

# IMCOM focus on Saving energy

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

In the past, energy has been a side conversation for the Army. It tended to be an area of concern for some experts and specialists, but a lot of us, whether Soldiers and civilians in the workplace or family members in the community, did not give it much thought. Maybe we paid attention to the public service announcements reminding us to turn off lights, but that was about it.



With changing security concerns and increased demands on finite financial and natural resources, energy has become an issue we all have to pay attention to. We must proactively address today's energy challenges for the sake of ourselves, our mission and our nation as well as for future generations. I intend to keep the issue front and center. I intend to keep the dialogue focused on what we in the Installation Management Community must do, can do and are doing to increase the Army's energy efficiency and security.

The Army depends on a reliable, safe, cost-effective  
**See Saving energy on page 5**

# Herald Union



**IMCOM**  
 SOLDIERS • FAMILIES • CIVILIANS

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Photo by Karl Weisel

Capt. Jason Moran examines Sgt. Patrick Sheffield's eyes at the Wiesbaden Optometry Clinic. See page 13 for more on eye care.

## Special edition: Health Care Benefits Month

**By Lt. Col. Tony Tidwell**  
*Wiesbaden Health Clinic Commander*

September is designated by the European Command as Health Care Benefits Awareness Month.

During this month, we will showcase information about Tricare benefits and available medical services pertaining to physical, behavioral and dental health, to include health care while traveling.

See stories throughout this issue on health and Comprehensive Community

### **Inside:** What's your advice for a healthy lifestyle? See more feedback on page 2.



"Eat well, stay fit and take time to do whatever makes you happy," — Spc. Stefanie Ferguson.



"Healthy eating and spoiling yourself with good food and a little wine doesn't hurt," — Hector Martinez.

Fitness issues. See next issue for suicide prevention awareness stories.

During the month of September an informational table will be displayed

at the main lobby of the Wiesbaden Health Clinic where members can get information about Tricare benefits.

There will also be an "Ask Me" box where members can submit questions related to health care.

For details you may contact the health clinic or come see us at the Wiesbaden Fitness Center on Sept. 18 during the Fitness Day fair.

Baumholder welcomes community members to its Fitness Festival in the Hall of Champions Sept. 18 from 10 a.m. to 4 p.m.

## Feedback: *What's your advice for a healthy lifestyle?*



**Lyn Stockton-Sooy**  
Wiesbaden health instructor

"Exercise and a balanced diet."



**Patricia Guenther**  
Baumholder nurse

"Stretch, exercise, eat well, be happy and don't let stress get to you — keep your shot records up to date."



**Elizabeth Spann**  
Wiesbaden civilian employee

"Drink plenty of water, a combination of strength and cardio training."



**Capt. John Stehulak**  
Baumholder optometrist

"The secret advice is to carry two crates of hop brew to the fourth floor apartment, or a very long run."



**Samantha Ogura**  
Wiesbaden American Red Cross field office assistant

"Eat right, exercise and reduce stress."

# Tips of the Month

## Improve your Comprehensive Community Fitness

Encouraging all members of the Army Family — service members, civilian employees, families, and military retirees — to stay fit is the aim of the commander's Comprehensive Community Fitness Program. How fit are you? Log onto [www.army.mil/csf](http://www.army.mil/csf) or search online for "Comprehensive Soldier Fitness" to take the Army's Global Assessment Tool. The GAT provides immediate results with links to self-development training. Training is interactive and interesting (parents — you may want to screen the modules for your minors). The assessment only takes a few minutes and can be repeated every 90 days to track changes in your fitness.

Below are some comprehensive fitness tips from area pillar champions:

**Physical:** Sept. 18 is Instal-

lation Management Command-Europe Region Fitness Day. Learn more about your fitness center and take advantage of some free fitness classes. Contact the Wiesbaden Fitness Center at mil 337-5541 or the Baumholder fitness center at mil 485-7176 for more details.

**Emotional:** Suicide. It's a permanent solution to a temporary problem. What can you do to prevent suicide attempts? Learn the warning signs and risk factors. Attend Suicide Prevention and Awareness Training. Contact the Employee Assistance Program in Wiesbaden at mil 337-6958, civ (0611) 705-6958 or in Baumholder at mil 485-7388, civ (06783) 6-7388.

**Family:** Get into the battle rhythm of lifting up your family. Remember that communication is key in building and maintain-

ing a resilient Army family. Start off each week by giving a compliment to one family member and don't be surprised how one positive comment can change a person's entire outlook.

**Social:** What have you done to build and strengthen positive relationships with others? The community spouses clubs are kicking off their monthly luncheons. Check out the Wiesbaden Community Spouses Club or Baumholder Community Spouses Club on Facebook to get connected.

**Spiritual:** Stressed out? Overwhelmed? Religious Support Offices offer various workshops aimed at helping everyone improve his or her spiritual fitness. For more information call mil 485-1570, civ (06783) 6-1570 in Baumholder or mil 337-1370, civ (0611) 705-1370 in Wiesbaden.

## Community FIRST focuses on results

U.S. Army Garrison Wiesbaden Customer Management Services has held three Community FIRST (Feedback, Issues, Results, Solutions, Today) focus groups this summer: one for teens, one for Warrior Transition Unit Soldiers, and most recently, a focus group for the civilian workforce.

"The focus group members worked hard and came up with some legitimate concerns and recommendations in a short amount of time," said Ann Powers, Customer Service officer for USAG Wiesbaden.

The WTU focus group suggested a total of eight issues, which included their concern about handicapped access to facilities around Wiesbaden Army Airfield. Roger Gerber, director of the Transformation Stationing and Management Office, said there are many projects

scheduled to improve access on WAAF in the near future, to include installing handicapped access to the garrison headquarters, Military Police Station, ID Card Section and Andrews Federal Credit Union. Thanks to the WTU focus group, the Army and Air Force Exchange Service is also repairing their scooters and the Defense Commissary Agency has improved access to the motorized shopping carts at the commissary. "If anyone has trouble getting to them, they can ask anyone from our staff for assistance," said Mike Bathgate, DeCA Wiesbaden store administrator.

Some of the concerns deriving from the recent civilian workforce focus group include a recommendation to develop an official newcomer sponsorship program. These issues will be forwarded to the relevant agen-

cies and directorates for review to see what action can be taken. Three other civilian workforce issues, including finding a way for military spouses with civilian jobs to be able to transfer their benefits (such as leave) more equitably — were determined to be beyond the ability of the garrison to resolve, so they have been forwarded to the Army Family Action Plan to be raised to a higher level command for discussion and resolution.

"This is a great way to address issues throughout the year," said Annikka Trabucco, AFAP program manager for USAG Wiesbaden. "We are able to involve more people who have a diverse background this way."

"If I could change anything, I would have liked to see more people get involved by submit-

**See FIRST on page 3**

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## News flash

### New official mail APO

Wiesbaden's Official Mail Distribution Center has been assigned a new zip code for all incoming and outgoing mail. The new zip code is APO AE 09005, replacing the old zip code of APO AE 09096. The change affects official mail only — not personal mail which continues to use the current zip code of APO AE 09096. The change is being phased in through Dec. 31. Some units may require assignments of new unit numbers; Official Mail and Distribution Center personnel will assist those affected by the change. Call mil 337-5720 for more information.

### Cash for cost-saving ideas

Service members and Department of Defense civilian employees can make money helping the Defense Department save money. INVEST, which stands for Innovation for New Value Efficiency and Savings Tomorrow, will give cash prizes for the best cost-saving ideas sent to DoD by Sept. 24. Twenty-five final winners will be selected and presented with prizes of \$500 or \$1,000 about a month after the contest ends. Ideas can be submitted online by visiting [www.defense.gov/invest](http://www.defense.gov/invest). Contestants must be service members or DoD civilian employees.

### Customer Service Assessment

Community members still have until Sept. 26 to express their opinions about garrison services. The survey can be accessed online by visiting the garrison's home page online at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil) and clicking on the "My Army Voice" link on the bottom right side of the page. Anyone who uses garrison services is invited to participate.

### Tuition assistance

Education Center officials report that with the end of the fiscal year approaching, all tuition assistance course enrollments with start dates through Sept. 30 must be requested in GoArmyEd before Sept. 21. Attempts to enroll in courses after Sept. 21 will not be approved. The enrollment cut-off is necessary to allow for the fiscal year change-over to Release 6.7 which takes effect Sept. 29, according to David Byrd, education services officer. The enrollment cut-off has no impact on registration for courses starting Oct. 1 or thereafter, but FY11 enrollments are subject to availability of funds, he said. For more information contact Keylah Colteryahn at mil 337-6020 or by email at [keylah.colteryahn@3eur.army.mil](mailto:keylah.colteryahn@3eur.army.mil).

### AFAP issue search option

Want to know the status of an active Army Family Action Plan issue? People can visit <https://www.myarmyonesource.com/default.aspx>, click on "Family Programs and Service," "Family Programs" and then "Army Family Action Plan" to access a new search application. Visitors can also pose a question about an active issue by email and receive a response within 72 hours, according to FMWR officials. (FMWRC Public Affairs)

# Make fruits, veggies the star attraction to staying healthy

**Col. Deborah F. Simpson**  
*U.S. Army Public Health Command (Provisional)*

Did you know that the Dietary Guidelines for Americans recommends that we eat more fruits and vegetables than any other food group?

It might be surprising, but fruits and vegetables are a nutritional powerhouse. They are a natural source of energy and are rich in several nutrients, including vitamins A and C, fiber, folate and potassium. They also contain phyto-nutrients, naturally occurring substances in foods that benefit health.

Eating plenty of fruits and vegetables may help to protect you from chronic diseases such as stroke and other cardiovascular diseases and certain types of cancer. Also, you can substitute fruits and vegetables for higher-calorie foods as a way to manage your weight.

Eating fruits and vegetables in a variety of colors (red, dark green, yellow, blue, purple, white and orange) makes eating these foods more exciting and provides a broad range of nutrients. Include all forms of fruits and vegetables — fresh, frozen, canned, dried and 100 percent juice. Most frozen and canned fruits and vegetables are processed within hours of harvest, so they retain their flavor and nutritional value. Also, canned fruits and vegetables are already cooked so they are ready to add to your recipes. Be sure to drain and rinse fruits that are canned in heavy syrup to avoid eating excess calories and sugar. Also, drain and rinse

canned vegetables to reduce the amount of sodium, especially if you have high blood pressure.

Since there are so many fruits and vegetables to choose from, you should never get bored. However, if you are like most Americans, you might be coming up short on the recommended servings of fruits and vegetables you should be eating each day. You can find out how many servings you need at [www.fruitsandveggiesmatter.gov/form.html](http://www.fruitsandveggiesmatter.gov/form.html).

Here are some tips to help you increase your intake so you can reap the many benefits these foods provide:

- ☺ For a quick snack, grab a piece of fresh fruit or some raw vegetables.
- ☺ Add vegetables to pizza as a delicious low-fat and nutritious topping.
- ☺ Combine dried fruit with nuts for a nutritious high-energy snack (have a 2:1 ratio of nuts to fruit).
- ☺ Make a veggie wrap with roasted vegetables and low-fat cheese in a whole-grain tortilla.
- ☺ Add vegetables to the sauce when preparing pasta and rice dishes, meat loaf and mashed potatoes.
- ☺ Toss vegetables into quick breads and muffins.
- ☺ Make a breakfast smoothie with skim or low-fat milk and frozen or fresh fruit.
- ☺ Try crunchy vegetables instead of chips with your favorite low-fat dip or salad dressing.
- ☺ Puree pears, peaches, apples or berries and use as a sauce on grilled or broiled seafood or as a topping on waffles and pancakes.

use as a sauce on grilled or broiled seafood or as a topping on waffles and pancakes.

