

Bavarian News

Vol 4. Nr. 18

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

September 17, 2008

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Marshall employee honored by Library of Congress

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Chaplain gives live-saving donation.

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Youth players, coaches sought at Schweinfurt
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JOINT TRAINING

What If ?

Garrison, German emergency responders put their preparedness to the test during exercise

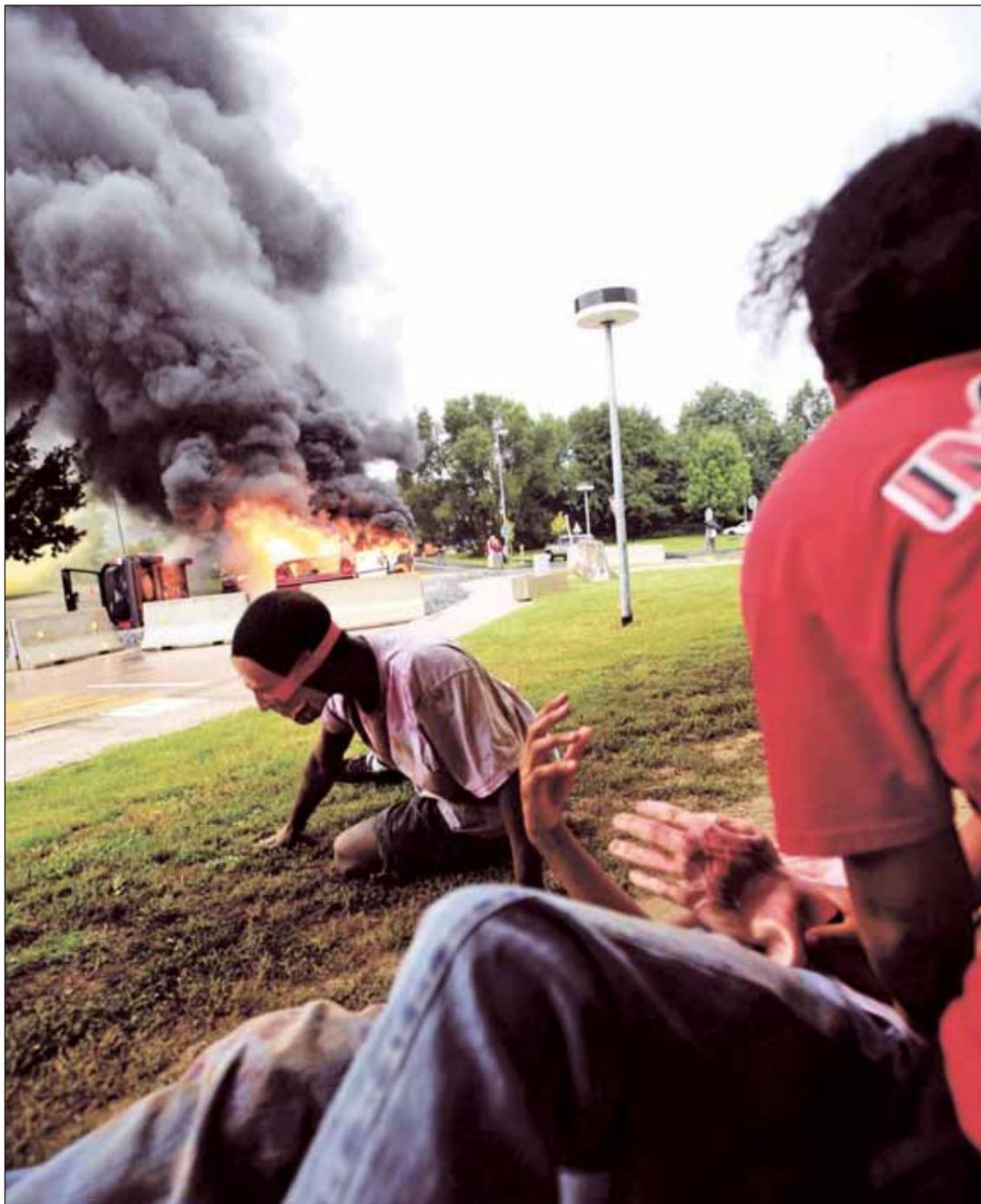


Photo by Sgt. Stephen Morgan

Community member roleplay during Friday's annual Charging Boar force protection exercise at Vilseck. The yearly training allows garrison and host nation officials to test and evaluate their response to catastrophic events. **Pick up the Oct. 1 issue for full coverage.**

BENEFICIARY OPTIONS

New DD Form 93 now in effect

by MARK HEETER
Schweinfurt CI Chief

The Department of Defense has unveiled a January 2008 version of the DD Form 93, Record of Emergency Data, rendering all previous versions obsolete.

The most significant change to the document is the option Soldiers now have to designate up to 10 beneficiaries for the death gratuity, according to Victor Roman, military personnel division supervisor with the USAG Schweinfurt Directorate of Human Resources.



Roman

"This (new form) also requires the Army to notify the spouses of married Soldiers who would like to give any portion of the death gratuity to anyone

See DD FORM Page 25

PRE-DEPLOYMENT

Foreign language center offering survival kits

Defense Language Institute

The Defense Language Institute Foreign Language Center activated its new Language Materials Distribution System Web site July 1, making available hundreds of language survival kits and other materials free of charge to deploying service members. To view the shopping cart, visit <https://lmds.dliflc.edu>.

The Web site offers Language Survival Kits—pocket-size booklets with audio CDs, in over 30 languages, ranging in topics from public affairs, cordon and search, to medical terminology.

See LANGUAGE Page 25

GOVERNMENT TRAVEL CARD

SmartPay card on the way

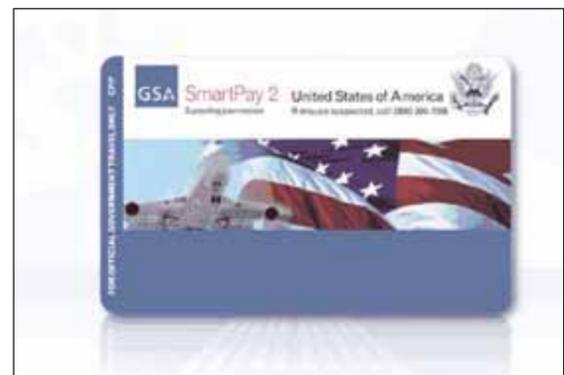
Citi news release

DoD's current Government Travel Charge Card contract with Bank of America is ending this year.

As the Travel Card Program transitions to the new SmartPay® 2 contract, all government travel cardholders will receive new cards during the summer of 2008, beginning in August.

The new GTCCs will be ready for use on Nov. 30, after the current cards issued by Bank of America expire on Nov. 29 at 11:59 p.m. Eastern Standard Time. The new GTCC will be mailed to the recipient's mailing address on file with Bank of America, and the recipient must ensure it is current. If you do not receive

See CHECK YOUR MAIL Page 25



Cardholders should ensure their addresses are updated. New travel cards will be sent to the mailing address on file with Bank of America.

COMPETITION

IMCOM-E news release

NCOA DFAC competing for large prize

Installation Management Command-Europe has announced the dates that a Department of the Army Philip A. Connelly evaluation team will be judging region winners for service-level honors.

The Command Sgt. Maj. Lawrence T. Hickey (Camp Normandy Noncommissioned Officer Academy) dining facility, representing U.S. Army Garrison Grafenwoehr, winner of the large dining facility category at region level,

will be evaluated Oct. 6-8 in Grafenwoehr.

The 72nd Signal Battalion dining facility in Mannheim, Germany, representing USAG Baden-Wuerttemberg, winner of the region small dining facility competition level, will be evaluated Nov. 11-15 in Mannheim.

Throughout the theater, "The food operations staff of our dining facilities deserves special recognition for their professionalism and daily contributions to improving the

See GRAF DFAC Page 25

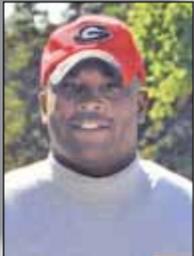
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Locate previous articles by visiting the Bavarian News archive at www.milcom.de

Q&A

What is your favorite thing about fall?



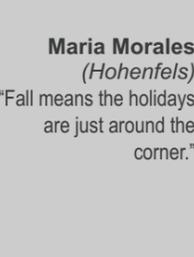
Michael Davis
(Hohenfels)
"The season changing, and all the different colors of the trees."



Yvette Duarte
(Hohenfels)
"The leaves changing. All the pretty colors. And getting into cooler weather."



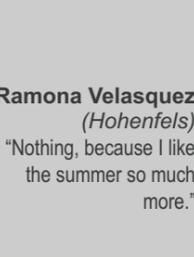
Juan Morales
(Hohenfels)
"The changes in the trees and the colors. And the fact that the kids are back in school."



Maria Morales
(Hohenfels)
"Fall means the holidays are just around the corner."



Natalie Reed
(Hohenfels)
"The leaves, how they start changing and turn such bright colors."



Ramona Velasquez
(Hohenfels)
"Nothing, because I like the summer so much more."



Martin Humphreys
(Hohenfels)
"I'm not a big fall person. But Halloween is coming, which means we can eat all the candy."



Mirta Humphreys
(Hohenfels)
"The colors of the leaves."

COMMANDER'S MESSAGE

Good enough does not live in our community

This mantra challenges us to not accept mediocre, and to figure out how we can improve. There has been a lot of change in our community; therefore, how can we adapt our processes to ensure we are accomplishing our mission to provide top notch facilities, systems, and services. My question is how do we improve? More importantly, are you on our team? Great organizations are those that learn and improve. This is really the core essence of



the tactical training entities at Grafenwoehr and Hohenfels, as well as the diplomatic training function in Garmisch. Each employs a system of observing trends and outcomes, and then following through with recommendations to ensure the lesson is learned and that best practices are shared. You may be familiar with the observer / controller (a.k.a. OC) term. The OC knows the business and looks for areas that need improvement by defining the problem and making recommendations. In the garrison environment, we depend on you as our OC. You know what right looks like, and you have ideas on how to improve. Our challenge is to actualize your observations and recommendations. There are several ways that

you can contribute to the team, such as ICE (Interactive Customer Evaluation), Family Readiness Groups, Community Senior NCO Call, etc. At Grafenwoehr, the Senior Mission Commander, Brig. Gen. Hogg and I host two key community sessions: the Town Hall and the Senior Spouses Round Table, whereby we interact directly with those in attendance to understand the issues. This "one community" teamwork approach allows all of us to hear it like it is, and also provides a forum to discuss our upcoming activities and status of improvements. Command Sgt. Maj. Zagara and Command Sgt. Maj. Berrios hosted last week's Community Senior NCO Call discussing many common issues. The next SSRT is on Sept.

24, and the next Town Hall is scheduled for Oct. 29. Now is the time for you, as our OCs, to surface observations and recommendations. We seek solutions that benefit the entire community, not exclusive to any one organization. Our objective is to effectively enact your observations and recommendations to achieve our goal of continuous improvement. This requires us to challenge the status quo and not accept "this is the way it has always been" as an acceptable norm. This is the way we should improve, and it starts with having all of us on our team!

Col. Chris Sorenson
Commander, U.S. Army
Garrison Grafenwoehr

CSM CORNER

Graf tackle football policy revised, barracks initiative program coming

As summer comes to a close and the number of cool fall night's increase, the Vilseck High School football team is kicking off their 2008 season.

Support your team

I encourage community members to go out and cheer on the Falcons, who have several talented players and an extraordinary coaching staff as they enter Division I play. The next home game will take place on Saturday against Ramstein, a historic powerhouse in DoDDS-E football.



Youth football

In other football news, U.S. Army Garrison Grafenwoehr requested an exception to policy to allow several young community members (who previously were not allowed to play due to age and weight limitations) to participate in the youth tackle football program. Installation Management Command Youth Sports directors from throughout Europe gathered last month and voted on the exception to policy which was approved and is in effect for the 2008 season. (See the Sports section for policy details.)

I'd like to thank all of the employees, parents and volunteers for their candid input and tireless efforts, and I look forward to hearing about a safe and successful season for our young players.

Hispanic Heritage

I'd also like to thank in advance the employees and community members who are working very hard on putting together this year's Hispanic Heritage Month, which began on Monday, a successful exploration into the many diverse and rich cultures with the Hispanic community.

Hispanic Americans have strengthened our country and contributed to the spirit of America. National Hispanic Heritage Month is an opportunity to honor these contributions and celebrate the rich cultural traditions of our Hispanic-American community.

USAG Grafenwoehr will be celebrating Hispanic Heritage Month with an unforgettable event at the Grafenwoehr field house Oct. 4 at 11 a.m. This event will include live performances by a Spanish band, flamenco dancer, Aztec folkloric dance and food sampling from many Spanish speaking countries.

