



News flash

Ephedra use discouraged

Case studies on hundreds of individuals indicate that ephedra and ephedra containing products are not safe for use, according to the U.S. Army Center for Health Promotion and Preventive Medicine. The Food and Drug Administration lists ephedra as a potentially dangerous supplement. The herb, used in traditional Chinese medicine for more than 5,000 years, is often used in products to aid in weight loss, increase energy, for sexual enhancement and medications for the relief of asthma, allergies, colds and hay fever. Officials warn that ephedra use can cause addiction, headache, insomnia, nervousness, agitation, kidney stones, high blood pressure and even death. (Courtesy of IMO-Europe Public Affairs)

No fee licenses

Increased force protection procedures require guards to check driver's licenses more and more often upon entry to U.S. installations. This has resulted in increased wear and tear. The U.S. Army Europe Registry of Motor Vehicles allows for free replacements of licenses issued within the last three years. The free replacement licenses keep the original expiration date. Customers who choose to pay \$10 and take the eye test will receive a new license good for six years. Damaged or lost registration documents are not replaced for free. However changes to update addresses, insurance companies or make corrections to existing information are provided without cost. Drivers are reminded to separate their registration documents and only carry one around at a time to ensure having a backup copy. Any copy can be used for installation access when required. (USAREUR Office of the Provost Marshal)

IMO Conference

The 102nd Signal Battalion hosts an Information Management Officers Conference March 17 at the Wiesbaden Community Activities Center (formerly the Catering Center) on Wiesbaden's Army Airfield from 9 a.m. to 3 p.m. Registration starts at 8:30 a.m. All signal officers, IMOs and other interested people are invited. The conference will cover NSS web-based services, NSS customer satisfaction surveys, Task Force Enterprise Services, information assurance, NSC Help Desk procedures and the DMS upgrade. Call Thomas F. Kosakowski at mil 322-1443 or browse to the <https://helpdesk.102sigbn.army.mil/conference.htm> website to register.



AFN outages

Viewers and listeners of American Forces Network radio and television may experience brief programming interruptions through March 15 as the spring "sun outage" period occurs. The seasonal outages, which occur each spring and fall, affect all satellite communications, including the AFN radio and TV services distributed by the American Forces Radio and Television Service. The interruptions are characterized by a complete loss of signal for as much as several minutes and occur when the sun's position aligns with broadcast satellites and Earth-station receivers. The sun's radiation overpowers the broadcast signal causing the disruption. The outages will be most severe around March 5-7. (IMA-Europe Public Affairs)

Start getting in shape during National Nutrition Month
... See Second thoughts on page 2



Photo by Karl Weisel

Being prepared for an emergency

Nancy Morris and fellow Springfield Elementary School teachers lead students through Pioneer Housing and back to the school following an emergency evacuation drill. The school-wide evacuation exercise was part of heightened attention school and community officials are paying to safety and security in the light of possible deployments and the threat of terrorism. Crisis management teams and all area schools are helping teachers and students cope with parent deployments and possible war in Iraq. See page 26 of this issue for our Focus on Springfield Elementary School.

Officials gear up for IACS registration

New ID scanner system to be in place by autumn

By David Ruderman

104th Area Support Group Public Affairs Office

The Installation Access Control System moved a major step forward when security officials and contractors met in Wiesbaden Feb. 20. A daylong series of meetings brought together teams comprising each base support battalion's Provost Marshal's Office, S-2/3 and Directorate of Public Works officials with contractors to iron out details with fielding the system.

"They were able to go gate by gate, installation by installation, BSB by BSB, and were really able to get it sifted down to

Wiesbaden's Edmond Woods

ASG picks its Youth of the Year

By Karl Weisel

104th Area Support Group Public Affairs Office

He's a top student, an outstanding athlete, a community volunteer and now he's also the 104th Area Support Group's 2003 Youth of the Year. Wiesbaden's Edmond Woods will represent the 104th ASG while competing against other Boys and Girls Club youths for the Installation Management Agency-Europe Youth of the Year title in Heidelberg March 11.

Woods was selected as the ASG winner after writing essays, delivering a speech and facing a board at the 104th ASG Headquarters on Hanau's Yorkhof Kaserne Feb. 13. He competed against Queena Ruffin representing the 222nd Base Support Battalion, the 284th BSB's Kourtlyn Golston and the 414th BSB's Shonda Butler.

