

414th BSB – Büdingen, Hanau

Clinic launches same-day appointments

In-house survey reveals new appointment system satisfies customers

By Melody Joy Fields

414th Base Support Battalion Public Affairs Office

It's a tale of the tortoise and the hare. Slowly but surely, the Hanau Health Clinic has increased staffing, adjusted its scheduling systems and revamped its appointment lines. And after more than a year of hard work the clinic staff is ready to unveil the result: same-day medical care.

"When I got here 18 months ago it was clear that the clinic was not resourced to meet the needs of the community," said Dr. (Lt. Col.) William T. Humphrey, clinic commander. "Last July we had only five physicians due to all the retirements, PCS moves and doctors leaving the service."

Task Force Keystone, the Pennsylvania National Guard unit assigned to assist with force protection in the 104th Area Support Group for six months, assigned three medics and a physician assistant to the Hanau clinic during their rotation. "This was critical to helping us make mission requirements during our periods of short staffing," said Humphrey.

But the short term assistance from the task force didn't solve the permanent shortfall. Humphrey lobbied for four new physician positions, and he got them. The clinic now hosts 11 military and civilian doctors.

With the increased staffing the clinic was able to institute the concept of open access — a system which allows patients to make same-day appointments for routine visits with their doctor.

"In many health care systems in the United States the average wait to see a health care physician is weeks to even months for a routine visit. What our clinic offers is far superior to that. We offer to patients an appointment the same day if they wish. It's our goal to see all patients within a week of their phone call."

Fewer busy signals

The clinic also added two additional phone lines for patients to make open access appointments. With four phones and increased staffing during peak calling hours to cover them, patients now hear fewer busy signals.

An in-house survey confirmed that over 80 percent of callers reached a staff member on their first phone call, and usually on the first ring. Patients spent an average of two



Photo by Melody Joy Fields

Capt. Carrington Stoffels, 38th Engineer Company commander, gets a shot in his hip from physician assistant Capt. Harry McCoy, a Task Force Keystone soldier serving at the Hanau Health Clinic. Increased staffing has enabled same-day clinic appointments.

minutes scheduling an appointment on the phone, and no one spent more than five minutes. "We want this to be the day-to-day standard for our clinic," said Humphrey.

A new Internet-based scheduling system at www.tricareonline.com allows patients to book their own appointments at the clinic from their home or office computers. "Thirty percent of our appointments are available online everyday," said Kelly Barber, lead medical clerk for the clinic. "A lot of patients don't know that. They can book them starting at 6 a.m. or pre-book the day before."

Either way patients still receive care the same day they make an appointment.

Success in open access care has inspired clinic staff to institute more improvements for patients.

"We recognize ourselves as not only a health care organization, but also a customer service organization," said Humphrey. "So everything that we do is in an effort to provide safe medical care as well as to provide care in a convenient, customer-focused manner."

"The main things we're focusing on currently is specialty

care." The Hanau Health Clinic is not a hospital, so physicians stationed at the clinic are all general practitioners. Previously, if a patient had a condition that required him or her to see a specialist, that patient had to either travel to the military hospital in Heidelberg or see a local German doctor. Both options offered logistical challenges for patients.

Visiting specialists

Humphrey proposed an alternative. Rather than have a dozen patients drive to Heidelberg, he requested several specialists in Heidelberg travel to their patients in Hanau. They agreed.

An orthopedic surgeon now visits the clinic one day each month. A nutritionist visits the clinic from Heidelberg twice a month. A new full-time physical therapist opened shop in Hanau this month.

Since stress is an aggravating factor in many illnesses, reducing patient stress will go a long way to improving patient recovery. "We're getting close to truly meeting the needs of most of our patients," said Humphrey.

Schedule doctor's appointments by phone or Internet

By Melody Joy Fields
414th Base Support Battalion
Public Affairs Office

All patient care at Hanau Health Clinic is by appointment only in order to provide better quality care with less waiting time, said clinic officials.

As a consequence the Hanau Health Clinic does not offer walk-in or emergency service.

Patients experiencing a medical emergency should go to a local

German hospital or call for an ambulance.

All appointments at the clinic are "first come, first served" and are open to the whole military community, said Kelly Barber, the lead medical clerk at the clinic.

Patients seeking appointments have three options: sick call appointments within 24 hours of calling, open access appointments on the same day, and routine appointments within seven days. The only

exceptions are pregnancy tests and Women, Infants and Children labs which are provided on a walk-in basis through the nursing desk.

Barber recommended that adult patients call themselves to schedule an appointment. Spouses are often frustrated when they try to make appointments for their sponsors, and are told they can't, said Barber. "Military service members can make appointments for family members, but family members can-

not make appointments for service members. That's actually an Army regulation," she said.

Appointment lines are open Monday through Friday starting at 6 a.m. and close at 4:30 p.m., including Thursdays during sergeant's time and family time. With increased staffing and two new phone lines, patients are now able to schedule their appointments in under five minutes.

To speed the process even fur-

ther Barber recommended having the following information on hand before calling: the patient's first and last name, the sponsor's Social Security number, the sponsor's unit and the main reason for the appointment.

To make an appointment at the clinic call mil328-6600/6601/6602 or civ(06181)500-6600/6601/6602. Patients can also log onto www.tricareonline.com to schedule an appointment.



