

# 414th BSB – Büdingen, Hanau

## Looking back at a holiday favorite

### 'Twas the Night Before Christmas

or an account of "A Visit from St. Nicholas" by Clement Clarke Moore or Henry Livingston Jr., who really knows?  
See boxed text.

'Twas the night before Christmas,  
When all through the house  
Not a creature was stirring, not even a mouse;  
The stockings were hung by the chimney with care,  
In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds,  
While visions of sugar-plums danced in their heads;  
And mamma in her 'kerchief, and I in my cap,  
Had just settled down for a long winter's nap,

When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the window I flew like a flash,  
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow  
Gave the lustre of mid-day to objects below,  
When, what to my wondering eyes should appear,  
But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,  
I knew in a moment it must be St. Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and called them by name;

"Now, Dasher! Now, Dancer! Now, Prancer and Vixen!  
On, Comet! On, Cupid! On, Donner and Blitzen!

To the top of the porch! To the top of the wall!  
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky,  
So up to the house-top the coursers they flew,  
With the sleigh full of toys, and St. Nicholas too.

And then, in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof.  
As I drew in my hand, and was turning around,  
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,  
And his clothes were all tarnished with ashes and soot;  
A bundle of toys he had flung on his back,  
And he looked like a peddler just opening his pack.

His eyes — how they twinkled! His dimples how merry!  
His cheeks were like roses, his nose like a cherry!  
His droll little mouth was drawn up like a bow,  
And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,  
And the smoke it encircled his head like a wreath;  
He had a broad face and a little round belly,  
That shook, when he laughed like a bowlful of jelly.

He was chubby and plump, a right jolly old elf,  
And I laughed when I saw him, in spite of myself;  
A wink of his eye and a twist of his head,  
Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,  
And filled all the stockings; then turned with a jerk,  
And laying his finger aside of his nose,  
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle.  
But I heard him exclaim, ere he drove out of sight,  
"Happy Christmas to all, and to all a good-night!"

### Who wrote "Twas the Night Before Christmas"?

For 180 years fathers have traditionally read "Twas the Night Before Christmas" to their children every Christmas Eve. The poem, properly titled "A Visit From St. Nicholas," was an instant classic at its first publication in the Troy, New York *Sentinel* on Dec. 23, 1823.

The poem was published anonymously and everyone wanted to know the author's name. In 1837 Clement Clarke Moore (1779-1863), a professor of classics at General Theological Seminary in New York, claimed authorship and in 1844 he included the poem in his own book of verse.

Today a New York manuscript dealer has the only handwritten copy in private hands of "Twas the Night Before Christmas," written by Moore, up for sale for \$795,000. Three other handwritten versions by Moore reside in the collections of the New York Historical Society, the Huntington Library in Los Angeles and the Strong Museum in Rochester, N.Y.

No one doubts Moore penned these copies, but some scholars wonder if he really is the author. Literary sleuth Don Foster, who exposed Joe Klein as the author of "Primary Colors," sides with the family of poet Henry Livingston Jr. (1748-1828) in arguing that Livingston is the true author.

Although no evidence proves Livingston's authorship, Foster is convinced that the poem more closely matches Livingston's literary style.

Also there's an historical claim that by 1808 a group of children had been listening to Livingston read the poem to them. The manuscript dealer hired his own expert who came up with the conclusion that Moore was really the author.

"We won't ever know for sure who wrote it," said Sue Hodson, curator of literary manuscripts at the Huntington Library. "But in a sense the authorship doesn't matter. It's a beloved poem with warm, resonating touches for all of us."

## Christmas Eve and New Year's events

### Christmas chapel services

Dec. 24, 3 p.m., Children's Mass at Fliegerhorst Chapel

Dec. 24, Midnight Mass at Fliegerhorst Chapel

Dec. 24, 7 p.m., Community Christmas Eve Service at Pioneer Chapel.

Dec. 25, 12:45 p.m., Bilingual Mass at Fliegerhorst Chapel

Jan. 1, noon, Holy Day of Obligation Mass at Fliegerhorst Chapel, Solemnity of the Blessed Virgin Mary, Mother of God.

### Santa suits for rent

Santa suits can be rented from the American Red Cross up to Dec. 23 for \$20. Reserve a suit in advance. Three suits are available. One size fits all. For more information call Margaret Libowsky at mil 322-1760. The Red Cross is in Building 4, third floor, on Pioneer Kaserne.

### Christmas meals

Enjoy traditional Christmas foods, turkey, ham, dressing, potatoes, vegetables, salads, soup, dessert and drinks at dining facilities around Hanau.



Dec. 23 — Pioneer Dining Facility, noon to 4 p.m. Meal prices are \$4.55 to \$5.25.

Dec. 25 — Pioneer Dining Facility, noon to 2 p.m. Meal prices are \$2.80 to \$3.25.

Dec. 25 — Büdingen Dining Facility, noon to 2 p.m. Meal prices are \$4.55 to \$5.25.

### Gift wrapping

The last day of the gift wrapping program is Dec. 24 from 8 a.m. to 6 p.m. in the lobby of the PX at the Wolfgang Shopping Center.

