

Inside



Feedback

"I do everything in moderation," said Baumholder's Katie Beyer-Rodgers on her way of staying fit. See page 2 for more reader feedback.



Suicide prevention

USAREUR leaders join NCOs in encouraging awareness, response to Soldiers seeking help during innovative training. See page 5.



Best bodies

U.S. Forces Europe bodybuilding champs crowned in Wiesbaden meet. See page 19.

Herald Union



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Photo by Karl Weisel

U.S. Army Garrison Wiesbaden civilian employee Chris Wolfe (second from left) is joined by his wife Donielle (left), daughter Vanessa and fellow extreme runner Holger van Dorp at the finish line of the Wiesbaden 25-hour run Sept. 13 after running for 25 hours straight. Wolfe was among more than 165 runners from the garrison on teams who joined their fellow German runners in the charity event. (See the story on page 7.)

Comprehensive Community Fitness

Special issue focuses on medical benefits, health and wellness

Maintaining a healthy workforce, ensuring that service members and their families are aware of their health care benefits and providing easy access to care are all vital goals of military leaders.

This week the *Herald Union* takes a

look at various health and wellness issues as part of the Europe Regional Medical Command's Health Care Benefits Awareness Month, Suicide Prevention Month and this command's focus on comprehensive community fitness.

A Comprehensive Community Fitness Fair in Wiesbaden Sept. 17 offered community members a broad look at the diverse services and support available. Upcoming programs will continue the command's emphasis on promoting health and wellness.

Encouraging health, fitness among Soldiers, civilians, families and retirees

Feedback: What do you do to stay healthy?



Irma Moore
Baumholder Army
Community Service

"I do water aerobics twice a week with my friends and I also work out every morning. And I try to eat healthy."



Command Sgt. Maj. Ralph Beam
U.S. Army Europe/7th Army

"I capture the physical and mental aspect. For the physical, two to three times a week I run with Soldiers. For the mental aspect I talk to them."



Tahroma Skugrud
Wiesbaden health
promotions officer

"I eat as healthy as I can and sleep as much as I can because both are important to good health."



Rona Spataro
Baumholder Army
Community Service

"I try to set goals. Right now I'm training for a half marathon and it just helps keep me motivated and I try to eat well."



Joyella Farrington
Wiesbaden Child, Youth
and Schools Services
administrative assistant

"I do zumba twice a week. I don't fry anything. I bake everything, and I try to laugh all the time ... all of the time."

When on the run, remember safety

By Awan Mohammad
Wiesbaden Safety and
Occupational Health Office

As with any outdoor activity, it is important to be aware of your surroundings.

Never jog or run any place where you might feel uncomfortable or unsure of your surroundings. It's always a good idea to run with a buddy.

Avoid jogging or running at night, since cars cannot see you and it is difficult for you to see the ground.

Remember that roadways are designed primarily for vehicular traffic. Instead use sidewalks, bike paths, physical training tracks and open fields. And most important, pedestrian traffic rules apply to individual joggers or runners.

Personal fitness

Before running, participate in a gradual conditioning program with emphasis on balancing out the strength of musculature or correct muscle imbalance. A program consisting of muscular fitness, gradual aerobic conditioning and stretching before and after running is beneficial.

To reduce risk of stress fractures, a slow and progressive training program that gradually increases strength and endurance of the back and lower extremities is recommended.

Remember to warm up and stretch at least five to 10 minutes before running.

Contact a local Family, Morale, Welfare and Recreation trainer for additional information on running conditioning and correct running form.

Many FMWR facilities provide safety and injury prevention information regarding preparation, conditioning and training proper running techniques. Imperfections in running style can lead to injury.

Equipment

Proper fitting running shoes are important. Replace shoes every six months. Orthotics may be beneficial for runners with excessive pronation.

Training/ technique

Correct training errors. Training should be gradually increased. For beginning runners, alternate day running is recommended.

The runner should be able to talk without being short of breath. Monitor both the intensity and the duration of work-outs.

Excessive distances, hill running and speed work may cause common overuse injuries such as iliotibial band friction syndrome and shin splints. A general guideline is to increase running distance by 10 percent per week. Monitor the number of days of high intensity workouts

and the increase in the training programs. Alternate high-effort days with low-intensity days of running.

And remember, the body responds to excessive stress placed upon it. Even if an experienced runner attempts to increase mileage in a short time, injury may result.

Discontinue training hard if tired. Prevent running through pain. If it takes more than 48 hours to recover, the workouts may be too long or intense.

If racing, don't try to make up for lost miles.

Don't increase mileage more than 10 percent a year.



Stretching is important to do both before and after running .

Environment

Soft and flat running surfaces are recommended. Avoid excessive running on cement or asphalt. Uneven ground or slanted roads should be run with caution. Running on slanted surfaces are responsible for increased injury rates.

Wear clothing appropriate for weather. For cold weather, dress in layers, cover both head and hands. For hot weather, wear porous clothing. Heat acclimatization usually takes about two weeks.

The American College of Sports Medicine recommends that runs or races greater than 10 miles should not be run in temperatures over 82.4 degrees. If the temperature exceeds this, the run should be performed before 9 a.m. or after 4 p.m.

Avoid alcohol consumption during any athletic participation — especially running.

Proper hydration during pre-activity and actual activity participation is recommended to prevent fatigue and heat illness. Runners should be trained to recognize early signs of heat injury. To run at higher altitudes, allow three to four weeks to acclimatize to avoid hypoxia during acute exposure.

**Comprehensive
Community
Fitness**

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Command and newspaper staff

USAG Wiesbaden Commander.....Col. Jeffrey W. Dill
USAG Wiesbaden Command Sergeant Major
.....Command Sgt. Maj. Hector Alexander Prince
Public Affairs Officer.....Anemone Rueger
Editor.....Karl Weisel (mil 337-7405)
USAG Wiesbaden Reporters.....Chrystal Smith (mil 337-1400)
.....Jennifer Clampet (mil 337-5150)
USAG Baumholder Reporter.....Ignacio Rubalcava (mil 485-6191)

News flash

Wiesbaden Dining facility to reopen for civilians

Starting Oct. 1 the Wiesbaden Dining Facility will once again serve and be open to civilian employees.

Medical unit cited for supply excellence

Wiesbaden's 557th Medical Company, 30th Medical Command, won an honorable mention in the Category Level 1 (A) MTOE for company/battery/troop or detachment in the U.S. Army Europe level of the Army's Supply Excellence Awards competition. The program recognizes outstanding logistics operations. (USAREUR and Seventh Army Public Affairs)

Force Protection Exercise

The U.S. Army Garrison Wiesbaden will conduct a Force Protection Exercise on Wiesbaden Army Airfield Sept. 24 to test the community's ability to respond to a serious incident in order to save lives; secure the site to preserve evidence and protect resources; assess damage and quickly restore critical command, control, communications and infrastructure services. Other military units, support agencies and host nation first responders are also participating in the exercise. While the exercise will not involve any real-world scenarios such as burning cars, the community is advised to avoid the clearly marked exercise area and to follow any instructions of the Military Police. No road blocks are planned at this time.

Combined Federal Campaign: a time to give

This year's Combined Federal Campaign is right around the corner. During the annual fund-raising campaign, Soldiers and civilians will have the opportunity to give to the charity of their choice. Visit www.cfcoversas.org for more information.

Harvard Fellows Program

Installation Management Command-Europe Human Resources officials invite federal employees at the GS-14/15 levels and their military counterparts to apply for the Harvard Senior Executive Fellows program slated to be held Feb. 16 to March 12, 2010. For more information and application instructions visit <http://cpol.army.mil/library/train/catalog/ch04husef.html>.

Stopping car break-ins

MPs advise residents to keep a watchful eye in wake of thefts

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

Wiesbaden Military Police are reminding families to not be "targets of opportunity."

Last month MPs closed 20 cases of car break-ins that occurred in Crestview and Hainerberg Housing. All were linked to a U.S. military family member who, according to police, saw vehicles in military housing areas as easy targets.

From May to August the string of car break-ins racked up a total cost of \$10,713 in property damage and loss, according to MP reports.

Everything from iPods and navigation devices to passports and purses were among the items reported stolen and, according to police, sold by the military family member at the local train station.

The family member was first arrested by the Polizei in an unrelated case. German police then contacted Wiesbaden MPs who questioned him.

MP Investigator Eric Tanner said the man admitted to the break-ins and to having a German national accomplice—that accomplice has not yet been charged in connection with the cases.

"He admitted to a drug problem and to a desperate need to feed his addiction," said Tanner.

According to the man's confessions, the duo targeted the American housing areas for two reasons. First most people didn't lock their vehicle doors.

For Tricare Prime members

Second, people left their valuables in plain sight.

During the course of the break-ins, MP investigators noticed similarities between the cases. The suspects would enter through the passenger-side doors either via an unlocked door or a smashed window.

"Overall, there is not a big problem with larcenies from the housing areas, with the exception of the last string of thefts," said Master Sgt. William Trabucco, provost sergeant for U.S. Army Garrison Wiesbaden.

"The people who perpetrated those thefts targeted the housing area because they thought it would be easier, and it was," he said.

Tanner and Trabucco said practicing basic crime prevention can curtail thefts. Don't leave your doors unlocked. Don't leave valuables in plain sight in your vehicles. If you see a suspicious person or occurrence, report it to the MPs.

Tanner also encourages people to report car break-ins even if nothing was damaged or stolen. Tanner said he believes the number of car break-ins associated with the recent string of thefts is much higher than 20. But people tend not to report a break-in if nothing

was taken.

The Wiesbaden Directorate of Emergency Services wants community members to be more involved with crime prevention. Trabucco talked about a community policing effort where residents are asked to keep their eyes out for suspicious activities and provide useful information to law enforcement.

"As opposed to the generic complaints such as 'I saw a car parked in a handicap spot at the PX the other day,' what would be preferable and useful would be 'I saw a blue Ford, license plate WI ABC 123, parked in a handicap spot at the PX at about 10 a.m. on Sunday.' The more we can get people to tell us, the better we will be able to assist

them," said Trabucco.

Community policing would also involve getting law enforcement out in the community more to build rapport with residents. Trabucco said building a level of trust makes residents comfortable calling the MPs to report activities or to come forward with information useful to solving a case or even preventing a crime from happening.

"What it boils down to is if you make it harder for the criminals, there will be less crime," he said.

Helpful tips

- ☞ Lock your doors both to your homes and vehicles
- ☞ Keep valuables out of sight in your vehicles
- ☞ Keep an eye out and report suspicious occurrences
- ☞ Help police by giving specific details.

Three ways to fill prescriptions overseas

Tricare Prime members have three options for getting prescription medications while serving overseas: the military treatment facility, by mail or downtown.

The most common way members pick up their medications is at the MTF pharmacy immediately after their appointments.

Are you new in the area and need to find the closest MTF? Go to www.tricare.mil/mtf to find the military pharmacy nearest to you.

But what about those maintenance prescriptions like those that treat high cholesterol or blood pressure? There is an even better option—the Tricare National Mail Order Pharmacy.

It offers a convenient, cost-efficient way to fill prescriptions over the phone and get free delivery

in the United States or to APO/FPO addresses. These prescriptions must be written by a U.S.-licensed provider.

You can call civ (001) 866-DOD-TMOP or get additional information at www.express-scripts.com/tricare. Many MTFs do not provide 24-hour coverage, so you may have an emergency or urgent care need that requires follow-up medication.

If it must be started immediately, another option is to use a pharmacy downtown. Beneficiaries can buy prescription drugs from local pharmacies and file a claim for reimbursement.

Make sure you keep a copy of the prescription detailing all the charges, the receipt for the amount paid and the necessary paperwork.

If you pay for a pre-

scription in advance, annotate this on the bill requesting payment be made to you, the patient.

More information on filing claims can be found at tricare.mil/mybenefit/home/medical/claims.

A quick note of caution, Tricare cannot pay for any medications that are considered over-the-counter medications in the United States even if the medications require a prescription in the host-nation country.

MTFs, mail and downtown pharmacies not only provide coverage to beneficiaries in situations while overseas, but the coverage options give peace of mind knowing that Tricare pharmacy benefits will be there to cover you during your assignment — from maintenance meds to midnight pharmacy runs. (Courtesy of Tricare)



From the blotter

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

Aug. 28

Baumholder: A Soldier was charged with wrongful damage to private property after damaging the front door of his quarters and fleeing the scene.

Wiesbaden: Two Soldiers were charged with wrongful possession of a controlled substance.

