

# Herald Union



Vol. XII, No. 23, Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden, Sept. 2, 2010

## News flash

### New Veterans Center in Hanau

A new American Veterans Center opened Aug. 26 on the former Francoise Kaserne in the Lamboy section of Hanau (Building 905/Club 905 — Francoisegarten bus stop). Hours are 10 a.m. to 5 p.m. on Thursday. It will serve as a social center and information point for all American veterans, retirees, spouses and widows. Coffee and tea will be available. For more information email retired Col. Paul Sanders at [Pauls09165@hotmail.com](mailto:Pauls09165@hotmail.com), Joyce Schloesser at [Schloesser-bob@t-online.de](mailto:Schloesser-bob@t-online.de) or call civ (06128) 489 202. Parking is available in the Club 905 spaces.

### New travel fee

The Department of Homeland Security announced a new \$14 travel authorization fee for Visa Waiver Program travelers, effective Sept. 8, which applies to U.S. military dependent family members from any of the 36 VWP countries, including Germany, who intend to travel under the program. Applicants will be required to pay when they complete the Electronic System for Travel Authorization registration required for all VWP travelers. ESTA clearances are generally valid for two years and can be used for repeated trips provided the individual is traveling on the same passport registered in the initial clearance. For more information about the new fee and the VWP, ESTA and the new ESTA fee, visit the Department of Homeland Security's website at [http://cbp.gov/xp/cgov/travel/id\\_visa/esta](http://cbp.gov/xp/cgov/travel/id_visa/esta). (Courtesy of the U.S. Consulate General Frankfurt)



Photo by Ignacio "Iggy" Rubalcava



### Teachers, students head back to classes

Second- and third-grade students at Wetzel Elementary School listen to instructions from their teacher, Bonnie Greenlee, on the first day of school Aug. 30. See page 16, 17 and 20 for more school year 2010/2011 news.

## Officials predict better service

International SOS Assistance, the new Tricare Overseas Program contractor, is bringing more comprehensive, patient-centered and customer-focused service to nearly half a million Tricare beneficiaries overseas as of Sept. 1.

Under the new contract, non-active duty beneficiaries living overseas will still enjoy the same Tricare Standard benefits — no enrollment fees and

### Under new Tricare contract

the freedom to choose a host nation provider without a referral — as well as new customer service features. Standard beneficiaries can now contact a TOP regional call center to get assistance finding a provider in their areas.

Call center representatives are also providing program and benefit information around the

clock, and the TOP contractor is providing claims assistance through Tricare Service Centers, call centers and overseas claims processors.

With the start of the new contract, Standard beneficiaries overseas are reminded of important information they need to make sure their health care needs are met and claims

processes are trouble free. These include:

☞ Obtaining a payment receipt and file for reimbursement as soon as possible. Tricare claims must be filed within a year of date of service.

☞ Beneficiaries should be aware that they are responsible for annual deductibles and cost-shares.

**See New Tricare contract on page 3**

## New CYSS fees to take effect Oct. 1

The Military Child Care Act — Public Law 101-189 — calls for a standard Department of Defense child care fee policy for all branches of the military.

The last DoD fee policy was issued more than six years ago for school year 2004/2005 which resulted in great variations of fees across

the Army.

A new Army child and youth fee policy which will take effect at all Army installations on Oct. 1 allows the Army to establish individualized installation fee plans for each garrison with the Army mov-

ing toward one standard Army fee in each category by school year 2012/2013. The goal is for the Army to have a single fee for each total family income category by school year 2012/2013.

Child, Youth and School Services officials have been

notifying parents of the new fee schedule through local CYSS facilities. For more information and a copy of the fee chart for school year 2010/2011, visit the U.S. Army Garrison Wiesbaden home page at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil) and click on the New CYSS Fee Chart link on the lower right side of the page.



## Second thoughts

### You, too, can help prevent suicide

They say it takes a village to raise a child, and the same could be said about helping prevent suicide.

National Suicide Prevention Month in September is a good time to remind ourselves that while we may not be entertaining thoughts about ending our own lives, one of our friends or loved ones could be coping with mental challenges we can barely imagine. Letting those around us — our battle buddies, friends, those we routinely encounter — know they make a difference in our lives can go a long way toward helping someone feel like life is worth living.

Stress affects everyone in different ways.

Most people have ways of coping with added stress — healthy alternatives such as working out or playing music — but for others stress can bring on health problems, difficulty sleeping, anxiety or depression. Being aware of how our friends, family or colleagues are dealing with these challenges can help us be better listeners and responders.

When we feel that something is wrong — that someone we know might be considering suicide — it's crucial we take action — that we get involved and make sure the individual is helped. With a host of resources available, it's vitally important we listen, encourage and take action to help our friends and loved ones get the help they may need.

For more information on suicide prevention visit [www.blueribbonmovie.com](http://www.blueribbonmovie.com), [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) or [www.mentalhealthscreening.org/military/index.aspx](http://www.mentalhealthscreening.org/military/index.aspx).

### Time to vote

Do you care how your tax dollars are spent? Have an opinion about how the country is being run, about the job your elected officials are doing or someone who might be able to make a difference?

Have you requested your absentee ballot to vote in this year's election? If not, now is definitely the time to get moving.

While registration requirements vary from state to state, most states and territories require registration to vote absentee. Voter registration and absentee ballot requests can be done at the same time by submitting a Federal Post Card Application. If you are already registered to vote and only wish to request a ballot, you should submit your FPCA as soon as possible. It is recommended that you register to vote/request an absentee ballot in January of each year, or at least 45 days before Election Day.

Visit the garrison's home page at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil), click on the "Links" link at the top of the page and then the "Federal Voting Assistance Program" link for more information and to download an application.

# Enjoy a safe Labor Day

By Col. Jeffrey Dill  
U.S. Army Garrison Wiesbaden  
Commander



Labor Day was celebrated for the first time over a century ago to recognize the hard work within the trade and labor organizations. Since then it has become a national holiday. We Soldiers and civilians have good reason to be especially proud of the work we do each and every day, and we also need to take time from our busy schedules to relax.

Labor Day also marks the end of the 101 Critical Days of Summer and the beginning of the school season. The Labor Day holiday is a time to enjoy the long weekend and have final summertime fun with family and friends. However, please keep in mind that the off-duty environment is one of our most challenging environments. Don't let your recreational activities turn into tragedy by disregarding safe practices and principles.

This holiday is your opportunity to relax, but always make safety an integral part of your off-duty activities. If traveling outside the local area, use the Travel Risk Planning System, or TRiPS, at <https://safety.army.mil> to plan a safe trip. Think and practice Composite Risk Management at all times.

We must not become complacent toward the hazards surrounding us. Leaders are reminded to conduct safety briefings before releasing personnel for the holiday weekend. Excessive alcohol consumption, motor vehicle safety, sports activities, domestic violence and suicidal behavior continue to be areas of concern.

Leaders, you can make a difference by reviewing the plans of every person in your charge to ensure they have identified and mitigated the risks involved in their planned activities.

I wish each of you a safe holiday, and I thank you for your continued selfless commitment to our nation and our Armed Forces.

## ICE feedback: Parent concerned about students' safety

I'm concerned about Wiesbaden High School and question if it's safe for our children to return to school there this year. I understand the kids need a new high school, but not at the expense of their health or safety. Can the kids be moved to another facility for school until the renovations are done? What if a fire breaks out? What if water pipes bust? What kind of toxins could possibly leak into the water system or are in the air that our children will be breathing? What is Plan B if the remains of the school are damaged due to reconstruction? These are all huge concerns to me and I'm sure to many other parents as well. If there is another facility you can use for the kids, I would be more than happy to volunteer my time to help move things.

Tamara Polson

*Editor's note: The following response was provided by Wiesbaden High School Principal Sharon O'Donnell and Hessen Area Engineer David Peng:*

*The areas of our campus under construction will be fenced off to keep students a safe distance from equipment and materials. Daily spot checks are made of the fencing to ensure separation integrity. We have been diligent in the assessment of our students' and teachers' safety. The project was carefully reviewed by the German Construction Agency, Directorate of Public Works and Army*

*Corps of Engineers. An environmental clearance was given before the start of construction. Soil samples were collected and tested and showed low levels of Polycyclic Aromatic Hydrocarbons. After analysis the soil was removed from the site in accordance with safe practices of German industry and clean soil was used for backfill. The same applies to the two buildings demolished during the summer break which was accomplished in accordance with German industry practice ensuring that any hazardous building materials were removed before demolition and transferred to a landfill. Our emergency plans have been reviewed by the garrison's fire marshal; she and her team will observe September's weekly evacuation drills to confirm we're using the safest and most efficient routes. In the event of a water line break or temporary cut, safety procedures as required by German drinking water regulations, take effect. Before restoration of service, the line must be drained, filled with water, pressure tested, chlorinated and sampled for waterborne bacteria. The line is restored to service only after these actions occur. German drinking water regulations are very similar to U.S. Environmental Protection Agency National Drinking Water Regulations. In summary, safety of our students and teachers is our paramount concern.*

## September is Health Care Benefits Awareness Month

By Edna Garcia-Kelley  
Wiesbaden Community Health Nurse

During this month Tricare beneficiaries will receive a host of information aimed at increasing their

awareness of their health care benefits.

Why is this important?

Tricare is the prime partner in providing health

**See Awareness Month on page 3**

### Herald Union published by AdvantiPro

The Herald Union, printed exclusively for members of the U.S. Army Garrisons Wiesbaden and Baumholder, is an authorized, unofficial Army newspaper published under the provisions of AR 360-1. Contents are not necessarily the official views of, nor endorsed by, the U.S. government or the Department of Defense. The editorial content is the responsibility of the USAG Wiesbaden and Baumholder Public Affairs Offices. No payment is made for contributions. Everything advertised in this publication shall be made available for sale, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. This is a biweekly newspaper published by AdvantiPro GmbH. Our office is in Building 1023E on Wiesbaden Army Airfield. Circulation is 8,500 copies. For display advertising rates call Anna-Maria Weyrough at civ (0631) 3033 5537, email [ads@herald-union.com](mailto:ads@herald-union.com); classified advertising rates call Sabrina Barclay at civ (0631) 3033 5530 or post at [www.class-world.eu](http://www.class-world.eu). Address: USAG Wiesbaden, Herald Union, Unit 29623 Box 60, APO AE 09005-9623; Telephone: mil 337-7405; civ (0611) 705-7405; Email: [usagwiesbadenpao@eur.army.mil](mailto:usagwiesbadenpao@eur.army.mil); Home page: [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil).

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## News flash

### Engineer ball

Engineers from across Europe are invited to the European Castle Ball Sept. 24 at the Würzburg Castle to celebrate engineer heritage and partner with allies. For more information and tickets call mil 379-5049 or civ (06202) 80-5049.

### SSSC closed

The Self Service Supply Center in Baumholder will be closed through Sept. 30 for end-of-the-fiscal-year procedures. Call mil 485-7512 or civ (06783) 6-7512 for more information.

### Check vehicle registration

Directorate of Emergency Services officials remind privately owned vehicle operators to check their vehicle registration for expiration. Don't become a blotter statistic. While checking your vehicle registration, also make sure your U.S. Forces Europe driver's license is still current. Make sure to renew both in a timely manner.

### Health Care Benefits Month

The Europe Regional Medical Command is supporting the U.S. European Command's 2010 Health Care Benefits Awareness Month with various community outreach events in September. Representatives from each Army health clinic will be available to discuss benefits and medical services. Information about the new Tricare Overseas Program contract that took effect Sept. 1 will also be available (visit [www.tricare.mil/TOPcontract](http://www.tricare.mil/TOPcontract) for more information). Local events will be held in Baumholder Sept. 11 from 10 a.m. to 4 p.m. during the CARE Fair in the Hall of Champions, Sept. 15 during the Ask the Specialist event from 1-3 p.m. in the Baumholder Health Clinic and Sept. 18 from 10 a.m. to 4 p.m. during the Fitness Festival in the Hall of Champions. A Wiesbaden event will be held Sept. 18 in the Wiesbaden Fitness Center on Wiesbaden Army Airfield at the GetFit with Health Care Benefits Health Fair. (*Europe Regional Medical Command Public Affairs*)



### Cuban cigar ban

U.S. citizens are breaking U.S. law if they buy or use products from Cuba anywhere in the world. Cuba is one of several countries the United States embargoes. "Other countries do not ban Cuban products, and items such as Cuban cigars or rum are openly on sale all over Europe," said Bill Johnson, director of the U.S. European Command Customs and Border Clearance Agency. Changes to the Cuban Assets Control Regulations in 2004 mean that U.S. citizens are breaking U.S. law if they buy or use Cuban products wherever they may be. Penalties for attempted smuggling of Cuban products into the United States include confiscation of the items, civil fines of up to \$65,000 per violation, possible criminal fines of up to \$250,000 and up to 10 years in prison. The ban extends to cigars made in third countries using tobacco grown in Cuba. For more information visit [www.treas.gov/offices/enforcement/ofac/programs/cuba/ccigar2.pdf](http://www.treas.gov/offices/enforcement/ofac/programs/cuba/ccigar2.pdf). (*Customs News Release*)



Photo courtesy of the Transformation Stationing Management Office

## Wiesbaden military community — a work in progress

Almost anywhere one cares to look these days in U.S. Army Garrison Wiesbaden, one will see earth being moved and vertical structures heading skyward. Photo above: Transformation Stationing Management officials report that work on the new Wiesbaden Army Airfield South Housing is slightly ahead of schedule. Photo right: Construction crews work to improve the parking area at the WAAF Food Court.