☺ Add fruit to your morning hot or cold cereal.

☺ Be adventurous in adding vegetables to your sandwiches — romaine lettuce, spinach, tomatoes, peppers and cucumbers all make tasty additions.

☺ Have a cup of vegetable or tomato soup with your sandwich at lunch.

There are infinite possibilities for making fruits and vegetables the star attraction of your meals and snacks. For more information and ideas go to [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).



Photo by Karl Weisel

**Wiesbaden Commissary patrons enjoy shopping for fruits and vegetables at a special Farmer's Market.**

## FIRST .....

### Continued from page 2

ting issues and serving as focus group members," said Ann Powers. "This is still a new program for the garrison, and I expect that as the program matures and people become more familiar with Community FIRST and how it helps improve our community, we'll see even more participation in the future."

Interested in participating? The next Community

FIRST focus group is for military family members and will be held on Oct. 12.

Contact Customer Management Services at mil 337-5507, civ (0611) 705-5507 or visit the Customer Management Services webpage at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil) to submit an issue for consideration and for more information about Community FIRST and other CMS programs.

**See next issue for a focus on suicide prevention**



## Dental health

### The best filling is no filling

**By Maj. Kevin Parker**  
*Chief of Pediatric Dentistry and  
Prevention Officer, Wiesbaden  
Dental Clinic*

In recognition of Health Care Benefits Awareness Month, the Wiesbaden Dental Clinic would like to focus on the importance of prevention.

It is our aim to educate patients to a level to where they can maintain a healthy mouth throughout their entire lives.

One of the most important preventative tools is regular check-ups, otherwise known as an exam. During the exam it is

**Maj. Kevin Parker checks a patient's teeth as Melissa Morales assists.**

possible to discover small problems and correct them before they become large problems.

To help foster prevention and also to help expedite the patient's schedules, military dental clinics offer "prophy exams."

A "prophy exam" is an exam and cleaning completed the same day. This can be facilitated by simply requesting this service when setting up your exam appointment.

For all eligible beneficiaries this is a great time to take advantage of open appointments. Up until December, clinics will have significantly more open appointments to meet your dental needs.

There is an orthodontist, oral pathologist, general dentists and a pediatric dentist available at the clinic. Their services are provided on a space-available basis.

If you are unable to obtain an appointment with the pediatric or another department, there are other options.

The Wiesbaden military community is fortunate to have a strong force of local dentists to help with the surge of patients arriving in Wiesbaden. Not only do these providers speak English, but military dentists have also been getting excellent feedback about their quality of care.

For more information and to locate a preferred provider near you visit [www.europe.tricare.osd.mil](http://www.europe.tricare.osd.mil).



**Photos by Karl Weisel**  
**Dental assistant Neda Ramirez checks for appointments at the Wiesbaden Dental Clinic.**

## From the blotter

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

### Aug 28

**Baumholder:** A Soldier is being charged with drunken driving after military and German police conducted an intoxilyzer exam, which the Soldier failed.

**Wiesbaden:** An officer is being charged with failure to re-register his vehicle after the decal and registration had expired.

### Aug 29

**Wiesbaden:** Seven Soldiers were charged with failure to re-register their vehicles.

### Aug 30

**Baumholder:** A noncommissioned officer was charged in a traffic accident after striking another vehicle.

**Wiesbaden:** A Soldier is being charged with assault after being involved in an altercation which turned physical.

### Aug 31

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

**Wiesbaden:** An Army and Air Force Exchange Service employee is being charged with wrongful possession and use of a controlled substance.

### Sept. 1

**Baumholder:** A family member is being charged with shoplifting after concealing an item from AAFES and leaving the facility without proper payment.

### Sept. 2

**Baumholder:** Two Soldiers were charged with wrongful use of a controlled substance after failing a command urinalysis test.

**Wiesbaden:** Five Soldiers are being charged with failure to re-register their vehicles after the decal and registration had expired.

### Sept. 3

**Wiesbaden:** A civilian, who claims to work for the Wiesbaden garrison, was charged with shoplifting and assault while downtown Wiesbaden.

Andrews Federal Credit Union

## Saving energy . . . . .

**Continued from page 1**  
supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

In January 2009 the Army issued guidance for increasing energy security, the Army Energy Security Implementation Strategy. The Installation Management Campaign Plan, the strategic document directing our actions, includes a section focused on energy efficiency and security. This section, Line of Effort 6, was developed in support of the Army energy guidance. The keys to success for LOE 6 focus on reducing energy and water consump-

tion, increasing energy and water efficiency, modernizing infrastructure, and developing renewable and alternative energy supplies.

Since version 1 of the Campaign Plan was released in March, we have continued to work on LOE 6, in particular refining the keys to success and developing meaningful metrics to measure our progress. Version 2 of the Campaign Plan will be released in October, which is national Energy Awareness Month. I did not plan for the two events to coincide, but it is fitting. The revised LOE 6 will show us the way ahead for achieving energy security and efficiency critical to achieving and maintaining installation readiness.

While the Campaign Plan is the driving force in changing how we do business, the Installation Management Energy Portfolio is our toolbox. This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals. One example is metering. Residential Communities Initiative housing on 45 Army installations are metered to measure whether the occupants of each unit are using above or below the energy use baseline every month. Provided with the meter data, occupants have steadily reduced their energy consumption so that 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous

energy efficiency standards.

I have always said that vision without resources is hallucination, so the Energy Portfolio also lists a number of resource opportunities. These include Army and private programs, contracts and other vehicles through which installations can partner with private industry to gain expertise and resources to create innovative energy programs.

The Energy Portfolio highlights several projects in which installations are making creative use of all these resources to save and produce energy. These projects include a 12-acre solar power array at Fort Carson, Colo., a vegetative roof project at Tobyhanna Army Depot in Pennsylvania, a methane gas project at Fort Knox, Ky., the first wind turbine on an active Army installation at Tooele Army Depot in Utah, and solar walls at Fort Drum, N.Y.

In addition to version 2 of the Campaign Plan and the revised Energy Portfolio, in October I will also publish an energy operations order, to direct specific actions that raise the overall level of effort within IMCOM.

When we look at the energy projects around our installations, we can see IMCOM has made a solid start in addressing energy issues. However, when we consider those issues, we can also see how far we still have to go. Last year we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4 billion for fuel and utilities. That is a large price tag for resources we do not control and that will run out eventually.

I am looking for people who are passionate about energy issues and committed to finding innovative ways to solve the challenges. One key person is the garrison energy manager. Every garrison needs a full-time energy manager, or more than one, depending on the size of the installation, who can help leadership build a robust energy program. And every garrison needs leadership to back a robust energy plan. Leadership has to communicate that every Soldier, civilian employee and family member on the installation is responsible for doing his or her part.

Occasionally someone who is less than committed to energy efficiency says to me, in effect, "Hey, quit going on about turning off the lights." Here is an idea: turn off the lights and I will quit talking about it. When we have achieved the energy efficiencies that are pos-

sible — when we have found ways to avoid energy costs and reduce unavoidable costs and limited our use of nonrenewable resources — then we can talk about other issues, such as which Soldier and family programs to apply the savings to.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the Secretary of Defense is requiring from all the services. We have to look to them to more securely position us to accomplish our missions, to provide an even better quality of life for Soldiers and families, and to help address some critical environmental issues so that we do not pass them on to our children and their children. For all of these reasons, it is the right thing to do to get our energy programs right.

### News flash

#### Central Issue Facility closure

The Baumholder and Wiesbaden Central Issue Facilities will be closed Sept. 27 to Oct. 1 for annual inventory. Call mil 337-5413 or civ (0611) 705-5413 for details.

#### Leader moves on

Sgt. Maj. Clark Charpentier, sergeant major of the division surgeon section of 1st Armored Division, U.S. Division-Center, has been appointed to serve as the command sergeant major of the Troops Command Battalion at Landstuhl Regional Medical Center. Charpentier also received a Bronze Star Medal from Maj. Gen. Terry A. Wolff, 1st AD and USD-C commander and an Army Commendation Medal from Lt. Col. Vincent Barnhart, division surgeon for 1st AD during a ceremony at Camp Liberty, Iraq, Aug. 29. (Courtesy of Spc. Kim Wilkins, 1st AD Public Affairs)

**Omni**

**GS Immobilien**

**Restaurant Poseidon**

## Bravo 'Bulldogs' don combat patch

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

The newest standalone brigade combat team in the U.S. Army has become just that, a combat team.

Soldiers of Company B, 40th Engineer Battalion, 170th Infantry Brigade Combat Team, became the first to wear the 170th IBCT former wartime service shoulder sleeve insignia, or combat patch, during a ceremony in Kandahar, Afghanistan, Aug. 30.

The "Bulldogs" deployed from Baumholder in June in support of Operation Enduring Freedom. The Bulldogs have been providing additional route clearance support for the 20th Engineer Battalion, Task Force Lumberjack.

"This ceremony means a lot to all the Bulldog Soldiers. Not only does it signify that we've begun combat operations, but we have also made history," said Capt. Lorintz B. Gleich, company commander.

"We're the first Soldiers to wear this patch in combat in over a half century, and we've been doing so for nearly two months as we've already cleared over 1,000 kilometers of routes for our coalition partners and local nationals."

For Soldiers on their first deployment, the ceremony was more than a historical event for the 170th IBCT, said Pfc. Charles Moore, with Company B.

"It gives me pride in my unit and country and makes me feel more like a vet than a newbie," said Moore.

Soldiers of 3rd Battalion, 4th Infantry Regiment, 170th IBCT are the next unit from the brigade scheduled to deploy to Afghanistan. 3-4th Infantry is slotted to deploy from here in December followed by the remainder of the brigade in early 2011. (Sgt. Justin Bronson, assigned to Company B, 40th Engineer Battalion, 170th IBCT, contributed to this article from Kandahar Airfield, Afghanistan.)



Photo by Sgt. Justin Bronson

Soldiers from Company B, 40th Engineer Battalion, 170th Infantry Brigade Combat Team, take part in a "combat patch" ceremony in Kandahar, Afghanistan, Aug. 30. The Soldiers deployed in support of Operation Enduring Freedom from Baumholder in June. They are the first Soldiers from the 170th IBCT to conduct combat operations since World War I.

