

Customer service standouts

Garrison leaders recognize employees for providing notable service to the local community. See page 4



Remembering 9-11

Wiesbaden community members remember the events and victims of Sept. 11, 2001 with various events. See page 5.



For your health

Eat plenty of fruit and vegetables to stay healthy. See page 10.

Herald Union



Vol. XIV, No. 25

Wiesbaden: Your home in Germany

Sept. 27, 2012



Photo by Wendy Brown

Cpl. Lisa Menela, 529th Military Police Company, gets ready for another pushup as Master Sgt. Alther Edwards counts and encourages her during the suicide stand-down event at the Wiesbaden Fitness Center Sept. 20.

Suicide stand-down

Community takes day to focus on preventing suicide

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

“Remember, even in the depths of crisis, you still have a choice. Reach out. You are not weak. You are not alone. Look to your left. Look to your right. We are here. Shoulder to shoulder, Soldier to Soldier, ready to help.”

Those were the words of Jack Benson, a suicide prevention expert and a founder of the Veteran’s Crisis Line, as he spoke before hundreds of U.S. Army Garrison Wiesbaden Soldiers at the Wiesbaden Fitness Center during Suicide Prevention Stand-Down Day, Sept. 20.

The day began with a

five-kilometer “Run for Life” at 6:30 a.m., and continued with Benson’s talk to Soldiers between the ranks of private and specialist. Later, Benson spoke again to more than 900 civilians and Soldiers with a rank of sergeant through brigadier general.

That event included skits, talks from subject matter experts and a push-up and burpee competition. Afterward, people could learn more about suicide prevention resources during an informational fair.

Garrisons throughout the Army are holding Suicide Prevention Stand-Down Days in September in an effort to eliminate suicide in the military.

In the first 155 days of 2012 there were 154 suicides, and during that time period, there were 127 combat deaths, said Sgt. 1st Class Edwin Lauderback during the event.

Statistically speaking, there is a good chance someone at U.S. Army Garrison Wiesbaden will die by suicide this year, Benson said. “Perhaps somebody in this room,” he said.

“So who is the Soldier who needs help?” Benson asked. “If you find yourself looking around the room trying to pick that person out — if you think it might be the weak link in your unit — you’re probably

See Stand-down on page 3

Signal troops practice communication skills

Sgt. Brian Rodan
5th Signal Command
Public Affairs Office

The 44th Expeditionary Signal Battalion shared wires and wisdom with over 1,000 communication professionals from about 40 NATO partners Sept. 7-20 at Combined Endeavor 12, the largest multinational communications exercise in the world, at the Grafenwoehr Training Center.

This year’s theme during Combined Endeavor was Coalition Information Dominance.

The exercise helps to improve U.S., European and NATO military communications and computer network interconnectivity, and to help nations partner together in responding to regional crises or disasters.

During the exercise, 5th Signal Command provided help in multiple ways.

“We have a few sections from within 5th Signal Com-

mand that are supporting this exercise,” said Jeffery D. Mack, an exercise planner and satellite communications manager at 5th Signal Command. “Plans and Engineering designed the network, 44th Expeditionary Signal Battalion has two satellite transport terminals on-site providing transport and one network technician to monitor the network. The 69th Signal Battalion provided support, extending the command and control network and provided Defense Switched Network lines wherever requested. The 7th Theater Tactical Signal Brigade rotated four network technicians to support monitoring the network.

This year 5th Signal picked up a bit more of the slack during Combined Endeavor than in before.

“This year 5th Signal was responsible for more than previ-

See Communications on page 3



Photo by Anemone Rueger

Cultivating relations

Members of the Main Taunus County Council and mayors of surrounding communities enjoy the opportunity to learn about current operations and expected growth at U.S. Army Garrison Wiesbaden during a tour of Clay Kaserne Sept. 17.

Ask the commander

Have a quality-of-life question or comment?

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



Col. David Carstens, garrison commander

Curious about construction plans

Dennis S. wants to know: I am seeking an update on construction of the new commissary and Post Exchange in Hainerberg Housing. The project was originally announced to begin in the summer of 2012, but there's been no activity at the site. Could you provide the community with an update and revised completion and opening

date? Also, what will happen with those buildings and lots currently occupied by the commissary and Post Exchange?

Response: Thanks for your question Dennis. The Post Exchange is scheduled to begin construction in Jan. 2013 and be complete and open by Nov. 2014. The commissary construction is currently in DeCA's fiscal year 2015 program. The current Post Exchange will be converted into a "one-stop," in- and out-processing center.

Community flu shot schedule

Elga H. asked: When are the flu shots available for the Wiesbaden community? Other communities (for example, Vicenza) started Sept. 15 to give flu shots from their health clinics, and we haven't heard anything yet for Wiesbaden.

Response: If you are not an

active duty military member, there are two ways to get a flu shot this year, Elga. First, see if you can make it to any of the vaccination events in our community listed below. If you are unable to make it to those events, you can come to the walk-in hours that start Tuesday, Oct. 16 and are on Tuesdays 3-6 p.m. and Fridays 9 a.m. to noon at the Wiesbaden Health Clinic. Be aware that children under the age of 3 must be vaccinated at the clinic. Also, all active duty military members will receive their flu vaccines at their units scheduled vaccination event or at the Soldier Medical Readiness Center.

Shots will be available as follows: Thursday, Oct. 11, from 10 a.m. to 6 p.m. at the Power Zone at Mainz-Kastel Storage Station; Saturday, Oct. 13, from 10 a.m. to 6 p.m. at the commissary; Tuesday, Oct. 16, from 10 a.m. to 6 p.m. at the Tony Bass Fitness Center; Thursday, Oct. 18, from 10 a.m. to 6 p.m. at the Taunus Theater; Saturday, Oct. 20 from 9 a.m.

to 1 p.m. at the Taunus Theater; Tuesday, Oct. 23, from 10 a.m. to 6 p.m. at the Tony Bass Fitness Center; Thursday, Oct. 25 from 10 a.m. to 6 p.m. at the Taunus Theater; Saturday, Oct. 27 from 9 a.m. to 1 p.m. at the Taunus Theater; Tuesday, Oct. 30 from 10 a.m. to 6 p.m. at the Tony Bass Fitness Center; and Saturday, Nov. 3 from 10 a.m. to 6 p.m. at the commissary.

More on flu shots

Nicole V. wants to know: How old does a child have to be to get vaccinated against the flu? Can my 8-month-old daughter get a flu shot?

Response: Lt. Col. Xiomara Frey from the Wiesbaden Health Clinic tells me that in general, people 6 months and older can receive the flu vaccine. There are, however, specific age recommendations for the type of flu vaccine. The live intranasal vaccine, or FluMist, is recommended for healthy people 2 through 49 years of age, and the inactivated — injectable — flu

vaccine is recommended for people 6 months and older. So yes, your daughter can be vaccinated.

Looking for piano lessons

Mia S. wants to know: Does anybody know if there are piano lessons available for children on post?

Response: There are piano lessons available for children through SKIES Unlimited, but there is a waiting list. To get on the waiting list, you should stop by Parent Central Services at Building 1215, on Clay Kaserne (near the South Gate across from Arts and Crafts). Meanwhile, anyone interested in becoming a SKIES Unlimited instructor — to provide piano lessons or teach another skill — should contact the program for more information at (0611) 4080-269 or visit the www.armygermany.com website and click on SKIES Unlimited under the Child, Youth and School Services tab near the top of the page.

