



Reader feedback

"I have been very satisfied with the quality of care we have received," said Kristen Boyd about overseas health care. See page 2 for more feedback.



Soldier Ride

USAREUR community members support wounded warriors during event. See page 16.



Purple Heart

Medic awarded after assisting fellow wounded Soldiers in Afghanistan. See page 17.

Herald Union



Vol. XIII, No. 25 Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden Sept. 29, 2011

Culture College hails newcomers

By Wendy Brown
Special to the Herald Union

Sgt. Walter Stanley knew enough about living in Germany from his first tour that he knew he needed to learn more when he came back for a second tour.

As a result, Stanley spent three days during the week of Sept. 12

taking Army Community Service's Culture College which orients Wiesbaden's newcomers to the city and Germany.

"I highly recommend it, because everything here is different," said Stanley.

Stanley said he wanted to attend the college because it had been five

years since he left his previous duty station in Illesheim, and a lot can change in that amount of time. He also wanted to learn more about Wiesbaden.

Stanley was among nearly 30 Soldiers, Family members and ci-

See Culture College on page 11

Support charity of choice during campaign

The 2011 Combined Federal Campaign-Overseas program, the world's largest charity campaign impacting the lives of military personnel and Family members, starts Oct. 4 and runs through Dec. 3.

CFC, the only authorized solicitation of federal employees in their workplaces, raises millions of dollars annually and features more than

2,300 charities.

During last year's campaign, U.S. Army in Europe Soldiers and civilian employees contributed approximately \$2.4 million, with more than \$97,000 designated for the Family Support and Youth Programs.

An option unique for overseas donors, donations made to FSYP go directly to overseas military communities to help fund

quality of life programs in local communities.

All of the donations made to FSYP come back directly to the installation where the contributor lives and works.

CFC-O also offers contributors the opportunity to give using the traditional paper Pledge Card or through e-Giving at www.cfcov-seas.org.

CFC-O will host

several kick-off events throughout U.S. Army Europe communities.

For more information on these events, contact Christopher Lowry, USAREUR component manager, at mil 370-7552 or civ (06221) 57-7552, or Jeannette White, Installation Management Command-Europe component manager, at mil 370-7888 or civ (06221) 57-7888.



Astronaut and retired Air Force Col. Gregory H. Johnson describes his experiences piloting a NASA space shuttle and onboard the International Space Station during a visit to Wiesbaden Sept. 12.

Adventures in space

NASA shuttle pilot shares experiences with Wiesbaden students

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

A few months before retired Air Force Col. Gregory H. Johnson stood in front of a standing-room-only crowd in Wiesbaden's Taunus Theater, he was piloting the last mission of the space shuttle Endeavour more than 200 miles above the Earth's surface.

Johnson shared details and video highlights
See Adventures in space on page 20



Photos by Karl Weisel

Changing the face of the Wiesbaden community

Roger Gerber, U.S. Army Garrison Wiesbaden Transformation and Stationing Management Office director, shows members of the German media a model of the new shopping center to be built in Hainerberg Housing. Construction is slated to start in the spring of 2012 with a planned opening of spring 2014. Photo right: Construction crews work on a new Wiesbaden High School building. Part of a three-part \$26 million project, renovations to the high school include a new academic facility, multipurpose room and a recently completed gymnasium, according to Department of Defense Dependents Schools-Europe Project Engineer Steve Arn.

Feedback: *How do you rate the quality of health care overseas?*



Capt. Shannon Shackelford
V Corps

"After being stationed elsewhere in Europe, in comparison, the availability of doctors and services are better at this installation."



Sgt. 1st Class Willie Dansler
V Corps G3

"The liaison officer does not stay with you for the entirety of the office visit. Once the doctor arrives they leave; if the doctor does not speak fluent English, communication can be difficult."



Sgt. 1st Class Lashon Gros
5th Signal Command

"For the past four months I've been going to a host nation obstetrician and my experience has been great. In comparison with my first pregnancy this has been a better experience."



Brian Fuller
Military retiree

"It's OK, just inconvenient. Retirees in the States have the option of choosing Tricare Prime and overseas we don't. Getting an appointment as a retiree overseas is very difficult."



Sgt. 1st Class Sharon Clayton
U.S. Army Europe Inspector General's Office

"It's been good. All of my health care needs have been addressed. I haven't experienced a difference in the services offered here as opposed to other duty stations."

Getting to know you

Youth assistant job opens college student's eyes

Commentary by
Russell M. Page
Special to the Herald Union

For most of us during this era of voluntary military service, our nation's ongoing wars seem far removed from our lives. Unlike past wars, like World War II or Vietnam, which elicited either great swells of support or massive antiwar movements, our military's current ongoings fade into the background.

This summer, I decided to connect myself more to those affected by our current wars by working with children in the military community of Wiesbaden.

My family has a long history of military service. My great-grandfather enlisted in the Army during World War I and later went on to become a military cemetery director in Richmond, Va., and Santa Fe, N.M. My grandfather served in the Army during the 1940s alongside many of my great uncles. My father joined the Army during the Vietnam era and was stationed in Germany in the early 1970s.

As a bit of a nonconformist with a tendency to resist authority figures (and oppose most wars), I never desired the military life. Nevertheless, my admiration of our Soldiers and my interest in the impact of the war on military families led me to work this summer as a youth program assistant at the Youth Services Center in Wiesbaden.

Many of the children I met were the children of Soldiers who had completed multiple tours of duty in Iraq and Afghanistan.

I was tasked with playing sports, board and video games and helping with trips around the Rhein-Main area and Europe. During these fun

activities, I gained insight into the lives of those Americans most closely connected with our deployed Soldiers.

Many of the children clung to their hometown and home state roots as they adapted to life on a different continent. One California boy told me how jealous he was of me because I would soon be able to eat In-N-Out burgers. I shared my homesickness with an El Paso boy who, like me, missed the Rio Grande, Southwestern culture and Mexican food.

Other children had moved around so much that they didn't know where home was. It was not uncommon to meet children who had lived in five or more places before hitting middle school. These kids were very welcoming to newcomers like me because they had spent their entire lives adapting to new surroundings. As somebody who only moved away from home when going to college, I was amazed by their ability to cope with change.

Some of the children were so attached to America they feared leaving the base and military housing area and venturing out "on the economy," or into actual Germany. They spent all their time around the Youth Center or the base's shopping area.

Other children took full advantage of their unique location right in the middle of Europe. I joined them as we explored tourist attractions on Youth Services trips to Munich, Strasbourg and Salzburg. I accompanied them on day trips around the area such as canoeing in the Rhein. Although they were only temporary residents, some of these kids were enjoying their European homes.

At Youth Services I met kids who were talented at sports,

music and computers. On the basketball court, I got dunked on on a daily basis. Some of the kids took advantage of the center's recording studio to create rap and rock music. One of the high-schoolers promoted his music during a rap battle in the middle of Munich and he convinced me to come back to the States with some of his songs. In the computer lab, the middle-schoolers impressed me with their tech savvy.

In Wiesbaden, children from all backgrounds mingled and befriended each other. All the children came together to deal with their situations the best they could, and they created friendships in the short windows of time they had with each other.

Despite their positive outlooks, I will never forget one moment: when I came to understand how deeply these children were personally affected by our nation's wars. One day a young girl playfully told a boy who was teasing her that she was going to tell her dad on him. She temporarily forgot where her father was. When she remembered he was far away fighting in Afghanistan, her realization left both she and I shaken.

If all I was this summer was an adult companion for the Wiesbaden Army kids, I still think it was worth it. Every time I interacted with them, I helped them feel more at home in a place so far away from their actual homes.

Each day in Wiesbaden reminded me that our military overseas is filled with human faces.

Whenever I see a headline about our ongoing wars, I will remember my young friends in Wiesbaden. (**Russell M. Page, a college junior, edits the Port Side, an online blog.**)

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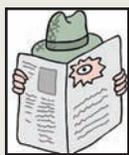
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News flash

National Cybersecurity Awareness Month

U.S. Army Europe cybersecurity experts said there is a real and ongoing war in cyberspace — America is constantly being attacked by hostile governments, organizations and individuals. During National Cybersecurity Awareness Month in October, everyone is reminded to help defend the Army against such attacks. U.S. Forces Europe members can assist by securing networks from hazards, staying up to date on threats and good online habits, training and setting an example for others to be cautious and vigilant as well. President Barack Obama declared October National Cybersecurity Awareness Month for the first time in 2010. For more information about protecting the network visit <https://portal.eur.army.mil/sites/iassure>. (USAREUR Public Affairs)



Signal detachment inactivated

The colors of the 5th Signal Command's 255th Signal Detachment were cased on Wiesbaden Army Airfield Sept. 16. The ceremony marked the inactivation of the detachment, which was formed in May 1944. Soldiers of the 255th were to be assimilated into the 102nd Signal Battalion. "In many ways this organization change will be transparent to our senior commanders, and to our customer base — and that is the way we like it," said Lt. Col. Eric Aslakson, 102nd Signal Battalion commander. (Courtesy of 5th Signal Command Public Affairs)



Photos by Chrystal Smith

Comics on Duty encourage people to drink responsibly

Danny Villalpando humors the audience in Wiesbaden's Taurus Theater Sept. 14 during a performance by the Comics on Duty. The tour, sponsored by *thatguy.com* to military installations around the globe, is aimed at educating people about the adverse effects of binge drinking. Using jokes and comical scenarios, the comedians shared their serious message of drinking responsibly. Photo right: Paul Ogata and fellow comics talk to Soldiers following the performance.

Finding stress relief

Growing interest in 'mindfulness'

By Lisa Young
U.S. Army Public Health Command (Provisional)

Do the inevitable stresses of daily living leave you feeling like you are missing out on the joys of life? Would you be interested in learning how to slow down to enjoy life, moment by moment?

Since 1979 there has been a growing interest in what is called "mindfulness" practices. Mindfulness can be defined as a conscious, present-centered awareness in which each thought, feeling or sensation is purposefully acknowledged and accepted in the present moment with a non-judgmental attitude of curiosity, openness and acceptance. Although inspired by Buddhist teachings, there is nothing religious about mindfulness, and it can be practiced independent of religious or cultural influence.

Over the past 30 years, there has been an increase in the study of mindfulness. Current research suggests that mindfulness practices are useful in the treatment of pain, stress, anxiety, depression, disordered eating and addiction. Most recent studies on mindfulness have looked at this new field as a psychological tool capable of stress reduction and the el-

evation of positive emotions. Studies inquiring into "mindfulness-based stress-reduction" interventions have produced the following findings:

- ☞ Benefits of improved immune system
- ☞ Increase in positive effect and a faster recovery from a negative experience
- ☞ Reducing distracting behaviors to reduce stress
- ☞ Emotional regulation and focused breathing resulting in positive responses
- ☞ Declines in mood disturbance and stress

Research centered on mindfulness as a tool to elevate and sustain positive emotional states found that meditation practices showed:

- ☞ Increases over time in purpose in life and social support, and decreased illness symptoms
- ☞ Increased brain and immune function
- ☞ Higher subjective well-being promoting the perception of "having enough."

Mindfulness has been used as treatment for post-traumatic stress disorder at Veterans Affairs hospitals. U.S. Army Ranger Monty Reed stated in



an interview for CNN that a therapy that incorporates mindfulness has helped him with the chronic pain, flashbacks and anger resulting from a parachute jump accident. He said, "Mindfulness is a belief system that I use to change my attitude toward bad things that happen to me, and that gives me control of the results or the outcome."