### SY 2010-2011 GARRISON FEE CHART FOR: USAG BAUMHOLDER

CHILD DEVELOPMENT CENTERS (CDC) Monthly FEE CHART							YOUTH SPORTS (YS) Season FEE CHART		
Total Family Income Categories	Full Day	Part Time*	Part Day Pre-School			Category	Sports	Season Fee	
			5 Day 3 Hr	3 Day 3 Hr	2 Day 3Hr				
CAT 1	\$0 - 29,400	\$210	\$162	\$92	\$58	Developmental Sports	Team Sports for Ages 3 - 5	\$20	
CAT 2	\$29,401 - 35,700	\$284	\$212	\$128	\$80	Category A	Soccer, Flag Football, Cheerleading, Basketball, Volleyball, Track & Field, Dodge Ball	\$40	
CAT 3	\$35,701 - 46,200	\$352	\$260	\$158	\$98	Category B	Baseball, Softball, Wrestling	\$45	
CAT 4	\$46,201 - 57,750	\$426	\$312	\$190	\$118	Category C	Tackle Football, Lacrosse, Ice Hockey, Competitive Swimming, Golf, Field Hockey	>= \$65	
CAT 5	\$57,751 - 73,500	\$504	\$360	\$226	\$136	* Category C Sport Fees are locally determined but must be equal to or greater than amount shown OTHER SPORTS NOT LISTED: Contact FMWRC Sports POC to determine appropriate Category			
CAT 6	\$73,501 - \$85,000	\$566	\$406	\$256	\$154	FINANCIAL DISCLOSURE: Patrons who do not wish to disclose financial information will be placed in Category 9.			
CAT 7	\$85,001 - \$100,000	\$578	\$424	\$258	\$160	MULTIPLE CHILD REDUCTION: A 15% Reduction is offered to the second and subsequent children in all regularly scheduled Army Child Care Programs to include Sports. (Full fee is charged for the child in the most expensive care option, e.g., Full Day CDC care vs SAS care).			
CAT 8	\$100,001 - \$125,000	\$584	\$434	\$260	\$164	LATE PICK-UP FEES: Family fee of \$1.00 per minute/\$15.00 maximum. Note: If Family has children at different sites, late pick-up fees are assessed per site.			
CAT 9	\$125,001+	\$590	\$444	\$262	\$168	*PART TIME CARE: Applies to CDC (4 - 5 hr / 5 day) and Kindergarten Care (for children attending a part time [AM or PM] Kindergarten program).			
STANDARD HOURLY RATE: \$4.00 (Multiple Child Reductions and Total Family Income Categories do not apply)							All Fees effective 1 October 2010		

SCHOOL-AGE SERVICES (SAS) and KINDERGARTEN Monthly FEE CHART						Additional Information
Total Family Income Categories	Before/After School	Before/After Kindergarten	Before		SAS Camp (Weekly)	FINANCIAL DISCLOSURE: Patrons who do not wish to disclose financial information will be placed in Category 9.
			Before	After		
CAT 1	\$0 - 29,400	\$114	\$126	\$48	\$78	MULTIPLE CHILD REDUCTION: A 15% Reduction is offered to the second and subsequent children in all regularly scheduled Army Child Care Programs to include Sports. (Full fee is charged for the child in the most expensive care option, e.g., Full Day CDC care vs SAS care).
CAT 2	\$29,401 - 35,700	\$148	\$164	\$62	\$102	
CAT 3	\$35,701 - 46,200	\$182	\$202	\$76	\$126	
CAT 4	\$46,201 - 57,750	\$218	\$240	\$90	\$150	
CAT 5	\$57,751 - 73,500	\$252	\$278	\$104	\$174	
CAT 6	\$73,501 - \$85,000	\$284	\$314	\$118	\$196	
CAT 7	\$85,001 - \$100,000	\$298	\$330	\$124	\$206	
CAT 8	\$100,001 - \$125,000	\$304	\$336	\$126	\$210	
CAT 9	\$125,001+	\$312	\$346	\$130	\$216	
OCCASIONAL USE RATES: Part Time (< or = to 4 hrs./day) \$16.00 Daily (> 4 hrs.): \$30.00 (Multiple Child Reductions and Total Income Family Categories do not apply)						

# Vacation ends with Bible voyage

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



Photo by Ignacio "Iggy" Rubalcava

**A child attending Vacation Bible School prepares a blanket that will eventually be mailed to children in Africa.**

Summer vacation ended with a Bible voyage for 75 Baumholder children during this year's Vacation Bible School.

The 45 volunteer instructors and assistants used novel teaching methods to show the children how God interacts in their daily lives and the meaning of sharing. Instructors used crafts, games, movies and even candy to teach the children about the Bible and God.

The children gathered each morning in the Smith Elementary School gym for a motivational session with volunteers — Contina Harrison, Frida Rocha, Christina Spicer, Beto Rocha and Sydney Giefer. The five led the children during the first session of each day with singing and dancing and also closed out each day with a second session after the children were finished with their daily voyages from station to station.

"It's fun to volunteer and see the reaction of the kids," said Catherine Skinner, a Vacation Bible School volunteer.

To help with this year's Vacation Bible School, the Baumholder Chapel sought out the help of Pastor Charles Miller from the International Worship Center in Baumholder.

Vacation Bible School in Baumholder is not only multicultural, it is also representative of Christianity as a whole. It is Christian-based so the entire Christian community comes together for this event, not just Protestants or Baptists or Catholics — all Christians, said Chaplain (Capt.) Todd A. Claypool, from the Baumholder community chapel.

Some of the unique learning sessions included Sail Away Cinema, where the children watched a movie describing Bible points. The focus was on understanding what God's word meant to them. Instructors Shakia Benjamin and Jacquelyn Bryan used "God sightings" to show children how God interacts in their everyday lives.

Bible Voyage instructors Katie Lenke and April Pike focused their segment on a specific Bible story and theme.

Clipper Crafts and Missions was a popular session for the children. As the name implies, instructors Tina Hill and Michelle Morrison used crafts to teach the children. The final session was a compilation of all they did throughout the week and included preparing a blanket for shipment to Africa as part of Operation Kid to Kid. The blankets are first sent to Vacation Bible School headquarters and from there they are distributed to children in Africa. "This shows children that other children are thinking about them," said Hill. "It's a way of reaching out to those children," she said.

## Let your voice be heard

Has the garrison heard from you? Has your voice been heard on how Baumholder is meeting your needs in an array of services from on-post housing and heating/cooling to road maintenance and recreation facilities? The Customer Service Assessment survey is your avenue to have your voice heard and is currently being conducted online at [www.mymilitaryvoice.org](http://www.mymilitaryvoice.org) until Sept. 26.

To make the survey meaningful, a sufficient number of participant voices from Soldiers, family members, retirees, Department of the Army civilians and veterans is needed. Everyone who lives, works or plays on this garrison is invited to participate. Early returns show a lack of Soldier and civilian participation. If this garrison is to achieve a 90 percent confidence factor in the results, the Soldiers

and civilians must participate in greater numbers than achieved thus far.

This survey is important as the garrison commander and directors rely on this data to see how the post is meeting the needs of all constituents, including identifying what areas need improvement and what areas are doing great. It is your opportunity to let the garrison know what services are important to you and how the service providers are performing. "If you don't tell us, we will not know your personal experience," said a survey manager.

Log into the survey at [www.mymilitaryvoice.org](http://www.mymilitaryvoice.org) and spend less than 15 minutes online to express how the garrison is doing." Your feedback is valued from the garrison commander on down.

## Outside the gate

- Sept. 17-19**  
20th International Jazz Days at St. Wendel Saalbau; entrance fee
- Sept. 18-20**  
Baumholder city fair; market on Sept. 20 at Kennedyallee
- Sept. 19**  
Farmers' market at Rötweiler-Nockenthal
- Sept. 26**  
Fall market at Freisen, Naturwildpark
- Oct. 1-4**  
Wine maker'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**  
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.
- Oct. 23-31**  
City fest at Birkenfeld; shops open on Sunday
- Oct. 23-24**  
Thanksgiving fest and parade at Rückweiler, 2 p.m.
- Oct. 23-31**  
Wendel's fair at St. Wendel
- Oct. 23-24**  
Hobby artist exhibition at Baumholder Brühlhalle

## Rising Star to showcase Baumholder's talent

Operation Rising Star begins this year Sept. 20 with round one at the Hill Top Theater at 7 p.m. Round two is at 7 p.m. at the Rheinlander Community Club.

The final round is Sept. 22, also at 7 p.m. at the Rheinlander Community Club.

The event is free and competition is open to all U.S. ID card holders. Family members must be 18 years or older to compete.

The application to participate may be downloaded at [www.oprisingstar.com](http://www.oprisingstar.com).

Interested persons may also call the special events department at mil 485-6115 or the Hill Top Theater at mil 485-7244 for an application.

More information is available by sending an email to the Special Events Department at [catherine.dubosc@eur.army.mil](mailto:catherine.dubosc@eur.army.mil) or the Hill Top Theater at [eric.danzeiser@eur.army.mil](mailto:eric.danzeiser@eur.army.mil).

Deadline for registration is Sept. 23.

Operation Rising Star is modeled after the popular television show American Idol. The competition is open to all active duty, reserve, and National Guard Soldiers for all branches of service and their



Photo by Ignacio "Iggy" Rubalcava

### Last year's winner Sally Moser.

family members age 18 and older.

This year marks the sixth season for Operation Rising Star.

Finalists will compete locally and then go onto compete on the Pentagon Channel.

The grand prize for this year's top performer is truly The ultimate music recording experience; an all-expense-paid trip for two to Los Angeles, Calif.,

to record a three-song demo CD.

The experience includes professional studio time and one-on-one time with music executives who will coach the winner in music arrangement, vocals, mixing and mastering.

Every participating installation will award cash prizes for first (\$500) through third (\$100) place finishers.

Audience members are encouraged to come out and support their favorite contestants at all the local events, since each local contestant will also award a \$300 cash prize "Spirit Award" to the most supportive unit or Family Readiness Group.

Selection at the installation level will be done through a combination of audience voting, scores from a three-judge panel and audience votes. The judges' ratings count for 50 percent of the participants' score.

Will you be the Army's 2010 Rising Star winner? It starts with competing in the elimination rounds at your local installation and rallying all your friends to fill the audience and vote for you.

Download your contestant application for the Baumholder competition at

[www.baumholder.army.mil](http://www.baumholder.army.mil).

Interested contestants can also pick up an entry form from the Baumholder Special Events Office, Building 8680 on Smith Barracks or at the Arts and Crafts center, Building 8895.

The deadline for returning your completed entry form is Sept. 17.

For complete details, official rules, and a list of participating locations, visit [www.OpRisingStar.com](http://www.OpRisingStar.com).

The winners at each local installation will forward their performance videos to the Family and Morale, Welfare and Recreation Command's Army Entertainment Division to be reviewed and shared online.

See official rules at [www.oprisingstar.com](http://www.oprisingstar.com) for additional details.

The top 12 vocalists selected from the performance videos submitted will perform at the live finals Nov. 6-7 on the Pentagon Channel.

Second and third prizes at the televised finals are \$1,000 and \$500 dollars respectively.

This year's Operation Rising Star competition is sponsored by General Motors Military Discount program.

USAG Baumholder Ad

## FMWR roundup More roundup is available at www.baumholder.army.mil/sites/local/MWRBriefs.asp

### September trips

The following trips are scheduled in September with Outdoor Recreation:

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

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

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

### Bad Dürkheim fest

Join Outdoor Recreation for a one-day trip to visit the largest wine festival in Bad Dürkheim Sept. 19. 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.

### Munich Oktoberfest

Join Outdoor Recreation on this one day trip to the largest beer fest in the world Sept. 18, 25 and Oct. 2. Trip departs at 3 a.m. from the Rheinlander parking lot, and returns at 2 a.m. the next day. Cost per person is \$26. For more information contact Outdoor Recreation at mil 485-7182.