Aug. 30

Baumholder: A family member was charged with simple assault after striking a local national with an open hand.

Aug. 31

Baumholder: A noncommissioned officer was charged with simple assault after being involved in an altercation which turned physical.

Wiesbaden: An NCO was charged in a traffic accident after striking a wall.

Sept. 1

Baumholder: An NCO was charged with wrongful possession of hallucinogens after German police did a routine check at the German border.

Sept. 2

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

Sept. 4

Baumholder: A Soldier was charged with simple assault and resisting apprehension after yelling profanities and becoming belligerent.

Wiesbaden: An NCO was charged in a traffic accident after striking a rock.

Sept. 5

Baumholder: Three Soldiers were charged with simple assault after an altercation became physical.

Wiesbaden: An NCO was charged with drunken driving after German police did a routine check and the NCO failed an alcohol test.

Sept. 6

Baumholder: A Soldier was charged with wrongful damage of government property after damaging a refrigerator and wall locker.

Sept. 7

Baumholder: A Soldier and a family member were charged with possessing a controlled substance and drunk and disorderly conduct.

Sept. 9

Wiesbaden: A Soldier was charged with non-consensual sodomy after performing a sexual act on a victim.



Photos by Karl Weisel



Health, Fitness Fair Fun

Martha Hernandez (left) picks up information from the Exceptional Family Member Program's Gina Soriano and traumatic brain injury nurse Lorna Samuels (right) during the Comprehensive Community Fitness Fair Sept. 17 in the Wiesbaden Fitness Center. Photo left: Lt. Col. Chad Gooderham of the Wiesbaden Health Clinic administers the flu mist to Jennifer Dodson during the Comprehensive Fitness Fair. While the staff is currently only providing doses of the flu mist, the flu vaccine should arrive in the next several weeks, Gooderham said. The H1N1 vaccine is expected to arrive at the clinic around mid-October, he added.

Good dental care for tots to teens

By Maj. Kevin Parker
Wiesbaden Dental Clinic

The goal at the Dental Clinic is to help all children feel good about visiting the dentist and to teach them how to care for their teeth. From the special office designs to the staff's communication style, the main concern is what is best for your child.

Pleasant visits to the dental office promote the establishment of trust and confidence in your child that will last a lifetime.

Pediatric dentistry is the specialty of dentistry that focuses on the oral health of infants, children and adolescents, including persons with special health care needs.

Pediatric dentists focus on prevention, early detection and treatment of dental diseases and keep current on the latest advances in dentistry for children.

The pediatric dental community is continually doing research to develop new techniques for preventing dental decay and other forms of oral disease.

Studies show that children with poor oral health have decreased school performance, poor social relationships and less success later in life. Children experiencing pain from decayed teeth are distracted and unable to concentrate on schoolwork.

It is very important that primary teeth be kept in place until they are lost naturally. These teeth are important for chewing, speech and saving space for the permanent teeth.

The first dental visit should occur shortly after the first tooth erupts and no later than the child's first birthday. Beginning tooth and mouth examinations early may lead to detection of early stages of tooth decay that can be easily treated.

At the Wiesbaden Dental Clinic the pediatric dentist will see patients from six months through 11 years old. Patients 12 years old and older will be seen by a general dentist.

To make an appointment for an exam or emergencies call the Wiesbaden Dental Clinic at mil 337-7804/1720 or civ (0611) 705-7804/1720. In Baumholder call 485-2211/2210 or civ (06783) 6-2211/2210.

Military Treatment Facilities in Europe offer treatment to military family members on a space-available basis, but whether or not space is in fact available can vary.

Your best bet is to hold on to your Tricare Dental Program insurance which provides an even better benefit in Europe than in the United States.

Visit www.europe.tricare.osd.mil/ for more information on benefits and to search for providers.

For after-hour dental emergencies in Wiesbaden call civ (0611) 705-114 or in Baumholder call civ (06783) 6-114.



Fighting the stigma

USAG Wiesbaden's Suicide Prevention Training targets NCOs

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

A sea of green stared down at Sgt. 1st Class Lori Luster as she stifled a sob.

In front of Gen. Carter Ham, U.S. Army Europe and 7th Army commander, and a crowd of 800 Soldiers, mostly non-commissioned officers, Luster fought to keep her composure.

Her hands shook and her lips quivered as she detailed her downward spin into depression.

Luster was a keynote speaker for the U.S. Army Garrison Wiesbaden's Suicide Prevention Training seminar for NCOs.

The first of its kind in U.S. Army Europe, the two-hour event carried a clear message. The stigma of seeking help for psychological health issues has to be overcome.

During two separate deployments, Luster had endured two losses — the combat deaths of her fiancé and her battle buddy from basic training. With anger, hatred and rage consuming her, Luster said she wanted to die.

While deployed, she volunteered for missions when her unit left the forward operating base. She admitted to putting her life on the line because she didn't feel like her life was worth living.

Luster, with the 501st Military Police Company, Special Troops Battalion under the 1st Armored Division, dabbed at her tears with a tissue.

"I thought this was something I could work through myself," she said. "I thought wrong." The hardest part was overcoming the fear of being seen as weak.

Army officials are working to overcome the stigma of mental health treatment as numbers for reported suicides in the Army continue to rise. In 2007 the Army had 115 confirmed cases of suicide. In 2008 it was 140 cases. And already this year, 109 suicides have been reported as of Aug. 24.

A three-phase approach to suicide prevention training was implemented this year. Phase III is the annual training of Soldiers on suicide awareness prevention.

"With Phase III the Department of the Army wants to make sure there is a maintained emphasis on suicide prevention," said Tahroma Skugrud, health



Photo by Karl Weisel

More than 800 Soldiers, mostly noncommissioned officers, follow the Suicide Prevention Training Sept. 14. Photo below: Gen. Carter Ham.

promotion officer.

The Sept. 14 training at the Wiesbaden Fitness Center was part of the Wiesbaden units' Phase III training and recognition of Suicide Prevention Month.

"In survey after survey after survey large numbers of Soldiers admit to being afraid of being perceived as weak if they ask for help," said Ham.

"It's a challenge for the leaders of our Army. It's up to you; it's up to us to identify the warning signs ... encourage (Soldiers) that they won't be treated differently, but (that they will be) treated with dignity and respect if they ask for help," Ham said.

Skugrud said NCOs were targeted for the training because of their key positions in the process of recognizing the warning signs for suicide. The training was also a way to honor them during the Year of the NCO.

"If you don't talk to your Soldiers, you won't know what's going on," said USAREUR Command Sgt. Maj. Ralph Beam during the training.

Ham and Beam both stressed that NCOs are the Army's direct connection to Soldiers. "No one knows the Soldiers better than you," they said.

Wiesbaden's Suicide Prevention Training pulled experts and personnel from the Wiesbaden Health Clinic, health promotion and behavioral health department and garrison tenant units.

The event used first-person testimony, encouragement from high-ranking Army commanders and interactive skits designed to facilitate open dialogue about behavioral health.

One of the crowd's loudest rounds of applause came for a skit that reflected the stresses involved with being a first sergeant — unanswered emails, piles of reports, troubled Soldiers, family demands and the uneasy feeling of going on another deployment.

Actors shouted, screamed and mumbled their emotions playing their parts as both superiors and lower-ranking Soldiers. And for each, the skits were replayed with a "what should have happened" reenactment.

Most skits were resolved with a single NCO taking the time to "Ask, Care and Escort" — a demonstration of the ACE Suicide Prevention program.

"As leaders of this Army, we have to openly acknowledge this problem," said Ham. "Most of us have served in a unit where a Soldier or family member has committed suicide. And now because of courageous Soldiers, we can talk about this."

Luster said she was physically and mentally exhausted by the time she entered a reintegration station and someone asked if she wanted to talk to someone. She broke down and finally accepted help.

"There is no shame in admitting that one needs help," said Luster as she ended her speech. "I hope you can use (my story) to benefit your Soldiers."

And the crowd of NCOs and officers erupted into applause.



New online tool offers free assessments for military

In the United States, more than 90 percent of people who die by suicide suffer from one or more psychiatric disorders at the time of death. For military personnel, these disorders are often closely linked to the unique hardships they face. Fallen comrades, parentless children, grieving communities — these are some images that may never leave the memories of those in combat.

But with appropriate care the emotional turmoil that sometimes follows can be alleviated and suicide can be prevented.

Military Pathways, a Department of Defense-funded program, has launched an expanded online screening tool that allows service members and their families the opportunity to assess their mental well-being, anonymously, and to identify symptoms before a problem becomes serious.

Military Pathways' anonymous self-assessments can be accessed at www.MilitaryMentalHealth.org or by calling civ (877) 877-3647.

The self-assessments address post-traumatic stress disorder, depression, generalized anxiety disorder, alcohol use and bipolar disorder. After completing a self-assessment, individuals receive referral information including services provided through the Department of Defense and Veterans Affairs.

Military Pathways is associated with the nonprofit organization, Screening for Mental Health, and is fully funded by Force Health Protection and Readiness under the Office of the Assistant Secretary of Defense, Health Affairs.

Although most depressed people are not suicidal, most suicidal people are depressed. About 70 percent of people who die by suicide tell someone about it in advance, and most are not receiving treatment at that time.

Thus, friends, family members and battle buddies are often the best resources to prevent suicide, but many people don't know how to recognize the warning signs or how to help someone who may be at risk. This is where online screenings can help. (Courtesy of Screening for Mental Health)

Money savers, years of service honored

Employees cited for Lean Six Sigma efforts, length of service

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

Garrison leaders recognized employees for saving millions of dollars and having dedicated more than 1,400 years of service during a ceremony in the Community Activity Center Sept. 10.

“When I think of the hard work and dedicated representatives in this room, I am humbled,” said Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander.

Referring to the common perception of noncommissioned officers as being the “backbone of the Army,” Dill said that “over a lifetime of affiliation with the U.S. Army I’ve come to realize that civilian employees are the backbone of the community.”

Dill and Command Sgt. Maj. Hector Prince awarded certificates, cash and letters of recognition to more than 100 garrison employees during the ceremony which focused on the successful completion of special projects resulting in financial savings and length of service.

The ceremony led off by honoring several groups of individuals involved in the Lean Six Sigma program aimed at making the garrison a more effective and efficient organization. Thanks to their efforts, more than \$3 million were saved, according to com-



Ernst Kusiak (from left) joins Waldemar Feliciano, Christopher Franzmann, Col. Jeffrey Dill, Werner Kiedrowitz, Francesco Milazzo and Command Sgt. Maj. Hector Prince in cutting a cake during the ceremony Sept. 10.

munity leaders.

Leaders of the Lean Six Sigma teams recognized included Joyce Green (Directorate of Family, Morale, Welfare and Recreation team), Sabine Schindler (Directorate of Logistics team), Erica Reichel (Directorate of Public Works/Transformation Stationing Management Office team), Paul Howard and Austin Moore (Directorate of Emergency Services team) and David Wright (Lean Six Sigma black belt and trainer).

Letters of thanks were presented to Wayne Sisk of the garrison’s Directorate of Human Resources on behalf of Col. John S. Kem, commander of the Europe District, U.S. Army Corps of Engineers, and Diane Devens, Installation Management Command-Europe.

Four employees were honored for having dedicated a total of 160 years of service.

Waldemar Feliciano, chief of DPW’s Housing Division; Christopher Franzmann with the Directorate of Resource Management’s Budget Branch, Werner Kiedrowitz with DPW’s Electrical Branch and Francesco Milazzo with DPW’s Heating Branch were recognized for 40 years of service each.

‘Make the best of it’

“It’s been a great experience,” said Feliciano, a military veteran. “I’ve always tried to make the best of it — to keep my spirits up and to stay positive.”

Feliciano, who said he is looking forward to retirement at the end of 2010, added that while the job was challenging at times, he is proud of having established a family and the work experience.

“I learned a lot personally and professionally over

the years,” said Kiedrowitz, explaining that having the opportunity to meet so many different people from so many different backgrounds was a fascinating opportunity. “The job was fun. There were challenges, but I overcame them. I learned a lot.”

Although not sure if he would remain with the U.S. Army early in his career after having answered a job ad seeking young electricians, “after 40 years here I am still. If I hadn’t liked the job I wouldn’t have stayed. I’ve made great friendships.”

Forty years ago Francesco Milazzo had just finished service in the Italian Army when his brother told him about a job with the U.S. military community in Wiesbaden. Although he only spoke a little German and no English, that didn’t stop him from enjoying a lengthy career.

