

## All the world's a stage ■ ■ ■

### ... and one Hanau youth is a major player

By David Ruderman  
104th Area Support Group Public Affairs Office

All the world's a stage, and one 12-year-old Hanau thespian knows how to walk the boards. Joshua Woolfolk, who will enter seventh grade at Hanau Middle School in September, is already a rising star in local school theater, and his trajectory will notch higher this summer when he attends a select Missoula Children's Theater workshop under the big sky of western Montana.

"He has a great deal of talent. It's really obvious when you see him perform and rehearse," said Bill Hauserman of Hanau's Five Pfennig Theater. Woolfolk's invitation to audition for the annual theater camp came after his performance in an MCT production at the school last year.

"Last year USAREUR organized the Missoula Children's Theater to come around throughout USAREUR and put on weeklong workshops," said Hauserman. "We were lucky enough to have them here and they put on a production of 'Jack and the Beanstalk.'" Woolfolk starred in the title role of Jack.

"MCT is a little different than traditional fairy tales," said Woolfolk. "There's a giant who's a vegetarian. He eats tofu and quiche and things like that. After the last performance we did, the director from Missoula

came to talk to me, and I thought, 'What? Did I do something wrong?' He talked with me and told me that they had nominated me for this summer."

With a little help from his family and literature teacher Chris Swanson, Woolfolk put together a convincing videotape audition and was invited to attend. "I had to do a two-minute monologue from memory. It was a book of monologues that Mr. Swanson has. It was called 'Mom's Breakfast in Bed' or something like that. It's really funny." He also sang a song from the Broadway show "Annie."

Woolfolk's life in the limelight began when he was 8 years old. Attending elementary school in Michigan he landed a supporting role in a production of "Godspell," "with my very good second-grade teacher," he said. "That was my very first play. I was an orphan."

"He just loved it," said Joshua's mother, DeLisa Woolfolk. "It being a musical really turned him on too. He has wanted to be in theater ever since. The Missoula workshop was just perfect. He loved it. He was up till 10:30 every night rehearsing his lines. I couldn't believe how he thrived on it."

The "Jack in the Beanstalk" experience was a whirlwind, said Woolfolk. "It only lasts for one week. You go to school, then go to the theater Monday after school and audition. Then Tuesday to Friday you rehearse and practice. There are two Saturday performances and then they're gone. You have to keep your makeup on after the first show." "I'm proud but jealous at the same time,"

said Joshua's brother Noah, who will be a fourth-grader at Argonner Elementary School in the fall. Jealous as he may be, he thoroughly enjoyed Joshua's portrayal of Jack. "I was right in the front row. It was great. He was the star of the show. He was right in the middle of it, all the funny parts, all the mix-ups."

Noah and his mother will be staying with friends on the Yellowstone River in Wyoming while Joshua attends the workshop several hundred miles to the north at Lake Seeley in Montana. "We're going to see Old Faithful," said Noah.

"I know there's going to be kayaking and white-water rafting. We'll be actors by day and campers by night," said Joshua.

All three Woolfolks will be thinking about Joshua's father, Maj. Darryl Woolfolk, a 7th Army Reserve Command officer, who was called up in January and is presently working with the Office of the Provisional Coalition Authority in Baghdad. "I email him a lot," said Joshua. "He calls sometimes in the middle of the night to talk to my mom. I feel blessed when we have a clear connection."

When classes resume in the fall Woolfolk will study Shakespeare with Chris Swanson and play the role of the Duke of Orsino in a production of "Twelfth Night." He's already psyched for the adventure, having taken



Joshua Woolfolk is a rising star in the 414th BSB theater scene.

Swanson's humanities class last year in sixth grade.

"It was an historical study, a precursor to drama," said Woolfolk. "It was a lot about historical literature, which is really important to drama." In the first semester they studied ancient Egyptian, Greek and Roman material; in the second, Elizabethan and Napoleonic history and sources.

Woolfolk will return to Hanau with another ambition as well: making the National Junior Honor Society. "I have exceeded the 3.5 grade point average all this year," said

Woolfolk, but he missed being selected for the honor because of a lunch detention experience that stymied his selection. "I really want to get it next year," he said.

"He's a passionate kid," said DeLisa Woolfolk. "He tends to see things in black and white and he can get riled. Theater really does help in that regard."

Is she something of a stage mother? "Oh no," said Joshua. "I really like drama. She supports me. She thinks it's really great there's something I really like to do." He claimed that he is not obsessed with theater and still has free time to pursue other hobbies.

"You know, it's something I enjoy doing. I'm not a Britney Spears, hip-hop kind of guy. I don't have to sell a million copies of something. I'm going to have fun with it."

## Celebrate World Breastfeeding Week Aug. 1-7

Every August the World Alliance for Breastfeeding Action, a non-profit organization, celebrates World Breastfeeding Week around the globe. Throughout the week people will celebrate a woman's capacity to sustain humanity and cherish the life-giving benefits of breast milk. This is a time to recognize breastfeeding as the most ecological food system for infants. The community is offering numerous ways for individuals to gain a better understanding of the benefits of breastfeeding and how new moms can become educated on successful breastfeeding.

For over a year now 414th Base Support Battalion agencies have joined together to help promote breastfeeding and to help mothers maintain or extend the length of time they breastfeed their babies. In conjunction with Army Community Service's New Parent Support Program, the Women, Infants and Children program, the American Red Cross, the Hanau Health Clinic, and the 414th BSB Health Promotion Office, the Breastfeeding Support Team has fostered an environment in which women can get assistance and education during the first few weeks of breastfeeding, a time which can be difficult without a good support network.

The Breastfeeding Support Team has helped over 150 women in the past year. They travel to the hospital, make home visits and answer numerous telephone calls to assist and reassure new moms. Founded by Jennifer Vedder and Meagan Ottum, the Breastfeeding Support Team is a volunteer organization of moms who have seen first hand the benefits of breastfeeding their babies. "We're really just moms helping other moms,"

says Vedder. "It's hard to be a new mom. There's been a real lack of support for new moms here. Your husband may be gone. Who do ya call? We're giving them someone to talk to." The team now has four people who are available through the WIC program to help mothers who want to breastfeed. The Breastfeeding Support Team visits the Wolfgang Outreach Center every first and third Wednesday of the month from 1-2 p.m. to answer questions from anyone who stops by.

Through the Healthy Pregnancy / Healthy Baby Class offered by the American Red Cross, the support team has added a more intense education program that includes not only breastfeeding, but proper nutrition while pregnant and breastfeeding. The goal is to educate new moms before they give birth so they can make educated and informed decisions on the care of their child.

