

Look out for young goblins Oct. 31

The U.S. Army Garrisons Baumholder and Wiesbaden will celebrate traditional trick-or-treat hours on Oct. 31. In Baumholder little ghosts and goblins will be out in force from 5-8 p.m. (see page 9 for more Baumholder Halloween events) while Wiesbaden youths will go trick-or-treating from 5-7 p.m.

Wiesbaden's Entertainment Center in

Hainerberg Housing invites adults for a Halloween Party Oct. 29 starting at 8 p.m. with a live DJ, creepy cocktail specials and door prizes for the best costume. Wiesbaden Army Community Service invites children ages 10 and under to ACS Oct. 31 from 2:30-4 p.m. to enjoy trick-or-treating and goodies.

The city of Wiesbaden holds Halloween shopping Oct. 29 from 10 a.m. to 10 p.m. It

will feature a family program from 2-6 p.m. in the pedestrian zone at Mauritiusplatz, live music, creepy characters, fireworks and more.

Parents are reminded to take a few precautions to keep their children safe while out trick-or-treating:

Ⓜ **Masks:** If masks are worn they
See Young goblins on page 3



Photo by Karl Weisel

Herald Union



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Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden

Oct. 27, 2011

Hainerberg gets face-lift

Schools, new shopping center all part of construction effort

By Carol E. Davis
U.S. Army Corps of Engineers, Europe District, Public Affairs

The U.S. Army Corps of Engineers, Europe District, is helping modernize and raise the quality-of-life for Soldiers and their families in Hainerberg Housing.

From construction and renovations at the high school to preparing the site for a new commissary, residents continue to see improvements in their neighborhood.

Roger Gerber, chief of the U.S. Army Garrison Wiesbaden's Transformation and Stationing Management Office, said these improvements maintain the standard of living for Soldiers and are needed for the U.S. Army Europe Headquarters arriving in 2012.

"Transforming our education facilities is a key part of preparing for new Soldiers while

ensuring the facilities meet the modern needs," Gerber said.

USACE is managing construction at Wiesbaden High School.

One project seeks to convert the existing auxiliary gym into a multipurpose room that includes a cafeteria and a large group assembly area complete with a stage.

Additionally, the contact includes construction of a new curriculum building. When complete in late 2012, the building will house five new science classrooms, art and music rooms, Junior Reserve Officers' Training Corps, vocational and technical training areas, and a school supply facility.

"We believe that schools of the future must be flexible and adaptable, allowing us to adjust to new and innovative ways

See Face-lift on page 4



Photo by Wendy Brown

Making their own apple juice

Members of Annamarie McCormick-Howell's first-grade class at Aukamm Elementary School enjoy homemade apple juice Oct. 17. Aukamm students in all classes had a chance to make the sweet nectar — an annual tradition at the school, thanks to Dietrich Kröger, a member of the local German community. See page 20 for the story.

Safeguard cars from thieves

U.S. forces personnel can easily become victims of car break-ins, and often they unwittingly tempt thieves, warn officials at the U.S. Army Europe Office of the Provost Marshal.

Satellite navigation devices are the most popular items for crooks, but laptops, ID cards, gas cards, passports, purses, cameras, cell

phones, radios, license plates and military clothing items are also regularly stolen from cars and vans.

"The main problem is that property is left in plain view inside military and civilian vehicles," said Capt. Richard K. Robinson, the USAREUR OPM's law enforcement staff officer.

Another big problem is that

some people just don't lock their vehicles, OPM officials added.

"It is not only important to lock your vehicle when it is unattended, but also the law in many countries in Europe," Robinson said.

But a locked vehicle alone is no deterrent, the captain warned. If thieves see something valuable

See Thieves on page 5

Inside



Reader feedback

Different colored leaves is what V Corps' Sgt. Chenique Walker said she likes about autumn. See page 2 for more feedback.



Getting SAVVY

Soldiers and parents team up with middle school to stamp out bullying. See page 11.



Punch power

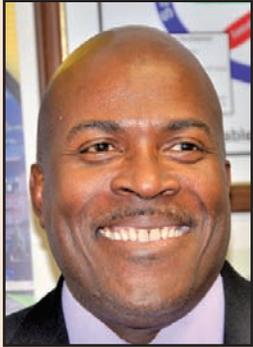
Fight fans treated to 10 explosive bouts. See page 16.

Feedback: *What memories or feelings are stirred by autumn?*



Rikki Lee-Perales
Baumholder Army
Community Service

“Fall brings fond memories of childhood. I get excited with the seasons changing and enjoy staying home as the weather gets cold.”



Earl McFarland
Wiesbaden Army
Community Service
Volunteer Corps coordinator

“When I think of autumn I think of watching college football with my son and good food at the Thanksgiving gatherings from my childhood.”



Susan Domine
Baumholder Army
Community Service

“Nostalgia. Fall reminds me of growing up in New England and the changing of the leaves.”



Rakeah Williams
Wiesbaden Middle School

“Fall makes me think of clothes, fall fashions and more clothes — boots, cute jackets, purses and sweaters; bundling up with coats, scarves, hats and gloves.”



Brittany Honish
Wiesbaden High School

“When I think of fall, I think of Halloween and dressing up, so much fun. It also makes me think of the leaves and how beautiful they are as they change colors — also the cold; I love the cold.”

A year without work

Commentary by
Jameelah Arcila
Special to the Herald Union

One year ago, in September 2010, I quit my stable job at a midsize multi-national company. It was a high-pressure organization driven to increase their global presence, and to turn a profit. Had I been single and motivated to climb the ladder of success, I would have stayed. I enjoyed the challenge of the work and loved my colleagues. I appreciated the professionalism of people who know the stakes are high and higher given the financial climate.

However my personal and family needs called for a job with regular hours, no late nights, and definitely, the weekends free. It was the start of the first and only period of unemployment in my adult life.

I quit with the idea that I would be back to work in no time. Right away, I submitted several applications for various civil service positions. No problem right? There are tons of jobs floating around and Wiesbaden is growing, after all. Great references, extensive experience, and my super charming personality—I would be collecting a salary before Christmas.

A game of patience

Two months had passed. I had submitted eight applications and had been given not a single interview.

That’s OK. I reasoned it to be because I’m not a military spouse. It would take slightly longer than I anticipated. In order to keep my resume fresh I decided to volunteer, and for a bit of cash put my name on the substitute teacher roster at the schools.

Within days of making contact, I was writing articles and



taking pictures for the *Herald Union*. Getting on the substitute roster took significantly

longer.

By January my husband and I began to realize our finances were set up around a dual income. Fortunately, the wonderful folks at the paper were buying my lunch, and in many ways, keeping me sane. What a blessing to have a desk to work at, tasks to complete, and people to talk with, in the way that colleagues talk while something is loading on the computer.

There had been several possibilities the year before, but for whatever reason, no job openings for me in the first part of 2011. Then in March, something appeared. I thought I was dreaming but the job matched my skill set perfectly. I felt a rush of confidence. I hand carried my resume to the hiring official, and introduced myself. I think she liked me. The job would not close for a while, and I had to bide my time. I chattered incessantly to anyone who would listen about how excited I was.

In April, two months before school let out and five months after I submitted my original paperwork, I started working as a substitute teacher. And then, dream of dreams, the perfect position closed and I was asked to come in and interview. I killed it. I nailed it; knowledge, skills, abilities and utter perfection.

I was obviously mistaken. One week later, I received the cold and emotionless “Letter of Non-Selection.” I wrote an email asking the standard question, “Can you tell me how to

improve next time.” I received a gracious email back telling me that I would be a great asset and that there would be new positions opening soon.

A bit of reassessment

I reassessed my situation. As an English speaker, language seriously restricted my prospects for employment on the Germany economy. As a non-veteran civilian spouse, hundreds of qualified applicants had preference over me for positions on post. What an idiot I was to have quit. Instead of getting depressed, I went on vacation, on credit.

All summer, I enjoyed my children and took the opportunity to brush off some of the pressure I had placed on myself to find a new job. I stopped questioning why I quit work in the first place, and reminded myself that if I were working, I would not have had this special time with my family. I did apply for one job, but without the heavy expectations. By now it was clear to me, nothing is easy.

Then I was back in Wiesbaden, September again, and one year since I had been employed full time. School started with the usual hiccups. I have learned to enjoy drinking my morning coffee on the balcony while the mornings are still warm enough. In the early days of being unemployed I felt guilty about these little luxuries. Then there was a phone call. It is usually my husband with something to add to the shopping list. But this was a friendly female voice and she was telling me I had been tentatively selected for the position I applied to during the summer. I asked her what “tentatively” meant. And she said, “When would you like to start?”

I guess you can say that good things do come to those who wait.

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News flash

Wiesbaden thespians honored

Staff and volunteers of the Wiesbaden Amelia Earhart Playhouse production of "Prelude To A Kiss" were recognized with eight awards for outstanding contributions during the 2011 U.S. Army Festival of the Arts. Wiesbaden honorees included: **Charlie Fontana**, third place for Outstanding Producer of a Play; **Kimberly Carr**, third place for Outstanding Director of a Play; **Sgt. 1st Class Dan Carr**, first place for Outstanding Set Design of a Play and first place for Outstanding Lighting Design of a Play; **Sanja Parkos**, third place for Outstanding Performance by an Actress in a Leading Role; **Joseph Melicosta**, second place for Outstanding Performance by an Actor in a Supporting Role; and **Stacey Groves**, third place for Outstanding Performance by an Actress in a Supporting Role. "Prelude" also took third place for Outstanding Production. For more information about getting involved with upcoming playhouse productions call civ (0611) 816-2473.

Military Officers Association

The 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 meeting of the membership Nov. 19 at 11:30 a.m. at the restaurant Barbarossahof in Eselsfurth. Stop by for lunch, check out membership benefits and meet members of the chapter. Make reservations and request directions by sending an email to alanjolsen@gmail.com.

High definition AFN TV

The American Forces Network is in the midst of a project to provide high definition television to Department of Defense viewers overseas. Technicians will continue to upgrade AFN's technical infrastructure to bring HD to the entire U.S. military community in Europe in the coming months. Those with older model AFN decoders will not be able to view the HD channels, but they will continue to get the same AFN radio and TV services including the non-HD AFN sports channel as in the past. (Courtesy of Lon Blair, AFN-Wiesbaden)

Soldier Show nominations

The U.S. Army Entertainment Division is accepting nominations for the 2012 U.S. Army Soldier Show through Dec. 30. Sought are performers, lighting, audio, video, costuming and stage technicians. Selections for the show will begin in January to be completed by February. Nomination packets should include name, rank, SSN, unit address, duty phone, email address, area of specialty, official Department of the Army photo in uniform, copy of current enlisted or officer record brief and copy of latest NCOER/OER. Mail nomination packets to U.S. Army Soldier Show, Attn: 2012 Selection Committee, IMCOM G9, 2455 Reynolds Road, Bldg. 2266, Fort Sam Houston, TX 78234-7588. For more information visit www.ArmyMWR.com.