Stop, think and connect at technology showcase

The 5th Signal Command is hosting an array of activities surrounding National Cyber Awareness Month this October, and as part of this initiative, Clay Kaserne will be hosting their own Cyber Awareness Week.

The Cyber Technology Showcase will be taking place at the Tony Bass Fitness Center Wednesday, October 10 from 10 a.m.-2 p.m. and Thursday, Oct. 11 from 10 a.m.-3 p.m. and is free and open to all personnel.

This event gives the organizations and units supporting U.S. Army Garrison Wiesbaden and 5th Signal Command's missions an opportunity to evaluate the latest emerging cyber-related technologies, network with industry experts, and share ideas and future goals. Showcase

attendees will also be able to participate in educational sessions and demonstrations.

5th Signal Command is supporting the National Cyber Security Alliance's initiative to raise awareness to make sure our online lives are kept secure and safe. The Internet is a shared resource and securing it is Our Shared Responsibility, the theme for 2012 National Cyber Security Awareness Month.

Brig. Gen. Bruce T. Crawford, 5th Signal commander, said, "If we have the most cutting edge technology, it does us no good if we don't have cutting edge, well-trained and educated people



behind it all."

Taking time out of our busy schedules to focus on the aspect of Cyber during the month of October by participating in the Cyber Showcase affords us the opportunity to make a positive step towards increasing our education. The education can range

from sitting down with our children and raising their awareness about bullying or taking measures to protect our personnel identification information while using the internet, we all have a "shared responsibility."

Cyber security begins with Stop, Think, Connect. These three simple

words are the starting point for staying safer and more secure online.

Stop: Before you use the Internet, take time to understand the risks and learn how to spot potential problems online.

Think: Take a moment to be certain the path ahead is clear. Watch for warning signs and consider how your online actions could impact your safety or your family's.

Connect: Enjoy the Internet with greater confidence, knowing you've taken the right steps to safeguard yourself and your computer.

For more information, or to preregister, visit www.FederalEvents.com. (Submitted by 5th Signal Command Public Affairs Office).

Herald Union published by AdvantiPro

The Herald Union, printed exclusively for members of the U.S. Army Garrisons Wiesbaden and Baumholder, is an authorized, unofficial Army newspaper published under the provisions of AR 360-1. Contents are not necessarily the official views of, nor endorsed by, the U.S. government or the Department of Defense. The editorial content is the responsibility of the USAG Wiesbaden and Baumholder Public Affairs Offices. No payment is made for contributions. Everything advertised in this publication shall be made available for sale, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. This is a biweekly newspaper published by AdvantiPro GmbH. Circulation is 8,500 copies. For display advertising rates call Sabine Vogl at civ (0631) 3033 5537, email ads@herald-union.com; classified advertising rates call Isabell Smith at civ (0631) 3033 5531 or post at www.class-world.eu. Editorial offices are in Building 1205 on Wiesbaden Army Airfield. Address: USAG Wiesbaden, Herald Union, Unit 29623 Box 60, APO AE 09005-9623; Telephone: mil 337-7405; civ (0611) 705-7405; Email: usagwiesbadenpao@eur.army.mil; Home page: www.wiesbaden.army.mil.

Command and newspaper staff

- USAG Wiesbaden Commander.....Col. David H. Carstens
- USAG Wiesbaden Command Sergeant Major
.....Command Sgt. Maj. Sa'eed A. Mustafa
- Public Affairs Officer.....Anemone Rueger
- Editor.....Karl Weisel (mil 337-7405)
- Associate Editor.....Chrystal Smith (mil 337-1400)
- USAG Wiesbaden Reporter.....Wendy Brown (mil 337-5150)

News flash

New Post Office hours

The Wiesbaden Postal Service Center will have new hours of operation starting Oct. 1. The Finance windows will be open from 11:30 a.m. to 5:30 p.m. Monday to Friday, the package pickup window from 11:30 a.m. to 6 p.m. Monday to Friday and the facility will be closed Saturday and Sunday.

Human resources awards

U.S. Army Europe commanders have until Nov. 15 to nominate their top performing human resources personnel for the third annual U.S. Army Europe G1 Lt. Gen. Frederick E. Vollrath Human Resources Award for Excellence. For more information on the program and nomination requirements call mil 370-8396 or civ (06221) 57-6748. (USAREUR Public Affairs)

Election Year Guidance

Not sure about how you can stay engaged in the political process while serving with the U.S. military or working for the federal government? Check out the guidelines available on the garrison's home page at www.wiesbaden.army.mil/sites/news/ElectionYearGuidance2012.pdf.

ATSTP registration requirement to change

The Army Traffic Safety Program registration requirements for motorcycle and driving safety classes will change Oct. 1 due to the migration of Army IMCOM Registration System to the Digital Training Management System. Only designated unit personnel will be able to register Soldiers for safety classes through DTMS. The following courses are offered only to military: basic rider, experienced rider, military sports bike rider, intermediate driver training and remedial driver training/driver improvement training. Motorcycle classes are held at the Motorcycle Safety Training Range at McCully Barracks Building 6291. The driving safety classes are held at the In-processing Training Center classroom at Clay Kaserne Building 1043. Military personnel should contact the Safety Office at 337-7417 for more information.

Legal education program

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under the program the Army sends up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school starting in fall 2013 and will remain on active duty while attending law school. Interested officers should review Chapter 14, AR 27-1 to determine eligibility. Send requests through command channels, including the officer's branch manager at AHRC, with a copy furnished to the Office of the Judge Advocate General, Attention: DAJA-PT (Yvonne Caron, Room 2B517), 2200 Army Pentagon, Washington, DC 20310. Applications must be received by Nov. 1, 2012. Interested officers should call the V Corps Rear Staff Judge Advocate at mil 337-4700 or civ (0611) 705-4700 to schedule an interview.

Stand-down

Continued from page 1

wrong ... We can't figure this out based on assignment, or rank or race or deployment. We have to reach everyone."

Benson encouraged Soldiers who think another person might be suicidal to ask, "Are you thinking about hurting yourself?"

"When your situational awareness is telling you that something is not right, you're probably right," Benson said.

Asking the question is not putting the idea in the person's head, Benson said. "It gives them the chance to say it out loud, which may be exactly what they need to do."

It is important, however, not to ask the question in a leading way, Benson said. For instance, don't say, "You're doing OK, right?"

The key is to ask the question seriously in an environment where the person can answer honestly, Benson said. He did not rule out bars, but suggested talking to someone away from the crowd, where the person can be honest.

Soldiers should program at least one crisis hotline number into their cell phones, as well as the number to the chaplains' office — even if they think they'll never need it, Benson said.

Benson shared with the audience one of his main reasons for becoming active in suicide prevention efforts. His uncle, a veteran, com-

mitted suicide, as well as his uncle's son, who was born at Walter Reed Medical Center and left behind two children and a wife.

Benson said he sometimes thinks his cousin committed suicide partly because his father had made it seem an acceptable way out, and he hopes that kind of normalization never happens in the military.

"People might say that Sgt. Jones was a stud — a real warrior — always cool when the (stuff) hit the fan. If he couldn't make it through, if suicide was the answer for him, then it certainly should be OK for me," Benson said.

The truth is most Soldiers reach out, find support and get better, Benson said.

"If you're injured physically, you throw yourself into rehab to get better and get back into the fight," Benson said. "Why would mental pain be any different? More important, why should it be any easier?"

"Think of all the phrases you dwell on, 'Pain is weakness leaving your body.' 'No one drowned in their own sweat.' They all apply here. It takes hard work and some pain, but you get through it, stronger, more resilient, a better Soldier. And you're not alone in this battle."