Photo by Karl Weisel



## New Tricare contract .....

### Continued from page 1

Beneficiaries are responsible for filling out and filing claims. Military treatment facilities and contract representatives can not fill out, accept or process claims forms from beneficiaries or providers.

Some overseas military treatment facilities in the past allowed beneficiaries who are Tricare Standard to enroll to the facility on a space-available basis and receive primary care under Tricare Plus. The new contract does not change Tricare Plus, but its avail-

ability, as well as space-available care in military treatment facilities, is determined by the commander based on resources.

When getting care outside of the military treatment facility, beneficiaries are still responsible for paying deductibles, cost shares and filing claims.

For more information about the new contract and to download a new overseas handbook, including new contact information, beneficiaries can go to [www.tricare.mil/topcontract](http://www.tricare.mil/topcontract).

## Awareness Month .....

### Continued from page 2

care services for both military active duty members, retirees and eligible family members. Health care services include physical health, behavioral health, dental health and health care while traveling.

In addition to that Tricare Overseas Program will be serviced by International SOS Assistance, Inc., and changes took effect Sept. 1. Beneficiaries at Army health clinics in Europe will see few differences in the delivery of in-clinic health care services. For those

seeking care from host nation providers, some referral processes may also see some changes.

A Tricare information table will be displayed at the Wiesbaden Health Clinic throughout September. Members can submit their questions by completing the form at the health clinic and dropping it off at the "Ask Me" box located next to the information table.

Or stop by the Fitness Day event at the Wiesbaden Fitness Center Sept. 18 for more information. See next issue for more health care news.

## Court-martial results

Compiled by V Corps  
Military Justice

### Drug offender

Pvt. Angelica Upchurch was convicted on July 30 by a military judge at a special court-martial of several drug offenses and two specifications of violating Article 86 of the Uniform Code of Military Justice for failure to report to her appointed place of duty. Upchurch was sentenced to be discharged from the U.S. Army with a bad conduct discharge.

### Drunk on duty

Pvt. James Curtis was convicted on July 31 by a military judge at a special court-martial for being drunk on duty and reckless endangerment. Curtis was sentenced to forfeit \$964 for three months and to be confined for three months.

### Adultery

Spc. Willie Walker was convicted on Aug. 5 by an enlisted panel at a general court-martial of violating Article 134 of the UCMJ for adultery. Walker was sentenced to be reduced to the grade of E-3, and to 45 days hard labor without confinement.

### Aggravated assault

Pvt. Darrian Nealy was convicted by a military judge on Aug. 9 at a general court-martial for disobeying a lawful order from a noncommissioned officer, aggravated assault with a deadly weapon and other offenses. Nealy was sentenced to be reduced to E-1, to forfeit all pay and allowances, confinement for five months and to be discharged from the U.S. Army with a bad conduct discharge.

### Child rape

Sgt. Darrick Garner was convicted by an enlisted panel at a general court-martial on Aug. 19 for rape of a child under the age of 12 and aggravated sexual contact of a child under the age of 12. Garner was sentenced to be reduced to the grade of E-1 and confinement for 18 months.



Photo by Karl Weisel

## New in town

Col. Mitchell L. Kilgo (right), 2nd Signal Brigade commander, and Command Sgt. Maj. Patrick Brooks uncase the brigade colors during a ceremony on Wiesbaden Army Airfield Aug. 27. The unit relocated from Mannheim as part of transformation in U.S. Army Europe. During remarks after the uncasing, the brigade commander praised the "close-knit, homey feeling — exactly how we've been received by this community." He also described how the brigade will serve as a partner unit with Wiesbaden Middle School. "Our goal is develop this partnership into a family."

# Get help kicking the smoking habit

By Maj. Steven Knapp  
Wiesbaden Army Health Clinic

Cigarette smoking is the leading cause of preventable death in the United States. It is responsible for about 20 percent or 443,000 deaths per year. Most smokers actually want to quit smoking, but it is tough.

The Centers for Disease Control estimate that 70 percent of smokers want to quit completely and 40 percent try to quit each year.

Studies have found that the use of just a few tobacco cessation counseling sessions greatly increases the chances of

smokers quitting. It makes sense because the discussion really is a personalized coaching, and a plan is customized for every smoker — just like going to a personal fitness trainer.

The smoker must first want to quit and be willing to put the effort into tackling this behavior that has been a part of his or her life for five, 10 or even 30 years or more.

The health clinics also offer medication that helps in the form of nicotine gum, nicotine patches or prescription non-nicotine pills.

As we celebrate Health Care Benefits Awareness Month, it is important to know that your health care providers are constantly willing to help and walk through this behavioral and chemical addiction with you. The Wiesbaden and Baumholder Army Health Clinics are your one-stop shops for taking the first step in quitting tobacco use — smoke or smokeless tobacco.

Call the Wiesbaden appointment line at civ (0611) 705-6320 or Baumholder at civ (06783) 6-8080 to set up your appointment today.



GS Immobilien

Restaurant Poseidon

## Program promotes hiring of disabled employees

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

As Elizabeth Deitch stepped out of the terminal at the Frankfurt International Airport, reality hit. She was 3,000 miles away from her home in Texas.

She was in a foreign country. And as a new college graduate, she was entering the workforce for the first time.

The myths and stereotypes that employers carry about people with disabilities tugged at her nerves.

"I had some concerns," said Deitch, an intern at the U.S. Army Garrison Wiesbaden's Transformation Stationing Management Office.

And as she lowered her shaking hands into her lap, Deitch added, "but I haven't let my disability stop me yet."

Deitch was hired through the Workforce Recruitment Program for College Students with Disabilities — a program sponsored by the Department of Labor and Department of Defense designed to connect federal sector employers with highly motivated postsecondary students and recent graduates with disabilities.

According to the U.S. Department of Labor, misconceptions about people with disabilities often stand in the way when people with disabilities look for jobs, resulting in a high rate of unemployment.

WRP aims to eliminate this workplace discrimination — one student, one employer and one job at a time.

"We always expected her to succeed," said Michael Sly, chief engineer with USAG Wiesbaden's Directorate of Public Works and Deitch's supervisor.

"She has great skills. She jumped right in with the local

national employees and design team. She has been able to accomplish her tasks and accomplish her tasks quickly."

Deitch's first day at USAG Wiesbaden's TSMO office was intimidating as local national employees rattled off updates on projects using an occasional unfamiliar German word or phrase.

But the excitement of multiple construction projects combined with the experience of working in a European setting has opened a new door for Deitch.

"I had never dreamed that I would work anywhere overseas," said Deitch.

Deitch, a recent graduate from Texas State University in San Marcos with a Bachelor of Science degree in technology, was looking for a job when she heard about WRP.

"I decided to do the interview just for the experience," said Deitch.

Before learning that she would fill a position on a military base in Europe, Deitch's biggest dream was to work for a construction company in San Antonio as a middle management or superintendent position on construction projects. Now she's considering a career with the federal government.

"Part of the WRP program is about the federal government's constant focus on bringing those with disabilities into the workforce," said Ron Vitiello, USAG Wiesbaden Equal Employment Opportunity specialist.

Currently the federal government is seeing diminishing numbers of employees with

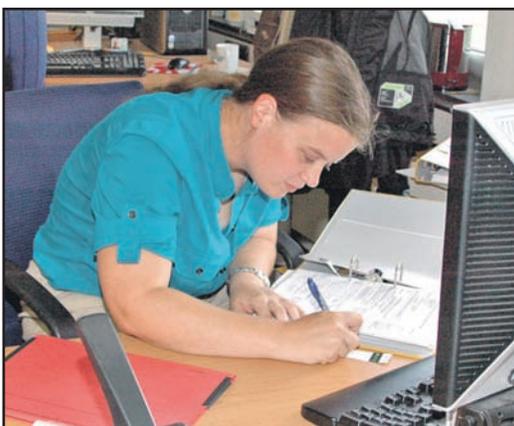


Photo by Jennifer Clampet

**Workforce Recruitment Program intern Elizabeth Deitch fills out paperwork as part of her position in the Transformation Stationing Management Office.**

targeted disabilities.

According to a 2009 report issued by the government's National Council on Disability,

the federal workforce's percentage of employees with targeted disabilities dropped from .96 percent in fiscal year 1998 to .92 percent in fiscal year 2007.

"Individuals with disabilities have to be able to seek and obtain employment," said Vitiello.

Vitiello's presentation on WRP during the October 2009 National Disability Employment Awareness Month sparked the initial interest of TSMO officials

into the program.

"Ultimately it's great for the WRP candidate, but it needs

to be something both (the employee and the employer) would benefit from," said Vitiello.

"I highly encourage other directorates to take part in the program," said Sly. "With those that may be skeptical of WRP, give it a chance."

WRP has provided employment opportunities for more than 5,000 students since 1995. In 2003 WRP was started in the U.S. Army Europe footprint.

Deitch is USAG Wiesbaden's first WRP intern and she hopes that she has "paved the way for another WRP intern to come to Wiesbaden."

"We definitely succeeded this year," said Vitiello. "We got someone who is happily employed and is an asset to the garrison."

### Andrews Federal Credit Union

Omni

## International SOS joins health care team

Patient liaison services, International SOS team up for better health care, referral services

By Gabriele Matthews  
Host Nation Patient Liaison

Tricare Prime beneficiaries can now receive authorizations for civilian care by calling a single number 24/7.

International SOS has joined the local referral management office and its host nation patient liaisons to consolidate Tricare services and optimize access to medical care for the Tricare Prime enrollees of the Baumholder military community.

The number to call for civilian care referral was only made available one day before publication so it is not listed in this article. The number is available on the Baumholder web page at [www.baumholder.army.mil](http://www.baumholder.army.mil) and on the Baumholder Information Channel.

The military health care system has always been undergoing changes in a constant effort to provide the best care for its beneficiaries.

Medical care in Baumholder's military community is centered around its health clinic.

More than 8,000 patient encounters, about 6,000 prescriptions, 3,000 laboratory tests and 600 X-ray studies



are completed each month. Some 125 professionals including doctors, counselors, nurses, technicians and ancillary staff members provide primary and pediatric care, immunizations and eye exams, behavioral health and public health services, physical and chiropractic therapy and more.

They are complemented by the military hospital in Landstuhl with its wide range of specialties from allergies to sleep studies.

Sometimes, however, necessary

medical care is not available in the Baumholder clinic or in Landstuhl, or access to care standards like an urgent appointment within 24 hours or less, a routine one within one week or a specialty appointment within 28 days cannot be met.

That's when International SOS steps in. Medical services are quickly arranged through Tricare's large network of civilian providers in Baumholder, Birkenfeld, Idar-Oberstein and Kusel, just to name the closest locations.

Referral specialists at the Baumholder clinic have been helping patients find the right provider at the right time and place. The addition of International SOS to this local referral network will help provide even better, faster and more efficient access to host nation care in the Baumholder community.

As an added benefit, Baumholder introduced outpatient liaison services in April of this year to assist patients even better with care at host nation facilities. Patients are escorted for the initial visit to German doctor's offices with the liaisons easing cultural differences, bridging communication gaps and bringing back important medical information to the referring physicians in the clinic.

Being the world's largest medical and security assistance company, International SOS offers services in 70 countries and 90 languages. They operate alarm and call centers around the globe providing assistance with medical emergencies, enrollments, claims and host nation referrals 24/7.

More detailed information about this new program is available at [www.tricare-overseas.com](http://www.tricare-overseas.com).

## Exercise: How physical therapy can help you

By Dr. Katherine Rainey

Baumholder Health Clinic

What if someone told you that a healthier and longer life was within your grasp? Sound too good to be true?

According to research, exercise is the key for a better quality of life. Not only does regular exercise aid in weight loss, it reduces your risk for several chronic diseases and conditions such as heart disease, stroke and

diabetes. Physical activity has also been proven to help ward off back pain, osteoporosis and obesity.

Improved self-esteem is yet another one of the top benefits of regular physical activity. Exercise can help you cope with stress and ward off depression and anxiety.

With increasing numbers of people leading sedentary lifestyles, it is imperative that effective strategies for exercise across the lifespan are imple-

mented. Physical therapists as experts in movement and exercise and are the ideal professionals to promote, guide, prescribe and manage exercise activities and efforts.

The National Academy of Sciences has recommended that everyone strive for a total of an hour per day of physical activity.

Sounds like a lot, but the hour can be made up of several shorter bursts of activity (it can be walking, gardening, even

heavy housecleaning) done throughout the day.

The Army MOVE! Program is a great way to start leading a healthy, active lifestyle. It involves an hour of physical therapy discussing exercise principles and guidelines for weight loss, followed by an hour of nutrition to discuss current eating habits and guidelines on how to change your diet to meet your weight loss goals and lastly an hour of behavioral health focusing

on the psychosocial aspects of weight loss. Army MOVE! is a free program offered once a month at the Baumholder Health Clinic. It is open to all active duty personnel and their families. Call for further information or to sign up. The next class will be held on Sept. 7 at 8 a.m.

Take those first steps to a healthier life and start to feel better today. Register by calling physical medicine at mil 485-6357.

### Stress management

## Positive stress, negative stress; control is spice of life

By Capt. Charlene Robinson  
Army Public Health Nursing, Baumholder Health Clinic

Stress is how your body and your mind react to change. Positive stress is the spice of life—the excitement and fun of a party, a trip or a new baby. However, too much positive or negative stress, can lead to unwanted symptoms. Inability to cope with problems can cause a stress build up that damages your health.

When stressed, we get an extra burst

of energy. The adrenal glands quickly releases adrenaline, accelerating the heart rate, directing more blood to muscles, brain and heart, thereby increasing alertness and strength preparation for fight or flight.