Photos by Karl Weisel

An inside look at transformation

Members of the Gesellschaft Bürger und Polizei (Wiesbaden Citizens and Police Association) tour Wiesbaden Army Airfield during a special tour to inform them about changes occurring in U.S. Army Garrison Wiesbaden. The information visit was aimed at providing local citizens with up-to-date information about construction projects and other transformation efforts. Photo above: Chief Warrant Officer 2 Douglas Armstrong describes the mission of the airfield pilots and crew.



Young goblins

Continued from page 1

should have proper ventilation and not obstruct vision. The openings for eyes, nose and mouth should be large. An alternative to masks is facial makeup. Be sure to check packages of makeup for labels saying "U.S. approved color additives," "laboratory tested," "meets federal standards for cosmetics" or "non-toxic."

Ⓢ **Fitting:** Make sure shoes fit well and comfortably. Costumes should allow the child to be mobile (not too tight or too loose). Make sure they are short enough to prevent tripping or entanglement. Dress warmly underneath costumes.

Ⓢ **Flammability:** When shopping for costumes, wigs and accessories look for and purchase only those with a label clearly indicating they are flame resistant.

Ⓢ **Visibility:** Ensure costumes are light, bright



Photo by Karl Weisel

Families enjoy a haunted house in 2010.

and clearly visible to motorists. Decorate or trim them with reflective tape. Carry glow sticks or flashlights.

Ⓢ **Time and travel:** Establish the time you want your child to return home. Make sure your child travels in a small group. Plan a route and stick to it. Establish a meeting place. Only visit homes with their lights on. Tell your children to never accept an invitation into someone's home.

Ⓢ **Treats:** Tell your children to not eat treats until you've had a chance to examine them upon their return home. If candy is unwrapped or looks suspicious, throw it away. Avoid items such as

fruit, homemade cookies, popcorn balls or anything that looks like it might have been tampered with. (Information courtesy of the U.S. Army Garrison Wiesbaden Safety Office)

From the blotter

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

Sept. 12

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

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

Sept. 13

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

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

Sept. 14

Baumholder: A Soldier is being charged with drunk and disorderly conduct after becoming combative and non-compliant with Military Police.

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

Sept. 15

Baumholder: A Soldier is being charged with wrongful use of cocaine after failing a command-directed urinalysis test.

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

Sept. 16

Baumholder: A Soldier is being charged with being drunk on duty after a command-directed intoxilyzer test.

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

Sept. 17

Baumholder: Two NCOs are being charged with assault being involved in an altercation which turned physical, when both kicked and punched each other.

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

Sept. 18

Baumholder: A family member is being charged with drunk and disorderly conduct after becoming belligerent with Military and German Police.

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

Sept. 19

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

Wiesbaden: An Airman is being charged with a traffic accident and leaving the scene after striking another vehicle.

Sept. 20

Baumholder: A Soldier is being charged with being absent without leave and not signing in after convalescent leave.

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

Sept. 21

Wiesbaden: An Army and Air Force Exchange Service employee is being charged with a traffic accident after striking another vehicle.



Soldier feedback

Lt. Gen. Mark Hertling, U.S. Army Europe commander, talks to Staff Sgt. David Provost and fellow 5th Signal Command Soldiers during a visit to Wiesbaden Oct. 18. Hertling shared lunch and fielded questions.

Photo by Kristopher Joseph

Face-lift

Continued from page 1

in how we deliver instruction and meet the needs of the students," said Robert Purtiman, a Department of Defense Dependents Schools-Europe spokesperson. "As we journey further into the 21st century, we are seeing dramatic changes in how students communicate, interact and learn. Our schools have to keep up with those changes."

Other improvements include parking, a bus loading and unloading zone, updated signage, fencing, paving, landscaping, covered walkways and exterior lighting.

USACE completed construction of a new high school gymnasium earlier this year.

"DoDEA [Department of Defense Education Activity] has embarked on a process to best define 21st century schools which take into consideration innovation in education, curriculum delivery, use of technology and the growing expectations for sustainability and energy conservation," said Purtiman.

According to Stephen Arn, DoDDS-E's general engineer, the high school currently enrolls more than 400 students ranging from ninth through 12th grades. He said the projects are designed to ensure the school can support the contemporary educational needs.

"The existing facilities were constructed in the mid-1950s," Arn said. "They are substandard in size and can no longer support today's and tomorrow's educational requirements."

Earlier this year, USACE completed construction of a new communal 15,550-square-foot multipurpose room which features a large joint-use room equipped with a stage, full-service kitchen, serving area, storage rooms and entrance foyer for students at Hainerberg Elementary School and Wiesbaden Middle School.

In May, a new School Age Center, which is operated by Family Morale, Welfare and Recreation, opened its doors on another corps-managed facility in Hainerberg Housing.

"We're very excited about the new facility," Deborah Jackson, SAC administrator, said. "Our old facility had two rooms and could only host 30 children. This new facility is designed to host up to 105 children."



Photo by Karl Weisel

After completing the new high school gym, workers continue to work on projects to improve the Wiesbaden school.

Jackson said the center received its national accreditation in June 2011. She believes part of the reason for receiving accreditation so quickly is because of the new facility's features and the programs offered.

The center is designed to provide child care for children in the first through fifth grades outside normal school hours, Jackson said. Additionally, the programs offer assistance with homework and a variety of activities including a photography club, gardening and sewing classes, and sports and fitness.

While the education-related projects make up part of the construction on Hainerberg, driving through the housing area, residents will notice other construction projects as well.

An additional project on the horizon is the construction of a new

Post Exchange and commissary. Currently the district is overseeing the preparation of the site.

According to Gerber, the Defense Commissary Agency has funded a concept design that ensures the commissary building, parking, access and utility connections are all coordinated with the new PX project on the same site.

"The current commissary is old and due for replacement," Gerber said. "The new facility will have the added convenience of being co-located with the PX."

In late 2014, when the majority of the construction projects are completed, visitors to the Hainerberg Housing area will pass through a new Access Control Point designed to increase protection and safety to the housing area. The ACP will provide standard requirements such as fence gates, visitor parking, three entry lanes, pedestrian lane, truck searching area and other security features.

Gerber said the ACP will be constructed near the B455 and Washington Street intersection which will allow the entire Hainerberg area to be enclosed, providing force protection for the community while eliminating separate fences and guards for the schools.

"We appreciate the patience and cooperation of the residents as we continue making improvements," Geber said.

Medics put to the test during training

News flash

Holiday mail deadlines

Army postal officials advise patrons that in order to ensure their mail reaches addresses in the United States in time for the holidays they should mail by the following dates — SAM parcels by Nov. 25, PAL parcels by Dec. 2, Priority parcels and First Class letters and cards by Dec. 9, Express mail by Dec. 16.

DFAS rep visit

A Defense Finance and Accounting Service-Cleveland representative will be at Baumholder's Dental Clinic Oct. 29 from 9 a.m. to 2 p.m. The DFAS representatives will conduct one-on-one pay record audits and answer general financial questions for retirees, annuitants and survivors, according to Michael Malone, Installation Management Command-Europe retirement services officer. Visit www.imcom-europe.army.mil/webs/sites/europe_life/retiree/index.html for more information.

Halloween sweepstakes

The Army and Air Force Exchange Service hosts the Halloween Treasure Hunt Sweepstakes through Oct. 31. Patrons are invited to pick up a treasure map at their local exchange and collect clues throughout the store. Prizes include two \$500 exchange shopping sprees, 10 \$100 gift cards and 20 \$50 gift cards. Customers can visit www.shopmyexchange.com/PatriotFamily for official rules and to enter the clues. (AAFES Public Affairs)

Check Fuel Card

Army and Air Force Exchange Service officials advise patrons to check their Esso Fuel Card expiration date (lower right hand corner). If near expiration, customers must stop by the nearest AAFES Fuel Card issuing location for a replacement card. (Courtesy of AAFES Public Affairs)

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

Stress and prove.

That was the main focus of recent Medical Education and Demonstration of Individual Competence training for Wiesbaden area combat medics. The training took participants through instructional, trauma simulation and combat response training.

The 421st Multifunctional Medical Battalion held one of its semiannual training sessions in which about 35 Soldiers sharpened their combat medical skills Oct. 3-6 at Wiesbaden Army Airfield and the Military Operations on Urbanized Training site in Wackernheim.

"We run them through as much as we can to possibly stress them ... and prep them for deployment," said Staff Sgt. John Lacroix, 421st MMB MEDIC noncommissioned officer in charge.

The didactic portion, held in the Tony Bass Fitness Center, proved the medics' ability and knowledge of an extensive list of medical procedures that covered things such as checking blood pressure, dressing wounds, applying tourniquets, cardiac distress response and pharmaceutical administration.

"The main purpose was to



Spc. Jenna Kim practices combat lifesaving techniques during Medical Education and Demonstration of Individual Competence training in Wackernheim.

get them certified for (Army Medical Department) standards first," said Lacroix.

The medics did a few turns through the Viper Pit trauma room for the stress inoculation portion of training where the focus was on allowing the medics to learn how they each personally react in stressful environments.

"It's going to be a little bit harder. ... If you've learned something about how your body reacts under stress, then you've done a good job," said Lacroix to a group of medics that included three Bundeswehr commandoes before taking their first turn in the trauma room.

And while the trauma room lacked the terror of live gun fire and presence of combative opposition, the physical condi-

tions were comparable to real deployment situations.

"It gets you every time. The training is really good in this case ... you're able to react the same way," said Sgt. Samuel Nkata, 557th Area Support combat medic, who saw some parallels of the training to his experience of deploying to Ramadi, Iraq, for 12 months with the 82nd Airborne Division. "It gets your adrenaline pumping. ... It brings up your confidence."

For those who are yet to experience deployment, the trauma room experience made them aware of things that could stand a little sharpening before deployment.

"There's always room for improvement. I have to work on getting things done faster,"

said Pfc. Brandy Pennewell, 557th Area Support combat medic, after going through the trauma room for the first time of the day. "We've done this before. It's pretty much repetitive training that's increasing our competence in what we do. I may be better prepared for going downrange."

In the final portion of testing the Soldiers navigated on foot in small teams to rescue injured Soldiers held up in a mock urbanized area for combat reaction training. The medics had to make their way to specific coordinates while encountering opposing forces along the way.

This is more real-world situations, where they put all of the training together and prove they can perform in a combat environment, said Lacroix.

Combat medics — also known as military occupational specialty 68W or health care specialists — when deployed provide medical treatment on the battlefield. They are primarily trained to provide emergency medical treatment, partial primary care and protection and evacuation from a point of injury or illness. When in garrison, the professionals are generally employed in military hospitals and health clinics to assist doctors and nurses with patients' provisional health care needs.