There will also be a dance contest and a domino tournament. A clown will entertain the kids with balloon sculpturing and face painting. Kids can enjoy breaking a piñata and a jumpy castle. Admission is free. For more information, call Frank Melendez at CIV 09641 836512 or DSN 475-6512.

Warrior Adventure Quest

Our Outdoor Recreation office is sponsoring the "Warrior Adventure Quest (WAQ)", a MWR program for all redeploying Soldiers. WAQ combines high-adventure Outdoor Recreation activities with BATTLEMIND to be a part of the Army's holistic approach to RESET.

WAQ emphasizes team building and leadership developing activities at the platoon level and creates the opportunity for horizontal and vertical bonding in small group settings.

Each platoon will be given the opportunity to participate in one-day activities like skiing and snowboarding; rock climbing/rappelling; whitewater canoeing, kayaking and rafting; SCUBA; paintball; high ropes challenge courses; and other high-adventure programs. Each platoon's program will close with a BATTLEMIND debrief designed to assist Soldiers and small units in dealing with combat and operational stress. For more information, call Mr. Farrell, ODR Office, at DSN 475-616.

FSBI on the way

The First Sergeant's Barracks Initiative (FSBI) is the program that transfers the administrative responsibility of most day-to-day operations of the barracks from the

assigned units to the garrison staff.

FSBI is in line with Army's philosophy of having "Soldiers doing Soldier things" and the "garrisons doing garrison things". It removes routine administrative duties from first sergeants that distract from the combat mission.

The highlight of this program is to relieve commanders and leaders of the day-to-day requirement for assigning and terminating Soldiers to barracks rooms and maintaining and repairing Unaccompanied Personnel Housing. FSBI is NOT a replacement for Army leadership (commanders and NCOs) setting standards of good order in the barracks, but is more a tool for the leadership to provide safe, adequate, and healthy living spaces for the Army's warriors.

Some of the FSBI goals include improving the quality of life for single Soldiers, improving barracks utilization and reducing maintenance response time.

At USAG Grafenwoehr, this program is spearheaded by the DPW, Housing Division, and FSBI Office. The appointed Single Soldier Housing Office Manager has been identified and is working on finalizing this program. The implementation plan for FSBI will be during FY09.

New regulation published

A new regulation has been published and is available on the APD Web site at <http://www.apd.army.mil/>: AR 600-8-4, Line of Duty Policy, Procedures, and Investigations, dated Sept. 4, 2008, effective Oct. 4, 2008.

I will continue to ask for your support by keeping our community clean and safe. Make a difference by taking ownership of your individual areas of responsibility and maintaining them beautiful and litter free.

Thank you for keeping U.S. Army Europe's premier installation in top form!

Command Sgt. Maj. William Berrios
CSM, U.S. Army
Garrison Grafenwoehr

FSBI is not a replacement for Army leadership setting standards of good order in the barracks...

Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

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A memorial flag is illuminated near the spot where American Airlines Flight 77 crashed into the Pentagon seven years ago.

Photo by Petty Officer 1st Class Brandan W. Schulze

Remembering

Terrorism changed our lives forever, united U.S.

9-11

by SARA GOODEYON
USAG Wiesbaden Public Affairs

Sept. 11, 2001, has left an indelible mark on citizens of the United States and maybe the world.

It's one of those events where we'll always recall exactly what we were doing when the first and second planes hit the World Trade Center. Whether mopping the floor, like I was doing at the time, or taking the children to school, when the second tower came down we realized the world we knew would not be the same afterwards.

Those terrorist attacks changed the lives of all Americans. It was the first time we had experienced a major attack on our mainland and it was frightening.

It changed our entire security procedures – from open bases to secured ones, from a quick ID check to long lines during scanned inspections – or from saying goodbye at the airline gate to bidding farewell before the maze of a security check-in line.

It also made us appreciate our families more.

Watching the people in New York posting pictures of missing loved ones on the fences and begging for any news of their whereabouts caused many of us to stop and consider the fragility of life. When we say goodbye to someone as he or she leaves for work or a trip or any other time, it could really be "goodbye."

There is a tendency to take people for granted. Maybe the things that attracted us to our spouses are

forgotten over time because they may not do the chores we ask them to do, or there may be a level of irritation that overrides our outward display of affection.

Another example might be a child who spills his juice yet again being yelled at by a parent who has forgotten how desperately he or she desired to have that child in the first place.

When the loved one is lost all of those irritating habits are forgotten.

My husband came in soon after the attacks and confirmed

that he would be deploying indefinitely. I knew it before he told me; as a military spouse we are aware of the call of duty. The thought that he might not return from that deployment made me forget about undone chores and remember how much I truly treasured him, our children and our life together.

We can't make sense of a tragedy, but we can and should look for ways to find something positive even in the darkest hour.

The fear of terrorism didn't tear us apart but rather united us as a people and as a country. We cherish and still have our freedom. We have great military men and women willing to serve and potentially sacrifice their lives for our country and our way of life and to promote this freedom throughout the world.

On a personal level, we now recognize that life is indeed fragile. And we must be thankful for every moment of our time together, because we can never know what can happen in a day.

It was the first time we experienced a major attack on our mainland, and it was frightening.

Take a moment to think of troops continuing to sacrifice for our safety

by KARL WEISEL
USAG Wiesbaden Public Affairs

It's been seven years since the images of airplanes smashing into the World Trade Center and the Pentagon were seared into our memories.

Seven years since the world changed dramatically – especially for those who have grown up in the wake of 9-11.

For military families, Sept. 11, 2001, signaled the start of a never-ending series of deployments, family separations, and friends and loved ones sometimes lost.

Unlike past wars, though, where the entire nation was mobilized to support a war effort to battle a common foe through massive involvement by all segments of our society, the Global War on Terrorism has meant only a minority of Americans being called to travel to faraway lands to fight an elusive enemy that lurks mostly in the shadows, often indistinguishable from the general population.

While this war has continued – sometimes forgotten by the majority of Americans who have gone about their daily lives far from the frontlines – government organizations such as Homeland Security, which sprang up as a

result of 9-11, and U.S. citizens across the nation have faced natural disasters such as Hurricanes Katrina and Gustav, Tropical Storm Hanna, wildfires and other life-altering events.

For those who can recall a time when entire nations battled furiously around the globe, when populations were decimated, villages annihilated and cities razed to the ground during two world wars – and a time when Americans were divided as a nation by an unpopular war in Vietnam, not sure even whether to call it a conflict or a war – the Global War on Terrorism may seem less significant in comparison.

But for those who have been in the middle of the fray, who have dedicated their lives to trying to make a change in places where intolerance, brutality and fear have long ruled, who have risked injury and even death because for the greater good of all Americans – the Global War on Terrorism is anything but insignificant.

As the country pauses to remember those felled on Sept. 11, 2001, and in the years since then, Americans across the nation must also take a moment to think about the men, women and children who continue to pay a high price in the ongoing effort to make the world a safer place for future generations.



The National America Supports You Freedom Walk in Washington, D.C., Sept. 7.

Photo by Johnny Bivera

Netzaberg principals discuss their goals for school year

NMS Principal Dr. Elizabeth Childs

Hometown: Atlanta, GA

What made you want to go into education? I decided to enter the education field after serving middle school years as the teacher's helper reading and testing younger students. It was so exciting to see their little eyes gleam as they learn to read!

How long have you been in education? I started teaching 3rd grade at Jolly Elementary School in Stone Mountain, GA in 1975.

How long in military schools? I started in 1986 as a Reading Specialist at Stuttgart High School in Ludwigsburg, Germany.

What are you looking forward to with the upcoming school year? I am looking forward to opening our new middle school, working with great teachers, staff members, parents, community members, and especially learning right along with our fantastic students! I am also looking forward to involving our students and teachers in the Fish Philosophy.

What is the biggest lesson you learned last year; how will you apply that to this school year? The biggest lesson I learned last year from my students at Spangdahlem Middle School (USAFE), whose parents were deployed were in desperate need of surrogate parents 24/7. I am working on an action plan with our School Liaison Officer to implement an after-school program for our students.

What do you feel are your biggest challenges with the upcoming year; how do you plan to overcome them? Some of my biggest challenges are as follows:

■ **Lunch/Recess** – When our students finish lunch they are allowed to go to recess, which is our blacktop area but we are in great need for games, such as, four-squares, hop-scotch, and a few jump

ropes and hoola-hoops. Once our school budget has been released we will be sure to set aside funds for these items.

■ **Learning the students first or last names!** I have more than 500 students and I will learn their names as soon as possible with a little help from them, especially during lunch break.

■ **Increase standardized test scores** is a main priority for me. This will be accomplished by monitoring students' grades weekly and parental involvement.

■ **Communication** is also at the top of my list for our parents. I will have a Principal's Chat monthly for parents to informally bring their concerns to me for immediate feedback.

How do you plan to raise standardized test scores? I would like for our teachers to spend more time teaching and less time on discipline, therefore, all discipline issues will be dealt with by the administration team immediately. We will offer academic after school detention and Saturday School for our students who may need an adjustment to adhering to our one main rule and that is: "Do the Right Thing!" I will conference with each student whose test scores are not up to par and work with our student support team to help these students increase their standardized test scores by one grade level. This plan will require a great deal of parent involvement and 100 percent support!

What is your philosophy on discipline? My philosophy on discipline is to handle each incident, large or small, swiftly, set consequences, and involve parents. We want our students to be successful life-long learners; therefore we must develop clear, consistent, and appropriate limits on behavior.

I am committed to developing a positive sense of self-esteem, independent responsibility and caring students. Just like the military, we want our students to be Army Strong! and Army Ready for the real-world, which equates to, "self-discipline."

How will you meet the challenges of the military child? I will meet the challenges of the military child head-on, meaning, I will meet each child at his/her level, accept special circumstance that

come with being a military child, such as family trips and block leave, consult with Military Child Education Coalition, Military One Source, establish a Student 2 Student program for students who are entering and exiting our school, and work closely with our School Liaison Officer to prevent any of our students from falling through the cracks

How do you plan to assist families of pre/post-deployed Soldiers? I will work closely with our parents and school counselors during pre/post-deployment by meeting all parents prior to deployment to get all special requests such as new e-mail addresses, POCs, power of attorney documents, care package wish list, etc.

An after school VIP Club will be established for our students whose parents are deployed for the purpose of sending care packages, e-mail messages, etc. to all parents and to make get well cards for our Wounded Warriors at Landstuhl Regional Hospital.

What is the most important thing you want parents and students to know about the upcoming school year? I want our parents to know that at Netzaberg Middle School their students' safety is a high priority, our teachers teach to the top to all students, and that I have an open door policy, and our parents and staff can reach me 24/7!

NES Principal Barbara Mueller

Hometown: Buffalo, Wyoming

What made you want to go into education? Ever since third grade I wanted to be just like my teacher. She made me feel special. What I would later realize is that she made every one of us feel special. That is what made her a good teacher. I want to give children the gift she gave me.

How long have you been in education? How

long in military schools? This is my 27th year in education. I taught in Wyoming for six years and joined DoDDS in 1988. Assignments include Korea, Japan, Sardinia, and Germany.

What are you looking forward to with the upcoming school year? New adventures, new beginnings are always exciting. I look forward to bringing teachers from around the world together to build a safe, positive learning environment where every child can be successful.

What do you feel are your biggest challenges with the upcoming year; how do you plan to overcome them? When everything is new there are growing pains and adjustments that must be made. As a staff we will acknowledge our challenges and work together to make right the situation.

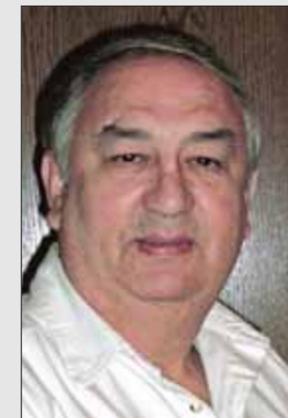
How do you plan to raise standardized test scores? Through differentiated instruction, that is meeting the needs of individual students, we will specifically address the academic strengths and weaknesses of every child.

What is your philosophy on discipline? Discipline must be firm, fair, and consistent. I believe in changing negative behaviors over punishing them. Teaching children what is right precludes behavior problems.

How will you meet the challenges of the military child? Our teachers, counselors, and psychologists will support students and their families through individual, small and whole group lessons on topics such as transition, deployment and reintegration, anxiety and stress. We will offer a parent support group as well.

What is the most important thing you want parents and students to know about the upcoming school year? Parents and students should feel confidence and pride in Netzaberg Elementary School. Dedicated teachers and staff will put the best interest of children first in all decision making. We are committed to ensuring success for all students. We will work in partnership with parents and the community. Everyone must know Netzaberg Elementary School is a safe place where every day children come together to learn and grow.

