

Post office getting major face-lift

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

Wiesbaden Army postal patrons will see a host of changes in the coming months. Starting with the construction of a new ramp and access to the parcel pickup area at the Postal Service Center, future construc-

tion will eventually relocate letter boxes and cause other shifts in operations with the bulk starting in January 2013. "We're starting by putting in a new ramp and relocating the package pickup area," said Earl Small, U.S. Army Garrison Wiesbaden postal services officer. "This ties in to the bigger project which will eventually give us more mailbox space and

make it more accessible to the customer." In January, Small said, mailboxes will be moved into the basement to make room for construction work upstairs in the facility. The impact will be new combinations
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Earl Small, postal services officer, explains the project to improve the layout of the Postal Service Center.



Herald Union



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Wiesbaden: Your home in Germany

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AFAP issues

Volunteers work to improve quality of life for Army Family

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

Delegates spent two days examining quality-of-life issues at the Wiesbaden Entertainment Center during the U.S. Army Garrison Wiesbaden Army Family Action Plan Conference Oct. 18-19.

After prioritizing the top issues, conferring with local subject matter experts and hammering out the wording to formalize the "Conference Report Out," delegates presented six issues for further attention by the command at the local level or to be

considered at higher level AFAP venues.

"The time we will spend in the next two days will examine how well we are taking care of our Soldiers, civilians, family members and retirees," said Annikka Trabuco, AFAP coordinator, in opening the conference.

"What you are doing today is very important. It's affecting not only our community, but possibly all the way up to the Department of the Army level," said Trabuco, explaining that since AFAP was launched in the early 1980s by Army spouses, nearly 700 issues have

See AFAP issues on page 5



Tracey Sammons facilitates one of the breakout sessions at the Wiesbaden Army Family Action Plan Conference Oct. 18-19.



Community members show their support for the victims of domestic violence during a "Take Back the Night" candlelight walk in Hainerberg Housing Oct. 25.

Taking aim at abuse

Community rallies to prevent domestic violence

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

If only it were that simple. Gather a hundred or so concerned individuals and send them out with candles and good intentions for an evening walk through a local housing area to stop the increasingly growing instances of domestic violence.

At least it's a start, according to all those who dedicated their

time to focus on raising domestic violence awareness during the "Take Back the Night" candlelight walk Oct. 25.

"Quite frankly, this is one event which I wish we wouldn't have to recognize," said Col. David Carstens, U.S. Army Garrison Wiesbaden commander. "This is one speech that I wish I didn't have to give. The fact that we, as members of the military community, would turn on our own, inside our own families, is a tragedy of

the greatest proportion." But statistics don't lie, Carstens said, stressing that there has been an upward trend in substantiated cases of domestic abuse in the Army and the Wiesbaden military community.

"I personally experience this personal tragedy monthly when I sit down with a group of community experts to review individual cases that include domestic abuse,

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Inside

Making juice
Students enjoy annual tradition, thanks to local apple grower. See page 8.



Combat spouses
V Corps offers spouses a day in the life of a Soldier. See page 16.



Going for speed
Wiesbaden Wahoos dive into swim season. See page 20.



Feedback: Which veterans will you be thinking of on Veterans Day?



Spc. Brett Rawding
1-214th Aviation

"I'll be thinking of my grandpa who was in World War II. He volunteered to serve America in World War II and came over here to Germany. I'll also be thinking of my uncle who was a nuclear engineer in the Navy."



Spc. Jason McKinley
1-214th Aviation

"I'll be thinking of my dad who was in the Gulf War. My dad is a role model in my life."



Dwight Felton
6966th Transportation Truck Terminal civilian

"I'll be thinking of all veterans, current, past and present. That's who I'll be thinking of. I'm a veteran from the Vietnam era, and I'm thinking of everyone — back to the Revolutionary War. I wouldn't forget any of them."



Sgt. 1st Class Alvin Wells
1-214th Aviation

"I'll be thinking of the ones that I lost — the many vets in the tours that I've done in Iraq and Afghanistan. They're the ones who made it possible for us to be here, eating the food we're eating and breathing the air that we're breathing."



Pfc. Lisa Moore
529th Military Police Company

"I'll be thinking of my sister, who was in the Air Force and went to Afghanistan."

Ask the commander

Editor's note: Have something you'd like to share with the commander? Visit the garrison's Facebook, Twitter or Interactive Customer Evaluation pages or email usagwiesbadenpao@eur.army.mil.



Col. David Carstens, U.S. Army Garrison Wiesbaden

also have a 6-7 year-old and would never allow her out of my eyesight. There are monsters everywhere — even on a military installation. We need to protect our young children; stop assuming that just because you live in the stairwell next to the playground, you can leave your

transported me to the waiting area for treatment. Before the official opening time, while in the waiting area, Sgt. Lance Lisitza from physical therapy approached me and asked about my condition. He immediately recognized the severity of my injury and directed me down to physical therapy for evaluation. His immediate attention and evaluation allowed me to set up an appointment for an X-ray on Clay Kaserne and an MRI at Landstuhl that same day. His attitude and medical expertise were top-notch and reassured me that I was receiving quality care.

Response: *The Wiesbaden Health Clinic has no shortage of great comments on service. My hat is off to Sgt. Lisitza and everyone at the clinic for doing the utmost to take care of Soldiers and their families in need every day.*

Speeders in housing

Rachel C. asked: Is there any possibility of getting some sort of speed reducing mechanism (e.g. speed bump) placed on Arizonastrasse? Cars speed up and down our road, and the worst are the school buses. They treat Arizonastrasse like the Indy 500, and it's dangerous. I've almost been hit as an adult; there are kids walking around and the bus drivers just speed up.

Response: *Thank you Rachel for your observation and concern. Because the roads are city-owned, speed bumps cannot be installed. Your concerns have been shared with the Directorate of Emergency Services so that traffic enforcement will be increased in the area. I would also ask that when you witness a speeder, you note the license number and report it to the MPs at civ (0611) 705-5096 or 5097. In the case of a speeding school bus, please call the School Bus Office at civ (0611) 4080-382 to make them aware as well.*

Culture College praise

John F. commented: The Culture College tour was very helpful to my family. It gave us the confidence to go out and explore Germany. The program should be a requirement for all newcomers. Irmgard was fantastic and very helpful.

Response: *Thanks, John, for the feedback. I recommend all newcomers take advantage of this extremely helpful orientation program to Wiesbaden, local resources, how to use the public transportation system and a host of other information and tools that can make a tour overseas one to remember for years to come. For more information on upcoming Culture College sessions please stop by Army Community Service in Hainerberg Housing (across from the Wiesbaden Entertainment Center and Army Lodge) or call civ (0611) 4080-254.*

Child supervision

Danielle E. asked: Is there a policy/regulation about leaving young children unsupervised in the housing areas? I was playing with my 2-year-old son on one of the playgrounds in Hainerberg Housing. A group of about five children ages 6-8 were also playing with no adult watching the children. It shocks me that any parent would allow his or her child to be in a public area by him or herself, with no adult supervision to keep the child from getting hurt by a fall, another child or adult. I

little ones outside by themselves. Every month I read comments from people concerned about security on our bases and people complaining because the housing areas are not gated ... the first thing we need to do to keep our children safe is to be standing next to them when they play on the playground and walk to school.

Response: *Danielle thanks for contacting us and asking about the policy guidance. The Installation Management Command-Europe has issued specific guidance addressing the situation you described. Generally, children in the fifth grade and below must be supervised at all times with certain exceptions. You can view the memorandum at www.wiesbaden.army.mil/sites/services/CYSS/Army-inEuropeChildSupervision.pdf. Should you find yourself in a similar situation in the future, please call the Military Police at civ (0611) 705-5096/5097. It is through engaged and involved community members such as yourself that we can collectively make U.S. Army Garrison Wiesbaden a better place to live.*

Health clinic support

Cyril M. commented: I severely injured my knee during physical training hours. With the Wiesbaden Health Clinic approximately an hour from opening, my comrades

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News flash

Thanksgiving at the dining facility

The Wiesbaden Dining Facility will offer a traditional Thanksgiving meal with all the trimmings Nov. 22 from 11 a.m. to 4 p.m. Cost is \$7.50 for Soldiers, retirees and family members of E-5s and above; \$7.50 for family members of E-1s through E-4s. Breakfast will be served that day from 7-8 a.m.

South Gate open 24/7

The South Gate on Clay Kaserne is now open around the clock — including on weekends. The increased opening is aimed at better serving the majority of residents in Army Family Housing on Clay Kaserne and reducing congestion. The action is temporary, pending completion of the new Access Control Point.

Extended hours

Army and Air Force Exchange Service facilities at the Mainz-Kastel Storage Station including the Power Zone, Four Seasons, Toyland, Furniture Store, Sports Store and Express will have extended hours (open until 8 p.m. on Thursday, Friday and Saturday) from Nov. 23 to Dec. 22.

Playhouse recognized

Congratulations to the Wiesbaden Amelia Earhart Playhouse for taking third place for its play "The Boys Next Door" at the Army's 2012 Festival of the Arts. The Wiesbaden production competed against Morale, Welfare and Recreation shows worldwide. For a full list of winners see www.armyfestivalofthearts.com.

Assault information sought

A female school-age family member was grabbed and groped on her way home while walking along the road between Hainerberg Housing and Bierstadt Nov. 1 at about 5:30 p.m. The incident occurred after an unknown individual, described as a white male in his late 20s-30s and wearing a black hooded sweatshirt, followed her. The victim suffered no physical injuries and was able to break free and run home to her off-post residence to report the incident to her parents. German Police are investigating the incident with assistance from the Military Police. Anyone with any information regarding the incident are asked to call the Wiesbaden Military Police at mil 337-5096 or civ (0611) 705-5096.

