

CARE Fair
Baumholder event helps families prepare for upcoming deployment. See page 8.



Suicide prevention
Battle buddies work together to assist troubled Soldiers in finding help. See pages 16 and 17.



Mountain bike competition
Cyclists compete on the trails at Rheinblick Outdoor Recreation Complex. See page 20.



Herald Union



Vol. XII, No. 25, Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden, Sept. 30, 2010

Flu vaccines

Flumist, Fluzone available at Army health clinics

Food and Drug Administration-approved influenza vaccines have arrived at U.S. health clinics across Europe. The available vaccines include injectable Fluzone for beneficiaries 6 months and older and intranasal Flumist for beneficiaries between 2 and 49 years of age.

“Vaccination is your best protection against seasonal influenza,” said Col. Theresa Moser, Europe Regional Medical Command force health protection officer, who manages the ERMC influenza vaccination program.

According to the Centers for Disease Control and Prevention, influenza caused more than 160,000 adult hospitalizations last year alone. The CDC recommends the influenza vaccine for all persons 6 months and older for the 2010-11 influenza season.

All military personnel are required to receive the influenza vaccine. The Army set a compliance date of Dec. 1, 2010. All beneficiaries are highly encouraged to receive the seasonal influenza vaccine, said Moser.

DoD Military Vaccination Program officials expect a sufficient amount of influenza vaccine to be available this year. However, vaccine will arrive in separate shipments.

Both the Baumholder and Wiesbaden Health Clinics report that plenty of the vaccine is currently available for walk-ins and outreach services. People can visit the Wiesbaden clinic from 8 a.m. to 4 p.m. weekdays, clinic officials said. *See page 7 for more information on vaccinations in the Baumholder military community.*

Vaccine and immunization information is available at www.cdc.gov/vaccines and www.vaccines.mil.



Photo by Karl Weisel

Lt. Col. Chad Gooderham (left) gives Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, his annual flu nasal mist vaccination as Spc. Joshua Sandlin gives Command Sgt. Maj. Hector Prince a flu shot Sept. 21.



Tammy Patterson (right), Tena Smith and other 1st Armored Division spouses get in some target practice at the Rheinblick Outdoor Recreation Complex.

Combat spouses

1st Armored Division treats wives to day on the range

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

Military spouses stepped into their husbands' shoes for a day during 1st Armored Division's Combat Spouses Day at the Rheinblick Outdoor Recreation Complex Sept. 22.

The event, which offered spouses a fun day of marching, paint ball,



Sgt. 1st Class Nazerine Howard helps spouses adjust their TA-50 gear during 1st Armored Division's combat spouses day Sept. 22.

first aid, land navigation and air rifle shooting, was aimed at giving them a break from the routine as 1st AD Soldiers continue to serve in Iraq.

“We want to give

you all a little piece of what your spouses go through,” said Sgt. 1st Class Nicolas Augugliaro during an introductory briefing.

After having donned

helmets, body armor and canteen belts and picking up their “weapons,” the combat spouses headed out on a three-kilometer road march.

“So far it has gone well and everyone has been able to filter in and filter out,” said Spc. Cynthia Landin as she stamped the participants' checklists in the TA-50 issue room. “They're pumped, which is a good thing — it makes us pumped.”

“Don't get hurt,” said Augugliaro, as he went over safety procedures

See Combat spouses on page 13

Continuing education has many benefits

By Command Sgt. Maj. Earla Reddock
U.S. Army Garrison Baumholder

Should enlisted Soldiers only seek advanced degrees to progress through the ranks of the U.S. Army? While advancement is important, it should not be the sole motivation for Soldiers to continue their education.

I, like many senior leaders in the U.S. Army, believe enlisted Soldiers should enroll and complete at least the basic curriculum required for an undergraduate degree. Core classes are mostly the same for all colleges and universities with a few idiosyncrasies depending on the school.

Basic curriculum at many schools comprises courses in communication, mathematics, arts and humanities, history, social and behavioral sciences, physical and life sciences, international and multicultural studies. These courses are usually transferable considering the frequency at which a Soldier changes location in a career. Also, conveniences such as online courses, education counselors located on post or readily available at the GoArmyEd portal, school counselors and education advisers now make access easier.

There are several advantages gained by the average junior enlisted Soldier pursuing higher education. Foremost, core classes do more than just teach; they improve Soldiers' self-esteem and confidence. Such classes tend to improve one's discipline, focus, patience, sense of compassion and consideration. Time management and critical thinking skills are additional by-products. Higher education enriches a Soldier's marketability for the life beyond enlistment. Soldiers are recruited by corporate America, the federal workforce and other special organizations. Education bolsters the skills one learns while serving.

I encourage junior Soldiers to visit the education office on post to learn about the number of education opportunities available to you as you serve.

Soldier's creed includes caring for family

By Sgt. 1st Class Sharon D. Clayton
U.S. Army Garrison Wiesbaden Assistant Inspector General

When civilians enter basic training, from day one there is the infamous drill sergeant who is there to encourage and remind them to do the right thing. These civilians spend nine weeks trying to do the right thing, and if successful, will be transformed into Soldiers.

Does doing the right thing suddenly cease to exist after basic training? Do the Army values — loyalty, duty, respect, selfless service, integrity, honor, personal courage and the Soldiers' Creed — which they are taught, suddenly become obsolete. If a Soldier embodies the Soldiers' Creed and Army values to his nation and his unit, shouldn't he embody these same values regarding financial support for his family members?

Nonsupport of family members led the way in complaints to the Inspector General in fiscal year 2009 with more than 7,000 cases Army-wide. In fiscal year 2010 it again leads the way.

Taking care of one's family members financially is not only the right thing to do as a Soldier, it is the moral thing to do.

Army Regulation 608-99 Family, Support, Child Custody and Paternity clearly outline the Soldiers' responsibilities involving financial support to family members. The Soldiers' Creed pledges such points as defending the nation, never leaving a fallen comrade and being loyal to the team. Is there an Army creed that talks about loyalty to a family member, never leaving a family member hungry, never leaving a family member behind that cannot pay his or her rent?

Are Soldiers counseled about their responsibilities to their family members and if they are not, shouldn't that be part of an initial counseling? So, if there isn't an Army creed for family members, consider this proposal:

Welfare of Family Members Creed

No one is more responsible than I.

I am a provider of my family.

I realize that my family members depend on me for financial support and I will not let them down.

I am proud of my family, and will at all times conduct myself in accordance with that of a provider.

I will not stop allotments of which my family members are entitled.

Reliability is my watchword: My primary financial responsibility will always be uppermost in my mind: taking care of my family members. I will strive to remain dedicated and loyal to them. I am aware of my role as a provider; I will exercise financial support in the absence of a court order. I will fulfill my obligations inherent in that role. My family members are entitled to financial support; I will provide that financial support. I love my family members and I will always place their needs above my own. Even upon deployment, I will ensure that their basic needs are being met; they will not struggle because of my negligence.

I will not lose their respect and confidence in me. I will do what's right without having to be told. I will not forget, nor will I allow my family to forget, that I am a Soldier, a provider who will provide for the welfare of my family members.

Is there honor in leaving a hungry family member behind? "Do the Right Thing."

Use extra care when driving in fog

By Helmut Schartel
U.S. Army Garrison Wiesbaden
Safety Office

Driving in the fog is dangerous; much more dangerous than most people realize. Minimize your likelihood of getting into an accident by being aware of the hazards and knowing how to drive in foggy conditions. Driving in heavy fog is like driving with a blindfold on. No matter how important the trip is, it's not worth gambling your life. The safest thing to do if you run into fog is to move well off the road and wait for the fog to lift. Because the simple and safe solution is not always the most practical, the following tips are offered to ensure one exercises proper caution when driving in fog:

◆ Slow down and increase following distance. Most fog-related traffic fatalities occur because someone was driving too fast and couldn't stop in time to avoid a collision. Use the reflective posts along the roads as guides. They

are 50 meters apart.

◆ Turn your low beam lights on so others can see you. Don't turn on the high beams because they are directed higher and reflect light back at the driver. Use the extra-bright auxiliary rear fog light only in fog when visibility is less than 50 meters. In this condition automatically a speed limit of 30 mph or 50 kph applies.

◆ If you leave the road, be sure to pull off completely. Turn on your flashers so others know you are there but won't think you are driving.

◆ Think about what other drivers see when they're behind you. If you are constantly tapping your brakes, you'll likely make them nervous — and they'll be more likely to pass you.

◆ Use your wipers and defroster to keep the windows clear and clean them more often inside and outside. The dirty



Photo by Karl Weisel

haze that collects on the interior windshield decreases a driver's visibility.

◆ Watch your speed. Fog scatters light and reduces the contrast between objects. Studies have found that the longer a driver is in fog, the faster he or she drives. Avoid falling into this dangerous trap.

◆ Turn off the radio and turn down the heater. Listen for other cars approaching before making a turn.

◆ Signal early, and gently apply the brakes. The presence of heavy fog means the road's surface is wet and slippery.

Herald Union published by AdvantiPro

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

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News flash

Retirees can now shop in military community thrift shops

U.S. military retirees can now shop at on-post thrift shops in Germany operated by community spouses clubs. The new policy allows widows and widowers of U.S. military members whose sponsors died on active duty or as retirees, 100 percent disabled U.S. veterans, certain unaccompanied dependents and surviving minor children of U.S. military members to buy items at community thrift shops. U.S. Army Europe Office of the Provost Marshal officials stressed that the policy only applies to purchases and does not authorize patrons to sell items on consignment through thrift shops. "Military retirees will need the German Customs Certificate — also referred to as the 'pink card' to buy items at a thrift shop," said Bill Johnson, director of USAREUR OPM's Customs Executive Agency. They must also pay duties and taxes to German customs authorities, just as they do for purchases from exchanges and commissaries. Visit www.hqusareur.army.mil/opm/custom4.htm for more information.

Time to support CFC

This year's Combined Federal Campaign-Overseas, part of the largest workplace giving campaign in the world, runs from Oct. 4 to Dec. 3 in the European Region. Help support the charity of your choice by giving. Contact your unit/agency coordinator or the Wiesbaden community area project officer at mil 337-6465, civ (0611) 705-6465 to help "make a world of difference."



Court-martialed for rape

Spc. William Grimes was convicted by an enlisted panel at a General Court-Martial on Sept. 1 of rape of an adult by force. Grimes was sentenced to reduction in rank to E-1, to forfeit all pay and allowances, to be confined for three years and to be dishonorably discharged from the U.S. Army. (Courtesy of V Corps' Military Justice)

Baumholder Soldier dies

Spc. Stephen Eckert, an armor crewman with 4th Battalion, 70th Armor Regiment, 170th Infantry Brigade Combat Team, was found dead in his residence in Wezel Housing Sept. 9. Although initial assessment indicates that he died of natural causes, an investigation into the cause of death is ongoing. (Courtesy of the 170th Infantry Brigade Combat Team)

Similac infant formula recall

The Abbott company has announced a recall of certain Similac brand powder infant formulas that don't meet quality standards. The recall includes certain Similac powder products in plastic containers and offered in eight-ounce, 12.4-ounce and 12.9-ounce cans. No Abbott liquid infant formulas are impacted. Parents and caregivers can visit www.similac.com/recall/lookup for details on the recall.

Honing the Soldier's edge

Contracting officer gains valuable experience during Iraq duty

By Chrystal Smith

U.S. Army Garrison Wiesbaden Public Affairs Office

Working with civilians all day can detrimentally affect a Soldier's edge.

At least that's how one contracting officer felt before volunteering for a six-month tour of duty to Iraq.

"As a military guy in a civilian organization you tend to lose focus of what we're doing here," said Maj. David McDowell, Defense Contract Management Agency Southern Europe contracting officer, who deployed to Northern Iraq in February. "I deployed to get reoriented to the mission of a contracting officer. Seeing Soldiers on the ground, carrying weapons, I was tuned in the first week in theater."

While in Iraq McDowell was the contracting officer responsible for the \$6 billion, annually funded Logistics Civil Augmentation Program that provides critical services to warfighters in support of Operation Iraqi Freedom. He ensured the terms of the services contract with KBR.

"In contingency everyone needs stuff now. ... I told the contractor what to do and provided the

In FMWR resort hotel contest

Win a year of free housecleaning

Three Department of Defense resort hotels are offering discounts and an opportunity to win up to a year of housecleaning to caregivers who support service members and families.

Through Oct. 24 visit www.afrcresorts.com to nominate a family caregiver for a chance to win one of four prizes: free housecleaning for a year, free housecleaning for six months (two prizes) or three months of free housecleaning. The website also offers special discounts for caregivers at the resorts.

The contest, designed by the Family, Morale, Welfare and Recreation Command commemorates National Caregiver Appreciation Month in November — especially those who care for exceptional family members and wounded warriors.

"This promotion offers any caregiver a chance to slow down and take a break with discounts at our AFRCs, and a lucky winner will get a helping hand through free housecleaning," said Kristen Kea, FMWRC events manager.

"The Exceptional Family Member Program is one way we can keep some of the most important promises articulated in the Army Family Covenant ... providing access to family programs that foster an environment in which families can thrive," said Lt. Gen. Rick Lynch, commander of the Installation Management Command.

funding," said McDowell, who said he worked an average of 14-15 hours daily during the deployment. "(As a contracting officer) I'm there to make sure the Soldier has all he needs so he can focus on the mission."

And while few people elect to deploy out of rotation, the timing seemed ideal for McDowell and the Army.

"It was a good time to go back into that environment to get plugged back in," said McDowell, who said his efforts supported the drawdown of U.S. forces in Iraq having a hand in the closing of Forward Operating Bases Normandy, Grizzly and O'Ryan which encompassed the reduction of services and disposition of 3,000 lines of property valued at more than \$15 million resulting in early closures and savings of more than \$10 million.

Upon his departure from Iraq, McDowell reported that he saw confident and competent Iraqi forces assuming more control.

"It was a good level of morale. People were getting things accomplished ... and people were

ready to go home," said McDowell.