U.S. Army Garrison Wiesbaden Command Sgt. Maj. Sa'eed Mustafa opened the morning's second speaking event by talking about his

personal experiences with suicide in the military.

After working extremely hard to become a squad leader as a young Soldier, Mustafa said a couple of weeks into the job, a Soldier in his squad killed himself. "Stunning. 28 years in the Army and I never forgot that. 28 years in the Army and I still ask myself, 'What could I have done to prevent that?'" Mustafa said.

Years later, someone told him a former fellow Army Soldier who had been a close friend of his had committed suicide. "He was sergeant shock, and I was sergeant rock," Mustafa said, describing how close their friendship had been.

His friend left the Army, however, and over the years they fell out of touch, Mustafa said.

"I ask myself every day, 'Why didn't I call him?' 'Why did I let us get out of touch?' 'What could I have done to prevent it? We were so close. I know I could have done something,'" Mustafa said.

Wiesbaden's suicide help line is mil 337-5520 or civ (0611) 705-5520. For the chaplain's office, call mil 335-5171 or civ (0611) 4080-171. After hours, call mil 337-5096 or civ (0611) 705-5096 for the on-call chaplain.

In the event of a suicide attempt, contact the Military Police at 114. Provide basic life support until police arrive.

Communications

Continued from page 1

ous years. We had to install, operate and maintain the core network which is the basis for which all testing and scenarios are conducted over the C2 network," said Mack.

Soldiers from 5th Signal that participated in this exercise gained important on the job training.

"All involved with engineering, installation, operating and maintaining of the two networks are exposed to the challenges of C4I — command, control, communications, and intelligence — interoperability between our NATO partners," Mack said.

Sgt. Steven L. Galimore, 44th ESB command post node team chief, at Combined Endeavor, said

CE gives everyone an opportunity to learn more about their job and the chance to troubleshoot their different equipment. Also, in regards to transmitting information through other countries, it gives us the opportunity to show how reliable we are which helps keep other countries' information going, and that creates a bond and partnership amongst NATO countries.

The overall objectives of exercise Combined Endeavor is to build partnership with all participating nations, support operational preparation of deployable C4 forces, prepare coalition forces through training and professional development,



Sgt. Steven Galimore, center, instructs Pfc. Tanner Shockley and Spc. Jessica Jamerson on the various aspects of the satellite transport terminal during Combined Endeavor.

and develop interoperability standards.

Fifth Signal Command's objectives during the exercise are to continue to foster and sustain coalition partner relationships and to establish robust interservice and international communications capabilities for future missions when required.

From the blotter

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

Sept. 4

Theft: An unknown person stole copper wire from the U.S. government at Clay Kaserne.

Sept. 5

Damage to private property: A Department of Defense Dependents Schools employee became a victim of damage to his vehicle when an unknown person or object struck the bumper. Yellow scratches of paint transfer were shown on his vehicle.

Sept. 6

Theft: An unknown person stole military equipment and boxing trophies from the storage facility of a noncommissioned officer in Hainberg Housing.

Sept. 7

Damage to private property: A Department of Defense employee became a victim of damage to private property when someone broke his driver's side rear window at the commissary parking lot.

Sept. 8

Possession of a controlled substance: Police are charging a Stars and Stripes employee with possession of a controlled substance after German police conducted a routine check point.

Sept. 9

Obstruction of justice and computer fraud: Police are charging a Soldier with obstruction of justice and computer fraud due to an incident concerning his Department of Defense common access card privileges.

Sept. 10

Traffic accident: A Warrant Officer is being charged with a traffic accident after striking another vehicle.

Possession of a controlled substance: Police are charging a Morale, Welfare and Recreation employee with possession of a controlled substance after German police conducted a routine check point.

Sept. 11

Theft: An unknown person stole military equipment from a Soldier's Hainberg Housing storage facility.

Sept. 12

Traffic accident: Police are charging a family member with a traffic accident after the driver followed too closely and struck another vehicle.

Sept. 13

Drunken driving: Police are charging a Soldier with drunken driving after the Soldier failed a breathalyzer test conducted by German police.

Sept. 14

Suspicious behavior: An unknown person took several pictures of a school bus. The person who took the photos was in a silver Opel van. The person remains at large.

Eleven lauded for top customer service

U.S. Army Garrison Wiesbaden leaders visited the job sites of 11 employees Sept. 18 and surprised them with certificates and \$250 awards.

Wilfried Peters, management analyst for the garrison's Plans, Analysis Integration Office, not only provided outstanding support during the Windows 7 migration, but is also a great team player who is flexible, helpful and always supportive.

Frank Bommarito, civilian personnel manager, Wiesbaden Army Health Clinic command, does a great job securing civilian employees for the clinic and also ensures that they transition well into the clinical environment. He also uses his military experience to help others in the clinic.

In addition to performing her everyday duties with enthusiasm, **Kyong Brooks, food service worker, Victory Cafe,** has done a great job setting up food for more than 30 special events in the past month, including meetings, lunches and prayer breakfasts.

Todd Strickland, motor vehicle operator and postal finance clerk at the Wiesbaden post office, went beyond his regular duties to volunteer to take on information technology duties as well. He is responsible for 70 computers and their upgrades and often arrives sooner than anyone expects. Also, Strickland provides excellent face-to-face customer service.

Ramona Taurbrich, gardener for the Department of Public Works, has done an excellent job keeping Clay Kaserne looking beautiful by planting flowers and caring for them.

This summer, **Uta Russ, administrative support assistant for the Directorate of Human Resource,** established payroll accounts for more than 40 summer hires and processed more than 80 honorary awards error free. Customers have also lauded Russ with praise.

Tumun Ghosh, transportation assistant for the Directorate of Logistics, demonstrates every day that he believes customers



Peters



Bommarito



McFarland



Taurbrich



Henry



Brooks



Ghosh



Strickland



Petrovic



Russ

deserve only the best customer service, and he also recently went beyond his regular duties and helped the Baumholder office process the documentation for 280 goods shipments.

Leary Henry, Army Community Service Financial Readiness Program Manager

By chance, a Soldier stationed at the U.S. embassy in Beirut called Henry because he needed to help his ill wife in Indonesia. Henry spent hours on the phone coordinating assistance for the Soldier. As in this instance, Henry often goes out of his way to help others and find a way to help when others.

In addition to his regular duties, **Earl McFarland, Army Community Service volunteer coordinator,** recently took on the role of victim advocate. "The nominee is there for the victim, no matter what the time or the incident, and continues to provide assistance weeks after the initial contact," his supervisor noted.

Doris Bowen, Educational and Developmental Intervention Services administrator and director, is "... a shining example

of hard work, diligence and dedication. She is a champion for children military/civilian families and an advocate for her fellow staff members," her supervisor said.

At a stressful time when many people were moving in and out of the garrison, **Gordana Petrovic, housing management assistant,** consistently provided top-notch customer service for everyone who visited her office.



Bowen

Ready Army:

Emergencies can happen at any time

By Michael S.

Troop
U.S. Army Garrison
Wiesbaden
Directorate of Plans,
Training Mobilization
and Security

September is National Readiness Month. The focus on being "Army Ready" helps create a culture of preparedness and when prepared, we can react to events that are outside of our control, determining the best actions to protect ourselves and our family.