Bulletin board

At the movies Jan. 21 to Feb. 6

Baumholder, Wagon Wheel

- Jan. 21 — Formula 51 (R) 7 p.m.
- Jan. 22-23 — Ghost Ship (R) 7 p.m.
- Jan. 24-26 — Lord Of The Rings: The Two Towers (PG-13) 7 p.m.
- Jan. 27-28 — Punch-Drunk Love (R) 7 p.m.
- Jan. 29-30 — The Ring (PG-13) 7 p.m.
- Jan. 31 — Catch Me If You Can (PG-13) 7 p.m.
- Feb. 1-2 — Catch Me If You Can (PG-13) 7 p.m.
- Feb. 3-4 — My Big Fat Greek Wedding (PG) 7 p.m.
- Feb. 5-6 — Moonlight Mile (PG-13) 7 p.m.

Büdingen, Little

- Jan. 24 — Undisputed (R) 7 p.m.
- Jan. 25 — Barbershop (PG-13) 3 p.m.
- Jan. 31 — Knockaround Guys (R) 7 p.m.
- Feb. 1 — Jonah — A VeggieTales Movie (G) 3 p.m.

Dexheim, Rhein

- Jan. 24 — The Ring (PG-13) 7 p.m.
- Jan. 25 — Catch Me If You Can (PG-13) 7 p.m.
- Jan. 26 — I Spy (PG-13) 3 p.m.
- Jan. 31 — 8 Mile (R) 7 p.m.
- Feb. 1 — Narc (R) 7 p.m.
- Feb. 2 — My Big Fat Greek Wedding (PG) 3 p.m.

Friedberg, Old Ironsides

Closed for renovations

Giessen, Skyline

- Jan. 21-22 — Analyze That (R) 7 p.m.
- Jan. 24 — I Spy (PG-13) 7 p.m.
- Jan. 25 — Punch-Drunk Love (R) 7 p.m.
- Jan. 26 — The Ring (PG-13) 7 p.m.
- Jan. 28-29 — Star Trek: Nemesis (PG-13) 7 p.m.
- Jan. 31 — Ballistic: Ecks Vs. Sever (R) 7 p.m.
- Feb. 1 — 8 Mile (R) 7 p.m.
- Feb. 2 — My Big Fat Greek Wedding (PG) 7 p.m.
- Feb. 4-5 — Lord Of The Rings: The Two Towers (PG-13) 7 p.m.

Hanau, Evening Star

- Jan. 21 — Formula 51 (R) 7 p.m.
- Jan. 22 — Tuck Everlasting (PG) 7 p.m.
- Jan. 23 — Formula 51 (R) 7 p.m.
- Jan. 24 — Just Married (PG-13) 7 p.m. I Spy (PG-13) 9:30 p.m.
- Jan. 25 — Just Married (PG-13) 7 p.m. Punch-Drunk Love (R) 9:30 p.m.
- Jan. 26 — Just Married (PG-13) 7 p.m.
- Jan. 27 — The Ring (PG-13) 7 p.m.
- Jan. 28 — I Spy (PG-13) 7 p.m.
- Jan. 29 — Punch-Drunk Love (R) 7 p.m.
- Jan. 30 — The Ring (PG-13) 7 p.m.
- Jan. 31 — Kangaroo Jack (PG) 7 p.m. 8 Mile



Special Agent Alex Scott (Owen Wilson, left) and Kelly Robinson (Eddie Murphy) flee from danger on a car carrier in the adventure comedy "I Spy."

- (R) 9:30 p.m.
- Feb. 1 — Kangaroo Jack (PG) 7 p.m. My Big Fat Greek Wedding (PG) 9:30 p.m.
- Feb. 2 — Kangaroo Jack (PG) 7 p.m.
- Feb. 3 — 8 Mile (R) 7 p.m.
- Feb. 4 — Moonlight Mile (PG-13) 7 p.m.
- Feb. 5 — My Big Fat Greek Wedding (PG) 7 p.m.
- Feb. 6 — Moonlight Mile (PG-13) 7 p.m.

Rhein Main, Gardens

- Jan. 22 — Narc (R) 7 p.m.
- Jan. 24 — Lord Of The Rings: The Two Towers (PG-13) 7 p.m.
- Jan. 25 — I Spy (PG-13) 5 p.m. The Ring (PG-13) 7:30 p.m.
- Jan. 26 — Punch-Drunk Love (R) 7 p.m.
- Jan. 29 — Just Married (PG-13) 7 p.m.
- Jan. 31 — Moonlight Mile (PG-13) 7 p.m.



Anthony Anderson comes face to face with the star of "Kangaroo Jack."

- Feb. 1-2 — To be announced locally 7 p.m.
- Feb. 5 — To be announced locally 7 p.m.

Wackernheim, McCully

- Jan. 22 — To be announced locally 7 p.m.
- Jan. 29 — To be announced locally 7 p.m.
- Feb. 5 — To be announced locally 7 p.m.

Wiesbaden, Flyers

- Jan. 23 — NARC (R) 7 p.m.
- Jan. 24 — I Spy (PG-13) 7 p.m.
- Jan. 25 — The Ring (PG-13) 7 p.m.
- Jan. 30 — Just Married (PG-13) 7 p.m.
- Jan. 31 — 8 Mile (R) 7 p.m.
- Feb. 1 — My Big Fat Greek Wedding (PG) 7 p.m.
- Feb. 6 — Kangaroo Jack (PG) 7 p.m.