McDowell received the Joint Service Commendation Medal after his return to Wiesbaden.



Photo by Chrystal Smith

Maj. David McDowell is welcomed home during a ceremony at the Amelia Earhart facility.

ready to go home," said McDowell. McDowell received the Joint Service Commendation Medal after his return to Wiesbaden.

From the blotter

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

Sept. 4

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

Wiesbaden: Two Soldiers were charged with wrongful use of a controlled substance after German Police conducted a search at a German gas station.

Sept. 5

Baumholder: A Soldier is being charged with being absent without leave after missing movement.

Wiesbaden: A Soldier is being charged with drunken driving after driving erratically and failing a breathalyzer test conducted by the German Police.

Sept. 6

Baumholder: Three Soldiers are being charged with drunk and disorderly conduct after throwing flower pots from German residences onto the street.

Wiesbaden: A family member is being charged with communicating a threat after threatening another family member by stating, "I'm going to beat you up."

Sept. 7

Baumholder: A Soldier is being charged with a traffic accident after striking the curb, damaging the rim of the vehicle.

Sept. 8

Baumholder: A Soldier is being charged with being absent without leave after failing to report for duty.

Wiesbaden: A Soldier is being charged with a traffic accident after striking a concrete barrier at the Frankfurt Airport.

Sept. 9

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

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

Sept. 10

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

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

Sept. 11

Baumholder: A Soldier is being charged with wrongful damage to private property after tearing off a side view mirror from a vehicle.

Wiesbaden: An NCO is being charged with two accidents on the same day.

Sept. 12

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

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

Sept. 13

Baumholder: A family member is being charged with assault after striking her spouse with a broom.

Wiesbaden: A senior NCO is being charged with drunken driving after failing a breathalyzer test conducted by the Military Police.



Photos by Spc. Glenn Anderson

Members of the 457th Civil Affairs Battalion stand in formation at the 361st Civil Affairs Brigade's activation ceremony. Photo below: Unveiling the new brigade colors.

Europe's first civil affairs brigade is activated

By 1st. Sgt. Bobby J.
White
7th Civil Support Command
Public Affairs Office

The 361st Civil Affairs Brigade and its subordinate 457th Civil Affairs Battalion were formally added to the rolls of the military as their Soldiers stood in formation on Daenner Kaserne's parade field Sept. 17. Both units are part of the 7th Civil Support Command, the only U.S. Army Reserve command completely stationed abroad.

The Soldiers serving with the brigade are assigned to reserve units located in Germany and Italy. Many of the Army Reserve Soldiers in the brigade were called upon to conduct various missions in support of the 7th CSC, the 21st Theater Sustainment Command, the Joint Multinational Readiness Command, U.S. Army Europe and U.S. European Command.

In addition the reservists of the 361st CA Bde. provide civil affairs training to NATO members in conjunction with EUCOM's military-to-military program as well as support missions such as Joint Task Force-East in Romania and Bulgaria in 2009, and other missions in areas such as Azerbaijan, Uganda and Germany.

"Many of the Soldiers on the field today have been fully engaged in the monumental task of forming this new civil affairs brigade ... which is the first of its kind stationed on foreign soil," said Col. Friedbert Humphrey, commander of the 361st CA Bde.

Brigade Command Sgt. Maj. Jeffery Miller addressed the Soldiers before the activation ceremony on the parade field.

"Stand tall and proud; this is a day that you will remember for the rest of your lives," said Miller, a native of Carlisle, Pa. "I am honored to activate this historical unit here in Europe and to serve as the brigade's first



command sergeant major."

In conjunction with the activation ceremony of the 361st CA Bde., the 457th CA Bn. also in Kaiserslautern, activated along with its four line companies in Italy and Germany. Company A is located in Vicenza, Italy. The other three companies are from

Germany. Company B is from Bamberg, Company C is from Wiesbaden, and Company D is from Grafenwöhr.

In their civilian jobs, the Army Reserve Soldiers of the brigade and battalion are employed throughout Europe as public health professionals, lawyers, water management specialists, sewage plant directors, college professors, unit administrators and engineers. In addition to these broad career fields, they also bring foreign language abilities such as Arabic, Czech, Korean, Polish, Portuguese, Russian and Swahili.

"My cultural and religious background originating from India and my military specialty, which is animal care specialist and food inspector specialist, will be a great asset during deployments and will help support the President's National Security Strategy," said Staff Sgt. Yasmin Khan, Company B, 457th CA Bn., and a native of Tampa, Fla.

The 361st CA Bde. will assist commanders in developing effective working relationships with civil authorities and local populace during peace time, contingency operations and in support of disaster relief efforts.

"Living in a wide variety of European cultures, our civil affairs Soldiers are refining their cultural, language and interpersonal relationship skills on a daily basis," said Humphrey, a native of Augsburg. "This remarkable unit is well on its way to becoming the premier civil affairs brigade in the Army inventory."

Diagnosing, treating prostate cancer

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

Prostate cancer is the third most common cause of death from cancer in men, but is rarely found in men under age 40. This cancer starts in the prostate gland, a walnut-sized structure that wraps around the urethra and produces fluid for semen.

The cause of prostate cancer is unknown. Some studies have shown a relationship between high dietary fat intake and increased testosterone levels. There is no known association with an enlarged prostate. Lev-

els of prostate specific antigen are often high in men with prostate cancer, but PSA can also be high with other prostate conditions.

Since the PSA test became common, most prostate cancers are found before they cause symptoms. The symptoms below can occur with prostate cancer, but are more likely to be associated with noncancerous conditions:

- ☞ Delayed or slowed start of urinary stream
- ☞ Urinary dribbling after urinating
- ☞ Urinary retention
- ☞ Pain with urination or

ejaculation

- ☞ Lower back pain or pain with bowel movement
- ☞ Urinary incontinence or excessive urination at night
- ☞ Bone or abdominal pain or tenderness
- ☞ Blood in the urine
- ☞ Low red blood cell count

A variety of tests may be done to diagnose prostate cancer. A rectal exam will often show an enlarged prostate with a hard, irregular surface. A prostate biopsy is the only test that can confirm the diagnosis.

Treatment options include hormonal therapy, surgery to remove the prostate, external beam radiation therapy, radioactive seed implants, chemotherapy, freezing the cancerous prostate tissue or monitoring

without active treatment.

The decision about which treatment to choose can be difficult. Some therapy can interfere with sexual performance.

Drugs that reduce the testosterone level often work very well at preventing further growth and spread of the cancer.

Chemotherapy is often used to treat prostate cancers that are resistant to hormonal treatments. Ask questions and be aware of the benefits and risks of the procedures before making a treatment choice.

There is no known way to prevent prostate cancer. Following a vegetarian, low-fat diet may lower your risk.

Early identification is possible by screening men over age 40 annually with a digital

rectal examination and PSA blood test. Men over 40 should see their health care provider if they have never been screened for prostate cancer, don't have annual exams and have a family history of prostate cancer.

PSA testing in all men is in debate since a high PSA level does not always mean that a patient has prostate cancer. Doctors are detecting and treating some very early-stage prostate cancers that may never have caused the patient any harm.

The decision to use PSA testing to screen for prostate cancer should be based on a discussion between the patient and his doctor.

For more information visit www.cdc.gov/Features/ProstateCancer.

Sept. 27 to Oct. 4 is Absentee Voters Week

With the 2010 general election swiftly approaching, all eligible U.S. citizens are encouraged to request their absentee ballots and exercise their rights as citizens. For more information and to request an absentee ballot visit www.vote.army.mil or www.fvap.gov.

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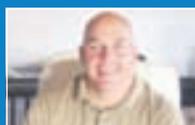
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Photo by Ignacio "Igg" Rubalcava

Baumholder City Mayor Peter Lang makes a point to the other mayors while Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander; Lt. Col. Ingo Osbahr, Military Training Area commander; and Sean Lambur, USAG Baumholder Plans Analysis and Integration Office chief; listen.

Deployment, housing, construction dominate mayor's meeting

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

The arrival of new Soldiers, the deployment of the 170th Infantry Brigade Combat Team, off-post housing for Soldiers and on-post construction were topics of discussion during a meeting between local mayors, 170th IBC and U.S. Army Garrison Baumholder officials Sept. 9 at the Rheinlander Community Club.

"As you certainly all know we've had many, many new Soldiers and families coming into our community over the last several months, and we've also had quite a few Soldiers and families depart the area," Col. Patrick Matlock, 170th IBC commander, told the mayors.

He also provided a rough timeline, explaining that some Soldiers will be deploying in the December time frame, and the remainder of the brigade is scheduled to deploy in February.

Matlock then introduced Lt. Col. Mark Raschke and Maj. Kyle Hadlock to the mayors. Raschke is the new deputy brigade commander, and Hadlock will serve as the brigade rear detachment commander until his replacement arrives in December.

"The rear detachment exists primarily to take care of our families and Soldiers who remain here in the community — and there is a very close relationship between the brigade detachment and the garrison team to make sure that we do all the things that we're supposed to do and take care of our Soldiers," said Matlock.

"I'll finish with a simple thank-you for all the support and friendship that you've given to the Soldiers and their families. I continue to be very impressed about how great and steady the relationship is between all the communities in

the area and the Soldiers who are here in the Baumholder community," said Matlock.

For Lt. Col. Sam McAdoo, the meeting provided him and the more than 15 mayors who attended an opportunity to get to know each other better. McAdoo took over command of USAG Baumholder in July.

"I'm really enjoying my time here, and I want to take this opportunity to get to know everyone better," said McAdoo.

McAdoo told the mayors that his family is very impressed with the area and is enjoying their new home tremendously. "My younger daughter is in the German school," said McAdoo. "My wife is from Bavaria and she is really impressed with this area. My brother in law and my sister in law came down to visit and they really enjoyed the area. Everything is great. When my family is OK it makes my life much easier," said McAdoo.

After the formalities, Sean Lambur, chief of the plans analysis and integration office, dove into the topic of construction. Lambur announced that the project to build new townhouses near the golf course has been canceled.

"The original cost was around \$33 million but they will, or would cost more now. They are just too expensive," said Lambur.

"The new plan is to tear down 10 existing buildings and replace those with townhouses," said Lambur. The plan is to start construction next summer, and it will take about 18 months to complete. The project is not without its growing pains. Because the new buildings will be redesigned as townhouses, the buildings will go from 18 dwelling to 12. This will mean less rooms but larger apartments for Soldiers and families.

"We are rightsizing for bigger families," said Lambur.

"We will continue to lose apartment space. This forces us to look elsewhere," said McAdoo.

"We continue to work forward in some places but not in other areas. We're looking for a good balance, but at the moment I don't foresee any military spending to create more apartments," said McAdoo.

"In larger communities, like Wiesbaden, it's easier to find places to live off post. Here it is a little more difficult," said McAdoo.

The trend is so that there will be fewer and fewer Soldiers living on post and more off post, explained Lambur.

"We're trying to do the best we can to house our Soldiers and families and we're asking you, the *Burgermeister*s to help us with this," said McAdoo.

An issue that adds to the off-post housing dilemma is that the nearby Kaiserslautern community has a higher cost of living than Baumholder. Military members there receive a higher housing allowance than in Baumholder and the landlords are aware of this so subsequently off post housing costs in the Kaiserslautern area are higher.

"We're trying to make sure that that is not the reason Soldiers cannot find a place to live — because they can't afford it. Kaiserslautern landlords know that they get more money if they rent to Kaiserslautern Soldiers. We're trying to give our Soldiers the same money," said McAdoo.

McAdoo then announced additional construction plans. "I recently met with DoDDS officials and we are looking at closing Smith Elementary School, making Wetzlar Elementary School bigger and building a new high school," said McAdoo. The new high school would

be constructed on the site of the original townhouse project, adjacent to the golf course.

Lambur then announced that Baumholder continues to push forward with its zero footprint initiative that would make the military community self sufficient in terms of utility costs. A project to switch from heating oil to natural gas is scheduled to begin next summer, explained Lambur. "This is in line with our zero footprint initiative," he said. Several mayors had some questions for the garrison and brigade officials. Some of the questions were:

Question: How long is the deployment?

Answer: Twelve months.

Question: How many family members are in the community?

Answer: About 2,000, the number changes on a daily basis.

Question: What is the radius of the "circle" in relation to the cost of living areas of Kaiserslautern and Baumholder?

Answer: Thirty minutes driving time.

Question: Who is the actual "renter," the Soldier or the military, in terms of payment responsibility?

Answer: The Soldier. Housing assists Soldiers with contracts and with finding a place.

Question: Is there a plan to expand the golf course?

Answer: No. The new high school is slated to be built on that site.

Question: Is there a plan to reactivate Neubrücke to house Soldiers and families?

Answer: No. There is no plan to buy back Neubrücke.

McAdoo closed the meeting by thanking all the mayors and invited them to participate again soon.

Exchange policy offers relief for Baumholder shoppers

Recent industry statistics show that more than \$200 billion worth of merchandise is returned to retailers annually.

Since returns are ultimately inevitable, Baumholder Exchange officials want to ensure military shoppers are aware of its hassle-free return policy.

"Depending on the product, the exchange offers an industry-leading return policy to maintain maximum customer satisfaction," said Main Store manager, Brian Smith.

"If, for some reason, the product doesn't measure up, we have the processes in place to make it right," Smith said.

The process for merchandise returns at the exchange is as follows:

- 90 days: Items in new condition may be exchanged or returned within 90 days except for the following:

- 30 days only: Jewelry and watches, camcorders, televisions, digital cameras, furniture, mattresses, major appliances and gas-powered equipment.

- 15 days only: Computers and unopened software/peripherals, CDs, DVDs and video games

- Non-refundable: Gift cards, pre-paid music and wireless and phone cards.

If a shopper requests a refund with a sales receipt, a cash refund will be made if the original purchase was made in cash.

If the original purchase was made by credit card, the refund will be credited to the customer's same credit card. If a customer requests a refund without a sales receipt, the refund amount will be loaded on an Army and Air Force Ex-

change Service Merchandise Card.

