

414th BSB – Büdingen, Hanau

AFAP: Army families take action, make plans to help improve services during annual conference

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

Delegates to the Army Family Action Plan conference in Hanau debated issues for two days before settling on 15 proposals for improving Army services. The annual conference is held in every Army community and provides the Pentagon with a broad range of concerns from families, soldiers and civilians. Delegates select issues brought for-

ward by community members and propose both local and Army-wide improvements to the 414th Base Support Battalion commander.

"Some of these are easy to fix," said Lt. Col. Jerry L. Mraz, BSB commander, "and some obviously need to go to a higher level. But we're going to work at solving the problems we can."

Teen delegates from Hanau High School suggested three improvements: weekend shuttle service between caserns, more col-

lege information and recruitment at DoDD schools overseas and more challenging school curriculum.

Adult delegates brought forward a wide range of issues. One group requested online account access for the Community Bank. Another group suggested creating a housing liaison officer who would serve as a centralized point of contact for all housing issues. Other delegates suggested the Army fund monetary incentive rewards for soldiers

— an on-the-spot cash bonus to reward success and improve morale.

Those issues that cannot be addressed by the local BSB will be forwarded to U.S. Army Europe where delegates from throughout the European Command will again debate the issues.

Suggestions presented at the USAREUR conference will go to the Pentagon for yet another culling by delegates stationed around the world.

Around the community . . . Around the community

Babysitting class

The Galaxy Teen Center is offers a babysitting class April 11 from 9 a.m. to 4 p.m. Interested participants should call the Red Cross to sign up at mil 322-1760 or civ (06181) 88-1760.

Housing information

Stop by and find out what's happening in your housing area. The Housing Division will set up an information booth at the Wolfgang Shopping Center March 21 from 10 a.m. to 4 p.m. The booth will provide information on current and upcoming renovation and improvement projects such as new recycling/refuse systems, playgrounds and the painting of family housing buildings. There will be pictures, project information and lots of giveaways.

Hispanic Employment Committee to meet

The next Hispanic Employment Program Committee meetings will be held March 27 and April 24 from 6-7 p.m. at the Pioneer Fitness Center. Interested individuals are invited to attend and membership enrollment is welcomed. Participants will advise the 414th Base Support Battalion commander and the Equal Employment Opportunity officer on matters affecting the employment of Hispanic Americans and will work on developing methods used for overcoming barriers for equality of opportunity for Hispanics in employment.

Installation Access Office moves

The Pass and ID Office has a new name and location. Now called the Installation Access Control Office, all pass questions should be referred to the new office located in Building 21, Room 8 on Pioneer Kaserne between 8 a.m. and noon weekdays. Call mil 322-8773.



Photo by Rebecca A. Bliss

Putting up a valiant defense in Büdingen

Soldiers from the 1st Squadron, 1st Cavalry Regiment "defend" Armstrong Barracks from attack by powerful confetti cannons of invading Fasching forces during the annual traditional storming of the casern. The mayor of Büdingen and president of Büdingen's Carnival Club accepted Lt. Col. Charles E. Williams' saber as he symbolically turned over Armstrong Barracks to the Fasching celebrants.

Free performance

"Hack and Slash" is coming to the Five Pfennig Playhouse in Hanau March 21 at 7:30 p.m. This performance features a hilarious Shakespearean, comic-sword fighting duo comedy show suitable for the entire family. Call mil 322-8031 for details.

First aid and safety course

The Hanau American Red Cross offers a first aid and safety course March 29 from 8 a.m. to 5 p.m. Cost is \$30 which includes a textbook. Call mil 322-1760 to reserve a space.

Reduced bank hours

The community bank on Fliegerhorst Kaserne will only be open from 10 a.m. to 2 p.m. March 26

to allow for a semi-annual general cleaning. All automated teller machines will be available for customer use.

Hanau APO open Saturday

The Hanau Army Post Office at the Wolfgang Shopping Center is now open on Saturday from 10 a.m. to 2 p.m. (for a nine-week trial period). Other hours of operation are Monday, Tuesday, Wednesday and Friday from 10 a.m. to 4 p.m.; Thursday from noon to 6 p.m.

Campo Pond access

Access to Campo Pond is now only possible through the back gate on Thursdays to alleviate military traffic and convoys at the New Argonner Housing gate during Sergeant's Time training. The gate connecting Campo Pond and the housing area will be closed on Thurs-

days. Call Mr. Stroud at mil 322-8070 for more information.

Awana Club welcomes youths

The Awana Club, a self-paced Christian children's organization, meets every Tuesday from 6-8 p.m. at Argonner Elementary School on Old Argonner Kaserne. The club is open to all children in grades kindergarten through sixth grade. Activities include games, sing alongs, scripture reading and more. Call Lynn Stinson at civ (06181) 520277 for more information.

Spouses Club offers thousands in scholarships

Applications for the Hanau Community Spouses Club scholarships are now available at the Hanau High School counselors office and

the Hanau Education Center on Pioneer Kaserne. High school seniors, family members and adult civilians are encouraged to apply. The deadline for submission is March 21. Last year the club gave out \$20,000 to more than a dozen students.

Büdingen Middle School Teen Center now open

The Büdingen Teen Center is now open and accepting suggestions from interested teens and parents. Stop by Building 2330 on Armstrong Barracks Monday through Thursday from 9 a.m. to 6 p.m., Friday from 9 a.m. to 7 p.m. or Saturday from 1-3 p.m. Transportation will be provided to and from the Gelnhausen bus stop to the center daily. For more information call mil 321-4793 or civ (06042) 80 793.

