

# Be on the lookout for ghosts and goblins Oct. 31

It's that time of year again when young ghosts and goblins will be haunting local housing areas.

Official trick-or-treat hours in Baumholder's Smith, Wetzel and Neubrücke housing areas Oct. 31 are 5-8 p.m. The Baumholder

garrison also offers trunk-or-treating from 4-5 p.m. at the Rheinlander Club parking lot where children can go car to car collecting candy.

Wiesbaden housing areas will hold Halloween activities from 5-7 p.m. Trick-

or-treating will be limited to the exterior of buildings. Participants should not enter stairwells in multi-family units. Adults should accompany children under age 12.

**See more Halloween safety tips, activities on pages 8 and 14**



# Herald Union



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Photo by Chrystal Smith

## So glad you're home

Sarah Tullos greets her husband Staff Sgt. Brandon Tullos with a kiss during the welcome home ceremony for the 421st Multifunctional Medical Battalion Oct. 12 in the Wiesbaden Fitness Center. See page 3 for the story and photos.

## Battlemind Training helps spouses, couples cope with deployment challenges

By Jennifer Clampet

U.S. Army Garrison Wiesbaden Public Affairs Office

In a room of 20 military spouses, about 15 raised their hands as Chaplain (Capt.) Josh Metz asked, "Who's gone through a deployment before?"

The number wasn't surprising. The spouses and families of 1st Armored Division Soldiers are gearing up for the unit's next deployment to Iraq expected to begin early next year.

"They're experts themselves," said Metz, a chaplain with the U.S. Army Garrison Wiesbaden Religious Services Office.

As operational deployments continue, Army families are becoming accustomed to the challenges of staying behind. But a new training module is providing some Battlemind skills to help spouses and couples minimize the impact of deployment stresses.

Expecting to present a training seminar that eases spouses through the challenges of deployments, Metz had to change pace for his audience.

"These people had lived the reality already," he said.

His goal during the unit's first Spouse Battlemind training was to foster a sense of community and resiliency.

"I wanted them to have a sense of 'we can do this,' to come out stronger by (the deployment experience) rather than ravaged by it," he said.

Battlemind training for Soldiers was first initiated by the Walter Reed Army Institute of Research as a way

**See Battlemind on page 4**

## Cameras spell big fines, suspensions for speeders

By Robert Szostek

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

German police sometimes set up more than one radar camera along the same stretch of Autobahn, "but someone caught in two sequential traps is obviously speeding deliberately."

"The theory is that anyone can unwittingly drive faster than the speed limit for a short time," said Maj. Vincent Amerena, deputy chief of law enforce-

ment at the U.S. Army Europe Office of the Provost Marshal.

The *Rheinpfalz* newspaper reported that double camera control points were currently set up near Baumholder on Autobahn A62, and noted that similar control points are planned along Autobahns A63 and A6. According to the article, excessive speed is involved in 80 percent of the accidents with injuries or deaths in these areas.

A spokesman for the USAREUR

Vehicle Registry said anyone caught speeding in two sequential radar traps is liable for fines of up to €2,000, a six-month suspension of driving privileges and 12 points to their USAREUR driver's license.

"Two tickets on the same day could easily put someone over 12 points in one year," said Tom Lorenzini, registrar at the USAREUR Vehicle Registry. In that case, his or her license is required to be suspended for six months, he added.

Motorists in Germany face driving suspensions of at least one month if they are caught driving more than 31 kilometers per hour faster than the speed limit inside built-up areas. Outside built-up areas the driving suspensions kick in at speeds of 41 kilometers per hour over the speed limit.

Driving suspensions issued by German authorities always lead to the suspension of a USAREUR license, OPM officials added.

**Daylight saving time ends Oct. 25. Remember to set clocks back ... see page 3**

## Feedback: *What's your favorite Halloween memory?*



**Sgt. 1st Class Claudia Twiss**  
Headquarters and  
Headquarters Company,  
66th Military Intelligence  
Brigade

“My favorite memory is from last year painting my kids’ faces — a butterfly princess for my daughter, a ninja vampire for my son and the other was a soccer superhero.”



**Ryder Mathews**  
Baumholder Arts and Crafts

“Since Oct. 31 is my birthday I have many, but recently, painting the signs for Baumholder’s haunted house has been the best.”



**Rodney Clark**  
Wiesbaden Red Cross  
station manager

“Knocking on doors and taking all the candy. Also, seeing all of the costumes; the ones I remember the best were the superhero costumes.”



**Elizabeth Renner**  
Baumholder pool employee

“My fondest memory was in ’07 when my friends and I were dressed up in our costumes and were all dancing two-step at the Casabra Club in Vogelweh.”



**Bianca Bowen**  
Directorate of Plans,  
Training, Mobilization  
and Security, U.S. Army  
Garrison Baumholder

“Oct. 31, 2002, during our garrison Halloween party in our conference room. That’s when the real me came out.”

# Flu season is here

## Officials encourage hand washing to lessen spread of illnesses in community

**By Tahroma Skugrud**  
U.S. Army Garrison Wiesbaden  
Health Promotions Office

Over the last 10 weeks officials have seen a dramatic increase in influenza-like illnesses in the Wiesbaden community and throughout Europe.

Children ages 5-17 have been especially impacted, with more than 400 cases reported Europe-wide in the past week alone — almost double the number of cases compared to last year.

Because of this concerning trend, the garrison’s Comprehensive Community Fitness Program is targeting the flu virus through a Clean Hands Campaign.



Wiesbaden garrison commander Col. Jeffrey Dill and community public health experts want to reinforce how important hand washing is to decrease the spread of H1N1 flu, seasonal flu and most other infectious diseases.

Frequently and carefully washing your hands, and using sanitizer when soap and water are not available, are crucial for keeping yourself and others safe.

Cover your mouth when you cough or sneeze with a tissue or your sleeve — not with your

bare hands.

While these practices limit your risk of infection, vaccination can protect you once you are exposed.

The free seasonal flu vaccine is available in the shot or mist form at the Wiesbaden Health Clinic on a walk-in basis from 8-10 a.m. and 1-3 p.m., Monday to Friday.

Children 6 months of age and older can be vaccinated.

Those with lowered immune systems, such as pregnant women, are strongly encouraged to protect themselves.

Look for more information on the Clean Hands Campaign and the H1N1 influenza vaccination in future issues of the *Herald Union*.

## FRGs need community support

**Commentary by**  
**Dericklyn Russell-Parker**  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

The Family Readiness Group is the pathway for direct connection to command information and unit readiness.

The core of the FRG is to provide support to military personnel and their families before and after deployment. And at the foundation of the FRG is you.

It is your FRG, and we need your support, because without you there is no FRG.

This is why your support is so vital to the overall success of an FRG.

The FRG was created with you in mind. Soldiers and families are strongly encouraged to support their FRGs.

Soldiers, civilian employees and families relocating to the Wiesbaden community can

find out during the in-processing what units they are assigned to and inquire about information relating to that unit’s FRG.

The FRG was established to provide activities and support to enhance the flow of information and to increase the resiliency of unit Soldiers and their families.

In doing this, we provide practical tools for adjusting to military separations and enhancing the well-being of our Soldiers and families.

In closing, your FRG needs you to get involved and volunteer. Contact your unit. Ask about fundraising events and other activities that you can support.

Give what you can when you can. And remember without you there is no FRG.

For more information, visit [www.armyfrg.org](http://www.armyfrg.org) or contact your unit family readiness support assistant for more information on how to get involved.

**‘Drug Free Is The Key’ — Celebrate Red Ribbon Week Oct. 26-30 by making a commitment to stay substance abuse free.**

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## News flash

### Set clocks back Oct. 25

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

### Special election mail

President Barack Obama named John M. McHugh, former New York 23rd Congressional District representative, as the secretary of the Army Sept. 16. As a result a special election will be held Nov. 3 to fill the vacant district seat. Express mail service will be available to service members and civilians voting absentee. Participating voters must take their ballots to the Military Post Office to receive the service, and properly fill in the Express Mail mailing label (PS Form 11b) to receive the service. Ballots dropped in the drop box without the mailing label will not be accepted for the express mail service and will be processed under normal special handling conditions. Call civ (0611) 705-5437 or mil 337-5437.

### Online photo support

Soldiers in Europe can now schedule their official Department of the Army photography appointments online. The new, web-based Visual Information Ordering Site, [www.vios.army.mil](http://www.vios.army.mil), allows Soldiers to schedule DA photos, location photography, graphic and video production, presentation support services, media and equipment loan electronically.

### Retiree Appreciation Day

A Retiree Health Screening and Appreciation Day will be held Nov. 4 from 8 a.m. to noon at the Wiesbaden Health Clinic. The day will feature immunizations, blood tests, eye and colon screening, women's health (pap smears and mammogram scheduling) and appointments for a doctor's visit (call civ 0611-705-6320).

### 5th Signal casing

Headquarters, 5th Signal Command, cased its colors Oct. 16 in Mannheim in preparation for its move to Wiesbaden Army Airfield. About 125 Soldiers and 250 family members are moving this month. Some members of the staff will remain in Mannheim until renovations on the new headquarters building are completed. The command's 2nd Signal Brigade headquarters will also move with about 45 Soldiers and 30 civilians from Mannheim to Wiesbaden Army Airfield in 2010. The move is part of ongoing Army transformation.

# 'Welcome home Viper Medics'

By Jennifer Clampet  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

Sherry Schwab's T-shirt screamed the message her voice forgot as her husband and 78 other Soldiers marched into the Wiesbaden Fitness Center Oct. 12.

"Welcome home, Viper Medics."

Schwab and her 3-year-old son fidgeted on the bleachers posing a sign that read "Welcome Home Daddy" as they anxiously awaited the arrival of the 421st Multifunctional Medical Battalion Headquarters and Headquarters Detachment.

After 12 months in Iraq dedicating time to an intricate mission of standardizing health care in U.S. military medical and dental clinics and working with Iraqi ground forces to establish an Iraqi Heroes Clinic, the mission was done and the Soldiers were home.

"They performed their mission beyond my expectations," said Lt. Col. Noel Cardenas, commander of the 421st Multifunctional Medical Battalion.

Responsible for 1,000 Soldiers sprawled out over 20 separate forward and contingency operating bases, Cardenas called the unit's mission "complex."

"It was a lot of hours, but I'm extremely proud to be associated with this group and the 25 other units," he said.

Ending his remarks, Cardenas said, "Job well done. It's time to be reunited with your families."

As the unit was called to attention and then dismissed, a flood of families erupted from the bleachers.

Sgt. 1st Class Douglas Schwab hurried to embrace his wife, and then he



Photo by Chrystal Smith

**Lt. Col. Noel Cardenas, 421st Multifunctional Medical Battalion commander, leads the formation of redeploying Soldiers to their place at the center of the Wiesbaden Fitness Center as families, friends and fellow Soldiers welcome them home from a 12-month deployment in Iraq.**

looked around surprised to see every one of his neighbors smiling at him.

The only thing Schwab had asked for at his homecoming was a meal of hamburgers, French fries and real mayonnaise. But in addition to special-made T-shirts and a fully decorated house with welcome home banners easily visible from the street, Sherry had a crowd of neighbors who during the one-year deployment became an important part of the Schwab family.

Just as Schwab was about to deploy, his wife Sherry was in the United States

unable to return to see her husband off.

"They saw him off when he left," Sherry said referring to her neighbors who pulled together at the time of Schwab's deployment to see him off. And on Oct. 12 they were there again, to bid him farewell.

"I didn't expect everyone to be here," Schwab said as he held his son.

"We were only here (in Wiesbaden) two months before I left. It's great of course. Unexpected. I guess you could say it's just unexpected."

# No heat, hot water Oct. 30-31

The main heating plant will be shut down on Wiesbaden Army Airfield resulting in no heat and no hot water from 9 a.m. Oct. 30 to 1 p.m. Oct. 31 in order for the installation's heating supplier ESWE to perform urgent work on the main heating distribution line. This will affect all buildings on the airfield which includes all offices and homes. Some front-door services will be affected.

"The garrison is working with all organizations involved to minimize the impact of this action on the community," said David Holt, director of public works.

The dining facility will remain open. Child Development

Center facilities will operate at reduced capacity and the fitness center will have reduced hours. Portable shower containers are being contracted and will be staged near the Community Bank, outdoor recreation parking lot and in the housing area along Heer Strasse.

The scope of work requires extensive draining, welding and refilling of the base-wide underground heat distribution system. Once the heating plant has been shut down, the underground distribution system must be drained to ensure the pipes being welded are dry and not under any pressure. Upon completing and testing the newly welded pipes, the

distribution system must be refilled. Extra welding crews will be on hand to speed the welding process. And to minimize the time necessary to refill the system, the replacement water will be delivered by tanker truck.

DPW officials recommend all windows and main entrance doors remain closed to retain heat in the buildings. Cold water is not affected and will be available on both days. Hot water lines in buildings and apartments will continue to flow water until the heating water from storage tanks has been used.

This will affect most of the services offered at Wiesbaden Army Airfield. People

conducting business at the airfield during this period are advised to call the specific service provider before going. Housing residents should direct their concerns related to this service outage to either Ernst Kusiak at civ (0611) 705-5032, mil 337-5032, cell (0162) 273-1548; Robert Robinson at civ (0611) 705-5344, mil 337-5344, the DPW Service Order desk during duty hours at civ (0611) 705-9999, mil 337-9999; or the Fire Department after normal hours at civ (0611) 705-115 or mil 337-115.

Go to the garrison website at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil) for more information about affected installation services.