In addition to returns on items purchased at the exchange, military shoppers dissatisfied with a catalog item can return it to their nearest AAFES, Marine Corps, Navy or Coast Guard exchange for a full refund and, if applicable, the U.S. Customs fee.

If the return is due to an error on the exchange's part, the shopper will be reimbursed the standard shipping charges in full.

"We take our commitment to serving those who serve very seriously," said Smith. "On the rare occasion when a product fails to meet a shopper's expectations, it's extremely important that they have a hassle-free experience when it comes to returning and exchanging merchandise."

FMWR roundup

Breast cancer run

A breast cancer awareness run is scheduled for Oct. 16. The event is jointly hosted by the Baumholder Sports, Fitness and Aquatics branch and the Health Clinic. The first run starts at 9 a.m. The run focuses on cancer prevention and treatment after the threat is over. The first 500 paid participants will receive T-shirts with information on cancer treatment and prevention. Categories are 12 and under, 13-17, 18-27, 28-38 and 38 plus. There are also categories for walkers and stroller pushers.

Registration is from 8 a.m. to 9:30 a.m. on the day of the run. The last day for pre-registration is Oct. 13 at the Hall of Champions from 11:30 a.m. to 3 p.m. and on race day from 8-9:30 a.m. For more information call the Baumholder Sports Office at mil 485-6671.

Hill Top Theater

The Hill Top Theater presents a performance of "Apple Tree" Oct. 3. The box office opens at 6:45 p.m. and the show starts at 7:30 p.m. Tickets are \$2.

The One Act Festival Competition at the KMC Onstage Theater in Kaiserslautern will be held Oct. 9. The Baumholder community will perform "Apple Tree" in the competition. Admission to the competition is free. For more information call The Hilltop Theater at mil 485-7244.

Flea market bargains

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

MWR Fall Bazaar

Get the best Europe has to offer just before the holiday rush Oct. 29-31 at the Hall of Champions during the annual MWR Fall Bazaar. Admission is free and shopping hours are Oct. 29, 10 a.m. to 7 p.m.; Oct. 30 from 10 a.m. to 7 p.m.; and

Oct. 31 from 10 a.m. to 5 p.m. For more information call Special Events at mil 485-6115 or civ (06783) 6-6115.

Children's Fall Fest

Join everyone for the popular Children's Fall Fest at the Rheinlander Community Club, Oct. 23 from 1-4 p.m. This free event is for children ages 2-12. This year's theme is "Curious George: Where's That Monkey." Children will have the opportunity to enjoy face painting, mask making, outdoor games, get photo buttons and participate in arts and crafts. For more information contact Debra Hathaway at mil 485-6756/7003 or debra.hathaway@eur.army.mil.

Haunted house bash

Come to the Rheinlander Community Club Oct. 30 from 6-10 p.m. to check out the free haunted house located in the basement. This event is child friendly. The Rheinlander will have an all-you-can-eat buffet available for \$8 from 6-8 p.m. and the Rheinlander bar will be open serving drink specials. For more information, call mil 485-7244.

News briefs

Community mourns fallen Soldiers

The 170th Infantry Brigade Combat Team held a memorial ceremony Sept. 16 in memory of Sgt. Stephen B. Eckert, Headquarters and Headquarters Company, 4th Battalion, 70th Armor Regiment. Anyone having claims on or obligations to his estate should contact the summary court officer Capt. Sebastian R. Engels at mil 485-6425.

Sgt. 1st Class Michael J. Beville, assigned to the 7th Army Joint Multinational Training Command, with duty Range Control Baumholder, died of a serious illness while at Walter Reed Medical Center. Anyone having claims on or obligations to his estate should contact the summary court officer, 1st Lt. Michael J. McKiernan, at mil 485-7573/7281.

Red Cross moves to clinic

The Baumholder American Red Cross office has relocated from Smith Barracks to the Health Clinic, Building 8747, near Army Community Service. Hours of operation are unchanged. They are open Monday through Friday 8 a.m. to 4:30 p.m. For more information call the Red Cross at mil 485-1760 or civ (06783) 6-1730. After hours or in an emergency the Red Cross may be reached at mil 431-2334 or civ (07031) 15-2334

College night

The annual Kaiserslautern College Information Night will be held at the Special Events Center on Rhine Ordnance Barracks Sept. 30 from 6-8:30 p.m. More than 100 colleges and universities will be on hand at this event. Representatives include both college staff members and European-based alumni. There will also be representatives at tables with information on some scholarship and financial support programs.

Flu mist available

The Baumholder Health Clinic will dispense flu mist at the Wetzel Elementary School cafeteria Sept. 30 from 1:30-3:30 p.m.; and Oct. 5 from 1:20-50 p.m. at the Baumholder Middle High School Cafeteria. Students and family members may contact the respective school's nurse for more information.

Dog found on Baumholder

A female husky was found on the installation recently with chip number 985121004400013. The owner may contact the tierheim in Kusel, at civ (06384) 6052 to claim the dog.

German-American Community Office

Representatives from the U.S. Army Garrison Kaiserslautern Public Affairs Office and the German-American Community Office will be in Baumholder Oct. 15 from 10 a.m. to 3:30 p.m. at the entrance to the post exchange to distribute information about their services.

Hispanic Heritage Month observance

A Hispanic Heritage Month observance is scheduled for Oct. 6 beginning at 3 p.m. in the Rheinlander Community Club. Everyone is invited to attend and experience the Hispanic cultural activities and displays.

There will be food sampling, live entertainment and more. For more information contact Sgt. 1st Class William Mace at mil 485-6510 or civ (06783) 6-6510.

Polizei seek hit and run information

The Baumholder German Polizei is looking for information related to a hit and run offense in the Baumholder post exchange parking lot Sept. 11 between 3 and 4 p.m. At that time an unknown vehicle damaged a silver colored vehicle, license plate number KL YV 482, in the right rear section leaving a big dent. Persons having information related to this incident may call the German Polizei at civ (06783) 9910 or the Baumholder Provost Marshal at mil 485-7581.

CARE Fair readies community for deployment

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder Public Affairs Office

More than 1,000 Soldiers and family members made their way from booth to booth at the annual CARE Fair Sept. 11 and gathered information needed to prepare for the upcoming deployment of the 170th Infantry Brigade Combat Team.

U.S. Army Garrison Baumholder agencies and several other facilities such as the Health and Dental Clinics, postexchange, commissary and many more set up temporary offices in the Hall of Champions to provide the community a one-stop shopping opportunity for all their official and personal needs.

Agencies participating provided a comprehensive representation of the community, including the city of Baumholder, represented by Michael Roehrig, assistant city mayor of Baumholder; AWAG, represented by European Chairperson Lorinda Risley; the 170th IBCT, the Baumholder School Behavioral Health and more. In all, 36 agencies were represented.

"It was a very successful event," said Catherine Dubosc, event coordinator.

"The focus of the fair this year was to prepare Soldiers and families for upcoming deployments," said Dubosc.

All participating agencies were handing out information related to preparing for deployment such as wills and power of attorneys from the legal office and child care benefits during deployment by Child, Youth and School Services.

Because the focus was on deployment, the 170th Infantry Brigade Combat Team played a key role in this year's CARE Fair.

Booths sponsored by the 170th IBCT distributed Military One Source related information and battalion and company

level specific Family Readiness Group information. This included contact information for family readiness support assistants, family readiness liaisons and family readiness group leaders. FRG groups had activity and meeting information on hand.

Members of the 170th IBCT also registered visitors for their virtual FRG and also took sign-ups for FRG specific activities. The virtual FRG is a secure source used to communicate command information to the families when the Soldiers are downrange. Single Soldiers can sign up family and friends that they would like to give this information too.

Jennifer Joyce from the Baumholder Community Spouses Club provided information about the organization, its benefits, upcoming social events and registered new members.

The housing office provided copies of the sample exception to policy memo and the point of contact memo for retaining quarters during deployment. They also introduced customers to the Army Housing Referral Network, the new housing referral automated system.

Also in line with deployment, the Directorate of Logistics provided information about privately owned vehicle storage during deployment.

The new neighborhood watch program, IWATCH, was introduced by Laney Rich from the USAG Baumholder force protection office. He also provided information about National Preparedness Month and distributed information about emergency preparedness.

The Baumholder Health Clinic had information available about health promotions, physical therapy, LTBI, host nation liaisons, Tricare, access to care, optometry, EDIS, chiropractor services and primary care. They also provided customers with influenza spray and inoculations

Continuing with the deployment theme, classes such as Pre-Battle Mind, Resiliency, Let's Get It On and Single Parenting were taught by Army Community Service.



Photo by Ignacio "Iggy" Rubalcava

Soldiers and family members make their way through the various displays and gather information to help them prepare for deployment.

"These classes were a new service this year and they were very successful," said Dubosc.

Outside the Hall of Champions, the military police had an equipment display and provided gutsy volunteers the opportunity to be attacked by a military working dog, only after donning the appropriate protective clothing.

The USAG Baumholder fire department also had a vehicle and equipment on display.

A key element of this event is registration, and the event gets bigger and bigger each year as the word gets out of the opportunity the fair provides to get important personal and official registration appointments settled at one location in one day. The fair offered opportunities for community members to register for activities such as volunteering, youth services, FRGs, private organizations, and much more.

Winners of the best booth competition were: First place, 40th Engineer Battalion; second place, CYSS; and third place, 170th IBCT.

Visitors also had the opportunity to win free tickets to any Hill Top Theater plays, free tickets to the Trier Christmas Market, water aerobics passes, an emergency safety kit from AAFES and a blanket from the



Photo by Ignacio "Iggy" Rubalcava

A military working dog demonstrates his apprehension abilities during this year's CARE Fair.

American Red Cross.

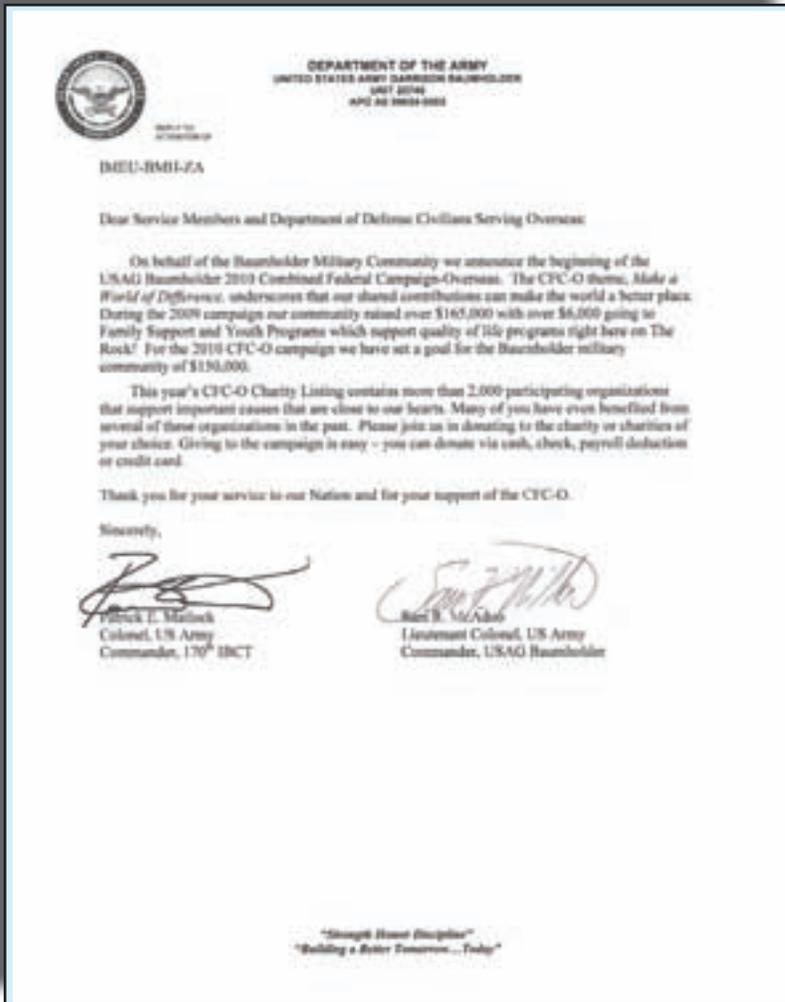
There were also free child care coupons, free games of bowling coupons and gift certificates to redeem at the FMWR

Arts and Crafts Center.

Stephanie Champi drove home the grand prize, a used car courtesy of FMWR Auto Crafts.

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CFC is opportunity for all to make a difference



The Combined Federal Campaign-Overseas, the annual giving drive for the Department of Defense, kicks off Oct. 4 and continues through Dec. 3 in all five overseas combatant commands.

On this page is a copy of a letter signed by Col. Patrick Matlock, 170th Infantry Brigade Combat Team commander, and Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, announcing the start of Baumholder's local CFC.

During the campaign season, uniformed and civilian personnel can contribute to help people in need in military communities, across the nation and around the world. The campaign is managed by Global Impact.

"Uniformed and civilian personnel are seeing the need every day through their service to our nation," said Renee S. Acosta, president and CEO, Global Impact.

"Due to their generosity, last year's campaign provided more than \$15.6 million to support the important work of charities around the world," Acosta said. "This year, our goal is to raise \$15.7 mil-

lion because the needs are greater than ever."

The campaign features more than 2,300 charities from which contributors can choose a cause that matches their individual passion. The CFC-O offers contributors the opportunity to give using the traditional paper Pledge Card or through e-Giving at www.cfcoverseas.org. Contributors who are interested in supporting their local overseas military communities can make a contribution to the Family Support and Youth Programs. Donations to FSYP are returned to the installation to support quality of life programs for overseas service members and their families.

"Every member of Baumholder will be given the opportunity to participate in the 2010 CFC-O," said Capt. Kevin Luciola, Baumholder CFC officer. "If you have never participated in the campaign, please join us."

If you have given in the past, I thank you for your support and invite you to participate again this year."