Chronically increased levels of stress chemicals can keep our blood pressure and heart rate dangerously high. The buildup may cause headaches, diarrhea, fatigue, anxiety, depression, sleep problems, use of drugs and alcohol or

serious disease. It is important to find a way to relieve stress.

Learning to relax is one way to relieve stress. When you are relaxed, your body slows down and your mind becomes calm. You feel better, work better and think better. There are many ways to relax. A few examples are deep breathing, positive self talk, rehearsal and muscular relaxation.

Ways to relieve stress at Baumholder:

- Bowling with buddies
- Traveling with Outdoor Rec
- Attending fitness classes at the Mountaineer Fitness Center
- Drinking coffee or tea at the Java Cafe
- Golfing

Everyone faces stressful situations in life. How you choose to respond determines your own level of stress. Remember that you do have choices in how you will respond.

## Bayonet Soldier named Best Warrior

**By Sgt. Christopher Klutts**  
170th Infantry Brigade Combat Team  
Public Affairs Office

A Soldier from 170th Infantry Brigade Combat Team was named the 2010 U.S. Army Europe Best Warrior Soldier of the Year during a ceremony in Heidelberg Aug. 12.

“The competition gives Soldiers a way to showcase their units at a higher level. It was also good training and it was fun,” said Cpl. Eric C. Sincore, a team leader with Company A, 40th Engineer Battalion and the 2010 USAREUR Best Warrior Soldier of the Year.

The four-day competition consisted of verbal questions and hands-on evaluations covering subject areas ranging from military

leadership and counseling to battle-focused training. Sincore, along with Staff Sgt. Alicia Anderson, the Best Warrior Noncommissioned Officer of the Year, will represent USAREUR in the Department of the Army Best Warrior Competition Oct. 17-22 at Fort Lee, Va.

Sincore, a Niceville, Fla., native, said he began his path to top warrior by preparing for his promotion board to sergeant. “It started off he just wanted

to get promoted and the Soldier of the Month Board was just something he had to do, and he excelled from there,” said squad leader Sgt. Kevin T. Graham, an Oakland, Calif., native.

In less than four weeks Sincore won a 170th Soldier of the Month Board, passed his promotion board to sergeant, won a 170th Soldier of the Quarter Board and won top honors at the USAREUR Best Warrior Competition.

“He got to us while we were already downrange, and you could see his drive right off the bat,” said Graham, who has known Sincore since he arrived in Company A more than two years ago.

“He wants to excel. He is my key leader right now, and I can tell he has learned a lot from these boards that he can pass down to his Soldiers,”

Graham said.

Although Sincore started off just preparing for the promotion board, Graham said he is confident his Soldier is ready to compete in the Department of the Army competition.

“When he won this board, I knew he really cared about the competition. We’re both pretty excited about it. He just seemed to notice he could win this and go to the next level,” said Graham.

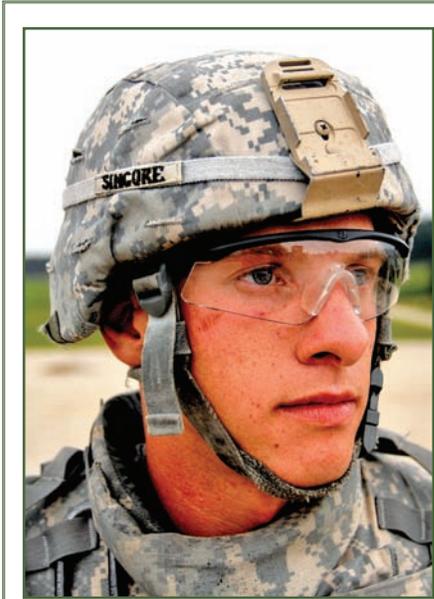


Photo by Christopher Klutts

Cpl. Eric C. Sincore



Photo by Sgt. Daniel J. Nichols

Cpl. Eric Sincore of the 170th Infantry Brigade Combat Team prepares to break down a M240B machine gun as part of the weapons test at the 2010 U.S. Army Europe Best Warrior Competition at Grafenwöhr Training Area July 27.

### Follow the Soldiers of the 170th IBCT on Facebook

More stories and photos about the Soldiers of the 170th Infantry Brigade Combat Team are available on their unit’s Facebook page. The link is available by going to the Baumholder web page at [www.Baumholder.army.mil](http://www.Baumholder.army.mil).

## Customer service can sway garrison’s reputation

*Take the Customer Service Assessment — let the garrison know how it’s doing in meeting customer needs*

Courteous customer service is something that can quickly change an individual’s opinion and can often be more important than other factors in determining the overall satisfaction level associated with their experience.

If you are dining out and experience a delay in getting your food but the waiter is friendly and informative and the food is decent you are

likely to rate your experience more positively than if the waiter was rude, neglectful or did not explain the delay. The waiter’s behavior is one aspect of service.

Having someone politely, patiently and accurately explain the process to get your household goods shipped is another example of service.

An Installation Management Command online survey

allows you, the customer, to rate the garrison’s services. This annual survey is called the Customer Service Assessment.

The survey will be open through Sept. 26 and can be accessed by going online to [www.mymilitaryvoice.org](http://www.mymilitaryvoice.org).

Survey officials want to hear from anyone who works, lives or plays on this military installation.

It only takes about 15

minutes to take the survey and provide Headquarters IMCOM and this garrison your feedback about the importance and performance of their services.

The results help shape the way services are funded and what improvements and changes will be made.

The survey allows IMCOM to analyze the voice of the customer by constituent groups, by garrison and by region and to

identify trends and be proactive in adjusting services to meet customers’ needs.

Help improve Baumholder services by giving us your feedback. Take the Customer Service Assessment online.

For more information on the 2010 Customer Service Assessment contact Patrice McCray at 485-7205/8100 or by email at [patrice.mccray@eur.army.mil](mailto:patrice.mccray@eur.army.mil).

## R.O.C.K. is 'German travel, shopping, dining 101'

**By Alice Verberne**  
Family, Morale, Welfare and Recreation Marketing

R.O.C.K. (Relocate, Orientate, Communicate and Know) is a three-day, hands-on, community-oriented program where participants make friends, learn about German culture and customs, shop at local stores, take mass transit and experience Germany.

First-day students get a crash course, with a cheat sheet, on how to get what they want when they are out on the economy shopping, making friends, traveling, eating or having an emergency.

The class makes all of that intensive work easier to digest by offering a "name that food and then eat it" section to the course. Come hungry because language instructor Gundi Kelly-Delisio teaches the words for a big German breakfast and then lets everyone eat the demonstration, which consists of rolls, jam, butter, Nutella chocolate spread, cheese, deli meat, coffee and an assortment of fruit juice.

As participants practice introductions, pardoning themselves and counting; Kelly-Delisio gives tips on pronunciation and advice on how to blend in with the locals. She mentions the difference in how people tip, pricing and where to leave the money when tipping. For instance, she said it is best to give tip money directly to the server instead of leaving it on

the table. Leaving money on the table is not customary; the wait staff will usually hold the money aside. Their thought is that the patron may have inadvertently left it on the table.

Students put their money where their mouth is by having the class immediately walk to the ice cream parlor and order something to eat or drink. She goes over how the number one is written, so that folks see the difference in the number seven and the number one. She also warns that in many cases American credit cards are not taken in German restaurants; rather the EC card is taken in Europe where the euro is the common denomination.

In the next step of the class, attendees go for a walking tour of downtown Baumholder with Kelly-Delisio who shows students where to catch the public bus. Class members are empowered with information given to them about how to buy a train ticket and the travel specials that are available. For example, the Schones Wochenende (happy weekend) train ticket costs about €33 and includes train travel across Germany for five people over a weekend. The Pfalz/Saarland ticket costs about €28 and allows up to five people to use the bus and train in the Saarland and Rheinland Pfalz, which covers the Trier/Saarbrücken/Mainz triangle.

Now that the crew is mobile, the R.O.C.K. group leader gives the students information on

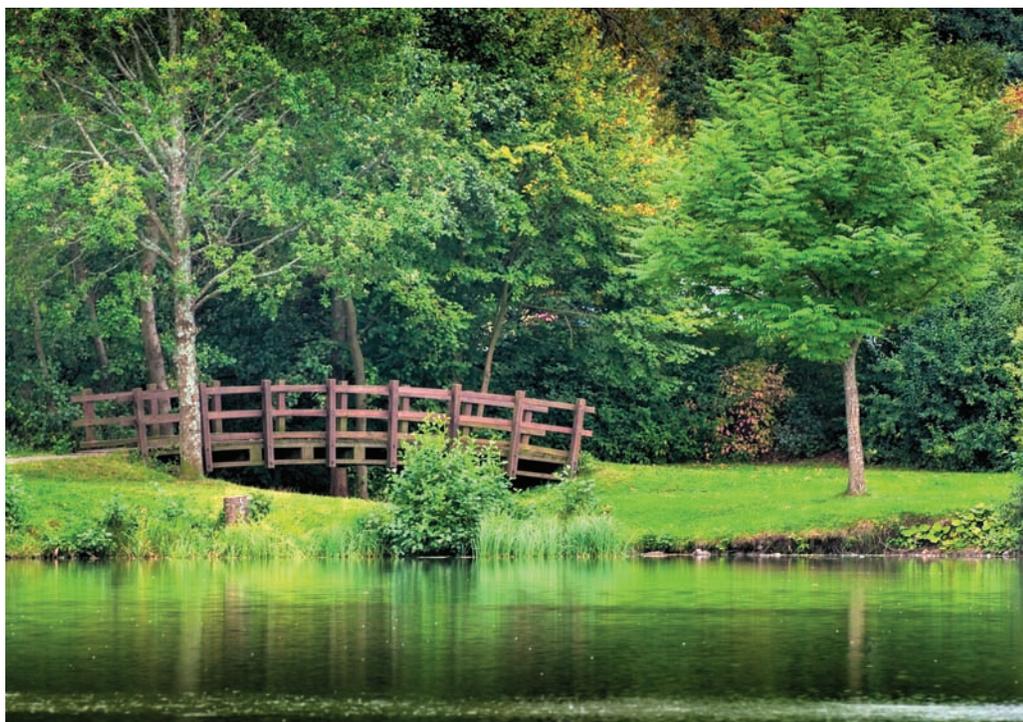


Photo by David Delisio

**The Baumholder Lake is one of several stops for newcomers during the three-day R.O.C.K. community orientation program.**

upcoming local fests activities and food specialties. Kelly-Delisio says that there are so many local places to see by bus that participants should know they can buy a group day bus ticket (*gruppentageskarte*) for €13 directly from the bus driver for a particular location. This ticket is good for the whole day, from 9 a.m. until the last bus runs for the night, for up to five people. The local Baumholder bus leaves from the downtown area of Baumholder near the Vis-a-Vis across the street near the bakery. The Baumholder Idar-Oberstein (bus 320) and Idar-Oberstein to Globus (bus

362) are the ones the group takes to go shopping on day two.

On day three the group goes back to Idar-Oberstein to learn how to use the train. At the bus stop, they purchase a ticket to go on an excursion of the group's choice.

Each member brings at least € to pay for the bus and train trip. Kelly-Delisio gives the class valuable information on how to get to Frankfurt International Airport via train and other helpful information that would normally take folks years to learn on their own.

If this all sounds interesting and fun, sign up for the next

class scheduled Sept. 7-9. This class is very popular and fills up quickly with an average of 20 participants.

The course even offers free child care. To receive child care participants need to register with CYSS and make their own reservations, and ACS will pay for the child care while participants are in the class.

The class also includes a compact disc with interesting information that includes German holidays and tips about eating out and shopping.

For more information or to sign up call mil 485-8188 or civ (06783) 6-8188.

## Outside the gate — German events More information at mil 485-1600

### Sept. 3-7

- Prämienmarkt at Birkenfeld
- Kusel fall fair

### Sept. 4-5

- City fest at Bad Sobernheim

### Sept. 4

- Flea market at Homburg/Saar, 8 a.m. to 4 p.m.

### Sept. 6

- Market at Kirn, 9 a.m. to 2 p.m.

### Sept. 11

- Flea market at Metz, France, 7 a.m.-noon
- Moonlight shopping at

St. Wendel

### Sept. 12

- Farmers' market at Berglangenbach

### Sept. 17-19

- 20th International Jazz Days at St. Wendel Saalbau; Entrance Fee!

### Sept. 18-20

- Baumholder city fair; market on Sept. 20 at Kennedy-allee

### Sept. 19

- Farmers' market at Rötswweiler-Nockenthal
- Fall market at Freisen, Naturwildpark

### Sept. 26

- Mountain bike tour at Heimbach, sportplatz

### Oct. 1-4

- Winemaker's fest at Offenbach-Hundheim

### Oct. 2

- Flea market at Homburg/Saar, 8 a.m. to 4 p.m.

### Oct. 2-3

- Medieval fest and copper melting at the copper mine at Fischbach

### Oct. 2

- 24th Idar-Oberstein blues night at Algenrodt, Turnhalle

### Oct. 4

- Market at Kirn, 9 a.m. to 2 p.m.

### Oct. 10

- Farmer's market and handicraft market at Kirn 11 a.m. to 6 p.m.

- City fest at Birkenfeld; shops open on Sunday

- Thanksgiving fest and parade at Rückweiler, 2 p.m.