Our community relies on individual readiness and awareness. That is what the Ready Army program represents; an increased resilience of our Army community. This is done by

informing Soldiers, their Families, Army Civilians and contractors of relevant hazards within the community and those they might experience while traveling Europe. We are also encouraging everyone to "Build a Kit" for their homes and vehicles, "Make a Plan" for the unexpected, and "Be Informed" about events which might adversely affect their lives. Things to consider are politically driven events, adverse weather, and fires within the home.

We must be "AWARE" of things around us, and prepare. This is being Army Strong and Army Ready.



U.S. Army Garrison Wiesbaden Command Sgt. Maj. Sa'eed Mustafa talks to Wiesbaden Middle School students about 9/11 during a commemorative event at the school on Sept. 11. Photo right: Members of the Wiesbaden-Nassau Harley Owners Group rally on Clay Kaserne — an 11-year tradition to remember the fallen from Sept. 11, 2001, and those still serving around the globe in harm's way to protect freedom.



Community remembers 9/11

**Story and photos by
Karl Weisel**

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

Sept. 11, 2012, started with an auditorium full of Wiesbaden Middle School students commemorating Patriot Day/National Day of Service and Remembrance and concluded with a rain-drenched motorcycle rally to Veterans Park on Clay Kaserne.

The common theme for the military community youths and German-American bikers was remembering those killed on 9/11 and those still serving in harm's way to help make the world a safer place for everyone.

"Today is a solemn occasion where we memorialize the men and women who lost their lives on Sept. 11, 2001," said Dr. Susan Hargis, Wiesbaden Middle School principal.

As music teacher Annette Benton led the middle school band through a series of patriotic songs, guest speaker U.S. Army Garrison Wiesbaden Command Sgt. Maj. Sa'eed Mustafa talked about his recollections of 9/11 and its impact on a generation of men and women in uniform. Telling the students the 11th anniversary of 9/11 was a day to "remember, pay respect and celebrate," Mustafa described how he had just finished physical training in Fort Carson, Colo., when he got

the news of the terrorist attack on his home state of New York.

"That day it was sunny and it was bright and it seemed like a normal day," Mustafa told his young listeners, adding that he had only recently welcomed a daughter into the world (now a member of the Wiesbaden Middle School band). "But then a phone call came in from the platoon sergeant. ... He said 'you have to go and turn on the TV.'"

Mustafa said he, like the rest of the world that day, stood in horror as he watched thousands of people being killed in a terrorist attack on the Twin Towers and the Pentagon.

Mustafa told the youths that for him, a native of Highland, N.Y., and someone who visited the World Trade Center as an eighth-grader, watching the destruction was especially hard. "The World Trade Center meant a lot to me. Whenever I went I went home to New York, I always felt like I was home when I looked over and saw the towers. Now I'm in front of the television and the World Trade Center is on fire.

"As we were watching, we saw a second plane fly into the second tower. ... I turned to my Soldiers and said, 'this is no accident — get ready to go to war.'

"Eleven years later and what we've seen is our country has been at war to defend freedom," Mustafa said. "How many of

you here have parents in the military? Let's give them a round of applause. ... They do it for love of their country."

Going back to his original theme, the garrison's senior noncommissioned officer said that while remembering is crucial, paying respect is equally important — "respect for the people in uniform and respect for your teachers.

"How can we celebrate something on such a day of loss," Mustafa asked his listeners. "We celebrate because we have had resolve; we have been resilient. On this day you are here free to learn, to go about your daily lives thanks to the sacrifices of so many people.

"We must reflect on those things, but we must also celebrate," he said, charging the students to learn everything they can and to be the best they can be.

As many people were settling down to an evening meal at home that evening, members of the Wiesbaden-Nassau Harley Owners Group were headed through a driving rain to Wiesbaden's Clay Kaserne. It was the 11th year since 2001 that the German-American club had commemorated 9/11 with the motorcycle rally.

After placing a wreath at Veterans Park on Clay Kaserne the club members paid tribute with a moment of silence.

"They have been doing this every year since the tragedy occurred," said Command Sgt. Maj. Marc Scott, 66th Military Intelligence Brigade's senior NCO and a member of the Wiesbaden-Nassau Harley Owners Group. "We're here to commemorate something that is greater than us."

Scott and fellow club member and veteran Bruce Hills

said the chapter has started a fundraising effort to have a dedicated 9/11 memorial. "We're trying to generate some interest and support."

Hills said people interested in the fund-raising effort can visit the club's website at www.wiesbaden-nassau-chapter.de for more information. People interested in joining the club can call Hills at civ (06151) 62442 or (0171) 802 1954.

"Anybody's welcome — they don't have to have a motorcycle," he said.



Members of the Wiesbaden-Nassau Harley Owners Group place flowers and a memorial candle at the base of the memorial in Veterans Park on Clay Kaserne Sept. 11 to commemorate those who were killed during the attacks in 2001.

Community notes ... Community notes

Army Family Action Plan

Help make a quality-of-life change in the U.S. Army. Submit your ideas or take part as a delegate during the U.S. Army Garrison Wiesbaden's Army Family Action Plan Conference Oct. 18-19 at the Wiesbaden Entertainment Center. To submit an idea, click on the AFAP button on the garrison's home page (upper right). Print out the submission or delegate registration forms and drop them off at Army Community Service (or scan and send to the

email address listed). Your ideas count — make them heard. Call civ (0611) 4080-254 for more information.

Andrews openings

Andrews Federal Credit Union seeks a member services representative/teller floater at the Wiesbaden Branch. Other opportunities are also available in Belgium and the Netherlands. Visit www.andrewsfcu.org or Building 1021 on Clay Kaserne

Blood drive

The American Red Cross will hold a blood drive from 9

a.m. to 3 p.m. Oct. 4 at the Tony Bass Fitness Center. To sign up, visit www.militarydonor.com. To learn more about blood donations, visit www.redcross.org. Blood donations are always needed, and one pint of blood can save as many as three lives.

102nd Signal FRG

Help fund-raise, join in events or just stay informed about what is going on in the 102nd Signal Battalion by joining the 102nd's Family Readiness Group. Add 102nd Signal Battalion FRG to your Facebook likes or email

102frg@gmail.com for more information.

'Here's Jeopardy'

U.S. active duty personnel and their spouses are invited to participate in the Jeopardy tour with host Alex Trebek when it touches down in Wiesbaden Oct. 12. Stay tuned for more details as the date nears or call Joseph Harris at mil 335-5390.

Vet Clinic volunteers

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

Culture College

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

Red Cross classes

The Wiesbaden American Red Cross holds a CPR/first aid class Sept. 29 from 8:30 a.m. to 4 p.m. and a blood drive Oct. 4 from 9 a.m. to 3 p.m. Call civ (0611) 705-1760 or stop by the Red Cross office in Building 1023E to register.

Mothers of Preschoolers

Join fellow mothers (from pregnancy to kindergarten) to share ideas at the Mothers of Preschoolers meetings the second and fourth Wednesdays of the month from 9-11 a.m. at the Clay Kaserne Chapel. Limited child care is available — so reserve a spot in advance. Email wiesbadenmops@gmail.com for more information.

Awana event

Awana, a nondenominational Christian organization for children, plans to hold "Bring a Friend/Double Buck Night" Sept. 30. Awana meets from 5-7 p.m. Sundays at the Clay Kaserne Chapel and people can learn more by emailing Rachel Kistler at luvbnmomof6@yahoo.com.