Spotlight on Education



Name: Lupe Guzman
What grade and subject do you teach? High school algebra lab
Hometown: Port Isabel, Texas
How long have you been a teacher? I started teaching and coaching over 35 years ago
What do you enjoy most about teaching? I enjoy looking into a student's face and seeing that after many attempts to get a problem correct, they finally see the end results. The hard work does pay.
What advice can you give students to help them succeed? Fight the good fight. Learn from all your mistakes, and don't settle for second best. Remember that God does not make junk; man creates junk.

Army to test Warrior Adventure Quest with three BCTs

Program to help Soldiers adjust from high-adrenaline combat environment to garrison, home life

by **WILLIAM BRADNER**
FMWRC Public Affairs

Earlier this year, a Fort Rucker, Ala., Soldier died when he lost control of his brand new sport motorcycle in a curve, hit the culvert, was ejected off the bike, and slammed into a light pole. He was wearing a helmet, but had not attended the motorcycle safety course, and did not have a motorcycle endorsement on his license.

Ten minutes prior to his accident, he had been pulled over by a local police officer for traveling 84 in a 55 mph zone.

The common link

While no one can definitively say why the Soldier refused to slow down even after being warned by law enforcement, Army officials be-

lieve this accident and hundreds of similar accidents have a common link.

Soldiers returning to garrison life after extended combat deployments are having difficulty adjusting, and are seeking the adrenaline rush they've grown accustomed to in combat environments.

Death toll

As of October, 2007, 186 Soldiers have died in accidents within one year of returning from combat; 168 of them within the first six months of their redeployment. Sixty percent of the accident fatalities are sergeants or below. The overwhelming majority of the accidents involve high speed, alcohol, or both.

Over the weekend, the Army began testing a new program designed to help these Soldiers

make the adjustment from the high-paced, high-adrenaline combat environment to garrison or "home" life.

Thrilling adventure

Warrior Adventure Quest combines existing high adventure outdoor recreation activities such as skydiving, paintball, ropes courses, rock climbing, mountain biking, stock car racing, skiing, and others, with Battlemind training to help Soldiers make the adjustment back to a calmer paced lifestyle.

The high adventure outdoor recreation activities are a hook to entice Soldiers to participate as well as a release mechanism to give them the adrenaline boost they're craving in a safe, controlled environment.

Battlemind is the Army's psychological resiliency building program which helps Soldiers recognize and respond to fear during combat, then mitigate the cumulative effects of a sustained combat environment and become mentally prepared to reintegrate during the redeployment, post-deployment and reset portions of the deployment cycle.

Testing it out

WAQ is centrally funded through the Family and Morale, Welfare & Recreation Command with oversight from the Installation Management Command and regional MWR recreation managers. The three pilot programs that took place this week are in Vicenza, Italy, Fort Lewis, Wash., and Leesburg, Va., and involve two active duty and one National Guard brigade

combat teams.

Planning is under way to bring the program to an additional 24 Army garrisons over the next year, and the long-term goal is to have every BCT participate in WAQ within 90 days of their redeployment from a combat environment.

A number of survey and assessment tools will be used to evaluate the effectiveness of the program, including statistics from the Combat Readiness/Safety Center, the Reintegration Unit Risk Inventory, the Unit Behavioral Health Needs Assessment, and a new online survey, the Warrior Adventure Quest User Survey.

No dollar value on life

According to the Training and Doctrine Command, it costs the Army \$54,700 to train a basic combat arms Soldier, and as much as \$67,000 for other military occupational specialties (depending on the length of their advanced individual training).

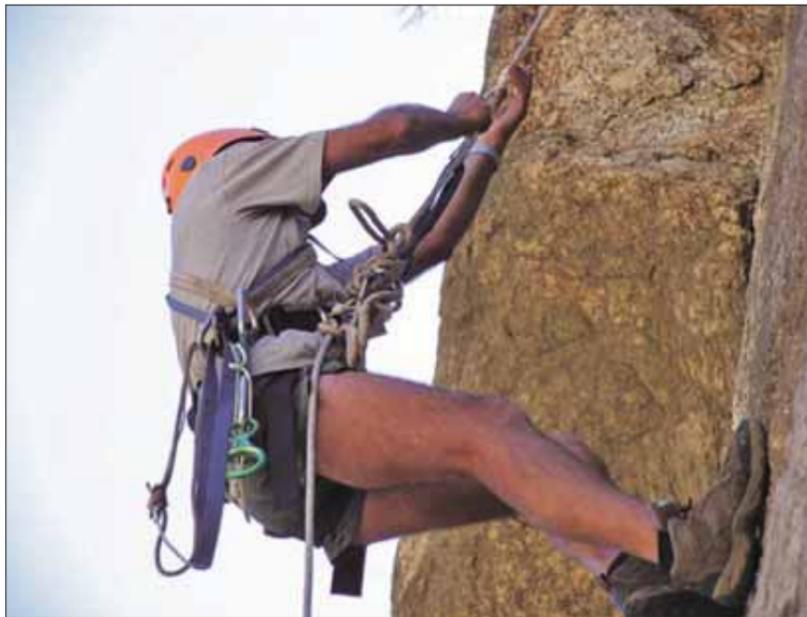
Since there's no way to put a dollar value on a Soldier's life, determining a return on investment for this project is difficult. However, the average cost per person to participate in WAQ is only \$86-- less than it costs to fill the fuel tank of a Humvee.

The Army plans to cycle nearly 80,000 Soldiers through WAQ over the next year at a cost of just under \$7 million. If it cuts the fatality rate in half, it will have paid for itself.

If it saves just one Soldier's life it will be worth the effort.

Warrior Adventure Quest combines high-adrenaline sports such as rock climbing with Battlemind training to help Soldiers adjust to the return to garrison life from the combat environment.

Courtesy photo



Grandson sits at Patton's desk, discusses the man and the myth

by MARY MARKOS
Bavarian News

Like his famed grandfather before him, he has trekked across continents to bring military history alive and spread a message of appreciation and support.

Hosted by the Grafenwoehr library, George Patton Waters, 67, the grandson of Gen. George S. Patton Jr. visited the U.S. Army Garrison Grafenwoehr Sept. 2 with stories that brought the famous military leader to life.

"A 6' 1" guy that wears boots, carries guns, and drinks brandy in the morning... that's how I remember my grandfather," Waters said.

Waters, whose tall frame and profile is strikingly similar to his grandfather's, visited the 7th Army Noncommissioned Officer Academy where Patton's desk is housed.

"To sit at my grandfather's desk was not only an honor but a very moving experience," he said, after viewing the ornately carved furniture. "To think from that chair came so much love of command and so much gratitude of the service so many Americans gave... I am sure the emotions ran both ways."

He said although his grandfather had a decidedly stern countenance, he also had a very large heart, one

that Waters could only enjoy for a very short time. He was 5 when his grandfather died in an automobile accident near Heidelberg.

During a gathering with the Grafenwoehr Military History Group, Waters told how his grandfather changed his name from Georgie, as he was called, to Pat, which he is known by today.

He explained that as a child he was terrified of thunderstorms. During a fierce storm, he and his dog, a boxer, hid under a cot. Before long, he saw the brown boots of his

grandfather in front of him, and a hand reaching under the bed.

"I took the boxer and pushed (him) toward the hand and the boxer bit him. I heard the boxer make some noise, when the hand returned it was all bloody and

I was extracted. He said to me, 'I'll be a blank, blank, if anybody who's afraid of lightning will be called Georgie... Your name is Pat,' chuckled Waters, adding that he was pretty sure his grandfather had called him Patsy.

Today, Waters is a licensed pilot and laughed as he explained that he is no longer afraid of lightning and will often fly straight into a storm.

Sharing with the group a bit of the legend that was his grandfather, Waters talked about Patton in full military dress, complete with his

pearl handled pistol, rising early one morning, drinking a spot of brandy and heading to the deck to fire off a few shots into the field.

"This cat was out there," he said, "and he pulled his pistol out and unloaded on the cat. My brother and I ran down there to see if we could find what was left of the cat... it was just a tail."

Waters, who served five years in the Navy and owns a real estate business with his son in Louisiana, also spoke of the humbleness of sharing bloodlines with a larger-than-life icon.

"My grandfather's legacy to me is one of courage, sacrifice and patriotism," he said. "His dedication to duty remains a benchmark to which I will always look up to but the same characteristics he showed filtered through to his men and women serving with him... I feel across the board, a great pride and honor to have been born into the family but also great humility for the honors you gave to me."

"What I learned... as I went on further through life was his compassion for people. He wept when one of his men were killed. He had a very big heart," Waters said.

Waters added, however, that his tongue was sharper than any weapon of battle.

"I think his profanity, his language, was like his sword. He used that to beat you back," he said.

Water's explained that he heard his grandfather's language for the first time when the canvas lawn chair his grandfather was sitting in gave way. "It was no more see Spot run... it was a whole new vocabulary."

But, Waters said, "he wasn't a mean

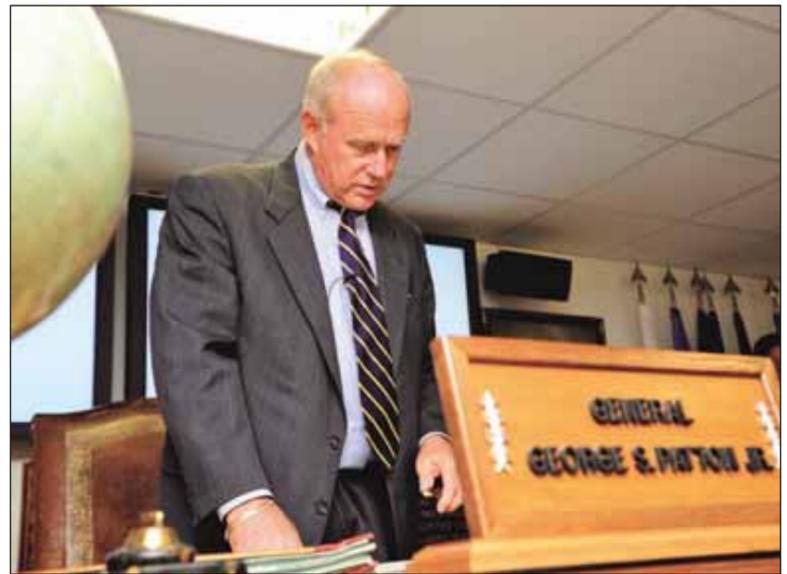


Photo by Sgt. Stephen Morgan

George Patton Waters, the grandson of famed World War II commander Gen. George S. Patton, visits his grandfather's desk at Grafenwoehr's Noncommissioned Officer Academy Sept. 2.

person... he was the type of person who gave the credit to the men. It was they who made General Patton what he was."

And it was that same love of service members that inspired Waters' visit to the troops and families in Grafenwoehr, he said.

"I work with the Medal of Honor Foundation. Our big thing is courage, sacrifice, and patriotism. Those three words, I think, is what General Patton was all about, and I think these (Soldiers)... they're all courageous, they're all sacrificing, and they're all patriots. All I want to do is carry forth the message, as best I can... I

complement you on that."

"When I look at these young Soldiers, I see heroes... I see General Pattons. Every one of those guys is a Patton because everyone is willing to die for his country, to put his life on the line."

During his day-long visit to Grafenwoehr, Waters thanked service members and asked attendees to cherish the high price of liberty.

"For God's sakes, please remember what your parents did... the sacrifices they made. Look at where we are and look at the freedom we have. If you want to be free, you've got to do what it takes," he said.

GARRISON SNAPSHOTS



Photo by Josef Fiegl

IT'S OFFICIAL!

Netzaberg students assist Elementary School principal Barbara Mueller (second from left), Government of the Upper Palatinate Vice President Johann Peissl (third from left), and DoDDS representatives with the ribbon cutting that marked the official opening of the Netzaberg elementary and middle schools Aug. 29. The brand new schools have space for 1,400 students. Settled on the Netzaberg hill, the schools feature spacious classrooms, two gyms, and a large multi-purpose hall.



Photo by Mary Markos

LAY OF THE LAND

1st Sgt. Paul Ninelist (right) of the Grafenwoehr and Vilseck Warrior Transition Unit speaks with United States Army Europe and 7th Army commander Gen. Carter Ham (left) Sept. 3 in Vilseck outside the Soldier and Family Assistance Center. Ham toured the Warrior Transition Unit, single Soldier barracks, and Netzaberg housing area during his day-long visit.



Courtesy photo

LOOK, MA!

Allen Hoggan shares his school work with his mom and brother during the Sept. 4 Grafenwoehr Elementary School Open House. Hoggan is in Ms. Woods' first-grade class. Parents and siblings visited the classrooms and met with teachers during the annual event.