### Oct. 19-21

- Gallus market at Ulmet

### Oct. 23-31

- Wendel's fair at St. Wendel

### Oct. 23-24

- Hobby artist exhibition at

Baumholder Brühlhalle

### Oct. 23-24

- IVV volksmarch at Hohenöllen

### Oct. 26

- Wendel's market at St. Wendel, pedestrian zone

### Oct. 30

- Antik market at Idar-Oberstein, Platz Auf der Idar

### Oct. 31

- Halloween disco at Oberkirchen, Festhalle
- Halloween children's party, St. Wendel, Saalbau, 5 p.m.

## FMWR roundup More roundup is available at [www.baumholder.army.mil/sites/local/MWRBriefs.asp](http://www.baumholder.army.mil/sites/local/MWRBriefs.asp)

### CARE Fair is one-stop shopping for services

Preparation for deployment is the focus of this year's Health and CARE Fair, scheduled for Sept. 11 from 10 a.m. to 4 p.m. This is the second year that garrison agencies are teaming up with the health professionals to provide a comprehensive one-stop shopping event for community members to obtain information about a wide range of services.

For more information call mil 485-6115 or civ (06783) 6-6115.

### September trips

The following trips are scheduled in September with Outdoor Recreation:

Sept. 9, Bernkastel Kues Wine Fest \$10 per seat

Sept. 10-12, overnight canoeing trip on the Sauer river, \$69 per person includes tents, boat rental, life vest, camping fee, river guides

Sept. 11, Rhine in Flames (fireworks), Oberwesel, \$10 per seat

Sept. 12, Bad Dürkheim Wine Fest, \$10 per seat

Sept. 18, Rhine a Flame (fireworks), St. Goar, \$10 per seat

Sept. 19, Bad Dürkheim Wine Fest, \$10 per seat

Sept. 25, October Fest Munich, \$26 per seat (one-day trip to Munich for Oktoberfest)

### Bad Dürkheim wine fest on 'Wein Strasse'

Join Outdoor Recreation for a one-day trip to visit the largest wine festival in Bad Dürkheim, Germany, Sept. 12 or 19. This 570-year-old fest includes entertainment and a selection of more than 150 different wines from local vintners offering famous grape varieties such as the Riesling to the finest wine-producing styles such as the world famous ice wine. Cost is just \$10 per seat. The trip departs from the Hall of Champions parking lot at 1 p.m. and returns around midnight. For more information contact Outdoor Recreation at mil 485-7182.

### Trip to Berkastel Kues wine fest on the Mosel

Join Outdoor Recreation on this trip to the largest wine fest in the Mosel Valley Sept. 4. Cost is \$10 per seat. Trip departs from the Rhineland Parking lot at 1 p.m. and returns

at midnight. For more information contact Outdoor Recreation at mil 485-7182.

### Munich Oktoberfest

Join Outdoor Recreation on this one-day trip to the largest beer fest in the world Sept. 18, 25 and Oct. 2. Spend a day enjoying Bavarian food, drinks and rides (or just spend a day sightseeing in Munich). Trip departs at 3 a.m. from the Rhineland parking lot and returns at 2 a.m. the next day. Cost per person is only \$26. For more information contact Outdoor Recreation at mil 485-7182.

### Coupons and coffee

Have a cup of coffee, make friends and learn how to save money using coupons overseas.

Coupons and Coffee is a new program offered through the Army Community Service financial readiness program. The group will meet Sept. 8 at 9 a.m. at the Wiggles and Giggles conference room. Attendees will have an opportunity to win coupon books and collect coupons for groceries and other household items. This event is child friendly. For more information call Denise Fesel at mil 485-8188.

### Bowlopolis blastoff

Come out to enjoy free bowling, free food and drinks for kids and their parents Sept. 10 from 5-7 p.m. In order to participate, come by the bowling center to register or call Strikers Bowling Center to get a form. The first six kids who return their invitations and attend the blastoff will get eight weeks of free bowling lessons from a certified bowling coach. During the event, youth 9-12 will be introduced to Bowlopolis, an interactive eight-part episode

## Missoula showcases youth talent

Missoula Children's Theatre focused its efforts this year on preparing Baumholder youth to perform "Beauty Lou and the Country Beast" an original country western adaptation of a classic fairy tale.

Beauty Lou is the oldest daughter of the bronc-bustin' balladeer Buck. This nationally-acclaimed educational enhancement organization recruited 32 Baumholder children, all members of Child and Youth Services.

The children auditioned, rehearsed for five days, and performed July 24 at 3 and 5 p.m. The program was free to all children in first through 12th grades.

"My son says, 'It was amazing. I just had a great



The local cast members of "Beauty Lou and the Country Beast" rehearse their lines.

time in the play and I hope Missoula can come back to Baumholder next year," said Melissa Short.

"The Missoula staff really worked well with the kids. They gave them a taste of performing and theater, which has helped build my son's confidence," said Short.

"The Missoula Children's Theatre was a great experience for children of all ages because everyone got to feel like they were a star out on stage. I loved it and can't wait to do it again next year," said Christian Kubas, one of the youths who participated.

story that teaches kids how to bowl. Participants will learn how to join the free online Bowlopolis Club and get a chance to sign up for the Bowlopolis League. Participants who sign up for the league will be entered into a drawing to receive a free Bowlopolis Viz-A-Ball. Information on new Bowlopolis birthday parties and kids meals will be available. At least one parent must be present.

### Book club goes online

Join the free adult library book club for ages 18 and older offering book discussions every other Thursday at 5:30 p.m. The club meets in the Baumholder library. Books are selected from library book kit titles.

Book titles are listed on Army Europe Library home page at [www.library.eur.army.mil/services/bookclub/index.htm](http://www.library.eur.army.mil/services/bookclub/index.htm). The members then discuss the finer points of the selected book and its allegories and meanings.

For more information call the library at mil 485-1740 or civ (06783)6-1740 or visit Building 8106. Library hours are Monday through Thursday from 10 a.m. to 8 p.m.; closed Friday; Saturday and Sunday from noon 5 p.m.

A public catalog is available at [www.library.eur.army.mil](http://www.library.eur.army.mil).

### Operation Rising Star

Apply now to compete in this year's Operation Rising Star competition which will be held Sept. 20-22 at 7 p.m. at the Rheinlander Community Club. Family members must be 18 or older to compete. Download the application to compete at [www.oprisingstar.com](http://www.oprisingstar.com) or call the Hilltop Theater at mil 485-7244.

### Free inspection

Get your car ready for winter by visiting the Auto Skills Center every Wednesday in September at 2 p.m. to have our staff perform a safety inspection on your vehicle. Bring along your owners manual and vehicle registration. Call in advance to make your free appointment.

### Warrior Zone

Single Soldiers are invited to check out the newly opened Warrior Zone from 11 a.m. to 8 p.m. Monday through Friday. The area is dedicated as a Soldier-only space offering X-box, Wii gaming, automatic massage chairs, Internet access, movie viewing and air hockey. It is located next to the Java Cafe

in Building 8667.

### Outdoor adventures

Outdoor Recreation offers the following services and programs:

- Mountain biking
- Paintball field
- Canoeing/kayaking
- Campground
- Fishing pond
- Equipment check-out center
- Shooting range
- Unit and group trips
- Hunting program

Call mil 485-7182 or stop by Building 8167.

### BCSC celebrates Oktoberfest

The Baumholder Community Spouses Club invites all its members to celebrate Oktoberfest during the next luncheon Sept. 15 from 11 a.m. to 1 p.m. at the Rheinlander Community Club. Enjoy pretzels, bratwurst and more. RSVP by Sept. 9 at [reserbcs@yahoo.com](mailto:reserbcs@yahoo.com). Everyone is encouraged to wear their traditional Bavarian attire — *lederhosen* and *dirndls*.

Joe Satellite



# Community opens up during open house

**Story and photos  
by Karl Weisel**

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

Wiesbaden military community members got an inside look at the many resources, organizations and assistance available at an Army Community Service Open House Aug. 24.

The event, sponsored by the Wiesbaden Community Spouses Club and ACS, featured giveaways, sign-ups and a wide selection of information about everything from newcomer tours to the upcoming American Women's Activities Germany Conference in October.

"There was a steady flow of attendees throughout the day," said ACS Director Jan Meert.

"The folks I spoke to were very satisfied about all the information and giveaways they obtained."

As community members strolled through the open house, held at ACS and the Wiesbaden Entertainment Center, they had the chance to talk to representatives from the Wiesbaden Library, Andrews Federal Credit Union, WCSC and other organizations.

"It was held to give the community the opportunity to have a one-stop shop for a vast majority of agencies and organizations that operate here in the Wiesbaden community," said Meert, adding that visitors could sign up for clubs, groups, events and activities while at the event.

Newcomers to Wiesbaden were introduced to the



**Shannon Cadalora (from left), Alyce Newton and Alicia Acevedo of the American Women's Activities Germany share information about the organization with visitors to the Wiesbaden Community Open House at Army Community Service Aug. 24.**

various fundraising and recreational events available to WCSC members. Upcoming events include a "Dress for Success – the Basic Black Dress" event Sept. 15, Oktoberfest Oct. 20 and a shopping extravaganza Nov. 17. People can visit [www.wiesbadenspousesclub.com](http://www.wiesbadenspousesclub.com) for more information about the club.

Volunteers and others interested in the American Women's Activities Germany were informed about the AWAG's Hessen Area fall conference Oct. 28 from 8:30 a.m. to 2 p.m. at the Wiesbaden Entertainment Center. People can register for the conference at [www.awagonline.org](http://www.awagonline.org) or by sending an email to Hessen area representative Alyce Newton at [Hessen@awagonline.org](mailto:Hessen@awagonline.org).

Community members also had the opportunity to



**Delilah Wieman (left) talks with Tamara Polson of the Wiesbaden Community Spouses Club about opportunities and offerings with the club during the Wiesbaden Community Open House Aug. 24 at Army Community Service.**

learn about a new Army program, in cooperation with the Military Child Education Coalition — Parent to Parent — aimed at easing and assisting in transition for military youths.

"We're here to give parents information to empower them to be their child's best advocate,"

said Kellie Smith of the Wiesbaden Parent to Parent program. "We are here to help them through transitions and education."

The program which was launched around 2005 by the Military Child Education Coalition, offers workshops for parents to help them promote academic success. This includes everything from showing how to get more involved and organized to how to build a portfolio for their children, said Smith.

Parents can get more information on the program on the Internet at [www.militarychild.org](http://www.militarychild.org) or by contacting their local school.

Visitors also had a chance to find out more about local Child, Youth and School Services classes and services available at the Wiesbaden Arts and Crafts Shop and education and fitness centers.

"Next year it will be held in the Wiesbaden Entertainment Center," added Meert.

# FRG leaders get inside look at new meeting place

**Story and photo by Darline Goyea**

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

Family Readiness Group leaders headed to the Rheinblick Community Center Aug. 10 for a special monthly forum.



**Michael Boehme, Wiesbaden Outdoor Recreation's Hunting, Fishing and Sport Shooting Program manager, gives instructions on how to use an air rifle during a Family Readiness Group day at the Rheinblick Community Complex.**

The gathering of spouses, family readiness leaders, liaisons, family readiness support assistants and unit representatives, which normally meets monthly at Wiesbaden Army Community Service, met at the Rheinblick Community Center for a day of business and fun.

"The purpose of the forum is to network and share information," said Sherri Davenport, ACS mobilization and deployment manager.

The Rheinblick venue was chosen to give FRG leaders and unit repre-

sentatives an inside look at opportunities for creating a different atmosphere for meetings, events, outings, fundraisers and even Organization Days.

"Anything you can plan, we can try to make happen," said Michael Boehme, Hunting, Fishing and Sport Shooting Program manager.

Boehme gave the FRG leaders an inside look as to what is available. Activities available include paintball, archery, primitive camping, hiking, mountain climbing, trap and skeet, various sports, facility rentals and picnicing.

During the tour the group had the opportunity to play paintball, shoot arrows and an air rifle, an experience that the FRG and unit reps could communicate to their families and Soldiers.

"It's a great stress reliever; my son would love this," said LaShawn Merceron, family readiness support assistant for the 24th Military Intelligence Battalion.

Jeff Hood and Judith Hurley with Military and Family Life Consultants, Rhein Main Area USO Director Fred Jeter and Anikka Trabucco, Army Family Team Building/Army Family Action Plan program manager, all provided information on their services and how they can help work in conjunction with the FRGs.

During the lunch break, Davenport addressed issues and concerns of the group as well as provided feedback on how to better coordinate the FRGs.

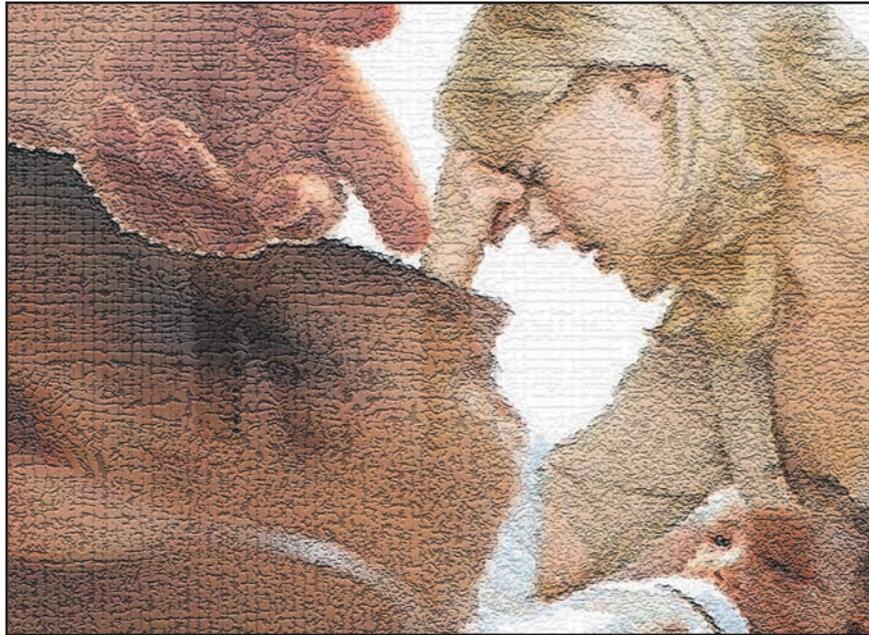
"I wanted to give back and have fun," said Davenport. "It's not an easy job."

