



News flash

Retiree rep to visit

A retiree pay representative from Defense Finance and Accounting Service-Cleveland will visit Kaiserslautern (Kleber Kaserne, Building 3245, Room 6) from 9 a.m. to 1 p.m. Oct. 16 and Wiesbaden Army Airfield (Building 1023W, Room 106) from 9 a.m. to 1 p.m. Oct. 22. The representative will help retirees and annuitants with pay problems and conduct audits of individual pay accounts. Errors will be corrected on the spot. No appointments are necessary; it will be on a first-come, first-served basis, said Mike Malone, Installation Management Command-Europe retirement services officer. "All retirees will be seen. The representative will stay longer at a location if need be," Malone added.

H1N1 prevention

Medical officials remind people that while the H1N1 vaccine will soon be available to members of the U.S. Army Garrison Wiesbaden community, everyone should continue to take steps to help prevent the spread of the flu. Covering mouth when coughing (using sleeve rather than hands), avoiding touching eyes and nose, staying home when sick and seeking medical attention when appropriate are recommended. For more information visit www.wiesbaden.army.mil and click on the H1N1 (Swine Flu) Influenza Information link.

Vehicle sale

A live Internet auction of used government vehicles will continue through Oct. 11. To see vehicle descriptions and minimum bids visit www.vebeg.de/web/en/auktionen/index.htm. Call Kurt or Andi at mil 337-7784/7781 for details.



Photos by Rosemarie Rubalcava

Being ready in the event of an explosive situation

A member of U.S. Army Garrison Baumholder's reaction force helps an "explosion victim" during the garrison's annual force protection exercise. The training event included members of the garrison, Baumholder Health Clinic, German Red Cross, German and American police and various other first responders. Photo right: Simulated explosions help establish a more realistic training scenario. See page 11 for the story and photos.



Combined Federal Campaign

Annual fundraiser offers chance to support charities of your choice

This year's Combined Federal Campaign-Overseas program kicks off Oct. 5 and continues through Dec. 4.

According to campaign officials, CFC is the only authorized solicitation of federal employees in their workplaces, and offers employees the opportunity to donate to thousands

of charitable organizations. The program dates to the 1960s and efforts to consolidate charitable solicitations and give donors a means of donating by payroll deduction.

The CFC-Overseas program raised more than \$15.8 million during its 2008 campaign.

Contributors can fill out a

pledge card with a representative who serves as the CFC "keyperson" for his or her unit or organization, complete a pledge card online or donate online by credit card.

An "online pledge assistant" is available on the CFC-O website to help donors find charities by name or type and

guide contributors through the process of filling out a pledge card online. Other areas of the site offer guidelines to help donors make informed decisions about their contributions.

The pledge assistant is not an online contribution, but general. **See Combined Federal Campaign on page 4**

Project unearths Roman artifacts

New Wiesbaden Army Airfield housing

Story and photos by Karl Weisel

U.S. Army Garrison Wiesbaden Public Affairs Office

As Army Corps of Engineers planners monitor progress on new military housing at Wiesbaden Army Airfield they can look back to a 2,000-year-old tradition.

Finds of Roman pottery and other artifacts in the building site between the airfield and

the Domäne Mechtildshausen farm collective indicate that a Roman civilian settlement may have stood where new U.S. military housing will soon stretch skyward.

"This is typical Roman," said Guido Schnell, an archaeology student from Mainz University, as he and fellow students carefully brush away

See Roman artifacts on page 3



Archaeology students take part in a dig for Roman artifacts near Wiesbaden Army Airfield.

Inside



Honing skills

1st Armored Division Soldiers train for Iraq mission. See page 16.



Miles of smiles

Youngsters enjoy visit by Sesame Street characters. See page 7.



Fleet feet

Distance runners claim medals at half marathon. See page 19.

Comprehensive Community Fitness Program

Five pillars of fitness

Editor's note: Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, discussed the five pillars of the garrison's Comprehensive Community Fitness Program during an interview with American Forces Network Hessen's Senior Airman Tyler Alexander:

AFN: Why is there such a big push for fitness?

Dill: The Army has realized total fitness is much more than just physical fitness. The Army has come out with the Comprehensive Fitness Campaign. The bottom line is the well-being of all of our people. It's about total wellness and fitness, building strength and resiliency in our Soldiers, families, civilians and retirees.

AFN: How exactly are we going to build this resiliency in all of us here?

Dill: That's where we focus on the five pillars. The first one, **physical fitness** is the key to our success in both a combat environment and just our overall daily lifestyle. Then you have **emotional fitness**. We've come to realize the stresses of multiple deployments and being away from family and just the high ops tempo take a toll, and we've got to recharge our batteries, both in the physical and emotional dimension. The third would be **social fitness**. ... especially important in Germany because we're guests in a host nation and a foreign nation. The great thing is we have so many opportunities at culturally enriching events — being friends with the folks outside our gate. ... It's about being happy at living and doing what you

do on a daily basis. The next one would be **spiritual fitness**. Quite a few folks who follow their faiths have opportunities through our religious service office. We have strong bond retreats, as an example, that go on throughout the year. We have our Vacation Bible



School for the summer. We have our Sunday School on a weekly basis. We have multidominational opportunities to express our faith. And

again that's all about feeling good about yourself, about your beliefs, and it's an important part of the overall fitness construct. The last one would be **family fitness**. Family fitness you can apply across all the rest — for example, biking on a bike trail in the Wiesbaden area. We have a great layout of trail networks for a family to go on a biking event. We have a great relationship — this goes into the social fitness arena — with our community partners, the cities of Wiesbaden, Frankfurt, Mainz. They come to our community events and give us tourism opportunities — things such as river cruises. A family could go out, spend their day, ride their bikes down to the riverside, along the river, get on a cruise, have dinner, see the historical aspects of the city and the region. Again, the end product is a happy and healthy family. And a happy family means you have a happy Soldier. The simple message is, everyone benefits from it. It's about our health and well-being, building our inner strength and our resiliency, our ability to deal with hard times. I look forward to seeing folks out at all of the great events and facilities that we have available to enhance our overall fitness.

Making people feel welcome

Commentary by Dericklyn Russell-Parker

U.S. Army Garrison Wiesbaden Public Affairs Office

Did you receive a green plate upon your arrival in the Wiesbaden military community?

If you are a member of the 1st Armored Division family you may have been the recipient of a tradition that started in Fort Leavenworth, Kan.

The green plate welcome is about extending a warm welcome to new families coming into the community. It involves meeting new people and giving from the heart.

The tradition began after an Army family relocated to Fort Leavenworth and was welcomed by their next door neighbors, the Connetts, with a green plastic plate filled with baked goods. The family was scheduled to be in Kansas for a year, and later received orders to

re-locate from Kansas to Washington, D.C.

The Williams were excited about the move to Washington where Maj. Dwane Williams would continue his military career. As they prepared for their move, Tammy Williams returned the plate she received to the neighbor and expressed her appreciation.

Sadly, on the morning of Sept. 11, 2001, the Pentagon was attacked, and the major was killed.

Jill Connett, the former neighbor of the Williams eventually wrote a book about her story of friendship and loss — and the green plate welcome.

Command Sgt. Maj. Sal Katz and his wife, Thwona, read the book and brought the green



Photo by Jennifer Clampet
Kim Whaley passes out plates during the Special Troops Battalion's monthly Green Plate Welcome event.

plate welcome tradition with them from their most recent duty assignment in Heidelberg to the 1st Armored Division.

The tradition, which invites volunteers to bake cookies and share them with newcomers on a green plate, is now alive and well in the 1st Armored Division. As you receive your plate, consider joining the tradition to pass it on and help make everyone feel welcome.

Letters ... Letters ... Letters

Bigger mail slots

In the IMCOM-Europe article, "Postal Service Centers" which appeared in the *Herald Union's* Sept. 10 edition, the postal transformation program manager, Monique Bagby, asked the question, "What can we do to make things better for the customer?" Answer: Ensure all outdoor mail boxes where customers can deposit their mail to addressees has a slit wide enough to accept a 10-inch-by-13-inch envelope. The only such mail box I know of is in the American Arms Hotel. With that done, then IMCOM-E initiatives aimed at improving service will make a great leap forward to success.

Ronald MacArthur Hirst (an avid USPS customer)

Letters to the president

Editor's note: The following

letters were written by Aukamm Elementary School fifth-graders in Dorothy Barreau's class to President Barack Obama as part of a class project.

Hi — my name is Noah Cardenas. I live in Wiesbaden, Germany. I go to a DoDDS school because my father is in the Army. I wanted to talk to you about your speech. I saw it twice. I saw it at home when mom sat me down to watch it and I saw it at school. I think it was a really good speech. It really helped me understand why school is so important. It inspired me, and I know that I can do anything I want to do if I work hard to succeed. I really enjoy all of your speeches. I can't watch all of them because some of them show so late at night here in Wiesbaden. My dad will be coming home from Iraq in about a month. I'm really

excited about that. I wish you well as president of the United States and I believe in you. I hope you enjoy my letter. Thank you for helping our country become a better place.

Noah Cardenas

Hi — my name is Allie Ward. I live in Wiesbaden, Germany. But I'm in a military school. I loved your speech. At my school the third-, fourth- and fifth-graders and kindergartners have to play together. I am going to defend the kindergartners since they are so little. Your speech inspired me. I have lived near Washington, D.C. I have not lived here for a long time. This is my eighth home and I am 10 and in fifth-grade. I have been to the White House. Please write back

Allie M. Ward

P.S. You are a rockin' president.

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News flash

Schedule photo, graphics, video support online

Soldiers in Europe can now schedule their official Department of the Army photography appointments online. The new, web-based Visual Information Ordering Site, www.vios.army.mil, allows Soldiers to schedule DA photos, location photography, graphic and video production, presentation support services, media and equipment loan electronically. The VIOS software application requires Common Access Card authentication. A link to the new website is available on the garrison's home page, www.wiesbaden.army.mil, Training Support Center visual service request, under Helpful links (lower left).

Fuel pumps down

The Army and Air Force Exchange Service will have a scheduled inspection and repair of its gas station at the Hainerberg Shopping Center Oct. 7-8. No fuel sales will be possible at that location from 6 a.m. Oct. 7 through 3 p.m. Oct. 8. Customers may still pump fuel at any off-base Esso station and at the Mainz-Kastel Storage Station AAFES gas station. The Hainerberg Shoppette will remain open around the clock for everything but fuel sales. (*AAFES-Europe Public Affairs*)

Set clocks back Oct. 25

Don't forget to set your clocks back one hour before going to bed on Saturday, Oct. 24. Daylight saving time ends in the early morning hours on Sunday, Oct. 25.



Be on the lookout

Kaiserslautern force protection representatives report that drivers should beware of people stopped along the Autobahn on/off ramps in the Kaiserslautern area portraying themselves as stranded. A recent incident involved a man standing on the ramp with his "family" in the car pleading for drivers to pull over and then offering jewelry in exchange for money. Drivers are advised to keep their doors locked and windows up and to remain in their cars while offering to call roadside assistance or the police. Drivers are also asked to report any incidents by calling civ (0631) 536-6060 or the host nation police at 112. A prompt call will ensure a description is made and patrols can respond.



Archaeologists Christiane Dorstewitz (from left), Guido Schnell and Dr. Guntram Schwitalla describe Roman artifacts unearthed in the new Army family housing project at Wiesbaden Army Airfield.

Roman artifacts

Continued from page 1

dirt from stones and slate most likely used in Roman buildings and roads.

Dr. Guntram Schwitalla, archaeological counselor for the state of Hessen's Office for the Preservation of Historical Monuments, explained that while evidence shows the area around Wiesbaden Army Airfield was used as a maneuver and marshalling area for Roman legionnaires around the first and second centuries A.D., historians were unaware of a civilian presence.

