a great way to get service hours to get promoted and clean up the community at the same time," said A.J. Enriquez, a freshman who has helped with the cleanup twice. "It's a little bit of selfishness and a little bit of generosity at the same time."

About 15 members of the corps met after school Jan. 11 to clean the areas around the roadways near Wiesbaden High School.

Although people are used to seeing corps members in Army Combat Uniforms or Class A uniforms with white gloves, for this project they wore work clothes, neon vests and blue work gloves.

They picked up trash from the corner of Floridastrasse near the high school, down near the commissary and the skate park, and all the way down Washing-

tonstrasse to the corner near the Post Exchange and New York Strasse.

Along the way, cadets picked up pieces of trash small and large, including gum, which they said was the worst kind of litter. One cadet, however, found a Canadian quarter. Another cadet said he once found a hub cap.

The corps has cleaned up the area a few times since the start of school, but does not have a set time period for performing the service, said Air Force Senior Master Sgt. Rocky Foote, a JROTC instructor at the school.

"We wait until we notice it building up," said Foote, who organizes the cleanup.

Also, the corps waits until the weather is nice; they do not go out in the rain or snow, Foote said. On the day of their most recent cleanup it was cold, but sunny.

Not only do the cadets earn service hours for promotion, the senior cadets also receive leadership experience by supervising groups of junior cadets during the cleanup, Foote said. Cadets need five community hours in order to get promoted to the next rank.



Photo by Wendy Brown

A.J. Enriquez, (from left) Bradley Merkley and Jamie Hayes, freshmen at Wiesbaden High School and members of the Junior Reserve Officers' Training Corps, clean up trash near the Wiesbaden Commissary Jan. 11.

Sometimes people stop and ask cadets what they did wrong to warrant cleanup duty, Foote said, and he wants everyone to know the cadets have not done anything wrong — exactly the contrary.

Bradley Merkley, a freshman who has also participated in the cleanup twice, said the service project is a great way to keep the community clean.

He already has his service hours for the month, Merkley

said, but he wanted to help anyway.

Jamie Hayes, a freshman, said this was the first time he had participated in the activity. "It's a good way to clean up the community," he said.



Hessen history

Patrick Walz, a Ph.D. candidate in history at the University of Mainz, answers a question from Wiesbaden Cub Scout Pack 65 Wolf Cub Zackary Ronspiez during a tour of the Hessen Parliament in downtown Wiesbaden Jan. 12. Walz conducted a tour of the parliament building so the cubs could complete a requirement that they visit an important place in their community, such as a historic or government location. The cubs must also explain why the place they visited is important. Walz explained to the cubs that the building is important because it is where parliament members make important decisions about education, for example. The building is located on the Schlossplatz, across the street from the Marktkirche.

Photo by Wendy Brown

Community notes ... Community notes

Library happenings

The Wiesbaden Library holds preschool story time every Thursday at 10 a.m. Patrons are also advised that the library will be open from noon to 4 p.m. Jan. 21 on the Dr. Martin Luther King Jr. holiday. Interested in a library orientation? They are available every Tuesday at 1:30 p.m. by request.

Developing Ethical Leaders

U.S. European Command Chaplain (Col.) David Beauchamp will speak on the subject “Developing Ethical Leaders” Jan. 23 from 11:30 a.m. to 12:30 p.m. in the Special Event Room of the Wiesbaden Dining Facility. Make reservations by sending an email to Chaplain (Capt.) Shriver at Andrew.shriver@us.army.mil.

Dr. King March

Join fellow community members at the Dr. Martin Luther King Jr. ceremonial march Jan. 17 starting at 10:30 a.m. in front of the Victory Café Dining Facility on Clay Kaserne. The event will conclude with a speech by U.S. Army Europe Headquarters and Headquarters Battalion Command Sgt. Maj. Sean Rice at the Tony Bass Fitness Center at 11:30 a.m.

Legal office closed

The office of Client Legal Services (Claims and Legal Assistance) will be closed Jan. 18 and 21. To schedule an appointment call mil 337-4725 or civ (0611) 705-4725.

Community Flea Market

Family, Morale, Welfare and Recreation features a Community Flea Market Jan. 26 from 9 a.m. to 1 p.m. in the Army Community Service cafeteria. Cost to participate in sales is \$20 per space (and table). Set up is from 8-9 a.m.

Community Open House

FMWR also hosts a Community Open House Feb. 5 from 10 a.m. to 2 p.m. at the Wiesbaden Fitness Center.

