



Bulletin board

At the movies Aug. 17 to Sept. 2

Baumholder, Wagon Wheel

- Aug. 19 — Raising Helen (PG-13) 7 p.m.
- Aug. 20-21 — I, Robot (PG-13) 7 p.m.
- Aug. 22 — Harry Potter And The Prisoner Of Azkaban (PG) 4 p.m. The Stepford Wives (PG-13) 7 p.m.
- Aug. 26 — The Chronicles of Riddick (PG-13) 7 p.m.
- Aug. 27-28 — Catwoman (PG-13) 7 p.m.
- Aug. 29 — Garfield (PG) 4 p.m. Around The World In 80 Days (PG) 7 p.m.
- Sept. 1-2 — The Terminal (PG-13) 7 p.m.

Büdingen, Little

- Aug. 21 — Shrek 2 (PG) 3 p.m.
- Aug. 28 — Harry Potter And The Prisoner Of Azkaban (PG) 3 p.m.

Dexheim, Rhein

- Aug. 20 — The Stepford Wives (PG-13) 7 p.m.
- Aug. 21 — Catwoman (PG-13) 7 p.m.
- Aug. 22 — Harry Potter And The Prisoner Of Azkaban (PG) 3 p.m.
- Aug. 27 — The Chronicles Of Riddick (PG-13) 7 p.m.
- Aug. 28 — The Manchurian Candidate (R) 7 p.m.
- Aug. 29 — Around The World In 80 Days (PG) 3 p.m.

Friedberg, Old Ironsides

- Aug. 19 — Shrek 2 (PG) 7 p.m.
- Aug. 20 — The Notebook (PG-13) 7 p.m.
- Aug. 21 — Shrek 2 (PG) 2 p.m. The Notebook (PG-13) 7 p.m.
- Aug. 22 — The Day After Tomorrow (PG-13) 7 p.m.
- Aug. 26 — Harry Potter And The Prisoner Of Azkaban (PG) 7 p.m.
- Aug. 27 — Spider-Man 2 (PG-13) 7 p.m.
- Aug. 28 — Spider-Man 2 (PG-13) 2 and 7 p.m.
- Aug. 29 — Spider-Man 2 (PG-13) 7 p.m.
- Sept. 2 — The Chronicles Of Riddick (PG-13) 7 p.m.

Giessen, Skyline

- Aug. 17 — Dodgeball: A True Underdog Story (PG-13) 7 p.m.
- Aug. 18 — The Terminal (PG-13) 7 p.m.
- Aug. 20 — The Chronicles Of Riddick (PG-13) 7 p.m.
- Aug. 21 — The Stepford Wives (PG-13) 7 p.m.
- Aug. 22 — The Terminal (PG-13) 7 p.m.
- Aug. 24-25 — The Notebook (PG-13) 7 p.m.
- Aug. 27 — Around The World In 80 Days (PG) 7 p.m.
- Aug. 28 — The Punisher (R) 7 p.m.
- Aug. 29 — Johnson Family Vacation (PG-13) 7 p.m.
- Aug. 31 — Spider-Man 2 (PG-13) 7 p.m.
- Sept. 1 — Spider-Man 2 (PG-13) 7 p.m.

Hanau, Evening Star

- Aug. 17 — Raising Helen (PG-13) 7 p.m.
- Aug. 18 — Shrek 2 (PG) 7 p.m.
- Aug. 19 — Raising Helen (PG-13) 7 p.m.
- Aug. 20 — Collateral (R) 7 p.m. Harry Potter And The Prisoner Of Azkaban (PG) 9:30 p.m.
- Aug. 21 — Harry Potter And The Prisoner Of Azkaban (PG) 2 p.m. Collateral (R) 7 p.m. The Chronicles Of Riddick (PG-13)



Denzel Washington plays a career Army officer and Meryl Streep is a U.S. senator in the updated remake of the 1962 film "The Manchurian Candidate."