"That would be very astounding," he said, "because we've only documented a military presence. But if we can prove there was a civilian settlement here as well that would be a find."

Like the contemporary nearby Domäne Mechtildshausen, an eco-friendly farm collective, Schnell said archaeologists suspect there may have been a villa rustica — a farm management center — on the site with Roman military troops stationed nearby.

"We only expected to find a military camp, but if it turns out there was a civilian settlement that would be surprising for us," said Schwitalla, adding that it proves there are many parallels between the U.S. Army of today and the Roman military of some 2,000 years ago.

Researchers have determined that in the time when the northern border of the Roman Empire cut across Europe,

fortifications and military strongholds were located along the Limes or northern boundary. In Mainz, some four Legions were stationed, each about 6,000 strong, said Schwitalla.

A recent excavation also unearthed a Roman camp in nearby Mainz-Kastel, Schnell said.

While Roman conscripts were not officially permitted to bring their families with them when serving on the occupied border lands far north of Rome, many legionnaires may indeed have established "new" families while serving for years in the far-reaching Roman territories, the archaeologist said, hence the presence of civilian developments.

After having unearthed building materials, metal, pottery, a coin and roof slate, Schnell surmised that the site most likely was an area where materials were later discarded. "We've found parts of a wall, steps — just remains. We think it's probably Roman, but then during medieval times, villagers from around the area took away many of the stones to build their own houses. We actually don't know yet how the buildings looked at this location in Roman times.

"With a Roman base nearby and a Roman road, we recognize that this landscape is ideal for a settlement. It's also pretty good soil — perfect for cultivation now and during Roman times," said Schnell.

The Hessen archaeological expert explained that whenever a large-scale building project is in the planning stages, members of his organization examine the plans and monitor the building progress in case valuable historical remnants are discovered. While the archaeological experts said they have no desire to impede the ongoing construction work, with the ground being broken open they have a short window of time to explore and document the past. "When something is found we only have a week to explore — rarely do we stop a project."

What would be an example of something that might slow down construction?

"We'd have to find preserved mosaic floors or wall murals and that might affect the construction plans — but there have only been about two or three mosaic floors discovered in the last 200 years," Schwitalla said.

Construction of roads and utilities for the new \$133 million U.S. housing area project which will include up to 324 family housing units are slated to begin in mid-November, according to Roger Gerber, U.S. Army Garrison Wiesbaden's chief of the Transformation Stationing Management Office. Construction on the mixture of townhouses, duplexes and single family houses is scheduled to start in late spring.

From the blotter

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

Sept. 13

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

Sept. 14

Baumholder: A Soldier was charged with wrongful use of a controlled substance.

Wiesbaden: A civilian employee was charged with making a threat after making a joke about a bomb at the front gate.

Sept. 15

Wiesbaden: A Soldier was charged after leaving an off-post gas station without proper payment.

Sept. 16

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

Wiesbaden: A civilian employee was charged in a traffic accident after striking another vehicle.

Sept. 17

Baumholder: A Soldier was charged with drunk and disorderly conduct after damaging private property.

Wiesbaden: A Soldier was charged with wrongful use of a controlled substance.

Sept. 18

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

Sept. 19

Baumholder: A Soldier was charged with wrongful use of a controlled substance.

Sept. 20

Wiesbaden: An NCO was charged with drunk driving after failing a breath test.

Sept. 21

Baumholder: A Soldier and an officer were charged in a traffic accident after striking each other.

Wiesbaden: A civilian worker was charged with drunk driving after failing a breath test.

Sept. 22

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

Wiesbaden: An NCO and a family member were charged with assault after being involved in an altercation and striking each other.

Sept. 23

Baumholder: A Soldier and a family member were charged with assault after being involved in an altercation and striking each other.

Wiesbaden: A Soldier was charged with a traffic accident after striking a fence.

Sept. 24

Baumholder: A Soldier was charged with owning an unregistered vehicle.

Sept. 25

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

Sept. 26

Baumholder: A Soldier was charged with owning an unregistered vehicle.

Wiesbaden: A Soldier was charged in a traffic accident after striking a guard rail.

Sept. 28

Baumholder: A Soldier was charged with assault after an altercation turned physical.

Wiesbaden: A Soldier was charged with wrongful use of a controlled substance.



Annual friendship match

German and American players compete on Minue Field during the annual friendship match between members of the Hessen Parliament and U.S. Army Garrison Wiesbaden. The Americans won 3-2, but everyone enjoyed an afternoon of breaking bread together and sharing conversation.

Photo by Karl Weisel

Combined Federal Campaign

Continued from page 1

erates a pledge form that must be printed and given to the keyperson for the donor's organization. The CFC-O website offers contacts to help contributors identify their keypersons if necessary.

Credit card donations are online donations. The contributor goes through the same pledge assistant process to select a charity, opts to make a one-time or monthly recurring donation, then completes the transaction immediately by entering valid credit card information.

When making donations, contributors can designate that their pledges go to support specific charities. Overseas donors can also contribute to one special program — the Family Support and Youth Programs initiative.

One hundred percent of donations made to FSYP

go directly to overseas military communities to help fund child care, emergency assistance, recreation, community education and other quality of life programs and facilities, and enable overseas locations to offer free or reduced-cost programs.

The U.S. Army community in Europe received nearly \$93,000 in funds from the FYSP program following last year's CFC-O campaign.

For more information about donating in U.S. Army Garrison Baumholder call Staff Sgt. Enrique Rios at mil 485-6662 or Sgt. 1st Class William Mace at mil 485-6024. For information about donating in USAG Wiesbaden contact your unit/agency coordinator or the Wiesbaden community area project officer at mil 337-5211. Information is also available on the CFC-O website at www.cfc-overseas.org.



Photo by Chrystal Smith

Shopping and Oktoberfest fun

U.S. Army Garrison Wiesbaden Command Sgt. Maj. Hector Prince (right) looks on as Maj. Mason Thompson, Company F, 52nd Aviation Regiment, taps a keg to open the U.S. Army Garrison Wiesbaden's Oktoberfest Oct. 2. Photo right: Col. Jeffrey Dill, USAG Wiesbaden commander, lights the official lamp at the Lamplighter's Bazaar opening ceremony Oct. 2 on Wiesbaden Army Airfield. The bazaar is the Wiesbaden Community Spouses Club's primary fundraiser with money raised supporting scholarships and welfare grants.



Photo by Jennifer Clampet

Viper Medics ready to head home from Iraq

Wiesbaden Soldiers proud of accomplishments

By 1st Lt. Stephen Robitaille
Task Force 421st Multifunctional Medical Battalion Public Affairs Office

Over the past year America has battled the worst recession since the great depression and elected its first African-American president. North Korea is, well, still North Korea. And Soldiers of Task Force 421st Multifunctional Medical Battalion have been away for Thanksgiving, Christmas, birthdays and key sporting events including the World Series, Super Bowl, NBA Championships and the Stan ... (well, no one really cares about hockey). After a year in Iraq, the 421st Viper Medics are ready to return back to Wiesbaden for a long awaited reunion with family and loved ones.

The mission kept everyone busy and focused throughout the deployment. Due to the hard work of its staff and direct reporting units, the 421st has left its mark on Iraq.

The difficulty of the mission can be seen just by looking at the geographic locations of the units that fall underneath the Task Force. From Mosul in the north to Basrah in the south, the Task Force is spread out across 20 separate forward and contingency operating bases. Area support medical companies, ground ambulance companies, optometry units, a head and neck team and dental units brought a diversity of demands, challenges and problems for the staff to assist with and solve while keeping command and control of almost 1,000 Soldiers.

“Our staff did a remarkable job for a tough mission; we standardized the health care provided by our Level I and



Photo courtesy of Task Force 421st MMB

Task Force 421st Multifunctional Medical Battalion members pose for a group photo in Iraq before packing up to return to Wiesbaden.

II medical and dental clinics through staff assistance visits, standing operating procedures, peer review of records, coaching and teaching,” said Lt. Col. Noel Cardenas, commander of Task Force 421st.

In order to establish and implement these new policies, it required members of the Task Force staff to travel throughout theater on staff assistance visits which not only afforded Soldiers an opportunity to travel and see things such as the Al Faw Palace in Iraq, but to experience and see first-hand the policies they enforce in action.

Two major accomplishments of the Task Force were the establishment of two Level II clinics at Prosperity and Q-West. Upon assuming control of the clinic at Q-West, it was assigned to the 601st Medical Company (AS), and the Task Force quickly increased its staffing, equipment, clinical capabilities and implemented quality standardization.

Prosperity was a project the Task Force started from scratch and followed

through to the completion in less than three months. Due to the transition of authority in the International Zone, coupled with the transfer of the combat support hospital to Victory Base Camp, the Task Force was directed to establish a Level II clinic on Forward Operating Base Prosperity. The staff had to purchase, sign for, laterally transfer, cross level and negotiate all medical equipment for the clinic. On July 15, 2009, the clinic became operational.

“Another success story is the efforts our civil military operations program played in the set up of the Iraqi Ground Forces Command’s Heroes Clinic on Liberty Base Camp,” said Cardenas. “Our subject matter experts took aggressive measures to coach, teach and mentor Iraqi Army medical personnel on how to run a clinic to include sick call procedures, patient examinations, MAS-CAL and triage, patient administration, medical supply and maintenance, dental procedures, lab and X-ray procedures.” These projects were vital in improving

the Iraqi medical system capabilities.

In addition to officer development, the Task Force focused heavily on Soldier development. The Task Force conducted three noncommissioned officer induction ceremonies, inducting 100 new NCOs into the NCO Corps. In addition, 22 promotion boards were held, leading to 90 Soldiers being recommended for promotion.

According to the Task Force 421st Command Sgt. Maj. Roosevelt Mitchell, being deployed is no excuse for stopping the development of Soldiers. “These events keep our Soldiers motivated, and when they return from a deployment, they are not behind their peers,” he said.

When asked about the biggest accomplishment of the Task Force, it was a quick response, “Not losing a Soldier,” said Mitchell. “We have had over 1,400 Soldiers in this Task Force, and each one has had an opportunity to serve our country with distinction. For that we owe them and their families a debt of gratitude.”

The 421st will hand off its mission to the 61st Multifunctional Medical Battalion out of Fort Hood, Texas, under the command of Lt. Col. Keith Rigdon and return to Wiesbaden in the coming weeks. Although they will not return in time for Oktoberfest, they will return in time for Thanksgiving and Christmas to be with their families and loved ones during these holidays.

Army Family Covenant improves family readiness by training the trainer

By Rob McIlvaine
Family, Morale, Welfare and Recreation Command Public Affairs Office

Soon, every garrison Army Community Service center will have master trainers to train others in the best methods of instructing, briefing and facilitating.

ACS centers serve as an installation’s primary coordinating resource agency and provide a multitude of community-based services that foster growth, development and readiness of families assigned to the installation.

“Since its inception in 2007, there has been great excitement and anticipation in the field to be part of this program,” explained Cathy Speer, ACS training standardization program manager. “One of the goals of the Army Family Covenant is to standardize family programs as a means of improving family readiness, ACS has moved many steps forward in meeting the Army’s goal.”

The ACS Master Trainer Course is a true train-the-trainer course where master trainers are certified to instruct the ACS Instructor Training Course, Briefer Training Course and Facilitator Training Course at their installations and certify local instructors, briefers and facilitators.