Thieves ..

Continued from page 1 in plain sight inside, they will gladly smash a window or cut open a canvas top to grab it.

"It is best to never leave anything valuable in a car when it is unattended," Robinson added. "Crooks know all the hiding places for electronic devices." If you have to leave something in the car, the trunk is the safest place, he said.

Robinson also cautioned about a trick criminals use that often targets women driving alone.

Someone indicates there is something wrong on the driver's side of the vehicle, he explained, and while the driver is distracted, an accomplice opens the passenger-side door or reaches through an open window and

steals the driver's purse.

Robinson offered some tips:

☞ Keep baggage and valuables out of sight, preferably locked in the trunk. When staying overnight, take valuables inside with you.

☞ If you have a detachable satellite navigation system or radio, always take it out when you leave the car.

☞ Always lock your car while driving, while getting gas, at rest stops and when parked.

☞ Never leave valuable documents such as passports or ID cards in your vehicle. Always keep them in your possession.

☞ Maps and guidebooks on the dashboard show that you're a tourist — keep them in the glove box.

☞ Stay away from cars driv-

ing erratically.

☞ Never pick up hitchhikers.

Report thefts to military and local police, regardless of the country you are in. You may need a police report to file an insurance report as well.

For more security and crime prevention tips, contact the

Provost Marshal Office in your community. Pamphlets on car and vacation security are available from the National Crime Prevention Council at www.ncpc.org/resources/files/pdf/theft. (Courtesy of Robert Szostek, U.S. Army Europe Office of the Provost Marshal Public Affairs)

Kaiserslautern Church of Christ

Rabies: Army personnel urged to report past and current bites from wild or stray animals immediately

By Chanel S. Weaver
U.S. Army Public Health
Command Public Affairs

Officials at the U.S. Army Public Health Command have been working aggressively to prevent additional cases of rabies in Army personnel following the death of a Soldier on Aug. 31. The Soldier contracted the disease while deployed to Afghanistan. This death was the first documented case of rabies in the Department of Defense since 1967.

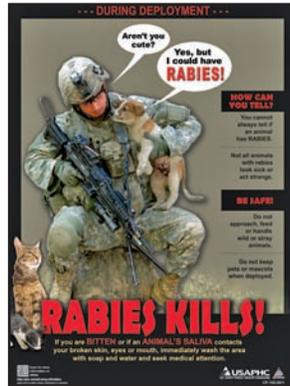
"The death of this Soldier is very tragic, and we are taking actions to ensure something like this does not happen again," said Lt. Col. Steven Cersovsky, director of epidemiology and disease surveillance at the US-

APHC.

"Any Soldier, civilian or contractor who has been deployed to an area of the world where rabies is common could be at risk for developing rabies if exposed to a rabid animal,"

he emphasized. "It is critical that those with animal exposures, especially bites, receive immediate medical evaluation."

The USAPHC, in partnership with the U.S. Army Medical Command, the DoD, other uniformed services and the national Centers for Dis-



ease Control and Prevention, is working to expeditiously identify, evaluate and treat any service members, DoD civilians, retirees and contractors who may have been exposed to rabies while deployed.

Individuals who meet the following criteria are advised to report for a medical evaluation as soon as possible:

Those who had a possible animal exposure that occurred after March 1, 2010. A possible animal exposure is a bite or contact with the saliva of

warm-blooded animals such as dogs, cats, bats, foxes, skunks, raccoons and jackals.

Those who had no medical evaluation or incomplete/undocumented evaluation or an incomplete series of rabies shots following an exposure incident. Individuals who are not 100 percent confident they received appropriate and completely documented care should be evaluated.

Although rabies is a fatal disease, it is preventable. It is also very rare in the United States, due to an active vaccination program for pets. The vast majority of rabies cases in the United States each year occur in wild animals such as raccoons, skunks, bats, and foxes. In developing countries, however, the vast majority of human rabies cases are the result of bites from rabid dogs.

"The rabies virus infects

the central nervous system, ultimately causing disease in the brain and death," said Cersovsky.

But death from rabies is not inevitable if a person receives proper medical care promptly after being bitten by a wild or stray animal.

"If medical treatment is obtained promptly following a rabies exposure, nearly all cases of rabies will be prevented," said Cersovsky. "But the best way to prevent rabies is to avoid contact with stray and wild animals."

Soldiers who deploy are educated about how to prevent the disease during routine pre-deployment medical threat briefings.

For more information on rabies and how to prevent the disease visit <http://phc.amedd.army.mil/topics/discond/aid/Pages/Rabies.aspx>.

Career Education Corporation

AdvantiPro -- Job Ad



Photo by Ignacio "Igg" Rubalcava

Darren Mowery (from left), Nokia Siemens Networks I3MP program manager; Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander; Heike Raab, Rheinland-Pfalz state secretary of interior, sports and infrastructure; Lt. Col. Eric Aslakson, 102nd Signal Battalion commander; and Maj. Sean Troyer, assistant program manager-Europe, I3MP; participate in a ground-breaking ceremony for a \$7 million project that will upgrade the capacity and reliability of voice and data communications to state-of-the-art technology.

\$7 million project upgrades telecommunications

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

A ground-breaking ceremony symbolizing the start of a \$7 million project was held Oct. 14 on Smith Barracks.

The Installation Information Infrastructure Modernization Program, or I3MP as it is known, will develop Baumholder's information infrastructure, putting the garrison on the information highway fast lane. The project will upgrade the capacity and reliability of voice and data communications to state-of-the-art technology.

The project is expected to take one and a half years to complete.

I3MP will provide support for installation communications during readiness, training and mobilization and for tactical and strategic systems that operate within the confines of the installation.

It will also enhance connectivity between deployed and rear detachment forces.

Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, pointed out that a project like this sends a clear signal that American Soldiers will be in Baumholder for some time to come.

"A lot of folks ask in this community, is Baumholder going to stay around or not? How long is it going to be here? It's projects like this that show a commitment from the U.S. government in making sure

that Baumholder stays around," he said.

"Whether we're doing a \$7 million project, building a new high school, middle school, building a new commissary, increasing our spaces in the barracks, or building new housing areas, all those things start to add up, and people see that Baumholder is an enduring installation, whether the brigade stays here or not. So that's a very positive thing," McAdoo said.

Nokia Siemens Networks based in the state of Baden-Wuerttemberg in Mannheim has been contracted to spearhead the project. Many of its staff, however, live in the state of Rheinland Pfalz.

Before the ground breaking, Darren Mowery, Nokia Siemens Networks I3MP program manager, stated that the company has been working with the U.S. military for more than 50 years in the field of telecommunications and data technology.

This longstanding partnership "reflects upon the relationship that Siemens and Nokia Siemens have with the U.S. government," said Mowery. "We hope to continue and grow this relationship in the coming years and decades."

Over the 55-plus years of this partnership Nokia Siemens has installed numerous generations of telephone switches, worked more than 20 I3MP projects and completed numerous other telecommunications-based endeavors.

Mowery explained that choosing Nokia Siemens as a partner brings many advantages.

"The Army benefits because after a project is completed we don't just get in the airplane and fly away. We're here to support you long after the project is completed," Mowery said.

"Nokia Siemens Networks has a fully staffed local team. Most of the U.S. companies use a German labor force to do construction, but then they reach back to the States for skilled labor categories. Nokia Siemens Networks performs virtually all aspects of this project using a local German workforce, ranging from finance to controlling, data engineering, project management, and sales just to name a few," said Mowery.

Cable installation and construction will be concentrated on Smith Barracks and Quartermaster Kaserne and will bring much needed revenue to the local economy. This was the focus of Heike Raab, Rheinland-Pfalz state secretary of interior, sports and infrastructure, who attended the ceremony.

"The town of Baumholder is characterized considerably in social and economic terms by the approximately 12,000 American inhabitants of the region. Moreover, the presence of the U.S. military is of great economic importance for both small and large companies in the region, especially in Baumholder,"

said Raab.

"For the regional population and economy, this investment of approximately \$7 million here on Smith Barracks and the Quartermaster Kaserne is a considerable factor for safeguarding jobs," she said.

The longstanding presence of Americans in Baumholder has also given growth to strong German-American relations, Raab said.

"This event offers a possibility to highlight the traditionally good relations between the U.S. forces and the state government of the Rheinland Pfalz," Raab said.

"The decades of American military presence in the Rheinland Pfalz and especially in the region surrounding the Baumholder military training area has created a successful and future oriented alliance between the Soldiers of the stationed forces and our regional population. The American Soldiers and their families have become welcome neighbors in the Baumholder area. Over the decades, personal friendships and even German-American marriages have created strong bonds. Furthermore, we do not forget the presence of American Soldiers in Germany, with its focus in the Rheinland Pfalz, has contributed significantly to the safeguarding of peace and freedom in Germany and the entire world," said Raab.

Run focuses on breast cancer prevention



Photos by Anthony McWilliams
Stefan Hasselblad



Janif Peacock



Diana Rosales

The fourth annual Breast Cancer Awareness five-kilometer run/walk or stroll was held Oct. 15 at 9 a.m. in Baumholder.

First place in the men's category went to Stefan Hasselblad, 3rd Battalion, 4th Infantry Regiment, with a time of 19:15. Sean Tadley from the Baumholder Health Clinic finished second with a time of 20:10; and Eric Simpson, 3rd Battalion, 4th Infantry Regiment, finished third with a time of 20:29.

Janif Peacock, 773rd Civil Support Team, took first for the women with a time of 22:26, while Alchele Tarynn from the Baumholder Health Clinic finished second with a time of 22:39. Laura Loeffler, 92nd Military Police Company, took third with a 23:03 finish.

In the youth category Diana Rosales took first place with a time of 31:50 and Carmen Jones came in second with a 34:08 finish. Sophie Maynard clocked a 40:13 finish for third place.

The event featured numerous drawings and chances to win prizes for all the participants.

USAG Baumholder

FMWR roundup ... FMWR roundup

Trunk-or-treat

Halloween trunk-or-treat and trick-or-treat is scheduled from 5-8 p.m. Oct. 31. As in the past two years, trunk-or-treat will be held in the Rheinlander Community Club parking lot.

Trunk-or-treat allows off post families to park in a centrally located place on post and pass out candy to the community's "ghosts" and "goblins." Additionally, Family, Morale, Welfare and Recreation will provide activities open to U.S. ID cardholders. Local nationals will also participate in trunk-or-treat and will also be invited to participate in some of the special activities.

A haunted house will open Oct. 28 and 29 in the basement of the Rheinlander Community Club. Striker's holds a Halloween tournament and party beginning at 6 p.m. Oct. 31.

Vampire ball

Come to the Rheinlander Community Club dressed like a vampire Oct. 28 and bring your dancing shoes. There will be a prize for the best costume. DJ Ripper will start the music at 8 p.m. Siggie's \$10 all-you-can-eat buffet starts at 7 p.m. Halloween drinks will be available for \$3 a glass. For more information call mil 485-7507.