Reading nights

Crack open a book on Army Family Reading Night at Pioneer Library in Hanau. Learn to create skits using books, a quiet reading space in a busy home, a family reading journal and techniques for reading aloud. Reading Nights will be featured through April 10 from 6-7 p.m. Call the Pioneer Library for program dates and to register at mil 322-8942.

Sponsorship training classes

Help make the transition to Hanau easy with Army Community Service sponsorship classes. Classes are held the first and third Friday of each month from 10-11 a.m. in the Hanau ACS Conference Room, Building 9 on Pioneer Kaserne. Call mil 322-8965 to sign up.

Country dance class

The Hanau Rod and Gun Club offers free country dance classes every Saturday from 8-9 p.m. Learn all the two-steps and line dances you ever wanted to know. Join the class and avoid paying cover charge for the evening.



Bulletin board

At the movies March 18 to April 3

Baumholder, Wagon Wheel

- March 18 — Two Weeks Notice (PG-13) 7 p.m.
- March 19-20 — Lord Of The Rings: The Two Towers (PG-13) 7 p.m.
- March 21-22 — Pinocchio (G) 4 p.m. Daredevil (PG-13) 7 p.m.
- March 23 — Daredevil (PG-13) 7 p.m.
- March 24-25 — The Emperor's Club (PG-13) 7 p.m.
- March 26-27 — Antwone Fisher (PG-13) 7 p.m.
- March 28-30 — Old School (R) 7 p.m.
- March 31 — National Security (PG-13) 7 p.m.
- April 1 — National Security (PG-13) 7 p.m.
- April 2-3 — Just Married (PG-13) 7 p.m.

Büdingen, Little

- March 21 — The Emperor's Club (PG-13) 7 p.m.
- March 22 — The Truth About Charlie (PG-13) 3 p.m.
- March 28 — Extreme Ops (PG-13) 7 p.m.
- March 29 — Treasure Planet (PG) 3 p.m.

Dexheim, Rhein

- March 21 — Antwone Fisher (PG-13) 7 p.m.
- March 22 — Old School (R) 7 p.m.
- March 23 — Pinocchio (G) 3 p.m.
- March 28 — National Security (PG-13) 7 p.m.
- March 29 — Cradle 2: The Grave (R) 7 p.m.
- March 30 — The Wild Thornberrys (PG) 3 p.m.

Friedberg, Old Ironsides

- March 20 — Just Married (PG-13) 7 p.m.
- March 21-22 — Shanghai Knights (PG-13) 7 p.m.
- March 23 — Catch Me If You Can (PG-13) 7 p.m.
- March 27 — Antwone Fisher (PG-13) 7 p.m.
- March 28-29 — Daredevil (PG-13) 7 p.m.
- March 30 — National Security (PG-13) 7 p.m.
- April 3 — Catch Me If You Can (PG-13) 7 p.m.

Giessen, Skyline

- March 18-19 — The Recruit (PG-13) 7 p.m.
- March 21 — Pinocchio (G) 7 p.m.
- March 22 — Antwone Fisher (PG-13) 7 p.m.
- March 23 — Catch Me If You Can (PG-13) 7 p.m.
- March 25-26 — Shanghai Knights (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).



Roberto Benigni directs and stars in a retelling of the classic "Pinocchio."

- March 28 — National Security (PG-13) 7 p.m.
- March 29 — Just Married (PG-13) 7 p.m.
- March 30 — National Security (PG-13) 7 p.m.
- April 1-2 — Daredevil (PG-13) 7 p.m.

Hanau, Evening Star

- March 18 — Two Weeks Notice (PG-13) 7 p.m.
- March 19 — The Wild Thornberrys (PG) 7 p.m.
- March 20 — Two Weeks Notice (PG-13) 7 p.m.
- March 21 — Pinocchio (G) 4 p.m. Antwone Fisher (PG-13) 7 p.m. Tears Of The Sun (R) 9:30 p.m.
- March 22 — Pinocchio (G) 4 p.m. Catch Me If You Can (PG-13) 7 p.m. Tears Of The Sun (R) 9:30 p.m.
- March 23 — Pinocchio (G) 4 p.m. Tears Of The Sun (R) 7 p.m.
- March 24 — Antwone Fisher (PG-13) 7 p.m.
- March 25 — Catch Me If You Can (PG-13) 7 p.m.
- March 26 — Antwone Fisher (PG-13) 7 p.m.
- March 27 — Catch Me If You Can (PG-13) 7 p.m.
- March 28 — The Hunted (R) 7 p.m. National Security (PG-13) 9:30 p.m.
- March 29 — The Hunted (R) 7 p.m. Just Married (PG-13) 9:30 p.m.
- March 30 — The Hunted (R) 7 p.m.
- March 31 — National Security (PG-13) 7 p.m.
- April 1 — Just Married (PG-13) 7 p.m.
- April 2 — National Security (PG-13) 7 p.m.
- April 3 — Just Married (PG-13) 7 p.m.

Rhein Main, Gardens

- March 19 — Cradle 2: The Grave (R) 7 p.m.
- March 21 — Catch Me If You Can (PG-13) 7 p.m.

- March 22 — Pinocchio (G) 5 p.m. Antwone Fisher (PG-13) 7:30 p.m.
- March 23 — Daredevil (PG-13) 7 p.m.
- March 26 — Tears Of The Sun (R) 7 p.m.
- March 28 — Friday After Next (R) 7 p.m.
- March 29 — National Security (PG-13) 5 p.m. Old School (R) 7:30 p.m.
- March 30 — Just Married (PG-13) 7 p.m.
- April 2 — The Hunted (R) 7 p.m.