Operation Solemn Promise

The 5th Signal Command hosts a one-year commemoration for Operation Solemn Promise Nov. 16 at 1:30 p.m. at the Wiesbaden Fitness Center. The event is open to the entire military community.

'The Invisible War'

The U.S. Army Garrison Wiesbaden presents the documentary "The Invisible War" Nov. 13 at 9:30 a.m. at the Taunus Theater in the Hainerberg Shopping Center. A panel discussion will follow the showing of the film which addresses sexual assault — a prevalent crime in the U.S. military.



Photo by Karl Weisel

New look for Community Bank

Community Bank officials Mark Beasley (from left), vice president and consumer marketing manager; Silvia McDonald, bank officer; Capt. Jennifer Glover, U.S. Army Garrison Wiesbaden Headquarters and Headquarters Detachment commander; and Col. David Carstens, USAG Wiesbaden commander, cut the ribbon to officially reopen the Community Bank on Clay Kaserne Oct. 31 after major renovations to enhance the facility for patrons and staff. The upgrade saw design and technological upgrades offering better security and more privacy for customers, bank officials said.

Post office



Kevin Block works on installing a new wall and doorway to serve patrons at the parcel pickup area in Wiesbaden's Postal Service Center.

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for some of postal patrons as the Postal Service Center gears up for the influx of many new patrons next year as transformation continues to shift U.S. Army Europe elements from the Heidelberg/Mannheim area to Wiesbaden.

Postal patrons will access their "temporary" boxes in the basement from the end of the building (nearer to the Central Issue Facility) while construction work continues upstairs.

"This will cause some inconvenience for the customers, but in the end it will be an overall improvement," Small said, explaining that the renovations are aimed at improving the overall flow of mail through the facility, making more space available and decreasing the time needed to process all types of mail.

"It'll be inconvenient while work is going on, but we'll continue to provide first class service to take care of our customers and make sure everything runs as smoothly as possible," he said.

Holiday hours

The Postal Service Center will have extended hours of operation Dec. 1-29. Patrons will be able to mail packages weekdays from 11:30 a.m. to 5:30 p.m. and Saturdays from 10 a.m. to 3 p.m. Customers can pick up parcels during that time Mondays to Fridays from 11:30 a.m. to 6 p.m. and Saturdays from 10 a.m. to 3 p.m. The facility will be closed Dec. 25, 31 and Jan. 1. Finance will be closed Dec. 24.

Mailing dates

The following are the recommended mail-by dates to ensure mail arrives in the continental United States by Dec. 25: **SAM parcels** Nov. 26, **PAL parcels** Dec. 3; **Priority parcels** Dec. 10; **First Class cards and letters** Dec. 10; **Express mail** Dec. 18.

From the blotter

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

Oct. 10

Traffic accident — An officer is being charged with a traffic accident: failure to judge proper distance.

Traffic accident — An officer is being charged with a traffic accident: inattentive driving.

Oct. 11

Fleeing the scene — An unknown subject is being charged with a traffic accident: fleeing the scene.

Oct. 13

Assault — A noncommissioned officer is being charged with aggravated assault.

Assault — A Soldier is being charged with aggravated assault.

Oct. 14

Failure to obey orders — A Soldier is being charged with failure to obey order/regulation and failure to re-register a privately owned vehicle.

Oct. 15

Drunken driving — A Soldier is being charged with drunken driving and a traffic accident: following too closely.

Traffic accident — A civilian employee is being charged with a traffic accident: following too closely.

Oct. 16

Traffic accident — An officer is being charged with a traffic accident: failure to judge proper distance.

Larceny — An unknown subject is being charged with larceny of private funds.

Oct. 17

Failure to obey orders — An NCO is being charged with failure to obey order/regulation: driving with a suspended license.

Possession — A family member is being charged with wrongful possession of marijuana.

Oct. 19

Traffic accident — A civilian employee is being charged with a traffic accident: failure to yield the right of way.

Oct. 20

Shoplifting — A family member is being charged with shoplifting.

Oct. 21

Shotlifting — A retired service member is being charged with shoplifting.



Photo by Wendy Brown

Supporting Soldiers in Afghanistan

Staff Sgt. Millard Younger hands a donation of toiletries to an American Red Cross volunteer at the Wiesbaden Commissary Oct. 27. The toiletry drive, for troops in Afghanistan, is ongoing and people can drop off donations at the American Red Cross offices in Building 1023E on Clay Kaserne.

Domestic violence

Continued from page 1

and I am saddened and sickened that in a community that offers so much help to service members and their families, that many choose violence as the only way out to express their anger and frustration,” he said.

Citing the millions of people who will be abused nationwide by intimate partners, the scores of young people who report threats of violence in relationships, the millions of days of productive work lost due to domestic violence and the overall spirit-crushing effects of this ongoing epidemic, speakers called on everyone to take a stand, to speak out when experiencing or witnessing it and to seek help for those in need.

Guest speaker Roxanne Brown brought the subject home to listeners at the Wiesbaden Community Spouses Club and Army Community Service-sponsored event by sharing her personal experiences of abuse from her first marriage.

“In 1995 it started with a slap,” Brown said. “My husband was unemployed and unhappy.”

That slap and verbal abuse eventually turned into further physical violence.

“When my child was eight weeks old I knew I had to leave.”

Having not reported the violence until the physical signs were almost gone, Brown said she feared that if she left her husband, she would lose her child. “My biggest fear was losing my child because I had walked out on an abusive relationship.”

Now happily remarried with a supportive husband, Brown said she never witnessed any remorse or received an apology from her ex-husband.

Speaking out against violence and encouraging



Families march through Hainerberg Housing during the candlelight walk.

individuals in hurtful relationships to seek help is critical, she said. “Violence creates and encourages fears. . . . We take back the night tonight to show violence in any form is intolerable.”

“If you leave here this evening with only one thought it should be that everyone standing here can make a difference,” said Carstens. “Whether you are a victim, neighbor, bystander, leader — open your eyes and ears. Speak up. Don’t take the easy road and look away. Don’t turn your back on domestic violence.”

Saying that some of the “deepest wounds of domestic violence” will never be visible to others, Michelle Stosich, Family Advocacy Program manager, said that’s all the more reason why friends, coworkers, relatives and all those who care need to be open and available to listen and help. People do that by recognizing the warning signs, seeking help or encouraging others to do so and taking an active role in reporting abuse.

For more information or to find help 24 hours a day, seven days a week, call the Domestic Violence Response Hotline at civ (01622) 975 625.

Volunteers get SAVVY to stop bullying

Soldiers, parents make message personal for middle school students

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

More than 60 Soldiers and parents joined the anti-bullying effort at Wiesbaden Middle School Oct. 17. They came to share their personal experiences and invite students to make the “SAVVY Commitment.”

“SAVVY stands for Students Against Violence and Victimization of Youth,” said Dr. Frankie Nielsen, the program’s originator and a counselor at the school.

The volunteers turned out in force to help promote non-violence, respect, kindness, courtesy and honesty, Nielsen said, explaining that rather than featuring a school-wide assembly, the program provided an intimate learning experience.

“I don’t think kids learn by sitting in a gym and listening to a lecture,” Nielsen said.

Instead volunteers were paired up with small groups of five to eight students.

“In the small groups, the volunteers are really able to have a conversation — to engage the students in a respectful, non-threatening environment,” said fellow Wiesbaden Middle School counselor Evie Walls.

“It went very well,” Walls said. “There were good responses and good dialogue. ... It really gives the students something tangible. I love it when the Soldiers share some of their own personal experiences.”



Photo by Karl Weisel

Sgt. Timothy Holden, V Corps, talks about bullying with Wiesbaden Middle School students during a Students Against Violence and Victimization of Youth event Oct. 17.

Walls related how one Soldier during a previous SAVVY event told students that one of his biggest regrets while growing up was being a bully at school.

While the Department of Defense Dependents Schools-Europe have “a very strong anti-bullying

program,” the SAVVY Commitment Day puts a local spin on encouraging youths to avoid violence in their daily lives, Nielsen said.

After welcoming the volunteers to the school and instructing them on the basics of interacting with the students, the Soldiers and parents were invited into the various classrooms to engage youths in the small group settings. Part of the effort was “addressing the early seeds of violence” — the violence continuum — behavior and actions that could lead to violence at a later date, Nielsen said.

“Most kids agree, ‘we know if we fight we’ll get suspended,’” she said. But the point of the SAVVY lesson is that such things as pushing, bullying and trash talk are equally harmful and could ultimately one day evolve into violent crime.

In addition to asking the students to take the SAVVY Pledge and providing them with a wallet-sized card featuring the SAVVY rights and responsibilities, students were asked to draw their hands signifying that “hand-in-hand we join together to stop the violence,” Nielsen said.

All of the Wiesbaden Middle School students signed the pledge, she said.

“The main thing is — this is not a one-shot deal,” said Walls. “We’ll do follow-up activities throughout the year. Last year we held an essay contest. We may do something similar this year.”

Asking the students to provide an anonymous reflection of the climate and where “hotspots” might be will also help school counselors, teachers and administrators

focus in on any potential trouble areas, Walls said.

“I can’t stress enough how significant it is to have our military community stopping to say how important this is,” said Nielsen. “We had every rank represented.”

AFAP issues

Continued from page 1 reached DA consideration.

“Keep in mind that what you’re working for is the benefit of the community — improving the quality of life,” she said, pointing to past AFAP successes such as the Better Opportunities for Single Soldiers program, Army Family Team Building, crosswalks in the housing areas, the Teen Center and local dog parks.

“Without you, we couldn’t have AFAP,” said Trabucco.

The six quality-of-life issues reported out from this year’s AFAP conference include:

- ☞ Host nation linguistic services;
- ☞ Parking spaces in



Army Family Action Plan delegate Craig Francis briefs listeners about his group’s AFAP issues.

the U.S. Army Garrison Wiesbaden; ☞ First termers financial readiness training during inprocessing; ☞ Availability of

medical services; ☞ Customer service in the on-post Housing Office; and ☞ Understanding outside the continental United

States dental care for family members. (To view the entire AFAP Report Out visit the garrison’s home page at www.wiesbaden.army.mil and click on the “AFAP Issues” link.)

