



**Reader feedback**  
 "Engaged leadership and dialogue" helps prevent sexual harassment and assault, said Sgt. 1st Class Jason Wahlers. See page 2 for more feedback.



**Earth Day**  
 Photos from the Earth Day Photo Contest. See page 6.



**Stewards**  
 Hunters support wildlife programs. See page 12.

# Herald Union



Vol. XVI, No. 14

Wiesbaden: Your home in Germany

April 24, 2014



Photo by Chrystal Smith

**Imagine that**  
 Disney's Imagination Movers react to the overwhelming audience response after asking community members to "make some noise" while entertaining families April 11 in the Wiesbaden Fitness Center. See more on page 3.

## Stand up, speak up

Wiesbaden focuses on SHARP, ASAP during stand-down event

By Shayna Brouker  
 U.S. Army Garrison  
 Wiesbaden Public Affairs  
 Office

Stand-up comedy, slapstick humor and a healthy dose of insightful information — but no PowerPoint presentations — made for an impactful Ready and Resilient Campaign event April 16. The stand-down focused on sexual harassment and assault and substance abuse prevention.

There was standing room only at the Wiesbaden Fitness Center as listeners heard remarks from Col. David Carstens, U.S. Army Garrison Wiesbaden commander, were introduced to victim

advocates and community resource representatives, participated in an obstacle course and enjoyed a performance by comedian Bernie McGrenahan.

"I know the listening audience might have some questions when we say the words 'fun' and 'sexual assault' in the same sentence," said David Carstens, explaining the unconventional event. "But we wanted to give Soldiers something to focus on and let them know we are an organization that takes care of one another."

Carstens opened with some stunning statistics **See SHARP Stand-down on page 5**

## Postal project nears end

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

There's still some fine-tuning to do, but postal officials are looking forward to the conclusion of the \$1.5 million Postal Service Center renovation project next month.

"We have installed more than 9,000 boxes upstairs and have given the facility a new look, more space, automatic lighting and other features to improve the overall appearance of the facility," said Earl Small, U.S. Army Garrison Wiesbaden postal services officer. "Everything is new, it's laid out well and is more customer service-oriented."

Small said improvements inside the facility such as straighter lanes with fewer doors to improve mail flow and the environmentally



Photo by Karl Weisel

**More than 9,000 mailboxes have been installed upstairs as the \$1.5 million Postal Service Center renovation project nears its conclusion.**

friendly lighting which saves the Army money will benefit both the staff and community in the long run.

"We're still doing some fine-tuning," Small said, looking forward to getting the exterior painted to "make it more uniform" and also have signs posted to show the box

number range in each location in the newly renovated area.

Postal patrons will once again check their boxes upstairs in the renovated facility starting May 19. The staff of the Postal Service Center will stop placing mail downstairs in the boxes on that date.

"At the close of business on Thursday, May 22, that will be the last time that patrons will have access to the basement," said Small, adding that community members can help facilitate the change by regularly checking their mail and emptying their boxes in the days leading up to May 19. "We're really hoping that people get their mail from downstairs."

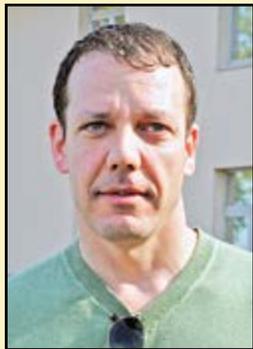
While patrons will not have **See Postal on page 4**



Photo by Chrystal Smith

**Sgt. 1st Class Carlos Negron aids a "buddy" wearing beer goggles through the obstacle course during the stand-down assembly April 16 at the Clay Kaserne Fitness Center.**

## Feedback: *What do you do to prevent sexual harassment and assault?*



**Jason Van**  
**2nd Signal Brigade**

“Don’t make sexual harassment jokes. Don’t open up those conversations, because it makes people think you’re OK with it.”



**Pfc. Mercedes Sellers**  
**24th Military Intelligence Battalion**

“When I go out I dress a certain way so as not to invite unwanted attention or behavior. When I’m out with friends, I watch out for them. I’m always checking to see if they’re OK.”



**Master Sgt. Michael Palmer**  
**7th Weather Squadron**

“Personally, I make sure I treat everyone as an individual whether male or female. I make sure everyone feels comfortable coming to us with whatever problems they have. ... It hits home with me and I take it to heart.”



**Pvt. 2 Amia Oglesby**  
**Dental Activity Command**

“I always take a battle buddy along when I go. And whoever I’m out with, we always have each other’s backs.”



**Quentin Harvey**  
**Wiesbaden Postal Service Center**

“I keep my mouth shut. You never know what kind of mood someone is going to be in.”

## Ask the commander

**Editor’s note:** Have something you’d like to share with the commander? Visit the garrison’s Facebook page (Garrison Wiesbaden), send an ICE comment or contact the Commander’s Hotline (click the Feedback link on the garrison home page).



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

### Child care increase?

**Julie R. asked:** Are there plans to increase the amount of hourly and part time preschool/day care on post? I called today to try to sign my son up for a day in April for infant hourly care and was told there are no openings for April in the infant hourly care because they are booked solid with full-time care children. It’s not that they already have the hourly slots booked either. They do not have any to give because of all the full-time care infants.

**Response:** Julie, Child,

*Youth and School Services is in the process of renovating the 38-capacity Hainerberg Child Development Center in Building 7875 on Washington Strasse. The plan is to designate the 38 child care spaces for hourly care and part-day programs. The projected completion date is June/July 2014. There are Family Child Care home spaces available for hourly care. Also, the “absentee” spaces in the full-day infant rooms are being used for hourly care. The number of “absentee” spaces change daily, so it is not possible to make them available on the Webtrac. If all the hourly care spaces are filled on Webtrac, please call the CYSS hourly care line at civ (0611) 705-7014 between 8 a.m. and 4 p.m. on Monday, Tuesday, Wednesday*

*or Friday; or from 1-6 p.m. on Thursday. The staff said they will make every effort to provide you with the care you need.*

### Alternate bus stop

**Dave R. commented:** I currently use public transportation to get to Clay Kaserne and Hainerberg Housing. With the Access Control Point construction, is there an alternate plan for the bus stop?

**Response:** I’m glad to hear, Dave, that you are helping in the effort to save energy and to protect the environment by using public transportation. We have indeed developed an alternate plan for the bus stops outside Clay Kaserne. Currently during construction the bus stops remain in place at the Main Gate and in front of Domaene Mechtildshausen. Once the Clay ACP construction is completed, bus riders should exit at the Domaene Mechtildshausen bus stop and walk through the Clay pedestrian gate to enter the

**See Ask the commander on page 2**

## Cracking down on invasive species

### Commentary by Sarah Montero

*Special to the Herald Union*

Part of our initiative for Earth Day (April 22) was to become more aware of the plants and animals around our homes. Invasive species often pose a threat to local wildlife by creating competition for resources like space and food. Sometimes invasive species can even threaten human health and cause severe economic damage. Invasive species in the United States cost an estimated \$137 billion per year in damages to agriculture, forestry and fishery industries.

One way to make environmentally mindful decisions can be through the plants you buy for

your garden or deck this spring. On our post we have invasive plants growing such as the giant hogweed and the Japanese knotweed. An increase in invasive plant species in Europe is thought to be due to decorative plants bought by individuals for balconies, cemeteries and gardens.

Feeding the invasive ring-necked parakeet and Egyptian goose should also be avoided. Those pretty green “parrots” are not native to this area and cause great damage to our buildings by burrowing into the exterior plaster and allowing moisture and frost into the insulation and masonry. Not unlike the invasive Canadian goose, the Egyptian goose threatens lo-

cal biodiversity by beating out native wildlife for resources. Never feed wild geese as this can create an association of food with people for the birds, resulting in aggressive behavior.

Also keep in mind pets should never be released into nature to become invasive species themselves.

For more information on invasive species and more mindful gardening options contact the Directorate of Public Works’ Environmental Division by emailing [usarmy.wiesbaden.imcom-europe.list.dpw-environmental@mail.mil](mailto:usarmy.wiesbaden.imcom-europe.list.dpw-environmental@mail.mil). (Sarah Montero is a volunteer with the Environmental Division.)

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## Making strokes for healing

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



**Shaherezad Tamrat works on details of a painting during a Survivor Outreach Services support group session April 4 at the UMUC art studio.**

Life for Nesli, Shaherezad and Tiffany changed abruptly after receiving news of their loved ones' deaths.

They suddenly found themselves in a unique category of citizens — survivors of fallen Soldiers.

After Nesli received the news of her husband's death she knew she needed to be with others who could relate to what she was going through.

"I didn't want to go through it alone," said Neslihan Turnbull, "I wanted to meet other spouses."

Shaherezad Tamrat, however, was initially opposed to the idea of being constantly reminded that the hope of spending her future with her fiancé would not be fulfilled.

"I didn't want to be confronted with it, constantly reminded of it," she said adding that she was seven months pregnant when she got the news.

Tiffany and Nesli submitted themselves to professional therapists, but found the counselors to be "out of touch" with their situations.

"I felt pretty much on my own," said Tiffany Oppong. "None of my friends had ever been through this."

They all recalled the casualty assistance officer mentioning something about a support group of others like them, and eventually they all reached out to Survivor Outreach Services.

Irma Sneed, SOS coordinator, said SOS was developed to support survivors of fallen Soldiers through their most difficult times and to provide long-term support. It connects survivors to grief counselors, benefits coordinators, financial counselors and other support agen-

cies. "Survivors will remain part of the Army Family as long as they desire," she said.

"I need to give it a chance," said Nesli, who made the decision to return to Germany to be closer to family and has been taking advantage of the services and support offered through the local Family, Morale, Welfare and Recreation organization.