Beginning with pilot programs at U.S. Army garrisons Fort Gordon, Ga.; Fort Bragg, N.C.; Rock Island Arsenal, Ill.; Fort Wainright, Alaska; and Wiesbaden and Baumholder in Germany in July 2008, master trainers have had the opportunity to increase the proficiency of instructors, facilitators and briefers by providing training to their colleagues through these local training courses.

The Department of the Army initiative prepares select staff members from every ACS center, Army-wide and family programs personnel from the National Guard and U.S. Army Reserve to become master trainers. Upon graduation from the ACS Master Trainer

Course, staff will then conduct training in the areas of instructing, briefing and facilitating.

For new staff members it is an opportunity to learn, and for seasoned staff members it is an opportunity to hone skill sets. The overall goal of this new program is to ensure military members and their families receive dynamic and professional instruction and briefings on ACS programs and services.

The two-day Instructor Training Course covers topics such as How to be an Effective Instructor, Platform Skills, The Adult Learner Audience, Managing the Learning Environment, Methods of Instruction and The Preparation Process.

The Briefer Training Course covers Introduction to Effective Briefings, Sharpening Your Briefing Skills and Making Briefings Your Own.

The Facilitator Training Course offers classes covering Facilitation and the Facilitator, The ABCs of Facilitation, Start to Finish and Facilitating the Group.



Photos courtesy of DRMO Kastel and Child's Life International

Children share beds at an orphanage in Moldova. Photo right: DRMO Kastel employees prepare furniture for shipment to needy youths in Moldova and Romania.



Helping needy children in eastern Europe

Retired Army furniture finds new home

By Jeff Leknes

Defense Reutilization and Marketing Office Kastel

Many Wiesbaden community members have made a home with furniture from the Central Furniture Management Office. In most cases that furniture helps make a home for several families over its lifetime. But all good things come to an end, even with furniture.

After 20 years of faithful service and having outlived its use, the heavy furniture in Wiesbaden is now providing a new beginning for people in eastern Europe.

Kevin Newport, supervisor of the Central Furniture Management Office at

Wiesbaden Army Airfield, has had the job of retiring the solid but well used furniture which is not in keeping with current Army housing support requirements. While some furniture is broken and unusable, much of it still has some life left.

Newport turned to the Defense Reutilization Marketing Office at Mainz-Kastel for help. Because it's no longer feasible to sell furniture that is fading from modern style requirements, and, unlike the days before reunification of Germany, sales to military personnel and dependents in military communities across Europe is generally no longer possible.

The DRMO, known in previous years for holding major public sales, no longer has that option. But within Defense Department regulations some creative solutions are still available. DoD has approved a number of non-profit agencies around the world to requisition specified types of property from the U.S. government through the DRMO. At DRMO Kastel, reutilization specialist Brian Davidson has been providing property for use by Child's Life International of Rotterdam in the Netherlands.

Child's Life has supported children's welfare programs in Moldova and Romania and other locations across Africa and Asia. Last year the organization provided more than €1.5 million in aid

to Romania supporting orphanages and schools that care for a large population of abandoned and homeless children. In coordination with Child's Life and Newport at the Wiesbaden CFMO, Davidson arranged for a shipment of more than 500 pieces of furniture in mid-September to Romania.

The simple act of the CFMO properly disposing of government-owned property and creative solutions from the DRMO will provide the comforts of home service members once had to children who need it desperately.

For more information about proper disposal of government property contact DRMO Kastel at DRMSE.Mainzkastel-RTD@dla.mil.

Autism Walk aimed at 'making a difference'

By Jenifer Clampet

U.S. Army Garrison Wiesbaden Public Affairs Office

On Oct. 24 Army Community Service and the Exceptional Family Member Program will sponsor an Autism Awareness Walk.

Large posted signs will dot a two-mile stretch in Hainerberg Housing presenting questions and answers about autism. Organizers hope to raise awareness about the developmental disorder.

More importantly, said Laura Gyurke who first suggested the walk, "We hope to make a difference."

According to the Centers for Disease Control and Prevention, autism spectrum disorders affect one in every 100 children in the United States. The disorder of neural development is characterized by impaired social interaction and communication with restricted and repetitive behavior. According to the CDC, autism spectrum disorders are an urgent public health concern.

Gyurke, a Wiesbaden military spouse, wanted to support her best friend's autistic son by participating in an autism awareness program benefiting the largest nonprofit autism science and advocacy organization in the United States, Autism Speaks. But while she

found Autism Speaks has a strong support base in the United States, she didn't find any supporting events in Germany.

So she approached the Wiesbaden garrison's ACS and Exceptional Family Member Program.

"I feel so fortunate to live in a community so supportive, so immediately," said Gyurke.

The Autism Awareness Walk will be the garrison's second annual Make a Difference Day project.

Make a Difference Day is described as a celebration of neighbors helping neighbors. Created by *USA Weekend Magazine*, the annual program takes place on the fourth Saturday of October. Over the past 19 years the day has grown in popularity as community volunteers have completed thousands of projects in hundreds of towns. Last year three million Americans were counted in that one day making a difference. Among them were a group of Wiesbaden community members who participated in a clean-up project raking leaves, picking up trash and painting bus stops in the housing areas.

"It's a day for giving back to the community," said EFMP manager Tom Jenkins.

The two-mile Autism Awareness Walk, which

will loop participants around the Hainerberg neighborhood, will be led by the Wiesbaden garrison fire department. It will begin at the ACS building on Mississippi Strasse at 10 a.m. Registration begins at 9:30 a.m. The first registered participants will receive free MWR T-shirts.

Donations supporting Autism Speaks are not required from participants, and the event does not constitute an endorsement of Autism Speaks by the Wiesbaden ACS, U.S. Army Garrison Wiesbaden or the U.S. Army. But the VFW Post 27 is accepting donations from the event to benefit Autism Speaks. Donations can be sent to VFW Post 27, attention Autism Awareness, CMR 467 Box GD, APO AE 09096. To make cash donations contact VFW post commander Steve Slauson at civ (0611) 20-9394.

People can also support Autism Speaks and other autism charity organizations through the annual Combined Federal Campaign-Overseas.

Gyurke said she believes understanding autism could make a world of difference for local families raising autistic children.

For more information on the walk contact Jenkins at mil 335-5234 or civ (0611) 408-0234.

Sesame Street brings smiles to local youths

By Jennifer Clampet

U.S. Army Garrison Wiesbaden Public Affairs Office

When Elmo talks, children listen. It's as simple as that.

Connecting to the youngest members of the American forces families through a familiar red Muppet, organizers of the Sesame Street/USO Experience for Military Families are taking the Sesame Street friends on a tour of 22 U.S. military installations in Europe, Alaska and Hawaii.

The 2009 tour stopped off in U.S. Army Garrison Wiesbaden for two shows Sept. 25.

Performances by Sesame Street characters Elmo, Grover, Cookie Monster, Zoe and Rosita moved more than 1,000 preschoolers to song and dance.

"Do you ever feel sad, like when you miss your mommy or daddy?" Elmo asked.

In response, rows of children seated on the Wiesbaden Fitness Center floor shook their heads in

unison.

As the characters finished their choreographed routines, 5-year-old Chamara Etheredge giggled and danced while her mother, Lori, sat nearby.

"My daughter loves Sesame Street," said Lori Etheredge, whose husband is with 5th Signal Command. Though Etheredge said deployment isn't something she's worried about, she did already own a copy of the Sesame Street "Talk, Listen, Connect" packet.

From 2006 through July 2009, the Sesame Workshop—the nonprofit educational organization behind the "Sesame Street" show—distributed more than one million copies of its multiphase, bilingual, multimedia packet "Talk, Listen, Connect."

The packet, which includes two DVDs, magazine, a child's activity poster and Sesame Street post cards, gives advice to military families on how to handle the challenges of deployments, homecomings and changes that occur when a parent comes home.

The packets along with twirly light toys and USO bandannas were given away for free to all families who attended the free shows.

"What we bring military children is an opportunity to take a break from their daily challenges," said Lynn Chwatsky, Sesame Workshop's senior director of outreach initiatives and partners, on the Sesame Workshop website.

"We know how hard it is to be in a military family. We know they're constantly facing transitions, such as getting ready for deployments



Photo by Karl Weisel

Elmo and friends get up close and personal with Wiesbaden families.

and homecomings. Some of their moms and dads are on their third or fourth deployment. Some parents are coming home changed. We want to get children singing and dancing," Chwatsky said.



Photo by Karl Weisel

The Sesame Street cast performs a routine for the appreciative Wiesbaden audience.

Fire Prevention Week

Focus is on fire safety, training

Soldiers and families may hear an increase of sirens and see more flashing blue lights this week as garrisons observe Fire Prevention Week.

This year's Fire Prevention Week is held in conjunction with the six-month-long Fire Prevention Campaign launched March 31 to promote fire safety and increased inspections in response to an Army-wide increase in preventable fire incidents. This year's theme—"Stay Fire Smart! Don't Get Burned"—focuses on simple steps people can take to keep their homes and themselves safe from the leading causes of fires, injuries and deaths. "Fire prevention specialists and officials at garrisons will continue to put the focus on fire safety education and inspections to ensure our

people are best equipped to avoid preventable fires," said Pete Horcasitas, Installation Management Command-Europe Division of Emergency Services director. "While we label our current efforts under the category of a fire safety campaign, the reality is that fire safety is a year-round concern, and our people provide year-round education and support."

U.S. Army Garrison Wiesbaden fire prevention experts have been visiting child development centers and schools throughout the week. Hands-on fire extinguisher training will be conducted Oct. 8 at 10 a.m. at the Wiesbaden Fire Station for 1st Military Intelligence Battalion Soldiers. Everyone is invited to the Hainerberg Shopping Center Oct. 9 from 1-3:30 p.m. for a fire truck display, fire safety booth and more. (Courtesy of IMCOM-Europe Public Affairs and Ken Isted)



Photo by Karl Weisel

Sending holiday greetings

Erich Schwab (from left) and Benjamin Faske Joshua, Jan and Jacob Meert for the Joint Hometown News Holiday Greetings program to be aired in Afghanistan, Oregon and South Dakota during the holidays. The Meert family sent greetings to family and friends in the United States and to Maj. Robb Meert who is serving with the Joint Forces in Kabul, Afghanistan. The team taped more than a hundred greetings while in Wiesbaden Sept. 25 to be aired starting with the first bowl games.

Starting school on right foot

Kindergartners get cracking

By **Chuck McCarter**
Special to the Herald Union

The first days of school can be exciting, scary, funny and even a little tearful ... and that is just for the parents. For the students, hopefully, these first days in school are the beginning of a happy and successful school career and a lifelong love of learning. Many studies show a correlation between success in school and success in other areas of life.

Kindergarten can provide a wonderful start to a child's school years and was first designed as a "garden for children." Its founders envisioned a place where children could receive the nurturing and care they need to grow into strong, healthy learners and adults. Its purpose is to educate the whole child, focusing on physical, social/emotional and intellectual growth and development.

Department of Defense Education Activity schools offer children a full-day kindergarten program, with teachers certified in Early Childhood Education as well as trained program assistants (aides). The two adults in the class work closely together to plan and deliver a program to meet the needs of each child, based on the DoDEA curriculum.

Kindergarten children are trying many things for the first time. They are active, curious learners who need space and various materials and lessons to try out their ideas, gain



Photo by Chuck McCarter

Glynnis Harris works with kindergartners at Hainerberg Elementary School.

experience and expand their learning.

Lynn Wheeler-Sahm, a kindergarten teacher at Hainerberg Elementary School says, "Kindergarten truly is the foundation of a child's education and it is very important that this foundation be strong enough for the following years of school to build upon. This foundation is not only in academics but also in social, emotional and self-help skills. To achieve this goal, the transition into kindergarten needs to be as smooth as possible. Children at this age are very egocentric and often need individual guidance to achieve the goals set before them. They arrive at school with different comfort levels for being away from home, different expectations and different skill levels."

