



Reader feedback

Falling leaves and pumpkin spice latte at the Java Cafe are sure signs of fall, said Baumholder's Carrie Dixon. See page 6 for more feedback.



Family Child Care

The list of providers continues to grow as caregivers gain certification. See page 12.



Operation Rising Star winners

Baumholder and Wiesbaden performers advance to next level. See pages 9 and 13.

Herald Union



IMCOM
SOLDIERS • FAMILIES • CIVILIANS

Vol. XIII, No. 1, *Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden*, Oct. 14, 2010



Photo by Karl Weisel

U.S. Army Europe's new Command and Battle Center on Wiesbaden Army Airfield will be a state-of-the-art facility in more ways than one, according to planners.

LEEDing the way

New Command and Battle Center setting environmental milestone

By Rachel Goodspeed
U.S. Army Corps of Engineers, Europe District, Public Affairs Office

Not only will the U.S. Army Europe's future headquarters house the latest technology when it opens its doors on Wiesbaden Army Airfield in 2012, the Command and Battle Center will also boast the Army's first Lead in Energy and Environmental Design Silver certification in Germany.

The sustainable features

designed into the building will not only help reduce the Army's environmental "footprint," they will also provide a healthier work environment for building occupants, said Rich Gifaldi, the district's sustainable engineering manager.

For instance, erosion and sedimentation control during construction is a common practice in the States. This consists of protecting storm drains with

See LEEDing the way on page 3

Keeping the roads safe in Afghanistan

Baumholder Soldiers clear routes for military, civilian traffic

By Sgt. Jes L. Smith
16th Mobile Public Affairs Detachment

It's early morning and the sun hasn't yet risen. But that doesn't stop Soldiers from 1st Platoon, Company B, 40th Engineer Battalion, 170th Infantry Brigade Combat Team, based out of Baumholder, from conducting a rigorous inspection of their equipment in preparation for a very important mission.

These engineers are conducting route clearing missions to find Improvised Explosive Devices — the number one threat to Afghan and International Security Forces in Afghanistan. It is the task of units such as the 40th Engineers to find and dispose of these

Clearing Afghani roads on page 3



Photo by Sgt. Jes L. Smith

1st Sgt. Ricky Cliatt conducts a pre-mission inspection before a route-clearing mission in Afghanistan.

IMCOM commander focuses on saving lives

By Lt. Gen. Rick Lynch
Commander of the Installation Management Command



As commanding general of the Installation Management Command, assistant chief of staff for installation management and co-chair of the Services and Infrastructure Core Enterprise, my installation management and safety responsibilities extend beyond the boundaries of IMCOM. My intent is to provide the facilities, programs and services required to support Army readiness, sustain the all-volunteer force and provide the infrastructure for current and future mission requirements.

Safety is key to accomplishing my intent. It involves the prevention of material loss, but the focus is really on saving lives. Each loss, whether in combat or in the garrison, has an impact on our force.

In September I spoke at the Army Senior Safety Tactical Symposium. It was my opportunity to say "thank you" to almost 500 safety professionals for the work they do to keep Soldiers, civilians and families safe. Their work impacts the conditions in which we train, work, live and play, both on duty and off duty. This includes driver training, home safety, child and family safety, weather conditions assessment, fire prevention, haz-

ardous material handling, and weapons and range safety, to name just a few ways in which their work touches our daily lives.

I thanked them for their continuing diligence, their continuing efforts to monitor trends and address issues to prevent loss. A recent example was a six-month Army-wide fire safety campaign in 2009. The campaign was launched to reverse the increasing number of military housing and facility fires, and succeeded in netting more than \$20 million in cost avoidance in the second half of the year. An ongoing example is a motor vehicle and motorcycle traffic safety program that is contributing to a downward

See Focus on saving lives on page 4

Feedback: What symbolizes fall best to you?



Spc. Christopher Nava
U.S. Army Garrison
Wiesbaden Directorate of
Emergency Services

“The changing colors of the leaves.”



Ulrich Ott
U.S. Army Garrison
Baumholder Human
Resources

“The change in the weather and the leaves. I love how the colors in nature change.”



Staff Sgt. Thomas Davis
U.S. Army Garrison
Wiesbaden Directorate of
Emergency Services

“The change in the weather.”



Elke Neu
U.S. Army Garrison
Baumholder Human
Resources

“Fall symbolizes the human life cycle (child-youth-adult-old) in four seasons. The green leaves are colored, the colored leaves fall, the wind blows and nature changes from summer into winter.”



Cpl. Crystal Williamson
Headquarters and
Headquarters Detachment,
U.S. Army Garrison
Wiesbaden

“The festivities and the smell in the air.”

Comprehensive Community Fitness pillars

Focusing on the Family and Workplace in October

Social pillar tip

The goal of Army Family Team Building is to help you achieve your highest level of personal development. With more than 40 different classes to choose from, AFTB can positively affect your everyday life, social interactions and your career. These classes are designed to help you maximize you. Contact Army Community Service at civ (0611) 4080-254 or mil 335-5254 in Wiesbaden. In Baumholder call ACS at mil 485-8188 or civ (06783) 6-8188.

Emotional pillar tip

Drugs wreak havoc on your emotional and family resiliency. October is an opportunity for our Wiesbaden community to unite and take a visible stand

On to new horizons

Volunteer bids Wiesbaden farewell

Story by Darline Goyea
U.S. Army Garrison Wiesbaden
Public Affairs Office

Auf Wiedersehen, Germany.

It's always hard to say goodbye. Those are not just lyrics to a song; saying goodbye is hard.

This community has been awesome to me. From the moment I got here in April 2007, I knew this was a special place.

I arrived in this community and started working as an administrative assistant with Child, Youth and School Services within three months.

against substance abuse. Working drug-free works. Drug Free Work Week is Oct. 18-24. Red Ribbon Week celebrates the theme “I Am Drug Free” Oct. 23-31. To participate contact the Wiesbaden Army Substance Abuse Program at mil 337-6958/1710. For information in Baumholder call mil 485-1710 or civ (06783) 6-1710.

Family pillar tip

Enhance your family's fitness by taking the time to recognize the “good stuff” about family members. Select one person per month to be on the receiving end of compliments that build that person up. This is easy to do from a distance with today's technology.

Physical pillar tip

Did you know that a lack

of sleep can cause you to gain weight, lose muscle mass and burn fewer calories as well as lead to reduced brain functioning and depression? This will affect your performance on the job and your family health. Put rest first. Contact your primary care provider if you can't get enough sleep.

Spiritual pillar tip

The more positive connections we have with ourselves and with our lives, the greater our chance of being spiritually fit. If addiction is a disease of isolation, becoming spiritually fit is about connection. Do some volunteer work or engage in random acts of kindness. It really does feel good and builds self-esteem to help someone with no thought of reward.

I volunteered as a family readiness group leader, with Morale, Welfare and Recreation's Marketing Department and the Public Affairs Office — and enjoyed every minute of it.

As a spouse at her first duty station, I better understand the military life and the importance of a community.

I have been able to meet so many people — many of whom became friends. I've learned to network and what it takes to make a community be more successful. So if you're out there contemplating how to give back

and enhance key skills, I don't mind if you “borrow” my path. It's free of charge.

My stay in Germany has allowed me to travel to beautiful places, eat at great restaurants and enjoy some great weather. Overall, it has been a treat.

The enthusiasm I brought with me goes with me as well. As the family and I head back to the United States, I continue to look forward to volunteering — on and off-post — making new friends, reaching for new horizons and gaining a wealth of memorable experiences.

Something on your mind you'd like to share with other community members? How about writing a letter to the editor? Or share your feedback on services and support by submitting an Interactive Customer Evaluation comment. Visit the Baumholder or Wiesbaden home pages and click on the ICE link.

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News flash

Stop loss pay deadline extended

The deadline for eligible service members, veterans and their beneficiaries to apply for Retroactive Stop Loss Special Pay has been extended to Dec. 3. To apply or for more information, including submission requirements and service-specific links, visit www.defense.gov/stoploss. RSLSP was established to compensate military members whose service was involuntarily extended under Stop Loss between Sept. 11, 2001, and Sept. 30, 2009. Eligible members or their beneficiaries are required to submit a claim to their respective military service in order to receive the benefit of \$500 for each full or partial month served in a Stop Loss status. (Army News Service)

CFC gifts go a long way

Did you know that a \$100 donation to the Combined Federal Campaign could feed four children in Haiti for a year? Or how about a \$50 CFC gift which could buy essential supplies to build and repair a home for a low income family in the United States? This year's Combined Federal Campaign-Overseas, part of the largest workplace giving campaign in the world, runs through Dec. 3 in the European Region. Contact your unit/agency coordinator or the Wiesbaden community area project officer at mil 337-6465, civ (0611) 705-6465 to help "make a world of difference."

Planning to retire

Federal employees planning on retiring in the near future should note that the Army Benefits Center-Civilian strongly recommends individuals submit their retirement application package within 120 days of intended retirement date. Early submission helps ensure timely receipt of first annuity payment from the Office of Personnel Management. Those who submit their retirement package to ABC-C with less than 60 days notice may experience a delay in receipt of the first annuity payment. ABC-C features two presentations aimed at helping employees complete retirement applications available at <https://www.abc.army.mil>. The presentations cover CSRS and FERS as well as disability applications. The presentations, available in the Announcements section, include What's Hot — "I Want to Retire!" and "How Do I Complete the Retirement Forms?" (Courtesy of USAG Wiesbaden's Directorate of Human Resources)

Secure Flight Passenger Data

Starting Nov. 1 all passengers of domestic and international commercial flights will be required to have Secure Flight Passenger Data in their reservation at least 72 before departure. Those who haven't complied will not be permitted to travel. This data includes the traveler's full name (first, middle and last) as it appears on their government-issued identification, as well as date of birth, gender and redress number, if applicable. To comply with the change, starting Oct. 1, the Commercial Travel Office will require this information from customers when reservations are requested. (Courtesy of Catherine Latrace, installation transportation officer)

Clearing Afghani roads

Continued from page 1
dangerous devices.

Company B was originally deployed to the Khandahar area of Afghanistan but was moved north to Multi National Base Tarin Kot in the Uruzgan Province. Their mission is to support Combined Team Uruzgan, which is staffed by members of the 2nd Stryker Cavalry Regiment, based out of Vilseck, and members of the Australian Defense Force. Until Company B arrived in Tarin Kot, the team had no engineer assets to conduct route clearance operations.

Sgt. 1st Class Jason M. Solomon, platoon sergeant for 1st Platoon, said the route-clearing missions allow coalition forces and local civilian traffic to move freely around Tarin Kot.

"I think it helps the civilians be more open to us if we are allowing them freedom of movement," said Solomon, a native of Granite City, Ill. "They don't have to worry about themselves or their children getting hurt from what the Taliban are trying to do."

1st Platoon, also known as the Lead Farmers, has a multitude of equipment to help clear the roads. They range from mine resistant vehicles designed to withstand incredibly large blasts to highly sophisticated detection equipment designed to find even the most



Photo by Sgt. Jes L. Smith
Staff Sgt. Joseph R. Wagnitz talks to an Afghani youth during a mission.

well-hidden IEDs.

However, none of this technology compares to the Soldiers on the ground.