"It was important to talk to someone who had a similar experience," said Tiffany, who said that sessions with the therapist left her feeling worse afterwards. "I was planning to see a new therapist, but I don't look forward to starting all over and going through it again with someone else," she said.

And while SOS doesn't pretend to take the place of professional, clinical therapy, the women said time spent with one another, doing different activities is a balm of its own.

"You can always make friends because they're going through what you're going through," said Nesli.

"I really like the engagement I have with others when we get together," said Tiffany.

Oftentimes the therapy happens when the group gathers to participate in various activities that have

included cooking, eating and simply talking. Recently SOS explored the therapy of painting in a session held April 4 in the University of Maryland University College art studio.

Sneed said she was looking to do something different with the group to get the survivors engaged. She learned of the painting workshops offered in the community and thought it would be

a good thing for the support group.

"Well, I like painting and I think it may be a bit therapeutic too," she said.

And for the survivors who participated, it was a well-received idea.

"I thought it would be nice to paint together and talk about different things," said Nesli, whose husband died on active duty about six months ago/before. "It makes me forget a little about what has happened."

The session's host, Lanae Vigue, had the survivors painting a tranquil motif from nature.

She said the painting session for the ladies was a way of "giving back to themselves." "I love being able to bring all this to people and paint," she said.

The special session was a fulfilling outing for all survivors as it also offered crafts and light amusement for the children, too.

"We're being creative. The kids are having fun," said Shaherezad.

The survivor support group gathers monthly for activities, and is coordinated through Survivor Outreach Services. Contact Irma Sneed at mil 335-5234 or civ (0611) 4080-234 for more information.

## News flash

### New parking garage

Starting on May 5 there will be no surface parking inside the area of Building 1004 on Clay Kaserne due to the construction of a new parking structure. Access will remain for all tenants that control space inside Building 1004, but users are advised to be cautious when traversing the area.

### Apply now for Summer Hire

Military ID cardholder family members ages 14-23 can apply for this year's Summer Hire Program. It runs from June 30 to Aug. 9. Visit <https://acpol2.army.mil/sh/staffing/summerhire> for application information. Applicants must also submit hard copies of employment documents to the Wiesbaden Civilian Advisory Center.

### Bank holiday

All Community Banks in Wiesbaden will be closed May 1 for Labor Day and May 29 for Ascension Day. ATMs will remain in service at the Hainerberg Shopping Center, Clay Kaserne, Mainz-Kastel Storage Station, Wiesbaden Commissary, Wiesbaden Army Lodge, Amelia Earhart Complex, Rheinblick Golf Course and at the Dagger Kaserne in Darmstadt.

### Don't mail Kinder eggs

Military Customs officials remind members of the U.S. Forces community in Germany that chocolate Kinder eggs cannot be imported into the United States. Mailing them could result in a fine. (USAREUR Release)

### Staying safe on bikes, blades

With warmer weather bringing out more two-wheeled enthusiasts, the Directorate of Emergency Services reminds bicyclists, skaters, skateboarders and kick-scooters to use paths, sidewalks or parts of the road marked for bicycle use when available and to ride as far to the right of the road as possible. Using skates, rollerblades, skateboards or kick-scooters in traffic is prohibited. Using cell phones or mobile music devices that impede hearing is prohibited. Enthusiasts should wear light-colored clothing or reflective accessories and an approved helmet. Skaters, skateboarders and kick-scooter riders should wear knee and elbow pads and wrist guards. Bicycles must be equipped with a headlight, taillight, wheel and pedal reflectors and functioning brakes. Military ID cardholders must wear a helmet when on military installations.

### Contacting CWT/Sato Travel

To avoid long waiting times during a visit to the official travel office send an email to [wiesbadenCTO@cwtsatotravel.com](mailto:wiesbadenCTO@cwtsatotravel.com). That way your request will be addressed by CWT/Sato travel agents throughout Europe. Your reservation request should contain the travel date, destination authorized per your order, full name, Social Security Number, date of birth of all travelers, phone number and point of contact. If traveling with a pet, provide kennel dimensions and weight of pet. Patrons are also asked to use the civilian number civ (0611) 977 340 rather than the DSN number to contact the office.



Photos by Chrystal Smith



### Rocking good time

The Imagination Movers, Dave (left), Rich, Scott, Smitty and Kyle, bounced, stirred, shocked and rocked more than 1,500 imaginations April 11 at the Wiesbaden Fitness Center during a concert, from Morale, Welfare and Recreation and Navy Entertainment.

## From the blotter

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

### April 3

**Traffic accident:** A family member is being charged with failure to judge proper distance and fleeing the scene of a traffic accident.

### April 4

**Larceny:** A Soldier became a victim when an unknown person stole a grill from outside his or her residence in Aukamm Housing.

**Assault:** A Soldier became a victim when an unknown person(s) assaulted the Soldier and stole various items in Frankfurt.

**Larceny:** A family member is charged with larceny of private property and civilian misconduct.

### April 7

**Traffic accident:** A Soldier is being charged with following too closely, causing property damage.

**Property damage:** An officer became a victim when an unknown person fled the scene after damaging his or her vehicle while parked in Wiesbaden.

**Property damage:** A civilian employee became a victim when an unknown person fled the scene after damaging his or her vehicle while parked at the Post Exchange parking lot.

### April 8

**Desertion:** A Soldier was listed as a deserter.

**Assault:** A Soldier is being charged with simple assault.

**No contact:** A Soldier is being charged with failure to obey a regulation: Violation of a no contact order.

### April 10

**Traffic accident:** An Airman is being charged with failure to report involvement in a traffic accident and failure to yield the right of way causing property damage.

### April 11

**Drunken driving:** A family member is being charged with drunken driving, fleeing the scene of a traffic accident and civilian misconduct.

**Assault:** A family member is being charged with assault on a child under the age of 16, assault consummated by a battery and domestic violence.

### April 12

**Traffic accident:** A civilian employee is being charged with improper lane change causing property damage.

**Traffic accident:** A noncommissioned officer is being charged with failure to yield the right-of-way causing property damage.

### April 14

**Failure to obey:** A noncommissioned officer is being charged with failure to obey an order: Violation of a no contact order.

**Traffic accident:** A family member is being charged with failure to yield the right-of-way causing property damage.

**Larceny:** A family member is being charged with larceny of Army and Air Force Exchange Service property.

**Possession:** Five family members are being charged with illegal possession of a controlled substance.

### April 15

**Traffic accident:** A civilian employee is being charged with inattentive driving causing property damage.

### April 16

**Traffic accident:** Three family members are being charged with failure to yield the right-of-way causing property damage.



Photo by Volker Ramspott

## Construction going full throttle

Work continues on the Access Control Point at Clay Kaserne that will transform how personnel enter and exit the installation. Work is planned to go through December as drivers observe modified traffic patterns when approaching and departing Clay Kaserne.

## Travel reminder

# Carry passport while traveling around Europe

U.S. Army Europe Office of the Provost Marshal officials want to remind members of the American forces community in Europe to carry their passports when traveling to countries to which they are not assigned.

A common misconception is that European borders without checkpoints can be crossed freely. While this may be true for residents of coun-

tries within the European Union's Schengen zone, the agreement does not extend to U.S. or other non-EU citizens.

In some European countries federal police have the right to pull vehicles over and check passports without suspecting a person of



wrongdoing, and in some nations only a national form of identification such as a passport is recognized as valid ID. A passport also establishes citizenship if its bearer needs assistance from a U.S. embassy or consulate.

A military ID or Status

of Forces Agreement card is not a substitute for a passport. Penalties for being caught without a passport are fines, searches and detainment.

For more information and other facts about Customs requirements while serving overseas, visit your Wiesbaden military Customs Office or call civ (0611) 705-5188. (Courtesy of the U.S. Army Europe Public Affairs Office).

# Postal . . . . .

## Continued from page 1

to change their addresses or get new box numbers, they will get new combinations. Letters will be placed in customers' boxes on May 5, Small said, informing them of the new combination.

Members of the Postal Service Center will be on hand upstairs to assist patrons with any questions or problems accessing their new boxes.

"We will establish a help desk in the new receptacle (mailbox) area upstairs from May 19-22 to assist customers," said Chris Macri, USAG Wiesbaden's director of human resources.

After that date, customers can still get help at the Postal Service Center's In- and Out-Processing Office located one door down from the package pickup area, he said. People with disabilities in need of assistance can also get help from the staff at the In- and Out-Processing Office.

"This will make it more convenient when people need help with their combinations," said Small. "We'll be there for them — to provide the best customer service possible."

The package pickup window will be closed May 23 during the changeover in order to get all of

the mail moved upstairs. All other services will remain open on that date, Small said.

"We ask community members to help us make this as painless as possible by regularly picking up their mail and any packages," he said. "We process about 90 percent of the incoming mail each day, but far fewer people check their mail that often."

"There's only so much we can store in this facility," said James McKee, postal operations supervisor.

Anyone with questions or concerns can contact the postal services officer at civ (0611) 705-5437 or by email at [earl.c.small.civ@mail.mil](mailto:earl.c.small.civ@mail.mil).

## SHARP Stand-down .....

**Continued from page 1**

gleaned from his monthly meetings as co-chair of the Sexual Assault Prevention Board — which he called “the worst day of the month for me.”

“The fact that we have one incident is one too many in my book,” Carstens said. So far in FY14, there have been 10 reported sexual assaults at USAG Wiesbaden. It’s estimated that only 25 percent are reported, so there are likely more. Younger Soldiers under 25 tend to be the target, and 90 percent of incidents involved alcohol.

Bystanders could have prevented 60 percent of incidents. And it isn’t just a female Soldier issue — 30 percent of incidents involve males.

“Events like this are not the solution — you are. We are going to give you the tools to have an open and honest dialogue about sexual assault and bystander intervention.”

Roland DeLeon, SHARP coordinator, highlighted the importance of getting consent.