Mindfulness is also used to help patients with eating disorders, such as weight loss, binge eating, anorexia or bulimia. It teaches patients to focus on the present and eat food with purpose on purpose. The idea is to be aware of any judgments that occur with the eating process, release them, and concentrate on how the food tastes.

When used as a part of therapy for depression and anxiety,

psychotherapists have included mindfulness techniques to manage negative thought patterns. Some approaches are focusing on each inhale and exhale of breathing to gain a sense of control, or choosing to visualize a calming time or place that brings a sense of peace.

To experience a deeper sense of living in the moment, try some of the following simple mindfulness exercises:

- ☞ Meditation
- ☞ Deep breathing
- ☞ Listening to music
- ☞ Observing your thoughts
- ☞ Journaling

Virtually any activity can be a mindfulness exercise if you bring a heightened sense of focus to what you are doing right then. Try it and find yourself less stressed and more grounded in the present moment.

For more information about mindfulness and stress reduction, visit the Center for Mindfulness in Medicine, Health Care and Society at www.umassmed.edu/content.aspx?id=41252 or the National Center for Complementary and Alternative Medicine at <http://nccam.nih.gov/health/meditation/overview.htm>.

From the blotter

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

Aug. 15

Baumholder: A Family member is being charged with conducting a home-based photography business and not reporting her profits to German authorities for tax purposes.

Wiesbaden: A Family member is being charged with shoplifting after concealing a few items and leaving the facility without proper payment.

Aug. 16

Baumholder: A Soldier is being charged with being absent without leave after failing to sign in from leave and the unit failing to locate the Soldier.

Wiesbaden: An officer is being charged with assault on a child after being involved in an altercation which turned physical.

Aug. 17

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

Aug. 18

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

Aug. 19

Baumholder: A Family member is being charged with a traffic accident after striking a tree.

Aug. 20

Wiesbaden: A Soldier is being charged with a traffic accident after striking a curb and damaging a government vehicle.

Aug. 21

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

Wiesbaden: A Soldier is being charged with assault after being involved in an altercation which turned physical after throwing the remote control at his spouse.

Aug. 22

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

Wiesbaden: Three civilians are being charged with tax evasion after transferring tax-free products to a non-ID cardholder.

Aug. 23

Baumholder: A Soldier is being charged with a traffic accident after striking a vehicle and being thrown from his motorcycle.

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

Anyone can save a life

By Karen Parrish
American Forces Press Service

Members of the military family take responsibility for each other, and that responsibility extends to saving lives that might otherwise end in suicide, according to a senior Defense Department official.

"Someone could show up at any time, in need. It's not the job only of the mental health professionals ... we've got to create a community that takes this issue seriously," said Dr. Jonathan Woodson, assistant secretary of defense for health affairs, during an interview with the Pentagon Channel and American Forces Press Service.

The suicide rate in the military services has risen overall during the past five years, though the Army reported a slight decrease in active-duty suicides and the rate among Marines fell 30 percent in 2010. The military in 2010 averaged 12.5 suicides per 100,000 members, according to DoD reports.

DoD is establishing a Suicide Prevention Oversight Committee to "coordinate, synthesize [and] harmonize" department and service-specific programs aimed at preventing these deaths, Woodson said. The committee also will measure the programs' outcomes to identify and promote best practices, he added.

The group will include service and combat arms representatives, DOD officials and medical care providers, he said.

Suicide is a "thorny and complex problem," Woodson said, but exhaustive research has yielded some insight.

Some factors that increase the risk of suicide include alcohol or drug abuse, troubled relationships, and legal and financial difficulties, Woodson said. Programs are in place to assess and offer appropriate care, counseling or legal assistance to service members facing such circumstances, he said.

"What we know is that if we get individuals who have substance abuse problems ... or histories of mental abuse or physical abuse, and get them to the right care, this can be preventative," he said.

Woodson said research also shows common elements of successful suicide prevention programs.

Among those elements he listed increased suicide awareness among military community and family members — including everyone from noncommissioned officers and front-line supervisors to military gym staff members — who may notice behavior changes among regular patrons.

Successful programs provide access to qualified health professionals; offer a plan of action, such as the Army's "Ask, Care, Escort" program that assists Soldiers in aiding other Soldiers potentially at risk of suicide; ensure at-risk people can't access "lethal means" such as firearms; and provide follow-up care and assessment, Woodson said.

All of the military services have programs to help build resilience among their members, he noted.

"Building resilient families, building resilient service members who know how to cope with temporary stress, is very important," he said.

All of those elements combine to form a wide-ranging strategy to assess risk and prevent suicide, he said.

Possibly the most important factor in preventing



Photo by Chrystal Smith

Coming home

Players from the cast of "Re-Entry" portray a military couple sharing their thoughts and feelings of how their lives were changed after returning from combat Sept. 20 at the Wiesbaden Taunus Theater. The play, presented by the American Records Theater Company in support of Suicide Prevention Month, was based on real interviews with service members returning from and preparing for deployment. The five-member cast presented a variety of perspectives which included parents and siblings of service members who had deployed into combat zones.

suicide risk from becoming reality is timely, qualified mental health care, Woodson said.

"What is heart-warming is that a number of leaders have ... told their own personal stories and testimonies about difficulties after deployment, depression and the need to seek help," he said.

Woodson said DoD is striving to instill a culture in which seeking help is a sign of strength, and policy changes are in place to ensure security clearances and other career factors are not affected by a service member seeking counseling.

"I think we've already begun to see the change," he said.

There is help available, Woodson said, for service members struggling with depression or other issues that make them consider suicide.

"There are means of getting through any crisis," he said. "There are people available to help you. There are programs available to help you. We value your service. We value your life. We want to have all of our service members succeed and lead long, productive lives."

That, he said, is what suicide prevention is all about.

Planning to meet future needs

Leaders continue award-winning strategic planning process

By Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

Members of the U.S. Army Garrison Wiesbaden command team, directors and strategic planning teams joined together Sept. 20 to review past successes and continue fine-tuning for the future.

After a year which saw the garrison lauded as the Army Community of Excellence Gold Award winner and Commander in Chief's Installation of Excellence winner, leaders stressed how important the strategic planning process was in earning the recognition and continues to be in meeting the future needs of service members and their families.

"There is no doubt that we were able to win the Army Community of Excellence award due to this process which underpins everything that we do," said Col. Jeffrey Dill, USAG Wiesbaden commander. "The challenge for us is that transformation is changing everything around us."

Ensuring the garrison is able to continue delivering programs and services at the high level with which community



Photo by Karl Weisel

Strategic planning team members meet Sept. 20 to close out Fiscal Year 2011 and gear up for the new fiscal year.

members and newcomers have become accustomed will be the focus of future strategic planning sessions. As construction, unit moves and a host of other factors continue to change the face of the Wiesbaden military community — added to the fact that new fiscal realities are tightening budgets everywhere — strategic planners must remain flexible to new ideas and innovative thinking.

"We're leading the way with our strategic planning," said Lorie Khatod, strategic planner for USAG Wiesbaden's Plans, Analysis and Integration Office. "We have mature processes in place that allow us to have strategic successes

throughout the year."

Khatod explained that the meeting was intended to close out planning from fiscal year 2011 and to gear up for FY 2012. "It's an opportunity for all of the directors to sit down with the commander and to obtain his strategic expectations for the upcoming year while allowing us to close out strategic objectives from FY11.

"I think the fact that we will receive higher visibility with the U.S. Army Europe move to Wiesbaden, that we already have close ties to our mission support partners and the fact that we were the ACOE Gold winner encourages individuals to be more willing to

join in the strategic planning process," said Khatod.

Unit and organization leaders realize that they are welcome to join in the process to implement positive change regarding readiness and well-being, she said, adding, "It's definitely a partnership that we do because they use the programs and services that we provide.

"We have an opportunity to be innovative and creative because we are the center of excellence. I think there's an expectation (throughout the Army) for us to push the boundaries," Khatod said. "I would hope that we would continue to push those boundaries and to think outside the box."

Khatod, who is moving on to a new position with the Installation Management Command-Europe in Heidelberg, said helping the commander guide the strategic planning process in Wiesbaden has been highly fulfilling. "It's been a rewarding experience for me to see such a huge change in such a short amount of time. The directors, managers and community as a whole have been open to new ideas and new strategies."

After spending several hours refining the organizational philosophy, strategic goal statements and identifying skill sets needed for the next steps in strategic planning, Dill stressed the importance of "keeping the process going. I think the time is well spent and I appreciate the progress."

Training together

Staff Sgt. Octavio Mata from 5th Signal Command's 102nd Signal Battalion conducts medical evacuation training with 102nd Soldiers and the battalion's German partnership unit, the 282nd Signal Battalion, during a weeklong Army warrior tasks and battle drills training session in Wackernheim.

Photo by Maj. Jeffrey A. Byrd



Photo right: Pond guards attempt to apprehend a suspicious person at the facility in Freigericht-Bernbach as a part of a training scenario Sept. 12. Photo below: James Hairston, Pond security officer, simulates checking an ID card at an access point during training.



Photos by Chrystal Smith



Pond guards train to secure Army community

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

Though the security officers at the front gates are not wearing green, residents can be assured that their training meets the highest standards to keep the community secure.

"They go to the range more than a German Polizei officer," said Reguy Lane, Pond Security Service contract manager.

According to Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, the need to fully understand the function and capabilities of the Pond Security Service came about during the full-scale emergency exercise in August.

Garrison leaders received an overview of the training Pond security officers undergo before they assume their positions providing security for

the Army communities in Germany.

While getting familiar with operations at the training facility located in Bernbach (near Gelnhausen), garrison officials toured the facility, observed semi-annual competency training, and dog team demonstrations.

"We want commanders to see our extensive training program and go back and reassure their communities that our personnel are well qualified for the job of securing military communities," said Lane, adding that "such visits also allow leaders the opportunity of communicating the unique needs of the different communities."

The academy provides a full spectrum of safety and security-related courses for the novice and well-experienced security professionals. Pond

Security officers receive three to four weeks of initial training. Subsequently, they undergo quarterly, semi-annual training to remain proficient.

The training curriculum includes basic training that is "among the highest standards in Europe;" annual sustainment training, quarterly training, and semi-annual situational training. Additional training includes quarterly and annual weapons qualification and physical agility assessments.

All security officer training ends with a written or hands-on certification, "so it is not just sitting in a class and receiving a diploma," said Lane.

The security professionals are trained as basic security officers according to German Law and receive instruction in numerous topics. Among these training topics are au-

thority and liability, German civil and penal law, interpersonal communication, de-escalation training, physical security, basic firefighting, weapons, patrolling, and first aid. Pond Security Service has approximately 2,500 security and support personnel in its company. Additionally, the security company has 38 assigned managers, 70 training instructors, 195 supervisors, 26 certified explosive detection dog teams, 25 patrol dog teams, and operates six large vehicle inspection system teams.

The Bildungszentrum Pond Academy is an independent educational institution and a member of the Federal Association of German Guard and Security Companies. It is accredited under the Recognition and Licensing of Continuing Education regulation.