(Above) Local national firefighters suit up to enter the "contamination zone" during a Sept. 5 force protection exercise at U.S. Army Garrison Garmisch. (At Left) Bavarian Red Cross members carry a "casualty" to the decontamination site during the exercise.

Exercise Exercise Exercise

Simulated hazardous chemical release tests Soldier, host nation emergency response during annual FTX

Story and photos by
JOHN REESE
Garmisch PAO

"Exercise, exercise, exercise," was a repeated caveat here Sept. 5, as this normally quiet outpost nestled at the foot of the German Alps erupted with activity.

Garmisch has been a U.S. Army garrison since 1945, but seeing Soldiers – in a post-Cold War era – wearing gas masks in full battle-rattle with weapons patrolling the perimeter and working the gates is an uncommon site. Add in colorful, bulky biochemical suits that resemble something from the set of a 1950s sci-fi movie and you have a full-scale force protection exercise.

Soldiers from the 18th Combat Sustainment Support Battalion, out of U.S. Army Garrison Grafenwoehr, augmented Garmisch's military police force, with German emergency services responded enthusiastically and in numbers larger than anticipated.

"This exercise was mostly an opportunity to work with external support to defend this post in a time of need," said Alonzo Edwards, USAG Garmisch security specialist.

The scenario involved the intentional release of a commercially available hazardous chemi-

cal at the garrison school while students were at lunch. The actual and simulated time of the exercise was a difference of six hours, mostly to accommodate host nation resources and to avoid interruption of peak traffic hours.

And when the German Polizei, the Garmisch Fire Department, and the Bavarian Red Cross received the urgent call for help, they scrambled a fleet of emergency vehicles "Code 3" to the garrison's Artillery Kaserne.

During the exercise, student and adult role players took their roles seriously, with smoke from a near-by barbeque adding an unintentional – but realistic – haze to the warm summer evening. First responders established a triage point and began evacuating "victims" from the school.

The one road leading in and out of the garrison's Breitenau housing area soon became crowded with emergency vehicles, decontamination points, responders and role players, forcing the MPs

to shut it down temporarily for safety. This led to some confusion amongst garrison residents and campground guests not participating in the exercise.

But every exercise is a learning experience, said Steve Denman, acting director of plans, training, mobility and security, and the driving force behind the drill.

"When mistakes are made, it is always better to discover them during training than during an actual crisis," said Denman. "We learned better cooperation and coordination with our host nation emergency services."

The garrison's Army Community Service, so new that it doesn't officially begin operations until Oct. 1, also went into the breach.

"An Emergency Family Assistance Center was established for the first time in Garmisch history," said Doris Tyler, ACS division chief for the garrison. "EFACs are set up in natural or man-made disasters to support the community members and provide information, support and comfort in a centralized area. It worked well

thanks to our volunteer role players."

Lessons learned were discussed in a short briefing immediately after the exercise at the emergency operations center, and again at a bilingual after-action review Sept. 8.

After all, these annual exercises are to show the bad and the good, said garrison Fire Chief Wolfgang Pauls-Polch, who worked at the incident command center coordinating on-site activities.

"Not all things worked out perfect, but that's the reason why we do these exercises," he said. "We should learn from our mistakes to handle it much better in a real emergency. Overall, we can be quite satisfied with the progress."

When mistakes are made, it is always better to discover them during training than during an actual crisis.

Steve Denman
Acting DPTMS Director



Spc. William Runyon (left), Spc. Demetrius Castle and Pfc. Michael Hackett, 18th Combat Sustainment Support Battalion, take up a checkpoint posture outside of the Garrison Garmisch headquarters building during the Sept. 5 exercise.

Marshall Center library tech honored at Library of Congress

by **ANNE FUGATE**
Marshall Center PAO

Marshall Center library technician Jill Golden was honored as the 2007 Federal Library Technician of the Year during a ceremony at the Library of Congress in Washington, D.C. Sept. 12.

The Library of Congress' Federal Library and Information Center Committee annually recognizes the best federal libraries, librarians and library technicians for their innovation in meeting the needs of their customers.

Librarian of Congress James H. Billington presented Golden the award, which cited her exceptional commitment, innovative thinking and technical skills in serving an international community of users.

About the center

The Marshall Center Research Library provides services to military officers and civilian government officials participating in the programs of the George C. Marshall European

Center for Security Studies, a U.S.-German security and defense studies institute.

In 2007 the staff of nine worked with more than 800 course participants from 71 countries, in addition to visiting researchers and the center's multinational faculty and staff.

The library provides resources and services in the same three languages in which the center conducts its resident courses, English, German and Russian.

First impressions

From her position at the circulation desk, the Russian-speaking library technician is invaluable in making first contact with many course participants, said Golden's colleague, systems librarian Kathryn Davis.

"By greeting participants in their native language and with her can-do spirit, she quickly puts even the most reserved at ease," Davis said.

"And because of her Russian proficiency, she is often called upon to provide reference service to Russian-language participants, which she does

as well as any professional librarian," she said.

Golden, who has been at the Marshall Center since October 2004, said that she enjoys working with such diverse customers.

"I am always learning something, in engaging with people from Mongolia or South Africa or Slovenia," she said.

She said she continues to be surprised by what course participants sometimes tell her of the difficulties in trying to find books in their countries.

"One participant from South Africa said that it is so hard for them to get these kinds of books in their ministry library, for budget reasons. I'm always surprised that books I take for granted, people are really pleased to have access to here," Golden said.

Golden opportunities

Golden routinely looks for opportunities to improve customers' access to resources, even going beyond the library walls when necessary, according to Davis.

"The library is frequently asked to purchase books for participants, but this prohibited, and it is very difficult, nearly impossible, for them to purchase directly from the U.S.," Davis said. "Jill coordinated with the local post exchange to stock course 'best-sellers,' giving participants a way to purchase the books locally."

Technological forefront

Other 2007 projects included developing a plan to upgrade the library's Web pages on the student network and compiling weekly resource alerts for participants in the center's main course, the three-month Program in Advanced Security Studies.

These and other efforts were intended to make participants aware of the holdings and services that are available to them not only while they are in Garmisch, but also after they have graduated and returned to their home countries.

Despite having volunteered in her local library when she was a teen and working in the library in college, Golden said she did not originally

plan to begin a career in the library sciences.

When she graduated with a bachelor's degree in Russian studies from Carleton College in Minnesota in June 2004, she was focused on finding a way to put her Russian language skills to work, which the position at the Marshall Center would allow her to do.

However, the work proved so interesting that she began working on a master's degree in library sciences, which she will complete in December.

Still the best

Library director Marcy Hampton said that Golden is without a doubt the most impressive technician she has worked with in more than 30 years of federal service, but Golden credits her coworkers.

"Any good work I've done here is because I have a great boss and great colleagues that teach me," Golden said. "Not many libraries let their technician write up plans for redesigning their Web site."

Chaplain makes life-saving donation

by KRISTIN BRADLEY

Bavarian News

Chaplain (Maj.) Michael Wood was shocked this spring when he got a surprise call from someone he hadn't thought much about in the last three years.

Actually, it was more like a phone call from something he hadn't thought of in years.

The National Marrow Donor Program had taken a swab from his cheek in 2005 and placed it into a national database and was now calling him to say he was a match for someone looking for a donor—someone very sick who needed him to save her life.

Wood said he didn't need any time to think about it.

"To me it's a no brainer. It's a great thing to do," he said.

Wood donated his peripheral blood stem cells, another way to collect the blood-forming cells also found in bone marrow.

Wood knows the patient who will receive his donation is a 43-year-old woman with leukemia. His blood stem cells, cells which produce the body's different blood cells and are found inside the marrow of some bones as well as in circulating blood, will be used to replace her malfunctioning cells.

To collect them, Wood had to undergo a process called apheresis, during which a needle is placed into each of his arms.

According to an NMDP booklet, during apheresis blood is removed from one vein and passed through tubing into a blood cell separator machine. The needed blood forming cells, platelets, and some white blood cells are put into a collection bag while plasma and red blood cells are returned to the donor's body through the other arm.

"My wife is deathly afraid of needles, so she kind of thinks I'm crazy. But after 22 years in the Army, I'm not bothered by needles," he said.

The chaplain said needles or no needles, declining to donate never once crossed his mind.

"You just get the mentality that, 'of course I'm gonna do this.' If somebody is dying and I have what they need to help them, of course I would. There's no cost to me and I can regenerate it."

The decision to donate bone marrow or



Courtesy photo

Chaplain (Maj.) Michael Wood undergoes a process to donate his peripheral blood stem cells, another way to collect the blood-forming cells also found in bone marrow, at a hospital in Fairfax, Va., Aug. 13. Wood joined the National Marrow Donor Registry in 2005 and received a call this June that he was a match for a patient with leukemia who needed his cells for a life-saving treatment.

PBSC is a major one, not just because of what the procedure involves for the donor, but also because, as the NMDP booklet states several times, "If you change your mind after the patient has begun chemotherapy and/or radiation treatment to kill his or her own marrow, the recipient may die if he or she does not receive the transplant."

So, after going through a complete medical workup at the U.S. Army Garrison Hohenfels Health Clinic, Wood flew to Fairfax, Va., Aug. 8. In Virginia, he was given an injection of the drug filgrastim, used to move the stem cells from the bone marrow into the bloodstream, each day for five days before the procedure.

"There really was very little impact on me," he said afterward. "I was working out and sightseeing every day of the five days leading up to the procedure. Afterward, I got up and walked away."

Wood said he had some flu-like symptoms and a slightly sore hip, but other than that had no problems.

"I could have gone sightseeing that day too, but they said that probably was not wise."

Throughout the entire process, Wood says he was in contact with a representative from the donor center.

"They were very courteous. They make sure you know all along what you're getting into,"

he said.

When pressed for why he became a donor, he acknowledged that his faith had a part in his decision.

"My faith obviously plays a big part in everything I do," he said. "A big part of my relationship with Christ is service. It really does make it a non-decision."

Because a successful transplant requires carefully matching tissue types, a patient's siblings are usually their best chance for a match. When a match cannot be found within the patient's family the search for an unrelated donor begins.

According to the NMDP, 6,000 people a day are searching the registry for a match. The donation they are seeking may be their best and only hope for a cure.

The program's online materials also state that because tissue type is inherited, patients are most likely to match someone from their same race or ethnicity.

African Americans, American Indians, Alaska natives, Asians, Native Hawaiians and other Pacific Islanders, Hispanic and Latinos, and those of multiple races are urged to join the registry so patients of all backgrounds have the best possible chance for a cure.

On Sept. 24 the Hohenfels Health Clinic will be holding a registration drive from 9 a.m. to 4 p.m.

To join the national registry, a person will only need to fill out a few forms and submit a painless cheek swab, according to Lt. Col. Derek Cooper, health clinic commander, who said the entire process should take only about five minutes.

"Entering the bone marrow program is a great way to support the medical community in providing hope and trying to deliver a cure to all patients in need of a life-saving transplant," he said.

The drive will take place from 9-11 a.m. and 1-4 p.m. at the health clinic and from 11 a.m. to 1 p.m. in front of the garrison dining facility.

To register, a person must be an ID card holder and between the ages of 18 and 60. Because it only involves a simple cheek swab to register, there are no restrictions for piercings, tattoos, or recent travel.

To learn more about the National Marrow Donor Program, visit their Web site at www.marrow.org.

Adoption doubles local family size overnight

Story and photo by KRISTIN BRADLEY

Bavarian News

For most American families, back to school season is a stressful, often expensive, time. There are meet-your-teacher days and sports physicals to shuttle children between, as well as the compulsory bank breakers of school supplies, sports fees, and new clothes.

For Army Families at Hohenfels, things tend to be even more hectic. With busy training and rotation schedules, one parent is probably hard pressed to help out, and that is if they are not deployed and gone completely.

Now imagine that within the past few months your family has grown from two to six children, all between the ages of 8 and 13.

You had to buy a new car that will fit your expanded family, none of the kid's toys or clothes has arrived yet from the movers, and it is looking like four of the six will not be enrolled in time to start school.

This is the life of Sgt. 1st Class Edward and Donna Scott, a Warhog observer/controller and his wife who recently adopted their niece and three nephews and brought them to Hohenfels.

"We have to do a lot of laughing or we would go crazy," said Donna.

The Scotts' adoption was finalized Aug. 29, but it has been a long time coming.

Donna said the kids have lived with them off and on throughout their lives. In October two years ago, Donna's sister, the children's mother, sent her a Red Cross message saying the children had been put into foster care by Oklahoma social services.

After the initial jolt of receiving a Red Cross message wore off, her husband was deployed at the time, Donna said she immediately contacted social services and began the long fight to bring the children into her family.