“The plan for follow-up on the issues is that the prioritized ones (in the Report Out) will be addressed first and the rest will be looked at in 90 days,” Trabucco said.

Both Kandler and Trabucco credited a robust Interactive Customer Evaluation system, commander’s hotline, social media and other feedback mechanisms with fewer major quality-of-life issues than in the past.

“Given how strong an ICE system we have here, the number of issues has steadily decreased,” said Trabucco. “I believe this is because community members are utilizing ICE, the commander’s hotline, AFN commander’s show and the rest of the communication tools within the garrison,” Trabucco said.

“I think this has been a pretty productive effort,” said Dr. Robert Kandler, deputy to the commander, at the close of the conference. ... These are really good issues and were well presented. You’re making a difference within the community.”

Garrison honors employees for length of service

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

When Michele Vanella started working for U.S. Army Garrison Wiesbaden, coal heated the homes in Crestview Housing.

That was more than 40 years ago, and he would work another 40 if he could, Vanella said shortly after a ceremony honoring garrison employees for the length of service they have worked for the U.S. government Oct. 26.

"I love my job," said Vanella, who is a boiler plant supervisor for the Directorate of Public Works Operation and Maintenance Division. "The families are so nice."

The ceremony honored a total of 47 employees who have worked between five and 45 years for the garrison. Five have 40 years of service and one, Ernst Peter Kusiak, has 45. Kusiak is the Directorate of Public Works Operations and Maintenance Division's chief of the mechanical branch.

"You always have to be on top of it to learn and educate yourself about the field you're in," said Kusiak, who noted he has been honored to work with a lot of good people who have

helped him along the way.

IMCOM-Europe Region Director Kathleen Marin and Command Sgt. Maj. Jeffrey Hartless, who are in charge of all the garrisons in Europe, were at the ceremony to present the awards, and Col. David H. Carstens, U.S. Army Garrison Wiesbaden commander, said it was an honor.

"The fact that Ms. Marin has taken time out of her schedule to honor you today is really a tribute to what you do every day as workers in the garrison," Carstens said.

"Ms. Marin is fond of telling everyone in uniform that there is no light that can be turned on, there is no child that can be taken care of, there is no gym class that can be conducted without the help of all of you who are sitting in the audience."

Marin said she was happy to be able to help honor employees who, combined, have put in more than 1,080 years of service.

"I want to thank all of you because each of you made a choice to serve in public service for our Soldiers and family members," Marin said. "You made a choice to invest your life in improving the quality of life for our families who live



Photo by Volker Ramspott

IMCOM-Europe Region Director Kathleen Marin shares a moment with Michele Vanella, a boiler plant supervisor for the Directorate of Public Works Operation and Maintenance Division who has worked for U.S. Army Garrison Wiesbaden for more than 40 years, during the Garrison Time in Service/ Special Award Ceremony Oct. 26 at the Little Italy Restaurant and Catering Center.

here in Wiesbaden. I want to thank you for that choice and tell you all that you have made a difference.

"All your service is of great value, and you have made differences in ways sometimes you don't even realize. That will resonate years later when people go back to the United States and they think about their time in Wiesbaden and how you

helped make a home for them in Wiesbaden," Marin said

The garrison also presented Klaus Herbst of the garrison's Transformation Stationing Management Office with a Certificate of Commendation for his exceptional performance Sept. 1-30, 2012 during the closeout of the fiscal year. Herbst also used his electrical engineering expertise during two power

outages and numerous questions about phone service in the Newman Village and Aukamm Housing areas.

Several employees with more than 40 years of service said they simply liked performing their jobs.

Terlazzo Smith, who has more than 40 years of federal service, said he spent 24 years in the military and then began working for the Army as a civilian. He works for the Directorate of Family, Morale, Welfare and Recreation's Outdoor Recreation department, where he works as the lead ski and snowboard technician.

Smith said he also helps with a lot of Outdoor Recreation's trips, so he has traveled to places such as Greece, Spain, Austria and many other countries while doing his job. "I just enjoy it," Smith said.

He also liked traveling while in the military, Smith said.

Salvatore Milazzo, who also has more than 40 years of service, said he has always done his best to do his job well and serve the community. Milazzo works for the Directorate of Public Works Operations and Maintenance Division as a heating equipment repairer.

"I'm happy to serve," Milazzo said.



Special radio guest

IMCOM-Europe Region Director Kathleen Marin appears with U.S. Army Garrison Wiesbaden Commander Col. David Carstens and Air Force Tech. Sgt. Tyler Alexander on American Forces Network Wiesbaden on Clay Kaserne Oct. 26. The appearance was part of the commander's regular "Ask the Commander" show every other Friday on AFN Wiesbaden. Carstens and Marin discussed the garrison's transformation and supporting Soldiers and families. Marin, who works at IMCOM-Europe headquarters in Heidelberg, spent the day at U.S. Army Garrison Wiesbaden.

Photo by Wendy Brown

Keep pets safe during the holidays

By Capt. Marion A. Alston
Wiesbaden Veterinary Clinic

During the holiday season it is important that our pets can safely enjoy it as much as we do. Many things we look forward to can be hazardous for our pets. This article will address these dangers and ways to minimize risk if not prevent them altogether.

Holiday table scraps: We tend to enjoy lots of rich, fatty foods during the holidays. Since our pets are not accustomed to abrupt changes in their diet, a sudden increase in fat content can have a negative impact on their digestive health. While our pets may enjoy the taste of many of these foods, they can still be potentially harmful. Feeding table scraps can cause vomiting, diarrhea and even pancreatitis, which can be very serious.

Foods with bone fragments are especially dangerous. Since bones are not digested by the body, they can become lodged in your pet's gastro-intestinal tract, causing an obstruction and potentially requiring invasive surgical removal. If the bones have sharp points they can perforate your pet's stomach or intestines and cause a severe and life-threatening bacterial infection. In general pets are much healthier when they have a consistent diet limited to a high quality pet food. It is important to keep holiday treats and candies out of your pet's reach. Consider what you've placed on your coffee table and how accessible it is to your dog or cat. Also, remember that some gifts under your tree may be food items and very tempting to curious pets.

Chocolate: Many of us are aware that chocolate can be hazardous to our pet's health, yet it continues to be the most common toxic ingestion in our pet population. Despite what we may know about the hazard chocolate presents to our pets, most pet owners don't treat it any differently than any other food item in the home. It is not at all uncommon to see a bowl of chocolate candy on the dining room table in the home of a pet owner. It is this accessibility and sweet taste that makes chocolate a very enticing toxin for dogs and cats.

The primary toxins in chocolate are caffeine and theobromine (a compound related to caffeine). Depending on the dose, these compounds can cause hyperexcitability followed by weakness, loss of balance, seizures, and ultimately coma and death. The



doses of theobromine and caffeine are dependent on the amount and type of chocolate ingested. While all chocolate poses these risks, types of chocolate with a more bitter taste tend to have a higher concentration of these toxins. For instance, baker's chocolate is more dangerous than milk chocolate, which is more dangerous than white chocolate. If your pet ingests chocolate, it is important that it is seen by a veterinarian as soon as possible.

Household plants: Some holiday ornamental plants can cause illness in your pet if ingested. Clinical signs caused by household plants can range from mild to severe depending on the type of plant involved. Ingestion of lilies is very serious and can lead to acute kidney failure. There are many species of mistletoe, so it is difficult to predict the effects of ingestion, but clinical signs vary from mild gastrointestinal upset with or without vomiting and diarrhea to liver failure and seizures.

If your pet ingests these plants, it should be seen by a veterinarian. Contrary to popular belief, reports of Poinsettia toxicity have been greatly exaggerated. Ingestion of its leaves can be irritating to the mouth and stomach, resulting in mild gastrointestinal upset and temporary loss of appetite. In rare cases, blisters may form in the animal's mouth. These signs are typically self-limiting and do not require veterinary care.

Christmas trees: Tree ornaments can present a

hazard to pets. There are a wide variety of ornaments on the market, and some look very similar to pet toys (especially to cats). Most of these ornaments have hooks that can cause injury to the paws or inside of your pet's mouth. If ingested, they can also damage the gastro-intestinal tract. If your cat is tempted to play with the ornaments on your tree, decorate the bottom third of the tree with non-breakable, plastic, or wooden ornaments that do not have hooks, or decorate only the top two-thirds of your tree. You may feel your tree looks funny, but it will save you from spending the holidays at an emergency veterinary clinic.

Animals are also attracted to Christmas lights and will chew or pull on the cords. Electrocutation or burns to the face and mouth can result when a pet bites an electrical cord. Lights need to be hung out of reach of pets, and animals should not be left unattended around Christmas trees or other strands of lights. This is not only a danger to the pet, but to the family. Frayed electric cords are a hazard to the entire household, and an overzealous cat at play can easily bring down a poorly secured Christmas tree. Trees should be secured to a wall or ceiling hook. This will help prevent the tree from toppling over should your pet decide to jump on it to get to a tempting ornament.

The presents under the tree pose a similar risk as the ornaments hanging from it. Animals often see ribbons and string as toys and may chew on them. If swallowed, they can cause an intestinal obstruction. This can be a life-threatening situation requiring emergency surgery to remove the foreign material. Keeping these types of items away from pets is a simple way to protect them.

In closing: Remember that our pets can't protect themselves by deciding what is safe and what isn't. As owners we must be aware of these risks in order to prevent illness, serious injury and death. If we take steps to minimize the risks outlined above, we can assure a safe and enjoyable holiday season for the entire family.