When asked how he felt on the occasion, his answer was simple — “older.”

For 40-year veteran Franzmann and 35-year honoree Kenneth Isted, assistant chief of prevention for DES’s Fire Protection Division, their lengthy relationship with the U.S. military started after music and romance brought them to stay in Germany. Both first traveled from their native Great Britain to Germany with touring rock bands which played clubs and other venues.

“I came to Germany as a musician, met a girl, fell in love,” said Franzmann, who spent many years working for the U.S. military in Giessen before ending up in Wiesbaden.

Isted, too, spent several years playing music on the club scene before marrying a German woman and eventually deciding to seek employment in Bad Kreuznach where he went on to serve as the fire chief for 20 years before coming to Wiesbaden in 2001.

“I enjoyed the diversity,” said Franzmann, “made great acquaintances — mostly great people. It was a great opportunity to work with Americans, to understand their culture — many people with big hearts.”

After 40 years of having left his English band, Franzmann said he still enjoys pulling out the Les Paul and Marshall amp occasionally and “fiddling around on acoustic.”

Garrison leaders also recognized employees for 30, 25, 20, 15, 10 and five years of service during the awards ceremony.

“Thank you very much for all your years of service — we couldn’t do it without you,” said the commander in conclusion.

Need a registered nurse? You’ve got it around the clock

It’s 3 a.m. and you still have a fever.

But do you need to go to the host nation Emergency Room?

It’s a bit of a drive and you really don’t feel “all that bad.” But still you are a bit concerned.

In the past you always called your Aunt Judy who is a registered nurse for her advice, but she is not answering the phone.

The Tricare Nurse Advice Line can

help.

The advice line gives you the opportunity to have a personal discussion with an RN around-the-clock, assisting you with medical information and advice.

The nurses can answer questions, provide self-care advice and help you decide if you need immediate care.

Even if it is a chronic health condition such as diabetes or asthma, they are there to discuss it with you and

direct you to find the best option. For those who just want a bit more information, the audio health library is a nice tool to enable you to get easy-to-understand information on hundreds of medical topics.

In some locations the nurse may be able to directly schedule appointments at the local military treatment facility if needed.

Next time you need a bit of medical advice call the Tricare Nurse Advice Line at civ (00800) 4759-2330. (Courtesy of Tricare)



Army civilian runs 25 hours straight for charity

Community runners turn out in force for Wiesbaden's 25-hour running event

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

As the hours rolled by you could feel the sense of awe building among the runners and spectators around the roughly one-kilometer Wiesbaden Kurpark track.

While replacements on the 33 competitive and 24 fun teams tagged off during the marathon charity run, word spread that two men were attempting to run the entire 25 hours straight through. Unlike the other teams that had 10 (competitive teams) or more (fun teams) members each, Holger van Dorp, born in Wiesbaden and now living in California, and Chris Wolfe, a U.S. Army Garrison Wiesbaden civilian computer technician, were one-person teams.

“When I told Herr (Georg) Kleinekathöfer that I wanted to run the 25 hours myself, he asked me ‘do you really want to do this?’” said Wolfe, explaining that the representative of WISPO (the event organizer) was concerned that Wolfe would need support during the event. After the American runner convinced the organizer that his wife, Donielle, and children would be on hand to provide logistical support, he was given the green light to proceed.

At 10 a.m. Sept. 12 Wolfe and van Dorp were among the competitors of the seven U.S. military and 50 German teams sprinting away from the starting line. Twenty-five hours later both were still among



Chris Wolfe pounds the pavement in the Kurpark on his way to running 25 hours straight.



the runners crossing the finish line with Wolfe having covered 152 laps — the most of any runner — and van Dorp 150.

“I zoned out in the beginning,” said Wolfe. “The first five or six hours were the toughest — there was still so much left of it, and anything could happen.”

As the day became night, Wolfe said he took a couple 30-minute breaks, taking catnaps. He also experienced a little light-headedness, convinced around 3 a.m. that a friend (who turned out to be someone else) was cheering him on from the sidelines.

“But I had the easy part,” said Wolfe. “All I had to do was run. Friends came in from time to time and motivated me. Holger kept me moving too.”

Wolfe said after falling behind his fellow extreme challenger in number of laps he focused on overtaking the runner.

Crowd support

“In the end, that’s what really made me go,” he said, explaining that crowd and fellow runner support kept him motivated. “It was really cool when everybody went crazy — when they called out my name over the speaker system.”

At 11:30 a.m. Sept. 13 Dr. Helmut Müller, Wiesbaden’s lord mayor, and Col. Jeffrey Dill, USAG Wiesbaden commander and a member of the garrison’s running team, took the stage to congratulate all who took part in the annual fund-raising effort promoting Germany’s world-class athlete program and to announce the winners. A team comprised of runners from the R&V Insurance Company, the R&V Running Stars, took first-place honors, having completed 421 laps.

Members of the 1st Armored Division were the fastest from the garrison, taking 11th place in the fun division after having run 307 laps.

More than 165 runners from the Wiesbaden military community made up teams representing 1st AD, 1st Air Support Operations Squadron, USAG Wiesbaden, 485th Intelligence Squadron, 501st Military Police Company, Wiesbaden Health Clinic and the 102nd Signal Battalion.

Like the overall event, the garrison’s team was a true German-American cooperative effort including

Iziah Brown, a member of the Wiesbaden Health Clinic team, waves to 1st Armored Division supporters during the 25-hour run. Photo below: Col. Jeffrey Dill (right) and Georg Kleinekathöfer (second from right) announce the winners during the awards ceremony after the 25-hour run’s conclusion.



German police officers, American teachers, family members and a mix of Soldiers and civilians. Many of the German teams also included U.S. runners.

“I ran this morning myself and had a chance to experience this fantastic atmosphere,” said Dill, while recognizing the participants and celebrating the winning teams. Dill also observed that the annual German-American charity run is a great showcase for the value of sports and a healthy lifestyle. “Thank you very much for your generosity and support.”

“What’s amazing is that the two runners who ran the full 25 hours look so relaxed,” said Wiesbaden’s lord mayor, during the awards presentation. “That’s the great thing about athletics.”

As Wolfe stretched out in the camping area in the Kurpark after having run his longest race so far, he mentioned having previously run two 100-kilometer races. “I did a 100-kilometer run that took me 15 hours through the mountains and earlier this year did a 100-K race in Ulm that took me 13 hours.”

He looked forward to marathons in Berlin, Frankfurt and Athens in the coming months.

When asked what makes him run so long and so far, Wolfe thought for a moment, smiled and answered, “I have no idea.” (Editor’s note: Participants can check out their times and number of laps covered on the WISPO home page at www.chipzeit.de/ergebnisse/2009091301.aspx. More photos from the run are available at www.wiesbaden.army.mil/photogallery/25HourRun0909/Wiesbaden25Hour-Run.htm.)

'We shall never forget'

Soldiers, civilians, family members and retirees gathered at Veterans Park on Wiesbaden Army Airfield Sept. 18 in observance of National Prisoners Of War/Missing In Action Recognition Day.

Sgt. Maj. David Morgan, a member of Veterans of Foreign Wars Post 27 and 1st Armored Division's Division Engineers, spoke about the meaning of the observance, reading the Soldier's Creed and pledging, "We shall never forget."

"We gather today to honor all of our prisoners of war (and missing in action)," said Morgan, explaining that it is his hope that through observances such as POW/MIA Recognition Day, families of missing in action service members will find some sense of comfort and peace.

Congress sets aside the third Friday of September each year in observance of POW/MIA Recognition Day. The first of-

official commemoration was on July 18, 1979.

Congress designated the POW/MIA flag of the National League of Families as the official flag to represent missing service members.



Photos by Jennifer Clampet

Sgt. Maj. David Morgan from 1st Armored Division's Division Engineers and Veterans of Foreign Wars Post 27 talks during the POW/MIA observance. Photo left: Community members remember those still missing.

Know how to recognize, treat scabies infestation

The Wiesbaden Health Clinic warns parents to be on the lookout for scabies infestation in the wake of a couple of cases.

Scabies is an infestation of the skin by the human itch mite. The most common symptoms are intense itching and a pimple-like skin rash. The scabies mite usually is spread by direct, prolonged, skin-to-skin contact with a person who has scabies. Contact must generally be prolonged — a quick handshake or hug usually will not spread scabies. It can also be spread indirectly by sharing articles such as clothing, towels or bedding used by an infected person.

Scabies is found worldwide and affects people of all races and social classes. It can spread rapidly under crowded conditions where close body and skin contact is frequent.

Scabies mites can live on a person for as long as one to two months. Off a person, scabies mites usually do not survive more than 48-72 hours.

Products used to treat scabies are called scabicides because they kill scabies mites. Some also kill eggs. Scabicides to treat human scabies are available only with a doctor's prescription. No over-the-counter (non-prescription) products have been tested and approved for humans.

People are advised to always follow carefully the instructions provided by the doctor and pharmacist, as well as those contained in the box or printed on the label.

In addition to the infested person, treatment also is recommended for household members, particularly those who have had prolonged skin-to-skin contact

with the infested person. All persons should be treated at the same time in order to prevent reinfestation. Retreatment may be necessary if itching continues more than two to four weeks after treatment or if new burrows or rash continue to appear.

Itching may continue for two to four weeks after treatment, even if all the mites and eggs are killed. Additional medication may be prescribed to relieve severe itching. If itching continues more than two to four weeks or if new burrows or rash continue to appear, retreatment with scabicide may be necessary; seek the advice of a physician.

Visit the garrison's home page at www.wiesbaden.army.mil and click on the Health and Fitness link under Helpful Links for more scabies information courtesy of the Wiesbaden Health Clinic.

Postal consolidation, survey to bring new hours of operation

The Wiesbaden Army Post Office (APO 09096), Community Mail Room (CMR 467) and U.S. Army Garrison Wiesbaden Official Mail Room is consolidating operations into the new USAG Wiesbaden Postal Service Center.

With the consolidation of Official Mail will relocate to the same location as customers currently use to send out personal mail in Building 1030.

New postal hours

The APO and CMR have maintained their current locations, pending structural improvements to the building, but

have joined work forces.

New hours of operation in response to the move and customer surveys take effect Sept. 28. Pick up of parcels and sending out mail will be Monday to Friday from 10 a.m. to 6 p.m.; and the first and third Saturday of each month from 10 a.m. to 2 p.m.

Official Mail hours will be 10 a.m. to 4 p.m.

All inprocessing and out-processing will continue to be conducted in the same location (the annex down the hall, last door on the right) from 10 a.m. to 4 p.m. weekdays.

The PSC will be closed on all U.S. federal holidays.

For more information contact Earl Small at mil 337-5437 or by email at earl.small@eur.army.mil.

Cool GmbH

Beautiful Nails

Dr. Bianca Knoll

Wiesbaden Rising Star sings the blues

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

It's all about the blues for Wiesbaden's Operation Rising Star winner.

Everytime Erin Sataloff took the stage, the judges were blown away by her controlled tempo and throw-back to a jazzy-era of music.

Her rendition of Billie Holiday's "God Bless the Child" ended the first round of competition on the highest of notes.

She gave the judges chills with her sultry performance of "You Give Me Fever."

And Rising Star judge Master Sgt. Mark Jordan noted she controlled the room when she sang Etta James' "At Last."

But winning first place at the garrison-level competition, taking home a \$500 check and being pushed through to the Army-wide competition aren't what Sataloff ever expected.

Last year Sataloff, a specialist with Company C, 1st Military Intelligence Battalion, 66th MI Brigade, was diagnosed with and battling thyroid cancer.

Patting her throat, she said, "Even now my voice still gives me a little bit of trouble."

Choosing songs that showed off her vocal control without straining her voice, Sataloff stuck to the blues — and it paid off.

Before Operation Rising Star the closest experience Sataloff had to competing in a singing competition was belting out her jazz and country favorites in the shower.

And for the 23-year-old Soldier who lives in the barracks, she's certain her neighbors can hear her, though no one has ever said anything to her.

But it was her friends who



Wiesbaden Operation Rising Star winner Spc. Erin Sataloff holds her first-place prize of \$500.

Spc. Erin Sataloff sings Etta James' "At Last" during the final Rising Star competition Sept. 18 at the Wiesbaden Community Activity Center.

encouraged her to get on stage that first night in August at the Wiesbaden Community Activity Center.

"I am completely surprised," Sataloff said as she sat down, placing her giant \$500 check on her lap.

Over the course of four weeks and three nights of performances, the three-judge panel narrowed the 18-contestant competition to the top eight and then to the winning three.