"You can see things better from the ground than you can through a big, thick windshield," said Solomon.

Staff Sgt. Joseph R. Wagnitz, squad leader, 3rd Squad, 1st Platoon, who is also in charge of the platoon's dismounting operations, said that when he was in Iraq they primarily used mounted operations to conduct route clearance, but in Afghanistan there is more emphasis on getting out of the vehicles and walking the routes.

"They want us to find command wires (the small copper wires used to detonate IEDs)," said Wagnitz, a

native of Green Bay, Wis.

Walking the routes doesn't just allow for the detection of command wires, it also allows the Lead Farmers an opportunity to engage the local population.

"Fifty percent of our find rate is from them," said Wagnitz. "They work really well with us."

Every day the sun rises, and before that happens, Soldiers from Company B will have already hit the roads of Tarin Kot to not just look for IEDs but to also interact with the people of the city. They will find the IEDs and clear a path for the way ahead in Afghanistan.

LEEDing the way

Continued from page 1

a layer of fabric called silt fencing to filter soil out of draining water. Additionally, soil stockpiles are seeded to prevent wind erosion, and roads are consistently swept to keep trucks from moving dirt off site.

The center will be the first project here to require this practice, Gifaldi said.

"These measures reduce pollution by keeping soil out of nearby facilities, vehicles and crops, and reduce sediment from building up in streams or other water channels," he said. "This is a huge partnering effort from the field staff, both the USACE employees and the German contractors."

Along similar lines, contractors are using an indoor air quality plan that protects materials and contractors who work in the building.

Designers are incorporating water savings both inside and outside the building. Not only do architects estimate water savings of 30 percent or more through the use of water-efficient fixtures throughout the building, no potable water will be used for landscaping.

Other ways the team is working to meet LEED requirements include its goals to obtain about 20 percent of construction materials from within 500 miles of the job site and recycle at least 75 percent of waste, said Tim Anderson, a district construction control representative. "During construction in Germany, it's normal to separate and recycle construction waste. LEED just takes this one step further with documentation," Gifaldi said. "And by obtaining materials closer to the construction site, we're reducing CO2 emissions as well as supporting the local economy."

A 2008 USACE policy mandated the implementation of LEED standards in all fiscal year 2008 and later Army military construction projects, but attaining LEED certificates overseas has been a challenge for the Europe District.

"LEED refers back to U.S. standards and measurements," Gifaldi said. "Here, we are required to use German designers and German standards. Although many times German standards meet and even exceed U.S. standards, it takes a lot of extra work with the contractors to document LEED requirements."

Everyone involved in the project must be educated on LEED requirements, Gifaldi said — the project managers, construction representatives, future building occupants, German designers and contractors.

In addition to the Command and Battle Center, the district is also aiming to meet LEED Silver requirements for a child development center in Schinnen, the Netherlands, which is on track for LEED Silver.

The NATO administrative headquarters and SHAPE elementary, middle and high school buildings in Mons, Belgium, are also aiming for LEED Silver.

But the Command and Battle Center will serve as an example that LEED can work on projects in Germany, Gifaldi said.

"This is a huge effort, and the contractor, designers and corps' field staff are really key to making this work," he said. "We have to make sure that everyone at the table understands what's needed to push these projects through the end of certification and keep them on the right track. The more people are aware of the requirements, the easier it is to implement."

From the blotter

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

Sept. 14

Baumholder: A Soldier is being charged with wrongful possession and use of a controlled substance after failing a urinalysis test.

Wiesbaden: A noncommissioned officer is being charged with unlawful transfer of commissary items after supplying goods to a non-ID card-holder.

Sept. 15

Baumholder: A Soldier is being charged with resisting apprehension.

Wiesbaden: An NCO is being charged with owning an unregistered vehicle.

Sept. 16

Baumholder: A Soldier is being charged with a traffic accident after hitting a guardrail.

Wiesbaden: A family member is being charged with a traffic accident after striking another vehicle.

Sept. 17

Baumholder: A Soldier and an NCO are being charged with assault after fighting.

Wiesbaden: A family member is being charged with child endangerment after leaving her children unsupervised inside a vehicle.

Sept. 18

Baumholder: A Soldier is being charged with assault after striking another Soldier.

Wiesbaden: A civilian employee is being charged with a traffic accident after striking another vehicle.

Sept. 19

Baumholder: An NCO is being charged with resisting apprehension after yelling profanity at Military Police and not complying with orders.

Wiesbaden: An officer is being charged with a traffic accident after striking another vehicle.

Sept. 20

Baumholder: An NCO is being charged with a traffic accident after striking another vehicle.

Wiesbaden: A Soldier is being charged with assault after striking a warrant officer in the head.

Sept. 21

Baumholder: A Soldier is being charged with being absent without leave.

Wiesbaden: Two family members are being charged with unlawful entry.

Sept. 22

Baumholder: A civilian employee is being charged with a traffic accident after striking another vehicle.

Wiesbaden: A family member is being charged with a traffic accident after striking another vehicle.

Sept. 23

Baumholder: A Soldier is being charged with a traffic accident after striking another vehicle.

Wiesbaden: An NCO is being charged with owning an unregistered vehicle after the decal and registration had expired.

Sept. 24

Baumholder: A Soldier is being charged with owning an unregistered vehicle after the decal and registration had expired.

Wiesbaden: A Soldier is being charged with shoplifting after concealing some earrings and leaving the facility without proper payment.

Focus on saving lives

Continued from page 1

trend in accidental fatalities. We are at the lowest level in more than seven years, and other military services are looking at our model.

We can point to examples of how our Safety Program is working. However, as I said to the safety professionals, for whose work I am truly grateful, we can never become complacent or act as if what we are doing is good enough, as long as we are still losing lives through senseless, preventable accidents.

Everyone is a safety officer. People have an obligation to look out for themselves and the Soldiers, civilians and families around them. The requirements are in place — we have the Army Safety Program, AR 385-10 and IMCOM's Safety Program Regulation — so we need to make sure we act on them. In order to improve our safety efforts, there are six things I ask us all to consider:

First, we will not cut corners or funds to save money at the expense of our Safety Program. It is fundamentally unwise to do so. Why would we want to negatively affect a program that saves lives? Rather than cutting corners to save money, we should put money toward the right resources in order to improve the Safety Program. In doing so, we will have a positive impact in keeping the Army Family intact.

Second, when we allocate resources for Safety Programs, we need to make sure to reach all members of the Army Family, not just active duty Soldiers. Funds need to be allocated for our Safety Programs to reach Soldiers of all components, retirees, civilians and all their families. Only by reaching every member of our communities can we instill a culture that puts safety

first — a culture that protects our Army Family and keeps the Army mission ready.

Third, everyone must support the senior commanders as they are responsible for the life of every Soldier, civilian and family member on their installation. Everyone must embrace the Safety Program and be actively involved. While the commander is the one ultimately responsible for mission accomplishment and the safety of people and resources assigned to him or her, all of us must know the Safety Program and carry it out to standard. The Safety Program is the commander's program and all of us are safety officers.

Fourth, I have been a motorcycle driver my entire adult life and have never had a motorcycle accident. I firmly believe that it is not a matter of luck, but preparation. I drive my motorcycle only if I have the right frame of mind, the right protective equipment and a planned route.

Many people label motorcycles as unsafe. However, it is not the motorcycle that is unsafe, it is the driver. That is why leaders need to make sure the appropriate safety training is available before individuals begin riding motorcycles. It is not smart for an untrained motorcycle driver to drive his or her new motorcycle on post in order to learn how to operate it properly. Motorcycle driving simulators are necessary and should be made available at every IMCOM installation.

Fifth, the Installation Management Campaign Plan 2.0 is being launched this month at the Garrison Commanders' Conference in San Antonio. The plan's Line of Effort on Safety charges commanders and other leaders to lead the way in changing behavior to prevent accidents, and to empower Soldiers, civilians and families at all levels to speak up when they see someone ignoring safety rules or doing something risky.

Safety is everyone's business, and it is our responsibility to ensure safe performance in all we do. Everyone will be held accountable for accident prevention. The LOE calls for providing effective Privately Owned Vehicle safety programs; heightening safety awareness; employing hazard control measures; requiring and promoting safe, healthy practices; and support for the senior commander.

Sixth, I challenge all of you to look at the IMCP's Safety LOE and ask yourselves, "What are we missing?" I often mention the 80 percent solution as being good enough to proceed, but this LOE is an instance when we need to keep aiming for 100 percent. We cannot be satisfied as long as we have a single accident. If safety requirements are not adequate, we will improve them. If we are doing something ineffective out there, we will stop. But if no one tells me, we cannot correct the issue. I need your input.

When we think about the Safety Program, we should not focus on saving money. We should not concentrate our efforts on finding different ways to reduce costs, but on how to make our Safety Program better. It is about saving the lives of our Army Family. That is the passion every individual must pursue. When you practice safety and teach others about safety, you are saving lives — and I cannot think of a higher calling.



Photo by Master Sgt. Eric Pilgrim

German-American ties

1st Armored Division Rear Detachment Sgt. Maj. Kevin Jochims talks with retired German Sgt. Maj. Klaus-Dieter Brehl during German Reservist Day in Bad Hersfeld Sept. 25. Nearly a dozen 1st AD Soldiers joined German active duty Soldiers and reservists at the event aimed at strengthening German-American relations.

Local theaters rank with military's best

By Karl Weisel

*U.S. Army Garrison Wiesbaden
Public Affairs Office*

Baumholder and Wiesbaden plays dominated the awards at the 2010 U.S. Army Festival of the Arts Competition with Wiesbaden's Amelia Earhart Playhouse taking seven first-place awards and Baumholder's Hilltop Theater winning a slew of first, second and third-place honors.

Three judges visited military community theaters around the globe over a six-month period to select the best productions, performances and off-stage contributions in plays, musicals and variety entertainment productions.

Charlie Fontana, U.S. Army Garrison Wiesbaden entertainment director and the winner in the outstanding producer and outstanding director play categories, said the adjudicators

attended a dress rehearsal of the Amelia Earhart's production of "Ravenscroft" in June. "We were the last show they attended in Europe before heading off to posts in Asia to look at the talent there," he said.

Besides the two first-place honors for playhouse director Fontana and winning best outstanding production of a play, "Ravenscroft" also garnered top recognition for outstanding set and lighting design by Eric Robinson (two awards), outstanding costume design by Anna Gardner and Sanja Parkos and outstanding ensemble performance of a play by the "Ravenscroft" cast of Mikie Riepl, Bobbie Lording, Tracy Sherman, Barbara Lawes-Bremann, Uli Kosack, Lady Kourtney Bagwell and Hannah Mitchell.

"The seven performers who were in 'Ravenscroft,' as well

as the numerous volunteers who helped make the show happen, have one thing in common — a passion for theater. ... That dedication, along with talent, resulted in a 'Ravenscroft' that our wonderful audiences found riveting," said Fontana.

The Baumholder Hilltop Theater production of "The Mating Game" earned a first-place award for Jason Kearney, outstanding performance by an actor in a supporting role; two second places for theater director Eric Danzeiser, outstanding set design and outstanding performance by an actor in a leading role; a second place for Margretta Beaty, outstanding performance by an actress in a leading role; a third place for Amy Danzeiser,



Kourtney Bagwell and Mikie Riepl appear in a scene of the Amelia Earhart's production of "Ravenscroft."

outstanding lighting design; and third place for "The Mating Game," outstanding production of a play.