Cosmic Birthdays

Striker's introduces cosmic birthdays. Whether it is a walk-in or a contracted birthday party, you can add additional fun for an extra \$10.

Bring in your favorite DVD to watch on the center's new giant screens or your

favorite CD to listen to with the newly installed sound system.

During cosmic bowling, the lights go down and the sound goes up so make your next birthday party special at Strikers. Cosmic birthdays are based on space availability. Call Striker's Bowling Center for more information at mil 485-6569.

Turkeys to go

Order a 20-pound turkey with stuffing and gravy prepared especially for you. Add your own side dishes. Place orders from 9 a.m. to 3:30 p.m. now through Nov. 24. A Thanksgiving meal for 14 people is available for \$70. Call the Rheinlander Community Club at mil 485-6941 for details.

Gray Tuesday sale

Come out to Arts and Crafts for a Gray Tuesday sale Nov. 22 and receive up to 50 percent off on select craft items. Try your luck at the turkey pluck game for the possibility of 10, 20 or even 30 off one craft item. See if you can find one of the lucky pumpkin tags to save even more. For more information call mil 485-6687 or civ (06783) 6-6687.

Learn a new skill

Sign up for a craft class at Arts and Crafts and learn a new skill. There are many different classes to choose from, such as beading, macrame, decoupage, knitting and crochet, "I can't believe it's not scrapbooking" and framing. Go to Baumholder Arts and Crafts online for dates and times at www.facebook.com/baumholderartscrafts, www.baumholderartscrafts.wordpress.com or email artscenter@eur.army.mil for more information.

www.baumholderartscrafts.wordpress.com or email artscenter@eur.army.mil for more information.

Beyond two dimensional

A mixed media technique class is now available at Arts and Crafts. This series is designed to allow the participant to create unique, handmade pieces of art using a variety of different mediums. This class is great for artists and scrap bookers looking to try something new and think beyond two dimensional. Cost is \$10 per class. For more information call mil 485-6687 or civ (06783) 6-6687.

Get your Santa suit

Santa suit rentals are available for the month of December. Rental fee is \$25 per day, per suit. A \$50 refundable rental deposit is required to reserve the suit. Reservations are first come, first served. For reservations call the Arts and Crafts Center at mil 485-6687 or civ (06783) 6-6687.

Start Christmas shopping

The holiday bazaar is scheduled for Nov. 11-13 at the Hall of Champions. Shopping hours are Nov. 11 and 12 from 10 a.m. to 7 p.m. and Nov. 13 from 10 a.m. to 5 p.m.

Tree lighting

The annual tree lighting ceremony is scheduled from 5:30-8 p.m. Dec. 1 in front of the Rheinlander Community Club. Everyone is invited to attend.

Take a trip

The following trips are offered by Outdoor Recreation and Child Youth Sports:

Oct. 29, Euro Disney Paris
Oct. 30, Warner Brothers Movie World
Nov. 5, Paris city express
Nov. 10-13, Austria ski weekend, Kaprun, Austria
Nov. 23-27, Austria ski weekend, Kaprun, Austria
Nov. 26, Rothenburg Christmas market
Dec. 3, Cologne Christmas market trip
Dec. 10, Trier Christmas market trip
Dec. 16-18, Swiss ski weekend, Interlaken, Switzerland
Dec. 17, Rothenburg Christmas market trip
Jan. 7, Black Forest one day ski trip
For more information about these trips call mil 485-7182 or civ (06783) 6-7182.

Photos with Santa

Plan now to get your photo with Santa in the Rheinlander ballroom right after the tree lighting ceremony Dec. 1. One free 4 X 6 photo will be provided per family. For more information call the Arts and Crafts Center at mil 485-6687 or civ (06783) 6-6687.

BOSS adventures

Experience new adventures through recreation and leisure activities with BOSS. BOSS takes a day trip to Franckenstein Castle Oct. 29.

Soldiers must present a mileage pass in order to sign up. Get involved in BOSS by contacting the president at mil 485-8251, civ (06783) 6-8251 or cell (0162) 270-8384.

Baumholder briefs ... Baumholder briefs

Baumholder's Rising Star winner

Congratulations to Jane Lewis, one of the 12 semi-finalists in this year's Operation Rising Star. She will go on to compete in the finals Dec. 3-17 at Fort Sam Huston, Texas.

Postal warehouse hours

The Baumholder Postal Service Center warehouse in Building 8439 is now open Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. for pick up of footlockers. Starting Nov. 7 the warehouse will be open Monday through Friday from 10 a.m. to 2 p.m. To pick up five or more footlockers, call for an appoint-

ment at mil 485-6505.

Christmas mailing deadlines

The Postal Service Center has announced its mailing deadlines for this year's holiday season. Mail your packages by the dates listed below so that they arrive in the States in time for Christmas.

- SAM parcels, Nov. 25
- PAL parcels, Dec. 2
- Priority parcels, Dec. 9
- First class letters and cards, Dec. 9
- Express mail, Dec. 16

Put your ideas in orbit

The European Space Agency, National Aerospace and Space Administration and You

Tube have teamed up for a student contest that will allow winning entrants the opportunity to have their experiment conducted on the International Space Station.

The contest will continue to accept submissions in the form of a two-minute video through Dec. 7. Students ages 14-18 can become researchers in their own right by proposing up to three separate original entries on the official YouTube

Space Lab contest website. Participants can enter as either individuals or in teams of up to three people. Entries must include an experiment question, hypothesis, method and expected results.

For more information visit the following websites:

European Space Agency: http://www.esa.int/esaCP/SEMXXZQ9U7TG_index_0.html or,

NASA: www.nasa.gov/mission_pages/station/news/you-tube_spacelab.html or,

YouTube contest site: www.youtube.com/spacelab.

Joe Satellite

Church of God

Help your family, friends help you

By Lt. Col. Sam McAdoo
U.S. Army Garrison Baumholder commander



Soldiers are trained to get over it and move on, but this is clearly not the solution to suicide prevention.

The Army has taken a different approach to preventing suicides. Commanders are encouraging Soldiers to talk about their stressors, what they are feeling and how they are feeling.

The Army has also developed the use of the Ask, Care and Escort, or ACE cards, and is encouraging Soldiers to connect with at least one battle buddy.

Communication is a key to suicide prevention. No problem is permanent, and chances are someone in your unit, family or in the community can relate to your situation. Talking it out is the first line of defense.

Take an honest look at

yourself and identify any problems or stressors that may be bothering you, and then seek help from your unit leaders, chaplains, Military One Source, family life consultants or behavioral health providers.

Suicide prevention is a continuous effort to help others or yourself.

If you feel troubled, communicate your concerns to someone.

Help your family and friends to help you. They need you around.

Focus on a drug-free military

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance toward the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment toward the creation of a drug-free America and a drug-free military.

The campaign reaches millions of young people, families and Soldiers during Red Ribbon Week, Oct. 23-31 each year.

Department of Defense personnel have officially participated in Red Ribbon Week events since 1990 with the aim of reducing drug abuse among DoD members and families.

Family, Morale, Welfare and Recreation is sponsoring an information table Oct. 27 at the Post Exchange from 11 a.m. to 1 p.m. and is offering Red Ribbon activities this week. Wear a red ribbon or something red and take advantage of the half-off offer at the Auto Skills Center on bay fees Oct. 28 or play one game of golf for half price Oct. 29. Remember to wear red.

Wetzel Elementary School has also participated in Red Ribbon Week activities with different themes each day. On Oct. 24 they wore their clothes inside out to show support for the day's theme, "Don't Let Drugs Turn You Inside Out."

"Living Drug Free is No Sweat" was the theme for Oct. 25 so the students donned their sweats.

The students' favorite stuffed animal accompanied them to school Oct. 26 to emphasize the theme "Hugs-Not Drugs."

Oct 27 is "Team Up Against Drugs" Day so students are wearing their favorite sport spirit clothing.

Students will see red all day Oct. 28 when everyone will wear red for "Red Rally Day."

Public affairs needs your photos

The U.S. Army Garrison Baumholder Public Affairs Office is looking for photos of Soldiers and children.

Baumholder's Soldiers have started to return home from their year-long deployment and each unit returning is greeted with an official welcome home ceremony. Each of these ceremonies is worthy of public recognition but the garrison public affairs office has a limited staff and cannot always provide photo coverage.

If you have taken pictures at a welcome home ceremony and would like to have them published, email them to public affairs at pabbaumholder@tks-net.com. Include full names and ranks of all individuals featured in the photos. Be sure to identify the unit or units involved in the ceremony and include the date of the event. All photos

need to be sharp, in focus, high quality images (at least 300 dpi) to be considered for publication.

Emailing your photos to public affairs implies consent to publish them in the newspaper or have them placed on line. Photos placed on line by the garrison public affairs office will not include the names of children, Soldiers or Family members. If you only want your photos to appear in the *Herald Union* and not online, or vice versa, include a statement to that effect in your email, otherwise all photos will be considered for use online and in the *Herald Union*.

Photos of youth and children are also needed for publication in the Baumholder Youth Activities section of the *Herald Union*. If you have taken photos at one of Baumholder's schools, child

care centers, youth centers, at a recent youth event, or wherever youth congregate, the garrison public affairs office would like to help you publish them.

Send your inputs to pabbaumholder@tks-net.com with a brief paragraph about the event that includes the "who, what, when, where and why" and make sure to identify as many individuals in the photos as possible. Ideally, four photos would be required for a full page feature in the Youth Activities section of the *Herald Union*, but any submission is welcome.

Give your Soldier and children the recognition they deserve by emailing your photos and information to public affairs today.

For more information contact the *Herald Union* staff writer at mil 485-6191 or civ (06783) 6-6191.



Photos by Ignacio "Igggy" Rubalcava

Photo counter clockwise from above top: Soldiers salute while the national anthem is played during a welcome home ceremony. A Soldier receives a welcome home kiss and a young performer is presented a certificate by Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, and Garrison Command Sgt. Maj. Agustus Wah during the Hispanic Heritage Month celebration.

Committed to stamping out bullying

Soldiers, parents talk to middle school students about bullying

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

With stateside incidents of youths committing suicide and homicides as a result of being picked on or harassed by peers, it's no wonder Department of Defense Education Activity officials are making a grand effort to stamp out bullying.

Wiesbaden Middle School enlisted the help of 73 V Corps Soldiers and parents to address the matter of bullying with students during SAVVY Commitment Day Oct. 13.

"It's a powerful message when our community stops and gives attention to how important this issue is," said Frankie Nielsen, Wiesbaden Middle School counselor, of the participants who volunteered to talk to students to promote SAVVY fundamentals.

SAVVY, or Students Against Violence and Victimization of Youths, Commitment Day made Soldiers the mouthpiece of the message of anti-bullying.