Catholic DVD series

The Catholic DVD series

New Year's Reception

From left, 5th Signal Command Sgt. Maj. Gerald Tyce, 5th Signal commander Brig. Gen. Bruce Crawford, Wiesbaden Lord Mayor Dr. Helmut Mueller, U.S. Army Garrison Wiesbaden commander Col. David Carstens, U.S. Army Garrison Wiesbaden Command Sgt. Maj. Sa'eed Mustafa and Wolfgang Sedlak, managing director of the Hessen state government's crisis management staff, raise a sword to make the first cut in a cake at the New Year's Reception held at the Little Italy Restaurant and Catering Center Jan. 13. Photo below: Crawford pins (retired) Col. Bernd Bauer, former commander of the Hessian State Command, with the Meritorious Service Medal during the annual reception, which celebrates German/American friendship.

Photos by Wendy Brown



“Catholicism” by Rev. Robert Barron will show beginning at 10:30 a.m. Jan. 27 at the Wiesbaden Middle School gym. Barron created the series in more than 50 locations throughout 15 countries so adults can come to a deeper understanding of the Catholic faith. For more information, visit www.holyfamily-wiesbaden.org.

Blood Drive Feb. 13

Give from the heart and come out and support the annual Holly-Eva Blood Drive from 9 a.m. to 3 p.m. Feb. 13 at the Tony Bass Fitness Center. Holly-Eva is a dog who veterinarians said needed human blood to survive, but could not receive any because of blood shortages. She miraculously lived anyway, and this is the second blood drive her owner, 1st Sgt. Clark Kuhling, has organized in her honor.

Help is waiting

Need someone to talk to about stress, depression or anger management issues? Military Family Life Consultants offer free, private and confidential support. No records are kept and help is available from a licensed

and certified psychologist. Call civ (0175) 617 5799. After hours and weekend appointments are available.

WiFi in Wiesbaden

Looking for a good place to enjoy some free WiFi service in the Wiesbaden military community? Head to one of the Family, Morale, Welfare and Recreation facilities — the Wiesbaden Entertainment Center, Wiesbaden Library, Little Italy Restaurant and Catering Center, Warrior Zone or Wiesbaden Army Lodge to kick back and log in. WiFi is also now offered at the Wiesbaden Dining Facility on Clay Kaserne.

Culture College

New to the Wiesbaden area? Learn about getting around, German culture, community resources and lots more in the monthly Culture College. Call mil 335-5254 or civ (0611) 4080-254.

BOSS leaders sought

Wiesbaden's Better Opportunities for Single Soldiers program seeks highly motivated and dedicated Soldiers to serve as president and vice president.

Soldiers (minimum of specialist to serve as president) need a memorandum with approval from their chain of command to serve in the leadership positions. Stop by the Warrior Zone on Clay Kaserne (next to Wiesbaden Arts and Crafts) to get involved.

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

Dec. 12. Call mil 337-6296 for more information.

Veterinary Clinic short-staffed

Volunteers are sought to help at the Wiesbaden Veterinary Clinic which is extremely short-staffed. Call the Wiesbaden Red Cross at mil 337-1760 if interested in volunteering at the Veterinary Clinic.

Calling Boy Scouts

Are you a boy looking for adventure and fun in the Wiesbaden area? Enjoy campouts, community projects, earn badges and learn new skills with Troop 107 of the Boy Scouts of America. Parents are also invited to join in the fun by serving as assistant scoutmasters. Visit www.wiesbaden107.mytroop.us for more information.

Family Child Care

Do you love working with children? Interested in working from home? Looking for an earning potential from \$26,000 to \$40,000 annually? Become a Family Child Care provider. Call civ (0611) 4080-329 or mil 335-5383 for more information.

School bits

Valentine's Bingo

Friends of the 66th Military Intelligence Brigade invite families to Valentine's Bingo at the Hainerberg Elementary School Multipurpose Room Feb. 9. Sales starts at 4:30 p.m. with bingo from 5-8 p.m. Cost is \$3 per card or \$10 per four pack. Pizza and drink will be available for purchase.

SAT or ACT?

Are you a high school student and not sure which test to take to prepare for college? Students should consult the College Handbook in the Guidance Office or go online to view the website at www.collegeboard.com for the college or colleges being considered. All colleges and universities list the preferred test for that school in their catalog. If you are applying for an ROTC scholarship or an appointment to one of the service academies, you must take the SAT I by the end of your junior year. The next ACT test dates are March 8 and May 3. Upcoming SAT test dates are Jan. 26, May 4 and June 1. (Courtesy of Wiesbaden High School)

Teacher work day

There will be no school for students on Jan. 25 as it is a teacher work day in Wiesbaden-area Department of Defense Dependents Schools-Europe.

Need a tutor?