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MWR FALL BAZAAR

Oct. 1-3

Wiesbaden Army Airfield
Hangar 1036

Vendors from across Europe will be displaying their wares!

- Antiques
- Art Prints
- Clothes
- Tourism Info
- Delicious Foods
- Furniture
- Jewelry
- Polish Pottery



Oct. 1. noon - 7 p.m.

Oct. 2. 11 a.m. - 6 p.m.

Oct. 3. 11 a.m. - 3 p.m.

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Community Activity Center Bldg. 1011

35-40 Employers!
One of the largest DOD
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USAG WIESBADEN

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COMMUNITY FLEA MARKET SATURDAY, OCT 2 FROM 9 A.M. - 4 P.M.

Patrons may buy or sell second hand items such as: household, clothing, small appliances, DVD's, CD's, video games, collectables and other used cash and carry items. Patrons may not sell: Unauthorized items include new commercial items in original packaging, automotive parts, items with gas consumption motors, items that require any moving equipment.

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JOIN IN ON THE SALES AT THE RHEINLANDER FLEA MARKET

SATURDAY, OCT 2 9 A.M. - 4 P.M.

WANT TO SELL SOME OF
YOUR GENTLY USED ITEMS?
THEN RESERVE YOUR TABLE
ON OR BEFORE FRIDAY, OCT.
1 FOR THE FLEA MARKET.
COST FOR ONE 6X6 TABLE
AND SPACE IS \$10 OR FOR
TWO 6X6 TABLES PAY JUST
\$15. TABLE SET UP
FROM 7:30 A.M. - 9 A.M.

ADMISSION IS FREE FOR
FOLKS WHO WANT TO
PURCHASE ITEMS FROM
VENDORS.

Rain or shine: delivering the mail

Wiesbaden Postal Service Center officials describe mail handling procedures

Story and photos by

Karl Weisel

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

Front-door customers at Wiesbaden's Postal Service Center expect their mail to arrive on time and in good condition. When it doesn't, they may blame local postal workers, unaware that packages and letters arriving at the Consolidated Mail Room and leaving from the Army Post Office are handled a multitude of times before reaching their final destinations.

"A lot of people are unaware of how the mail is processed," said Earl Small, U.S. Army Garrison Wiesbaden postmaster. "We have problems with customers when a package comes in and it's damaged. We're the face they see when it arrives. We try to do our best to take care of everybody's mail."

Unlike the Wiesbaden postal unit which ensures that all outgoing letters and packages are transported in plastic-lined mail bags, the U.S. Postal Service has no such policy. "We put plastic liner in our bags so your letters and packages are protected," said Quintin Harvey, Wiesbaden postal operations supervisor. "The USPS doesn't do that."

Sorted and scanned

All mail is sorted and scanned upon arrival. When a package does arrive in a damaged condition it is quickly identified as such, rewrapped with special red-and-white packing tape and labeled. "That's a regulation that we have to give it to the customer rewrapped. If we rewrap it, it will have the red and white tape on it," said Harvey. "Once we rewrap the article it is stamped 'received in wet/damaged condition at APO _____' and dated. That is required. Wet mail is held at the APO until it is dry."

When customers head to the CMR pick-up window to get their parcel and discover that it has been damaged they have two options. They can either refuse to accept the article and it will be returned to sender at no charge, or they can take it and contact the company themselves to seek a refund or replacement article.

If a parcel is received without content or missing items and the parcel is not insured, the customer should contact the sender. If insured, he or she should see one of the postal clerks for assistance.

Customers can also pay for insurance when ordering items from companies. "Ask the company if they'll insure it,"



Mail clerks Harvey Dixon (right) and Mike Mesa unload incoming mail onto a conveyor belt at the Wiesbaden Postal Service Center. The mail is scanned upon arrival, sorted and checked for damage during transit.



Quintin Harvey, Wiesbaden postal operations supervisor, tapes a damaged parcel upon arrival at the Wiesbaden Postal Service Center.

said Small. "If you don't request anything they'll just send it standard."

"You must have insurance to get the reimbursement," added Harvey, explaining that many people assume because companies provide tracking information their merchandise is insured, but that is not the case.

"If it's not insured, we can talk about it, but there's nothing we can do except provide an apology," said Small.

Even without insurance, most companies will resend items or refund them if lost in the mail, the postal officials said, advising patrons to always inventory the contents of a parcel upon arrival. "If something is missing, contact the

company," said Harvey.

"If you get a box and see that it has been damaged you can refuse it," added Small. But once accepted by the customer, it becomes the property of the customer and the Wiesbaden PSC will not return it to sender at no cost to the customer.

"The same thing applies to outgoing mail," said Small. "If you want reimbursement, it has to be insured."

Ensuring that only permissible items are placed in boxes for shipment and that U.S. Customs forms are properly filled out are also responsibilities of the customer. That means that no U.S. Customs-banned items such as fresh fruits or vegetables, batteries, alcohol or lighters are permitted.

Mail X-rayed

"Everything that leaves here is X-rayed," said Small, explaining that all packages travel by air to the United States. "If any illegal items are found in your parcels such as batteries, knives or Zippo lighters, your parcel will be returned to the APO of mailing for you to remove said illegal item."

"We would also like to constrain customers from sending flour, ajax, chalk paint, tortilla flour ..." anything that might leak during shipment resulting in a powder-like substance in the postal facility. "Once we open the bag and see powder everything else stops," said Harvey, explaining that the building must be cleared, the authorities notified and other actions taken to ensure the safety of all in the vicinity resulting in a four-to-five-hour delay.

Besides correctly and accurately listing all items on the Customs form, patrons must be sure to use the right packing materials. Harvey gave the example of a customer returning a computer to the company would want to use the original boxes and packing materials to ensure it is not damaged during transit and accepted by the merchant.

USPS priority boxes

The postal authorities also reminded patrons that they can save money when mailing items by using the USPS priority boxes available at the Postal Service Center. "If we don't have those boxes on hand customers can go to www.USPS.com and they'll deliver the boxes directly to your CMR address," said Harvey, adding that the Priority Mail boxes cannot be used for MPS mail. "They're for paying customers."

Other ways postal patrons can help speed up mail delivery are ensuring mail is properly addressed, that senders use the proper addresses and notifying CMR staff when a mail recipient will be absent for any length of time so that mail will be properly forwarded or retained until the recipient returns. "Soldiers sometimes go downrange on short notice and fail to give us a disposition," said Harvey. "They can email us, as long as it's from a .mil address to let us know whether to forward or hold their mail."

Patrons are encouraged to check their mail at least once a week to avoid a backlog of mail in the facility which has limited storage space. "When redeployment of 1st Armored Division occurs, with Soldiers sending footlockers and other large items, we'll have even less space."

Patrons are asked not to remove the yellow parcel pick-up slips from their mailbox except when picking up packages. "Don't take them home where you might lose them," Harvey said.

The only documents permitted for mail pickup are the Common Access Cards, passports and, if retired (a Box R holder), the blue retired ID card.

The Wiesbaden CMR staff recently purchased new trolleys available for patron use when carrying several packages from the pickup window to a nearby vehicle. Customers are welcome to use the trolleys, but are asked to return them to the window after transport. "They are for CMR use and not for APO parcels," Harvey said.

"If you're unsure about anything, ask one of the clerks," he added. "They're friendly and helpful."

Music transcends language barriers, culture

By Cpl. Daniel Eddy

196th Mobile Public Affairs Detachment,
1st Armored Division U.S. Division-Center

Language barriers can be an obstacle when people from different countries try to work together. However members of the 1st Armored Division Band, U.S. Division-Center, and the Iraqi prime minister's band have built a partnership through the universal language of music.

Members of the 1st AD Band made a day trip to Baghdad, to the Iraqi Tomb of the Unknown Soldier Sept. 16, where they were treated to a performance by the Iraqi prime minister's band and then surprised the Iraqi musicians with new instruments that included trumpets, clarinets, flutes, drums.

Preparation for the donation began in April when Chief Warrant Officer 2 James Bettencourt, 1st AD Band commander, and a New Bedford, Mass., native, first made contact with the Iraqi band.

When Bettencourt visited the Iraqi band, he noticed the poor condition of the instruments the Iraqi band members were using and wanted to help. Bettencourt worked for months to coordinate the funds necessary to purchase the instruments all the while maintaining contact with the band building friendships and trust. The money was drawn from funds designated for projects intended to bolster the resources and capabilities of the Iraqi Security Forces.

"A lot of (American Soldiers) have got pretty good personal relationships with

quite a few (Iraqis)," said Bettencourt explaining that it was approximately his 15th visit and he made no promises of new instruments. "I said, 'I will see what I can do.' So they knew we were trying our best, and for them to finally say, 'Wow the Americans are trying to help out the best way they can.' And now that we can finally produce those instruments and be able to see the looks on their faces—it was just priceless."

Bettencourt said during these exchanges the members of both bands learned about each other's cultures and developed enduring relationships; a sentiment shared by his Iraqi counterpart.

"We have been (working) together, and so we have learned a lot from (the Americans) and vice versa. This was a great opportunity for the two sides," said Capt. Hatim, Iraqi prime minister's band commander.

The partnership marks another milestone of progress as Iraqi Security Forces move closer to securing a more stable and sovereign Iraq.

Lt. Col. Cape Zemp, 1st AD personnel officer and a Newport News, Va., native, said he wanted to use the band in a plan to engage with the Iraqis.

"Receiving the instruments ... allows them to represent their country in a top tier basis, where they couldn't necessarily do that before," said Zemp pointing out that the band is present when the prime minister hosts high-profile visits.



Photo by Cpl. Daniel Eddy

Chief Warrant Officer 2 James Bettencourt (right), 1st Armored Division Band commander, hands a new trumpet to Capt. Hatim, commander of the Iraqi prime minister's band, Sept. 16 when the 1st AD Band donated new instruments to the Iraqi band in Baghdad.

Zemp said he hopes the two bands will be able to perform together in the near future, which would be a great way to culminate the relationship when the division redeployes later this year.

Members of the 1st AD Band spoke favorably of a future joint performance with the Iraqi band.

"I think it would be cool to actually sit down, and do a concert, and to share the moment," said Sgt. Sammy Lewis, 1st AD

tuba player and a San Antonio native. "You can have some magical moments with music and to share that with a complete stranger from a different country would be an (amazing) experience."

Lewis said music has always been a huge part of Army tradition, and he hopes the Iraqis will learn during their partnership with 1st AD and integrate a band as part of a core foundation of their military forces.



Cultivating friendship

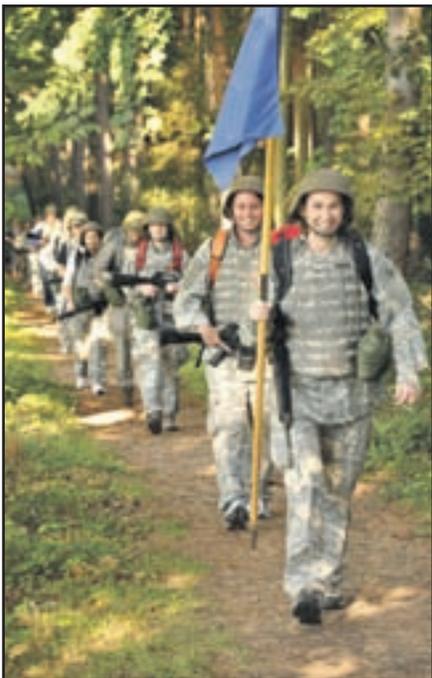
Joint endeavors have a way of bringing people together. For that reason, the U.S. Army Garrison Wiesbaden and Hessen Landtag Parliament members have continued a tradition that began five years ago to promote friendship and harmony between the United States and Germany. For the first time in five outings, the Hessen Landtag-Elf defeated the USAG Wiesbaden community footballers 2-0 Sept. 21 at the Mainz-Kastel Bezirkssportanlage Training Sports Club. The annual game is held to recognize what Gen. Dwight D. Eisenhower decreed on Sept. 19, 1945, when he issued Proclamation Two, which established the State of Hessen after World War II. Photo left: Col. Jeffrey Dill pursues a Landtag player. Photo center: Col. James Zellmer tracks the ball to save it from going out of bounds. Photo right: A German Landtag-Elf player passes the ball as a Wiesbaden military community defender pursues.

Combat spouses

Continued from page 1 before the march, drawing laughs from his new recruits. “If you get hurt then I’ve got to explain it to the colonel and

he has to explain it to the CG (commanding general).”

Rear detachment leaders said they began planning the event as soon as 1stAD Soldiers deployed last year. “We did one during the last deployment and talked about doing another one. It was something we wanted to do,” said Lt. Col. Conrad Wisner, 1st AD rear detachment commander.



Michelle Carvan leads combat spouses on a three-kilometer road march.

While they first considered doing a repeat event on Wiesbaden Army Airfield, they decided to hold it at the Rheinblick, near Frauenstein, with the support of the garrison’s Outdoor Recreation staff, said Sgt. Maj. Kevin Jochims.

“I remember how



Staff Sgt. Chad Joiner describes techniques for evaluating a casualty before the combat spouses take turns putting the lessons into practice on a mannequin.

sore I was the last time,” said veteran combat spouse Bettina Grabski. “I hesitated to do it again, but it was fun.”

Grabski, whose husband is on his third deployment, said the event was in lieu of her usual fitness center workout. “I’m looking forward to getting a good workout.”

“My husband asked me if I would do it for him,” said Lisa Bloom. “I wanted to see what it was like. He sacrifices a lot. I figured it was the least I could do to learn a little bit more about what he does.”

As the 27 spouses made their way through the various stations, they joked with one

another and enjoyed the sunshine in the forest setting at Rheinblick. After a heated paintball battle, the day concluded with a ceremony where Wisner and Jochims awarded certificates of completion.

“Did everybody learn something?” asked Wisner. “Did everybody learn about military life?”

He was answered with a chorus of “Hoo-ahs.”

“Thank all of you wonderful spouses for all of the things that you do,” Wisner added. “Without you, we wouldn’t be able to do our jobs.”