"There literally were times we thought, 'What are we gonna do? How are we going to continue the adoption?'" she said.

Told initially they had to pay approx \$30,000 for this family adoption, the Scotts had to hire a lawyer and even ended up contacting their congressman.

Getting four kids out of foster care was hard enough, they said, and it was made more difficult because they were an active duty military family living overseas. Not only were they going to have to find a way to move four children and their belongings across the world, but the Scotts faced many logistical challenges from not being able to pop over to the courthouse or social services whenever another legal issue or more paperwork arose.

"They're my family. It's not an option," Donna said about why she and her husband have spent so long fighting for these children.

"You just pray everything works out...As difficult as it was, and as many hurdles as we had, things are starting to fall into place."

But things are not quite in place yet.

School at Hohenfels started Aug. 25. The four newest Scott children were not there, though they were finally enrolled by the end of the first week.

"Right now we are in limbo," said Edward, explaining that working through the military bureaucracy has been a challenge.

Their biggest problem right now is command sponsorship. The Scotts were told that before the children could receive the same care as any other military child they would have to completely reapply for command sponsorship.

They did, and it was disapproved.

So since they are not command sponsored, they were first told they could not enroll the children in school. They also cannot enroll them in Tricare

Prime; they are currently enrolled in Tricare Standard which requires they pay half of any treatment costs, which they cannot afford.

If they had another baby, it would automatically be command sponsored, so they don't understand why this is such a problem, they said.

They have been told they have to move because the children need Exceptional Family Member Care not available at Hohenfels. Three posts offer the care, two of which the Scotts cannot go to because Edward wouldn't have a job. That leaves Vilseck, but the elementary school is in Grafenwoehr.

"If we're going to move, we might as well go where we need to be," said Edward, who is currently looking for a job and a place for the family to live on post at Grafenwoehr.

The Scotts say they wish there were steps somewhere to tell them what to do. There has got to be a way to do this, they said, it just seems like no one knows what it is.

"Maybe we can write it after we get all this figured out," said Edward.

Still, they say there have been a lot of people on their side.

"The garrison commander and command sergeant major have been really helpful. So have Brandi (Stauber) and Rachael (Sosa) at ACS," they said, adding they have also received a lot of help from another community member who wants his (or her) good deeds to remain anonymous.

Apart from the sea of regulations they are still trying to swim through, both agree all the other challenges are just normal kid stuff, like who can sit next to whom in the vehicle or who took the game controller out of turn.

"It's simple things," said Edward. "Like the other day we told the boys to go take a bath. There were two boys, one in each bathroom. Then one of the girls comes and says 'I have to go potty,' and I'm thinking 'Oh, I didn't think that far ahead.'"



Donna Scott hugs her children, Aria'na, Braden and Makana, minutes after a judge in Oklahoma pronounced the Scotts' adoption of Aria'na, Braden, and their two brothers Brently and Nicholas official Aug. 29.

"Carol made it look so much easier," said Donna, referring to their Brady Bunch style household.

Though they don't have a live-in maid to help out like the Brady's, Edward too said the adoption was not ever a choice, it was a given.

"After 18 years in the military you think everything is set, you have your retirement planned out and all that. But we knew for years this was going to happen...How could you live with yourself if you didn't do it? We just want the kids to have normal lives and more possibilities in their future," he said.

It is obvious to anyone who speaks with him that Edward, himself adopted along with his sister by the couple they now call their parents when they were 11 and 13, honestly does not understand what all the fuss is about.

It is not just Donna who is unquestionably devoted to her sister's

children, a fact evident to anyone who sees the family together.

"They're all truly good kids, and they have the potential to be awesome kids," he said.

When the adoption was finalized during a conference call Aug. 29 with a judge from Oklahoma, Donna was smiling non-stop and trying not to let the tears in her eyes spill down her cheeks.

Edward had one of the children on his lap and the others pressed up against him, excited that Daddy got to come home from work in the middle of the day.

After the judge hung up, hugs and cheers filled their homey apartment.

Donna said she could not believe it was all finally official.

"We will wake up tomorrow and will all officially be Scotts. I will probably wake them all up at midnight just to say 'you're mine!'"

Hohenfels intelligence company 'eyes on the battlefield' in Afghanistan

by KRISTIN BRADLEY
Bavarian News

When seven Soldiers from Company A, 1st Military Intelligence Battalion, 66th Military Intelligence Brigade, returned to Hohenfels from Afghanistan last month, they did not receive a lot of fanfare.

The lone company from 1st MI stationed at Hohenfels, these Soldiers can be easy to overlook.

Their building is tucked away behind the commissary and there are only about 50 of them total.

Though the job they do downrange is similar to their unit's mission here—not well known—that is no indication of its importance.

When a team from Co. A, 1st MI deploys, they are sent to Jalalabad, Afghanistan, where they operate an unmanned aerial system, a reconnaissance aircraft operated solely from the ground.

Typically composed of 12 Soldiers, the team will receive a mission from a combat unit looking for information on a certain target area, said Capt. James Kretzschmar, company commander.

The aircraft, called a Hunter, allows the MI Soldiers to gather visual information on the target area, which they analyze and pass along to the combatant commanders.

They can provide what Kretzschmar calls "actionable intelligence," or provide a real time video feed as a mission is executed.

"The Taliban are making a resurgence in Afghanistan. This asset allows more coverage for battalion commanders. We're their eyes on the battlefield. It helps protect Soldiers on the ground engaging the Taliban, as well as the Afghan people," said Kretzschmar.

The Hunters do anything from reconnaissance, surveillance, battle damage assessments, topographical surveillance, and more, said Capt. Shannon Billig, company executive officer.

"There is a great demand for this asset," she said. "Commanders can get a clear picture before planning an operation. It allows them to see the terrain, confirm activity, and answers command intelligence requirements and questions. The more they know about the battlefield, they can change what kind of operation they conduct."

Billig is one of the Soldiers that recently returned from a 90-day rotation in Afghanistan.

The 1st MI Battalion operates on a "capabilities based rotation model," which means Soldiers spend six months at home and three months deployed, though the leadership usually stays longer.

This promotes stability both on the home front and in deployed areas, said Kretzschmar.

Billig said it is especially helpful since they are not permitted to fly their aircraft when they are in garrison, due to flight restrictions in the area.

"It is a tall order to send these Soldiers to a combat environment and expect them to perform without training here," she said, adding that the Soldiers are more than living up to that challenge.

Though of the 50 Soldiers assigned to Co. A only about 12 are deployed at any given time, including an officer in charge, a noncommissioned officer in charge, a mission commander, air vehicle operators, and maintainers, Kretzschmar said the company maintains a small footprint at Hohenfels, usually only about 15 Soldiers at a time.

Remaining Soldiers are frequently sent on temporary duty assignments to their sister unit, 224th MI, at Fort Stewart, Ga., where flying the Hunters is permitted, allowing them to stay current with their training.

Soldiers that remain in garrison focus on Army warrior training (skills all Soldiers must be proficient in), classroom instruction, tasks to prepare for their next deployment and facilitation of the current team's mission.



photo by Capt. James Kretzschmar

Ground crew Soldiers Spc. Nathaniel Lucas, Spc. Michael Walk, and Spc. Christopher Hayward disconnect the ground power supply from the Hunter, an unmanned aerial system, in preparation for a launch from their station in Jalalabad, Afghanistan. The Soldiers, from Company A, 1st Military Intelligence Battalion, 66th Military Intelligence Brigade, at Hohenfels, operate the aircraft to provide intelligence for combatant commanders.

Fallen Cherokee Soldier 'will be sorely missed'

by KRISTIN BRADLEY
Bavarian News

When Team Cherokee deployed to Afghanistan on June 23, it was Pfc. Tan Ngo's 20th birthday. He will not be returning with Cherokee next spring to see his 21st.

Ngo, assigned to Company C, 1st Battalion, 4th Infantry Regiment, was killed in action Aug. 27 while serving as a turret gunner at Forward Operating Base Mizan in Zabul Province, Afghanistan.

Ngo was hit by an initial burst of fire when his convoy was attacked by insurgents with small arms and rocket propelled grenades. He was treated and immediately medevaced to Kandahar, where he was later



Ngo

pronounced killed in action.

The Community Activities Center at U.S. Army Garrison Hohenfels was packed with 1-4 Soldiers, family, and community members for Ngo's memorial Sept. 4.

Outside the CAC, the sky obligingly set itself for the occasion, with low, gray clouds and cold rain.

Inside the CAC, Pfc. Jack Hazen read an emotional tribute written by Ngo's peers.

Lt. Col. John Lange, 1-4 battalion commander, addressed those gathered with an occasional break in his voice.

Capt. Terry Howell, Cherokee company commander, who is back in Hohenfels recovering from his own combat injuries after he was hit by enemy fire Aug. 3 near FOB Lane, paused every few minutes to keep his composure as he spoke of how the company will remember Ngo.

"His fellow Soldiers speak very highly of him," said Howell. "They speak of his ability to laugh at himself as well as to make others laugh.

They speak of his sense of humor and his ability to brighten up any situation. And they speak of the special interest he took in his Vietnamese heritage and how he was so family-oriented, always bragging of his younger brothers."

Born in 1988 in Oregon to Vietnamese parents, Ngo joined the Job Corps, an education and vocational training program administered by the U.S. Department of Labor, after he graduated High School in 2006.

After a year with the Job Corps, he joined the Army on Oct. 10, 2007.

He attended basic training and advanced individual training at Fort Benning, after which he came to Hohenfels for his first duty assignment.

Following a ceremony Sept. 5, Ngo was laid to rest in Willamette National Cemetery in Portland, Ore.

Oregon Gov. Ted Kulongoski and Brig. Gen. William Rapp, commander Northwestern Division, U.S. Army Corps of Engineers, attended the ceremony.

At the Hohenfels ceremony, Howell spoke of the sacrifice Ngo made.

"Before our Soldiers arrived [in Afghanistan], the local people were terrorized at will. Our being there has made a big difference, but it also cost us the life of one of our finest young Soldiers," said Howell.

"I want to express to Ngo's family today that he never let his country down, and that all Americans share the pride you have in your son...He left his mark on everyone whose lives he touched, and he will be sorely missed."

Ngo is survived by his father and mother, Ut Quoc Ngo and Binh Thanh Sam, and his three younger brothers, Tien, Thanh, and Thien.

The family has requested that in lieu of flowers, donations can be made in his honor at any Wells Fargo Bank. The account has been set up in his mother's name: Binh Thanh Sam. Donations will be used to ensure a college education for his brothers.

Cards and letters should be sent to the family at 21511 S.W. Frammy Way, Aloha, OR 97006.

Remember restrictions when participating in politics, elections

by CLAY DONNIGAN
USAG Hohenfels Legal Center

When you get right down to it, most Americans would probably say that the right to vote is one of their most important constitutionally protected guarantees. This is perhaps even more so for the members of our Armed Forces who voluntarily place themselves in harm's way to protect our freedoms.

While members of the Armed Forces are strongly encouraged to actively participate in our political process, certain restrictions on the exercise of such participation exist, due to the special nature of the military mission and the unique status held by members of the Armed Forces.

Department of Defense directive 1344.10 specifies the parameters of acceptable and unacceptable political activities for all members of the armed forces.

Generally speaking, Soldiers on active duty and government civilian employees enjoy many of the same liberties all Americans enjoy in our political process.

They may register, vote, and express personal opinions on political candidates. They may pro-

mote and encourage others to vote, and join and actively participate in a political association.

They may attend political fundraising activities, meetings, rallies, debates or conventions as a spectator, as long as not in uniform.

They may also express their written opinions on public or political issues to newspapers, though they may not include their military affiliation in the byline.

They may make monetary contributions to a political organization favoring a particular candidate or candidates, and fully participate in the Federal Voting Assistance Program.

Limitations arise, however, when permitted political activities become linked to a Soldier's military status, mission, or responsibilities.

For example, active duty Soldiers cannot say they express political opinions on behalf of the Armed Forces as a whole.

They cannot participate in political activities while in uniform, during duty hours, or when violence is likely to result from such participation.

Soldiers also may not serve as a representative of a partisan political party, or use their official authority to influence or interfere with the election process.

In or out of uniform, they may not march in partisan political parades or speak before a partisan political gathering. This includes any radio, television, or other program or group discussion as an advocate for or against a partisan political party, candidate or cause. Soldiers are also restricted from performing clerical campaign duties, fundraising in federal facilities, and publicly displaying political signs, banners or posters, other than bumper stickers, at one's residence on a military installation, even if that residence is part of a privatized housing development.

Government civilian employees may encounter similar restrictions, though many such restrictions focus mainly on political activity engaged in by the employee during the course of the duty day, or in the performance of official duties.