Wiesbaden, Taunus

- Jan. 21 — Tuck Everlasting (PG) 7 p.m.
- Jan. 22 — Ghost Ship (R) 7 p.m.
- Jan. 23 — Formula 51 (R) 7 p.m.
- Jan. 24 — Narc (R) 7 p.m. Punch-Drunk Love (R) 9:30 p.m.
- Jan. 25 — The Ring (PG-13) 7 p.m. Narc (R) 9:30 p.m.
- Jan. 26 — Punch-Drunk Love (R) 7 p.m.
- Jan. 27 — Narc (R) 7 p.m.
- Jan. 28 — I Spy (PG-13) 7 p.m.
- Jan. 29 — Punch-Drunk Love (R) 7 p.m.
- Jan. 30 — The Ring (PG-13) 7 p.m.
- Jan. 31 — My Big Fat Greek Wedding (PG) 7 p.m. Just Married (PG-13) 9:30 p.m.
- Feb. 1 — Just Married (PG-13) 7 p.m. 8 Mile (R) 9:30 p.m.
- Feb. 2 — My Big Fat Greek Wedding (PG) 4 p.m. Just Married (PG-13) 7 p.m.
- Feb. 3 — Moonlight Mile (PG-13) 7 p.m.
- Feb. 4 — My Big Fat Greek Wedding (PG) 7 p.m.
- Feb. 5 — 8 Mile (PG) 7 p.m.
- Feb. 6 — The Ring (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

My Big Fat Greek Wedding (PG) — Everyone in the Portokalos family worries about Toula (Nia Vardalos). Unmarried at 30, she works at Dancing Zorba's, the Greek restaurant owned by her parents, Gus (Michael Constantine) and Maria (Lainie Kazan). After taking a job at her aunt's travel agency, she falls in love with Ian Miller (John Corbett), a high school teacher who is tall, handsome and not Greek. Toula isn't sure which will be more upsetting to her old-fashioned father, that Ian is a foreigner or that he's a vegetarian.

I Spy (PG-13) — Special agent Alex Scott (Owen Wilson) and middleweight champion Kelly Robinson (Eddie Murphy) are reluctantly paired for a dangerous mission to recover the Switchblade. The prototype spy plane has fallen into the hands of arms dealer, Arnold Gundars (Malcolm McDowell), who plans to sell it to the highest bidder — a rogue terrorist with access to nuclear warheads. Scott needs Robinson to penetrate Gundars' palatial headquarters in Budapest. An avid boxing fan, Gundars is staging a championship bout between the undefeated Robinson (57-0) and the reigning European titleholder.

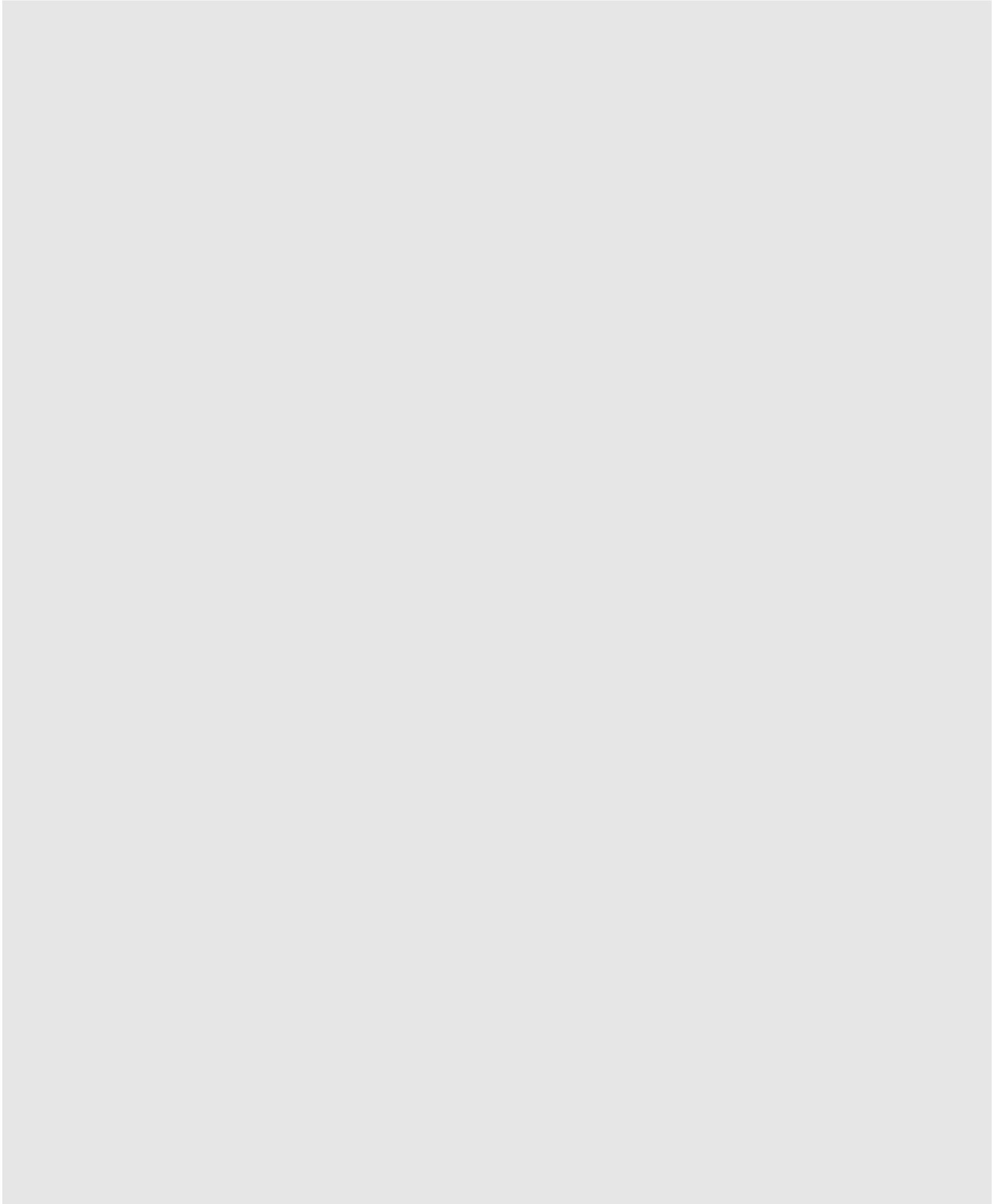
Formula 51 (R) — Elmo McElroy (Samuel L. Jackson) made one little mistake in 1971 — he was caught smoking an illegal substance while driving home from his graduation. In the blink of an eye, his dream of being a fully licensed pharmacist went up in smoke. Fast forward to 2001 and McElroy is ready to settle the score. A wonder chemist, McElroy has created P.O.S. 51, a drug made entirely of legal ingredients, and everyone wants a piece of the action.