## From the blotter

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

### Sept. 29

**Baumholder:** A noncommissioned officer was charged with being drunk on duty after failing an intoxilyzer test.

**Wiesbaden:** A Soldier was charged with wrongful possession and use of a controlled substance after failing a urinalysis test.

### Sept. 30

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

**Wiesbaden:** A Soldier was charged with fleeing the scene of a traffic accident.

### Oct. 1

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

**Wiesbaden:** A senior NCO was charged with drunken driving after being stopped by German Police and failing a breathalyzer test.

### Oct. 2

**Baumholder:** An NCO was charged with wrongful possession and use of a controlled substance after failing a urinalysis test.

### Oct. 4

**Baumholder:** A Soldier was charged with simple assault after being involved in an altercation which turned physical.

**Wiesbaden:** A Soldier was charged with child endangerment after living in an unsanitary manner.

### Oct. 5

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

**Wiesbaden:** An NCO was charged with a traffic accident after striking another vehicle.

### Oct 6

**Wiesbaden:** An NCO was charged with a traffic accident after striking another vehicle.

### Oct. 7

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

### Oct. 8

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

**Wiesbaden:** A family member was charged with a traffic accident after striking a vehicle.

### Oct. 9

**Baumholder:** Two Soldiers were charged with smuggling drugs across the border from the Netherlands to Germany.

**Wiesbaden:** A senior NCO was charged with a traffic accident after striking a traffic pylon at the Frankfurt Airport.



Photo by Karl Weisel

## Every drop counts

**Tara Whitman of the Armed Services Blood Bank Center-Europe takes blood from Staff Sgt. Joshua Ladenburg of the 1st Military Intelligence Battalion in Wiesbaden's Tony Bass Fitness Center Oct. 8. The blood drive, sponsored by the 66th Military Intelligence Brigade, offered service members and civilians the opportunity to "give the gift of life" to others in the European, Central and African Commands, said Michael Peacock, blood donor recruiter for the Landstuhl-based Armed Services Blood Bank. "We try to get at least 300 good donations a month," he said, adding that potential donors can visit the center's home page at [www.militaryblood.dod.mil/europe/default.aspx](http://www.militaryblood.dod.mil/europe/default.aspx) for information about donating.**

## Battlemind .....

*Continued from page 1*

by the Walter Reed Army Institute of Research as a way to prepare Soldiers for the demands and challenges of military life, operational deployments and combat.

The Spouse/Couple Battlemind training builds on the key components of independence and resiliency. It focuses on how to handle stressful challenges and is presented in an acronym form.

The training focuses on areas where Soldiers and spouses can reduce or eliminate deployment-related concerns common to military life. The training targets Bonds or social support; Adding or subtracting family roles; Taking control; Talking it out; Loyalty and commitment; Emotional balance; Mental health and readiness; Independence; Navigating the Army system; Denial of self or self sacrifice; and Cues for help.

"Spouses and trainers continue to request additional information or training on this subject matter especially as the war and the other operational deployments continue," said Toya Trevino, a training instructor at the Army Medical Department Center and School at Fort Sam Houston in Texas.

Designed to get couples and spouses thinking ahead of relationship issues that can arise from deployments, the training naturally targets spouses who are going through a deployment for the first time.

But as Kim Whaley can attest to, each deployment brings new challenges.

"I have three deployments under my belt (as a spouse)," said Whaley, the family readiness support assistant for 1st AD Special Troops Battalion. "I always know there's something else going on that changes each deployment experience. You're in a different place in your life during each deployment, so no deployment experience for you is ever exactly

the same."

A few tips swapped by spouses for keeping the children involved included tic-tac-toe played by mail, a stuffed animal posed in pictures such as a traveling gnome and a jar of memories so children always have something to say when Mom or Dad calls from downrange.

"And social support doesn't need to have a label ... whatever you call it or wherever you find it, get that support, be it from your FRG, friends, family or faith group," said Metz as he explained the importance of a social network to turn to during a deployment cycle.

Metz paused when the training reached the Loyalty and Commitment slide.

"This is a huge topic. It's a huge deal," he said.

Commitment by both Soldiers and their spouses toward a relationship is crucial, according to the Battlemind training.

"Deployment and separation can be a positive growth experience for you and your family," said Metz.

Regina Kelly, Family Readiness Group leader for the battalion's 146th Signal Company, still gets teary eyed when she thinks of her husband's last deployment — but in a good way. Her husband sent her a card in the mail every week during his one-year deployment in Iraq. "It was a nice way of showing that even after so many years of marriage he still loved me and found a way to say it," said Kelly.

The battalion will be organizing more Spouse Battlemind training sessions in November. For more information on the upcoming training, 1st AD STB spouses can contact Whaley at civ (0611)705-6510.

For more information on Battlemind training for Soldiers and families visit [www.battlemind.army.mil](http://www.battlemind.army.mil).

## 1st AD motor pool becomes a family affair

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

It isn't unusual to find a tradition of military service in families. In fact, it is often seen as a rite of passage.

However, it is somewhat atypical for two brothers to be in the same unit and stranger still for them to be identical twins.

Twenty-three years ago, Jamaal Wilson was born 43 seconds before his twin brother Jamile — a happenstance the younger brother swears has to do with luck and the older brother claims has to do with grace.

Regardless of the argument as to why Jamaal was born first, the brothers did decide on the same career path within the Army. They are both all-wheel vehicle mechanics assigned to Company B, Special Troops Battalion, 1st Armored Division and will deploy in support of Operation Iraqi Freedom later this year.

Joining the Army was always a possibility the brothers closely considered. They were both active in their high school Junior Reserve Officer Training Corps programs. After graduation they pursued college and each brother started a family.

Citing a desire to provide



Pfc. Jamaal Wilson (left) shakes hands with his twin brother Pfc. Jamile Wilson. Photo right: The twin brothers inspect a five-ton wrecker while at the Grafenwöhr Training Area with Company B, Special Troops Battalion, 1st Armored Division.

a more financially stable environment for his children and a sense of duty to serve, Jamile said he knew he wanted to join and that he wanted his brother to join with him.

"My father and my mother were both in the Army," said Jamile, a private first class, the same rank as his brother. "So it felt right and natural for us to follow in their footsteps and try to make our own path at the same time."

Jerome Wilson recently retired from the Army as a sergeant first class and teach-

es ROTC in Atlanta, their hometown.

"I think my father was a big influence on us," said Jamaal. "He always taught us to take the hard right instead of the easy wrong."

During basic combat training at Fort Jackson, S.C., the brothers were in different companies but were in the same battalion. They kept the fact that they were twins a secret



from their drill sergeants and battle buddies.

"We were really trying to be individuals during basic training," Jamile explained.

But any anonymity was quickly lost during advanced individual training, where the brothers found themselves in the same company and all the same training classes. In fact, each of the brothers took turns as the student first sergeant. The twins were initially assigned to different duty

stations in Germany but once they arrived at reception, someone intervened and arranged for them both to go to the 1st AD at Wiesbaden Army Airfield. Jamile was originally set to work at the 1st AD Headquarters but soon after was transferred

to the same motor pool as his brother.

"This is the first time I have seen brothers in the same unit," said Sgt. 1st Class Javier Weingart, Co. B, STB, 1st AD, motor sergeant. "And twins, it's very unique."

Working with the Wilson brothers has presented a unique set of challenges.

"It took me about two months to be able to tell them apart, but Jamile is a little taller and has a mole [under his eye]," Weingart joked. "But they are both motivated, maybe the most motivated guys we have in the shop."

Although surprised by the good fortune that kept them together, the Wilson brothers are thankful to work and deploy together.

"A lot of people aren't fortunate enough to have their brother there with them," said Jamile. "If I have a down day, my brother will be right there to push me."

The short-term priority for both brothers is to get the job done downrange and make it home safely to their families. As for their military careers, neither one could stand for the other to outrank him.

"I heard a story about twin sergeants major," said Jamaal. "Maybe we could be next."

## Connecting candidates with jobs

Nancy Murray talks with Exceptional Family Member Program manager Tom Jenkins about job possibilities at the Army Community Service-sponsored Job Fair Oct. 9 at the Community Activity Center on Wiesbaden Army Airfield. The event featured numerous potential employers, volunteer opportunities and educational resources. "It was very informative — a lot of different companies represented," said Murray who was interested in a social services position.



Photo by Karl Weisel

## Volunteering pays off

By George Smith  
American Forces Network-Europe

Volunteering paid off for Liz Kinsella. She got a job with AFN Hessen on Wiesbaden Army Airfield.

Kinsella has a degree in radio, television and film. So when she and her Army husband got to Germany, her first stop was the on-base radio/TV station. There were no paying jobs at the time, so she started volunteering for AFN Hessen. She worked 40 hours a week and co-hosted the station's afternoon show from 2-6 p.m. weekdays, produced radio and TV announcements, recorded a weekly segment called "Kids News" and interviewed people for the DJ show. She learned a lot as a volunteer.

"My background in television before AFN was in animation. This is

a whole different ball game. I'm very thankful for this opportunity to work with such creative minds."

Her volunteer work, coupled with her education and previous experience, led to her selection for the job of traffic manager. When she starts her new job, she'll schedule AFN Hessen TV messages, archive TV footage, serve as the focal point for digital work flow and work on the station website.

Volunteers get credit and recognition from the Red Cross or Army Community Service for their time. AFN Hessen occasionally uses volunteers if the person has a background in radio/TV, along with the right drive, skills, reliability and availability. If you're interested, contact AFN Hessen.

# Homecoming abounds with spirit, sport



Photos by Chrystal Smith

Daniel Harris rushes for yards during the opening drive of Homecoming football action versus the Den Haag Broncos Oct. 17. Harris had 23 carries for 150 yards rushing and three touchdowns in the 28-14 victory. Football action was at the center of Wiesbaden High School's Homecoming activities for 2009.

From a sleepy start to a strong finish, Wiesbaden High School's homecoming activities showcased a week of blue and gold spirit.

Starting with a pajama day on Oct. 13, the school's spirit days peaked at the Oct. 15 pep rally where students donned school colors and zombie faces for a rendition of Michael Jackson's "Thriller" dance.

The week ended with a 28-14 win for the Wiesbaden Warriors over the Dutch football team, the Broncos, on Oct. 17. The cold and rainy conditions didn't keep fans away as the Warriors' Daniel Harris rushed in three touchdowns, and Tyrese Davis carried for one touchdown.

And Wiesbaden High's homecoming dance Oct. 17 was a "Don and Diva Affair" with a red carpet Hollywood theme. The 2009 Wiesbaden High School Homecoming Court includes seniors Ivory Freeman and Ashley Smith as king and queen; juniors Antonio Trawick and LeAmber Thomas as prince and princess; sophomores Tyrese Davis and Daileen Rodriguz as duke and duchess; and freshmen Nathaniel Morris and Ashley Acevedo as baron and baroness.



Warrior defenders Tevin Teal and Tre Johnson (21) take down a Bronco player to stop a first quarter drive.

## WARRIOR SPIRIT



Holly Salvo lines up for a bogey attempt at hole seven at the Rheinblick Golf Course during Department of Defense Dependents Schools Golf Championships Oct. 16. Salvo closed out the competition winning the overall girls competition after leading the field the entire tournament.



Duke nominee Thomas Murphree escorts duchess nominee Daileen Rodriguz during the Homecoming court parade held during halftime of the football game .



Wiesbaden's Ashley Smith goes high to block the bump return from Baumholder during play Oct. 17. Smith got 15 kills and a block during match play versus Baumholder.

# Hispanic Heritage

*Community celebrates through song, dance, cuisine and games*

**By Jennifer Clampet**  
*U.S. Army Garrison Wiesbaden  
 Public Affairs Office*

As the footprint of Hispanic heritage continues to grow in the United States, one second-generation Latina is leaving her mark and encouraging all Americans to do the same.

Ernestine Moya, U.S. Army Europe Equal Employment Opportunity director, admits her life hasn't been a smooth and easy journey.

During a Hispanic American Heritage Luncheon Sept. 29 at the U.S. Army Garrison Wiesbaden Dining Facility, the grandmother of three described her grandparent's plight, then her parents and then hers as generations of her family continued to look for a better life while still celebrating their culture.

President Barack Obama likens the story of Hispanics in America to the story of America itself.

In the 2009 proclamation for National Hispanic Heritage Month, Hispanics are recognized as having played a vital role in the moments and movements that have shaped the United States.

"Many have taken great risks to begin a new life in the hopes of achieving a better future for themselves and their families," the proclamation reads.

According to the U.S. Census, the estimated population of Hispanics in the United States was 46.9 million in July 2008 – making people of Hispanic origin the nation's largest ethnic or race minority.

To date the U.S. Armed Forces has 1.1 million Hispanic veterans.

With vibrant Latin music, spicy cuisine and catchy Spanish phrases, Hispanic heritage has undoubtedly transformed the United States and become common place, said Moya.

But all that is just the tip of the iceberg.

"It's important to share what's at the bottom of that iceberg," said Moya, referring to the Hispanic culture's deep faith, family values and strong work ethic.