U.S. military families can get around-the-clock assistance from a professional tutor through www.tutor.com/military. The free service is funded by the Department of Defense Family, Morale, Welfare and Recreation Library Program. (Courtesy of the Wiesbaden Middle School's Wildcat Update)

Business scholarship

Studying, or planning to study, business? The Kaiserslautern American German Business Club invites people to apply for a €1,000 scholarship. Applicants must be studying business or a business-related course at the University of Kaiserslautern or be studying business-related courses at any accredited university and have a home residence within the area surrounded by Kaiserslautern, Pirmasens, Saarbruecken, Koblenz and Mainz. A 500 to 750-word essay is required about how the applicant plans to use his or her business studies to further German-American relations, a cover letter and brief outline on current course of study. Deadline to apply is March 1. Send the English-language documents in Word format to Kaiserslautern@agbc.de.

University of Oklahoma

Enroll now for upcoming masters-level human relations courses starting in February. The University of Oklahoma offers masters of human relations and masters of international relations degrees. Courses are taught face-to-face by internationally recognized OU faculty. Each three-hour credit course is taught in a weeklong format (Tuesday to Sunday). Call mil 337-5937, civ (0611) 705-5937 or email apwiesbaden@ou.edu for more information.

Central Texas College registration open

Central Texas College in Wiesbaden is offering courses in traditional classrooms in Criminal Justice, Automotive Mechanic/Technician, Early Childhood Professions and Hospitality Management Programs and their newest addition: the Legal Assistant Program. For more information contact the Wiesbaden field representative at civ (0611) 705-5561, mil 337-5561, civ (0611) 705-7928 or wiesbaden@europe.ctcd.edu. The office is located in the Education Center in Building 1023E on Clay Kaserne.



Members of Wiesbaden High School's RoboWarriors listen as adviser Frank Pendzich talks to them during the kickoff event at the school Jan. 5 for the FIRST Robotics Competition. The team has six weeks to build a robot capable of handling a host of challenges.

Brainstorming begins

RoboWarriors gear up for this year's competitions

Story and photo by
Wendy Brown

U.S. Army Garrison Wiesbaden
Public Affairs Office

Frank Pendzich sent members of Wiesbaden High School's RoboWarriors home with a seemingly simple directive.

"I want you to think about how you throw a Frisbee," Pendzich told them at the conclusion of the Jan. 5 kickoff event for this year's FIRST Robotics Competition. "For a Frisbee to fly, it has to spin. Does it not?"

Minutes before, team members had watched a video and discovered the challenge for this year's competition was a particularly difficult one. The robot they build over the next six weeks is supposed to throw a Frisbee into a box and climb a pyramid-like structure.

What is often easy for a high school student to master — throwing a Frisbee with precision — will be much more challenging for students designing and programming a robot.

"The problem this year seems really hard," said Riley Pickering, 17, who has been a member of the team for four years.

Last year's robot, however, still has a shooter on it from last year's basketball-like game, and the team will work hard to make the necessary adjust-

ments for Frisbee throwing, Pickering said.

Alexis Barclift, 15, who has been a member of the team for two years, agreed with Pickering, adding that the climbing part of this year's challenge seems particularly problematic.

Otherwise, the challenge is in many ways similar to last year's, Barclift said.

Approximately 2,548 teams throughout the world are expected to participate in the competition this year, according to the FIRST website. Inventor Dean Kamen, most widely known for creating the Segway personal transporter, founded the organization in 1989 as a way to promote science and technology in schools. FIRST is based in Manchester, N.H.

This is the sixth year Wiesbaden High School has sent a team to the competition, said Pendzich, who is also the school's instructor of engineering and technology.

Usually the team only competes in one FIRST regional competition, but this year the team will compete in two, Pendzich said. The team will first compete in Orlando, Fla., and then will go to Las Vegas for a second competition.

The idea is to work out all the bugs during the first competition and then arrive at the second competition with a perfectly

working robot and team members who have had plenty of practice with it, Pendzich said.

The team came in 16th out of 63 teams at the Orlando competition last year, and the hope is that having the opportunity to use one competition as a practice competition will propel the team to the next level of competition this year, Pendzich said.

All the teams at the Orlando competition that went onto the playoffs had used this strategy, Pendzich said.

The students will keep an intensive schedule during the next six weeks. The students will work on the robot after school on Tuesday, Wednesday and Thursday until 5 p.m. and on Saturday or Sunday each week from 10 a.m. to 4:30 p.m., Pendzich said.

"I'm not sure if that's going to be enough time," Pendzich warned the students' parents, and he added it is likely the students will work until 7 p.m. during the last three weeks of the project.