Lord Of The Rings: The Two Towers (PG-13) — Part two of the Tolkien trilogy begins in the hills of Eryn Mui where lost Hobbits Frodo (Elijah Wood) and Sam (Sean Astin) discover they are being followed by Gollum (Andy Serkis) who promises to guide the Hobbits to the Black Gates of Mordor. Meanwhile Aragorn (Viggo Mortensen), Legolas (Orlando Bloom) and Gimli the Dwarf (John Rhys-Davies) enter the besieged Rohan kingdom, where once great King Theoden (Bernard Hill) has fallen under wizard Saruman's deadly spell. In their parallel journeys they face unimaginable armies and deception while witnessing ancient wonders.

Just Married (PG-13) — Tom Leezak (Ashton Kutcher) and Sarah McNeerney (Brittany Murphy) fall in love at their first meeting. Following their wedding the happy couple sets off on what they expect will be the perfect vacation in Italy. But thanks to Sarah's wealthy ex-boyfriend and a relentless string of bad luck, the happy couple experiences a honeymoon from hell that tests the limits of their young love.

Catch Me If You Can (PG-13) — Frank Abagnale Jr. (Leonardo Di Caprio) became the most successful bank robber in the history of the United States. FBI Agent Carl Hanratty (Tom Hanks) had made it his prime mission to capture Frank and bring him to justice, but Frank is always one step ahead of him, baiting him to continue the chase.

Herald Union classifieds



WAMS emphasis is problem solving

A safe haven for young adolescents

By David Ruderman
104th Area Support Group Public Affairs Office

After a year of integrating students and expanding faculty in the wake of 1st Armored Division's move to town, Wiesbaden American Middle School is strongly focused on academic achievement this year, said principal Dr. Pete Price.

"We're having a much better year. We're about 60 students over our projections, but we've adjusted to that. We have much less turmoil this year," he said. The school's enrollment of sixth-through eighth-graders has stabilized at about 560.

Price's next immediate target is a teacher in-service day to focus on student problem-solving skills in math. It's an area of particular need for Wiesbaden students based on Terra Nova exam score analysis and classroom pre-tests. It is also a key component of Wiesbaden's School Improvement Plan, he said.

PTSA revived

Parental involvement has taken a major stride forward this year too with the activation of a Parent Teacher Student Association for the first time in 14 years, said Price.

"We've had pretty much to start from scratch with no paragons to follow, which has been great because we don't have to do the same old things all over again," said PTSA president Renita Graves.

"I've been a teacher working in public schools, and PTAs have always been very supportive. Having a PTA just seems to bring everyone together — it seems to alleviate some of the stress and it opens doors," said Graves, whose daughter Laura attends sixth grade.

The PTSA is mounting a membership drive and organizing a spelling bee for Jan. 27. The PTSA can expand the range of outlets children have for their talents and recognition for their achievements, said Graves. "I happen to think all kids are gifted in some way. The PTA can create other avenues of involvement and success."

She would like to establish the National PTA Reflections Program — an art creation and recognition activity — at Wiesbaden. "There really is as great a connection between math and the arts, as there is between math and music. I know if a kid can be successful in one area it spills over into other areas."

"They really put a lot of hard



Photo by Michael Coleman

Math teacher Karen Corey works in a small group setting with Wiesbaden American Middle School students.

work into beginning it," said assistant principal Barbara Hickman. "The community involvement aspect is really important."

"Another real plus for us will be the Middle School Initiative," said Price. University of Southern Florida educators have visited Heidelberg District middle schools to assess programs and observe teaching practices. They will return to Wiesbaden Feb. 2 for additional observation and conduct teacher training before the start of the 2003-2004 school year, he said.

"It's about best practices in teaching the young adolescent. It's a three-year program involving visits at the school, and as part of this they'll offer a 'Middle School Institute' next summer designed for DoDDS teachers," said Price.

"It's really a structured staff development we were able to design and get the district to fund," said Hickman.

"We wanted to change the culture of our school to focus on the young adolescent," said Price.

"You don't want to be as coddling as in elementary school," said math teacher Karen Corey, who is in her first year at Wiesbaden. "You want to get them ready for high school and help them make that transition, get ready emotionally, physically. It's not just the academic part. There are issues of self-confidence, self-assurance."

Entering middle school is a major change in expectations and demands for youngsters, said Corey.

Teachers have to address students' adaptation to these demands just as children are experiencing the emotional stress of becoming young adults.