**Kaiserslautern Church
of Christ**

Garrison harnesses solar energy



Photo by Ignacio "Iggy" Rubalcava

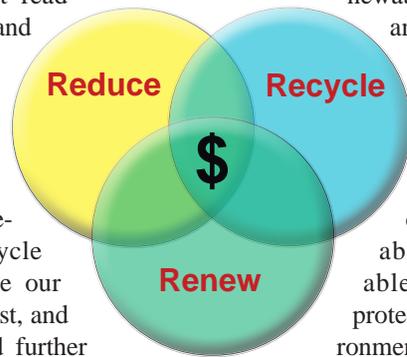
Solar panels cover the roof of Building 8405 — the barracks belonging to the 4th Battalion, 70th Armor Regiment on Baumholder's Smith Barracks.

Recently, the U.S. Army Garrison Baumholder took a large step toward meeting U.S. federal laws for renewable energy. Community residents have taken note of the solar cells mounted on the roof of the Rheinlander Community Club and two of the 4th Battalion, 70th Armor Regiment, barracks.

The 518 panels will provide up to 90 kilowatts of electricity per year to those buildings — enough to power computers and lights or enough electricity for 21 homes.

This effort is in line with the garrison's 'Go Green' campaign that pursues environmental and

sustainability excellence via the three Rs, reduce, recycle, renew. It's not just reading, writing and arithmetic anymore. The three Rs aim to reduce energy requirements, recycle and separate our waste on post, and identify and further develop renewable energy sources. Simply put, the garrison will reduce its electrical and heating needs and increase its renewable (renew) energy sources to equal its needs.



Installing the photovoltaic solar cells contributes to renewable electricity and energy for sustainability and self sufficiency. Solar energy is clean, renewable, sustainable and helps protect the environment.

Solar energy creates absolutely no pollution. This is perhaps the most important advantage that makes solar energy so much more practical than oil, officials said.

Going Green in Baumholder

Recycling helps protect limited resources

Baumholder's Go Green recycling program was recently introduced to U.S. Army Baumholder Garrison employees at a personnel assembly July 2 and to family members and Soldiers at the latest town hall and events fair Aug. 24 by Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander.

The program brings the garrison in line with U.S. and German environmental programs.

"Your participation in recycling and ultimately reducing waste is vital to protecting our limited natural resources. This year the garrison will spend nearly \$650,000 to remove solid waste or trash from this community," said McAdoo.

Glass and metal are valuable resources and generate large dollars when recycled, said McAdoo. For these waste streams the Baumholder military community also gets money from local disposal companies.

"Money saved in disposal costs can be spent for this community," said McAdoo.

The key to the success of the Go Green program lies with community members. Participation at the grassroots level by every Soldier and Family member can make this environmental program a success. So how can you help?

"Sort your waste and dispose of it in the appropriate containers at conveniently

placed recycling islands throughout the community," said McAdoo.

There are four color-coded waste stream containers:

Red for glass bottles and jars; blue for paper and cardboard; yellow for metal cans; and black containers for regular household waste which is not recyclable.

These containers are not only available throughout the community, but they will soon be placed in office spaces, in the schools, and where families and Soldiers gather to socialize and shop, such as the Rheinlander Community Club, Shooters, the Community Mail Room, and the main Exchange.

Community members need to practice "recycling discipline" and dispose of their trash and recyclable items



Photo by Ignacio "Iggy" Rubalcava

Timo Klipstein pops out of a dumpster during a personnel assembly July 2 and shouts out how much money can be saved by recycling glass. Arjun Thiru holds the dumpster lid open with one hand and a microphone in the other. At right, Ulrich Ditmar displays a shield depicting how much can be saved by recycling cans. Ewa Kondak assisted by jumping out of a dumpster with a sign showing the savings when recycling paper and cardboard. All work for Baumholder's environmental office.

in the appropriate containers. "For this program of recycling to work, please don't throw your regular trash or hazardous products into the red, blue and

yellow recyclable containers. Remember to recycle. Take pride in your community and Go Green Baumholder," said McAdoo.

Baumholder hospital closes permanently

Medical services at the hospital in the city of Baumholder will cease and the hospital will close Oct. 1. After-hours, night and weekend care will stop on that day and the internal medicine ward will also close.

Dr. Karl-Heinz Doms will continue to provide limited medical care in his office at the hospital facility. Routine and urgent care appointments will be available on a walk-in basis. Doms will provide outpatient medical care in his office from 8 a.m. to 4 p.m., Monday through Friday and 8 a.m. to noon on Friday. He will be closed on weekends and German holidays.

For more information call the Baumholder Health Clinic patient liaison office at mil 485-8575-8750 or civ (06783) 6-8575/8750.

Hundreds turn out for 9/11 remembrance run

More than 230 Baumholder runners turned out for an early 9/11 remembrance run Sept. 9 that took runners on a 9.11

kilometer (5.68 miles) run from Smith Barracks to the airfield on the Military Training Area and back.

“It is to my knowledge the first run that was held on post starting at the Hall of Cham-

pions, going all the way down the tank trail, to the German Air Strip, through the obstacle course area, past the wash racks, and back on post without incident,” said Anthony Ramsey, sports specialist.

To prevent runners from being stopped at the gate when coming back on post, every runner with a number on their chest was ushered in without showing an identification card.

The best times for the men’s

division were:

First place, Andrew Harrison, 40:57 minutes; second place, Colin Nelson, 41:52 minutes; and third place, Lorintz Gleich, 42:22 minutes.

In the women’s division, first place went to Laurie Martin, 45:39 minutes; second place went to Amanda Harris, 26:29 minutes; and third place was clocked by Monique Merthon with a 47:17 minutes finish.

In the youth division Bryan Real took first in 45:14 minutes; Angelina Samsal finished second with 83:10 minutes; and Emily Ann Holifield came in third with a 100:40 minutes finish.

The next run is the Walk for Life-Breast Cancer Awareness Run at 9 a.m. Oct. 15 starting at the Hall of Champions. The run has an entry fee. For more information see the Baumholder FMWR roundup in this issue or contact the Sports Office at mil485-7176. Commemoration

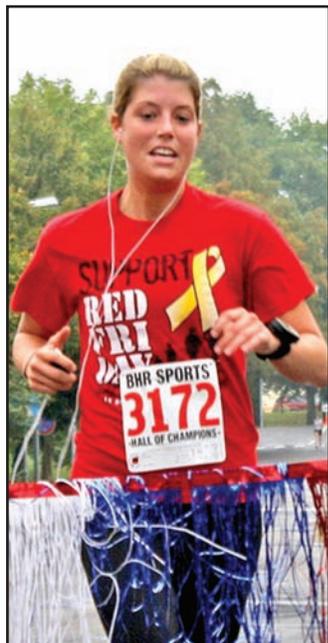
T-shirts are being sold for \$3 at the Mountaineer Fitness Center.

A run of this nature involved more coordinators than just the members of the Baumholder Sports Office. Assistance for the run was received from:

Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander; Jose Blanco, DPTMS; Catherine Dubosc and Command Sgt. Maj. Augustus Wah, BOSS program coordinators; Bonnie Phelps, acting DFMWR; Jessi Healy and the VFW Women’s Auxiliary for manning the water points; the 92nd Military Police; Ann Labrador and Emma Robinson for working the registration table; 170th Infantry Brigade Combat Team road guards; the Health Clinic; Kimberly Bailes, first responder; Jessica Bailes, for serving as the recorder; Anthony McWilliams, volunteer photographer; and numerous other garrison and Sports Office personnel.



Andrew Harrison



Laurie Martin



Bryan Real

USAG Baumholder

FMWR roundup ... FMWR roundup ... FMWR

NAF sells its stuff

Save big at Baumholder's Non-Appropriated Funds four-day sale Oct. 5-8 from noon to 6 p.m. Check out the inventory in Building 8884 in Wetzel Housing. Stereo and photo equipment, tables, chairs, cribs, dishware, glasses and more are available. The sale is open to all U.S. identification cardholders. All sales are final; there are no returns. Everything is cash and carry, and only U.S. dollars are accepted. There are no deliveries.

New hours at library

The library changes its hours Oct. 1. The library will be closed Sundays, but open on Fridays and closing one hour earlier Mondays through Thursdays and open longer on Saturdays. The new hours will be:

Mondays through Thursdays, 10 a.m. to 7 p.m.

Fridays through Saturdays, 10 a.m. to 5 p.m.

Sundays, closed

U.S. holidays, closed

Tell the Army what you think

Delegates are needed to represent the Baumholder community at the annual U.S. Army Garrison Baumholder Army Family Action Plan conference Oct. 19 and 20. AFAP allows community members to provide feedback to Army leadership about what is working, what isn't and what would fix the problem. Do you have an opinion about what the Army can do differently? Submit an issue at <https://www.surveymonkey.com/s/2011BaumholderAFAPissueform>. If you fall into one of the following categories your passion is needed to improve the Army.

● Enlisted service member or family member of an enlisted Soldier

● Officer service member or family member of an officer

● Retiree

● Department of the Army civilian.

Fill out and return the delegate application form available at www.baumholder.army.mil. For more information call Army Community Service at mil 485-8188

October at the library

Tuesdays, children's story time, all ages, 3:30 p.m.

Tuesdays, library resources for homework help, all ages, 5:30 p.m.

Tuesdays, Anime Knock Out Club, (18 years or older), 6:30 p.m.

Wednesdays book a librarian, all ages, 11 a.m. to 1 p.m.

Thursdays, children's story

time, all ages, 10:30 a.m.

Saturdays, family fun at the library, all ages, noon to 3 p.m.

Coupon Swap, Oct. 15 at 2 p.m.

Lunch and Learn, Oct. 17 at noon, adult conversations for those 18 years or older on various topics of interest.

Children's story time in Spanish, Oct. 18 at 3:30 p.m.

For more information call the Baumholder library at mil 485-1740.

Ref like a pro

Train to become a qualified basketball official Oct. 4-9 at 8 a.m. The location will be announced later and the course is for adults 18 years or older. Registration is free. For more information call the Sports Office at mil 485-6671/7176.

Walk or run for your life

Join Family, Morale, Welfare and Recreation in conjunction with the health clinic at 9 a.m. Oct. 15 for the fourth annual Baumholder walk/run for life at the Hall of Champions. Categories include men, women and youth 18 years and under, runners and walkers. For more information contact the Sports Office at mil 485-7176.

Registration drive schedule:

● Sept. 30, 11:30 a.m. to 1:30 p.m. at the Commissary.

● Oct. 4, 11:30 a.m. to 1:30 p.m. at the Community Mail Room.

● Oct. 13, 11:30 a.m. to 1:30 p.m., at the Hall of Champions (last day of registration).

Trips this winter and fall

Oct. 7, Roman wine fest, Piesport Mosel

Oct. 15, Paris city express

Oct. 22, Halloween Frankenstein Castle, Darmstadt

Oct. 29, Euro Disney Paris

Oct. 30, Warner Brothers Movie World

Nov. 5, Paris city express

Nov. 10-13, Austria ski weekend, Kaprun, Austria

Nov. 23-27, Austria ski weekend, Kaprun, Austria

Nov. 26, Rothenburg Christmas market

Dec. 3, Cologne Christmas market trip

Dec. 10, Trier Christmas market trip

Dec. 16-18, Swiss ski weekend, Interlaken, Switzerland

Dec. 17, Rothenburg Christmas market trip

Jan. 7, Black Forest one day ski trip

Jan. 12-16, Austria ski weekend, Dorfgastein, Austria

Jan. 14, Paris city express

Jan. 21, Black Forest ski trip, Child Youth Sports

Jan. 22, Erbeskopf ski trip, Child Youth Sports

Jan. 28, Black forest ski trip, Child Youth Sports

Jan. 29, Erbeskopf ski trip, Child Youth Sports

For more information about these trips call mil 485-7182 or civ (06783) 6-7182.