The New Parent Support Program has incorporated the support team when they make home visits to new mothers. When one of the counselors meets with someone who is having a tough time with breastfeeding, they put that mom in contact with a member of the support team. The New Parent Support Program provides these moms with a reliable source of information as well as links to other agencies in the community to help them not only breastfeed successfully, but to help themselves be better mothers.

World Breastfeeding Week is Aug. 1-7 this year, and local

events include a three-kilometer Fun Walk at the Pioneer Fitness Center Aug. 2. Registration starts at 9:30 a.m., and the walk begins at 10 a.m.

There will be an information booth at the PX on Wolfgang Kaserne Aug. 4 and 5 from 11:30 a.m. to 1 p.m. Various agencies will offer information at the booth, and representatives from WIC, New Parent Support, the Hanau Health Clinic

and the Breastfeeding Support Team will be there to offer assistance and answer questions.

Throughout August the BookMark on Wolfgang Kaserne will display recommended reading material for moms to be who may be thinking about breastfeeding.

Breast milk is the most complete food for the first year of human life. There are irreplaceable ingredients in breast milk which provide an infant with everything they need to survive. If you're a new mother or if you are expecting a child, take the time to learn a bit more about the benefits that breastfeeding can have on your child. You only have one shot at the first year of your infant's life. You can never go back and do it again. Why not give your baby the most nourishing and healthy substance you can during that first year?

To contact the Breastfeeding Support Team call Megan Ottum at civ(06181) 579-9078, Amy Mata at (06181) 307-8285 or contact WIC or NPSP. Anyone who registers with WIC may complete a form and the Breastfeeding Support Team will contact her directly. (Courtesy of Jennifer Vedder)

**"Breast milk is the most complete food for the first year of human life. There are irreplaceable ingredients in breast milk which provide infants with everything they need to survive."**





# Bulletin board

## At the movies July 22 to Aug. 7

### Baumholder, Wagon Wheel

- July 24 — The Lizzie McGuire Movie (PG) 7 p.m.
- July 25-26 — The Hulk (PG-13) 7 p.m.
- July 27 — Sinbad: Legend Of The Seven Seas (PG) 4 p.m. Identity (R) 7 p.m.
- July 31 — X2: X-Men United (PG-13) 7 p.m.
- Aug. 1-2 — Charlie's Angels: Full Throttle (PG-13) 7 p.m.
- Aug. 3 — Daddy Day Care (PG) 4 p.m. The Matrix Reloaded (R) 7 p.m.
- Aug. 7 — Legally Blonde 2: Red, White And Blonde (PG-13) 7 p.m.

### Büdingen, Little

- July 25 — Bulletproof Monk (PG-13) 7 p.m.
- July 26 — Holes (PG) 3 p.m.
- Aug. 1 — It Runs In The Family (PG-13) 7 p.m.
- Aug. 2 — The Lizzie McGuire Movie (PG) 3 p.m.

### Dexheim, Rhein

- July 25 — Identity (R) 7 p.m.
- July 26 — Charlie's Angels: Full Throttle (PG-13) 7 p.m.
- July 27 — X2: X-Men United (PG-13) 3 p.m.
- Aug. 1 — Legally Blonde 2: Red, White And Blonde (PG-13) 7 p.m.
- Aug. 2 — Terminator 3: Rise Of The Machines (R) 7 p.m.
- Aug. 3 — Daddy Day Care (PG) 3 p.m.

### Friedberg, Old Ironsides

- July 24 — It Runs In The Family (PG-13) 7 p.m.
- July 25 — Dumb And Dumberer (PG-13) 7 p.m.
- July 26 — Rugrats Go Wild (PG) 7 p.m.
- July 27 — Dumb And Dumberer (PG-13) 7 p.m.
- July 31 — X2: X-Men United (PG-13) 7 p.m.
- Aug. 1 — The Hulk (PG-13) 7 p.m.
- Aug. 2 — Sinbad: Legend Of The Seven Seas (PG) 7 p.m.
- Aug. 3 — The Hulk (PG-13) 7 p.m.
- Aug. 7 — Identity (R) 7 p.m.

### Giessen, Skyline

- July 22-23 — 2 Fast 2 Furious (PG-13) 7 p.m.
- July 25 — Identity (R) 7 p.m.
- July 26 — X2: X-Men United (PG-13) 7 p.m.
- July 27 — Final Destination 2 (R) 7 p.m.
- July 29-30 — Dumb And Dumberer (PG-13) 7 p.m.
- Aug. 1 — The Matrix Reloaded (R) 7 p.m.
- Aug. 2 — Bulletproof Monk (PG-13) 7 p.m.



Captain Jack Sparrow (Johnny Depp, left) and William Turner (Orlando Bloom) draw swords upon their first meeting in "Pirates Of The Caribbean." They later team up to rescue the governor's daughter and Sparrow's ship.



The Hulk battles adversaries and inner turmoil in the movie of the same name.

- Aug. 3 — Identity (R) 7 p.m.
- Aug. 5 — The Hulk (PG-13) 7 p.m.
- Aug. 6 — Sinbad: Legend Of The Seven Seas (PG) 7 p.m.

### Hanau, Evening Star

- July 22 — The Lizzie McGuire Movie (PG) 7 p.m.
- July 23 — It Runs In The Family (PG-13) 7 p.m.
- July 24 — The Lizzie McGuire Movie (PG) 7 p.m.
- July 25-26 — Pirates Of The Caribbean (PG-13) 7 p.m. X2: X-Men United (PG-13) 9:30 p.m.
- July 27 — Pirates Of The Caribbean (PG-13) 4 p.m. Identity (R) 7 p.m.
- July 28 — X2: X-Men United (PG-13) 7 p.m.
- July 29 — Identity (R) 7 p.m.
- July 30 — X2: X-Men United (PG-13) 7 p.m.
- July 31 — Identity (R) 7 p.m.
- Aug. 1 — The Matrix Reloaded (R) 7 p.m. Bad Boys II (R) 9:30 p.m.
- Aug. 2 — Daddy Day Care (PG) 7 p.m. Bad Boys II (R) 9:30 p.m.
- Aug. 3 — Bad Boys II (R) 7 p.m.
- Aug. 4 — The Matrix Reloaded (R) 7 p.m.
- Aug. 5 — Daddy Day Care (PG) 7 p.m.
- Aug. 6 — The Matrix Reloaded (R) 7 p.m.
- Aug. 7 — Daddy Day Care (PG) 7 p.m.