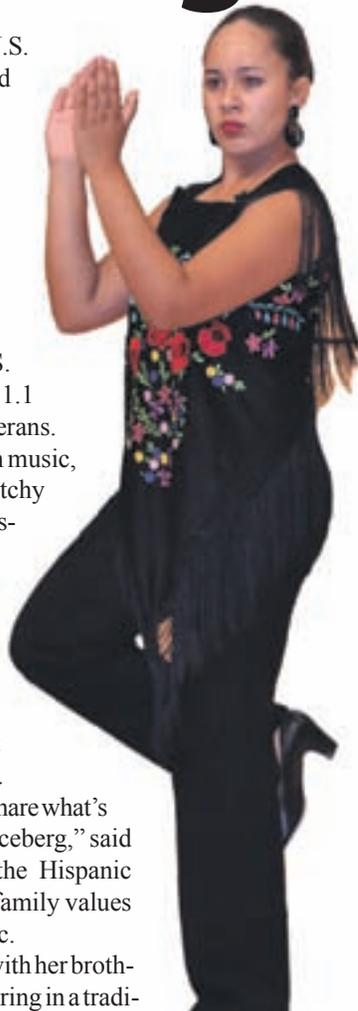
Raised on a farm with her brothers and sisters and sharing in a tradition of helping neighbors who did not have enough to harvest, Moya wove a short story of family, faith and hard work.

But as she mentioned her mother's eighth-grade education level, Moya stressed the importance of education. Currently working on her doctorate from the University of Oklahoma, Moya said in her family education has become a stepping stone for each generation, with the next generation always showing promise to go further in the levels of education.

"It hasn't been easy, but we have a responsibility from those who came before us," said Moya. "The bottom line is you are in control of your destiny."

**Photo left: Clarence Reid Jr. takes the first swing at the piñata as a part of festivities during the Hispanic Heritage Celebration at the Wiesbaden Fitness Center Oct. 2 hosted by the U.S. Army Garrison Wiesbaden community Equal Opportunity advisers. The event featured Ernestine Moya, USAREUR EEO director, flamenco dance demonstrations and Hispanic cuisine. Photo upper left: Arantxa Hackett Tuero performs the Colombianas, a flamenco-style that is a fusion of Spanish and Caribbean movements. Photo top right: Bernice Lattimer performs a traditional male dance called the Farruca.**

Photos by Chrystal Smith



Photos courtesy of Outdoor Recreation

## Taking it to the Edge

**By Jamielyn Riffin**  
*U.S. Army Garrison Wiesbaden  
 Public Affairs Office*

"Come on, Sarah. Push it. Come on."

Those simple, yet encouraging words pushed one young lady to exceed her personal limitations, to walk the extra mile and climb the rock wall at the Wiesbaden Fitness Center. Maybe she could have done it by herself without the encouragement, but the staff of Wiesbaden Outdoor Recreation in cooperation with Child, Youth and School Services' Edge Program helped her find confidence and strength to go all the way.

Through the program Wiesbaden youths are enjoying a host of challenging activities from rock climbing to canoe adventures.

Wiesbaden Outdoor Recreation's Joseph Harris (pictured above with an Edge participant) said the Edge Program helps youths grow mentally, physically and socially.

For more information on the Edge call or stop by your local Child, Youth and School Services Center or Outdoor Recreation.



# Remember safety during Halloween

**By Roland Geib**

*U.S. Army Garrison Wiesbaden  
Safety Office*

It's time for Halloween — one of the most favored of children's holidays.

Children may look forward to Halloween because of the opportunity to dress up in spooky costumes. But more than likely it's the candy and treats that most enjoy.

Trick or treating should be an adventure for children. The activity should not result in an accident or injury because the excitement made them forget to be careful or to stay alert to safety hazards.

A few simple tips can help to prevent tragedies from happening.

Help your child pick out or make a costume that will be safe. It should be made out of fireproof materials.

In case your child is wearing a face mask, the eye holes

should be large enough to provide good peripheral vision. The costume should not be too long so that the child could stumble over it.

If your child is carrying a prop, it should be made of a flexible material such as rubber. Provide your child with a torch light, glow stick or chemlight. Reflective tape attached to the costume makes your child more visible to car drivers.

Plan a safe route and know where your children are at all times. The best approach is for the children to always be accompanied by a responsible adult. Children age 12 and younger should never go unaccompanied. Tell your children to stay in familiar areas and not to approach houses where no lights are on.

It is also safer to stay together in a group. Set a time children should be home and instruct them never to go into

the home of a stranger or get into a car with a stranger. Teach your children to stay on sidewalks and not to cross roads without looking carefully for oncoming traffic.

Homeowners should make sure the front yard is free of tripping hazards such as hoses, flower pots and ladders.

And finally, treating your children to a nice spooky Halloween dinner will probably make them less likely to eat the collected candy before you have a chance to check it. Although tampering is rare, tell your children to bring the candy home to be inspected.

Check the wrapping carefully and toss out anything that looks suspect.

Observing these few simple rules can make your child's Halloween a safe and memorable experience, and they'll have good memories that will last a lifetime.

## Halloween happenings

### Halloween Scramble

The Rheinblick Golf Course will hold a Halloween Golf Scramble and Night Light Putting Tournament Oct. 24 with a shotgun start at 4 p.m. Golfers wearing Halloween costumes will receive a coupon for two buckets of practice balls. Golfers must be at the course by 3:30 p.m. After 3:30 p.m. golfers who are signed up but not present will be considered no shows. The cost is \$20 for members and \$30 for nonmembers.

### USO offers free Halloween goodies

On Oct. 31 from 5-7 p.m. the USO Cottage staff in Hainerberg Housing will be giving out free food and candy to trick-or-treaters and their parents. The USO will be serving free hotdogs, drinks, chips and candy at the cottage at Washington Str. 18 by the old thrift store. USO volunteers will also be giving out free coffee.

### Monster Mash

The Cappuccino Casino will hold a Halloween Monster Mash event starting at 7 p.m. at the Hainerberg Shopping Center location. The Halloween-themed party is open to those 18 and older. A costume contest will award first-, second- and third-place prizes.

# Recognizing consistent customer service

U.S. Army Garrison Wiesbaden leaders in cooperation with the Army and Air Force Exchange Service, Defense Commissary Agency and Medical Command awarded the following employees for excellent customer service for September.

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 perfor-



**Alvarado**



**Boopathy**



**Gonzalez**



**Harmon**



**Martinez**



**Roll**

mances were dually noted by customers who submitted comments to the Interactive Customer Evaluation system and coworkers:

**Guadalupe Alvarado**, Directorate of Plans, Training, Mobility and Stationing plans specialist;

**Sooriya Boopathy**, Directorate of Public Works housing specialist;

**Angel Gonzalez**, Directorate of Family Morale, Welfare and Recreation Value Added Tax accounting technician;

**Larry Harmon**, Directorate of Family Morale, Welfare

and Recreation information services officer.

**Richard Martinez**, Directorate of Logistics food service specialist;

**Natasha Roll**, Directorate of Plans, Training, Mobility and Stationing security manager.

Nominations are submitted monthly to the Plans, Analysis and Integration Office and are evaluated by a special commit-

tee that comprises representatives from garrison directorates and staff agencies.

Employees become eligible after completing customer service training.

Customer service training is offered monthly through the Directorate of Plans, Analysis and Integration Office.

Call mil 337-6337 for more information.



Photo by Karl Weisel

## Teaching ways to prevent fires

Youngsters in the Wiesbaden Army Airfield Child Development Center get a close-up look at firefighter uniforms and equipment Oct. 6 during Fire Prevention Week. Karen Morrell and Sascha Schubert of the Wiesbaden Fire Department describe how firefighters can help in the case of a fire. Photo above: Firefighters demonstrate the water power of a modern fire engine.



# Time for Fall Clean-up at work, home



Oct. 29 is the big day for housing clean-up.

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

With autumn in full swing, members of the U.S. Army Garrison Wiesbaden will soon be giving their living and working areas a brisk cleaning.

The garrison's community-wide Fall Clean-up is slated to be held Oct. 26-30, said Master Sgt. J. St. Germaine, USAG Wiesbaden's housing noncommissioned officer in charge.

All of the units on the installation will clean up their common areas during that time while Oct. 29 will be dedicated to giving service members and families time to clean up their housing areas, St. Germaine said. "Oct. 29 is the big day for housing. Soldiers will be released from work ... and family members are encouraged to take part."

Fall Clean-up is intended "to improve the appearance, eliminate

health and safety hazards and improve the quality of life within the community," he said.

That includes removing unsightly litter, refuse, leaves and branches in common use areas, housing areas and other garrison locations.

"This year the focus is on cleaning up the insides of buildings, including stairwells and basements," St. Germaine said, pointing out that getting rid of left property is a priority. "Right now we're having a real issue with families leaving items in basement storage areas when PCSing."

Bulk items can be placed next to trash collection points for pick-up, he said.

Residents who do the best job of cleaning up their housing area

buildings will receive a building sign of recognition and a garrison certificate.

Judging will be held Oct. 29.

Housing residents can get supplies such as rakes, plastic bags and other tools at the Home Improvement Store located at Mississippi Str. 3 in Hainerberg Housing, said St. Germaine.

The facility is open Monday through Friday from 10 a.m. to 4:45 p.m. and Saturday from 9 a.m. to 1:45 p.m. For more information call mil 337-5583.

**Clean-up supplies are available for housing residents at the Home Improvement Store**

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## Community notes ... Community notes

### Heritage observance

U.S. Army Garrison Wiesbaden holds an American Indian/Alaska Native Heritage Month observance at 1:30 p.m. Nov. 10 at the Wiesbaden Fitness Center. There will be Native American and American Indian presentations, a trip giveaway and more. Call mil 337-5897 for details.

### Singers sought

A newly formed show choir, with an a cappella focus, is seeking adult singers interested in performance opportunities throughout the garrison community. Rehearsal dates and times are currently being determined. Call civ (0161) 171 200 184 for more information.

### Arts and Crafts Fair

Join Wiesbaden Arts and Crafts for the annual Arts and Crafts Fair Oct. 24 at the Community Activity Center from 10 a.m. to 2 p.m. Register with Wiesbaden Arts and Crafts at Building 1214 to rent a table for \$10.

### Victory Point Bar

Victory Point Bar is open Tuesday to Thursday from 5 p.m. to midnight; Friday, Saturday and Thursdays before training holidays from 5 p.m. to 1 a.m. Last call is one hour before closing.

### Veterinary Clinic walk-in day

The Wiesbaden Veterinary Clinic will have a walk-in day

for deploying families to ensure their animals are up to date with vaccines and to issue any health certificates for animals leaving the country. No appointment is necessary, but all animals must be registered. Call civ (0611)705-6283 for more information.

### Health Clinic limited hours Oct. 30

The U.S. Army Health Clinic Wiesbaden will have limited hours Oct. 30. The clinic will conduct patient care from 7 a.m. to noon. It will resume normal hours Nov. 2.

### Red Cross classes

The Red Cross offers a CPR review class Oct. 28. Stop by the Red Cross in Building 1023E, Room 308 on Wiesbaden Army Airfield or call civ (0611) 705-1760 to sign up.

### Pumpkin Mile

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

### Dining facility hours

The Wiesbaden Dining Facility, which reopened to civilians on Oct. 1, has the following hours of operation: weekdays breakfast from 7-9 a.m., lunch from 11:30 a.m. to 1 p.m. and

dinner from 4:30-6 p.m.; weekends and holidays brunch from 9:30 a.m. to 1 p.m., supper from 5-6:30 p.m. Meal rates are \$2.30 for breakfast, \$4.25 for lunch and dinner, \$4.85 for brunch, \$5.95 for supper and \$7 for a holiday meal.

### Housing market help

Military homeowners facing tough financial times in the housing market can get help through the Homeowner's Assistance Program. Contact Mark Daybell at Army Community Service at mil 335-5254 or visit [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil) and click on the Homeowners Assistance Program link on the Links page.

### Who's Your Hero?

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

### Autism Awareness Walk

Army Community Service hosts an Autism Awareness Walk as a Make A Difference Day community project Oct. 24. The walk is about two miles and starts in Hainerberg Housing at 10 a.m., next to Army Community Service.

## Hungry for reading

Nadia Hagberg, operations manager for the the Rhein Main Area USO, hands out copies of Eric Carle's book "The Very Hungry Caterpillar" to Aukamm Elementary School kindergartners. The USO handed out 450 copies of the book Oct. 8 at Wiesbaden elementary schools and child development centers, courtesy of the Jumpstart organization, as part of Read for the Record — a nationwide effort to encourage reading. Volunteers read copies of the book in Wiesbaden schools and CDCs and across the United States on the same day in an attempt to set a record for the most people reading the same book on the same day.

Photo by Karl Weisel



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# Hundreds run for life, join cancer fight

## Annual awareness event earns \$2,500 for breast cancer research

A record number of runners, walkers, strollers and spectators turned out for this year's Walk/Run for Life for Breast Cancer Awareness. More than 600 participants arrived early Oct. 3 at the Hall of Champions, demonstrating support for the cause.

Runners were motivated to achieve individual goals while displaying maximum drive to conquer the course.

"Baumholder is pleased to donate \$2,500 to the Susan G. Komen for the Cure through the Combined Federal Campaign," said Capt. Charlene Robinson, one of the event's coordinators. Susan G. Komen for the Cure strives to raise funds and educate people in the battle against breast cancer through global events and legislation each year. Susan G. Komen for the Cure contributes each year to research in hopes of finding a cure.

Together with Shana Langdon, health and fitness coordinator, Robinson presented a symbolic check for \$2,500 to Staff Sgt. Enrique Rios and Sgt.

1st Class William Mace, project officers for the CFC. Robinson later completed the pledge forms, designating \$2,500 to the Susan G. Komen for the Cure organization.

"It was a wonderful feeling to see the Baumholder community come together for a great cause that affects many women each year. The U.S. Army Garrison Baumholder has made a positive impact in someone's life by joining in the fight against breast cancer," said Robinson.

Sgt. Denice Richardson, another of the event's coordinators added, "It was an outstanding event with maximum participation."