As the day wrapped up, participants were given goodie bags with ACS information. "Great info and tour," said Sgt. Jennifer Robinson with 102nd Signal Battalion.

**For more information on the Family Readiness Group monthly forums contact Sherri Davenport at mil 335-5254 or civ (0611) 4080-254**

# Family Advocacy: Program offers more resources than just domestic violence assistance

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



Staff Sgt. Eney Dough is stuck in a tough assignment where he's worked 65 hours a week since he arrived six months ago. His unit is preparing for a deployment that will separate him from his family once again for a year after returning from a previous deployment only 14 months earlier. Coupled with the stresses of the job, he also has to make provisions for a pregnant wife of five years, two toddlers and a troubled teenager from his wife's first marriage. Turmoil at home and work has Dough on the edge, as he has been holding in much of his frustrations.

While the familiar scenario could end negatively, one garrison resource is available to Soldiers and families to lessen the strain many handle on a daily basis.

The Army Family Advocacy Program provides a variety of services to Soldiers and families to enhance relationship skills and improve quality of life.

"If you are about to snap or have forgotten how to deal with your kids or handle situations, you can come see us," said Hellen Fakolujo, Family Advocacy Program assistant, who said the program is dedicated to the prevention of spousal and child abuse through education, prompt reporting, investigation, intervention and treatment through Social Work Services. "We're here to teach people and provide services that will alleviate the cause of child abuse and spouse abuse."

Administrators seek to dispel the mistaken belief that the program only functions as one that intervenes

to remove children from homes or separate spouses in matters of domestic violence in hopes of presenting it as a more dynamic program focused on prevention, protection, support and awareness.

"All people know is that we take kids away. But that's not always the case. We want to offer help before it gets to that point," said Fakolujo. "We are here as a resource. We are here to strengthen families, not to break them."

Though the program is well-known for its functions as an advocacy and intervention program in matters of domestic violence, the comprehensive program offers the following additional services to aid Soldiers and family members:

**Sexual Assault Response Program** focuses on eliminating incidents of sexual assault through a program that centers on prevention through aware-

ness, training and education, reporting response, victim advocacy and accountability.

**Emergency Placement Care** is a voluntary or court-mandated service where an EPC provider gives 24-hour care for children who cannot be cared for by their natural families or legal guardians.

**New Parent Support** provides a combination of services before and after a child's birth. The offerings include intensive home visiting, parenting education, support groups, lactation support, grief support due to miscarriage, teen pregnancy support and education, supervised playgroups and information and referrals.

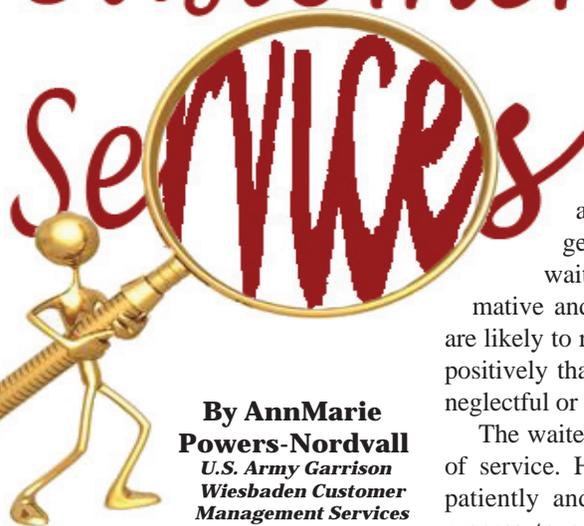
Additionally, the FAP offers the following resources to aid Soldiers and family members: stress and anger management class; couples communication class; a guide to discipline seminar; and respite care.

And though the name may lead one to believe it only caters to the needs of families, single Soldiers are welcomed to take advantage of the program's offerings.

"Single Soldiers have families too," said Fakolujo, who said that distance does not erase the issues Soldiers deal with regarding family members in other locations. "They have families back home that they talk to, and they deal with a variety of issues related to their families back home."

Contact Army Community Service at mil 335-5234, civ (0611) 4080-234 or stop by the location at Hainerberg Housing Building 7790 to learn more about the Family Advocacy Program.

## Customer Services Taking the Customer Service Assessment will benefit USAG Wiesbaden community



By AnnMarie Powers-Nordvall  
U.S. Army Garrison  
Wiesbaden Customer  
Management Services

Courteous customer service is something that can quickly change an individual's opinion and can often be more important than other factors in determining the overall satisfaction level associated with the experience.

If you are dining out and experience a delay in getting your food, but the waiter is friendly and informative and the food is decent, you are likely to rate your experience more positively than if the waiter was rude, neglectful or did not explain the delay.

The waiter's behavior is one aspect of service. Having someone politely and accurately explain the process to get your household goods shipped is another example of service. The staff of the Installation Management Command cares about service and has released an online survey that allows you, the customer, to rate the garrison's services.

This annual survey is called the Customer Service Assessment.

The survey will be open through Sept. 26 and can be accessed by going online to [www.mymilitaryvoice.org](http://www.mymilitaryvoice.org). Anyone who uses garrison services is eligible to take the survey. That means we want to hear from family members, Soldiers, civilians, retirees, contractors, leaders and anyone else who works, lives or plays on this military installation. You only need about 15 minutes to take the survey and provide IMCOM and this garrison your feedback about the importance and performance of their services.

The results help shape the way services are funded and what improvements and changes will be made. Who better

to help make those decisions than the people who use those services? Your voice is important.

The survey allows IMCOM to analyze the voice of the customer by constituent groups, by garrison and by region and to identify trends and be proactive in adjusting services to meet customers' needs.

Help improve garrison services by giving your feedback. Take the Customer Service Assessment online.

For more information on the 2010 Customer Service Assessment contact the Baumholder Customer Service Office at mil 485-7205, civ (06783) 6-7205 or the Wiesbaden office at mil 337-5507, civ (0611) 705-5507. Let your voice be heard.

## Keeping them flying at Wiesbaden airfield

By Darline Goyea

U.S. Army Garrison Wiesbaden  
Public Affairs Office

Ever wonder what goes on in the Wiesbaden Army Airfield's hangars?

While some may think they primarily serve as venues for concerts, bazaars and changes of command, their primary purpose is to house the hard-working men and women of Company D, 52nd Aviation Regiment.

Capt. John Bartholomew, the company and airfield commander, and Sgt. 1st Class Morgan Evans, company first sergeant, said the unit's main mission is transporting passengers such as high-ranking officials and congressional delegates around Europe and occasionally to the Middle East and Africa.

"The missions aren't covert but are sensitive," said Bartholomew, a pilot before joining the Army who earned a bachelor's degree in aeronautical science from Embry-Riddle Aeronautical University. Missions can go from multiple missions a day that last a couple of hours to an overnight stay.

"The planes we operate are C-12 turbo props and UC-35 jets," said Bartholomew. "I am currently flying the UC-35."

Several components contribute to the success of the unit's mission, he said. The U.S. Army Europe G3 Centralized Aviation Scheduling Office receives air mission requests, and if the mission meets all criteria for military air, it is then processed through the battalion flight scheduling office. Flights are then assigned to the company. Flight operations receive



Photos by Karl Weisel

Chief Warrant Officer 4 Bill Carpenter heads off on a training flight to England in a UC-35 jet from Wiesbaden.

missions and Staff Sgt. Jojo Alicaba, flight operations non-commissioned officer in charge, coordinates with embassies all over Europe to request routing, diplomatic clearances and landing in specific countries.

The 25 Wiesbaden pilots are mostly senior warrant officers and officers.

Fixed wing pilots total less than 3 percent of all the pilots in Army aviation, Bartholomew explained.

Delta Company includes 50 Soldiers and 20 civilians including Airfield Operations Activity-Wiesbaden.

The Army provides a one-year flight school training course at Fort Rucker, Ala., and pilots subsequently attend their Advanced Aircraft Qualification Course.

"Among all the training it takes to become a pilot, most will begin their Army aviation careers flying helicopters before transitioning to fixed wing," said Bartholomew. During flight school, Soldiers receive training in primary flight skills, instruments, simulators, battle combat skills and flying under night vision goggles. Army pilots desiring to fly fixed-wing aircraft have to

go through three months of an Aircraft Qualification Course and possibly six to eight weeks of AC-12 training before moving to their first units.

Training is usually

what the pilots are doing during downtime, he said. Five instructor pilots in the unit who conduct various and vigorous training during non-flight times administer annual check rides and make sure trainees are up to date on flying requirements.

In 2009 the company supported 815 missions for a total of 4,000 flight hours. Three thousand passengers were moved with 10,000 airfield movements. Other statistics include 780 ground control approaches, 2,000 aircrafts refueled and 535,000 gallons of fuel used to operate aircrafts.

Nathan Turner, a civilian ground control approach chief and radar manager, has been in his position for 27 years and before that served with the Army for 21 years. Ground Control is probably the most important section of the unit, he said, adding that pilots rely on elevation course information provided by radar.

"GCA controllers are the bread and butter when weather is bad," said Turner of the two-position facility.

Members of the crew work in a small room where one person relays flight data to radar control, and radar control relays data to the pilots.

The tower's responsibility is to monitor air traffic, leaving and coming into Wiesbaden.

Base Operations, which consists of three civilians and a Soldier, also plays an important role in overall flight operations, Bartholomew said. The staff checks pilot flight plans and plays host to VIPs. In the rare instance of an aircraft mishap, members of the team are the ones to notify the Military Police, fire rescue and the gar-

riser's chain of command.

Wiesbaden Army Airfield, which served as a German Luftwaffe air base during World War II and as a U.S. Army Air Corps and later U.S. Air Force base in the years following the

war, officially changed its name to Wiesbaden Army Airfield in 1998. The base played a vital role during the Berlin Airlift with many of its streets named for fallen veterans of that massive humanitarian operation.

### Lucia's Gift Shop



Photo by Karl Weisel

Chief Warrant Officer 4 Bill Carpenter goes over a risk assessment checklist with Capt. John Bartholomew before a flight.

# 1st AD Soldiers deliver goodwill, wheelchairs

**Story and photo by Sgt. Kimberly Johnson**  
196th Mobile Public Affairs Detachment

“So much of what the Army is geared toward is targeting or improving the perception (of) or reinforcing the government of Iraq to their people, but for a few hours, on behalf of the American people, we blessed the lives of the Iraqi kids.”

Those words from Lt. Col. Vincent Barnhart, division surgeon with 1st Armored Division, United States Division-Center, and an Edenville, Pa., native, describe the last three times his section has helped deliver children’s wheelchairs to the children of Iraq.

“USD-C saw an opportunity where they could help,” said Brad Blauser, founder of the nonprofit



**Lt. Col. Vincent Barnhart (left), division surgeon with 1st Armored Division, and Sgt. 1st Class Melvin Bautista, operations noncommissioned officer-in-charge with the division surgeon section, unload a wheelchair.**

organization Wheelchairs for Iraqi Kids, and a Dallas native. “USD-C stepped in and assisted in running the wheelchair (distribution) event. After the first effort with USD-C, more volunteers came to the next event, held at the Liberty Field House on Camp Liberty, (Iraq).”

Barnhart

said the leadership of 1st AD sees the

wheelchair program as an opportunity to do great things for the Iraqi population. It is also an opportunity to rebuild the trust between the Iraqi Security Forces and the Iraqi people.

“(The 1st Armd. Div.) can help reinforce the Iraqi Police and the Iraqi Army’s standing with their citizens through the wheelchair events, as they take the lead on this outreach program,” he said. “The Iraqi children all come carried in. And they leave with mobility options. They go home in the wheelchairs they need, and we are able to influence these areas positively by building rapport between the IP, the IA and their local communities.”

The division surgeon’s section has adopted the wheelchair charity as one of its main outreach efforts. His staff

members are trained by Blauser on how to properly assemble and fit the wheelchairs to the needs of the children, Barnhart said.

Most Iraqi parents do not have access to the specialty care they want for their children. They do not have the capacity to get quality medical wheelchairs like the ones Wheelchairs for Iraqi Kids delivers, Barnhart said.

“The greatest rewards are the kids,” Barnhart said. “The kids are the hope and the future of Iraq. Not just in the standard way kids are always going to be the future, but if we can influence these children positively, they will be the generation (whose) ideals change (life) for the better.”

The future of the wheelchair program is bright. There is a nearly finished factory, where Army units can use their Commanders’ Emergency Relief Program funds to buy wheelchairs directly from the factory instead of having them shipped from the United States.



## Garrison recognizes employees for customer service

U.S. Army Garrison Wiesbaden leaders in cooperation with Defense Commissary Agency and Medical Command officials awarded the following employees

for excellent customer service for the month of August.