### Rhein Main, Gardens

- July 23-24 — Terminator 3: Rise Of The Machines (R) 7 p.m.
- July 25 — The Hulk (PG-13) 7 p.m.
- July 26 — Sinbad: Legend Of The Seven Seas (PG) 5 p.m. X2: X-Men United (PG-13) 7:30 p.m.
- July 27 — Identity (R) 7 p.m.
- July 30 — Pirates Of The Caribbean (PG-13) 7 p.m.
- Aug. 1 — The Matrix Reloaded (R) 7 p.m.
- Aug. 2 — Daddy Day Care (PG) 5 p.m. Charlie's Angels: Full Throttle (PG-13) 7:30 p.m.
- Aug. 3 — A Man Apart (R) 7 p.m.
- Aug. 6 — Bad Boys II (R) 7 p.m.

### Wackernheim, McCully

- July 23 — Charlie's Angels: Full Throttle (PG-13) 7 p.m.
- July 30 — Terminator 3: Rise Of The Machines (R) 7 p.m.

- Aug. 6 — Pirates Of The Caribbean (PG-13) 7 p.m.

### Wiesbaden, Flyers

- July 24 — X2: X-Men United (PG-13) 7 p.m.
- July 25 — Terminator 3: Rise Of The Machines (R) 7 p.m.
- July 26 — Legally Blonde 2: Red, White And Blonde (PG-13) 7 p.m.
- July 31 — Pirates Of The Caribbean (PG-13) 7 p.m.
- Aug. 1 — The Matrix Reloaded (R) 7 p.m.
- Aug. 2 — Daddy Day Care (PG) 7 p.m.
- Aug. 7 — Bad Boys II (R) 7 p.m.

### Wiesbaden, Taunus

- July 22 — Anger Management (PG-13) 7 p.m.
- July 23 — Bulletproof Monk (PG-13) 7 p.m.
- July 24 — The Lizzie McGuire Movie (PG) 7 p.m.
- July 25 — Legally Blonde 2: Red, White And Blonde (PG-13) 7 p.m. Terminator 3: Rise Of The Machines (R) 9:30 p.m.
- July 26 — X2: X-Men United (PG-13) 4 p.m. Terminator 3: Rise Of The Machines (R) 7 p.m. Legally Blonde 2: Red, White And Blonde (PG-13) 9:30 p.m.
- July 27 — X2: X-Men United (PG-13) 4 p.m. Terminator 3: Rise Of The Machines (R) 7 p.m.
- July 28 — Legally Blonde 2: Red, White And Blonde (PG-13) 7 p.m.
- July 29 — Terminator 3: Rise Of The Machines (R) 7 p.m.
- July 30 — Identity (R) 7 p.m.
- July 31 — X2: X-Men United (PG-13) 7 p.m.
- Aug. 1 — Pirates Of The Caribbean (PG-13) 7 p.m. The Matrix Reloaded (R) 9:30 p.m.
- Aug. 2 — Daddy Day Care (PG) 4 p.m. Pirates Of The Caribbean (PG-13) 7 p.m. The Matrix Reloaded (R) 9:30 p.m.
- Aug. 3 — Daddy Day Care (PG) 4 p.m. Pirates Of The Caribbean (PG-13) 7 p.m.
- Aug. 4 — Pirates Of The Caribbean (PG-13) 7 p.m.
- Aug. 5 — Daddy Day Care (PG) 7 p.m.
- Aug. 6 — Poolhall Junkies (R) 7 p.m.
- Aug. 7 — The Matrix Reloaded (R) 7 p.m.

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

## Movie plots

**Sinbad: Legend Of The Seven Seas (PG)** — Sinbad (voiced by Brad Pitt) has spent his life asking for trouble. Framed for stealing one of the world's priceless treasures — the Book of Peace — Sinbad has one chance to find and return the precious book or his best friend Proteus (Joseph Fiennes) will die in this animated feature film.

**Identity (R)** — Ten strangers with secrets are brought together in a savage rainstorm: A limo driver (John Cusack), an '80s TV star (Rebecca DeMornay), a cop (Ray Liotta) who is transporting a killer (Jake Busey), a call girl (Amanda Peet), a pair of newlyweds (Clea DuVall and William Lee Scott) and a family in crisis (John C. McGinley, Leila Kenzle, Bret Loehr), all take shelter at a desolate motel run by a nervous night manager (John Hawkes). Relief in finding shelter is quickly replaced with fear as the travelers begin to die, one by one.

**The Hulk (PG-13)** — Scientist Bruce Banner (Eric Bana) has anger management issues. When an accident floods his body with deadly gamma radiation he finds himself slowly mutating into another being — one with great strength and little control in this movie version of the Marvel comic book.

**Charlie's Angels: Full Throttle (PG-13)** — Cameron Diaz, Drew Barrymore and Lucy Liu are back again as Charlie's Angels — this time to retrieve two missing silver bands containing encrypted information. Aided by their trusty colleague Jimmy Bosley (Bernie Mac), the Angels' adventure starts in Mongolia and ends only after Dylan (Barrymore) faces a dark secret.