Need a car for Christmas?

Buy or sell a vehicle at the new auto resale lot. There is a flat fee of \$10 per month for those who wish to sell their autos. Simply go by the Auto Skills Center to obtain a parking permit for the vehicle before parking it at the lot. The permit is limited to 30 days with the possibility to extend once afterward depending on availability. The Baumholder lemon lot is located in the parking lot across from Museum Strasse near the Hall of Champions.

Free bowling

Gather 50 of your closest friends and get three hours of unlimited bowling.

Retro bowl

Get a blast from the past every Tuesday with 50 cents per game and 50 cents shoe rental.

Spooky bowling

There's a spooky Halloween tournament Oct. 31 at 6 p.m. The cost is \$15 and there's a costume contest at 8 p.m. Persons in costume receive \$1 off open bowling.

Turkey bowl

Win a Butterball turkey Nov. 19, 1 p.m. for those 12 and under; 3 p.m. for those 13-17 years old; and 5 p.m. for those 18 years or older. Cost is \$12.

Ham bowl

Win a bone-in ham Dec. 17, 1 p.m. for those 12 and under; 3 p.m. for those 13-17 years old; and 5 p.m. for those 18 years or older. Cost is \$12.

Bowl in the new year

Go bowling on New Year's Eve, rent a lane for \$125, get two pizzas, shoes, party favors and more. Start time is 8 p.m. For more information call Striker's Bowling Center at mil 485-6569.

Party like a Bavarian

Mark your calendar for Oct. 7 at the Rheinlander beginning at 7 p.m. Enjoy Bavarian food, beer and music. For more information call mil 485-6533.

Chili and Kombat

The Warrior Zone hosts a Chili Cook-off and Mortal Kombat Tournament Oct. 8 starting at 3 p.m. in Building 8661. Contact Kiesha Richardson at (06783) 6-7339 for more information or to register to compete.

USAG Baumholder

Joe Satellite



Information gathering

Family members gather at the Service Credit Union information table during the Baumholder Expo Sept. 10 at the Hall of Champions. More than 1,200 Soldiers, civilians and families attended the 2011 Baumholder Expo, an information gathering event. "This was an increase from last year, even though the brigade is deployed. Attendees provided overwhelmingly positive feedback through our evaluations," said William Luna, event coordinator.

Photo by Madeleine Dwoiakowski

Firefighters get state-of-the-art ladder truck

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder
Public Affairs Office

It is said that the difference between men and boys is the price of their toys.

Although you can hardly call it a toy, the men at Baumholder's fire department have been pounding their chests with pride since receiving their latest "toy," a new aerial ladder truck with all the latest

bells and whistles to help them protect the Baumholder military community.

The truck carries a €20,000 price tag, a drop in the bucket if it only saves one life.

Eight of these new aerial ladder trucks have been fielded to allow rescue and firefighting in multi-story buildings at IMCOM-Europe garrisons. They replace aging vehicles 20 years or older that the Army currently owns or leases.

The new truck's ladder, when fully extended, can reach a height of 32 meters. That's nine more meters than their old truck, which has a 23-meter ladder. A unique feature on the new trucks is an articulating arm which allows the upper section of the ladder to tilt separately from the lower half. "This feature is worth its weight in gold for us," said U.S. Army Garrison Baumholder Fire Chief Hans Kuhn. "We have so many three

and four-story buildings with tight access. With the articulating arm we can perfectly reach all the recessed roof and mansard windows."

"There's nothing on Baumholder that we cannot reach," said Kuhn. The surrounding communities also benefit from this new truck. "We have a mutual assistance agreement with the surrounding communities, and there is no building in the surrounding area that we cannot reach," said Kuhn.

The shiny new truck features many upgrades. "First of all it has 360 horsepower. It has three axles and a basket with a 425-kilogram capacity," said Kuhn.

"We can use the basket as a water extinguishing system or as a rescue basket for getting injured people out of buildings," he said.

The ladder also has a memory feature which allows it to be set so that it will automatically return to a specified height.

The new truck also has a low wheel base and three axles. The rear steering axle feature makes the vehicle extremely maneuverable on narrow streets.

Besides providing better capabilities for firefighters and improving mission readiness for the fire departments, the vehicles will drastically reduce repair costs associated with the old vehicles.

Kuhn was still outlining the truck's capabilities when the siren calling the firefighters to duty echoed through the fire station.

Kuhn donned his protective gear and in less than a minute he was maneuvering the station's new vehicle out of the parking lot.



Photo by Ignacio "Iggy" Rubalcava

Baumholder's new aerial ladder truck, with its 32-meter ladder, is capable of reaching the level of any building on Baumholder and in the surrounding communities.

Church of God

Culture College

Continued from page 1

vilian employees who attended the third day of Culture College at the Wiesbaden Entertainment Center Sept. 14. The day featured representatives from 21 local organizations, including ACS, the Red Cross and Tricare.

Culture College replaces the former Head Start program as a way to help people learn about their new community, said Annikka Trabucco, Wiesbaden ACS outreach coordinator.

ACS offers the program once a month and it lasts for three days, Trabucco said.

The first day of the training covers language and culture, the second day consists of a local walking tour and help buying train and bus tickets, and the third day informs people about local agencies, Trabucco said.

The training is a good idea for everyone — even people who have lived in Germany for years at other installations, Trabucco said. Every installation is different, and the training is place specific.

For most people, however, the training will help take away some of the apprehension they have about traveling in their new host country, she said.

“We want to take away all their excuses for why they’re not going out and doing things,” Trabucco said.

Col. Jeffrey Dill, garrison commander, said at the Sept. 14 event that he encourages people to go out and explore Wiesbaden and nearby Mainz, which are both capital cities of German states. “There’s a lot to do in Germany, and we’re in a great part of Germany,” Dill said.

Anemone Rueger, U.S. Army Garrison Wiesbaden public affairs officer, said when newcomers leave post they will find people in the Wiesbaden area are welcoming.

There are events throughout the year that local Germans encourage Americans to attend, including New Year’s Eve celebrations, Fasching events and Christmas markets, Rueger said.

Several organization representatives pointed out differences between living in the United States and Germany.

For example, the drinking age off post in Germany is 16 years old for beer and wine, said Investigator Thomas Davis from the Directorate of Emergency Services, and parents need to be aware of that difference.

Also, Germany has quiet hours between 1 and 3 p.m. Monday through Saturday, between 10 p.m. and 7 a.m. Monday through Saturday, and all day Sunday, Davis said.

Authorities in Germany can also cite people if they can hear music more than



Photo by Karl Weisel

Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, welcomes participants to Culture College at the Wiesbaden Entertainment Center Sept. 14.

10 feet away from cars, Davis said.

Curt Parker, chief of client services for the Judge Advocate General, said the Servicemembers Civil Relief Act, which provides service members with several consumer protections in the United States, is not applicable here because it is a U.S. law, not a German law.

People also need to be aware of differences between contracts in Germany and the United States, Parker said. For example, in Germany, contracts are often automatically renewed annually unless specifically cancelled.

Jim Stammerjohan, chief inspector for the U.S. Forces Customs Wiesbaden Field Office, said it is necessary to be aware of customs laws that prohibit giving and selling tax-free items that Americans can buy in Germany.

There are certain times of the year, such as Christmas, when the laws allow gift giving, but it is important to contact the Customs Office and find out the details, Stammerjohan said.

Additionally, there are differences between living on U.S. military posts in the United States and Germany.

Members of the military and retirees who live in the United States are not allowed to shop at commissaries or post exchanges in Germany, Dill said.

That is because of the Status of Forces Agreement, the agreement with Germany that governs U.S. forces here, only applies to the Soldiers, Family members and civilian employees who live here, Dill said. The agreement allows tax-free purchases at the commissaries and post exchanges here.

Kristi Echegaray, a civilian business process adviser who works for the Defense Contract Management Agency,

a lot during the presentations.

Echegaray said she was not aware of all the programs Family, Morale, Welfare and Recreation offers, and she was glad to hear about Value Added Tax forms, which can save people from paying 19-percent taxes on the German economy.

“As an American, you should be conscious of what you spend,” she said.

Trabucco said people can sign up for the college by calling ACS or stopping by the office.

ACS offers the “first day” of the training on Monday and Thursday, the “second day” on Tuesday and Friday, and the third day on Wednesday, Trabucco said. That way, participants can choose the days that best fit their schedules.

Contact ACS at mil 335-5254 or (0611) 4080-254, or stop by the office in Hainerberg Housing Monday through Friday from 8 a.m. to 5 p.m.



Photo by Penelope Miller-Smith

Sharing a German tradition

Wiesbaden Hainerberg Community Bank associate Jennifer Franco presents a traditional German *Schultüte* (a cone filled with goodies) to first-graders at Hainerberg Elementary School on the first day of school. The tradition, which was also shared with Aukamm first-graders, is a way of acknowledging the major step in a child’s life and wishing them success on their educational journey.

Vocalist stays in box to win crown

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

Going first was the most challenging part of the competition for this year's Operation Rising Star winner.

But placing first exceeded her expectations for an answer to her simple prayer "God just let me place."

"Things like this don't happen to me. God did this for me," said Amanda Hagans who went away with a \$500 prize and hopes of making it to the final stage of the Army-wide competition. "I didn't even care if I won. I just felt so good tonight. I've grown so much."

Hagans said she had been thinking of entering the competition since the previous year, but she needed a reality check to be sure she was not deceiving herself.

"Please be honest with me ... can I really sing like I think I can," said Hagans who said it was the first competition she ever entered and that she asked her best friend to give her honest feedback of her singing ability.

The songstress who has been singing in church since the age of 11 tried a couple of songs outside of the Christian genre because she said she thought it would please the judges and audience.

"That's what I thought they wanted, but I was not feeling it," said Hagans who sang Adele's "Someone Like You" in the first week of competition.

But after deep contemplation, she went back to what she was comfortable with. "I'm gospel," she said, after having performed "Alabaster Box" by gospel artist CeCe Winans in the finale. "That's what he gave me. ... I just wanted to show where my heart's at."

And according to one judge, the song choice not only gave the judges the insight they throughout

the entire competition, it also left some seemingly enchanted.

"What we needed to see was what your ability was," said Maria Diaz, contest judge. "By picking something that wasn't mainstream and that many people weren't familiar with you really caused us to listen and truly hear you. ... You gave me goose bumps."

But going back to her comfort zone was only one ingredient in the winning formula. A shuffle in the singing order was a welcome surprise that eased her anxiety, boosting the singer's confidence for the evening's performance. Hagans took the stage and delivered a performance that struck the judges as "confident" and much improved compared to her



Amanda Hagans holds the first prize award check for \$500 at the conclusion of the Wiesbaden Operation Rising Star competition Sept. 9 at the Wiesbaden Entertainment Center. Mary Knudson finished second and Morgan Reyelta finished third and took home \$300 and \$150, respectively.

first three weeks.