### School of music opens

Baumholder Child Youth and School Services, SKIES Unlimited and Baumholder Creative Arts Center present the Modern School of Music. Session times for guitar lessons are Wednesdays from 11 a.m. to 5:30 p.m., drum lessons are Thursdays from 11 a.m. to 5:30 p.m. Cost is \$100 per month. Individual lessons are 30 minutes; group lessons 45 minutes. Sign up by calling Child, Youth and School Services' Parent Central Services at mil 485-7003, SKIES Unlimited Office at mil 485-6969 or the Baumholder Creative Arts Center at mil 485-6687.

### Pool changes hours

The Baumholder Aquatics Facility changes its hours of operation beginning Oct. 1 to better serve the community. New hours will be Tuesdays through Fridays, 11:30 to 7 p.m. and Saturdays, 10 a.m. to 5 p.m. The pool will be closed Sunday, Monday and holidays

unless otherwise posted.

For information on aquatics programs, contact the aquatics manager at mil 485-7093 or civ (06783) 6-7093.

### Breast cancer run

A breast cancer awareness run is scheduled for Oct. 16. The event is jointly hosted by the Baumholder Sports, Fitness and Aquatics branch and the Health Clinic. The first run starts at 9 a.m. The run focuses on steps to prevent cancer and treatment options. The first 300 paid participants will receive T-shirts with information on cancer treatment and prevention. Categories are 12 and under, 13-17, 18-27, 28-38 and 38 plus. There are also categories for walkers and stroller pushers.

Registration is from 8-9:30 a.m. on the day of the run. Runners may also sign up at the Care Fair Sept. 11 from 10 a.m. to 4 p.m.; at the post exchange from 11 a.m. to 1:30 p.m. Sept. 16 and 23; and at the community mail room from 11 a.m. to 3:30 p.m. The last day for pre-registration is Oct. 13 at the hall of Champions from 11:30 a.m. to 3 p.m. and on race day from 8-9:30 a.m.

### Flea market bargains

A community flea market is scheduled for 9 a.m. to 4 p.m. Oct. 2 at the Rheinlander Community Club. Table set-up is from 7:30-9 a.m. Tables are available for rent at the Rheinlander. Reserve your table on or before Oct. 1. Cost for one 6x6 table and space is \$10. Cost for two 6x6 tables with space is \$15. Admission to the flea market is free to FMWR authorized patrons. Call mil 485-7507 or civ (06783) 6-7507 for more information.

### Baby handling

Bringing Home Baby sessions are offered every first Tuesday of the month from 1-2:30 p.m. Sessions include discussions about prenatal care, labor, delivery, breast-feeding, bottle-feeding and infant development. Important information every parent should know on topics such as Sudden Infant Death Syndrome and shaken baby injuries will also be given.

Snacks will be provided. Call Army Community Service for more information at mil 485-8188.

### Newborn Network

The Newborn Network is a supportive network of parents that meets every first and third Friday of the month for one hour from 10-11 a.m. at Army Community Service, Building 8746, to discuss information about baby growth, breast-feeding and a whole array of topics. Snacks will be provided. Call ACS for more information at mil 485-8188.

### Classical ballet

Classical ballet is offered from 3-4 p.m. Mondays for ages 6-10 years old. The cost is \$65 for four sessions. Sessions for 10-18-year-olds are Wednesday from 3-4 p.m. The cost is \$85 for eight sessions.

Students may register at Child, Youth and School Services central services in Building 8743. For more information call mil 485-7003 or civ (06783) 6-7003.

### Kindermusik classes

Kindermusik Village Classes are offered by Child, Youth and School Services and SKIES Unlimited. Classes incorporate the most current research on early childhood development and provide families a special place for learning and connecting with other parents and babies through music and movement. Sign up at CYSS Parent Central Services or contact the SKIES Unlimited Office at mil 485-7003.

### CYSS seeks coaches

Child, Youth and School Services Youth Sports and Fitness tackle football program is looking for assistant coaches. Youths ages 12-14 will compete against other tackle football programs within Germany. The team typically practices three times a week — Monday, Wednesday and Friday from 5:30-7:30 p.m. Home games will be played on Minick Field. Contact Youth Sports and Fitness at mil 485-8249, civ (06783) 6-8249 or Daniel Washington at mil 485-8249, or civ (06783) 6-8249.



Photo from Bernd "Bernie" Mai

1st Sgt. N.C. Laird Jr. accepts the 92nd Military Police Company colors from Capt. Marcus Perez.

## 92nd MPs unfurl colors, change responsibility

The 92nd Military Police Company conducted a company guidon unfurling and change of responsibility ceremony Aug. 25 honoring outgoing 1st Sgt. Shawn A. Lawrence and welcoming 1st Sgt. N.C. Laird Jr. as the new company first sergeant.

Lawrence, a recent Sergeants Major Academy selectee, and his wife, Keisha, will remain in the 95th Military Police Battalion, through June of next year.

The unfurling ceremony, conducted by Capt. Marcus Perez, 92nd Military Police company commander, and Lawrence officially marked the return of the company after their year-long deployment to Afghanistan in support of Operation Enduring Freedom.

"Although dispersed throughout the Afghan theater, the 92nd used outstanding lead-

ership and tactical superiority to accomplish their assigned missions and ensure the safe return of 156 combat proven Warriors," said Perez.

During his address to the first sergeants, Perez spoke of the unit's many accomplishments under Lawrence and the continued challenges that lie ahead for Laird.

"Without a doubt, the unit's legacy and its future are right in line with the unit's motto, 'Rock Solid,'" said Perez.

The ceremony was held at the Rheinlander Community Club field and was followed by a reception in the company day-room where guests gathered to welcome the company home.

Joe Satellite



# Ready Army promotes emergency readiness

## September is National Preparedness Month

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

Would you know what to do in an emergency? Does your family have a plan for how to communicate and react in the event of a catastrophe, natural disaster or some other unforeseen occurrence?

Members of the U.S. Army Garrison Wiesbaden Directorate of Plans, Training, Mobilization and Security are reminding people during September — National Preparedness Month — that having a basic home emergency kit, making a plan and being informed are vitally important in being ready to deal with any situation that might arise.

“When an emergency happens, first responders and emergency services will be busy responding in the first 72 hours,” said Robert Thomas, a Chemical, Biological, Radiological, Nuclear, Explosives operations specialist with USAG Wies-

baden’s DPTMS.

In the case of an earthquake, terrorist attack or other emergency situation, individuals and families should be prepared to take care of themselves in the hours immediately following the event, he said. That means having adequate food, water, medical supplies, flashlights and batteries; knowing how to gather vital documents quickly; knowing where to seek shelter and how to stay in touch.

“They should be thinking about how to ensure the safety of themselves and their family members,” Thomas said. That includes knowing how to react, how to stay informed — “basically saving themselves and their family members.”

As part of National Preparedness Month, officials are providing helpful materials at different community locations and detailing the steps people can take to be prepared. Among readiness tools are building a basic home emergency kit



Photo by Darline Goyea

**Robert Thomas (right) talks to Master Sgt. William Trabucco about the Ready Army program at the Community Information Brief Aug. 31.**

with food, water and medical supplies; flashlight, radio and batteries; maps, plans, cash and personal documents; and knowing how to use the kit. Individuals should also prepare emergency kits for their vehicles and workplaces.

Thomas said that these kits should be checked and updated periodically.

Having a family emergency plan is also important, he said. “Develop a family communications procedure. Practice at least twice a year.”

Equally important is knowing how to get information in an emergency. Information sources include the garrison’s home page at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil), other information on

the Internet, briefing sessions, the American Forces Network radio and television, the Commander’s Information Channel and messages on Army computer networks.

For more information about the Ready Army program visit [www.acsim.army.mil/readymil](http://www.acsim.army.mil/readymil) or [www.ready.gov/america/getakit/army.html](http://www.ready.gov/america/getakit/army.html).

# POWER training aimed at empowering care givers

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

Everyone needs a break from time to time — especially those dedicated to serving service members and their families.

Army Community Service’s POWER (Providing Outreach While Enhancing Readiness) training aims to empower care givers by supplying them with the tools to recognize when they may need to step back, renew and rejuvenate.

“It’s a lot of self discovery,” said Annikka Trabucco, Wiesbaden Army Family Team Building and Army Family Action Plan program manager. “POWER teaches how to look at yourself and recognize when a red flag comes up and you need to take care of yourself.”

While many people may think of care givers as only those in highly visible professions such as doctors or mental health professionals, care giving includes a wide spectrum of volunteers, employees, family members and service members, Trabucco said. “Really this is open to all of us.”

“A lot of people think automatically — being care givers — ‘I’m fine I can get through this,’” she said. But with such a high operations tempo environment, the stresses of deployment and other military life challenges, everyone can benefit from learning how to



“watch for areas that may be affecting us — knowing what some of the specific triggers are.”

This involves learning self-awareness and self-care — particularly when care givers “at some point hit that wall.”

“We offer some tools they can use to take care of themselves,” Trabucco said. “We want them to realize how to take that five or 10 minutes to take care of themselves. If you do it correctly, you’ll feel refreshed.”

“Do you need help with time management — we touch on that a little bit as well,” she said.

With volunteers playing a major role throughout the community, POWER is also a way to reach out to those people who dedicate their time and services to help others, said Sherri Davenport, Wiesbaden Army Community Service’s Mobilization and Deployment program manager. “We don’t offer a lot of things for volunteers and this is a way to give back to them and the people they care for. ... We’re happy to offer them additional skills.”

At a POWER class held earlier this year, participants expressed very positive reactions to the training. “We had a real diverse audience and it was very well received,” said Davenport.

“People were really happy — although some were apprehensive at first,” said Trabucco. “As everyone knows, touchy feely and the Army don’t necessarily go together. But by the end of the class they were very appreciative. ... We had quite a mix of Soldiers and families during the last one we did.”

POWER training will be offered Sept. 29 from 8:30 a.m. to 5 p.m. at the Wiesbaden Entertainment Center. Anyone with a U.S. ID card can register to take the class by calling ACS at mil 335-5254 or civ (0611) 4080-254. For more information email [Annikka.trabucco@eur.army.mil](mailto:Annikka.trabucco@eur.army.mil) or [sherri.davenport@eur.army.mil](mailto:sherri.davenport@eur.army.mil).

# Honoring service, looking to life after retirement

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

For three “faithful warriors,” retirement from the Army may mean taking off the uniform, but their service isn’t over.

“All are heroes who have met the challenge of serving our great nation,” said Col. John Cox, deputy commander of the 5th Signal Command, during a Sept. 1 retirement ceremony. “We are honored and truly blessed for the sacrifices you have made.”

As a pastor, a teacher and a man eager to find work with the U. S. government here in Europe, each retiree honored during the ceremony on Wiesbaden Army Airfield has plans to continue to serve even as his military career closes out.

“I’m just taking the uniform off,” said U.S. Army Garrison Wiesbaden Chaplain (Col.) Larry Robinson. “I plan to continue to do what I do with pastoring and ministry.”

In his 30 years in the U.S. Army, Robinson served through the Cold War to Operation Iraqi Freedom. Entering

the Army before as a graduate from the Furman University and the Southern Baptist Theological Seminary, Robinson chose his career path early.

“I came in as a pastor, and I leave as a pastor,” said Robinson.

After 20 years in the U.S. Army, Sgt. 1st Class Seymour Brown with the Headquarters and Headquarters Company, 16th Special Troops Battalion, said teaching is his next calling.