- 9:30 p.m.
 - Aug. 22 — Collateral (R) 7 p.m.
 - Aug. 23 — The Stepford Wives (PG-13) 7 p.m.
 - Aug. 24 — The Chronicles Of Riddick (PG-13) 7 p.m.
 - Aug. 25 — The Stepford Wives (PG-13) 7 p.m.
 - Aug. 26 — Harry Potter And The Prisoner Of Azkaban (PG) 7 p.m.
 - Aug. 27 — Alien Vs. Predator (PG-13) 7 p.m. Around The World In 80 Days (PG) 9:30 p.m.
 - Aug. 28 — Garfield (PG) 2 p.m. Around The World In 80 Days (PG) 7 p.m. Alien Vs. Predator (PG-13) 9:30 p.m.
 - Aug. 29 — Garfield (PG) 4 p.m. Alien Vs. Predator (PG-13) 7 p.m.
 - Aug. 30 — The Terminal (PG-13) 7 p.m.
 - Sept. 1 — Around The World In 80 Days (PG) 7 p.m.
 - Sept. 2 — The Terminal (PG-13) 7 p.m.
- ### Rhein Main, Gardens
- Aug. 18 — The Manchurian Candidate (R) 7 p.m.
 - Aug. 20 — Harry Potter And The Prisoner Of Azkaban (PG) 7 p.m.
 - Aug. 21 — The Chronicles Of Riddick (PG-13) 5 p.m. I, Robot (PG-13) 7:30 p.m.
 - Aug. 22 — The Stepford Wives (PG-13) 7 p.m.
 - Aug. 25 — Collateral (R) 7 p.m.
 - Aug. 27 — The Terminal (PG-13) 7 p.m.
 - Aug. 28 — Garfield (PG) 5 p.m. Catwoman (PG-13) 7:30 p.m.
 - Aug. 29 — Around The World In 80 Days (PG) 7 p.m.
 - Sept. 1 — Alien Vs. Predator (PG-13) 7 p.m.
- ### Wackernheim, McCully
- Sept. 1 — The Manchurian Candidate (R) 7 p.m.
- ### Wiesbaden, Flyers
- Aug. 19 — The Day After Tomorrow (PG-13) 7 p.m.
 - Aug. 20 — The Manchurian Candidate (R)

- 7 p.m.
- Aug. 21 — The Chronicles Of Riddick (PG-13) 7 p.m.
- Aug. 26 — The Stepford Wives (PG-13) 7 p.m.
- Aug. 27 — Collateral (R) 7 p.m.
- Aug. 28 — Garfield (PG) 7 p.m.

Wiesbaden, Taurus

- Aug. 17 — The Day After Tomorrow (PG-13) 7 p.m.
- Aug. 18 — Raising Helen (PG-13) 7 p.m.
- Aug. 19 — The Manchurian Candidate (R) 7 p.m.
- Aug. 20 — The Stepford Wives (PG-13) 7 p.m. The Manchurian Candidate (R) 9:30 p.m.
- Aug. 21 — Harry Potter And The Prisoner Of Azkaban (PG) 4 p.m. The Manchurian Candidate (R) 7 p.m. The Chronicles Of Riddick (PG-13) 9:30 p.m.
- Aug. 22 — Harry Potter And The Prisoner Of Azkaban (PG) 4 p.m. The Stepford Wives (PG-13) 7 p.m.
- Aug. 23 — The Chronicles Of Riddick (PG-13) 7 p.m.
- Aug. 24 — The Stepford Wives (PG-13) 7 p.m.
- Aug. 25 — The Chronicles Of Riddick (PG-13) 7 p.m.
- Aug. 27 — Around The World In 80 Days (PG) 7 p.m. Collateral (R) 9:30 p.m.
- Aug. 28 — Garfield (PG) 4 p.m. Collateral (R) 7 p.m. The Terminal (PG-13) 9:30 p.m.
- Aug. 29 — Around The World In 80 Days (PG) 4 p.m. Collateral (R) 7 p.m.
- Aug. 30 — Collateral (R) 7 p.m.
- Aug. 31 — Garfield (PG) 7 p.m.
- Sept. 1 — The Terminal (PG-13) 7 p.m.
- Sept. 2 — Alien Vs. Predator (PG-13) 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

Collateral (R) — Max (Jamie Foxx) has lived the mundane life of a cab driver for 12 years. Vincent (Tom Cruise) is a contract killer. When the members of a drug cartel learn they're about to be indicted by a federal grand jury, they hire Vincent to kill five key witnesses. When Vincent hijacks Max's taxicab, they become dependent on each other for survival.

The Chronicles Of Riddick (PG-13) — Vin Diesel is back as anti-hero Richard B. Riddick. He's spent the last five years on the move among the forgotten worlds on the outskirts of the galaxy eluding mercenaries. Now he must fight for his survival once again.

The Manchurian Candidate (R) — Denzel Washington stars as Maj. Bennett Marco, a career Soldier who grows suspicious about his experience in Operation Desert Storm after Squad Sergeant Raymond Shaw (Liev Schreiber), son of the powerful Senator Eleanor Shaw (Meryl Streep), becomes a candidate for vice president.