"This is the phase of their lives when they've got a whole range of issues about their identities," said Hickman. "They're moving away from their parents and identification with their peers is of growing importance. It's a time of hormonal growth and mood swings. It's also a question of the parents having to move with the change. They're sort of betwixt and between."

"We have an advisory team and we do counseling with them for half an hour every other

day. They love it. We can talk about things that are bothering them. Sometimes we talk about caring for other people's feelings," said Corey.

Helping children develop feelings of positive self-worth and respect for one another pays off, said Corey. "Pat on the back" days and similar activities work because students respond well to the stimulus. "And they're fun, they're really fun. They get your humor," she said.

"Another thing that's helped is that there's been a shift from what we used to call junior high school, with its emphasis almost exclusively on the academic aspects, to a middle school model where we focus more on the transition into adolescence," said Hickman.

Wiesbaden will have to deal with the fallout from recently announced budget cuts that will affect Department of Defense Education Activity schools worldwide. "Specifically the amounts cut at this school, I

can't give you that because we never got a budget at the start of the school year," said Price. "But very little affects the kids directly. My understanding is that there will be cuts in the district TDY related to teacher training. Teachers won't be traveling."

Sports programs have not been affected, contrary to rumors circulating when news of the cuts first broke, he said. "That has not come to pass. They worked really hard to do that."

"Everything that was already on the books has not been cut," said Hickman. "The wonderful part of DoDDS is that it's a remarkably flexible group of professionals able to think outside the box to limit impact on kids."

Safe haven

The deployment of some soldier parents in connection with the war against terrorism has already affected the school to some degree.

"We have a lot of students looking to go back to the States because both parents are deployed," said Corey. "And on the other hand you've got new ones coming in the door all the time."

"We are extremely conscious that there may be more coming down the line, and we're certainly reviewing what we can do to take the best possible care of the kids," said Hickman. "The schools are really a safe haven for kids, especially when other things in their lives may be changing all around them. We stay the same through those changes. It's a kind of stability for them."

School bits

Second school quarter ending

The second quarter of instruction will end Jan. 23. Jan. 24 will be a teacher work day; there will be no school for students. Report cards will be released toward the end of the month and parent-teacher conferences will follow. Call your child's school to arrange an appointment.

UMUC offers scholarships

University of Maryland University College offers students \$500 scholarships for both undergraduate and graduate studies beginning with Term 4, which starts March 31. The deadline for submissions is Feb. 28. For details stop by a local Education Center, send email to esfso@ed.umuc.edu, point your web browser to www.ed.umuc.edu or call civ (06221)3780, mil 370-6762.

Play time at Butzbach

Butzbach Elementary School will host its second Family Game Night of the year Jan. 31. The entire family is invited to come out to play, build school spirit and enjoy chili dogs. Call civ (06033)74520 or (06031)972 964 for information.

Could you spell that out?

Argonner Elementary School will hold a spelling bee Jan. 23 at 6 p.m. For details call mil 322-8819 or civ (06181)906980.

What's for lunch today?

Monthly school lunch menus can be found on the web at <http://odin.aafes.com/nutrition/hsmenu.htm>. The AAFES site also has links to nutritional information and a customer service survey.

Sportfield bus service change

Students who live in Hanau's Sportfield Housing and travel on buses 9, 10 and 11 will have a new pickup and dropoff location as of Jan. 21. Pickup and dropoff will be at the bus stop across from Building 312 on Pioneer Kaserne. Times of service will not change. (Courtesy of Hanau School Bus Office)



Sports and leisure

Take a hike

By Donald Seltzer
Special to the Herald Union



Full listings of volksmarch events taking place around the 104th Area Support Group may be found on the web at www.104thasg.hanau.army.mil.

Readers are asked, whenever possible, to pick up an extra set of event brochures for this column and mail them via MPS to 104th ASG, Herald Union Volksmarch, Unit 20193 Box 0001, APO AE 09165-0001.

Weekend of Jan. 26-27

Flacht— This walk takes wanderers to the Limburg area north of Wiesbaden. Consider visiting the interesting town of Limburg if you haven't done so already. Use Autobahn 3 toward Köln and Limburg. Take the Limburg-Süd exit and B-54 toward Diez and Wiesbaden to reach Flacht.

Start: Turnhalle TuF Flacht **Saturday and Sunday:** 7:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Very hilly, woods **Award:** From previous events.

Seibersbach — This event brings volksmarchers to the Soonwald area west of Bingen and adjacent to the scenic Hunsrück region. The town and its walk are easily reached by taking Autobahn 61 toward Koblenz. Exit at Stromberg to follow an unnumbered road toward Rheinböllen, then pick up the road to Seibersbach. Watch for IVV directional signs.

Start: Dorfgemeinschaftshaus **Saturday and Sunday:** 8 a.m. to 1 p.m. (6 and 11 km) and 8 a.m. to noon (20 km) **Trail:** Fairly hilly, fields and woods **Award:** Decorative garden ball.

Weekend of Feb. 1-2

Burbach-Wahlbach — It's a bit distant, but the drive to this event northwest of Giessen is primarily via Autobahn. From Giessen take Autobahn 45 to the Haiger-

Burbach exit, then follow an unnumbered road through Burbach to Wahlbach.

Start: Turnhalle **Saturday and Sunday:** 8 a.m. to 1 p.m. (5, 10 and 15 km) **Trails:** Hilly, wooded areas **Award:** Model truck.