“Our nation’s leaders feel so strongly about consent that it is discussed in the Uniformed Code of Military Justice,” he said. “If you don’t expressly get consent, you don’t have it.”

DeLeon challenged audience members, single or married, to ask for consent and express gratitude for an act as simple as a hug to practice. He also mentioned the Bystander Intervention class offered that can give bystanders the tools to step in when needed.



**Bernie McGrenahan delivers a monologue from his Happy Hour stand-up routine to the audience assembled for the Ready and Resilient Stand-down assembly April 16 in the Wiesbaden Fitness Center.**

“You don’t have to do everything, but you have a duty to do something,” he said.

Next, representatives from each of the tenant commands struggled through an obstacle course in a wheelchair wearing beer goggles. A battle buddy helped them breeze through. The message was clear: You can make a difference just by standing up and speaking up.

McGrenahan, who has performed on “The Today Show” and “Comedy Central,” took the floor to share a few laughs as well as his personal story.

“Clay Kaserne Fitness Center ... my career is on a rocket,” he joked. “Do a good job here and they’ll let me perform at the commissary.”

McGrenahan went on to tell his heart-wrenching story, drawing laughs along the way. He confessed that he used to party a lot, beginning in the eighth grade.

“My ex-girlfriend used to get on my case. ‘Bernie, that’s your fourth beer,’” he imitated. “Honey, relax. Finish your breakfast.”

But his drinking habits became no joking matter, progressing to a frequency of four nights in a week in high school and causing his grades to plummet from As and Bs to Ds. He lost his baseball scholarship but still managed to go to college, where his habits worsened. He eventually got two DUIs, was fired from his job and had to move home with his mother to make ends meet.

But it took his younger brother Scott killing himself

and a third DUI for McGrenahan to face his drinking problem, get treatment and stay sober. He hasn’t touched a drink in 26 years. He’s happily married and loving his career entertaining troops and civilians alike, he said.

“My life is completely different today. My life is amazing,” he remarked. “I’ve never had to apologize for something I’ve said drunk in 26 years.”

“I’m not the no-drink guy. I am telling you to respect alcohol,” he said. “It’s the No. 1 killer in the world; it kills five times more people than drugs.”

But for the 10 percent of those who can’t drink alcohol responsibly, abstinence is the only answer, he said. He encouraged anyone struggling with a problem to reach out to resources available — because “they are not the enemy, they’re the friend.”

Carstens closed by introducing representatives from each of the “Swiss Army knife of services” available to service members and their families: the chaplaincy, Criminal Investigation Division, Medical and Behavioral Health, the Legal Office, ASAP, SHARP and Equal Employment Opportunity. Representatives explained what they do and how they can help.

He then presented a plaque to McGrenahan in gratitude for his story and service.

“You may be only 5’6”, but for telling your personal story you’re 10 feet tall,” he said.

“I enjoyed myself. My face was literally hurting. I think he got to the audience,” said Sgt.



**Photos by Chrystal Smith**

**A beer-goggle-wearing Capt. Ontario Washington is directed by obstacle course marshals to get a battle buddy to help him navigate through the course after having attempted and failing on his own.**

1st Class Katyla Hills, victim advocate and platoon sergeant for U.S. Army Europe Headquarters and Headquarters Company. “And it was a good opportunity for victim advocates so people can actually know who we are and see our faces.”

Carstens closed by mentioning the effort to expand the 66th Military Intelligence Brigade’s mentorship program to the community.

Choose your unit’s best to serve as victim advocates, and you can make a difference, he

### Capitol Motors



Photo by Gemma McGowan

## Kudos to Earth Day Photo Contest winners

Thanks to everyone who took part in this year's Earth Day Photo Contest, which focused on Green Cities.

With more than 30 entries, judges from the Directorate of Public Works' Environmental Division and the garrison's Public Affairs Office were hard-

pressed to select the winners.

Congratulations to Gemma McGowan for the first-place entry (photo above) taken at Schloss Biebrich in Wiesbaden Biebrich on March 22.

Second-place goes to Tomekia Williams (photo right) for her skyline shot.

Derrick Broner was the third-place winner (photo left) with his shot of a city building partially obscured by blossoms.

Winners can pick up their prizes at the garrison's Public Affairs Office in Building 1205 on Clay Kaserne.

Honorable mentions went to Seon Trotman (photo right) and Nikki Williams (photo far right).



Photo by Derrick Broner



Photo by Tomekia Williams



Photo by Seon Trotman



Photo by Nikki Williams

## Occupational Health Nurses Week

# Impacting daily workplace health and safety

**By Barb Smith**

*Chief, Occupational Health Division*

*Public Health Command Europe*

Occupational health nurses play a vital role in championing your health and safety on the job. Specific things done to encourage a safer, more healthful work environment include:

**Supporting safety on the job:** Worksite visits, hazard assessments and review of work-related injuries are a few of the responsibilities of OHNs who are trained to identify and address potential health and safety hazards in the work environment. Public Health Command OHNs work in coordination with other members of the health and safety team, including safety personnel, industrial hygienists, ergonomists, physicians and others.

**Promoting health and worksite wellness:** As businesses and government entities struggle with rising health care costs and loss of productivity,

OHNs are key to achieving optimal employee health, thus reducing absenteeism and health care costs, and improving productivity. They do this by identifying health risks; encouraging and supporting positive, healthy lifestyles; leveraging workplace health, disease and management programs to improve employee's health and quality of life; serving as health advocates and engaging employees in taking charge of their health.

**Case management:** OHNs may be involved in many stages of the case management process of work and nonwork-related injuries and illnesses. As a result of rising health care costs, the need for case management services has grown. This can include managing care, conducting assessments, evaluating resources and other support. The primary goal is to achieve optimal employee health, while ensuring a safe and timely return to work in a



cost-effective manner.

**Regulatory compliance:** Did you know there are hundreds of laws and regulations that govern health and safety

in the workplace? Whether it's the Health Insurance Portability and Accountability Act, worker's compensation laws/FECA, the Occupational Safety and Health Act, the Family Medical and Leave Act, or host nation law, OHNs and other occupational health and safety pro-

fessionals know the ins and outs of these laws and regulations.

They work with command and management to interpret

and comply with public policy decisions that protect your health and your safety as a federal employee.

As the largest group of health care providers serving the workplace, occupational health nurses positively impact the health and safety of the millions of people who work every day. The American Association of Occupational Health Nurses, Inc. celebrated Occupational Health Nursing Week April 19-25. Join the Public Health Command in acknowledging all of the ways everyone can work together to contribute to a healthier and safer workplace.

To locate the OHN in your area email [usarmy.landstuhl.medcom-phcr-e.list.usaphcre-ohs-ohd@mail.mil](mailto:usarmy.landstuhl.medcom-phcr-e.list.usaphcre-ohs-ohd@mail.mil).

**Lilien Carre**

**Autohaus Hollmann**



Photos by Shayna Brouker



## Better Opportunities for Single Soldiers' Battle of the Champions

Photo right: Texas Hold 'Em poker players prepare their poker faces as the tournament kicks off at the Better Opportunities for Single Soldiers' Battle of Champions. BOSS hosted the Battle of Champions April 10 at the Warrior Zone, featuring a Texas Hold 'Em poker tournament, X-Box tournament sponsored by the Sexual Harassment and Assault Prevention Program and an old-school '90s dress contest. The USO provided free pizza and invited attendees to help the organization reach its world record of having the most signatures on an American flag. Photo left: Pfc. Andrew Hernandez signs his name on the USO's American flag. Wiesbaden's BOSS Program invites all single service members to join them in helping plan future events, participate in community and German-American service projects and to go on a variety of trips throughout Europe including upcoming travel opportunities to Prague in the Czech Republic and to the Buchenwald concentration camp. For more information about getting involved with BOSS stop by the Warrior Zone on Clay Kaserne or call civ (0611) 705-5042.

## Ask the commander .....

*Continued from page 2 installation.*

### Satisfied customers

**Editor's note:** The following three anonymous comments praised efforts to improve short-term parking on Clay Kaserne, the recent Baby Fair and sidewalk construction.

**Comments:** The last few times I've been driving around on Clay running errands I have had no problem finding parking. There's parking in front of the post office, the gym and the Food Court. Someone is doing right. Thank you. ... The Baby Fair is a great idea and should be continued in the future. ... Thank you for building the small sidewalk so that we don't have to walk in the grass at the

intersection of Lindsey Boulevard and Rathgeber Drive. Much appreciated.

**Response:** Thanks for your feedback. I appreciate your efforts in taking the time to let us know when we are successful in helping improve the quality of life in Wiesbaden: Your home in Germany.

### Off-post uniform wear

**David Y commented:** As I researched the current command policy for off-post uniform wear, I came across the "Ask the commander" page and read the Sept. 12, 2013, message. Is the command's policy still in effect for off-post uniform wear — allowed for lunch between the hours

of 11 a.m. and 2 p.m.? I ask because I have been told that we are allowed to wear our uniforms when going from/to our place of residence and to a military installation as well as going from installation to installation with no stops in between. Also, are you allowed only if in an enclosed vehicle in which you cannot be identified from a distance (cars, but not motorcycles)?

**Response:** David, the off-post uniform wear policy is governed by Army Regulation AER/AEP 525-13. At Force Protection Condition Bravo, individual uniform wear is authorized everywhere, except in commercial/public transportation or transportation

terminals. Uniform wear in local public transportation is limited to taxi use only. Groups of 50 or more service members in uniform off post require garrison commander approval. At FPCON Charlie, uniform wear is authorized only in motor vehicles (car or motorcycle) between home and work, official functions or for brief essential stops at child care facilities or service stations. This does not include non-essential and convenience-related stops at fast food establishments, convenience stores, markets or other related locations. People traveling in commercial means (aircraft, trains, buses) will wear civilian clothing. The policy also advises everyone

to be vigilant of surroundings and to make sound judgments regarding the time and location of uniform wear to minimize individual risk. Garrison commanders always have the authority to establish more restrictive off-post uniform wear policies, whether FPCON Bravo, Charlie or Delta. Per U.S. Army Europe command guidance, Soldiers are permitted to wear their duty uniforms to off-post restaurants between the hours of 11 a.m. and 2 p.m. You are always encouraged to practice individual protective measures, remain aware of your surroundings, report suspicious activities and depart the area if you suspect a threat.