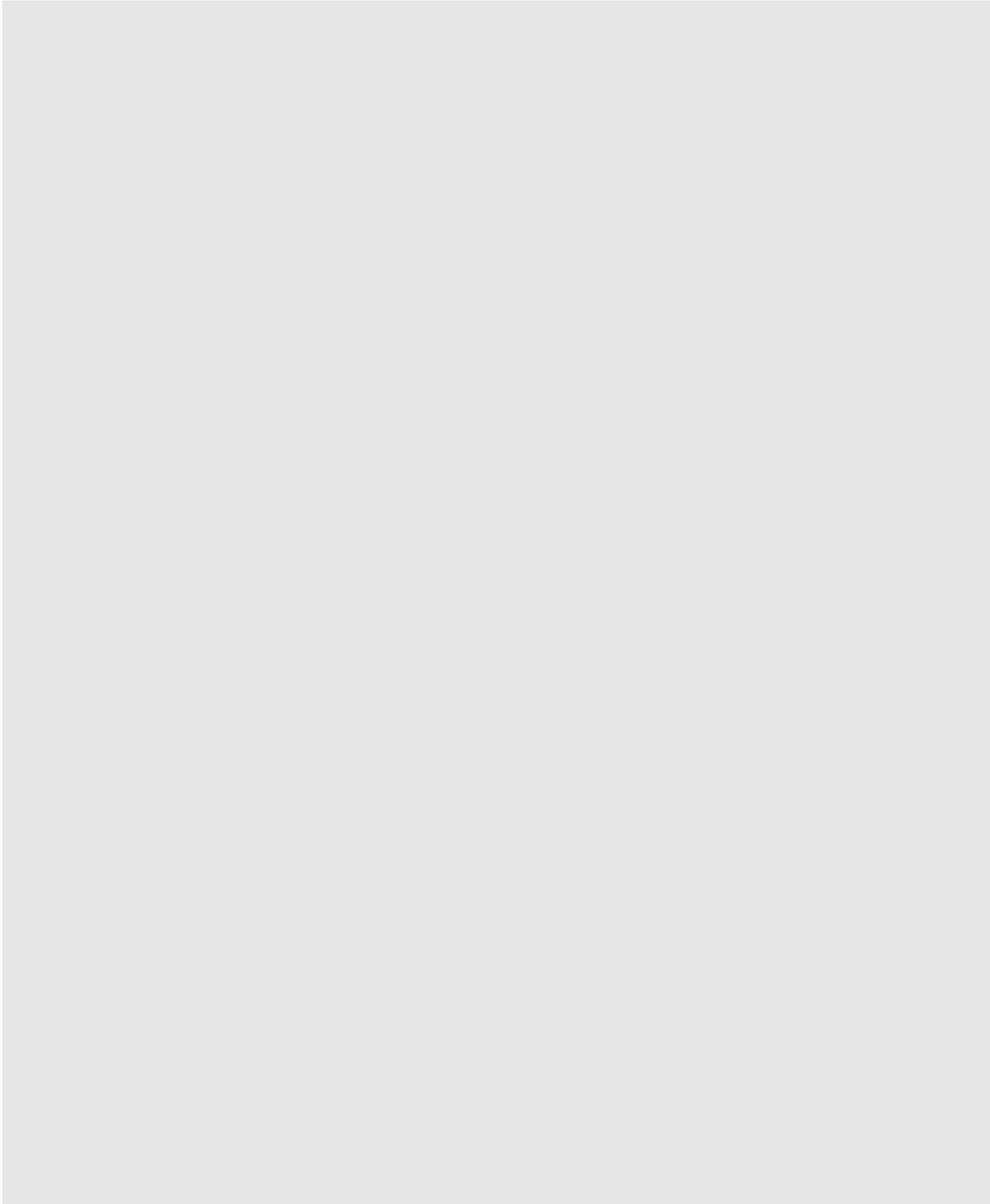
**The Matrix Reloaded (R)** — In the second chapter of the Matrix trilogy, Neo (Keanu Reeves) assumes greater command of his extraordinary powers as Zion falls under siege to the Machine Army. Only a matter of hours separates the last human enclave on Earth from 250,000 Sentinels programmed to destroy mankind.

**Pirates Of The Caribbean (PG-13)** — For Captain Jack Sparrow (Johnny Depp) the crystalline waters of the Caribbean are a vast playground where adventure and mystery abound. But Jack's idyllic life capsizes after his nemesis, the wily Captain Barbosa (Geoffrey Rush), steals his ship and later attacks the town of Port Royal, kidnapping the governor's beautiful daughter, Elizabeth Swann (Keira Knightley). Elizabeth's childhood friend, Will Turner (Orlando Bloom), joins forces with Jack to rescue her.

**Daddy Day Care (PG)** — Charlie (Eddie Murphy) and Phil (Jeff Garlin) are so consumed by their high profile advertising jobs they miss out on the joys of fatherhood. After failing to excite the public about vegetable cereal, Charlie and Phil are fired from their ad jobs. That means no more expensive day care for their sons. While floundering aimlessly in search of employment Charlie has an idea. If he and Phil can handle taking care of two kids, how much harder can it be to supervise 10? The result is a new center — "Daddy Day Care."

# *Herald Union classifieds*

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# Sports and leisure

## Take a hike

By Donald Seltzer  
Special to the Herald Union

A complete list of volksmarch events in the 104th Area Support Group and some from farther afield is available on the web at [www.104thasg.hanau.army.mil](http://www.104thasg.hanau.army.mil).

I'm off to the United States for a good chunk of the summer and ask readers for their help in gathering information for this column. Take the time to collect brochures of upcoming walks and send them via MPS mail to: 104th ASG, Herald Union Volksmarch Column, Unit 20193 Box 0001, APO AE 09165-0001.

If you plan a trip to the States be sure to bring your IVV record books and call the American Volkssport Association at 1-800-830-WALK (830-9255) for a recorded message listing events throughout the country. Happy trails.

### Weekend of July 26-27

**Bamberg** — Three events hosted by German-American clubs this weekend will give readers pause as they plan their activities. Consider arranging an overnight stay: despite the distance from the 104th Area Support Group it's in support of a German-American club. Drivers will take Autobahns 3, 7, 70 and 73 past Würzburg and Schweinfurt to the Bamberg-Ost/Litzendorf exit.

**Start:** Lebenshilfe on Armeestrasse **Saturday:** 6 a.m. to 1 p.m. (5 and 10 km) and 6 a.m. to noon (20 km) **Sunday:** 6 a.m. to noon (5, 10 and 20 km) **Trail:** Unknown **Award:** Model truck.

**Frankfurt-Goldstein** — This event is sponsored by the German-American VSV Frankfurt 1977 volksmarch club and easily reached with auto or public transportation. Drivers should take the Frankfurt-Niederrad (Bürostadt) exit of Autobahn 5. Note that this exit is available northbound only. Southbound drivers should reverse their direction at Frankfurter Kreuz. IVV direction signs will lead to the start.

**Start:** Carl-von-Weinberg-Schule **Saturday and Sunday:** 6 a.m. to 2 p.m. (6, 11 and 20 km), 6-9 a.m. (42 km) and 6-7 a.m. (50 km) **Trail:** Mostly flat, stroller-friendly, woods **Award:** Patch (shorter trails) or patch and certificate (marathon trails).

**Greifenstein-Allendorf** — This town is west of Giessen and south of Herbhorn, which makes it a bit distant for all but the most dedicated wanderers. From Giessen follow B-49 west to Biskirchen and an unnumbered road north to the start at Allendorf. Drivers on Autobahn 45 may take the Herbhorn-Süd or Ehringshausen exits to follow IVV direction signs to the start.

**Start:** Ulmtalhalle **Saturday:** 6:30 a.m. to 3 p.m. (6 and 10 km) and 6:30 a.m. to 1 p.m. (20 km) **Sunday:** 6:30 a.m. to 1 p.m. (6 and 10 km) and 6:30 a.m. to noon (20 km) **Trail:** Fairly hilly, woods **Award:** From previous events.

**Stromberg** — This event is in the Soonwald area west of Bingen adjacent to the scenic Hunsrück region. Take Autobahn 61 toward Koblenz and exit at Stromberg.