The teamwork of the teacher and the aide is very important in the kindergarten classroom. As Wheeler-Sahm explains, "Throughout the school year the teacher and the aide work closely

with each other and with each child to ensure that each child receives the individual assistance he or she needs to make a successful transition from home or pre-K, through kindergarten and on to first grade and beyond. The kindergarten aide is a significant part of the team that helps each child develop to the best of his or her potential, as well as playing a significant role in keeping each child healthy and safe."

The second adult in the classroom is particularly important if one child has to go to the nurse or needs other individual care.

On a visit to Wheeler-Sahm's class, you might see her working with small groups on reading skills, while Glynnis Harris, her aide, leads a group in fine motor/handwriting skills. Or you may see them working with two different groups on math activities, so each child has more opportunity to interact with a teacher. As a result the team is able to keep each child engaged in the activity and assess his or her ability, guiding toward success in each activity.

There are many ways parents can help to support their child's learning:

- ☺ Communicate with teachers and exchange information. Let teachers know if there are situations at home that may affect your child's behavior and mood at school.
 - ☺ Help with school work at home.
 - ☺ Read to children.
 - ☺ Talk about the school day with your child.
 - ☺ Read information that your child brings home.
 - ☺ Volunteer in your child's class or school.
- (Chuck McCarter is the Federal Education Association European Area director)*



Photos by Dericklyn Russell-Parker

Lifting spirits

Members of the "Lift Up Your Spirit" tour meet fans and perform in the Wiesbaden Fitness Center Sept. 20. The Installation Management Command-Europe gospel extravaganza featured Trin-I-Tee 5:7, Deitrick Haddon, Damita Haddon (left), Spensha and last year's Rising Star winner Joyce Dodson.



Photo by Karl Weisel

Diversity awareness

U.S. Army Garrison Wiesbaden leaders take part in an Equal Employment Opportunity and Diversity Workshop Sept. 25. Ernestine Moya, U.S. Army Europe EEO director, and fellow USAREUR staff members presented sessions on disability awareness, diversity and other EEO topics.

Gordon -- der geplegte Hund

Restaurant China Town

Cool GmbH

Awareness helps prevent domestic abuse

By Lois Farmer

U.S. Army Garrison Wiesbaden Victim Advocate Coordinator

October was officially declared Domestic Abuse Awareness Month in 1987. This was the same year the national 24-hour toll free hot line was established. Historically, it evolved from what was once a day of unity, where advocates would gather to strategize ways of eradicating domestic violence, into weeklong demonstrations.

Common themes of the demonstrations were mourning those who had died due to domestic violence, celebrating those who have survived and connecting those who work collaboratively to end violence.

The goal is to help raise community awareness surrounding the issue of domestic violence and the lasting negative impact it has on victims of all ages. Throughout the month the Family Advocacy Program focuses on educating

the community about this very serious problem by offering domestic abuse awareness classes: Oct. 19, Teen Dating Violence Class from 3-4 p.m.; Oct. 28, Domestic Abuse Prevention and Awareness Class from 6-7 p.m.

The classes will be held at the Army Community Service in Hainerberg Housing Building 7790, Room 22. Also, visit the ACS anytime throughout October and pick up a free copy of *The New York Times* bestseller, "The Five Love Languages" by Gary Chapman. Join in breaking the silence of domestic violence.

Did You Know?

▲ Sixty-one percent of female homicide victims were wives or intimate acquaintances of their killers.

▲ A woman is far more likely to be killed by an intimate acquaintance (a husband, common-law husband or boyfriend) or a family member than by a stranger.

▲ Thirty to 60 percent of perpetrators of partner abuse also abuse the children in the household.

▲ Men who witnessed domestic violence as children are twice as likely to abuse their own partners and children.

▲ Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.

▲ Batterers control victims' finances to prevent them from accessing resources, working or maintaining control of earnings, achieving self-sufficiency and gaining financial independence.

▲ Lack of income is a common reason victims cite for staying in abusive relationships.

▲ In one year there were more than 18,000 incidents of spousal abuse reported to the Department of Defense's Family Advocacy Program.

▲ Domestic violence homicides in the military community from 1995-

2001 included 54 in the Navy or Marine Corps, 131 in the Army and 32 in the Air Force.

▲ One out of 14 men has been physically assaulted by a current or former spouse, cohabitating partner, boyfriend/girlfriend or date at some point in his life.

▲ Among active duty military women, 30 percent reported an adult lifetime prevalence of intimate partner abuse, while 22 percent reported intimate partner violence during military service.

▲ Domestic violence victims in military communities are most likely to be women (66 percent) and the civilian spouses of active duty personnel (62 percent of abusers are on active military duty).

▲ Seventy-one percent of pet owners entering domestic violence shelters reported that their batterer had threatened, injured or killed family pets.

Recognizing quality service

U.S. Army Garrison Wiesbaden leaders, in cooperation with Army and Air Force Exchange Service, Defense Commissary Agency and the Medical Command awarded the following employees for excellent customer service for the month of August. All awardees received a certificate of appreciation; civilian employees received an on-the-spot cash award; Soldiers received a three-day pass. The following people were acknowledged for providing a consistent level of customer service, and their performances were dually noted by customers who submitted comments to the Interactive Customer Evaluation system and coworkers:

Krystal Cook, Directorate of Family, Morale, Welfare and Recreation program associate;

Sgt. Yanina Sifuentes, Wiesbaden Health Clinic pa-



Ansu-Afari



Cook



Fuhr



Garcia



McFarland



Reinhard



Sifuentes



Weinmann

tient administration;

Michael Fuhr, Directorate of Logistics lead transportation assistant;

Patrice Reinhard, Directorate of Public Works chief of roads and grounds;

Renate Weinmann, Directorate of Logistics supply clerk;

Jonny Ansu-Afari, Directorate of Logistics lead supply technician;

Victor Garcia, DFMWR outreach coordinator;

Earl McFarland, DFMWR Army Family Team Building and Army Family Action Plan program manager;

Nominations are submitted monthly to the Plans, Analysis and Integration Office and are evaluated by a special committee that includes representatives from garrison directorates and staff agencies. Employees become eligible after completing customer service training.

Lucia's Gift Shop

Beautiful Nails

SJ Service

Community notes ... Community notes

Blood drive

Stop by the Tony Bass Fitness Center Oct. 8 between 10 a.m. and 3 p.m. to give the gift of life. The blood drive is sponsored by the 66th Military Intelligence Brigade and conducted by the Armed Services Blood Bank Center-Europe based in Landstuhl.

Dining facility hours

The Wiesbaden Dining Facility, which reopened to civilians on Oct. 1, has the following hours of operation: weekdays breakfast from 7-9 a.m., lunch from 11:30 a.m. to 1 p.m. and dinner from 4:30-6 p.m.; weekends and holidays brunch from 9:30 a.m. to 1 p.m., supper from 5-6:30 p.m. Meal rates are \$2.30 for breakfast, \$4.25 for lunch and dinner, \$4.85 for brunch, \$5.95 for supper and \$7 for a holiday meal.

Housing market help

Military homeowners facing tough financial times in the housing market can get help through the Homeowner's Assistance Program. Contact Mark Daybell at mil 335-5254 or visit www.wiesbaden.army.mil and click on the Homeowners Assistance Program link on the Links page for more information.

Job Fair Oct. 9

Army Community Service Employment Readiness hosts a Job Fair Oct. 9 from 9 a.m. to 1 p.m. at the Community Activity Center on Wiesbaden Army Airfield.

Red Cross classes

Become a Red Cross health and safety instructor — classes start Oct. 13. Or get CPR certified — full first aid/CPR/AED classes will be held Oct. 13-15

and 16-17. Other upcoming classes include a babysitter's class Oct. 16-17 and CPR review classes Oct. 28. Stop by the Red Cross in Building 1023E, Room 308 on Wiesbaden Army Airfield or call civ (0611) 705-1760 to sign up.

Pumpkin Mile

The Wiesbaden Shopping Center will feature typical fall activities and delicacies at the Magic in the Fall and Pumpkin Mile between the Flower Shop and the PX entrance Oct. 24 from 11 a.m. to 6 p.m. Pumpkin carving, flower decoration and wine and cheese tasting will also be available.

Change in housing brief time

The daily housing briefing, held in Building 1023W (Welcome Center), Room 108 on Wiesbaden Army Airfield, has a new start time of 10:45 a.m. for on-post housing and 11:15 a.m. for off-post housing.

Who's Your Hero?

Bring a photo of your hero to the Wiesbaden Army Airfield Library in November and create an ornament to display on the Heroes Tree. All materials will be provided and photos will be returned in December. The program kicks off Nov. 10 at 10:30 a.m. with a special storytime and light refreshments. Call civ (0611) 705-1740 for more information.

Water outage

The Directorate of Public Works Water and Sanitation Shop will perform replacement work on an underground water valve on Wiesbaden Army Airfield Oct. 24. There will be no hot or cold water available

to fire hydrants and the following buildings from 1-6 a.m.: Building 1201-1204, 1207, 1213, 1214, 1217, 1223, 1226, 1220, 1215, 1250-1255, 1501, 1256-1258, South Gate House. After water is restored people are advised to flush the water lines until the water is clear. Call Mr. Kusiak at mil 337-5032 or Mr. Robinson at mil 337-5344 for more information.

Angel Tree

The Angel Tree program is the vehicle by which community members can purchase gifts to be distributed to children of families facing financial challenges and deployment during the holidays. Community members submit names of children through their chains of command or directorates. Applications should be passed on to Army Community Service by Oct. 21. Those wishing to donate a gift can pick a child's name from one of the Angel Trees which will be available around the community from Nov. 24 to Dec. 10. Stop by ACS for more information.

Later bank hours

The Community Bank at the Hainerberg Shopping Center will have reduced hours Oct. 14 for training — noon to 4 p.m. only. The Community Banks at Wiesbaden Army Airfield and Mainz-Kastel will have regular hours (9 a.m. to 4 p.m.).

Clinic limited services for Columbus Day

The Wiesbaden Health Clinic will have limited services Oct. 9 (acute appointments, prescriptions and lab work only; no walk-ins including immunizations) and will be closed Oct. 12 for Columbus Day.

Autohaus Hollmann



Fly-eating lady

Wendy Kaufmann, a field representative with the University of Maryland University College Europe enjoys an interactive reading of "The Old Lady Who Swallowed a Fly" with pre-schoolers during storytime at the Wiesbaden Library Sept. 30. Toddler storytime is Tuesdays at 9:30 a.m. and pre-schooler storytime is Wednesday at 10:30 a.m.

Photo by Karl Weisel

Garrison tests its force protection skills

By Ignacio “Iggy” Rubalcava
*U.S. Army Garrison Baumholder
Public Affairs Office*

An attacker who gained access to the upper Wetzel Housing area detonated his explosive-laden vehicle by ramming a bus full of passengers next to the Wetzel Child Development Center Sept. 19. There were numerous injuries to the bus passengers and collateral damage to the Wetzel CDC. People inside the Wetzel CDC were also affected by the explosion that rocked the upper Wetzel area at about 9 a.m.

That was the scenario for this year’s force protection exercise conducted by the U.S. Army Garrison Baumholder.

“The purpose of the exercise was to test our ability to respond to and to react to some type of terrorist type of incident or accident that could happen in the U.S. Army Garrison Baumholder,” said Laney Rich, anti-terrorism officer.

Realism is an important player in a good force protection exercise and the USAG Baumholder continues to raise the bar each year, making the exercise more challenging for everyone involved, officials said.

