

Cyber Showcase

Protecting networks and staying safe online are focus of Cyber Technology Showcase. See page 8.



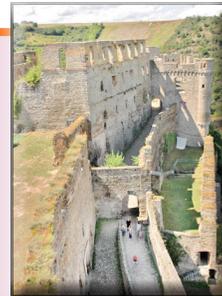
Fire prevention

Wiesbaden community firefighters share fire prevention message with local youths. See page 12.



Castle tours

Explore the St. Goar and Braunfels Castles. See pages 16 and 17.



Herald Union



Vol. XV, No. 2

Wiesbaden: Your home in Germany

Oct. 25, 2012

Trick-or-Treat

Be on the lookout for young goblins on Halloween; enjoy special events

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

When U.S. Army Garrison Wiesbaden holds trick-or-treating between 5-7 p.m. Oct. 31 in all the housing areas, the idea is to have a spooky good time — not a spooky bad time.

With that in mind, the garrison's safety experts have advice for parents and children so everyone can have the best time possible.

First of all, no one is going to have a good time if a car accidentally hits a child who has darted out between parked cars in a housing area.

So William Trabucco, head of the Directorate of Emergency Services, wants to remind children to always stay on sidewalks, cross the street only at the corners where there is clear visibility and look left, right and left again before crossing the street.

It is expected to be dark by about 6 p.m.,

so trick-or-treaters and their parents should bring flashlights, Trabucco said. The garrison will not distribute chemical lights.

Costumes should also be bright enough to be seen at night, said Helmut Schartel, the garrison's acting safety manager. It is a good idea to attach reflector strips or light sticks to costumes to make children more visible.

Accidents are also likely to occur if a costume wearer cannot see well through a mask, so masks should always be adjusted so the wearer can see and breathe well, Schartel said.

Another way to prevent this problem is to use face paints instead of masks, Schartel said.

Secondly, there's nothing spookier than a missing child.

To stop this from happening, parents should be aware that children in fifth grade or below must be supervised by an adult at all times, said Trabucco.

See Halloween on page 4



Wiesbaden Soldiers and family members try a practice round of Jeopardy during the audition process at the Community Activity Center Oct. 12.

Jeopardy comes to town

USO brings popular show to Wiesbaden

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

It was a long day Oct. 12 for Alex Trebek and the Jeopardy crew, but by late afternoon they had a group of Wiesbaden service and family members qualified to be considered for a special July 4, 2013, tribute to the military edition of the popular game show.

Starting at 9 a.m. Wiesbaden military community members were invited to stop by the Community Activity Center on Clay Kaserne



Jeopardy show master Alex Trebek signs an autograph for Spc. Sean Rambaran, 24th Military intelligence Battalion.

to meet Trebek and to audition for Jeopardy. After picking up an autograph and posing for a photo with the multiple Emmy-award-winning moderator, service and family members had a chance to try out.

Since military members serve so far from home, "we decided to go out and test them where

they're serving," said Trebek, adding that Jeopardy has been conducting overseas auditions since the mid-1980s.

"This is my 13th USO trip to various bases around the world. ... We want to let military families overseas know they are not forgotten," Trebek said, adding, "I've always had a soft

spot for the military. They're friendly and have a sense of honor and duty to country. This is just letting the military know we appreciate what they're doing."

"I've been watching the show since I was in middle school," said Spc. Sean Rambaran, 24th Military Intelligence Battalion, shortly before qualifying for the afternoon call-back round.

V Corps' Capt. Briana and Eric Tellado said they felt pretty good going in to the first audition round.

"She's the brainiac in the family," said Eric. "We watch the show on television and always compete on the questions. She always gets them

See Jeopardy on page 3



Photo by Karl Weisel

Residents of one Hainerberg Housing building got into the Halloween spirit early in October.

Ask the commander: *Have a quality-of-life question or comment to share with readers?*

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



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

Traffic signs in Newman Village

James-Tatjana O. asked: Are there any plans to post speed limit and priority road signs in Newman Village? We are having a huge issue with folks speeding down these tiny streets at speeds that look to be at least 50 kilometers or so. Also, does the right before left rule apply on post? If so, I think people may need some type of reminder about that. We have come close to a collision a couple of times now.

Response: *Thanks for bringing this issue to our attention. As you may have noticed there is still some construction work being done in the Newman Village area. Once this work is completed, the Directorate of Emergency Services, Safety Office and Directorate of Public Works will conduct a traffic survey of Newman Village to determine the proper signage needed to best control the flow of traffic. In the meantime, the German traffic laws do apply on the installation, and you are correct that drivers should yield to traffic approaching from the right at unmarked intersections. There is also a 30-kilometer-per-hour speed limit on the entire installation. We will start an information campaign to remind drivers that the German traffic laws apply and they should be following the rules of the road they learned when they obtained their U.S. Army Europe driver's license. We'll also increase the Military Police patrols in Newman Village to ensure the safety of the residents.*

Slow mail service

Carissa T. commented: I have had no mail — not one single item in my mailbox — for almost two weeks. I have yet to receive packages that were

shipped in August and am waiting on simple envelopes that were mailed in the middle of September. I do not believe that nothing has arrived for almost two weeks. I would bet money it's here and simply hasn't been put out yet. What is being done to fix this? It's not OK that people aren't getting their mail.

Response: *Carissa, you're right, service has been slower than usual as the Postal Service Center has been experiencing some challenges getting mail processed. Normally all first-class mail is processed within 24 hours; however, bulk mail has been slower than preferred. That should be improving in the very near future. Following the Oct. 1 change in service hours, the staff now has 22 additional work hours a week to process mail. To further mitigate the backlog, the center is hiring 15 additional personnel to serve customers during the holiday season. Volunteers are also always welcome to help out during the holiday surge. To get involved please contact Mr. Earl Small, postal services officer, at mil 337-5437 or civ (0611) 705-5437. We greatly appreciate your interest and ask for your continued patience.*

Transformation information

An anonymous ICE comment:

Keep up with the latest news and share feedback with community leaders and friends through [Facebook](https://www.facebook.com/usagwiesbaden) at www.facebook.com/usagwiesbaden, [Twitter](https://www.twitter.com/usagwiesbadenpa) at www.twitter.com/usagwiesbadenpa or download photos from [Flickr](https://www.flickr.com/photos/wpao) at www.flickr.com/photos/wpao.

My husband and I will be moving from Heidelberg to Wiesbaden in early 2013. It is very difficult to find new transformation information on the Internet. Most of the information is out of date or has no date at all, so there is no way to tell what is relevant to our move. I have subscribed to several Facebook pages, but not much is there regarding the transformation. The *Herald Post* (Heidelberg newspaper) and Town Halls repeat the same old information, so it would be nice to have an up-to-date source for news.

Response: *Thank you for your comment. U.S. Army Garrison Wiesbaden strives to provide accurate, timely information concerning all transformation issues that affect the Wiesbaden military community. The garrison manages multiple websites, social media networks and media outlets to provide the most recent updates to our Soldiers, civilians and family members. Lots of things are changing due to the move to Wiesbaden, and often that information provided in these media outlets changes daily. We strive to update that information as quickly as possible. I encourage you to visit the garrison's home page at www.wiesbaden.army.mil and to click on the Transformation Updates link for the latest information on major projects and their impact on the community. Once there you can log onto the AKO Transformation Update Link as well. Please note that you will need an AKO account and/or CAC card to access the site. Once there you can find even more detailed information under the Transformation Update section on the left hand side. The PDF file listed as TSMO CIB is a great source of information on projects throughout the community. Other venues for information include the monthly Community Information Briefing which is held in the Community Activity Center on Clay Kaserne (the next one is Oct. 30 at 9:30 a.m. and is also streamed live on Facebook), the garrison's Facebook page (www.facebook.com/usagwiesbaden) and the Herald Union (pick up a hard copy or read it online*

at www.wiesbaden.army.mil/hunion/hunionupdates.htm). Again, thanks for your comment. We value feedback as we continue to transform and improve our military community in Wiesbaden.

Speeding on Clay Kaserne

Paul W. asked: Why aren't the Military Police enforcing the speeding and other traffic violations on Clay Kaserne? Just about every day I walk to the dining facility and have to stop to wait for cars cruising through the pedestrian crosswalks, seemingly oblivious of me waiting to cross the street. Last spring I was in the middle of a crosswalk and had to jump out of the way of a speeding car to avoid getting hit. I see cars daily with both U.S. and local national drivers traveling the streets at speeds that I would estimate are far faster than 30 kilometers per hour as posted on the installation. Yet I see no MPs with radar enforcing the speed limit. I understand the MPs are busy, but perhaps more could be stationed here or Polizei allowed to set up a camera on Clay Kaserne to help slow folks down.

Response: *Paul, thank you for bringing this to our attention. As you correctly stated the MPs are very busy, but there is purpose to their focus on certain areas. The MP patrols conduct traffic enforcement where there has been a higher rate of accidents or a greater potential of a catastrophic accident occurring. As you may notice in the early morning hours, some drivers approaching Clay Kaserne on the access road seem to have little regard for the speed limit or other drivers, and the current construction projects and detours increase the risk of an accident occurring which is why you see the MP patrols out there with their radars. The MPs also focus their efforts near the schools during the school day as children are less likely to look before they cross or use the available crosswalks greatly increasing the risk of an accident occurring. This does not mean, however, that the pedestrians on Clay Kaserne are any less important. The Directorate of Emergency Services will examine how to redistribute the MP patrols to provide additional enforcement on the installation.*

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News flash

'The Invisible War'

The U.S. Army Garrison Wiesbaden presents the documentary "The Invisible War" Nov. 13 at 9:30 a.m. at the Taunus Theater in the Hainerberg Shopping Center. A panel discussion will follow the showing of the film which addresses sexual assault — a prevalent crime in the U.S. military.

Retirement ceremony

The Wiesbaden military community will conduct a retirement ceremony for retiring Soldiers Nov. 6 at 2 p.m. at the Community Activity Center on Clay Kaserne.

Set clocks back an hour

Don't forget to set your clocks back one hour before going to bed Oct. 27. Remember, it's "fall back" in autumn and "spring forward" in spring.

Military Officers Association meeting

The First European Chapter of the Military Officers Association of America invites active duty, guard/reserve, former and retired commissioned and warrant officers of the uniformed services to its annual 2012 meeting of the membership Nov. 3 from 11:30 a.m. to 1:30 p.m. at the Restaurant Barbarossahof in Esselfurth (Kaiserslautern area). Enjoy lunch and find out more about membership benefits. Make reservations and get directions by sending an email to fleitnaker@t-online.de.