The second-place prize of \$250 went to Samantha Werner who wowed crowds for three weeks with her country music selections.

The third-place prize of \$100 went to Ruby Grijalva who sang songs by Alicia Keys for the last two performances.

Sataloff advances to the Army-wide finals by submission of a video of her performance.

- First Place**
Erin Sataloff
- Second place**
Samantha Werner
- Third Place**
Ruby Grijalva

A winner from each of the 47 competing installations will submit an entry.

Twelve finalists will be selected from the videos and move on to the live finals at the Wallace Theater at Fort Belvoir in Alexandria, Va.

The grand prize includes an all-expense-paid trip for four to Los Angeles and time in a recording studio for the creation of a demo CD.

The trip also includes vocal coaching, professional arrangement, sound engineering and tickets to a late-night talk show.

Calvary Chapel

SJ Services

Lucia's gift Shop

Community notes ... Community notes

Sesame Street show/ Holiday Greetings

Free shows by the cast of Sesame Street will be featured Sept. 25 at the Wiesbaden Fitness Center at 3 and 5:30 p.m. While enjoying the antics of the Cookie Monster and friends, be sure to tape a holiday greeting to be aired on national television in your home town. A holiday greetings team will be taping service members and their families at the fitness center from 9 a.m. to 5 p.m. that day. Families can tape a message without military spouse present.

Mainz-Kastel gate

The Mainz-Kastel Storage Station pedestrian gate will close permanently Sept. 30.

Job Fair Oct. 9

Army Community Service Employment Readiness hosts a Job Fair Oct. 9 from 9 a.m. to 1 p.m. at the Community Activity Center on Wiesbaden Army Airfield.

Lamplighter's Bazaar/ Oktoberfest

Be sure to get your holiday shopping done early at the Wiesbaden Community Spouses Club's Lamplighter's Bazaar Oct. 2-4. The bazaar, featuring everything from antiques to artwork, will be held in Hangars 1035 and 1036 on Wiesbaden Army Airfield Oct. 2 from noon to 7 p.m., Oct. 3 from 11 a.m. to 7 p.m. and Oct. 4 from 11 a.m. to 5 p.m. U.S. Army Garrison Wiesbaden will hold an Oktoberfest bash in conjunction with

the bazaar Oct. 2 starting at 4 p.m. and Oct. 3 starting at noon featuring live music and German food. Visit the garrison's home page at www.wiesbaden.army.mil/sites/news/Bazaar-BusSchedule0909.pdf for the shuttle bus schedule.

Later bank hours

The Community Bank at the Hainerberg Shopping Center will have reduced hours Oct. 14 for training — noon to 4 p.m. only. The Community Banks at Wiesbaden Army Airfield and Mainz-Kastel will have regular hours (9 a.m. to 4 p.m.).

Hispanic speaker, meal

The Wiesbaden Dining Facility will feature a special Hispanic American Heritage Meal Sept. 29 from 11:30 a.m. to 1 p.m. Ernestine Moya, U.S. Army Europe Equal Employment Opportunity officer, will speak. The lunch is open to service members and civilians.

Autism Walk

Army Community Service hosts an Autism Awareness Walk as a Make A Difference Day community project Oct. 24. The walk is about two miles and will be led by the Wiesbaden Fire Department. It starts in Hainerberg Housing at 10 a.m., next to Army Community Service (Building 7790). Registration starts at 9:30 a.m. and is free to all participants. For more information call Tom Jenkins at mil 335-5234 or civ (0611) 408-0234. For information about the Autism

Speaks organization visit www.autismspeaks.org.

WAAF water work

The Directorate of Public Works Exterior Water and Sanitation Shop will perform replacement work on an underground water valve near Building 1220 on Wiesbaden Army Airfield Oct. 6. There will be no hot or cold water (including fire hydrants) from 8-11 a.m. in the following buildings: Building 1220 (heating plant), Building 1215 (Child Development Center), Building 1501 (CDC), Building 1256 (Aumannstr. 37-39), Building 1257 (Aumannstr. 41-43), Building 1258 (Aumannstr. 47-49), South Gate House and Building 1223 (Motor Pool). Call Mr. Kusiak at mil 337-5032 or Mr. Robinson at mil 337-5344 for more information.

Angel Tree

Community members can purchase gifts through the Angel Tree program to be distributed to children of families facing financial challenges and deployment during the holidays. Community members submit names of children through their chain of command or directorate. Applications should be passed on to Army Community Service by Oct. 21. Those wishing to donate a gift can pick a child's name from one of the Angel Trees which will be available around the community from Nov. 24 to Dec. 10. Stop by ACS for more information.

Autohaus Hollmann



Photos by Curt Parker

Hiking Germany's highest peak

Members of Venture Crew 107 hike the Zugspitze, Germany's highest peak Sept. 5. The Wiesbaden Venture Scouts made it to the top of the 2,962-meter high mountain after hiking up 13 kilometers from the Austrian side. They also enjoyed paddle boating on the Eibsee and swimming at the Aipspitz Sept. 6.

Manpower boss visits Soldiers, families

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder
Public Affairs Office

Thomas R. Lamont, assistant secretary of the Army for manpower and reserve affairs, visited Baumholder recently to receive a firsthand report on Soldier retention and family readiness during deployments.

While here, Lamont held two roundtables — one with Soldiers and a second with family members. The Soldier roundtable focused on retention. Present were battalion retention noncommissioned officers, battalion command sergeants major, the brigade retention NCO and Col. Patrick Matlock, 107th Infantry Brigade Combat Team (Heavy), commander.

The second roundtable fo-

cus on family readiness during deployment. In the audience were Family Readiness Group leaders, senior NCOs and their spouses as well as selected spouses. Lamont, Matlock and Lt. Col. Paul Pfahler, U.S. Army Garrison Baumholder commander, fielded questions ranging from social networking on the Internet to the availability of child care for those attending Army Family Team Building.

Some of the other topics raised by family members and Soldiers included respite care, the Baumholder web page, information dissemination and flow, increasing the exposure of programs offered by Army Community Service, medical and dental care, diversions of incoming Soldiers, child care vouchers, Family Readiness Group support for spouses and the sponsorship programs.

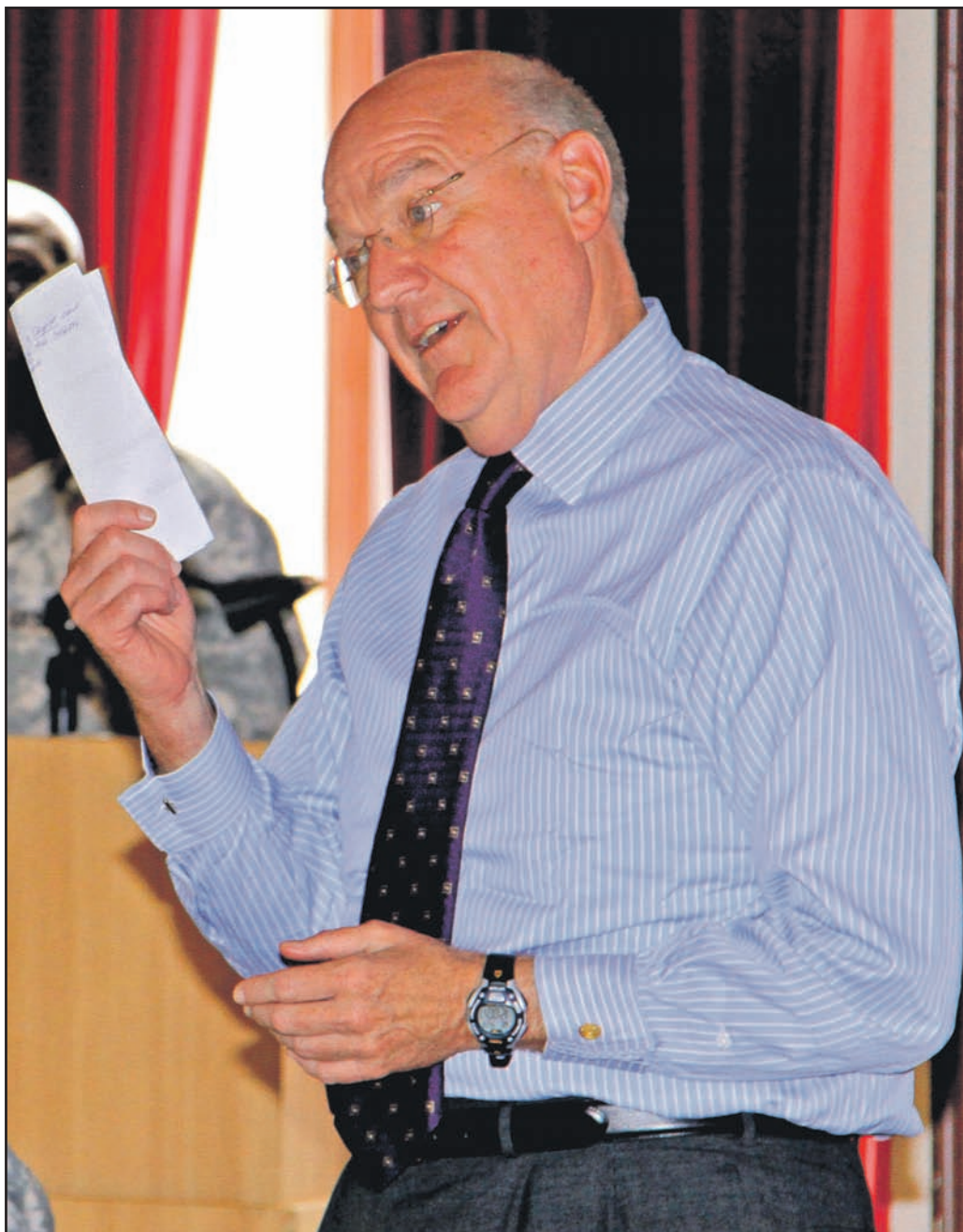


Photo by Ignacio "Iggy" Rubalcava



Photo by Pfc. Evan Loyd

Yailmie Gomez discusses an issue with another audience member. Photo above right: Thomas R. Lamont, assistant secretary of the Army for manpower and reserve affairs, tells the audience he has made several notes about their concerns. Photo right: A family member poses a question to Lamont. Family Readiness Group leaders, senior spouses and selected spouses shared their concerns with Lamont at Baumholder's Rheinlander Club.



Photo by Ignacio "Iggy" Rubalcava

Joe Satellite

Local pool is ideal workout station

By Sgt. Louis Colasanti
*Baumholder Health Clinic,
Noncommissioned Officer in Charge of
Physical Therapy*

As a physical therapy technician I've worked with patients, both Soldier and civilian, who covered a wide spectrum of age, body type, functionality and fitness levels. Working with this wide range of patients has motivated me to continue my studies into rehabilitation, health maintenance and improvement of physical performance. One very important fact that I've learned through my studies and my work is that your local pool is one of the most universal environments for nearly everyone's physical fitness regiment, regardless of physical condition. Physical exercise performed in an aquatic setting has been proven to have numerous benefits to help people achieve their fitness goals.

The natural resistance generated by water provides an overall body workout, improving cardiovascular and muscular endurance, as well as providing an easy environment for improving flexibility. The resistance generated by an object

moving through water increases with the force of effort or speed used to move that object through the water, allowing intensity of the exercise to be easily modified to the fitness level of the person performing it.

Aquatic fitness can help you improve your body's use of oxygen without being overly taxing on your heart. As you are able to improve your performance in the pool and manage to extend the length of your exercise sessions, your resting heart rate will lower while blood flow to your heart and lungs improves. Increases in performance will also lead to the burning of more calories for those of you who want to work at shedding some extra pounds.

Many studies have shown that a workout routine that includes aquatic fitness can help reduce and possibly help prevent high blood pressure, lowering your chances for heart disease and stroke. The drastic reduction of gravitational forces while submerged in water decreases the stress upon your

body's systems and helps improve blood flow to the body's tissues. Combining the benefits of lower blood pressure and decreased bodily stress levels can greatly reduce your chance of suffering from cardiac-related conditions in the future.

Aquatic fitness is not only a great activity for people who already have an active lifestyle, but also a great option for those wanting to initiate an exercise regime, as well as people who are pregnant, recovering from injuries or have other health-related conditions that may prevent a land-based routine.

Because of the reduction of body weight that results from the elimination of gravitational forces, aquatic activities have a very low stress level on bodily systems such as joints, muscles and injured sites.