Jamie Roddy, 16, said this is his first year as a member of the RoboWarriors, but he worked on robots in a similar club in Texas last year. "I'm looking forward to learning a lot and getting to know everyone on the team," he said.

For weight loss, avoid fad diets

By Amy Cowell

U.S. Army Public Health Command

It's the start of a new year and you are determined to make this the year you stick to your resolution to lose those extra pounds. But with so much information out there, where should you start?

If one does a quick Google search for "weight loss," more than 500,000 results appear, headlined with advertisements for the latest and greatest diets, all claiming to have the new secret to weight loss. So which do you choose? The Atkins, Baby Food, Cabbage Soup, Caveman and Grapefruit diets promise quick and easy results — not to mention the abundance of weight loss pills, equipment and centers that claim to deliver the body of your dreams (for a small fee).

Would you believe that the best thing you could do to achieve your goals is to avoid all of these fads? Dawn Jackson-Blatner, a spokesperson for the American Dietetic Association says, "Don't be fooled into thinking it is because of some magical food, pill or potion. Crazy, unbalanced diets cause weight loss because they are basically low-calorie

diets."

These diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run. Follow the ADA's advice and stay away from any diet, pills or products that claim:

- Rapid weight loss. Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than one-half pound to one pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards.
- Quantities and limitations. Ditch diets that allow unlimited quantities of any



take a multivitamin, you'll still miss some critical nutrients.

- Specific food combinations. There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you

• Rigid menus. Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

• No need to exercise. Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then to aim for 30 to 60 minutes of activity on most days of the week.

Here's the bottom line: If a diet or product sounds too good to be true, it probably is. The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more.

For more information on ways to make realistic lifestyle changes go to American Dietetic Association, www.eatright.org.

New Ad

Photos by Karl Weisel
 Taking a look back at 2012
The year in photos

January

Col. David Carstens accepts the U.S. Army Garrison Wiesbaden colors Jan. 12 from Kathleen Marin, Installation Management Command Europe Region director, as outgoing commander, Col. Jeffrey Dill (left) looks on.

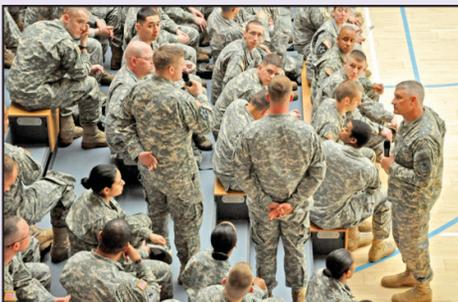


February



Wiesbaden High School's Brendan Sturman pins Black Forest Academy's Keith Min at the Department of Defense Dependents Schools-Europe Wrestling Championships. Photo below left: Sgt. Maj. of the Army Raymond F. Chandler III visits Wiesbaden March 7.

March



International law enforcers train together in Wackernheim to practice skills in the case of an active shooter incident.

April



Wiesbaden youths march in the Month of the Military Child Parade on Clay Kaserne.

June



Lt. Gen. James Terry (left), V Corps commander, and V Corps Command Sgt. Maj. William Johnson case the corps colors May 10 in preparation for deployment to Afghanistan.



USAG Wiesbaden's commander hands over a key to Sgt. Robert Tickle and his family on June 14, the Army's birthday — the first family to move into Wiesbaden's new Newman Village Housing.

May



July

Photo left: Youths enjoy Independence Day fun in Hainerberg Housing. Photo right: BOSS members discourage community members from drinking and driving before the July 4 weekend.



August

Emergency responders assist Sgt. Thomas Robinson, V Corps, one of the role players in the garrison's All Hazards Full Scale Exercise in late August.



September

The Honorable Katherine Hammack, assistant secretary of the Army for Installations, Energy and the Environment, learns about U.S. Army Europe transformation during a visit to Wiesbaden Sept. 6.



October

Community members audition for the Jeopardy television game show at the Wiesbaden Community Activity Center Oct. 12. People also had a chance to meet host Alex Trebek during the USO-sponsored visit.



November

Brig. Gen. Bruce Crawford, commander of 5th Signal Command, talks about Army Values during an Operation Solemn Promise recommitment ceremony at the Wiesbaden Fitness Center Nov. 16.



December

Santa Claus hands out gifts at the Clay Christmas Market, the first of its kind — a joint German-American holiday market just outside the gates of Clay Kaserne, Dec. 22.



By Donald Seltzer
Volksmarch Editor

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

Volksmarching notes

After an absence of a decade or so, Wiesbaden's volksmarchers may once again have a club to call their own. The Heidelberg International Wandering Club needs to determine the amount of membership interest in a Wiesbaden volksmarch club and, more importantly, whether people are willing to take on the job of running it. Take a moment to shoot them an email at hiwc@yahoo.com with name, contact info, and your interest in getting a club back in Wiesbaden.