Proviant Magazine

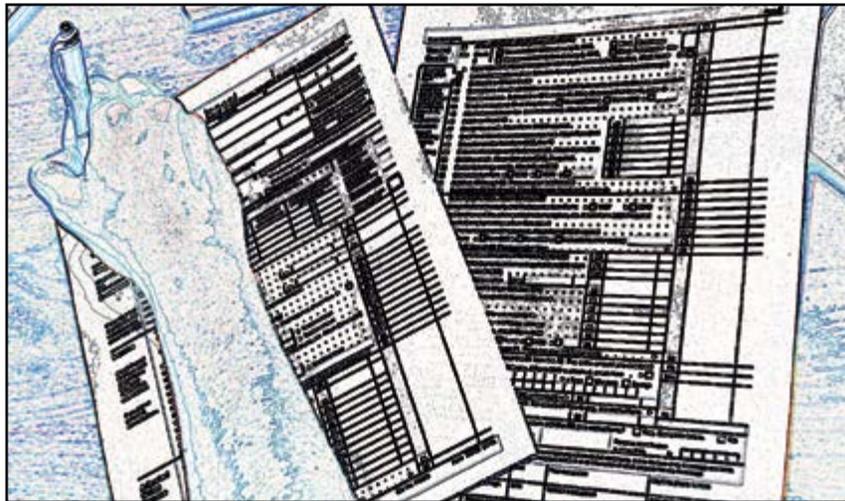
# Beware of these six tax filing errors

By Capt. Stephen Hermann  
Wiesbaden Tax Center

The Wiesbaden Tax Center has been open and providing service since Feb. 3, and the staff has assisted hundreds of tax filers with tax returns. During that time the staff has noted various errors committed by tax filers. Here is a list of six tax errors common to the community:

☞ **Married filing separate versus married filing joint:** If you are married, it is almost always beneficial to file married filing jointly. There are a few cases where filing separately might make sense, but in the vast majority of cases, you will lose out on a lot of money if you and your spouse opt to file separately. For example, you will lose earned income credit and child tax credits if you choose this option.

☞ **Paying German taxes:** Unless your job is protected by the Status of Forces Agreement, you probably owe German taxes on money you earn while living in Germany. This includes contracted jobs or commission-based jobs. It also probably includes social security



money you receive if you are living here in Germany as a retiree.

☞ **Renting your home:** If you are now renting your home, you have to depreciate the value of the home each year the home is rented. You must also exclude the land value from the home. You will also need to complete a Schedule E on your tax return, and not a Schedule A.

☞ **Residency:** Your home of record is not always your state of residence.

The test for residency can be proven by wherever you intend to return once you finish active duty service. You cannot simply claim any state as your residence — you must take affirmative steps to demonstrate you are a resident of that state. Such steps include having a driver's license, home, registered vehicle, will or where you registered to vote.

☞ **High refunds:** If your refund is

more than \$4,000, you are probably paying too much in taxes during the year. Keep in mind, the federal government does not pay you interest, so it is good to aim for a low refund. The Wiesbaden Tax Center staff can help you file a W-4 form to lower your tax bill.

☞ **Turbo Tax or Tax Slayer:** These can be great programs, but you may not know about certain credits, or you may miss out on certain state exemptions. Even if all you have is a W-2, it is always good to have an extra set of eyes to look over your return before you file.

The Wiesbaden Tax Center, located in Clay Kaserne's Building 1043 (formerly the Tony Bass Fitness Center), second floor, offers free tax preparation services to eligible members of the community.

The Tax Center is open Monday through Wednesday and Friday from 9 a.m. to 5 p.m., Thursday from noon to 5 p.m. with the last sign-in at 4:15 p.m. daily.

For more information call mil 337-4755 or civ (0611) 705-4755 or visit the Wiesbaden Tax Center's Facebook page.

## Seasonal plates

### U.S. forces in Germany can now get seasonal license plates for vehicles not in full-time use

By Robert Szostek  
U.S. Army Europe Provost  
Marshal Office

U.S. forces personnel in Germany can now get seasonal license plates for vehicles they do not use throughout the year.

“Seasonal license plates have two small numbers on the right side of the plate indicating the months between which the vehicle is legal to drive, with the registration being valid from the first day of the upper (first) month to the last day of the ending month (second),” said Tom Lorenzini, chief registrar at the U.S. Army Europe Vehicle Registry. “This will be a very easy process for the end user,” he added.

Lorenzini said owners of motorcycles, campers, convertibles or vintage collector cars that do not have historical plates will benefit most from the seasonal plate system.

The new system means owners will no longer have to

make extra trips to their local vehicle registration offices and register seasonal use vehicles as nonoperational during the periods the owner does not drive them. It can also reduce the cost of liability insurance during the time the vehicle is off the road, depending upon the insurance company.

License plates will be valid for up to three years for new vehicles, two years for vehicles less than 10 years old and one year for vehicles older than 10 years.

The plates will allow German and military police to easily see when a vehicle should not be on the road and punish violators.

The seasonal plates have been available since April 1. However, registry officials said vehicle owners will have to be a little patient when ordering the new plates because each must be made individually to match the months the owner intends to drive the vehicle.

DB Media and Buch

## Community notes ... Community notes

### Thrift Shop donations

The Wiesbaden Community Spouses Club's Thrift Shop accepts donations during operating hours only. Items should never be left outside the shop when it is closed. The Thrift Shop hours through the end of summer are Tuesdays from 10 a.m. to 4 p.m., Thursdays from 10 a.m. to 5 p.m. and Saturdays (April 26, May 3 and 17, June 7 and 21, July 12 and 26, Aug. 9 and 23) from 10 a.m. to 4 p.m.

### Extrava Gownza Event

The Friends of the 66th Military Intelligence Brigade invite all members of the community to attend an Extrava Gownza Event on May 3 from 10 a.m. to noon at the Hainerberg Elementary School old multipurpose room. Community members can drop off formal long gowns, accessories and shoes for women from 9-10 a.m. to be donated or sold during the event. Entrance is free to the Extrava Gownza giving Army Family members the chance to find formal dresses and accessories for military formal balls, proms and other occasions. There will also be hair and makeup demonstrations, refreshments and giveaways. Visit [www.friendsofthe66th.org](http://www.friendsofthe66th.org) for more information.

### Spring Cleanup

The U.S. Army Garrison Wiesbaden holds Spring Cleanup May 12-16. All units and agencies will participate to eliminate unsightly refuse, litter, leaves and branches. Housing areas will be cleaned up on May 14. The best building in each housing area will receive a sign of recognition to be awarded May 30.

### Community Flea Market

A Community Flea Market will be held May 17 from 8 a.m. to 2 p.m. at the Wiesbaden Entertainment Center. Cost is \$20 per table/space. Call civ (0611) 4080-390 for more information.

### Safety training

The garrison's Safety Office announces the following upcoming safety training courses: **Intermediate Driver Training** May 7, June 4, July 2, Aug. 6



Photo by Spc. Glenn M. Anderson

### Training together

**Soldiers take up defensive positions as a UH-60 Black Hawk helicopter leaves the landing zone during a Combined Arms Live-Fire Exercise at the Grafenwöhr Training Area March 28. The exercise brought members of U.S. Army Europe's 12th Combat Aviation Brigade, 173rd Airborne Brigade Combat Team (Airborne) and U.S. Air Forces in Europe F-16 fighters to prepare the 12th Aviation for deployment to Afghanistan.**

from 1-3:30 p.m. (held in Building 1023W, Room 117 on Clay Kaserne); **Motorcycle Basic Rider Course** May 15-16 and July 8-9 from 9 a.m. to 5:30 p.m.; **Motorcycle Experienced Rider Course** May 27, June 16, July 30 and Aug. 15 from 9 a.m. to 5:30 p.m.; **Military Sport Bike Rider Course** May 19 and June 25 from 9 a.m. to 5:30 p.m. (Motorcycle Safety Foundation courses held at Building 6291 on McCully Barracks in Wackernheim). Students must register online at <https://imc.army.mil/airs/Home.aspx>.

### CIB May 27

The April Community Information Briefing has been canceled. The next CIB will be held at 9:30 a.m. May 27 at the Community Activity Center on Clay Kaserne. You can also follow it live online via the "Garrison Wiesbaden" Facebook page.

### Military Spouse Celebration

A Military Spouse Celebration will be held May 2 from 11 a.m. to 2 p.m. at the Army Community Service cafeteria in Hainerberg Housing. Enjoy lunch, networking, door prizes and inspirational guest speaker Camille Howes. Register by calling mil civ (0611) 4080-254.

### Culture College

New to the Wiesbaden area? Sign up for the Culture College — a three-day cultural and community awareness class including a Wiesbaden city tour, shopping and more. Call Army Community Service at civ (0611) 4080-254.

### Mini bazaar

A spring mini bazaar will be held April 25-27 at the Wiesbaden Fitness Center. Call civ (0611) 4080-390 for details.

### Employment readiness

Army Community Service's Employment Readiness Program offers a Civilian Resumes class April 18 and Interviewing April 29. Classes start at 10:30 a.m. and are held in Building 7790, Room 22, in Hainerberg Housing. Call civ (0611) 4080-254 for details.