Still time to give

Have you taken the opportunity to give to the charity of your choice during this year's Combined Federal Campaign? This year's CFC-Overseas event runs through Nov. 17. Contact your unit CFC coordinator or visit www.cfcoverseas.org.

Immunization schedule

Walk-ins for flu immunizations are welcomed at the Wiesbaden Health Clinic on Tuesdays from 3-6 p.m. and Fridays from 9 a.m. to noon. All children under 3 years of age must be vaccinated at the clinic. The clinic will also offer outreach flu immunizations Oct. 25 from 10 a.m. to 6 p.m. and Oct. 27 from 9 a.m. to 1 p.m. at the Taunus Theater, Oct. 30 from 10 a.m. to 6 p.m. at the Tony Bass Fitness Center and Nov. 3 from 10 a.m. to 6 p.m. at the Wiesbaden Commissary. Call mil 337-6480 or civ (0611) 705-6480 for more information.



Photo by Karl Weisel

Congressional staff visit to Wiesbaden

U.S. Army Europe's Col. James Lee (second from right) and Roger Gerber (third from right), U.S. Army Garrison Wiesbaden's Transformation and Stationing Management Office director, brief Congressional staff members Donna Shahbaz and Sarah Young at the General Shalikashvili Mission Command Center Oct. 15. The professional staff members visited Wiesbaden, along with other sites in Europe, to get a better understanding of the mission requirements of the European Command and U.S. Army Europe.

Jeopardy

Continued from page 1

right while I often get them wrong."

"I paid attention in all my classes," explained Briana.

"I grew up watching Jeopardy," said USO volunteer coordinator Marcus Perry. "To be a part of a military Jeopardy is really special."

Perry and several other USO and Wiesbaden Better Opportunities for Single Soldiers volunteers were on hand to help facilitate the autograph and audition session.

"It was really nice to see how he (Trebek) interacts so freely with the Soldiers," added Perry. "It was really obvious that he cares about the Soldiers."

Seeing how Jeopardy and its theme song have become such a cultural phenomenon is a great feeling, said the show's longtime master of ceremonies. "It makes me feel good — because it means the people have taken the show to heart."

After passing the first test in the morning, 18 individuals were invited back to take another 50-question Jeopardy test. Only a few "survivors" made it to the final round—a one-on-one interview to be considered for the pool



Wiesbaden service and family members prepare to take the final round of 50 Jeopardy questions to qualify during the audition.

of potential future players.

"It was exhilarating," said Sgt. Gelasio Anglo of the Public Health Command (Veterinary Services).

"I've always seen it on TV, but never in person."

Anglo, who made it to the afternoon round, was among those who washed out on the 50 questions. "It's not hard, but being under time pressure makes it harder."

"I've always had a soft spot for the military." — Alex Trebek

In the end, Trebek and company left with a handful of qualified applicants—some of whom may be among the 12 finalists from around the world invited to play Jeopardy during the March taping for the July 4th show. A Jeopardy representative explained that the names of all those who qualified will be kept on file for the next 18 months for possible appearances.

It was the last stop in Europe for the Jeopardy team after stops in Aviano, Naples, Ramstein and Wiesbaden.

Legal advice: Know the rules for qualifying someone as a military dependent

Congress has limited the categories of persons who may qualify as military dependents — and thus be entitled to family member benefits. Consequently, not everyone can qualify as a military dependent. Additionally, qualifying as a dependent does not necessarily entitle the person to command sponsorship, overseas commissary access or other privileges, which often require additional approval and documentation.

Certain family members, such as a spouse or child, are automatically entitled to dependency status. Parents and siblings generally do not qualify as dependents unless the sponsor provides over half of their financial needs and/or the sponsor is the person's legal conservator or guardian. Other individuals may qualify as dependents only when they are adopted or legally recognized as a ward by a court order or decree.

Steps you should take to make someone a dependent:

Soldiers seeking to sponsor a dependent should begin by visiting the Finance and ID cards offices. The sponsoring Soldier should be prepared to provide or

complete one or more of the following forms, depending on the dependent's category (e.g. child, child born out of wedlock, adult family member or otherwise):

DD Form 1172-2 (Application for Identification Card/DEERS Enrollment)
DD Form 137 (Dependency Statements; Sponsor must provide appropriate form for the person's category)

Sponsors must provide supporting documentation, such as original or certified copies of a minor child's birth certificate, court adoption order, court guardianship appointment order or marriage certificate.

For those persons requiring verification of actual financial dependency using a notarized DD Form 137, sponsors should attach proof that the support paid exceeds 50 percent of the person's financial needs (e.g. cancelled checks). DFAS-Indianapolis will review the application and send the proposed dependent a questionnaire verifying the sponsor's claimed support and their desire to be the sponsor's dependent. The dependent must sign and notarize the questionnaire. DFAS will reply within

four to six weeks; if DFAS approves the dependency, and the sponsor must take the approval letter to the ID cards office to enroll the person in DEERS and obtain his or her ID card.

For all dependents, the sponsor's S1 will assist with family travel, command sponsorship and other personnel actions. Those with questions should contact Finance, the ID cards office or the Legal Assistance Office, or see the following references:

37 U.S.C. §401 (Federal law defining dependent qualifications)

Joint Federal Travel Regulation, Appendix A (Dependent definition)

Army Regulation 600-8-14 (ID card eligibility regulation)

For more information visit the Legal Assistance Office in Building 1023N on Clay Kaserne. It's open Monday, Tuesday, Wednesday and Friday from 9 a.m. to noon and 1-4 p.m.; Thursdays from 1-4 p.m. To visit with an attorney, walk-in hours are available Tuesday from 9 a.m. to noon and Thursday from 1-4 p.m. (Courtesy of the Wiesbaden Legal Assistance Office)

Halloween

Continued from page 1

They may not trick-or-treat without a parent present.

Parents should also do their best to keep track of their children, and children should do their best not to wander off.

Rally points

In case a child does go missing, military police will have rally points on all the housing areas where they will take children who become lost, Trabucco said.

The Newman Village rally point will be at the bus stop; Hainerberg Housing at the guard hut on the way up the hill from the PX; Aukamm Housing at the guard hut near the area's entrance; and in Crestview at the gazebo, Trabucco said.

Military police officers will bring children home if the child knows where he or she lives, Trabucco said, but otherwise the child will stay at the rally point until a parent arrives or police need to take further action to find a parent.

One way to prevent problems in case a child goes missing is to attach names and addresses on costumes so police can easily return a child, Schartel said.

For children who are old enough to trick-or-treat without a parent present, parents should know that since there is safety in numbers, it is best for trick-

or-treaters to travel in groups, Trabucco said.

For children over the age of 12, parents should help them plan a safe route and set a curfew, Schartel said.

People must distribute candy outside the buildings, said Trabucco. Trick-or-treaters should not go inside apartment buildings and knock on doors.

Thirdly, people should do everything they can to avoid accidents in general.

To prevent tripping, costume wearers should avoid high-heeled or oversized shoes, hats that slide over the eyes, and baggy or dangling costumes, Schartel said.

Costumes should also be made of flame retardant material, Schartel said.

Additionally, props should be made of flexible plastic that will bend if fallen on, Schartel said.

Children should also not eat any treats until parents have inspected them, Schartel said. Do not eat any suspicious or unwrapped treats, and when in doubt, throw them out.

When it comes to decorating, people should clear all tripping hazards from porches, lawns and sidewalks.

Parents should also consider painting scary faces or designs on pumpkins instead of carving them, Schartel said.

Also, one way to prevent fire hazards is to use battery powered light sources

to illuminate Jack-O-Lanterns, he said.

The main idea is to have fun and avoid a trip to the emergency room or police station, and the opportunities for fun are not constrained to trick-or-treating. There are several other Halloween events planned throughout the garrison.

Haunted houses

Haunted house fans will want to visit the "Halloween Spooktacular" Oct. 30-31. Haunted houses will be featured in the Warrior Zone for children and families and at Wiesbaden Arts and Crafts for teens and adults from 6-9 p.m. both days. The free community event is open to all U.S. ID cardholders. U'r Place Bar and Grill will feature a Halloween party Oct. 31 from 6-10 p.m.

Trunk or Treat

Awana invites business members to represent their business at the Awana Trunk or Treat event for children ages 3 to sixth grade Oct. 28 at 7 p.m. in the Clay Kaserne Chapel parking lot. Email Rachel Kistler at luvbnmom0f6@yahoo.com for details.

ACS Halloween

Also, Army Community Service will give out candy to trick-or-treaters after school Oct. 31 in their offices in building 7790 in Hainerberg Housing (across the street from the Army Lodge).

From the blotter

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

Sept. 26

Traffic accident — A family member is being charged with a traffic accident after striking a vehicle.

Sept. 27

Larceny — A Soldier is being charged with larceny of private property and larceny of government funds.

Sept. 28

Traffic accident — A Soldier is being charged with a traffic accident after striking another vehicle.

Shoplifting — A family member is being charged with shoplifting and civilian misconduct.

Sept. 30

Traffic accident — A family member is being charged with a traffic accident after striking another vehicle.

Oct. 1

Traffic accident — An Airman is being charged with a traffic accident for following too closely and striking another vehicle.

Oct. 2

Drug possession — A Soldier and family member are being charged with possession of marijuana.

Oct. 3

Fleeing the scene — A family member is being charged with fleeing the scene of an accident and failure to report involvement.

Assault — Two noncommissioned officers are being charged with simple assault.

Oct. 5

Traffic accident — An Airman is being charged with a traffic accident for improper backing.

Oct. 7

Vehicle registration — An NCO is being charged with failure to re-register a privately owned vehicle and failure to obey order or regulation.

Oct. 8

Aggravated assault — A civilian employee is being charged with aggravated assault, insults and driving under the influence.

Oct. 9

Stolen vehicle — A civilian became a victim in Wiesbaden, when an unknown person stole his or her POV which was involved in a traffic accident and fleeing the scene.