### USO trip to Paris

Celebrate the new year with the USO in Paris, the city of lights. Visit the Eiffel Tower, Arc de Triomphe, Louvre, Opera, Pantheon, Musée d'Orsay and ring in the new year on the Champs Elysées. This trip departs late on Monday, Dec. 29 and returns late on Thursday, Jan. 1. The tour includes transportation, hotel and a guide. The cost is \$339 for adults, \$319 for children are 3-12, and children under 3 are free. Contact the USO in Building 4, first floor on Pioneer Kaserne, open Monday, Wednesday, Thursday and Friday from 9 a.m.

to 5 p.m., Tuesday noon to 5 p.m. or call mil 322-8725, civ (06181) 561 19 or email [uso@aranea.de](mailto:uso@aranea.de). The USO website is [www.uso.org/rheinman](http://www.uso.org/rheinman).

### New Year's Eve at Club i

Celebrate New Year's Eve at Club i in the Community Activities Center on Fliegerhorst Kaserne Dec. 31 from 9 p.m. to 3:30 a.m. The \$15 per person or \$25 per couple (tickets purchased before Dec. 29) or \$20 per person, \$30 per couple at the door price includes a small bottle of champagne, party favors, DJ entertainment by Linda Halsey and a breakfast buffet served from 1-2:30 a.m. Tickets may be purchased at the Community Activities Center. Dinner will also be available at the Community Activities Center from 7-9 p.m. Call mil 322-7267 or 7509 for more information.

### Christmas markets

**Mainz:** Through Dec. 23, Monday to Friday, 11 a.m. to 8:30 p.m., Saturday 10 a.m. to 9 p.m., Sunday 11 a.m. to 9 p.m.

**Nürnberg:** Through Dec 24, Monday to Wednesday, 9 a.m. to 8 p.m., Thursday to Saturday 9 a.m. to 9 p.m., Sunday 10:30 a.m. to 8 p.m., Dec. 24, 9 a.m. to 2 p.m.

**Wiesbaden:** Through Dec. 23, Monday to Friday 10 a.m. to 8 p.m., Saturday 10 a.m. to 8:30 p.m., Sunday noon to 8 p.m.

**Wuerzburg:** Through Dec. 23, Monday to Saturday 10 a.m. to 8 p.m., Sunday 11 a.m. to 8 p.m.



# Bulletin board

## At the movies Dec. 23 to Jan. 8

### Baumholder, Wagon Wheel

- Dec. 26 — Intolerable Cruelty (PG-13) 7 p.m.
- Dec. 27 — Dr. Seuss' The Cat In The Hat (PG) 4 p.m. Intolerable Cruelty (PG-13) 7 p.m.
- Dec. 28 — Dr. Seuss' The Cat In The Hat (PG) 4 p.m. Under The Tuscan Sun (PG-13) 7 p.m.
- Jan. 2-3 — The Haunted Mansion (PG) 7 p.m.
- Jan. 4 — Good Boy (PG) 4 Beyond Borders (R) 7 p.m.
- Jan. 8 — Lost In Translation (R) 7 p.m.

### Büdingen, Little

- Dec. 27 — Secondhand Lions (PG) 3 p.m.

### Dexheim, Rhein

- Dec. 26 — Under The Tuscan Sun (PG-13) 7 p.m.
- Dec. 27 — The Haunted Mansion (PG) 7 p.m.
- Dec. 28 — Intolerable Cruelty (PG-13) 3 p.m.
- Jan. 2 — Beyond Borders (R) 7 p.m.
- Jan. 3 — The Last Samurai (R) 7 p.m.
- Jan. 4 — Good Boy (PG) 3 p.m.

### Friedberg, Old Ironsides

- Dec. 23 — School Of Rock (PG-13) 7 p.m.
- Dec. 26-27 — Brother Bear (G) 7 p.m.
- Dec. 28 — Out Of Time (PG-13) 7 p.m.
- Dec. 30 — Under The Tuscan Sun (PG-13) 7 p.m.
- Jan. 2 — The Matrix Revolutions (R) 7 p.m.
- Jan. 3 — Elf (PG) 7 p.m.
- Jan. 4 — The Matrix Revolutions (R) 7 p.m.
- Jan. 8 — Under The Tuscan Sun (PG-13) 7 p.m.

### Giessen, Skyline

- Dec. 23-24 — Underworld (R) 7 p.m.
- Dec. 26 — Intolerable Cruelty (PG-13) 7 p.m.
- Dec. 27 — Under The Tuscan Sun (PG-13) 7 p.m.
- Dec. 28 — Beyond Borders (R) 7 p.m.
- Dec. 30-31 — Brother Bear (G) 7 p.m.
- Jan. 2 — Once Upon A Time In Mexico (R) 7 p.m.
- Jan. 3 — Spy Kids 3-D Game Over (PG) 2 p.m. Good Boy (PG) 7 p.m.
- Jan. 4 — Beyond Borders (R) 7 p.m.



Mike Myers stars as that odd feline in "Dr. Seuss' The Cat In The Hat."



Legolas (Orlando Bloom), Gandalf (Sir Ian McKellen) and Aragorn (Viggo Mortensen) rally the people of Middle Earth in the final installment of the "Lord Of The Rings" trilogy.