**Tumun Ghosh**, Directorate of Logistics Installation Transportation Office transportation assistant;

**Willie Graham**, Directorate of Family, Morale, Welfare and Recreation, Child and Youth Program Sports specialist;

**Shauki Holmes**, Directorate of Human Resources, Postal Service Center vehicle operator;

**Delnilla Jordan**, Wiesbaden Health Clinic, Patient Administration medical records technician;

**Yosief Mokenen**, Directorate of Logis-



**Ghosh**



**Graham**



**Holmes**



**Jordan**



**Mokenen**



**Nenzel**



**Sarul**



**Tesfaye**

tics, Central Issue Facility supply technician;

**Norbert Nenzel**, Directorate of Logistics Installation Property Book Office supply technician;

**Karen Sarul**, Direc-

torate of Fam-

ily, Morale, Welfare and Recreation, Parent Central Services administrative assistant;

**Mary Tesfaye**, U.S. Army Garrison Wiesbaden Headquarters, Headquarters Detachment resources assistant.

All awardees received a certificate of appreciation; civilian employees received an on-the-spot cash award; Soldiers received a three-day pass.

Nominations are submitted monthly to the Customer Management Services officer. Call mil 337-5507 for more information.

**Auto Hollmann**

**Cool GmbH**

**Beautiful Nails**

## Community notes ... Community notes

### Get busy with BOSS

Wiesbaden's Better Opportunities for Single Soldiers program invites single Soldiers to join in a host of activities including a bazaar sometime in September, a BOSS Halloween party Oct. 29, Haunted House Oct. 30 and more. BOSS meets the first and third Wednesday of the month at 3:30 p.m. at the Warrior Zone in the Community Activity Center on Wiesbaden Army Airfield. Visit [www.wiesbaden.army.mil/sites/mwr/boss.asp](http://www.wiesbaden.army.mil/sites/mwr/boss.asp) for more information about BOSS.

### Children's Flea Market

The Community Activity Center invites everyone to a Children's Flea Market featuring clothes, toys, books, games and more Sept. 25 from 9 a.m. to 1 p.m. Doors open for expectant mothers at 9 a.m., for all other shoppers at 10 a.m. Cost is \$10 per table. For more information or to sign up stop by the Community Activity Center on Wiesbaden Army Airfield or call civ (0611) 705-5750.



### Combat Spouse's Day

Come out and get a taste of a Soldier's life at the 1st Armored Division Combat Spouse's Day Sept. 22 from 8:30 a.m. to 4 p.m. at the Rheinblick Community Center. The event is open to all 1st AD spouses. Lunch and combat equipment will be provided upon request. Activities include paintball, air rifle shooting, first aid, land navigation, a three-kilometer march and an improvised explosive device course. If interested in participating, contact your company family readiness liaison or Elena Schachter at [Elena.schachter1@eur.army.mil](mailto:Elena.schachter1@eur.army.mil).

### PWOC events

The Protestant Women of the Chapel hold a fall kickoff luncheon Sept. 7 from 10 a.m. to 12:30 p.m. at the Wiesbaden Army Airfield Chapel. The event will feature songs, a speaker, lunch and fellowship. Fall women's Bible studies start Sept. 14 with a morning

session at the Wiesbaden Army Airfield Chapel at 9:30 a.m. and an evening session at 6 p.m. at the Hainerberg Chapel.

### First aid classes

The Wiesbaden American Red Cross holds an adult CPR/AED and first aid (workplace) class Sept. 3 from 8 a.m. to 4 p.m. at the Red Cross Office in Building 1023E. Cost is \$35. CPR/AED/first aid lay responder instructor training will be held Sept. 27-29 from 8 a.m. to 5 p.m. at the Red Cross Office. Cost is \$110. Stop by the office or call civ (0611) 705-1760 to register.

### Health Clinic hours

The Wiesbaden Health Clinic will have limited services Sept. 3 — acute appointments, prescriptions and lab work only; no walk-ins, to include immunizations. The clinic will be closed Sept. 6 for Labor Day.

### Lending Closet

Army Community Service offers a Lending Closet for Soldiers, civilians, retirees and family members. Dishes, pots, pans, cooking utensils, small appliances, play pens, strollers, high chairs, car seats and similar items can be borrowed for up to 60 days and longer upon request. The Lending Closet is open weekdays from 8 a.m. to 5 p.m. Call mil 335-5234 or civ (0611) 408-5264 for more information.

### MCCW fall kick-off

The Military Council of Catholic Women hold the fall "getting to know you" kickoff Sept. 9 at 10 a.m. at the Hainerberg Chapel activity room. Child care will be provided. Contact Kellie Smith at [wiesbadenmccw@gmail.com](mailto:wiesbadenmccw@gmail.com) for more information.

### Emergency Placement Care providers

Army Community Service's Family Advocacy Program is recruiting for Emergency Placement Care providers. Training and certification will be provided. EPC is the equivalent of civilian foster care. Reimburse-

ment rate is \$35 per child, per day. For more information call mil 335-5234 or civ (0611) 408-0234.

### POWER training

A Providing Outreach While Enhancing Readiness workshop will be held Sept. 29 from 8:30 a.m. to 5 p.m. at the Wiesbaden Entertainment Center in Hainerberg Housing. The workshop is designed to teach individuals to explore ways to restore themselves through self care — to renew and rejuvenate themselves from a whole-person perspective. The workshop is open to all community members. Call mil 335-5234, civ (0611) 4080-254 or email [annikka.trabucco@eur.army.mil](mailto:annikka.trabucco@eur.army.mil) for more information.

### Wiesbaden CPAC

The Wiesbaden Civilian Personnel Advisory Center is now located in Building 4043 on Mainz-Kastel Storage Station. Appointment hours are Monday, Tuesday, Wednesday and Friday from 8 a.m. to noon. Walk-in hours are 1-4 p.m. New telephone numbers for **Appropriated Fund and Local National Programs** are mil 337-1430, civ (0611) 705-1430. Email [Wiesbaden.af@eur.army.mil](mailto:Wiesbaden.af@eur.army.mil). New telephone numbers for **Non-Appropriated Funds** are mil 337-1630 or civ (0611) 705-1630. Email [Wiesbaden.naf@eur.army.mil](mailto:Wiesbaden.naf@eur.army.mil). The CPAC site offices in Baumholder and at the Amelia Earhart remain the same.

### Help for newcomers

Army Community Service welcomes new family members and civilians to Wiesbaden with five-day newcomer orientations and relocation program tours. Upcoming newcomer orientation workshops will be held Sept. 13-17, Oct. 18-22, Nov. 15-19 and Dec. 13-17. Call Irmgard Goebel at civ (0611) 343 240 or mil 338-7038 for more information.

### Friday night, Saturday child care available

Friday night child care, available from 6:30-11:30 p.m. at the Wiesbaden Army Airfield Child Development Center

(Building 1502) will be offered Sept. 10, 24, Oct. 15, 29, Nov. 19 and Dec. 10. Saturday care from 9 a.m. to 6 p.m. will be featured Sept. 18, Oct. 2, 23, Nov. 6 and Dec. 18. Current Child, Youth and School Services registration and reservations are required (reserve at least four days in advance). For more information call mil 337-7014 or civ (0611) 705-7014.

### Free classes for employees

Various free classes are being offered this month at the Army Europe Information Technology Training Classroom (Building 1638) on Wiesbaden Army Airfield. Classes include Telephone Control Officer Sept. 20, Office 2007 and

Sharepoint Integration Sept. 21-23 and Social Networking Sites Awareness Sept. 24. To sign up log in to your AE-ITT account at <https://itt.eur.army.mil> and under the "Find New Classes" filter for Wiesbaden click on the name of the class you want to request. For more information call Pat Hutley at mil 337-6022.

### Pet vaccinations

The Wiesbaden Veterinary Clinic has vaccination appointment available for Sept. 11 from 8 a.m. to noon. Call mil 337-6283.

### Job and Career Expo

A Job and Career Expo will be held Oct. 1 from 10 a.m. to 2 p.m. in the Community Activity Center.



Photo by Chrystal Smith

### Taking charge of 1st MI

Lt. Col. Timothy Brown passes the 1st Military Intelligence Battalion's colors to Command Sgt. Maj. David Little during the unit's change of command ceremony Aug. 19 signifying his assumption of authority to replace Lt. Col Michael Huston. Brown comes to the unit from a previous assignment in Washington, D.C. The 1st MI Battalion deploys mission-tailored, capability-based aerial reconnaissance assets to contingency areas and conducts intelligence and reconnaissance, surveillance and target acquisition operations in support of combatant commanders.

# Schools welcome students, teachers

A photographic look at the first day of school in Baumholder and Wiesbaden



Wiesbaden garrison high school youths cheer on their teams during a Back to School Bash game night Aug. 25 at the Wiesbaden Chapel Youth House.

## Youth House offers good times, refuge

Story and photos by Jennifer Clampet

U.S. Army Garrison Wiesbaden Public Affairs Office

The writing is on the wall for U.S. Army Garrison Wiesbaden's newest youth hangout — student-drawn images of guitarists, hand-smudged murals and graffiti-like declarations of "I was here."

The images are nonconforming, different and sometimes confusing.

But the message is clear: don't waste your youth on frivolous interactions and obsessions with being cool.

Stand apart. Find peace. And set an example. But above all, have fun.

One week before the start of the 2010-2011

school year, nearly 40 Wiesbaden middle school youth clamored around in the small Youth House in Hainerberg Housing.

They stacked Oreos on their heads in a game of chocolate unicorn. They swatted balloons between partners in a game of defying gravity. And they tried to flip and catch 10 pencils in their hands.

Later that week high-schoolers tried their luck at card ninja — throwing ordinary playing cards at watermelons in hopes of making them stick.

All the while one passage bared down on the groups from a piece of paper tacked to a wall.

"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity." 1 Timothy 4:12.

Expecting more out of the community's youth is one way to get teenagers to do things that are hard, said Wiesbaden Youth Minister Dan Haas. "We want them to understand that they can do so much more than just taking out the trash to help out their families," said Haas. "We give them a challenge — how do you plan to make a positive influence in your school, in your home?"

The Chapel Youth House, located behind the USO cottage in Hainerberg Housing, is intended to be a refuge for middle- and high-schoolers.

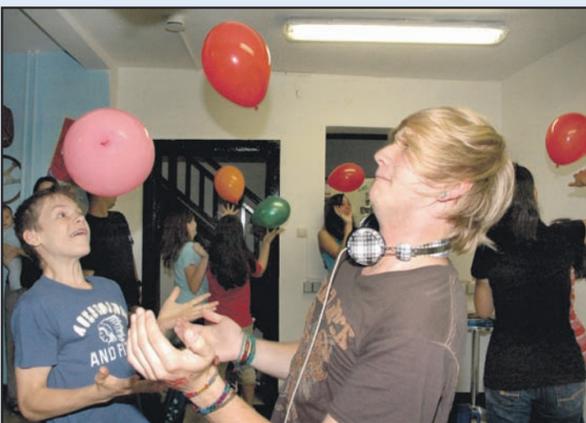


Wiesbaden High ninth-grader Jesse Hendrix stacks seven Oreos on his forehead as teammate Nate Jochims, a high school junior, assists during a game of Chocolate Unicorn at the Wiesbaden Chapel Youth Center's Back to School Bash Aug. 25.

The hang out — which hosts everything from Bible studies to youth groups and Back to School Bashes — is a safe place for teens, said Haas.

"Being in a military community, there's a lot of change with people PCSing. This is a place to go and find out what's going on," said Haas.

For more information on events happening at the Wiesbaden Chapel Youth House contact Dan Haas at civ (0170) 305-6884 or [daniel.haas@cadence.org](mailto:daniel.haas@cadence.org).



Wiesbaden Middle School youths try to defy gravity during a game at the Wiesbaden Chapel Youth House for a Back to School Bash Aug. 23.



Photo by Ignacio "Iggy" Rubalcava



Photo by Darline Goyea

Photo above: Ninth-grader Alexander Lange, age 14, picks up his class schedule on the first day of school at Wiesbaden High School.



Photo by Jennifer Clampet

New Hainerberg Elementary School Principal Penelope Miller-Smith helps direct students on the first day of school. Photo left: Students in Marilyn Morgan's third-grade class at Wetzel Elementary School fill out a questionnaire on the first day of school Aug. 30.



Photo by Jennifer Clampet



Photo left: A third-grader in Marilyn Morgan's class at Wetzel Elementary School sorts her supplies on the first day of school. Photo far left: Eighth-graders at Wiesbaden Middle School listen as their math teacher Mely Arnold goes over the expectations of the coming school year.

Photo by Ignacio "Iggy" Rubalcava



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

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



### Volksmarching note

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

### Weekend of Sept. 4-5

**Flacht (65558)** — This walk, north of Wiesbaden, offers its first marathon trail to wanderers making the drive to the scenic Limburg area. Consider visiting the interesting town of Limburg if you haven't done so already. Use Autobahn 3 toward Köln and Limburg. Take the Limburg-Süd exit and B-54 in the direction of Diez and Wiesbaden to reach the start at Flacht.

**Start:** Aartalhalle at Bahnhofstrasse 17 **Saturday and Sunday:** 6 a.m. to 1 p.m. (5, 10 and 20 km) and 6-9 a.m. (42 km) **Trail:** Very hilly, woods **Award:** None for shorter trails or patch and certificate for the marathon.

**Höheinöd (66989)** — This walk, south of Landstuhl, is another of many available to wanderers from that community. From Landstuhl, take Autobahn 62 south toward Pirmasens. Use the Parkplatz exit at kilometer 231.5 to reach the start.

**Start:** Sportplatz Sägmühle **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:** Unknown **Award:** None.

**Kirchberg (55481)** — Enjoy seeing the Hunsrück region's oldest town in one of Germany's most scenic areas. From points east use Autobahns 3 or 67, then Autobahn 60 to Bingen and 61 toward Koblenz. Exit at Rheinböllen and use B-50 and B-421 to Kirchberg. From Bad Kreuznach and Idar-Oberstein, use B-41 (toward each other) and B-421 north to Kirchberg.