The following were the winners in their respective categories:

### Children's One Kilometer

#### Ages 3-6

First place, Carmen Jones; Second place, Russel Deacon; Third place, Samuel Jones.

#### Ages 7-10

First place, Holden Geife; Second place, Dante Wilson; Third place, Devon Ingram.

### Walkers

First place, Ashley Brown; Second place, Fiona Gladney; Third place, Margaret Tuck.

### Women runners

#### Ages 11-13

First place, Meagan LaValley; Second place, Sarah

LaValley.

#### Ages 14-17

First place, Haley Lavalley.

#### Ages 18-28

First place, Hayat Saenz; Second place, Jodie Friedman; Third place, Christina Fanitzi.

#### Ages 29-38

First place, Jacqy Matlock; Second place, Leigh Anne Newcomer; Third place, Kris Mix.

#### Ages 39-48

First place, Angela Pate; Second place, Azra Suhri; Third place, Kathleen Williams.

#### Ages 48-plus

First place, Victoria Ota.

### Men runners

#### Ages 11-13

First place, Isaak Geifer; Second place, William Jones.

#### Ages 14-17

First place, Ryan Whitcomb; Second place, Julian Thomas.

#### Ages 18-28

First place, Ilya Ivanov; Second place, Jose Ballesteros; Third place, Matthew Wootaker.

#### Ages 29-38

First place- John Hart; Second place- Kenneth Langdon; Third place- Douglas Shoup.

#### Ages 29-48

First place, Michael Grinston; Second place, Benito Oseguera; Third place, Christopher Carroll.



Photos by Capt. Charlene Robinson

A group of runners from the 40th Engineer Battalion nears the finish line during the Walk/Run for Life Oct. 3. Dozens of community members turned out for this benefit run the profits of which will go through the Combined Federal Campaign to an agency dedicated to the research of breast cancer. Photo below right: The crowd cheers on a walker as he crosses the finish line.



Photo by Ignacio "Iggy" Rubalcava

Shana Langdon, health and fitness coordinator, and Capt. Charlene Robinson present a \$2,500 check to Combined Federal Campaign fund drive coordinators Sgt. 1st Class William Mace and Staff Sgt. Enrique Rios.



# ARMP, FMWR deliver WiFi to Soldiers

**By Alice Verberne**  
*U.S. Army Garrison Baumholder  
Marketing Office*

It is a long way from home when folks are stationed in Europe, but it can seem even more isolated if Soldiers are stationed in a rural training area such as Baumholder. That is why the director of Family, Morale, Welfare and Recreation in Baumholder, Gregory Galloway, put wireless Internet at the top of his priorities for Soldiers returning from deployment this year.

“It can be remote on The Rock but with the introduction of WiFi in 19 buildings, Baumholder is one of the most connected garrisons in Europe,” says Galloway.

Baumholder was the first installation planned for WiFi expansion (after a test install of Internet services into the barracks at Hohenfels). The Army Recreation Machine Program worked with 5th Signal Command and T-Systems to get the service delivered to Baumholder. ARMP staff and contractors finished the interior building installs for the first 19 buildings in June. The circuit was delivered at the end of August, and ARMP activated the service on Sept. 5 at Baumholder.

“With 19 buildings up and running, we still have 60 to go,” said Galloway.

The plan is to have the next set of 20 buildings online by the end of October with the final 40 buildings to be done by January 2010, said Michael Kuiper, ITS policy and planning acting general manager.

According to Galloway, the first step was to wire the buildings and prepare the infrastructure. This was a challenge since Baumholder had been scheduled for closure. All that changed in August 2008. “As soon as the base was designated as enduring, we went to work. We needed a group like Army Recreation Machine Program for the Family and MWR Command to make this work,” he said.

## **Pulling the project off**

Based on input by the FMWR business operations division, Lt. Gen. Robert Wilson, assistant chief of staff for installation management, designated ARMP as the provider of unofficial Internet services for the Army in March 2007. “By that time we had already been providing Internet WiFi hotspots to MWR operations throughout CONUS and Europe,” says Michael Kuiper, ITS policy and planning acting general manager located in Fort Carson, Colo.

ARMP and FMWR spent \$250,000 on the build-out of Internet at Baumholder



Photo by Ignacio “Iggy” Rubalcava

**Heather Benoit uses the wireless Internet service available at the Java Cafe. Wireless service has now been extended to 19 of Baumholder’s barracks. More barracks will be added to the wireless connection this year, and the remainder are expected to be online by early 2010**

and is paying for the high speed connection and support to provide this service to Soldiers in Baumholder. Having this service is an important quality-of-life issue for the Soldiers especially since many of them are coming back from multiple deployments in Iraq. The ability for Soldiers to easily communicate with family and loved ones, puts Baumholder on the cutting edge.

The results coming in, according to the usage rates, look encouraging. In September 145 Soldiers signed up for the monthly plan with 136 signups for the daily plan (some may have signed up more than once for this), 27 signups for the weekly plan and 60 signups for an hourly plan. Most of the hourly plans were used at the Java Cafe and Striker’s Bowling Center. The most recent daily statistic is from Oct. 4, when 250 people signed on in Baumholder, according to Kuiper.

And it doesn’t stop there, said Kuiper. ARMP is currently working out the technical details so that they may offer Soldiers the ability to register other devices such as Xbox or WiFi telephones. “It may take several months before we can get this done but we know that would add a lot of value to the Soldiers in the barracks,” says Kuiper.

“The delivery of the circuit was the single biggest problem in getting service delivered,” Kuiper said. The Baumholder community had been slated for closure,

and no upgrades to infrastructure had been done for some time. ARMP and MWR worked with T-Systems to extend fiber into Baumholder. This fiber has the capacity to handle far more than what is required by the Army and will have the side benefit of improving Internet access to the community at large as well as increasing communication options on post. This extension of services to Baumholder was paid for by FMWR through connection fees, according to Kuiper.

“We could not have done it without our key players who got the project started and finished,” said Galloway. The 102nd Enterprise Service Center assisted the ARMP staff based in Kaiserslautern and the DPW Housing department, which oversees the barracks, with connectivity issues.

Users may acquire access by logging onto their computer, searching for wireless connections (the user will see the ARMP/FMWR wireless connection available to them), clicking on that option to create a user name and password. The user then enters a credit card number and selects from the option of daily, monthly or yearly subscription.

## **Use your WiFi on the go**

The Internet account that is purchased in the barracks can be used at any other installation worldwide where ARMP is providing service for this FMWR

program. The WiFi SSID is known as “Wireless Escape.” In Europe the accounts work at Java Cafe locations, bowling centers and clubs with WiFi access. These include Birchview Lanes, Kessler B/C, the Ledward Club, Livorno Community Center, Sea Pines, Benjamin Franklin Village Bowl, Ledgens Alternate Escapes, Patrick Henry Village Bowling Center, the Top Hat Club, Dolomitis, Golden Lion, Vicenza Arena, Schinnen Bowling Center, Vilseck Bowling Center, Robertos, Hohenfels Bowling Center, Hohenfels Alternate Escapes, the Irish Pub, Baumholder Bowling Center, Baumholder Alternate Escapes, Grafenwöhr Entertainment Center, Kelly Club, Galaxy Bowling Center, and at about 25 garrisons in the continental United States.

ARMP is operating or contracting for services not just for paid barracks Internet access but also supporting commercial Internet services for WTUs, libraries and other missions in Europe, Pacific, Korea and the United States.

Right now more barracks are coming on line in Bamberg and there are plans to add connectivity to barracks in Stuttgart, Wiesbaden and at Stork Barracks in Germany. FMWR is also working on barracks support in Vicenza.

To view related articles on ARMP installation of wireless Internet visit [www.armymwr.com/news/archive/news.aspx?nid=76#](http://www.armymwr.com/news/archive/news.aspx?nid=76#).

# NCO focus: True meaning of leadership

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

The Noncommissioned Officer Corps is often considered the backbone of the Army but defining what it means to be a part of that brotherhood is not as easy as it sounds. One of several definitions of what an NCO is could be summarized by saying he or she is a dedicated leader of Soldiers. Sgt. 1st Class Chris Edwards, assigned to the U.S. Army Garrison Baumholder, explains that attaining NCO status does not automatically make you a leader.

He is a wounded warrior whose injuries prevent him from accomplishing the basics such as PT, weapons training or physically showing other Soldiers how to perform a task. Despite his disabilities he has elected to remain in the Army and continue to serve.

Edwards explains that there is usually a transition period after becoming an NCO to becoming an effective leader.

"I think that the easiest way to transfer from being an NCO to a leader is for one, you have to be humble. In the grand scheme of life you're not better than anybody else.

"Yes you're a higher rank, you've probably been in longer than your troops, but to really be a leader you have to take the needs of your Soldiers before the needs of yourself. Once your troops figure out that you're there for them and not the other way around, that's when you become a leader. That's when they give you the respect. You earn the respect, you haven't demanded it. They give it to you freely and it's a much better environment," he said.

"You don't have to yell and scream to get respect. That's a huge misnomer, and it irritates me to no end to see a young NCO yelling and screaming at



Edwards

his guys. You could get twice as far with just a calm word and explaining to them what they're doing wrong instead of yelling at them.

"You mature as a person and that's when you make that step — that transition from just being an NCO, to a leader, because then you're leading your troops. You're not telling them what to do," said Edwards.

Being an NCO is synonymous with words such as leadership, dedication to duty and respect for yourself and others. An NCO must walk a fine line between effectively leading Soldiers and maintaining the respect of his superiors and the Soldiers he or she leads.

For Edwards, being an NCO has taken on a totally different perspective when it comes to leading Soldiers. The meaning of being an NCO, though, remains as

intact as when he was able to lead his Soldiers into battle.

"Being a wounded warrior, I chose to stay on active duty. I didn't need to, but it's just that I love being an NCO. I don't think there's any greater honor than leading troops into battle," said Edwards.

Things are much different for Edwards now.

"I'm just being around the guys. I'm helping out the younger troops with whatever it might be — helping to spread a little bit of knowledge, a little bit of wisdom," Edwards said.

"Being an NCO is a once-in-a-lifetime thing. Once you leave you're done. I mean, you can always retire and sit around reliving the glory days, but I wasn't ready for that so I chose to stay in and still live them," he said.

Edwards currently serves in the Directorate of Plans, Training, Mobilization and Security, U.S. Army Garrison Baumholder.

## UMUC announces fall classes

The new term for the University of Maryland University College starts soon. UMUC field representatives and advisers are ready to help with everything you need for your fall session from undergraduate to graduate courses.

### Fall 2009/2010 session dates

On-site session one registration: through Oct. 25;

On-site session one term dates: Oct. 26 to Dec. 20;

Session one online registration: through Nov. 8;

Session one online term dates: Nov. 9 to Jan. 24.

### Offered at Baumholder

The following courses are scheduled at the Baumholder

Education Center:

**Monday and Wednesday 6:15-9 p.m.**

BIOL 160 — Human Biology; Class Number 87006; GoArmyEd Number 57445;

**Tuesday and Thursday 6:15-9 p.m.**

GERM 111 — Elementary German; Class Number 86598; GoArmyEd Number 44144;

**Weekend seminar 9 a.m.-5:30 p.m.**

MGST 198E — Personal Investment Nov. 21, 22; Class Number 86864; GoArmyEd Number 46975.

### Offered at other locations

To view the on-site courses outside of Baumholder or online distance education

courses offered visit [www.ed.umuc.edu/schedule](http://www.ed.umuc.edu/schedule).

On-site courses begin Oct. 26 and run through Dec. 20. Fall session two online courses begin Nov. 9 and run through Jan. 24.

### Unit courses

The University of Maryland University College also offers unit courses that are specifically designed to meet military unit or civilian organization needs. Unit classes can be scheduled on the days and times that best suit the unit's needs and can accommodate deployment schedules. Unit classes can be offered on-site at the unit if classroom space is available. Popular unit requests include courses in criminal justice, English, foreign languages

(also Arabic), computer studies, information system management, math, management studies, speech, psychology, history and government.

### Affordable education

The University of Maryland University College is committed to making education affordable. Even if you already receive other forms of aid such as military tuition assistance or Veterans Affairs benefits, you may qualify for grants or low-interest student loans. You can apply now for 2009-2010 benefits. Learn more by visiting [edfso@ed.umuc.edu](mailto:edfso@ed.umuc.edu).

For assistance contact your local Baumholder field representative, Karisa Jackson, at mil 485-6178 or civ (0783) 6-6178.

## Super Six action in November

Baumholder is gearing up for the 2009 Super Six High School Football Championships Nov. 7.

The event begins at 11 a.m. and runs until the last game is completed at about 6 p.m.

U.S. Army Garrison Baumholder traditionally hosts this Department of Defense Dependents Schools event in partnership with Baumholder American High School. Visitors from throughout the European Command descend on Baumholder's Minick Field for an afternoon of hard-hitting high school football.

"There are only three football divisions this year in DoDEA-Europe, so the football tournament will be Super VI, meaning two teams in each division will play for bragging rights," said David Schwab, Baumholder Middle High School athletic director, referring to the departure of several military communities from the league in Europe since last season.

"Baumholder Middle High School is proud to host once again," said Schwab. "DoDEA-Europe likes to have the tournament in Baumholder because we are in the center of the DoDEA-Europe footprint, we have the best facilities, and we get first-class support from the USAG Baumholder and the units stationed here."