“I want kids to learn the right way of eating and fixing a meal, getting them away from all that fast food,” said Brown, who has a degree in culinary arts.

Brown, who has deployed to areas including Hungary, the Republic of Congo, Bosnia and Albania, described his next phase in life as joining “the elite group of Troops to Teachers” and teaching in Georgia with his wife.

And after 24 years in the Army, Sgt. 1st Class Gary McCloud of the 421st Multifunctional Medical Battalion plans to stay in Europe and seek employment in which he will still be connected with the U.S. government.

Looking back at his time in service,



Photo by Jennifer Clampet

**Chaplain (Col.) Larry Robinson (from left), Sgt. 1st Class Gary McCloud and Sgt. 1st Class Seymour Brown stand at attention during the trio’s retirement ceremony honoring the three men’s more than 70 years of combined service for the U.S. Army.**

McCloud, a battalion operations sergeant, noted the technology that Soldiers will continue to evolve with during their service in the military.

Calling it a revolving wheel, the use of technology has grown in the military,

said McCloud.

With his retirement opening a door to even more demands from technology, McCloud added, “I’m just looking forward to fitting into my next phase of life.”

# Youths’ song inspires energy conservation habits

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

Writing, performing and producing a catchy song isn’t about fame and fortune for one group of U.S. Army Garrison Wiesbaden preteens.

They’d much rather be “Energy Stars.”

“I hope that people will save more energy,” said sixth-grader Shailen Hinson, a member of the Hainerberg School-Age Center’s Music Makers Club responsible for the “Turn the Lights Out” music project.

The song — the basis of an Energy Star and Boys and Girls Clubs of America Partnership project — is meant to encourage energy savings among youths in the garrison community.

“Hit the street on your feet or wreck the cement with your board,” goes the lyrics to the song. “Just forget the car, just leave the car and be an energy star.”

The song will be unveiled this fall. The group’s project proposal also includes designing posters and flyers and holding an open house to promote the Energy Star Program.

Energy Star — a program



Photo courtesy of the Hainerberg School-Age Center

**Shailen Hinson and Kambria Price record the vocals for the track “Turn the Lights Out.”**

sponsored by the U.S. Environmental Protection Agency and the Department of Energy — is designed to help Americans cut back on energy consumption in order to save money and protect the environment.

The U.S. Army has its own energy savings program with laws mandating that renewable energy contributes to 5 percent of each Army installation’s total electricity consumption by fiscal year 2012 and not less than 7.5 percent beginning in fiscal

year 2013.

According to Energy Star, energy-efficient choices can save families about a third on their energy bills and help cut back on greenhouse gas emissions.

“Americans saved enough energy in 2009 alone to avoid greenhouse gas emissions equivalent to those from 30 million cars and all the while saving nearly \$17 billion on their utility bills,” according to the Energy Star’s website, [www.energystar.gov](http://www.energystar.gov).

The Wiesbaden all-girl group’s project earned the Hainerberg SAC a \$710 Energy Star stipend to be used to encourage youth-led energy efficiency and energy conservation activities.

“The angle on this was to relate to youth, get them to cut out the waste of energy,” said David Kent, technology lab administrator at the Hainerberg SAC.

While the Energy Star project blossomed out of a group of his students in the center’s guitar club, Kent credited the all-girl group of 10-, 11- and 12-year-olds with implementing and following through with the four-month project which has

included vocal talents, lyrical writing skills and perseverance on the part of each group member.

“Personally, when I was 10 I wasn’t doing things like this,” said Kent.

So what advice does the

Music Makers Club have for garrison youth on saving energy?

“Done chattin’? Facebookin’? Emailin’? MySpacin’? Put your computer to sleep then. Then you can play with your friends then. Please do your part for the earth, you and me.”



Photo by Chrystal Smith

## Filled with the spirit

**Gabriela Richard, backed by Helena Boateng and Keylah Colteryahn, lead the congregation in a worship song during the first night of the three-day Fall of Fire Revival Aug. 27 at the Hainerberg Chapel. Each night the event welcomed a different minister who incited and inspired members of the Christian faith in the Wiesbaden military community with spiritual words of encouragement, prophecy and motivation.**

## Friends gather to remember departed volunteer

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

“Bye for now,” was the way Master Sgt. Ryan Miles of the 485th Intelligence Squadron bid Rachel Berger and her family farewell as they departed from the Wiesbaden community this summer.

He, like many others she had impacted through acts of kindness and friendship during her six years in Wiesbaden, looked forward to seeing her again.

On Sept. 2 Rachel passed away in her sleep at her parents’ home in Australia during a visit to attend her grandmother’s funeral held two day earlier.

Friends and community members joined together for an informal memorial ceremony Sept. 10 at Aukamm Elementary School. During the ceremony, friends recounted special memories of Rachel, an active volunteer with the USO, Aukamm Elementary School and

other agencies, and her family while they resided in the Wiesbaden military community.

“Fragility,” said Miles as he fought back emotion to share a letter written to her children about Rachel. “She was a vibrant, rough, tough person ... shoot she would have taken me out.”

A number of written sentiments painted a picture of someone who touched many lives while in the community.

“Loving and giving ... it was remarkable ... a living, breathing angel,” wrote Capt. Mike Brooks who worked with her husband. “She was the most ‘giving-est’ person I ever met.”

“My favorite Aussie,” wrote Christy Martin who worked with Rachel at the USO. “She could take any situation and turn it into the kind you would remember and laugh at to yourself. ... She was never the fade away type.”

“She was gracious, loud, funny, a bit

naughty and quick with a smart comeback,” wrote Capt. Matt and Suzie Perry, who were members in the squadron during the same time as the Berger family.

And though many shared a variety of memories and thoughts about Rachel, many were simply grateful at the opportunity of ever having met her.

“Thank you Rachel for sharing a little bit with me,” said Earl McFarland who became fast friends with Rachel after she used her resources to get some highly sought after lemon Girl Scout cookies.

Rachel was laid to rest Sept. 10. The



Photo by Chrystal Smith

**Rachel Berger died in her sleep while in Australia for the funeral of her grandmother.**

Berger family was en route to their new assignment at Misowa Air Base, Japan.

They asked that those wishing to send flowers instead to make donations to the Susan Komen Breast Cancer Awareness organization.

## Military Combat Eye Protection proven sight saver

**By Sgt. Patrick Sheffield**

Noncommissioned Officer  
in Charge of the Wiesbaden  
Optometry Clinic

Recent studies have found a reduction in ocular trauma that may be largely attributable to Military Combat Eye Protection wear. Coalition casualties attributed to eye injuries have decreased from 16 percent in December 2004 to fewer than 10 percent through December 2007.

In a 2009 survey of MCEP users, 33 percent of those who responded indicated they had a personal experience during which they felt their combat eye protection had saved their eye(s) from being injured.

To mitigate and control the hazards attributed to eye injuries, the use of eye protection, or “eye armor,” must be required during field tactical operations, training or situations where there is risk of combat. To mitigate eye injuries, use only items from the Authorized

Protective Eyewear List.

The Military Combat Eye Protection Program was established to validate and authorize protective eyewear devices for use by all military personnel. The program is managed by the program executive officer Soldier and is executed under Product Manager Soldier Survivability.

Products placed on the APEL meet performance requirements including system configuration, system weight, system interfaces, environmental factors, chemical resistance, ballistic protection, optical characteristics, flammability and durability and are retested at least every two years.

Several protective eyewear systems currently are approved for military use. Some of these systems can be worn only by individuals who do not require prescription lenses, while others can be worn by both prescription

and non-prescription eyewear users.

MCEP is issued to all initial entry training Soldiers and upon deployment through the Rapid Fielding Initiative. MCEP can also be ordered through the Soldier’s unit through common logistics channels or be purchased commercially through Military Clothing and Sales, post exchanges or directly from the manufacturer.

Prescription lens carriers for those requiring optical correction are a Class VIII medical item and may be ordered through the local military Optometry Clinic. Do not order prescription lens carriers from sources other than the military as they have not been validated to meet the ballistic standard, and may result in serious injury. Also, be aware that optometry clinics only provide the prescription lens carrier and do not provide the MCEP spectacle and

goggle systems.

“What we have seen down-range and even in garrison training, a majority of Soldiers are doing the right thing and wearing the protection they have been issued,” said Capt. Jason Moran, officer in charge of Wiesbaden Optometry.

The services provided at the Wiesbaden Health Clinic include getting the optical devices you need, to include eyeglasses and inserts for your Combat Eye Protection.

There are slight authorization differences between military services. Army and Air Force units may purchase all items on the APEL, while Marines are limited to the ESS ICE II, ESS NARO and ESS Profile NVG. Only medical

personnel are authorized items in the Navy. Only clear and gray/smoke sunglass lenses are authorized for the MCEP listed on the APEL. Other lens tints, including yellow, orange, rust, rose and others known as “blue blockers,” are not authorized because they adversely impact and degrade color recognition and overall mission performance.

Tips:

Do not purchase or order eye protection from random sources. Use military resources only.

If you wear glasses, make sure to look for “Rx Capable.”

Contact the Wiesbaden Optometry Clinic for assistance at mil 337-6483 or civ (0611) 705-6483.

Beautiful Nails

Ursula Weddig -- Lawyer

Cool GmbH

# 1st AD Soldier strives for personal excellence

**By Sgt. Kimberly Johnson**  
196th Mobile Public Affairs Detachment,  
1st Armored Division, U.S. Division-  
Center



**Narayan**

Anything one 1st Armored Division Soldier digs her hands into, she digs it all the way. Her aspirations are as big as her personality. And she says it's because of strong values and people who have believed in her, her entire life.

Sgt. Asha Narayan, Company B, Division Special Troops Battalion, 1stAD, U.S. Division-Center patient administrator, said she aspires to be a general officer in the Army, as well as obtain her doctorate in chemistry; and there is little doubt in anyone's mind she will someday reach those goals.

"Sgt. Narayan shies away from nothing ... I love her fearlessness, motivation and willingness to learn new things and take on new challenges," said Capt. Michele Kehrle, Company B, DSTB medical operations and patient administration officer-in-charge.

Raised in Guyana in a traditional Indian family, Narayan said she was given strong values from the start.

"Respect for elders is held very high in my culture. So growing up, I knew my

place," said the Valley Stream, N.Y., native. "The greatest value I learned from my grandparents is honesty."

Narayan said she has fused strength from overcoming obstacles with military tact over the years to be the person she is today.

Though she is now seen as a model Soldier, she affirmed it wasn't always that way.

"My attitude has improved drastically over the years," said Narayan who expressed her appreciation of constructive criticism, crediting a past noncommissioned officer for shaping her into the Soldier she is today. "I am a lot nicer, I care about other people's feelings and I have more compassion."

Narayan's coworkers echo her sentiments and noted her ability of handling criticism.

"Her strongest qualities are her open-mindedness to recommendations and mentorship, and her motivation," said

Kehrle who works closely with the NCO. "Personally, she is considerate, level-headed, introspective and reliable."

While her attitude has changed significantly, Narayan maintains that it is still her biggest weakness and inevitably could hinder future success.

"That's the only thing I would change about myself," said Narayan, who attributed a positive attitude to making the commandant's list upon graduation from the Warrior Leaders Course. "I have come a long way, but there is always room to improve."

There is no stopping for Narayan. She plans on reaching all the way for the top of the ranks and becoming a general officer.