“This year we enhanced the exercise a little bit. We had the exploding car and we also had a shuttle bus involved in the exercise. We try to do a little bit of enhancement each year to add to the realism and to increase the participation in the exercise and also to give everyone that is involved in it a good idea of exactly what we do here in the garrison,” said Rich.

A trail of simulated intelligence messages, and inputs several days before the exercise added to the realism of the scenario.

“We did something extra this year in the sense that we led off the exercise not just a day prior, or two days prior, but four days prior with reports, intelligence injects and assorted information that led us to, in the realism sense, to the point when the actual incident happened. It wasn’t just something where we came in one morning, a car blows up and we react to that. It was something leading us up to that in the sense that something was happening in the community, or was potentially going to happen — some type of terrorist act.

“When we finally get to the point where the car explodes and we’re able to react to that, it enhances the ability of people to think, to get it straight in their minds as to how we got to the point when the incident actually happens,” Rich explained.

The exercise brings first responders from the German community into the equation as they too respond in the same



Photo by Rosemarie Rubalcava

U.S. Army Garrison Baumholder firefighters respond to a burning vehicle during this year’s force protection exercise in the upper Wetzel Housing area.



Photo by Rosemarie Rubalcava

A volunteer adds realism to the scenario.

manner they would during an actual emergency.

“We have a robust host nation capability that includes the fire department, emergency response, German Red Cross and the Polizei. From the U.S. side we have our fire department, we have our MPs, we have our emergency response force from our tenant units on the installation, and we have the entire garrison staff that’s involved in this thing so it’s a full up exercise and really tests the entire spectrum of our force protection plan,” said Rich.

Force protection has always been a serious business, more so now in this day and age. So preparing for a potential threat is taken very seriously by the garrison force protection team. They plan these exercises each year and they focus on exercising the full spectrum



Photo by Rosemarie Rubalcava

A German Red Cross member tends to the injuries of a “victim.”

of the force protection equation. But they cannot do it alone so they call upon volunteers to contribute to the realism of it all.

Volunteer support

“We train to do this. We know it’s coming. We practice it each year, but one thing I can’t speak highly enough about are those 20 something volunteers who took time out of their Saturday to come in at 7 a.m., get moulaged by the medics,

get a briefing on how to simulate their injuries and get on that bus and in that building and sit there and wait for the incident to actually happen.

“When the exercise begins they get rescued, triaged, placed in an ambulance and transported around the block and so on.

“Without our volunteers the exercise just wouldn’t have the kind of realism that it really needs to enhance it,” said Rich.

Moser is Baumholder's new Rising Star

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder Public Affairs Office

Sally Moser walked away with \$500 in prize money and first place in Baumholder's Rising Star competition Sept. 25 at the Rheinlander Club. She now advances to the Army wide competition and a chance to win a recording contract in California.

"It's still a bit of a shock actually, but it feels pretty good," said Moser after the show. "I didn't expect to get this far. It was just something that a friend and I decided to do together you know, just for fun. And I never, ever expected to get this far. I'd hoped for it but, no, I didn't expect it," said Moser.

Contestants have a choice of music at the finals, but Moser is going to stick with what works for her.

"I'd like to stick with the same because I think that's the kind of music that represents me, and I figure I did pretty good the last couple of times so if it isn't broke, don't fix it," said Moser.

"I'm really thankful for everybody who came out and supported me and supported everybody. It was a really great time, and I had a great time," she said.

Second place winner was Heather Watson who won \$250 and third place went to Stacey Score. Score received \$100 in prize money. The other two finalists were Kortez Hopkins and Sarah New.

The best spirit award went to Company A, 4th Battalion, 70th

Infantry Regiment. Along with the honor of being the loudest organization they also received \$300 for their organization. The competition was open to all family readiness groups and individual units. All they had to do was shout and clap for their favorite singers.

"The show is a great and unique event for our Baumholder community. It brings together single Soldiers, their fellow BOSS Soldiers from their mili-

tary units, Soldiers with their families and their respective family readiness groups to enjoy a fun and exciting evening of entertainment," said Catherine Dubosc, this year's Rising Star program coordinator.

"The show is the result of the whole U.S. Army Garrison Baumholder FMWR team pulling together to bring a unique community event as well as support from agencies like BOSS, who supported the program and volunteered to help out with the show," said Dubosc.

The three judges throughout round one and two and the finals were Tony Untalan, who is in his second year as a judge; Amy Danzeizer, also in her second year as a judge; and Shana Langdon. Untalan is the Army



Heather Watson



Kortez Hopkins



Photo by Ignacio "Iggy" Rubalcava

Baumholder's Rising Star, Sally Moser, gives it her all during the competition.



Sarah New

Community Service volunteer program coordinator, Danzeizer is the Arts and Crafts director and Langdon works for FMWR sports and fitness.

"It was nice to see local talent come out and showcase their stuff. This event is able to boost morale and allow contestants to develop into a more

complete musician," said Untalan.

The judges received help from the audience in selecting the winners. The audience and the judges' ratings each accounted for 50 percent of the score.

Moser advances to the Army-wide finals. From there, only 12 contestants will advance to the live semi-final round. Each contestant selected for advancement will spend two weeks rehearsing and performing for a live finals broadcast on the Pentagon Channel. Contestants who advance to the finals will travel to Fort Belvoir, Va., for the finals. The finals will be aired on the Pentagon Channel around Nov. 14, 17 or 19 and



Stacey Score

the winner will be revealed on or about Nov. 21.

This year marks the fifth season for Operation Rising Star, with finalists competing locally and then live on the Pentagon Channel.

Make the right choice — prevent domestic abuse

By **Kimberly Anderson**
Acting Victim Advocacy
Coordinator

October is Domestic Violence Awareness Month and the U.S. Army Garrison Baumholder's Family Advocacy Program has planned several activities to raise awareness and gain community support in the fight against domestic violence.

Purple Hands and Words is an initiative implemented to educate the community about the right to live a violence-free life and to remind people that hands and words are not for hurting. Members of the community make the pledge "I will not use my hands or my words for hurting myself or others." The pledge is symbolized by tracing one's hand on purple paper and it serves to remind one of the promise made.

The Baumholder community will be offered the opportunity to participate in the



Photo by Ignacio "Iggy" Rubalcava

Kimberly Anderson looks on as Lt. Col. Paul Pfahler, U.S. Army Garrison Baumholder commander, signs a proclamation for Domestic Violence Awareness Month, showing command support for Family Advocacy Program's effort to educate, prevent and assist victims.

pledge this month. Join the Family Advocacy Program at the CMR Oct. 8 and at the PX Oct. 30. Children get to trace their hands on purple paper and will be encouraged to take the pledge home and look at it every day. Parents, Soldiers and

other community members can put their handprints on a poster board that will be displayed throughout the community.

Information, Army Community Service calendars, a jelly bean contest and treats will be provided.

The overarching goal this month is to promote action in the community and to identify anyone in a domestic violence situation.

Domestic violence is a crime. It is important to know that when aware of a crime and choosing to do nothing, you are making the wrong choice as a bystander. The "right choice" is to do something positive that will prevent abuse from occurring, or continuing to occur, in your community.

Don't know what to do? Let the Family Advocacy Program provide you with additional information and resources. The Family Advocacy Program also has several programs to assist individuals who are in, or think they may be in, a domestic violence situation. The Victim Advocacy Program offers safety planning, access to services and information on a confidential basis. Workshops are routinely

available. And this month two new anger management classes, "She's Gonna Blow" and "When Tempers Flare," are being offered. One of the more popular classes, "Love Languages," will be offered in November. Make sure to check out the Baumholder ACS calendar for dates and times.

Throughout the month of October representatives will be at either the PX or the CMR with events, contests, treats and educational items. Everyone is encouraged to come out and see what programs are available while helping raise awareness, provide support and celebrating the survivors of domestic violence.

For more information on any of the programs and services, feel free to stop by Army Community Service in the health center complex, Building 8746, or call mil 485-8188 or civ (06783) 6-8188.

MWR roundup ... MWR roundup ... MWR roundup

Rolling Hills Golf Course

The following events are scheduled at the Rolling Hills Golf Course:

- Children's golf clinic, Oct. 10, 10 a.m. to noon; \$5 per child, clubs and balls provided
- Fall scramble, Oct. 17, 9 a.m. two-man scramble; \$50 per person
- Fall specials throughout the pro shop. Special orders are always welcome.

Loyalty card promotion at Java cafe

Buy 10 coffees and get the 11th free served in an insulated cup while supplies last. All you have to do is ask for a loyalty card, available at the counter, to participate. The insulated cups will also be available for purchase at the Java Cafe counter for \$7.50.

Striker's Halloween tournament

Come out Oct. 31 at 2 p.m. to participate in the Striker's Halloween tournament. Contestants must be 18 years or older to play. Cost is \$20 and includes three games, shoe rental, prize money, fountain drink and trophy for top three places. The entrance fee of \$5 goes toward cash prizes which will be based on participation — first place 50 percent, second place 30 percent and third place 20 percent. The places will be determined by total scores of all three games.

Striker's Halloween party

Enjoy an eerie night of chilling music, exciting decorations, dreadful drinks and howling fun at Striker's Halloween Party Oct. 31. Come frightfully dressed and receive \$1 off each game of bowling and take part in a costume contest at 8 p.m. to win prizes. Children may trick or treat at the center during authorized hours. Visit or call Striker's to find out more at

civ (06783) 6-6569 or mil 485-6569.

Shooter's Halloween costume party

Come out to have a great time at Shooter's costume party Oct. 31. A DJ will play from 8 p.m. to 3 a.m. Shooter's diner will be open from 5-11 p.m.

Rheinlander Convention Center

Fall parties are starting up, so don't miss your chance to have Siggie create her signature food for your special event. Catering is also available on site when clients reserve a space in the Rheinlander Convention Center. Siggie also offers home delivery of catered items. Siggie selections include her signature specialties, finger food and platters. All menu items are priced by the dozen with the exception of platters.

Send in your orders, no matter how large or small. To arrange an appointment contact Keith Bailey at the Rheinlander Convention Center at mil 485-6107/7507, civ (06783) 6-6107/7507.

Hilltop haunted house

A Halloween haunted house in Building 8895 in the Wetzel Housing (same building as the swimming pool) will provide a scary good time for the whole family Oct. 29-31. It is hosted by FMWR's Hill Top Theater, Creative Arts Center, BOSS, Rheinlander Club and CYSS's EDGE Program and is sponsored by Service Credit Union. Siggie Zimmer will have food and drinks available for purchase at the event. The haunted house for teens and adults is open Oct. 29 from 8-10 p.m. and Oct. 30-31 from 8-11 p.m. A children's haunted house is open Oct. 29 from 6-10 p.m., Oct. 30 from 7-11 p.m. and Oct. 31 from 7-11 p.m.

Adventure trips and programs

To sign up for adventure trips call civ (06783)

6-7182 or mil 485-7182/6345/6202 or visit Outdoor Recreation in Building 8167 on Smith Barracks Mondays and Tuesdays from 10 a.m. to 7 p.m.; closed Wednesdays; Fridays from 1-8 p.m.; Saturdays and Sundays from 10 a.m. to 7 p.m.

Columbus Day weekend ski trip

A ski trip to Kaprun, Austria, is scheduled for Oct. 8-12. The cost is \$425 for transportation, four overnights in hotel, breakfast and dinner, a three-day ski pass for the Kaprun Glacier, beginner ski/snowboard lessons and ski/snowboard equipment.