Project leaves German-American legacy

Students' efforts honored by consul general, city of Frankfurt

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

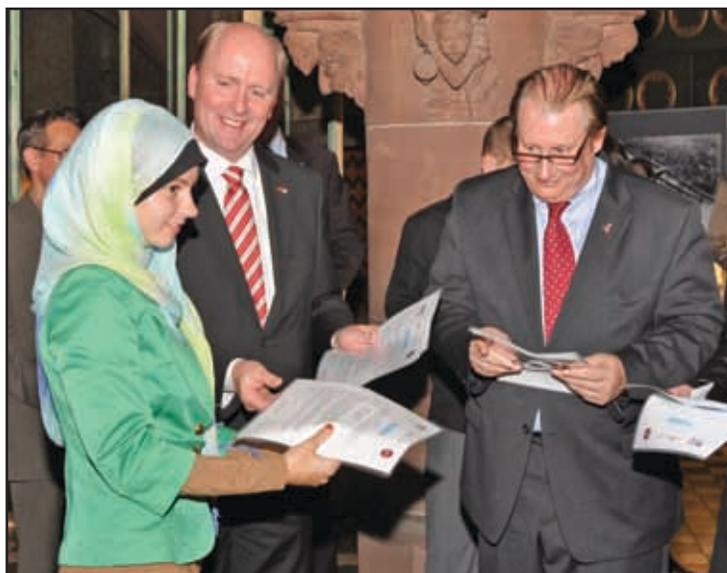
It began with a group of strangers touring a vacant U.S. military housing area near Frankfurt and ended with friends celebrating having made a lasting contribution to German-American relations.

Students from Wiesbaden High School, Frankfurt International School, Frankfurt's Gutenberg and Ziehen Schulen – gathered in the Frankfurt Roemer on Oct. 6, German-American Friendship Day, to celebrate the completion of their eight-month-long UnderstandinG project. The cooperative effort between the city of Frankfurt, U.S. Consulate General and Grundstücksgesellschaft Gateway Gardens brought the students together for a series of workshops to gain a better understanding of their shared history in Germany and to inspire them to create a lasting memorial using a former guardhouse in the Rhein-Main Air Base housing area as the foundation for their project.

"In the five workshops the students gained a deeper insight into the area's history," said U.S. Consul General Kevin C. Milas, adding that the memorial envisioned by the youths will stand as a historical reminder of the cooperation and friendship shared between the two nations — "a gateway between the past and the future."

During the workshops the students had a chance to meet Berlin Airlift veteran Gail Halvorsen, tour Wiesbaden's Clay Kaserne and to hear from numerous representatives who shared personal anecdotes about the meaning of German-American friendship.

"There's no substitute for direct contacts and personal exchanges," said Milas, during the celebration in the Frankfurt city hall. "We want to share your ideas and experiences with



Students recite an original poem about friendship in the Frankfurt Römer. Photo left: Wiesbaden's Sophia Sarver is honored by Frankfurt Treasurer Uwe Becker and Consul General Kevin Milas. Photo below: The two models created by the students.



each other."

The consul general pointed out the city of Frankfurt started the annual commemorative project in the wake of the terrorist attacks on the United States on Sept. 11, 2001. "Germany stands with us in opposing violence and terrorism around the world."

And while the United States may have been seen as the senior partner in the stand against the threat of European domination by the Soviet Union during the Cold War, "today we have a partnership based on equality and shared values," Milas said.

"You have gone beyond your individual horizons," said Uwe Becker, Frankfurt's city treasurer, thanking the students and creative coordinators Professor Heiner Blum and Steve Valk,

who led the workshops.

As the "most American city in Germany" and home to the largest American consulate in the world, Becker said, it is important that Germans and Americans continue to celebrate the strong trans-Atlantic partnership that saw the rebuilding of Germany following the destruction of World War II, the aerial life line created to save the people of West Berlin during the Soviet Blockade and the strong defense of Europe during the Cold War. "Without the support of the United States, the reunification of Germany would not have occurred."

Surrounded by paintings of the historical monarchs in German history in the Roemer's Kaisersaal, youths stood to recite an original poem by Kayla

Asha Hewitt titled "The Flowers of Friendship."

"This was a really good ending to the UnderstandinG project," said Wiesbaden High School senior Matthew Garcia. "When I started, it just felt like a student workshop, but now I have a deeper understanding of Germany and how Germans and Americans became friends."

"I think this was a fabulous and wonderful experience for them," added his mother, Edna, "a once-in-a-lifetime opportunity."

Despite the intensity of the workshops, occupied weekends and having to carpool, the students learned to re-prioritize their lives, she said.

"I think I have a very clear understanding of the friendship and how it changed over the years," said Wiesbaden 10th-

grader Jillian Sly.

"We've all become one big happy family during the project," she added, saying that members are keeping in touch through Facebook and other media.

"As parents, we want to give our kids different exposures and this was definitely a worthwhile experience," said Jillian's father, Michael, chief of the Engineering Division with the U.S. Army Garrison Wiesbaden's Transformation and Stationing Management Office.

Once the official part of the ceremony was over, guests were invited to take a look at the two proposed models for the German-American friendship monument. Officials said a panel of judges will meet in the near future to determine which of the two projects will become a reality.

Licensed to Dumpster dive

Recycling changes coming to Wiesbaden

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

Big recycling changes are coming to U.S. Army Garrison Wiesbaden, and if the preliminary results of a Dumpster diving expedition are any indication, garrison residents are well on their way to being ready.

"I'm happily surprised that people are doing a pretty good job," said Marty Hanson, a contractor for the Directorate of Public Works' Environmental Division, after digging through the non-recyclable Dumpster trash at several buildings on Westfalen Strasse in Aukamm Housing Oct. 2.

Wiesbaden's newcomers from Heidelberg will be familiar with the planned changes for Wiesbaden. They include locked recyclable stations, bio-waste containers and more stringently enforced repercussions for people who do not recycle, said Peter Zeisberger, the Directorate of Public Work Operations and Maintenance solid waste manager.

Garrison officials expect to make the changes in about a year, Zeisberger said.

Also, by the beginning of November, 5,000 paper recycling containers will go out to offices throughout the garrison, Zeisberger said.

With 2,250 housing units and 1,320 barracks spaces, and a cost of €16 a year to dispose of a 240-liter container of the residual trash (that is the remaining trash after recycling), the garrison stands to save a lot of money by increasing the amount of recycling, Zeisberger said.

If the garrison could cut pick-up times to every second week, it would cost €258 a year for a 240-liter container, Zeisberger said. The yearly disposal cost for the residual waste containers at Army Family Housing is currently more than €600,000 a year, but by putting the recycling efforts in place, the costs could be reduced by as much as half.

There are two good arguments for recycling, Hanson said. It not only saves the planet, but it saves money as well, he said.

Hanson, who worked for Heidelberg's environmental division for 20 years, said he and Zeisberger checked the Aukamm garbage cans to get a general idea of how well people were recycling. They conducted the survey the day before trash pickup, when the containers would be at their fullest.

Most of the containers were a quarter



Marty Hanson (left), a Directorate of Public Works recycling contractor, and Peter Zeisberger, Directorate of Public Works solid waste manager, look into a trash can on Westfalen Strasse in Aukamm Housing Oct. 2.

to half full, Hanson said, which means most people are doing a good job of recycling.

A few containers, however, were full to the top and the trash bags inside contained several recyclables, Hanson said.

Although garrison officials have not set a date yet, a pilot project will begin soon at 20 apartment buildings that will tag trash containers with green, yellow or red stickers depending on how well residents are recycling, Hanson said.

The idea behind the stickers is that residents who have three yellow stickers or one red sticker will have to explain to the command sergeant major or the commander why the recycling was done incorrectly, Hanson said.

Heidelberg had a similar program, Hanson said, and Wiesbaden already has the consequences for not recycling

in place.

According to USAG Wiesbaden commander Col. David Carstens' policy letter on trash disposal, sponsors receive a written warning from housing for a first infraction.

On the second infraction, housing will inform the sponsor's unit commander. For the third infraction, the sponsor and his or her chain of command will report to the garrison command sergeant major, and the sponsor will be counseled for failure to obey an order or regulation. The sponsor may receive up to 24 hours of community service, according to the letter.

If there is a fourth infraction, the sponsor may receive a letter of reprimand by the garrison commander and possibly lose housing entitlements, according to the letter.

The letter encourages residents to correct people who are not recycling correctly and if that does not work, to report the violator to his or her stairwell or building coordinator.

Hanson and Zeisberger, however, hope enforcement will not be a problem, and they have some recycling suggestions. The key to good recycling habits is having different containers for paper, plastic and glass inside the home, Hanson said. In the future, that will also include a container for bio waste.

All the single-family and duplex homes in Aukamm and Newman Village already have bio-waste containers, Zeisberger said, and everyone should have them by the end of 2013.

Also, even though many people think they know which materials go in which bin, it is a good idea to review the information on the front of the bin periodically to make sure, Hanson said.

The garrison also has a recycling guide people can read at www.wiesbaden.army.mil. Click on the "recycling guide" button.

**Refresh your recycling knowledge by reviewing the
Waste Separation Guide at www.wiesbaden.army.mil.
Click on the "recycling guide" button.**

FCC amnesty: *Caring for children in your home?*

The Family Child Care Program hosts a Family Child Care Amnesty Month annually. During the amnesty month people providing unauthorized child care in their homes can “turn themselves in” to the Family Child Care Program without penalty and begin the process to become a certified Family Child Care Provider.

Unauthorized care is defined as consistently providing more than 10 hours of care weekly in your home to children other than your own dependents. A penalty of providing unauthorized child care in your home is the potential loss of housing privileges. Child care provided on the installation that is not approved by the garrison commander puts the command in liability. The objective of the FCC program is to provide quality care and reduce the potential for the incidence of accidents.

Army Regulation 608-10 requires FCC Program staff to identify unauthorized child care in home settings (child care provided by a non certified FCC provider), immediately close the home and assist parents in finding alternative care



within the CYS Program. The individual offering unauthorized care may apply for FCC certification, but may not care for children until requirements for FCC provisional certification are completed.

The Army FCC Amnesty Program allows individuals who are not currently certified FCC providers (but are regularly caring for children in government owned or leased quarters) an opportunity to register with CYS without penalty.

During the month of October 2012 individuals who come forward and meet the FCC provider eligibility requirements may continue to provide child care while simultaneously going through the FCC certification process.



Fun at the bazaar

Hannah James, 4, dances while the Aukamm Elementary School Music Club sings “Fifty Nifty United States” during the Wiesbaden Community Spouses Club Grapes of Wrath Bazaar Oct. 13 at Mainz Kastel Storage Station. Photo right: Sebastian Eickenbusch of the Rudesheim tourist information office hands information about the town to Shane Palmer of Wiesbaden during the bazaar.