In parting, the rear D commander added, “When you’re skyping tonight you can tell your spouses you did everything in five hours that they do in six weeks.”

More laughter from the crowd as they headed back from a hard day on the range.

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This is a brief description of the features of the Foreign Service Benefit Plan. Before making a final decision, please read the Plan’s Federal brochure (RI 72-001). All benefits are subject to the definitions, limitations, and exclusions set forth in the Federal brochure.



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Chaplain (Lt. Col.) Stephen Demien presents Dr. Kirk Byron Jones with a plaque after Jones spoke at Wiesbaden's National Prayer Luncheon Sept. 15.

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Spiritual fitness

Speaker shares insights on the hurried lifestyle

Story and photos by

Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

"When was the last time you had a second helping of God's grace?"

That's a question Wiesbaden National Prayer Luncheon speaker Dr. Kirk Byron Jones posed to listeners in the Wiesbaden Dining Facility Sept. 15.

Jones, a longtime pastor, founding minister of Beacon Light Baptist Church in New Orleans, author of several works and professor at Andover Newton Theological School and Boston University School of Theology, spoke on the subject "Addicted to Hurry." The luncheon was part of U.S. Army Garrison Wiesbaden's Religious Support Operations Comprehensive Community Fitness program.

"To live a pauseless life ... is to run the risk of missing the possibility of playing beautiful music," said Jones, referring to the need for everyone to step back from the routine of daily living from time to time to bask in the moment.

Relating a personal experience — hearing jazz trumpeter Wynton Marsalis perform at the Village Vanguard in New York City — Jones described how the performer turned a member of the audience's ringing cell phone interruption into an opportunity for creation. As the mobile phone owner headed for the exit to whisper his conversation barely out of earshot, Marsalis ceased improvising on the jazz standard "I Don't Stand a Ghost of a Chance With You" and began creating an entirely new melody from the notes of the offender's cell phone ring tone — "turning an intrusion into something wonderful."

"He paused," said Jones. "If he had not stopped, he wouldn't have caught the possibility ...



PeShon Allen sings inspirational music during the National Prayer Luncheon Sept. 15.

to create something new. It all happens because of the pause.

"The sweetest pause of all is when we stop to remember our faith tradition," said Jones, emphasizing that whatever one's beliefs, it is vital that a person take the time to allow for reflection, to truly be aware of the world around one and to bask in the "waterfall of God's love. ... It is the sweetest pause of all."

Besides prayers and readings from community volunteers and unit chaplains, the luncheon also featured an inspirational song performance by PeShon Allen.

Community notes ... Community notes

Mothers of Preschoolers

Mothers of Preschoolers hold their fall kick-off event Oct. 13 from 9:30-11:30 a.m. at the Wiesbaden Army Airfield Chapel. Regular meetings will be held the second and fourth Wednesdays of the month. The group welcomes all mothers with children ages birth to 5 years old. Nursery and children's programs will be provided. Enjoy fun, food and fellowship. Volunteers are needed. Contact Paige West at paige.west@mac.com.

Blood Drive

The Wiesbaden American Red Cross sponsors a Blood Drive Oct. 12 from 10 a.m. to 3 p.m. in the Tony Bass Fitness Center on Wiesbaden Army Airfield. Give the gift of life. Make an appointment at www.militarydonor.com.

Kontakt has new meeting place

Kontakt, the German-American friendship club, now holds its bimonthly meetings in the Akropolis Restaurant in Wiesbaden-Erbenheim (Berliner Str. 259). Kontakt meets the first and third Tuesday of the month at 7 p.m.

Family focus group

A Community FIRST military family member focus group will be held Oct. 12 from 9:30 a.m. to 12:30 p.m. Contact Customer Management Services at civ (0611) 705-5507 to submit an issue for consideration or to get involved.

Street closing near Hainerberg

John F. Kennedy Strasse (adjacent to Washington Strasse and leading toward Hainerberg Housing) will be closed for



Photo by Chrystal Smith

Golfing for charity
George Tomai hits a chip shot on the 10th hole during play in the AUSA, Old Ironsides Chapter, Wiesbaden Charity Golf Tournament Sept. 17 at the Rheinblick Golf Course. The event raised funds for the Wiesbaden Chaplains Fund and Better Opportunities for Single Soldiers.

construction starting Sept. 27 and is expected to remain closed through summer 2011. Because Washington Strasse is the only access for R+V employees to reach the section of Washington Strasse between B455 and the intersection of John F. Kennedy Strasse, increased traffic is expected in that area.

Job and Career Expo

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

Domestic violence

Brigitte Beuter will be the

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

Community Bank to reopen

The Community Bank at Hainerberg Shopping Center will reopen for business at the newly renovated bank location Oct. 13. The bank will remain closed Oct. 12 to facilitate the move from the temporary site. Community members are invited to join the staff for cake and refreshments Oct. 21 starting at 11 a.m.

Child Find Oct. 18

Hainerberg Elementary School holds a Child Find screening Oct. 18 for children ages 3-5. Parents with concerns about their child's development in the areas of communication, learning, motor skills, personal-social skills or self-help are invited to call civ (0611) 4080-354 or mil 335-5354 to make an appointment.

University of Oklahoma

The University of Oklahoma offers an employee assistance class Nov. 2-7. The course is an introduction into the field of employee assistance programs. Enroll by Oct. 4. OU offers graduate degree programs in human and international relations. Stop by the Education Center on Wiesbaden Army Airfield (Building 1023E), call civ (0611) 705-5937 or visit www.goou.ou.edu

for more information.

IFMS moves to Wackernheim

The Euro IFMS Remarketing Office has opened its new Consolidated Vehicle Processing Center at McCully Barracks in Wackernheim. IFMS customers who previously used the facilities at Spinelli Barracks or in Mainz-Kastel Housing to accept delivery of new U.S. government vehicles, for turn-in of exchange vehicles or to take part in IFMS auctions can now find the same services in Wackernheim. The facility is open Monday to Friday from 8 a.m. to noon and 1-4 p.m.

Health Clinic holiday hours

The Wiesbaden Health Clinic will have limited services (acute appointments, prescriptions and lab work only—no walk-ins or inoculations) Oct. 8. The clinic will be closed for Columbus Day Oct. 11.

AWAG Conference

The Hessen Area Fall Conference of the American Women's Activities Germany will be held Nov. 9 from 8:30 a.m. to 2 p.m. at the Community Activity Center. All community ID cardholders and guests are invited to participate. Register at www.awagonline.org or send an email to Hessen@awagonline.org.

Fall Bazaar

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

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Social Work Services mil 337-5297, civ (0611) 705-5297

Family Life Chaplain mil 337-6867, civ (0611) 705-6867

Military Family Life Consultants civ (0175) 617-5799 or (0160) 9908-2323

Suicide Prevention Hotline civ (0611) 705-5520

Baumholder:

Health Clinic Central Appointments mil 485-8080, civ (06783) 6-8080

Social Work Services mil 485-7411, civ (06783) 6-7411

Family Life Chaplain civ (06783) 6-1570/6150

Military Family Life Consultants civ (0174) 1476-841 or (0173) 438-5611 or (0152) 0212 9834

Suicide Prevention Hotline (06783) 6-1988 or (06783) 999-2977

Military One Source (24-hour counseling) (00800) 3429-6477

By Alexandra Hemmerly-Brown
Army News Service

Walking her cousin's dog past a cemetery on a winter day in 2009, Capt. Emily Stehr realized she envied the bodies buried there -- they had peace.

That was the day she recognized she was suicidal.

"I started to fixate on death, especially my own death. ... I would think of different ways to kill myself," Stehr confessed.

Enveloped in what she called a "shroud of suicide," Stehr battled with a feeling of hopelessness upon returning from a 15-month deployment to Iraq. Stehr had struggled with depression before her deployment, she said, but this was different.

A physical therapist, Stehr helped to nurse injured Soldiers of the 2nd Stryker Cavalry Regiment back to health so they could return to the fight — a job that she said caused her anger and grief when many of her former patients went on to be killed in combat.

Stehr experienced accumulative trauma and compassion fatigue; she was jittery around crowds, had trouble sleeping, and her anxiety level increased. She kept waiting for her life to go back to "normal" after her deployment, but it didn't.

What eventually pushed Stehr to her limit was an email from a deployed coworker who had witnessed the death of a combat medic — the Soldier bled to death from shrapnel cutting a major artery in her neck.



Capt. Emily Stehr battled with suicide upon returning from her deployment to Iraq in 2008. She now uses her experience to help others.

"For me, that was the straw that broke the camel's back.... I thought, 'I'm done. Done with pain, done with life,'" Stehr said.

That day, she added, she knew she was going to end up either in the hospital or dead. She chose the hospital.

Stehr admitted herself to the Landstuhl Regional Medical Center in Germany. Going in, she said, she was consumed with taking her life. But when she walked out, she was determined to live.

to cope."

Stehr said part of the reason it was her to ask for help is she knew the symptoms associated with suicide would follow her. "I would say the "s" word," she said. "The Bible tells us that people with mental health issues are crazy or weak or defective. ... I've been told that I am a less-quality person. I've had struggles with suicide."

But Stehr wants Soldiers to know

"It was transform happen in ... I learn was sick, crazy or de she said. fully, I lea there is so you can o are suicida began cog havioral joined a de manage and is lea to analyze her though "I didn realize how was," Stel ted. "I'm healthier p where I kn

Preventing suicide is everyone

By Steve Davis

Europe Regional Medical Command Public Affairs Office

Preventing suicide is a priority at the Europe Regional Medical Command, throughout U.S. Army Europe and the entire Department of Defense.

That priority is being emphasized during Suicide Prevention Month in September as a call to action goes out to all military communities.

"Preventing suicide is everybody's concern," said Dr. Maria Crane, a clinical psychologist with ERMCS Soldier and Family Support Services. "One suicide is one too many. We all need to work together to prevent unnecessary loss of life."

In June, 32 Soldiers took their own lives, a record month for the U.S. Army. In 2009, 265 Soldiers committed suicide and the rate so far in 2010 is keeping a similar pace.

Getting individuals who may be contemplating suicide to seek help is what Crane focuses on.

"Even if the number of suicides goes down, the bottom line is that someone took their own life," she said. "We can help them before that happens."

Understanding why people attempt or actually commit suicide is one way Army leaders are addressing the problem. Committing additional behavioral health resources and suicide prevention awareness and training are others.

To better understand reasons for the rising rate of suicides, the Army undertook a 15-month study. Key findings and recommendations were published in the 2010 Health Promotion Risk Reduction and Suicide Prevention Report. The report is available at www.armyg1.army.mil/hr/suicide along with suicide prevention resources.

"(Operation tempo), multiple deployments, trauma of war and stress and other contributing factors may influence suicide and high risk behavior," said Crane. "Relationship problems or loss are also common 'threads' we have been seeing."

As with medical problems, behavioral health problems can be treated. To encourage Soldiers to seek counseling, Army leaders have appealed to leaders at all levels to eliminate the stigma of seeking behavioral health.

"Early intervention and prevention is crucial, so we are trying to provide care and treatment where and when Soldiers and family members need it," Crane said.

Making behavioral care accessible

The Europe Regional Medical Command has taken these steps to make behavioral health care readily accessible:

- ▼ Hired 70 additional behavioral health providers for Army health clinics in Europe;
- ▼ "Embedded" a counselor in primary care clinics should a Soldier or family member express the need for

counseling during a doctor visit;

▼ Set up school-based behavioral health clinics in Vilseck, Grafenwöhr and Baumholder in a pilot program that may expand to other military communities;

▼ Deployed tele-medicine counseling in which Soldiers can talk one-on-one with a counselor without going to a behavioral health clinic;

▼ Established relationships between some military units and designated behavioral health "liaisons" who visit regularly to get to know Soldiers in their work areas.

Brian Olden, deputy chief of behavioral health service for Bavaria Medical Department Activity, said the behavioral health liaison program is working well.

Before members of the 2nd Stryker Cavalry Regiment deployed to Afghanistan earlier this year, Olden would visit the unit each Monday to counsel Soldiers and confer with leaders and chaplains on behavioral health issues.

He said some of the Soldiers were wary of him at first, but came to see the value of his visits as he became more familiar to them.

"Some don't like coming to the Behavioral Health Clinic, so they appreciate being seen at the unit," said Olden. "It's good to have a choice."

Getting active with prevention

Like Olden at BMEDDAC, other organizations are

helps others

s quite a tional injuries are just as legitimate as physical ones -- they are just invisible. She also said there are repercussions when a healthy person voluntarily elects to die.

“It’s like a candle going out and there’s less light in the world. ... [It’s] a representation of hope extinguished,” she said.

At her lowest point, Stehr said, she believed no one would miss her if she was gone, but she added that she now knows her suicide would have hurt many people — especially her husband, who has been supportive throughout her struggle.

“Don’t believe the lies. ... Don’t believe your thoughts and feelings. You don’t have to kill yourself to escape your pain,” she said. “There is a way out.”

Stehr advises friends and family members of persons battling suicide to treat it as a medical emergency and to get their loved one to a mental-health professional or a hospital as soon as possible.

Stehr has now made it her mission to tell her story in hopes it will reach and stop those contemplating suicide.

“I’ll always tell my story if it will help someone not kill themselves,” she said.

Her story has already helped others. She recently received word that a social worker’s patient accepted treatment after watching a video featuring Stehr.

“That makes everything worth it,” Stehr said of what she’s been through. “That’s my vindication.”

's concern

working together to prevent suicides.

Suicide Prevention Task Force meetings are held regularly with representation by ERMIC, U.S. Army Europe, IMCOM-Europe, DoDDS, the Chaplains Corps and others to find ways to mitigate suicide and overcome the stigma of seeking behavioral health.

“We all need to reach out and encourage those who need help with their personal problems,” said Crane, who was part of a committee that wrote the U.S. European Command Behavioral Health Bill of Rights. “Though it may seem like those problems are unsolvable and that the pain will never go away, most of those problems can be solved if you work with others to deal with them objectively.”