Hahn Oktoberfest

Travel with Outdoor Recreation to the Hahn Oktoberfest Oct. 9 for \$35; to the Stuttgart Wasen Folk Fest Oct. 10 for \$55; to Paris Oct. 17 for \$85 or Neuschwanstein-Oberammergau Oct. 24 also for \$85. On Columbus Day weekend, Oct. 8-12 enjoy a ski/snowboard trip to Kaprun, Austria, at a cost of \$425 or a scuba trip to Pula, Croatia, for \$375. From Oct. 9-12 you can go deep sea fishing to Holland for \$299. For more information contact Baumholder Outdoor Recreation at mil 485-7182 or civ (06783) 6-7182.

Free class at Creative Arts Center

The Creative Arts Center is offering a free music lesson introductory class for youths and adults in piano, voice, guitar and drums. For details or to sign up for the Creative Arts Center monthly newsletter customers can call mil 485-6687 or civ (06783) 6-6687 or visit the center at Building 8895 in upper Wetzel Housing.

Joe Satellite

Community turns out for Hispanic celebration



Photo by Ignacio "Iggy" Rubalcava

Children wear native dress from several Hispanic cultures while entertaining the audience.

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

Baumholder's Hispanic Heritage celebrations get better and better each year. This year's celebration came complete with a guest speaker, free food, a mariachi band, a children's fashion show of ethnic dress, salsa dancers and additional folk dancers.

"We decided to do some mentoring, bringing in some children, letting them know about their culture, how the culture marries up with the Army values, which is, bringing up children to being upstanding citizens, which could lead to an upstanding Soldier. When I look at those children, I see our future. There's Soldiers, politicians, governors, senators. They're in there," said Roland Monsivais, U.S. Army Garrison Baumholder acting equal employment opportunity director.

"We had the children perform some of the traditional Hispanic dances, and of course it differs because the one we most commonly hear about are those of the Mexican type, which were performed by Elvia Salazar and her mother Yadira," said Monsivais.

There was also a salsa dancing performance by Sgt. Alfredo Osorio and his wife Laura Baumert.

"If you notice they performed three dances. It shows how much timing and balance you need when you're dancing Hispanic type dances," said Monsivais.

Guest speaker Ernestine Moya, U.S. Army in Europe Equal Employment Opportunity director, emphasized the importance of a good education and touched on the strong Hispanic work ethic and moral character.



Photo by Ignacio "Iggy" Rubalcava

Mariachi Acapulco provides the music for Elvia Salazar and her mother Yadira.

The Baumholder Middle High School contributed to the cultural gathering by setting up a display of Hispanic artifacts at the Rheinlander Club, where the celebration was held. The display included an explanation of the artifacts, their origin and use.

Lillian Morales, Sgt. 1st Class William Mace and Amalia Monsivais started putting together this year's Hispanic celebration in June. Morales' daughter Naiyill soon got involved in the project and that led to the high school setting up the display of Hispanic artifacts.

The group later met Yadira Salazar who proposed the concept of a children's

fashion show featuring ethnic dress as well as a dance performance by the children.

Salazar later introduced the salsa dancers Osorio and Baumert to the group and they were subsequently added to the program.

Linda Santiago narrated the event.

The Mexican Cantina, located near Vogelweh, topped off the event by contributing more than \$1,500 worth of food.

"They contribute to not only Baumholder but to other military com-



Photo by Ignacio "Iggy" Rubalcava

Salsa dancers Sgt. Alfredo Osorio and his wife Laura Baumert demonstrate their dancing skills.



Photo by Ignacio "Iggy" Rubalcava

Ernestine Moya addresses the guests.

munities as well," said Monsivais.

The Mexican Cantina also provided the mariachi musicians, who in traditional mariachi fashion, began performing as they walked on stage.

They performed traditional Mexican folk songs and provided the musical backup as Elvia Salazar and her mother Yadira performed their rendition of a Mexican folk dance.

Point Alpha: Students look back at life during the Cold War

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



Photo by Karl Weisel

Wiesbaden students listen as Uta Thofern describes life on the former inner German border.

“Just imagine — it was only 20 years ago that two forces stood facing each other with nuclear weapons ... and you can see what a dangerous situation that was.”

For the listeners in Wiesbaden High School’s library, many of whom were not even born when the Iron Curtain cracked open in 1989, guest speaker Uta Thofern’s description of life on the border between East and West at Point Alpha was a look back at something many of their parents experienced first-hand.

The director of the Point Alpha Foundation visited the school Sept. 22 to provide insights about the Cold War and what it was like for those who stood watch on the border near Geisa/Rasdorf.

A memorial to those who lost their lives during the Cold War, the former U.S. Army Camp Point Alpha is now a multi-media museum inviting visitors of all ages for a look back at the tensions that grew in the wake of World War II and the eventual “peaceful revolution” that ended the Cold War.

“We try to keep these times in our memories,” said Thofern. “I think sometimes people don’t realize what freedom is ... what your fathers did to preserve freedom.”

Thofern told the students that two of the members of the Point Alpha Foundation were determined to escape the oppression of the Soviet Bloc as teenagers. She described

how as a 16-year-old one of the members “succeeded in escaping by crawling through the minefields.” The young man left his parents behind and risked being killed to live in freedom, she said, adding that another member tried to escape at age 19 but was injured in the attempt and caught by the East German guards.

“In the end, freedom came to him” when the Iron Curtain eventually crumbled, she said.

As a U.S. observation post in the Fulda Gap along the border between Hesse and Thuringia, Point Alpha quickly lost its significance with the dissolution of the Warsaw Pact. After members of the 11th Armored Cavalry Regiment departed in 1991, the post stood vacant before being used to house refugees from 1992-95. Being placed under protection as a monument in 1995 led to the establishment of the Point Alpha Memorial which today includes multi-media museum exhibits, recorded testimonials by veterans who were stationed at Point Alpha, observation towers, the House on the Border (an exhibit depicting life in East Germany) and a reconstructed strip of the former border.

“People didn’t want the camp to be torn down,” said Thofern. After awareness and money were raised to preserve the monument “we were very grateful that we could save the camp for future generations,” she added.

A new exhibition at the PointAlpha Memorial called the Path of Hope focuses on the “peaceful revolution” that occurred throughout the East Bloc, Thofern said. Similar to the biblical Stations of the Cross, the sculptures serve as a reminder of the peaceful resistance to communist dictatorships. “The art project on the actual border, made from rusty iron, symbolizes the resistance in all of Eastern Europe and the belief in freedom and change,” she said. “The last station will open in October 2010 marking 20 years since reunification.”

“This very close part of history needs to be discussed,” she said. “We really feel obliged to remember.”

Visitors are invited as individuals or groups to visit the PointAlpha Memorial. It is open April to October daily from 9 a.m. to 6 p.m., November to March daily from 10 a.m. to 5 p.m. and December to February Tuesday to Sunday from 10 a.m. to 4:30 p.m. Entrance is €4 for adults, €3 for students or €12.50 for a family. School groups of 10 or more pay €1.50 per person.

To book a guided tour or for more information call civ (06651) 919 030 or email service@pointalpha.com. Information about Point Alpha is also available online at www.pointalpha.com.

Schoolbits ... Schoolbits

Central Texas registration

Register through Oct. 16 for the upcoming Oct. 19 to Dec. 19 classes at Central Texas College. Degrees and certificates in criminal justice, early childhood professions, automotive mechanics and hospitality management are available. Visit the CTC field rep at the Wiesbaden Education Center or call civ (0611) 705-5561 for more information.

Online school lunch payment

The Army and Air Force Exchange Service offers online access to school lunch accounts throughout Europe and the Pacific. “The new system makes secure pre-payments convenient for parents who can now manage multiple accounts from the comfort of their home or work,” said Lt. Col. Wayne Marotto, AAFES-Europe public affairs officer. Parents can make prepayments using a bank account or credit card online. Setting up an account requires an initial visit to the nearest exchange’s cash cage to set up a “Horizon” account. After the account has been assigned at the exchange, parents can log on to www.mealpayplus.com and follow the instructions to set up their online profiles. (AAFES-Europe Public Affairs)

Education scams

Officials with the Army Continuing Education System caution that some civilian organizations are taking advantage of uniformed Soldiers. Some companies are using the Veterans Affairs logo and military images on their websites to induce Soldiers to pay for education counseling or advocacy when those services are available for free from Army Education Centers. Visit your local Education Center or www.goarmyed.com for more information.

College Information Night

The annual Kaiserslautern College Information Night will be held at the Special Events Center on Rhine Ordnance Barracks Oct. 8 from 6-8:30 p.m. More than 100 colleges and universities will be represented.

Wetzel box tops

Wetzel Elementary School students are once again collecting box tops for education. Last year the school raised more than \$2,800 through the program which went to benefit student programs. (Courtesy of the Wetzel Wizard)

U of M registration

Register now for University of Maryland University College Europe classes which start Oct. 26 (online courses start Nov. 9). Registration runs through Oct. 25. Classes range from Elementary German to Elements of Painting, Personal Investment to Concepts of Biology. Call mil 337-5917, stop by Room 12 in Building 1023E on Wiesbaden Army Airfield or visit www.ed.umuc.edu for more information.

Online tutoring

Get free, around-the-clock online tutoring for grades kindergarten to 12 at www.myarmyonesource.com/cyss_tutor.

Non-LOI schools

GoArmyEd no longer lists non-Letter of Instruction schools. Soldiers currently enrolled in or interested in taking classes with non-LOI schools are advised that Tuition Assistance is not available for those schools. (Wiesbaden Education Center)

Upcoming school closings

Department of Defense Dependents Schools-Europe will be closed Oct. 12 for Columbus Day, Nov. 6 teacher work day, Nov. 11 Veterans Day, Nov. 26-27 Thanksgiving, Dec. 21 to Jan. 1 winter recess, Jan. 18 Martin Luther King Jr. Day, Jan. 29 teacher work day, Feb. 15 Presidents Day, April 9 teacher work day, April 12-16 spring recess, May 31 Memorial Day and June 18 teacher work day. (Courtesy of DoDEA)

School partners

1st Lt. Nancy McGillicuddy of the 66th Military Intelligence Brigade reads to first-graders in Penny Allen’s class at Hainerberg Elementary School Sept. 29. McGillicuddy was among a group of 66th MI Soldiers who volunteered to read at the school as part of the unit’s partnership program with the school. Members of unit will also be helping with tutoring.



Photo by Karl Weisel

Preparing for duty in Iraq

Soldiers prepare to defend network

By Spc. Jonathan W. Thomas
16th Mobile Public Affairs Detachment

They are the first in, during the calm before the storm, safeguarding information. They are preparing for the worst and anticipating the arrival of classified material and the last to leave. They are the 1st Armored Division communications section.

The communications section, known in the Army as G6, is the first into the field and the last to leave, ensuring the security of electronic information, said Sgt. Maj. Joe Armstead, 1st Armored Division communications sergeant major.

"We know it's important to the warfighter; if we fail they fail," said Armstead.

The G6 Soldiers are at Unified Endeavor, a mission readiness exercise, to prepare the division for its upcoming Iraq deployment. They are striving to prepare, maintain and protect the network that contains classified information. The exercise is taking place at the Grafenwöhr Training Area.

The network consists of the non-secure Internet protocol network and the secret Internet protocol network.

Armstead said locations, timelines and other classified material are secured on a secure network. "That's sensitive information that could give the enemy an advantage," he said.

Hackers looking for classified information are one of the many threats to the network, said Staff Sgt. Anthony Neal, Internet Protocol Nodal systems specialist, 146th Signal Company, Special Troops Battalion, 1st AD.

"All information that flows across [a secure network] is encrypted so the enemy cannot acquire that information," said Armstead.