### Free tacos

Rhein Main Area USOs and the Wiesbaden Better Opportunities for Single Soldiers will offer free homemade food for all single Soldiers May 5 from 6-9 p.m. at the Warrior Zone. Call civ (0611) 705-5042 for details.

### Spouse sponsorship training

Army Community Service offers spouse sponsorship training classes on May 14 from

9-10:30 a.m. Call civ (0611) 4080-254 for details.

### Babysitting class

The Wiesbaden American Red Cross holds a CPR for the Professional class May 3. Call civ (0611) 705-1760 for details.

### Auto Skills services

Besides offering a state-of-the-art facility where community members can work on their own vehicles, Wiesbaden's Automotive Skills Center also features a variety of services including oil changes (bring your supplies), air conditioning service and repair and vehicle

computer diagnostics. Call civ (0611) 705-6679 for more information.

### Spouse sponsorship training

Army Community Service offers a spouse sponsorship training class on May 14 from 9-10:30 a.m. Call civ (0611)

4080-254 for details.

### Spring field trips

Wiesbaden's Unitarian Universalists invite community members to join them on trips to **Mainz** April 26; **Bingen, Rüdeshheim and Disibodenberg** May 10; and **Hohenhof and Hözbach** on June 14. Contact John Keating at [roseburst@gmail.com](mailto:roseburst@gmail.com) or visit [www.wiesbadenuu.weebly.com](http://www.wiesbadenuu.weebly.com) for more information.

### BOSS Prague getaway

Join the Better Opportunities for Single Soldiers on a tour to **Prague** March 29-30. BOSS also offers **Movie Nights** on Mondays from 6-8:30 p.m. and heads to the **Buchenwald concentration camp** April 26. Stop by the **Warrior Zone** on Clay Kaserne or call civ (0611) 705-5042 for details.

### Welfare grants

Is your private organization in the Wiesbaden community in need of funds for a worthy cause? Consider applying for a Wiesbaden Community Spouses Club welfare grant. Visit [www.wiesbadenspousesclub.com](http://www.wiesbadenspousesclub.com) or email [wsc\\_welfare@yahoo.com](mailto:wsc_welfare@yahoo.com) for details.



Photo by Volker Ramspott

### Support in Afghanistan

**German Oberstleutnant (Lt. Col.) Ralf Schipke, Bundeswehr liaison officer to Headquarters, U.S. Army Europe, presents the Ehrenkreuz der Bundeswehr in Silber (honor cross of the German Army in silver) to Peter Mock, USAREUR international relations specialist for his exceptional service in support of German host nation relations while deployed with German forces in Afghanistan. The ceremony was held in the Keyes Building on Clay Kaserne on April 16.**

## District schools in League of Innovative Schools

Digital Promise recently announced that Department of Defense Dependents Schools-Europe's Kaiserslautern District was accepted into the League of Innovative Schools.

The League of Innovative Schools is a national coalition of school districts and educational agencies that is both a professional learning network and an incubator for innovative educational practices. It brings together educators, researchers and entrepreneurs to demonstrate, evaluate and replicate promising ideas, with the goal of improving student achievement.

"I am thrilled that our district has been selected to participate in the Digital Promise League of Innovative Schools," said Dr. Dell McMullen, Kaiserslautern District superintendent. "Participation in the league gives our district the unique opportunity to collaborate with innovative educators across the United States as we work together to transform to a 21st-century learning environment and improve achievement and engagement for all of our students."

The Kaiserslautern District, one of nine new members, was selected from a competitive, national pool of applicants based on its leadership, evidence of results, innovative vision for learning powered by technology and commitment to collabo-

rating with other league members. Upon joining the League, members will share lessons learned, participate in national and regional forums, and partner with research institutions, technology developers and one another to deliver better results for students.

"The idea behind the league is simple, but ambitious: Innovative superintendents can support each other in transforming the learning environment and improving engagement and achievement," said Karen Cator, Digital Promise president and chief executive officer. "By adding these nine new members and the sum of their experiences, the league can become an even stronger catalyst for improving opportunity for students around the country."

The members of the League of Innovative Schools spring 2014 cohort are:

DoDDS-Europe, Kaiserslautern District, Kaiserslautern, Germany; Highline Public Schools, Burien, Wash.; Knox County Schools, Knoxville, Tenn.; Lexington County School District One, Lexington, S.C.; Mentor Public Schools, Mentor, Ohio; Pascack Valley Regional High School District, Montvale, N.J.; Richland School District Two, Columbia, S.C.; Rowan-Salisbury Schools, Salisbury, N.C.; and South Fayette Township School District, McDonald, Pa.

The league, with these additions, now

includes 46 school districts and educational agencies in 25 states, representing nearly 3 million students.

"We are excited to welcome the new members of the league and to offer these districts the chance to learn together," said Sara Schapiro, director of the Digital Promise League of Innovative Schools. "These exemplary educators recognize that while there is no silver bullet in education, by coming together to tackle some big problems, district leaders, researchers and entrepreneurs can make a meaningful difference."

New members were officially welcomed March 26-28 at the National League of Innovative Schools conference at Sunnyside Unified School District in Tucson, Ariz.

For more information on the Digital Promise League of Innovative Schools visit [www.digitalpromise.org](http://www.digitalpromise.org).

Digital Promise is a national, independent nonprofit organization authorized by Congress to accelerate innovation in education. Through its work with educators, technologists, researchers and leading thinkers, Digital Promise supports comprehensive research and development to benefit lifelong learners and provide Americans with the knowledge and skills needed to compete in the global economy. (Submitted by Department of Defense Dependents Schools-Europe Public Affairs Office).

### Schoolbits

#### Parent orientation

Help transition your son or daughter to the Wiesbaden Middle School for school year 2014-2015 by attending the sixth-grade parent orientation May 15 from 3:30-4:30 p.m. at the Wiesbaden Middle School gym. School information will be provided and questions answered by middle school administrators and counselors.

#### Developmental screenings April 28

The Educational and Developmental Intervention Services hold free developmental, vision and dental screenings for children up to age 3 on April 28 from 9 a.m. to 3 p.m. at the Tony Bass Fitness Center. Call EDIS at civ (0611) 705-6662 or mil 337-6662.

### Kloster Eberbach

## Hunting Program gives U.S. Jäger a shot at German game

**Editor's note: This is the first in a three-part series on the FMWR's Hunting, Fishing and Sport Shooting Program.**

**By Shayna Brouker**  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

You can take a hunter out of the woods, but you can't take the woods out of the hunter—and so the true *Jäger* find a way when stationed in Deutschland.

Germany boasts a rich hunting tradition — becoming a *Jäger* is a societal badge of honor. In fact, you have the right to be knighted in an official ceremony called a *Jägerschlagen* with certain privileges the rest of your life and membership to a more than 2,000-year-old guild. The iconic and piquant liquor Jägermeister, which translates to “master of hunters,” was invented here in honor of the institution. Thick forests brimming with red deer, fallow deer, wild pigs and fox beckon woodsmen.

But in a country with some of the strictest gun laws in the world, “it’s not like going down to your local K-Mart, getting an orange vest, a hunting license and going out to kill Bambi,” said Steve Steininger, U.S. Forces liaison officer and coordinator for U.S. Army Garrison Wiesbaden’s Hunting, Fishing and Sport Shooting Advisory Council. Getting a hunting license is expensive, difficult and time-consuming.

The Directorate of Family, Morale, Welfare and Recreation’s HFSS Program facilitates this daunting process, condensing a course that normally takes German students a year to complete into 10 weeks. It boasts 120 members, half of whom are active hunters.

The German government permits American forces in Europe to conduct courses that allow military personnel to qualify for a foreigner’s hunting license, fishing license and/or recreational sport shooting certification while stationed in Germany. Experienced volunteers instruct courses in English at U.S. Army Installation Management Command-Europe garrisons and U.S. Air Forces Europe bases.

Outdoor Recreation specialist Harold Toft has been doing it since 1979.

“We teach honor, good decision-making, and of course, safety,” Toft said, adding that an American has never been killed during a hunt in Germany. They even do background checks to ensure members do not have crimi-

nal records. Commanders must sign a form ensuring a potential hunter’s reliability.

The message is clear: Owning and operating firearms in Germany is a privilege, not a right. And in Toft’s class, everyone is equal.

“There is no rank — whether you’re a private or a colonel, you’re a *Jungjäger* here,” he said. “It’s very successful that way. Everyone feels comfortable speaking.”

Candor counts and there are no stupid questions when learning the intricacies of the German hunting laws, which are a bit more thorough than those of the United States. In one class, Toft spent 20 minutes discussing how to fill out the import form and getting through customs.

Students are also tested on their knowledge of different species of game, basic animal biology, game damage prevention, farming and forestry, firearms techniques, hygienic inspection and treatment of game, determination of game meat for human consumption and wildlife, nature and landscape conservation laws.

Once certified, personnel obtain a German hunting license and become eligible for the hunting instructor program. Then it’s off to the woods.

Hunters enjoy between 20 and 25 *Reviere*, or hunting grounds owned by Germans, in and around the greater Wiesbaden-Mainz area. The program has done the legwork to connect with local *Revier* owners who provide access to hunt their lands in exchange for the “sweat equity” of maintaining them.

Unlike in the United States, it’s shared with joggers, dog-walkers and even “drunk teenagers,” as Steininger discovered before — so “hunters really

need to know their stuff and be excellent marksmen.”

“Often, American hunters get their own little sandboxes to focus in and become familiar with the local terrain, patterns and game,” he said.

Local farmers like Bernd Uhlrich in Erbenheim are typically more than happy to accommodate hunters, since varmints can decimate crops and their livelihood. He welcomed a group of five hunters one Wednesday afternoon to install a new high seat for hunting rabbits.

Uhlrich considers the partnership a positive step for German-American relations that longtime expats and locals say have steadily deteriorated since Sept. 11 heightened security measures and “fences went up.”