For more information or if your pet experiences any of these problems, call the Wiesbaden Veterinary Treatment Facility at civ (0611) 705-6283 or mil 337-6283. If it is an emergency or outside of the clinic's business hours (Monday-Friday 8 a.m. to 4 p.m.), contact your local veterinary emergency clinic.

Medical One

Aukamm Elementary makes apple juice

For fourth year, Dietrich Kröger donates apples, time and equipment

Story and photos

by Wendy Brown

U.S. Army Garrison Wiesbaden
Public Affairs Office

The day Dietrich Kröger came to Aukamm Elementary School to help students make apple juice, students bumped their plastic cups together to toast the occasion.

“I could drink this apple juice all day,” said Maverina Samore, 8, a third-grader at the school, after knocking cups with two of her friends during the Oct. 23 event and taking a few sips.

This was the fourth year Kröger had helped students and their parents pick apples at a local orchard, shred them in a special machine and then press the apples to make juice. The visits are part of the school’s host nation program, which teaches children about Germany.

The children lined up at the school to take the apples out of bins and carry them to the shredding machine. When bowls became full of shredded apples, parents carried the apples to a press. Students took turns turning the press to make juice.

Kröger said it is important that students know about apple trees and where apple juice comes from.

The apples come from an orchard in Breckenheim, which is a village located east of Wiesbaden, Kröger said.

The apple trees there are between 60 and 100 years old, Kröger said, and they contain different pheromones from newer trees. That makes them less likely to trigger apple allergies, he said.



Maverina Samore takes a sip of apple juice at Aukamm Elementary School Oct. 23. Photo left: Morgan Wetzel selects apples to put in the shredder. Photo top: Third-grade teacher Ron Voyer, (adult left), and Dietrich Kröger, (adult right), assist students using an apple press.

In addition to making apple juice, parents also spread the shredded and squeezed apples around two apple trees in front of the school to help fertilize

trees.

Ute Bopp, Aukamm Elementary School host nation teacher, said Kröger helped second-graders plant the trees

last year.

The children love it when Kröger comes to the school to help them make apple juice, Bopp said.

Kröger, a retired engineer who holds eight U.S. patents for mechanical devices, makes sure the students learn about biology while learning how to make the juice, Bopp said.

The apples come from a *streuobstwiesen* orchard, which in German is a wide-open meadow with scattered fruit trees, Bopp said.

The area is protected and becomes a habitat for animals such as deer and rabbits, Bopp said.

Kröger said it is important that children know about the tiny organisms that live in the dirt under the trees as well. “There are more living beings under your feet than there are on the earth,” he said.

In addition to the apple juice event, Kröger has also helped with Science Fair Week and other science-related events at the school, Bopp said.

Around the school, he is affectionately known as “Herr Kröger,” and the children know him so well they all ran over to him when they saw him arrive for the event at the school this year, Bopp said.

Taylor Officer, 8, and in third grade, said she enjoyed learning how to make apple juice and then getting a chance to drink it afterward. “It was very sweet and sour and it filled my tummy,” she said.

Mariah Mabanag, 10, and in the fourth grade, said she especially enjoyed shredding the apples and seeing how they were used for compost around the trees after they were squeezed dry.

As for the apple juice event as a whole, Mabanag said, “It’s really fun.”

Wohnstudio Wiesbaden

Exchange lets pupils share holiday

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

Aukamm Elementary School third-grader Emma James wanted to talk to a visiting German student from the Grundschule Nauheim about pumpkin seeds, but she found herself at a loss for words.

“How do you say ‘pumpkin seeds’ in German?” James politely asked Joachim Bauer, a parent volunteer from Nauheim.

“You would say, ‘Kürbis Kerne,’” Bauer replied, smiling. James nodded her head, repeated the words and thanked him. Then she went back to her German partner.

Throughout the Aukamm classroom of third-grade teacher Tara Reed, German and American students were carving pumpkins and weighing the seeds, among other activities. It was Halloween, and in addition to learning about a different culture and language, the students also received a science lesson about pumpkins. Another group of German students was in teacher Ron Voyer’s classroom. Later in the year, a group of Aukamm students will visit the Nauheim school, which is located about halfway between Wiesbaden and Darmstadt.

Andrea Buss, an English teacher at Grundschule Nauheim, said the students started learning English about six weeks ago, and the visit would give them exposure to



Photo by Wendy Brown

Joachim Bauer, a parent volunteer from Grundschule Nauheim, and students Patryk Reeves, Bryan Birch, Khakel Roberts and Andrea Bauer watch as Aukamm Elementary School parent volunteer Kim Jablonk carves a pumpkin at Aukamm Elementary School Oct. 31.

the language in a natural setting.

One of the reasons Buss decided to start the exchange program was because she had American neighbors as a child and they brought her to the American school in Frankfurt for a visit, Buss said.

She enjoyed the visit, Buss said, and wanted to share the experience with her students.

Bauer said the visit is helpful because the students can learn from one another, not only about language but also culture.

James said it was sometimes hard to understand what the German students were saying,

but they all had fun anyway. She also learned the German word for stem, “Stamm.”

S u m a y Khokhar, a student from N a u h e i m , said she was curious about her American partners and wanted to get to know them better. She really liked the playground at Aukamm, but was not so enthusiastic about pulling the innards out of pumpkins.

carving a pumpkin because he got to see what was inside.

Bargel, from Nauheim, said he liked seeing how the American school was organized and appreciated the opportunity to learn more English.

Reed said Aukamm students all have their host nation class that teaches them about the language and culture of Germany, but the visit would give them firsthand experience. “It’s good to have a connection with the host nation as much as possible,” she said.

Michael Lawson, also an Aukamm student, said it was great that the German students could visit the school and help carve pumpkins. Not only that, but he got to practice his German a little, he said.

Aukamm student Ke’Lice Durham said she liked getting to know the German students better and described the event as “awesome.”

Le’on Symonok Bargel, on the other hand, said he really enjoyed

Schloss Vollrads



Photo by Karl Weisel

Money for the Scouts

Alfred Johnson (left), vice president of overseas operations, Andrews Federal Credit Union, presents a check for \$1,500 to the Boy Scouts of America Transatlantic Council during a ceremony in the Wiesbaden Dining Facility Nov. 2. Johnson said he appreciated the opportunity for the credit union to support the Boy Scouts.

Beware of misleading offers of credit

You see the advertisements in newspapers, on TV and on the Internet. You hear them on the radio. You get fliers in the mail. You may even get calls from telemarketers offering credit repair services. Do yourself a favor and save some money, too.

Don't believe these statements. Only time, a conscious effort and a personal debt repayment plan will improve your credit report.

Every day companies nationwide appeal to consumers with poor credit histories. They promise, for a fee, to clean up your credit report so you can get a car loan, a home mortgage, insurance, or even a job. The truth is, they can't deliver. After you pay them hundreds of dollars in up-front fees, these companies do nothing to improve your credit report; many simply vanish with your money.

If you decide to respond to a credit repair offer, beware of companies that want you to pay for credit repair services before any services are provided, do not tell you your legal rights and what you can do yourself; recommend that you not contact a credit bureau

directly; suggest that you try to invent a "new" credit report by applying for an Employer Identification Number to use instead of your Social Security Number; or advise you to dispute all information in your credit report or take any action that seems illegal, such as creating a new credit identity. If you follow illegal advice and commit fraud, you may be subject to prosecution.

No one can legally remove accurate and timely negative information from a credit report. But the law does allow you to request a reinvestigation of information in your file that you dispute as inaccurate or incomplete. There is no charge for this. Everything a credit repair clinic can do for you legally, you can do for yourself at little or no cost. According to the Fair Credit Reporting Act, you are entitled to a free copy of your credit report if you've been denied credit, insurance or employment within the last 60 days. If your application for credit, insurance or employment is denied because of information supplied by a credit bureau, the company

you applied to must provide you with that credit bureau's name, address and telephone number.

You can dispute mistakes or outdated items for free. Ask the credit reporting agency for a dispute form or submit your dispute in writing, along with any supporting documentation. Do not send them original documents.

By law, credit repair organizations must give you a copy of the "Consumer Credit File Rights Under State and Federal Law" before you sign a contract. They also must give you a written contract that spells out your rights and obligations.

Read these documents before signing the contract. The law contains specific protections for you. For example, a credit repair company cannot: make false claims about their services; charge you until they have completed the promised services; or perform any services until they have your signature on a written contract and have completed a three-day waiting period.

During this time, you can cancel the contract without paying any fees. Your

contract must specify: the payment terms for services, including their total cost; a detailed description of the services to be performed; how long it will take to achieve the results; any guarantees they offer; and the company's name and business address.

Many states have laws strictly regulating credit repair companies. States may be helpful if you've lost money to credit repair scams. If you've had a problem with a credit repair company, don't be embarrassed to report them. While you may fear that contacting the government will only make your problems worse, that's not true. Laws are in place to protect you.

If you have further questions see the Legal Assistance Office at the Wiesbaden Legal Center, Building 1023N, on Clay Kaserne.

Hours are Monday, Tuesday, Wednesday and Friday from 9 a.m. to noon and 1-4 p.m.; Thursdays from 1-4 p.m. To visit with an attorney, walk-in hours are available Tuesday from 9 a.m. to noon and Thursday from 1-4 p.m.

DB Media and Buch GmbH

Why be concerned about disposing of old computers?

Computers often hold personal and financial information, including passwords, account numbers, license keys or registration numbers for software programs, addresses and phone numbers, medical and prescription information, tax returns, files created automatically by browsers and operations systems.

Just deleting files or reformatting the hard drive will not remove this information. When you delete a file, the links to reconstruct the file disappear. But the bits and pieces of the deleted file stay on your computer until they're overwritten, and they can be retrieved with a data re-

covery program. To remove data from a hard drive permanently, the hard drive needs to be wiped clean or destroyed.