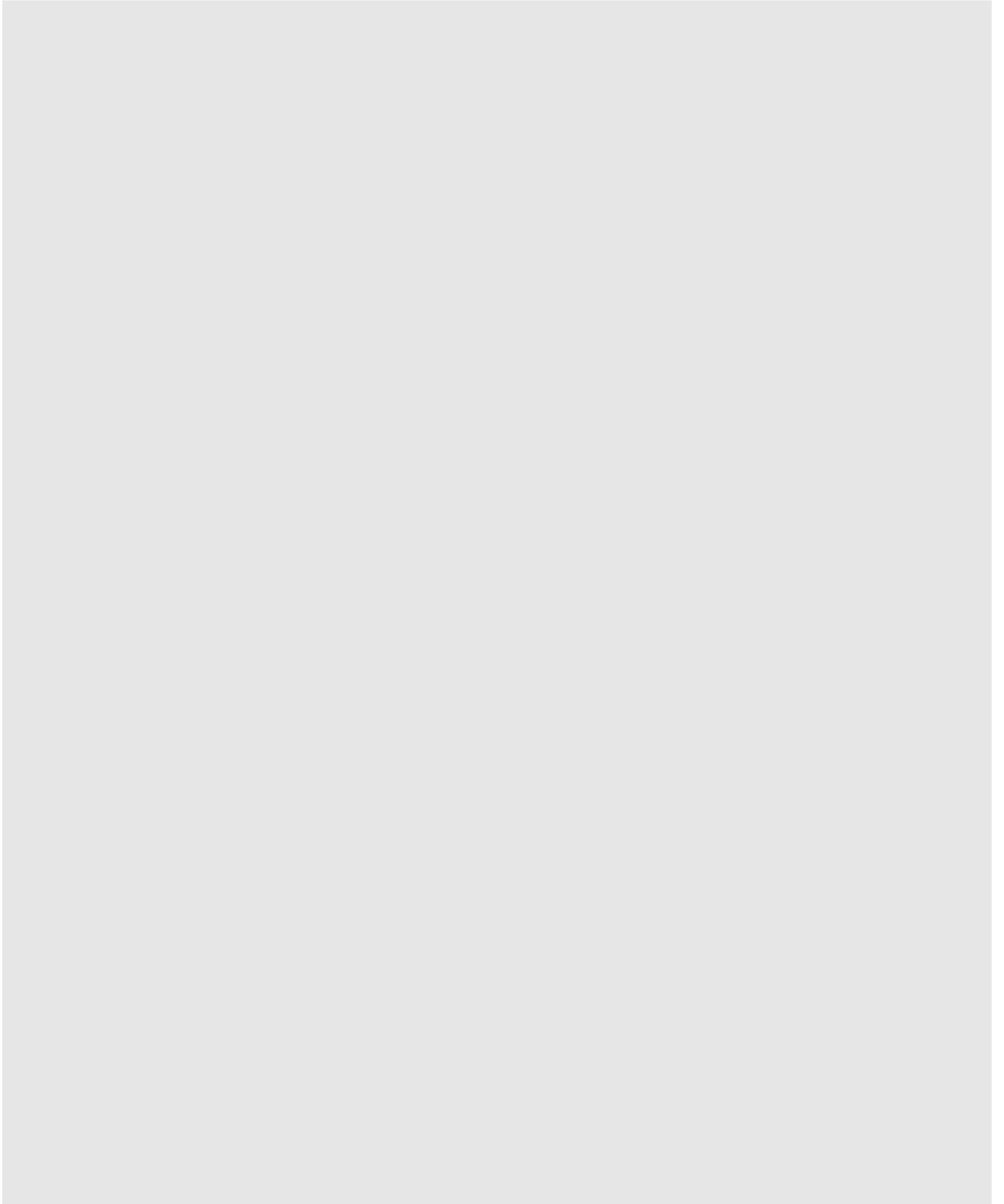
The Stepford Wives (PG-13) — A young couple moves to an upper-class suburb where Joanna (Nicole Kidman) notices that all the neighborhood wives seem to enjoy doing housework. After investigating she finds out that the men of the neighborhood have replaced their wives with subservient cyborg copies. Also stars Glenn Close, Christopher Walken, John and Joan Cusack.