Wiesbaden theater-goers can look forward to the Amelia Earhart's upcoming holiday production, "Every Christ-

mas Story Ever Told (And Then Some)" — "a zany, nutty romp through the holiday season," in December, Fontana said.

"I must express my gratitude to the U.S. Army for including live community theater as part its recreation program and for dedicating sub-

stantial resources to it," he added. "Overseas, Army theater carries the added benefit of a meaningful cultural exchange with the citizens of our host country, both as audience members and as active participants."

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4-70th mortarmen sharpen their skills

Story and photos by
Pfc. Nathan Goodall
170th Infantry Brigade Combat
Team Public Affairs Office

Four pieces of equipment, with a combined weight of 326.9 pounds, were assembled into a fully functional 120-mm mortar by four Soldiers.

As they stood with their mortar on a field of grass that had been churned into thick mud, before them lay a collection of hills. In the distance they could see smoke — the only sign of a mortar shell they had just fired.

Adjustments were made. The four mortarmen stood fast, ready and awaiting orders. The phrase “fire for effect” was repeated by the Soldiers by loud shouts through strained vocal chords. The mortarmen acted quickly, coming together as one element to fire off a series of rounds.

Thick smoke poured out of the cannon barrel in between each round. The shells flew into the sky with a burst of flame and pounded the ground devastating their target.

Afterward, the Soldiers looked out to the target area. In the distance more smoke could be seen trailing away.

Mortarmen with Mortar Platoon, Headquarters and Headquarters Company, 4th Battalion, 70th Armor Regiment, 170th Infantry Brigade Combat Team conducted a live fire exercise as part of the mortar gunner’s exam here Sept. 15.

“With the upcoming Afghanistan deployment and with what mortars have to offer to the battlefield tactically, our guys have to be sharp on it,” said 1st Lt. Bradley D. Brown, a Columbia, Mo., native, now the platoon leader for Mortar Platoon.

The mortarmen became proficient in multiple job positions during the mortar gunner’s exam. Since each Soldier can perform a variety of tasks, the mortar teams have the ability to change the lineup as needed, said Spc. Patrick T. Davis, an ammo bearer with Gun Team II, Mortar Platoon.

“You never know what situ-



Spc. Brian M. Youngblood, a Denver native and 120-mm mortar gunner with Gun Team II, Mortar Platoon, Headquarters and Headquarters Company, 4th Battalion, 70th Armor Regiment, 170th Infantry Brigade Combat Team, along with **Pfc. Sean D. Bostick**, of Tracy, Calif., and assistant gunner with Mortar Platoon, and **Spc. Patrick T. Davis**, from Oswego, N.Y., and an ammo bearer with Mortar Platoon, prepare to fire a series of mortar shells during a qualification exercise in Baumholder Sept. 15.

ation you’re going to be in,” said Sgt. Kevin D. Parks, a Harrodsburg, Ky., native, now a squad leader with Gun Team II, Mortar Platoon.

“If somebody gets sick or goes down, another person in your crew can jump in and do that job. That’s why we cross train,” said Parks. “Another person may need to fill someone else’s job, and this way they’re already trained up and ready to go.”

One of the most notable lessons from the training was the importance of teamwork when operating a mortar, said Sgt. Daniel Lindsey, an Avilene, Texas native, now a squad leader for Gun Team I, Mortar Platoon.

“You can be an expert gunner, but if you take a crew that has no teamwork, you can only go so far,” said Lindsey.

The gunner that’s qualifying needs his ammo bearer, assistant gunner, and squad leader to be top-notch in order to get rounds downrange quickly and effectively, said Lindsey.

“If he has a bad crew and they’re not working together,



Pfc. Sean D. Bostick prepares a 120-mm mortar shell.

he’ll get a poor score,” said Lindsey. “It’s definitely a team effort.”

Training in different jobs with live rounds allowed the Soldiers in each gun team to build trust and confidence in their teammates, said Pfc. Sean D. Bostick, a Tracy, Calif., native, now an assistant gunner for Gun Team II, Mortar Platoon.

“I’m pretty excited about it,” said Bostick. “I feel like I’m going with people that know what they’re doing.”



Spc. Justin A. Waldrup, a Millington, Tenn., native and **Pvt. Eric Larson** of San Antonio launch a mortar shell toward a target during a mortar fire qualification exercise in Baumholder Sept. 15.

Garrison takes aim at domestic violence

By Sarah Daley
Victim Advocate Coordinator

October is Domestic Violence Awareness Month and members of U.S. Army Garrison Baumholder's Family Advocacy Program have planned several activities to raise awareness.

"Purple Hands and Words" is an initiative aimed at educating community members about the right to live a violence-free life and to remind everyone that hands and words are not meant for hurting. Members of the community are asked to make the pledge "I will not use my hands or my words for hurting myself or others."

Join the Family Advocacy Program staff at the PX Oct. 18 from 1-4 p.m. and at the Community Mail Room Oct. 22 from 1-4 p.m. to make a pledge. Children get to trace their hands on purple paper and will be encouraged to take the pledge home and look at it



Photo by Madeleine Dwoiakowski

Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, signs Baumholder's Domestic Violence Awareness Month proclamation with Col. Patrick Matlock, 170th Infantry Brigade Combat Team commander, Sept. 29.

every day. Parents, Soldiers and community members can put their handprints on a poster board that will be displayed throughout the community. Awareness information, Army Community Service calendars, a jelly bean contest and treats will be provided.

Domestic violence is a crime. When you are aware of a crime and you choose to do nothing, you are making the conscious choice not to act. Help support this year's theme of "Prepare, Prevent, Protect" by taking action.

This is especially significant

as the community prepares for deployment and family separation. People can help prevent domestic abuse and develop skills by using garrison resources which include Army Community Service, Military Family Life Consultants, Chaplains and the Family Advocacy Program.

Don't know what to do? Let members of the Family Advocacy Program provide you with information and resources.

The Victim Advocacy Program offers safety planning, access to services and information on a confidential basis. Several workshops will be available during the month of October.

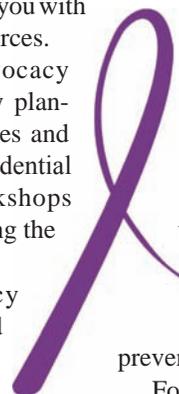
Family Advocacy offers a class titled "Enough — Abuse is not a family value." This class will focus on what individuals can do when they find themselves witnessing or having knowledge of

abuse. The class will be held at ACS Oct. 21 from 11 a.m. to noon. An aikido instructor will provide a free demonstration at the Mountaineer Gym on Oct. 19 from 6:15-7:15 p.m. in an effort to empower and inspire confidence through self-defense techniques.

To enhance marital communication, "Say it Right" is a couples communication class with a focus on ways to speak to one another, listening and conflict resolution. This will be held at ACS Oct. 14 from 5:15-6:15 p.m.

Everyone is encouraged to come out and see what services are available during October. Help raise awareness and prevent domestic violence.

For more information stop by ACS in the Health Center Complex, Building 8746, or call mil 485-8188, civ (06783) 6-8188.



USAG Baumholder

Marathon sightseeing

Paris in under 24 hours

By Alice Verberne

Baumholder Family, Morale, Welfare and Recreation Marketing

Fast, fun and furious sightseeing at its best

There is a reason this popular \$55 day-trip to Paris with Baumholder Outdoor Recreation is just too tempting to pass up. Whether you have been to Paris 100 times or if it's your first visit, taking this trip offers a quick-fix French experience.

Those who have visited the city before will have the day to discover new areas or revisit their favorites while new visitors "ooh" and "ahh" at seeing the sights for the first time.

"There is so much to do in Paris, nine hours is just not enough to see everything, so you need to decide what you want to see and be reasonable," says Amelia Gatto, who volunteers her tour-guide services for Outdoor Recreation. Gatto assists excited patrons on their itineraries for the day, helping them adjust their expectations by considering the distances between sites and time needed. She prepares visitors by handing out a few pages of helpful information to include maps, common phrases and most of all, her contact information in case of emergency.

What to see and do

Those who are new to the city usually want to see the Eiffel Tower first, so bus driver Juells (J.D.) Dorton drops off the group in a centralized location just across the street from the famous Maxim's de Paris restaurant near Place de Concorde. The area is easily recognizable for its famous obelisk given to France by Egypt's Mehemet Ali which replaced the guillotine that once stood in its location. Departing the bus and taking to the streets, the group immediately blends in with other monument seekers

and lovers of art. They spread out over the metropolis mapping their way to the metro in order to canvas the downtown in search of fancy facades, funky finds and fabulous food.

Finding a good restaurant

No matter what individuals want to



see or do in the city, everyone needs to eat. Finding a good restaurant adds to the Parisian experience. "On a short trip like this, I want to show my son his top selections and perhaps enjoy a traditional French meal with a classic wine," says Nicole Jackson who brought her son, 7-year-old, Jacob, with her so that he could experience the city for himself. She seems to understand what Ernest Hemingway said about the city, "If you are lucky enough to have lived in Paris as a young man, then wherever you go for the rest of your life, it stays with you, for Paris is a movable feast." Jackson heads to the fourth arrondissement in search of a quaint authentically French "resto."

What is safe to consume in the land of snails and unpasteurized cheese?

"Now that I have seen the Eiffel Tower, I want to try *escargot*," adds her son who links the concept of learning about a culture through cuisine. "Snails are not bad," remarked the boy after trying the Bourgogne version at Aux Anyssetiers du Roy, located on the famous Ile-St-Louis (the original heart of Paris). The *creme brulee*, service and decor are even better than the snails, since the kind



Photo right: The metro is a great way to get around Paris. Photo above: Tourists pedal past Notre Dame, a popular Paris attraction.

owner offers a banquette for Jackson's son to sleep after an exhausting and brisk 5-mile walk.

A lifestyle all of its own

As the 7-year-old naps, his mother lunches and chats with friends. "I came back to Europe because I wanted my son to experience the lifestyle and learn about other cultures," says the native Denver resident who is no stranger to fine restaurants and international lifestyle. Jackson mentions that she heard about the bus trip from a colleague in Kaiserslautern and just had to try it out due to the convenience and fantastic price. "For that price, it's easy to come here with my son," says Jackson.

Others on the trip agree as they enthusiastically recount to their friends and family via mobile devices the day's details as they settle in their seats after their day of adventure.

Listening to feedback about their experiences one can confirm tPatricia Schultz'* statement about travel: "It dispels many of our bad impressions, confirms the positive and promises innumerable surprises."

Traveler's tips

S If you plan to take the Metro more than twice, the best deal is the day ticket

for €6.

Grab a bottle of water and snacks at the rest stop before reaching Paris to save a little extra cash.

One of the cheapest places to purchase an Eiffel Tower souvenir is at the Eiffel Tower.

Aux Anyssetiers du Roy is located at 61 Rue Saint-Louis en l'Isle 75004, Paris. Tel: 00-33-01-56-24-84-58.

The bus leaves the Rheinlander parking lot in Baumholder around 3 a.m. Saturday morning to arrive in the City of Lights around 9:30 a.m. Travelers catch the bus at 6 p.m. to return after midnight. The bus stops for breakfast on the auto-route for one hour to give the drive an hour break (as authorized by law).