This makes it a great environment for anyone who is hesitant about starting a land-based program with walking or running and drastically reduces the chance of injury for people just starting

out an exercise program.

So how do you begin? An easy first step can be to check out your local pool schedule for fitness classes. The Baumholder pool has begun a water aerobics class that can be a great first step toward your exercise and overall fitness goals. Water aerobics use the natural resistance of water along with music and rhythmic movements for aerobic conditioning. It is generally conducted in the shallow end of the pool. You can speak with the pool manager at civ (06783) 6-7093 or mil 485-7093 or stop by for a class on Wednesdays and Fridays from 6-7 p.m.

No matter your age or physical condition, consider taking a trip to your local pool and start moving your way to a healthier lifestyle.

Just remember, if you have any pre-existing health conditions or questions about your ability to perform in an aquatic program, ask your health provider before starting this, or any other exercise regiments. Bring your family or your friends. This will be a great group activity that will offer a benefit to all.



Tricare: Know how to make entitlements work for you

It is important for you and your family to have the best health possible. The month of September is Health Benefits Awareness Month. Throughout the month, the clinic has focused on different facets of health.

One of the areas of focus is dental health.

We've come a long way in the last 100 years in the field of dental health. Painful toothaches, bleeding gums, bad breath and difficulty eating were pretty common at the turn of the century, and many people over the age of 65 had already lost most or all of their teeth. Today, things are very different, and most people work hard to take care of their teeth. Many children have never had a cavity thanks to fluorinated water, sealants and good daily dental care. Below are a few tips for good dental care.

- Avoid eating or drinking items with high sugar content. If you do, brush immediately afterward.
- Brush at least twice a day, especially before bed.
- Clean between teeth daily with floss or interdental brushes.
- Visit your dentist regularly.

Military dental treatment facilities provide care for active duty members; however, family members are seen on a space available basis.

Tricare Dental Program is a benefit for active duty family members, Reservists and Reserve family members. TDP is a voluntary, premium-based dental insurance program that offers coverage for dental procedures received from certified host nation providers. TDP in Europe is the same one that covers military families in the States, except it actually offers better benefits.

Monthly premiums for a single family member

are \$12.12 or \$30.29 for multiple family members (premium costs are adjusted each February). The government pays 60 percent of the cost of the dental insurance premiums.

Each enrollee is covered for a maximum of \$1,200 per contract year (Feb. 1 to Jan. 31) for most routine services.

TDP offers a lifetime maximum benefit of \$1,500 for orthodontics. The outside the continental United States benefit is 50 percent of the total cost.

The Maternity Dental Benefit allows an additional (third) dental cleaning for mothers-to-be in a consecutive 12-month period at no additional charge

You can enroll in the TDP at the United Concordia Companies, Inc. website online or via the mail.

Sponsors must enroll for a minimum of 12 months.

You may email UCCI at oonus@ucci.com or visit their website, www.TRICAREdentalprogram.com.

No referral is needed for routine dental care. Non-availability forms are needed for orthodontics and implants.

"Preferred dentists" will submit the claim for you with UCCI. It is best to check before you get care since you may have to "pay and claim" with some dental providers.

Retirees living overseas can now take advantage of the Enhanced-Overseas Tricare Retiree Dental Program. The TRDP is a voluntary dental benefits program with enrollee-paid premiums, administered by the Federal Services division of Delta Dental of California. Visit www.trdp.org for more details on the program and coverage specifics.



Contributed photo

Turning a new leaf

Lt. Col. Lisa Leazenby receives silver oak leaves from her husband Scott during her promotion ceremony at the Baumholder Health Clinic as her children Joe, Hannah and Charlie look on. Leazenby is a nurse practitioner serving her second tour in Germany as the medical director of the Baumholder clinic. She is stationed here with her five children — Sally, 16; Grace, 13; Joe, 9; Charlie, 8; and Hannah, 5; and her husband Scott.

Community Information Center closed

The Community Information Center has been closed until further notice

If you need assistance, would like an Army Community Service calendar or would like to sign up for a class visit ACS in Building 8746 (Health Clinic Complex) or call mil 485-8188 or civ (06783) 6-8188. (Coutesy of Baumholder Marketing)

CARE Fair focuses on medical services

The spotlight turned to medical services at this year's Community Activities Registration Event where agencies from throughout the community came together to offer on-the-spot services and information.

Members of the Baumholder Health Clinic offered an array of services including administering the latest influenza mist to customers and information about Tricare services. Nutrition information addressed such things as what is hidden sugar.

Information on mammograms and breast cancer awareness programs was also available.

Members of the Dental Clinic were on hand to present information about tooth decay. The staff handed out toothbrushes to customers and featured a display depicting the affects of smoking not only on teeth but on one's lungs as well.

Numerous other agencies were on hand such as Better Opportunities for Single Soldiers, Veterans of Foreign Wars, Baumholder Community Spouses Club, legal services, Service Credit Union, the Red Cross, Education Center, Child, Youth and School Services, Army Community Service, Equal Employment Opportunity and Equal Opportunity to name but a few.

The Boy and Girl Scouts were also on hand providing registration information. The Army and Air Force Exchange Service and the Commissary were also represented.



Photo by Alice Verberne

Amber Putnam, VFW European Division District One commander, and Don Sparks, Baumholder VFW Post 2566 "Iron Rock" commander, offer information about a VFW scholarship program targeted at middle and high school children who are attending an American school.

Baumholder's parent and teachers organizations were there to bring parents up to date on this school year. The school organizations offered parents the opportunity to get involved in their

children's education.

This year the CARE Fair also focused on safety and force protection.

Along this theme the CARE Fair saw participation by the German Polizei and the German Federal Agency for Technical Relief.

Other participants included the Value

Added Tax Office, Auto Skills Center and other agencies.

Event coordinators commented that this year's CARE Fair was bigger and better than ever and that many community members turned out to take advantage of what the CARE Fair had to offer.



Photo by Madeleine Dwoiakowski

Baumholder Boy Scouts and Girl Scouts at this year's CARE Fair explain to Lt. Col. Paul Pfahler, U.S. Army Garrison Baumholder commander, what scouting has to offer for Baumholder children.



Photo by Madeleine Dwoiakowski

Tara Bowman receives information from Laney Rich, force protection officer, about emergency preparedness during this year's CARE Fair at the Rheinlander Club Sept. 12. National Preparedness Month is held each September to focus national attention on the importance of emergency preparedness and to encourage Americans to take positive steps to prepare their organizations, businesses and families.

MWR roundup ... MWR roundup ... MWR roundup

Fishing course

Learn the skill of fly-fishing from a certified German fishing guide with a one-day Rod and Gun Club introduction course. Cost is \$80/\$180 per person. Tackle and day pass are included. Course requires an eight-person minimum to make the course a go. Outdoor Recreation also offers intensive three-day courses. For more information call Outdoor Recreation at mil 485-7182 or civ (06783) 6-7182.

German hunting course

An eight-week German hunting course is offered over weekends and twice per week. Cost is \$150 per person. Attendees will become licensed hunters. A minimum of 15 people are required. For more information call Outdoor Recreation at mil 485-7182 or civ (06783) 6-7182.

Rolling Hills Pool

The Rolling Hills Pool offers swimming lessons for youths and adults. A new swimming and water safety program is now in place. Various times and levels are offered.

Water aerobics classes are held on Wednesdays and Fridays from 5:30-6:30 p.m.

Use of the pool is free to all ID cardholders with MWR privileges during normal hours of operation. The facility is open Tuesday through Friday from noon to 8 p.m.; Saturday from noon to 5 p.m. and closed Sunday, Monday and U.S. holidays.

Call mil 485-6575/7093 or civ (06783) 6-6575 for

more information.

Professional framing

Frame your paintings, prints or military art at Baumholder Creative Arts Center and get assistance from professional framer, Kathleen Lee. She can advise and assist in making your treasure a true work of art. Call mil 485-6687 or civ (06783) 6-6687.

Leisure trips

Outdoor Recreation is offering the following leisure trips in October:

- Oct. 3, October Fest Munich, \$75
- Oct. 9, Hahn October Fest, \$35
- Oct. 10, Stuttgart Wasen Folk Fest, \$55
- Oct. 17, Paris City Express, \$85
- Oct. 24, Neuschwanstein-Oberammergau, \$85
- Oct. 8-12, Ski-Snowboard, Kaprun Austria, \$425
- Oct. 8-12, Scuba Trip, Pula Croatia, \$375
- Oct. 9-12, Deep Sea Fishing Trip, Holland, \$299

For more information contact Baumholder Outdoor Recreation at mil 485-7182 or civ (06783) 6-7182.

Take an adventure trip

Outdoor Recreation offers an adventure ski trip to Kaprun, Austria, on Columbus Day weekend, Oct. 8-12. The trip includes four overnights in a hotel with breakfast and dinner, a three-day ski pass for the Kaprun glacier, transportation, ski/board rental

and beginner ski or snowboard lessons. The cost is \$425. For more information contact Baumholder Outdoor Recreation at mil 485-7182 or civ (06783) 6-7182.

Build your team with high ropes course

A high ropes course is offered by Outdoor Recreation to encourage team building. The cost is \$45 per person. A minimum of eight people are required for program. Call Outdoor Recreation at mil 485-7182 or civ (06783) 6-7182 to reserve your team building session.

Mountain biking program

The mountain biking program offered by Outdoor Recreation will take you on a trail and road adventure. Dates for the program are:

- Oct. 3
- Oct. 17
- Oct. 31

The cost is \$15 per person. Bike and helmet rental is \$20 per day.

Baumholder Book Club meets

The Baumholder Book Club meets every fourth Thursday of the month from 6:30-8 p.m. at the Baumholder Library (Building 8106).

Everyone is invited.

For more information call the library at mil 485-1740 or civ (06783) 6-1740.

Dog, cat food drive reaps support for strays

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

Stray or abandoned animals could rapidly overrun the Baumholder community if not for the efforts of the Soldiers and civilians of the U.S. Army Garrison Baumholder Directorate of Emergency Services who regularly round up strays or abandoned animals and taking them to the Tierheim (animal shelter) in nearby Pfeffelbach.

Because DES is a regular "contributor" to the Tierheim, staff members decided to help out by holding a dog and cat food drive for the facility.

"We collected more than 1,000 pounds of dog and cat food that we turned over to the Tierheim in Pfeffelbach," said Todd Guyette, director of emergency services.

"They take good care of the stray animals and we have a real good partnership with them. So we decided to hold this food drive to help them out," said Todd Guyette. "It was a very successful drive."

It was so successful that DES has decided to hold dog and cat food drives regularly. "We'll continue to do this every quarter. The next one will be in December," said Guyette.

The Baumholder Commissary assisted with the initiative by providing a spot in the store where people could drop off their donations.

"We would like to thank the Baumholder community for their generosity and the commissary management for allowing us to set up the donation box in the commissary," said Guyette.

Breast cancer

Clinic to raise awareness with community Walk, Run for Life

By Capt. Charlene Robinson
Army Public Health Nursing

Are you a survivor? Are you newly diagnosed? Are you a friend or a relative of someone who has or had breast cancer in the past? Breast cancer affects many people each year. Are you aware this is the second leading cancer death in women? Making sense of the many progressive changes of our breasts during our lifetime can make detection challenging.

Breast cancer is the most common cancer in women, second to skin cancer. Breast cancer forms in the tissue of the breast, usually the tubes that carry the milk to the nipple and the gland that produces the milk. No one knows what causes this type of cancer. What doctors do know is that it is not contagious. You cannot get cancer if you bump, scratch or hit your breast. Here are some risks:

- Personal history
- Age 60 or over
- Overweight after menopause
- Family history
- Drinking alcohol
- Lack of activity

Screening is the best way for women to lower the risk of dying from breast cancer. Screening can help doctors find and treat cancer early. Doctors suggest the following screening test:

- Clinical breast exam
- Screening mammogram
- Breast self-exam

The most common signs of breast cancer are a lump on the breast, change in the shape or color of the breast or abnormal thickening of the breast. These are changes that can possibly be detected while performing monthly breast self-exams and routine clinical breast self-exams.

The month of October is Breast Cancer Awareness Month — a month dedicated to promoting breast cancer awareness, sharing information and empowering women to take charge of their breast health. So come and join us as we walk or run to raise awareness for the fight against breast cancer, celebrate breast cancer survivors and honor those who lost their battle to the disease. The Walk/Run for Life for Breast Cancer Awareness will be held

Oct. 3 at the Hall of Champions. The race will include a one-kilometer children's run that starts at 9 a.m. The adult run begins at 10 a.m. There will also be a division for families with strollers and walkers.