Photos by Wendy Brown



Now's the time to apply for 2013 Workforce Recruitment Program

U.S. citizen family members with disabilities who are current, full-time undergraduate or graduate students should consider applying for the Department of Labor's 2013 Workforce Recruitment Program.

Applications will be accepted between now and Nov. 16, 2012 at <https://wrp.gov/AboutPre.do#Students>.

Individuals who graduated from college (undergraduate or graduate) in October 2011 or later are also eligible to participate.

Registering now will allow participants to apply for full-time summer jobs available across U.S. Army Europe from May 1 to Sept. 30, 2013.

Department of Labor recruiters began

visiting American universities in Germany and throughout the United States including U.S. Territories in Puerto Rico starting Oct. 15, 2012.

The Workforce Recruitment Program is a recruitment and referral program that connects federal sector employers nationwide to include USAREUR with highly motivated college students and recent graduates with disabilities who are eager to prove their abilities that vary by career fields in a workplace though summer.

Salaries are funded by the Department of Defense. The student's

General Schedule grade and salary will be determined based on educational background and experience. Students are hired at all grade levels.

USAREUR is a professional values-based organization that supports quality programs to meet our people's needs. The Workforce Recruitment Program supports the employment opportunities

of family members of the USAREUR family.

For more information about the program or the application process contact the USAREUR Equal Employment Opportunity Office at civ (06221) 57-9412/9411 or mil 370-9412/9411. (Courtesy of the U.S. Army Europe Public Affairs Office)

Louisiana Frankfurt

Warmu Gastro GmbH

5th Signal Command promotes computer safety

Cyber Technology Showcase educates about potential threats and solutions

Story and photos by

Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

While the nation has focused on keeping computer users safe during National Cyber Security Awareness Month in October, 5th Signal Command brought that message home during their Cyber Awareness Week.

The week, which included a Junior Development Seminar and an educator's forum, also drew a host of industry representatives together for a Cyber Technology Showcase in the Tony Bass Fitness Center Oct. 10-11.

"A partnership with industry is very important," said Brig. Gen. Bruce Crawford, commander of the 5th Signal Command, in welcoming visitors to the Cyber Technology Showcase.

Pointing out that no one person or organization can successfully combat the threat of cyber attack, the "challenge of dealing with the cyber issue" is a shared responsibility that requires contributions from partners in the industry, Crawford said. "We need to work together to develop the types of technologies that we need to tackle some of these problems."

Crawford stressed that it's vitally important for military and industry to work together to "develop specific goals and solutions."

"If anyone thinks they can do it on their own, they're mistaken," he added.

"We all have the ability to make a much safer environment in which we can work in," said 5th Signal Command's Lt. Col. Ivory Freeman, event coordinator, pointing out that the Department of Homeland Security sponsors the annual month-long observance to make everyone more aware of the dangers lurking in cyberspace.

"Anytime we have an opportunity to talk about cyber security with our military partners is vastly important," said John Winters, district sales manager for Symantec. "It's real easy to forget about the tip of the spear over here. The latest products and capabilities need to be

understood over here as well."

Winters said people need to take into account that staying safe online means staying safe both at work and at home. "It's a broadening threat-scape, rather than getting smaller," he said.

"Attacks on networks, both from the outside and inside, continue to evolve," said Paul Vout, director of Cyber Security Solutions with LTI DataComm. "As information flow becomes more prevalent, the risk factors are greater than ever."

Working together and thinking outside of the box are crucial, Vout said. "We find that the ability to respond to new threats is really the key. You can't protect yourself against something you don't know about yet. ... Everyone has data they need to protect."

Users need to always consider exactly where they will be traveling online and how to safely get to their destination, the signal experts said, stressing the "Stop, Think and Connect" concept. **Stop:** Before using the Internet take time to understand the risks and learn to spot potential problems; **Think:** Take a moment to be certain the path ahead is clear. Watch for warning signs and

consider how online actions could impact one's personal (or family's) safety; and **Connect:** Enjoy the Internet with greater confidence, knowing all steps were taken to safeguard one's self and computer.

"That really is a great way to think about it," said Vout. "Really it's the simple things that are ignored." Ensuring virus protection systems are up to date, all Windows updates have

been made and "just being careful" not to open unknown links or share personal information online with non-trusted sites are simple steps everyone can take.

During the week some 30 junior leaders from around Europe spent three days training together in Wiesbaden to learn more about such topics as mentorship, social media, the Uniform Code of Military Justice and ethics.

The week also featured an educator's forum giving 5th Signal Command members from various communities an opportunity to share experiences, needs and lessons learned regarding deployments and other factors impacting military youths in local Department of Defense Dependents Schools. Local principals, counselors and Chris Thomas, the Heidelberg District Teacher of the Year, discussed the unique stresses on military children and how DoDDS works with the local community to ensure children always have an open ear and available assistance.

"Thank you for what you do for all of us every day," said Crawford in concluding the educator's forum.



Wiesbaden High School Principal Sharon O'Donnell speaks during an educators' forum at the 5th Signal Command Cyber Awareness Week Oct. 10. O'Donnell and fellow administrators, counselors and the Heidelberg District Teacher of the Year addressed Soldier and family concerns during the forum.



Andreas Kaufman of Commscope demonstrates a system to visitors at the Cyber Technology Showcase Oct. 10.

Questions for the general

Brig. Gen. Ricky Gibbs calls on a student with a question during a visit to the Aukamm Elementary School Deployment Club Oct. 11. Gibbs told the children he was going to call on them if they did not ask enough questions, but that was not a problem. Instead, the children had so many questions Gibbs did not have time to take them all. Gibbs is the deputy commander of V Corps, which has a large number of Soldiers deployed to Afghanistan. The club meets once a week after school. The children also sang Gibbs a selection of patriotic songs.

Photo by Wendy Brown



Red Ribbon Week discourages drug and alcohol abuse

Discussing the use of alcohol when raising a teen in Germany can be complex. The local age for German nationals to drink beer is 16, and beer is readily available to younger teens at local fests.

The longer a young person waits to begin drinking, the lesser the likelihood that drinking will become problematic as an adult. Parents who actively discuss family values and engage their children in meaningful conversations can have a positive impact.

With that in mind, Wiesbaden educators ask parents to help them recognize Red Ribbon Week Oct. 22-26. The theme for 2012 is "The Best Me is Drug Free."

Here are some pointers from "Parents: The Anti-Drug." Research shows that young people are less likely to use tobacco, alcohol and other drugs if parents set clear rules about not doing so. Here are some rulemaking tips:

- Set clear rules and discuss the consequences of breaking them. Don't make empty threats. Don't impose harsh or unexpected new punishments.

- Consistently enforce the rules.

- Punishments should involve mild, not severe, negative consequences. Overly severe punishments serve to undermine the quality of the parent-child relationship.

- Set a curfew and enforce it. Be prepared for special occasions.

- Have your child check in at regular times when he or she is away from home or school. Have them use their cell phone or give them a phone card or pager with clear rules for using it. (When I call I expect that you answer the call or return it within a few minutes.)

- Call parents whose home is to be used for a party. On party night, don't be afraid to stop in to say hello (and make sure that adult supervision is in

place.)

- Make it easy to leave a party where drugs are being used. Discuss in advance how to signal the need for a ride. Later,

be prepared to talk about what happened.

- Listen to your instincts. Don't be afraid to intervene if your gut reaction tells you that

something is wrong. Look up more helpful information on www.theantidrug.com. (Courtesy of Mary Beth Thomas, Wiesbaden Middle School).

Accente Wiesbaden

Schloss Vollrads

Host nation visitors get inside look at community

By Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

With transformation continuing to change the face of the Wiesbaden military community, interest from the surrounding host nation communities has grown.

Military community leaders have made a special effort to welcome representatives of the local communities and to share information about anything that might have an impact on their businesses and daily lives.

The most recent community outreach session welcomed members of the Wiesbaden

Nordenstadt and Delkenheim City Councils to Clay Kaserne.

“As elected officers and council members it’s important that you understand what’s going on here and you get the answers you need,” said Col. David Carstens, U.S. Army Garrison Wiesbaden commander, in welcoming the visitors.

“I think what you’ll be struck most by is what you don’t see rather than what you see,” said Carstens, explaining that where in the past the local military played host to various units ranging from an armored division to artillery battalions, today the Wiesbaden military

community is primarily a headquarters installation. “We don’t have tanks and artillery pieces here.”

Carstens also explained that with the move of U.S. Army Europe Headquarters from Heidelberg to Wiesbaden, the average age of the workforce is older. “On average they are eight to 10 years older than the average age in another post here or in the United States.” That means fewer of the problems such as drunk driving associated with younger Soldiers and civilians.

Council members had a range of questions for the com-

mander including how to create closer ties between German and American schools, the average length of overseas tours, how to bring adults together more and the process for reporting complaints about aircraft noise.

Explaining that while there are various German and American programs in place, most cater primarily to German members, Carstens said, asking for suggestions about ways to draw the two communities closer together. “We are always looking for opportunities,” he added, saying that the schools already have some partnerships in place, a teachers orientation recently saw participation by German

and American teachers and future get-togethers would be welcomed. He also pointed out

“As elected officers and council members it’s important that you understand what’s going on here and you get the answers you need.”

that events such as the Wiesbaden Stadtfest and Christmas Market are examples of where there is an American presence in the way of guest performers, school concerts and Morale, Welfare and Recreation food stands.

Following the commander’s welcome and a tour of Newman Village housing, the visitors got a first-hand look at airfield operations and had an opportunity to ask the subject matter experts about the day-to-day flight patterns and training procedures involving rotary and fixed wing aircraft on Clay Kaserne.

Tanus Auto Verkaufs GmbH



Photo by Karl Weisel

Quality-of-life issues

Delegates sign in at the start of the U.S. Army Garrison Wiesbaden Army Family Action Plan Conference Oct. 18. Community members spent two days discussing and hammering out quality-of-life issues to be considered by the garrison or at a higher level. See the next issue of the *Herald Union* for the story.