"This is what they're fighting and sometimes dying for," said Nielsen who said it was appropriate that Soldiers be a major part of getting the messages to the youths.

Individual Soldiers and parent volunteers worked with small discussion groups of students and worked through topics such as the collective



Photo by Chrystal Smith

Pvt. 2 Quinton Pittman, V Corps, leads a group of Wiesbaden Middle School students in a discussion about ways to prevent bullying during SAVVY Commitment Day Oct. 13.

benefits of promoting non-violence, respect, kindness and courtesy toward others, the violence continuum — the

seeds of violent crimes such as put-downs, insults, threats, trash talk, bullying, pushing and fighting, and the attributes of a

SAVVY-trained environment.

Nielsen said the shaping of mental attitudes and behaviors happens during the ages that children are in middle school, based on research. Therefore, an extra push is being made to provide the special training now.

"Psychologically it's like an iceberg," said Nielsen as she explained that the youths are in a major transition phase of life.

Taking a note from the Army's protocol on handling issues, it was recommended that peers try to amicably solve matters at the basic level, but to seek help if that approach is

actions and non-actions.

Because this is a reality, faculty and staff are working various angles to ensure children and incidents of bullying or harassment are not overlooked.

"We do have conflicts and we have to make sure that we're handling them positively," said Nielsen.

Students also wrote about different things one can do to take steps toward achieving peace in their environment, and they were encouraged to take the SAVVY pledge, promising they would take an active stance in the campaign on anti-bullying.

Statistics and facts about bullying

- ◆ About 42 percent of children have been bullied while online, with one in four being verbally attacked more than once.
- ◆ About 35 percent have been threatened online.
- ◆ About 58 percent have reported that something mean has been said about them or to them online.
- ◆ Other bullying statistics show that about 77 percent of students have admitted to being the victim of one type of bullying or another.
- ◆ The American Justice Department bullying statistics show that one out of every four children will be bullied sometime during their adolescence.
- ◆ 46 percent of males followed by 26 percent of females have admitted to being victims in physical fights as reported in one report of bullying statistics by the Bureau of Justice School.
- ◆ Many studies have shown that increasing domestic violence at home are leading to an increase in bullying online and at school.
- ◆ Researchers note that one way to help begin to lower these bullying statistics is to tell an adult when it is happening. *(Information courtesy of www.bullyingstatistics.org)*

Mayflower

Frame Center

Thai Massage
Praxis

EDIS: Identifying early developmental issues in children, supporting families in various ways

By Wendy Brown
Special to the Herald Union

If Maj. Sally MacDonald has one piece of advice for parents of young children, it is to take seriously the developmental checklists often available at doctors' offices and schools.

MacDonald noticed a possible communication delay in her now 2-year-old son Ian, and after discussing it with his pediatrician, enrolled him in early intervention services in Virginia. Now in Wiesbaden, he is receiving services through Educational and Developmental Intervention Services, or EDIS.

Ian has been receiving the services in Wiesbaden since July, MacDonald said, and is making progress on overcoming the delay.

Tracy Sherman, speech language pathologist for EDIS, said that when it comes to possible developmental delays, the earlier they are addressed, the better. She encourages parents to read the developmental checklist available at EDIS and to contact her office with any questions or concerns.

The program's purpose is to address parents' concerns and help children meet developmental and educational milestones, said Sherman.

"We empower the family to make the changes," Sherman said. "We want to partner with the family, not tell them what to do."

MacDonald said the staff members at EDIS understand the moves and other challenges associated with the military, and they have been accommodating and professional.

For children under the age of 3, parents and health professionals can contact EDIS directly for a free screening, said Sherman.

EDIS provides support to the local schools in the form of related services



Photo By Wendy Brown

Ian Nixon, 2, works on improving his communication skills with Tracy Sherman, a speech language pathologist for EDIS (center), and his grandmother, Mary MacDonald (right), at a playgroup in October.

for special education, Sherman said.

For children ages 3-5, parents can contact Hainerberg Elementary School to inquire about free monthly screenings, Sherman said.

If your child is eligible to attend DO-DEA schools, then your child is eligible to receive early intervention services through EDIS, if needed, Sherman said.

The early intervention program is federally mandated, and there are early intervention programs in each of the 50 states, Sherman said.

So if a family leaves the military, they will be able to contact the early intervention program in their new community, Sherman said. EDIS can assist families in finding stateside programs.

The program typically serves between 17 and 20 families in Wiesbaden, and also conducts screenings on an ongoing basis, Sherman said.

The Wiesbaden EDIS team consists of a speech and language pathologist, an occupational therapist, and an early childhood special educator, Sherman said.

EDIS professionals always meet with families in their homes or other familiar settings, Sherman said. For example, Sherman recently met with Ian at a playgroup he attends.

It is best to meet with children in familiar, natural settings because that is where they spend the most time and feel most comfortable, Sherman said. Also, that is where the learning will be taking place.

Parents need to be aware babies begin to learn as soon as they are born, and that is one reason why it is important that parents contact EDIS as soon as possible if they have concerns, Sherman said.

When it comes to developmental

problems, it is better to tackle them sooner than later, Sherman said.

Parents can increase a baby's motor development by making sure the baby spends time every day on his or her stomach, Sherman said.

"Tummy time," as some call it, helps babies build up the strength in their upper body that will help them with skills such as crawling, Sherman said.

It is also important to talk to babies and imitate back the sounds that babies make, Sherman said.

Imitating the sounds a baby makes lets the baby know someone has heard what he or she has said, and makes interaction more interesting for the baby, Sherman said.

For toddlers, parents and other family members should point interesting sights out and talk about what they see, Sherman said.

It is also a good idea to use shorter sentences — not baby talk — with toddlers, Sherman said.

Toddlers are still learning language, and shorter sentences are easier for them to understand, Sherman said.

Toddlers benefit greatly from having opportunities for movement, whether on the playground, with obstacle courses or just a place to run, Sherman said.

Books and a variety of toys, such as nesting cups, also help toddlers, Sherman said.

Sherman said she discourages parents from buying educational videos and books that "read" to children or produce noises.

When toys do the talking, children sometimes think they do not need to talk, Sherman said.

"Children really learn more from interacting with people," Sherman said, adding that person-to-person interaction is best.



Photo by Wendy Brown



Photo by Dawn Jenkins

Community service

Spc. Anthony Bennett, a Military Police officer, shows Bear Cubs from Cub Scout Pack 65 how to lift fingerprints from beverage cans Oct. 15. Bennett gave the Cubs a tour of the Wiesbaden Army Airfield MP station. Right photo: Lt. Col. Mikel Russell speaks to kindergarten students Oct. 13 at Aukamm Elementary School in the media center before presenting them with new reflective safety vests like those worn by German students when walking to and from schools.

Become a Smart Traveler

Stay informed, connected and safe with the Department of State's free Smart Traveler Enrollment Program. Once signed up, one will automatically receive the most current information and updates compiled about a specific country of travel or residence. Being connected with STEP allows State Department officials to better assist in times of emergency, such as losing one's passport while traveling abroad or in cases of natural disasters.

A well-informed traveler is a safer traveler, officials said. Consular officers around the world compile country-specific information, travel alerts, travel warnings, fact sheets and emergency messages to provide you with timely and accurate travel information about every country where one may travel. Reports are included on possible risks and security threats so that travelers can make informed decisions about travel plans and activities. Get enrolled in the Smart Traveler Enrollment Program at <https://travelregistration.state.gov/ibrs/ui> and find more travel information at www.travel.state.gov.



Photo by Bill Heiges

Community beautification

Life Scout Ric Heiges (right) of Boy Scout Troop 107 in Wiesbaden directs fellow Scouts in planting various flowers and shrubbery for a butterfly habitat garden at Hainerberg Elementary School Oct. 8. Funds were donated by the Wiesbaden Community Spouses Club to support Heiges' completion of his Eagle Scout Project.

Courtyard by Marriott



Photos by Chrystal Smith

Making a difference

Runners and walkers take off at the start of the 5K Family Fun Run and Walk Oct. 22 at the Wiesbaden Fitness Center. Photo left: Robin Harvel encourages the cheers of supporters on her way to the finish line Oct. 22. More than 100 walkers, runners and supporters turned out for the event and the Make a Difference Toy Drive that was held to boost awareness of Domestic Violence Prevention and Awareness Month.



Beautiful Nails

Immanuel Baptist Church

Autohaus Haese

AWAG: Reaching out to all volunteers

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

The call is out to all community volunteers to get registered to attend the annual Hessen Area AWAG Conference in Wiesbaden Nov. 2 at the Wiesbaden Entertainment Center.

This year's theme, "Commitment to a Better Community," is the driving force behind topics and concepts to be presented during the event that begins at 9 a.m.

"As a volunteer you learn different skills, and it enhances your volunteer ability

in our community," said Joyce Schloesser, Hessen Area representative.

AWAG has focused on training, strengthening and connecting volunteers to organizations and the community since it beginning in 1946. Leadership development, training, promoting volunteerism and fostering relationships in the form of area conferences allow the organization to accomplish this mission.

"It really opens their eyes to volunteering to where the needs are in the community. They



Schloesser

really come out of this conference pumped up and ready to volunteer," said Schloesser, who after having attended conferences in the past will be serving for the first time as area representative. "Once you go to an AWAG conference, you don't want to miss the next one."

The Hessen Area seeks at least 100 delegates or attendees to fill the seats and hear the current buzz on matters such as parenting alone, special needs children, volunteering with an accent, diet and gastric bypass, post traumatic stress disorder,

financial health and other issues. "Classes are focused on rounding out a volunteer," said Schloesser.

While the call is to volunteers, all are welcome to attend because, according to Schloesser, everyone in the community is a volunteer somehow. "It's open to everybody; even Soldiers are volunteers," she said.

Registration for the conference is \$25 and includes lunch and classes. Look for representatives throughout the community registering individuals for the conference. Find out what AWAG is doing in the community by visiting www.awagonline.org.

Party Schlaudt

Lucia's Giftshop

Veterans Day

The exit gate of Wiesbaden Army Airfield will be closed from 10 a.m. to noon Nov. 9 for a special Veterans Day Observance at Veterans Park at 11 a.m. Stop by and show your respects.

USAG Wiesbaden

Community notes ... Community notes

VFW Military Appreciation Day

The Veterans of Foreign Wars host a Military Appreciation Day to celebrate all veterans past, present and future Nov. 5 from 1-5 p.m. at the Tony Bass Fitness Center on Wiesbaden Army Airfield (across from the library). It will feature free food, drinks, family fun and music. Call civ (0611) 4080 335 for details.

Cappuccino Casino back in business

The Cappuccino Casino at the Hainerberg Shopping Center has been renovated with a new look and is offering the same mix of programming including pool, darts and Texas Hold'em tournaments, karaoke, dancing and more. Stop by to find out more or call civ (0611) 411 4444.