Remember, breast cancer affects us all. If you have any changes or concerns with your breast, visit your primary care provider. Beneficiaries can make appointments to be seen by their provider online at www.tricareonline.com.





Photo by Karl Weisel

Members of the high school's Junior Reserve Officer Training Corps prepare to raise Old Glory at the Wiesbaden Middle School during the Patriot Day observance.

Patriot Day: Schools take time to remember 9/11

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

Students at Wiesbaden middle and high schools took time out to remember the victims of 9-11 and the men and women who have answered the call in the years since during Patriot/Constitution Day observances.

Performances by the middle and high school bands, trooping of the colors by the high school's Junior Reserve Officer Training Corps members and reflections by community members focused on the spirit of the occasion.

Wiesbaden High School students and staff observed a minute of silence before the school band performed in the courtyard and their concert was played over the school's

intercom system.

Several parents were on hand to join students at Wiesbaden Middle School as Jena Hancock, organizer of the Patriot Day observance, conducted the Wildcat Band in a performance of classical and traditional American music.

"One of the reasons we gather on this day is to remember the victims of one of the deadliest attacks on our soil," said Wiesbaden Middle School social studies teacher Tom Gothia.

"Many of the victims were not Americans and came from different countries," he said, including five who were Germans.

"Another reason is to recognize the great effort made by first responders and the countless others since who have risked

their lives to help others," said Gothia, adding that it is vital that all Americans remember those who serve. "Ladies and gentlemen of the U.S. Armed Forces — thank you and we salute you."

Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, described "the compassion of people who stepped forward" in the wake of the terrorist attacks on New York's World Trade Center and the Pentagon on Sept. 11, 2001. Highlighting the acts of service and kindness demonstrated by so many different caring individuals, Dill said, "It's quite an honor for me to be part of your Patriots Day/Constitution Day."

Recalling getting news about the attacks on Sept. 11, 2001, Dill told the students that for people old enough to be aware of world events in 2001, that memory will remain an indelible image — a "life-changing and historical occasion. I remember seeing the attacks on TV while serving in Korea."

As students were dismissed to head back to classes, they left with the reminder that Patriots Day/Constitution Day pays tribute to the dedicated service of all those who step up to serve, including their parents, many of whom continue to put their lives on the line as U.S. service members in defense of their country wherever they are called.



Photo by Peter Witmer

The Wiesbaden High School Band performs at the school's Patriot Day observance.

Schoolbits

Box Tops for Education

The Box Tops for Education program is one of Hainerberg Parent Teacher Organization's continuing fund-raising activities. Parents and students can cut out box top labels found on many food products and bring them to class. The program helps support school programs. (Courtesy of The Bow-Wow)

Supporting Air Force education

The University of Maryland University College Europe offers Air Force General Education Mobile program instruction every session to help airmen earn their Community College of the Air Force associate's degrees. The GEM program enables airmen pursuing associate's degrees to sign up for their general education requirements in a single block of courses from the same university, providing educational continuity and faster completion of an associate's degree. As part of the requirements for the associate's degree, students must take one three-credit course in each of the five general education categories — oral communication, written communication, mathematics, social sciences and humanities. These 15 credits, which account for nearly a quarter of the 64 needed for the associate's degree, are not offered by CCAF but are guaranteed to be offered by UMUC. Visit your local Education Center, call mil 370-6762 or browse to www.ed.umuc.edu for more information. (UMUC Release)

Tips to stay healthy

The Wiesbaden High School nurse offers the following tips for parents and students to help stay healthy. Stay home when sick. Avoid close contact with sick people. Practice good hand hygiene. Practice respiratory etiquette. Get vaccinated against flu viruses. Notify the school nurse if your child has the flu. (WHS Parent Newsletter)



Homeschoolers WATCH meeting

The Wiesbaden Area Teachers of Children at Home will meet Oct. 16 at 2 p.m. at the Wiesbaden Library on Wiesbaden Army Airfield. The topic is Library Education (activities for all ages. Call Helen at civ (06131) 58888 991 or email watch.info@yahoo.com for more information.

Upcoming school closings

Department of Defense Dependents Schools-Europe will be closed Oct. 12 for Columbus Day, Nov. 6 for a teacher work day, Nov. 11 for Veterans Day, Nov. 26-27 for Thanksgiving, Dec. 21 to Jan. 1 for winter recess, Jan. 18 for Martin Luther King Jr. Day, Jan. 29 for a teacher work day, Feb. 15 for Presidents Day, April 9 for a teacher work day, April 12-16 for spring recess, May 31 for Memorial Day and June 18 for a teacher work day. (Courtesy of DoDEA)

Free/reduced lunches

Families eligible based on family size and income can apply for the free and reduced-price school lunch program. Pick up an application at your child's school or from the school liaison officer in Baumholder at mil 485-6968 or Wiesbaden at mil 335-5129.

College alumni sought

The annual Kaiserslautern College and University Information Night will be held Oct. 8. Alumni from different universities are sought to represent their schools at the event. Contact Larry Zani at Larry_Zani@compuserve.com.

Comprehensive Community Fitness

Colds or allergies: Determining whether you suffer from seasonal sneezes or cold diseases

By Dr. Sandra Stephens
Wiesbaden Health Clinic

Do you know how to tell the difference between a cold and allergies?

There are some differences, but their symptoms can overlap quite a bit. Typically a cold can cause a cough, body aches, fatigue, fever, sore throat and a runny or stuffed nose with yellow mucus.

An allergy may cause a cough, fatigue, itchy, watery eyes, sore throat and runny or

stuffy nose usually with clear mucus. Allergy symptoms often occur immediately after exposure to the allergens, and symptoms can last for days or even months with repeated exposure.

There are two types of upper respiratory allergies. One type is seasonal allergies symptoms that only occur during certain times of the year. The second type is perennial allergies that cause symptoms throughout the year.

Some causative agents are crude house

dust, which is a mixture of lint, animal dander, insect parts, fibers and other particulate matter. However, mites appear to be the primary source of house dust.

The most apparent seasonal allergens are pollen from trees, grass, weeds like ragweed and mold spores. Mold spores are found in heavy vegetation, hay, straw and raked leaves. And mold spores can cause symptoms throughout the year since they are found both in indoor and outdoor environments.

Simple things you can do at home to minimize your exposure to allergens are to keep your house dry and smoke free, vacuum with a HEPA filter, sweep and get rid of things you don't use, change AC and furnace filters, keep pets off upholstered furniture, minimize carpet area and avoid blinds.

The highest concentration of pollen is usually in the morning; therefore, if you are exercising outdoors in the a.m., shower immediately, wash your hair and change.

If you need symptomatic relief from your allergies or think you may have a cold, call the Health Clinic.

TRICARE Prime gives patients many options to tackle this situation before it tackles them.

Most care can be received at the Military Treatment Facility, but sometimes you may be referred to host-nation providers. These medical personnel are part of the Preferred Provider Network and offer you three specific

advantages.

Convenience: Most PPN providers will file the claims for you which means no paperwork and no money out of your pocket.

Comfort: Most PPN providers will speak English so you can easily communicate your health care needs.

Confidence: All providers within the PPN are verified as licensed by the host nation to practice medicine, and Tricare also monitors the quality of care they provide.



Photo by Jennifer Clampet

Seeking professional help at the first signs of mental distress is important, say medical experts.

Mental well-being Seek help when experiencing behavioral health symptoms

Recent news headlines have centered on suicide prevention, Traumatic Brain Injury, Mild Traumatic Brain Injury and Post Traumatic Stress Disorder — all of which have a special impact on military families.

TBI and MTBI occur when the head is struck or shaken violently such as with a fall, explosion or blast.

PTSD occurs when someone experiences a life-threatening or horrific situation. One may not have experienced any specific change in life circumstance, but may still experience depression, anxiety, phobias or the like.

Sadness, loneliness, feelings of being overwhelmed or out-of-control, sleeping too much or too little, feeling angry or irritable or just numb or any change in personality are just a few of the symptoms that should signal you to seek help no matter what may have led up to these feelings.

Just like a high fever and trouble breathing may be symptoms that make you seek care from a doctor, any behavioral health symptoms, which may be more subtle, are equally important signals that "it is now time to ask for help."

Many programs are being developed within the military health system for psychological health issues that include prevention, protection, diagnosis, treatment and recovery.

It is important to recognize and treat "mental injuries" that keep military members and their families from experiencing the best mental or psychological health possible.

Like clinical preventive health measures, seeking professional help at the first signs of mental distress is very important.

Military OneSource offers counseling and other assistance 24/7 through toll-free numbers and resources found at www.militaryonesource.com.

At www.afterdeployment.org military families can educate themselves on issues such as dealing with stress, conflict at work, reconnecting with family and friends, anger, substance abuse, children and deployment.

Anonymous behavioral health self-assessment tools can be found at www.militarymentalhealth.org/chooseland.asp.

Non-active duty Tricare Prime beneficiaries can go to eight outpatient behavioral health care visits without a referral.

For outpatient psychotherapy, Tricare Prime beneficiaries are limited to length of appointment and frequency.

Patients 19 years and older are limited to 30 days in a fiscal year or admission. Patients 18 years and younger are limited to 45 days in a fiscal year or admission.

Residential treatment for patients 18 years and younger may be up to 150 days but is only available in the United States.

For substance abuse programs, beneficiaries have up to 21 days with an additional seven days for detoxification if needed. The lifetime benefit is limited to three inpatient treatment programs. (Courtesy of Tricare)

Eye protection important safeguard not just for work/battle

By Lt. Col. Nancy A. Dudash
U.S. Army Center for Health Promotion and Preventive Medicine

"I haven't been hurt yet."

"I'm very experienced and I know what I am doing."

These are just a small sampling of the excuses optometrist Dr. James W. Stout hears from Soldiers who are not wearing personal protective eye equipment.

But Stout, a vision expert in the Army Center for Health Promotion and Preventive Medicine's Tri-Service Vision Conservation and Readiness Program, isn't swayed by the excuses.

The Army now issues Military Combat Eye Protection with Soldiers' uniforms during basic training and in all deployment training. Soldiers are required to maintain the MCEP for readiness checks. And increasingly, commanders have noted the value of MCEP and are enforcing its use.

In garrisons, about 3 to 4 percent of the workforce (active-duty military and civilian) have reported eye injuries. In 60 to 70 percent

of eye injuries, workers were not wearing safety glasses or goggles. In the military, the highest incidence of eye injury is in grades E-1 through E-4.

In vehicle maintenance, welding or mechanics, eye injuries can be prevented if the same enforcement for MCEPs is applied to the work environment.

Home activities are just as risky as work for eye injuries according to the U.S. Eye Injury Registry, which tracks eye injuries.

Homes, yards and garages contain many of the same hazards as work environments. People are at risk for eye injuries when performing vehicle maintenance, using lawn mowers and string weed trimmers and handling chemicals.

Oven and drain cleaners containing alkali, the most dangerous chemical for eyes, require special handling and eye protection. The big difference between work and home is that most people "think" home is safer; therefore, people are less likely to wear eye protection.

The same industrial safety glasses and

goggles worn at work, or the MCEP, can provide protection at home. If purchasing non-MCEP safety eyewear for home, check the package for ANSI Z87.1 specifications for adequate safety performance standards.

There is one more important reason to wear eye protection. Sports and recreational activities are responsible for more than 600,000 eye injuries each year, according to an article published in *American Family Physician*. Every 13 minutes an emergency room in the United States treats a sports eye injury that could have been prevented. Awareness of eye injuries and proper eye protection are the first steps in changing these statistics.

Here are some guidelines:

Use the right eye protection for the right activity.

When you buy protection, make sure the manufacturer's package indicates the device meets the standard for the activity you are performing.

Different agencies have created standards that govern the safety requirements for specific

activities.

The American Society of Testing and Materials creates performance standards for safety eyewear, including standards for sports eye protection.

Combat eye protection standards are mandated by the Program Executive Office-Soldier, which maintains the Authorized Protective Eyewear List.

The U.S. Army Center for Health Promotion and Preventive Medicine is the Army's public health organization.

It supports Soldiers around the world with health education information and deploys its expert medical and scientific staff to deliver occupational and environmental health surveillance everywhere Soldiers go.

On U.S. military installations, CHPPM provides environmental health engineering and health hazard assessments as well as injury and disease prevention programs.

For more information about vision conservation, visit the Tri-Service Vision Conservation Program online at <http://dodvision.com>.