The trip is stroller friendly

Helpful items to pack: earplugs, pillow, camera, aspirin, water, lightweight throw/blanket, tissues, hand sanitizer, sunglasses and/or umbrella (depending on the weather).

It is advisable to wear comfortable clothing and shoes so that you are capable of walking distances up to or more than 10 miles. (*Patricia Schultz is the writer of the *New York Times* Bestseller, "1,000 Places to See before You Die.")

Community has new Rising Star

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder Public Affairs Office

Six contestants gave it their all at this year's Operation Rising Star finals with Jessica Ruggiero being named Baumholder's new Rising Star.

Ruggiero received \$500 for her performance of "Lost" by Celine Dion and earned the chance to compete at the Department of Defense level.

For her encore Ruggiero performed "Lost" a second time, this time singing to her 9-month-old daughter, Michaela, while holding her in her arms.

Second place went to Rebecca Taylor whose performance of "On My Knees" by Jaci Velasquez earned her \$250.

Last year's Rising Star winner, Sally Jean Moser, finished third this year and was awarded \$100 for her rendition of "Black Velvet," by Alannah Myles.

Other finalists were Jessica Groeneveld, Shelly Morales and Jason Elliott.

Event coordinator Rebekah Ankrombaker was very pleased with the whole event, from auditions to finals.

"I thought the Operation Rising Star 2010 was a success. Baumholder surprised me this year with such a talented group of singers," said Ankrombaker.



Photo by Ignacio "Iggy" Rubalcava

Jessica Ruggiero, Baumholder's new Rising Star, sings an encore to her 9-month-old daughter Michaela.

"I think this was the most talented group yet. Any of the final contestants could have walked away being the winner, they were all that good.

"Also, seeing so many people from the community out there supporting their singers and the event was amazing," she said.

For Ruggiero, a 27-year-old native of Long Island, N.Y., it was a bit of a shock

to have won.

"If anyone else would have won I would have said 'yup, that's good, that's right.' It was shocking."

Like most gifted individuals, her talent was realized early on. "I've been singing as long as I can remember. I was always running around singing songs or making up a song for something. When I was in the fourth grade our school

had this singing group called Magic Melodies and fourth-, fifth- and sixth-graders could try out. Out of everybody from my music class, only two of us as fourth-graders made it into Magic Melodies."

Ruggiero said she enjoys singing pop and country, but she's all over the board when it comes to the type of music she enjoys.

"I like everything. I can go from Celine Dion to wanting to sing Rob Zombie. I'm all over the place, but my type would be pop or pop country," said Ruggiero.

Some of the songs she sings have meaning to Ruggiero while some she's just known for a long time.

"The song I sang tonight I sang at my best friend's wedding," she said. "That was her wedding song and she asked me to pick it out, so that has really significant meaning, and I wanted to dedicate it to my husband because he deploys in a couple of days."

Her husband, Staff Sgt. Brian Ruggiero, is a kennel master with the 92nd Military Police Company. She said she is happy to have won but is more pleased that her husband was here to see her perform.

She is now setting her sights on the next level. But admits she has not given much thought to what she would like

to perform.

"It's one of those things that I think is just going to come to me and as soon as I realize the song I'm gonna say yes, that's it. That's gotta be the song," she said. As an afterthought she said with a laugh, "I guess I could start thinking about it. It's probably a good idea."

Capt. Andrew Chovencek who works for the U.S. Army Garrison Baumholder Directorate of Plans, Training, Mobilization and Security was one of the judges this year. He was impressed with the talent and said it was tough deciding on a winner.

"I am extremely lucky to be able to be involved with this amazing competition for the third year in a row. And I am so proud of our Baumholder community talent. All of our singers were fantastic. It was a very difficult choice for the judges to make.

"I hope that our winner, Jessica Ruggiero, will continue to do well in the Operation Rising Star 2010 competition and advance to the finals," said Chovencek.

The other judges for this year's competition were Alexis Veigas and Amy Danzeiser.

Ruggiero said she hopes she does well at the next level but added, "If it happens, great. If not, I mean I had a really good time doing this. So, either way, I'm happy."

FMWR roundup . . . FMWR roundup

Breast cancer run

A breast cancer awareness run will be held Oct. 16. The first run starts at 9 a.m. The run focuses on cancer prevention and treatment. The first 500 paid participants will receive T-shirts with information on cancer treatment and prevention. Categories are 12 and under, 13-17, 18-27, 28-38 and 38 plus. There are also categories for walkers and stroller pushers. The last day

to register is on race day from 8-9:30 a.m. For more information call mil 485-6671.

MWR Fall Bazaar

Get the best Europe has to offer just before the holiday rush Oct. 29-31 at the Hall of Champions during the annual MWR Fall Bazaar. Admission is free. Shopping hours are Oct. 29, 10 a.m. to 7 p.m.; Oct. 30, 10 a.m. to 7 p.m.; and Oct. 31, 10 a.m. to 5 p.m. For more information call Special Events at mil 485-6115 or civ (06783) 6-6115 or visit www.baumholder.army.mil.

Children's Fall Fest

Join everyone for the popular Children's Fall Fest at the

Rheinlander Community Club, Oct. 23 from 1-4 p.m. This free event is for children ages 2-12. This year's theme is "Curious George: Where's That Monkey." Children can enjoy face painting, mask making, outdoor games, getting photo buttons and participating in arts and crafts. The program is held by Family, Morale, Welfare and Recreation Child, Youth and School Services. Other participating services are the American Red Cross, Army Public Health, Behavioral Health, EDIS and the Harriet Tubman Chapter of the Order of the Eastern Star. For more information contact Debra Hathaway at

mil 485-6756/7003 or debra.hathaway@eur.army.mil.

Haunted house bash

Come to the Rheinlander Community Club Oct. 30 from 6-10 p.m. to check out the free haunted house in the basement. This event is child friendly. The Rheinlander will offer an all-you-can-eat buffet for \$8 from 6-8 p.m. and the bar will serve drink specials. For details call mil 485-7244.

Monster Mash Relay

Come out Oct. 30 and participate in the Monster Mash Relay Runs starting at 10 a.m. at the Hall of Champions and ending at Minick Field. Select

from the 400-meter costumed relay run at 9 a.m. for youths 12 and under or join the four-kilometer costume relay run (four-person teams) for ages 13 and up. Preregistration is required at the Mountaineer Fitness Center anytime through Oct. 29. For more information call the Baumholder Sports Office at mil 485-7176.

Scary story sharing

Adults and teens are invited to the Baumholder library to share their urban legends and myths Oct. 26 at 5:30 p.m. Participate in a frightening hour of scary story sharing. For more information call the library at mil 485-7229.

Joe Satellite

Some retirees call Germany home

Story by Darline Goyea
*U.S. Army Garrison Wiesbaden
 Public Affairs Office*

For decades some American Soldiers have remained in Germany after retiring from the military. Retirees say they stay for convenience, to travel across Europe, because they have family here, job opportunities or simply because they cannot afford to move back to the States.

"I couldn't get an assignment outside of Forts Hood, Bragg or Campbell," said retiree Robert Pierce. Pierce served in the U. S. Army and retired as a chief warrant officer 4 pilot. Soon after retirement from the Army, Pierce transitioned to serve as the civilian director of safety on Wiesbaden Army Airfield. He held the position for 10 years and fully retired in 2004.



Pierce

When asked if he missed anything about being in the military, an

emphatic "yes" followed. "I miss the whole thing," said Pierce.

The main reason Pierce remained in the Wiesbaden area was for the Soldiers, he said. "To be able to work alongside and support them is 80 percent why I stayed in Germany," said Pierce. Now, Pierce volunteers his time as the counsel president for retirees. He serves as a liaison for Soldiers between active duty and retirement. He also informs retirees about community happenings and helps widows with questions about finances and such. "Widows can call us in their own language and we can help," said Pierce.

Many retirees report that in the 1960s and '70s it was easier to retire in Europe with the strong U.S. dollar. Soldiers took advantage of buying homes, and with American facilities in several surrounding communities, it just made sense, said John Herron, retirement services officer. After serving for nearly 22 years as a pilot, Herron retired last year and said things are definitely different from Pierce's

days of retirement. "Transitioning from military to civilian life was a combination of luck and timing," said Herron.

Herron's office services more than 1,800 retirees in several communities, but mainly Wiesbaden. He also serves as the garrison's casualty and voting assistance officer.

Herron said he takes full advantage of living in Germany after his military retirement. He enjoys views of the Rhein River from his home in Biebrich and, more specifically, enjoys the German architecture, culture, food and history.

Herron retired as a major and said Wiesbaden was his best assignment. "I love Wiesbaden."

"Better life and great opportunities to travel and see other countries," said Charlesetta Jackson who retired in 1986 about remaining to work in Germany. Jackson,



Herron

who is well known throughout the garrison, has worked for Child, Youth and School Services for six years. She provides free home-cooked meals for high school students and also conducts youth lock-ins and retreats.



Jackson

"I have no regrets staying here. I've met people from all over the world," said Jackson. Through the years she has built relationships and said that the garrison is filled with what she calls her "community grandchildren."

Jackson and her husband, who also retired from the military, started their own business in the community, the Auto Exchange.

"The best part of being in Wiesbaden is enjoying my peace and quiet," said Jackson.

Some retirees may feel the benefits they receive are not up to their standards. Others may feel it is best to go back to the States to maxi-

mize the benefits of life after the military. "You shouldn't expect a lot if you retire here," said John



Kampa

Kampa. Kampa who retired from the Army in 1999, now works as the center manager for the USO. "The benefits are not that bad," said Kampa. Kampa said he enjoys the lifestyle here in Germany and has no intention of returning to his home state of Minnesota.

Among the retirees who are here, most say they remain because they have grown accustomed to the lifestyle and prefer living overseas than in the United States.

Regardless of where one calls home after a military career, Herron advised everyone to be prepared, stay informed and have all necessary documents when transitioning.

"Don't be surprised," said Herron.

Making employment connections

**Story and photo by
 Chrystal Smith**
*U.S. Army Garrison Wiesbaden
 Public Affairs Office*

Tim Knasel was confident of his skills and abilities. His main concern was job opportunities available for a retired service member living in the Wiesbaden area.

His query was answered at the Job Fair and Career Expo Oct. 1 at the Community Activity Center when more than 50 employers, education resources and other industry representatives were on hand to assess the local field of more than 350 job seekers in hopes of linking qualified applicants to positions in their respective organizations.

"I have the skills and abilities, it's just finding that job," said Knasel, who retired from the Air Force more than a year ago and was attending the fair for the first time.

While immediate employment was Knasel's primary aspiration, he used the occasion as an educational opportunity.

"I'm here to find a job in information technology, but I'm using this fair as a learning tool," he said, adding that his family has been supportive during his transition from a 20-year military career."



Mary Kalbfleisch gives Leslie Ramos on-the-spot resume assistance at the job fair.

Because military communities offer a prime selection of candidates, one employer flew in from North Carolina looking to place some in positions with his company.

"We think the military is fertile ground," said Donald Latella, group manager for Future Technologies, Inc., explaining that his firm sought separating intelligence analysts. "They have the required skill sets we need, i.e. expertise, work ethic and discipline. We're not interested in raiding the military. If a Soldier is separating, then we are looking to employ that Soldier."