Wackernheim, McCully

- March 19 — To be announced locally 7 p.m.
- March 26 — To be announced locally 7 p.m.
- April 2 — Tears Of The Sun (R) 7 p.m.

Wiesbaden, Flyers

- March 20 — Cradle 2: The Grave (R) 7 p.m.
- March 21 — Antwone Fisher (PG-13) 7 p.m.
- March 22 — Star Trek: Nemesis (PG-13) 7 p.m.
- March 27 — Tears Of The Sun (R) 7 p.m.
- March 28 — National Security (PG-13) 7 p.m.
- March 29 — Catch Me If You Can (PG-13) 7 p.m.
- April 3 — The Hunted (R) 7 p.m.

Wiesbaden, Taunus

- March 18 — Two Weeks Notice (PG-13) 7 p.m.
- March 19 — Lord Of The Rings: The Two Towers (PG-13) 7 p.m.
- March 20 — Two Weeks Notice (PG-13) 7 p.m.
- March 21 — Pinocchio (PG) 7 p.m. Cradle 2: The Grave (R) 9:30 p.m.
- March 22 — Pinocchio (PG) 4:30 p.m. Antwone Fisher (PG-13) 7 p.m. Catch Me If You Can (PG-13) 9:30 p.m.
- March 23 — Pinocchio (G) 4 p.m. Cradle 2: The Grave (R) 7 p.m.
- March 24 — Catch Me If You Can (PG-13) 7 p.m.
- March 25 — Pinocchio (G) 7 p.m.
- March 26 — Antwone Fisher (PG-13) 7 p.m.
- March 27 — Lord Of The Rings: The Two Towers (PG-13) 7 p.m.
- March 28 — Just Married (PG-13) 7 p.m. Tears Of The Sun (R) 9:30 p.m.
- March 29 — National Security (PG-13) 7 p.m. Tears Of The Sun (R) 9:30 p.m.
- March 30 — The Wild Thornberrys (PG) 4 p.m. Tears Of The Sun (R) 7 p.m.
- March 31 — National Security (PG-13) 7 p.m.
- April 1 — Tears Of The Sun (R) 7 p.m.
- April 2 — Antwone Fisher (PG-13) 7 p.m.
- April 3 — National Security (PG-13) 7 p.m.

Movie plots

Antwone Fisher (PG-13) — A sailor with an explosive attitude, Fisher (Derek Luke) is ordered to see a naval psychiatrist (Denzel Washington) about his volatile temper. With the support of the doctor, who becomes more like a father than anyone Fisher has ever known, and the woman (Joy Bryant) from whom he learns how to love, Fisher finds the courage to stop fighting and start healing.

Pinocchio (G) — Glenn Close, John Cleese, Queen Latifah, Jim Belushi and Eric Idle lend their voices to a cavalcade of fairy tale characters in this live action version of the classic story of a wooden boy who longs to be a real boy. Academy Award winner Roberto Benigni stars as the "son" of Gepetto and directed the movie.

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.

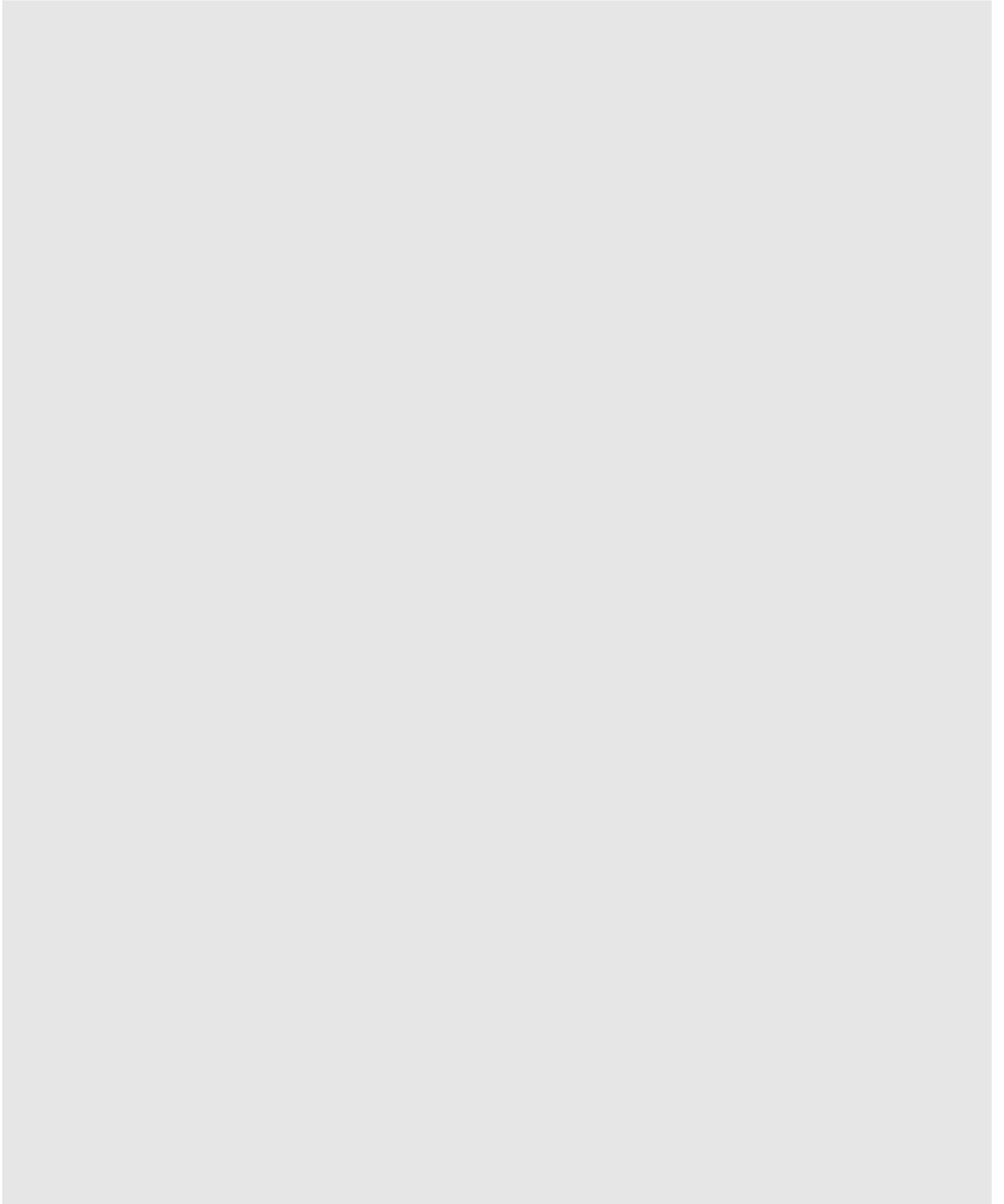
Tears Of The Sun (R) — Navy SEAL Lt. A.K. Waters (Bruce Willis) and his elite squadron of specialists are forced to choose between following orders or helping protect innocent refugees. When the government of Nigeria collapses and the country is taken over by a dictator, Waters is dispatched to retrieve Doctors Without Borders physician Dr. Lena Kendricks (Monica Bellucci). Kendricks refuses to leave unless Waters promises to help deliver villagers to political asylum at the nearby border.