She has two important messages.

⇒ For people with stress or relationship problems: “If you are stressed out and just can’t take one more thing, please come in and talk. Our behavioral health providers can help you.”

⇒ For people who know a Soldier or anyone else who is having a tough time: “Reach out. Tell them you care and that you will walk with them to the clinic.”

Behavioral health specialists are available at all Army health clinics in Europe. For a complete listing, visit <http://ermc.army.amedd.mil>.

‘Ask, Care, Escort’ can save lives

By James W. Cartwright
U.S. Army Public Health Command (Provisional)

Sgt. Dan Smith is a 25-year-old active-duty Soldier. He was in his third month of a second deployment. This deployment triggered terrible memories from his first deployment.

Until recently, he had been able to cope. Then, while on patrol, the unit was attacked by insurgents and Smith failed to return fire. In an instant, two guys in his unit were gunned down by the insurgents.

When he returned to the safety of the rear area, he began to think obsessively about the incident. He could not justify why his fellow Soldiers were killed and he was still alive. He was feeling extremely guilty.

Later that day, Smith was talking about the incident with his battle buddy, Sgt. Sam Mullins.

“I should have died with my friends,” Smith said.

As a very alert friend, Mullins asked Smith what he meant.

Smith explained that he could not understand how he had survived the firefight. He shared terrible feelings of guilt regarding his failure to fire his weapon. He wondered if his failure to fire back at the enemy caused the death of his fellow Soldiers. He revealed that the incident brought back painful memories of battle buddies lost during his first deployment.

Mullins listened to Smith for what seemed like a long time and then said, “Hey, I was in that firefight too. I don’t think we could have done anything to save those guys.”

Recalling his suicide intervention training on ACE — Ask, Care, Escort — Mullins asked Smith if he was thinking about killing himself. Smith hesitated for a moment and then said, “No, but I can’t stop thinking I should have died with the others.”

Mullins was concerned about that answer and because he really cared about Smith, he suggested Smith speak to the chaplain.

“The chaplain will help you make some sense out of this,” he said. “Come on, I’ll go with you to the chaplain’s office. I need my old battle buddy back.”

Smith agreed to see the chaplain. After a few sessions, he was feeling much better. He continued

to mourn for his lost buddies; however, he no longer felt guilty.

This fictionalized story had a very satisfying ending: Smith was fortunate to have a battle buddy who cared enough to get involved. Mullins heard Smith’s unusual comment. It caught his attention enough to alert him to implement his ACE (“Ask, Care, Escort”) training, to the ultimate benefit of his friend. Mullins decided he had to get involved, and his decision to use ACE may have saved Smith’s life.

Unfortunately, not all situations have a positive outcome like the story above. Far too often, Soldiers fail to intervene because they do not want to intrude into a buddy’s privacy. Sometimes Soldiers just lack the courage or confidence to get involved. The Army needs Soldiers to be involved and intervene when a buddy appears to be struggling with a problem. Suicide in the Army has become a matter of great concern. In order to stop suicides, Soldiers must be more vigilant and willing to act on their ACE training.

A key element of suicide prevention is for Soldiers to recognize when a fellow Soldier may be at risk of suicide, ask about it, and assist the Soldier who is thinking about suicide to get specialized help. The assumption is that Soldiers know each other best, and understand and relate to common experiences.

The Army ACE acronym is used to reinforce the basic concepts needed by a battle buddy in order to help a suicidal Soldier. Ask your buddy about his or her suicidal thoughts. Care for your battle buddy by understanding that your battle buddy may be in pain. Escort your battle buddy immediately to your chain of command, chaplain or behavioral health professional.

The Army has developed an easy to learn ACE intervention training program. ACE training can play a role in the unit’s resolve to help prevent suicide. A unit member’s suicide negatively affects unit cohesion. A suicide can demoralize and seriously disrupt the unit’s ability to sustain its mission. Given this perspective, Soldiers and leaders have a vested interest in helping buddies who are thinking of suicide. If all Soldiers develop awareness and intervention skills at the individual level, they become a competent and confident force for preservation of life within the unit.



Photo by Chrystal Smith

Mixing it up in Wiesbaden

Fight fans treated to five heated bouts

Story and photos by

Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office



Wiesbaden's Michael Pennington wallops Heidelberg's Alvin Anderson on the way to a ring victory.

Hot, spicy music and heated ring action greeted boxing fans at the Wiesbaden Fitness Center Sept. 25.

Local band Bara Cuba set the mood at the Hispanic Heritage Month Boxing Tournament with driving rhythms. Besides welcoming people to the event, the band returned to liven up the intermission after three of the five bouts featured during the evening.

While the hometown crowd didn't get to cheer for any local boxers until after intermission, they weren't disappointed early on.

The evening opened with a boxing clinic by Ludwigshaven pugilist Prabhreet Aujl. The more-than-a-head-taller boxer in the red corner delivered a flurry of punches to the body and head of Schweinfurt's Christopher Munar who tried to defend but was repeatedly stopped for several eight counts by the ring referee. By round three, it was obvious that Munar had had enough and the referee stopped the contest.

Not unlike the first bout, the second of the evening saw the taller of the two fighters eventually taking charge. Bruchsal's Eugene Nuschny danced away from the hard-charging Carvel Wyche from Heidelberg in round one only to stun him toward the end of the round with a bloody nose and a trip to the neutral corner for an eight count. Two rounds later and several more eight

counts and the referee stepped in to stop the fight giving the Bruchsal boxer the gold trophy.

Grafenwöhr's Tyrone Lindsey and Bruchsal's Timofej Sperling answered the bell for bout three — a fast, hard fight that saw the shorter, but more muscular Grafenwöhr boxer claim victory with a convincing three-round decision.

Wiesbaden's Travis Springer showed heart but was decidedly out-matched against Heidelberg's John Rene in bout four. With the crowd's backing, the referee quickly ended the slugfest in the first round awarding victory to Rene.

Novice boxer Michael Penning-

ton brought the home crowd to its feet during the night's final fight versus Heidelberg's Alvin Anderson.

"He was hitting me, but I just kept pushing through it," said the Wiesbaden boxer from 102nd Signal Battalion, who said he only just started fighting the week before.

While Pennington appeared dominant throughout the fight, pummeling Anderson on the ropes repeatedly and chasing him around the ring, both fighters were staggering by the final round.

"I was thinking, just keep it going, just fight it out," said Pennington after being

handed the gold trophy, looking forward to future conquests.

Heidelberg claimed the first-place team trophy followed by Bruchsal second and Wiesbaden third.

Boxers should mark their calendars for an upcoming boxing clinic at the Wiesbaden Fitness Center Nov. 16-20, fitness center officials announced.



Members of the group Bara Cuba perform during the Hispanic Heritage Month Boxing Tournament.



Photos by Darline Goyea

Many different aspects of fitness

Fitness instructor Dawn Dotson demonstrates yoga techniques to reduce stress during the Fitness Fair at the Wiesbaden Fitness Center Sept. 18. Baumholder and Wiesbaden community members had an opportunity to sample classes and learn about various aspects of fitness during fairs that day. Photo right: Christine Jones of U.S. Army Garrison Wiesbaden Army Substance Abuse Counseling Service talks with Maj. Steven Knapp of the Wiesbaden Health Clinic about the many resources available to help Soldiers, civilians and family members prevent suicide. All community members are encouraged to visit www.preventsuicide.army.mil.

Sports shorts

Remembrance Run

Baumholder runners and walkers commemorated 9/11 during a Remembrance Run Sept. 11. The run was a preliminary event before the CARE Fair. Following are the results in order starting with first place: **Men's runner division** — Andrew Grady, Mat Schiller, Fred Rudesheim; **Women's runner division** — Katie Rainey, Emma Christensen, Jasmine Williams; **Strollers division** — Lauren Salazar, Jessica Ruggiero, Laura Offerman; **Walker division** — Anne McCartney, Ann Zetterstrom, Kristin Christensen.

High school home games

Baumholder High School football home games are slated to be held Oct. 1 versus Mannheim (homecoming) and Oct. 9 versus AFNorth. Baumholder volleyball, cross country and tennis teams play at home Oct. 2 and Oct. 23. The football Super Six Tournament will be held in Baumholder Nov. 6.

Competitive Athletic Sports Europe

The Competitive Athletic Sports Europe holds an information meeting Oct. 10 at the Baumholder Bowling Center from 3-4 p.m. The meeting is designed to give parents information on the organization and plans for 2011. CASE was founded to give student athletes the highest opportunity to showcase their talents to college recruiters and scouts. Contact Angela Johnson at caaeaaau@earthlink.net or civ (01622) 744 731 for more information.

Winter sports registration

Baumholder Youth Sports and Fitness holds winter sports registration for basketball, cheerleading, jump rope, wrestling, skiing and snowboarding Oct. 4 to Nov. 19. Call mil 485-7003 for details.

Run to Tower

Head to Camp Darby, Italy, Oct. 8 for the annual Run to the Tower 12-kilometer run. The race starts at 9:30 a.m. on Camp Darby and ends at the Leaning Tower of Pisa. Register by Oct. 6 by downloading a form at www.usag.livorno.italy.mil.

Softball coach sought

The Bad Homburg Hornets, a growing baseball/softball club, urgently seeks a women's team softball coach. Contact Deanna Rockenbach at civ (06172) 72625 or visit www.bad-homburg-hornets.de for details.

Basketball brings youths together

Wiesbaden hosts German-American hoops tournament

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

For one whose eyes and ears have seen and heard the effects of war, the sound of screeching shoes and pounding leather on hardwood radiates feelings of hope and harmony.

S. "Falco" Salim reveled at the invitation to bring his 14-to-16-year-old girls basketball

team to compete in the Back2-Basics German-American Youth Friendship Basketball Tournament Sept. 12 at the Wiesbaden Army Airfield.

Salim, like many of the other coaches, remembered the benefits of playing sports in international forums and wanted to give the same opportunities to the youths they mentor.

"This is love here," said Salim, Sports Club Bergstrasse head coach, whose resume includes service in the Syrian Army, member of the Syrian National Basketball Team and more than 20 years of international basketball experience. "I've seen war and what it does. Basketball is nothing like war."

"We do this to let people know we're not all about fighting," said Angel Dore, Child and Youth Sports specialist and B2B coach.

Reflecting on the experience of having attended an American high school, Oli Wiegandt, TSG Dossenheim head coach, was sure his team of under-18-year-old boys would gain a number of advantages just by showing up.

"To play against international teams helps their game a lot," said Wiegandt, who attended a boy's military school in Virginia. "Also, this is a



A Sports Club Bergstrasse player tries to drive past a Rhein Hessen defender during play at the Back2Basics German-American Friendship Basketball Tournament Sept. 12.

good opportunity to build up a team of cooperation with both basketball cultures."

While Americans have been present in Germany for nearly 70 years, the engagement between the youth of the two cultures was regarded as somewhat behind schedule for one organizer of the event.

"We were long overdue. We need to start bridging the gap between American and international," said James "Slim" McKee, B2B director, who shared memories of playing basketball internationally. "I got to see how other systems and coaches work ... this will give (the players) a fuller experience of Germany."

And while the coaches have

"These things always help, having to do things with others. It makes meeting friends go pretty quickly," said Can (Jon) Süsal, age 15, TSG Dossenheim player, who said his performance suffered because of the effects of jetlag having returned from vacation in Florida the day before. "It just didn't fit today. We had problems with pressure ... it was hard to play against the zone. But they are really good to play against."

"I see the difference in how each group plays," said Roscoe Johnson, 15, B2B boys team, who also played with the Basketball Club Wiesbaden and was ranked in the top 15 in the nation. "There is more organization, clarity and motivation when I play with the Americans. The German teams seem to never give up. I fuse the motivation and aggressiveness with will to balance my game to be successful in either league."

Five teams participated in the one-day tournament — two boy and three girl teams. The Back2Basics Basketball Camp players are looking ahead to play in Belgium and the Netherlands in spring 2011. The B2B staffs extended appreciation to U.S. Army Garrison Wiesbaden Family, Morale, Welfare and Recreation for providing support.



Logan Morris attempts a layup against TSG Dossenheim defenders Sept. 12 at the Wiesbaden Fitness Center.



Photos by Chrystal Smith

Sizzling summer striders

Forty-six runners braved the rain and cold to participate in the Sizzling Summer Half Marathon hosted by Wiesbaden Sports and Fitness Sept. 25. Photo right: Brian Dozier makes his way to the finish, capturing the crown as the overall winner with a time of 1 hour 36 minutes, 44 seconds. Runners can sign up for the upcoming 10K Turkey Trot Nov. 27 by calling the fitness center at mil 337- 5541 or civ (0611) 705-5541.



Photo by Patti Ferrato-Kunzmann

Warrior support

Wiesbaden High School athletes and coaches show their support during the Susan G. Komen Breast Cancer Awareness Walk/Run in Frankfurt Sept. 26. The Wiesbaden community members were among more 5,600 who turned out for the annual event. The Warriors celebrated a 40-0 home win against Patch the day before.

Things to do

Darts Tournament

Wiesbaden's Cappuccino Casino at the Hainerberg Shopping Center holds a King of Darts Tournament every Thursday from 7-9:30 p.m. First place wins \$50. Call civ (0611) 411-4444 for details.

USO trips, classes

The Rhein Main Area USOs feature ballroom dancing, Italian for travelers, tango dance, swing dance, salsa dance, American sign language, cooking and German classes. Upcoming tours include Hamburg Express Oct. 2, Legoland Germany Oct. 2, Paris Express Oct. 9, Colmar Oct. 9, Rhein River Cruise Oct. 10, Würzburg Oct. 16, Wartburg Oct. 16, Berlin Express Oct. 23, Evelyn's Wellness Paradise Oct. 23, Riesling Route with Eric the Red Oct. 24, Bastogne and Battle of the Bulge Oct. 30. Stop by any Wiesbaden USO or call civ (0611) 731 301 for more information.