- Jan. 6 — The Matrix Revolutions (R) 7 p.m.
- Jan. 7 — Elf (PG) 7 p.m.

### Hanau, Evening Star

- Dec. 23 — School Of Rock (PG-13) 7 p.m.
- Dec. 24 — Duplex (PG-13) 7 p.m.
- Dec. 26 — Stuck On You (PG-13) 7 p.m. Intolerable Cruelty (PG-13) 9:30 p.m.
- Dec. 27 — Stuck On You (PG-13) 4 p.m. Under The Tuscan Sun (PG-13) 7 p.m. Intolerable Cruelty (PG-13) 9:30 p.m.
- Dec. 28 — Stuck On You (PG-13) 4 p.m. Intolerable Cruelty (PG-13) 7 p.m.
- Dec. 29 — Under The Tuscan Sun (PG-13) 7 p.m.
- Dec. 30 — Intolerable Cruelty (PG-13) 7 p.m.
- Jan. 1 — Under The Tuscan Sun (PG-13) 7 p.m. Lord Of The Rings: The Return Of The King (PG-13) midnight
- Jan. 2 — Lord Of The Rings: The Return Of The King (PG-13) 3, 7 and 11 p.m.
- Jan. 3 — Good Boy (PG) 4 p.m. Lord Of The Rings: The Return Of The King (PG-13) 7 and 11 p.m.
- Jan. 4 — Good Boy (PG) 4 p.m. Lord Of The Rings: The Return Of The King (PG-13) 7 p.m.
- Jan. 5 — Lost In Translation (R) 7 p.m.
- Jan. 6 — Beyond Borders (R) 7 p.m.
- Jan. 7 — Lost In Translation (R) 7 p.m.
- Jan. 8 — Beyond Borders (R) 7 p.m.

### Rhein Main, Gardens

- Dec. 24 — The Last Samurai (R) 7 p.m.
- Dec. 26 — School Of Rock (PG-13) 7 p.m.
- Dec. 27 — Looney Tunes: Back In Action (G) 5 p.m. Duplex (PG-13) 7:30 p.m.
- Dec. 28 — Out Of Time (PG-13) 7 p.m.
- Dec. 31 — The Last Samurai (R) 7 p.m.
- Jan. 2 — Beyond Borders (R) 7 p.m.
- Jan. 3 — Good Boy (PG) 5 p.m. The Haunted Mansion (PG) 7:30 p.m.
- Jan. 4 — Lost In Translation (R) 7 p.m.
- Jan. 7 — Lord Of The Rings: The Return Of The King (PG-13) 7 p.m.
- Jan. 8 — Lord Of The Rings: The Return Of The King (PG-13) 7 p.m.

### Wackernheim, McCully

- Dec. 31 — The Haunted Mansion (PG) 7

- p.m.
- Jan. 7 — Kill Bill (R) 7 p.m.

### Wiesbaden, Flyers

- Dec. 26 — Under The Tuscan Sun (PG-13) 7 p.m.
- Dec. 27 — Intolerable Cruelty (PG-13) 7 p.m.
- Jan. 1-2 — Stuck On You (PG-13) 7 p.m.
- Jan. 3 — Intolerable Cruelty (PG-13) 7 p.m.
- Jan. 8 — Lost In Translation (R) 7 p.m.

### Wiesbaden, Taurus

- Dec. 23 — School Of Rock (PG-13) 7 p.m.
- Dec. 24 — Santa Clause 2 (PG) 7 p.m.
- Dec. 25 — Dr. Seuss' The Cat In The Hat (PG) 4 p.m. The Haunted Mansion (PG) 7 p.m.
- Dec. 26 — Intolerable Cruelty (PG-13) 7 p.m. The Last Samurai (R) 9:30 p.m.
- Dec. 27 — Spy Kids 3-D Game Over (PG) 4 p.m. Under The Tuscan Sun (PG-13) 7 p.m. The Last Samurai (R) 9:30 p.m.
- Dec. 28 — Spy Kids 3-D Game Over (PG) 4 p.m. The Last Samurai (R) 7 p.m.
- Dec. 29 — The Last Samurai (R) 7 p.m.
- Dec. 30 — Under The Tuscan Sun (PG-13) 7 p.m.
- Dec. 31 — Intolerable Cruelty (PG-13) 7 p.m.
- Jan. 1 — Intolerable Cruelty (PG-13) 7 p.m.
- Jan. 2 — Lord Of The Rings: The Return Of The King (PG-13) 10 a.m. Stuck On You (PG-13) 7 p.m. Lost In Translation (R) 9:30 p.m.
- Jan. 3 — Good Boy (PG) 4 p.m. Stuck On You (PG-13) 7 p.m. Beyond Borders (R) 9:30 p.m.
- Jan. 4 — Good Boy (PG) 4 p.m. Stuck On You (PG-13) 7 p.m.
- Jan. 5 — Stuck On You (PG-13) 7 p.m.
- Jan. 6 — Good Boy (PG) 7 p.m.
- Jan. 7 — Beyond Borders (R) 7 p.m.
- Jan. 8 — Lost In Translation (R) 7 p.m.