"Not going first, that helped me," said the 66th Military Intelligence Brigade spouse. "When Leslie said she got to pick the order for the night I almost shouted right then."

And though there was a lot of anxiety associated with being contestant number one, Hagans thought the appointment was divine.

"I was made first for a reason," said the winner, as she thanked God for the outcome. "I feel like I'm on a high."

As the local winner, Hagans will qualify for the 2011 Rising Star Finals. A package of her final performance and an a cappella performance were sent ahead to be judged against winners from other installations where judges will select 12 top performers to advance to the semifinal round, and announce the results around Oct. 20.

Log on to www.OpRisingStar.com to follow Hagans' progress.

Eagle Scout project makes shelter for ducks

A recent Eagle Scout project is yet another example of how community members enhance and care for the local environment.

Out of concern for the

local duck population, Boy Scout Will Heiges constructed a floating duck house for the Rheinblick Golf Course located in the Frauenstein Forest on the northwest edge of Wiesbaden.

The golf course is home to a variety of animals such as deer, foxes, hawks and ducks. The course has one body of water used as the irrigation reservoir to water the grass. This reservoir

is visited annually by a couple of breeding pairs of Mallards, and every May a few groups of ducklings are born.

Unfortunately, an exposed reservoir makes the ducklings vulnerable to predators in their early weeks of life.

The new duck house was designed and constructed under the supervision of Heiges to remedy this problem. The design allows the house to float in the middle of the reservoir and protect the ducks while they nest.

"The house will be a great addition to Rheinblick, and we look forward to next year when the ducks return and take up residence in their new home," said Gerald Beierschmitt, Rheinblick Golf Course superintendent.

Will Heiges, life scout and senior patrol leader for Troop 107, added that the project

was accomplished during the summer and about 25 fellow Scouts labored approximately 125 hours to build the house.

"I appreciate everyone's help with this project," said Heiges. "I believe in protecting the environment, and I felt it was very important to protect these ducks and ducklings that add natural beauty to the golf course. It was truly a team effort. Everyone involved contributed to the success of this project."

About 40 Scouts and Family members were on hand to watch the launch of the duck house in the golf course reservoir.

For more information on Troop 107 visit www.wiesbaden107.mytroop.us/aboutus or contact Scoutmaster Jeff Stone at mil 337-6191 or civ (0611) 705-6191. (Information courtesy of Gerald Beierschmitt and Pia Heiges)

Lucia's Gift Shop

Thai Massage Praxis

Dr. med. Vet Wagner

Beautiful Nails

Kicking friendship up a notch

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

“Los gehts. Los gehts. Los gehts.” And just like that the seventh annual German-American friendship game was underway Sept. 20 at the Wiesbaden High School field where members of the Wiesbaden community faced off against members of the Hessen Parliament.

“Here in Wiesbaden, we have a great tradition of deepening and growing friendships through sporting events,” said Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, as he mentioned other sporting events such as the Wiesbaden 25-Hour Run and the Wiesbaden Challenge where the garrison community and members from the city of Wiesbaden participated together. “Today’s game is a part of that great tradition.”

The game is played annually to commemorate Sept. 19, 1945, when Gen. Dwight Eisenhower signed Proclamation No. 2 forming the Hessen state as well as the states of Baden-Württemberg and Bavaria.

“We owe our freedom to American Soldiers who liberated our country from the Nazi Regime,” said Lothar Quantz,

vice president of the Hessen Landtag.

The commander reminded the crowd that partnership with the state of Hessen played a big part in why the garrison was named the best garrison in the world in the spring, winning the Army Community of Excellence Gold Award.

“If we, the Hessen Landtag, were able to make a little contribution to that we are very grateful,” said the Hessen official.

The senators found the goal first midway through the first half of play. However, the Wiesbaden military community soccer team rallied back to even the game just minutes later. By the half the American footballers were up with a score of 2-1.

After halftime, the Landtag offense



Photo by Chrystal Smith

A Wiesbaden community player attempts to dribble around a Hessen Landtag defender during the annual German-American soccer match Sept. 20 at the Wiesbaden High School field.

landed a strike from about midfield to even the match. This served as motivation to the Americans who went on a tear. They scored five additional goals against a visibly fatigued German squad before

the signal was sounded to end the game.

The Americans recovered the cup winning 7-2 after having yielded it to the Hessen lawmakers in 2010 when the game was played in Mainz-Kastel.

Dental health care benefits for Wiesbaden

By Maj. Kevin Parker
*Pediatric Dentist
Wiesbaden Dental Clinic*

With the ongoing transformation in the Wiesbaden area there are many questions arising concerning dental health care benefits on post. At the Wiesbaden Army Dental Clinic we have a staff consisting of general dentists, hygienists, an orthodontist, an oral patholo-

gist, and a pediatric dentist. A prosthodontist is scheduled to join our clinic team in the summer of 2012.

Our primary focus is on patient safety, Soldier readiness and patient satisfaction. To ensure Soldier readiness we have a priority of availability. Family members and retirees are seen on a space available basis. We are fortunate to have

a very productive clinic with which we are able to meet most of the needs of our community. If space is not available when one is trying to make an appointment we have a strong force of host nation preferred providers. We have been receiving very positive feedback about this approved group of providers, many of whom are Americans or American trained.

Sick call hours for active duty are from 7:30-10:30 a.m. Monday to Friday and for family members from 12:30-2:30 p.m. daily. If a dental emergency

arises there is a dentist on call 24/7 to assist you. The number is located on the Wiesbaden garrison website under Dental Clinic.

Autohaus Haese

Immanuel Baptist Church

Courtyard by Marriot

Hostage helper wraps up lengthy career

By Wendy Brown
Special to the Herald Union

When Dr. Maria Barth came to Germany from Malta in 1974, she did not know the language or have a job. Soon after though, Barth landed a job at the U.S. military hospital in Wiesbaden, where in 1981, she helped care for some of the 52 Americans who had been held hostage in Iran for more than a year.

After the hospital closed in 1993, she got a job at another military facility, and after that

place closed, she came to work at the Wiesbaden Health Clinic, where she retired in August after 37 years of working for the Americans.

The Army recognized Barth's contributions Sept. 9 at a ceremony at the Wiesbaden Army Airfield Chapel. Many of Barth's former colleagues at the clinic, as well as her daughter and grandson, attended.

Lt. Col. Tony Tidwell, the clinic's commander, presented Barth with the Army Civilian

Achievement Medal and said Barth contributed greatly to the clinic's effectiveness as a health care facility.

Col. Jeffrey Lawson, deputy commander for Army health clinics in the Landstuhl area, said Barth showed great courage to come to a country where she did not know the language and not only find a job, but succeed at it over a 37-year career.

Barth has also seen a lot of history unfold in Germany during her career — the Cold War and the ending of the Iran hostage crisis included. "In my mind, you're a hero," Lawson told Barth. "You really are."

During her career, Barth said she did her best to always live by the words of John Wesley, founder of the Methodist faith, when he said: "Do all the good you can, in all the ways you can, to all the souls you can, in every place you can, at all the times you can, with all the zeal you can, as long as you ever can."



Photo by Wendy Brown

Lt. Col. Tony Tidwell, Wiesbaden Health Clinic commander, awards the Army Civilian Achievement Medal to Dr. Maria Barth during a ceremony Sept. 9.

Chinese Restaurant Mayflower

USAG Wiesbaden

Community notes ... Community notes

VAT/UTAP Office moves

The Value Added Tax and Utility Tax Avoidance Program offices have moved to the ground floor in Building 1023E on Wiesbaden Army Airfield. They are now colocated in Room 151. Hours of operation are 9:30 a.m. to 5:30 p.m. Monday to Friday. The office is closed weekends, U.S. and training holidays. Call mil 337-1780 or civ (0611) 705-1780 for more information.

Flu shots

Stop by the Wiesbaden Health Clinic from 8 a.m. to 3:30 p.m. Monday to Thursday and Friday from 8-11:30 a.m. to be vaccinated against the flu. A team from the clinic will visit Mainz-Kastel Building 4502 Oct. 4 from 11 a.m. to 1:30 p.m., Aukamm Elementary School from 1-2:30 p.m. Oct. 12, Wiesbaden High School from 8:30-10:30 a.m. and Wiesbaden Middle School from 10:45 a.m.

to 1 p.m. Oct. 14 and the Amelia Earhart Complex from 11 a.m. to 1 p.m. Oct. 19 to administer the flu vaccine.

German-American Friendship Day

The Museum Wiesbaden is teaming up with groups from the U.S. military community to feature a special German-American Friendship Day Oct. 2 from 2-8 p.m. The event will feature special attractions for children, food, cakes, square dance groups, cheerleaders and more. The museum is located across from the Rhein Main Halle on Wilhelm Strasse.

Movie Night

The Family Advocacy Program invites adults to a screening of the movie, "The Burning Bed," in commemoration of Domestic Violence Awareness Month Oct. 12 at 7 p.m. at Texas Str. 57, Building 7780 in Hainerberg Housing. Call civ (0611) 408-0234 for more information.

Darts and dominoes

The Wiesbaden Entertainment Center features darts every Tuesday and dominoes every Wednesday at 7 p.m. upstairs in the lounge. For more information call the center at mil 337-5192 or civ (0611) 408-0192.

New Parent Support Program events

The New Parent Support Program hosts various events including Baby Wearing for infants up to 24 months old the first Wednesday of the month from 11:15 a.m. to noon; Daddy and Me Play Date for children ages 1-3 Oct. 7 and Dec. 23; a Pregnancy Wellness Group for all pregnant women the second Wednesday of the month from 10-11 a.m. starting in September; a Mommy and Daddy 101 Newborn Care class the first Tuesday of the month from 9 a.m. to 4 p.m. starting in September; and a Pregnancy Wellness Group for Active Duty Women the second Wednesday of the month from 7:30-8:30 a.m. starting in September.

Classes will be held at the Yellow Ribbon Room (Texas Str. 57 in Hainerberg Housing) except the Pregnancy Wellness Group which will meet at Andrews Federal Credit Union on the airfield. Call mil 335-5234 or civ (0611) 408-0234.

Emergency Placement Care

The Wiesbaden Family Advocacy Program seeks loving families to provide short-term foster care for military children. Call mil 335-5234 or civ (0611) 408-0234 to get involved.

Lutheran service

A Lutheran service is held Sundays at 8:30 a.m. in the Army Community Service conference room in Hainerberg Housing. Enter through the rear of the ACS building by the Hainerberg Chapel office wing. Call Chaplain Mark Moss at mil 337-5822 for details.

New library hours

Starting Sept. 30 the Wies-

baden Library will have new hours — Monday to Thursday 10 a.m. to 7 p.m., Friday and Saturday 10 a.m. to 5 p.m., U.S. holidays noon to 4 p.m.

Resilience classes

Army Community Service offers resilience classes for family members and civilians monthly from 11:30 a.m. to 1 p.m. at the ACS conference room in Hainerberg Housing. Upcoming classes are Oct. 25, Nov. 22 and Dec. 20. Call Sherri Davenport at mil 335-5254 or email sherri.davenport@eur.army.mil to reserve a space.

MOPS welcomes you

Mothers of Preschoolers meets the second and fourth Wednesday of the month at the Wiesbaden Army Airfield Chapel. Mothers from pregnancy through kindergarten are invited to share their experiences. Nursery and child care are provided. Email wiesbadenmops@gmail.com for details.