“Since World War II there has been an effort toward integration but the culture often doesn’t want to,” Uhlrich said in German. “[Hunting] is a perfect example of true integration — we’re all for the same goal of (wildlife) population control and protecting the environment. One team, win-win-win.”

The hunters are happy, too.

“We’re like little boys in a sandbox,” remarked Dr. Glenn Casey, an orthodontist at the Dental Clinic on Clay Kaserne, grabbing a branch from the path. “It’s where we find balance and equilibrium. *Ausgleich*.”

“This is my sanctuary,” added Steininger. “I get a real kick out of helping people discover the passion of hunting.”

For more information on the program and hunting in Germany, visit <http://wiesbaden.armymwr.com/europe/wiesbaden/> or contact Outdoor Recreation at civ (0611) 705-5760.



Photo courtesy of Steve Steininger

**American hunters and hunting horn players Dom Knoll and Sam Hamontree lead the “Jagdhorn Bläsergruppe” in the opening ceremony of the HFSS Potluck Stammtisch in March 2014.**

### Antique and Mini Bazaar

Stop by the Tony Bass Fitness Center on Clay Kaserne April 25 from noon to 7 p.m., April 26 from 10 a.m. to 7 p.m. or April 27 from 10 a.m. to 5 p.m. for the Antique and Mini Bazaar.

### Movies at Biebrich Castle

Biebrich Castle will show “American Hustle” (original version) April 25 at 6 and 8:30 p.m. for €5. Visit [www.filme-im-schloss.de](http://www.filme-im-schloss.de) for more information.

### USO highlights

Join the USO for a trip to the Huertgen Forest April 26, Kassel and Brothers Grimm April 27, Karlovy Vary Spring Festival May 3, Keukenhof Gardens and Flower Parade May 3 and the Wiesbaden Magic History Walking Tour May 3. Stop by any area USO or call civ (0611) 4080-106.

### May Fest at Wiesbaden High School

Wiesbaden High School holds May Fest 2014 from

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

11 a.m. to 5 p.m. May 4. An auction will be held at 5 p.m. Enjoy

games, face painting, sports and more. Proceeds support the Class of 2014.

### Gospel concert

The New Spirit Gospel Choir and Band perform “Masterpieces of Contemporary Gospel Music” (songs by Kurt Carr, Kirk Franklin and others) May 11 at 7 p.m. at the Mainz Showbühne (Grosse Bleiche 17, 55116 Mainz). Entrance is €15. Order tickets in advance at (06131) 211-6444 or by visiting [www.showbuehne-mainz.de](http://www.showbuehne-mainz.de).

### Summertime concerts in Mainz

Elton John performs at the Zollhafen Nordmole in Mainz July 19, Till Broenner at the Zitadelle July 25, Neil Young and Crazy Horse at the Nordmole July 28, Patti Smith at the Zitadelle Aug. 11 and Eric Burdon at the Zitadelle Aug. 29. Visit [www.ztix.de](http://www.ztix.de) for tickets.



Photo by Karl Weisel

**A vendor blows glass at last year’s Mineral Fair in the town of Freisen, located about five miles from Baumholder. This year’s fair will be held May 4 from 9 a.m. to 5 p.m. with a host of exhibitors and sellers from around Europe at the Bruchwaldhalle. For more information contact Wolfgang Diehl at [wolfgangdiehl@gmx.de](mailto:wolfgangdiehl@gmx.de).**

## Sports shorts

### AUSA Golf Scramble

The Association of the United States Army, Gen. Creighton W. Abrams Chapter's Golf Scramble will be held May 9 starting at 8:30 a.m. at the Rheinblick Golf Course. The tournament raises money for scholarships and community events. The cost is €55 per player, and there are cash prizes of up to \$5,000. Sign up by May 2 by sending an email to [ausarheinblickgolf@gmail.com](mailto:ausarheinblickgolf@gmail.com) and "like" the AUSA General C. W. Abrams Chapter on Facebook for more information.

### Women's self-defense

Wiesbaden's Family Advocacy Program offers women's self-defense classes May 13 from 10:30-11:30 a.m. and May 15 from 6-9 p.m. Call Army Community Service at civ (0611) 4080-254 for more information.

### Five-kilometer run

The next five-kilometer run in the garrison's 5k run series will be held May 31 at the Wiesbaden Fitness Center. Registration starts at 7 p.m. with the race starting at 9 a.m. There is no pre-registration for fun runs.

### Bike to Work Day

Wiesbaden will celebrate National Bike to Work Day May 16 with free guided tours from Hainerberg, Crestview and Aukamm housing areas to Clay Kaserne starting at 6:30 and 8 a.m. All riders are required to have a helmet and all bike safety features required by law. Call civ (0611) 408-0335 for details.

### Spring sports

Come out and cheer on Wiesbaden Warrior soccer players at the next home game on May 3 (versus Baumholder). A Wiesbaden Warrior home track meet will be held May 10. Wiesbaden baseball and softball teams play at home April 26 (versus Hohenfels), May 10 (against Kaiserslautern) and May 10 (versus Patch). Members of the Wiesbaden Junior Reserve Officer Training Corps drill team competes at home April 26. Call the high school at civ (0611) 705-2260.

### Mountain bike marathon

Mountain bikers are invited to take part in the City-Bike-sponsored Mountain Bike Marathon in Wiesbaden's Nerotal July 5 and 6. The event will feature trail running, a children's race event and the cross country marathon with different track lengths of from 18 to 56 miles. Visit [www.wiesbadenbikemarathon.de](http://www.wiesbadenbikemarathon.de) for more information.

### Recreational shooting

Head to the Wackernheim Range (Ober-Olmer Strasse 37, 55263) to enjoy some recreational shooting April 26, May 10, June 28, July 26, Aug. 23 and Sept. 27. Cost is \$8 with membership in Wiesbaden's Hunting Fishing and Sport Shooting Program, \$12 for non-members. First-timers must register for the mandatory safety briefing by 9:45 a.m. Call Outdoor Recreation at civ (0611) 705-5760 for more information.

### Out on the links

The Rheinblick Golf Course features Friday Night Scrambles April 25, May 9 and 23, June 6, 20 and 27. Wiesbaden's Family, Morale, Welfare and Recreation offer golf lessons for children ages 7-17 every Saturday through Oct. 4. Cost is \$50 per month or \$150 for the full season. Call the Rheinblick Golf Course at civ (0611) 5059-2717 for more information.

### German softball teams

Would you or your children like to play softball or baseball on a German team? Visit [www.mainz-athletics.de](http://www.mainz-athletics.de) for information about the various possibilities.

## Youth bowlers earn prizes, pride

By Shayna Brouker  
U.S. Army Garrison Wiesbaden  
Public Affairs Office

Wiesbaden bowlers won bragging rights and cash at the EuroZone Pepsi Bowling Tournament in Spangdahlem March 22-23, competing against other youths from Belgium, England and Germany.

In the U20 Boys division, Danny Berardi, 17, won first place and \$346.06. He will represent Europe in the Pepsi Youth Tournament in Buffalo, N.Y., in June.

"What's it like to win?" remarked Berardi, a junior at Wiesbaden High School. "It's indescribable." Berardi plans to put the money into a savings account for college.

Also in the U20 division, Nathaniel Cranfield placed seventh and won \$125.84 and Caleb Sewell placed 17th. In the U12 Boys division, Caiden Kopicik won third place; Travis Carr, fourth place; Alessandro Eiseman, fifth place.

Cranfield won third place and \$152.75 in the 9-Pin No Tap Tournament. His brother Isaiah Cranfield won sixth place and \$105.75.

The Wiesbaden "Borderline Insane" team, led by Coach Danny Berardi Sr., with Hunter Martin and Danny Jr., won third place and \$85.50 in the Adult/Youth Baker Tournament.

In the U15 Girls division, Kiana Sterns won fifth place and \$169.40; Kaitlyn Buckley placed seventh, and Susan Burkett placed 13th.

In the U15 Boys division, Roberto Eiseman won eighth place and \$112.53. Elijah Tross placed ninth; Tyrese Smith placed 14th; Joseph Burkett placed 16th; Hunter Martin placed 17th; Jacob Sewell placed 23rd and Zachary Alexander placed 26th.

"They all did outstanding," said Secretary

Richard Ridge. "For some of them, it was their first time bowling in that type of tournament."

Wiesbaden's youth league is part of the United States Bowling Congress, the national governing body of bowling, and boasts 41 participants from ages 5-17. They practice at the Wiesbaden Entertainment Center, and the winter season runs September through April. They never turn any youths away — no matter how late in the season, said President Walter Cranfield.

His three children got started bowling as young as age 3 when they were stationed at Fort Belvoir, Va. He took over as president in 2010, and for the past three years the league has won titles at the EuroZone Pepsi Tournament. Last year his son Nathaniel was the overall European champion.

For children not athletically inclined, it can be a real moneymaker for college, said the elder Berardi.

"I love the sport, so I really push it," he said. "The scholarship program is extremely available. Not everybody is a basketball or football player — but anyone can be a bowler if he or she puts his or her heart into it."

Some colleges like Webber University in Tampa, Fla., or Wichita State University in Kansas offer full scholarships. USBC's SMART Program allows students to invest money won during competitions into a college fund. SMART program — money they make goes into college fund.

It's a family affair, and parents help coach, too.

"I'm very proud of my kids, all of them," said Cranfield. "They're all our kids when they show up from 9:30 to 12:30 on Saturday."

Contact Walter Cranfield at mil 338-7775 or [walter.cranfield@eu.dodea.edu](mailto:walter.cranfield@eu.dodea.edu) for more information on how to get involved.