"I think the enlisted side (of the Army) is amazing, but I think of myself as more of a leader, like on the officer's side of the house," said Narayan who must first obtain a bachelor's degree to qualify to become an officer.

But Narayan's aspirations do not stop there. She also seeks to accomplish major academic goals.

"I want a Ph.D. in chemistry. It's always been a goal in my life," said Narayan. "Sci-

ence is my passion. I love putting different pieces of information together and seeing what I come up with as the creation."

Cultural awareness is another passion for Narayan who was involved in supporting Asian Pacific Heritage Month activities in May.

"It is so important to reach out for a better understanding of cultures because in the Army, we all work so closely with each other. It is important for me to show people there is more to a culture than what they think," Narayan said, adding that she also wants to be an Equal Opportunity adviser for her unit.

"What makes Sgt. Narayan stand out is, she is the kind of person and NCO who says 'What can I do?' versus 'Why

I cannot,'" Kehrle said. "That is a rare and invaluable trait."

As Narayan continues to reach above where others find limits, she remembers who helped her along the way.

"My biggest appreciation is that my NCOs never gave up on me," Narayan said. "Anything I wanted to do, they have always supported me. That made the biggest difference in my career."



**USAG Wiesbaden Ad**

## Community notes ... Community notes

### Cub Scout registration

Cub Scout Pack 13 welcomes new Scouts in grades one to five. A registration/information night will be held Sept. 16 at 6:30 p.m. at Aukamm Elementary School. Boys will enjoy sports and games while their parents learn about scouting and register their child. For more information send an email to [pack13wiesbaden@googlemail.com](mailto:pack13wiesbaden@googlemail.com).

### Bingo Sept. 17

All ID cardholders of the Wiesbaden military community are invited to bingo, sponsored by the 1st Armored Division, Sept. 17, starting at 7 p.m. in the Army Community Service cafeteria. Grand prize is a weekend getaway to the Edelweiss Lodge and Resort in Garmisch-Partenkirchen. Donate two non-perishable, ready-made meals and get one card free.

### Job and Career Expo

A Job and Career Expo will

be held Oct. 1 from 10 a.m. to 2 p.m. at the Community Activity Center on Wiesbaden Army Airfield. Bring your resume, dress professionally and market your skills. Call mil 335-5234 or civ (0611) 4080-234 for more information.

### Domestic violence

Brigitte Beuter will be the guest speaker Oct. 7 at a special domestic violence luncheon at the Wiesbaden Dining Facility Oct. 7 from 11:30 a.m. to 1 p.m. Another domestic violence awareness vent will be held Oct. 28 at the Wiesbaden Entertainment Center — free bowling for families from 9-11 a.m.

### Holiday greetings

Members of the Joint Hometown News Service will be at the Wiesbaden Entertainment Center in Hainerberg Housing (across from Army Community Service) Sept. 28 to tape holiday greetings to be aired in hometowns across the United States

during the holidays. Families can tape a message without a military spouse present. Service members must be in uniform. Take advantage of the Dollar Days savings at the bowling alley during the stop at the Wiesbaden Entertainment Center. Call Public Affairs at mil 337-1400 or civ (0611) 705-1400 for more information.

### AWAG Conference

The Hessen Area Fall Conference of the American Women's Activities Germany will be held Oct. 28 from 8:30 a.m. to 2 p.m. at the Wiesbaden Entertainment Center. All community ID cardholders are invited to participate. Register at [www.awagonline.org](http://www.awagonline.org) or send an email to [Hessen@awagonline.org](mailto:Hessen@awagonline.org).



### Fall Bazaar

Family, Morale, Welfare and Recreation hosts a Fall Bazaar Oct. 1-3 in Hangar 1036 on Wiesbaden Army Airfield. Vendors from across Europe will sell antiques, art prints, clothes, foods, furniture and more. Tourist information will also be available. It will be held Oct. 1 from noon to 7 p.m., Oct. 2 from 11 a.m. to 6 p.m. and Oct. 3 from 11 a.m. to 3 p.m. An Oktoberfest celebration will be held in conjunction with the bazaar.

### September EDGE!

The EDGE! Program features **bowling** Sept. 20 and 27, **golf** Sept. 20 and 27, **fitness** Sept. 21 and 28, **china painting** Sept. 22 and 29, **Adventure Club** Sept. 23 and 30 and **dance** Sept. 17 and 24. Send an email to [Steven.d.hall@eur.army.mil](mailto:Steven.d.hall@eur.army.mil) for more information.

### Get busy with BOSS

Wiesbaden's Better Opportunities for Single Soldiers program invites single Soldiers to join in a host of activities including 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.

### Digital Training Facility

Looking for a place to conduct training? Why not contact the local Joint Multinational Training Command, Digital Training Facility, located in Building 1638 on Wiesbaden Army Airfield? The facility has three air-conditioned classrooms with 17 multi-media computer workstations with Internet access and noise-canceling headsets, and video teletraining capability. The classrooms also offer the ideal location for individuals seeking a quiet place to work online on self-development courses. Call mil 337-5074 for more information.

### 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. 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).

### Exit gate closed

The Wiesbaden Army Airfield exit gate will be closed Sept. 27-30. All traffic will leave the installation from the south gate.



Photo by Karl Weisel

### Command hand-off

New U.S. Army Garrison Wiesbaden Headquarters and Headquarters Detachment commander Capt. Bradley K. Allbritten, accepts the unit colors from garrison commander Col. Jeffrey Dill as outgoing HHD leader Capt. Joseph A. Kopcha looks on during a change of command ceremony on Wiesbaden Army Airfield Sept. 8. The new commander most recently served in Afghanistan as a Combined and Joint Staff plans officer for International Security Assistance. Kopcha will remain in Wiesbaden serving with the garrison's Directorate of Plans, Training, Mobilization and Security.

### Auto Hollmann



A Warrior attempts to gain yardage as a Wiesbaden Phantom moves in for the tackle.

# Remembering 9/11

## German-American exhibition football game pays tribute to those who fell Sept. 11, 2001

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

Perfect weather greeted players and fans at the Wiesbaden High School season opener against the Wiesbaden Phantoms Sept. 11.

The German-American game, dedicated to those who gave their lives on Sept. 11, 2001, in New York City, Pennsylvania and at the Pentagon, was a tune-up for the regular season. In support of the

commemoration, coaches showed support by exchanging New York Police Department and Fire Department baseball-style caps that Wiesbaden Warrior Coach Steve Jewell purchased on a recent trip to New York.

"Traditionally we usually exchange gifts, but this year we wanted to do something special for the 9/11 remembrance ceremony," said Jewell.

The observance drew spectators to their feet. During the memorial

service the Warriors invited the Phantoms across the field for the playing of taps, drums and bagpipes and a moment of silence.

Wiesbaden Lord Mayor Helmut Müller joined garrison commander Col. Jeffrey Dill to mark the occasion. Dill presented a trophy to the winning Warriors following the game and Müller presented souvenir footballs to both teams.

The Wiesbaden team is scheduled to face Heidelberg High School Sept. 18.



Members of the Wiesbaden Phantoms observe a moment of silence in tribute during the commemoration. Photo left: Paulee Brown plays drums and Retired Command Sgt. Maj. Patrick Douglas the bagpipes during the 9/11 commemoration.

# Running for a good cause

## Wiesbaden military community runners join in annual 25-hour charity event; run more than 1,000 kilometers

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

Twenty-five hours after the crack of the starting pistol in the Kurpark on Sept. 11, the last runners sprinted across the finish line in Wiesbaden's annual charity endurance run. After running non-stop through the night, runners had racked up thousands of kilometers for charity.

Among the many local German teams participating in this year's event, organized by the Wiesbaden Sport Organization to promote the development of young athletes, were five U.S. military teams and one American solo runner.

"It was awesome," said Sgt. Christina Clay, team captain for "Team America" — a group of runners from the 66th Military Intelligence Brigade.

### Run was motivating

"It was great because I wanted to get into running," Clay said, explaining that hearing the lap counter trigger every time she and fellow runners compiled laps around the nearly

one-kilometer-long track was motivating.

Although she won't be here next year to participate in the German-American dragon boat races in Wiesbaden Schierstein or the 25-hour run, Clay said she will encourage her fellow Soldiers to carry on the tradition.

"Congratulations to all of the runners and teams that finished," said Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander. Dill was on hand for the start of the race, ran with the combined USAG Wiesbaden/1st Armored Division team and helped hand out trophies to the most accomplished teams during a ceremony at the conclusion. "Thanks to the sponsors and to the city of Wiesbaden. ... I'm looking forward to next year's 25-hour run."

Like last year, two runners flew solo — running the entire 25 hours.



Meredith Bonta, a member of the Running on Air team made up of 485th Intelligence Squadron and European Technical Center members, gets encouragement from young fans along the course.



Athletes speed away from the starting line at the start of the annual Wiesbaden 25-hour charity run in the Kurpark.

But unlike last year, only Chris Wolfe, a civilian computer technician with 102nd Signal Battalion, was back for the second year in a row.

"It was much harder this year," said Wolfe. "About 45 minutes into the run it was all uphill from there." The ultra-marathoner explained that he had competed in several long-distance events all over Europe this year, including a 60-hour cross country race in Sweden.

After being recognized for having completed 145 laps at this year's 25-hour run, Wolfe said he and his wife

Danielle were looking forward to two more marathons this year — in Frankfurt and Munich — "and then it's recovery time."

The other solo runner, Jens Hilpert, who had competed with a team the year before, completed 231 laps on his own this year — the most of any runner.

"It's always great to come out here," Sgt. Sean McAvinue, team captain of the Road Hazards — runners from the Wiesbaden Health Clinic and the only Wiesbaden military community competitive team (competitive teams could only include up to 10 runners, while "fun" teams could include up to 25 runners). "Having a sponsor was real nice too — they brought us food and drinks throughout the run."

### U.S.'s top team

McAvinue added that while his team didn't finish among the top three — teams that spend all year training for events such as the 25-hour run — he was proud of his team's accomplishment, 304 laps. "The main thing is that everybody gave something they didn't know they had — they gave it that little extra."

"I liked it," echoed Running on Air team member Meredith Bonta. As a member of the combined 485th Intelligence Squadron/European Technical Center team, Bonta contributed an hour the first day of the run and another hour the second day. "I did a



Chris Wolfe (center) of the 102nd Signal Battalion is joined by his wife Danielle and daughter Vanessa as he completes the 25-hour run in the Wiesbaden Kurpark Sept. 12, having run 145 laps.

run lay once before. This was nice."

This year all of the Wiesbaden military community teams were able to participate thanks to corporate sponsorship. These included the German automobile club ADAC, Auto Hollmann, the Wiesbaden Spielbank, Dorint Hotel, Dowcorning and USAG Wiesbaden's Directorate of Family, Morale, Welfare and Recreation.

Members of the garrison's Outdoor Recreation also helped out with tents for the event and members of the German-American friendship club, Kontakt, were on hand to keep runners supplied with water and other refreshments. AFN Wiesbaden was also on hand broadcasting live.

"Congratulations to all of you who accomplished this run — or should I say survived it," said Wiesbaden City Councilor Dieter Schlempp, on behalf of Wiesbaden Lord Mayor Helmut Müller. "I thank all of you who participated because you support the Wiesbaden Sport Organization's development of young future athletes."