Utility programs to wipe a hard drive are available online and in stores where computers are sold. These programs are generally inexpensive. Some are available on the Internet for free.

Some erase the entire disk while others allow you to select files or folders to erase. Some overwrite or wipe the hard drive many times while others overwrite it only once. Consider using a program that wipes it many times. (*USAREUR Public Affairs*)

Hautzentrum Wiesbaden

Girl Scouts get together to honor founder

Story and photo by Wendy Brown
U.S. Army Garrison Wiesbaden Public Affairs Office

to see all her fellow Girl Scouts in one place as she looked out over the crowd at the Wiesbaden Dining Facility Oct. 27.

Girl Scout cadet MacKenzie McNair was glad

It was the annual Wiesbaden Girl Scouts "In Her Honor" breakfast, and all the troops — from Daisies to Cadets — were there to celebrate the birthday of Juliette Gordon Low, who founded the Girl Scouts in 1912. "I think it's really fun," McNair said. "It's a good opportunity for all the Girl Scouts to get together."

About 150 people attended the event, which gave some of the younger scouts a chance to meet older scouts and vice versa. The power went out about a half an hour after the event began, but the facility's Soldiers and employees continued serving, said Jeanine Molloy, Girl Scouts overseas committee chair.

Low's birthday was actually Oct. 31, but the Girl Scouts decided to hold the event a few days early so it could be on the weekend, Molloy said.

The event included a cake decorating contest. One cake, in honor of Low's nickname "Daisy," was decorated with daisies made out of frosting. Another cake was made in the shape of the Girl Scout emblem, and others were more traditional birthday cakes.

Jessica Salan, 9, said she appreciated the fact that the dining facility employees could not only put on the breakfast for them, but continue it after the power went out.

Salan, a member of Brownie Troop 965, said she had a really good time and especially liked the mixed vegetables. "It's fun," Salan said of being a Brownie. "I like all the activities."



Daisy Girl Scout Lindsay Molloy, 6, talks to her mother about the cake she entered in a contest at the Wiesbaden Girl Scouts "In Her Honor" Breakfast Oct. 27 at the Wiesbaden Dining Facility. About 150 people attended the breakfast, in honor of Girl Scout founder, Juliette Gordon Low.

Work toward Eagle rank

Scout project helps fellow youth firefighters

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

An Eagle Scout project by 13-year-old Life Boy Scout Brian Welch will benefit youth firefighters in Wiesbaden-Erbenheim for years to come.

Welch, who dedicated more than 80 hours on the project, built a dedicated storage box to store the tools and equipment of young members of the local Fire Department, of which he is a member.

"Scouting is his number one love," said Brian's mother, Claudia.

"I was very happy with him in planning and doing the entire project without his dad being here," said Claudia. "He stuck with it from A to Z."

Brian's dad, Chief Warrant Officer 3 Billy Joseph Welch, is currently serving with V Corps in Afghanistan.

Brian, who is a member of Wiesbaden's Troop 107, first approached the fire chief and spoke with Jenette Vopel, the youth fire department leader for Erbenheim, to ask about possible needs within the organization. He also credited John Falk, assistant scoutmaster, with helping guide him through the project.

"He was there every step of the way. He helped me pick out an Eagle Scout project, suggested a few and was always there to help me."



Brian thanked his mother and grandmother for contributing financially to his pool of funds raised through summer chores to purchase building supplies for the storage box.

"In the beginning I was kind of afraid because it seemed like so much work, but by the end I made it because I believed in myself," said Brian, who has enjoyed Scouting since first getting involved in Cub Scouts in 2008.

"He learned some valuable lessons,"



Photos courtesy of Claudia Welch

Scouts and youth firefighters admire the storage box built as part of Brian Welch's Eagle Scout project. Photo left: Welch and fellow Scouts work on the project.

said Claudia. "You always have to have a Plan B. That's a hard lesson for young kids to learn — things change, but you still have to finish the project."

Among challenges, Brian said, was converting his dimensions from feet and inches to the metric system upon arrival at a local hardware store to purchase

materials.

"You have to adapt and make changes," he said. "It was very hard work, but worth it."

"You have to adapt and make changes. It was very hard work, but worth it."

The future Eagle Scout must now finish the writing portion of the project and complete Citizenship in the World requirements. He said he hopes to have it done by early next year.



Halloween happenings

Tempestt Wilson hands out candy to Peyton Housner, dressed as a zombie gnome, on Halloween night in Aukamm Housing. Bottom left: Audrey Huber, 1 year old and dressed as a cheeseburger, walks toward an apartment building to trick or treat on Halloween night in Aukamm Housing. Bottom middle: James Gonzales scares children in the Family, Morale and Welfare Haunted House on Clay Kaserne Oct. 30. Below right: Daniel Gaston sits perfectly still in a chair with a scream mask on while long lines of trick-or-treaters receive candy at his home on Halloween night in Aukamm Housing. When anyone got too close to Gaston, who appeared to be a dummy at first glance, he jumped up and frightened the wits out of the trick-or-treater.

Photos by Wendy Brown



Cub Scout construction inspectors

Cub Scouts from Pack 13 tour the construction site for the new 5th Signal Command Information Processing Center on Clay Kaserne Oct. 23. Col. Pete Helmlinger, commander, U.S. Army Corps of Engineers, Europe District, gave the scouts an introduction to blueprints, planning and construction engineering. Site engineer Karl Kaiser walked the boys through the site and pointed out safety practices, heavy machinery uses and building highlights. The boys also watched a cement pour.

Photo by Jill Bispels

Community notes ... Community notes

Culture College

New to the Wiesbaden area? Learn about getting around, German culture, community resources and lots more in the monthly Culture College. The next one is Nov. 14-16. Call Army Community Service at mil 335-5254 or civ (0611) 4080-254.

Spouse Sponsorship

Volunteer spouse sponsors are needed to provide a welcoming atmosphere for incoming spouses. Upcoming Spouse Sponsorship training dates are Nov. 13, Dec. 5 and Jan. 14 from 9-10:30 at Army Community Service. Call civ (0611) 408-0254 to reserve a space.

Tree lighting Nov. 30

A Christmas tree lighting event will be held Nov. 30 featuring music, Santa, entertainment, refreshments and more. The event starts at 5 p.m. on Clay Kaserne.

Child care openings

Special Child, Youth and School Services openings will be offered Nov. 17 from 10 a.m. to 4 p.m. and Nov. 30 from 6:30-11:30 p.m. at the Clay Kaserne Child Development Center in Building 1502. Call Parent Central Services at civ (0611) 705-7928 for details.

Religious happenings

The Catholic community features a Thanksgiving Day Mass Nov. 22 at 10 a.m. at Hainerberg Chapel. The Hainerberg Protestant community hosts bowling fellowship at noon Nov. 25.

Commissary holiday hours

The Wiesbaden Commissary will be open from 10 a.m. to 6 p.m. on Veterans Day Nov. 12 and on the day after Thanksgiving Nov. 23. The store will be closed on Thanksgiving Nov. 22.

AWAG Conference

The 2012 Hessen Area AWAG Conference will be held Nov. 29 from 8 a.m. to 1 p.m. at the Community Activity Center on Clay Kaserne. Cost is \$20. For more information send questions to hessen@awagonline.org.



Photo by Karl Weisel

A furry storybook fan

Kahoku, an American Red Cross certified "therapy dog," listens as young readers share stories in the Aukamm Elementary School library Oct. 22. Red Cross volunteer Anja Hunt (right) brought her canine companion to the school to help young first- and second-graders overcome any shyness about reading. "We hope to do a lot more of it," said Jana Fullmer, Red Cross station manager. Red Cross certified therapy dogs have also spent time with wounded warriors at Landstuhl Regional Medical Center, she said.

Red Cross training

The Wiesbaden American Red Cross holds a **volunteer orientation** Nov. 15 from 10 a.m. to noon, a **CPR/first aid class** Nov. 17 from 8 a.m. to 4 p.m. and **dental assistant training** starting Jan. 28 (apply Nov. 13 to Dec. 3). Call mil 337-1760 or stop by the Red Cross Office in Building 1023 (third floor) for details.

Family Child Care

Do you love working with children? Interested in working from home? Looking for an earning potential from \$26,000 to \$40,000 annually? Become a Family Child Care provider. Call civ (0611) 4080-329 or mil 335-5383 for more information.

Library happenings

The Wiesbaden Library holds preschool story time at 10 a.m. Nov. 8, 15 and 29. The library will be open from noon to 4 p.m. Nov. 12 and 22.

BOSS London trip

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

Need training support?

Head to the Wiesbaden Training Support Center in Building 1032 and 1638 on Clay Kaserne to arrange for a host of training support including use of

the Engagement Skills Trainer, Call for Fire Trainer, HMMWV Egress Assistance Trainer, photo support, classrooms and more. Call mil 337-5370 or visit <https://trms.eur.army.mil>.

Next CIB Nov. 27

Pick up the latest information at the Wiesbaden military community's next Community Information Briefing Nov. 27 at 9:30 a.m. in the Community Activity Center on Clay Kaserne. If you can't make it to the briefing visit the garrison's Facebook page at www.facebook.com/usagwiesbaden and follow it live online.

Winter Safety Showdown

A Winter Safety Showdown

(similar to a Jeopardy game show with questions about safety) will be held Dec. 6 at the Community Activity Center. The event, open to local units, will feature information displays, prize drawings and more. Call 5th Signal Command's Joe Michalkiewicz at mil 337-8119 or U.S. Army Garrison Wiesbaden's Helmut Schartel at mil 337-7417 for more information.

IACS closed Nov. 9

The large Installation Access Control System Office in Building 1062 will be closed Nov. 9 while work is done on the Truck Gate Nov. 9-12. People can still get IACS services in the smaller IACS Office in Building 1023N during that time.