Catwoman (PG-13) — Patience Philips (Halle Berry) is a struggling, insecure graphic designer at Hedare Beauty, a cosmetics company that is about to release an anti-aging cream. When she discovers the cream has a deadly side effect, Patience is murdered. Shortly thereafter she's reborn, discovering she has a variety of cat-like superpowers. Also stars Benjamin Bratt and Sharon Stone.

Spider-Man 2 (PG-13) — Two years have passed and Peter Parker (Tobey Maguire) still struggles with his dual identities as Spider-Man and an ordinary college student. Peter finds that his relationships with all those he holds dear in danger of unraveling. His life-long yearning for M.J. (Kirsten Dunst) becomes even stronger as he fights the impulse to reveal his secret life and declare his love.

Garfield (PG) — In this film version of the popular cartoon strip, Garfield's owner, Jon (Breckin Meyer), takes in sweet but dimwitted pooch Odie, turning Garfield's perfect world upside down. Garfield wants only one thing, Odie out of his home and life. But when the hapless pup is kidnapped by a nasty dog trainer, Garfield feels responsible. Pulling himself away from the TV, Garfield springs into action. Also starring Jennifer Love Hewitt and the voice of Bill Murray.

Herald Union classifieds



Sports and leisure

ADA Soldiers march on Nijmegen

By Capt. J. Adam Falk
69th Air Defense Artillery Brigade

Sixteen 69th Air Defense Artillery Brigade Soldiers participated in the 88th annual International Nijmegen Four Days Marches held from July 20-23 in Nijmegen, the Netherlands.

The military portion of the event is a four-day, 160-kilometer (100 mile) march. Soldiers wear their military uniforms and carry 10-kilogram (22-lb.) rucksacks, making the march a grueling test of physical fitness and endurance.

"It's not a real heavy rucksack, but after 100 miles it starts to feel pretty heavy," said Nijmegen team member, Maj. Kyle Kolthoff, executive officer of the Grossauheim-based 5th Battalion, 7th Air Defense Artillery Regiment.

"The first day was the worst because it was the most difficult to judge the remaining distance. The following days were just a mind game to get through the marching and into the beer tent," said Pfc. David S. Rayhall Jr., a Patriot system maintainer with Headquarters and Headquarters Battery, 5-7th ADA. "We spent about 30-45 minutes cheering the other teams as they arrived at the end of every day. It was a great experience. All the countries showed tremendous support for each other."

The Nijmegen Marches originated in 1909 as part of the Dutch military's efforts to increase the long-distance marching ability of its infantry. Over the intervening decades the march evolved into an international event with both military and civilian participants. Civilians may elect to march shorter distances than their military counterparts.

The marches have become a major inter-

national event. Over 45,000 people from over 40 countries took part in them this year, with thousands more cheering them along the route.

Eleven members of the ADA team came from the 5-7th ADA, and the remaining five from 6th Battalion, 52nd ADA, in Ansbach.

"Although most of the team hadn't met until a day before the event began, the Soldiers really molded together as a 69th ADA Brigade team," said 1st Lt. Beth Archer, executive officer of Battery C, 5-7th ADA. "We had a great bunch of Soldiers who got to know each other well during those four days."

The Hanau Soldiers spent over three months working up to Nijmegen with 10-

20-mile practice marches, said Kolthoff.

"Marching 20 miles takes about six hours, so it's a huge investment of personal time to prepare for an event like this. There's a lot of pain that is endured during training and over the course of those four days. Everyone has to find the internal motivation to drive on through that pain in order to complete the march. It's really an internal competition for each individual," he said.

"This was a great event," said Rayhall. "I definitely want to try to go again next year. I'd recommend it to anyone."

The Nijmegen Marches take place annually during the third week of July. For information visit www.Adaagse.nl on the web.



Photo by Maj. Kyle Kolthoff

Spc. Adam Klein, a Patriot launcher crew member with Battery C, 5-7th Air Defense Artillery, nurses his blistered feet during a rest stop during the 88th annual International Nijmegen Four Days Marches.

Sports shorts

Frankfurt Pirates recruiting for football

The Frankfurt Pirates will hold tryouts for junior varsity and varsity flag and tackle football teams as well as for cheerleaders Sept. 11 at the Philip-Holtzman-Schule (the former Frankfurt American High School). For information call coach Williams at civ (0173) 695 3096 or point your browser to www.frankfurt-pirates.de.

Cav hitters take second

Büdingen's 1-1st Cavalry finished second in the Installation Management Agency-Europe unit level softball championship played in Heidelberg Aug. 5-8. They put away a team from Hanau's 502nd Engineer Company along the way.