National Security (PG-13) — Earl (Martin Lawrence) and Hank (Steve Zahn) have only one thing in common — they're both L.A.P.D. rejects. One just got kicked out, the other can't even get in. After confronting each other on opposite sides of the law during a traffic stop the two luckless individuals end up partnered as lowly security guards where they uncover a sophisticated smuggling ring.

Cradle 2: The Grave (R) — Armed with charisma, street smarts and martial arts expertise, Tony Fait (DMX) takes care of business along with a fiercely loyal crew of professionals (Anthony Anderson, Gabrielle Union and Drag-On). After pulling off a complex heist involving a cache of black diamonds, Fait comes fist-to-fist with Su (Jet Li), a Taiwanese government agent who has pursued the extraordinary stones half-way across the world. Su kidnaps Fait's daughter in a ploy to exchange her for the stolen jewels.

Daredevil (PG-13) — Although attorney Matt Murdock (Ben Affleck) is blind, his other four senses function with superhuman sharpness. By day Murdock represents the downtrodden. At night he is Daredevil, a masked vigilante stalking the dark streets of the city, a relentless avenger of justice. The film is based on the Marvel Comics character created by Stan Lee and Bill Everett in 1964. Jennifer Garner, Michael Clarke Duncan and Joe Pantoliano also star.

Herald Union classifieds



Stressing academic success in Giessen

By David Ruderman

104th Area Support Group Public Affairs Office

Giessen Middle-High School students and teachers have spent the year concentrating on learning, an approach that hasn't changed in the face of present and upcoming deployments, said principal Dr. Allen Davenport.

"Deployment has not been a major concern till now, but it's coming. Our philosophy is to keep things normal and focus on academics. We find that works best for this age group," he said.

With 315 students in seventh- through 12th-grade, staying "normal" requires being more than usually innovative. To minimize conflicts between the younger and older grades Giessen runs two separate schedules for its middle and high school age students.

"We put a school within a school," said Davenport. The high school runs on a 90-minute instruction block system while the middle school runs on a 45-minute period system. The separation has cut down on friction, he said. An additional benefit of the effective firewall between the middle and high schools is that the entire middle school faculty team together everyday.

"We have some things here that are a little different," said Davenport. "All eighth-graders take a study skills class where we help them work on their study skills and their social skills." The study skills portion is based on the AVID [Advancement Via Individual Determination] program. Teachers drill students to improve note taking skills, listening abilities, organizational skills and other basics they need to master to be successful as they move on to high school and out into the wider world.

"We're talking about doing it with seventh-graders next year," said Davenport. "Freshmen have a very difficult time. At their age their physical conflicts affect their studies. So whatever we can do to help them focus and study, we do."

On a typical afternoon a group of middle school students worked on mousetrap-powered racing cars in the professional technical studies shop. "We're learning how to use basic equipment here," said eighth-grader Ashtin Odo. "It's basically a problem-solving class. We have a book of instructions, but you basically have to figure it out yourself."

Odo and her classmates built wooden cars with small front wheels and larger back wheels made of recycled CD disks. Students worked alone and in small groups to engineer



Photo by Karl Weisel

Biology teacher Mayra Seitz points students in the right direction as they dissect a squid.

their engines, a string wrapped around the rear axle and attached to a spring driven mousetrap set behind the front wheels. Releasing the mousetrap should quickly spin the rear axle, setting the racer in motion.

"It's all pretty much recycled materials," said professional technical studies teacher Richard Wibbop. Technical studies encourage intellectual development and thinking about what to study in high school, he said.

Odo, who is already taking algebra and Spanish for high school credit, was considering studying architectural design once she moves to high school, she said.