"I like being included in the communications security

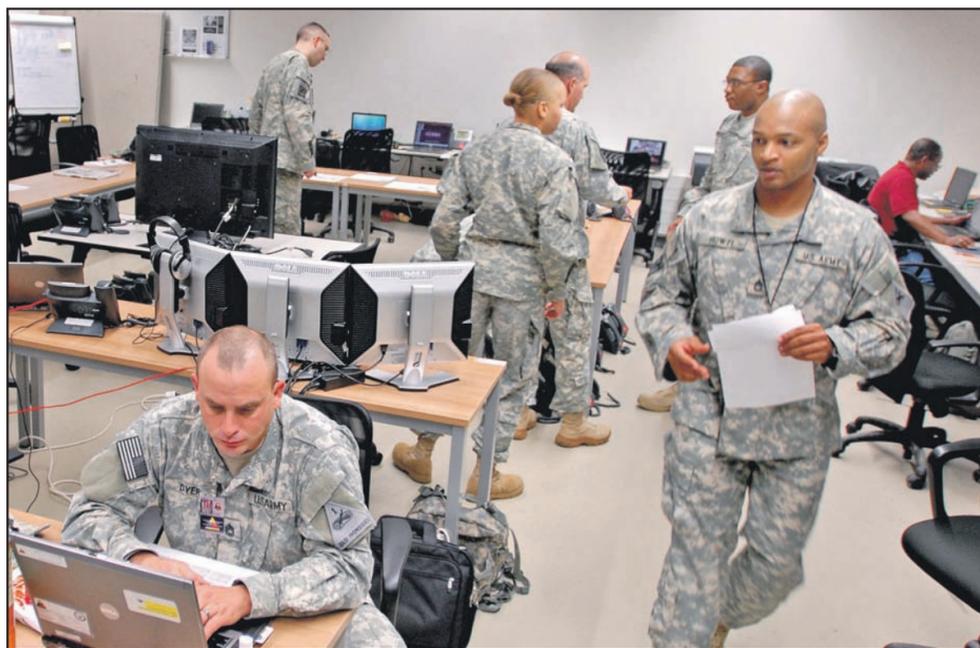


Photo by Spc. Jonathan W. Thomas

Sgt. 1st Class Jonathan Dyer, a network operation controller with 1st Armored Division's G6, and his fellow Soldiers work on network issues during the division's Mission Readiness Exercise in Grafenwöhr.

technology," said Neal. "My job title, IP systems network engineer, requires a lot of thinking outside the box. That challenges us, and this is a challenging job."

G6 provides operational capabilities to enable joint expeditionary "netcentric" information dominance for the Army.

"It's somewhat comforting because you know your

guys did a lot of the initial push to get where we are now," said Armstead. "However, we're not there yet, that's just the initial push we still have to get through the MRX (Mission Readiness Exercise)."

The G6 will continue to provide communications support throughout Unified Endeavour until the exercise ends in mid-October.

MPs get comfortable with MRAP vehicles

Story by Pfc. Jennifer Kennemer
16th Mobile Public Affairs Detachment

Soldiers from the 501st Military Police Company, began working with Mine Resistant Ambush Protected vehicles during their pre-deployment training in Grafenwöhr Sept. 28.



Photo by Pfc. Jennifer Kennemer

Staff Sgt. Roberto Delrio describes the features of a Mine Resistant Ambush Protected vehicle to fellow 501st Military Police Company Soldiers.

The MRAP vehicle is designed to counteract the improvised-explosive device threat in Iraq and Afghanistan and has been in service since 2002.

The 501st MP Co. Soldiers trained on the MaxxPro, an MRAP vehicle built into the frame of a dump truck, equipped with more than 10 tons of armor and a V-shaped hull that deflects the blast from explosions sideways.

MRAP vehicles are also equipped with a fire suppressant system. Sensors located on the bottom of the vehicle are able to detect a vehicle fire. Using technology similar to a fire extinguisher, it can contain the fire before it can cause extensive damage to the vehicle or harm the Soldiers inside.

"It is a proven fact that these vehicles save lives," said Staff Sgt. Roberto Delrio, a light wheel mechanic and certified master driver, who has been with the 501st MP Co. for three years. The upcoming deployment to Iraq will be his second deployment with the unit.

Soldiers learned about the specific features and capabilities of the vehicle, including the location of the escape hatches. Delrio was uncertain what model of MRAP the Soldiers would be using downrange but said the basics were universal.

"The division is assigned 2,500 MRAPs in theater,"

said Sgt. Maj. Paul Vallade, 1st AD logistics and maintenance sergeant major. "The MRAP will more or less replace the HMMWV [High Mobility Multipurpose Wheeled Vehicle] for all operations conducted outside the wire."

It is the perfect vehicle for operations in Iraq, he said.

Five MRAP vehicles were made available for training.

"It's great to be able to see what they (the MRAP) can do here, so you feel confident with it when you go downrange," said Pfc. Kevin Wolf, 501st MP Co., from Kissimmee, Fla. Wolf is new to the Army and the unit but is looking forward to deployment and working with the MRAP vehicle.

"To me, it's just like a big, armored school bus," he said. As a gunner, Wolf said that he appreciated the height of the vehicle and the advantage it provided to line of sight.

The next step for the 501st MP Co. will be driver's training on the MRAP. Soldiers will practice driving the vehicles in a variety of terrains to better understand the handling and distribution of weight.



Pfc. Nicholas Bunch, Company A, Special Troops Battalion, 1st Armored Division, demonstrates the proper way to evaluate a casualty during pre-deployment training at the Grafenwöhr Training Area Sept. 23. Photo below right: 1st Armored Division Soldiers practice maneuver techniques during the training in Grafenwöhr.

Reviewing, expanding basic skills

Story and photos by
Pfc. Jennifer Kennemer
16th Mobile Public Affairs Detachment

Before the last of the morning fog dissipated in the fields, Soldiers from the Special Troops Battalion, 1st Armored Division, were learning the techniques and skills necessary for success in an upcoming deployment to Iraq.

Squad-sized groups of Soldiers, a mixture of both enlisted and officer ranks, dressed in full tactical gear, trained in an array of basic Soldier tasks at the Grafenwöhr Training Area Sept. 23. The pre-deployment training is in conjunction with Operation Unified Endeavor, being held at the Joint Multinational Training Command, to prepare the Soldiers of the 1st AD for their roles in Iraq.

Classes were given on land navigation, combat lifesaver course, response to enemy fire and radio communications.

Training in the field allows for the immediate correction of errors and reduces time constraints, said Sgt. Curtis LeSame, platoon sergeant, Company B, STB, 1st AD.

Failure was not an option. Soldiers were required to receive a pass from all instructors before moving onto the next station.

The responsibility of training Soldiers is a role Sgt. Paul Henley, fire support noncommissioned officer, Company A, STB, 1st AD, takes personally. He said in today's Army, with the high operational tempo the emphasis of the NCO Corps to lead and train Soldiers is fundamental.

That standard, he said, was exceeded by the pre-deployment training at the Grafenwöhr Training Area.

"The training here features the finest instructors and the best equipment," said Henley.

Henley taught proper movement/reaction to fire techniques. When picking squad leaders for the practical exercise portion, he chose the most junior enlisted Soldiers to lead. Mission success, he said, was dependent on all members of the team understanding the mission and the plan of execution.

It was an opportunity some Soldiers had not experienced before.

"I think it was a good idea to put lower enlisted Soldiers in charge at some of the stations," said Pfc. Tamika Tutt, a paralegal specialist assigned to Company B, STB, 1st AD. "For me, it highlighted what senior leaders feel when they are out there with Soldiers' lives in their hands."

This will be the first deployment for Tutt, a Houston native, who described the training as well-rounded.



School sports offer lifelong fitness

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

Sports such as volleyball, cross-country, golf and tennis don't always grab big headlines like high school football. But coaches from Wiesbaden and Baumholder high schools say their sports have a lot to offer students including a lifetime of play.

At the Vitis Tennis Center in Nordenstadt, 84-year-old Dudley Strasburg hits serve after serve to Wiesbaden High School freshman Ashley Acevedo as she works on her approach to the net.

Strasburg has become an icon for the Wiesbaden tennis team. The military veteran's consistent accuracy with serves outweighs his stationary posture on the court as students learn the importance of controlling the ball.

And for young team members who struggle for accuracy, such as not hitting the ball into the walls or ceiling, Strasburg's lessons are important for two reasons, said Wiesbaden tennis coach Tom Rooney. Students learn the skills and come to the realization that this sport can be played at any age.

"It's a game you can enjoy for the rest of your life," volleyball, golf and tennis coaches repeated over and over again as the 2009 season for DoDDS-Europe high school sports got into full swing.

"Athletes are already winners when the season is over because they have learned a lifelong sport," said Baumholder tennis coach Maria Ignacio.

At the Wiesbaden High School gymnasium, varsity volleyball coach Linnea Velsvaag said volleyball has been her favorite sport for 21 years.

"In the military and traveling, volleyball is a sport everyone can play," she said. "On every training and de-



Wiesbaden High School juniors and twins LeAmber (left) and LeAndra Thomas approach the net during practice for the school's varsity volleyball team Sept. 22.

ployment there's volleyball net. Every place I've ever been, even Honduras, had a net. There are always people that will play."

Wiesbaden varsity volleyball players juniors LeAmber and LeAndra Thomas and senior Darian Sealey say they play volleyball just about anywhere, finding nets in the housing areas and starting games with friends.

But it's never just for fun, they said. Trained to spike the ball for points and intimidate the team at the net, the girls want to win.

"We're the smallest Division I school," said LeAmber. "We're trying to get our names out there. (Our school) might be small, but we're determined."

With the recent move to Division I, Wiesbaden High School's team sports are looking for their ranked places.

As the 2008 Division II champions,

the Wiesbaden boys cross-country team had hoped for a two-peat. Instead with the move up in division, coaches and runners weren't thrilled at the idea of competing with the likes of Ramstein High School — which has a student population almost double the size of Wiesbaden High.

But at Baumholder, which competes in Division III, the issue is much the same. Drawing from a small student population, the inner-school competition for players on teams can be more competitive than what takes place on the fields, courts and courses.

Top that off with outdoor football stadiums which cast shadows over other high school sports. And the "unpopular" label thrown around by students can keep team participation numbers down.

But then there's the ease of a sport.

"All you need is a pair of sneakers and some shorts," said Wiesbaden cross-

country assistant coach Marc Farrell, borrowing from a familiar simplification of the sport.

In Wiesbaden, the cross country team has a close-knit community with dedicated runners and strong parent support.

"We're not missing a fan base," Farrell said, as he estimated each five-kilometer event in DoDDS-Europe competitions brings between 150 and 200 runners from participating schools and as many as 100 spectators.

And football is no competition for cross-country recruitment, said Farrell. But for other sports, recruitment can be hard when competing with the stadium sport.

The Baumholder High School golf team had a turnover in players as students either graduated or PCSed with their parents. One player from last season approached golf coach Michael Kieta with the news that he wanted to play football.

"I encouraged him to go out for football if that's what he wanted," said Kieta. "He can play golf for the rest of his life, but high school may be his only opportunity to play football."



Wiesbaden High School junior Arman Alarilla sets up his backhand during tennis practice at the Vitis Tennis Center.

Fear Edge

Join fellow Baumholder youths in turning the Arts Center into a haunted maze in preparation for Halloween. Participants ages 14-18 can help design, build and haunt the maze. Snacks and prizes will be provided. Sign up at Child, Youth and School Services Central Registration in Building 8743 or call civ (06783) 6-7003.