"I feel great about winning," said Woods. "My peers and



Edmond Woods

friends helped me out and encouraged me to do it."

"He's very deserving," said Michael Lattimore, Wiesbaden Youth Services program assistant and Keystone Club adviser. "He dedicated a lot of time and showed a lot of commitment both at school and to YS activities."

In addition to excelling academically, the high school junior is an active high school athlete, having recently competed at the Department of Defense Dependents Schools European Wrestling Championships, is a member of the National Honor Society and serves as vice president of the Youth Services Keystone Club. His extracurricular YS volunteer work has included participating in a holiday gift drive for Russian refugees, chaperoning middle school dances, helping coor-

See Youth on page 3

Commentary



Photo by Karl Weisel

Herald Union associate editor David Ruderman, USAREUR's civilian journalist of the year, discusses newspapers with visiting Tiger Cub Scouts.

Local journalists honored for work

Soldier and civilian journalists from around the 104th Area Support Group claimed many of the top spots in the U.S. Army Europe level of the 2002 Maj. Gen. Keith L. Ware Journalism Awards Competition. The 104th ASG claimed nearly a third of the 34 awards.

The 104th Area Support Group's *Herald Union* newspaper took second place in the Civilian Enterprise Newspaper category and the *Herald Union Online* also claimed second in the Web-based Publications category.

Herald Union associate editor **David Ruderman** was named the Moss-Holland Civilian Journalist of the Year. He also took several other individual awards including first places in the Feature Articles category and in the Story Series category; second for Sports Articles and third for News Articles.

The 222nd Base Support Battalion's writer-editor **Ignacio "Iggy" Rubalcava** earned the top spot in the Sports Articles category.

Melody Joy Fields, 414th BSB writer-editor, claimed first place in the Single or Stand-alone Photograph category and second for a Feature Article.

Herald Union editor **Karl**

Weisel ensured a sweep of the Feature Article category by claiming the third spot.

Several Wiesbaden-based soldiers and civilians were also lauded for their journalistic efforts. The 3rd Corps Support Command's *The Sustainer* magazine earned first place in the Magazine Format category followed closely by 1st AD's *Ironsides Magazine*.

Pfc. Shauna J. McRoberts, with the 1st Armored Division Public Affairs Office, was named the Rising Star for 2002. She also earned second place in the Commentary category.

Sgt. Gregory Withrow of the 1st Armored Division Public Affairs Office earned two second places in the Single or Stand-alone Photograph and Photojournalism categories.

First-place winners go on to represent USAREUR at the Department of the Army level competition to be judged this week in Washington, D.C.

The competition is named in memory of Maj. Gen. Keith L. Ware, former Army chief of Public Affairs and a World War II Medal of Honor winner. He was killed while commanding the 1st Infantry Division in Vietnam in 1968. (*USAREUR Public Affairs*)

Second thoughts: On overweight Americans, prayers for Baumholder

By **Karl Weisel**

104th Area Support Group Public Affairs Office

Heavy subject

The number of overweight Americans continues to increase from year to year. Studies by the Centers for Disease Control and Prevention reveal there are now almost twice as many severely obese Americans as there were a decade ago. About 127 million adults in the United States are overweight.

Americans are not alone in their eating habits. Global obesity is increasing worldwide at an alarming rate, according to the American Obesity Association. It applies to people from developed and developing regions, rich and poor, young and adult. The results are higher levels of heart disease, hypertension, diabetes and other illnesses.

"Basically American people nowadays are so busy that most families eat out two to five times a week — many at fast food restaurants which serve oversized meals loaded with fat," said Lori Pineda, health promotions coordinator for the 104th Area Support Group.

Researchers attribute the increase in weight to a much more sedentary lifestyle among people the world over. Ever more reliance on cars, modern appliances, ready-made foods, television, video games and computers are among the culprits.

Getting plenty of exercise and making healthy food choices are vital to maintaining an ideal weight, said fitness experts. Civilian employees who can't seem to find the time to exercise after work may want to take advantage of the Civilian Fitness Program which allows individuals to work out during work-

ing hours. (See page 27 for details about upcoming enrollment dates.)