**Start:** Deutscher Michel Halle **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:** Hilly, woods **Award:** Ice cream dish.

**Stuttgart-Burgholzof** — Sponsored by the Stuttgart German-American Wandering Club this event attracts wanderers from all over Germany and benefits the community's Youth Services programs with its proceeds. One of this club's members maintains an informative volksmarch website at [www.ava.org/clubs/germany](http://www.ava.org/clubs/germany) — be sure to check it out. Drivers should make their way south of Heidelberg to connect with Autobahn 8 toward Stuttgart and follow U.S. facilities signs for Robinson Barracks. IVV direction signs will lead to parking areas.

**Start:** Robinson Barracks **Saturday:** 10 a.m. to 2 p.m. (6 and 10 km) and 10 a.m. to 1 p.m. (20 km) **Sunday:** 6:30 a.m. to 1 p.m. (6 and 10 km) and 6:30 a.m. to noon (20 km) **Trail:** Hilly, woods **Award:** Pewter schnapps cup.



### Weekend of Aug. 2-3

**Ebernahn/Westerwald** — This event is northeast of Limburg and offers 42- and 50-kilometer trails in addition to shorter routes. Drivers should take Autobahn 3's Montabaur or Ransbach-Baumbach exits. IVV signs will direct drivers on unnumbered roads a few miles to the start.

**Start:** Rosenheckhalle **Saturday:** 6:30 a.m. to 4 p.m. (6 and 10 km), 6:30 a.m. to 2 p.m. (20 km), 6-9 a.m. (42 km) and 6-7:30 a.m. (50 km) **Sunday:** 6:30 a.m. to 2 p.m. (6, 10 and 20 km), 6-9 a.m. (42 km) and 6-7:30 a.m. (50 km) **Trail:** Hilly, mostly woods **Award:** Model truck (short trails) or patch and certificate (marathon trails).

**Hottenbach** — This walk is north of Idar-Oberstein and offers a scenic trail. From Idar-Oberstein briefly head north on B-422 to Tiefenstein, then take unnumbered roads through Herbhorn, Mörschied and Weiden to reach the start.

**Start:** Sportplatz **Saturday:** 6:30 a.m. to 2 p.m. (5, 10 and 20 km) **Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Hilly, mostly woods **Award:** Mounted gemstone.

### Wiesbaden-Gräselberg

Volksmarchers will find scenic trails offering quality time with family or friends. Drivers should take the Wiesbaden-Dotzheim exit of Autobahn 643 and head toward Schierstein. IVV signs will lead to the start.

**Start:** Sportgelände des SC Gräselberg on Würtherseestrasse **Saturday and Sunday:** 8 a.m. to 2 p.m. (5 and 10 km) and 8 a.m. to noon (20 km) **Trail:** Fairly hilly, woods and fields **Award:** From previous events.

### Wednesday, Aug. 6

**Simmern/Hunsrück** — This walk in one of Germany's prettiest areas benefits the efforts of the Polio Plus and Rotary International organizations. Drivers will reach the start via Autobahns 60 and 61. Take the Rheinböllen exit to pick up B-50 toward Kirchberg and Simmern. An unnumbered road leads the final mile or so to Simmern. From Idar-Oberstein take B-41, B-421 and B-50 to reach the start.

**Start:** Rottmannschule **Wednesday:** 1-6 p.m. (5 and 10 km) **Trails:** Hilly, woods and fields **Award:** From previous events.



Photo by Donald Seltzer

Volksmarchers take to the woods for exercise and socializing as the summer weather hits its peak across Germany.

### Weekend of Aug. 9-10

**Lützelbach-Wiebelsbach** — Southeast of Darmstadt in the scenic Odenwald region, this event offers wanderers a pleasant weekend escape. From Hanau and Babenhausen follow B-45 south to Höchst im Odenwald. The starting point in Lützelbach is approximately four miles further on an unnumbered road. From elsewhere in the 104th Area Support Group take Autobahn 3 and the Hanau exit to connect with B-45 heading south toward Dieburg.

**Start:** Fritz-Walter-Halle **Saturday:** 1-6 p.m. (5 and 10 km) and 1-5 p.m. (20 km) **Sunday:** 6 a.m. to 1 p.m. (5 and 10 km) and 6 a.m. to noon (20 km) **Trail:** Hilly, fields and woods **Award:** From previous events.

### Wednesday, Aug. 13

One club sponsors three consecutively running events with three starting points.

**Waldalgesheim** — Take the Stromberg exit of Autobahn 61 and an unnumbered road east to the start.

**Start:** Gasthaus Binger Höhe **Wednesday:** 7-9 a.m. (6 and 10 km) **Trail:** Expected to be somewhat hilly with fields **Awards:** From previous events.

### Spabrücken

From Waldalgesheim follow unnumbered roads through Genheim, Schweppenhausen, Schöneberg and Oberhub to the start.

**Start:** Campingplatz Weissenfels **Wednesday:** 10 a.m. to noon (6 and 10 km) **Trail:** Expected to be somewhat hilly, fields **Awards:** From previous events.



### Rheinböllen

From Spabrücken follow unnumbered roads through Gräfenbacherhütte and Ellern to Rheinböllen.

**Start:** Hotel Breidenbacher Hof **Wednesday:** 1-6 p.m. (6 and 10 km) **Trail:** Expected to be somewhat hilly, woods **Awards:** From previous events.

### Weekend of Aug. 16-17

**Mainz-Gonsenheim** — This walk is just north of Mainz and easy to reach via autobahn. Take A-60 or A-643 to the Mainz-Gonsenheim exit and follow IVV signs that lead to the start.

**Start:** Karl-Geib-Haus at Kapellenstrasse 44 **Saturday and Sunday:** 7 a.m. to 4 p.m. (5 km), 7 a.m. to 3 p.m. (10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Flat, somewhat stroller-friendly, woods **Award:** From previous events **Note:** Be aware the 10-kilometer trail briefly uses the shoulder of a busy road.

**Schwalmtal-Storndorf** — This event is northeast of Fulda in the scenic Naturpark Hoher Vogelsberg. From Fulda follow B-254 through Lauterbach. Follow IVV signs through Wallenrod and Valenrod to Storndorf. From Giessen take Autobahn 5 to the Alsfeld-West exit, B-49 to Romrod and unnumbered roads through Stebendorf and Vadenrod to Storndorf.

**Start:** Mehrzweckhalle **Saturday:** 11 a.m. to 7 p.m. (6 and 11 km) **Sunday:** 6 a.m. to 1 p.m. (6, 11 and 20 km) **Trail:** Hilly, woods **Award:** Model bus.