Veterans Day event

U.S. Army Garrison Wiesbaden hosts a Veterans Day Ceremony Nov. 8 at 11 a.m. at Veterans Park on Clay Kaserne. The Main Gate will be closed from 10:30-11:30 a.m.

USO Thanksgiving giveaway

The Rhein-Main Area USO is giving away 50 baskets full of food to Army families of Soldiers E-6 and below. To enter the chance to win stop by the USO Cottage in Hainerberg Housing through Nov. 13. The drawing will be held Nov. 15 and 16. Donations are also sought. Call civ (0611) 408-0106.

Mothers of preschoolers

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

Louisiana Frankfurt

Accente Wiesbaden

Tips for stopping itchy skin

By Linda Vo

U.S. Army Public Health Command

Do you have the sort of dry, itchy skin that makes you feel like you're infested with fleas, that keeps you awake at night and miserably raking your skin with a back scratcher?

If the itching weren't bad enough, a dry skin problem can be more than just a superficial issue. You could be giving all sorts of bacteria a way in that can lead to more serious problems. Let's put down the back scratcher and figure out what really causes dry skin.

Dry skin is a common condition that can be annoying, uncomfortable and sometimes painful when left untreated. It can result in itching and scratching or roughness and/or red patches, which can be unattractive and bothersome. In worse cases, dry skin can lead to skin diseases (for example, eczema), severe inflammations of the hair follicles (folliculitis) and skin tissues (cellulites), or even infections when the skin is broken by excessive scratching.

What causes dry skin?

Healthy normal skin has a thin layer of natural fatty substances that lock in moisture, leaving the skin soft and supple. Dry skin is a condition where these fatty oils are deficient, damaged or stripped away, and skin loses its moisture. Soldiers are most likely to experience dry skin when they are exposed to extreme weather conditions.

The following environmental exposures generally cause dry skin:

- During low humidity, cold harsh weather or dry hot weather, dry air draws



There are actions people can take to stop skin from feeling like a desert.

the moisture out of the skin.

- Prolonged exposures, such as taking too many or too long showers or baths, can wash away the skin's natural fatty oils. Also, the evaporation of the water after taking long, hot showers or baths causes the skin to dry.

- The use of harsh soap or chemical cleansers, the overuse of sanitizers and cleaning agents such as rubbing alcohol, or rigorous scrubbing of the skin can strip away the skin's natural

fatty oils.

In addition, dry skin can be a side effect of certain medications or be a symptom for a variety of medical conditions, such as heatstroke, diabetes, hypothyroidism, hyperthyroidism, allergies, infections, hypertension or high cholesterol. The lack of essential nutrients (malnutrition) or dehydration can also deprive the skin of healthy normal skin substances. Also, poor blood circulation can decrease the proper nourishment of skin.

How to care for and prevent dry skin?

Immediate short-term skin care practices to reduce dry skin include:

- Apply moisturizer or an oily substance (such as petroleum jelly) when the skin is damp (for example, after showers).
- Use more mild moisturizers with no perfumes or alcohol.
- Use lukewarm water for washing instead of hot water.
- Decrease the number of showers or baths.
- Avoid rigorous scrubbing of the skin.
- Turn down the thermostat in the winter to reduce the dry air caused by the heat.
- Wear thin cotton gloves after moisturizing your hands when going to bed.
- Bundle up in the winter to protect the skin from cold air.
- Use a humidifier to increase the moisture in the air.

For long-term care and prevention of dry skin, follow these practices:

- Eat healthy, balanced meals to ensure sufficient intake of essential nutrients, particularly fatty acids such as omega-3 that can be found in flax, salmon, sardines and walnuts.

- Drink sufficient amount of water (at least 64 ounces a day) to stay hydrated.

- Engage in regular physical activities

Resources

To learn more about treating dry skin, visit:

American Skin Association, www.americanskin.org.

MedicineNet, www.medicinenet.com/dry_skin/article.htm.

Mayo Clinic, www.mayoclinic.com/health/dry-skin/DS00560.

U.S. Youth Soccer

Warmu Gastro GmbH

American Education Week

Helping students prepare for the world of tomorrow

**Commentary by
Chuck McCarter
Wiesbaden Middle School**

Schools have changed a lot over the years. Gone are the one-room schoolhouses; chalkboards are now often replaced with electronic white boards; laptop computers are replacing text books; and there are a host of new skills for students to learn for the world of tomorrow.

The National Education Association's American Education Week spotlights the importance of providing every child in America with a quality public education from kindergarten through college, and the need for everyone to do his or her part in making public schools great. A great education will allow students to grow, prosper and achieve in the 21st century. All of this is just as relevant and important for our Department of Defense Education Activity students overseas.

This week is a great opportunity for parents to discuss the importance of education with their children and to look for ways to reinforce learning. Research shows that education is a great predictor of personal and professional success later in life.

American Education Week is also a great chance for parents to reconnect with their students' schools and to look for opportunities to volunteer and sup-



Heidelberg District Teacher of the Year Chris Thomas works with a student at Wiesbaden Middle School.

port the schools and the curriculum.

There is much to celebrate in our schools. In 2011 DoDEA schools again outperformed their stateside counterparts on such indicators as the NAEP tests, the TerraNova, the SAT and high school graduation rates. DoDDS schools set high expectations for students and have been studied by other school systems and universities for our consistently high test scores and small minority achievement gap.

Our teachers are keenly aware of the unique needs of DoDEA students. Chris Thomas, science teacher at Wiesbaden Middle School and the Heidelberg District Teacher of the Year, says it best, "As teachers in DoDEA, we feel fortunate and proud that our professional lives

are dedicated to the success of the U.S. military and civilian dependent children in one of the best public school systems in the United States. With the combined and relentless effort of our students, their families, our military command, community support and the schools, our students are prepared for whatever their future may hold."

One important aspect of working in a Department of Defense Dependents School is the constant movement of students in and out of our schools. Teachers and staff know the importance of making students feel welcome as they arrive and helping to get them settled and integrated into the class and the school.

Another important unique quality of our schools is how many parents are absent due to deployment or other temporary duties. Our schools have support groups for children of deployed parents where counselors and teachers work with students, discuss their concerns and lend a supportive ear.

Classroom teachers are keenly alert to changes in a student's behavior or work habits as parents are deployed or return. Teachers work closely with the counselors to ensure students have the support they need.

When parents are back from deployments it is a great idea, whether during American Education Week or any other time, to reconnect with schools and teachers.

In 2012 the 91st annual American Education Week will take place Nov. 11-17. DoDEA schools will be celebrating in a variety of ways. Check with your school to see if events are planned.

Schoolbits

Free 'Hope Theory and Well-Being' seminar

Dr. Chan Hellman will host a free public service seminar, "Application of Hope Theory to Well-Being," Nov. 14 from 11:45 a.m. to 12:45 p.m. at the Clay Kaserne Chapel. The seminar will be held in Classroom 2, Building 1023E on Clay Kaserne, and is presented by the University of Oklahoma. Bring a lunch — light refreshments and dessert will be provided.

FAST classes

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



Neil Ravensbergen shares his math skills during a past Math Night.

Math Night

The Wiesbaden Middle School Parent Teachers and Students Organization hosts a Math Night at Wiesbaden Middle School Nov. 8 from 4-6 p.m. With the theme, Science, Technology, Engineering and Mathematics, the evening will feature free food and fun learning for all.

Use seat belts on buses

Parents and students are reminded that when seat belts are available on school buses, it is German law and Department of Defense Dependents Schools-Europe policy that they must properly buckle the belts before the driver may get under way. (Courtesy of Warrior Talk)



Time for a story

Col. David Carstens, commander of U.S. Army Garrison Wiesbaden, reads "Verdi" by Janell Cannon at Hainerberg Elementary School Nov. 4. The book is about a young python who is yellow, but will turn green by adulthood. About 80 people came out for the event, which included discussions of the book and snake-related crafts. Parent-to-Parent, part of the Military Child Education Coalition, organized the event, and Andrews Federal Credit Union and the Wiesbaden Community Spouses Club provided money for every family to receive a copy of the book.

Photo by Wendy Brown

V Corps spouses put 'It will be done' motto to the test

Challenge themselves during Spouses Combat Day



V Corps spouses march through Clay Kaserne between different challenges.

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

Sgt. 1st Class Ifiok Ette made clear the mission of the V Corps Headquarters and Headquarters Battalion Spouses Combat Day from the outset.

"What's the purpose of today?" Ette asked the 20 or so of us who had signed up and were standing in formation.

"To have fun?" one of us ventured.

"That's right. To have fun," Ette answered. "Hooah?"

"Hooah," we answered in unison. Well, mostly.

From there, we marched to the Wiesbaden Fitness Center for our physical fitness tests. The day was also to include instruction on how to fire weapons, lunch consisting of a meal ready to eat, a tug-of-war and learning how to march in formation.

I had signed up for the day because I thought it would be fun, and it was exactly that.

At the fitness center we broke into five groups. We would do one minute of push-ups, one minute of sit-ups and a one-mile run. The real Army PT test includes two minutes of push-ups, two minutes of sit-ups and a two-mile run.

I knew the push-ups would be my weak spot, and I was right. When my colleagues had asked me the day before how I thought I'd do, my estimate was three. I did four.

In the process though, I learned an important lesson about physical fitness tests. Part of the day's objective was to gain an appreciation for my husband's job as a Soldier, and Sgt. Joseph Zamora, who counted my push-ups, helped me on that account.

At first, I thought I was doing well. I thought I had done five push-ups, and then I realized Zamora had only counted about two of them. I'd heard my husband talk about push-ups not getting counted before, and now I understood. I managed to do a couple more before my arms gave out.

I was glad though. Zamora treated me like a real Soldier and I finally knew how to do a push-up correctly. I marveled as I looked around and saw several other spouses doing 20 or more push-ups easily.



1st Sgt. Keith Williams helps spouses adjust their protective gear.