Photo by Karl Weisel

Sending holiday greetings

Air Force Master Sgt. Sean Worrell of the Hometown News Service looks on as 1st Lt. Ben Bacaoco, V Corps, fills out a holiday greetings form, with a little help from his daughter, Chloe, before recording several holiday greetings to be aired on local television stations in the United States during the holidays. The team, including Worrell and Air Force Airman 1st Class Tony Coronado, visited Wiesbaden Sept. 15 collecting seasonal messages from Wiesbaden service members and their families during stops at the Wiesbaden Army Lodge and Wiesbaden Entertainment Center.

Auto Hollmann

Photo below: Lt. Gen. Mark Hertling, U.S. Army Europe commander, talks with Romanian Army Staff Sgt. Marius Iovi during the Community Soldier Ride. Iovi lost his sight after suffering a blast from an improvised explosive device while deployed to Afghanistan. Photo right: Participants take part in the 18-mile ride at Lake Bostalsee, near Baumholder, Sept. 11. About 400 people gathered to support the 48 wounded warriors taking part in the Community Soldier Ride.



Photo by Charles M. Belluomo

Photo by Staff Sgt. Brooks Fletcher

This heart beats purple

Despite wounds, medic responds quickly to aid fellow Soldiers after IED attack in Afghanistan

By Wendy Brown
Special to the Herald Union

Three people were injured after the Stryker in which Sgt. Castillo Sanchez was riding hit an improvised explosive device in Afghanistan.

Sanchez, a medic, immediately began treating two of the wounded, and he was so concerned about taking care of the others it was not until later he realized he had received injuries himself.

Sgt. 1st Class James T. Carwell recounted the story at a ceremony Sept. 9 at the Wiesbaden Army Airfield Chapel where Sanchez received the Purple Heart. Nearly 100 people, most of them Sanchez's colleagues at the Wiesbaden Health Clinic, attended the ceremony.

Sanchez sustained a broken tailbone, a bruise on his heel bone and mild traumatic brain injury in the blast, which occurred Feb. 26, 2010, in the Helmand province of Afghanistan, Sanchez said.

His injuries could have been much worse if he had sat in his usual seat in the vehicle, Sanchez said, but an infantry scout asked if they could switch seats.

"That one day he asked if he could take my spot because he wanted to sleep," Sanchez said. "That was the only time we switched seats."

Soon after, the vehicle hit the IED, Sanchez said, and the scout sustained fractures in his lower legs. Another Soldier ruptured a ligament in his knee.

"I'm just thankful we all walked out alive," Sanchez said. "I hope everyone is doing OK."

One unofficial member of the crew, a stuffed cat named Kenny, not only survived the blast, but went on other missions with other medics after the incident, Sanchez said.

As a good-luck token, Soldiers took pictures with Kenny when they were out on missions, Sanchez said, and he still has him today.

Sanchez, a team sergeant at the clinic, manages patient flow



Photo by Wendy Brown

Sgt. Castillo Sanchez of the Wiesbaden Health Clinic received the Purple Heart Sept. 9 for injuries sustained and services rendered during a Stryker explosion in Afghanistan in 2010.

and oversees the front desk for the primary care division. His wife, Sgt. Sandra Sanchez, also works at the clinic.

Lt. Col. Tony Tidwell, commander of the clinic, said the Purple Heart is a significant award. "We have all sacrificed, but the person who receives the Purple Heart gave a little bit more than the rest of us," he said.

The roots of the Purple Heart go back to the birth of the nation and President George Washington, when he was a general in the revolutionary war, Tidwell said.

Washington held a lot of appreciation for regular Soldiers, and he wanted to create an award that would show that appreciation, Tidwell said. As a result, Washington unveiled the Badge of Military Merit in 1782, Tidwell said. The award was a heart made of purple cloth and edged with silver braid.

The award became the modern version of the Purple Heart in 1932, Tidwell said, 200 years after Washington's birth. It commemorates Soldiers wounded at the hands of

the enemy.

Most historians agree that only three Soldiers received the merit badge during the Revolutionary War, and all of them were noncommissioned officers, according to a history by the Military Order of the Purple Heart.

Sergeants Daniel Bissell, William Brown and Elijah Churchill all received the badge in 1783, according to the order, from Washington himself.

Other soldiers, however, received the award later, as they received their discharge papers from the revolutionary war, according to the order.

Col. Jeffrey Lawson, deputy commander for Army health clinics in the Landstuhl area, said he attended the ceremony to bring the best wishes of the entire Landstuhl staff to Sanchez.

President Barack Obama has called the 10 years since Sept. 11 a decade of sacrifice, Lawson said. "We've all sacrificed for this effort, and some more than others," he said, referring to Sanchez.

Ride supports wounded warriors

Community members turn out to cheer on 48 Soldiers from four different countries

By Staff Sgt. Brooks Fletcher
U.S. Army Europe Public Affairs Office

About 400 Soldiers, Family members, civilian employees and other military community members volunteered, rode, cheered and otherwise lent their support to 48 wounded warriors Sept. 11.

People were on hand at Lake Bostalsee, near Baumholder, to cheer on Soldiers from the United States, Germany, the Republic of Georgia, and Romania during the Community Soldier Ride.

During the opening ceremony participants and their supporters ob-



Photo by Charles M. Belluomo

Romanian Army 1st Sgt. Vasile Zbanca operates a hand cycle during the 18-mile ride around Lake Bostalsee Sept. 11.

served a moment of silence to honor those who lost their lives in New York, Washington, D.C., and Pennsylvania during the terrorist attacks on Sept.

11, 2001. Lt. Gen. Mark Hertling, USA-REUR commander, reminded the audience that the terrorist attacks

were not just an attack on the people of the United States, saying people from 71 other countries lost their lives that day as well.

"The dignity and humanity of the world were attacked that day," Hertling said. "What we've done over the past few years is fight back. We have rebounded and come together to show that we are going to fight for liberty, the dignity of man and freedom, and that there is no extremist that can take those kinds of things away from us."

Fighting back in pursuit of the "new normal," is exactly what wounded warriors do during their journey to recovery.

Recently released from Landstuhl Regional Medical Center, Senior Lt. George Arabuli with the Georgian Army expressed his sincere gratitude for being able to participate in the

event. "This is the best time for me," said Arabuli, who spent almost 50 days in the hospital after losing his right leg in an improvised explosive device blast. "You just have to keep pushing, be strong and everything is going to be okay."

The community ride was the culmination of a three-day Soldier Ride, a Wounded Warrior Project initiative that provides rehabilitative cycling opportunities to help America's newest generation of wounded warriors restore their physical and emotional well-being.

Staff Sgt. Mary Bernice Cervantes-Martinez with the Warrior Transition Battalion described the event as simply, "liberating."

"To come out here, ride and leave all my worries and stress out on the road feels good," said Cervantes-

Martinez. "The people with WWP are amazing. They are supportive and care about you. It's just nice."

For community rider Leah Bradley, the opportunity to come out and support the wounded warriors was a great honor.

"Coming out to commemorate 9/11 and recognizing those who have sacrificed so much is a great way for the community to show their support," said Bradley.

Bradley, who has worked with wounded warriors before, explained that for many people the only time they see wounded warriors is on television. So, to come to events such as the Community Soldier Ride and meet them is inspiring, she said.

"To see these [wounded warriors] get back to leading normal lives and doing things that they were doing before is amazing," Bradley said.

By Donald Seltzer
Volksmarch Editor

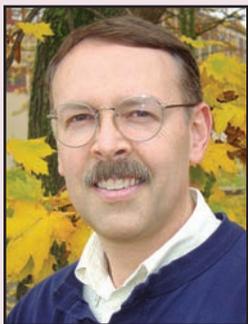
Take a hike: A guide to volksmarching in the Baumholder/Wiesbaden area

Trail notes

Interested in volksmarching but not sure how things work? Send an email to volksmarch@gmail.com.

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.

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



Weekend of Sept. 30 to Oct. 2

Berschweiler bei Kirn (55608) — This event is northeast of Idar-Oberstein. Starting at Idar-Oberstein, head toward Bad Kreuznach on B-41 and, after roughly 10 kilometers, connect with a secondary road leading to Niederwörresbach. After a very short distance, turn off on another road at Fischbach that leads to Berschweiler.

Start: Gasthaus Schmidhöfer **Saturday:** 7 a.m. to 3 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (5 and 10 km) and 7-11 a.m. (20 km) **Trail:** Hilly, woods and fields **Award:** None.

Budenheim (55257) — Northwest of Mainz, this walk is easily reached via the Autobahn. This will be the club's final event. Use Autobahn 60 and the Heidesheim-Budenheim exit or Autobahn 643 and the Mombach-Budenheim exit, and follow IVV directional signs for the starting point.

Start: Bürgerhaus on Am Waldschwimmbad **Saturday and Sunday:** 8 a.m. to 1 p.m. (6 and 11 km) **Trail:** Flat, fields and some woods **Award:** From previous events.

Weekend of Oct. 8-9

Morbach-Bischofsdhrön (54497) — This event is close to Idar-Oberstein and offers a variety of trail lengths as well as a marathon trail for challenge-seeking wanderers. From Idar-Oberstein, use B-422 and B-269 west and north to reach Morbach, then

pick up a secondary road to Bischofsdhrön.

Start: Gemeindehaus at Zur Rau 2 **Saturday and Sunday:** 6 a.m. to 3 p.m. (5 km), 6 a.m. to 2 p.m. (10 km), 6 a.m. to noon (20 km), 6-11 a.m. (30 km) and 6-9 a.m. (42 km) **Trail:** Hilly, woods **Award:** None or patch and certificate (marathon).

Primstal (66620) — Baumholder's wanderers should find this walk easy to reach. From Neubrücke, use Autobahns 62 and 1 in the direction of Saarbrücken and exit at Nonnweiler-Primstal for a secondary road leading to Primstal. Alternately, use B-41 to Nohfelden and a secondary road through Gonesweiler, Neunkirchen and Selbach to reach Primstal. From Baumholder use Autobahn 62 (at the Freisen on-ramp) to Neubrücke, then continue on to reach Autobahn 1 south to the Nonnweiler-Primstal exit. From the KMC area, use Autobahns 6 and 62 toward Trier, and 1 south toward Saarbrücken. Exit at Nonnweiler-Braunshausen to follow a minor road to Primstal.

Start: Mehrzweckhalle on Kannenberg Straße **Saturday:** 7 a.m. to 3 p.m. (6 and 11 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (6, 11 and 20 km) **Trail:** Expected to be hilly, woods and fields **Award:** None.

Weekend of Oct. 15-16

Allenbach (55758) — Just up the road from Idar-Oberstein and Neubrücke is the event at Allenbach. From Neubrücke head north on B-269 and connect with B-422 for a short drive to Allenbach. From Idar-Oberstein use B-422 north to the start at Allenbach. From Baumholder use Autobahn 62 (at the Freisen on-ramp) to Neubrücke, then north on B-269 to B-422 and Allenbach.

Start: Gemeindehaus on Hauptstraße **Saturday and Sunday:** 8 a.m. to 2 p.m. (5 and 10 km) and 8 a.m. to 1 p.m. (20 km) **Trail:** Hilly, mostly woods **Award:** From previous events.

Staudernheim (55568) — This event is just down the road from Idar-Oberstein and includes a marathon trail among the usual distances. Use B-41 to reach Sobernheim, then pick up an un-

numbered road to the start at Staudernheim.