Government civilian employees are prohib-

ited from running for election to a partisan political office, while in the performance of their official duties or not. Also, government civilian employees cannot use their official authority or influence for the purpose of interfering with or affecting an election result.

Contractors are not considered government civilian employees and are not subject to these restrictions. However, contractors should check if they have agreed to certain restrictions as a condition of their employment with their government contractor employer.

Any member of the armed forces that desires to make a more active and perhaps more extraordinary contribution to our political process is advised to first consult the directive for guidance. If further questions remain, ethics counselors are available at your local legal office.

Correction:

On page 8 of the Sept. 3 issue of the Bavarian News, we reported that U.S. Army Garrison Hohenfels will build five paintball fields to be completed by spring 2009. The article should have stated that, contingent upon funding approval, one indoor paintball field will be constructed in what is now the fitness center, and four outdoor fields will be constructed across from Tiger Field. The indoor center is planned to be completed in spring 2009. Construction on the outdoor fields is planned to begin in 2010.

What's Happening

Ansbach Briefs

Wild, Wild West Kids Fest

Morale, Welfare and Recreation hosts the Wild, Wild West Kids Fest Saturday from 11 a.m. to 2 p.m. at the 2-159th Aviation Regiment hangar on Storck Barracks.

MWR officials want kids and parents "to dust off their Western duds and mosey on down for games, grub and goodies for kids of all ages," according to a publicity flier.

Prizes will be awarded to the family with the best Western outfits.

For more on the event, send an e-mail to ans-mwr@eur.army.mil.

Free concert

MWR hosts a free concert featuring contemporary and R&B band Off the Wall Sept. 24 at 7:30 p.m. at the Storck Barracks Longbow Lounge. Food and beverage sales begin at 7 p.m.

For more, send an e-mail to ans-mwr@eur.army.mil.

Take control of your health

Katterbach Health Clinic will host a "Take Control of Your Health Day" Sept. 24 at the Katterbach Fitness Center from 8 a.m. to 3:30 p.m. There will be health benefits advisors, TRICARE and housing representatives, DEERS, and patient liaisons.

Information and professionals will be available to discuss home self-care skills and immunization information for school age children.

Chaplains will be on-site with information to heighten awareness of suicide prevention and increase coping skills for life changes of reintegration/transitions, and will schedule appointments as needed.

New post office hours

The post offices on Katterbach Kaserne and Storck Barracks get new operating hours starting Oct. 1.

The Katterbach Post Office will be open Mondays-Thursdays from 10 a.m. to 5 p.m. and Fridays from 11 a.m. to 5 p.m.

The Illesheim Post Office will be open Mondays-Fridays from 9 a.m. to 3:30 p.m.

Community mail room hours will remain the same.

Civilian Fitness Program

The Army Civilian Fitness Program's next open enrollments take place Sept. 24 from 10 a.m. to 2 p.m. at the Barton Gym and from 3-4:30 p.m. at the Bunch Fitness Center on Storck Barracks.

The program allows Department of Defense and local national civilian employees to engage in a regular program of exercise and take on other positive health habits.

Under the program, people's commanders can approve up to three hours of excused absence per week to allow employees to exercise. The program lasts for six months and is a one-time deal, said Karen Lewis, USAG Ansbach Health Promotion Well Being coordinator.

For more on the program, call Lewis at DSN 468-7863 or CIV 0981-183-863.

Lunch with the principal

Illesheim Elementary School hosts a parent luncheon with the principal Sept. 30 from noon to 1 p.m. in the school library.

All parents are welcome to come and bring a sack lunch to discuss discipline in the school. School officials said this is a great time to ask questions and get information. Child care can not be provided due to space limitations.

Please RSVP to the school at CIV 09841-83-4731 or DSN 467-4631.

Illesheim SAC meeting

The Illesheim Elementary School Advisory Counsel will host its first meeting Oct. 1 at 2:45 p.m. in the school library. School officials ask for parent and community support for the SAC. For more, call DSN 467-4731 or CIV 09841-83-4731.

Financial visit

The Federal Benefits Unit and Defense Finance and Accounting Service-Cleveland will visit Katterbach Oct. 23 on the third floor of the Army Community Service Building from 8 a.m. to 3 p.m.

The FBU will process Social Security Administration claims for retirement; disability and survivor benefits; Social Security number applications; all post-entitlement activities affecting beneficiaries under the various programs such as change of address, issues involving Direct Deposit, non-receipt of check allegations and death terminations.

The FBU also handles Department of Veteran Affairs survivor claims, education benefits, compensation and pension examinations.

DFAS Cleveland will do a one-on-one audit of a retiree's account. DFAS will process address changes, Direct Deposit abroad, methods of payments and the retiree account statement.

For more on the visit, call DSN 467-3301 or CIV 09802-83-3301.

Katterbach Thrift Shop

Don't forget the ASCC Thrift Store for your bargain needs or when you're looking to pass along items you no longer need. Items can be donated or consigned—stop by the Thrift Store to learn more.

The Thrift Shop's hours of operation are Tuesdays and Wednesdays from 10 a.m. to 2 p.m., and Thursdays from noon to 6 p.m. Consignments hours are Tuesdays and Wednesdays from 11 a.m. to 1:15 p.m. and Thursdays from 2:30-5:15 p.m. An after-hours donation box is available outside of the Thrift Shop for your convenience, but please do not leave large items there—they may not make it into the Thrift Shop staff's hands.

Have some extra time on your hands? Why not spend a day volunteering at the Thrift Shop? Stop by and chat with the Thrift Shop staff about how you can lend a hand.

For more information, call the Thrift Shop at DSN 467-2534 or CIV 9802-83-2534 or e-mail the staff at Katterbach-ThriftShop@yahoo.com.

Preschool drama classes

MWR asks parents to open the window to their children's imaginations with preschool creative drama classes Thursdays from 10-11 a.m. at the Terrace Playhouse in Bleidorn Housing Area.

The classes are parent and children interactive and directed playtimes that give children up to age 5 their first taste of theatre. For more, call DSN 468-7636 or CIV 0981-183-636.

VA brief

The Army Career and Alumni Program hosts Veterans Affairs briefs for USAG Ansbach Soldiers and family members on VA benefits and services.

The briefings take place Sept. 24 and Oct. 24. The briefings are open to transitioning Soldiers, their families and retirees.

For times and locations, call ACAP at 467-3312 or 09802-83-3312.

Spouse education assistance

The Army Emergency Relief Overseas Spouse Education Assistance Program is accepting applications for assistance for Term II college courses now until Sept. 29.

OSEAP is a need-based education assistance program designed to provide spouses residing with active duty Soldiers in overseas commands with financial assistance in pursuing educational goals.

The purpose of the program is to assist spouses in gaining the education required to allow them to qualify for increased occupational opportunities. Active duty military personnel are not eligible.

Financial assistance is awarded up to half the cost of tuition per term based on financial need, as evidenced by income, assets, family size, special financial obligations and circumstances, with a \$580 maximum per academic term. The academic year consists of five terms.

Application deadlines for the terms: Term 2 – Sept. 29; Term 3 – Dec. 22; Term 4 – March 2, 2009; and Term 5 – May 11, 2009.

People can apply online at http://aer-hq.org/AER_Spouse_Overseas/Downloads/08-09%20OSEAP%20Description.pdf.

For more on the program, call Sarah Tipple, USAG Ansbach AER officer, at DSN 467-2064 or CIV 09802-83-2064.

Register to vote

The Army's Voting Assistance Program aims to ensure that Soldiers, their families, and civilians overseas can exercise their right to vote.

USAG Ansbach's Voting Assistance Program officers are Mohammad Alkadri and Scott Hamilton.

Absentee ballots can be applied for by filling out the federal postcard application (Standard Form 76).

The form is available at the garrison command group or can be downloaded at <http://www.fvap.gov>.

The Web site also features an automated federal postcard application. Filling out the form not only registers voters for an absentee ballot, but it also registers them to vote in federal, state and local elections. For more, call Alkadri at DSN 468-7730 or CIV 0981-183-730.

Self-Help hours change

The Illesheim Self-Help opening hours have changed.

Operating hours are Mondays-Fridays from 7:30 a.m. to 4 p.m.

For more information, call DSN 467-4722 or CIV 09841-834722.

Schweinfurt Briefs

Get fit while supporting

Two wellness programs offered this fall provide opportunities to get in shape as well as support the troops. Walk, swim, or bike the distance from Iraq/Afghanistan and back in Operation Walk 4 Freedom which is open to the entire community. The Civilian Fitness Program gives employed civilians (with supervisor approval) a chance to develop a regular exercise program during the work day. Registration for both programs is held at Finney Fitness Center tomorrow from 10 a.m. to 1 p.m. and Friday from noon to 3 p.m. For more information, call the Schweinfurt health promotion coordinator at DSN 354-6793, CIV 09721-96-6793 or e-mail schweinfurthealthpromotion@eur.army.mil.

Community Rising Stars

Operation Rising Star has begun. Come support your favorite community musician at Rohr's Diner on Ledward Barracks tomorrow, Sept. 25, and Sept. 26 at 7 p.m.

Library book club meets

Do you enjoy a good book and then like to talk about it? Join the Ledward Library adult book club. The next meeting is Sept. 25 at the library starting at 5:15 p.m. Discussion for this month will be on "Five Quarters of the Orange," by Joanna Harris. Get your copy at the library desk. Coffee and tea will be served. Call DSN 354-1740 or CIV 09721-96-1740 for more information.

Bulk trash pick-ups

Bulk trash is scheduled to be picked up from Askren Manor, Yorktown Village, and government-leased housing Tuesday. Please put bulk items out prior to 7 a.m. on day of pick-up but no earlier than the day before. Bulk trash is only those items too large to transport in your vehicle. For more information, call SORT coordinator DSN 354-6201 or CIV 0162-270-9403.

Ride Europe's biggest rollercoaster

Join Outdoor Recreation on a trip to Europa Park Saturday. Cost for transportation is \$10 per person, or \$20 per family, plus 31 euro entrance fee. Come and enjoy one of Europe's biggest theme parks, including the largest roller coaster in Europe, "The Silver Star." For more information, or to sign up, call DSN 353-8080 or CIV 09721-968080.

Off the Wall concert

Come out and enjoy the performance of the band Off the Wall, a unique mix of contemporary and rhythm and blues music. The show takes place at Finney Fitness Center on Conn barracks Tuesday beginning at 7 p.m.

Library celebrates Hispanic American Heritage

Celebrate Hispanic American Heritage by eating enchiladas and burritos at the Ledward Library Tuesday. Lunch will be available from 11 a.m. to 1 p.m. Also enjoy the book display of Hispanic

fiction writers and pick up a book lists and bibliographies on Hispanic authors. The library staff will introduce interested patrons to "CultureGrams" a library database full of Hispanic American Heritage, its origins and much more. Call DSN 354-1740 or CIV 09721-96-1740 for more information.

Day of fun for all

Come participate in Soldier and family appreciation day at Finney Fitness Center Sept. 24 from noon to 8 p.m. Enjoy the live Donny Vox Band and musical guest Rob Ryan as well as a variety of fun for the whole family.

Oktoberfest bus ride

Better Opportunities for Single Soldiers offers a free bus to Munich for Oktoberfest. Enjoy the world's largest fest without the worry of transportation by calling DSN 353-8476 or CIV 09721-96-8476 to reserve a seat. Bus leaves at 6 a.m. and returns at 9 p.m.

National Day for Kids

Boys' and Girls' Club of America and Child and Youth Services present National Day for Kids at the Teen Center Saturday from 9 a.m. to noon. Enjoy inflatables, pillow-bash, fire truck fun, free food, and prizes.

Case lot sale at commissary

Come find great deals in large quantities at the Schweinfurt commissary's case lot sale Sept. 27 and 28. The commissary is open regular business hours: Saturday and Sunday from 10 a.m. to 6 p.m. Take advantage of this opportunity to purchase merchandise in bulk at discounted prices.

Computer classes offered

Do you need to learn more computer skills? Or do you know the basics of Microsoft applications but want to learn more advanced techniques? Army Community Service is offering free computer classes. Classes run from 8 a.m. to 12:50 p.m. Call for location. A certificate of completion will be issued at the end of each class. For more information, or to sign up, call ACS at DSN 354-6933 or CIV 09721-96-6933.