Photos by Shayna Brouker

Runners of all ages finish the five-kilometer run of the third annual Freedom Run April 12 at the Wiesbaden Fitness Center

## Running for freedom

Wiesbaden Family, Morale, Welfare and Recreation hosted the third annual Freedom Run April 12 at the Clay Kaserne Fitness Center. Almost 400 runners and walkers participated in the children's race, five-kilometer and 10-miler. The run is the sister race to Washington, D.C.'s Cherry Blossom 10-Mile Run.

First through third place results for the 10-miler run are: Female 18-29: Brenda Villanueva, Katie Christensen and Patricia Payton; Female 30-39: Ann Parthemore, Enkhee Goetz and Olga Elliott; Female 40-49: Jodi Cacciotti, Sandra Piaul and Karen Litzinger; Female 50 and over: Georgene Zaydell; Male 18-20: Christopher Jacobsen, Ryan Peacock and Joshua Castillo; Male 30-39: Brandon Chinn, Daniel Dueso and Clark Kuhling; Male 40-49: Michael McChesney, Ralph Grvnwald and Stephen Yaffe; Male 50 and over: Grant Pettie and Gene Ravago.

## Alcohol Awareness Month

# Drink responsibly, know your limit

By Mark Kim

U.S. Army Garrison Wiesbaden  
Army Substance Abuse Program

Have a drink. Heck, have two—but keep it at that. And be sure to have a designated driver.

The advice sounds contrary to the typical Army narrative, but the prevention side of the Army Substance Abuse Program actually promotes low-risk drinking, not abstinence. April is Alcohol Awareness Month, and ASAP wants Wiesbaden Soldiers and family members to be aware and balance their alcohol intake. It doesn't mean you have to turn into a teetotaler.

There's a fine line between benefit and harm, but a drink or two a day can actually impart some health advantages—such as reduced risk of developing heart disease, stroke and diabetes, according to the Mayo Clinic. But that

doesn't mean alcohol is for everyone and it should still be treated with a healthy ounce of respect. Low-risk doesn't mean no-risk but the chances of having alcohol-related problems are fewer than someone who drinks at a high-risk level. The risks outweigh the benefits.

ASAP recommends drinking no more than a total of 14 drinks per week. No, this doesn't mean drinking

### Guidelines for alcohol consumption

#### 0 per day

- ⇒ No alcohol related problems
- ⇒ Live longer than people drinking three or more

#### Up to 1-2 per day

- ⇒ Does not increase risk for most people
- ⇒ Live longer than abstainers and those drinking three or more

#### 3 or more per day

- ⇒ Have higher rates of health and impairment problems
- ⇒ Shorter life on average
- ⇒ The higher the quantity and frequency above two, the greater the risk



14 drinks in one day or consuming seven drinks on one day and drinking seven drinks on another day. It means drinking alcohol according to the 0-1-2-3 model. If someone drinks daily, he or she could have two drinks per

day or have three drinks or less four days of the week and no more than two servings of alcohol the other days of the week.

Also, it's recommended not to consume more than one drink per hour. Consuming multiple drinks in less than an hour will start the impairment process—and make it that much more likely you'll decide to drive drunk, U.S. Army Garrison Wiesbaden's biggest problem involving alcohol-related incidents. Plan ahead and designate a driver (one who doesn't drink any alcohol at all), a battle buddy, and a reliable way to get home—or stay in a hotel.

So drink to your health, but make sure you do so in moderation.

For more information about how ASAP can help you, call mil 337-6958 or civ (0611) 705-6958.

# Ensuring healthy eyes for women in April

Women are often responsible for taking care of their family's health concerns but often neglect their own health, including the health of their eyes.

Did you know that women account for two-thirds of people in the world affected by visual impairments and blindness even though they represent only 53 percent of the population?

The rate of eye disease is on the rise in the United States, mostly because people are living longer. Women, on average, live longer than men. As a result, more women are susceptible to age-related eye diseases such as macular degeneration, cataracts, dry eyes, glaucoma, diabetes-related changes and other conditions.

Because of this, Prevent Blindness America has designated April as Women's Eye Health and Safety Month to help educate women about the steps they should take to make eye health a priority. While the following recommendations apply to everyone, during April the emphasis is for women to take care of themselves as well as their families.

**Get routine eye care.** Many causes of eye-related problems are preventable, so all women should make eye examinations a regular part of their health care routine. Even if no eye-related symptoms are present, it is recommended that all women receive a comprehensive eye examination at least by the age of 40 and obtain routine

follow-up care as recommended by their eye care professional. Remember that an eye exam evaluates much more than just blurry vision.

**Know your family history.** Genetics plays an important role in what diseases people may be at risk for, including eye diseases. It is important to notify your eye care professional of any conditions that your ancestors may have had. In some cases, this information may prevent or lessen the possibility of those conditions occurring in you.

**Eat healthy and exercise.** Eating healthy foods and exercising regularly are important in maintaining a proper weight and reducing the risk for certain conditions. Healthy habits can also help guard against vision loss. Obesity, a lack of exercise,

stress and a bad diet can affect the health of your eyes.

**Avoid smoke.** Smoking, including secondhand smoke, increases the risk for certain eye diseases such as cataracts and macular degeneration. Avoid smoking and being around secondhand smoke.

**Wear good sunglasses.** Ultraviolet light exposure has also been linked to the development of cataracts and macular degeneration. When people are outside, it is recommended they wear wide-brimmed hats and sunglasses with 100 percent



UV protection.

**Use cosmetics and contacts safely.** The rules for using cosmetics and contact lenses safely are easy. Wash your hands first. Throw away old makeup and contacts. Do not share them with others. Do not apply them while driving. By following these directions, individuals can prevent serious eye infections that could result in permanent vision loss.

Remember, if you are responsible for making certain that everyone is healthy, it is important to continue to take care of the family and yourself. Taking care of your eyes is an easy way to assist in meeting those important functions for years to come (*Courtesy of the Tri-Service Vision Conservation and Readiness Program, U.S. Army Public Health Command*).

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Cameron Diaz is charmed by Nickolaj Coster-Waldau in "The Other Woman."

## Movie plots

**The Other Woman (PG-13)** — After discovering her boyfriend is married, a woman (Cameron Diaz) tries to get her ruined life back on track. But when she accidentally meets the wife he's been cheating on (Leslie Mann), she realizes they have much in common, and her sworn enemy becomes her greatest friend. When yet another affair is discovered (Kate Upton), all three women team up to plot mutual revenge on the cheating, lying, three-timing fellow.

**Brick Mansions (PG-13)** — In a dystopian Detroit, abandoned brick mansions left from better times now house only the most dangerous criminals. Unable to control the crime, the police construct a colossal containment wall around this area to protect the rest of the city. For undercover cop Damien Collier (Paul Walker) every day is a battle against corruption. For Lino (David Belle), every day is a fight to live an honest life. Their paths never should have crossed, but when drug kingpin, Tremaine (RZA) kidnaps Lino's girlfriend, Damien reluctantly accepts the help of the fearless ex-convict, and together they must stop a sinister plot to devastate the entire city.

**The Quiet Ones (PG-13)** — Inspired by true events, this film tells the story of an unorthodox, charismatic professor who uses controversial methods and leads his best students off the grid to take part in a dangerous experiment: to create a poltergeist from negative human energy. Stars Jared Harris and Erin Richards.

**Draft Day (PG-13)** — A National Football League general manager (Kevin Costner) faces tough decisions on draft day in this sports drama from director Ivan Reitman. Also stars Jennifer Garner, Terry Crews and Sam Elliott.

**Transcendence (PG-13)** — Dr. Will Caster (Johnny Depp) is the foremost researcher in the field of artificial intelligence, working to create a sentient machine that combines the collective intelligence of everything ever known with the full range of human emotions. His highly controversial experiments have made him famous, but they have also made him the prime target of anti-technology extremists who will do whatever it takes to stop him. Also stars Kate Mara, Morgan Freeman and Rebecca Hall.

**Heaven is for Real (PG)** — Colton (played by Connor Corum) experiences Heaven during emergency surgery. Colton recounts the details of his amazing journey with childlike innocence. He describes Heaven in vivid detail, and speaks matter-of-factly about things that happened before his birth ... things he couldn't possibly know. His father Todd (Greg Kinnear) is called upon by his congregation to explain the meaning of Colton's revelations, and he and his family are challenged to examine their faith and draw meaning from the remarkable event.

## At the movies April 24 to May 8

### Tanus Theater

- April 24 — Draft Day (PG-13) 7 p.m.
- April 25 — Transcendence (PG-13) 7 p.m.
- April 26 — Bears (G) 2 p.m. Rio 2 (G) 4 p.m. Heaven is for Real (PG) 7 p.m.
- April 27 — Rio 2 (G) 4 p.m. Transcendence (PG-13) 7p.m.
- April 28 — Transcendence (PG-13) 7 p.m.
- April 29 — Closed
- April 30 — Heaven is for Real (PG) 7 p.m.

- May 1 — Transcendence (PG-13) 7 p.m.
- May 2 — Brick Mansions (PG-13) 7 p.m.
- May 3 — Rio 2 (G) 4 p.m. Brick Mansions (PG-13) 7 p.m.
- May 4 — Rio 2 (G) 4 p.m. The Quiet Ones (PG-13) 7 p.m.
- May 5 — The Other Woman (PG-13) 7 p.m.
- May 6 — Closed
- May 7 — Brick Mansions (PG-13) 7 p.m.
- May 8 — The Quiet Ones (PG-13) 7 p.m.



Todd (played by Greg Kinnear) talks to his son Colton (Connor Corum) about his near-death experience in "Heaven is for Real." Photo above right: Jared Harris is part of a dangerous experiment to create a poltergeist from negative human energy in "The Quiet Ones." Photo right: The late-Paul Walker stars in "Brick Mansions," a film about a dystopian Detroit where criminals inhabit mansions.