Start: Turnhalle at Am Sportplatz **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) and 7-9 (42 km) **Trail:** Hilly, fields and woods **Award:** None (shorter trails) or patch and certificate (marathon).

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-Str. 10 **Sunday:** 8 a.m. to 2 p.m. (6 and 10 km) and 8 a.m. to noon (20 km) **Trail:** Hilly, woods **Award:** None.

Weekend of Oct. 22-23

Morbach (54497) — This event is northwest of Idar-Oberstein and within a reasonable distance from Baumholder. Morbach is on B-327 just north of the junction with B-269. Use B-422 from Idar-Oberstein to reach B-269. From Neubrücke and Baumholder, connect with B-41/269 to head north on B-269 to reach Morbach.

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 the KMC, use Autobahns 6 to connect briefly with Autobahn 8 at Saarbrücken. Exit at Saarbrücken-Unner to head south on a minor road that becomes N 61 in France. Use N 62 toward

Sarreguemines a short distance to connect with minor roads leading to the start at Neufgrange.

Start: Salle Socio-Culturelle on Rue St. Joseph **Sunday:** 7 a.m. to 2 p.m. (10 km) and 7 a.m. 1 p.m. (20 km) **Trail:** Unknown **Award:** None.

Weekend of Oct. 29-30

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



Register for Girl Scouts

Baumholder girls are invited to discover fun, friendship and girl power in the Girl Scouts. The new Girl Scout year will officially begin Oct. 1 with a beach party from 2-4:30 p.m. Register with Michelle Dirk in Room 206 at Smith Elementary School. Registration fee is \$12.

Baumholder O-fest

Head to the Rheinlander Community Club Oct. 7 to enjoy Bavarian food, beer and music from 7 p.m. to midnight. Call mil 485-6533.

USO trips

Rhein-Main Area USOs offer trips to **Amsterdam and DeSimonehoeve Cheese Factory** Oct. 1, **Military History Tour** Oct. 1, **Rhein Castles**

Things to do ... Things to do



Claiming the Golden Needle

Members of the American Rod and Gun Clubs team celebrate their participation at the German National Championship for DJV-style shooting. Wiesbaden's Michael Boehme (second from right) won gold and the Golden Needle.

Tour Oct. 2, **Taste of Tuscany** Oct. 7, a **Polish Pottery Express** Oct. 21, **St. Goar** Oct. 22, **Rhein River cruise** Oct. 23, **Riesling Route with Eric the Red** Oct. 23, **Neuschwanstein**

and **Hohenschwangau Castles** Oct. 29 and **Trier** Oct. 29. Call civ (0611) 731 301.

'Bad Habits'

The Amelia Earhart Playhouse features the satirical, one-act comedies, "Bad Habits," through Oct. 2. Call civ (0611) 816-2473 or mil 336-2473 for show times and reservations.

Irish Pub music

Wiesbaden's Irish Pub features the **Capones Band** Oct. 1, **karaoke** Oct. 2 and 4, **Sven Ruppert** Oct. 3, **open stage night** Oct. 5 and 12, **Macy's Mob** Oct. 7, **Half Baked** Oct. 8 and **Steven McGowan** Oct. 13. Visit www.irish-pub-wiesbaden.de.

'Heavenly Broadway'

Wiesbaden's Church of St. Augustine of Canterbury presents "Heavenly Broadway," musical selections from Broadway shows including "Godspell," "Jesus Christ Superstar," "Fiddler on the Roof" and others, Sept. 30 at 7:30 p.m. Tickets are €15 at the door. The church is located at Frankfurter Str. 3.

Gourmet wine hike

The town of Oppenheim on the Rhein River features a gourmet wine hike Oct. 2 starting at 10 a.m. The event will feature different stations in and around Oppenheim where hikers can stop to sample local wines and cuisine. Visit www.schlemmerwanderung.de for more information.

Making a racquet in Wiesbaden Tournament draws players from far and wide

By Wendy Brown
Special to the Herald Union

Competitors traveled from as far away as Munich for this year's second annual Wiesbaden Splat Attack Racquetball tournament at the Wiesbaden Fitness Center.

Maj. Sean Troyer, a participant and organizer of the event, said 18 Americans and Germans of all ages competed in the tournament Sept. 10 and 11. The oldest player was in his early 60s, and the youngest was 12.

Sgt. 1st Class Bobbie Breese, a participant and organizer of the event, said he used to play tennis, but found that no one played tennis at one post where he lived, so he played basketball in the gym instead. One day while chasing a basketball, he heard balls hitting a wall,

and after he discovered the source of the noise was a racquetball game, he started playing the game.

Since then, he has played racquetball regularly, he said.

"I love the challenge," Breese said, "the challenge and the exercise."

Troyer said he started playing racquetball as a teenager because his family was in the health club business.

"It's competitive," Troyer said of the sport. "You want to be number one."

Troyer's competitiveness paid off in the tournament as he placed number one in the open division. Breese and his partner placed first in the doubles open division.

Breese and Troyer said many people already play racquetball in Wiesbaden, but they would like to see the sport

grow here.

Starter equipment is inexpensive, and there are two racquetball courts at the Wiesbaden Fitness Center and another two at McCully Barracks in Wackernheim, Breese said.

Troyer said he hopes to organize another tournament in support of a charity cause in February, and he encourages more people to get involved in the sport. Novices will be welcome at the tournament, he said.

Following were the tournament results:

Open Division winner Sean Troyer (Wiesbaden); runner up: Mike Ramirez (Wiesbaden); third place James Johnson (Mannheim/Heidelberg)

Division A winner Ed Acuavera (Ramstein); runner up Vic Farrier (Mannheim/Heidelberg); third place Thomas Zuber (Bad Tolz)

Division B winner Markus Mindnich (Mainz); runner up Michael McCormick (Wiesbaden); third place: James Detwiler (Stuttgart)

Division C winner Andre Dietrich (Worms); runner up Raymond Wilson (Mannheim); third place Peter Zuber (Bad Tolz)

19+ Division winner James Johnson; runner up Mike Ramirez; third place Ron Ruiz (Kaiserslautern)

35+ Division winner Sean Troyer; runner up Bobbie Breese (Wiesbaden); third place Ed Acuavera

Doubles Open Division winners Bobbie Breese/Vic Farrier; runner up Sean Troyer/James Johnson; third place Ed Acuavera/Thomas Zuber



Bobbie Breese (from left), Sean Troyer, James "JJ" Johnson and Vic Farrier compete in the doubles racquetball final.

High-flying volleyball action previews season

Wiesbaden High School players brace for a kill from the Baumholder Lady Bucs during the Volleyball Jamboree in Wiesbaden High's new gym Sept. 17. The four-team, pre-season tournament featured teams from Schweinfurt, Kaiserslautern, Baumholder and Wiesbaden. Both Baumholder and Wiesbaden did well in the tournament. Wiesbaden plays home games against Frankfurt International School Oct. 11 and Ramstein and Bitburg Oct. 22 (homecoming).

Photo by Steve Kulmala



Sports shorts

Indoor soccer tourney

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

Golf contests

Baumholder's Rolling Hills Golf Course holds an **Erntedank Tournament** Oct. 2 at 9 a.m., a **Fall Scramble** Oct. 15 at 9 a.m. and a **Kids Clinic** Oct. 8. Call mil 485-7299 or civ (06783) 6-7299 for details.

Range shooting

Head to the McCully Barracks Range in Wackernheim (Ober Olnar Str. 37) to shoot on the 25-meter pistol and 100-300-meter rifle ranges Oct. 1. Cost is \$8 for Wiesbaden Hunting, Fishing and Sport Shooting members (and Rod and Gun Club members), \$12 for non-members. Call civ (0611) 705-5760.

Punk rock yoga

Enjoy this unique spin on traditional yoga — Monday to Thursday at 5 p.m. at the Wiesbaden Entertainment Center. Call civ (0611) 705-5541 for details.

Walk/Run For Life

Baumholder's Hall of Champions features a Walk/Run For Life Oct. 15 at 9 a.m. All ages are invited. Call mil 485-7176.

Charity walk/run

The city of Wiesbaden hosts a charity 10-kilometer run/five-kilometer walk Oct. 9 in the Wiesbaden Kurpark. A minimum admission price of €5 goes to support three charities including a hospice for children, a house for disabled children and Humanity First (they are building a home for orphans in Benin, Africa). Visit www.charity-walk.info or call civ (0163) 6042 983.

Cheer on Warriors

Head to Wiesbaden High School Oct. 1 and 22 to catch live high school football action. The Warriors host home games against Patch Oct. 1 and Lakenheath Oct. 22. This year's Super Six Tournament will be held Nov. 5 in Baumholder.

Family Fun Run

Everyone is invited to the Make a Difference five-kilometer Family Fun Run Oct. 22 at 10 a.m. at the Wiesbaden Fitness Center. Check-in starts at 9:30 a.m.

Schoolbits

Smith PTO on Facebook

Find out more about Smith Elementary School Parent Teacher Organization happenings by visiting *Smith Elementary PTO* on Facebook. Upcoming events include popcorn and spirit wear Friday Oct. 7, box tops and label collection Oct. 7, a Fall Carnival Oct. 21 and Halloween grams delivery Oct. 31.

Career Exploration/College Tour

Wiesbaden High School juniors are invited to apply for the Maytag Career Exploration and Collegiate Tour to be held Nov. 6-13 in Michigan and Illinois. Youths who are actively seeking to improve life skills, workforce competencies and academic achievement to plan for their post-secondary education should apply. Participants attending the tour will pay only \$100 – the rest is courtesy of a Boys and Girls Clubs of America Maytag grant. Applicants must be current high school juniors, registered Child, Youth and School Services members, have an ID or installation pass, have at least a 2.0 grade point average, possess a valid passport and complete the application packet. Check with Parent Central Services or CYSS for more information.

New attendance policy

The Department of Defense Education Activity has a new comprehensive policy on student attendance. The policy is based on the principle that regular school attendance promotes higher levels of student achievement, school connectedness and readiness for further education and careers. Visit www.dodea.edu/back_to_school/docs/AttendancePolicy.pdf to read the details.

Wiesbaden school calendar

Wiesbaden Department of Defense Dependents Schools will be closed Oct. 7, 10, Nov. 4, 11, 18, 24, 25 and Dec. 19-30.

Baumholder school calendar

Baumholder schools will be closed Sept. 30 during a teacher work day and Oct. 10 for Columbus Day. Smith Elementary School students will be dismissed early Oct. 14 (not Oct. 21 as originally planned).

Wiesbaden College Night

Top colleges and universities from around the United States and Europe will be represented during Wiesbaden's second annual College Night Oct. 13. Members of the Wiesbaden Senior Parent Association seek individuals to represent their alma maters at the event. If you are willing to help, contact your college and request information materials on your school and email the Wiesbaden Senior Parent Association at wiesbadencollegefair@googlemail.com with your name, contact information and the name of your university. If you are not able to contact your college, the members of SPA can do so for you. More information is available at www.wiesbadenspa.com.

Kaiserslautern College Night

The annual Kaiserslautern College and University Night will be held Oct. 6. If you would like to represent your school or alma mater contact Larry Zani at Larry_Zani@compuserve.com.