**Tiefenbach/Hunsrück** — This event is most convenient for wanderers in the western communities of the 104th Area Support Group. Tiefenbach is due west of Bingen and south of Simmern. From Idar-Oberstein follow B-41 toward Bad Kreuznach, B-421 toward Kirchberg and B-50 toward Simmern. An unnumbered road south of Simmern will lead through Holzbach to Tiefenbach. From points east connect with Autobahn 61 toward Koblenz, exit at Rheinböllen and follow B-50 toward Simmern to pick up the unnumbered road to the start.

**Start:** Wildburghalle **Saturday and Sunday:** 6 a.m. to 1 p.m. (5, 10 and 20 km, plus cycling) **Trails:** Hilly, mostly woods **Award:** From previous years.

### Wednesday, Aug. 20

**Nieder-Wiesen** — This event south-southeast of Bad Kreuznach can be reached via Autobahn 63 south of Mainz. Late start times make it a real motivator for leaving work on time. Pick up A-63 heading southbound toward Alzey and exit at Erbes-Büdesheim. Follow unnumbered roads through Erbes-Büdesheim and Nack to the start.

**Start:** Sportheim **Wednesday:** 9 a.m. to 7 p.m. (6 and 10 km) and 9 a.m. to 5 p.m. (20 km) **Trails:** Fairly hilly, fields, woods **Award:** Dwarf figurine. Questions? Send email to [volksmarch@hotmail.com](mailto:volksmarch@hotmail.com).

# Sports and leisure

## Most sports injuries are preventable

Every year U.S. Army Europe medical professionals treat thousands of sports injuries. Each year they see the number of injuries increase during the summer months.

"Athletic and sports injuries are the number one health problem impacting U.S. military readiness," said Lt. Col. Leo H. Mahony, director of physical therapy at Landstuhl Regional Medical Center. The center reported an injury rate of 63 injuries for every 100 residents last year, said Mahony. The comparable rate in a civilian population is 15 per 100.

"Injuries to muscle, tendon, ligament, capsule or bone account for 28 percent of all Army hospitalizations," said Mahony. Sports and athletics related injuries are the leading cause of Army disabilities and Veterans Affairs disability payments, he said.

Predictable spikes in injury rates appear during the summer months, said Mahony, attributing them to more frequent and intensive training, physical fitness tests, unit organization day sports activities, competitive recreational sports and people who are physically unconditioned attempting marathon sports sessions on the weekend.

Running accounts for the majority of injuries. Those who run longer distances and faster speeds account for 70 percent of running injuries. Other summer sports that result in injuries are basketball, softball, golf, hiking, inline skating, skateboarding, cycling and rodeo.

"Sports are not a physical fitness program, but may augment or add variety to an established physical fitness regimen. If you want to continue to play sports you need to learn how to take care of yourself and listen to your body. If it hurts during or following

an activity, use the RICE system —the standard self-treatment regimen for minor sports injuries."

RICE stands for:

**Rest**—Rest is essential to keep an injury from getting worse. Switch to an alternate activity or try the 50 percent rule — cut the activity frequency, intensity and or duration in half and monitor the response. If it still hurts cut it another 50 percent.

**Ice**—Apply an ice pack for 20 minutes with a wet towel between skin and the pack. Small areas can be treated by rubbing water frozen in a paper cup on the injury for about five minutes. Cold treatments can be repeated every two hours.

**Compress**—Gently compress an injured area to prevent fluid from accumulating. An elastic or "Ace" wrap or stocking should be applied firmly, not tightly. If the limb throbs, the wrap is probably too tight and needs to be loosened. Reapply wraps every four hours.

**Elevate**—Elevate affected extremities to limit swelling. Place the injured limb in a position slightly higher than your heart.

"If it still hurts the following morning or two, continue to 'RICE,' but realize your body may be sending you a message that something may be wrong," said Mahony.

Mahony also offered some tips to prevent injuries.

□ Improve your sport-specific physical fitness before engaging in sports. Many studies demonstrate low levels of fitness to be a potent risk factor for injury.

□ Previous injuries are a strong risk for re-injury. Before going back to full speed sports after an injury, allow healing to take place, restore full flexibility, muscle strength and endurance, aerobic fitness and motor fitness



Photo by David Ruderman

Sports can be a great morale boost, but make sure to be in shape before participating, especially under the often extreme heat conditions of the summer months, officials said.

(balance, coordination, etc.).

□ After injury, recondition all along the way to recovery by doing an alternate, pain-free activity.

□ Train smart. Resume normal activity a little more slowly than you think. Aerobic fitness tends to improve a bit more quickly than flexibility, muscle strength and endurance,

and motor fitness. Your heart may say "go" while your joints quickly say "no." Many on the road to recovery soon find themselves back at the starting point because they did too much, too soon.

□ Stop all tobacco use. Smokers not only experience a greater number of injuries, but their recovery from injuries is often inferior and substantially slower. Studies have found that good or better results following surgical nerve repairs in fingers were 47 percent in smokers as compared to an 87 percent rate in non-smokers. Others show that soft-tissue wounds and major fractures heal significantly slower in smokers than in their non-smoking counterparts.

□ Improve your sport technique. Take lessons or get a coach or physical therapist to instruct you. Read a library book about your sport or read Field Manual 21-20, *Army Physical Fitness*.

□ Use the appropriate equipment correctly. Running shoes are for running only, and typically need to be replaced each four to six months. Use sport-specific shoes (walking/basketball/softball/cycling/etc.). Use pads and helmets when recommended, and correctly sized bats and clubs.

□ Do not allow yourself to become swept up in the competition. Wars are fought, but at tremendous cost. Sports are played for enjoyment purposes.

□ Alcohol and sports don't mix.

For more summer safety information visit the USAREUR Safety Office website at <http://www.per.hq.usareur.army.mil/services/safetydivision/main.htm>. Click on "Information Toolboxes" and then on "Summer Safety." (Courtesy of the Europe Regional Medical Command Public Affairs Office)

## Things to do . . . Things to do . . . Things to do



Photo by Karl Weisel

### Festival time in Germany

It's hard not to bump into a festival of some sort during summer weekends in Germany. If you missed the recent Opernplatzfest in Frankfurt (photo above) don't despair, there are plenty more fests. Frankfurt holds its annual Mainfest on the bank of the Main River Aug. 1-4. Frankfurt's best festival, the Museumsuferfest, featuring concerts galore, street theater and culinary delights, will be held Aug. 29-31. Hanau holds a Wine Fest Aug. 1-4, Offenbach features a Beer Fest Aug. 7-12, Wiesbaden holds a Rheingauer Wine Week Aug. 8-17 and Mainz features its Wine Market Aug. 29 to Sept. 1.