The international edition of the IVV calendar is available for €5 from the Awards Officer (*Abzeichenwart*). This useful book lists dates, locations, points of contact and other information for scheduled events in more than 30 countries, to include the United States. Definitely a handy reference when traveling.

Many thanks to readers Pat and Cheryl Patterson for sending brochures.

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

Weekend of Jan. 19-20

Kappel (55483) — This event is in the scenic Hunsrück region west of Bingen, not far from Hahn airport. From Bingen, use Autobahn 61 and the Rheinböllen exit (45). Take B-50 toward Simmern and Kirchberg, then use B-421 to reach Kappel.

Start: Gemeindehalle **Saturday and Sunday:** 8 a.m. to 2 p.m. (5, 10 and 15 km) **Trail:** Somewhat hilly trails, fields and woods **Award:** From previous events.

Weekend of Jan. 26-27

Grosbliederstroff, France (57520) — This French event is found due south of Saarbrücken and almost literally on the border. From the KMC, use Autobahns 6 to connect briefly with Autobahn 620 at Saarbrücken. Exit at Saarbrücken-St. Arnual (19), take the third exit from the roundabout at the end of the exit ramp, turn left onto Saargemünder Straße (likely at a traffic light) to head south under A-6 and parallel to the river. The road becomes Rue de Sarrebruck (N61) upon crossing the border into France. Continue a short ways to Grosbliederstroff.

Start: Salle de Jeux et Loisirs on Rue des Fermes **Saturday and Sunday:** 7 a.m. to 2 p.m. (11 km) and 7 a.m. to noon (20 km) **Trail:** Unknown **Award:** None.



Seibersbach (55444) — This event is west of Bingen and adjacent to the scenic Hunsrück region. The town and its walk are easily reached. Use Autobahn 61 toward Koblenz and exit at Stromberg (46). Follow a secondary road 4-5 miles in the direction of Rheinböllen then pick up the minor road to Seibersbach. In the past, the club used small IVV directional signs; drivers will need to carefully watch for them.

Start: Dorfgemeinschaftshaus on Soonwaldstrasse **Saturday and Sunday:** 8 a.m. to 1 p.m. (5, 10 and 15 km) **Trail:** Fairly hilly, woods and local neighborhoods **Award:** From previous events.

Weekend of Feb. 2-3

Kleinich/Hunsrück (54483) — This event is north-northwest of Idar-Oberstein and fairly accessible to volksmarchers in other locations. From points east, use autobahns 60 and 61 to exit at Rheinböllen (45). Follow B-50 past Simmern, Kirchberg, and Hahn Airport to reach a minor road at Hochscheid that leads to Kleinich. From Baumholder, head toward Neubrücke via minor roads to reach B-41/B-269. Head north through Birkenfeld to connect with B-327 toward Hahn Airport. Take the minor road at Hochscheid to the start at Kleinich. From the KMC, use Autobahns 6 and 62 toward Trier, exit at Birkenfeld (4), and take B41/B-269 north and B-327 toward Hahn Airport. Use the minor road at Hochscheid to reach Kleinich.

Start: Gemeindehaus at Orts Strasse 53 **Saturday and Sunday:** 8 a.m. to 2 p.m. (6, 10 and 15 km) **Trails:** Hilly, wooded areas **Award:** From previous events.

Weekend of Feb. 9-10

Schwalbach-Griesborn (66773) — Wanderers will find this Saarland event northwest of Saarbrücken and easily reached by autobahn from the Landstuhl/Ramstein area. From Baumholder, use Autobahns 62 and 1 south toward Saarbrücken. Connect with Autobahn 8 toward Saarlouis and exit at Schwalbach/Schwarzenholz (15). Use secondary roads through Sprengen and Schwalbach to the start at Griesborn. From Ramstein and Landstuhl, use Autobahns 6 and 8 toward Saarlouis to reach the Schwalbach/Schwarzenholz exit (15), then follow secondary roads through

Hauptstraße 90 **Saturday:** 8 a.m. to 2 p.m. (6 and 10 km) **Sunday:** 8 a.m. to 1 p.m. (6 and 10 km) **Trail:** Unknown but expect somewhat hilly, woods **Award:** None.

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 scenic view of the Rhine 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.

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.



Photo by Michael Coleman

Modern art

Visitors examine artwork by Thomas Scheibitz at Frankfurt's Modern Art Museum. The museum, located at Domstrasse 20 in Frankfurt, is open Tuesday through Sunday from 10 a.m. to 6 p.m. It stays open until 8 p.m. on Wednesdays.