Playhouse comedies

Wiesbaden's Amelia Earhart Playhouse presents the "wild-and-wooly mix of awesome contemporary comedies," "Half The Battle," Sept. 30 and Oct. 1-3. Performances start at 7:30 p.m. (except Sundays at 6 p.m.). Pick up tickets at local USO offices or make reservations by calling the playhouse at civ (0611) 816-2473.

Ski swap

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

Alte Oper concerts

Frankfurt's Alte Oper features Steve Winwood Oct. 6, the Mahler Chamber Orchestra Oct. 10, Singapore Symphony Orchestra Oct. 14, the London Philharmonic Orchestra Nov. 11, Herbie Hancock Nov. 23 and the Dubliners Nov. 30. Visit www.alteoper.de for tickets.

By Donald Seltzer

U.S. Army Garrison Wiesbaden Volksmarch Editor

Volksmarching notes

Something a little different is being offered at Rheinland-Pfalz and Saarland events. Collect 10 event stamps at specific walks through August 2011 and get a free six-pack of Karlsberg alcohol-free beer. Participating events are indicated by the Beer! notation.

Look for additional event choices in the online version of Take a Hike at www.wiesbaden.army.mil/hunion/Takeahike.htm.

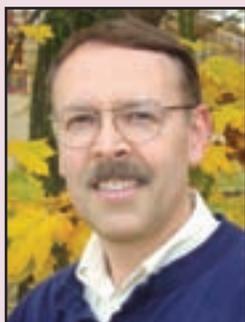
Weekend of Oct. 1-3

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 Schmidthöfer **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. **Beer!**

Budenheim (55257) — Northwest of Mainz, this walk is easily reached via the Autobahn. Use Au-

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



tobahn 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:** 8 a.m. to 1 p.m. (6 and 11 km) and 8 a.m. to noon. (20 km) **Sunday:** 7 a.m. to 1 p.m. (6 and 11 km) and 7 a.m. to noon (20 km) **Trail:** Flat, fields and some woods **Award:** From previous events. **Beer!**

Wednesday, Oct. 6

Mainz-Gonsenheim (55124) — This middle-of-the-week walk is easily reached via Autobahn and is just north of Mainz. Use Autobahns 60 or 643 to take the Mainz-Gonsenheim exit to find IVV signs or tape directing them to the start.

Start: Karl-Geib-Haus at Kapellenstraße 44 **Wednesday:** 8 a.m. to 3 p.m. (5 km) and 8 a.m. to 1 p.m. (10 km) **Trail:** Flat, mostly stroller-friendly trails, woods. **Award:** From previous events. **Beer!**

Weekend of Oct. 9-10

Primstal (66620) — Not far from Neubrücke is the event at Primstal; 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

Gonnesweiler, 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.

Start: Mehrzweckhalle on Kantenberg Strasse **Saturday:** 7 a.m. to 3 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (6, 10 and 20 km) **Trail:** Expected to be hilly, woods and fields **Award:** None. **Beer!**

Wiesbaden-Klarenthal (65197)

— The changing fall colors will make the wooded trails 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 **Saturday and 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. 16-17

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. **Beer!**

Weekend of Oct. 23-24

Arbergen-Daisbach (65326) — This event is in the Naturpark Rhein-Taunus south of Limburg. Challenge-seeking wanderers will enjoy the late-fall colors while completing 42- or 55-km trails. Use Autobahn 3 toward Limburg and exit at Bad Camberg. Follow secondary roads through the towns of Beuerbach, Kettenschwalbach and Panrod to reach the start in Daisbach.

Start: Haus der Vereine at Schulstrasse 8 (parking at Am Volpertsberg 2) **Saturday and Sunday:** 7 a.m. to 2 p.m. (6 and 11 km), 7 a.m. to noon (22 km), 7-8:30 a.m. (42 km) and 7-7:30 a.m. (55 km) **Trail:** Very hilly, woods **Award:** Patch (shorter trails) or patch and certificate (marathon trails).

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. **Beer!**



Moving out on mountain bikes

Cyclists head out at the Rheinblick Outdoor Recreation Complex Sept. 19. Competitors from all age groups participated in the race, part of a series of 10 mountain bike races. The Oct. 2 championship will be held in Hohenfels. Photo right: Andreas Hau rounds one of the turns on the 17.5-kilometer course on the way to first place in the men's category.

Photos by Jemme King





Jonah Hill (left) plays Cyrus, Marisa Tomei (center) his mother and John C. Reilly her suitor in "Cyrus" — a romantic tug-o-war.

At the movies Sept. 30 to Oct. 14

Baumholder, Wagon Wheel

- Oct. 1 — The Town (R) 7 p.m.
- Oct. 2 — Takers (PG-13) 4 p.m. Cyrus (R) 7 p.m.
- Oct. 3 — Salt (PG-13) 6 p.m.
- Oct. 8 — Legends Of The Guardians: The Owls Of Ga'Hoole (PG) 7 p.m.
- Oct. 9 — Charlie St. Cloud (PG-13) 4 p.m. Machete (R) 7 p.m.
- Oct. 10 — Cats And Dogs: The Revenge Of Kitty Galore (PG) 6 p.m.

Wiesbaden, Taunus

- Sept. 30 — The Sorcerer's Apprentice (PG) 7 p.m.
- Oct. 1 — Legends Of The Guardians: The Owls Of Ga'Hoole (G) 7 p.m. Salt (PG-13) 9:30 p.m.
- Oct. 2 — Legends Of The Guardians: The Owls Of Ga'Hoole (G) 4 p.m. Inception (PG-13) 7 p.m. Cyrus (R) 9:30 p.m.
- Oct. 3 — Legends Of The Guardians: The

Owls Of Ga'Hoole (G) 4 p.m. Salt (PG-13) 7 p.m.

- Oct. 4 — Legends Of The Guardians: The Owls Of Ga'Hoole (G) 7 p.m.
- Oct. 5 — Salt (PG-13) 7 p.m.
- Oct. 6 — Cyrus (R) 7 p.m.
- Oct. 7 — Salt (PG-13) 7 p.m.
- Oct. 8 — Charlie St. Cloud (PG-13) 7 p.m. The Social Network (PG-13) 9:30 p.m.
- Oct. 9 — Ramona And Beezus (G) 4 p.m. Cats And Dogs: the Revenge Of Kitty Galore (PG) 7 p.m. The Social Network (PG-13) 9:30 p.m.
- Oct. 10 — Cats And Dogs: The Revenge Of Kitty Galore (PG) 4 p.m. The Social Network (PG-13) 7 p.m.
- Oct. 11 — The Social Network (PG-13) 7 p.m.
- Oct. 12 — Charlie St. Cloud (PG-13) 7 p.m.
- Oct. 13 — The Twilight Saga: Eclipse (PG-13) 7 p.m.
- Oct. 14 — Grown Ups (PG-13) 7 p.m.



Young owl Soren must fight against the Pure Ones to help save the owl kingdom in "Legends Of The Guardians: The Owls Of Ga'Hoole." Photo left: Zac Efron plays accomplished sailor Charlie St. Cloud in the movie of the same name.

Movie plots

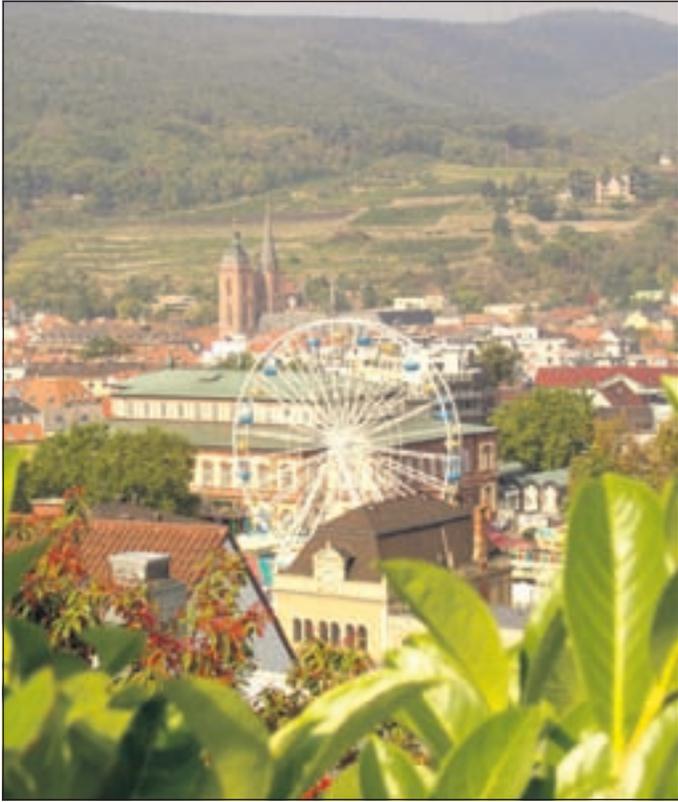
Legends Of The Guardians: The Owls Of Ga'Hoole (G) — Soren is a young owl enthralled by his father's epic stories of the Guardians of Ga'Hoole, a mythic band of winged warriors who fought to save owlkind from the evil Pure Ones. While Soren dreams of someday joining his heroes, his older brother, Kludd, scoffs at the notion, and yearns to hunt, fly and steal his father's favor from his younger sibling. But Kludd's jealousy has terrible consequences — causing both owlets to fall from their treetop home into the talons of the Pure Ones. It is up to Soren to make a daring escape with the help of other brave young owls. Together they soar across the sea and through the mist to find the Great Tree, home of the legendary Guardians of Ga'Hoole — Soren's only hope of defeating the Pure Ones and saving the owl kingdom. Stars the voices of Helen Mirren and Hugo Weaving.

Cyrus (R) — With John's social life at a standstill and his ex-wife about to get remarried, divorcee (John C. Reilly) finally meets the woman of his dreams (Marisa Tomei) only to discover she has another man in her life — her son (Jonah Hill). A 21-year-old new age musician, Cyrus is his mom's best friend and shares an unconventional relationship with her. Cyrus will go to any lengths to protect Molly and is definitely not ready to share her with anyone, especially John.

The Social Network (PG-13) — On a fall night in 2003, Harvard undergrad and computer programming genius Mark Zuckerberg (played by Jesse Eisenberg) sits down at his computer and heatedly begins working on a new idea. In a fury of blogging and programming, what begins in his dorm room soon becomes a global social network and a revolution in communication. A mere six years and 500 million friends later, Mark Zuckerberg is the youngest billionaire in history ... but for this entrepreneur, success leads to both personal and legal complications

Charlie St. Cloud — Accomplished sailor, Charlie St. Cloud (Zac Efron), survives an accident that lets him see the world in a unique way. Charlie has the adoration of his mother Claire (Kim Basinger) and little brother Sam (newcomer Charlie Tahan), as well as a college scholarship that will lead him far from his sleepy Pacific Northwest hometown. But his bright future is cut short when tragedy strikes and takes his dreams with it.

The Town (R) — Doug McCray (Ben Affleck) is the leader of a group of ruthless bank robbers who pride themselves on stealing what they want and getting out clean. But that all changes when they briefly took a hostage — bank manager Claire Keesey (Rebecca Hall).



Neustadt celebrates annual wine harvest fest

By Petra Lessoing
86th Airlift Wing
Public Affairs

Harvest time in Germany is also wine fest time. One of the highlights of the wine fest season is the annual German Wine Harvest Fest being celebrated in Neustadt along the German Wine Street today through Oct. 11.

The German Wine Harvest Fest is considered as the vintners' Thanksgiving. For more than 50 years, regional vintners celebrate the event after finishing their work in the vineyards

and wine cellars for that season. They now welcome the new season with new wines.

The traditional fest usually features the little reconstructed wine village set up in front of the train station, the crowning of the Palatinate Wine Queen, the election of the German Wine Queen, a public wine tasting, Germany's biggest vintners' fest parade and a carnival.

The wine village is made of little framework houses called "Haiselscher," (Palatinate dialect meaning little houses) and booths, where local wines and food specialties are sold.

A typical season specialty offered is "Zwiebelkuchen," onion cake. It is similar to Quiche Lorraine and customarily it is served with "Federweisser," the first new wine for that year. "Federweisser" has a cloudy color and tastes more like grape juice than wine, containing less alcohol. It is still fermenting and after a few weeks loses its sweetness.

Next to the Haiselscher, radio station RPR1 will entertain the audience from their stage. Here, the Palatinate Wine Queen, Gabi Klein, will officially open the fest at 6 p.m. today and present the six candidates for the election of the 72nd Palatinate Wine Queen. Live music with Fisherman's Friends and Die Habachtaler will follow.

Each day, different bands and singers will present different music styles.

A carnival with rides and a fest tent is near the wine village. Family Day with reduced prices is scheduled for Oct. 6.

Neustadt's Hetzelplatz will turn into a giant wine probe location at 7 p.m. Oct. 7. The "German Wine and Champagne Meeting Point" made of little pavilions lures visitors who want to sample wines from the nine wine villages belonging to Neustadt and from the other 13 wine-growing regions in Germany through Oct. 11.

Highlight of the wine harvest fest will be the 101st vintners' parade with more than 100 floats, bands, walking groups, costume groups and the Palatinate and German wine queens at 2 p.m. Oct. 11. City officials expect more than 100,00 visitors. The fest will close out with a fireworks display at 9:30 p.m. Oct. 11.

For more information, visit www.neustadt.pfalz.com.

The German railroad company, Deutsche Bahn, offers trains going from Kaiserslautern to Neustadt and back every half hour.

The Ticket 24 for individuals is €9, and the Ticket 24+ for groups of two to five persons costs €14.50. Both tickets are available at the ticket machines in the train station.

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Don't be fooled: Watch out for phishing

Phishing e-mails are a common occurrence for both military and personal network systems. They are designed to steal your identity by asking for personal information.

According to Wikipedia, "Phishing is defined as the criminally fraudulent process of attempting to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity in an electronic communication."

Even though these Web sites look legitimate, do not be fooled. According to the National Fraud Information Center, the most common form of phishing e-mails appear to be from a legitimate retailer, bank, organization or government agency.