BOSS Warrior Zone

Soldiers are invited to stop by the Better Opportunities for Single Soldiers Warrior Zone in the Community Activity Center on Wiesbaden Army

Things to do ... Things to do

Airfield for computer access, games and other activities. The Warrior Zone is open Monday to Saturday from 10 a.m. to 11 p.m., Sunday from 11 a.m. to 7 p.m.

Live at Irish Pubs

The Mainz Irish Pub (at Weissliliengasse 5) features **Macy's Mob** Oct. 9, **Gear Down** Oct. 10, **open stage night** Oct. 11, **karaoke** Oct. 12, the **Mark Bennett Duo** Oct. 14, **karaoke** Oct. 15, **Adriana Band** Oct. 16, **Timmy Rough and**



band Oct. 17, **open stage** Oct. 18, **karaoke** Oct. 19, the **Capones** Oct. 21 and **Geena Jones and the Wicked Sisters** Oct. 23. Visit www.irish-pub-mainz.de for full schedule. The Wiesbaden Irish Pub (at Michelsberg 15) features **Pirm Jam** Oct. 9,

Markus and the Misfits Oct. 10, **karaoke** Oct. 11, **open stage** Oct. 14, the **Benrix** Oct. 15, **Geena Jones and the Wicked Sisters** Oct. 16, **Gear Down** Oct. 17, **karaoke** Oct. 18, the **Capones** Oct. 22 and **Timmy Rough and band** Oct. 23. Visit www.irish-pub-wiesbaden.de for full schedule.

Crochet for Halloween

Wiesbaden Arts and Crafts features a Halloween boa scarf crochet class Oct. 17 and 31 from 1-3 p.m. The class is free;

participants pay \$15 for yarn and crochet hook. Class is open to beginners from age 7 to adult. Call civ (0611) 705-5449 for more information.

Oktoberfest in Landstuhl

German and American volunteers from the Soldiers' Angels organization will once again host an Oktoberfest dinner for wounded warriors and their families Oct. 31 at 3 p.m. at the Landstuhl Fisher House. If you would like to participate or get involved email Wilhelmine Aufmkolk at german.american.friendship@gmail.com.

Sports shorts



German and American runners take off at the start of the Wiesbaden Half Marathon Sept. 26. Brandon Spellman (center, No. 9660) ran the fastest time — 1:21:00 to claim the Men's Open and overall victory.

Wiesbaden Half Marathon winner

Spellman goes the distance

Story and photos by

Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

Runners couldn't have asked for better weather as they took off from the Wiesbaden Fitness Center Sept. 26. More than 30 runners headed out under blue skies from Wiesbaden Army Airfield on the 21-kilometer half marathon course which took them on a sightseeing tour of the countryside around the military base.

One hour and 21 minutes later Brandon Spellman, a sergeant with Company A, 24th Military Intelligence Battalion, was the first to cross under the inflatable Red Bull arch at the finish line.

"This run was awesome," said Spellman, praising the course's layout and the weather conditions.

Spellman explained that the 21-kilometer run was a tune-up for a marathon in Budapest, Hungary, he planned to run the following weekend. "I'm getting sponsored ... I'm running it as a charity event for Fisher House." The first-place finisher added that he had \$11,000 in pledges which he would give to the Fisher House organization.

Jon Clough was the second fastest runner, taking second overall and second in the Men's Open category (ages 18-29), in 1:26:18.

Renee Davis was the fastest woman,



Renee Davis was the fastest female runner, finishing in 1:44:38.

taking first in the Women's Seniors category (ages 26-32) in a time of 1:44:38.

"This was my first one (half marathon)," said Davis. "I loved it — it was great. I followed people and paced myself."

Davis said she has been training to run the Frankfurt Marathon in late October.

"I trained with two of my friends," she said, explaining that in preparation for the marathon she intended to run 20

miles the following week.

"I love it (running)—really enjoy it," she said, adding, "Everyone should try it. It's fun. ... Enjoy it and start slow."

Spellman echoed that running was a great stress-buster and morale builder. "It's a good way to vent my stresses. It makes you feel really good about yourself after a long run. ... It's extremely rewarding."

The former lacrosse player said he started running after not being able to play lacrosse. "I'm working up to the Iron Man. I need to work on my swimming."

Winners at the Half Marathon by category in order of finish:

Men's Open: Brandon Spellman, 1:21:00; Jon Clough, 1:26:18; Daniel Strickland, 1:36:05

Women's Open: Lydia Luv, 2:04:49; Martha Alvarado, 2:05:01; Charlene Cowan, 2:23:02

Men's Seniors: Chris Wolfe, 1:38:50; Alex Tomosiaski, 1:50:50; Sascha Kaufman, 1:57:15

Women's Seniors: Renee Davis, 1:44:38; Carmen Clough, 1:45:11; Suzanne Hardy, 1:50:42

Men's Sub-Masters: Dieter Ehrenberger, 1:38:24; Bohn Vail, 1:38:52; Daniel Gilstrop, 1:59:31

Women's Sub-Masters: Veronica Henzi, 2:16:40

Men's Masters: Roger Gerber, 1:40:15

Women's Masters: Daphne Mack, 1:54:58; Brigitte Mollner, 1:57:37; Tresha Davis, 2:12:42

Sport shooting

The Wiesbaden Hunting, Fishing and Sport Shooting Program, in partnership with the Wiesbaden Wurftauben Club, will feature clay shooting Oct. 9 from 1-5 p.m. The Wurftauben Club is located about 200 meters past the Rheinblick Golf Course in Wiesbaden-Frauenstein. Shotguns will be available for check out for \$5 (members use shotguns free of charge). Food will be available for a nominal fee. Call civ (0611) 705-5760 for more information.

Tae kwon do

Adult tae kwon do classes are held Tuesdays and Thursdays 6-7 p.m. at Baumholder's Skies Unlimited Center. Cost is \$50 for the eight one-hour sessions. Call the Mountaineer Gym at mil 485-7418 or civ (06783) 6-7418.

Massage appointments, yoga

Massages are available by appointment at the Wiesbaden Army Airfield Fitness Center on the following days: Monday, Wednesday, Friday 1:30-4:30 p.m.; Tuesday, Thursday 10 a.m. to 7 p.m.; Saturday, Sunday 11 a.m. to 3 p.m. Seated massages at work place or for a special event can also be arranged. To schedule an appointment email massage@dawndotson.com. A beginner's yoga class is held Wednesday and Friday at 5 p.m. at the Wiesbaden Fitness Center.

Aikido lessons

Learn this Japanese self-defense system using nonresistance to cause an opponent's own momentum to work against him. Classes are Mondays and Wednesdays from 6-7:30 p.m. at Baumholder Arts and Crafts. Monthly lessons are \$50. Call mil 485-7003 or civ (06783) 6-7003 for details.

Fishing course

A U.S. Forces fishing course will be offered Oct. 26-30 from 6-9 p.m. at Wiesbaden Outdoor Recreation. Cost is \$65 for ages 12 and up. Call mil 337-5760 or civ (0611) 705-5760 for details. Learn the skill of fly-fishing from a certified German fishing guide with a one-day Rod and Gun Club introduction course in Baumholder. Tackle and day pass are included. Call mil 485-7182 or civ (06783) 6-7182.



Woody Harrelson leads a team of zombie hunters in the horror comedy "Zombieland."

At the movies Oct. 8-22

Baumholder, Wagon Wheel

- Oct. 9 — All About Steve (PG-13) 7 p.m.
- Oct. 10 — All About Steve (PG-13) 4 p.m.
Funny People (R) 7 p.m.
- Oct. 11 — Aliens In The Attic (PG) 4 p.m. The Hurt Locker (R) 7 p.m.
- Oct. 16 — Whiteout (R) 7 p.m.
- Oct. 17 — Bandslam (PG) 4 p.m. A Perfect Getaway (R) 7 p.m.
- Oct. 18 — G.I. Joe: The Rise Of Cobra (PG-13) 7 p.m. Whiteout (R) 7 p.m.

Wiesbaden, Taunus

- Oct. 8 — Orphan (R) 7 p.m.
- Oct. 9 — Surrogates (PG-13) 7 p.m. Funny People (R) 9:30 p.m.
- Oct. 10 — Aliens In The Attic (PG) 4 p.m. Surrogates (PG-13) 7 and 9:30 p.m.

- Oct. 11 — Aliens In The Attic (PG) 4 p.m. Surrogates (PG-13) 7 p.m.
- Oct. 12 — Surrogates (PG-13) 7 p.m.
- Oct. 13 — The Hurt Locker (R) 7 p.m.
- Oct. 14 — Funny People (R) 7 p.m.
- Oct. 15 — The Hurt Locker (R) 7 p.m.
- Oct. 16 — Zombieland (R) 7 p.m. A Perfect Getaway (R) 9:30 p.m.
- Oct. 17 — Bandslam (PG) 4 p.m. Zombieland (R) 7 and 9:30 p.m.
- Oct. 18 — Bandslam (PG) 4 p.m. Zombieland (R) 7 p.m.
- Oct. 19 — Zombieland (R) 7 p.m.
- Oct. 20 — G.I. Joe: The Rise Of Cobra (PG-13) 7 p.m.
- Oct. 21 — A Perfect Getaway (R) 7 p.m.
- Oct. 22 — G.I. Joe: The Rise Of Cobra (PG-13) 7 p.m.



Members of a bomb disposal unit in Iraq count down the days until redeployment in "The Hurt Locker." Photo right: Leslie Mann (from left), Adam Sandler, Seth Rogen and Eric Bana star in "Funny People."



Movie plots

Surrogates (PG-13) — Bruce Willis stars as an FBI agent who enlists the aid of his own surrogate to investigate the murder of the genius college student who invented the surrogates. As the case grows more complicated, however, the withdrawn detective discovers that in order to catch the killer he must venture outside the safety of his own home for the first time in years, and enlists the aid of another agent (Radha Mitchell) in tracking his target down.

Bandslam (PG) — When singer-songwriter Charlotte Banks (Alyson Michalka) asks Will Burton (Gaelan Connell) to manage her fledgling rock band, she has just one goal in mind: go head-to-head against her ex-boyfriend, Ben (Scott Porter), at the biggest event of the year, a battle of the bands. Against all odds, their band develops a sound all its own with a real shot at success in the contest. When disaster strikes, it's time for the band to make a choice: Admit defeat or stand up for what they believe?

Funny People (R) — George Simmons (Adam Sandler) is a successful yet self-involved stand-up comedian who learns he has an incurable blood disorder and is given less than a year to live. Ira Wright (Seth Rogen) is a struggling up-and-coming stand-up comedian who works at a deli and has yet to figure out his onstage persona. One night, George takes notice of Ira when they perform at the same club and he hires him to be his semi-personal assistant and opening act at his performances. George and Ira form a close bond as George teaches Ira how to win the crowd and Ira helps the dying George find closure in his legacy.

The Hurt Locker (R) — U.S. Army Staff Sgt. Will James, Sgt. JT Sanborn and Spc. Owen Eldridge comprise Bravo Company's bomb disposal unit stationed in Baghdad. When James arrives on the scene, Bravo Company has 39 days left on its current deployment. It will be a long 39 days for Sanborn and Eldridge whose styles do not mesh with their new leader. While the three members face their own internal issues, they have to be aware of any person at the bomb sites, some of whom may be bombers themselves.

Zombieland (R) — Two men have found a way to survive a world overrun by zombies. Columbus is a big wuss — but when you're afraid of being eaten by zombies, fear can keep you alive. Tallahassee is an AK-toting, zombie-slaying' badass whose single determination is to get the last Twinkie on earth. As they join forces with Wichita and Little Rock, who have also found unique ways to survive the zombie mayhem, they will have to determine which is worse: relying on each other or succumbing to the zombies. Stars Woody Harrelson and Bill Murray.

Freestyle

Freestyle