### Health News

## Flu shots are in, no appointment necessary



Seasonal flu shots and seasonal flu mist are now available at the Baumholder immunization clinic. CDC recommends a yearly flu vaccine as the first and most important step in protecting against seasonal flu. The seasonal flu vaccine protects against three seasonal viruses but not against H1N1 (Swine Flu). The new vaccine against

Novel H1N1 is being produced and will be available in the coming weeks.

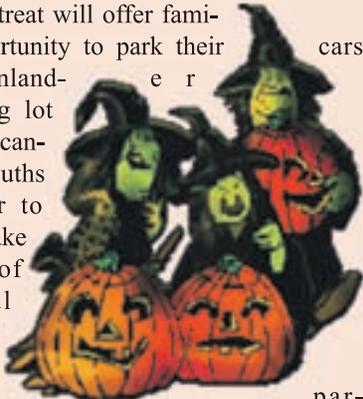
The immunizations clinic is located on the second floor of the clinic and is open Monday through Thursday from 7:30-11:30 a.m. and 1-3:30 p.m.; Friday from 7:30-11:30 a.m. No appointment is necessary. The flu mist is also available, and other immunizations may also be taken care of without an appointment.

## Halloween on The Rock

### Trunk-or-treat car-to-car collection

Baumholder is adding a new trick-or-treat experience to this year's Halloween events aimed at families living off post who may not have the opportunity to trick-or-treat in their communities.

Trunk-or-treat will offer families an opportunity to park their cars in the Rheinland-Club parking lot and hand out candy while youths go car door to car door to take advantage of the central candy dispersal. People who wish to participate in the trunk-or-treat should be parked by 4:45 p.m.



Regular trick-or-treating hours in Baumholder's housing areas will be from 5-8 p.m. The Military Police and courtesy patrol will be on hand to pass out light sticks and ensure a safe and fun time for all.

### Hilltop haunted house

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

### Striker's Halloween Tournament

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

### Striker's Halloween party

Enjoy an eerie night of chilling music, exciting decorations, dreadful drinks and howling fun at Striker's Halloween Party Oct. 31. Come frightfully dressed and receive \$1 off each game of bowling and take part in the costume contest at 8 p.m. to win prizes. Children may trick or treat at the center during authorized hours. Visit or call Striker's to find out more at civ (06783) 6-6569 or mil 485-6569.

### Shooter's Halloween costume party

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



Photo by Ignacio "Igggy" Rubalcava

## Taking the pledge

Ola Williams listens as Angela Pate explains the meaning of the Purple Hands and Words Pledge. Pate and other Army Community Service members were at the consolidated mail room Oct. 8 talking to community members and asking them to pledge, "I will not use my hands or words to hurt myself or others." That's the pledge ACS is asking community members to take in observance of Domestic Violence Awareness month.

## MWR roundup ... MWR roundup

### Free children's fall fest

Child, Youth and Schools Services has scheduled a children's fest with the theme "Let the Wild Rumpus Start." It is based on the Caldecott award-winning book and upcoming live action movie, "Where the Wild Things Are" at the Rheinlander Convention Center Oct. 24 from 1-5 p.m. The CYSS Fall Fest is one of the largest attended by Baumholder families. Last year's attendance topped 1,200. The event is geared to children ages 2-12. Selected activities include "Wild Island Fishing, Make Mischievous with a Wild Jumping Monster, Travel the Treacherous Sea in Max's Boat, Make a Fearsome Mask, Be a King of the Wild Things, Make a Gold Crown and Dance in your Wild Thing Shoes." There will also be a "Rumpus Pumpkin Walk" and pumpkin decorating as well as a "No Growling Mystery Fruit Giveaway" by Wasgau.

### Rheinlander Convention Center

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

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

### Loyalty card promotion at Java Cafe

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

for purchase at the Java Cafe counter for \$7.50.

The Java Cafe has new trial operating hours that feature weekend service. It is open Monday through Friday from 7 a.m. to 6 p.m.; Saturday from 8 a.m. to 5 p.m.; and Sunday from 9 a.m. to 2 p.m.

### Adventure trips and programs

To sign up for adventure trips call civ (06783) 6-7182 or mil 485-7182/6345/6202 or visit Outdoor Recreation at Building 8167 on Smith Barracks, Mondays and Tuesdays from 10 a.m. to 7 p.m.; Fridays from 10 a.m. to 8 p.m.; Saturdays and Sundays from 10 a.m. to 7 p.m.

### Free class at Creative Arts Center

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

### Drivers Education Theory class

Free drivers education theory classes are held Tuesdays and Thursdays through Jan. 21. Class size is limited to 18 youths ages 17-18. Youths age 16 and a half may participate if there is space available. Class instruction is offered from 3:30-6:30 p.m. with two hours of class theory and one hour of simulator training. Classes are held in Building 8881 on the first floor of the JROTC building. Call Child, Youth and School Services for class schedule and to register at mil 485-7003 or civ (06783) 6-7003.

**JOE SATELLITE**  
 Digital-Sky, AFN  
 TEL: 0631 343 1418  
 MOBILE: 0171 684 6926  
 www.joesat.com

## Schoolbits ... Schoolbits

### College Night

Heidelberg District College Night will be held Oct. 25 at Heidelberg Middle School from 2-6 p.m. This is an opportunity for students to talk to college representatives as well as college alumni. Wiesbaden High School will provide a bus for students wishing to attend. Students may sign up in the counselor's office.

### Free tutoring

Army One Source and Child, Youth and School Services offer free online tutoring around the clock in all subject areas at [www.myarmyonesource.com/ChildYouthandSchoolServices/CYSServicesFreeOnlineTutoring/default.aspx](http://www.myarmyonesource.com/ChildYouthandSchoolServices/CYSServicesFreeOnlineTutoring/default.aspx).

### Fall basket raffle

The Aukamm Parent Teacher Association holds a Fall Basket Raffle Nov. 5 at 5:30 p.m. to give away themed baskets. The event will also include a bake sale and a special contest for children. Send email to [smithkfs@earthlink.net](mailto:smithkfs@earthlink.net) for more information.

### Upcoming school closings

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

### Parents promote success

Smith Elementary School reminds parents that they play a vital role in their children's school success. Tips for success include: Get acquainted and communicate with your child's teachers regularly. Be aware of and review your child's homework assignments. Encourage your children

to be friends with positive role models. Do something enjoyable with your child at least once a week. Set clear expectations. Communicate with school staff when there are concerns. Attend school functions. Read together. Encourage students to talk about school. Teach them to make good choices. Provide a quiet study place. Monitor your child's choice of TV programs, video games and music. (Courtesy of the Smith Elementary School Parent/Student Newsletter)

### Online school lunch payment

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

### Education scams

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



Photo by Karl Weisel

Dietrich Kröger helps Aukamm Elementary School students operate an apple press to make fresh apple juice during a visit to the school Oct. 5.

## Apple juice good for relations

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

An apple a day keeps the doctor away, but a glass of apple juice can do wonders toward building lasting friendships and understanding cultures.

Students and faculty of Aukamm Elementary experienced the process of making apple juice Oct. 5 with Breckenheim orchard owner Dietrich Kröger as a part of the school's host nation cultural awareness program. For their labor they were rewarded with a glass of freshly pressed apple juice.

"I do this to give people more understanding for the apple tree," said Kröger, who is a member of the Strenobstverein Wiesbaden, e.V. which is an organization established to heighten consciousness about fruit orchards.

Kröger, who has a history of involvement in the Wiesbaden military community, became linked to Aukamm Elementary as a result of the school's host nation teacher's personal awareness of an age-old process.

"In former times the farmers did this. ... It's nice to give them a hand with these things. ... and to give the kids a fun opportunity to learn," said Ute Bopp, Aukamm Elementary School.

Bopp said she was seeking someone who could make this type of demonstration so the

children could see this process. "I had been looking for several years and this summer someone told me about Herr Kröger."

Though Kröger usually makes this presentation at German kindergartens and for handicapped individuals, for a second year he shared the opportunity with American youths. Last year he helped Hainerberg Elementary School pupils make apple juice.

### Juice making

The students were all eager, and some were a little more curious than others.

"I read a book about it," said kindergartner Hunter Schmick. "I'm looking forward to making it."

The students took their turns with each of the five tasks associated with pressing the apples. First they gathered armfuls of apples from the bags picked the day before by Kröger and the Wright family — Jerry, Adele and Ethan (Hogan). Next they washed them and transferred them to the shredder. As the pan catching the shredded apples filled, they were then transferred to the press.

Sighs of "Ughs" and "yuck" were expressed as the apple shreds were transferred to the press.

The juice flowed after students cranked the press to tighten the cheesecloth-like material holding the apple mulch.

The juice was collected in

containers and the job of taste testing commenced.

The sighs of "ughs" and "yuck" quickly became "ahs" and "yums" after the juice was served.

The young apple juice aficionados were a bit thrown off by some parts of the process but remained excited still.

"It looks like a pie that got eaten," said Samantha Douthitt, first-grader, commenting about pressed apple scraps that were being removed from the press.

They all enjoyed the fruits of their labor, some more than others.

"I had three cups," said second-grader Scarlett Brollig, who said her favorite part of making apple juice was drinking it.

And while the activity was fun, it accomplished all learning objectives envisioned by the faculty.

### Learning about local cultural traditions

"This was a great way to tie the learning to things common in the host nation's culture. The students will remember the apple making for a long time," said Aukamm Principal Sue Gurley, who added that all nine classes participated and 170 students made apple juice and had a glass of juice with their lunches.

"And there were no stomach aches," she added.



Elfi Dale describes the sparkling wine production process during a tour of Wiesbaden's Sektkellerei Henkell.

## Sparkling wine

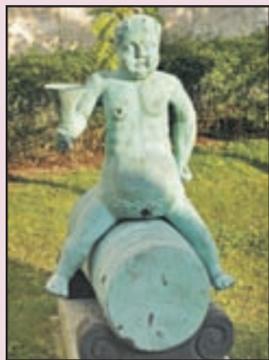
Visitors can tour Henkell's cellars

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

Americans familiar with wines produced in the Rheingau region may not realize that half of all the wine produced in the area disappears into the barrels, vats and silos of Wiesbaden's Henkell Sparkling Wine Company.

"There are 55 kilometers of pipelines carrying wine and one million liters of wine in this cellar," says tour guide Elfi Dale as she leads visitors through the Sektkellerei Henkell, a palatial company headquarters that serves as the entrance to the sparkling wine complex and cellars in the Biebrich district of Wiesbaden. "About 75 million liters — half of all the wine produced in the Rheingau — is supplied to Henkell which sells about 20 million bottles a year worldwide."

Located just off of Autobahn 66 and not far from downtown Wiesbaden, Henkell offers an easy destination for visitors interested in learning more about



A statue of the god of wine, Bacchus, greets visitors at the Henkell entrance.

the history and cultivation of sparkling wine. The Sektkellerei Henkell and Co. offers tours to groups of five to 45 people lasting about one-and-a-half hours and costing €7 a person.

During the tour, visitors are invited down into the wine cellars, given a look at the history of the industry, shown the bottling plant and offered a sample of the company's product.

Portraits high over the ornate staircase in the entrance hall depict the company's namesakes — Adam Henkell, a Mainz wine merchant and one of the first people in Germany to master the art of making sparkling wine, Henkell's son Otto who founded the Henkell Trocken brand and moved the company to Wiesbaden, and grandson Otto II who expanded the family business into a worldwide concern.

Tourgoers are told how German composer Richard Wagner first sought to build a massive festival hall for his operas on the current site of the company headquarters but was not given permission by the property owners so instead turned to Bayreuth in northern Bavaria with his construction plans paving the way for Henkell to set up shop in Wiesbaden.

During the tour visitors learn that the Henkell company also produces several other well-known sparkling wines — although the Henkell brand is Germany's most popular sparkling wine export.

To arrange for tours call civ (0611) 63209 or email [vera.fray@hs-kg.de](mailto:vera.fray@hs-kg.de). Sektkellerei Henkell is located at Biebricher Allee 142, 65187 Wiesbaden.

# Breathtaking Scotland: Highland country offers a feast for the senses — traditional music, cuisine and fresh air out on its many hiking trails

Story and photos by  
**Natalia Lynch**  
Special to the Herald Union

With breathtaking scenery, traditional music, a rich history and delicious food, Scotland has it all. This country is a definite must see for anyone planning a trip to the United Kingdom, or just looking for a great place to spend a vacation. Scotland has much to offer, from numerous castles and big cities to open glens and nature reserves. Although impossible to list everything worthy of note in Scotland, here are some things that should not be missed.

## Isle of Skye

Experience Scotland's wilderness on Isle of Skye, the perfect place for outdoor activities such as hiking and canoeing. As you make your way through towering hills on small, winding roads, you're more likely to come across one of Scotland's highland cows or sheep than another vehicle. When on Skye, the Cuillin Hills and Loch Coruisk are definitely worth visiting. Tours of the Loch are available with the Bella Jane Boat Tours.

## Edinburgh

No trip to Scotland would be complete without visiting the city of Edinburgh, Scotland's capital. Stroll down the Royal Mile, where musicians can often be heard playing the bagpipe, and head toward the Palace of Holyroodhouse. The palace is located

at the end of the Royal Mile and is the Queen's official residence in Scotland. Across the street from the palace is the Scottish Parliament. On the opposite end of the Royal Mile from the Palace of Holyroodhouse is Edinburgh Castle. Edinburgh's New Town offers shops and restaurants; whereas Old Town is filled with history. There are many museums and art galleries that can be visited free of charge.