During March, National Nutrition Month, local health and fitness experts are making a concerted effort to better educate people about what foods to eat, diets, herbs, vitamins and more. "Since March is the open enrollment for the Civilian Fitness Program, we thought we would incorporate a nutrition class, but this is also open to all ID card holders," said Pineda.

Several free workshops are aimed at encouraging people to actively pursue variety, expand their food choices, make moderation a lifestyle and develop a personal fitness plan.

A **Get Fresh Cooking** class will be held March 5 from 11 a.m. to 1 p.m. at the Giessen Army Community Service kitchen. Learn to put together easy, healthy recipes and then eat your creations. Call mil 343-7448 to register if wishing to eat the lunch.

An **Ask the Nutritionist** session will be held the afternoon of March 13 at the Giessen Commissary. WIC-O dietician Mary Schrank will be on hand to answer food and nutrition questions.

A **Healthy Eating, Healthy You** session featuring the WIC-O dietician will be held March 17 from noon to 1 p.m. at the Giessen Depot Alpine Club. Topics to be covered include weight loss and healthy eating, the skinny on fad diets, herbs and supplements and the health, mood and taste connection. Pre-register at mil 343-7448.

Registered dietician Melissa Kross will discuss nutrition, diet plans and nutrient-rich snacks during a **Healthy Eating, Healthy You**

class at the Wiesbaden Army Airfield Chapel March 14 from noon to 1 p.m. Call mil 338-7835 to reserve a seat.

A similar program will be offered by registered dietician Kay Klumpyan at the Wolfgang Outreach Center on Hanau's Wolfgang Shopping Center March 25 from 11:30 a.m. to 12:30 p.m. Among other topics she'll address **nutrition, weight and fad diets**. Call mil 322-9505 for reservations.

Prayers for Baumholder

Heather Bash, an "active-duty spouse" in Baumholder sent an email recently letting us know that members of a small church congregation in Leechburg, Pa., have taken it upon themselves to pray for the Baumholder military community.

"My husband attended the First Baptist Church in Leechburg, Pa., as he was growing up," wrote Bash. "I also started attending this church. My in-laws, John and Joyce Bash, came to visit us this past August and attended Trinity Baptist Church in Baumholder. Just as in any other church in Baumholder, they looked around and saw all these young couples with children and wanted to help. How far away these couples are from family and how hard it must be when the spouses deploy, [they thought.]

"When John and Joyce returned from their trip, they stood up and told the congregation about the Baumholder community. In November I had the opportunity to fly back to the States and visit. The church is still praying for all the young families — I keep them informed with things going on in the community — just praying for the families."

Janet I. Price and Mary Meyer
Hainerberg Elementary School

Letter to the editor

Reader offers compliments, correction

Compliments to your staff for the coverage of activities with children of our community in the Feb. 18 *Herald Union*. From interesting articles and wonderful photos of children involved in Groundhog Shadow Day, Army Family Action Plan Conference, Wetzel CDC accreditation, DARE program, McGruff activities, students at the Buffalo Soldier Museum and the

Focus on Hainerberg Elementary School, your paper has shown we have communities that care about children. I would like to point out, however, the singers in the photograph on page 9 are a kindergarten class from Hainerberg Elementary School (not Aukamm Elementary School). They presented a 15-minute concert of patriotic and secular music with the underlying theme

that music is a universal language and "everybody has music inside." Dressed in patriotic colors and playing kazoos was a lovely start for the two-day conference concerning quality of life issues in the 221st BSB. Please continue to write about and photograph our wonderful children.

Janet I. Price and Mary Meyer
Hainerberg Elementary School

Herald Union

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News and features

News flash

The Bottom Line

U.S. Army Europe has introduced a new information product aimed at keeping soldiers and civilians informed about critical issues. The one-page PDF-format sheets are available on the USAREUR website and can be printed out to be used as a reference by leaders preparing to talk to soldiers. To view the subjects



browse to www.hqusareur.army.mil/TheBottomLine.htm. (USAREUR Public Affairs)

NAACP Culture Club

Learn more about the National Association for the Advancement of Colored People, enjoy refreshments, movies and share in the diversity of the local community at the Hanau Chapter NAACP Culture Club every Wednesday from 5-7 p.m. Discuss issues of concern and help plan upcoming events during the get-together held in Room 316, Building 3 on Hanau's Pioneer Kaserne. For more information call civ (0172) 681 0300 or email hnbranch@naacp-europe.org.