Things to do ... Things to do

Milal Choir Concert

Head to the Hainerberg Chapel Jan. 26 at 7 p.m. to enjoy a performance by the world-renowned Milal Missionary Choir.

Live at the Staatstheater

Wiesbaden's Hessisches Staatstheater features the ballet "Romeo and Juliet" Jan. 23, the opera "Lucia di Lammermoor" Jan. 24, the ballet "Made in Love" Jan. 30, the opera "Don Pasquale" Feb. 1, the Richard Wagner opera "Lohegrin" Feb. 3, Giuseppe Verdi's opera "Aida" Feb. 4 and

Gioacchino Rossini's opera "The Barber of Seville" Feb. 17. Visit www.staatstheater-wiesbaden.de.

'The Elevator' at Amelia Earhart Playhouse

Wiesbaden's Amelia Earhart Playhouse features "The Elevator," soon to be a contender at the one-act play festival, Feb. 1-3. Call mil 336-2473 or civ (0611) 816-2473.

Irish Pub gigs

The Wiesbaden Irish Pub, located at Michelsberg 15, features the Timmy Rough Duo Jan. 17 and

18, the Capones Band Jan. 19 and 25, karaoke Jan. 20 and 22, open stage nights Jan. 23 and 30, Steven McGowan Jan. 24 and the Bobby Brown Band Jan. 26 and 31. Visit www.irish-pub-wiesbaden.de.

'Almost, Maine'

The Wiesbaden English Language Theater presents the romantic comedy, "Almost, Maine" Jan. 24-26, 31, Jan. 1 and Feb. 2 at 7:30 p.m. at the Gemeinschaftszentrum Georg-Buch-Haus (Wellritzstr. 38 in Wiesbaden). Visit www.wiesbaden-english-language-theater.de.



Swim coach Deb Kruecken conducts an intensive swim clinic with 21 members of the Wiesbaden Wahoos at the Hallenbad Hochheim am Main Jan. 8.

Coach whips Wahoos into championship shape

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

Where the untrained eye looks into a pool and sees swimmers doing laps, swimming coach Deb Kruecken sees individual potential.

Kruecken, an Olympic qualified swimmer, traveled all the way from British Columbia, Canada, to conduct an intensive five-day swim clinic Jan. 7-11 with the Wiesbaden Wahoos before the division championships later this month. Team members said she has the unique ability to look into a pool full of swimmers and determine exactly how each person can improve. When it comes to swimming, her eye is extremely well trained.

"She pays attention to everyone and she always corrects our technique," said Chantel Wynn, a member of the team for four years. Kruecken is sensitive to what each swimmer needs to learn as an individual, she said.

"Deb is always a nice person to be around. She has always helped me with my swimming, and I felt like if I came back it would make me a better swimmer," said Wynn, who also swims on an A-level German team and plans to swim competitively in college.

The clinics and the team's hard work have paid off. The

Wahoos have been the 2010, 2011 and 2012 Tyrolean Division champions. The team, which is affiliated with the European Forces Swim League, hopes for a fourth championship this year.

Kruecken, who has 35 years of experience as a swim coach, qualified for the 1980 Olympics, but that was the year the United States boycotted the games because they were held in the Soviet Union. She began giving clinics to the team in 2004, when her brother Earl Price was stationed in Wiesbaden.

She lived in Munich at the time and her university-level coaching job did not allow her the time to coach the Wahoos throughout the whole season, Kruecken said, but she began giving the team clinics each year in August and January. Next year, because of the distance she must travel, she will only be able to give the August clinic, she said. Previously she lived in Germany and did not have to travel so far. British Columbia is about 4,800 miles from Wiesbaden.

Chris Bradford, a member of the team for eight years, said he has taken all of Kruecken's clinics since she began giving them in 2004. "It's a different style from our normal training," Bradford said. "It's fast and really hard. It gets us ready for

the championships."

This year Kruecken pointed out ways he could improve his swim stroke technique, Bradford said. "She's got a fiery personality and she is really energetic," he said.

By day two of the clinic, which took place at the Hallenbad Hochheim am Main, Antonia Wright, 16, said Kruecken had pointed out that she needed to stop arching her back because keeping her body straight in the water would help her swim faster.

"It's intense, but it's good," said Wright of the clinic.

During the clinic Jan. 8 Kruecken watched the swimmers carefully as they practiced various swimming strokes. Periodically she let a swimmer know how to improve.

"Where is your head when you're doing the back stroke? Looking straight at that ceiling," Kruecken told one swimmer.