Spouses club events

The Wiesbaden Community Spouses Club invites

newcomers and members for coffee and cake on the first Thursday of the month. Other upcoming WCSC happenings include a book lovers get-together the fourth Thursday at the month at 11:30 a.m. and the third Tuesday of the month at 6:30 p.m.; the lunch bunch (go to different restaurants in the area) every fourth Tuesday of the month; fitness Fridays; and the Grapes of Wrath Fall Bazaar Oct. 12-14 at the Mainz-Kastel Storage Station. Email Wiesbadenspousesclub@yahoo.com or visit www.wiesbadenspousesclub.com to get involved or for more information.

BOSS heads to Paris and London

Join the members of the Better Opportunities for Single Soldiers as they head to Paris Oct. 20 or London Nov. 16-18. Stop by the Warrior Zone on Clay Kaserne (by Wiesbaden Arts and Crafts) for more information.

Seeking volunteers

Volunteers are sought to help with the community's American Heritage Month Celebration in November. Sought are singers, dancers, American Indian dishes and cultural displays. Call Sgt. 1st Class Garcia at mil 337-7039 or civ (0611) 705-7039 for details.

Looking to sell your car?

Check out the Wiesbaden resale lot located at the end of the parking lot near the fence in between the Wiesbaden Army Lodge and Wiesbaden Entertainment Center in Hainerberg Housing. For more information call civ (06134) 604 460.

VFW Open House

Every Thursday at 6 p.m. is Open House at the Veterans of Foreign Wars Post 27. Stop by Building 7005 in Crestview Housing (Marsweg 3, 65191 Wiesbaden). Meetings are the second Thursday of every month at 7 p.m. Come earlier (at 5 p.m.) to socialize.

Tanus Auto Verkauf GmbH

School bits

Wiesbaden High School Spirit Week

This year's Spirit Week at Wiesbaden High School runs from Oct. 1-6 and has the theme of "Maserquerade." Monday is nerd dress-up day; Tuesday is decades dress-up day; Wednesday is costume dress-up day; and Thursday is toga day for seniors and blue and gold dress-up day for the rest of the students. There will be a football game Oct. 5 against Ramstein High School that evening. The junior varsity game starts at 4 p.m. and the varsity game starts at 7 p.m. The homecoming dance is from 7-11 p.m. Oct. 6 in the multi-purpose room.

Central Texas College registration open

Central Texas College in Wiesbaden is offering courses in traditional classrooms in Criminal Justice, Automotive Mechanic/Technician, Early Childhood Professions, and Hospitality Management Programs and their newest addition: the Legal Assistant Program. The term runs from Oct. 22-Dec. 14. For the Early Childhood Program they are offering the capstone class CDEC 2388 Internship Child Care Provider/Assistant. The college also offers online classes in these and other fields. For more information please contact the Wiesbaden Field Representative at 0611-705-5561/DSN 337-5561 or wiesbaden@europe.ctcd.edu or visit our office in Bldg 1023E Clay Kaserne.

FAST classes offered

The Wiesbaden Army Education Center will be offering a Functional Academic Skills Training class for qualified Soldiers Oct. 9-29. Class times are 7:45-11:45 a.m., Monday through Friday. FAST provides Soldiers with on-duty instruction in reading, math, and language. The goal is to improve job performance, prepare Soldiers for more advanced schooling, increase reenlistment options and enhance trainability. To be eligible for the training a Soldier must have a GT score below 110. Soldiers interested in FAST should call mil 337-5559, or email jason.m.thorp.ctr@mail.mil or visit the Wiesbaden Education Center and speak to a counselor in Clay Kaserne Building 1023E, Room 120.

Kaiserslautern College Night

The annual U.S. Army Garrison Kaiserslautern and Ramstein High School College and University Information Night will be held Oct. 4 from 6-8:30 p.m. at the Kaiserslautern special Events Center. Learn about education opportunities available from more than 100 accredited colleges and universities with representatives from the United States and across Europe. The Kaiserslautern Special Events Center is located in Building 237 on Rhine Ordnance Barracks. Call civ (0631) 3406 4123 for more information.

University of Maryland registration

University of Maryland University College Europe holds registration for its online and on-site Session 2 classes starting Oct. 22. For more information visit your local UMUC field representative at the Wiesbaden Education Center, www.ed.umuc.edu or call mil 370-6762 or civ (06221) 3780.

When to keep a sick child home from school

By Margaret Barry
Department of Defense Education Activity

There are three reasons to keep sick children at home:

⇒ When your child has a contagious or communicable disease.

⇒ When your child is exhibiting any of the signs or symptoms listed below or has an illness for which temporary exclusion is recommended for the health and safety of your child as well as other children.

⇒ When your child does not feel well enough to comfortably participate in their normal school activities.

Children with the following symptoms or illness should be kept home from school:

Fever: A temperature of 100 degrees Fahrenheit or greater demonstrates the need to exclude the student from the school setting. Note: A fever is considered present at 100.4 degrees Fahrenheit.

Yes, a child should stay home when a fever is accompanied by behavior changes or other symptoms of illness, i.e.: rash, sore throat, stomach ache/vomiting, diarrhea, coughing, head ache, ear ache. The student should be fever free (oral temperature below 99 degrees Fahrenheit) without the use of fever-reducing medicines, for a complete school day (24 hours) before returning to school.

Flu Symptoms: Fever over 100 degrees Fahrenheit or greater with cough and/or sore throat. Other flu symptoms can include fatigue, body aches, vomiting and/or diarrhea.

Yes, a child should stay home for at least 24 hours after there is no longer a fever, without the use of fever-reducing medicines.

Coughing: Severe uncontrolled coughing or wheezing, rapid or difficult breathing, coughing lasting longer than 5-7 days.

Yes, a child should stay home, because medical attention is necessary.

Mild respiratory or cold symptoms: Stuffy nose with clear drainage, sneezing, mild cough; no temperature elevation.

No. The child may attend school if able to participate in school activities.

Vomiting: Two or more epi-

sodes of vomiting in the past 24 hours.

Yes, a child should stay home until vomiting resolves (no further vomiting for 24 hours). Observe for other signs of illness and for dehydration.

Diarrhea: Frequent, loose or watery stools compared to child's normal pattern; not caused by diet or medication.

Yes, a child should stay home if the child looks or acts ill; if the child has diarrhea with temperature elevation of 100° Fahrenheit or greater; if child has diarrhea and vomiting.

Rash with fever: A body rash without fever or behavior changes usually does not require exclusion from school; seek medical advice.

Yes, keep the child home and seek medical advice. Any rash that spreads quickly, has open, weeping wounds and/or is not healing should be evaluated.

Conjunctivitis: Pink or reddish color to the white part of the eye and thick discharge may be yellow or greenish in color.

Yes, a child should stay home until discharge and signs of infection have cleared or completion of 24-hour treatment with ophthalmic solution prescribed by a health care provider.

Head lice or scabies: No. As long as treatment has been initiated, the child may go to school. Note: Strict adherence to product directions is essential for successful eradication of parasites.

Impetigo (to include: streptococci, staphylococcus,

MRSA infections): Blister like lesions which develop into pustules. May "weep" and crust.

Yes, the child should stay home for 24 hours after medical treatment has been initiated. Note: Lesions must be covered for school attendance.

Ringworm

No. As long as treatment has been initiated, the child may attend school. Note: Lesions must be covered for school attendance.

Vaccine Preventable Diseases Measles, Mumps, Rubella, (German Measles), Chicken pox, Pertussis (Whooping Cough), Influenza: Yes, the child should stay home until a medical care provider has determined the child is not infectious.

This information is based upon guidelines from American Academy of Pediatrics, Centers for Disease Control, Clinical Guidelines for School Nurses and Department of Defense Education Activity regulations.