Germany seminars

U.S. forces service members and civilians have a range of opportunities to learn more about Germany, German politics, European relations and German-American partnership at various seminars being offered this year. These include multinational seminars at the Atlantic Academy May 19-22 and Oct. 20-24; German-American partnership seminars at Berlin-Strausberg Oct. 20-24 and Nov. 17-21; Haus Rissen seminars in Hamburg May 4-9, June 1-6 and 22-27, Aug. 17-22, Sept. 7-12 and Dec. 7-12. The seminars are open to officers, noncommissioned officers and equivalent-grade civilians. Call the 104th Area Support Group Public Affairs Office at mil 322-1400 or your local base support battalion PAO at mil xxx-1600.

Newman awards

Volunteer community organizations have until April 30 to enter the fourth annual Newman's Own Award for Military Community Excellence competition for a share of \$50,000 in grants. Sponsored by Newman's Own Co., the Fisher House organization and the Military Times Media Group, the contest awards grants of up to \$10,000 to groups with innovative plans for improving the quality of life for military families and their communities. For details visit the Fisher House website at www.fisherhouse.org. (American Forces Press Service)

Top soldier

Soldiers who have shown unusual honor, valor or dedication to fellow soldiers and their communities in 2002 are eligible to be nominated for the annual *Army Times* Soldier of the Year award. For details on nomination requirements browse to www.armytimes.com/soldier. Deadline for nominations is March 14. (Army Times Release)

IACS . . .

Continued from page 1

registration in late March. The 221st and 284th BSBs will begin registration in April. The 222nd BSB will begin during the first week of May. Registration will require current Department of Defense ID card and installation pass holders to have their personal information and access status entered in a central database. Guards using hand-held ID card scanners will then determine access eligibility based on information retrieved at each gate in USAREUR.

"The registration stations will register card holders to the central database. That then goes out to the gates," said SAIC team member Rodney Mayo. The laptops at the gates can be updated as frequently as local commanders determine, every day or every 10 minutes, he said.

The registration process will begin in each BSB with the initial fielding of permanent and temporary IACS offices and continue for four months. Current ID card and installation pass holders will be processed at the temporary stations, and incoming soldiers and civilians will be processed in the permanent locations, said officials. Those leaving USAREUR before Sept. 1 need not register in the IACS.

ID card holders will need to bring their current ID card and pertinent paperwork establishing their presence in USAREUR. Soldiers will need their PCS or TDY orders. Civilian employees will need to present their current notification of personnel action.

Soldiers and civilians who possess the first generation of Common Access Cards should check to see if the bar code on the

Registration in the 104th ASG

As each base support battalion in the 104th Area Support Group fields its IACS gate security system it will also begin registering soldiers, civilians and local nationals in a central database. Registration is scheduled to be completed four months after fielding begins.

IACS hardware and software will be simultaneously installed and tested at designated gates. They are expected to be fully operational and to replace present control procedures by Oct. 1.

414th BSB fielding will be March 28 to April 3. Registration will be completed by Aug. 3.

221st BSB fielding will be April 9-15. Registration will be completed by Aug. 15.

284th BSB fielding will be April 21-25. Registration will be completed by Aug. 25.

222nd BSB fielding will be May 1-7. Registration will be completed by Sept. 7.

backs of their cards is legible. If it cannot be scanned the card holder will have to have a new one made before registering in IACS. "We haven't determined the extent of the problem," said Sickinger. "For people getting the CAC card now, that's been fixed. They're now laminated back and front."

Installation pass holders will need current passes, an authorization memorandum from their sponsoring organization and verification of Foreign National Screening compliance to register. Access for retirees, former military members and others with some connection to the Army will be handled on a case-by-case basis at the BSB level, said Sickinger.

Levels of access, the geographic extent of installations to which card and pass holders will be admitted, will be determined by the rank of the holder's authorizing superior, said Malone. "The idea is to use judgment in authorizing access, so people will have the access they need, but not carte blanche."

While registration proceeds, computers will be installed in BSB PMOs to control lost

or stolen ID cards and passes, and the paperwork necessary to report them and authorize their replacement, said Sickinger.

The summer months will see a transition period during which present manual checks, access rosters and sign-in procedures continue side by side with IACS controlled entry. The changeover date to IACS only entry will be sometime around Oct. 1, said Sickinger. "The only form of ID card people will be able to use is the DoD card or the IACS installation pass," he said.