Photos by Russell Mull

Scouting in Switzerland

Patrick Mull, Nathan Curtis and William Valez, Scouts with Wiesbaden's Troop 65, climb a mountain in Kandersteg, Switzerland, during the Rheingold District's fall camporee Oct. 5-7. Photo right: Alex Enriquez, Max Johnson, Patrick Sullivan and Patrick Mull construct a makeshift litter for mountain rescue. The boys joined Scouts from Switzerland, Norway and Spain.



Photo by Wendy Brown

Monitoring energy use

The Installation Management Command's Brig. Gen. Curt A. Rauhut talks with Lothar Gerhardt, central building control manager, during a visit to the U.S. Army Garrison Wiesbaden Oct. 19. Rauhut, IMCOM's director of resource management, got a look at the community's Building Management System (utility and energy monitoring control system), talked to garrison resource management staff members and examined new facilities in Wiesbaden.

Six awarded for top customer service

U.S. Army Garrison Wiesbaden leaders visited the job sites of six employees Oct. 12 and surprised them with certificates and \$250 awards.

Jesse Castillo of the Wiesbaden Army Lodge continuously wows the lodge's guests with stellar service, Castillo is the lodge's man, according to his supervisor. Not only has he improved the impression many guests have of the hotel, but he has created a benchmark of great service by going out of his way to help guests. Many customers have written Interactive Evaluation Cards praising how well Castillo performs his job.

Sedat Selmani, recreation assistant, Family, Morale, Welfare and Recreation special events, is a "get it done" kind of guy who makes sure that FMWR special events are done well. He never shuns away from additional duties and is always helping others with a smile on his face. Selmani helped plan the Clay Kaserne naming ceremony and assisted in making it a successful event

by ensuring that all the equipment and other requirements were done in coordination with the proper garrison directorates.

Anyone who has seen **Maria Diaz, recreation assistant, Family, Morale, Welfare and Recreation special events** in action at Operation Rising Star, the Hispanic History Boxing Tournament or in her free fitness classes at the Wiesbaden Fitness Center knows what a great job she does, but her supervisor also wants people to know that she has also been a key element in the success of several special events in the community. In particular, Diaz was instrumental in making Kinder-



Boehme



Selmani



Diaz



Oravec



Viedt



Castillo

fest, the Easter Egg Hunt, Victory Day and the Clay Kaserne naming event successful.

Sharon Boehme, physical therapist, Wiesbaden Army Health Clinic, recently saved a patient's life by noticing that the patient

had serious post-operative complications and making sure the patient received proper care. Another patient, if not for a thorough examination from Boehme, might have spent weeks enduring treatment for a knee injury that did not exist. Boehme discovered that the knee pain the patient was experiencing was because of an instability in the ankle. Boehme goes above and beyond

for all patients.

Teri Viedt, public affairs specialist, U.S. Army Garrison Wiesbaden Public Affairs Office is a dedicated, hard worker who recently took on organization of the garrison's 25-Hour Run teams. She made sure all the right information got out to the community, worked closely with everyone so every team would do well and made sure that every team had the proper benches, tents and water amounts for the run. Viedt also provided similar services for the 66th Military Intelligence Dragon Boat team this summer.

When more than 70 children enter the Hainerberg School Age Center after school each day, **Rebecca Oravec, child and youth program assistant, Hainerberg School Age Center** is there to greet them with a big smile and a positive attitude. She does a great job not only keeping them safe, but helping them complete their homework and making sure they have fun.



Photos by Karl Weisel

Learning about fire prevention from the experts

Wiesbaden military community firefighters took the fire prevention message out to community youngsters during Fire Prevention Week. Hainberg Elementary School students enjoyed a host of special events at the Wiesbaden Entertainment Center Oct. 10 as Sparky (above) the Firefighting Dog (alias Karin Morrell), and fellow U.S. Army Garrison firefighters shared information about staying safe, what to do in the event of a fire and ways to stop fires in the first place. Photo above: Thilo Scheich helps youths practice "stop, drop and roll." Photo right: Ariana Hall and Keira Konik assist Wiesbaden firefighter Volker Müller with dousing a "blaze."



Preventing scary things on Halloween

Michael D. Pattison
U.S. Army Public Health
Command Occupational Vision
Optometrist

Seeing and being seen key to staying safe

Every Halloween there is an assortment of ghosts, pirates, super heroes and ballerinas running about with one of two things in mind — getting candy or going to parties.

Roaming dimly lit neighborhoods is part of the fun for children, but it can also be dangerous.

Studies show that the risk of a child getting injured as a result of being hit by a car doubles on that one night. And for adults, having the best costume and enjoying parties is just as fun.

Halloween safety relies on seeing and being seen and both are important.



By following some simple rules when thinking about what to wear this Halloween, everyone can have a night of happy and safe trick-or-treating.

Children and adults walking around should wear light-colored costumes or stick reflect-

tive tape to the costume so that they are visible to passing cars.

If possible, do not use masks that get in the way of clear vision or block side vision and increase the risk of tripping or running into objects. If the mask is important, consider taking it off to move from house to house.

Hypoallergenic make-up is safer, but be careful to keep all make-up away from the eyes. If you need to go close, use only products approved for use around the eyes.

Avoid using sharp items such as swords, knives or wands as part of the costume. Use only

items that are soft and flexible. If necessary, use a belt carrier or scabbard so that your child does not have to move from house to house with the object out.

Use flashlights or light sticks while walking around in the dark.

Remember that drivers may be in costume and may have trouble seeing you, so do not trust them to stop for you. Remember to look both ways before crossing the street and walk, not run, while crossing.

No trick-or-treaters should go by themselves. They should only go to houses that have a porch light on. Similarly, remember to turn on your light if you are passing out treats.

Avoid using cosmetic contact lenses since the majority of them affect your ability to see in the dark. If you feel you must use them, make certain that they are properly fit and that you know how to take care of them.

Finally, if out late trick-or-treating or partying, always remember to drink in moderation and, if you have had a few too many, do not drive. If you are walking, the later you are out the greater the chance that drivers have been drinking, so be even more cautious. In short, do not trust anyone other than yourself to do the right thing.

Have fun with all of the costumes, the candy and the parties, but do not forget to do so safely so that nothing scary happens to you or your children.

Community notes ... Community notes

Fall Cleanup Nov. 5-8

U.S. Army Garrison Wiesbaden conducts Fall Cleanup Nov. 5-8. All members of the Wiesbaden military community are asked to help out eliminating unsightly refuse, litter, leaves and branches in common use and housing areas. Housing residents will clean their areas on Nov. 7. The best building in each housing area will receive a building sign of recognition and a garrison certificate. Supplies and plastic bags will be available at the Home Improvement Store in Hainerberg Housing (Mississippi Str. 3). Hours are 8 a.m. to 3 p.m. weekdays and 9 a.m. to 1:45 p.m. Saturdays. Call mil 335-5160 for more information. The Self-Help troop store for unit supplies is located in Building 1557 on Clay Kaserne. The Directorate of Public Works will provide trash collection in conjunction with city pickup.

Library happenings

The Wiesbaden Library holds preschool story time at 10 a.m. on Oct. 25, Nov. 1, 8, 15 and 29. The library will be open from noon to 4 p.m. Nov. 12 and 22.

Prayer breakfast

An All Saints Day prayer breakfast will be held Nov. 1 at 7 a.m. in the Special Event Room of the Wiesbaden Dining Facility. U.S. Army Europe Chaplain (Col.) David Moran will speak. Make reservations by sending an email to Chaplain (Capt.) Andrew Shriver at andrew.s.shriver.mil@mail.mil.

'Leaving a Legacy'

The Protestant Women of the Chapel host guest speaker,



Photo by Karl Weisel

Learning about careers

Chief Warrant Officer 2 Daniel Crandall, 5th Signal Command, talks to Wiesbaden ninth-graders during a special career day event at the school. Students had a chance to learn about various career opportunities from service member and civilian subject matter experts from throughout the Wiesbaden military community.

Camille Howes, who will talk about "Leaving a Legacy: Finding Your Spiritual Gifts" Nov. 6 at 9:30 a.m. at the Clay Kaserne Chapel. Free child care will be provided. The presentation will be followed by a "Breakfast at Tiffany's" themed reception. No reservations are required. Contact Wendy Sledd at wendy.sledd@us.army.mil or visit the Protestant Women of the Chapel Facebook page for more information.

Halloween Spooktacular

Fright fans will want to mark their calendars for the Halloween Spooktacular Oct. 30 and 31. Haunted houses will be featured in the Warrior Zone for children and families and at Wiesbaden Arts and Crafts

for teens and adults from 6-9 p.m. both days. The free community event is open to all U.S. ID cardholders. A Halloween party will also be featured in the U'r Place Bar and Grill Oct. 31 from 6-10 p.m.

Girl Scout breakfast

Wiesbaden Girl Scouts will celebrate Juliette Gordon Low's birthday with brunch at the Wiesbaden Dining Facility Oct. 27 from 10 a.m. to noon. Cost is \$5.25 (bring ID card — E1s-4s and their dependents receive a discounted rate). Each troop is encouraged to decorate a cake and to bring it for a contest. Make reservations by Oct. 21 by sending an email to rogersdw@hotmail.com.

Trunk or Treat

Awana invites business members to represent their business at the Awana Trunk or Treat event for children ages 3

to sixth grade Oct. 28 at 7 p.m. in the Clay Kaserne Chapel parking lot. Email Rachel Kistler at luvbn-mom0f6@yahoo.com for details. Other upcoming Awana happenings include I Am Thankful Day Nov. 18, Double Shares Dec. 2, Awana Store/Wise Men Night Dec. 16 and Wacky Hair Jan. 13. Awana meets from 5-7 p.m. Sundays at the Clay Kaserne Chapel.

Tell Me A Story

Joint Parent-to-Parent for an afternoon of family fun Nov. 4 from 3-5 p.m. at Hainerberg Elementary School. Tell Me A Story, a literacy event sponsored by the Military Child Education Coalition, will feature guest reader Col. David Carstens, U.S. Army Garrison Wiesbaden commander, reading the book "Verdi," by Janell Cannon. The event will also feature activities, crafts and a snack. Each attending family will receive a copy of the book. Reserve spaces (list people by name and specify whether children or adults) by sending an email to ptop.wiesbaden@militarychild.org (space is limited).

Red Cross classes

The Wiesbaden American Red Cross holds an International Humanitarian Law Class Oct. 26 from noon to 5 p.m. Classes are held in Room 223,

Building 1023E on Clay Kaserne. Call mil 337-1760 or civ (0611) 705-1760.