And while most seek employment in familiar fields, education representatives

were on hand to encourage seekers to consider continuing education options as stepping stones to new careers.

"Education is the key," said Lindsay Bibus, Central Texas College marketing specialist, who said CTC offers hands-on curriculum to set students up for immediate employment after accomplishing an associate degree. "Higher education is respected for a reason. ... Graduates are being employed fairly quickly or continuing on to higher level degrees."

The Employment Readiness team also offered additional services such as on-the-spot resume review, business card production and copy making that proved to be effective to many.

"She has helped me out a lot so far; this is a big plus," said Leslie Ramos, of the resume assistance service.

The next job fair is scheduled for April 2011. Visit the Employment Readiness manager at Army Community Service in Hainerberg Housing, Building 7790, or call mil 335-5234, civ (0611) 4080-234 for more information on employment services and programs.

Thanks for taking survey

By Ann Powers
*U.S. Army Garrison Wiesbaden Customer
 Management Services*

Thank you to all who participated in the 2010 Customer Service Assessment. By taking this survey, your voice will impact the quality of life for everyone in the U.S. Army Garrison Wiesbaden community.

There were 699 survey participants — 252 Soldiers, 111 family members, 11 retirees, three veterans, 312 civilians and 10 contractors. Thanks again for your time and effort to help make USAG Wiesbaden a better place.

The 6,615 results for Installation Management Command are now being analyzed, and reports should be ready in late fall. Members should expect to see reported results soon after in various media such as the *Herald Union* newspaper, the Customer Management Services page on the garrison website and during various community meetings.

Your voice will be heard as we all work to improve the quality of service commensurate to a level of your dedicated service to our nation.

For more information on the Customer Service Assessment call mil 337-5507, civ (0611) 705-5507 or email dlimcom-ewiesbadencustomermanagement-services@eur.army.mil.

Family Child Care offers vital resource

Providers continue to enhance skills, gain certification

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

When most people think of child care they imagine day care centers around the community. But many parents rely on Family Child Care homes to take care of their children while they work, volunteer and accomplish other daily tasks.

Currently there are 11 FCC providers in the U.S. Army Garrison Wiesbaden, but the community can always use more, as families continuously move in and out of the area, said Rilla Chatman, USAG Wiesbaden's FCC director. "My golden number is 25," she said, explaining that Child, Youth and School Services officials work closely with those interested in providing Family Child Care to help them obtain the necessary training and certification required for the job.

"One of the things right now is that we just want to recruit new providers," said Chatman. "Child care is always needed.

"We offer free training, start-up kits, toys, equipment check-out and also subsidies to offset the cost of providing quality child care," she said, explaining that



Photo by Karl Weisel

Family Child Care provider Dutchess Wilson spends quality time with children in her Aukamm Housing home.

FCC training is equivalent to college credit. "What they are teaching in college, we are teaching in Army training modules."

"I love kids," said Aukamm FCC provider Natasha Taylor, who recently was recognized by Dr. Robert Kandler for having completed provisional certification.

Taylor, who got out of the military in July, said she began researching Family Child Care before leaving the military. "I was in the military for 10 years and wanted to take the opportunity to work while staying home with my children. ... I actually started taking steps before getting out of the military — attending classes."

Taylor also underscored the transportability of a career in Family Child Care — "something you can do at any military community."

"Family Child Care is a fundamental pillar in the entire range of services," said Kandler, while recognizing FCC provider Deirdre Gallimore with a certificate during a visit to her home in Aukamm Housing Sept. 23. "Thank you for what you do and keep up the awesome work."

"My kids are grown and I thought it was something I could do to contribute to the community and take care of children," said Gallimore, explaining that as a teacher, Family Child Care was a natural extension of educating youths.

Having young children in her home has been a treat, she said. "My husband and I love that."

"There are many different circumstances where Soldiers and families need child care and we're trying to meet those needs," said Chatman,

explaining that besides serving families, Family Child Care is a "great opportunity to learn how to run a business," spend time with one's own children, obtain valuable training and highly marketable job skills.

Other FCC providers recognized with certificates during home visits in recent weeks include Ruby Wells, Julie Corpus, Belgica Scott, Folashade Adejumo and Dutchess Wilson.

For more information on Family Child Care in Wiesbaden call mil 335-5169, civ (0611) 408-0383 or stop by Room 4, Building 7790 (Child, Youth and School Services) in Hainerberg Housing.

Spiritual fitness: *Military spouse, community volunteer, spiritual leader shares the source of her inspiration*

By Darline Goyea
U.S. Army Garrison Wiesbaden
Public Affairs Office

"By the grace of God."

Those are words that give Dr. Dericklyn Parker strength — words she lives by. They are, she said, the inspiration for her many endeavors.

In addition to being a mother of two, she works as the registrar at Wiesbaden High School, ministers a Friday night prayer group, serves at the Wiesbaden Army Airfield Chapel, volunteers at the garrison Public Affairs Office and serves as Family Readiness Group leader for 1st Armored Division's Bravo Company.

At the start and end of each day Parker said she is dedicated to fueling her mind and soul

with spiritual devotion. "Inner worship is how it begins; going into a trance that may not be understood by man," said Dr. Parker. Once there, she is recharged.

Parker has a doctorate degree in divinity (focusing on health and healing), a master's in public relations, a bachelor's in international relations and an associate's degree in management studies. She is a proud mother of two boys who are active in sports.

She recently joined the American Women's Activities Germany which trains volunteers in the European command by providing educational tools for volunteers. She helps volunteers update their professional skills.



Photo by Chrystal Smith

Dr. Dericklyn Parker performs during Wiesbaden's Fall of Fire Revival at the Hainerberg Chapel.

Her eyes light up when talking about her faith. One can hear the passion and jubilee in her voice. Spirituality is a priority, she said.

"Training from my godly

parents helped mold me to be the person I am today," said Parker. "I couldn't help but have God's word embedded in me."

Of the five pillars of comprehensive community fit-

ness, spirituality is the most important, said Parker. "We are spirits before emotional, social or physical beings. We need this body to be legal here on Earth."

"People are no longer in the church; they're in the shopping malls, restaurants, bars, and we need to go to them," she added. Evangelizing is a tool that was used in biblical times to get the word of God to the masses, and the primary focus should be to get folks into the kingdom of God, she said.

Whether she is baking brownies for the FRG fundraiser, attending to her family needs or serving at the chapel, Parker finds a way to pull it all together — as she says — "by the grace of God."

Rising Star winner sticks to her guns

By Chrystal Smith
U.S. Army Garrison Wiesbaden
Public Affairs Office

Mom and Dad know what's best.

At least that's what Samantha Werner thought going into the finals of Wiesbaden's Operation Rising Star.

"My mom and dad are my best supporters and my worst critics," said Werner after winning the local competition at the Wiesbaden Entertainment Center Sept. 24. "My mom told me what song I should sing and sent me this outfit to wear tonight."

Werner, who started performing for her parents in the living room as early as she could remember, was told repeatedly to "step outside of your box" and to try a different genre of music after the first week of the four-week local competition.

"You are an amazing singer, but you sound the same every week," said Joyella Farrington, Wiesbaden Operation Rising Star judge, who said her comments were given to challenge and encourage the aspiring country music singer.

And while a number of contestants took such advice, Werner stuck with what she knew best.

"I told my dad what you said, but he said, 'Do what you are,'" said Werner during the third week of competition responding to Farrington's comments. "I really wanted to try something different tonight, but I didn't have much time to perfect something I had not sung before. I had to do something that I was confident with. This is important to me."

Growing fan base

The vocalist, who also works full time, attends school and plays volleyball, did not want to have a bad performance and let down her progressive following of fans that has been growing since 2009's competition where she finished second.

"It's important to make the people you're singing for happy," said Werner who said the crowd would always boo at the judge's comments. "I thought if they don't agree, then I need to listen to them. ... You can't make everyone happy."

Although Werner turned out four solid performances, she acknowledged she had to polish her performance based on the previous year's results.

"I was a little timid last year," said Werner, who said she tightened her chops in sessions



Photo by Chrystal Smith

U.S. Army Garrison Wiesbaden Operation Rising Star winner Samantha Werner performs the song "Stronger" by Faith Hill at the finals Sept. 24. Werner placed second during last year's competition.

of karaoke.

And though Werner was among the top three from week to week, a few elements of the competition kept her humble and concerned until the end.

"I'm not a Soldier, so I didn't

have a unit I could call on for votes," she said, pointing out that the final night of competition was decided by the audience's votes. "I wanted to win because they thought I was the best singer. I didn't have that

many friends so that makes me feel really good."

The vocal talents of other contestants also made her anxious. "Carlo (Davidson) has a great voice and we have totally different voices, so with that I thought it could go either way," said Werner who said the gospel singer and second runner-up was one of her favorites throughout the competition.

Werner advances to the Army-wide competition where a video package including her final performance and an a cappella song performance will be scrutinized by a panel of Family, Morale, Welfare and Recreation judges to determine 12 semi-finalists; with winners to be announced on or about Oct. 20. If selected, she will fly to Fort Belvoir, Va., to compete in the semifinalist round. Weighted scoring from web-viewing and/or broadcast audience and 50 percent of the judges' panel will determine the 2010 Rising Star who will claim the ultimate prize of an all-expense paid trip to Los Angeles to record a three-song CD.

The community is encouraged to log onto www.OpRisingStar.com for more information and to cast votes.



Photos by Karl Weisel

Fun at the Fall Bazaar

Beth Tarcza and Thomas Scheuermann serve up cheese dogs at the Family, Morale, Welfare and Recreation Fall Bazaar Oct. 1 on Wiesbaden Army Airfield. The event, which featured vendors from all over Europe offering wine, foods, clothes, antiques and more, ran for three days and also included tourist information and an Oktoberfest celebration.

Above par service reaps rewards

Noted extra effort and consistent above par performance earned several community employees a few more dollars in their pay or time off.

U.S. Army Garrison Wiesbaden, Defense Commissary Agency and Medical Command leaders awarded the following employees for excellent customer service for the month of Sep-

tember. 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:

Maksudul Alam, Directorate of Logistics drivers testing and training specialist;

Rina Alston, Civilian Personnel Assistance Center — awarded for service as American Arms Hotel desk clerk;

Jonathan Day, Directorate of Human Resources, Postal Service Center vehicle operator;

Leary Henry, Directorate of Family, Morale, Welfare and Recreation, Army Emergency Relief officer;

Capt. Latisha Irwin, Wiesbaden Legal Center administrative

law attorney;

Erdinc Oezcelik, Directorate of Logistics, Transportation Motor Pool dispatcher;

Hakeem Peterson, Directorate of Resource Management budget analyst;

Yolanda Robinson, Directorate of Family, Morale, Welfare and Recreation, Child Development Center assistant facility director;

Patrick Sheffield, Wiesbaden Optometry Clinic noncommissioned officer in charge.



Alam



Alston



Day



Henry



Irwin



Oezcelik



Peterson



Robinson



Sheffield

Cool GmbH

Beautiful Nails

Help 'make a difference'

Join fellow volunteers at the Rheinblick Outdoor Recreation Complex Oct. 23 at 11 a.m. during National Make a Difference Day. Volunteers will beautify the area — trim hedges, cut grass and weeds,

rake leaves and perform other improvement work. Tools and gloves will be available.