While not all gates in USAREUR will be IACS linked, its impact is expected to be substantial, said security officials. "Even the gates that are not fielded, limiting the number of ways you can get on tightens the system overall," said Mayo.

IACS implementation coincides with expanded PMO control of access, said Malone. Civilian specialists drawn from installation pass offices began working directly for BSB PMOs March 1, and PMO will now control pass issuance procedures and oversee the Pond's guards who will check them.

"The BSB PMOs will be wholly responsible for installation access, which historically they always were. It's going to streamline the whole process, make it easier to oversee and execute. It will be immensely better for people in the security business than anything we've had before," he said.

Whatever bugs need to be worked out in fielding IACS will be worth the inconvenience, said Malone.

"Ever since 9-11 it's a new world out there. Even before 9-11 the Army's been wanting to go for greater control for a number of years. Security is painful. If you want security, you're going to have pain. If you want no pain, you're going to have no security. We're willing to put up with some pain," he said. (Some information for this article courtesy of the IMA-Europe Public Affairs Office)



Photo by Karl Weisel

USAREUR and local officials meet to map out IACS implementation.

Youth . . .

Continued from page 1

dinate ethnic celebrations such as Native American and African American observances and giving his time wherever it is needed.

"The thing that amazes me about him is that he does his thing at school and is also a major player in the Keystone Club," said Lattimore. "He's young, but he has a strong outlook on life. The little ones look up to him. He's a good role model for the younger kids and the older students, both as a student athlete and as a great volunteer."

Woods, a junior at Gen. H.H. Arnold High School, said he plans to study biochemistry after graduation next year.

"We've never had as many outstanding people as we did this year," said Celia Kandler, 104th ASG Child and Youth Services coordinator. "Our top two candidates were very close — it was hard to choose the winner."

The four BSB representatives had to compete at the local level before advancing to the 104th ASG. "I learned a lot from the first one," said Woods, referring to the 221st BSB competition. "During the first interview they told me my answers came too fast. My advice for anyone else going through the process is to not stutter, always be calm and to breathe before you speak."

"I would recommend any youth between

the ages of 14 and 18 to participate and compete in this competition next year," added Lattimore. "It's a great foundation and a learning experience. The worst thing they can do is lose."

The Youth of the Year competition is sponsored by the Reader's Digest Association and administered by the Boys and Girls Clubs of America. The national program recognizes exemplary character, superior leadership skills, outstanding service to Boys and Girls Clubs, Child and Youth Services and the community and academic achievement, said Sue Baker, 104th ASG CYS schools officer.

News and features



Photo by Karl Weisel

Hessen State Police Commissioner Norbert Glück admires a certificate and commander's coin he received from Lt. Col. Howard L. Malone, 104th ASG provost marshal, thanking German police for their cooperation and support.

Joint patrols ASG thanks Germans for security support

By David Ruderman

104th Area Support Group Public Affairs Office

Whatever the climate of diplomatic relations between Washington and Berlin in recent months, cooperation and mutual support on the ground among Americans and Germans remain friendly and very much in evidence.

In a sign of ongoing fraternal relations 104th Area Support Group officials formally recognized German Polizei help in manning joint patrols with Military Police in the 284th and 414th Base Support Battalions last fall, when many locally based Military Police were deployed on peacekeeping missions in the Balkans.

"They came on board, gave us full support in everything we wanted, and it went without a hitch," said Lt. Col. Howard L. Malone, 104th ASG provost marshal. "It went so well that in Friedberg they're still doing it on Friday and Saturday nights."

He presented a framed letter of thanks and 104th ASG commander's coin to Norbert Glück, president of the Hessen State Police Presidium, Feb. 20 in Wiesbaden. "It is from Col. Latham, our commander, for the joint patrols conducted from Sept. 1 to Nov. 30, 2002," said Malone. "It is presented to the entire Polizei Presidium in thanks for the cooperation and support to the 104th ASG through the joint patrol work."

Col. Randy Garver, U.S. Army Europe provost marshal, watched approvingly as the two shook hands.

"It will find a place in my office," said Glück. "We will continue working together this year, 2003, the Year of Traffic Safety." The state police are engaged in a media campaign highlighting driving safety issues and bringing the message to schools and community groups. The Military Police will participate wherever practicable through a parallel public information campaign and joint programs, said Malone.