**Start:** Stadthalle on Gartenstrasse **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:** Slightly hilly (with a steep hill following the last control); neighborhoods, woods and fields **Award:** From previous events.

**Namborn (66640)** — This walk is just a short distance down the road from Neubrück. From Neubrück, head south on B-41 toward St. Wendel, then use a secondary road to Namborn. From Idar-Oberstein, you'll also use B-41; Baumholder's

readers will head over to Neubrück in order to pick up B-41.

**Start:** Sportplatz **Saturday:** 7 a.m. to 3 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (6, 10 and 20 km) **Trail:** Unknown, expect fairly hilly, woods **Award:** From previous events.

### Wednesday, Sept. 8

**Grolsheim (55459)** — Celebrate the start of another school year by taking the family to this midweek event.

From Darmstadt and Wiesbaden, connect with Autobahn 60 to pick up B-50 at Bingen. Take this south toward Bad Kreuznach and follow IVV signs. From Idar-Oberstein use B-41 and B-50 toward Bingen to find the start at Grolsheim.

**Start:** Naheländhalle on Aspiseimer Weg **Wednesday:** 7 a.m. to 5 p.m. (5 and 10 km) **Trail:** Fairly flat, mostly fields, some woods **Award:** From previous events.

### Weekend of Sept. 11-12

**Kümbdchen (55471)** — This walk is in the Hunsrück region northwest of Bingen. Volksmarchers from Idar-Oberstein will have a straight-forward drive to reach this event; others should consider it in good weather. From the Bad Kreuznach area use B-41 toward Idar-Oberstein, and a secondary road from Waldböckelheim through Bockenau, Winterbach and Tiefenbach, ending at Simmern. From Idar-Oberstein use B-41 toward Bad Kreuznach to follow the same directions once reaching Waldböckelheim.

**Start:** Turnhalle at Am Sportplatz 1 **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Somewhat hilly, woods and fields **Award:** Weizenbier glass.

**Sien (55758)** — This event should be easy to reach given its location on the eastern side of Baumholder's training area. From Baumholder, head east toward Lauterecken using the unnumbered road bordering the training area to reach B-420 at Rathweiler. Take B-420 to Lauterecken, then B-270 north to Sien. From Idar-Oberstein use B-41 east to Weierbach to connect with B-270, then head south to Sien. From Kaiserslautern follow B-270

north past Lauterecken to reach Sien.

**Start:** Turnhalle at Kirner Strasse 6 **Saturday:** 7 a.m. to 3 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 2 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Unknown but described as mostly flat, with two shorter trails being stroller-friendly **Award:** From previous events.

### Weekend of Sept. 18-19

**Miesau-Bruchmühlbach (66892)** — Just west of Landstuhl, this walk is easily reached via the autobahn not only for KMC's wanderers but also for those from farther away. At past events participants enjoyed a world-class pea soup prepared by the same folks who supply Lufthansa Airlines. From the Kaiserslautern area, use Autobahn 6's exit at Bruchmühlbach-Miesau and follow signs a short distance to the start.

**Start:** Turn- und Festhalle at Alte Strasse 3 **Saturday and Sunday:** 7 a.m. to 1 p.m. (5 and 10 km) and 7 a.m. to noon (20 km) **Trail:** Hilly, woods **Award:** From previous events.

### Weekend of Sept. 25-26

**Gusenbug (54413)** — This event is easily reached from Neubrück as well as Baumholder and Idar-Oberstein. Gusenbug is located just off Autobahn 1 (heading toward Trier) and reached via the Hermeskeil exit and a secondary road.

**Start:** Mehrzweckhalle on Vogtstrasse **Saturday:** 1-6 p.m. (5 and 10 km) and 1-4 p.m. (20 km) **Sunday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Fairly hilly, woods and fields **Award:** None.

**Heidelberg-Hasenleiser (69126)** — Join one of Germany's more active American volksmarching organizations, the Heidelberg International Wandering Club, at this popular event. The 22-kilometer trail will pass by the picturesque Heidelberg Castle as it offers an interesting tour of the area. The start is near the Army hospital; participants with military ID cards may use its parking lots. Use Autobahns 67 and 656 into Heidelberg, then follow IVV and U.S. Army signs for the hospital.

**Start:** Internationale Gesamtschule on Baden-Badener-Strasse **Saturday:** 7 a.m. to 2 p.m. (5, 11 and 22 km) **Sunday:** 7 a.m. to 1 p.m. (5, 11 and 22 km) **Trail:** Family (5 km) trail is flat, other trails are hilly, fields and wooded areas **Award:** Beer mug.



### Pick own apples

A small local farm in Mainz offers people the opportunity to pick their own apples. Come in the morning, afternoon or on the weekend, grab a wheelbarrow and wander through the orchard to pick apples, pears or walnuts. A Courtyard Fest with pony rides, music and more will be held Oct. 2-3. Apple Happel is located at Marienborner Bergweg 33, 55127 Mainz-Marienborn. Visit [www.appel-happel.de](http://www.appel-happel.de) for more information.

### 'Americans in Wiesbaden'

St. Augustine's Church in Wiesbaden (Frankfurter Str. 3) presents "Americans in Wiesbaden," a concert by

## Things to do ... Things to do

Wiesbaden-based American singers, including Deborah Cole, Kenneth Derby and Tami Jantzi Sept. 24 at 7:30 p.m. Tickets are €15. The concert will feature popular music from musicals, operas and operettas. Call civ (0611) 306 674.

### Soldiers Angels

Join fellow volunteers in serving a special Bavarian barbecue for wounded warriors at the Fisher House at Landstuhl Medical Center Sept. 10. Enjoy a day of home-cooked food, cakes and laughter. For more information about the Soldiers Angels organization contact Wilhelmine Aufmkolk at [jose-](mailto:josephinefs2654@gmail.com)

[phinefs2654@gmail.com](mailto:josephinefs2654@gmail.com).

### Ramstein Bazaar

All U.S. and NATO Forces ID cardholders are invited for shopping, eating and entertainment — and over 130 vendors from across Europe — at the 45th annual Ramstein Welfare Bazaar Sept. 16-19 at Ramstein Air Base (follow signs to the event upon entering the gate). Stroller-friendly days are Sept. 16-17 and a kinder-corner will be available for infants and toddlers. Visit [www.ramstein-bazaar.org](http://www.ramstein-bazaar.org) for details.

### Edelweiss winter fun

The fall and winter months are ideal times to enjoy the

picturesque alpine views at the Edelweiss Resort and Lodge in Garmisch-Partenkirchen. Opportunities range from tours of Neuschwanstein Castle to horse and carriage rides, winter sports instruction weeks to equipment rental. Visit [www.edelweiss-lodgeandresort.com](http://www.edelweiss-lodgeandresort.com) or call civ (08821) 9440.

### Irish Pub concerts

The Wiesbaden Irish Pub presents **Steven McGowan** Sept. 2, **The Benrix** Sept. 3, **Bad Boyz** Sept. 4, **karaoke** Sept. 5 and 7, **Timmy Rough** Sept. 9, **Macy's Mob** Sept. 10 and the **Capones** Sept. 16. The pub is located at Michelsberg 15. Visit

[www.irish-pub-wiesbaden.de](http://www.irish-pub-wiesbaden.de) for more information.

### Frankfurter Hof music

The Mainz Frankfurter Hof presents South African rocker **Johnny Clegg** Sept. 12 at 8 p.m., the **Rheinland-Pfalz jazz fest** Sept. 18 at 7 p.m., gypsy swingers **Joscho Stephan Quartet** Sept. 24 at 8 p.m. and jazzers **Lyambiko** Sept. 29 at 8 p.m. Visit [www.frankfurter-hof-mainz.de](http://www.frankfurter-hof-mainz.de) for details.

### USO trips

Rhein-Main Area USOs offer trips to **Bad Dürkheim Wurstmarkt (wine fest)** Sept. 11, **Luxembourg** Sept. 11 and **Oktoberfest Munich** Sept. 18 and 25. Call civ (0611) 731 301 for details.

## Operation Rising Star

### Twelve performers move on in Wiesbaden; Baumholder competition set for Sept. 20-22

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

Wiesbaden's first round of the Rising Star competition went from fairy-tale dreams to a country experience.

"Tell me a story," said Staff Sgt. Clarence Reeves as he sat at the judges' table Aug. 27 at the Wiesbaden Entertainment Center.

Reeves repeated his request over and over as 14 contestants took to the stage to belt, croon and sometimes stumble over their first-round song picks.

Samantha Werner, last year's second-place winner, wowed the judges for a second year in a row with her country twang on a Fleetwood Mac song.

Werner and 11 other contestants will move forward in the second round of Wiesbaden's competition Sept. 10 at 7 p.m. at the Wiesbaden Entertainment Center.

The third round is set for Sept. 17 at 7 p.m. The fourth and final round will be held Sept. 24 at 7 p.m.

#### Baumholder contest

The USAG Baumholder Operation Rising Star competi-

tion begins Sept. 20 at 7 p.m. at the Hill Top Theater. Round two is Sept. 21 at 7 p.m. at the Rhinelander Community Club. The third and final round will be held Sept. 22 at 7 p.m. at the Rhinelander Community Club.

The event is free and competition is open to all U.S. ID cardholders. Performers must be 18 years or older to compete.

Download a contest application at [www.oprisingstar.com](http://www.oprisingstar.com). For more information on the Baumholder competition, contact the Hill Top Theater at mil 485-7244, email [eric.danzeiser@eur.army.mil](mailto:eric.danzeiser@eur.army.mil), contact the special events department at mil 485-6115 or email [catherine.dubosc@eur.army.mil](mailto:catherine.dubosc@eur.army.mil).

First-place winners at the garrison levels will receive



Photo by Jennifer Clampet

**Samantha Werner, last year's second-place winner in the Wiesbaden Rising Star competition, competes again in the 2010 competition at the Wiesbaden Entertainment Center Aug. 27.**

\$500 and advance to the 2010 Army-wide finals.

The grand prize this year includes an all-expense paid trip to Los Angeles where the winning contestant will record his or her own three-song CD.

Local second- and third-place winners will receive \$250 and \$100 respectively.

## DoD promotes fitness through Civilian Fitness, Fitness Challenge programs

**Cynthia Moore**  
U.S. Army Garrisons  
Baumholder and Wiesbaden  
Health and Promotion

Attention Department of Army civilian employees. Lace up your sneakers and get ready to get fit with the Civilian Fitness Program. The Civilian Fitness Program allows DA civilian employees (appropriated fund, non-appropriated fund and local national), with their supervisors' approval, to be excused from work for up to three hours per week for up to six months to increase their physical fitness. This program is intended to help employees make positive behavioral

changes and establish a solid fitness foundation. Participating in the Civilian Fitness Program can help relieve stress, minimize health risks and improve morale.

Sign-ups for Wiesbaden-area employees will be Sept. 14 9 a.m. to 1 p.m. and Sept. 15 11 a.m. to 5 p.m. at the Wiesbaden Army Airfield Fitness Center.

Dates and locations for Baumholder are pending. For more information contact the Health Promotion Office at mil 337-7244/5363.

Leap into fall with the Department of Defense Physical Fitness Challenge. Point your sneakers toward [\[dentchallenge.org\]\(http://dentchallenge.org\). Register to record your workouts and earn the Presidential Active Lifestyle Award.](http://www.presi-</a></p></div><div data-bbox=)

Certificates of Achievement will be presented to DoD members who log in at least 25 hours of physical activity from Aug. 16 through Oct. 31. Some commands, such as Installation Management Command, have teams. Check with your organization today.

The military has even more ways to become a healthier you. Go through the AKO portal and check out Army MOVE. There Soldiers, family members and DA civilians can find great tips on nutrition and fitness.

## Sports shorts

### Charity Golf Tournament

The Association of the U.S. Army-Old Ironsides Chapter Wiesbaden invites everyone to a Charity Golf Tournament at the Rheinblick Golf Course Sept. 17 with the shotgun start at 9:30 a.m. Proceeds go to the Chaplains Fund and Better Opportunities for Single Soldiers. Cart and practice golf ball token is \$55 per person. For details call George Tomai at civ (06134) 23353 or send an email to [gtomai@aol.com](mailto:gtomai@aol.com).

### Kudos to shooters

Congratulations to the Wiesbaden shooters from the Hunting, Fishing and Sports Shooting Program who participated in the 2010 TIRO German International Championship for Sporting Clays including Michael and Daniel Boehme, Dr. Rudolf Hettmer, Jim Barrett and Robert Hembrook. At the "World Cup" of sporting clays in Germany, the Boehmes each hit around 50 percent of the birds which is considered good for newcomers to the sport.

### Coaches needed

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

### Wiesbaden hockey club

Hockey players and fans of the Wiesbaden military community are looking to start a Wiesbaden hockey club/team. Anyone who is age 17 or older, male or female, is welcome. All skill levels are accepted, even if you have never played and want to learn. We are also looking for anyone interested in coaching new ice and inline hockey players. Call civ (0151) 11655 7161 or email [wiesbadenadlerclub@hotmail.com](mailto:wiesbadenadlerclub@hotmail.com).

### Hispanic Heritage Boxing

A Hispanic Heritage Month Boxing Tournament will be held Sept. 25 at the Wiesbaden Fitness Center with bouts starting at 7 p.m. Boxer registration is from 9 a.m. to noon that day. Stop by the Wiesbaden Fitness Center or call mil 337-5541 for more information.