Contact your school nurse should you have any questions or wish to discuss your child's medical condition.



Photo by Chris Payeur

Blocked!

Wiesbaden High School Lady Warrior Augusta Payeur (left) blocks a shot by Morgen Shreve from Schweinfurt in Heidelberg Sept. 15 during a volleyball jamboree.

By Donald Seltzer
Volksmarch Editor

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

Trail notes

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

► Interested in volksmarching but not sure how things work? Send an email message to volksmarch@gmail.com with the subject "Getting Started."

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

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

► Look for additional event choices at

www.wiesbaden.army.mil/hunion/Takeahike.htm.

Weekend of Sept. 29-30

Greifenstein-Beilstein (35753) — This event is west of Giessen. Those seeking a challenge will find it here — 42-, 50- and 60-km trails. From Giessen use B-49 west to Biskirchen and an unnumbered road north through Greifenstein to the start at Beilstein. When using Autobahn 45 take the Herborn-Süd (27) or Ehringshausen (28) exits to follow IVV signs to the start.

Start: Sportheim und Sportgelände on Sportplatzstrasse **Saturday:** 6:30 a.m. to 2 p.m. (5, 10 and 20 km), 6:30-9 a.m. (42 km), and 6:30-8 a.m. (50 and 60 km) **Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km), 6:30-9 a.m. (42 km), and 6:30-8 a.m. (50 and 60 km) **Trail:** Fairly hilly, woods **Award:** From previous events (shorter trails) or patch and certificate (marathon trails).

Wednesday, Oct. 3

Trier-Ehrang (54293) — This midweek, German holiday walk benefits Cystic Fibrosis research. Wanderers will walk in the area surrounding Germany's oldest city of Trier as a reward for the time spent reaching this event. Trier-Ehrang has its own exit off of Autobahn 602 as drivers approach Trier. Watch carefully for directional signs.

Start: MPG/AVG Halle at Sichelstrasse 3 in the Trier suburb of Ehrang **Wednesday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Hilly, woods and fields **Award:** Roman coin, and € .95 of your start fee goes to the research.



Weekend of Oct. 6-7

Dachsenhausen (56340) — Participants will be rewarded for the long drive with trails winding along the edge of the Naturpark Nassau southeast of Koblenz. A scenic drive uses B-42 and B-260 toward Koblenz from the Wiesbaden area, then connects with B-274 to reach Bogel. Follow secondary roads to Ruppertshofen, Gemmerich and the start at Dachsenhausen.

Start: Bürgerhaus at Emser Strasse 2a **Saturday and Sunday:** 7:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Mostly hilly, woods **Award:** None.

Weekend of Oct. 13-14

Heidelberg-Boxberg (69126) — This Sunday-only event is south of Heidelberg and east of Patrick Henry Village. Use Autobahn 5 south to the Heidelberg-Schwetzingen exit (38), then follow signs toward Leimen. Turn off on a secondary road leading to Boxberg. A shuttle service to the start hall is provided from the parking area.

Start: Bürgerhaus with parking shuttle from Fabrik Heidelberger Leben AG at Forum 7 in HD-Emmertgrund **Sunday:** 7:30 a.m. to 2 p.m. (5 and 10 km) and 7:30 a.m. to 1 p.m. (15 km) **Trail:** Mostly flat, fields and some woods **Award:** None.

Wiesbaden-Klarenthal (65197) — The changing fall colors will make the wooded trails at this Sunday-only event especially pretty for wanderers. Use Autobahns 66 and 643 to reach Wiesbaden and, staying in the left lane, pick up the 2nd Ring toward Klarenthal. Turn left onto Klarenthaler Strasse and shortly thereafter left again as IVV signs assist drivers in reaching the start.

Start: Sophie-und-Hans-Scholl-Schule at Geschwister-Scholl-Strasse 10 **Sunday:** 8 a.m. to 1 p.m. (6 and 10 km) and 8 a.m. to noon (20 km) **Trail:** Hilly, woods **Award:** None.

Wednesday, Oct. 17

Mainz-Gonsenheim (55124) — This middle-of-the-week walk is easily reached via autobahn and is just north of Mainz. Its trails wind through a wooded area popular with runners and walkers. You'll find some of the club members able to provide assistance in English and all quite friendly. Note

on the 10-kilometer trail at the August event, there were long stretches between

trail markings. Use Autobahns 60 or 643 to take the Mainz-Gonsenheim exit to find IVV signs or tape directing them to the start.

Start: Karl-Geib-Haus at Kapellenstrasse 44 **Wednesday:** 8 a.m. to 3 p.m. (5 km) and 8 a.m. to 1 p.m. (10 km) **Trail:** Flat, mostly woods and some fields. **Award:** From previous events.

Weekend of Oct. 20-21

Arbergen-Daisbach (65326) — This event is in the Naturpark Rhein-Taunus south of Limburg. Wanderers will enjoy the fall colors while completing one of a variety of trail lengths. Use Autobahn 3 toward Limburg and exit at Bad Camberg (44). Follow secondary roads through the towns of Beuerbach, Ketternschwalbach and Panrod to reach the start in Daisbach.

Start: Haus der Vereine at Schulstrasse 8 (parking at Am Volpertsberg 2) **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (6 km), 7:30 a.m. to 1 p.m. (10 km), 7:30 a.m. to noon (18 km), 7:30-11 a.m. (26 km) and 7:30-10 a.m. (33 km) **Trail:** Very hilly, woods **Award:** From previous events.

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

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

Morbach (54497) — This event is northwest of Idar-Oberstein. Morbach is on B-327 just north of the junction with B-269. Use B-422 from Idar-Oberstein to reach B-269.

Start: Baldenauhalle on Jahnstrasse **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (6 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) **Trail:** Hilly, woods **Award:** None.

Neufgrange, France (57910) — This French event is found due south of Saarbrücken and Sarreguemines. From Kaiserslautern, use Autobahn 6 to connect briefly with Autobahn 8 at Saarbrücken. Exit at Saarbrücken-Unner to head south on a minor road that becomes N61 in France. Use N62 toward Sarreguemines a short distance to connect with minor roads leading to the start at Neufgrange.

Start: Salle des Sports at Rue du Stade **Sunday:** 7 a.m. to 2 p.m. (10 km) and 7 a.m. 1 p.m. (20 km) **Trail:** Unknown **Award:** None.

City Festival

Diverse, colourful and varied — this is how the Wiesbaden City Festival will be presenting itself again this year. It takes place from Sept. 27-30 at different places throughout the city centre. For more information, visit www.wiesbaden.de/en/living-in-wiesbaden/festivities-markets/festivities/city-festival.php.

USO classes, tours

The Rhein Main Area USOs feature ballroom, swing and salsa dance lessons; portrait photography classes; wine tasting; ballet and more. Up-

Things to do ... Things to do

coming tours include **Munich Oktoberfest** Sept. 29, **Berlin Express** Sept. 29 and the **Tongeren Antique and Flea Market** Sept. 30. Call mil 335-5106 or stop by any Wiesbaden USO for more information.

Catholic Women's Conference

The Military Council of Catholic Women will host a **European Regional Conference** Oct. 18-21 in Ettal. Catholic women from 19 chapel communities in Belgium, England, Germany, Holland, Turkey

and Italy will participate. Visit www.mccweurope.com for more information.