The presentation preceded a meeting of PMO officials with German army and police officials to coordinate the continuing participation of German forces in providing force protection assistance to American facilities.

Sudden Infant Death Syndrome

Medical officials remind parents about precautionary measures

Editor's note: Medical officials of the 1st Armored Division issued the following Medical Alert providing parents with a comprehensive guide about Sudden Infant Death Syndrome following the deaths of two infants within three months.

SIDS, an acronym word that stands for Sudden Infant Death Syndrome, is the sudden and unexplained death of a baby under one year of age. Because many SIDS babies are found in their cribs, some people call SIDS "crib death." But cribs do not cause SIDS.

Facts About SIDS:

Doctors and nurses don't know what causes SIDS, but they do know: 1) SIDS is the leading cause of death in babies after one month of age, 2) Most SIDS deaths occur in babies who are between 2 and 4 months old, 3) More SIDS deaths occur in colder months, 4) Babies placed to sleep on their stomachs are much more likely to die of SIDS than babies placed on their backs to sleep, and 5) Even though there is no way to know which babies might die of SIDS, there are some things that you can do to make your baby safer.

Babies Should Sleep on Their Backs: "Back to Sleep"

One of the best ways to lower the risk of SIDS is to put your baby on his or her back to sleep, even for naps. This is new advice. Until a few years ago, doctors told mothers to place babies on their stomachs to sleep. Research now shows that fewer babies die of SIDS when they sleep on their backs. Back sleeping is the best sleep position for your baby and provides the best protection against SIDS. The American Academy of Pediatrics says that back sleeping is the preferred sleep position.

Make sure everyone knows to place babies on their backs to sleep. Tell your baby's grandparents, aunts, uncles, child care providers, friends, babysitters, and anyone who cares for your baby. Some babies don't like sleeping on their backs at first, but most get used to it quickly. Babies who are on their

backs can move their arms and legs and look around more easily.

What can you do to help lower the risk of SIDS in your baby or babies under your care?

- **Place your baby on his or her back to sleep, at nighttime and naptime.** This is the best way to reduce the risk of SIDS.

- **Place your baby on a firm mattress, such as in a safety-approved crib.** Don't put babies to sleep on soft mattresses, sofas, sofa cushions, waterbeds, sheepskins, or other soft surfaces.

- **Remove all fluffy and loose bedding from the sleep area.** Make sure you take all pillows, quilts, stuffed toys, and other soft items out of the crib.

- **Make sure your baby's face and head stay uncovered during sleep.** Keep your baby's mouth and nose clear of blankets and other coverings during sleep. Use sleep clothing with no other covering over the baby. If you do use a blanket or another covering, make sure your baby is "feet-to-foot" in the crib. Feet-to-foot means that the baby's feet are at the bottom of the crib, the blanket is no higher than the baby's chest, and the blanket is tucked in around the crib mattress.

- **Don't smoke before or after the birth of your baby.** Create a smoke-free zone around your baby. Make sure no one smokes around your baby.

- **Don't let your baby overheat during sleep.** Keep your baby warm during sleep, but not too warm. Your baby's room should be at a temperature that is comfortable for an adult. Too many layers of clothing or blankets can overheat your baby.

The information above has been adapted from the National Institute of Child Health and Development, an agency of the National Institutes of Health. For more information browse to www.nichd.nih.gov/sids/reduce_infant_risk.htm

Did you know?

License alterations unauthorized, new NTV speed limit on Autobahn

Marking, removing, taping over or modifying vehicle registration number data plates and other markings on U.S. Army Non-Tactical Vehicles is unauthorized. Modification to license plates violates host nation laws and is grounds to stop a vehicle during routine traffic stops and upon entry to military installations.

Army Regulation 58-1 (paragraph 9-10) does provide provisions to exempt vehicles from identification, U.S. Army registration number license plates and other marking requirements, but these exemptions are not routine and must be approved by the major command on an exception basis.

Drivers should also be aware that the Autobahn speed limit for NTVs (sedans, panel and passenger vans) has been increased from 65 miles per hour (105 kilometers per hour) to 74 MPH (120 KPM). Driving an NTV faster than 120 KPH on Autobahn stretches where the speed limit is greater or unrestricted is not authorized and violates official U.S. Army Europe and Installation Management Agency-Europe policy. The speed limit applies to all NTVs including Interagency Fleet Management System owned, remnant (Army owned) and commercially leased vehicles.