"We started out as industrial arts in the '70s. Now we're getting more into computer oriented, mass production robotics. It's to get these young people to start thinking, to use their brains. And it's also teaching them teamwork," said Wibbop.

"I think it really works well, this middle school concept. We do a lot of science and math in here. They really have to use their math skills. And they have to write their reports so that we've done a ton of vocabulary work," he said.

Down the hallway in the media center junior Alexander Fennell was engaged in science research through distance learning at one of the computer terminals. "It's differ-

ent because you have a teacher that's not in the class with you. It's not the same, but it's great," said Fennell, in his third year at Giessen. "I love it. I've been here through it all since ninth grade, so I've seen a lot. All the teachers here are nice. If you show respect, you get respect," he said.

"It's busy, very busy," said media specialist Sandra Lee Hannsz. "I have classes coming in solid all week. They don't believe in books, which has its drawbacks: 'If it's not on the Internet it's not real.' But we have a rule here that you start with books and then go to the Internet."

Several doors down chemistry and biology teacher Mayra Seitz shuttled among lab tables as she led about 15 students in the dissection of squids. The week before it had been earthworms, and next week come the frogs. "I came from a really large school and I liked that, but it's also good to be in a smaller school. You really get to know the students one to one. And it's fun to teach more than one thing in a day. It keeps you on your toes," said Seitz.

"Most teachers teach four or five subjects. They have to," said Davenport.

Like many other small schools in the De-

partment of Defense Education Activity system, Giessen has benefited from funds made available through the Program Objective Memorandum, an initiative to make the wider range of programs found in large schools available to smaller schools. Giessen is fielding its algebra support and Read 180 program, designed for students who need remedial reading and writing support, through POM, said Davenport.

Being a small school has both advantages and disadvantages, he said. "Also our communities are quite spread out with kids coming from Friedberg and Butzbach as well as Giessen, so most of our kids bus. That makes it hard to do a lot of after-school programs."

On the positive side of the scale, being a small unit forces children to get along together on a daily basis. "Social skills

become paramount because you can't hide," said Davenport, who favors mutual respect rather than punitive reactions.

Dealing with perceived isolation impacts students and the community at large, he said. "That's part of life overseas. Probably the biggest adjustment for parents and kids coming from overseas is that it is overseas. Giessen is a nice little city. It's a university town. It's probably the most English-speaking community I've ever been in here," said Davenport.

"The kids here are very polite. A lot of them are worried about what's going on in the world, but they come in here and they work," said Wibbop.

Focus on Giessen Middle-High School



As spring approached and war in the Gulf seemed inevitable, academics remained the faculty's main focus. "I

don't think it's a matter of intellect. It's a question of habit," said Davenport.

Rumors that the community might close or relocate farther east have circulated for years and received a fresh impetus from recent political events, Davenport conceded.

"It affects the staff a little bit. We don't know what's going to happen so we just keep going. If you're so 'Oh, woe is me, you can't do this and you can't do that,' in the end you wind up doing nothing," he said.

School bits

Problem solving at Smith

Smith Elementary School opens its doors to parents to join Problem Solving Day March 21. Students will work on the Understand, Plan, Do and Review system. Parents should prepare sack lunches for their children and join them for the family session from 12:30-1 p.m. School will be dismissed at 1 p.m.

Singing at Hainerberg

Hainerberg Elementary School hosts a community

concert April 2 at 6:30 p.m. Call mil 337-5160 or civ (0611) 705-5160 for details. The cafeteria is hiring part-time help to work mornings Monday through Friday. Contact Randy Hase in the cafeteria for details.

JROTC Ball in Giessen

The 16th annual Junior Reserve Officer Training Corps Battalion Military Ball will be held March 22 at Giessen's Alpine Club at 6:30 p.m.

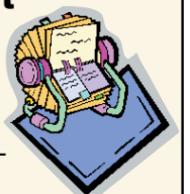
Black History Brain Bowl

The annual Black History Brain Bowl for students from Neubrücke, Smith and Wetzel elementary schools was held Feb. 26 at Neubrücke. All three five-student teams

answered every question correctly. Participants won \$50 savings bonds. Seventh-graders at Baumholder Middle-High School turned their language arts classroom into a Black History Museum. It is open for viewing through the end of March. (Courtesy of Mary Prost and Terri Toone)

Keep contact current

Parents are urged to keep child care plan and contact information current with their children's schools. Accurate, up-to-date information is always important, especially in light of current deployments.



Sports and leisure

Take a hike

Spring is just around the corner and the number of volksmarch possibilities to be found around the 104th Area Support Group is growing constantly. Full listings can be found on the Internet at www.104thasg.hanau.army.mil.



Weekend of March 22-23

Kirn-Sulzbach — This scenic walk is just down the road from Idar-Oberstein. A Saturday-only marathon is offered. From Idar-Oberstein use B-41 toward Bad Kreuznach to reach Kirn-Sulzbach. From points east take Autobahn A-60 to Bad Kreuznach and continue west on B-41.

Start: Gasthaus Collet **Saturday:** 7 a.m. to 4 p.m. (6 and 10 km), 7 a.m. to 2 p.m. (20 km) and 6:30-9 a.m. (42 km) **Sunday:** 7 a.m. to 1 p.m. (6, 10 and 20 km) **Trail:** Hilly, fields and woods **Award:** Beer mug or marathon patch and certificate.