- Monday – Basic Microsoft Excel I
- Tuesday – Basic Microsoft Excel II
- Sept. 24 – Microsoft PowerPoint
- Sept. 25 – Microsoft Access

Invest for future wealth

Do you want to learn the basics of how to invest your money? Come to Army Community Service's class, "Investing for future wealth," Sept. 24 from 3:30 to 4:30 p.m. at ACS. Learn how to save and make your money grow. For more information, or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

Orientation for newcomers

Are you new to the Schweinfurt community? If so, then the five-day Schweinfurt Newcomers Awareness Program Oct. 6-10 is the fit for you. Free childcare is available the entire week. Get acquainted with the military community as well as the German town of Schweinfurt. For more information or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

Schweinfurt's largest fest

Come to the largest open-air party in Schweinfurt—the 33rd street festival—Friday and Saturday in the Schweinfurt's downtown pedestrian zone. Enjoy a variety of music and entertainment, programs for children, and special offers at local stores from 2 to 11 p.m. On Friday at 2 p.m., the brassband of Uechtelhausen open the fest. From 3 to 5:30 p.m. Geraldino and the Plomster present a comedy rock and pop show for children ages 4 to 10. Enjoy rock music by the Grooveties at 6 p.m. Watch the local shooting club parade from Martin-Luther-Platz to the Rathaus at 7 p.m. with a fire salute at 7:30 p.m.

On Saturday, or World Children's Day, a variety programs will take place on the stage at the market square from 10 a.m. – 1 p.m. including a dance group, children's band, and balloon launch. Schweinfurt is also looking for a child superstar and opens the floor to a singing performance for the children. Big Band "Brass-Sensation" plays from 1:30 to 4 p.m. The dance school Pelzer performs at 4:15 p.m. Party band Push plays from 4:45 to 7:45 p.m. Schweinfurt's hockey players will be introduced at 6 p.m. Samba dancers perform at 7:55 p.m. Big Sound Jack visits from Bamberg 8:30 – 11 p.m. Enjoy rhythm and blues at 9:30 p.m.



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- PC Hardware repair and replacement
- Army Golden Master (AGM) installation support
- And MUCH, MUCH MORE!

We'll fix it or find you the help you need.

What's Happening

Grafenwoehr/ Vilseck Briefs

Off The Wall concert

Come see the contemporary band Off the Wall live in concert tomorrow. The free concert will be at the Rose Barracks Memorial Fitness Center starting at 8 p.m. All ID cardholders are welcome for this family-friendly event.

Employment opportunities

The Vilseck and Grafenwoehr Education Centers are currently hiring for substitute personnel in the following job positions: Counselor Aide, Test Examiner, Admin Support Assistant, ALC Operator, Facilities Administrator, German Headstart Instructor, and FAST Instructor.

For information or to apply, call Dave Baker, CTC Program Manager, Vilseck Education Center, DSN: 476-2457, CIV: 09662-83-2457, or e-mail: bill.baker1@us.army.mil.

NAF job opportunities

NAF job opportunities available in child care activities in Grafenwoehr and Vilseck. If you are interested in working flex, part time, or full time, call Room 128, Bldg. 244 by Gate 3 in Grafenwoehr, or call CIV 09641-83-6886/6887.

Resume and Resumix labs

The Army Career and Alumni Program will hold a Resume Writing Lab Sept. 24 from 9 a.m.-12 p.m. and a Resumix writing lab Sept. 25 from 9 a.m.-12 p.m. Both classes will be held in Rose Barracks, Bldg 273. Call DSN 476-2055 or visit <https://www.acapexpress.army.mil> to register for ACAP services, schedule classes, and use online tools to create resumes and cover letters.

Junk in the Trunk

The Rose Barracks Library will host the third annual (part 2) event Saturday from 9 a.m.-2 p.m. with space holders setting up at 8 a.m. The event is open only to U.S. ID Cardholders, the event is a great time to clean out prior to that PCS or to find that needed item. Spaces are assigned on a first come first served basis. For more info call the Rose Barracks Library at DSN 476-1740.

Friendship walk

A friendship walk will be held Saturday from 9-11 a.m. at the Grafenwoehr Gym. The one mile walk is open to all ages and promotes special needs awareness. For more information contact Karen Vojtecky, Educational and Developmental Intervention Services, DSN 476-3221.

Tower theatre renovation

The Grafenwoehr Tower Theater will be closed beginning Monday for renovations. The theater is expected to reopen in early 2009.

Amberg Volksmarch

The Amberg Wander Verein (Club) E.v. is sponsoring its 39th International Volksmarch Saturday and Sunday. The Volksmarch is sanctioned by the International Volkssportverbandes E.v. and the Deutsches Volkssportverbandes E.v. The start and end of the Volksmarch will be located in the Ammersricht section

of Amberg. Ammersricht is located on the northern side of Amberg easily accessed off Highway 299 if travelling from Vilseck or Grafenwoehr areas. Directional signs will be clearly visible and located at all the main access routes leading into Amberg. Adequate and controlled parking will be available at the start/end site. Saturday the march kicks off 8 a.m. to noon, and Sunday 6:30-11 a.m. It ends at 4 p.m. Saturday and 3 p.m. Sunday

Cost: €1.50 per marcher. The cost for participants desiring an award is €3.80. A variety of awards will be available to select from. **Distance:** 5, 10, or 20 km routes with refreshments available on the 10 and 20 km routes. A motorized safety patrol monitor the routes. The routes are stroller and nordic walking friendly.

Group registration fees should be deposited to bank account number 190021097, bank control number (BLZ) 75250000. Special prizes are awarded to the largest pre-registered groups. Call Larry Simank, CIV 09621-789274, or e-mail simank@t-online.de.

German-American 'Stammtisch' in Weiden

The public is invited to attend the German-American "Stammtisch" Friday at 7 p.m. at the cafeteria of Volkshochschule, Sedanstrasse 13, in Weiden. Cost is 2 euro. This event will be held every Wednesday 8-9:30 p.m. after Sept. 19.

Vet vaccination clinic

The Vilseck Veterinary Treatment Facility will host a weekend vaccination clinic on Oct. 18 from 8 a.m.-12 p.m. and 1 p.m.-3 p.m. Appointments can be made by contacting the Veterinary Clinic at DSN 476-2370. There will be walk-in appointments available, but they will be seen as time allows, and all walk-in appointments must be signed-in with the receptionist by 1:30 p.m. to be seen.

Services will include routine vaccinations, heartworm/feline leukemia tests, and issuance of health certificates. Additional services will be provided at the discretion of the Veterinarian and as time allows. Your pet must be registered with the Veterinary Clinic before services can be provided. Call DSN 476-2370.

Next FAST class slated

The Vilseck Education Center will be hosting its next Fast Class from Sept. 22 - Oct. 3, 8 a.m.-3 p.m. Functional Academic Skills Training provides Soldiers with instruction in reading, mathematics, and language skills. The FAST class is a 60-hour academic course and is limited to twenty students per class. Call the Education Center at DSN 476-2753.

Absentee voters week

Absentee Voters Week from Oct. 12-18. Absentee Voting Info will be available from Oct. 15 from 2 - 5 p.m. at the CMR in Grafenwoehr, and Oct. 16 at the CMR in Vilseck

Job assistance training

The Army Career and Alumni Program offers the DOL Transition Assistance Program Workshop once a month. Topics such as goal setting, resume and cover letter writing, job search techniques, interview techniques, salary negotiation skills and more are covered. The next TAP Workshops in Vilseck are scheduled for Oct. 14-16 and Nov 18-20.

Army medical blog online

The Army Medicine Web page has been updated with new features and valuable information; go to www.army-medicine.army.mil.

Lt. Gen. Eric B. Schoemaker, U.S. Army Surgeon General, has launched his own blog at <https://blog.amedd.army.mil/>. The blog is available to read his postings and leave comments.

Hohenfels Briefs

NAF job opportunities

NAF job opportunities available in child care activities. If you are interested in working flex, part time or full time, please contact the NAF Personnel Office in Bldg. 317 or call CIV 09472-83-2771 or DSN 466-2771

Community volleyball

The men's and women's community volleyball teams are now forming and practices have begun. Practices will be held at the post gym on Mondays and Wednesdays from 5:30-7 p.m. Men's and women's community teams are open to U.S. ID cardholders age 18 and older and out of High School. For more information or to sign up call the USAG Hohenfels Sports and Fitness Office at DSN 466-2868/2493 or e-mail dlimwrhohohenfelsSports@eur.army.mil.

Job assistance training

The Army Career and Alumni Program offers the DOL Transition Assistance Program Workshop Oct. 28-30 for separating and retiring Soldiers. It is a two and a half day seminar (8:30 a.m.-4:30 p.m. days 1 and 2, 8:30 a.m.-12 p.m. day 3). The workshop is interactive, and has useful exercises and activities to prepare Soldiers for their job search.

Oktoberfest bingo

Join the fun Friday at the CAC starting at 6:30 p.m. Bingo packets are \$25 sold before 3 p.m. on Friday and \$30 sold at the door. There will also be a surprise German giveaway to celebrate Oktoberfest.

Wood shop safety

Join us Saturday and learn how to safely use the machinery in the wood shop. Once you are certified you may come back for help on individual projects. \$10 class fee no pre-sign up required. Wear closed-toe shoes and appropriate clothing. 9:30 a.m. to 12:30 p.m.

Health, safety classes

Visit the Red Cross office to sign up for a CPR, First Aid or a Babysitter training class. All classes will be given in Bldg. 10. A First Aid class takes place Sept. 22 from 12-5 p.m. CPR will be offered Oct. 9 from 11 a.m.-5 p.m. A babysitting class is offered Oct. 11 from 8 a.m.-5 p.m. CPR and First Aid is offered Oct. 17 from 8 a.m.-5 p.m.

Winter bowling

Winter Bowling Leagues are forming now for an exciting winter sports activity. The first league meeting will be held Sept. 23 at 6 p.m. in the Lane 17 Bowling Center. For more information

call Lane 17 at DSN 466-4611.

Red Cross instructor

Combined Vilseck/Grafenwoehr/Hohenfels class for instructor training at Vilseck. Scheduled times are Sept. 26 from 4:30-10 p.m.; Sept. 27 from 8 a.m. to 6 p.m. and Oct. 4 from 8 a.m. to 6 p.m. You must attend all three sessions.

Baton twirling enrollment

Enrollment for the Youth Sports Baton Twirling classes will be open through Sept. 26 with classes beginning in October. Classes are open to children ages 8-15. Cost is \$35. Only 30 slots are available. A \$5 late fee will apply to those that sign up after enrollment has closed. All participants in the Youth Sports program must have a current health physical on file and be a registered member through Child and Youth Services. Enroll at CLEOS, Bldg. 10, DSN 466-2078. For more information on Youth Sports programs, call DSN 466-2588.

Bus trip to Oktoberfest

Visit Oktoberfest Sept. 27, one of the most famous events in the city of Munich and the world's largest fair, with some six million people attending every year. Bus transportation to and from the Oktoberfest cost \$45 for adults and \$25 for children ages 7-12. Bus leaves Hohenfels on at 9 a.m. and returns at 9 p.m. For more information or to reserve your seat, call the CAC at DSN 466-2840/2670.

Beginning crochet

There are many techniques and styles in crochet. Come to this class Sept. 27 and learn how to begin. We will make a Granny Square and dish cloth. Come back later to add skills or get help on your project. Class fee is \$10 plus supplies. Bring your own hooks and yarn if you have them. Pre-register and pay at least 3 days before class. 9 a.m. to 1 p.m.

Banned book week and September book club

During the month of September the library will be celebrating our free speech rights by focusing on Banned Books. Banned Book week is Sept. 27 to Oct. 4. Join the Hohenfels Library and Book Club in reading "I Know Why the Caged Bird Sings" by Maya Angelou. Several copies of the book will be avail-

able to check out at the library; however, most participants will have to purchase their own copy. Study guides and banned book information and display will be available in the library. On Sept. 29 at 5 p.m. the Hohenfels Book Club will meet at the library to discuss the book and the banning of books in general. For more information call the library at DSN 466-1740.

Seeking college graduates

Hohenfels will host a College Night Oct. 8 from 5:30-8 p.m. at Hohenfels High School. The event can be a huge success with community support. All you need to do is contact your university or college and let them know that you need brochures and goodies for 150 students. Now is the time to contact your school. If you would like to represent your school, contact the School Liaison Officer at michele.wolff@us.army.mil.

October book club

The Hohenfels Book Club book for October will be The Shack by William P. Young. Unfortunately, European libraries do not carry the book and it will have to be purchased by the reader. The meeting for the October book will be held on Oct. 27 at 5 p.m. in the library. For more information, call DSN 466-1740.

Bowl Your Brains Out

Bowl Your Brains Out at Lane 17 every Monday from 5-9 p.m. Bowl as many games as you want for just \$7 for adults and \$5 for kids 12 and under. Shoe rental included.

Extreme bowling

Bowl Your Brains Out with an Extreme Bowling twist every Saturday from 8 p.m. to close. Bowl as many games as you want for just \$10 for adults and \$7 for kids 12 and under.