A few moments later, Kruecken noticed that a swimmer was not maintaining a streamline position. "If you streamline, you don't have to swim half the pool," Kruecken reminded the swimmer. For the vast majority of the two-hour clinic, the swimmers were in the water quickly swimming and improving their strokes.

Matt Garcia, a member of the team for three years, said he has

Sports shorts

Applying for all-Army sports

Applications are now being accepted for all-Army sports. Upcoming deadlines are Feb. 15 for bowling and Feb. 26 for volleyball. All-Army sport applications will be accepted for the following on the dates indicated starting on: Feb. 1 for soccer and April 1 for softball, marathon and the Army 10-Miler. Apply online at <https://apps.imcom.army.mil/apprac> or contact U.S. Army Garrison Wiesbaden sports director Kevin Ringgold at mil 335-5322 or civ (0611) 4080-322 for more information.

Boxing in February

Start training now for the Wiesbaden Black History Month Boxing Tournament Feb. 9 at the Wiesbaden Fitness Center. Call Coach Martinez at mil 337-2149 or email adam.c.martinez.mil@mail.mil.

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.

Basketball tournament

A men's and women's community level basketball tournament will be held Jan. 18-21. Cost is \$275 per team. T-shirts will be provided to the first 10 paid teams. Call mil 337-5541 or civ (0611) 705-5541 for details.

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.

Free zumba classes

Head to the Army Community Service cafeteria in Hainerberg Housing every Monday and Thursday from 9-10 a.m. for free zumba classes. Call ACS at mil 335-5254 or civ (0611) 4080-254 for more information.

Fitness classes

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

Women's volleyball

Women's community volleyball is held Wednesday nights from 6:30-8:30 p.m. at the Wiesbaden Fitness Center. Join in to have fun, work out and improve your game. For more information contact Coach Chris at spoonyc@hotmail.com or strike-eagles.2012@gmail.com.

taken Kruecken's clinics every year because she is a tough, good coach. "She focuses on the little things so they become second nature," he said.

Kruecken said she took a 20-year break from competitive swimming, but recently started swimming again in the Masters Swimming Canada, which is for adult swimmers. She is ranked number one in her age group in the 50-meter freestyle and second in the 100-meter freestyle. She plans to compete in the

nationals in April, Kruecken said.

Kruecken said she has always loved swimming, but when it comes down to it, swimming, like any other discipline, is about learning how to focus and create a sense of self belief that carries over into the rest of life. "It's not only about swimming," she said. "It's about learning life skills."

For more information about the Wahoos, visit <http://wiesbadenwahoos.com>.



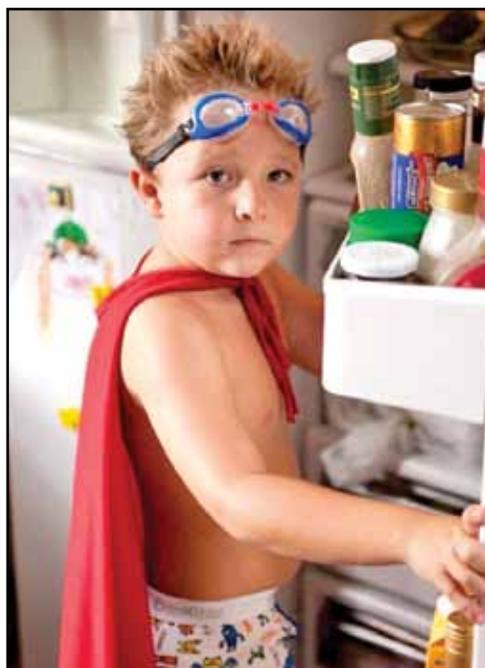
Emma Stone (from left) stars as Skeeter, Octavia Spencer as Minny and Viola Davis as Aibileen in "The Help," a story about three extraordinary women who tackle racism in Mississippi in the 1960s.