Culture College

Get the inside skinny on life in U.S. Army Garrison Wiesbaden by attending the garrison's new Culture College — Nov. 7-9, Dec. 12-14, Jan. 9-11 and Feb. 6-8. Learn German phrases, enjoy a Wiesbaden Walking Tour and pick up helpful brochures and information during an Information Fair at the Wiesbaden Entertainment Center. To reserve a spot call

Army Community Service at mil 335-5234 or civ (0611) 408-0234.

Red Cross class

The Wiesbaden American Red Cross offers an adult/pediatric first aid/CPR/AED class Nov. 16 from 9 a.m. to 4 p.m. in Room 223, Building 1023E, on Wiesbaden Army Airfield. Stop by the Red Cross in the same building (third floor) or call mil 337-1760 to sign up.

Furniture Warehouse closing Dec. 6-8

The Wiesbaden Furniture Warehouse that is responsible for Army Family Housing (on-post and off-post) and Unaccompanied Personnel Housing (barracks and off-post) government furniture will be closed for inventory Dec. 6-8. During that period no furniture deliveries and pick ups will be performed. Call mil 337-6289 for more information.

Hearts Apart

Share the deployment separation experience with fellow spouses of service members and civilians who are deployed, deployable or on extended temporary duty during the Army Community Service Hearts Apart get-togethers Nov. 16 and Dec. 14 at 9:30 a.m. in the

ACSC Conference Room in Hainerberg Housing. Call mil 335-5254 or civ (0611) 4080-254.

ESL classes

Army Community Service offers classes for foreign-born spouses who want to learn or improve their English-language skills. Upcoming classes are Tuesdays and Thursdays from 6-7:30 p.m. Nov. 1 to Dec. 6 and from 1:15-2:30 p.m. Nov. 1 to Dec. 8. Call mil 335-5254 or civ (0611) 4080-254 to register.

Cooking Class

Army Community Service hosts a cooking class at the Wiesbaden Commissary Nov. 3 from 1-4 p.m. Call mil 335-5254 to register.

Transition Center schedule for 2012

The Wiesbaden Transition Center offers **Career Status Bonus/REDUX briefings** on the following dates in 2012: Jan. 19, Feb. 16, March 15, April 12, May 17, June 14, July 12, Aug. 16, Sept. 13, Oct. 11, Nov. 8 and Dec. 6. The briefings offer comprehensive information on all aspects of the CSB and REDUX retired pay system. Soldiers reaching 14 and a half years of active duty should attend. Briefings are held in Room 107, Building 1023W on Wiesbaden

Army Airfield from 1-3 p.m. Soldiers and their Families are invited to attend a **preretirement briefing** before making retirement plans. Preretirement briefings will be held in the Building 1023E conference room on Wiesbaden Army Airfield from 9 a.m. to 4 p.m. Jan. 25, April 11, July 11 and Oct. 10. Army Regulation 635-10 requires that honorably transitioning Soldiers (not retirees) attend a **pretransition briefing** at least 90 days before transition date. Briefings will be conducted from 9 a.m. to noon in the conference room in Building 1023E on Wiesbaden Army Airfield Jan. 19, Feb. 16, March 15, April 12, May 17, June

14, July 12, Aug. 16, Sept. 13, Oct. 11, Nov. 8 and Dec. 6. Call the Wiesbaden Transition Center at mil 337-6296 to reserve space in any of the classes.



Tell Me A Story program Oct. 30

The Parent-To-Parent group hosts a Tell Me A Story event Oct. 30 from 3-5 p.m. at Hain-

erberg Elementary School's multipurpose room. Guest reader Brig. Gen. Ricky D. Gibbs, V Corps commander, will read "Night Catch" by Brenda Ehrmantraut. Each family that attends will get a free copy of the book (books are limited, so reserve a book at PtoP.Wiesbaden@militarychild.org).

Auto Hollmann

Dr. med Vet. Wagner

Dr. Knoll



Magic of fall

Petals and Blooms concessionaire Christine Lengner works with Wiesbaden military community youths to create bouquets using hollowed out pumpkins, leaves and fall flowers. The Wiesbaden Army and Air Force Exchange Service concessionaire holds several children's workshops throughout the year, said Katherine Malone-Mayer, a services business supervisor with AAFES.



Photo by Rob Heron

Spc. Devin Kuhlmann enjoys the freedom of skydiving during his off-duty time.

Comprehensive Community Fitness High-flying adventure

By Spc. Adam P. Garlington
U.S. Army Europe Public Affairs

Hobbies impact all five dimensions of strength in the Comprehensive Soldier Fitness program. But they especially impact the social dimension.

"Hobbies help you structure your life, keep your mind off of the things that do stress you, and build bonds in a special community," said Spc. Devin Kuhlmann, an information technology specialist during duty hours and a skydiver during off-duty hours.

Kuhlmann, a self-proclaimed "adventurous guy" who is willing to try almost anything once, didn't hesitate to accept an invitation from his supervisor to join the community of skydivers in 2009, when he was assigned to the U.S. Army Europe G-6 Communications and Information Management.

The Long Prairie, Minn., na-

tive said he eased his way into skydiving by making a tandem jump. This provides newcomers to the sport an opportunity to be harnessed to a licensed, professional skydiver and conquer any initial fear of free falling through the sky towards the ground at high speeds.

Kuhlmann said although he enjoyed the tandem jump, he knew skydiving without someone strapped to his back would be more fun.

"[Skydiving] is total freedom," Kuhlmann said. "When you're up there on a really nice day with no clouds and nothing around you, you can see everything for miles and miles. You'll never see so much in your life."

Since making that first tandem jump, Kuhlmann has jumped solo 25 times and received his skydiving license from the U.S. Parachute Association. He said he is a skydiver for life.

Kuhlmann said unique hobbies, such as skydiving, have a certain cool factor, keep you busy and out of trouble and can offer membership into special communities, such as the skydiving or Harley Davidson communities.

"There are things in this life to experience," Kuhlmann said. "I suggest that everybody do as many things as possible."

Contact your local Better Opportunities for Single Soldiers representative for more information about skydiving in Europe.

The goal of the CSF social dimension is to develop and maintain trusted and valued relationships and friendships that are personally fulfilling, foster good communication skills and include comfortably exchanging ideas, views and experiences.

To learn more about the five dimensions of strength and CSF visit <http://csf.army.mil>.

Wiesbaden's Josiah Portukalian is declared the winner against Heidelberg's Marcos Marshall after the referee stopped their middleweight contest.



Wiesbaden's Ricky Clay takes a shot at Wiesbaden's Devon Thomas during a 201-pound heavyweight matchup. Clay won the decision and was honored with the championship belt for most exciting bout of the evening.

Punch power

Wiesbaden fight fans treated to explosive boxing action

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

There wasn't much "floating like a butterfly" at the Wiesbaden Fitness Center Oct. 15, but a boxer named Clay did "sting like a bee" to dominate his heavyweight fight and earn best bout of the night honors.

"It really was outstanding overall," said Tony Lee, Installation Management Command-Europe sports programmer and boxing commissioner, about the evening's 10 bouts.

Wiesbaden's Ricky Clay was recognized by the boxing jury for his sportsmanship, punch combinations and for delivering one of the many highlights of the explosive, toe-to-toe boxing evening at the annual U.S. Army Garrison Wiesbaden Hispanic Heritage Boxing Tournament. "The bouts were superb," said Lee, praising participation by several host nation fighters who helped elevate the overall display of boxing technique and ability.

"I didn't want to hurt anybody," said Clay, smiling, explaining that he felt in control throughout his bout against Wiesbaden's Devon Thomas, attributing many hours of "sparring in the gym" to his success in the ring.

The evening started out with a heated featherweight fight between Heidelberg's Hilario Gonzales and Wiesbaden's Hak Tang. While the home crowd shouted their support for the man in the red corner, after surviving two standing eight counts, Tang had to settle for second-place honors.

Bout two saw Hanau boxer Atila Serdenc trade punches with Heidelberg's Jesse Sousa. While Sousa came out strong and stood up to a flurry of well-aimed punches from the

Hanau fighter, he was unable to score points with the jury and claimed the silver trophy.

V Corps' Josiah Portukalian said he wasn't sure how the fight was going in the first round. "I felt like I had to come back strong in the third round," said the former 1st Armored Division Soldier who said he competed in a boxing smoker while deployed about a year ago. "By the third round, I thought I had it."

Portukalian won the gold trophy after the ring official stopped the contest in the third round.

"It hurt, but it was nice," was how Wiesbaden boxer Diamenik Hough described his first time in the ring — a middleweight bout against Grafenwöhr's Nathan Lee.

"My dad was all-Army," said Hough, with the 457th Civil Affairs Battalion. "I saw there was a boxing tournament coming up and decided I wanted to go out there — and I won."

Hough's victory also helped earn Wiesbaden the overall team trophy. Wiesbaden was followed by Heidelberg in second place and Grafenwöhr in third place.

Two Wiesbaden boxers — Lester Cannon and Warren Gipson — appeared fairly evenly matched through two rounds in their light heavyweight bout before Cannon took charge, earning an RSC (referee stopped contest) victory.

After a short intermission fight fans were back in their seats to witness another light heavyweight showdown — between Mainz's Branimir Malenica and Schweinfurt's Christopher Thomas. Malenica, a host nation pugilist, won the decision and the first-place trophy.



Grafenwöhr's Joel Perkins blasts Wiesbaden's James Norman during their light heavyweight bout. Perkins won the fight by decision. Photo below: Wiesbaden's Rubin Stackhouse is sent to a neutral corner after knocking Wiesbaden's Jordan Lewandowski to the canvas. Stackhouse won the fight after the referee stopped the contest.



Grafenwöhr's Joel Perkins came back strong in rounds two and three against Wiesbaden's James Norman to win

mwr/sports_fitness.asp or call mil 337-5541.)

their light heavyweight contest.

Super heavyweights faced off for the evening's final two bouts.

It was a straight-up punch fest in bout nine with Bamberg's Anthony Stevens trading shots with Heidelberg's James Sterling for three long rounds. By the end it was the Bamberg boxer who went home with first-place honors.

The crowd came alive again for the night's final fight between local boxers Rubin Stackhouse and Jordan Lewandowski. The man in the blue corner put up a solid defense, but Stackhouse's overpowering attack proved too much as the ring official stopped the contest awarding the gold to the fighter out of the red corner.

(Editor's note: For more boxing photos visit the garrison's home page at www.wiesbaden.army.mil and click on the Flickr link. For more information about upcoming classes and sporting events in USAG Wiesbaden visit www.wiesbaden.army.mil/sites/

Apply now for 2012 Soldier Show

The U.S. Army Entertainment Division is accepting nominations for the 2012 U.S. Army Soldier Show through Dec. 30.

Sought are performers, lighting, audio, video, costuming and stage technicians.