Photo by Jennifer Clampet

Eye protection, both on and off the job, is a critical part of protecting vision, according to Army vision experts.

Early detection of oral cancer essential for long-term survival

By Col. Preston Q. Welch
Wiesbaden Dental Clinic

So how important is the health of your mouth?

Because early detection of oral cancer is essential for long-term survival, all annual dental exams include a thorough soft tissue exam. In the United States oral cancer is the sixth most common cancer in males and the 12th most common cancer in females and accounts for approximately 3 percent of all cancers. About 94 percent of all oral malignancies are squamous cell carcinoma.

In the last 50 years the overall survival rate for oral squamous cell carcinoma has only improved by 10 days with a five-year survival rate of 85 percent for Stage I disease to 9 percent for Stage IV disease.

The most common risk factors include tobacco use, heavy alcohol consumption, age and family history.

Clinically, patients are commonly referred to oral

pathologists for evaluation of lumps, bumps, swellings to include facial and neck swellings, ulcers, pigmented lesions, white and/or red lesions, spit tobacco induced lesions, burning mouth, dry mouth, cysts, tumors, potential infectious disorders affecting the head and neck, developmental abnormalities, abnormal x-ray findings, alterations in tooth number/ morphology/ or color, etc.

Oral and Maxillofacial Pathology is the specialty of dentistry and discipline of pathology that deals with the identification, structural and functional causes and management of diseases affecting the oral and maxillofacial regions.

Oral pathologists arrive at their microscopic diagnosis through routine biopsy procedures and adjunctive measures.

When worrisome lesions are identified, the oral pathologist is an integral part of the team involved in

Helpful links and information on oral pathology

Armed Forces Institute of Pathology: www.afip.org

American Association of Oral and Maxillofacial Pathology: www.aaomp.bizland.com

American Society of Forensic Odontology: www.asfo.org/index

Wiesbaden Dental Clinic appointment desk can be reached at mil 337-1720 or civ (0611) 705-1720; Baumholder's at 485-2211/2210, civ (06783) 6-2211/2210.

diagnosing, treatment planning and managing potential oral cancers.

Many systemic diseases and syndromes may first manifest signs and symptoms in the oral cavity before they present in other areas of the body.

For example one type of jaw lesion may be a manifestation of hyperparathyroidism. Other intraoral lesions, both soft tissue and intrabony, may represent

syndromes associated with cancers of the colon or thyroid, therefore early diagnosis from the oral lesions can prevent the associated cancers.

Other systemic diseases known to have early oral manifestations include multiple myeloma, sarcoidosis, some lymphomas, syphilis, diabetes, Crohn's Disease, iron or vitamin deficiencies, bulimia, and many more.

Oral pathology appointments are generally done by referrals from other dental and medical providers. However, any patient concerned about suspicious lumps, bumps, abnormal colored lesions of the head and neck, dry mouth, burning mouth or any other abnormal oral condition is urged to seek evaluation of the condition through his or her primary health care provider or family dentist.

At the Wiesbaden Dental Clinic biopsies are performed after an initial evaluation is completed to include a review of the patient's health history, medications and a comprehensive head and neck examination. Radiographs, blood work and interdepartmental consultations are usually requested at that time. For biopsies that cannot be performed locally because of the size or location of the lesion, the patient is referred to the oral surgery clinic at Landstuhl Regional Medical Center.

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

By Donald Seltzer
U.S. Army Garrison
Wiesbaden Volksmarch Editor



Volksmarching notes

Readers are asked to pick up extra event brochures whenever possible. Mail them via MPS to Donald Seltzer, CMR 467 Box 5533, APO AE 09096.

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

Weekend of Sept. 26-27

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

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

Budenheim (55257) — Northwest of Mainz, this walk is easily reached via the autobahn. Use Autobahn 60 and the Heidesheim-Budenheim exit or Autobahn 643 and the Mombach-Budenheim exit and follow IVV directional signs for the starting point.

Start: Bürgerhaus **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.

Weilburg-Kubach (35781) — This event is northeast of Limburg and about one-third of the way toward Giessen. Use Autobahn 3, exit at Limburg-Nord and follow B-49 to Weilburg. A secondary road will lead to the start at Kubach. From Giessen, use B-49 through Wetzlar. At Löhnberg take a secondary road to Weilburg and on to Kubach.

Start: Volkshalle Kubach at Hauptstr. 60 **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 11 and 20 km) **Trail:**

Somewhat hilly, fields and woods **Award:** None.

Weekend of Oct. 2-4

Fulda (36043) — Three days of walking are offered this weekend near the former American casern. A wide variety of routes are being offered as well as International Marching League credit (which requires two days of walking). Participants will find the start off of B-254 in the direction of Haimbach using IVV

directional signs.

Start: Deutsch-Amerikanisches Sportzentrum at the intersection of Washingtonallee and Black-Horse-Straße **Friday:** 3-5 p.m. (6 and 11 km) **Saturday:** 7:30 a.m. to 1 p.m. (6 and 11 km), 7:30-11 a.m. (25 km) and 7-8 a.m. (42 km; bus transfer to the start from 6:45-8 a.m.) **Sunday:** 7:15 a.m. to 1 p.m. (6 and 11 km), 7:15-10 a.m. (25 km) and 7:15-8 a.m. (42 km) **Trail:** Fairly hilly, woods and fields **Award:** From previous events (6, 11 and 25 km), patch and certificate (42 km) or medal (two-day participation).

Weekend of Oct. 10-11

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.

Nonnweiler-Primstal (66620) — Not far from Neubrücke is the event at Primstal; Baumholder's wanderers should also find this walk easy to reach. From Neubrücke, use Autobahns 62 and 1 in the direction of

B-41 to Nohfelden and a secondary road through Gonesweiler, Neunkirchen and Selbach to reach Primstal. From Baumholder use Autobahn 62 (at the Freisen on-ramp) to Neubrücke, then continue on to reach Autobahn 1 south to the Nonnweiler-Primstal exit.

Start: Mehrzweckhalle on Kannenberg 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.

Weekend of Oct. 17-18

Arbergen-Daisbach (65326) — This event is in the Naturpark Rhein-Taunus south of Limburg. Challenge-seeking wanderers will enjoy the fall colors while completing a 42-km marathon. 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 10 km), 7 a.m. to noon (20 km) and 7-8:30 a.m. (42 km) **Trail:** Very hilly, woods **Award:** Patch (shorter trails) or patch and certificate (marathon).

Hohenöllen/Pfalz (67744) — This event is closest to Baumholder's residents. From Baumholder, head east toward Lauterecken using the secondary road bordering the training area to reach B-420 at Rathweiler. Take B-420 to Lauterecken, then B-270 south to Heinzenhausen to pick up another secondary road a short distance to Hohenöllen.

From Idar-Oberstein use B-41 to connect with B-270, then head south to Heinzenhausen and the road to Hohenöllen.

Start: Radsporthalle at Am Heidchen 6 **Saturday and Sunday:** 8 a.m. to 2 p.m. (5, 10 and 20 km) **Trail:** Hilly walking trails, woods and fields **Award:** None.



One-act plays evening

Wiesbaden's Amelia Earhart Playhouse features a "riveting mix of new American plays," "Danger (times five)," Sept. 24-27 and Oct. 1-4. Pick up tickets at local USO offices or call the playhouse at civ (0611) 816-2473 for reservations.

Wiesbaden, Heidelberg bazaars

The Wiesbaden Community Spouses Club holds its Lamplighter's Bazaar Oct. 2-4 in Hangars 1035 and 1036 on Wiesbaden Army Airfield. The annual fund-raiser will feature antiques, jewelry, pottery, wine, cheese, artworks, crystal and more. A Family, Morale, Welfare and Recreation Oktoberfest will also be featured in conjunction with the bazaar. Hours of the bazaar are Oct. 2 noon to 7 p.m., Oct. 3 11 a.m.

to 7 p.m. and Oct. 4 11 a.m. to 5 p.m. The event will be stroller friendly. Heidelberg holds a Holiday Bazaar Oct. 9-12 at the Village Pavilion in Patrick Henry Village. Hours are noon to 7 p.m. Oct. 9, 10 a.m. to 7 p.m. Oct. 10 and 11, and 10 a.m. to 5 p.m. Oct. 12.

Outdoor Recreation highlights

Wiesbaden Outdoor Rec features a trip to the **Munich Oktoberfest/Neuschwanstein Castle** Sept. 26-27, a **fishing class** Sept. 28 to Oct. 2, **Munich Oktoberfest** Oct. 3, **deep-sea fishing in**



Photo by Karl Weisel

Outdoor Recreation and the USO offer trips to Oktoberfests in Stuttgart, Munich and Hahn.

the North Sea Oct. 9-12 and **Amsterdam city bike tour** Oct. 17. Call mil 337-5760 for details. Baumholder Outdoor Rec goes **mountain biking** Oct. 3, 17 and 31; to **Oktoberfest in Munich** Oct. 3, the **Hahn Ok-**

toberfest Oct. 9, **Bad Cannstatter Fest in Stuttgart** Oct. 10 and **Paris** Oct. 17. Call mil 485-7182.

Wiesbaden City Fest

The city of Wiesbaden holds a fall festival Sept. 24-27 featuring markets, live music, a car show and lots more.

Choir concert

Frankfurt's German-American Community Choir presents a concert of international love songs including Brahms' "Neue Liebeslieder" and songs from well-known musicals Sept. 26 at

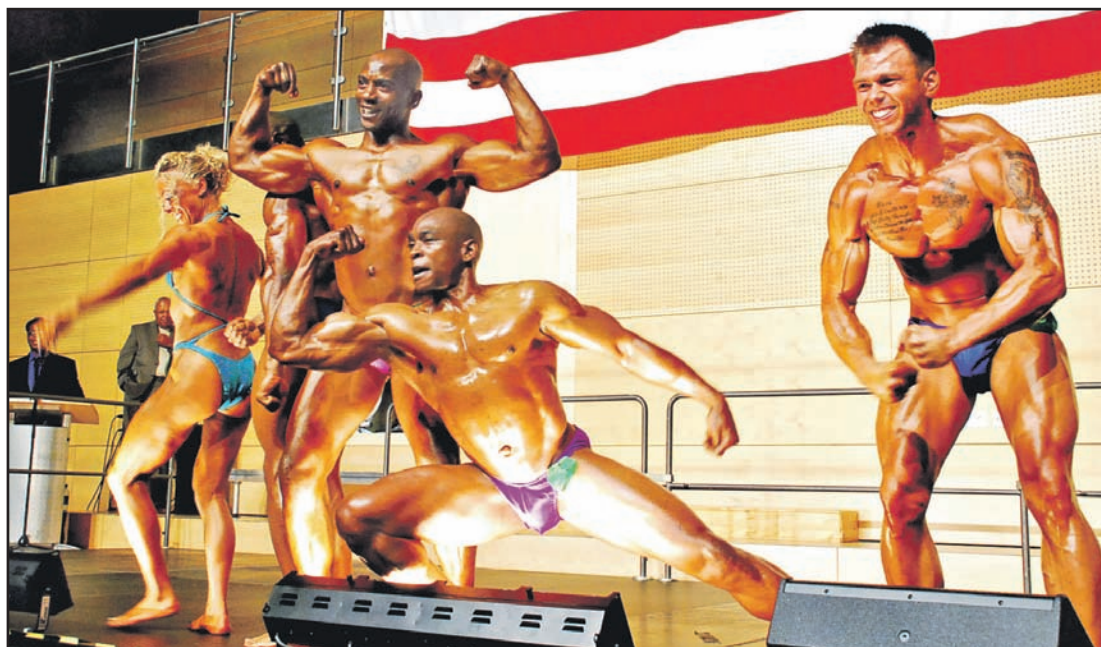
8 p.m. at the Saalbau Bornheim (Arnsburger Str. 24). Visit www.gacc-frankfurt.de for more information.

Travel with the USO

Rhein Main Area USOs offer the following upcoming trips: **Munich Oktoberfest** Sept. 26, **Homburg-Efze** Oct. 4, **Stuttgart's Bad Cannstatter Fest** Oct. 9, **Amsterdam Express** Oct. 10, **Eltville** Oct. 11, **Rhein River Cruise** Oct. 17, **Heidelberg** Oct. 17, **Riesling Route with Eric the Red** Oct. 18, **Wartburg and Eisenach** Oct. 24, **Bastogne and Battle of the Bulge Military History Tour** Oct. 31 and **Strasbourg** Nov. 6. Stop by the USOs at the Hainerberg Shopping Center or on Wiesbaden Army Airfield (Building 1023W) to make reservations. Call civ (0611) 731 301 for more information.