Next CIB Oct. 30

Pick up all the latest information at the Wiesbaden military community's next Community Information Briefing Oct. 30 at 9:30 a.m. in the Community Activity Center on Clay Kaserne. If you can't make it to the briefing visit the garrison's Facebook page at www.facebook.com/usagwiesbaden and follow it live online.

Candlelight walk

Join fellow community members in taking a stand against domestic violence during a "Take Back The Night" candlelight walk Oct. 25 at 6 p.m. starting at Army Community Service in Hainerberg Housing. Call mil 335-5254 or civ (0611) 4080-254 for more information.

BOSS London trip

Join the members of the Better Opportunities for Single Soldiers as they head to London Nov. 16-18. Stop by the Warrior Zone on Clay Kaserne (by Wiesbaden Arts and Crafts) for more information.

Veterinary Clinic volunteers

Interested in volunteering at the Wiesbaden Veterinary Clinic on Clay Kaserne? Call the Wiesbaden Red Cross Office at mil 337-1760 or civ (0611) 705-1760.

Culture College

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



Wohnstudio Wiesbaden

Early intervention key to treating depression

By Sabriya Dennis

U.S. Army Public Health Command

October is National Depression Education and Awareness Month. When feelings of sadness, anxiety or depression linger for long periods of time, it's possible that a person could be clinically depressed. Depression is a common condition affecting more than 20 million adults in the United States each year.

The Army's suicide rate has increased significantly over the past five years. A diagnosis of depression is a risk factor that can contribute to suicidal thoughts, according to the Centers for Disease Control and Prevention. Therefore, it is important to be attentive to signs of depression in others as well as oneself.

Depression is defined in the Diagnostic and Statistical Manual of Mental Disorders, as having five or more specified symptoms occur during the same two-week period of time and representing a change from the previous level of functioning. As part of the criteria, at least one of the symptoms has to be depressed mood or loss of interest or pleasure. The remaining symptoms are listed below:

- Difficulty concentrating, remembering details and making decisions
- Energy levels are decreased or feelings of fatigue
- Persistent aches, pains, headaches, cramps or digestive problems
- Feelings of hopelessness and or pessimism
- Experiencing feelings of guilt, worthlessness and or helplessness



- Suicidal thoughts or suicide attempts
- Sleeping excessively, early morning wakefulness or insomnia
- Irritability, restlessness
- Overeating or loss of appetite
- No interest in activities or hobbies once pleasurable, including sex

Issues such as loneliness, financial strain, lack of social support, relationship problems, unemployment, trauma, death of a loved one, alcohol or drug abuse, childhood abuse, family history of depression, health problems or a recent stressful life experience can place a person at risk for depression. Though everyone may experience one or more of these issues, not everyone will respond to them in the same way. The same is true for depression; not everyone experiences or exhibits depressive symptoms in the same manner. The following are common symptoms of depression

for various groups:

- Men: fatigue, irritability, sleep problems, violence, reckless behavior and substance abuse
- Women: feelings of guilt, excessive sleeping, overeating and weight gain
- Youth: Irritability, hostility, quick temperedness, unexplained aches and pain. If left untreated, these symptoms can lead to problems at home and school, or drug abuse.

Depression is treatable and beatable. Treatment for depression should be sought as early as possible so the individual can return to a healthy lifestyle and minimize the risk of greater illness. Treatment for depression includes the use of antidepressant medications, psychotherapy or a combination of both.

If you or someone you know is in a crisis, seek help immediately by calling 911 or visiting an emergency room or speaking to a health care provider. People can also call 1-800-273-TALK (1-800-273-8255); TTY 1-800-799-4TTY (4889) to speak with a trained counselor. This is a 24-hour toll-free hotline provided by the National Suicide Prevention Lifeline.

If you are not sure if you or your loved one is experiencing depression, private screening tools are available online that provide immediate feedback. Screening tools, tips and more information about depression can be found at Militarymentalhealth, www.militarymentalhealth.org; Help Yourself.Help Others, www.helpyourselfhelpothers.org; and Screening for Mental Health, www.mentalhealthscreening.org.

Party Schludt

Schoolbits

Halloween dance

Wiesbaden Middle School invites students to a Halloween dance, sponsored by the Parent Teacher Student Organization and AVID Oct. 26 from 6-8 p.m. The dance will be held in the school gym. Cost is \$2 in advance or \$3 at the door. Food will also be available for sale.

VFW Scholarship Program

Each year more than 50,000 high school students compete for more than \$2.3 million in scholarships and incentives by writing and recording a broadcast script on an annual patriotic theme in the Veterans of Foreign Wars' Voice of Democracy scholarship program. This year's theme is "Is Our Constitution Still Relevant?" The program is open to students in grades nine to 12 enrolled in a public, private or parochial high school or home study program in the United States, its territories and possessions or overseas in a U.S. military/civilian dependent school. For more information on the scholarship program visit www.vfw.org or send an email to kharmer@vfw.org.

University of Oklahoma

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

Show Me the College Money

On Nov. 5 from 6:30-8 p.m. the Wiesbaden Teen Center will host a "Local Scholarship Edition" of the Show Me the College Money program. Any representatives of organizations that offer scholarships — churches, sororities, fraternities, Scouts, private organizations, etc. — are asked to attend to help share information about their programs.

Wiesbaden school dates to note

Local Department of Defense Dependents Schools in Wiesbaden will be closed Nov. 2 for a teacher work day. Parent-teacher conferences will be held Nov. 8-9 at the elementary schools and Nov. 8 at Wiesbaden's middle and high schools. The schools will be closed Nov. 12 in observance of Veterans Day and Nov. 22 and 23 for Thanksgiving. Winter break is Dec. 24 to Jan. 4 with classes resuming Jan. 7.

Central Texas College registration

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

Environmental science

Students focus on ways to save energy, resources

By Karl Weisel

U.S. Army Garrison Wiesbaden Public Affairs Office

With the world's resources dwindling at an ever faster rate and energy costs consistently rising, future planners are realizing that long-term sustainability demands creative solutions. That means including all aspects of energy use, waste disposal and alternative energy construction considerations when first approaching projects.

But encouraging everyone to play a role in long-term sustainability also means changing the way many people live their daily lives.

"Remember, it's about culture change," said Maj. Bill McGlothlin, operations officer for the U.S. Army Garrison Wiesbaden Directorate of Public Works. "It's hard to change a culture."

McGlothlin, who has dedicated much of his time in October during Energy Awareness Month to spreading the conservation message, spoke to David

Craig's environmental science class at Wiesbaden High School Oct. 11.

Describing the Defense Department's drive to reduce energy costs by attempting to make military installations net zero — meaning that input and output are balanced — McGlothlin said the Army has mandated that several major posts accomplish this by 2025.

"We have the technology to do it, and you'll see more and more of this in the future. If you go to one of the big Army posts in the future you'll see evidence of that effort — solar panels, increased recycling, geothermal, etc.," he said. "This is not science fiction — this is happening now."

"We, as Americans — a lot of us don't think about it," said McGlothlin, telling the students that even on the local level, energy is a major concern.

"In Europe, energy is very expensive. Here in (USAG) Wiesbaden, our energy bill is \$24 million a year, strictly for energy consumption," he said.

With still more people moving into the Wiesbaden military community, it is imperative that all members of the Army Family do their bit to help conserve, McGlothlin said. That means turning off lights when not in use, using energy-efficient devices such as washing machines at the energy-saving setting and not wasting resources by doing such things as opening the windows wide in winter while blasting radiators.

Americans can take a lesson from their German neighbors, he added, as leaders in the effort to develop and market solar energy, use of wind power and refuse recycling.

"I'd like for you to survey the school and find out how much is wasted," Craig asked his students. "I'd like for us as a school to get excited about this. How many kilowatts can we save?"



Maj. Bill McGlothlin discusses ways to create more sustainable facilities with David Craig's environmental science class at Wiesbaden High School.



Photo by Christopher Thomas

Celebrating Hispanic Heritage Month

Students perform traditional dances during a Hispanic Heritage Month Celebration at Wiesbaden Middle School. The event featured music, interpretive performances and more celebrating the nation's rich diversity under the guidance of math teacher Mely Arnold.

German military sponsors V Corps castle tour

German-American relations already strong, but German commander wanted to make them even better

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

While giving a tour of the Castle Braunfels, Gerhard Adam paused for a moment amidst the antiques and portraits and became nostalgic.

Adam was not pining for the days of knights and royalty, however. Instead, surrounded by a group of V Corps service members and volunteers, the Braunfels native was missing Texas.

"If I did not return once a year to New Braunfels (Texas) and see my friends there, I think I would feel as though something was not right," Adam said, punctuating his statement with his hands. "I would miss it."

Adam's statement was an expression not only of how deep and far back German and American friendships go, but how they continue today. In fact, it was one main reason behind the tour.

Lt. Col. Helmut Scharfenberg, commander of the Landeskommmando Hessen, said his organization sponsored the tour because he wanted to improve on already excellent German and American relations and recognize V Corps family readiness volunteers.

New Braunfels, Texas, is a sister city to Braunfels, Germany, which is near Giessen and about an hour's drive north of Wiesbaden. New Braunfels is located near San Antonio, Texas. In fact, Prince Carl of Solms-Braunfels founded New Braunfels in 1845, and he was a member of the family that still owns the castle today.

Scharfenberg said he knew of Braunfels because he grew up in the area and went to school there when he was younger. When he was thinking of places Americans might want to visit, Braunfels came to mind because of the castle and its historic town center. Some of the homes date back to the 1500s. The town itself is 800 years old.

By all accounts, Scharfenberg was correct. Not only that, but he succeeded in his mission of taking German and American relations to the next level.

Ruth Tobin, a V Corps family readiness group adviser, said she really enjoyed the company and the camaraderie of the day. Several German Soldiers, V Corps Soldiers and volunteers participated in the

tour — about 20 in all. "I liked discovering a little village that most Americans didn't even know was here," Tobin said. "Not only that, but it has a sister city in Texas."

Melissa Spiszer, a V Corps family readiness leader, said she also enjoyed the company, as well as Adam's charming personality.

Throughout the tour, Adam, a former English teacher, made jokes and explained not only the history of Braunfels, but some cultural items that are found throughout Germany. For example, Adam said that the "X" marks on the country's timber-framed homes are a symbol that the builder wanted to bless the home with many children.