At the movies Jan. 17-31

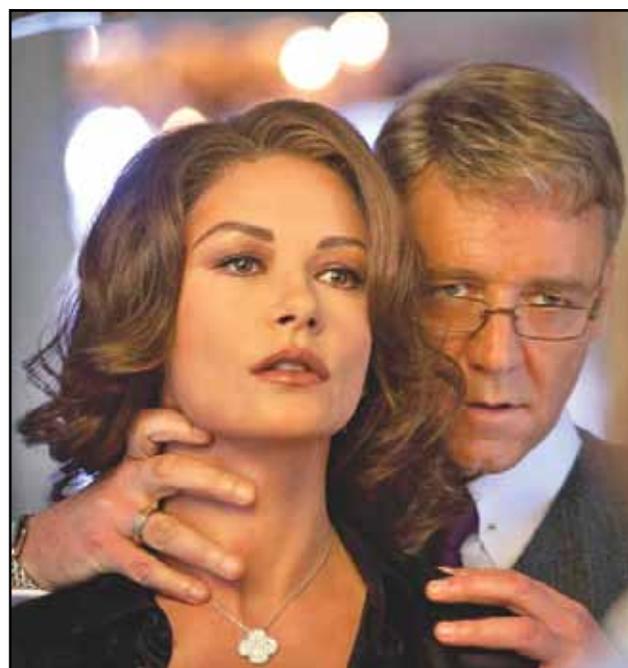
Wiesbaden, Taunus Theater

- Jan. 17 — Paranormal Activity 4 (R) 7 p.m.
- Jan. 18 — Gangster Squad (R) 7 p.m. Zero Dark Thirty (R) 9:45 p.m.
- Jan. 19 — Fun Size (PG-13) 4 p.m. Zero Dark Thirty (R) 7 p.m.
- Jan. 20 — Fun Size (PG-13) 4 p.m. Gangster Squad (R) 7 p.m.
- Jan. 21 — Zero Dark Thirty (R) 7 p.m.
- Jan. 22 — Argo (R) 7 p.m.
- Jan. 23 — Alex Cross (PG-13) 7 p.m.

- Jan. 24 — The Help (PG-13) 7 p.m.
- Jan. 25 — Argo (R) 7 p.m. Broken City (R) 9:30 p.m.
- Jan. 26 — Wreck It Ralph (PG) 4 p.m. Broken City (R) 7 p.m.
- Jan. 27 — Wreck It Ralph (PG) 4 p.m. The Last Stand (R) 7 p.m.
- Jan. 28 — Broken City (R) 7 p.m.
- Jan. 29 — Alex Cross (PG-13) 7 p.m.
- Jan. 30 — Cloud Atlas (R) 7 p.m.
- Jan. 31 — The Man With The Iron Fists (R) 7 p.m.



Jackson Nicoll gets lost on Halloween, leaving his big sister, Wren, to search frantically for the wayward youngster in "Fun Size." Photo right: Russell Crowe stars as New York City's mayor and Catherine Zeta-Jones as his wife in "Broken City."



Movie plots

Fun Size (PG-13) — Wren's Halloween plans go awry when she's made to babysit her brother, who disappears into a sea of trick-or-treaters. With her best friend and two nerds at her side, she needs to find her brother before her mom finds out he's missing. Stars Victoria Justice, Jackson Nicoll and Chelsea Handler.

Gangster Squad (R) — Ruthless, Brooklyn-born mob king Mickey Cohen (Sean Penn) runs the show in Los Angeles in 1949, reaping ill-gotten gains from drugs, guns and prostitutes. And he does it all with the protection of not only his own paid goons, but also the police and the politicians under his control. A small, secret crew of LAPD outsiders led by Sgt. John O'Mara (Josh Brolin) and Jerry Wooters (Ryan Gosling) work together to tear Cohen's world apart.

Zero Dark Thirty (R) — For a decade, an elite team of intelligence and military operatives devoted themselves to a single goal — to find and eliminate Osama Bin Laden. This film reunites the Oscar-winning team of director-producer Kathryn Bigelow and writer-producer Mark Boal ("The Hurt Locker") for the story of the manhunt of the world's most dangerous man.

Alex Cross (PG-13) — A young homicide detective/psychologist meets his match in a serial killer. The two face off in a high-stakes game of cat and mouse. But when the mission gets personal, Cross is pushed to the edge of his moral and psychological limits. Stars Tyler Perry, Rachel Nichols, Jean Reno and Matthew Fox.

Paranormal Activity 4 (R) — It's been five years since the disappearance of Katie and Hunter, and a suburban family witness strange events in their neighborhood when a woman and mysterious child move in. Stars Katie Featherston and Kathryn Newton.

The Help (PG-13) — Emma Stone stars as Skeeter, Viola Davis as Aibileen and Octavia Spencer as Minny — three extraordinary women in Mississippi during the 1960s who build an unlikely friendship around a secret writing project. From their improbable alliance a remarkable sisterhood emerges, instilling all of them with the courage to transcend the lives that define them, and the realization that sometimes those lines are made to be crossed — even if it means bringing everyone in town face-to-face with the changing times.

Broken City (R) — When disgraced cop turned private detective Billy Taggart (Mark Wahlberg) is hired by NYC's mayor (Russell Crowe) to tail his wife (Catherine Zeta-Jones), he uncovers a city-wide conspiracy of corruption, sex and murder. With his life threatened at every turn, Billy finds himself faced with an impossible choice, which could have disastrous repercussions for his career and family.