**Movies and times subject to change by local theaters. For the most up-to-date schedule visit the ASG's website (see address below).**

## Movie plots

**Lord Of The Rings: The Return Of The King (PG-13)** — Sauron's forces have laid siege to Minas Tirith, the capital of Gondor, to eliminate the race of men in the third and final installment of the "Lord of the Rings" trilogy. The once-great kingdom has never been in more desperate need of its king. But can Aragorn (Viggo Mortensen) answer the call of his heritage? With the final battle nearing and the legions of darkness gathering, Gandalf (Sir Ian McKellen) urgently tries to rally Gondor's broken army to action.

**Stuck On You (PG-13)** — Bob (Matt Damon) and Walt (Greg Kinnear) Tenor are conjoined "Siamese" twins who are winners at everything — from flipping burgers at the diner they own to performing miraculous feats on ice for their local hockey team. They never leave each other's side ... and wouldn't have it any other way. That is, until Walt decides to become a Hollywood actor, and persuades his reluctant sibling to go along for the ride.

**The Haunted Mansion (PG)** — Workaholic real-estate agent Jim Evers (Eddie Murphy) drags his family to the creepy Gracey Mansion in hopes of rebuilding it into a lavish new condo development. When they get there, however, the family quickly finds they're not alone ... not when 999 grinning ghosts come out to socialize. It's up to Jim to break the curse and rediscover a family that needs him before the clock strikes 13.

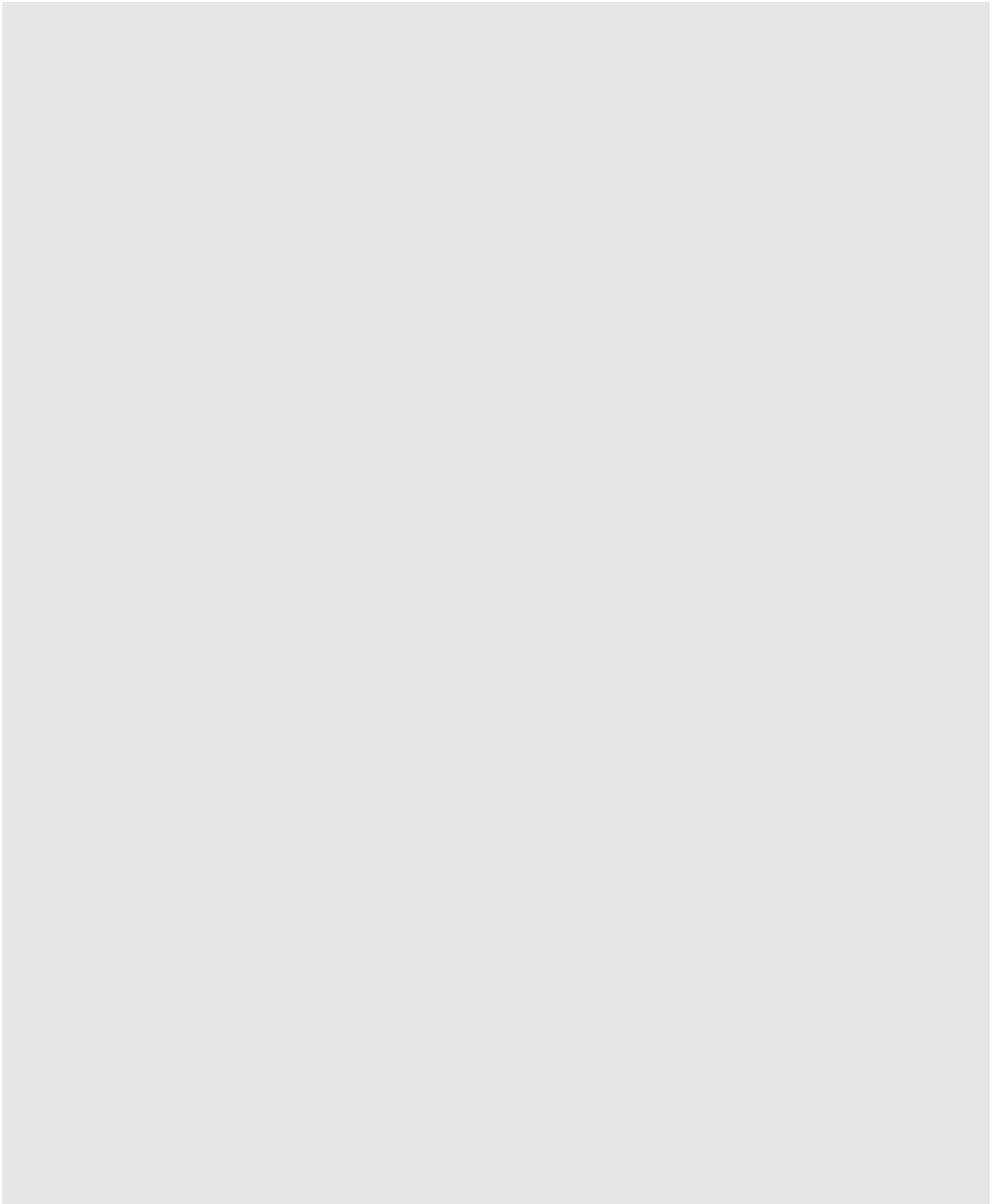
**Beyond Borders (R)** — Set against the backdrop of the world's most dangerous hot spots, this thrilling romantic adventure stars Angelina Jolie as Sarah Jordan, a sheltered American socialite living in London. When she meets Nick Callahan (Clive Owen), a renegade doctor, his commitment to humanitarian efforts in war-torn nations moves her deeply. Driven by her passion for Nick and his life's work, Sarah risks everything to embark on a perilous journey.