Show me college money

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

Astronaut Gregory H. Johnson describes what it was like to fly Endeavour's final mission. During the penultimate space shuttle mission, the crew delivered and installed equipment at the International Space Station. Photo below: A view of an astronaut in space at work taken from the space station.



Adventures in space

Continued from page 1

of the penultimate NASA space shuttle mission, STS-134, with Wiesbaden Department of Defense Dependents Schools students Sept. 12.

"I've only spent about a month of my life in space," said Johnson, who piloted the Endeavour on two separate missions—STS-123 and STS-134.

During the final Endeavour mission, which began its 16-day mission on May 16, 2011, and delivered the final construction components of the International Space Station, Johnson told the students the shuttle made 248 orbits around the Earth. "We did four space walks on our flight. . . . Every single day was magical. . . . I was lucky to be part of this incredible crew."

Among the vital equipment delivered by the STS-134 crew to the International Space Station was an Alpha Magnetic Spectrometer—a particle physics detector operated by an international team from 16 different countries intended to provide insights into the origin of the universe. "The AMS will provide a better understanding of how our universe was formed," said Johnson.

"It's wonderful to be back in Wiesbaden, Germany," said the astronaut, explaining that like those youths in the audience, he, too, attended elementary school in Wiesbaden while his father led the U.S. Air Force Europe Band. "I was here from second to fifth grade — so it's really a walk down memory lane."

Like his musician father, Johnson continues the tradition playing in the all-astronaut band, Max-Q, and his brother is "a working musician," he said.



the most important thing is to "do well in whatever you really, really love," Johnson said.

"Many of you are going to be the right ages to get to the moon, Mars and beyond," he said. "We've got a lot of the universe to explore yet. . . . We need to learn new technologies, new propulsion techniques."

When the Endeavour landed back on Earth at the Kennedy Space Center on June 1, 2011, it marked the penultimate shuttle mission, a program that launched on April 12, 1981, and ended on July 21 as the Atlantis touched down.

During the 30 years of NASA's Space Shuttle Program, several firsts were achieved including the first time solid rocket engines were used to propel spaceships into orbit and the first time a spaceship landed back on Earth by gliding down a runway with the initial 1981 flight of the Columbia, the first American woman in space — Sally Ride — on STS-7 in 1983 and the first African-American in space — Guion Bluford in 1983. The final flight of the Endeavour also marked the last time an international astronaut, Italian Roberto Vittori, would fly aboard a shuttle.

Overall the Endeavour spent 299 days in space, orbiting the Earth 4,671 times and traveling more than 122 million miles.

The International Space Station, which is expected to continue operations for at least another decade, launched on Nov. 20, 1998. *(Some information for this article is courtesy of NASA's home page at www.nasa.org)*

After describing some of the highlights of Endeavour's last mission and presenting a fast-paced video capturing life aboard the International Space Station, "which is roughly the size of a football field," Johnson fielded questions from the audience.

In response to a question about how long he has served as an astronaut, Johnson said 13 years.

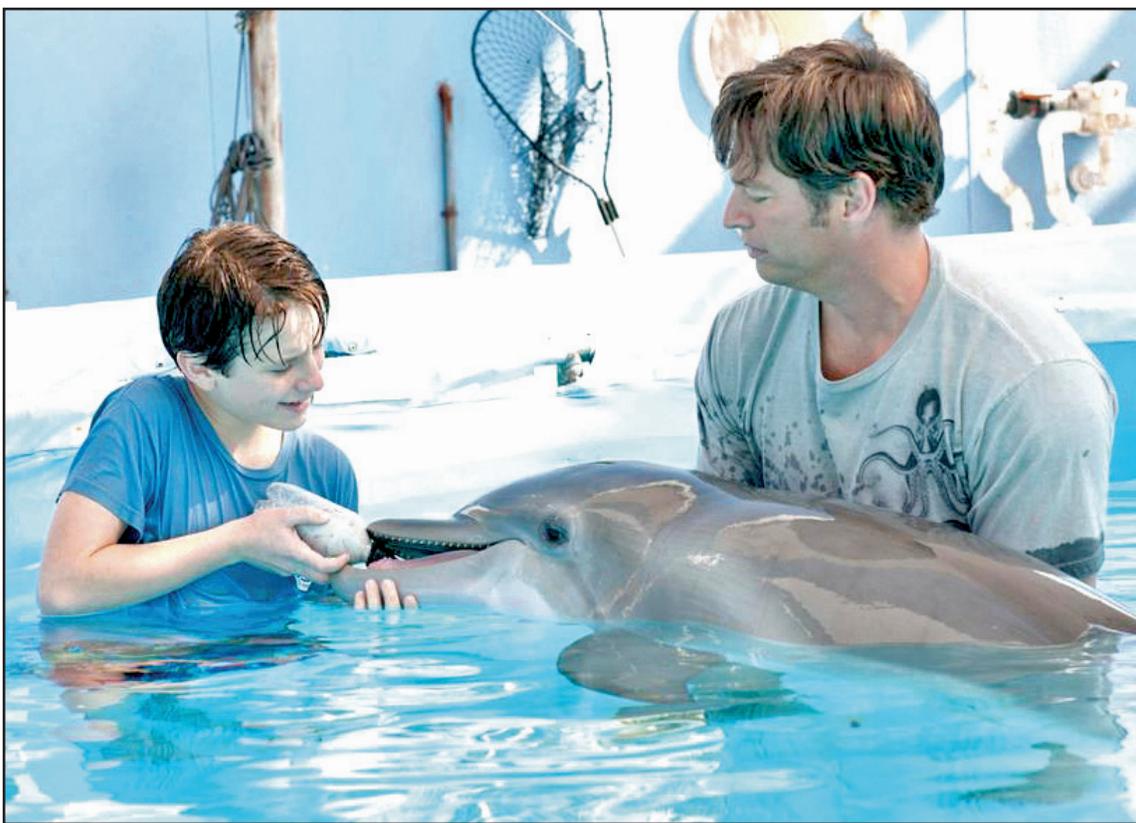
Other questions ranged from "what is the time zone in space?" to the quality of space food.

"The food's really pretty good," he answered.

In answer to a question about adjusting to weightlessness and the pull of gravity upon returning to the Earth's atmosphere, Johnson described an instance where he accidentally released a glass back on Earth while engaged in a conversation with a senator, fully expecting it to float like in space — only to have it smash to pieces.

Johnson also acknowledged that space travel does indeed give one a unique perspective and more respect for planet Earth. "Our planet is wonderful," he said in answer to the question.

Students wanted to know what classes to take to prepare for a career as an astronaut. Saying that it's important to do well in math, science and other fields,



Sawyer (played by Nathan Gamble) and Dr. Haskett (Harry Connick Jr.) care for an injured dolphin at the Clearwater Marine Hospital in "Dolphin Tale."

At the movies Sept. 29 to Oct. 13

Baumholder, Wagon Wheel

- Sept. 30 — Friends With Benefits (R) 7 p.m.
- Oct. 1 — Winnie The Pooh (G) 4 p.m. Straw Dogs (R) 7 p.m. Straw Dogs (R) 7 p.m.
- Oct. 2 — Colombiana (PG-13) 6 p.m.
- Oct. 7 — Crazy Stupid Love (PG-13) 7 p.m.
- Oct. 8 — Dolphin Tale (PG) 4 p.m. Captain America: The First Avenger (PG-13) 7 p.m.
- Oct. 9 — Zookeeper (PG) 6 p.m.

Wiesbaden, Taunus

- Sept. 29 — Super 8 (PG-13) 7 p.m.
- Sept. 30 — Dolphin Tale (PG) 7 p.m. Friends With Benefits (R) 9:30 p.m.
- Oct. 1 — Winnie The Pooh (G) 4 p.m. Dolphin Tale (PG) 7 p.m. Friends With Benefits (R) 9:30 p.m.
- Oct. 2 — Winnie The Pooh (R) 4 p.m. Dolphin

Tale (PG) 7 p.m.

- Oct. 3 — Dolphin Tale (PG) 7 p.m.
- Oct. 4 — Friends With Benefits (R) 7 p.m.
- Oct. 5 — Transformers: Dark Of The Moon (PG-13) 7 p.m.
- Oct. 6 — Friends With Benefits (R) 7 p.m.
- Oct. 7 — Captain America (PG-13) 7 p.m. What's Your Number (R) 9:30 p.m.
- Oct. 8 — Zookeeper (PG) 4 p.m. What's Your Number (R) 7 p.m. Crazy Stupid Love (PG-13) 9:30 p.m.
- Oct. 9 — Winnie The Pooh (PG) 4 p.m. What's Your Number (R) 7 p.m.
- Oct. 10 — What's Your Number (R) 7 p.m.
- Oct. 11 — Crazy Stupid Love (PG-13) 7 p.m.
- Oct. 12 — Captain America (PG-13) 7 p.m.
- Oct. 13 — Crazy Stupid Love (PG-13) 7 p.m.

Movie plots

Dolphin Tale (PG) — Swimming free, a young dolphin is caught in a crab trap, severely damaging her tail. She is rescued and transported to the Clearwater Marine Hospital, where she is named Winter. But her fight for survival has just begun. Losing her tail may cost Winter her life. It will take the expertise of a dedicated marine biologist, the ingenuity of a brilliant prosthetics doctor and the unwavering devotion of a young boy to bring about a groundbreaking miracle — a miracle that might not only save Winter but could also help thousands of people around the world. Stars Morgan Freeman and Ashley Judd.

Friends With Benefits — Dylan (Justin Timberlake) and Jamie (Mila Kunis) think it's going to be easy to add the simple act of sex to their friendship, despite what Hollywood romantic comedies would have them believe. They soon discover however that getting physical really does always lead to complications.

Zookeeper (PG) — The animals at the Franklin Park Zoo love their kindhearted caretaker, Griffin Keyes (Kevin James). Finding himself more comfortable with a lion than a lady, Griffin decides the only way to get a girl in his life is to leave the zoo and find a more glamorous job. To keep Griffin from leaving, the animals decide to teach him the rules of courtship — animal style.

Super 8 (PG-13) — In the summer of 1979 a group of friends in a small Ohio town witness a catastrophic train crash while making a Super 8 movie and soon suspect that it was not an accident. Shortly after, unusual disappearances and inexplicable events begin to take place in town, and the local deputy tries to uncover the truth — something more terrifying than any of them could have imagined. Stars Elle Fanning and Amanda Michalka.

Winnie The Pooh (PG) — With the charm, wit and whimsy of the original featurettes, this all-new Disney feature reunites audiences with the philosophical "bear of very little brain" and friends Tigger, Rabbit, Piglet, Kanga, Roo — and last, but certainly not least, Eeyore, who has lost his tail. "Well a tail is either there or it isn't there," said Pooh. "And yours isn't ... there." Owl sends the whole gang on a wild quest to save Christopher Robin from an imaginary culprit. It turns out to be a very busy day for a bear who simply set out to find some honey. Starring the voices of John Cleese and Craig Ferguson.

Captain America: The First Avenger (PG-13) — After being deemed unfit for military service, Steve Rogers volunteers for a top secret research project that turns him into Captain America, a superhero dedicated to defending America's ideals. Stars Chris Evans and Sebastian Stan.



Fans of Winnie the Pooh are in for a treat with Disney's latest animated film, "Winnie The Pooh." Photo right: Mila Kunis plays Jaime and Justin Timberlake is Dylan in the romantic comedy, "Friends With Benefits."