### Intramural flag football tourney

Baumholder holds an intramural flag football tournament Sept. 13-16 at Soldier Field. Sign up by Sept. 8 at the Hall of Champions.

### Wrestling officials clinic

The Center of Excellence Training Center in Schwetzingen holds a wrestling officials clinic and invitational tournament Sept. 15-18. Sign up at Baumholder's Hall of Champions.

### Water aerobics

Baumholder holds water aerobics classes Tuesdays and Thursdays from 6-7 p.m. at the Baumholder Aquatics Facility, Building 8897. The class is open to adults and youths age 13 and older participating with a parent. Cost is \$4 per person or \$30 for 10 classes. Buy cards at the Arts and Crafts Center in Building 8895. Call mil 485-7093 for details.

### Fulda Half Marathon

The city of Fulda invites Germans and Americans to participate in its annual half marathon Sept. 5 starting at 10 a.m. Teams of 10 runners can also compete in the race. In the past, when U.S. military members were stationed in the area, the race saw a large number of U.S. athletes participate. Stores in Fulda will also be open for shopping from 1-6 p.m. that Sunday. Call Matthias Schulte at mil (0661) 3804 574 or visit [www.Fulda-Marathon.de](http://www.Fulda-Marathon.de) for more information.

**Schoolbits**

**School jobs**

Wiesbaden High School is currently accepting applications for substitute teachers, aides and Advancement Via Individual Determination tutors. Apply online at [www.eu.dodea.edu/hr/open.php](http://www.eu.dodea.edu/hr/open.php) or contact the school at civ (0611) 4080-351.

**Smith parking**

Bus drop-off (at the beginning of the school day) and pick-up (at the end of the day) continues the same as last school year at Smith Elementary School. The Kiss and Drop Zone in front of the school is for quick drop-offs only, not for parking. If you need to come into the school, even briefly, you can park behind the school. When buses have finished unloading students, you may also park in the parking spaces at the end of the building, but remember to move your car by 1:30 p.m. in order for buses to park and load students at the end of the day.

**University of Phoenix**

The University of Phoenix is offering two graduate programs on Wiesbaden Army Airfield starting this month — a master of business administration and a master of arts in elementary/secondary teacher education. Information sessions are offered monthly. Call Emily Looney at mil 337-5940, civ (0611) 205-2015.

**School open houses**

**Hainerberg Elementary School** holds an Open House at 1 p.m. Sept. 2 at the school. Parents can meet teachers and learn about the curriculum and requirements. A **Hainerberg kindergarten** parent meet-and-greet breakfast will be held Sept. 7 at 8:30 a.m. **Aukamm Elementary School** holds an open house Sept. 7 at 5 p.m. **Wiesbaden Middle School** holds an open house Sept. 8 at 4 p.m. **Wiesbaden High School** holds an open house Sept. 9 at 5:30 p.m. **Baumholder Middle High School** holds an open house Sept. 14 from 5-7 p.m.

**Big Bucks for College**

Wiesbaden's Big Bucks for College program hosts Bingo Time Sept. 10 from 6:30-9 p.m. at the Hainerberg Elementary School Multipurpose Room. Dinner will be available for \$5 a plate. All attending must be ID cardholders and over age 12. Make reservations at [bbfcspecial-events2011@gmail.com](mailto:bbfcspecial-events2011@gmail.com) by noon on Sept. 5 and indicate if you'd like to purchase dinner.

**Teachers welcomed back to school**

*Partnerships, construction, excellence are topics*

**By Karl Weisel and Ignacio "Iggly" Rubalcava**  
*U.S. Army Garrisons Wiesbaden and Baumholder Public Affairs Offices*

Department of Defense Dependents Schools-Europe teachers and administrators were welcomed before the start of the new school year at special events in Wiesbaden and Baumholder last week.

Dr. Nancy Bresell, director of DoDDS-Europe, welcomed back veteran administrators Sue Gurley, principal of Aukamm Elementary School, and Sharon O'Donnell, principal of Wiesbaden High School during a teachers' welcome event at the Wiesbaden Entertainment Center Aug. 25. She also introduced new principals Penelope Miller-Smith of Hainerberg Elementary School and Chuck Fannin of Wiesbaden Middle School.

"We are here for one reason only," said Dr. Nancy Bresell, director of DoDDS-Europe. "We are here because we are the best school system to provide the support to our military service members and their families. ... These kids need it and deserve it."

"We're looking forward to an exciting year in DoDDS-Europe and DoDEA (the Department of Defense Education Activity)," she added.

Describing his personal ties to the military school system as a former military family member and with a spouse and children who are equally embedded in the DoDDS system, Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, praised the outstanding community-school partnership in Wiesbaden recently recognized worldwide by the Military Child Education Coalition. "The education of our children, the investment in our future is very important to us."

"We want to make this year even better," said Dill, looking forward to a strong military unit-school partnership and close ties "outside the gate with our host nation partners."

The commander asked the DoDDS teachers and administrators to be sensitive to the needs of military children. "Be aware of deployment cycles ... it's out there ... it impacts our schools."

Construction at the high school and throughout the garrison was another topic. Dill explained that engineers were doing everything possible to accomplish the quality-of-life upgrades without unduly impacting students and teachers.

"We'll have a beautiful campus when



Photo by Karl Weisel

**Wiesbaden teachers and administrators listen during a special welcome-back event at the Wiesbaden Entertainment Center Aug. 25. Photo below: Kaiserslautern District Superintendent Dr. Dell McMullen recognizes several outstanding Baumholder DoDDS staff members.**



Photo by Ignacio "Iggly" Rubalcava

it's done," Dill said.

He also updated the DoDDS staff members on the status of several transformation projects, explaining that work on the new U.S. Army Europe Headquarters Building and Wiesbaden Army Airfield South Housing projects is ahead of schedule. A new Post Exchange Complex, slated to be built in fiscal year 2013, has been moved up to fiscal year 2012, he added.

Lt. Col. Mikel Russell, director of emergency services, said U.S. military and German law enforcement officials are working closely together to provide for the safety and security of community members. Describing the mounted, bicycle, foot and vehicle patrols, Russell said, all are aimed at providing a visible presence around the schools to instill confidence.

"I ask of you that you reiterate to your students that they stay on the crosswalks," said Russell, adding that with ongoing construction, parking will remain a challenge near the schools. "I ask for your patience."

He also said that school officials can help prevent incidents by identifying

high-risk students — "not to target that person, but to make sure they get some extra help before they end up on the blotter."

At a special teachers' breakfast in the Rheinlander Community Club Aug. 26, Dr. Dell McMullen, the new Kaiserslautern district superintendent, welcomed teachers to the new school year and had some words of recognition for several Baumholder teachers and administrators.

High on her list of praise was Wetzel Elementary School Principal Helen Hughes-Balilo, who was named DoDEA's 2010 National Distinguished Principal.

McMullen also recognized Micheline Huntley, academic support team teacher at Wetzel Elementary School and the Kaiserslautern District Teacher of the Year for 2011.

Timothy Kelly was also recognized by McMullen. Kelly is a math teacher at Baumholder Middle High School. He is one of two DoDEA teachers named by President Barack Obama as a recipient of the Presidential Award for Excellence in Mathematics and Science Teaching, the nation's highest honor for math and science teachers.

Several other educators also took a bow during McMullen's address.

McMullen reiterated that DoDDS and the Kaiserslautern teaching philosophy is standards-based, data-driven, student-focused and dedicated to obtaining the highest student achievement for all students.

"All means each and every child who comes through the doors of our classrooms," said McMullen.



Kevin James (from left), Chris Rock, David Spade and Adam Sandler swap stories in "Grown Ups."

## At the movies Sept. 2-16

### Baumholder, Wagon Wheel

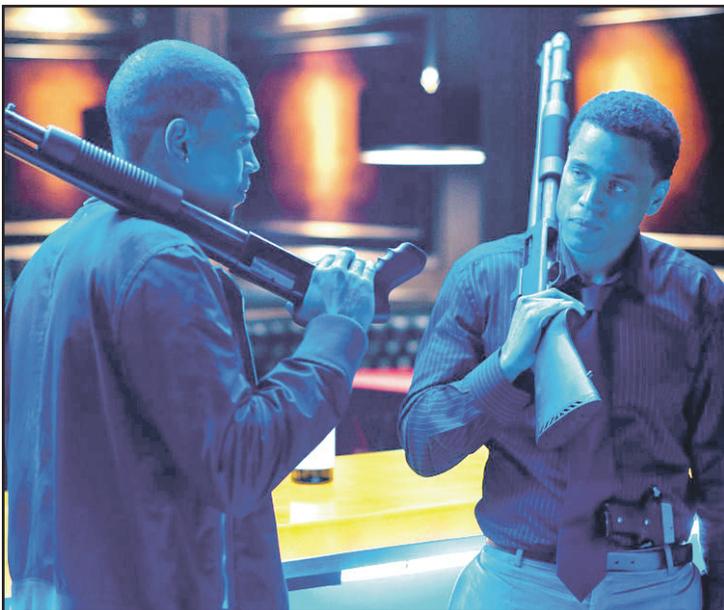
- Sept. 3 — Nanny McPhee Returns (PG) 7 p.m.
- Sept. 4 — Cats And Dogs: The Revenge Of Kitty Galore (PG) 4 p.m. The A-Team (PG-13) 7 p.m.
- Sept. 5 — Toy Story 3 (G) 6 p.m.
- Sept. 10 — Takers (PG-13) 7 p.m.
- Sept. 11 — The Last Airbender (PG) 4 p.m. The Other Guys (PG-13) 7 p.m.
- Sept. 12 — The Twilight Saga: Eclipse (PG-13) 6 p.m.

### Wiesbaden, Taunus

- Sept. 2 — Killers (PG-13) 7 p.m.
- Sept. 3 — Takers (PG-13) 7 p.m. Grown Ups (PG-13) 9:30 p.m.
- Sept. 4 — Toy Story 3 (G) 4 p.m. Takers (PG-13) 7 p.m. Knight And Day (PG-13) 9:30

p.m.

- Sept. 5 — The A-Team (PG-13) 4 p.m. Takers (PG-13) 7 p.m.
- Sept. 6 — Takers (PG-13) 7 p.m.
- Sept. 7 — Grown Ups (PG-13) 7 p.m.
- Sept. 8 — Knight And Day (PG-13) 7 p.m.
- Sept. 9 — Grown Ups (PG-13) 7 p.m.
- Sept. 10 — The Twilight Saga: Eclipse (PG-13) 7 p.m. Machete (R) 10 p.m.
- Sept. 11 — The Last Airbender (PG) 4 p.m. The Twilight Saga: Eclipse (PG-13) 7 p.m. Machete (R) 10 p.m.
- Sept. 12 — The Last Airbender (PG) 4 p.m. Machete (R) 7 p.m.
- Sept. 13 — Machete (R) 7 p.m.
- Sept. 14 — Knight And Day (PG-13) 7 p.m.
- Sept. 15 — The Twilight Saga: Eclipse (PG-13) 7 p.m.
- Sept. 16 — The Last Airbender (PG) 7 p.m.



Chris Brown (left) and Michael Ealy discuss a heist in "Takers." Photo right: Mark Wahlberg (left) and Will Ferrell star in "The Others."

## Movie plots

**Machete (R)**—Machete (Danny Trejo), a renegade former Mexican Federale, roams the cities, towns and streets of Texas looking for work after a shakedown from a drug lord called Torrez (Steven Segal). Machete has a run-in with Michael Benz (Jeff Fahey), a local businessman and spin doctor, who tells Machete that McLaughlin (Robert De Niro), a corrupt senator, is sending hundreds of illegal immigrants out of the country and that he must be killed. Benz offers Machete \$150,000 to kill McLaughlin. Also stars Jessica Alba and Cheech Marin.

**Takers (PG-13)** — A notorious group of criminals (Idris Elba, Paul Walker, T.I., Chris Brown, Hayden Christensen and Michael Ealy) continues to baffle police by pulling off perfectly executed bank robberies. But, when they attempt to pull off one last job with more money at stake than ever before, the crew may find their plans interrupted by a hardened detective (Matt Dillon) who is hell-bent on solving the case.

**The Other Guys (PG-13)**—Two mismatched New York City detectives seize an opportunity to step up like the city's top cops whom they idolize. Only things don't quite go as planned. Stars Will Ferrell and Mark Wahlberg.

**Knight And Day (PG-13)** — Cameron Diaz plays a lonely woman whose seemingly harmless blind date turns her life upside-down when a super spy (Tom Cruise) takes her on a violent worldwide journey to protect a powerful battery that holds the key to an infinite power source.

**Toy Story 3 (G)** — Viewers are invited back into the world of Woody, Buzz and the rest of the "Toy Story" gang. In the third installment, Andy is preparing to depart for college, leaving his loyal toys troubled about their uncertain future. (Starring the voices of Tom Hanks, Tim Allen, Joan Cusack, Ned Beatty and Don Rickles)

**Grown Ups (PG-13)** — Five men, who were best friends when they were young, get together for the Fourth of July weekend to meet each others' families for the first time. Picking up where they left off, they discover why growing older doesn't mean growing up.

**Nanny McPhee Returns (PG)** — Emma Thompson returns as the magical nanny who appears when she's needed the most and wanted the least. Nanny McPhee appears at the door of harried young mother Isabel Green (Maggie Gyllenhaal), who is trying to run the family farm while her husband is away at war. Relying on everything from a flying motorcycle to a statue that comes to life, McPhee uses her magic to teach her mischievous charges five new lessons.

# *Freestyle*

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# *Freestyle*

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