Mömbris-Strötzbach — This one-day event is midway between Hanau and Aschaffenburg. From Hanau use Autobahn 45 south and exit at Alzenau. Continue on an unnumbered road through Alzenau and Michelbach to Mömbris. From points west use Autobahn 3 to Seligenstädter Dreieck (exit 56), A-45 north to the Alzenau exit and the unnumbered road through Alzenau.

Start: Ivo-Zeiger-Haus **Sunday:** 7 a.m. to 1 p.m. (6 and 11 km) **Trail:** Hilly, wooded trails **Award:** Figurine.

Wednesday, March 26

St. Julian-Gumbweiler — Reading this in Baumholder? Enjoy a relaxing midweek volksmarch with this event's late starting times, variety of trails and just-down-the-road location. Follow an unnumbered road along the border of the training area to reach B-420, then briefly head east to Gumbweiler.

Start: Dorfgemeinschaftshaus **Wednesday:** 7 a.m. to 6 p.m. (5 and 10 km) and 7 a.m. to 4 p.m. (20 km) **Trail:** Hilly, woods **Award:** Small pewter wine cup.

Weekend of March 29-30

Hahnstätten — A variety of trails are offered at this event directly south of Limburg. Use Autobahn 3 toward Limburg, exit at Bad Camberg and follow an unnumbered road through Beuerbach, Ohren, Kirberg and Kaltenholzhausen to Hahnstätten.

Start: Bürgerhaus **Saturday:** 6:30 a.m. to 3 p.m. (6 and 10 km), 6:30 a.m. to 1 p.m. (20 km) and 6:30-9 a.m. (42 km) **Sunday:** 6:30 a.m. to 1 p.m. (6, 10 and 20 km) and 6:30-9 a.m. (42 km) **Trail:** Fairly hilly, woods **Award:** Model truck (shorter trails) or patch and certificate (marathon) **Note:** A 36-km cycling trail is available, but no start times are listed.

Hüttenthal — This volksmarch brings wanderers to the beautiful Odenwald southeast of Darmstadt. Either use Autobahn 5, exit at Heppenheim and follow B-460 toward Erbach and the start at Hüttenthal; or connect with and follow B-45 south toward Erbach to pick up B-460 to the start.

Start: Sporthalle **Saturday:** 7 a.m. to 4 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Very hilly, mostly woods **Award:** Duck family figurine.

Rheinböllen — The Hunsrück region is one of Germany's prettiest. Wanderers will find the *Tor zum Hunsrück*, or gateway to the region, at Rheinböllen. Use Autobahns 60 and 61 past Bingen and toward Koblenz. Exit at Rheinböllen to follow an unnumbered road a short distance into town.

Start: Kulturhaus **Saturday and Sunday:** 7 a.m. to 2 p.m. (5, 10 and 20 km) **Trail:** Hilly trails, woods and some fields **Award:** Stuffed toy Easter rabbit.

Weekend of April 5-6

Gau-Odernheim — This walk brings volksmarchers south of Mainz and affords an opportunity to explore the Petersberg castle ruins and the town of Bechtolsheim — both are just north of Gau-Odernheim. Linger in the start hall after 11 a.m. Sunday and enjoy the sounds of the Gau-Odernheimer Blasorchester. Use Autobahns 60 and 63 to Mainz and Alzey. Take the Biebelnheim exit to pick up an unnumbered road to the start.

Start: Petersberghalle **Saturday and Sunday:** 7 a.m. to 2 p.m. (5, 10 and 20 km) **Trails:** Somewhat hilly, fields **Award:** From previous events.

Langenzenn — This is a walk celebrating German-American friendships, offered in an area where members of Wanderfreunde Alte Veste Zirndorf once walked alongside Americans from Nürnberg, Fürth and Herzogenaurach. Consider touring Nürnberg or Würzburg to complete the day. Drivers should use Autobahn 3 toward Würzburg and Nürnberg, change over to Autobahn 73 at Kreuz Fürth/Erlangen and exit at Fürth-Poppenreuth (exit 18). Take B-8 west toward Fürth and continue to Langenzenn.

Start: Stadthalle **Saturday:** 8 a.m. to 3 p.m. (5 and 10 km) and 8 a.m. to 2 p.m. (20 km) **Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Fairly hilly, fields and woods **Award:** Model truck.

Waldems-Bermbach — This walk, north of Wiesbaden in the Naturpark Hochtaunus, is easy to reach from the central portion of the 104th ASG. Take Autobahn 3, exit at Idstein and follow B-275 toward Waldems. Pick up an unnumbered road to Bermbach and follow IVV directional signs.

Start: Sängerkirche **Saturday:** 10 a.m. to 3 p.m. (5 and 10 km) and 10 a.m. to 2 p.m. (20 km) **Sunday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Fairly hilly, woods **Award:** From previous events.

Wednesday, April 9

Hohenöllen/Pfalz — Too distant for most readers, this midweek event is closest to Baumholder. Late start times should accommodate most wanderers. Head east toward Lauterecken using the unnumbered road bordering the training area to reach B-420 at Rathsweller. Take B-420 to Lauterecken and B-270 south to Heinzenhausen to pick up an unnumbered road a short distance to Hohenöllen. From Idar-Oberstein use B-41 to connect with B-270, then head south to Heinzenhausen and the road to Hohenöllen.

Start: Radsporthalle **Trail:** Hilly, woods and fields; asphalt cycling trail **Wednesday:** 7 a.m. to 6 p.m. (5 and 10 km, plus 30 km cycling) and 7 a.m. to 4 p.m. (20 km) **Award:** From previous events.