## The malt whiskey trail

Whether you're a whiskey lover or not, a tour of one of Scotland's many distilleries is an informative and interesting experience. Let a guide show you how barley is transformed into whiskey and learn what is considered a single malt whiskey, how different barrels in which whiskey is stored can result in different tastes and why "young" whiskey actually has a higher



A bagpiper fills the air with a traditional tune.

alcohol percentage than "old" whiskey. Some of the larger distilleries, such as the Glenfiddich distillery, offer free tours. However, if you are planning a visit to one of the smaller distilleries, it may be necessary to call and make reservations.

## Loch Ness

Undoubtedly the most famous Loch in Scotland, Loch Ness continues to attract and mystify visitors each year. Despite evidence against it, the legend of the Loch Ness Monster still thrives in modern day society. Indeed, while gazing at the unusual gray complexion of the water or marveling at the great depth of the eerily beautiful Loch, one cannot help but wonder whether a creature from the past lurks beneath the surface.

## Urquhart Castle

At the northern end of Loch Ness lies Urquhart Castle. Once a proud castle overlooking the Loch, it is now in ruins. Visit the ruins or climb up the hill to the visitor's center. There, a short but very informative film walks you through Urquhart Castle's rise and fall as it was conquered and



Shoppers, sightseers and other townspeople stroll through the streets of Scotland's capital, Edinburgh.

# Four-hour train ride takes visitors to Germany's main harbor city — Hamburg

Story and photo by  
**Anemone Rueger**  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

Like it's twin city Chicago, Hamburg airs your mind with gusts of history, culture and architecture. The windy city on the Elbe River is just an hour's drive from the North Sea in the northern part of Germany.

The city's history lures tourists around every cobblestone turn and then makes them stare down at the harbor to watch ships, ferries and the big bright balloon moon that comes up behind the harbor cranes.

Arriving from Wiesbaden and hungry from a four-hour ICE trip on the early train that costs just €80 (for a round-trip ticket) booked a week in advance with a 25 Bahn Card at the local train station, it's time for breakfast with a water view.

Walking down Moenckeberg Strasse,

Hamburg's equivalent of Wilhelm Strasse for Wiesbaden, make a right turn, and the Binnen Alster, a large square lake surrounded by historic buildings, is at your feet. The Alex Cafe offers a breakfast buffet for €6.90; a windy view is included.

Hamburg has been amazingly well restored after World War II when 80 percent of its houses and much of the harbor, the heart of the city, were destroyed.

Hamburg is a city with big history and big presence. Daring modern architecture is found next to artful historic buildings. The Rathaus, the richly ornamented city hall, is hard to miss. Just across the square the swans on a side arm of the Alster River are posing for tourist pictures.

Also on Moenckeberg Strasse is the Levante Haus, the posh representational building of a historic trade organization with the big flying elephant over the entrance.

Consider buying a Tageskarte, a day pass that costs a little more than €5 at any local subway stop. As the train comes up from under the earth just in time to afford you a breathtaking view of the harbor, you might realize why it's called "Hochbahn" — an elevated train.

The great news is that the Tageskarte is also valid for the water shuttle ride along the docks, ocean carriers, shipping companies and trade representations.

A second day in Hamburg begins with



An excursion boat cruises by freighters in the Hamburg harbor.

Kleine Alster in downtown, for instance the historic boat parked next to the Alex Cafe.

A tour of Hamburg would not be complete without a visit to the "Michel," the St. Michaelis Church on Ludwig Erhard Strasse in the southern neighborhood of Neustadt. The

a leisurely walk along the Grosse Alster, big sister of Kleine Alster. While walking along the alley of international consulates, the sailing boats shining in the sun make for picturesque photographs. The other option would be to take one of the boats starting at

Michel serves as the city's landmark and is represented on many Hamburg souvenirs.

For a few euros take the elevator or climb a couple hundred steps up one of Germany's most famous baroque churches and be rewarded with a breathtaking view.

Don't miss the opportunity to get on a boat tour through the fascinating labyrinth of waterways that leads through the many storehouses in the "Speicherstadt" — memory town. In the northeastern part of the harbor is the largest warehouse complex in the world, more than 100 years old.

Hamburg claims a rich history not only for storing and moving goods around the world but also serving as the gateway to a new and better life for countless people.

From the mid-1800s to the mid-1900s, almost five million emigrants, mainly from Eastern Europe, left the Old World through the Hamburg Harbor to escape economic



From the bustle of Scotland's capital, Edinburgh, to the serenity of its countryside, visitors will discover something for all tastes.

occupied by various people.

## St. Andrews

Calling all golf lovers. Most noted for its golf courses, this place is a perfect mix between a big city and a small town. Bordering Scotland's east coast, St. Andrews overlooks the ocean. It has many historical points, such as one of the few castles in Europe that has an actual counter tunnel, a tactic used in war to prevent the castle being taken over by

tunneling.

## Scottish cuisine

Although Scotland has many delicious foods, the most known dish is probably haggis. Haggis is a type of spicy sausage and can be found in almost any typical Scottish restaurant. This dish can be enjoyed by both meat-eaters and non meat-eaters, as there is also vegetarian haggis. Not as widely known, but just as equally delicious, are bridies. Bridies are

meat-filled pastries, and some of the best are served at Glamis Castle.

## Traditional Music

On a night out in the town, keep your eyes and ears open for a traditional Scottish ceilidh band. A ceilidh (pronounced kay-lee) band usually plays traditional Scottish fiddling tunes and consists of fiddlers, a guitarist, accordionists and occasionally a Scottish folk harpist.

## End notes

Although the essentials are listed here for a visit to Scotland, this country has much more to offer. Contact your local travel agency or buy a guidebook for more information.

Scotland can be rainy and chilly throughout all seasons, so rain gear and a sweater could come in handy. And most importantly, don't forget the camera for the many picture opportunities.

plights and pogroms.

On the San Diego ship parked at the main harbor promenade, see historic marketing posters for the Hamburg — New York Line and an impressive bilingual exhibition on Hamburg's emigration history called "A Suitcase Filled with Hope." Read about individual stories in "The Emigrants" by Gerd Fuchs.

For a more "alternative" side of Hamburg, check out the Sternschanze quarter. The subway goes right into the middle of an area full of bars and cafes where younger folks hang out.

For dessert, give the day a perfect finish with a free classical music and light show at the fountains in Planten un Blomen Park in the northern part of Hamburg every day at 9 p.m.

For more information on the city of Hamburg check out [www.hamburg.de](http://www.hamburg.de).

**By Donald Seltzer**  
U.S. Army Garrison  
Wiesbaden Volksmarch Editor

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

### Volksmarching notes

Colorful leaves carpeting the trails, gray skies and cool temperatures mean just one thing — winter is knocking on the door. Take advantage of the opportunities to volksmarch with family and friends before Germany's cold, wet and dreary winter arrives.

The official website for volksmarching in Germany, [www.dvv-wandern.de](http://www.dvv-wandern.de), indicates the schedule for events is now available. You'll find Terminliste 2010 being sold for a nominal fee in the start hall of most events. This useful booklet lists dates, locations, points of contact and other information for each of the scheduled events in Germany.

Readers are asked to pick up extra event brochures whenever possible. Mail them via MPS to Donald Seltzer, CMR 467 Box 5533, APO AE 09096.

Look for additional event choices in the online version at [www.wiesbaden.army.mil/hunion/Takeahike.htm](http://www.wiesbaden.army.mil/hunion/Takeahike.htm).

Questions? Send email to [volksmarch\(at\)gmail.com](mailto:volksmarch(at)gmail.com).

### Weekend of Oct. 24-25

Don't forget to set your clocks back one hour before going to bed Saturday.

**Bretzenheim/Nahe (55559)** — This event is just up the road from Bad Kreuznach in the direction of Bingen. From Bad Kreuznach take B-48 north to Bretzenheim. From points east take Autobahn 60 toward Bingen, continuing at its end on a two-lane road to Gensingen. Follow IVV directional signs to Langenlonsheim and Bretzenheim; however, signs were scarce for previous events.



**Start:** Sportplatz Schloßgarten **Saturday and Sunday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Hilly, neighborhoods and vineyards **Award:** From previous events.

### Weekend of Oct. 31-Nov. 1

**Argenthal (55496)** — You'll find this one-day event in the picturesque Hunsrück region and part of the permanent IVV trail system. This club's brochure listed the start's map coordinates in degrees-minutes-seconds -- a first for me!

Use the Rheinböllen exit of Autobahn 61 and follow B-50 to the Argenthal exit.

**Start:** Churpfalzhalle on Aulergasse **Sunday:** 8 a.m. to 1 p.m. (6, 10 and 15 km) **Trail:** Expected to be hilly, wooded **Award:** None.

### Weekend of Nov. 7-8

**Mandel (55595)** — Here's an event midway between Idar-Oberstein and Wiesbaden. From points east, use the autobahns and B-41 toward Bad Kreuznach. Continue on B-41 to Weinsheim to pick up a secondary road to Mandel. From western communities, use B-41 toward Bad Kreuznach, then turn onto a secondary road at Weinsheim for the final few kilometers to Mandel.

**Start:** Schloßberghalle at Sponheimerstraße 1 **Saturday and Sunday:** 7 a.m. to 2 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Hilly, fields and woods **Award:** Tea cup.

### Weekend of Nov. 14-15

**Bad Sobernheim (55566)** — This walk is west of Bad Kreuznach and includes a 22-km trail. Its brochure offers an "ideal forest trail through the historic *Freilichtmuseum* as well as the romantic Hottenbachtal valley." Take Autobahn A-60 to Bingen and continue on B-41

**Award:** Stuffed toy pig.

**Hattenhof (36119)** — Volksmarchers will find picturesque walking and cycling trails both days. From Fulda use B-27 south to Rothemann and a secondary road leading to Hattenhof. From Hanau and points west take the Fulda-Süd exit of Autobahn 7 to head toward Rothemann and Hattenhof.

**Start:** Bürgerhaus on Kerzeller Straße **Saturday:** 11 a.m. to 3 p.m. (5 and 10 km, plus cycling) **Sunday:** 8 a.m. to 1 p.m. (5 and 10 km, plus cycling) **Trails:** Fairly hilly, woods and fields **Award:** From previous events.

**Ludwigshafen-Pfingstweide (67069)** — Trails at past events brought participants along the banks of the Rhein River. From points west in Germany use Autobahn 67 south to the Viernheimer Dreieck. Take Autobahn 6 toward Ludwigshafen, exit at Ludwigshafen-Nord and follow IVV signs to the start. From Mainz, head south on Autobahn 61 to pick up Autobahn 6 eastbound and, as above, exit at Ludwigshafen-Nord.

**Start:** Gemeinschaftshaus on Budapesterstraße in the Ludwigshafen suburb of Pfingstweide **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Flat, mostly stroller-friendly fields and riverbank trails **Award:** From previous events.

### Wednesday, Nov. 18

**Rennerod (56477)** — Despite the considerable drive, wanderers who can enjoy this midweek German holiday walk will find this event in the Hoher Westerwald region of central Germany to be rather pretty. From the Giessen area use Autobahn 45 toward Herborn and Siegen and exit at Herborn-West. Follow B-255 to the start at Rennerod.

**Start:** Westerwaldhalle on Westerwald Straße **Wednesday:** 7:30 a.m. to 3 p.m. (5 and 10 km) and 7:30 a.m. to 2 p.m. (15 km) **Trail:** Hilly, wooded areas **Award:** Ceramic angel.



### Bastogne Walk

Baumholder Outdoor Recreation offers a trip to Bastogne, Belgium, to tour the Patton Museum and World War II sites on Nov. 11. Cost is \$45 including transportation. Bus departs at 10 p.m. from Outdoor Rec, Building 8167. Call mil 485-7182 or civ (06783) 6-7182 for more information.

### Crochet for Halloween

Wiesbaden Arts and Crafts features a Halloween boa scarf crochet class Oct. 31 from 1-3 p.m. The class is free; participants pay \$15 for yarn and crochet hook. Class is open to beginners from age 7 to adult. Call civ (0611) 705-5449 for more information.

### Music lessons

Learn guitar at the Baumholder Creative Art Center. Individual and group lessons are available for all levels. Call

## Things to do ... Things to do

mil 485-6687 or civ (06783) 6-6687 for more information.

### Oktoberfest in Landstuhl

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

### 'Bonanza' exhibit

The Museum Castellum in Mainz-Kastel features a special "Bonanza — Treasures of a Western Series" exhibit through Oct. 25. The exhibit is open Sundays from 10:30 a.m. to 12:30 p.m. Visit [www.museum-castellum.de](http://www.museum-castellum.de) for details.

### Travel with the USO

Rhein Main Area USOs offer trips to: **Wartburg and Eisenach** Oct. 24, **Bastogne and Battle of the Bulge Military History Tour** Oct. 31 and **Strasbourg** Nov. 6. Stop by the USOs at the Hainerberg Shopping Center or on Wiesbaden Army Airfield (Building 1023W) to make reservations. Call civ (0611) 731 301 for more information.

### Library story time

A parent and toddler interactive session is held every Tuesday at 9:30 a.m. at the Wiesbaden Library for toddler's ages 12-36 months. Preschool story time is held at the library for children ages 2 to kindergarten age at 10:30 a.m. on Wednesdays. Call civ (0611) 705-1740 for more information.

### Catering by the Rheinlander

Need an event catered in Baumholder? Consider the Rheinlander for platters and other menu items at mil 485-7507 or civ (06783) 6-7507.

### Special service, concert, bazaar

Wiesbaden's Church of St. Augustine of Canterbury (The English Church) at Frankfurter Str. 3 invites everyone to a Bring a Friend to Church service Nov. 1 at 10 a.m. The church features its Christmas Bazaar Nov. 21 from 9 a.m. to 4 p.m. It will include gift baskets, books, candles, refreshments and more. The church features a concert, Broadway Tonight: the Music of George Gershwin and Cole Porter, Dec. 5 at 7:30 p.m. Tickets will be available at the door.