Onion cake festival

The town of Lorch on the Rhein River holds an **Onion Cake Festival** Oct. 12-14. Sample the new wine and onion cake. Rudesheim holds its **Federweisser Days** with all kinds of local specialties on the market square Oct. 19-21 and 26-28.

'Little Shop of Horrors'

Wiesbaden's Amelia Earhart Playhouse features the comic

musical "**Little Shop of Horrors**" Oct. 12-14, 19-21 and 26-28. Call the Playhouse at civ (0611) 816 2473 for reservations.

SKIES classes

Wiesbaden's Child, Youth and School Services feature a range of SKIES programs including drums and percussion, piano, guitar, tae kwon do and mixed martial arts. Call Parent Central Services at mil 337-7928 or civ (0611) 705-7928.

Live at the Alte Oper

Frankfurt's Alte Oper features the **Steve Miller Band** Oct. 29 and **Melody Gardot** Oct. 30. Call (069) 1340 321 or visit www.alteoper.de for ticket information.

Library game area

The Wiesbaden Library now has a game area with Play Station and X Box consoles. Stop by the library in building 1029 on Clay Kaserne.

Preschool story time

Every Thursday at the Wiesbaden Library in building 1029 on Clay Kaserne from 10-11 a.m. there is a story time for preschoolers.

Closer training options for footballers

By Shirani Tisdale
Special to the Herald Union

No longer will local, developing young soccer players have to drive away to Heidelberg and Kaiserslautern to get specialized training and skill development opportunities.

But as Heidelberg prepares to close, the United States Youth Soccer program has put into place a transition plan to establish a joint program between Wiesbaden and Heidelberg.

In the past, players who wanted to participate in the program had to drive away to train with a team.

The program is designed to offer serious players a chance to play the game at a more advanced level.

"This is not a group for youth that are just looking for something to do," said Paul Guelle, Heidelberg/Wiesbaden Select U19 Boys coach who said the goal of USYS is to identify American soccer players and provide the tools and opportunities for them to develop into the player they want to become.

The program operates year round and usually involves two Sunday training sessions a month for district play. Tournaments between the districts, exhibition matches and regional camps promote regular competition. Once on the district team, qualified players may also be selected for advanced competition.

"If you're living in Germany and playing (Department of Defense Education Activity) high school soccer, colleges in the States rarely have an opportunity to see you," said Guelle.



Photo by Steve Kulmala

Local youths participate in the U.S. Youth Soccer program tryouts Sept. 16 at Mainz-Kastel Storage Station.

"Through some of the connections made through organizations like USYS it is possible to increase the opportunity for college exposure."

Several players have advanced as a result of the program. In the spring, two players from the program were selected to the USYS Region I '95 team; placing them among the top players in their age group in the USA. In July, two Heidelberg players took part in the Surf Cup college showcase hosted in San Diego, California.

Rebecca Kuhn, current Heidelberg/Wiesbaden club secretary, said, "I'm thrilled to be able to invite more Wiesbaden families to the program without having to provide a travel disclaimer."

More than 30 players between the ages of 6 and 19 showed up for the tryouts held on Sept. 16 at Mainz-Kastel, Wiesbaden. With the 34 that tried out in Heidelberg the previous weekend, the year is off to a strong start coaches said.

The coaches and volunteers

put the ODP hopefuls through various skill exercises to test their levels. Many trainers in the organization have played or currently play on a professional team in Germany. Some played college soccer in the United States and all have had or will have professional training in coaching. This ranges from E to C licenses and includes National Soccer Coaches Association of America diplomas and USYS modules. According to Heidelberg/Wiesbaden Select President, John Little, the best part about the coaches is their "love of the game and their willingness to share it with the youth."

Tryouts may be over but coaches will still consider interested players if you contact the organization directly. The program is also seeking more trained coaches from the Wiesbaden area as well as involvement from parents. Contact Kuhn at rebeccakuhn@yahoo.com or read more about the program at <http://usyouthsoccereurope-odp.com/exec.php>.

Sports shorts

Hispanic Heritage Boxing Tourney

The Hispanic History Boxing Tournament will be featured at the Wiesbaden Fitness Center Oct. 6 with doors opening at 6 p.m. and bouts starting at 7 p.m. Call mil 337-5541 or civ (0611) 705-5541 for details.

Wahoos seek coach

The Wiesbaden Wahoos swim team seeks an energetic, motivated and skilled developmental swim coach. The Wahoos, ages 6-19, compete against other teams in the European Forces Swim League. Coach applicants must be 21 or older and have competitive swim coaching experience or equivalent as a swimming instructor, volunteer coach/instructor or swimmer. Compensation is possible, subject to negotiation and commensurate with experience. If interested submit a letter of application and resume with references to the Wiesbaden Swimmers' Parents Association at swimwahoos@yahoo.com. For more information about the programs visit <http://wiesbadenwahoos.com> or <http://swimefsl.org>.

Calling all hockey players

The Wiesbaden Vikings hockey team is seeking experienced and novice players to join the team this season that goes from September to April. The team plays throughout Germany and competes in the Rhein Main Hockey Liga, as well as, the annual USAFE hockey tournament in Garmisch-Partenkirchen. Anyone interested should email wiesbaden-vikings@gmail.com.

Mountain bikers wanted

A local mountain biking group invites anyone interested in joining their tours ("no longer than about 15-20 miles at moderate speed - fun is first") around the Wiesbaden area. The group meets every Wednesday at 6:30 p.m. at the end of the Nerotal and on most Sundays around 10 a.m. For details call Bjorn Piechotka at civ (0611) 306 040 or email b.piechotka@formundwohnen.de.

EDGE! programs

Wiesbaden's EDGE! Program features golf for grades six to 12 on Mondays from 3:30-5 p.m., bowling for grades six to 12 Tuesdays from 3:15-5 p.m., art for grades six to 12 from 3:30-5 p.m. on Wednesdays, bowling for grades six to eight from 3:15-5 p.m. Thursdays and Fit EDGE! for grades six to 12 from 3:30-5 p.m. on Fridays. Call Parent Central Services at mil 337-7928 or civ (0611) 705-7928.

Prep sports

The Wiesbaden Warriors are home Sept. 28 versus Vilseck, Oct. 5 (homecoming) versus Ramstein and Oct. 20 versus Filton. Cross country runners will be in town Oct. 6 and Oct. 13. Wiesbaden golfers head to Baumholder Oct. 4. Warrior tennis players will be at home Oct. 6 versus Lakenheath and Oct. 13 versus Kaiserslautern. Volleyball teams are home Oct. 6 against Lakenheath and Vilseck, and Oct. 27 versus Kaiserslautern, Heidelberg and the Black Forest Academy.

Fitness classes

Get toned up and fit during one of the Wiesbaden Fitness Center's many classes — Zumba, spin, body tone, Plyometrics, H.E.A.T. and more. Call civ (0611) 705-5541 or stop by the fitness center on Clay Kaserne for more information. Baumholder, too, features a range of fitness opportunities — personal training with Laurie, free spin, water aerobics, aikido, power yoga and more. Call mil 485-7176 or civ (06783) 6-7176 for more information.

Hunting instruction

Students in the Outdoor Recreation German Hunting Course engage stationary targets with the revolver and pistol in August. Harold Toft, instructor, and Al Klaver, safety officer, supervise.

Photo by S. Steineger





Cubs run in Gickellauf

Members of Wiesbaden Cub Scout Pack 65 warm up for the Gickellauf in Engelheim Sept. 16 under the supervision of a giant chicken. "Gickel" is German slang for chicken, and "lauf" means run. The race included several distances, all the way from 1.2 kilometers to 20. The younger cubs ran the 1.2 kilometer race, while the Webelos ran the 3 kilometer race.