**Under The Tuscan Sun (PG-13)** — An American lawyer (Diane Lane) quits her stressful job and travels to Tuscany, Italy, looking for a new life, deciding to buy a derelict villa near the village of Cortona. While rebuilding her new home and learning how to live in another country, she finds a new start on life and love.

**Intolerable Cruelty (PG-13)** — A very successful divorce attorney based out of Los Angeles, Miles (George Clooney), gets involved with serial divorcee Marilyn (Catherine Zeta-Jones). They end up getting married and soon Marilyn shows her true self by trying to gain financial independence by divorcing him. So begins an enormous battle between the two as they both fight for what they want, personally and professionally.

# *Herald Union classifieds*

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## Bullies on notice at Hanau Middle School

### Kindness Counts, peer mediation groups address roots of aggression

By David Ruderman  
104th Area Support Group Public Affairs Office

Adolescence is hard enough to survive without living in fear of being bullied. Teachers and administrators at Hanau Middle School have involved students in doing something to address the root causes of negative behavior.

"There was an expressed concern that bullying behavior was going on. It's not just here in Hanau, it's a nationwide problem," said school counselor Vicki Leivermann. She and fellow counselor Monika Juergens have addressed seminar classes on the subject, involved students in an anti-bullying poster making campaign, initiated a Kindness Counts program and established peer mediation groups.

There are different kinds of bullying to be addressed, said Leivermann, including physical and verbal abuse, sexual and racial remarks. "It's pretty much a universal thing — pushing and shoving in the hallways on the way to lunch, name-calling. We're really reinforcing what the kids say. The few here who are bullies really need to be put in their place."

Part of the challenge is teaching youngsters that they have a right to exercise the power of dissent, said Leivermann. "They still think it's tattling, but we're going through seminars, telling them about the difference between that and saying what needs to be said." Children don't want to be seen as "ratting" on their friends, "and they're afraid of retaliation," she said.

"It really is a middle school phenomenon. I think it comes from everyone trying to find their own way and their own space. A lot of adults will get it and think it's just normal



Photo by David Ruderman

Hanau Middle School seventh- and eighth-graders Katie Marton (left to right), Becky Farrar, Kendriana LaTrice and Miranda Mon'e listen as LaPorscha Wright makes a point during Ruth Calahan's peer mediation class.

behavior, that they'll grow out of it. But unless they're taught, they'll just get desensitized. You don't realize the things you say and write are harmful, hurtful."

Bystanders need to be aware that they have a responsibility to act when situations get ugly, said Leivermann. "If you are just standing there doing nothing, you are getting joy and pleasure from behavior that is unacceptable, and you are just as guilty as the person who's doing the bullying."

Other issues raised include how to disengage from threatening situations, and who to turn to when inappropriate behavior takes place. "We're making sure victims don't turn into victims," said Leivermann.

Peer mediation groups bring students together to discuss the roots of conflicts, and

where possible, come up with plans to resolve them before they escalate into matters that call for disciplinary intervention by school authorities.

"It's an educational program geared toward informing them, making sure they are more aware of what they say and that they're going to be held accountable for it," said Leivermann. "The kids kind of monitor it themselves. We've got a good situation in place."

A dozen seventh- and eighth-graders discussed controversies at hand and how the group operates in Talented and Gifted teacher Ruth Calahan's class. Calahan runs groups in nine-week cycles.

"I know a lot of teasing and harassment goes on around the school," said Katie

Marton.

"Name calling, gossip and rumors" are among issues, said LaPorscha Wright.

"Pushing, shoving, hitting people" are also problems, said John Spurlock.

"That happens, but we can't mediate that," said Becky Farrar. "After there's physical violence, we can't handle it. It goes to the principal's office."

There are deeper roots to bullying behavior, said the students. "If somebody breaks somebody's pencil, he's usually had a grudge for a while," said Shea Goodnature. "It's not the stupid stuff."

"There are arguments over boys — who likes who," said Kendriana LaTrice.

"Boys argue over girls too," said Bianca Whiting.

"Things might go on after school about boys," said Marton.

Students in mediation agree to tell their stories honestly, verify the facts, agree on a solution and sign a contract to abide by the decision. The ground rules for the process include listening without interrupting, showing respect, assuming responsibility to carry out agreements and maintaining confidentiality for everyone involved.

"What we say here stays here," said Calahan.

"It's helped me learn how to solve my own problems without referral," said Marton.

"I used to be angry and stuff, and go off on you in a second, but since I've been in this class — it just changes you," said Whiting.

"It's called education," said Calahan, to chuckles around the room.

"It does help when you look at it," said Goodnature. "It saves kids from getting in trouble with the office and with their parents."