Selections for the show will begin in January to be completed by February.

Nomination packets should include name, rank, SSN, unit address, duty phone, email

address, area of specialty, official Department of the Army photo in uniform, copy of current enlisted or officer record brief and copy of latest NCOER/OER.

Mail nomination packets to U.S. Army Soldier Show, Attn: 2012 Selection Committee, IMCOM G9, 2455 Reynolds Road, Bldg. 2266, Fort Sam Houston, TX 78234-7588.

Visit www.ArmyMWR.com.

By Donald Seltzer
Volksmarch Editor

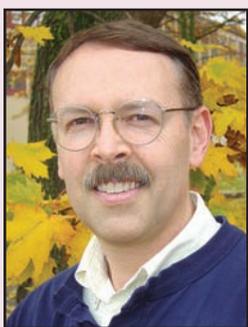
Take a hike: A guide to volksmarching in the Baumholder/Wiesbaden area

Trail notes

The calendar for volksmarching in Germany, Terminliste 2012, is now available for €2.50 in the start hall at most events.

One of Germany's more active American clubs, the Ramstein Roadrunners, continues its tradition of the Thanksgiving Day volksmarch. The walk is staffed by club members doing their best to ensure an enjoyable time is had by all.

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



Weekend of Oct. 29-30

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

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

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

Scheuern (66636) — This event, offering a colorful fall landscape, is southwest of Baumholder and north of Saarbrücken in the Saarland area. From the KMC area, use Autobahns 6 and 8 toward Saarlouis and Autobahn 1 toward Trier. Exit at Tholey/Hasborn to take minor roads through Dörsdorf to reach Scheuern. From the Baumholder, Neubrücke and Idar-Oberstein areas, use Autobahn 62 toward Trier. Connect with Autobahn 1 toward Saarbrücken and exit at Tholey/Hasborn for the road to Dörsdorf

and Scheuern.

Start: Mehrzweckhalle on Schulstrasse **Saturday and Sunday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trails:** Unknown **Award:** None.

Tuesday, Nov. 1

Argenthal (55496) — You'll find this German holiday event in the picturesque Hunsrück region and part of the permanent IVV trail system. In an unusual move, the club's brochure listed the map coordinates in degrees-minutes-seconds for the start. Use the Rheinböllen exit of Autobahn 61 and follow B-50 to Argenthal and the start.

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

Weekend of Nov. 5-6

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. 12-13

Neunkirchen/Furpach, Germany (66539) — This Saarland event is just southeast of Neunkirchen. From Kaiserslautern, Ramstein and Landstuhl, use Autobahn 6 toward Saarbrücken. Connect with Autobahn 8 toward Neunkirchen and take the first exit at Kohlhof. Use a minor road to Furpach and the start. From the Baumholder, Neubrücke and Idar-Oberstein areas, use Autobahns 62 and 1 south toward Saarbrücken, then Autobahn 8 past Neunkirchen to exit at Oberstadt. Connect with a secondary road leading

to Furpach.

Start: Hirschberghalle at Seebachstrasse 41 **Saturday:** 7 a.m. to 2 p.m. (6 and 11 km) **Trails:** Unknown **Award:** None.

Weekend of Nov. 19-20

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

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

Niederelbert (56412) — Northwest of Limburg in the Westerwald region, this event is distant from any American community but easily reached by autobahn. Use Autobahn 3 past Limburg, exit at Montabaur to connect with B-49 toward Koblenz. Continue on B-49 until the Kaserne/Niederelbert exit to connect with a secondary road leading to the start.

Start: Pfarrheim **Saturday:** 8 a.m. to 1 p.m. (5, 10 and 15 km) **Trails:** Fairly hilly, mostly woods **Award:** From previous events.

Thanksgiving Day, Nov. 24

Ramstein-Miesenbach (66877) — The Ramstein Roadrunners club plays host to their 27th annual Thanksgiving Day volksmarch. Wanderers will find the event to be a friendly and relaxing family activity. 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 civilian telephone 06371-454920. Use Autobahns 5 and 6 and the Landstuhl/Air Base exit to follow IVV directional signs to reach the town of Ramstein-Miesenbach.

Start: Mehrzweckhalle at Am Kiefernkopf 20 **Thursday:** 8 a.m. to 1 p.m. (5 and 10 km) **Trail:** Slightly hilly, fields and forests **Award:** Beer mug.



Crazy T entertainment

Head to the Wiesbaden Entertainment Center at 8 p.m. for Thirsty Thursday Karaoke Nov. 12 and 26 for live entertainment. Call civ (0611) 408-0190 for more information.

One-act plays

The Gemeinschaftszentrum Georg-Buch-Haus at Wellritzstr. 38 in Wiesbaden presents "Three Beds and a Couple of Lobsters" — an evening of dramatic and funny English-language one-act plays Oct. 27-29 and Nov. 3-4 at 7:30 p.m. visit www.wiesbaden-english-language-theater.de for details and special ticket deals.

Mainz concerts

Mainz's Frankfurt Hof features the Red Hot Chili Pipers

Things to do ... Things to do

(cover band) Nov. 2, pianist **Florian Uhlig** Nov. 4, gypsy jazzers the **Rosenberg Trio** Nov. 11, **A Taste of Africa** Nov. 12, **Rebekka Bakken** Nov. 13, **Heather Nova** Nov. 16, flamenco musicians **Vicente Amigo Grupo** Nov. 27 and electronic jazzers **Nils Petter Molvaer** Nov. 29. Visit www.frankfurter-hof-mainz.de.



USO trips

Rhein-Main Area USOs offer trips to **Neuschwanstein and Hohenschwangau Castles** Oct. 29, **Trier** Oct. 29, **Weimar and Buchenwald** concentration camp Nov. 5, **Marksburg** Nov. 5, **Berlin** Nov. 11, **Paris** Nov. 12, **Riesling Route with Eric**

the Red Nov. 13, **Luxembourg** Nov. 19, **Black Forest** Nov. 24, **Valkenburg Cave Christmas Market** Nov. 25, **Wartburg Castle and Medieval Christmas Market** Nov. 26, **Rhein River Cruise and Rudesheim Christmas Market** Nov. 27. Stop by any Rhein Main Area USO office or call civ (0611) 731 301 for information.

Irish Pub music

Wiesbaden's Irish Pub features **Bobby Brown** Oct. 27, **Rockhouse** Oct. 28, **Planet Sulo** Oct. 29, **Eight Balls** Oct. 31, **karaoke** Nov. 1 and 6, **open stage nights** Nov. 2 and 9, the **Benrix** Nov. 3, **Macy's Mob** Nov. 4, **Sven Ruppert Band**

Nov. 5 and **Steven McGowan** Nov. 10. Visit www.irish-pub-wiesbaden.de.

Christmas Bazaar

Wiesbaden's Church of St. Augustine of Canterbury holds its annual Christmas Bazaar Nov. 19 from 10 a.m. to 4 p.m. It will feature books, gift baskets, jewelry, candles, cakes, coffee and more. The church is located at Frankfurter Str. 3.

Choir Workshop

The U.S. Army Garrison Wiesbaden Chapel's Gospel Service hosts a German-American Choir Workshop Nov. 5 from 10 a.m. to 5 p.m. at the Hainerberg Chapel. Songs from the workshop will be featured at the

Praise Night 6-Unified Worship program Nov. 26 at 6 p.m. Participation is open to everyone age 15 and older. Call Peter Witmer at civ (0611) 408-0129 or email gofish-gw@hotmail.com for more information.

Outdoor Rec events

Wiesbaden Outdoor Recreation offers a trip to **Zermatt, Switzerland**, Nov. 23-27. The trip includes transportation, ski or snowboard gear rental and three overnights with breakfast and dinner. Cost is \$489 for adults, \$379 for children. Call civ (0611) 705-5760.

Baumholder Outdoor Recreation goes to **Euro Disney Paris** Oct. 29, **Warner Brothers Movie World** Oct. 30 and **skiing in Austria** Nov. 10-13. Call mil 485-7182 for details.

Homecoming:

Wiesbaden High drums up school spirit and athletic inspiration



Students, parents and fellow community members enjoy the homecoming bonfire Oct. 21.

Story and photos

by Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

The weekend started off with a blaze that seemed to set Wiesbaden athletes on fire.

After capping off a week of homecoming activities at a traditional bonfire on Wiesbaden Army Airfield Oct. 21, Wiesbaden High School students got down to the serious business of excelling on cross country trails, volleyball and tennis courts, and the gridiron.

Ryan Fisico set a new course record at Wiesbaden's Rheinblick Recreation Complex to lead the Wiesbaden boys cross country team to a first-place team finish, followed by Ramstein, Frankfurt International School and Baumholder. Fisico finished the five-kilometer race in 16 minutes and 28 seconds. Other fast Wiesbaden finishers were Kelsey Thomas in sixth place, Nate Gerber in seventh and Alex Wieman in eighth. Baumholder's Dominic Sparks finished in 10th place.

Baumholder's Vicky Adriano took eighth place for the girls, followed by Wiesbaden's Gabriella Lawrence and Sophia Sarver in ninth place.

Wiesbaden boys were also victorious on the Wiesbaden Nordenstadt tennis courts, beating Ramstein 5-4. Wiesbaden winners included Evin Alarilla, Cooper Abernathy, Vincent Matsayko and Alfred Johnson. Matsayko and Johnson also teamed up to score a doubles win.

The girls team saw victories by Wiesbaden doubles aces Heather Boehme and Emily Dill, Christine Sunga and Liz Dizer.

As the Wiesbaden Warriors football team battled the Lakenheath Lancers on



Runners take off at the start of Wiesbaden's cross country race. Photo left: Wiesbaden's defense smothers the Lancers offense, forcing a turnover during the first half.

the Wiesbaden High School sports field, volleyball teams battled for homecoming bragging rights on the volleyball court in the school's new gymnasium. While Wiesbaden girls fell to Ramstein, they came back to defeat Bitburg.

It was a do-or-die weekend for Wiesbaden's football team, and the Warriors proved up to the task putting away Lakenheath 20-6. While Daniel Harris stole the show with two touchdowns and nearly 300 yards rushing, Wiesbaden's

defense, led by William Heiges II, kept the Lancers off balance preventing them from ever proving much of a threat.

The Warriors advance to the Division 1 semifinals against Patch in Stuttgart Oct. 29.

The homecoming game, hosted by V Corps (with Brig. Gen. Ricky D. Gibbs tossing the coin at the start) and supported by the school's partnership unit, 2nd Signal Brigade, also saw the introduction of the royal homecoming court.

Sports shorts

Super Bowl champ

Derrick Mayes, a Super Bowl champion with the 1996 Packers and one of the University of Notre Dame's all-time leading receivers will speak to high school students and their parents about the college recruiting process Nov. 7 at 6 p.m. in the Wiesbaden High School gym. Learn what it takes to become a collegiate athlete from a recruiting expert.