Ramstein-Miesenbach— Consider teaming this walk with an overnight stay in guest lodging on Ramstein Air Base. Contact the base's central reservations office at civ (06371)454920 to inquire about rooms. Reach Ramstein via Autobahns 67 and 6 and the Landstuhl/Air Base exit. Alternately, take Autobahns 61, 63 and 6 from Bad Kreuznach or Autobahns 63 and 6 from Mainz/Wiesbaden. Watch for IVV signs leading off to the start.

Start: Reichswald-Hauptschule **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (5, 10 and 20 km) **Trail:** Somewhat hilly, mostly woods **Award:** Weizenbier glass and champagne flute.

Rettert bei Katzenelnbogen

— Volksmarchers will walk in the pretty Naturpark Rhein-Taunus northwest of Wiesbaden at this event. Follow Autobahn 3 toward Limburg and exit at Bad Camberg, then follow an unnumbered road to Beuerbach, Kettenschwalbach and Panrod. Change roads to head toward Burgschwalbach and Zollhaus, and connect with B-274 to reach the start in Katzenelnbogen. Alternately, from Wiesbaden follow A-66 to the Frauenstein exit, then B-260 toward Taunusstein to connect with B-274. Head east a short distance to reach Rettert.

Start: Bürgerhaus **Saturday and Sunday:** 7 a.m. to 2 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Fairly hilly, fields and woods **Award:** From previous events.

Weekend of Feb. 8-9

Herborn — Here's another walk for Giessen wanderers; readers elsewhere will continue to put in road time to satisfy winter volksmarching habits. From Giessen take Autobahn 45 toward Herborn and Siegen to exit at Herborn-West. Follow IVV directional signs to the start.

Start: Festsaal des Psychiatrischen Krankenhauses **Saturday and Sunday:** 7 a.m. to 3 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Hilly trails, woods **Award:** Model truck **Note:** Parking on hospital grounds is forbidden — autos will be towed.

Ibeshausen-Hochwaldhausen — Cross-country skiing and walking trails are available for participants willing to make this trip to the Naturpark Vogelsberg west of Fulda. Skiing will take place only if the weather permits. From Friedberg and Büdingen (via B-457) follow B-275 through Gedern to pick up an unnumbered road at Grebenhain which leads to the start. From the Hanau-Gelnhausen area use B-276 northward until it connects with B-275, then continue on to Grebenhain and the unnumbered road.

Start: Haus des Gastes **Sunday:** 8 a.m. to 2 p.m. (5 and 10 km, plus 15 km skiing) **Trail:** Hilly, fields and some woods **Award:** Skiing snowman doll.

Nieder-Wiesen — This event is south-southeast of Bad Kreuznach and fairly accessible via Autobahn 63. Bring boots if the weather is or has been wet; past year's trails have been muddy. Pick up A-63 southbound from Mainz toward Alzey, exiting at Erbes-Büdesheim. Follow unnumbered roads through Erbes-Büdesheim and Nack to reach the start.

Start: Gemeindezentrum **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (5 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) **Trails:** Fairly hilly, fields and woods **Award:** Winter owl figurines.

Weekend of Feb. 15-16

Bad Marienberg — Here's one more event for Giessen wanderers. While a bit of a drive, this walk in the Hoher Westerwald region of central Germany promises to be rather pretty. From Giessen take Autobahn 45 toward Herborn and Siegen, exiting at Herborn-West to use B-255 and B-414. Drive west toward Hachenburg and watch for IVV directional signs.

Start: Schulzentrum **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (5 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) **Trail:** Hilly, wooded areas **Award:** Hanging candle.

Weierbach — This event is close to home for readers in Idar-Oberstein. This scenic part of Germany is well known for its gemstone mines, as reflected in the event award. From points east, head toward Bad Kreuznach using Autobahn 60 and B-41. Continue on B-41 toward Idar-Oberstein and Kirn to reach

Weierbach. From Idar-Oberstein it's a fairly short drive toward Bad Kreuznach on B-41 to reach the start.

Start: Hessenstein-Halle **Saturday:** 7:30 a.m. to 2 p.m. (6 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) **Sunday:** 7:30 a.m. to 1 p.m. (6 and 10 km) and 7:30 a.m. to noon (20 km) **Trail:** Very hilly, scenic, fields **Award:** Gemstone souvenirs.

Weekend of Feb. 22-23

Bad Sobernheim — This walk is west of Bad Kreuznach, about midway between there and last week's event at Weierbach. Take Autobahn A-60 to Bingen and continue on Route B-41 through Bad Kreuznach. Note that some maps indicate Bad Sobernheim as Sobernheim.

Start: Leinenbornhalle **Saturday and Sunday:** 8 a.m. to 1 p.m. (6, 10 and 17 km) **Trail:** Hills and fields **Award:** Stuffed toy animal.

Rothenburg ob der Tauber — This walk lets hikers explore the medieval, walled city of Rothenburg. The Saturday-only old town walk will take participants on a mini-tour of its many shops and sights. Wanderers can enjoy a 25 percent discount on admission to a number of museums and attractions by showing their IVV start cards. Take Autobahns 5, 6 and 7 past Heidelberg, Heilbronn and Crailsheim to reach Rothenburg. Alternately, take Autobahns 3 and 7 via Würzburg and Kitzingen. This event is insanely popular with volksmarchers, but parking is plentiful.