For more photos from the 25-hour run visit the garrison's Flickr site at [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil) (click on the Flickr link at the bottom right). To see team results and individual lap times visit the WISPO home page at [www.chipzeit.de/ergebnisse/2010091201.aspx](http://www.chipzeit.de/ergebnisse/2010091201.aspx).



Col. Jeffrey Dill helps kick off the run with some words of inspiration for the international mix of runners.

## CYSS brings back tackle football

### Wiesbaden fields two teams

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

Hut one. Hut two.

Tackle football has returned to Child, Youth and School Services after a more than 10-year absence.

After several requests from the community, through Youth Sports, CYSS made it happen.

Expenses, equipment and other logistics were hurdles to bringing the sport back to the Wiesbaden community, but those challenges have been overcome.

"The families who came in from the States wanted it here," said Peter Witmer, Wiesbaden school liaison officer, who is coaching the 12-14-year-old players who call themselves the Warriors. "Parents are absolutely thrilled we have it here."

Witmer, who has coached a combination of adult and youth sports, said it's all about the children.

"My passion has been for tackle football, where I've coached for nine seasons." Every two-hour practice takes

advanced preparation and planning, before and after practice reviews, to help the players improve their game, he said.

The mixture of veterans and neophytes brings balance to the team. It can also improve academics, said Witmer. "If the kids really want to play, they'll make sure their grades are up."

"Team moms" — provide much needed volunteer support.

Sandra Salvo said she enjoys her position as team mom — helping by sending emails of schedule changes, organizing team photos, snack schedules and bus duty. Salvo also shows support for her 13-year-old son, Sam, who plays offense and defense. "The kids really love it," said Salvo. Tomekia Williams, a team mom whose 13-year-old son, Daniel, plays nose tackle and left guard, also volunteers as team mom for her youngest son, David, who plays on the bantam team for 9-11-year-olds. "Life is busy, but we make the sacrifices so our kids can have normalcy like in the States," she said.



Photo by Karl Weisel

**Child, Youth and School Services' Brad Hagan (red ball cap) shows 12-14-year-old players some defensive moves during practice Sept. 7.**

Mannheim, Baumholder, Heidelberg, Stuttgart, to name a few, are surrounding communities with youth sports tackle football teams which make up the league. Each garrison will host a game for a total of seven

games. The Warriors opened their season in Mannheim Sept. 11 with a 12-0 loss to a team from Kaiserslautern.

East and West leading teams play for the season championship in Bamberg on Nov. 13.

## Bruins battling for bragging rights

### Soldiers, civilians compete in elite inline hockey league

**By Ken Robinson**  
Special to the Herald Union

The Baden Bruins Army inline hockey team will play for the DPL Inline Hockey Pokal Final Sept. 18 at 6 p.m. The game will be held at the old Mannheim Adler stadium (Friedrichspark), which is directly adjacent to Mannheim University.

The Bruins, a military hockey team comprised of Wiesbaden and Mannheim Soldiers, Department of Defense civilians and local nationals, are no strangers to DPL play. They made it to the Ice hockey Division I finals for the past two seasons of Germany's largest men's amateur hockey league.

The Bruins introduction to the DPL Inline league last season showed significant potential for the team as they were able to take the third spot overall in their inaugural season. One year later the Bruins have been able to not only secure a

spot in the Pokal final, but enter the playoffs in first place. Should the Bruins win their next round in the playoffs, the Bruins will compete for the Division I League Championship which will be played one week later, also in Friedrichspark.

Assistant Bruins Captain Tom Connell, a contractor with the 5th Signal Command, said he believes this is the best team the Bruins have put together in a long time.

Connell also stated that should the Bruins win either the Pokal or league championship, last season's Ice hockey title loss would be vindicated and would give them the confidence they need as they begin preparations for the upcoming Ice hockey season.

For more information about the Baden Bruins or military hockey visit the Bruins website at [www.badenbruins.com](http://www.badenbruins.com) or [www.adleralliance.com](http://www.adleralliance.com).



Photo by Ken Robinson

**Assistant Bruins Captain Tom Connell rolls toward the goal while driving the puck forward.**

## Things to do

### Comedies at Amelia Earhart Playhouse

Wiesbaden's Amelia Earhart Playhouse presents the "wild-and-wooly mix of awesome contemporary comedies," "Half The Battle," Sept. 23-26, 30 and Oct. 1-3. Performances start at 7:30 p.m. (except Sundays at 6 p.m.). Cost is \$12 for adults; \$8 for students and senior citizens. Pick up tickets at local USO offices or make reservations at civ (0611) 816-2473.

### Strasbourg trip

Wiesbaden Outdoor Recreation heads to Strasbourg Sept. 25 for sight-seeing and shopping. Cost is \$69 for adults, \$49 for children and \$39 for infants. Call civ (0611) 705-5760 for details.

### Ski swap

Wiesbaden's Community Activity Center holds a ski swap Oct. 16 from 9 a.m. to 1 p.m. Set-up is at 8 a.m. Cost is \$10 per person to sell items — skis, boots, poles, snowboards, sleds, toboggans, bindings, gloves, boots, etc. Call civ (0611) 705-5750 to sign up.

### Beatles tribute

The German-American Community Choir will present a new spin on classic Beatles' songs in a concert Sept. 18 at 8 p.m. at the Saalbau Bornheim, Arnsburger Str. 24, in Frankfurt-Bornheim. The choir is directed by American Jim Schar. Visit [www.gacc-frankfurt.de](http://www.gacc-frankfurt.de) for more information.

### Live at Irish Pub

The Wiesbaden Irish Pub features **The Capones** Sept. 16, **Bad Boyz** Sept. 17, **Gear Down** Sept. 18, **Pirm Jam** Sept. 24, **Planet Sulo** Sept. 25 and **The Benrix** Sept. 30. **Open stage nights** are Sept. 22 and 29. **Karaoke** is featured Sept. 19, 21, 26 and 28. Visit [www.irish-pub-wiesbaden.de](http://www.irish-pub-wiesbaden.de) for more information.

## Marching in the Netherlands

### Soldiers join thousands at annual event

By Maj. Charlie Slosson  
66th Military Intelligence Brigade

A Wiesbaden unit walked alongside thousands in the Netherlands in a commemorative rally that dates back more than a century.

Eighteen Soldiers from the 66th Military Intelligence Brigade participated in the four-day march in Nijmegen, the Netherlands, with more than 6,000 other military and civilian marchers from 66 nations in an event first held to promote fitness and sports competitions.

The grueling 100-mile hike took the participants through small towns, across historic bridges and over seven hills to finish in the town of Nijmegen each day.

The 66th MI Soldiers began training in January by walking about 6.2 miles initially and gradually increasing the distance and varying the routes over time. Their initial goal was to break in boots and get used to walking with the rucksack.

While training prepared the team, many battled through low points to persevere to the finish.

"I woke up on day four realizing that my feet and legs weren't in any type of condition to get me to the first medical



Photo by Maj. Charlie Slossen

**Spc. Brian Robitaille gives his aching feet a break during the march.**

tent," said 1st Sgt. Clark Kuhling, who finally got underway two hours after the rest of the team that day.

"The end of day one was the most miserable for me," said 2nd Lt. Dan Burnett. "I was exhausted. My legs and feet hurt in ways I have never felt before and I knew I was only one-fourth of the way through. I wasn't sure how I was going to even get up the next day."

"Somewhere between kilometer 20 and 30, I wanted to stop walking," said Master Sgt. James Farina. "I thought of my girlfriend and the back pain she lives through every day. It truly was her strength that inspired me to push through the grueling pain and finish that day."

The development of blisters also diminished the strength of many, but the verbal support of others heartened the Soldiers to endure to the finish.

"During the last 10 kilometers my feet hurt and I couldn't walk very fast because of the blisters on the side of my feet," said Sgt. Heather Cipperly, who spoke of experiencing a low point during the event. "However, there were so many people cheering and telling me I could do it."

1st Lt. Bryson McElyea developed bad blisters on the first day of the march but did not have enough heart to quit on his teammates. "As the morning of day two wore on, I found that the pain dimmed, and, using the energy of my fellow marchers and the ever-present crowd of supportive spectators, I was able to keep my mind off of the pain and focus on other things."

The event was held July 20-23, and an additional group of Soldiers from 66th Military Intelligence Brigade came from Mildenhall, England, to participate as well.

### Challenges for small schools

## Prep teams ready to open season

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

High school sports will kick off this week with everything from football and golf to volleyball and cross country running.

"We're the smallest school in Division I again," said Jim Campbell, Wiesbaden High School athletic director. "But last year our girls basketball team won everything. Being the smallest just gives us motivation for taking on the bigger schools. And we accept the challenge."

Wiesbaden's first Department of Defense Dependents Schools-Europe football game is set to be played in Heidelberg Sept. 18.

The team played the local German Wiesbaden Phantoms football club

Sept. 11 in what has become an annual competition called the Wiesbaden Challenge.

On Sept. 17, the Baumholder Middle High School football team faces International School of Brussels in an away game. As one of the smaller schools in the Region II and Division II sports, Baumholder Middle High School also has to contend with playing larger schools, said David Schwab, Baumholder's athletic director.

"That doesn't mean we can't be competitive," Schwab said. "We just have to try harder."

Baumholder has four veteran coaches returning this season and two new coaches.

In Wiesbaden, some sporting programs are getting a completely different arena to play in as crews continue

improvement construction projects on the high school campus. Wiesbaden volleyball home games will be played at the Wiesbaden Fitness Center on Wiesbaden Army Airfield. The same will be true for Wiesbaden basketball games in the spring, said Campbell.

The first match of the volleyball season will be an away game for Wiesbaden played in Baumholder on Sept. 18.

The Wiesbaden golf team will also face off with the Bulldogs in Baumholder on Sept. 17.

Wiesbaden cross country and tennis host home matches Sept. 18. Baumholder's cross country team will run Sept. 18 at Ramstein. Baumholder's tennis team will face off with Brussels in a home matchup Sept. 18 at a local tennis hall in Idar-Oberstein—a change-up from last year.

## Sports shorts

### Wiesbaden half marathon

Wiesbaden Fitness Center hosts a Sizzling Summer Half Marathon Sept. 25 starting at 9 a.m. Registration opens at 7 a.m. Call civ (0611) 705-5541 for details.

### Mountain bike series

The annual Outdoor Recreation-sponsored Mountain Bike Series makes a stop in Wiesbaden Sept. 19 with the championships slated for Oct. 2 in Hohenfels. Stop by Outdoor Recreation for details.

### Fitness fairs

The Wiesbaden Fitness Center hosts a day-long Fitness Day Sept. 18 from 9 a.m. to 3 p.m. Baumholder's Hall of Champions features a Fitness Festival from 10 a.m. to 4 p.m. Sept. 18.

### Softball coach sought

The Bad Homburg Hornets, a growing baseball/softball club, urgently seeks a women's team softball coach — someone with experience coaching and/or playing women's softball. Fast-pitch experience would be even better. Contact Deanna Rockenbach at civ (06172) 72625.