Lacrosse tournament

The Sport Club Frankfurt 1880 hosts a Lacrosse Junior League Tournament Nov. 5-6 with 200 players from across Europe ages 5-19. Besides lacrosse action on three fields daily from 10 a.m. to 6 p.m., the rugby team will host their traditional Ambassador Game between Germany and New Zealand. The club is located at Feldgerichtstr. 29 in Frankfurt.

Hockey players sought

Experienced ice hockey players are wanted to play for the Baden Bruins Army hockey team, coached by ex-National Hockey League player Bob Sullivan. Contact Ken Robinson at civ (0172) 626 3642 or ken.robinson@eu.dodea.edu for more information.



Monster Mash 5-K Run

Baumholder's Hall of Champions hosts a Monster Mash five-kilometer run Oct. 31 starting at 8 a.m. The event is free to all participants, but complimentary T-shirts are available for \$5. Call mil 485-7176 for details.

Dodge ball for adults

Baumholder Sports invites adults ages 18 and up to sign up for the upcoming dodge ball league which starts Nov. 7 at 6 p.m. Registration will be held Oct. 17-28 at the Hall of Champions. Call civ (06783) 6-7176 for details.

Indoor soccer tourney

The city of Wiesbaden invites girls ages 8-12 and 12 and up to join in a special indoor soccer tournament for only Oct. 29. Practice will be held at the Tony Bass Fitness Center on Wiesbaden Army Airfield. Contact Ingo Rhiel at mil 337-7965 or civ (0611) 705-7965 for details.

Schoolbits

Bus stop guidance

As the days grow shorter with more hours of darkness, it's important that students arrive at bus stops at least three to five minutes before the scheduled bus pick-up time to ensure a punctual departure and limit the possibility of an accident caused by a child rushing to the stop. Buses will not leave bus stops before their scheduled departure times as shown on the student's bus pass, but must proceed as scheduled to arrive at school on time. (Courtesy of Jessica Castro, Wiesbaden High School)

Math evening

Wiesbaden Middle School invites students and parents to a Math Evening Nov. 9 from 4-6 p.m. in the school gym. The event will feature free food and fun learning for all.

Smith Elementary highlights

Smith Elementary School holds a Kindergarten Annual Fall Fest from 8-10 a.m. Oct. 28. Smith fifth-graders are holding a coat drive. People are asked to bring gently used washed coats from home they wish to donate and to hang them in the hallway outside the nurse's office. Those needing a winter coat are free to take one from the collection at no cost. Leftover coats will be given to the Thrift Store. A Teachers' Work Day is scheduled for Nov. 4 — no school that day for students.

Halloween Dance

Wiesbaden Middle School's Parent Teacher Student Organization and the Advancement Via Individual Determination program sponsor a Wildcats Halloween Dance Oct. 28 from 6-8 p.m. The event will feature a costume contest, fun activities, food on sale and more. Tickets are \$3 at the door.

School closure, weather information

Parents are reminded to listen to the American Forces Network radio or to check the garrison home page for the latest school closure and traffic delay information. Visit www.wiesbaden.army.mil and click on the Road/Weather/School Closure Information link (bottom right) for the latest news about the impact of inclement weather on U.S. military installations in Europe.

Education Center closed

The Wiesbaden Education Center will be closed on all U.S. Army Europe training holidays and the weeks of Thanksgiving and Christmas for all counseling services, APT testing, the Army Learning Center and administrative services. All colleges/universities and the National Test Center (for CLEP/DSST exams downstairs) will continue their normal hours of operation and service as posted by the individual schools. Call mil 337-5559 for more information.

Fall Festival

Hainerberg Elementary School holds a Fall Festival from 5:30-7:30 p.m. Oct. 27 in the multipurpose room. It will feature booths, fun and prizes. Use the gate in front of Building 7807 in the back after the dumpster entrance.

Show me college money

Learn how to navigate the college application process and find money to pay for it at the Show Me the College Money workshops every first and last Monday of the month from 6:30-8 p.m. at the Teen Center in Hainerberg Housing. Sessions are open to all high school students and their parents.



Photo by Wendy Brown

Aukamm Elementary School students gather around as Dietrich Kröger, a member of the local German community, pours crushed apple pieces into the press Oct. 17.

Making apple juice is elementary

By Wendy Brown
Special to the Herald Union

Students at Aukamm Elementary School got a taste of apple juice and Wiesbaden's heritage when they helped produce more than 70 gallons of apple juice at the school Oct. 17.

Students in every grade came outside in groups of about 40 to help Ute Bopp, the school's host nation teacher, and Dietrich Kröger, a member of the local German community, make apple juice using a shredder and an apple press.

This was the third year Kröger has helped students at the school make apple juice. Kröger said he does it each

year to help teach American children about the heritage of Wiesbaden.

Most of the apple trees in the Wiesbaden area were planted for the purpose of making apple wine, Kröger said. For that reason, they are not necessarily good eating apples, but are better for apple juice and wine.

Traditionally, people working in the fields of Wiesbaden drank apple wine and apple juice, Kröger said. "That was their normal, standard drink," he said.

First the students washed the apples in two tubs filled with water, and then they used large bowls to drop the apples in a shredder. From there,

Kröger transferred the shredded apples to a press, which squeezed the juice out of the apples. Students helped operate the press by turning an arm that pushed down the apples.

Shortly thereafter, the students got a chance to sample the juice, many of them coming back for seconds. "Yummy, yummy, in my tummy!" exclaimed one student.

Students and parents picked apples with Kröger on the Saturday before the event, Bopp said.

Kröger said he and the students and parents picked 450 kilograms, or nearly 1,000 pounds, of apples, but it was unlikely the school would be able to use them all.



College Night
Marc Holt, Vanderbilt University representative, answers questions about the school for a family during Wiesbaden High School's College Night Oct. 13 in the school's gymnasium. More than 30 representatives of colleges, universities, trade schools and military recruiting services were on hand to give information about continuing education and other options to consider after graduation.

Photo by Chrystal Smith



Danny McBride and Nick Swardson fight the clock and contend with the police, hired assassins and flamethrowers in "30 Minutes Or Less."

At the movies Oct. 27 to Nov. 10

Baumholder, Wagon Wheel

- Oct. 28 — 30 Minutes Or Less (R) 7 p.m.
- Oct. 29 — Spy Kids: All The Time In The World (PG) 4 p.m. The Big Year (PG) 7 p.m.
- Oct. 30 — Dolphin Tale (PG) 4 p.m.
- Nov. 4 — What's Your Number? (R) 7 p.m.
- Nov. 5 — The Smurfs (PG) 4 p.m.
- Nov. 5 — Paranormal Activity 3 (R) 7 p.m.
- Nov. 6 — 30 Minutes or Less (R) 4 p.m.

Wiesbaden, Taunus

- Oct. 27 — Rise Of The Planet Of The Apes (PG-13) 7 p.m.
- Oct. 28 — Paranormal Activity 3 (R) 7 p.m. 30 Minutes Or Less (R) 9:30 p.m.
- Oct. 29 — Spy Kids: All The Time In The World (PG) 4 p.m. Paranormal Activity 3 (R) 7 p.m. 30 Minutes Or Less (R) 9:30 p.m.
- Oct. 30 — Spy Kids: All The Time In The World (PG) 4 p.m. Paranormal Activity 3 (R) 7 p.m.
- Oct. 31 — Paranormal Activity 3 (R) 7 p.m.
- Nov. 1 — 30 Minutes Or Less (R) 7 p.m.
- Nov. 2 — Rise Of The Planet Of The Apes (PG-13) 7 p.m.
- Nov. 3 — 30 Minutes Or Less (R) 7 p.m.
- Nov. 4 — The Smurfs (PG) 7 p.m. In Time (PG-13) 9:30 p.m.
- Nov. 5 — The Smurfs (PG) 4 p.m. In Time (PG-13) 7 p.m. Fright Night (R) 9:30 p.m.
- Nov. 6 — The Smurfs (PG) 4 p.m. In Time (PG-13) 7 p.m.
- Nov. 7 — In Time (PG-13) 7 p.m.
- Nov. 8 — Fright Night (R) 7 p.m.
- Nov. 9 — 30 Minutes or Less (R) 7 p.m.
- Nov. 10 — The Smurfs (PG) 7 p.m.



Neil Patrick Harris does not trust the Smurfs in the new movie about the lovable blue characters — a cartoon feature that originated in Belgium in the 1950s — in "The Smurfs." Photo left: Jessica Alba plays a retired spy with three children and a husband who is reactivated in "Spy Kids: All The Time In The World."

Movie plots

30 Minutes Or Less (R) — Nick is a small town pizza delivery guy who is kidnapped by two wanna-be criminal masterminds. They force him to rob a bank, and as the clock ticks down, Nick enlists the help of his ex-best friend, Chet. Starring Jesse Eisenberg, Aziz Ansari, Danny McBride and Nick Swardson.

Paranormal Activity 3 (R) — The first of the Paranormal movies followed Katie and her boyfriend Micah as they attempted to catch the spirit haunting their California home on video. The third movie documents the childhood of both sisters, as their father places cameras all over the house in an attempt to record the mysterious source of noises and bumps.

The Big Year (PG) — Steve Martin, Jack Black and Owen Wilson are at a crossroads — one is experiencing a mid-life crisis, another a late-life crisis, and the third, a far from ordinary no-life crisis. Tired of being ruled by obligations, the rivals dedicate a year of their lives to following their dreams.

Rise Of The Planet Of The Apes (PG-13) — Set in present-day San Francisco, the movie is a reality-based cautionary tale, where man's own experiments with genetic engineering lead to the development of intelligence in apes and the onset of a war for supremacy.

Spy Kids: All The Time In The World (PG) — Jessica Alba plays a retired spy who has been reactivated, and Rebecca, played by Rowan Blanchard, and Cecil, played by Mason Cook, are the new Spy Kids. Together, they face the villain, known as the Time Keeper, whose goal it is to stop time.

The Smurfs (PG) — When the evil wizard Gargamel chases the Smurfs out of their village, they're forced through a portal, out of their world and into ours, landing in the middle of New York's Central Park. The Smurfs must find a way to get back to their village. Starring Hank Azaria, Neil Patrick Harris and Jayma Mays.

What's Your Number? (R) — A woman, played by Anna Faris, treks through her sexual past to find Mr. Right, exploring the idea of sexual quotas and whether they matter. The movie is based on Karyn Bosnak's book.

Fright Night (R) — A teenager suspects that his new neighbor is a vampire. Anton Yelchin, Colin Farrell and Toni Collette star in the movie.

In Time (PG-13) — When Will Salas is falsely accused of murder, he must figure out a way to bring down a system where time is money — literally — enabling the wealthy to live forever while the poor, like Will, have to beg, borrow, and steal enough minutes to make it through another day. Starring Justin Timberlake and Amanda Seyfried.