Units and activities authorized and assigned NTVs are required by regulation to affix the appropriate maximum speed limit decal on each NTV. It should be placed on the inside, lower, right-hand corner of the windshield and be visible to those sitting in the front seats of the vehicle. They will be available through local Transportation Motor Pools. (Courtesy of the 104th ASG DOL Transportation Division)



Photo by Karl Weisel

Swans on ice

While the sun was filling German skies ever more frequently in the past few weeks, the temperatures didn't rise fast enough to thaw this frozen lake in Frankfurt's Ostpark. Local waterfowl were finding it hard to get their webbed feet wet. But continuing rising temperatures promised to bring spring ever closer. March may come in like a lion, but it's sure to go out like a lamb.

Soldiers share partnership with middle schoolers

By Cassandra Kardeke
221st Base Support Battalion
Public Affairs Office

Thanks to the help of soldiers and volunteers, hundreds of middle school students received free health screenings as part of a partnership program between the Wiesbaden American Middle School and several military units at the airfield.

Over 500 students had blood pressure, weight, vision, hearing and dental checks by Wiesbaden Army Airfield Health and Dental Clinic staff and soldiers from the 421st Medical Evacuation Battalion, 159th Medical Company (Air Ambulance) and the 557th Medical Company (Ground Ambulance).

"We have an excellent partnership program with the 421st who helped coordinate the entire screening process," said Elizabeth Williams, school nurse. Out of the 560 students screened, 153 students received referrals for eye examinations, 40 received dental referrals and 17 students required further hearing evaluations. "Referrals for those students were mailed to each of the parents," said Williams.

"Our partnership with the school gives us a tremendous opportunity to give back to the community," said Lt. Col. Patrick Sargent, 421st commander.

"We could not have been happier. The soldiers kept things running smoothly and were very professional," said Dr. Pete Price, the school's principal.

In addition to health screenings, students got savvy with soldiers for an hour as part of the school's Students Against Violence and the Victimization of Youth program. Soldiers were taught a lesson plan by the school's counselor, Dr. Frankie Nielson, then partnered with groups of up to six students to



Photo by Ginger Longstaff

Soldiers from the Wiesbaden Health Clinic and medical units at Wiesbaden Army Airfield provide health screenings for 560 students at Wiesbaden American Middle School as a part of the school's partnership program.

discuss violence prevention.

"It really was wonderful. The soldiers normally have no idea what they are getting into when they volunteer for this. They start the day quietly, but by the time they are walking out the door they are on cloud nine," said Nielson.

"Both the health screening and the SAVVY Commitment Day are annual events. We really couldn't have done it without the soldiers who volunteered," said Williams.

"We as a battalion have enjoyed the opportunity to work with the youth of this community," said Sargent.

Commander's corner

AFAP conference makes a difference

By Lt. Col. Dennis E. Slagter
221st Base Support Battalion
commander

Most know or have heard of the Army Family Action Plan conference. It's the annual one- or two-day conference held in the community each year to identify and address issues of community concern.

The AFAP is a great process and community-wide team-building event. Some communities take it seriously, some don't. Team 221st does because it works for us in terms of priorities and money.

But there is another view on the conference. "Sally" was a friend of a friend who has been in the community for about a year. Her husband, also a soldier, belongs to a unit whose command team is in another location. They are new to the community, new to Germany and new to the Army.

"Sally" and her family live in a stairwell and it hasn't been easy. But because of a friend of a friend, she found her way to the confer-

ence as a delegate. Here are her comments:

√ "I learned so much about how things work in the community."

√ "I always thought that they didn't need to listen to me; I'm just a spouse."

√ "Now I know my opinions aren't so different from other people's opinions."

√ "Wow. I really had fun. I can't wait to see how these issues get solved."

"Sally" found out she can make a difference. She found out her community can make a difference. She found out that others care about the same concerns she does.

Thanks to all the volunteers and our wonderful AFAP coordinator, Donna Cloy. Several issues were gathered, researched and are already being worked on to help improve our community. Team 221st had a great conference.

Keep up to date on issue status and conference recommendations through the *Herald Union* and the Team 221st website at www.wiesbaden.army.mil.

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