Start: Sporthalle on Erlbacher Strasse **Saturday:** 7 a.m. to noon (6, 11 and 20 km outside of city) and noon to 5 p.m. (11 km old city trail) **Sunday:** 7 a.m. to 2 p.m. (6 and 11 km) and 7 a.m. to 1 p.m. (20 km) **Trails:** Old town routes are paved with some steps; trails in the surrounding area are hilly and wooded **Award:** Beer mug.

Villmar — This event is due east of Limburg in the scenic Naturpark Hochtaunus. Take Autobahn 3 toward Köln and exit at Limburg-Süd. Follow B-8 toward Lindenhof to reach Niederbrechen, where an unnumbered road will lead to Villmar.

Start: Schule **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Hilly, woods **Award:** Teapot-shaped *Windlicht*.

Questions? Send email to volksmarch@hotmail.com.



Things to do

'Lift Up Your Hearts'

The Army's Bravo touring production, featuring soldier thespians, will appear in Hanau and Giessen in February. The 70-minute show, "Lift Up Your Hearts, America," features a montage of American song, writing and poetry aimed at leaving audiences uplifted. Songs featured include tunes by Billy Joel, James Taylor, Carly Simon, Woody Guthrie and Roger Miller. It will be featured in Hanau Feb. 6-7 at the International Club on Fliegerhorst Kaserne as a dinner theater performance with the meal at 6:30 p.m. and the show at 7:30 p.m. Cost is \$24 or \$12 for just the show. Pick up tickets at the Hanau USO (call mil 322-8725). It will also be featured at Giessen's Keller Theater Feb. 13-14 at 7:30 p.m. Call mil 343-6515/6400 for details.

Flea markets

Handicrafts, used clothing, furniture and more can be found at several area flea markets. Frankfurt holds a weekly flea market on the Sachsenhausen bank of the Main River every Saturday morning. A monthly flea market is held in the parking lot of the Ikea furniture store

at Wallau (between Wiesbaden and Hofheim) from 9 a.m. to 4 p.m. Upcoming markets are scheduled for Jan. 26, Feb. 23, March 30, April 27, May 25 and June 29. Ikea is just off Autobahn 66.

Bowling highlights

Bowling lovers may want to roll into Hanau's Hessen Bowl at the Wolfgang Shopping Center for the Valentine's Scotch Doubles Tournament Feb. 9 from 11 a.m. to 6 p.m. Entry is \$20 per couple. Call mil 322-8638 or civ (06181) 88-



Photo by Karl Weisel

Bowling enthusiasts have a wealth of special events to choose from at area lanes. See above for details.

8534 for details. The Baumholder Bowl features 50-cent bowling every Tuesday from 4-11 p.m. during Nifty Fifties Night. Call mil 485-6569 for details.

In the limelight

Wiesbaden's Amelia Earhart Playhouse will present the thriller "Wait Until Dark" Feb. 6-8, 13-15, 20-22, 27-28 and March 1 at 7:30 p.m. Pick up tickets at the USOs on Hainerberg and the Army Airfield, or at the Playhouse box office. Call mil 336-2473.

Giessen's Keller Theater will feature "Art" Feb. 21-22, 28 and March 1 at 7:30 p.m. Call mil 343-6515.

Hanau's Five Pfennig Theater on Old Argonner Kaserne will present performances of the award-winning 1947 Arthur Miller play "All My Sons" Feb. 28, March 1, 6-8 and 13-15. Call mil 322-8725 for ticket reservations.

Frankfurt's English Theater will present Neil Simon's "They're Playing Our Song" through March 1. The show's music is by Marvin Hamlisch with lyrics by Carole Bayer Sager. Performances are Tuesday through Saturday at 7:30 p.m. and Sunday at 6 p.m. For tickets, which start at €19 for adults and €14 for students, call civ (069) 2423 1620. The theater is at Kaiserstr. 52, a short walk from the Frankfurt Hauptbahnhof.

Sports and leisure

Sports shorts

Basketball tourney

Dexheim Fitness Center hosts a three-on-three Basketball Tournament Jan. 25 at 10 a.m. Cost is \$25 per team. For more information call mil 334-5746 or civ (06133) 69746.

Classes for \$1

The Tony Bass, Dexheim and McCully fitness centers are only charging \$1 through Jan. 31 for all fitness classes including yoga and pilates.

Self-defense workshop

Learn to defend yourself for free at Wiesbaden's Tony Bass Fitness Center Jan. 25 from 10 a.m. to 1 p.m. Antwan Liano Hatter, a fifth-degree black belt in shaolin-gong-fu, tae kwon do and wing chun, will teach the self-defense workshop. Call mil 337-5379 for details.

Racquetball winners

Congratulations to Giessen's **Ken Joy**, for taking second places in the Open and Masters categories at the 284th Base Support Battalion's Holiday Racquetball Tournament. Friedberg's **Frank Rojas** took third in the Masters and Giessen's **Herbert Loth** was fourth in the Open and fifth in the Masters.

Groundhog Day Run

Giessen Sports and Fitness holds a five-kilometer run and three-kilometer family fun walk Feb. 1 starting at the Giessen Bowling Center on the Giessen Depot. Registration is from 9-10:45 a.m. with the race starting at 11 a.m. Cost is \$15 or \$20 including a T-shirt. Call mil 343-7201/8206 for details.



Free aerobics classes

Friedberg Fitness Center offers free aerobics classes Mondays and Wednesdays from 11:30 a.m. to 12:30 p.m. The center is located in Building 3605 on Ray Barracks. Call mil 343-7520 for details.