Weekend of April 12-13

Hattenhof — Volksmarchers will find picturesque walking and cycling trails both days. From Fulda use B-27 south to Rothemann and an unnumbered road to Hattenhof. From Hanau and points west take the Fulda-Stüd exit of Autobahn 7 to head toward Rothemann and Hattenhof.

Start: Bürgerhaus **Saturday:** 11 a.m. to 6 p.m. (5 and 10 km) and 11 a.m. 4 p.m. (20 km and cycling) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km and 25 km cycling) **Trails:** Fairly hilly, woods and fields **Award:** Model truck.

Sailauf — I'll always remember this walk at Sailauf for its coffee-table book beauty. It's well worth the effort to participate.

From the Darmstadt area use B-26 past Aschaffenburg and Hösbach. Turn north on an unnumbered road at Frohnhofen and follow IVV signs to Sailauf. From elsewhere head east on Autobahn 3 and take the Hösbach exit to reach Sailauf.

Start: Turnhalle **Sunday:** 7 a.m. to 1 p.m. (6 and 11 km) and 7 a.m. to noon (20 km) **Trails:** Hilly, fields and forests **Award:** Model truck.

Wiesbaden-Kohlheck — The Polizeisportverein Grün-Wiess Wiesbaden hosts this walking and swimming event on the Polizei Kaserne. The club makes an effort to make the visit interesting for children and is always happy to see Americans. Swimmers will enjoy a great pool. Use Autobahns 3 and 66 to reach Wiesbaden's Schiersteiner Kreuz. Take A-643/Schiersteiner Strasse to the 2. Ring, turn left on Dotzheimer Strasse and cross the railroad tracks. Turn right on Schönberg Strasse and follow on to the suburb of Kohlheck and the police school.

Start: Hessische Polizeischule **Saturday and Sunday:** 7 a.m. to 3 p.m. (5 and 10 km), 7 a.m. to 1 p.m. (20 km) and 10 a.m. to 3 p.m. (swim) **Trail:** Somewhat hilly, neighborhoods and woods **Award:** Small trophy (walk) or certificate (swim).

Questions? Send email to volksmarch@hotmail.com.

Sports shorts

Racquetball champs

Congratulations to the following local winners at Hanau's Open Racquetball Invitational March 8: **Women's Open** — Wiesbaden's Beatrice Jefferson first, Frankfurt's Petra Kinderman second, Giessen's Janita Kennedy third; **Men's Bs** — Baumholder's Paul George first, Hanau's Patrick Harris third; **Men's Cs** — Wiesbaden's Beatrice Jefferson first, Hanau's Scott Ellis second; Maintal's Derek Penn third; **Masters (40+)** — Giessen's Ken Joy third.

Powerlifting meet

Baumholder Sports hosts a Powerlifting Invitational April 5 at the Hall of Champions. Weigh-ins and registration are 8-10 a.m. Competition starts at 11 a.m. Call mil 485-7176 for details.



Youth clinics, registration

Giessen Youth Services hosts baseball and soccer clinics April 7-11. Register through March 31. Cost is \$5. Baseball registration season is open through March 31. The cost is \$30 for the first child and \$27 for each additional child. All children must be registered to participate. For more information call the YS Sports Office at mil 343-6969 or civ (0641) 402-6969.

Volleyball, basketball tournaments

Giessen's Miller Hall Fitness Center hosts a pre-season unit-level volleyball tournament March 18-21 and an open dunk basketball tournament March 29. Free fitness classes are held on Tuesday including cardio kickboxing at 5:45 p.m., abdominal training at 6:45 p.m. and spin classes at 7 p.m. A Wednesday power step aerobics class is at 6 p.m. Thursdays feature abdominal training at 5:45 p.m. and spin classes at 6 p.m. For details call mil 343-6384/7201.

Coaches sought

Baumholder Youth Services seeks coaches for all ages and sports. Free training, certification and registration discounts for children will be provided. Call mil 485-7003 for details. Hanau Sports is looking for volunteer coaches to coach the community level men and women softball teams and the track and field team. Call mil 322-9617 or civ (06181) 88-9617.

Things to do

Markets galore

The town of Bad Orb features a **farmers and handicrafts market** March 20 at 6 p.m. at the Gartensaal of the Konzerthalle and an **Easter Market** featuring Hessen's tallest Easter Tree on the Marktplatz April 5-7. Michelstadt in the Odenwald features **Easter Markets** March 29-30 and April 12-13. Idstein in the Taunus Mountains north of Frankfurt holds a **Spring Market** March 27-31 and a medieval **Witches Market** April 12-13. Ronneburg Castle holds

its annual **Easter Markets** April 5-6 and 12-13. Frankfurt holds a weekly **flea market** on the Sachsenhausen bank of the Main River every Saturday morning.

Upcoming concerts

The Jahrhunderthalle in Frankfurt-Höchst presents **Coldplay** March 31. **Matchbox Twenty** performs at the Offenbach Stadthalle March 27. The **Glenn Miller Orchestra** performs at the Konzerthalle in Bad Orb March 22 at 8 p.m. Pick up tickets at major ticket offices. Acoustic roots rockers **Cindy Bullens** and **Duane Jarvis** take the stage at Frankfurt's Internationales Theater March 31 at 8 p.m. Tickets, €12 or €7 for students, can be reserved at civ (069) 493 0503. The theater

is at Hanauer Landstrasse 5-7.

AFN exhibition

Frankfurt's Historisches Museum on the Römer features a special exhibition marking the 60th anniversary of the American Forces Network starting March 27 through June 1. The museum is open Tuesday, Thursday and Sunday from 10 a.m. to 5 p.m.; Wednesday from 4-8 p.m.; Friday from 10 a.m. to 2 p.m. and Saturday from 1-5 p.m.