### Run to Tower

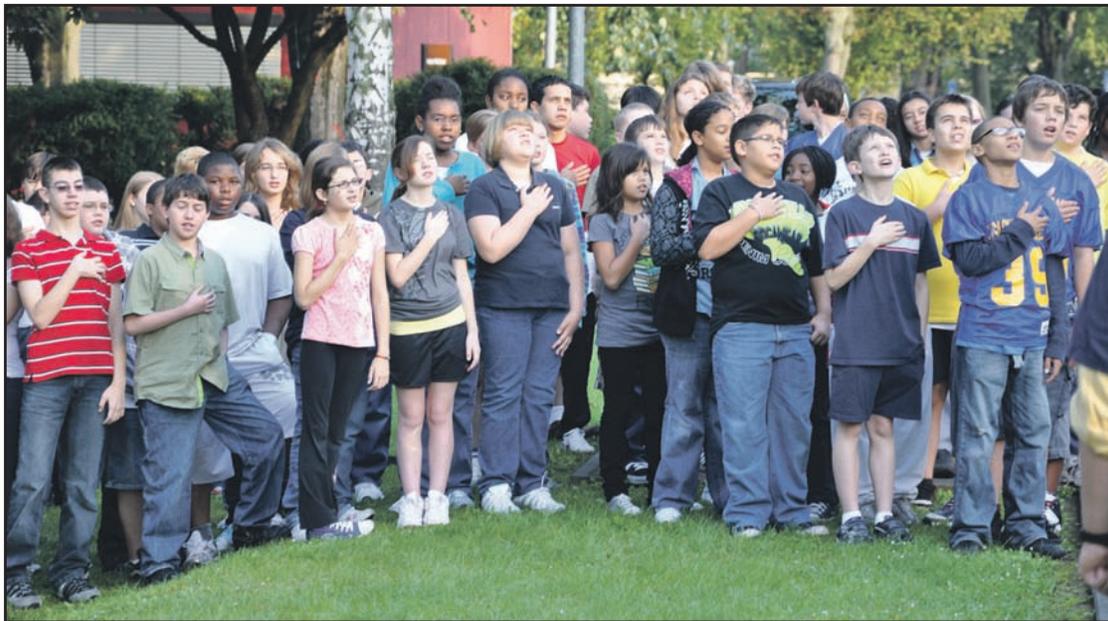
Head to Camp Darby, Italy, Oct. 8 for the annual Run to the Tower 12-kilometer run. The race starts at 9:30 a.m. on Camp Darby and ends at the Leaning Tower of Pisa. Register by Oct. 6 by downloading a form at [www.usag.livorno.italy.mil](http://www.usag.livorno.italy.mil) and mailing it to Camp Darby Outdoor Recreation. Make overnight accommodations in the Sea Pines Lodge at mil 633-7225.

### 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).

### 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.



**Wiesbaden Middle School students recite the Pledge of Allegiance and take time to remember those killed and who have fallen in the years since Sept. 11, 2001.**

Photo by Karl Weisel

**Schoolbits**

**RoboWarriors wanted**

Wiesbaden High School will once again send a team to the U.S. FIRST Robotics Contest in Las Vegas in March 2011. Students are invited to serve as programmers, engineers and fabricators on the team. Volunteer adults are also invited to help with computer programming, fabrication, fund-raising and assembly. The Robotics Club meets every Thursday at lunch in Room A259 at the high school. Contact Frank Pendzich at [frank.penzich@eu.dodea.edu](mailto:frank.penzich@eu.dodea.edu) for more information.

**College Nights**

The annual Kaiserslautern College and University Information Night will be held Sept. 30 from 6-8:30 p.m. at the Special Events Center on Rhine Ordnance Barracks. The event is open to all high school-aged students and their parents. Wiesbaden will also hold a College Fair Nov. 3 featuring representatives from colleges and universities around the United States. Volunteers are invited to support the College Fair by representing their alma maters at the event. Send an email to [wiesbadencollegefair@googlemail.com](mailto:wiesbadencollegefair@googlemail.com) by Oct. 8 to get involved.

**Half day Sept. 17**

All Wiesbaden Department of Defense Dependents Schools will release students at 11 a.m. Sept. 17. DoDDS teachers and administrators will be completing mandatory training in the afternoon.

**Check grades at home**

Want to check your child's grades at home? Visit <https://dodea.gradespeed.net>, choose "Parent," and then "Department of Defense Europe" in the district heading. If you had an account last year, it still works. To sign up for a new account click on the "Click here to sign up" link, fill out the form and submit it. (Courtesy of Baumholder Middle High School)

**Field study courses**

The University of Maryland University College Europe offers two three-credit undergraduate field study course — "Dublin, Ireland: A brief literary history (in Dublin Oct. 16-23)" and "Expatriate writers in Venice: 1800 to the present (in Venice Oct. 17-23)." Registration deadline is Sept. 26. For more information visit [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy) or contact your local UMUC field representative at the Army Education Center.

**Patriot Day speakers reflect on 9/11**

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

It's been almost a decade since the deadly attacks on New York City's Twin Towers and the Pentagon, but the ramifications continue to be felt around the world.

For students at Wiesbaden Middle School, remembering those killed on Sept. 11, 2001, and in the years since in service to the nation, has become an annual tradition.

"Today is a day we remember those who gave their lives on Sept. 11, 2001, and those who still selflessly serve," said keynote speaker Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, during a special Patriot/Constitution Day observance at the school Sept. 10.

As members of the middle school band played patriotic songs, such as "God Bless America" under the direction

of Jena Hancock, and the high school's Junior Reserve Officer Training Corps trooped the colors, students, teachers and parents gathered to reflect on the impact of 9-11.

Referring to all those who make up the greater Wiesbaden military community, Dill said, events such as Patriot/Constitution Day "have a special place. ... We will never forget."

The garrison commander talked about the vital role of the U.S. Constitution in American life — and especially in the lives of service members who swore an oath to protect and defend the rights guaranteed in the U.S. document — protecting "the rights of all American citizens."

He also talked about the meaning of patriotism. "A patriot is someone who loves and defends his or her country. I believe that makes all of us here today patriots."

In introducing the observance speakers, Wiesbaden Middle School Principal Chuck Fannin observed how those old enough to be aware at the time "can remember vividly the events of Sept. 11, 2001."

"The people that were lost will never be forgotten," said middle school teacher Milli Dixon, who explained that she worked as a civilian audiologist in the Washington, D.C., area at the time. "I will never forget the stories of those people who were lost."

Dixon, a self-described daughter and sister of military veterans, and a military veteran herself, told those gathered that time she spent serving in Saudi Arabia made her particularly aware of the freedoms enjoyed by American citizens. Besides remembering those who were lost in the carnage of 9-11, "we must never forget to respect the freedoms that we have," Dixon said.



Photo by Karl Weisel

**Aukamm Open House**

Parents share a laugh with Aukamm Elementary School teacher Andrew Milley in the mixed first- and second-grade classroom during the school's open house Sept. 7. Photo right: Sgt. William Hall, 1st Armored Division, and his son, Vincent, look for student artwork by his daughter, Izzabell, during Aukamm Elementary School's Open House Sept. 7. "I'm here tonight to see how my daughter is doing in school," said Hall.





Rebecca Hall and Ben Affleck face off in "The Town."

## At the movies Sept. 16-30

### Baumholder, Wagon Wheel

- Sept. 17 — Machete (R) 7 p.m.
- Sept. 18 — Despicable Me (PG) 4 p.m. The Expendables (R) 7 p.m.
- Sept. 19 — Inception (PG-13) 6 p.m.
- Sept. 24 — Resident Evil: Afterlife (R) 7 p.m.
- Sept. 25 — Nanny McPhee Returns (PG) 4 p.m. Predators (R) 7 p.m.
- Sept. 26 — The Sorcerer's Apprentice (PG) 6 p.m.

### Wiesbaden, Taunus

- Sept. 16 — The Last Airbender (PG) 7 p.m.
- Sept. 17 — Inception (PG-13) Resident Evil: Afterlife (R) 10 p.m.
- Sept. 18 — Despicable Me (PG) 4 p.m. Inception (PG-13) 7 p.m. Resident Evil: Afterlife (R) 10 p.m.

- Sept. 19 — Despicable Me (PG) 4 p.m. Resident Evil: Afterlife (R) 7 p.m.
- Sept. 20 — Resident Evil: Afterlife (R) 7 p.m.
- Sept. 21 — Grown Ups (PG-13) 7 p.m.
- Sept. 22 — Inception (PG-13) 7 p.m.
- Sept. 23 — Knight And Day (PG-13) 7 p.m.
- Sept. 24 — Predators (R) 7 p.m. The Town (R) 10 p.m.
- Sept. 25 — The Sorcerer's Apprentice (PG) 4 p.m. The Town (R) 7 p.m. Predators (R) 9:30 p.m.
- Sept. 26 — The Sorcerer's Apprentice (PG) 4 p.m. The Town (R) 7 p.m.
- Sept. 27 — The Town (R) 7 p.m.
- Sept. 28 — Inception (PG-13) 7 p.m.
- Sept. 29 — Predators (R) 7 p.m.
- Sept. 30 — The Sorcerer's Apprentice (PG) 7 p.m.



Leonardo DiCaprio (left) and Joseph Gordon-Levitt star in the thriller of the mind, "Inception." Photo right: Milla Jovovich (right) is joined by Ali Larter as they take on the forces of evil in this sequel, "Resident Evil: Afterlife."



## Movie plots

**Resident Evil: Afterlife (R)** — In a world ravaged by a virus infection, turning its victims into the undead, Alice (Milla Jovovich), continues on her journey to find survivors and lead them to safety. Her deadly battle with the Umbrella Corporation reaches new heights, but Alice gets some unexpected help from an old friend. A new lead that promises a safe haven from the undead takes them to Los Angeles, but when they arrive the city is overrun by thousands of undead — and Alice and her comrades are about to step into a deadly trap.

**The Town (R)** — Doug McCray (Ben Affleck) is an unrepentant criminal, the de facto leader of a group of ruthless bank robbers who pride themselves in stealing what they want and getting out clean. With no real attachments, Doug never has to fear losing anyone close to him. But that all changes on the gang's latest job, when they briefly took a hostage — bank manager, Claire Keesey (Rebecca Hall). Though they let her go unharmed, Claire is nervously aware that the robbers know her name ... and where she lives. But she lets her guard down when she meets an unassuming and rather charming man named Doug ... not realizing he is the same man who only days earlier had terrorized her. The instant attraction between them gradually turns into a passionate romance that threatens to take them both down a dangerous and potentially deadly path.

**Inception (PG-13)** — Dom Cobb (Leonardo DiCaprio) is a skilled thief, the absolute best in the dangerous art of extraction, stealing valuable secrets from deep within the subconscious during the dream state, when the mind is at its most vulnerable. Cobb's rare ability has made him a coveted player in this treacherous new world of corporate espionage, but it has also made him an international fugitive and cost him everything he has ever loved. Now Cobb is being offered a chance at redemption. One last job could give him his life back but only if he can accomplish the impossible inception. Instead of the perfect heist, Cobb and his team of specialists have to pull off the reverse: their task is not to steal an idea but to plant one. If they succeed, it could be the perfect crime. But no amount of careful planning or expertise can prepare the team for the dangerous enemy that seems to predict their every move.

**Knight And Day (PG-13)** — Tom Cruise and Cameron Diaz star in this action comedy in which a chance encounter thrusts a woman and a charming but lethal operative into a series of adventures across the globe. As if dodging assassins and uncovering world-changing secrets weren't enough, she must now figure out if he is a good guy, a traitor — or just plain crazy.