Coaches sought

Interested in volunteer coaching the top soldier and civilian athletes in the Hanau area? The 414th Base Support Battalion Sports Office is looking for you. Coaches are needed for soccer, volleyball, track and field and softball. Call mil 322-9617.

Hockey players wanted

Hockey players are invited to join fellow hockey enthusiasts at the Mainz Hockey Arena (behind the Mainz 05 Soccer Stadium) Tuesdays from 8:30-9:30 p.m. Call Mark Macek at civ (06145) 971 880 or email mark.macek@mciworldcom.de for details.

Yoga classes

The Dexheim Fitness Center on Anderson Barracks holds yoga classes Thursdays and the Tony Bass Fitness Center on Wiesbaden Army Airfield offers yoga classes Mondays at 7:30 p.m. Cost is \$8 per class or \$25 for a four-class card. For more information call Dexheim Fitness Center at mil 334-5746 or the Tony Bass Fitness Center at mil 337-5379.

Pool tournaments

Baumholder's Rod and Gun Club on Smith Barracks hosts pool tournaments every Wednesday at 7 p.m. Call mil 485-6345 for details.

Aerobics classes

Step, floor and kickboxing aerobics are featured Mondays and Wednesdays from 6-7 p.m. at Hanau's Pioneer Fitness Center on Pioneer Kaserne. Call mil 322-8197.

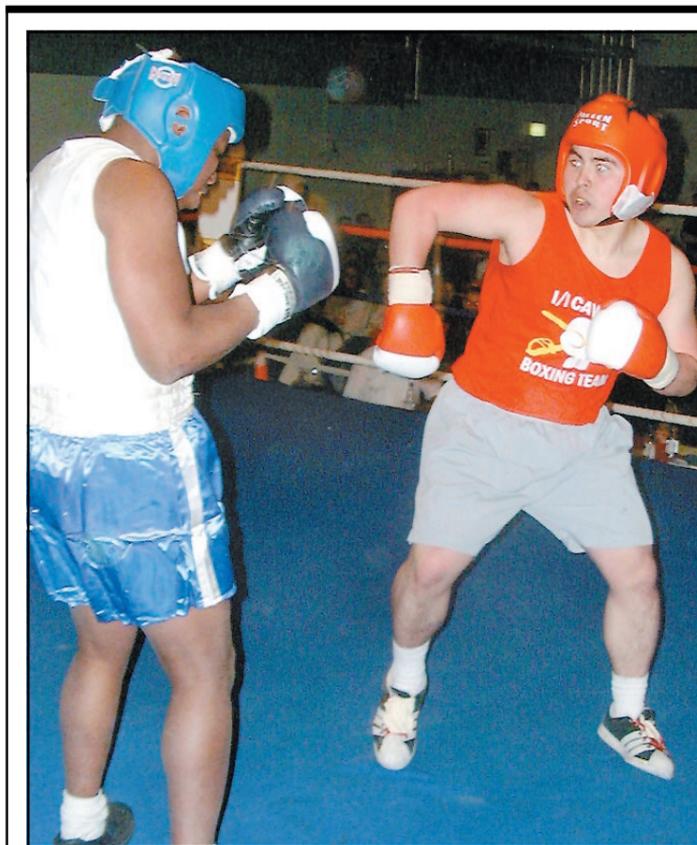


Photo by Alexandra Williams

Ready and raring to rumble

Giessen's Greg Reilly (right) and Bitburg's Jordan Watts face off in the 171-lb. bracket final competition at Giessen Jan. 11. In a rematch of their Department of Defense Dependents Schools European Wrestling Championship final last year, Watts came out on top. Teams from Wiesbaden, Kaiserslautern and Ansbach also competed. Wiesbaden's Danny Rivera and Jack Piontkowsky took firsts in the 125-lb. and 145-lb. weight classes respectively. Second-place finishers in addition to Reilly included (all from Wiesbaden) Juan Rivera in the 119-lb. bracket, Matthew Alexander at 140-lbs., Aaron Austin at 152-lbs. and Richard Gonzales at 160-lbs. Third-place honors went to Wiesbaden grapplers Casey Sheffield at 125-lbs., Tony Gagnon at 135-lbs., Edmond Woods at 160-lbs., and

Giessen's Tim Hill in the 145-lb. bracket. Kaiserslautern edged out Bitburg 228-219 to finish first in team scoring. Wiesbaden came in third at 188.5. Wrestling fans should mark their calendars for February when high school grapplers from across Europe will compete in a two-day extravaganza to determine this year's best of the best. Gen. H.H. Arnold High School will host the 2003 Department of Defense Dependents Schools European Wrestling Championship at the Wiesbaden Sports Halle Feb. 14-15. The final rounds are scheduled to begin at 4:15 p.m. Feb. 15, said Wiesbaden coach Darryl Schwartz, and will be bookended by a wrestling clinic and a special match. For updated information point your browser to Schwartz' site, www.angelfire.com/super/arnold/wrestlingfinals03/htm.



Boxing tourney set for Hanau Feb. 8

Vaughn Dalton (right) and Andre Stokes of Büdingen square off in a heavyweight bout during last year's Cavalry Boxmania VII Tournament in Büdingen. Hanau Sports will host the 15th annual Black History Boxing Tournament Feb. 8 at the Fliegerhorst Fitness Center. Weigh-ins and physicals take place from 9:30 a.m. to noon that day. A coaches and boxers meeting will be held at 2 p.m. and the fisticuffs get under way starting at 6 p.m. Admission is \$3 for adult spectators. For more information call mil 322-9617/7672 or civ (06181) 88-9617.

Photo by David Ruderman