Photo by Carrie Cogbill

For good health, eat a variety of fruits and vegetables

By Robyn Brown
U.S. Army Public Health Command

As the warm weather slowly fades away, we all think about how to keep the healthy feeling of summer a little longer. Cooler weather and shorter days can take a toll on our immune system.

Research shows that one way to stay strong is to continue to enjoy plenty of fresh fruits and vegetables. September is "National Fruits and Veggies — More Matters" month. This is a great time to make the transition from summer's fresh peaches and blueberries to the delicious pears, plums and grapes of the fall.

Orange fruits and vegetables are a particularly tasty way to boost the immune system all year long. Delicious fall favorites include sweet potatoes, butternut squash or pumpkin. Orange foods contain the antioxidants beta-carotene, a precursor to vitamin A, as well as vitamin E. These vitamins work alongside vitamin C to improve the immune system's ability to protect against viral infections and to fight off colds and flu.

The U.S. Centers for Disease Control and Prevention recommends eating a variety of colorful fruits and veggies every day in order to promote good health, and says that almost everyone could benefit from including more of these tasty choices in

every meal. A general guideline is to aim for five servings of fruits and vegetables per day, and most people should increase the amount they eat every day.

There are plenty of simple and fun ways to add a colorful variety of fruits and veggies

to your meals and snacks. All forms of fruits and veggies matter—use fresh, frozen, canned, dried and 100 percent fruit juice. Here are some tips to increase daily fruit and vegetable intake: Make fruits and vegetables visible: Keep a colorful fruit bowl visible on the kitchen counter, dining table or desk at work. Fresh produce can also be kept within easy reach in the refrigerator and portioned into small servings for a quick and easy snack.

Double up the veggies: When making stir fry or pasta, it is easy to double the usual portions of vegetables like broccoli or bell peppers and maintain the taste of the dish. When serving vegetables as a side dish, add an extra helping, so at least half



Photo by Wendy Brown

A woman shops at a fresh fruits and vegetables stand in the downtown area of Hofheim, which is about a 15-minute drive from Wiesbaden.

of the plate is filled with fruit and veggies.

Add fruits to everything: Many daily treats can give your immune system a boost by topping them with fruit. Add bananas to breakfast cereal, pancakes or toast. Top an afternoon snack of yogurt with

cranberries. Enjoy snacks of fruits like oranges, pears or apples anytime.

Try something new: Even the tastiest healthy meals can eventually lose their appeal. Keep healthy eating interesting by regularly adding new variety. Try new recipes for colorful side dishes. Browse the produce aisle or farmers market for a new fruit for afternoon snacks. Each season provides an opportunity to try something new and delicious.

Try this fruit salad for a great way to strengthen your immune system this fall:

- 1 mango, peeled and cut into cubes
- 1 medium banana, sliced
- 1 cup pineapple chunks,

fresh or canned

- 1 orange, sectioned
- 2 passion fruits

Combine first four ingredients in a bowl and stir gently to mix. Cover and refrigerate for about an hour to allow flavors to blend. Spoon fruit salad into dessert bowls. Cut each passion fruit in half and serve one half with each bowl. Scoop the passion fruit out of the skin, and use it as a dressing for the fruit salad.

For ideas on adding more fruits and veggies to your meals this fall visit:

Produce for Better Health Foundation, www.fruitsandveggiesmorematters.org;

**Segtours
Wiesbaden**

Dr. Broichmann



Andrew Garfield plays Spiderman in the latest retelling of "The Amazing Spiderman."

At the movies Sept.27-Oct. 11

Wiesbaden, Taunus Theater

Sept. 27 — Ted (R) 7 p.m.
 Sept. 28 — Trouble With The Curve (PG-13) 7 p.m. The Watch (R) 9:30 p.m.
 Sept. 29 — The Amazing Spiderman (PG-13) 4 p.m. The Dark Knight Rises (PG-13) 7:30 p.m. The Avengers (PG-13) 10:30 p.m.
 Sept. 30 — Rock Of Ages (PG-13) 4 p.m. Dredd (R) 7 p.m.
 Oct. 1 — End of Watch (R) 7 p.m.
 Oct. 2 — Abraham Lincoln: Vampire Hunter (R) 7 p.m.
 Oct. 3 — The Watch (R) 7 p.m.

Oct. 4 — Magic Mike (R) 7 p.m.
 Oct. 5 — Total Recall (PG-13) 7 p.m. Looper (R) 9:30 p.m.
 Oct. 6 — Won't Back Down (PG) 4 p.m. Looper (R) 7 p.m.
 Oct. 7 — Won't Back Down (PG) 4 p.m. Total Recall (PG-13) 7 p.m.
 Oct. 8 — Looper (R) 7 p.m.
 Oct. 9 — The Watch (R) 7 p.m.
 Oct. 10 — Ted (R) 7 p.m.
 Oct. 11 — Abraham Lincoln: Vampire Hunter (R) 7 p.m.



Amy Adams and Clint Eastwood star in "Trouble with the Curve," about an aging baseball scout with failing sight who hits the road with his estranged daughter. Photo right, futuristic cop Judge Dredd delivers death sentences with impunity as he rides the streets of a powerful new drug.



Movie plots

Ted (R) — John Bennett is a grown man who must deal with the cherished teddy bear who came to life as the result of a childhood wish and has refused to leave his side ever since.

Trouble with the Curve (PG-13) — An aging baseball scout with failing sight hits the road with his estranged daughter to pursue a promising young ballplayer.

The Watch (R) — Suburban dads who form a neighborhood watch group as a way to get out of their day-to-day family routines find themselves defending the Earth from an alien invasion.

The Amazing Spiderman (PG-13) — Yet another retelling of the Marvel Comics superhero story about an outcast youth (Peter Parker, this time played by Andrew Garfield) who gains the powers of a spider to fight crime.

The Dark Knight Rises (PG-13) — It's been eight years since Batman vanished into the night, turning from hero to fugitive, and now he returns.

Marvel's The Avengers (PG-13) — Marvel Studios delivers the ultimate comic-book film, which ties together such characters as Iron Man, Captain America, The Hulk, and Thor.

Rock Of Ages (PG-13) — Small town girl Sherrie and city boy Drew meet on the Sunset Strip while pursuing their Hollywood dreams.

Dredd (R) — Feared urban lawman Judge Dredd takes on a vicious city drug dealer in a futuristic metropolis in this film.

End of Watch (R) — Young Los Angeles police officers Taylor and Zavala patrol the city's meanest streets of south central Los Angeles.

Abraham Lincoln: Vampire Hunter (R) — Filmmakers Tim Burton and Timur Bekmambetov imagine Lincoln as history's greatest hunter of the undead.

Magic Mike (R) — Channing Tatum stars in this story about male strippers based on his real life.

Total Recall (PG-13) — Welcome to Rekall, the company that can turn your dreams into real memories. For factory worker Douglas Quaid the mind-trip sounds like the perfect vacation, but the procedure goes wrong.

Looper (R) — In the futuristic action thriller Looper, time travel will be invented - but it will be illegal and only available on the black market. When the mob wants to get rid of someone, they will send their target 30 years into the past, where a "looper" — is waiting to mop up.

Won't Back Down (PG) — Two headstrong mothers wage a valiant struggle to save their children's troubled inner-city school, but find their forward-thinking efforts hampered at every turn by apathy and systematic bureaucracy.

Freestyle

Freestyle