"I think it shows you the other side of bullying," said Marton.

"The kids who are mediators are empowered," said Calahan. "Even if the mediation fails, you have to have a plan. I'm teaching them to solve problems."

## H.H. Arnold seeks mentors

By Karl Weisel  
104th Area Support Group Public Affairs Office

Adults play a major role in influencing young minds. Sometimes a stranger can work wonders where other adults may have a hard time getting through.

Educators at Wiesbaden's Gen. H.H. Arnold High School invite community adults to play a positive role in the lives of "at risk" students. "We need caring adults to help the students emotionally and academically," said Teresa Martin, a teacher and organizer of the new Mentor Program.

Defining "at risk" students as young people who may be on the borderline of failing or having a hard time getting along in school with one or more parents absent due to the current deployment,

Martin said the more adults who get involved the better the chances of more students succeeding. "Their influence can really change a student's life."

"We had a program in the past, but it kind of fell by the wayside. We decided we really wanted to institute it this year — one of the reasons being the deployment of so many parents," said Martin.

The program is slated to start in late January with a two-hour training session being held earlier that month.

"Any adults in the community who have time to give are welcome. We'd love to have military members, civilians and parents," she said. "They don't have to know anything about education or mentoring. They should just be willing to give the time once a week

(for about an hour). The subject matter is irrelevant. This is more for the development of self-esteem and self-confidence — having an adult they can trust. That's more important than the academic part of this."

Students in the program can volunteer or be referred by teachers and parents. "These are typically at-risk students and we really want to help them in every way possible," Martin said. "The students are assigned to their mentors based on common interests."

People who are interested in getting involved in the school's Mentor Program can call Teresa Martin or Sharon O'Donnell at mil 337-6319 or stop by the school's main office to pick up a brochure and an application packet (after Jan. 4). "Once they are screened and selected to be a mentor, we'll set up dates for training," said Martin.

## School bits

### Holiday dates

Department of Defense Dependents Schools will close for winter holiday recess Dec. 22 to Jan. 3. Instruction resumes Jan. 5. Schools will close Jan. 19 for Martin Luther King Jr. Day. The second semester ends Jan. 22. There will be no school Jan. 23, a teacher work day, and the second semester will begin Jan. 26.

### Coach needed

Gen. H.H. Arnold High School seeks a junior varsity cheerleading coach for the basketball season. Warrior cheerleaders have been European champions in three of the past four seasons. Practices are held during the week from 3-5 p.m., and

games are usually on weekends. For details call the school at mil 337-6319 or civ (0611) 705-6319.

### Welcoming Venglik

Alexia Venglik will take the reins at Wiesbaden American Middle School in January, replacing Dr. Pete Price as principal. Venglik comes to Wiesbaden from Seoul Middle School. Price moves on to become principal of Wassom Middle School at Fort Campbell, Ky.

### CTC registration

Central Texas College registration for auto mechanics, criminal justice, child development, food services and emergency medical technology will be held Jan. 5-16.

# Sports and leisure

## Things to do

### Singing lessons

Private singing lessons for ages 8 and up, and group voice lessons for ages 17 and up are offered at the Wiesbaden Community Activity Center. Call Carol at civ (0611) 816-2473 or mil 336-2473.

### Wiesbaden exhibit

The Natural History Department of the State Museum of Wiesbaden features the special exhibition, "Under the Burning Sun — Life and Survival in the Sonora Desert" through June 13. The exhibit depicts the rich variety of life in the Sonora Desert despite the harsh environmental conditions. English-speaking guides are available. Call civ (0611) 335 2194 for more information.

### Alte Oper concerts

Frankfurt's Alte Oper features "West Side Story" through Jan. 4, the **Magic of the Dance (Irish step dancing)** Jan. 6 and 7, the **Academy of St. Martin in the Fields led by Sir Neville Marriner** Jan. 10 and the **Hot Jazz Meeting 2004** Jan. 17. Call civ (069) 1340 400 for tickets.

### Benefit gospel concert

The Atterberry Chapel Multicultural Christian Church in Frankfurt holds a benefit gospel concert featuring the Newborn Choir, Martin Luther King Choir and the Gospel Express Jan. 18 at 6 p.m. at the Musikübungszentrum on Rödelheimerstr. 34-38. Cost is 10 euros at the door. Call Pastor Smith-Wilson at civ (06152) 188 880 or Sister Caldwell at civ (0162) 545 3057 for details.

### Ski Club trips

The Frankfurt International Ski Club invites everyone to join them for a host of trips throughout Europe. Upcoming trips include **Ischgl** Dec. 27 to Jan. 3, **St. Veit** Dec. 28 to Jan. 3, **Kitzbühl** Jan. 9-11, **Villars** Jan. 16-18, **Chamonix** Jan. 16-19, **Zermatt** Jan. 22-25, **Serre Chevalier** Jan. 24-31, **Adelboden** Jan. 30 to Feb. 1, **Schwarzwald** Jan. 31, **Verbier** Feb. 5-8, **Andematt** Feb. 6-8, **Laax Flims** Feb. 13-15 and **St. Anton** Feb. 13-16. For more information about the club and upcoming trips visit their website at [www.fiscweb.org](http://www.fiscweb.org).