### Live comedy

The International Club on Fliegerhorst Kaserne presents professional comedians from the United States July 26 starting at 10 p.m. Tickets can be purchased at the door for \$10.

### Blues music

Congress proclaimed 2003 "The Year of the Blues," and the Frankfurt Consulate in conjunction with the Friends of the Blues Frankfurt e.V. and other partners are presenting a series of noted blues artists on Frankfurt stages this summer. **Angela Brown and the Matchbox Bluesband** featuring **Christian Rannenberg** perform at Frankfurt's Palmengarten Aug. 28 at 7:30 p.m.

### Live in concert

**Christina Aguilera** performs at Frankfurt's Festhalle Oct. 17 at 8 p.m. Other concerts at Frankfurt's Festhalle include **David Bowie** Oct.

18 at 7:30 p.m., **Deep Purple** Nov. 5 at 8 p.m., **Eros Ramazzotti** Nov. 23 at 8 p.m. and **Justin Timberlake** Nov. 27 at 8 p.m. Pick up tickets at major ticket offices. Giessen's Schiffenberg Castle presents the **Chicago Five** July 25 at 8 p.m., **The Diverge** July 27 at 8 p.m., **Rodeo Drive** Aug. 1 at 8 p.m., the **Hot Shot Blues Band** Aug. 3 at 8 p.m., the **New Orleans Quartet** Aug. 24 at 8 p.m. and the **Dixie Swingers** Aug. 31 at 8 p.m.

### Palmengarten concerts

Frankfurt's Palmengarten presents its annual jazz in the park series every second Thursday night at 7:30 p.m. during the summer months. Upcoming concerts include **Maggy Scott** and the **European Groove Orchestra** July 24, **Sebastian Granns' Underkarl** Aug. 21 and saxophone great **Lee Konitz** with the **Ohad Talmor Spring String Project** Sept. 4.

Tickets are •8 for adults and •4 for students. The Palmengarten also hosts a world music series featuring **South Africa's Mahotella Queens** Aug. 5, **Peru's Susana Baca** Aug. 12, **Brazil's Trio Mocoto** Aug. 19 and **Venezuela's Huracan De Fuego** Aug. 26. The outdoor concerts start at 7:30 p.m. Tickets are •12 in advance or •15 at the door.

### USO happenings

Rhein Main Area USOs feature a **Frankfurt Train and City Tour** July 24, **Amsterdam Express** July 26, a **Rhein River Cruise** July 27 and a **Heidelberg Castle and City Tour** July 30. Stop by the USOs in Wiesbaden, Rhein-Main Airbase, Büdingen or Hanau.

### Chili Cook-Off

The Heidelberg Rod and Gun Club holds its annual Chili Cook-Off July 25-26. Entry is \$5 per category. Reserve a camping site and get more information about the contest by calling civ (06202) 51193.

# Sports and leisure

## Sporting events heat up Fourth of July

By David Ruderman  
104th Area Support Group Public Affairs Office

Overcast skies and moderately cool temperatures made an ideal setting for a 10-kilometer run held the Fourth of July on Hanau's Pioneer Kaserne. A field of 56, the largest of the season's series of runs, lined up outside the Pioneer Fitness Center for the 11 a.m. start, said Doug Stanley of the 414th Base Support Battalion Sports Office.

Jorge Renjifo of Hanau was the first finisher among the men, knocking out the 10 kilometers in 38 minutes, 56 seconds. Next across the finish line were Ramstein's Martin Goins in 40:10 and Hanau's Kyle Kolthof in 41:23 to take first and second respectively in the men's seniors bracket.

Renjifo, a track hero at Hanau High School until graduating as co-valedictorian in June, plans to attend the Massachusetts Institute of Technology in the fall where he will study mechanical engineering. "I was pushed," he said. "I didn't take the lead till the fourth kilometer. The leader started having leg cramps and that killed his race."

How important is running to him as he stands on the cusp of his adult life? "It's just a natural high when I do well. It just makes me feel good. It's an adrenaline rush I suppose."

Renjifo's mother is retired military and a pediatrician at the Hanau Health Clinic. His father is a doctor in Puerto Rico. "He's a big biking person. He'd like me to do more biking races," he said. "Running

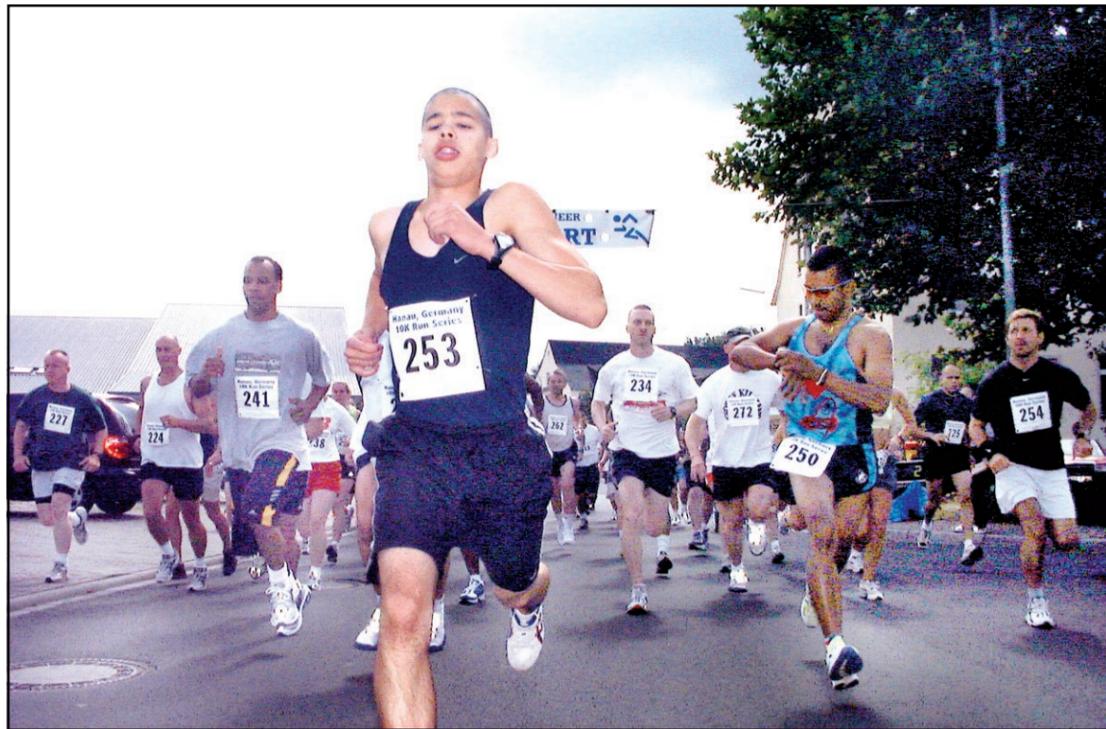


Photo by David Ruderman

Hanau's Jorge Renjifo jumps to the front of the pack on his way to a 38:56 first-place finish in the Fourth of July 10-Kilometer race held at Pioneer Kaserne. The Hanau High School co-valedictorian of the class of 2003 will attend the Massachusetts Institute of Technology in the fall.