Schiffenberg run/walk

The 284th Base Support Battalion Sports Office will host a 15-kilometer run and 3-kilometer family fun walk Aug. 21 at Schiffenberg Castle. Registration is from 9:30-10:45 a.m. A briefing will be held at 10:45 a.m. The race begins at 11 a.m. The cost is \$15 with a commemorative T-shirt, \$10 without. Walkers participate at no charge. Trophies will be given to the top three runners in male and female age-based categories. For details call mil 343-7201.

Golf tournaments

Wiesbaden's Rheinblick Golf Course features a **Golf Tournament** Aug. 21 at 9 a.m. Register by Aug. 18. Cost is \$15 for members or \$25 for non-members. Rheinblick also holds **Friday Night Scrambles** through September at 6 p.m. and a **Commander's Payday Scramble** Aug. 31 at noon. Call mil 336-2816 for more information.

Civilian Fitness Program in Wiesbaden

Open enrolment for the Civilian Fitness Program in the 221st Base Support Battalion will be held through Sept. 11. Full-time Department of Defense Army employees may enroll in the free program, which grants up to three hours per week off of work for fitness during the six-month program. Call Susanne Dale at mil 337-5943 for details.

Büdingen Bash

Basketball and flag football tournaments will be held Sept. 11-12 at Büdingen's Armstrong Barracks. Cost is \$100 per team. Call mil 321-4737 for more information.

Trainers available

Personal trainers are available at the **Tony Bass and Dexheim Fitness Centers** to help design a personal fitness program. Cost is \$35 per session. For more information call mil 337-5943 or civ (0611) 705-5943.

Baumholder's **Rolling Hills Athletic Club** on Wetzel Kaserne features personal trainer Edna Price who specializes in circuit training, interval training, step training, muscle toning and kickboxing. Call her at civ (06783) 186426 for information.

Weegee — the famous

The Amerika Haus Frankfurt and Wiesbaden Kulturamt present an exhibition of the work of famed New York photographer Weegee (alias Usher Fellig) at Wiesbaden's Projektbüro Stadtmuseum Aug. 31 to Sept. 9. The Stadtmuseum, located at Friedrichstrasse 7, will be open Tuesday to Sunday from 2-6 p.m.

'History of America'

Frankfurt's English Theater presents the comedy, "The Complete History of America (Abridged)" Sept. 1-30. The 600-year history lesson, told in 6,000 seconds, traces the United States from its origins as the New World to its current manifestation in the New World Order — from Columbus to Bush. The theater is located at Kaiserstr. 34. Call civ (069) 2423 1620 or browse to www.english-theatre.org for reservations and more information.

Spiritual retreat, initiation

An overnight spiritual retreat will be conducted Aug. 28-29 by Sister Gail Gensler of Chicago and Gerri Merkel of the 104th Area Support Group Chaplain's Office at the Schonstattzentrum Weiskirchen retreat house near Hanau. All are welcome to attend. A Rite of Christian Initiation Training

Things to do

will follow Aug. 29. Participation will be free of charge to the first 25 people who register before Aug. 20. For information and to register call civ (06181) 180-3224, mil 323-3224 or email gerri.merkel@104asg.army.mil.

Upcoming concerts

Bruce Hornsby performs a special solo piano concert at the Offenbach Capitol Sept. 9. **Rush** appears at the Frankfurt Festhalle Sept. 9, followed by **Sting** Nov. 13 and **Bryan Adams** Dec. 4. **Joe Cocker**, **Bruce Hornsby**, **Rodger Hodgson**, **John Miles**, **Shaggy** and others perform in the Night of the Proms at the Frankfurt Festhalle Dec. 21 and 22. **Robin Gibb** takes center stage at the Frankfurt-Höchst Jahrhunderthalle Sept. 9. **Tango Pasion** takes the stage at Frankfurt's Alte Oper Aug. 24 to Sept. 3. **Branford Marsalis** performs there Nov. 17. **Martelle and Friends** featuring



Tommy Schneller and **Jim Kahr** tear up the blues Aug. 26 at 7:30 p.m. at Frankfurt's Palmengarten.

Belly dancing intro

An Introduction to Belly Dancing Workshop will be held Aug. 28 from 3-6 p.m. at the USO Cottage in Wiesbaden's Hainerberg Housing. Cost is \$9. It is open to everyone. Bring warm socks or isotonic slippers (no tennis shoes). Sign up at the Wiesbaden Shopping Center USO.