### Theater highlights

Giessen's Keller Theater seeks two men and two women actors, backstage and technical assistants for the upcoming thriller, "Murder By Misadventure." Auditions will be held Jan. 6-7 at 7:30 p.m. The theater also features "What's The Mata-Hari," a comedy by Tony Dunham, Jan. 23-24 at 7:30 p.m.; and "Shirley Valentine" Jan. 30-31. Call mil 343-6515.

Wiesbaden's Amelia Earhart Playhouse holds auditions for "Lilies Of The Field" Jan. 6 and 7 at 7 p.m.

Needed are four adult males, one of whom can accompany his singing on the guitar or another instrument, and two who can portray Hispanic characters. Also needed are five adult females who can portray Germans and sing church music a cappella. Other volunteers are also needed. Call civ (0611) 816 2473.

Heidelberg's Roadside Theater, Building 109 on Patton Barracks, presents performances of "Fiddler on the Roof" Jan. 9, 10, 16, 17, 23 and 24 at 7:30 p.m., and Jan 11 and 18 at 3 p.m. Reservations can be made on the web at [www.roadside-theater.com](http://www.roadside-theater.com) or by calling mil 373-5020, civ (06221) 175 020.

Frankfurt's English Theater presents the rock musical "Jesus Christ Superstar" every night except Monday through Feb. 7. Tickets are 19-29 euros. The theater is located in the Gallileo Skyscraper at Kaiserstr. 34. Call civ (069) 2423 1620 or visit the theater's website at [www.english-theatre.org](http://www.english-theatre.org) for reservations.



## Pack wisely before starting a ski, hiking or snowboard trip

### Dress in layers, use proper safety gear to avoid injury

By Darrell Wade  
Special to the Herald Union

Your heart leaps in joy as the date of your ski trip arrives. If you are like me, you've planned the details of your vacation as if it were a military operation. You've pored over maps, planned the route and scheduled your rest stops. But, before heading out, check to make sure you've packed the right clothes and equipment.

The key to staying warm during times of exertion as well as when standing still is dressing in layers. With the proper fabrics, this works like climate control. You want to have the ability to shed a middle layer during peak exertion so that you don't overheat, yet add that layer back on during periods of minimal movement such as when you ride the chilly chairlift up the mountain slope. The layering system allows air warmed by the body to be trapped and not the moisture. The layering system usually includes three lightweight layers. You can always increase the layers if weather conditions are harsh, you chill easily or your planned activity level is low.

#### Innermost layer

You want to keep a breathable material that will pull moisture away from your body. A good pair of heavyweight long underwear should do the trick. Make sure your inner layer is not made of wool or cotton. These materials absorb the moisture and keep the wet against your skin. This will cause your skin to stay colder. Not only is this uncomfortable, it is also dangerous once your activity level drops. Look for something that will cover the neck and throat and with long sleeves. Your socks should be of the same synthetic material to keep your feet dry.

#### Secondary layer(s)

The second or middle layer(s) should be made of an insulating material able to wick moisture away and is breathable. It should offer windproofing material and trap heat. These layers should be removable. Consider carrying a small fanny-type pack to store what you don't need.

#### Outer layer

The outer layer should be a shell-type material that offers complete windproofing as well as maintaining good heat trapping. The jacket should be at least three-quarters in length to keep the wind out and snow from collecting along the waist. The jacket should have zippers under the arms for ventilating excess heat. The pants should be made of the same material with zipper openings along the sides to ventilate in the same manner. The pants should have either a drawstring along the bottom or be made of elastic so that it closes over your ski boots.

Your body loses 7 percent of its heat through the head. A hat that will wick moisture away and retain heat will keep you warm. You want to ensure that the hat is able to cover your ears to prevent wind burn and cold weather injury.

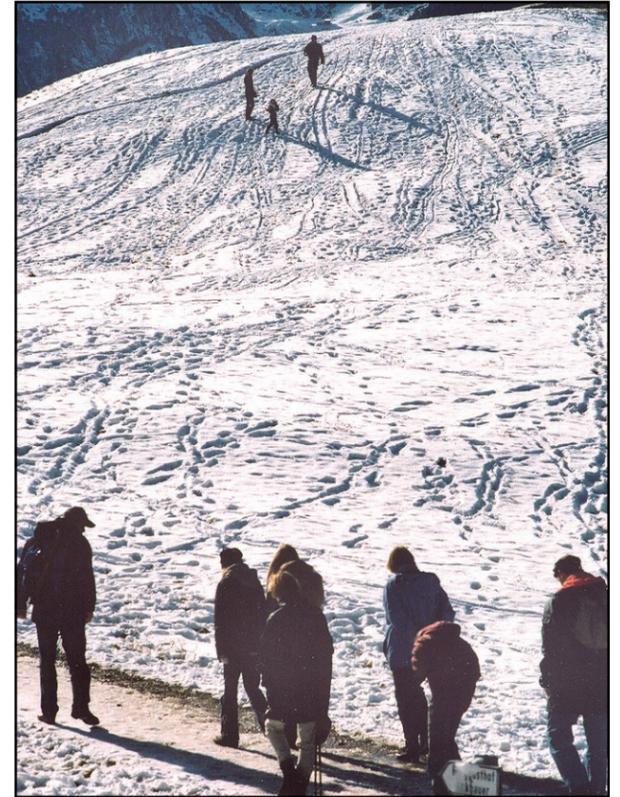


Photo by Karl Weisel

Whether hiking, skiing or snowboarding, make sure to dress in layers to avoid overheating and possible injury.