Photo by Karl Weisel

### Opt to shop

Visitors stroll through Frankfurt's latest shopping attraction, the Main Zeil mall on the Zeil pedestrian strip between the Hauptwache and Konstablerwache. It features shops, eateries and more.

## Heavy hitters connect at heritage smoker

*Plenty of action at Hispanic Heritage Month event*

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

A crushing blow thrown by one Bruchsaler boxer stunned both his Baumholder opponent and the crowd in attendance at the Hispanic Boxing Celebration Oct. 3 at the Wiesbaden Fitness Center.

Dexter Smith was confident at the end of round one during the first Middleweight bout of the evening as he squared off against Karar Margrander delivering blows that seemingly gave the Bruchsaler pugilist trouble at the end of round one.

Smith stuck to the game plan after the opening bell of the second, but Margrander performed worthy of being honored as the best male boxer of the evening. After a couple of exchanges to start the second round, Margrander, landed a devastating blow to the head of Smith leading the referee to stop the contest after 53 seconds had expired.

In the first bout of the night Heidelberg's Anne-Marie Yaeger squared off against Vilseck's Shaina Vargas for the only female bout of the evening. Vargas' speed was unmatched by the Heidelberg Flyweight, as Yaeger spent 1:41 attempting to dodge anything the Latina boxer threw. The referee stopped the contest 20 seconds before the bell signaled the end of the first round.

Welterweights Mark Webb, Wiesbaden, and Kevin Forst, Mannheim, went toe-to-toe in their first boxing



Photo by Sgt. 1st Class James Fenney

**Kevin Forst, Mannheim, draws back to set up a blow against Mark Webb, Wiesbaden, during Welterweight action at the Hispanic Boxing Celebration Oct. 3 at the Wiesbaden Fitness Center.**

competition. Despite the nerves of entering his first competition, Forst took the prize as a result of literally beating Webb to the punch.

"He was catching me at the right angle every time," said Webb after the competition. "He was just throwing them and I was just falling into them."

While Forst's game plan had no serious strategy, it proved good enough to stop Webb. "My plan was just be fast. When he gets tired, start raining bombs," said Forst who like Webb usually trains for mixed martial arts competition.

In Super Heavyweight action, Ron Wilson, Freigericht, once regarded as

one of U.S. Army Europe best, could not match up to the opposing Money Powell, Mannheim, in the seventh bout of the evening. A taller and stronger Powell won a unanimous decision to defeat the veteran.

Coming off of a defeat in August, Wiesbaden's Daine Watson proved his mettle by outpointing Kaiserslautern's Ronald Grant in Super Heavyweight action for the final bout of the night.

In other action, **Women's Flyweight:** Shaina Varga, Vilseck, stopped Anne-Marie Yaeger, Heidelberg.

**Welterweight:** Felix Menzel, Freigericht, stopped Nathan Rodriguez, Wiesbaden; Phil Menagh, Kaiserslautern, stopped Roy Hammonds, Wiesbaden; Kevin Forst, Mannheim, stopped Mark Webb, Wiesbaden.

**Middleweight:** Karar Margrander, Bruchsaler, stopped Dexter Smith, Baumholder; Christian Markovic, Freigericht, stopped John Tice, Kaiserslautern.

**Super Heavyweight:** Money Powell, Mannheim, outpointed Ron Wilson, Freigericht, 5-0; Ramon Sharriff Rivera Sanchez, Wiesbaden, outpointed Ricardo J. Montalvon Alamo, Wiesbaden, 4-1; Daine Watson, Wiesbaden, outpointed Ronald Grant, Kaiserslautern, 3-2;

**Uncontested:** Nadine Kraus, Wiesbaden; Jessica Fuller, Freigericht;

**Best Male Boxer:** Karar Margrander, Freigericht; **Best Female Boxer:** Shaina Vargas, Vilseck; **Best Team:** Freigericht.



Photo by Chrystal Smith

**Daine Watson, Wiesbaden, delivers a combination punches to the body of Ronald Grant during the final Super Heavyweight bout at the Hispanic Boxing Celebration at the Wiesbaden Fitness Center Oct. 3.**

## Sports shorts

### Halloween bowling

Striker's Bowling Center hosts a Halloween Bowling Tournament at 2 p.m. Oct. 31. The entry costs \$20 and includes three games, shoe rental, prize money, a fountain drink. The top three finishers will receive trophies and cash prizes. Call civ (06783) 6-6569 or mil 485-6569 for more information.

### Seeking basketball players

The U.S. Army Garrison Wiesbaden Fitness Center is seeking players to fill the community-level basketball teams. Call civ (0611) 705-5541 or mil 337-5541 for more information.

### Tae kwon do

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

### Thanksgiving tournament

Wiesbaden Fitness Center hosts the Thanksgiving Basketball Classic, a three-day community-level tournament, Nov. 27-29. Registration is \$250 per team. Register at the fitness center or call civ (0611) 705-5541 or mil 337-5541.

### Massage appointments

Massages are available by appointment at the Wiesbaden Fitness Center on the following days: Monday, Wednesday, Friday 1:30-4:30 p.m.; Tuesday, Thursday 10 a.m. to 7 p.m.; Saturday, Sunday 11 a.m. to 3 p.m. Seated massages at a work place or for a special event can also be arranged. To schedule an appointment email [massage@dawndotson.com](mailto:massage@dawndotson.com).

### Aikido lessons

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

### Golf clinics

Wiesbaden's Rheinblick Golf Course in Wiesbaden Frauenstein holds four-week Junior Clinics, six-week Beginner Workshops and three-week Adult Clinics. Call civ (0611) 42-0675 or mil 336-2816 for details.



## Movie plots

**Shorts (PG)** — Eleven-year-old Toe Thompson is the designated punching bag for the bullies of Black Falls, where everyone's parents work for Black Box Industries, makers of the do-it-all gadget that's sweeping the nation. During a freak storm, a mysterious Rainbow Rock, which grants wishes to anyone who finds it, falls from the sky. As the rock ricochets around the town, wishes come true turning the neighborhood upside down in a wild rampage of everything from tiny aliens to giant boogers.

**The Stepfather (PG-13)** — Michael Harding (Penn Badgley) returns home from military school to find his mother (Sela Ward) happily in love and living with her new boyfriend, David (Dylan Walsh). As the two men get to know each other, Michael becomes more and more suspicious of the man who is always there with a helpful hand. Is he really the man of her dreams or could David be hiding a dark side?

**Bandslam (PG)** — When singer-songwriter Charlotte Banks (Alyson Michalka) asks new kid in town Will Burton (Gaelan Connell) to manage her fledgling rock band, she appears to have just one goal in mind: go head-to-head against her egotistical musician ex-boyfriend, Ben (Scott Porter), at the biggest event of the year, a battle of the bands. Against all odds, their band develops a sound all its own with a real shot at success in the contest. Meanwhile, romance brews between Will and Sa5m (Vanessa Hudgens), who plays a mean guitar and has a voice to die for. When disaster strikes, it's time for the band to make a choice: Do they admit defeat, or face the music and stand up for what they believe in?

**G.I. Joe: Rise Of The Cobra** — From the Egyptian desert to deep below the polar ice caps, the elite G.I. JOE team uses the latest in next-generation spy and military equipment to fight the corrupt arms dealer Destro and the growing threat of the mysterious Cobra organization to prevent them from plunging the world into chaos. "G.I. Joe: The Rise of Cobra." is directed by Stephen Sommers ("The Mummy," "The Mummy Returns").

**Cloudy With A Chance Of Meatballs (PG)** — Anna Faris and Bruce Campbell lend their voices to the animated stars in this story about inventor Flint Lockwood and his food-making invention. When hard times hit Swallow Falls, its townspeople can only afford to eat sardines. Lockwood thinks he has the answer to the town's crisis. He builds a machine that converts water into food, and becomes a local hero when tasty treats fall from the sky like rain. But when the machine spins out of control and threatens to bury the whole world under giant mounds of food, Flint finds he may have bitten off more than he can chew.



A group of like-minded misfits form a rock band and compete in a battle of the bands competition at their school in the movie "Bandslam."

## At the movies Oct. 22 to Nov. 5

### Baumholder, Wagon Wheel

**Oct. 23** — Cloudy With A Chance Of Meatballs (PG) 7 p.m.

**Oct. 24** — Bandslam (PG) 4 p.m. The Goods: Live Hard, Sell Hard (R) 7 p.m.

**Oct. 25** — Cloudy With A Chance Of Meatballs (PG) 4 p.m. The Time Traveler's Wife (PG-13) 7 p.m.

**Oct. 30** — Jennifer's Body (R) 7 p.m.

**Oct. 31** — Shorts (PG) 4 p.m. District 9 (R) 7 p.m.

**Nov. 1** — Shorts (PG) 4 p.m. Jennifer's Body (R) 7 p.m.

### Wiesbaden, Taunus

**Oct. 22** — G.I. Joe: The Rise Of Cobra (PG-13) 7 p.m.

**Oct. 23** — Where The Wild Things Are (PG) 7 p.m. The Goods: Live Hard, Sell Hard (R) 9:30 p.m.

**Oct. 24** — Where The Wild Things Are (PG) 4

and 7 p.m. Post Grad (PG-13) 9:30 p.m.

**Oct. 25** — Where The Wild Things Are (PG) 4 p.m. The Time Traveler's Wife (PG-13) 7 p.m.

**Oct. 26** — Where The Wild Things Are (PG) 7 p.m.

**Oct. 27** — Post Grad (PG-13) 7 p.m.

**Oct. 28** — The Time Traveler's Wife (PG-13) 7 p.m.

**Oct. 29** — The Goods: Live Hard, Sell Hard (R) 7 p.m.

**Oct. 30** — The Stepfather (PG-13) 7 p.m. District 9 (R) 9:30 p.m.

**Oct. 31** — Shorts (PG) 4 p.m. The Stepfather (PG-13) 7 and 9:30 p.m.

**Nov. 1** — Shorts (PG) 4 p.m. The Stepfather (PG-13) 7 p.m.

**Nov. 2** — The Stepfather (PG-13) 7 p.m.

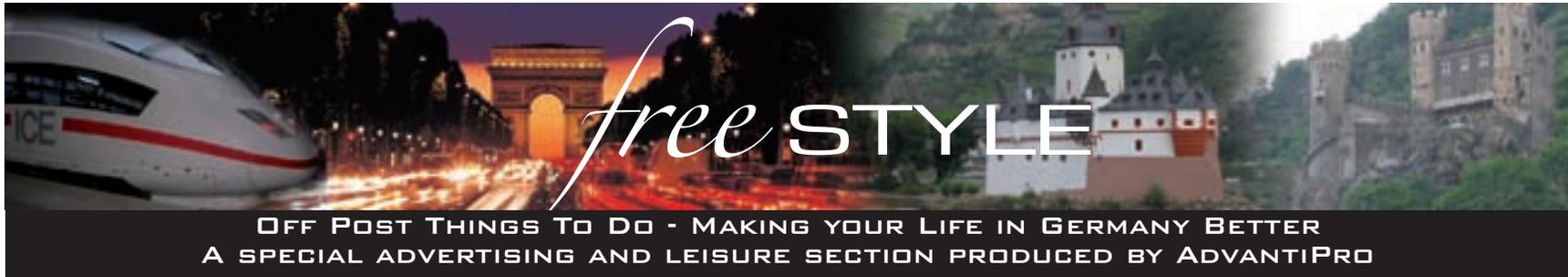
**Nov. 3** — District 9 (R) 7 p.m.

**Nov. 4** — Closed

**Nov. 5** — Shorts (PG) 7 p.m.



The community of Black Falls gets turned upside down after a mysterious Rainbow Rock starts granting wishes in the magical fantasy adventure "Shorts" starring William H. Macy.



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“Our military life is full of transitions. That’s one of those trigger points where military families are looking for resources when they are preparing to move.”

# WEB SITE OFFERS HELP FOR MILITARY FAMILIES IN TRANSITION

by Fred W. Baker III, American Forces Press Service

WASHINGTON — Sixteen-year-old Robyn Lutzkanin loves the military. As a military child, she said she has moved often and enjoys seeing new places and meeting new people.

“It really opens your eyes up to the world,” Robyn said.

But she admitted to dreading the transition of moving to a new place and having to make new friends.

“Moving is a really big stress, especially on teenagers. Because when

you move to a new school, it’s like all of these kids, (and you) don’t know them,” she said.

Three national associations joined forces Sept. 30 to publish a Web site that offers help to military families going through those transitions.

The site, [www.TimeToTalk.org/military](http://www.TimeToTalk.org/military), is a joint effort by the National Military Family Association, the Partnership for a Drug Free America and the National

Association of School Nurses. The site offers a guide for military parents on how to talk to their children about transitions such as a move or a deployment of a parent.

Talking during that time is critical, Robyn said, addressing a crowd gathered at the U.S. Capitol Sept. 30 to announce the site’s launch.

“The only way to solve a problem is to talk about it. If you let it sit there in the back of your mind, it’s going to start festering in your brain and be like all on you,” she said. “You’ve just got to let it out.”

And parents are ideal for the children to talk to because they are sharing the transition, she said.

“(Parents are) there with you all the time. They can talk to you about anything. You can trust them. Kids at school don’t understand you. Your teachers

sometimes don’t understand you,” Robyn said.

Joyce Wessel Raezer, executive director of the National Military Family Association, said she hears from families that they need resources to help them deal with these issues surrounding moves and deployments.