After walking through the historic town, and explaining the town's stocks with Capt. William Noyes standing in them, Adam gave his visitors a private tour of the castle. Only half of it is open to visitors because members of the family that have owned it for 21 generations live in the other half.

The first room contained several suits of armor, swords and horns from successfully hunted animals. One set was a moose rack from Alaska.

Adam had Capt. Darrand Williams try on a suit of chain mail and knighted him with a sword. Adams also passed around the chain mail so people could feel its heavy weight.

From there, the tour began to walk through several other rooms in the castle, all of which were full of portraits of family members who had lived in the castle. The rooms also included a chapel.

After the tour, the Germany military members hosted a barbecue for the Americans at a nearby lodge. The meal featured bratwurst, salads and German cakes and breads.

Lt. Col Theresa Straus, acting commander of the V Corps rear



Landeskommmando Hessen commander Lt. Col. Helmut Scharfenberg, V Corps Family Readiness Group senior adviser Jennifer Mattner, Capt. William Noyes and V Corps rear detachment Command Sgt. Maj. Rodney Hobbs listen as Gerhard Adam talks about the history of Braunfels during a tour of the town Oct. 15. Photo right: The "keep," or tallest tower, of the Castle Braunfels.

detachment, thanked Scharfenberg heartily for the tour and the lunch. "It was very educational," she said, adding that this was the first time Williams and rear detachment Command Sgt. Maj. Rodney Hobbs had visited a German castle.

The tour and lunch were a great sign of German and American camaraderie, Straus said, and everyone mixed and had a number of great discussions during lunch.

Hobbs said he also appreciated the fact that the German-American friendship was not extended only to Soldiers, but to their family members as well.

He also thoroughly enjoyed the castle tour, Hobbs said. "This is my third tour in Germany, and I hadn't been to a castle yet," he said, shaking his head in dismay.

"We could have done this on our own, but to have another military do

this for us shows a lot of goodwill," Hobbs said. "It shows how far German and American relations have come."

Scharfenberg expressly thanked the V Corps family readiness volunteers for their hard work and said he hoped everyone's friends and relatives who were deployed would get home safely.

Germans and Americans should hold more events together, Scharfenberg said.

Tours of the castle are available to the public in October everyday from 11 a.m. to 6 p.m. on the hour, and from November to March on weekends and public holidays from 11 a.m. to 5 p.m. On weekdays during these months, tours are still available, but people should call in advance. See www.schloss-braunfels.de for more information about the castle.



Burg Rheinfels: tunnels of fun

Bring flashlights, says the castle's website

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

Castle ruins come in varying degrees of preservation. Some are little more than tall stonewalls, while others might still have four walls, some stairs and a room or two, but not much else.

"Eh, at least the view is nice," some visitors might find themselves saying.

The Burg Rheinfels in St. Goar, however, is a granddaddy of castle ruins — a must-see. Not only that, but the view is much better than "nice." It is a stunning view of the Rhein River and two other castles on the other side, the castles Katz and Maus.

When visitors buy tickets to enter the castle they receive a written guide for their visit. The guides are available in English, and detail when various parts of the castle were built and what it is exactly that visitors are seeing.

In short, there are rooms to explore, a clock tower to climb up to, a former turret staircase to enter, tunnels, trenches, a moat and more. It is a good idea to bring flashlights to explore the trenches and tunnels. There is also a museum in the castle's former chapel that details the military battles that concerned the castle.

The many castles built along the Rhein were not built for the viewing pleasure of future tourists, but as defensive fortresses, and the Rheinfels is no exception.

Count Diether V von Katzenelnbogen built the castle in 1245, and in 10 years it was strong enough to successfully repulse a year-long siege by an army from the League of Rhenish Cities, according to the town's website.

As an aside, the counts of Katzenelnbogen also built the Katz Castle in 1370, and the Maus Castle got its nickname because people in the area said the two castles spied on each other like a cat and mouse, according to the LoreleyInfo website.

After the Katzenelnbogens died out in 1479, the House of Hesse took over the Burg Rheinfels and made it into the renaissance Rheinfels Castle, according to the site.

In 1692, the castle was the only fortress on the left bank of the Rhein to repel the troops of Louis XIV of France, the site says.

In 1794, however, the House of Hesse turned the castle over without a struggle to the French revolutionary army, and about two years later the exterior walls and the castle were blown up, the site says.

Today, the castle enjoys sieges of a different kind. The castle is a popular tourist destination. Living in Wiesbaden, however, people have the opportunity to visit at any time of the year and avoid



A boy runs through an archway at Burg Rheinfels in St. Goar, which has a commanding view of the Rhein River and two other castles in the area. The castle was built in 1245, and despite several battles at the site, still has comparatively well preserved ruins. The castle also boasts tunnels, a tower and a museum, as well as several other attractions. Visitors can receive written guides to the castle in English when they buy tickets. A four-star hotel is located next door. Photo right: Go ahead, pull that lever, but make sure it is the right one. Possibly the world's scariest urinal is in the bathrooms at the entrance to the castle.



the crowds. St. Goar is a 45-minute drive from Wiesbaden, and roughly half of it is a gorgeous drive along the Rhein.

Through Oct. 27 the castle is open daily from 9 a.m. to 6 p.m., and from Oct. 28 to Nov. 4 the castle is open from 9 a.m. to 5 p.m. From Nov. 5 on through spring, the castle is open on Saturdays and Sundays from 11 a.m. to 5 p.m. as long as there is no snow or ice on the roads.

Entrance for adults is €4, and children ages 6-14 pay €2. Children under 6 are

free, and there is a family ticket available for €10.

There is a bakery next to the castle, as well as a restaurant inside the gift shop that is perfect for lunch. There is also a hotel next to the castle called the Hotel Schloss Rheinfels, which is a four-star hotel with an upscale restaurant.

For more information, visit www.st-goar.de and click on the Burg Rheinfels option on the right. For information in English, click on the British flag.

Sports and leisure



Photos by Karl Weisel

Fleet feet in the Rheinblick forest

Runners from Kaiserslautern, Wiesbaden, Patch, Heidelberg and the Frankfurt International School take off at the start of the Wiesbaden Cross Country race Oct. 13 in the forest near the Rheinblick Recreation Complex. The Wiesbaden girls team took first place with Warriors Anna Seiferth and Gabriela Elliott finishing in third and fourth places respectively. Wiesbaden's Alex Wieman (photo right) took second for the boys, finishing in 17:07, behind Kaiserslautern's Michael Lawson who ran a speedy 16:46. Wiesbaden runners competed in Ramstein Oct. 20 and then wrap up the season at the European Championships Oct. 27. In Ramstein the girls team finished third with Seiferth taking second in 20:33 and Elliott garnering seventh in 21:13. Wieman was the fastest Wiesbaden boy at the Ramstein race taking third place in 16:49 behind Lawson (first) and Ramstein's George Hyde in second. Wiesbaden's Kelsey Thomas took seventh in 17:28.

Sports shorts ... Sports shorts ... Sports shorts

Basketball officials clinic

A free basketball officials clinic will be held Nov. 5-9 at 6 p.m. at the Wiesbaden Fitness Center on Clay Kaserne. Learn how to keep a book and operate the clock. Call mil 337-5541 or civ (0611) 705-5541.

Youth team sports

Registration is now underway for Child and Youth Services winter team sports including wrestling, basketball, dodge ball, cheerleading and nerf hockey. Children ages 3-18 of active or retired military and Department of Defense civilians working in the military community are eligible to enroll. Youths must have a current sports physical. Contact Parent Central Services, located in Building 1215 on Clay Kaserne, at mil 337-7928 or civ (0611) 705-7928 for registration information.

Golf champion

Congratulations to Wiesbaden High School sophomore Jenna Eidem. Eidem, the defending girls golf champion from last year, led the field at the Department of Defense Dependents Schools-Europe Golf Championships in Heidelberg Oct. 12. U.S. Army Garrison Wiesbaden Child, Youth and School Services of-



Photo courtesy of Dave Eidem

DoDDS-E golf champion Jenna Eidem

officials said they were especially proud of Eidem's accomplishment as she was a testament to the value of CYSS's Golf EDGE! Program in addition to her many other hours on the practice greens.

Turkey Trot

The Wiesbaden Fitness Center hosts a 10-kilometer run/five-kilometer walk Nov. 17 starting at 9 a.m. Cost is \$20 to register with registrants getting a complimentary T-shirt and all runners

vying for the chance to win a turkey. Call mil 337-5541 or civ (0611) 705-5441 for details.

All-Army sports

Soldiers in Europe wanting to compete in higher level sports programs can apply online at <https://apps.imcom.army.mil/apprac>. Female and male Soldier-athletes and coaches can be selected and try out for 29 sports that lead to All-Army, Armed Forces, world military (CISM) and the Olympics. Commander's approval is mandatory before being considered. Soldiers selected can complete for up to three months, depending on the sport. Visit www.armymwr.com or contact U.S. Army Garrison Wiesbaden sports director Kevin Ringgold at mil 335-5322 or civ (0611) 4080-322 for more information.

U.S. Forces Soccer Championships

U.S. Army Garrison Wiesbaden hosts the U.S. Forces Soccer Championships Oct. 25-28. Come out and cheer on the Wiesbaden Eagles as they vie for the crown. For more information call Robby Green at mil 337-7887.

Tennis Championships

Both the Wiesbaden boys and girls tennis teams came up winners at home matches against Kaiserslautern Oct. 13. The boys team finished 7-1 and the girls were up 8-1 by the end of play. Wiesbaden hosts the Department of Defense Dependents Schools-Europe Tennis Champions Oct. 25-27.

Fishing course

Wiesbaden's Hunting, Fishing and Sport Shooting Program offers a U.S. Forces German fishing course Nov. 10-12 from 9 a.m. to 5 p.m. Call Wiesbaden Outdoor Recreation at civ (0611) 705-5760 for more information.

Basketball tournament

Wiesbaden holds a Thanksgiving Basketball Tournament Nov. 23-25. Cost is \$275 per team with T-shirts going to the first 10 teams to register. Call mil 337-5541 or civ (0611) 705-5541.

Women's volleyball

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

By Donald Seltzer
Volksmarch Editor

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

Stuffed toy moose.

Weekend of Nov. 17-18

Trail notes

Readers are reminded when driving in France of the requirement for a breathalyzer kit. It is also recommended to have an International Driver's Permit and passport.