Come out (it's next to the Rheinblick Golf Course near Frauenstein) and help make a difference.

USAG Wiesbaden

Community notes ... Community notes

Saturday vet clinics

The Wiesbaden Veterinary Clinic will have Saturday clinics Nov. 6 and 20 from 8 a.m. to noon by appointment only. Call mil 337-6283 or civ (0611) 705-6283 to make an appointment.

Auto skills for teens

The Auto Skills Center and Child, Youth and School Services' EDGE program offer auto skills for teens classes Nov. 1, 8, 15 and 22. The classes are aimed at helping teens become familiar with basic auto maintenance. The Auto Skills Center is located in Building 4010 at the Mainz-Kastel Storage Station. Call mil 335-5169 or civ (0611) 408-0169 for details.

Limited legal services

The Wiesbaden Legal Office on Wiesbaden Army Airfield will only be open for notary services and powers of attorney Oct. 18-22. All of the attorneys will be out of the office for training during that time.

Fellowship potluck

The Wiesbaden Military Council of Catholic Women will host a fellowship potluck following the 5 p.m. Mass Oct. 16 at the Wiesbaden Army Airfield Activity Room. For more information contact Kellie Smith at wiesbadenmccw@gmail.com.

Survivor Outreach Training

The 1st Armored Division's Rear Detachment will conduct Survivor Outreach Training Oct. 14 from 10-11 a.m. at the Flyers Theater on Wiesbaden Army Airfield. Call mil 337-

4012 for more information.

Car, bike show

A car and bike show will be held Oct. 17 from 11 a.m. to 3 p.m. adjacent to the Wiesbaden Entertainment Center in Hainerberg Housing. Cost is €5 to enter a car or bike. There will be many awards, including a best hoopty category. Proceeds go to support the Company C, 24th Military Intelligence Battalion Family Readiness Group.

AWAG Conference

The Hessen Area Fall Conference of the American Women's Activities Germany will be held Nov. 9 from 8 a.m. to 2 p.m. at the Community Activity Center. All community ID cardholders are invited to participate. The keynote speaker will be Christi Ham, AWAG honorary adviser. Cost is \$25. Child care will be provided for Family Readiness Group members who pre-register. Register at www.awagonline.org or send an email to Hessen@awagonline.org.

BOSS Haunted House

Better Opportunities for Single Soldiers invite community members to stop by the Community Activity Center on Wiesbaden Army Airfield Oct. 28-29 from 6-9 p.m. and Oct. 30 from 5-9 p.m. Cost is \$2 or \$5 per family. For more information call mil 337-5750.

Youth coffee house

Cadence Student Ministries host the grand opening of the Chatter Box Cafe, a coffee house dedicated to youths, Oct. 19 from 2:30-4 p.m. Chatter Box Cafe is located in Building



Photo by Karen Ravensbergen

Marshmallows in flight

Webelos Scouts from Pack 13 test their homemade catapults after a den meeting Sept. 28. People interested in getting involved with scouting for boys in grades one to five can visit the pack website at www.scoutpack13.info or send an email to kravensbergen@yahoo.com.

7750 (next to the USO Cottage in Hainerberg Housing). The ministry seeks volunteers to help out. Send email to Daniel.haas@cadence.org for more information.

Vehicle auction

The European Fleet Management Center holds a live auction of used government vehicles through Oct. 17. Vehicles are located at McCully Barracks in Wackernheim. Visit www.vebeg.de/web/en/auktionen/index.mil or call mil 334-4268, civ (0613) 250 8268 for more information.

Digital Training Facility

Looking for a place to conduct training? Why not contact the local Joint Multinational Training Command, Digital Training Facility, located in Building 1638 on Wiesbaden Army Airfield? The facility has three air-conditioned classrooms with 17 multi-media

computer workstations with Internet access and noise-canceling headsets, and video teletraining capability. The classrooms also offer the ideal location for individuals seeking a quiet place to work online on self-development courses. Call mil 337-5074 for more information.

Emergency Placement Care providers

Army Community Service's Family Advocacy Program is recruiting for Emergency Placement Care providers. Training and certification will be provided. EPC is the equivalent of civilian foster care. Reimbursement rate is \$35 per child, per day. For more information call mil 335-5234 or civ (0611) 408-0234.

Kontakt has new meeting place

Kontakt, the German-American friendship club, now holds its bimonthly meetings in the Akropolis Restaurant in Wiesbaden-Erbenheim (Berliner Str. 259). Kontakt meets the first and third Tuesday of the month at 7 p.m.

Auto Hollmann

Holiday cheer

Alexandria Walker and her daughter Arianna send holiday greetings to Sgt. 1st Class Bryan Walker in Iraq and relatives in South Carolina during a visit by the Joint Hometown News Service to Wiesbaden's Entertainment Center Sept.

28. The team of Scott Williams (behind camera), Tech Sgt. Sean Worrell (center) and Eric Schwab gathered holiday greetings throughout Europe.



Photo by Karl Weisel



Warrant Officer Romeo Garin, a maintenance technician with 4th Assist and Advise Brigade, promotes his daughter 1st Lt. Aiana Garin, a communications officer with Company B, Division Special Troops Battalion, 1st Armored Division, at Camp Liberty, Iraq.

Promotion brings father, daughter together in Iraq

**Story and photos by
Cpl. Daniel Eddy
196th Mobile Public Affairs Detachment**

Two U.S. Division-Center Soldiers enjoyed a small family reunion Sept. 19 when a father was able to promote his daughter at Camp Liberty, Iraq.

That Sunday evening, Warrant Officer Romeo Garin, a maintenance technician with 4th Advise and Assist Brigade, 3rd Infantry Division, USD-C, and a Bremerton, Wash., native, promoted 2nd Lt. Aiana Janica Garin, a communication officer with Company B, Division Special Troops Battalion, 1st Armored Division, USD-C, also a Bremerton, Wash., native, to first lieutenant in front of a crowd of fellow Soldiers.

"This is a great family affair," said Lt. Col. Lane Turner, commander of DSTB, 1st Armored Division, and an Atlanta native.

This is Aiana's first deployment; her father's first deployment was with the 1st Armored Division in 2003 for Operation Iraqi Freedom.

Aiana said when her father first deployed to Iraq in July, she knew she wanted him to be the one to promote her.

"It's a huge deal," Aiana said with



2nd Lt. Aiana Garin reaffirms her commissions oath to Lt. Col. Lane Turner, commander of Division Special Troops Battalion, 1st Armored Division, before being promoted to first lieutenant.

regard to her father promoting her. "It means a lot to me to be serving under the same division as my dad. This is my first promotion, and it was an honor."

Romeo said he was very proud to have the chance to promote his daughter and that the Army values helped him raise his daughter.

"I can apply it to my kids on how to be successful in life and how to discipline yourself," he said.

Even though father and daughter

are in the same division, they are not in the same location. Aiana is stationed at Camp Liberty and Romeo is stationed farther west, at Camp Ramadi. Romeo was at Camp Liberty for a maintenance course and was fortunate enough to have the dates coincide with his daughter's promotion.

On this day, it was the Romeo's turn to promote his daughter. Next year, Aiana will return the favor by promoting her father to chief warrant officer 2.

Surgeon teaches critical lifesaving skills

Training makes international first responders more prepared

**By Sgt. 1st Class Steven Johnson
196th Mobile Public Affairs Detachment**

First responders can often be the difference between life and death in an emergency situation. In dangerous environments like those Iraqi Security Forces sometimes face, the actions of first responders ensure that medical treatment is rendered as quickly as possible.

A critical lifesaving skills course — organized and taught by personnel from a mobile training team with the Defense Institute for Medical Operations and the division surgeon's office with 1st Armored Division, U.S. Division-Center — was conducted for emergency medical personnel from the Baghdad area recently at a Ministry of Defense training facility in Baghdad.

Nineteen students from various medical backgrounds, including some in the Iraqi Security Forces, learned medical techniques that can be used to treat wounded people in a mass casualty scenario.

"DIMO is a unique mission of training international forces in health care," said Air Force Col. John T. Cinco, a flight surgeon and medical director for DIMO, and a Baltimore native. "The team of Soldiers and Airmen who conducted the five-day course, focused on basic emergency first aid techniques and actions taken as first responders.

"With this training, we hope to enhance



Sgt. 1st Class Melvin Bautista, clinical operations noncommissioned officer in charge with the division surgeon's office, 1st Armored Division, teaches Iraqi students how to use an intravenous infusion system.

their clinical skills so that they are able to save lives in the field and to leave them with information that can help them effectively operate during a mass casualty event," he said.

Lt. Col. Vincent Barnhart, division surgeon with 1st Armored Division, and an Edenton, N.C., native, was invited to assist the DIMO in conducting this training. Having been in an emergency situation where he had to assist medical personnel on the scene, Barnhart knows firsthand how chaotic things can be.

"Being a first responder is a very difficult job," Barnhart said. "These guys have to sift through the distractions at the scene and make rapid assessments of those injured."

This particular course is designed to be a "train the trainer" course, meaning these students will take the skills learned during the training back to their home organizations to pass those skills on to fellow first responders.

"I was very impressed with the students' knowledge and enthusiasm about this training," Barnhart said. "There is a lot of stress that is associated with being a first

responder. They have the responsibility of assessing a patient and figuring out what's going on in a very chaotic environment."

Asa'ad Tu'ma Salman, a biologist and instructor at the Military Medical Institute in Baghdad, said he plans to use this additional training to serve the Iraqi people better.

"If we implement this training, we will be able to minimize the number of casualties and properly treat them accordingly — civilian and military," he said.

Using life-like training aids, the students practiced administering intravenous injections directly into the bone using an Intravenous Infusion System, opening airways, controlling bleeding, reinflating a collapsed lung and applying tourniquets, which were just a few of the tasks learned during the hands-on portion of the course.

The hands-on techniques learned were only part of the course. Students also learned how to organize an emergency response and how to secure a site in that environment.



Iraqi first responder students practice the correct procedure for restoring breathing.

With their certificates of training, these medical professionals return to their units and organizations with an additional set of skills that could prove instrumental in teaching others how to save lives.

"Hopefully the training that they received was sustainable and will leave a lasting impression for years to come," Barnhart said.

Soldiers share their Hispanic heritage during celebration in Iraq

**By Cpl. Daniel Eddy
196th Mobile Public Affairs Detachment**

Soldiers of 1st Armored Division, U.S. Division-Center, enjoyed food, music and culture during a Hispanic Heritage Month celebration Sept. 23 at Camp Liberty, Iraq.

When Soldiers first walked into the Camp Liberty Field House, they were immediately immersed in Hispanic culture with a diverse spread of food and Salsa music. Displays lined the walls telling stories of past Hispanic-American Soldiers who have earned the Medal of Honor.

"With all the food, the music, the smiles, the instruments, the photography and decorating the room, it's almost like a party in my own backyard," said Capt. Richard Ramos, environmental science and engineering officer with 1st AD and a Los Angeles native.