I thought I'd do a lot better on the sit-ups, but I was only able to do 20. I also thought I'd do a lot better on the run, and here, finally, I was right. I ran the mile in eight minutes and 49 seconds.

Ette also taught us an important lesson about Army teamwork during the run. He made sure everyone finished and ran the last lap with the last runner, encouraging her the whole way.

Outside the fitness center we picked up our M-16 rifle, Interceptor Body Armor and Kevlar helmet and then began our march to the Engagement Skills Trainer to try our hand at various simulated weapons.

People didn't look at us too strangely when we were marching around in our gym clothes, but now

that we were marching around in Army gear, we received a lot of stares and a couple of chuckles. Ette had us work on our cadences as we marched.

"I hear the choppers coming. They're flying overhead," we repeated after Ette. "They've come to get the wounded. They've come to get the dead." Our cadence singing could use some significant improvement, Ette counseled us later.

At the simulator, Sgt. Michael Garcia helped me operate the M2 .50 caliber machine gun, which has been used since World War II. The kick was so great that I had to lean back in order to avoid getting hit in the face. With a gun this big, I was bound to hit something, Garcia encouraged me.

When the results came back, it turned out I might have hit something, but it wasn't the target. Out of 75 rounds, I hadn't hit the target once. Sigh. Several of the other spouses, however, did really well.

Next was lunch. Ette warned us before we began our march to the chapel for lunch that anything could happen along the way and we better keep our eyes open for trouble. Part of being a Soldier is realizing that everything can appear well, and then the next minute it can all change.

When we were almost to the chapel, Ette told me to lie down on the ground and pretend I was hurt. So I did. It took a moment for the troops to notice we had a casualty, but when they did, they sprang into



V Corps spouses do their best to win a tug-of-war competition during the V Corps Headquarters and Headquarters Battalion Spouses Combat Day Oct. 25 on Clay Kaserne.



Participants pay the price for having “misplaced” a weapon during the event — 10 push-ups

action and put me on a stretcher. I told them I had a back injury.

“Do you think we should strap her in?” someone asked.

One woman looked down at me and looked me over, briefly considering what to do. “Naaah,” she said, grinning and waving her hand.

We all laughed. They strapped me in and carried me to the chapel parking lot.

Soon, Ette was handing out the meals ready to eat. He explained how we had to add water to a plastic bag that came with our entrees in order to heat them up. Hurry, he told us, because we only had a half an hour for lunch.

Photos by Karl Weisel

It turned out that eating the MRE was the toughest part of the day. I couldn’t get the package of cheese spread open no matter how hard I tried ripping it open with my teeth. I poured water into the entre heater and managed to get a fair amount of steam and seal it off, but several minutes later my chicken and noodles were still cold. I ate some anyway and they weren’t bad, but my lunch mostly ended up consisting of two fig bars and two vegetable crackers.

Next, Ette taught us an important lesson about keeping track of our weapons. One of us left a weapon

behind during a visit to the bathroom, so one of the Soldiers picked it up and hid it. When the person came back from the restroom, the person mistakenly took someone else’s gun.

After Ette pointed out that one of our guns was missing, he explained the necessity of always keeping track of our weapons. We had to look around for the gun for awhile, but after a few minutes he told us where it was located. We all had to do 10 push-ups though. Or, as in my case, try to do 10 push-ups. The weight of the IBA certainly wasn’t helping any.

From there we started the tug of war, which prompted one of the day’s funnier quotes. “Who’s going to pay for my manicure?” one spouse demanded to know after wrapping her hands around the rope.

Another amusing quote from the day was at the weapons simulator when someone behind me said, “I don’t know if this is supposed to be some kind of recruiting tool, but it’s not working.” Oddly enough, that was about the time I was thinking that if I were several years younger, I might consider talking to a recruiter.

After the tug of war it was almost time to go home, but first we all had to gather around Ette for an after-action review. We all agreed we’d accomplished the mission and had a lot of fun. Most of the suggestions for improvement involved making it more difficult — such as adding a long road-march with heavy rucksacks.

Hooah? Hooah.

Wahoos dive into swim season with home opener

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

The Wiesbaden Wahoos made a grand splash at their home opener versus Heidelberg Sea Lions at the Budenheim Waldschwimmbad.

The team hosted the Oct. 20 meet against the team of swimmers that will become its teammates next year, and thus moving the club into a new division in the European Forces Swim League.

"This is somewhat of a special kind of meet since next year many of these swimmers will be on our team," said Jason Wieman, head coach.

The Wahoos are still reeling from the notable finish of the 2011-12 season where the team won its third consecutive divisional title, and more than half the roster qualified and competed in the individual championships at Eindhoven.

"We were recognized by the league president for the number of swimmers who qualified for the individual championships last season," said Wieman who added that 29 of 44 swimmers qualified for the event.

This year the team's roster has grown and the coaches are meeting the challenges of getting almost 60 swimmers practice time and lane space in the Wiesbaden and Mainz city pools.

"If not for families like the

Parkers and their relationships with the pool managers, we're not sure how we'd be able to get lane time for our team," said Karen Ravensbergen, team vice president, adding that the team generally practices at the Schwimmbad am Grossen Sands in Mainz-Mombach and Hallenbad Kleinfeldchen in Wiesbaden. "Being totally self-supporting, we must find our own resources such as coaching, pools and money, and with a transient community, where coaching can change year-to-year (just as our roster does) we have an excellent and consistent record of growth and success."

As the team members keep wet in competition, the coaches are excited for the team to accomplish the goal of winning the division again, getting at least 50 percent of the roster qualified for the individual championships and to see each athlete accomplish new personal bests. Also eyes are on last season's standouts Drew Parker, Sophie Parker, Tyler Peng and Shantell Wynn to see if they will improve upon their performances at the individual championships in February.

"We are feeling very confident about another Divisional Championship at the end of January — the Wahoos are the pride of the Tyrolian Division now and have been for the past three years," said Ravens-



Photo by Chrystal Smith

Girls ages 13-19 dive in to compete in the 50-meter freestyle at the Waldschwimmbad in Budenheim during the Wahoos swim team's home opener Oct. 20.

bergen.

Already, 20 swimmers have qualified to participate in the individual championships that will take place in Eindhoven, Netherlands, Feb. 16-17. Noteworthy are Drew Parker, who has qualified for six individual events; Wynn and Peng, who are qualified for five; and Sophie Parker for four.

Throughout the community, the notoriety of the team is picking up as more high school students have joined the team and the sport is recognized as a varsity sport even though it is not a Department of Defense Dependents School-Europe

governed sport.

"We're working hard to get them the recognition," said Ravensbergen, who said that there has been "so much growth in the interest of the sport" in the local community over the last five years.

An all-volunteer effort keeps the team afloat and in the top of the heat of the EFSL.

"Dozens of parents and other volunteers step up and do a lot more than what's required," said Wieman about the number of parents and Soldiers who help with practices and in the administration of hosting home meets. "Without every-

one else stepping up to make this happen, this would not be possible. We are always looking for volunteers to help with the team."

"All this success results from the hard work of our coaches and families," said Ravensbergen.

The team hosts its next home meet at the Waldschwimmbad, Dec. 1 versus Eifel, Heidelberg and Lakenheath.

Contact the team at swim-wahoos@yahoo.com for more information about joining the team as a swimmer or volunteer. Learn more about the team at <http://wiesbadenwahoos.com>.

Things to do . . . Things to do . . . Things to do

SKIES classes

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

USO classes, tours

The Rhein Main Area USOs feature ballroom, swing and salsa dance lessons; portrait photography classes; wine tasting; ballet and more. Upcoming tours include **Lyon, France**, Nov. 9-12; **Frankfurt** and dinosaurs Nov. 10; **Metz, France**, and antique market Nov. 17; **Weimar and Buchenwald concentration camp** Nov. 17; **Black**

Forest Thanksgiving Nov. 22; **Valkenburg Caves Christmas Market** Nov. 23; **Battle of the Bulge** Dec. 1; **Seiffen and Erfurt Christmas Markets** Dec. 1; **Berlin Christmas Markets** Dec. 1; **Rhein River Cruise and Ruedesheim** Dec. 2; **Christmas in France** (Colmar and Strasbourg) Dec. 8; **Bad Wimpfen Christmas Market** Dec. 8; **Amsterdam Christmas Express** Dec. 8 and **Mosel River Christmas Markets** Dec. 9. Call mil 335-5106 or stop by any Wiesbaden USO for more information.

'Seussical, the Musical'

Don't miss the chance to catch the Theater Unlimited's English-language, children's production of "Seussical, the Musical" Jan. 19-20 at the Bad

Homburg Kurhaus. Show times are 2 and 6:30 p.m. for the family-friendly musical, featuring characters from the fantastic world of Dr. Seuss. Call civ (06172) 178 3710 for ticket information.

Outdoor Rec highlights

Join Wiesbaden Outdoor Recreation for a trip to **London** Nov. 16-18 or a Thanksgiving ski trip to **Zermatt, Switzerland**, Nov. 21-25. Get an early-bird discount for signing up early. Outdoor Rec also features trips to the following Christmas markets in December — **Nürnberg** Dec. 1, **Rothenburg** Dec. 8 and **Strasbourg** Dec. 15. Stop by Outdoor Rec in Building 1043 on Clay Kaserne or call mil 337-5760 or

civ (0611) 705-5760 for details.

Wiesbaden Christmas Market

Get into the holiday spirit by heading to the Wiesbaden Christmas Market for traditional holiday treats, carols, gifts and more. The market opens Nov. 27 in downtown Wiesbaden.

Irish Pub gigs

The Wiesbaden Irish Pub features **Gelon** Nov. 8, **Timmy Rough Duo** Nov. 9, **Planet Sulo** Nov. 10, karaoke Nov. 11 and 13, open stage night Nov. 14, **Steven McGowan** Nov. 15, the **Capones Band** Nov. 16 and **Macy's Mob** Nov. 17. The Irish Pub is located at Michelsberg 15. Visit www.irish-pub-wiesbaden.de for more information.