# FREEDOM'S FRONTIER

Honoring the past, looking to the future at Point Alpha

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

Twenty-four years ago in March 1990, Soldiers from the 11th Armored Cavalry Regiment performed their last patrol along the former East-West German border.

This lonely outpost in the Fulda Gap, an area between the Hessen-Thuringian border an hour and a half northeast of Wiesbaden, was once considered the hottest point of tensions between the East and West during the Cold War. Day and night, Soldiers on both sides watched and listened for any sign of movement. It would have been ground zero for World War III had push come to shove.

Now, timelier than ever given Russia's provocations and the resurgence of East-West tensions, "Freedom's Frontier" serves as a reminder of what could have been and a sanctuary for fostering German-American friendship. More than 40 Wiesbaden High School Junior Reserve Officer Training Corps cadets volunteered the start of their spring breaks to perform the final patrol ceremony there, toured the site with "contemporary witnesses" and participated in a panel discussion with German high school students.

The cadets conducted a retreat ceremony, retiring the flag against the backdrop of the watchtower and the Iron Curtain that many East Germans lost their lives trying to cross. Volker Bausch, director of the Point Alpha Foundation, U.S. Army Europe Command Sgt. Maj. David Davenport and Jeffrey Hill, public affairs officer at the U.S. Consulate General in Frankfurt, gave remarks.

Davenport, donning the cavalry hat in honor of the 11th ACR, described their important and daunting mission of holding off more than 80,000 Soviet 8th Guard Army troops in order



Wiesbaden High School JROTC students present the colors to remember the final patrol at Point Alpha as German and American students, contemporary witnesses and guests of honor look on.

to give the forces behind them time to react if the Soviets invaded.

"We stand here at Point Alpha in a free Germany because of young people like you," he remarked. "You can walk anywhere you want enjoying the freedoms those in the East could not. Our NATO alliance stood together as it will again if called upon."

"The thrill of being here as an American I can't state enough," Hill said. "As Command Sgt. Maj. Davenport stated, recent events show us that anything can happen in Europe, and history repeats itself. We don't know what's going to happen next and we must remain eternally vigilant."

Contemporary witnesses such as Berthold Jost, former mayor of the nearby town of Rasdorf, shared their stories. Guides gave students a tour of the sites, including the watchtower and border, pointing out features such as the guard dogs that would sense movement and the dirt patch along the fence line, groomed every day so that footprints would easily be seen. Sensors detected movement and anyone caught trying to escape would be shot.

"It's quite interesting because we learned it in school and now we are here," said German student Martin Strassenberg. "History is alive."

"Their continued desperate attempts to risk everything for a chance at freedom is the cornerstone of this historical location," remarked retired Col. David Hensley, commander of the JROTC unit. "The Americans and our West German Allies understood this better than anyone else during the Cold War era."

Steve Steininger was a company commander within the 11th ACR in Bad Hersfeld and had a platoon stationed on the observation point at the time. He recalled having to check checkpoints every 24 hours and report any time they accidentally crossed over the border, which was easy to do in the thick forest.

"It was as close to war as you could have gotten during the Cold War," he reflected. "And there were very high expectations — absolute perfection or failure."

After walking the grounds and visiting the museum, students ate lunch together and took part in a panel discussion

on the topic, "How have German-American relations changed since the Cold War?"

"We have different systems of government and schooling that dictate most of our lives," asked an American student. "Does it bother you that we're here or are you glad that we are friends?"

Other questions centered on the elephants in the room — NSA wiretapping and Russia's annexation of Crimea. Students relished the chance to engage with each other and learn their shared history.

"It amazed me how passionate the speakers were, and I realized how recent the Cold War really was," said Emilie Hollingsworth, a freshman cadet. "It is fascinating to think that Point Alpha was still full of soldiers readied for battle when my parents were finishing high school; that such a quiet valley and an innocent town were considered the front line of what could be the world's biggest war yet caught me pretty off guard."

Bausch remarked that he found the conversation between students inspiring. As a youth in post-war Germany, he remembers fondly the days when Germans and Americans met physically, not just on Facebook.

"We met American Soldiers and had touch with the American way of life. We don't have this contact so much anymore, which is a pity," he said. "[But] you could feel the common base of our German-American relations which is far older than 40 years. Even if there is disagreement it doesn't change the foundation."

Next year's ceremony marking the 25th anniversary of the last patrol will encourage more face-to-face interaction with German and American students spending the night at Point Alpha to experience it firsthand. Students will break up into small groups to encourage closer communication.

For more information on Point Alpha, visit [www.pointalpha.com](http://www.pointalpha.com).



Monica Helg and former mayor of border town Rasdorf, Berthold Jost, describe life during the Cold War in front of the former border.

## belle *Strasbourg*

break away for a weekend in  
France's German city

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

Half-timbered homes, art nouveau structures, brisk white wines, beer, pretzels, quiche and crepes — these are just a few of the features you'll find in *belle* Strasbourg, capital city of the Alsace region of France.

Only two hours south of Wiesbaden and just over the French border, this historically German city has retained much of the old *allemand* culture — but it definitely feels *français*. Its citizenship has shifted between France and Germany throughout the medieval times and two world wars, resulting in an appealing blend of these two distinct cultures. This fusion is reflected most vividly in its architecture — Gothic monoliths, Romanesque revival, baroque buildings and Germanic half-timbered homes.

Almost 700,000 people live in Strasbourg, and France's second-highest student population lends the city a young, modern and lively vibe. It also hosts the Council of Europe, the European Court of Human Rights and the European Parliament.

Bridges span the Ill and Rhein rivers that grace the city, evoking a definitely Parisian feel and inviting you to meander a little farther. The whole city is easily accessible on foot, but seeing it by bike or even boat — the city offers a 70-minute tour — is a treat as well, depending

on the weather.

A smart first stop is the iconic Cathédrale Notre Dame. Built beginning in 1176, it features Gothic design made of sandstone from the Vosges Forest and was intended to be the most beautiful cathedral in France. It's known for its unique astronomical clock, which in addition to the official time tells the day of the week, the month, the year, the sign of the zodiac, solar time, the phase of the moon and the position of several planets. At 12:30 p.m. every day, visitors are treated to a "show" of animatronic figures — an angel rings the bell and a rooster crows feebly. It's underwhelming at best, but the cathedral's other hallmark does not disappoint.

When its north tower was completed in 1439, it was the tallest building in the world. Today, it makes the cathedral the sixth-tallest church in the world and tallest remaining structure built completely in the Middle Ages. The €5 entrance fee to climb to the top is most certainly worth the price of admission and legwork to get there. You'll be rewarded with a spectacular panorama of the city and the border.

Refuel and rest afterward with a *café au lait* and crepe at one of the many cafes in the square surrounding the cathedral. Trek on to La Petite France, the charming neighborhood packed with French bakeries, shops and restaurants.

If you get stuck with a rainy day, there's still plenty to be seen indoors. Strasbourg has nine museums: The Musée Alsacien (Alsatian Museum); Musée d'Art Moderne et Contemporain (Museum of Modern and Contemporary Art); Musée des Arts Décoratifs (Museum of Decorative Arts); Musée des Beaux-Arts (Museum of Fine Arts); Cabinet des Estampes et des Dessins (Cabinet of Prints and Drawings); Musée de l'Oeuvre Notre-Dame (Museum of the Work of the



La Cure Gourmand offers an array of cookies, caramels and chocolates to sweeten your Strasbourg experience.

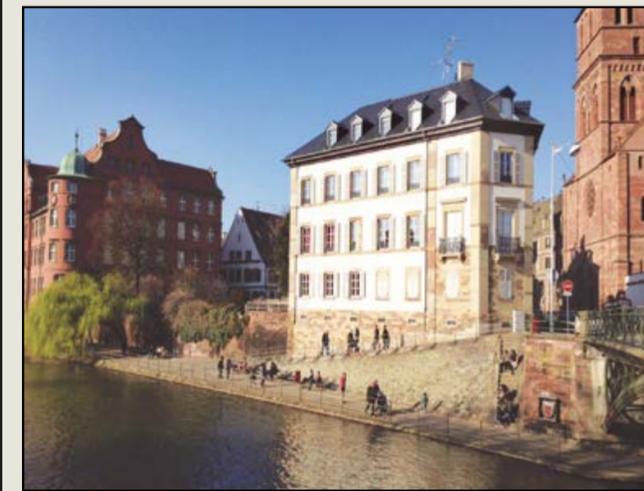
Notre Dame); Centre Tomi Ungerer (collection of work by Strasbourg artist Tomi Ungerer); Musée Zoologique (Zoological Museum); and Musée Archéologique (Archeological Museum). For just €6 you can see them all in one day.

But on a sunny day, join the locals in a stroll along the rivers.

Perhaps take a picnic or a bottle of wine with you to enjoy in one of Strasbourg's many verdant parks. The wines feature a strong German influence, mostly dry whites. But beer lovers will be happy to know that Alsace-Lorraine is one of the biggest beer-brewing regions of France, with several breweries in and around Strasbourg.

And of course, you must eat. Quiche lorraine is the region's namesake egg custard dish, a delightfully buttery flaky pastry crust filled with lardons, or bacon, and cheese. *Tarte flambée* is Alsace's answer to *flammkuchen*, thin dough with cheese and toppings. Try it topped with the Alsatian flavors of *fromage blanc* (white cheese) or *crème fraîche*, onions and bacon. Old-world Alsatian *baeckeoffe* is the traditional stew.

Finally, dessert. Sample sweet crepes with fillings like Nutella, honey and pears. Be sure to stop at La Cure Gourmande on Rue Mercière just down the street from the cathedral and bring back a tin of dense yet delicately flavored butter cookies. They're sure to please any friends, family or coworkers left behind, and the tin will entice you to return to Strasbourg for a taste of *la belle époque* again.



Strasbourgers stroll along the Ill River on a sunny day.