Chief Warrant Officer 2 Ezequiel Vasquez, division property book officer with 1st AD, and an El Centro, Calif., native, and Spc. Terie King, an administra-

tive specialist with 1st AD and a Chicago native, silenced the room by singing and playing the guitar to a Hispanic love ballad. "It's a very important song to me," Vasquez said about the love ballad. "It is so Mexico. It's rich and such a nice song."

Vasquez said sharing each other's culture is one of the goals for these annual observances and he wanted to participate and share the love song with everyone, which has been handed down through his family for years.

"They get to see us from the inside," said Capt. Anselmo Hernandez, the division catholic chaplain and a New York City native. "They get to see us how we are. They get to feel the music. Because ... this music, you don't hear, you feel it. You get to see those who live it day-to-day, and get to see how it flows. If you are authentic, if you are living your culture the way it is meant to be lived, it will be felt and carried on."

Hernandez said he enjoys learning about other Hispanic cultures because



Chief Warrant Officer 2 Ezequiel Vasquez and Spc. Terie King perform during a Hispanic Heritage Month Celebration in Camp Liberty, Iraq.

of their vibrancy and diversity and also likes to support the Soldiers who are of Hispanic descent. In addition, he likes seeing how receptive people are to each other's cultures.

Hernandez said the main thing he wanted people to take away from his Hispanic heritage is how open Hispanics are to all people.

The guest speaker at the event, Maj.

Eduardo Larumbe, an information operations planner with USD-C, and a Miramar, Fla., native, spoke about how important loyalty, one of the Army values, is to him because of his Spanish roots.

"To belong to a family carries honor," Larumbe said. "We most definitely feel loyalty to our family — family first — but also being loyal to those who you serve for, regardless of whether it is the community or the country. These almost tangible things run deep in our 'Hispanicity.'"

Ramos agreed and said many of the Army values are embedded deep in his culture, which helped in his military career.

"It fits right in with the military," Ramos said. "For me, the military life was not difficult at all because it was something I was already very familiar with (because of) my upbringing."

Ramos said as a Hispanic officer, he felt compelled to represent what is possible for younger Hispanic Soldiers, and to be an example of what one can achieve.

Using foot shape to select running shoes is 'sports myth'

Lyn Kukral,

*U.S. Army Public Health Command
(Provisional) Public Affairs Office*

To minimize the chance of injury while running, one should choose a shoe based on foot shape, right?

Results of three military studies showed that prescribing shoes based on foot shape made no difference in the rate at which injuries occurred in Army, Marine and Air Force basic trainees who spend quite a bit of time running.

"We found no scientific basis for choosing running shoes based on foot type," said Dr. Bruce Jones, injury prevention program manager at U.S. Army Public Health Command (Provisional), Aberdeen Proving Ground, Md. "Our findings have surprised not just military decision-makers, many of whom run to stay fit, but runners in general."

Popular running and sports medicine literature recommends that people with high arches should choose cushioning shoes, those with normal arches should choose stability shoes and those with flat feet should choose motion-control shoes, Jones explained. The literature says such shoes will compensate for the way these foot types strike the ground during running and lessen injuries to the legs and feet.



Photo by Karl Weisel

Experts say runners should select running shoes that are comfortable rather than according to foot type.

"This seemed to many of us to make sense," said Jones, who also is a long-distance runner. "But when we looked at it in multiple, scientific studies, it turned out to be a sports myth."

Jones and his colleagues were asked by the Department of Defense to test whether basic trainees suffered fewer injuries if shoes were matched to foot type in the way the literature suggested.

Overall, USAPHC (Provisional)

injury experts led by Dr. Joseph Knapik looked at more than 9,000 pairs of feet, manually measuring arch height as well as taking foot imprints. In the most recent study of Marine recruits, 1,400 men and women were divided into two groups at random. One group received shoes matched to their foot types and the other, the control group, received stability shoes. Like their Army and Air Force counterparts from

two previous studies, the recruits with shoes prescribed according to foot type experienced the same rate of injuries as those in the control group, regardless of other demographics such as age, sex, race and smoking habits.

The military services are keenly interested in preventing injuries from running and for good reason. "Of ... the two million visits to medical treatment facilities a year ... more than 50 percent are lower-extremity injuries caused by weight-bearing training, and the biggest culprit is running," said Jones.

In addition to the pain and disruption the service member suffers, such injuries mean duty time lost to recovery, which in turn affects unit readiness.

Some medical experts argue that static foot morphology is less predictive of injuries than studying the foot in motion, but so far that theory has not been tested scientifically.

In the meantime runners should adhere to the advice of USAPHC (Provisional) experts.

"You can't simply look at foot type as a basis for choosing running shoes if you want to prevent injuries," said Jones. "You should choose a shoe that you like and that feels comfortable."

In other words, if the shoe fits (comfortably) — wear it.

Free comedy show

Comedian Dave Goldstein performs at the Wiesbaden Entertainment Center in Hainerberg Housing Oct. 24 at 6 p.m.

Playhouse auditions

Wiesbaden's Amelia Earhart Playhouse holds tryouts for its holiday theatrical presentation, "Every Christmas Story Ever Told (and then some ...)," Oct. 14 from 7-10 p.m. Adult actors and actresses who can be funny are needed — no previous experience necessary. Performances will be in early December. The theater is located at Konrad-Adenauer-Ring 39, 65187 Wiesbaden. Call civ (0611) 816-2473 for details.

Baumholder Bazaar

Baumholder's Family, Morale, Welfare and Recreation invite everyone to get a jump on the holiday rush by shopping at the Fall Bazaar in the Hall of Champions Oct. 29-30 from 10 a.m. to 7 p.m. and Oct. 31 from 10 a.m. to 5 p.m. Call civ (06783) 6-6115.

'Audience With Murder'

The Frankfurt English Speaking Theatre presents

Things to do ... Things to do

"Audience With Murder" Oct. 15-16 and 21-23 at 7 p.m. (Oct. 17 at 7 p.m.) at the Internationales Theater Frankfurt. The theater is located at Hanauer Landstr. 7 (Zoo Passage). Call civ (069) 493 0503 or visit www.internationales-theater.de for tickets.

Shooter's Bar and Grill

Baumholder's Shooter's Bar and Grill features karaoke Friday from 9 p.m. to 1 p.m., Saturday night country from 8 p.m. to 1 a.m. and Sunday night football starting at 5 p.m. Shooter's is located in Building 8167 on Smith Barracks.

Art in Wiesbaden

The Museum Wiesbaden features a special exhibition — "From the Blue Rider to Abstract Expressionism" Oct. 31 to Feb. 27. Paintings by Kandinsky, Klee and Marc will be on display. The museum is open Tuesday from 10 a.m. to 8 p.m. and Wednesday to Sunday from 10 a.m. to 6 p.m. The museum is located at Friedrich-Ebert-Allee 2.

BOSS Halloween Bash

Wiesbaden's Better Opportunities for Single Soldiers invites adults to a Halloween bash at the Community Activity Center Oct. 29 from 9 p.m. to 1 a.m. Cost is \$5. A Night Before Halloween Monster Mash Bash will be held at the Cappuccino Casino at the Hainerberg Shopping Center Oct. 30 from 8 p.m. to 1 a.m.

Halloween Zumbathon

Head to the Wiesbaden Fitness Center Oct. 30 from 10 a.m. to 1 p.m. to enjoy the Halloween Zumbathon. Besides the outrageous antics and costumes from the Zumba athletes, door and costume contest prizes, fresh fruit and granola bars will be featured. Entrance is \$5. Call civ (0611) 705-5541.

Ski swap

Wiesbaden's Community Activity Center holds a ski swap Oct. 16 from 9 a.m. to 1 p.m. Set-up is at 8 a.m. Cost is \$10 per person to sell items — skis, boots, poles, snowboards, sleds, toboggans, bindings, gloves, boots, etc. Call civ (0611) 705-

5750 to sign up.

USO trips, classes

The Rhein Main Area USOs feature **ballroom dancing, Italian for travelers, tango dance, swing dance, salsa dance, American sign lan-**

guage, cooking and German classes. Upcoming tours include **Würzburg Oct. 16, Wartburg Oct. 16, Berlin Express Oct. 23, Evelin's Wellness Paradise Oct. 23, Riesling Route with Eric the Red Oct. 24, Bastogne and Battle of the Bulge Oct. 30.** Stop by any Wiesbaden USO or call civ (0611) 731 301.



BOSS Commissary Shuttle

U.S. Army Garrison Wiesbaden Soldiers take advantage of the new Better Opportunities for Single Soldiers Commissary Shuttle Oct. 1. The shuttle is offered twice a month, free to single Soldiers who stay in the barracks, as an alternative to help save money on food costs. Contact the BOSS adviser at mil 337-4269 or civ (0611) 705-4269 for more information about the shuttle.

Sports shorts

Civilian Fitness Program

Civilian employees have another opportunity to sign up for the Civilian Fitness Program Oct. 14 from 11 a.m. to 3 p.m. at the Wiesbaden Army Airfield Fitness Center. The program gives employees the opportunity to work out for up to three hours a week during duty hours for a six-month period. For more information call mil 337-7244, email tahromoa.e.skugrud@eur.army.mil or visit the Wiesbaden garrison's home page at www.wiesbaden.army.mil and click on the Comprehensive Community Fitness link.

Prep sports

Baumholder volleyball, cross country and tennis teams play at home Oct. 23. Baumholder hosts the Super Six football showdown Nov. 6. Heidelberg hosts the European Cross Country Championships Oct. 30. Wiesbaden hosts the European Golf Championships Oct. 14-15. Warrior tennis aces face off against the Bucs in Baumholder Oct. 23. Wiesbaden hosts the European Tennis Championships Oct. 28-30. Baumholder welcomes Brussels and SHAPE for volleyball competition Oct. 23. Ramstein and Baumholder head to Wiesbaden Oct. 30 for more volleyball action. The European Volleyball Championships are slated to be held in Kaiserslautern Nov. 4-6.

Adult ballet, Zumba

Adult ballet classes are featured at Baumholder's SKIES Unlimited Monday and Thursday from 5:30-6:30 p.m. Cost is \$85 a month. People can register at the Mountaineer Fitness Center. Zumba toning classes are held on Tuesdays from 10-11 a.m. at Baumholder's Hall of Champions. The classes are free.

Meet UFC fighters/Octagon girls

A meet and greet session will be held Oct. 18 from 10 a.m. to 12:30 p.m. at the Wiesbaden Fitness Center and at 7 p.m. at the Wiesbaden Entertainment Center.

Monster Mash relay runs

Baumholder's Hall of Champions will be the start at 10 a.m. Oct. 30 of various Monster Mash relay runs including a 400-meter costumed relay for children ages 12 and under, and a four-kilometer costume relay run (four-person teams) for ages 13 and up. Register at the Mountaineer Fitness Center through Oct. 29 or call mil 485-7176 for more information.

Winter sports registration

Baumholder Youth Sports and Fitness holds winter sports registration for basketball, cheerleading, jump rope, wrestling, skiing and snowboarding through Nov. 19. Call Parent Central Services at mil 485-7003 for details.

Coaches needed

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



Photos by Chrystal Smith

Homecoming highlights

Wiesbaden High School reignited the traditional bonfire at Wiesbaden Army Airfield after a five-year absence Oct. 8 to kick off its homecoming weekend.