Headbands are also good to cover the ears if the conditions are good enough to forego the hat. The gloves should have a moisture proof outer shell to keep it dry and an inner lining to trap heat. The gloves should have either elastic openings or tightening straps to keep snow out.

Other required items for a safe, healthy ski, hiking or snowboard trip: \* **Sunglasses** — Keeps your eyes from sun strain and possible snow blindness; \* **Goggles** — Good protection against windburn to the eyes; \* **Sunscreen** — The air at higher elevations is thinner and the sun's rays are a lot stronger; \* **Lip balm** — The cold winds will chafe your lips and they will crack and bleed quickly without protection; \* **Fanny or backpack** — A good addition to carry extra clothes, water bottle and other items you will need; \* **Skin lotion** — Good to have to keep the skin moisturized against drying out.

The last item is the importance of keeping hydrated. It is a known fact that you can dehydrate during the winter. Your body will lose fluids and you need to ensure you keep yourself hydrated. Carry a non-breakable plastic water bottle with you, (no glass).

If skiing backcountry ensure you have the proper equipment in case you are caught in an avalanche. Always carry an emergency first-aid kit to treat injury. A list of items you will need as well as required information can be found at the National Ski Patrol website, [www.nsp.org](http://www.nsp.org).

## Sports shorts . . . Sports shorts

### Basketball Super Cup

The 104th Area Support Group sponsors a basketball Super Cup for unit-level teams at Giessen's Miller Hall Fitness Center Jan. 16 and 18 at 10 a.m. The top eight teams, two from each base support battalion, will compete. Call mil 343-7801 for more information.

### Intro to fitness

The 221st Base Support Battalion's Sports and Fitness Branch offers introductory fitness classes in January and

February. Classes are every Tuesday and Thursday at 5 p.m. for 30 minutes at Wiesbaden's Tony Bass Fitness Center. Learn more about the basics of step, kickboxing and more. Call mil 337-5943 for more information.

### Bench press competition

The Tony Bass Fitness Center hosts a bench press competition Jan. 10. Registration begins at 9 a.m. The competition starts at 11 a.m. For more information and to sign up call mil 337-5943 or civ (0611) 705-5943.

# News and features



Destini Baird, age 7, and her year-old brother, JJ, collect their "loot" from St. Nickolas and his female sidekick during the Hessen minister president's holiday bash for U.S. military families.

## Minister president expresses solidarity

### U.S. military families invited to Wiesbaden for festive bash

Story and photos by Karl Weisel  
104th Area Support Group Public Affairs Office

Soldiers and their families were treated to an early Christmas present Dec. 11. Hessen Minister President Roland Koch and his wife Anke invited more than 100 American military members from communities throughout Hessen to a party at Wiesbaden's Schloss Biebrich.

"We stand behind you and we know why you are here," said Udo Corts, the German state of Hessen's minister for science and art, who spoke on behalf of Koch (the minister president was unable to attend this year's holiday reception because of government business in Berlin). "You are fighting for our freedom too, not only the United States. We thank you for doing that job."

American visitors were treated to a round of festive songs courtesy of the Rheingauschule Geisenheim Choir, a visit by St. Nickolas, and coffee and cake in the opu-



Soldiers and families from throughout the U.S. military communities in Hessen enjoy refreshments, a choir concert and holiday greetings from German and American dignitaries at Hessen Minister President Roland Koch's holiday party Dec. 11.

lent surroundings of the huge palace set on the bank of the Rhein River in Wiesbaden-Biebrich.

"Today you brought two nations together and that is the true meaning of the season,"

said Diane Dempsey, wife of 1st Armored Division's commander, Brig. Gen. Martin E. Dempsey. "As always, you have overwhelmed us with your hospitality."

As youths filed up to chat with St. Nick

and his female sidekick, they were greeted with bags of holiday goodies and Hessen mementos.

"I think it is really neat," said Rosalin Baird, one of many spouses preparing to celebrate the holidays while her husband serves with his unit, Company D, 2-501st Aviation, in Iraq. "I heard about it through our company's rear detachment. It's nice that Santa came and we (Baird's children) got a little gift."

"I was impressed," said 1st Sgt. Benjamin Jones of Headquarters and Headquarters Detachment, 284th Base Support Battalion. "I think this is a nice gesture. I felt like we were welcomed here, greeted promptly and well taken care of."

"For those of you who have spouses in Iraq, there will be happier days," said Corts, describing how he grew up as a "German army brat" and spent time as a youth in the United States when his father was stationed there with his German unit. "We hope you will be reunited soon. ... I wish you all the best. Stay healthy and have a Merry Christmas and a Happy New Year."

"We always feel welcome and we always feel safe here," said Frankfurt American Consul General Peter Bodde to the German hosts. "And to our American visitors — we're very proud of you."