has been important, but not this summer. I've been going to the gym and running three times a week. I'm not planning to run competitively my first year [at MIT]. It's something to stay in shape. It's important. It's the military way."

Fourth overall finisher was Hanau's Jürgen Williams, who took first in the submasters group with a time of 42:27. Fifth across the finish was Wiesbaden's Gregory Duke, who took third-place honors in the seniors category. Heidelberg's Joe

Bost took the masters bracket title in 45:18.

Women runners were well represented at the event too. Amy Clements of Fliegerhorst's 127th Military Police Company finished first in 47:36 to win in the open category. Angie Hansen of Rhein Main at 48:28 and Angelique Kincanon of Hanau at 48:55 took first and second, respectively, in the women's seniors category. Hanau's Lauri Trotler captured the submasters category first-place title

with a time of 49:35. Hanau's Marge Connelly took the women's masters title in a time of 65:36.

Second place in the men's open category went to Edward Williams, who paced his "Fighting 23rd" team representing Miesau's 191st Ordnance Battalion with a time of 43:19. Teammate Sean McAvince finished third in the open at 43:30, boosting the Fighting 23rd to the top overall finish, beating other team combinations. Second place as a team went to Headquarters and Headquarters

Battery, 5-7th Air Defense Artillery from Hanau. The 104th Area Support Group's Laufen Crew took third.

In other sporting events scheduled for the Fourth, Manuel Gomez of Hanau finished first in racquetball competition. Arnold Obey of New York City finished second, and Dick Davis of Hanau took third place.

On the softball diamond a day of one-pitch batting resulted in a first-place finish for Battery C, 5-7th ADA. Battery B, 5-7th ADA finished third, dropping second-place honors to the 127th MP Company.

The 127th did go home with a first-place trophy, beating out a team of Bundeswehr soldiers in 3-on-3 volleyball competition. Third place went to the Wild Cats.

### Upcoming runs

Runners and walkers have a range of upcoming events to choose from around the 104th ASG. The 284th Base Support Battalion's Sports and Fitness Division will hold a Grand Prix 12.5-kilometer run and three-kilometer family fun walk at the Schiffenberg Castle July 26. Registration is from 9-10:45 a.m.; the race starts at 11 a.m. Call mil 343-7201 for details.

The Pioneer Fitness Center will hold a family fun walk July 26 starting at 10 a.m. They will also join with Health Promotions to host a World Breastfeeding Awareness Week three-kilometer fun walk Aug. 2 starting at 10 a.m. Registration starts at 9:30 a.m. There will be giveaways and prizes for those who finish the walk. Call mil 322-9617 for details.

## Sports shorts

### Frankfurt Marathon

Runners and inline skaters can start planning now to compete in the Frankfurt Marathon Oct. 26. This year's event will also feature a relay marathon for four runners covering distances of 12 kilometers, five K, 15 K and 10 K



Hanau's Katherine Loukopoulos teaches Okinawan martial arts in August. See right for details.

and children's races. For information and registration forms visit the website at [www.frankfurt-marathon.com](http://www.frankfurt-marathon.com). The website features both German and English pages.

### Baumholder swim classes

Baumholder Child and Youth Services offers swim classes for children age six months and up. Activities include synchronized swimming, water polo, stroke improvement and water safety. Cost is \$45 for eight classes, held Wednesday and Friday at the indoor pool Call mil 485-7276 for details.

### Youth sports in Wiesbaden

Register your child for soccer, flag football or cheerleading with Wiesbaden Youth Sports through Aug. 8. Call mil 337-5383 or civ (0611) 705-5383.

### Okinawan martial arts

Hanau's Sensei Katherine Loukopoulos will conduct a ryu kyu kobudo course Aug. 2-3 in Ochtrup. For details send email to [andreasquast@ish.de](mailto:andreasquast@ish.de).

### Golf action set to go

Baumholder's Rolling Hills Golf Course features its 2003 Club Championship Aug. 16-17. Entry is \$40 including food and prizes. Non-members pay greens fees. Sign up by Aug. 13 at the Pro Shop. A German-American Junior Golf Clinic will be held Aug. 1-12. Call mil 485-7299 for details.

The Kaiserslautern American Red Cross holds its "Save A Life" Golf Tournament at the Ramstein Air Base Woodlawn Golf Course July 24 starting at 8 a.m. Proceeds go to the Red

Cross. Call Liz Nauer at civ (06371) 47-2171 for information.

Wiesbaden's Rheinblick Golf Course features a two-person Best Ball Blickster Golf Tournament Aug. 9 from 9 a.m. to 1 p.m. Cost is \$15 for members, \$25 for nonmembers. Friday Night Scrambles will be held Aug. 15 and 20 at 6 p.m. Sign up by 5:30 p.m. Cost is \$10 for members, \$15 for nonmembers. Call mil 336-2816.

### Racquetball action

Wiesbaden's Tony Bass Fitness Center holds a Hot Ball Racquetball Tournament Aug. 23. Call mil 337-5943 for details.

### Civilian fitness

Open enrollment in the Civilian Fitness Program will begin in September. Participants interested in joining the program should call Lori Pineda (for the 221st, 284th and 414th Base Support Battalions) at mil 322-9509 or Chris Sorrells (for the 222nd BSB) at mil 485-7306 starting in August.

### Trainers, massages

Certified personal trainers are available for hire at Wiesbaden's Tony Bass and the Dexheim fitness centers. A single session costs \$35 — or purchase five for \$125. Both centers also offer massage therapy services. Call mil 337-5943 or 334-5746 to make an appointment.

### Giessen Softball Tourney

The 284th Base Support Battalion holds a free unit-level softball tournament July 22-25 at the Miller Hall Fitness Center. Call mil 343-7201/8206 for details.