Things to do ... Things to do

Sandi Griffin, Kenyatta Wilson, Damon Dantzler, Terry Graham and Elijah Maine flex during the finale pose before the overall winners are announced. Photo below: Overall champions Kenyatta Wilson and Sandi Griffin.



Best bodies: U.S. Forces Europe champions crowned at Wiesbaden contest

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

A computer network administrator and a worship team leader took home the titles from the 2009 U.S. Forces Europe Bodybuilding Championship Sept. 12 at the Wiesbaden Fitness Center.

Kenyatta Wilson of Lajes Field and Sandi Griffin of Ramstein were honored as the men's and women's overall winners out of 17 competitors.

Wilson, a former powerlifter who began bodybuilding in 2005, holds several titles and looks forward to promoting natural bodybuilding while continuing the sport.

"It seems as if a lot of guys want results fast these days and begin to experiment with steroids and other illegal substances at an early age. I just want to be that living proof that those things aren't needed to build a great physique," said Wilson, who was also the 2007

Pacific U.S.A. Naturals middleweight winner.

Griffin, who also won the Women's lightweight category, said she struggled with a knee injury high blood pressure and weighed more than 170 pounds less than two years ago. But the 35-year-old said she is now in the best shape of her life.

Women's Figure winner Alphradezsa Lezama said she was inspired to get involved in the sport after reading an article in 2008 in *Oxygen Magazine*.

"I saw real people having fun and being fit. ... There was somebody like me, and they achieved it by diet and exercise," said Lezama, who said she is also seeking a bachelor of science degree in fitness and nutrition.

Winners by category were:

Men's Fitness — Christopher Berry, Wiesbaden; Elijah Maine, Sigonella; Terry Graham;

Men's Bodybuilding Lightweight — Kenyatta Wilson, Lajes Field; Christopher Berry, Wiesbaden; Horace Youson,

Ramstein;

Men's Bodybuilding Middleweight — Elijah Maine, Sigonella; Andy Spruill, Ramstein;

Men's Bodybuilding Light Heavyweight — Damon Dantzler, Stuttgart; Caleb Pike, Vilseck;

Men's Bodybuilding Heavyweight — Terry Graham, Grafenwöhr; Jasper Gray, Sigonella; Steven Oliver, Ramstein;

Women's Figure Short — Alphradezsa Lezama, Stuttgart; Patti Rucobo, Stuttgart; Melinda Slaughter, Ramstein;

Women's Figure Tall — Kimberly Allen, Wiesbaden.

For more photos visit www.wiesbaden.army.mil/sites/news/photo_gallery.asp.



Sports shorts

Half marathon Sept. 26

Wiesbaden hosts its Sizzling Summer Half Marathon Sept. 26. Entry is \$20 including a T-shirt. Registration starts at 7 a.m. with the run starting at 9 a.m. Call the Wiesbaden Fitness Center at civ (0611) 705-5541 for more information.

Baumholder walk/run

Baumholder's Hall of Champions will be the starting point for a Breast Cancer Awareness Walk/Run Oct. 3. A one-kilometer children's run starts at 9 a.m., walkers begin at 9:30 a.m. and runners take off at 10 a.m. Registration is \$10 including a T-shirt (while supplies last). Call mil 485-6671 or civ (06783) 6-7418.

Boxing tourney

A Hispanic Heritage Month Boxing Tournament will be held Oct. 3 with doors opening at 6 p.m. at the Wiesbaden Fitness Center. Call the fitness center at civ (0611) 705-5541 for more information.

Tae kwon do

Adult tae kwon do classes are held Tuesdays and Thursdays 6-7 p.m. at Baumholder's Skies Unlimited Center. Cost is \$50 for the eight one-hour sessions. Call the Mountaineer Gym at mil 485-7418 or civ (06783) 6-7418.

Aikido lessons

Learn this Japanese self-defense system using nonresistance to cause an opponent's own momentum to work against him. Classes are Mondays and Wednesdays from 6-7:30 p.m. at Baumholder Arts and Crafts. Monthly lessons are \$50. Call mil 485-7003 or civ (06783) 6-7003 for details.

U.S. Forces Racquetball Tourney

Ramstein Air Base will be the site of a U.S. Forces Racquetball Tournament Sept. 26-27. Call the Baumholder Sports Office at mil 485-6671 for more information.

Fishing courses

U.S. forces fishing courses will be offered Sept. 28 to Oct. 2 and Oct. 26-30 from 6-9 p.m. at Wiesbaden Outdoor Recreation. Cost is \$65 for ages 12 and up. Call mil 337-5760 or civ (0611) 705-5760 for details. Baumholder Outdoor Rec features a one-day introduction course and three-day courses with a certified German fishing guide. Call mil 485-7182 or civ (06783) 6-7182.



Warriors take charge

Wiesbaden High School's Daniel Harris heads for the goal on the way to racking up 121 yards rushing during the Warriors 28-7 pounding of the Wiesbaden Phantoms at home Sept. 12. The German-American showdown was a tune-up for the regular season which opened with Wiesbaden beating Lakenheath at home 14-13 Sept. 19.



Movie plots

The Collector (R) — Desperate to repay his debt to his ex-wife, an ex-con plots a heist at his new employer's country home, unaware that a second criminal has also targeted the property and rigged it with a series of deadly traps.

G-Force (PG) — A specially trained squad of guinea pigs is dispatched to stop a diabolical billionaire from taking over the world.

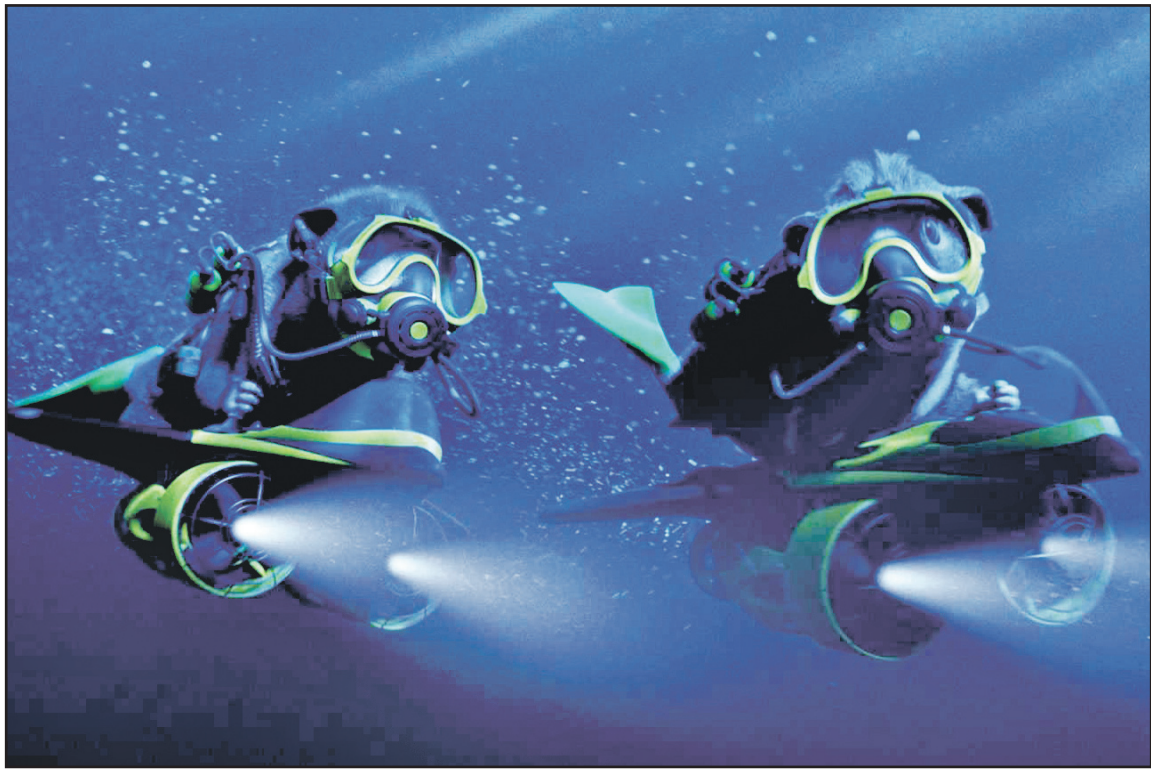
Orphan (R) — Devastated by the loss of their unborn baby, Kate and John decide to adopt a child. At the orphanage, both feel drawn to a little girl named Esther, and soon the couple take their new daughter home. But when a dangerous series of events unfolds, Kate begins to suspect that there is something evil lurking behind the child's angelic exterior. Stars Vera Farmiga and Peter Sarsgard.

The Ugly Truth (R) — Abby is a lovelorn television producer who, despite a long and arduous search for the perfect mate, is hopelessly single. The battle of the sexes heats up when her employers team her up with Mike Chadway, an opinionated TV celebrity who plans to put Abby through the wringer to prove his own theories about what makes men and women tick. Stars Katherine Heigl and Gerard Butler.

I Love You Beth Cooper (PG-13) — A nerdy valedictorian proclaims his love for the hottest cheerleader in school during his graduation speech. Much to his surprise, the ridiculously popular cheerleader shows up at his door that very night and decides to show him the best night of his life.

Post Grad (PG-13) — Eternal optimist Ryden Malby (Alexis Bledel) has the most brutal of wake-up calls when she graduates from college and can't find a job, forcing her back home to live with her oddball family. Frustrated and confused about how her life is supposed to turn out, she soon realizes her longtime platonic best friend is the only one who makes everything in her crazy life make sense.

Cloudy With A Chance Of Meatballs (PG) — Anna Faris and Bruce Campbell lend their voices to the animated stars in this story about inventor Flint Lockwood and his food-making invention. When hard times hit Swallow Falls, its townspeople can only afford to eat sardines. Lockwood thinks he has the answer to the town's crisis. He builds a machine that converts water into food and becomes a local hero when tasty treats fall from the sky like rain. But when the machine spins out of control and threatens to bury the whole world under giant mounds of food, Flint finds he may have bitten off more than he can chew.



Members of the G-Force, a specially trained squad of guinea pigs, head out on a mission to save the world.

At the movies Sept. 24 to Oct. 8

Baumholder, Wagon Wheel

Sept. 24 — Closed
Sept. 25 — Post Grad (PG-13) 7 p.m.
Sept. 26 — G-Force (PG) 4 p.m. Post Grad (PG-13) 7 p.m.
Sept. 27 — G-Force (PG) 4 p.m. The Collector (R) 7 p.m.
Oct. 2 — The Final Destination (R) 7 p.m.
Oct. 3 — The Ugly Truth (R) 4 p.m. The Final Destination (R) 7 p.m.
Oct. 4 — G-Force (PG) 4 p.m. Orphan (R) 7 p.m.

Wiesbaden, Taunus

Sept. 24 — Brüno (R) 7 p.m.
Sept. 25 — Cloudy With A Chance Of Meatballs (PG) 7 p.m. The Collector (R) 9:30 p.m.
Sept. 26 — Cloudy With A Chance Of Meatballs (PG) 4 and 7 p.m. The Collector (R)

9:30 p.m.

Sept. 27 — Cloudy With A Chance Of Meatballs (PG) 4 p.m. G-Force (PG) 7 p.m.
Sept. 28 — Cloudy With A Chance Of Meatballs (PG) 7 p.m.
Sept. 29 — The Collector (R) 7 p.m.
Sept. 30 — G-Force (PG) 7 p.m.
Oct. 1 — The Collector (R) 7 p.m.
Oct. 2 — Jennifer's Body (R) 7 p.m. The Ugly Truth (R) 9:30 p.m.
Oct. 3 — I Love You Beth Cooper (PG-13) 4 p.m. Jennifer's Body (R) 7 and 9:30 p.m.
Oct. 4 — G-Force (PG) 4 p.m. Jennifer's Body (R) 7 p.m.
Oct. 5 — Jennifer's Body (R) 7 p.m.
Oct. 6 — Orphan (R) 7 p.m.
Oct. 7 — The Ugly Truth (R) 7 p.m.
Oct. 8 — Orphan (R) 7 p.m.



Flint Lockwood (voiced by Bill Hader) and Sam Sparks (Anna Faris) enjoy an ice cream cone in the animated film "Cloudy With A Chance Of Meatballs." Photo right: The devil makes Megan Fox a very hungry cheerleader with a taste for human flesh in "Jennifer's Body."

Freestyle

Freestyle

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