Cindy Bullens plays Frankfurt. See left for details.

Sports and leisure



Hanau's Pablo Cabalero is the first to cross the finish line at Dexheim's 10-K Fun Run. Photo right: runners take off at the start of the race outside Anderson Barracks March 8.



Dexheim 10-K puts legs to the test

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

On paper a 10-kilometer fun run through the vineyards around Dexheim's Anderson Barracks might sound like an easy morning jaunt through picturesque countryside. But for the 12 runners who turned out for the race March 8 it was more like a skirmish with the forces of nature.

"I was like, 'when is this going to end?'" said Hanau runner Siupapa Mapu, 55th Personnel Services Battalion, after wading through a couple of kilometers of muddy fields at the beginning of the 10-K stretch.

"I haven't been in training for a while and was not really ready for this," said first-place finisher Pablo Cabalero, 130th Engineer Brigade. "The run should have been announced as a cross-country race. In the first two kilometers I wasn't sure what was coming."

Despite the challenge of the mud, Cabalero crossed the finish line in 41 minutes and nine seconds. Besides first overall, Cabalero also claimed the top spot in the Men's Seniors (age 30-39) category.

"I wish there was a little more pavement," said Dexheim's

Raphael Stottlemyer, first in the Men's Open (age 29 and under) category and second overall with a time of 41:56. "The guys said it would be soft, but for the first two Ks it was all muddy. It was also pretty windy for the first 10 minutes."

Stottlemyer, who said he will most likely soon be deploying to Kuwait with fellow 1st Armored Division soldiers, would like to continue running while deployed. "If it's possible, I'll do it — anything to pass the time."

"I usually run fast at the beginning, but the mud slowed down my time," said the 104th Area Support Group's Jurgen Williams, as he showed off about an inch of packed dirt on the soles of his running shoes. Williams was the third runner to cross the finish line and took second in the Men's Seniors category in 45:19.

The 104th ASG's Jessica Winter was the fastest women to finish in a time of 49:48. She also took first in the Women's Seniors (age 26-32) category.

Other runners to claim top spots were: **Men's Open** — Shawn Lapore, second; **Men's Sub Masters (age 40-49)** — Randy Austin, first, Takemoto Shigems, second; **Men's**

Masters (age 50+) — Phil Greenbaum, first; **Women's Open (age 25 and under)** — Nicole Dieso, first; **Women's Seniors (age 26-32)** — Shenan Holmes, second; **Women's Submasters (age 33-39)** — Gail Gilderoy, first.

Despite the low turnout because of soldier deployments, Nathan Evans, Dexheim sports and fitness coordinator, said he was pleased. "We want to have more runs anyway for the people who are still here." Another 10-K Vineyard Fun Run is scheduled for April 26 in Dexheim. Call mil 334-5746 for details.

The 414th Base Support Battalion's Sports and Fitness Office hosts a series of 10-K runs starting with an event March 22 at Hanau's Pioneer Fitness Center followed by runs at Cardwell Fitness Center May 31, Fliengerhorst Fitness Center June 9 and Büdingen July 4. Registration is from 9-10:30 a.m. with the races starting at 11 a.m. Call mil 322-9045 for details.

The 284th BSB holds a five-kilometer run and three-K family fun walk April 26 at Giessen's Schiftenberg Castle. Registration begins at the castle at 9 a.m. with the run starting at 11 a.m. Call mil 343-8206.

Friedberg Fitness Center to offer karate classes

By David Ruderman
104th Area Support Group Public Affairs Office



Katherine Loukopoulos, a former world champion and experienced martial artist, will teach karate classes in Friedberg starting March 31.

Soldiers and family members will be able to study Okinawan martial arts from Katherine Loukopoulos, an expert in several styles of hand-to-hand combat, starting this month.

"We did a survey back in September, and there were quite a few people who wanted this kind of training," said Jon Lacy of the 284th Base Support Battalion Sports Office.

Loukopoulos, an Army Career and Alumni Program counselor in Hanau, holds sixth degree black belts in ryu kyu kodudo and matsubayashi shorin ryu karate, and fifth degree black belts in goju ryu karate and tai ho jitsu. She is a former National U.S. American Karate team star who represented the

United States in World Championship and World Cup competition. She also represented her native country, Greece, in 1997 World Cup competition, taking gold in the bo (wooden staff weaponry) category.

Loukopoulos will teach classes in goju ryu karate and ryu kyu kobudo (Okinawan weaponry) at the Friedberg Fitness Center on Monday and Wednesday evenings from 6:30-8 p.m. starting March 31. Everyone from complete novices to experienced practitioners is welcome to attend.

"Participants can wear long sweat pants; they do not need a karate uniform," said Loukopoulos. "When the training becomes serious and they are committed they can spend the extra money for a uniform."

Soldiers may find training with

Loukopoulos professionally rewarding — she has worked over the years with American Special Forces and the police and armed forces of several nations — but she encouraged people in all walks of life to investigate Okinawan martial arts for their own sake.

"If you think like a military person, a military person defends the country," she said. "In terms of a person, you defend yourself. A weapon will not necessarily make you stronger. If you don't have a technical expertise it could even be to your disadvantage. Like any artist, you want to know more. What's most important is how well you can execute a few things."

If there is enough interest in the goju ryu class in Friedberg, it may be expanded to Giessen and Bad Nauheim, said Lacy. For details call mil 343-7520 or 324-3552.