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

Many thanks to readers Richard and Donna Glenn, Pat and Cheryl Patterson, and Tim and Luchi Lynch for providing brochures.

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



Weekend of Oct. 20-21

Magdlos (36103) — This volksmarch brings wanderers to the area southeast of Fulda to enjoy its fall colors. Use Autobahn 66 and B-40 to Flieden where a secondary road leads to the start.

Start: Bürgerhaus at Forsthausstr. 2 **Saturday:** 8 a.m. to 3 p.m. (6 and 11 km) **Sunday:** 8 a.m. to 1 p.m. (6 and 11 km) **Trail:** Hilly, woods **Award:** From previous events.

Weekend of Oct. 27-28

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. You'll enjoy the walk as long as you watch for the trail markings — it's easy to make a wrong turn here. 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.

Start: FSV-Sporthalle am Sportplatz on Schlossgarten Strasse **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:** Somewhat hilly, vineyards **Award:** From previous events.

Winningen an der Mosel (56333) — This event is listed for its challenges in the Koblenz area along the picturesque Mosel River. Participants will find, in addition to the standard distances, trails of 42 and 50 kilometers, plus a 25-km cycling route. Use Autobahn 61 north toward Koblenz and exit at Koblenz-Metternich (38). Follow directional signs on secondary roads to the start in Winningen.

Start: August-Horch-Halle on Marktstrasse **Saturday and Sunday:** 7 a.m. to 2 p.m. (5, 10 and 20 km, plus cycling), 7-9 a.m. (42 km) and 7-8 a.m. (50 km) **Trail:** Very hilly, woods **Award:** Wineglass (shorter trails) or patch and certificate (marathon trails).

Thursday, Nov. 1

Hof/Westerwald (56472) — This holiday event is north of Limburg and west of Giessen and features the scenery of the Hoher Westerwald area. Use Autobahn 45 to the Herborn-West exit (26), then take B-255 and B-414 west to Hof.

Start: Mehrzweckhalle on Tierparkstrasse **Thursday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Very hilly, wooded areas **Award:** None.

Weekend of Nov. 3-4

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:** From previous events.

Weekend of Nov. 10-11

Staudernheim (55568) — This event is just down the road from Idar-Oberstein. Use B-41 to reach Sobernheim, then pick up an unnumbered road to the start at Staudernheim.

Start: Turnhalle at Am Sportplatz **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 21 km) **Trail:** Hilly, fields and woods **Award:** From previous events.

Cocheren Belle-Roche, France (57800) — This event is just west of the French border southwest of Saarbrücken and east of St. Avold. Volksmarchers will find the event easily reached via Autobahn 6. From the KMC, use A-6 past Saarbrücken toward the border, continuing toward Metz as it becomes A320 in France. While the brochure suggests the use of exit 41, a review of Google maps indicates an easier method might be to use exit 42. Take N3 in the direction of Merlebach and D29 south to Cocheren.

Wednesday, Nov. 21

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 (26). Follow B-255 to the start at Rennerod.

Start: Westerwaldhalle at Westerwaldstrasse 8 **Wednesday:** 8 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Hilly, wooded areas **Award:** From previous events.

Thanksgiving Day, Nov. 22

Ramstein-Miesenbach (66877) — The Ramstein Roadrunners club plays host to its 28th annual Thanksgiving Day volksmarch. Wanderers will find the event to be a friendly and relaxing family activity. Ask about becoming a club member — information is available at the start hall. Consider making reservations to enjoy the Thanksgiving buffet at the Officers' Club on Ramstein Air Base. Spend a night or two in guest lodging — contact Central Reservations at civ (06371) 454920 to find out if Space-A rooms are available. Use Autobahns 5 and 6 and the Landstuhl/Air Base exit (13) to follow IVV directional signs to reach the town of Ramstein-Miesenbach.

Start: Mehrzweckhalle at Am Kiefernkopf 22 **Thursday:** 8 a.m. to 1 p.m. (5 and 10 km) **Trail:** Slightly hilly, fields and forests **Award:** Beer glass.



Things to do . . . Things to do . . . Things to do

Go square dancing

Wiesbaden's Square Dance Club Diamond Plus invites Americans who enjoy square dancing to join them in various dance sessions throughout the Rhein-Main area. For more information call Karl-Heinz Rott at civ (069) 6708 972.

Outdoor Rec highlights

Join Wiesbaden Outdoor Recreation for a Thanksgiving ski trip to **Zermatt, Switzerland**, Nov. 21-25. Get an early-bird discount for signing up early. Outdoor Rec also features trips to the following **Christmas markets**

in December — **Nürnberg** Dec. 1, **Rothenburg** Dec. 8 and **Strasbourg** Dec. 15. Stop by Outdoor Rec in Building 1043 on Clay Kaserne or call mil 337-5760 or civ (0611) 705-5760 for details.

Wine tasting at Kloster Eberbach

The Eberbach Monastery features a session of wine and sparkling wine tasting — this year's prize winners — starting at 2 p.m. Oct. 27. Tickets, costing €21, are available for purchase at the Tourist Information Office in Oestrich-Winkel and other locations. Visit www.weingenuss-im-kloster.de.

Oscars at the Film Museum

The German Film Museum in Frankfurt features a special exhibition dedicated to "85 Years of the Best Picture Academy Award" Nov. 14 to April 28. The exhibit will present hundreds of Academy Award-winning films and a detailed look at the history of the annual awards — from 1929 to the present. The Film Museum is located at Schaumainkai 41.

USO classes, tours

The Rhein Main Area USOs feature ballroom, swing and salsa dance lessons; portrait photography classes; wine

tasting; ballet and more. Upcoming tours **Poland: Pottery and Sightseeing** Oct. 26; **Meuse-Argonne Military History** Oct. 27; **Rhein River Cruise** Oct. 28; **Wartburg Castle and Eisenach** Nov. 3; **Luxembourg** Nov. 3; **Lyon, France**, Nov. 9-12; **Frankfurt and dinosaurs** Nov. 10; **Metz, France**, and antique market Nov. 17; **Weimar and Buchenwald concentration camp** Nov. 17; **Black Forest Thanksgiving** Nov. 22 and **Valkenburg Caves Christmas Market** Nov. 23. Call mil 335-5106 or stop by any Wiesbaden USO for more

information.

'Little Shop of Horrors'

Wiesbaden's Amelia Earhart Playhouse features the comic musical "Little Shop of Horrors" Oct. 26-28. Call the Playhouse at civ (0611) 816 2473 for reservations.

Wine fests and more

Rüdesheim holds its **New Wine Days** with several local specialties on the market square Oct. 26-28. Wiesbaden holds a **Wine Fair** Nov. 2-3 at the New Town Hall. Eltville hosts a **Wine Harvest Festival** Nov. 2-5.



Fans of the big surf will enjoy "Chasing Mavericks," a film about true life surfers Jay Moriarity and Frosty Hesson.

At the movies Oct. 25 to Nov. 8

Wiesbaden, Taunus Theater

- Oct. 25 — The Watch (R) 7 p.m.
- Oct. 26 — Alex Cross (PG-13) 7 p.m. Paranormal Activity 4 (R) 9:30 p.m.
- Oct. 27 — Ice Age: Continental Drift (PG) 4 p.m. Paranormal Activity 4 (R) 7 p.m.
- Oct. 28 — Ice Age: Continental Drift (PG) 4 p.m. Alex Cross (PG-13) 7 p.m.
- Oct. 29 — Alex Cross (PG-13) 7 p.m.
- Oct. 30 — The Bourne Legacy (PG-13) 7 p.m.
- Oct. 31 — The Campaign (R) 7 p.m.
- Nov. 1 — The Watch (R) 7 p.m.
- Nov. 2 — Fun Size (PG) 7 p.m. Sparkle (PG-13) 9:30 p.m.
- Nov. 3 — Chasing Mavericks (PG) 4 p.m. Hit And Run (R) 7 p.m.
- Nov. 4 — Fun Size (PG) 4 p.m. The Bourne Legacy (PG-13) 7 p.m.
- Nov. 5 — Chasing Mavericks (PG) 7 p.m.
- Nov. 6 — Sparkle (PG-13) 7 p.m.
- Nov. 7 — The Campaign (R) 7 p.m.
- Nov. 8 — Hit And Run (R) 7 p.m.



Spooky thrills and chills are guaranteed as the "Paranormal" franchise contributes its fourth installment for fright fans — "Paranormal 4." Photo right: Jeremy Renner and Rachel Weisz flee from the authorities who are out to kill Renner in the latest edition of the Bourne saga — this time with Renner taking on the primary protagonist role originally held by Matt Damon.



Movie plots

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

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

The Bourne Legacy (PG-13) — Here's another spin on the theme of genetically modified killers created by the government having to flee for their lives to avoid being terminated by their makers. Stars Jeremy Renner, Edward Norton, Rachel Weisz and Albert Finney.

Chasing Mavericks (PG) — Gerhard Butler and Elisabeth Shue star in this film about the true adventures of big wave surfing legend, Jay Moriarity, and his unique friendship with veteran surfer, Frosty Hesson. As a teenager, Jay takes on the massive and deadly waves known as the Mavericks off the coast of Half Moon Bay.

Fun Size (PG) — A teenage girl is forced to take her brother trick-or-treating on Halloween. When he goes missing, she recruits her friends to help track him down before her mother finds out. Stars Victoria Justice, Thomas Mann and Johnny Knoxville.

The Watch (R) — Suburban dads who form a neighborhood watch group as a way to get out of their day-to-day family routines find themselves defending the Earth from an alien invasion. Stars Jonah Hill, Ben Stiller and Vince Vaughn.

Ice Age: Continental Drift (PG) — "Ice Age's" Manny, Diego, and Sid embark on their greatest adventure after cataclysm sets an entire continent adrift. Separated from the rest of the herd, they use an iceberg as a makeshift ship, which launches them on an epic seafaring quest. Scrat's reunion with his cursed nut catapults him to places no prehistoric squirrel has gone before.

The Campaign (R) — When long-term congressman Cam Brady (Will Ferrell) commits a major public gaffe before an upcoming election, a pair of ultra-wealthy CEOs plot to put up a rival candidate and gain influence over their North Carolina district. Their man: naïve Marty Huggins (Zach Galifianakis), director of the local Tourism Center. At first, Marty appears to be the unlikeliest possible choice but, with the help of his new benefactors' support, a cutthroat campaign manager and his family's political connections, he soon becomes a contender.