Outdoor Rec trips

Giessen Outdoor Recreation offers trips to **Amsterdam and Six Flags** Aug. 21-22 and the **Oberhausen Mall** Aug. 28. Call mil 323-8282 or 8207 for details.

Hanau Outdoor Rec features a **Poland shopping trip** Aug. 20-22, a **canoe and camping trip** Aug. 21-22, a **Czech crystal and Asian Market trip** Aug. 28 and a trip to **London's Notting Hill Carnival** Aug. 28-30. Call mil 322-8891 or 6015.

Play auditions

Hanau's Five Pfennig Playhouse features auditions for the "Little Shop of Horrors" Aug. 17 at 7 p.m. and "Snow White and the Seven Dwarfs" Aug. 23-24 at 7 p.m. Boys and girls in grades one to six are needed for "Snow White." Call mil 322-8031 for more information.

Sports and leisure

Learning tae bo from the masters

Billy, Shellie Blanks share secrets of success during Summer Shout-Out visit

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

It was hard to tell who was more impressed — the children or camp counselors — by fitness gurus Billy and Shellie Blanks during their visit to Hanau's Sportfield School-Age Services July 30.

"I'm a fan of tae bo and I thought he was very inspiring — especially when he talked about the senses and how you have to pay attention to your body and the movement of your body," said Monisa Suber, a Camp Adventure counselor.

As part of their Spirit and Body Tour for the Installation Management Agency-Europe Morale, Welfare and Recreation's Summer Shout-Out Program, Billy and his daughter Shellie talked to adults and youths throughout the 104th Area Support Group about ways to be successful, overcome physical and mental obstacles, and the importance of taking control of one's life. They also demonstrated martial arts moves that drew awed gasps from the spectators.

"You've got to learn to listen to take control of your life," Billy told the Hanau youths and adults gathered at Sportfield SAS.

Describing how he overcame an undiagnosed learning disorder as a



Billy Blanks answers youngster's questions during his presentation at Sportfield SAS, as his daughter, karate champion Shellie, looks on (left).

child to found his own fitness/martial arts empire, Billy told the youths, "If anybody says they can't make it — they can."

The former captain of the U.S. Olympic Karate Team in 1980, tae kwon do master and well-known fitness adviser explained how he grew up in special education programs before anyone ever determined he had a learning disability when he was 30 years old. "The only thing that was wrong with me was that I was shy and I had a learning disorder."

"The kids were really interested," said Alison Lautz, age 20, a fellow Camp Adventure counselor. "He told them that it's most important for them to believe in them-

selves. They needed to hear that. It's important for them to get constant motivation."

As part of the Summer Shout-Out Program, the fitness gurus spent time with community youths in Wiesbaden, Baumholder, Giessen and Hanau.

"In general the kids want to do more after having listened to him and his daughter," said Suber, who is known as "Catwoman" to the Sportfield SAS children. "He shared a lot of inspirational words. I think the highlight for the kids and the counselors was when he and his daughter demonstrated self-defense moves."

Suber said that while she was already interested in the martial arts

discipline of tae bo, "it really made me want to learn self-defense for



Billy and Shellie Blanks demonstrate self-defense moves during the Summer Shout-Out visit to Hanau's Sportfield School-Age Services.

myself."

"He was good," said Nick Harris, age 7. "I like the way he did the splits. My mom was there and she was amazed. She has one of his tapes, but she can't do the splits."

The Sportfield SAS youngster said he was most inspired by Billy's advice to "take control of yourself."

Shellie, a world karate champion, told the audience how she focused on becoming a martial arts master at a very young age — starting as early as age 2, and later ignoring other high school activities such as track or cheerleading in favor of kung fu and practicing several hours every day.

After answering questions from their appreciative audience and demonstrating several instances of the vital role the senses play in physical activities, Billy and Shellie signed books, work-out videotapes and other items for the Hanau youths.

"For me to come here and talk to you guys is truly a privilege for me," said Billy. "Your parents are doing great things for our country."



Still time to enjoy a festival

People go for a bumper car ride at a festival in Offenbach on the Main River bank earlier this summer. People seeking entertainment, a variety of foods and more have several festivals to choose from in the coming weeks. Frankfurt's annual Museumsufer Fest, a huge showcase of museum exhibits, live music and dance, food and more will be featured on both sides of the Main River Aug. 27-29. Frankfurt's biannual Dippemesse, a huge pottery fair and carnival, takes place near the Ostpark and Eissporthalle on Ratsweg Sept. 10-20.

Photo by Karl Weisel

Herald Union