The weekend of sports included football, volleyball, tennis and cross country action in the Wiesbaden community.

Tennis, volleyball and girls cross country athletes saw success during the day's action. However, varsity football competition sent fans away disappointed as they watched the Warrior boys fall to the Heidelberg Lions 54-19.

The Warriors came off a home win, 34-7, against the Vilseck Falcons the week before.

Like in that game and the win against Patch a week earlier, Wiesbaden running back Daniel Harris led the charge for the Warriors scoring two touchdowns on 17 carries.

Tevin Teal, who likewise had a TD against Vilseck, managed to notch another one in the homecoming game.

The Warriors head to Stuttgart Oct. 16.

The Baumholder Bucs also had a tough weekend, with AFNORTH visiting to claim a 22-16 victory. Baumholder travels to Bitburg Oct. 16.



Top photo: Warriors enjoy a traditional bonfire for homecoming weekend on Wiesbaden Army Airfield Oct. 8. Middle photo: Daniel Harris turns to run up field as a Heidelberg defender pursues during homecoming Oct. 9. Photo right: LeAmber Thomas goes up to hit the ball back on the way to victory against AFNORTH Oct. 9 at Wiesbaden Fitness Center.

Schoolbits

Baumholder Child Find

The Student Support Team at Baumholder Middle High School identifies students needing academic and personal support. If you believe your child needs consideration from the SST, contact Principal Danny Robinson. (Courtesy of the Parent Newsletter)

Child Find Oct. 18

Hainerberg Elementary School holds a Child Find screening Oct. 18 for children ages 3-5. Parents with concerns about their child's development in the areas of communication, learning, motor skills, personal-social skills or self-help are invited to call civ (0611) 408-0354 or mil 335-5354 to make an appointment.

UMUC Europe fall registration

The University of Maryland University College Europe is introducing a new seven-week format for onsite courses for fall 2010 session two. The shorter session includes extended registration through Nov. 1, the start date for most onsite classes. Registration for Europe online courses is through Nov. 7, with classes starting Nov. 8. UMUC offers two field study courses — Renaissance Art in Florence (in Italy Jan. 8-15) and Van Gogh: Life and Work (Jan. 8-15 in the Netherlands). Registration deadline for both courses is Dec. 19. Students are encouraged to take a free online seminar, UMUC 411, to get an introduction to UMUC classes. Those who complete the course will have their \$30 application fee waived. Visit www.ed.umuc.edu or the Education Center for more information.

University of Oklahoma

The University of Oklahoma offers graduate degrees programs in human and international relations. An employee assistance class will be held in Wiesbaden Nov. 2-7. Stop by the Education Center on Wiesbaden Army Airfield (Building 1023E), call civ (0611) 705-5937 or email apwiesbaden@ou.edu for more information.

College Night

Wiesbaden High School holds a College Fair Nov. 3 featuring representatives from colleges and universities around the United States. Volunteers are invited to support the College Fair by representing their alma maters at the event. Send an email to wiesbadencollegefair@googlemail.com to get involved.

Shoulder to shoulder

Student shares compelling suicide prevention message in award-winning video

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

They say preventing suicide is everyone's concern, and one Wiesbaden High School student was honored for his efforts to help promote that message.

Col. William C. Butcher, commander of the U.S. Army Garrison Baden-Württemberg, Command Sgt. Maj. Annette Weber, USAG Baden-Württemberg's senior noncommissioned officer, and Col. Jeffrey Dill, USAG Wiesbaden commander, visited Wiesbaden High School Sept. 29 to recognize Logan Mitchell, a high school senior, for his award-winning entry in the USAG-Baden Württemberg's Shoulder-to-Shoulder Video Contest.

Mitchell won a two-night stay at the Edelweiss Lodge and Resort in Garmisch-Partenkirchen and received a certificate of appreciation.

"The way you captured the message was really powerful," said Butcher ... "pretty powerful for folks so young."

With the help of fellow students and school staff, Mitchell produced a 29-second video addressing the Army's "Shoulder to Shoulder" suicide prevention campaign during Suicide Prevention Awareness Month in September.

"The production was a team effort," said Mitchell, thanking everyone who contributed. "It took a lot of planning, and I thank my team for helping out with that."

Mitchell said students learned about the competition, which was open to schools in the Heidelberg District,



U.S. Army Garrison Baden-Württemberg Command Sgt. Maj. Annette Weber (from left) and Col. Jeffrey Dill, USAG Wiesbaden commander, listen as Col. William Butcher, USAG Baden-Württemberg commander, congratulates Wiesbaden High School senior Logan Mitchell for his award-winning "Shoulder to Shoulder" suicide prevention video.

through Wiesbaden High's video teacher, Joe Smith. After reading the project description, Mitchell said he was inspired by the image of people standing shoulder to shoulder to help prevent suicide.

"That's quite an image in itself. ... I wanted to make it seem real," he said, describing how he enlisted the support of fellow students to appear in the video standing shoulder to shoulder.

As the narrator describes such details as "more than 30,000 Americans commit suicide each year" and 30-50 percent more attempt suicide, the camera pans a long line of solemn-faced students arrayed across school grounds.

"It can happen to anyone," said Mitchell, pointing out that many people suffer from depression. "They could be

standing next to you in line." As he observed in the video — "If you're feeling depressed or know someone who is, help out. Stand shoulder to shoulder. I will never give up."

Looking forward to a future career in video production, Mitchell said the experience taught him a lot. "I learned that planning is necessary — planning and story boarding.

Having a back-up plan for when things don't quite work out as planned is also crucial, he said.

"I think it was really an awesome experience," he added.

The video may be aired on American Forces Network television sometime in the future, according to contest officials.

Constitution Day: Hainerberg Elementary School fourth-graders share patriotic program with students, parents

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

Fourth-graders were the stars — and stripes — at Hainerberg Elementary School's Constitution Day Sept. 30.

The Wiesbaden students joined youths across the United States in marking the occasion, also known as Citizenship Day, according to Hainerberg Principal Penelope Miller-Smith. "Today we hope that all of you ... remember that because of our founding fathers we are here today to enjoy life, liberty and the pursuit of happiness."

Dramatic readings, patriotic songs and an original interpretive dance by Wiesbaden middle schooler Jacquarius Jones entertained and informed parents and fellow students in the school's new multipurpose room.



Paul Brown and Hainerberg fourth-graders salute during a presentation at the school's Constitution Day. See more photos at www.flickr.com/photos/wpao.

Led by fourth-grade teachers Vanessa Brown, Melissa McDonald, Susan Ramsey and Rob Skully, the observance also featured a solo step dance performance

by middle school dancer Cassidy Honish, drumming by high schooler Paulee Brown and a trumpet performance by members of the Wiesbaden High School Band.



Tim (played by Paul Rudd, left) checks out Barry's (Steve Carell) mouse exhibit in the comedy "Dinner For Schmucks."

Movie plots

Dinner For Schmucks (PG-13) — Tim (Paul Rudd) is a guy on the verge of having it all. The only thing standing between him and total career success is finding the perfect guest to bring to his boss' annual Dinner for Extraordinary People, an event where the winner of the evening brings the most eccentric character as his guest. Enter Barry (Steve Carell), a guy with a passion for dressing mice up in tiny outfits to recreate great works of art.

Secretariat (PG) — Housewife and mother Penny Chenery (Diane Lane) agrees to take over her ailing father's Virginia-based Meadow Stables, despite her lack of horse-racing knowledge. Against all odds, Chenery, with the help of veteran trainer Lucien Laurin (John Malkovich), manages to navigate the male-dominated business, ultimately fostering the first Triple Crown winner in 25 years and what may be the greatest racehorse of all time.

Red (PG-13) — Frank (Bruce Willis), Joe (Morgan Freeman), Marvin (John Malkovich) and Victoria (Helen Mirren) used to be the CIA's top agents. But the secrets they know just made them the agency's top targets. Now framed for assassination, they must use all of their collective cunning, experience and teamwork to stay one step ahead of their deadly pursuers and stay alive. To stop the operation, the team embarks on an impossible, cross-country mission to break into the top-secret CIA headquarters, where they will uncover one of the biggest conspiracies and cover-ups in government history.

Eat Pray Love (PG-13) — While trying to get pregnant, a happily married woman (played by Julia Roberts) realizes her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey.

The Switch (PG-13) — The film is based on Jeffrey Eugenides' short story "Baster," which centers on a neurotic and insecure man (Jason Bateman) who finds out his best friend (Jennifer Aniston) wants to have a child through artificial insemination. He surreptitiously replaces her donor's semen with his own and is then forced to live with the secret that he is the child's real father.

The Social Network (PG-13) — On a fall night in 2003, Harvard undergrad and computer programming genius Mark Zuckerberg (played by Jesse Eisenberg) sits down at his computer and heatedly begins working on a new idea. In a fury of blogging and programming, what begins in his dorm room soon becomes a global social network and a revolution in communication. A mere six years and 500 million friends later, Mark Zuckerberg is the youngest billionaire in history. But for this entrepreneur, success leads to both personal and legal complications.

At the movies Oct. 14-28

Baumholder, Wagon Wheel

- Oct. 15 — The Social Network (PG-13) 7 p.m.
- Oct. 16 — Dinner For Schmucks (PG-13) 4 p.m. Resident Evil: Afterlife (R) 7 p.m.
- Oct. 17 — Step Up (PG-13) 6 p.m.
- Oct. 22 — Secretariat (PG) 7 p.m.
- Oct. 23 — Eat Pray Love (PG-13) 4 p.m. The Town (R) 7 p.m.
- Oct. 24 — Scott Pilgrim Vs. The World (PG-13) 6 p.m.

Wiesbaden, Taunus

- Oct. 14 — Grown Ups (PG-13) 7 p.m.
- Oct. 15 — Secretariat (PG) 7 p.m. The Other Guys (PG-13) 9:30 p.m.
- Oct. 16 — Secretariat (PG) 4 p.m. Dinner For Schmucks (PG-13) 7 p.m. The Other Guys (PG-13) 9:30 p.m.

- Oct. 17 — Secretariat (PG) 4 p.m. The Other Guys (PG-13) 7 p.m.
- Oct. 18 — Secretariat (PG) 7 p.m.
- Oct. 19 — Dinner For Schmucks (PG-13) 7 p.m.
- Oct. 20 — Step Up (PG-13) 7 p.m.
- Oct. 21 — The Other Guys (PG-13) 7 p.m.
- Oct. 22 — Red (PG-13) 7 p.m. Eat Pray Love (PG-13) 9:30 p.m.
- Oct. 23 — Cats And Dogs: The Revenge Of Kitty Galore (PG) 4 p.m. Red (PG-13) 7 p.m. The Switch (PG-13) 9:30 p.m.
- Oct. 24 — Ramon And Beezus (G) 4 p.m. Red (PG-13) 7 p.m.
- Oct. 25 — Red (PG-13) 7 p.m.
- Oct. 26 — Step Up (PG-13) 7 p.m.
- Oct. 27 — Scott Pilgrim Vs. The World (PG-13) 7 p.m.
- Oct. 28 — Eat Pray Love (PG-13) 7 p.m.



Helen Mirren and John Malkovich take on their former employers — the CIA — in "Red." Photo right: "Secretariat" tells the story of one of horse racing's most famous Triple Crown winners.

Freestyle

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