Photo by Chrystal Smith

Tennis encouragement

Coach Gina Monteleone gives Peyton Taylor and Kate Connors a bit of encouragement during a break in doubles action versus Patch High School Oct. 26 at the Hochheim Tennis Center in the 2012 DoDDS-Europe Tennis Championships. The team finished fifth in overall competition and Patch went on to win the doubles title. Wiesbaden teammate Jade Sullivan, ninth-grader, finished third in girls singles competitions. "It's a great experience for me as a coach to see the team come along so well," said Tom Rooney, head coach.



Photo by Wendy Brown

Working the ball

Steve Granitz of Wiesbaden dribbles the ball during a U.S. Forces Europe Community Level Soccer Championship game against Sigonella Oct. 27. After a shootout, Ramstein took first place in a 7-6 game against defending champion Vicenza. Schweinfurt came in third.

Sports shorts ... Sports shorts ... Sports shorts

Cross country champs

Congratulations to all of the finishers at the Department of Defense Dependents Schools-Europe Cross Country Championships in Baumholder Oct. 27. Among the fastest Wiesbaden runners for the girls were Anna Seiferth in seventh place and Gabriela Elliott in 11th place. Fastest Wiesbaden boy finishers were Alex Wieman in 11th place and Kelsey Thomas in 13th place.



Photo courtesy of Steve Steininger

Sport shooters

Head to the Wackernheim Range Nov. 17, Dec. 15, Jan. 26, Feb. 23 or March 23 from 10 a.m. to 4 p.m. for recreational shooting with the Wiesbaden Hunting, Fishing and Sport Shooting Program. Cost is \$8 for members and \$12 for non-members. Call Wiesbaden Outdoor Recreation at civ (0611) 705-5760 or 5302 for details. Congratulations to Jim Brashear and Mike Dolan winners of the coveted Ehrenscheiben (honor plates for their outstanding competitive shooting).

Youth team sports

Registration is now underway for Child and Youth Services winter team sports including wrestling, basketball,

Shooters at the range in Wackernheim.

dodge ball, cheerleading and nerf hockey. Children ages 3-18 of active or retired military and Department of Defense civilians working in the military community are eligible to enroll. Youths must have a current sports physical. Contact Parent Central Services, located in Building 1215 on Clay Kaserne, at mil 337-7928 or civ (0611) 705-7928 for registration information.

Fishing course

Wiesbaden's Hunting, Fishing and Sport Shooting Program offers a U.S. Forces German fishing course Nov. 10-12 from 9 a.m. to 5 p.m. Call Wiesbaden

Outdoor Recreation at civ (0611) 705-5760 for more information.

Turkey Trot

The Wiesbaden Fitness Center hosts a 10-kilometer run/five-kilometer walk Nov. 17 starting at 9 a.m. Cost is \$20 to register with registrants getting a complimentary T-shirt and all runners vying for the chance to win a turkey. Call mil 337-5541 or civ (0611) 705-5441 for details.

Basketball tournaments

Wiesbaden Sports hosts a pre-season basketball tournament Nov. 10-11. It is no cost to help units prepare for the upcoming unit-level basketball season. The Wiesbaden Fitness Center holds a Thanksgiving Basketball Tournament Nov. 23-25. Cost is \$275 per team with T-shirts going to the first 10 teams to register. Call mil 337-5541 or civ (0611) 705-5541.

Women's volleyball

Women's community volleyball is held Wednesday nights from 6:30-8:30 p.m. at the Wiesbaden Fitness Center. Join in to have fun, work out and improve your game. For more information contact Coach Chris at spoonyc@hotmail.com or

strike-eagles.2012@gmail.com.

Applying for all-Army sports

Soldiers in Europe wanting to compete in higher level sports programs can apply online at <https://apps.imcom.army.mil/apprac>. Female and male soldier-athletes and coaches can be selected and try out to 29 sports that lead to All-Army, Armed Forces, world military (CISM) and the Olympics. Commander's approval is mandatory before being considered. Soldiers selected can complete for up to three months, depending on the sport. Visit www.armymwr.com or contact U.S. Army Garrison Wiesbaden sports director Kevin Ringgold at mil 335-5322 or civ (0611) 4080-322 for more information.

Boys soccer camp

An NCAA college soccer recruitment camp will be held next year in Bitburg, April 5-7, featuring representatives from colleges ranging from the U.S. Military Academy in West Point to the University of Dallas. Coaches will run six to eight sessions, provide feedback to players and explain the recruitment process. Cost is €300. Send an email to collegesoccercamp@gmx.de for more information.

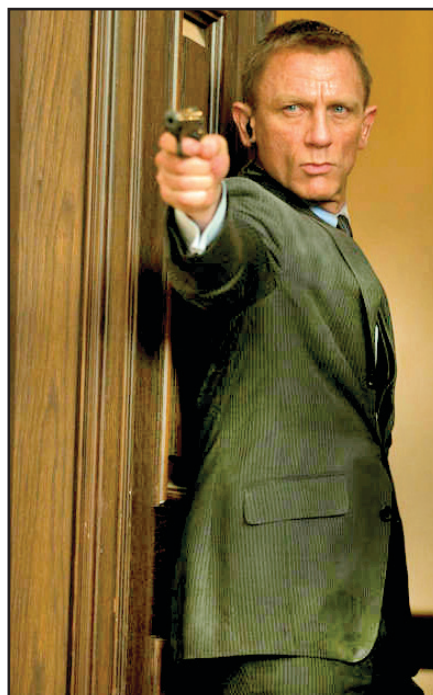


Jennifer Garner, Cameron Adams and Joel Edgerton star in the touching drama, "The Odd Life Of Timothy Green."

At the movies Nov. 8-22

Wiesbaden, Taunus Theater

- Nov. 8 — Hit And Run (R) 7 p.m.
- Nov. 9 — The Man With The Iron Fists (R) 7 p.m. Flight (R) 9:30 p.m.
- Nov. 10 — Wreck-it Ralph (PG) 4 p.m. The Man With The Iron Fists (R) 7 p.m.
- Nov. 11 — Ice Age: Continental Drift (PG) 4 p.m. Flight (R) 7 p.m.
- Nov. 12 — The Man With The Iron Fists (R) 7 p.m.
- Nov. 13 — The Expendables 2 (R) 7 p.m.
- Nov. 14 — The Expendables 2 (R) 7 p.m.
- Nov. 15 — Abraham Lincoln: Vampire Hunter (R) 7 p.m.
- Nov. 16 — Skyfall (PG-13) 7 p.m. Hit And Run (R) 9:30 p.m.
- Nov. 17 — Paranorman (PG) 4 p.m. Skyfall (PG-13) 7 p.m.
- Nov. 18 — The Odd Life Of Timothy Green (PG) 4 p.m. Skyfall (PG-13) 7 p.m.
- Nov. 19 — Skyfall (PG-13) 7 p.m.
- Nov. 20 — The Bourne Legacy (PG-13) 7 p.m.
- Nov. 21 — The Odd Life Of Timothy Green (PG) 7 p.m.
- Nov. 22 — Sparkle (PG-13) 7 p.m.



Russell Crowe stars in the "The Man With The Iron Fists," a story about a stranger who finds himself in the middle a clan war in China. Photo right: Daniel Craig is back as James Bond in the latest installment of the 007 franchise, "Skyfall."

Movie plots

Hit And Run (R) — This is the story of Charlie Bronson (Dax Shepard), a former getaway driver who busts out of the Witness Protection Program to drive his girlfriend (Kristen Bell) to Los Angeles so she can land her dream job. Their road trip grows awkwardly complicated when they are chased by the feds (led by Tom Arnold) and increasingly dangerous when Charlie's former gang of criminals (led by Bradley Cooper) enter the fray.

The Man With The Iron Fists (R) — Since his arrival in China's Jungle Village, the town's blacksmith has been forced by radical tribal factions to create elaborate tools of destruction. When the clans' brewing war boils over, the stranger channels an ancient energy to transform himself into a human weapon. As he fights alongside iconic heroes and against soulless villains, one man must harness this power to become savior of his adopted people. Stars Lucy Liu and Russell Crowe.

Wreck-It Ralph (PG) — Ralph (voice of John C. Reilly) longs to be as beloved as his game's perfect Good Guy, Fix-It Felix (voice of Jack McBrayer). Problem is, nobody loves a Bad Guy. But they do love heroes ... so when a modern, first-person shooter game arrives featuring tough-as-nails Sgt. Calhoun (voice of Jane Lynch), Ralph sees it as his ticket to heroism and happiness. He sneaks into the game with a simple plan to win a medal, but soon wrecks everything and unleashes a deadly enemy that threatens every game in the arcade.

The Expendables 2 (R) — The Expendables are back, and this time it's personal. After Tool (Mickey Rourke), the heart and soul of the Expendables, is brutally murdered on a mission, his comrades swear to avenge him. They're not the only ones who want blood. Tool's beautiful young and wild daughter Fiona embarks on her own revenge mission, complicating matters when she is captured and ransomed by a ruthless dictator plotting to destroy a resistance movement. Now Barney and the Expendables must risk everything to save her and humanity. Also stars Sylvester Stallone, Jason Statham, Chuck Norris and Jet Li.

Skyfall (PG-13) — James Bond's loyalty to M is tested as her past comes back to haunt her. As MI6 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost. Stars Daniel Craig, Ralph Fiennes, Judi Dench and Javier Bardem.

The Odd Life Of Timothy Green (PG) — When young Timothy suddenly comes into the lives of Cindy and Jim Green, they learn that sometimes the unexpected can bring some of life's greatest gifts. Stars Jennifer Garner, Joel Edgerton and Ron Livingston.