“Our military life is full of transitions. That’s one of those trigger points where military families are looking for resources when they are preparing to move,” she said.

“Even the brightest and the best ... walk into that new school, walk into that new town and think, ‘Am I going to fit in? How am I going to find friends?’”

The site also contains information on how to educate members of the civilian sector, such as teachers, who are not used to dealing with problems unique to military families.

But mostly, the site simply helps to initiate conversations that can help parents address difficult topics during difficult times.

“The premise is, ‘Let’s start that conversation between parent and child, and here are ways to help that parent start that conversation,’” she said.



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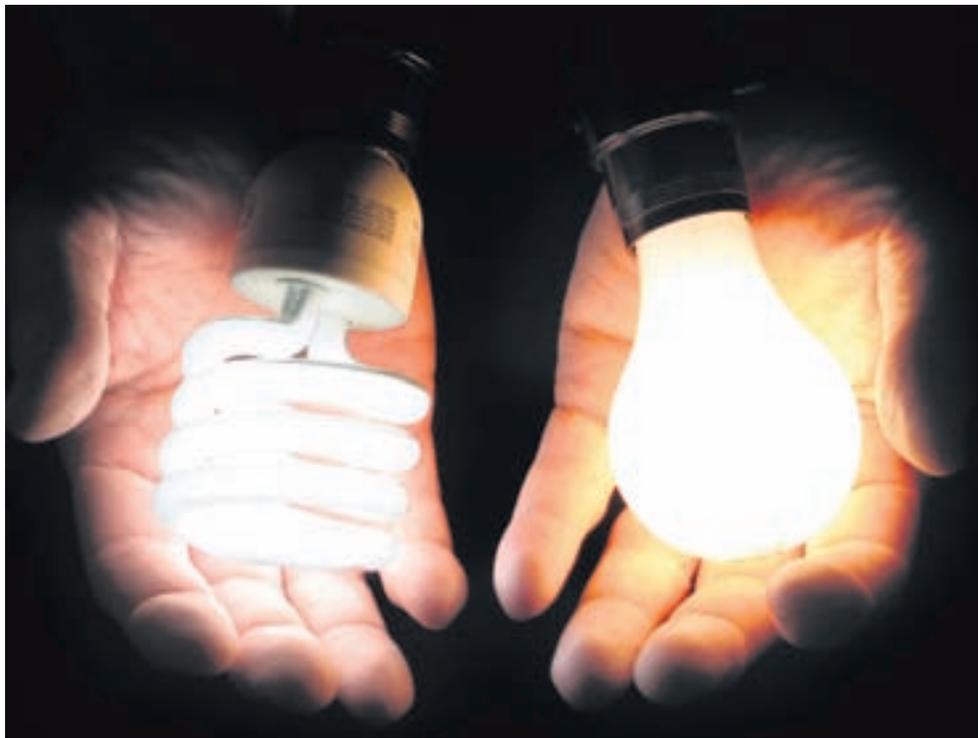
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Courtesy photo

One hand holds a compact fluorescent bulb while the other displays an incandescent bulb. Fluorescent bulbs use, on average, 75 percent less energy than an incandescent bulb.

## A BRIGHT IDEA

Base housing residents encouraged to use fluorescent bulbs

Good news for base housing residents: the Self Help Store is now offering a limited number of fluorescent lights for use in your homes.

As a pollution prevention P2 measure, the Environmental Flight is encouraging all base residents to switch over to the more efficient fluorescents.

The basis for this change is primarily energy conservation. It is estimated that if every American home replaced one standard light bulb with an "ENERGY STAR" fluorescent device, it would save more than \$600 million in annual energy costs.

There are three very important reasons to switch to fluorescents.

First, incandescent bulbs create large amounts of heat. Many of us have discovered this when we burned a finger while touching a bulb in use.

Secondly, fluorescent bulbs use, on average, 75 percent less energy than incandescent bulbs, which results in a lowering of electricity bills. This benefits both private homeowners and residents of base housing.

Finally, fluorescent lights can last as much as 10 times longer than traditional incandescent bulbs saving money for replacement costs. Look for products that display the "ENERGY STAR" symbol to be sure you are getting a govern-

ment certified device.

It is the goal of the P2 Program to further reduce electricity costs by eventually replacing all incandescent lights with fluorescent lamps. The most obvious place to do this is in military family housing and this is a goal of Environmental Management.

Because fluorescent lights contain a tiny amount of heavy metals such as mercury, cadmium and lead, it is important that fluorescents are properly disposed of.

There are several ways for base residents and off-base residents to dispose of these items. One of them is to drop off fluorescent lights at one of the three KMC recycling centers.

With a life span of 10 times longer than conventional bulbs, disposal of fluorescents should be a very infrequent occurrence, but well worth the effort, as we save energy resources and money and benefit the earth.

Tip: Replace all your incandescent lights with compact fluorescent lights to save money on energy costs. Your old working incandescent lights can be donated to Good Will or the Salvation Army to benefit others.

(Courtesy of 86th Civil Engineer Squadron)



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This photo has been modified to meet DoD regulations.

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91512-0509



# Youth Activities

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!

## WIESBADEN HOMECOMING



Photo by Sarah Smith

### Left, right, left, right

The Wiesbaden High School Warriors marching band performs at homecoming.



Photo by Sarah Smith

### Are you ready for your close-up?

Wiesbaden High School student Logan Mitchell and video Communications teacher Mr. Joe Smith film the homecoming game.



Photo by Sarah Smith

### Jammin'

Wiesbaden High School Warriors band members Andrew Cooke and Paulee Brown play for the crowd during the homecoming game.



Photo by Sarah Smith

### Good sportsmanship

Football team captains shake hands before the homecoming game.

Baumholder "Home of Champions"

# Youth Activities



Courtesy photo

## We've got spirit, yes we do!

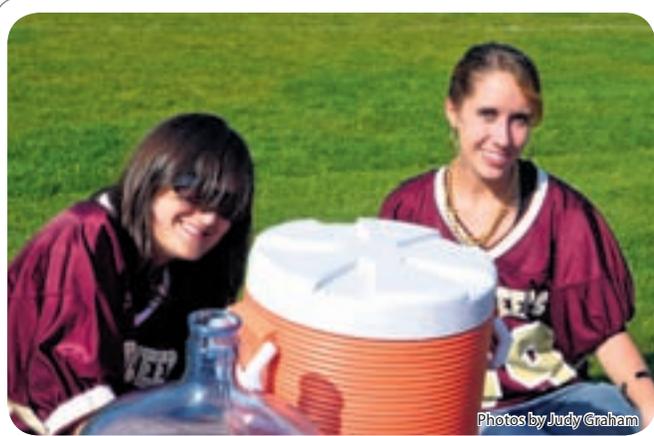
Participants in the Kiddie Cheer Camp, which was sponsored by the Baumholder High School cheerleading squad, cheer during the first half of the Baumholder Buccaneers' football game Oct.3. More than 30 girls participated in the camp and 22 cheered at the game.



Photos by Judy Graham

## Blast from the past

Baumholder High School students show their school spirit by dressing up for Retro Day during homecoming week.



Photos by Judy Graham

## Goofing around

Baumholder High School seniors Melaina Wilson and Alyssa Maltman, football team managers, take a break at the water cooler.



Photo by Anastasia Ward

## Hi-ya!

Student participants from a taekwon do tournament in Bottrop, Germany, show off their trophies Sept.19. The team of green, blue, and black belts took third place over all at the event.



# Vacation Photos

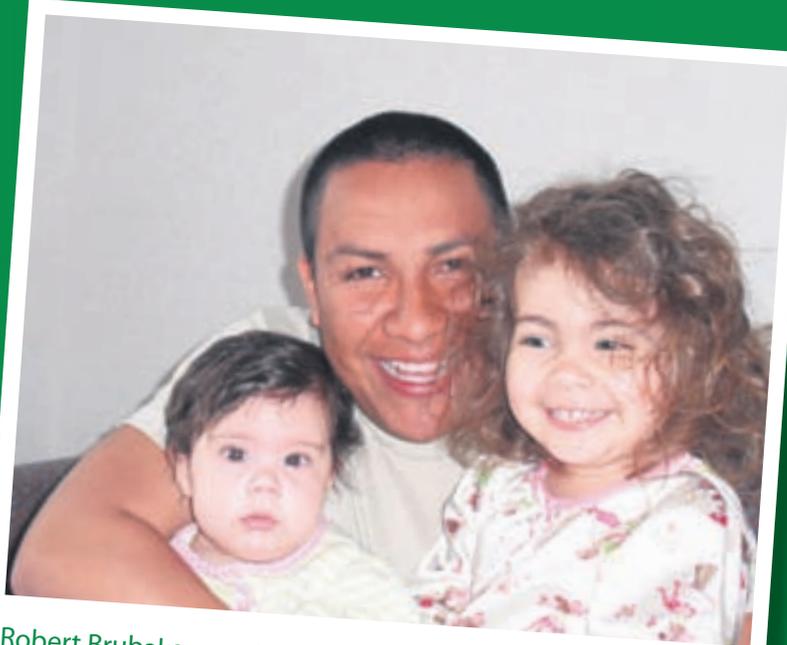


Photo by Brandy Severson-Jackson

Mason Suarez visits the Arc de Triomphe in Paris Sept. 12.



(From left) Spencer D., Rex, Spencer J. and Zachary Shumway visit the Lorraine American Cemetery in St. Avold, France, May 30.



Robert Brubaker reunites with his two daughters Olivia, 5 months (left), and Isabella, 2 1/2, after seven months apart.

## Have you been on a trip lately?

Send information to:  
[pictures@herald-union.com](mailto:pictures@herald-union.com)

Submit your JPEG photo and include the name of the photographer, the date of the photo, first and last names of anyone in the photo, and the location of where the photo was taken. Write "Destinations" in the e-mail subject line.

# BIRTH ANNOUNCEMENTS



## Keimauda Naylin Gray

Born at 11:25 a.m. Oct. 2 at St. Josefs Hospital in Wiesbaden, Germany, Keimauda was 8 pounds, 9 ounces and 21 inches long. She was born to Keith and Euda Gray. The family is stationed in Wiesbaden.

Send your birth announcement to the Herald Union.

Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo.

Send information to: [pictures@herald-union.com](mailto:pictures@herald-union.com)

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Aluminum Wheels. Call 06783-9008987. Located in Baumholder.

**2004 BMW 330i**, Light Green, 42k, exc cond, many options, \$16k Garaged, extra wheels w/winter tires. barbera. vincent@gmail.com 07031.818.358 Stuttgart

**2006 Volvo XC-90**, exc cond., \$19500.00, 67k miles, all service records complete, fully loaded: new tires, moon roof, rear sensors, 6-CD call 06314118230 / 06303806164

**94 Opel Omega** 6cyl luxury edition 256Tkm drk red met runs & looks good. Will pass inspection €1600 obo Call: 0160-8222640

**95 BMW 318i**, Blackexterior/interior. Automatic Transmission and Sunroof. Wellmaintained and runs well. Driven daily. Asking \$3750. Located in Wiesbaden. Call 06131-932-7018.

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obo call 0178-3384298 can email pics **BMW 128i, 2008**, alpine white with red leather interior, xenon, winter package, 20000 autobahn miles, must sell, \$24,000. Rick (moderier@hotmail.com)

**Mini Cooper Convertible** 06, w/23k miles only \$18700! English Racing Green, power top, windows, locks, climate pack, premium HK stereo, garage kept - excellent cond - 015121309917

**Nissan Altima '97**, 118k miles, passed inspec. 21/9/09, 17" chrome rims w/new summer tires, winter tires 3 months old, new suspension (2" drop), tinted windows, new complete stereo sys. w/ 12in sub, jdm lights front and rear, new aftermarket muffler, \$4500 O. B. O, Call Chris 0175-566-7261

**2009 Toyota Venza**, 4K miles, US

Specs, automatic, black w/ivory leather interior, smart key w/keyless entry, climate control, cd/mp3 player, towing pkg, roof rack \$29,900 OBO email: jlamb26@hotmail cell:015227713603

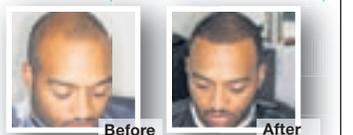
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## For Sale

**For Sale: self-propelled** treadmill, \$75; twin bed with frame; antique sewing machine \$250.00. dmmeckes@yahoo.com

**For Sale: Sleeper** Sofa, excellent size for guest room; \$100. Email for pics. shawnarrington@netscape.net.

**German kitchen.** 3.6 meters long elect stove, refig, DW. Plus stand alone 2 meter counter & cabinets. Euro 1500; 06332-800884

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**PHILIPS Ambilight HDTV**, 42"- 110/220V. Asking \$500. Call 06131-932-7018

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## 2009 528xi Sedan

<b>Base Price:</b>	<b>\$ 42,650</b>
Leather Seats:	\$ 1,450
iPod Adaptor:	\$ 350
Cold Weather Pkg: (Incl.: Heated Front Seats, Heated Steering Wheel, Headlight Wash System)	\$ 750

**Total Car Price: \$ 45,200**

## 2010 528xi Sedan

<b>Base Price:</b>	<b>\$ 40,860</b>
<b>Value Package:</b> (Incl.: Leather Seats, Heated Front Seats, Heated Steering Wheel, Headlight Wash System, iPod Adaptor)	<b>\$ No Cost</b>

**Total Car Price: \$ 40,860**

Graphic above is intended as a general representation. Value Package contents vary per model. Price subject to change without notice.

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