In a phishing e-mail, the sender often delivers shocking and commonly frightening news in order to trick an unsuspecting user into action. However, remember that a legitimate company will never ask you to download a program or enter personally identifiable information in an e-mail.

To avoid being fooled by a phishing e-mail posing as a bank, type in your bank's Web site address in the address bar to be sure you are going to the correct site.

Once there, look at the address bar to ensure it is legitimate. Sometimes even the smallest of differences are overlooked like www.usaaa.com versus the correct address of www.usaa.com.

Not taking the time to check the credibility of an e-mail can cost personnel significantly.

"Scammers can use personal or confidential information illicitly," said Staff Sgt. Augustus Robinson III, 86th Airlift Wing knowledge operations manager.

"Scammers also use Trojan key loggers that record every keystroke you enter. The hacker could then use login names, password and personal information to obtain more information and take control of more computer systems,"

Although phishing scams can happen to

anyone's computer, it is extremely crucial for military members to stay on their toes.

"Phishing is aimed specifically at military members to obtain information and intelligence," Sergeant Robinson said. "It is our responsibility to safeguard sensitive information on government systems. Not being vigilant will allow our adversaries access to critical information. They should also take the same safeguards with their personal computers at home."

Follow these rules to avoid phishing campaigns:

Stay alert:

Know what is in your inbox, don't open any old e-mail. If you don't know the sender be overly suspicious.

Don't let e-mails frighten you:

In most cases, an e-mail will not be the source of legitimate good or bad news. Read the e-mail carefully and don't be easily duped.

Don't share information through e-mail:

A legitimate company should have the PII they need. Call the company help desk and ask for clarification if necessary.

Ensure you are secure:

Look for "https" and the security symbol of a pad lock in your browser. If you're not secure, don't enter information.

Never click on links within e-mails:

If an e-mail requests verification or further information find the Web site yourself, ensure it is the correct site, and verify that it is secure.

Never open mysterious attachments:

Attachments can be laden with malware that can infect you computer.

Use layered defense:

Utilize up-to-date spam filters, anti-virus, anti-rootkit, anti-spyware, and firewalls.

(Editor's note: Tech. Sgt. Francesca Popp, U.S. Air Forces in Europe Public Affairs, and Senior Airman Scott Saldukas, 86th Airlift Wing Public Affairs, contributed to this story.)

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Courtesy photo

Canoe trip

USAG Wiesbaden's EDGE program partners enjoy a fun time with students from the Wiesbaden Middle School during a canoe trip.

Youth Activities

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!



Photo by Chrystal Smith

Operation Rising Star

Clarence Reeves III, guest emcee, performs "This Little Light of Mine" during the intermission of the final round of the Wiesbaden Operation Rising Star Sept. 24 at the Wiesbaden Entertainment Center.



Photo by Karl Weisel

Home child care

Family Child Care (FCC) provider Natasha Taylor provides in home child care for children in the Wiesbaden community. See the next issue of the Herald Union for a look at FCC providers who are gaining valuable training and certification while working at home.

Kids at the CARE Fair

Youth Activities

Baumholder "Home of Champions"



Photo by Ignacio "Igggy" Rubalcava

Dad needs a table to write on so this little "Soldier" at the CARE Fair provides a perfect writing surface.



Photo by Ignacio "Igggy" Rubalcava

While mom and dad gather information at the CARE Fair, this little fair go'er enjoys a nap.



Photo by Ignacio "Igggy" Rubalcava

A Baumholder Girl Scout dons her "cookie" costume at this year's CARE Fair. The Girls Scouts sold cookies and recruited new members at the CARE Fair.



Photo by Ignacio "Igggy" Rubalcava

This little CARE Fair customer waits for her mom to finish gathering information at the force protection and drug awareness tables.





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MY FAVORITE PICTURES



Photo by Julie Arnce
Julie and James Arnce enjoy the view of Neuschwanstein Castle in Schwangau, Germany, August 28.



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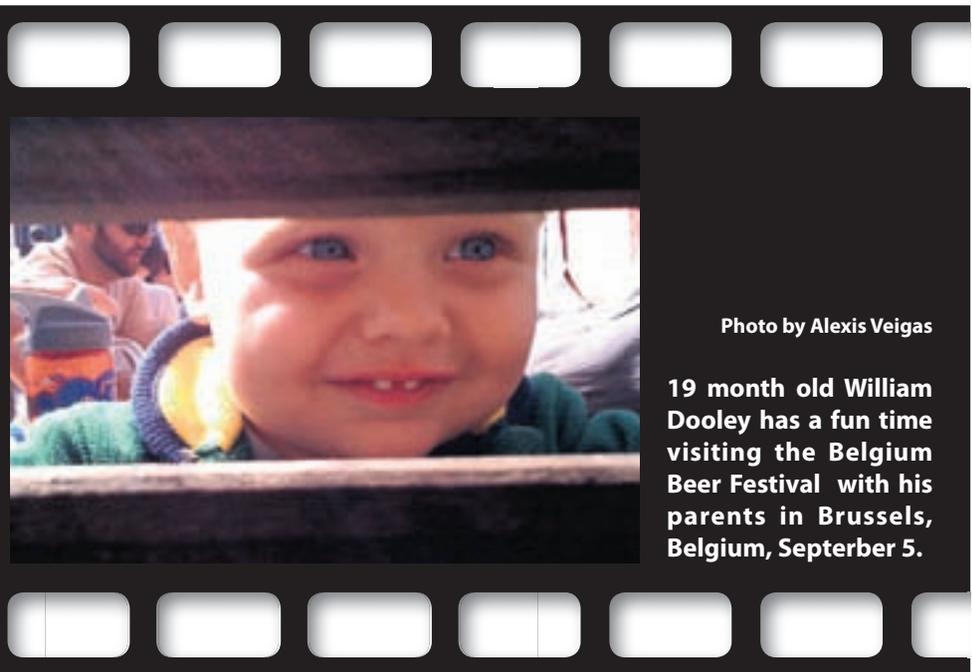
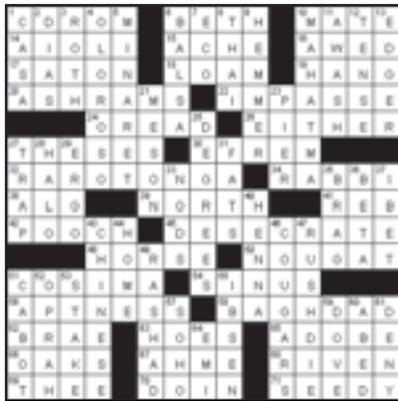
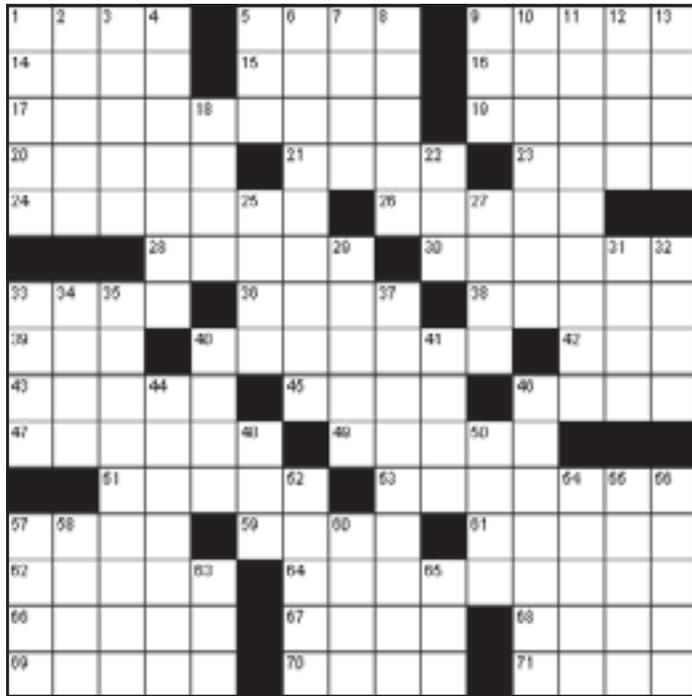


Photo by Alexis Veigas

19 month old William Dooley has a fun time visiting the Belgium Beer Festival with his parents in Brussels, Belgium, September 5.

Share your favorite pictures with the community. Send your JPEG photo to the Herald Union and it could be published in the "My favorite Pictures" section. Include the name of the photographer, the date of the photo, first and last names of anyone in the photo and the location of where the photo was taken. Write "Favorite Picture" in the e-mail subject line. Send information to: pictures@herald-union.com

Crossword Puzzle



This is the solution to the crossword puzzle from Sept. 16!

DOWN

1. ___ la vista
2. Do extremely well
3. "Merrily we roll ___"
4. Minimally worded
5. Speed meas.
6. Alternatives to stairs
7. Actress Hatcher
8. "Barnaby Jones" star Buddy
9. Actress Zadora
10. Incensed
11. Exodus participant
12. One who prefers charges
13. Congregational conclusion
18. Bird bill part
22. Drain of strength
25. ___ many words
27. "The Godfather" co-star
29. Gentle stream of song
31. "Star Wars" princess
32. Polly, to Tom
33. Measure
34. Manufactured
35. Uncomfortable
37. Highhandedness
40. Rank partner
41. Proficient
44. Brief solo
46. Maybe
48. Brynner of "The King and I"
50. Throw
52. Ruined city in Jordan
54. Lively old dance
55. Expunge
56. Allied
57. Soviet inits.
58. Satellite of Saturn
60. Twofold
63. Japanese surname suffix
65. Nautical assent

ACROSS

1. Preliminary contest
5. Apportion
9. Coin of Pakistan
14. Wheel support
15. Not an aristocrat
16. To put it briefly
17. Hot days
19. Correspond
20. Keyed up
21. Competes
23. Make bread
24. N. African state
26. Mother-of-pearl
28. Actress Berger
30. Spanish stew
33. Struck, old-style
36. Upholstered couch
38. Farewell
39. Buddy
40. Computer language
42. Baking container
43. Runner-up to Ike
45. Old World fruit tree
46. Fuel from bogs
47. Almost
49. "Jefferson in Paris" star
51. Bind
53. Author Simenon
57. Algonquian language
59. Mother of Castor and Pollux
61. Puppeteer Lewis
62. Powwows
64. Deli option
66. Basket for jai alai
67. Ribald
68. Attitudinize
69. Song of praise
70. Downwind
71. Rushed

CRAWL INTO THE SPOTLIGHT

Share your new bundle of joy with the community. Send your baby's first photo to the Herald Union and it could be published in the Baby Photos section. Birth announcements are perfect for scrapbooks, as keepsakes or to send to friends and family.

Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo.

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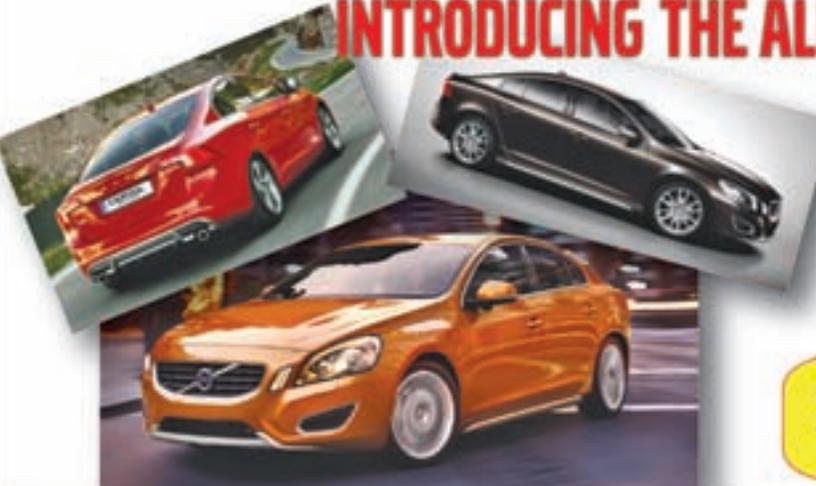
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4	2011	328i Sedan	Stock	Blue Water	\$ 37,120	\$ 32,425	\$ 31,425	\$ 5,695
5	2011	135i Coupe	Stock	Space Grey	\$ 41,850	\$ 37,115	\$ 35,615	\$ 6,235
6	2010	MINI Convertible	Demo	Interchange Yellow	\$ 30,175	\$ 25,610	\$ 24,515	\$ 5,660
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8	2011	328i Sedan	Demo	Crimson Red	\$ 37,700	\$ 32,895	\$ 31,590	\$ 6,110
9	2011	328i Coupe	Stock	Mojave	\$ 43,550	\$ 38,435	\$ 37,435	\$ 6,115
10	2011	MINI Cooper S	Demo	Chili Red	\$ 27,825	\$ 25,830	\$ 24,810	\$ 3,015
11	2010	X3 xDrive 30i	Demo	Sapphire Black	\$ 49,775	\$ 43,420	\$ 39,755	\$ 10,020
12	2011	328i Coupe	Stock	Black Sapphire	\$ 41,525	\$ 36,410	\$ 35,410	\$ 6,115
13	2011	135i Cabriolet	Demo	Alpine White	\$ 45,600	\$ 40,195	\$ 38,595	\$ 7,005
14	2011	MINI Clubman	Demo	Midnight Black	\$ 28,275	\$ 26,380	\$ 25,335	\$ 2,940
15	2011	Z4 sDrive 30i	Demo	Mojave	\$ 54,200	\$ 48,065	\$ 46,150	\$ 8,050
16	2011	328i Coupe	Stock	Alpine White	\$ 39,500	\$ 34,385	\$ 33,385	\$ 6,115
17	2011	Z4 sDrive 30i	Stock	Alpine White	\$ 54,000	\$ 47,975	\$ 46,475	\$ 7,525
18	2011	128i Coupe	Demo	Alpine White	\$ 36,700	\$ 32,755	\$ 31,455	\$ 5,245
19	2010	M5 Sedan	Demo	Space Grey	\$ 98,375	\$ 84,630	\$ 76,200	\$ 22,175
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