KONTAKT Club Hohenfels

For directions or more information call DSN 466-4294.
Today: Stammtisch beim Josef in Hohenfels um 19 Uhr/Stammtisch at Josef, at Hohenfels at 7 p.m.
Friday: Line-Dance im Keltensaal/RAC 19 Uhr or 7 p.m.
Sept. 26: Line-Dance im Keltensaal/RAC 19 Uhr or 7 p.m.
Sept. 26: Kegeln im Rot Kreuz Gebäude Hohenfels 19 Uhr/German Bowling at the Red Cross Building in Hohenfels at 7 p.m.

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ALL HAIL OKTOBERFEST!

Famed fest kicks off this weekend in Munich

by **RABIA NOMBAMBA**
USAG Ansbach Public Affairs

Despite the misleading name, Munich's Oktoberfest runs Saturday to Oct. 5 and offers an insight into the Bavarian way of celebration.

Each year, Oktoberfest offers many people a chance to forget about their worries and have a good time.

Staff Sgt. Robert Taylor, USAG Ansbach Provost Marshall Office, tries to make it to the fest whenever possible.

"It's the fest of all fests--Oktoberfest seems to be a must-do for anyone during a tour in Germany," he said. "I haven't been able to make it every year, but each time I have, everyone with me has had a great time."

History

The fest kicks off each year in September. Background for the fest's name is its origin.

The first Oktoberfest was held Oct. 12-17, 1810, in honor of the marriage between Bavarian Crown Prince Ludwig and Princess Therese of Sachsen-Hildburghausen. Later, the fest was moved into September because of better weather conditions.

The fest kicks off with a parade of participating beer breweries Saturday at 10:45 a.m. The parade features marching bands and the various representatives of the beer breweries in flower-decorated carriages.

All About the Beer

Claiming to be the world's largest fair and boasting 6 million attendees per year, the big event offers 14 large, and 16 small and medium beer tents that serve the specially-brewed Oktoberfest beer.

Brewed especially for the occasion, the beer is darker and stronger in taste and is served in a one-liter tankard.

As is tradition for German volkfest, the fair starts off with a keg tapping ceremony. Saturday at noon, Munich's lord mayor will tap the first keg of Oktoberfest beer at

the Schottenhamel tent.

From this time on, beer serving hours are weekdays from 10 a.m. to 10:30 p.m., and Saturdays, Sundays and German holidays from 9 a.m. to 10:30 p.m.

Other Attractions

But there is more to Oktoberfest than just beer tents. There are many high-speed rides, like the Power Tower II that is in the Guinness Book of World Records for its 14 meters of free fall per second.

The tower and the rest of the rides are set up at die Wiesen--the meadow--as locals call the fest site. Carnival rides are offered Mondays-Thursday from 10 a.m. to midnight, Saturdays from 9 a.m. to midnight, and Sundays and German Holidays from 9 a.m. to 11:30 p.m.

The traditional parade kicks off Sunday at 10 a.m. at Maximilianäums, Maximiliansstrasse in Munich.

Considering the fest's popularity all over the world, hotel rooms in and around Munich have to be reserved well in advance and parking at the Wiesen is rarely available.

Transportation

However, trains leave from Bad Windsheim and Ansbach to Munich and back on a regular basis.

For detailed information on train schedules and ticket prices, go to <http://reiseauskunft.bahn.de/bin/query.exe/en>.

It only takes a few minutes to walk from the Munich train station to the fest grounds.

For those who don't want to deal with train schedules and crowded highways, outdoor recreation offers a one-day trip to the fest Saturday.

Interested identification card holders can sign up for the trip at outdoor recreation in Bldg. 5807 on Katterbach.

The bus leaves at 6 a.m. from outdoor recreation. Costs are \$64 and include transportation fees only.

For more information on the trip, call CIV 09802-832-533.

For more information on Oktoberfest, go to <http://www.oktoberfest.de/en/index.php>.

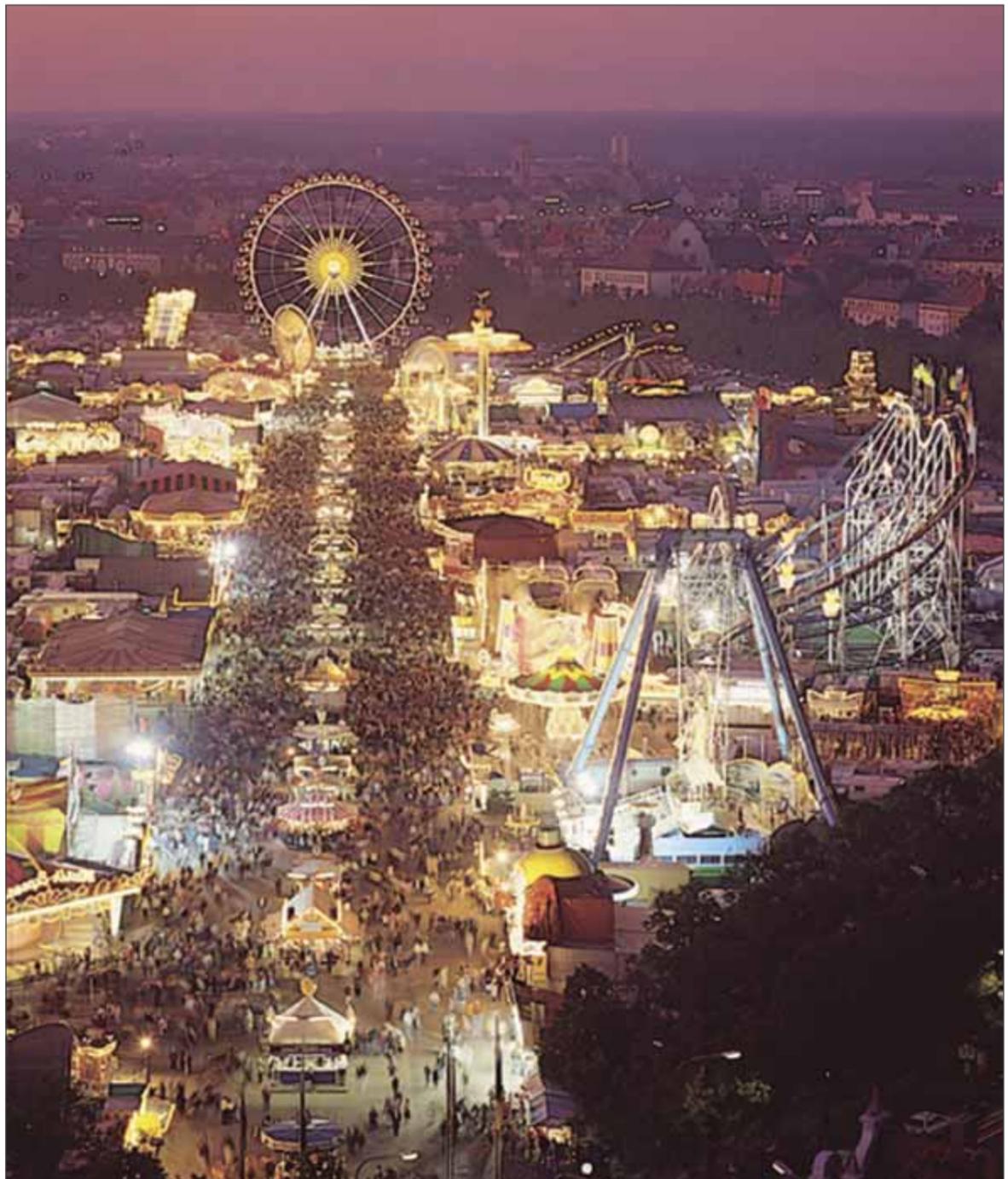


Photo by Alfred Mueller, courtesy of the Tourismusamt Munich

The city of Munich looks more like an amusement park than a prominent city during Oktoberfest.



Photo by Christl Reiter, courtesy of the Tourismusamt Munich

The beer tent is one of the most popular features of any fest, especially Oktoberfest, where more than 30 tents are raised each year.



Photo by Robert Hertz, courtesy of the Tourismusamt Munich

(Above center) Traditional Bavarian musicians put on concerts in the fest tents and march in the opening parade.



Photo by Robert Hertz, courtesy of the Tourismusamt Munich

(Above right) As part of the opening parade, horse-drawn wagons pull in the beer made especially for Oktoberfest. The beer is darker and stronger than the beer normally found throughout Germany, and is served all day each day of the fest.

12th CAB family members do their part

Story and photo by
Sgt. 1st Class CHRIS SEATON
Task Force XII PAO

You could probably argue that the families of the 12th Combat Aviation Brigade have given enough.

Saying goodbye to a spouse or parent for 15 months, while living in a small German community thousands of miles from home, is no small sacrifice.

But last December, after Iraq's scorching hot summer and hard-packed sand had given way to bone-chilling winds, near-constant rain and mud, Staff Sgt. Max Bunhey asked the Ansbach community to dig a little deeper.

"It was a little cold out there," recalls Bunhey, who works in the brigade's unit movement office. "I saw Iraqi kids running around the fence line, some with no shoes or jackets, so I thought maybe we could start collecting some donations from back home."

Bunhey, from Santa Ana, Calif., asked his wife, Liliana, and daughters, Monica and Christina, to put together a box of children's coats and shoes. He says he thought it would be a good way to teach his daughters a lesson in giving.

"My kids were really excited knowing they were doing something to benefit kids who were less fortunate," he said.

"They started talking to friends and family members in their schools and family readiness groups," he added. "The word went out and the

people in the community opened up their hearts and the donations started pouring in."

As the packages arrived, Bunhey began taking them to civil affairs Soldiers who handed out the gifts during humanitarian aid missions near Joint Base Balad.

"We're always grateful for the supplies we get, and we can always use more," said Spc. Joshua Link, a Myrtle Beach, S.C., native in Company A, 404th Civil Affairs Battalion. "We're in a position where we can give out as much as we get."

In all, Bunhey says, the community sent more than 300 boxes of shoes, coats, toys and clothing.

"My wife ran out of storage space, so she went to the rear detachment, and they were kind enough to lend her office space in the brigade headquarters building for storage until the FRGs could box it up," he said.

As more people got involved and the operation outgrew its humble beginnings, Lt. Col. Rick Crogan, the 12th CAB deputy commander, asked the brigade chaplain's office at Camp Taji to help out.

"The outpouring of compassion was phenomenal within the (Ansbach) community," said Crogan. "(The Bunhey Family) and other volunteers worked very hard to ensure those items made it to Iraq."

"We gave out boxes to military transition teams, civil affairs, and even our sister unit chaplain's office in 1st Sustainment Brigade to deliver to a local community," said Sgt. 1st Class Amonty Cochran, chaplain's

assistant.

Bunhey says his favorite part was getting the opportunity to personally deliver the gifts.

"Some of it, I get to hand out directly to the kids," he said. "Seeing an Iraqi kid smile for the right reasons makes it all worth it."

"The stuff you put in a box as an afterthought, or sell at a yard sale means so much to a lot of these people," added Link. "If we can give them something they don't have, maybe they can hold on a little longer and help support the 'big picture' mission in Iraq."

As Bunhey and the rest of the 12th CAB prepare to redeploy, he says the impact of the donations has probably benefited his family more than any of the Iraqis who received the gifts.

"My wife and kids were shocked to see the generosity of the communities," he said. "The family members who gave, and the FRGs who spread the word and boxed the donations, made a big impact on us all."

Staff Sgt. Max Bunhey, a 12th CAB unit movement NCO, carries boxes of gifts to be given to local Iraqis Aug. 16. The packages were sent as part of a humanitarian aid donation from the Ansbach military community. Since December, the community has donated more than 300 boxes of clothes, toys, and shoes to help the local population.



Essay earns Ansbach student \$3,000 savings bond

by RONALD H. TOLAND JR.

Bavarian News

Making good grades pays off! Just ask an Ansbach fourth grader who received \$3,000 in savings bonds Sept. 3 for his high marks and an essay on Army and Air Force Exchange Service.

Luis Figueroa, a 9-year-old fourth grader at Ansbach Elementary School, was this year's winner of the AAFES in Europe "You Made the Grade Contest."

Figueroa, who made all A's and B's—a requirement for the program—took top honors in

the essay competition. The contest asked students to write an essay of not more than 200 words, answering the question posed by AAFES: What does AAFES mean to you and your family?

"AAFES provides good equipment and supplies—pencils, books, etc.—to the schools for us to use and learn with over the school year," explained Figueroa.

He said he is not sure what he will do with his winnings, but his parents have a pretty good idea.

"He will be saving for college, for sure," said mom Elsie Figueroa.

"Every time we went to the PX, I saw the

poster and explained to him the importance of making good grades. But it is not always about having good grades, but about working hard and getting rewarded for hard work—his accomplishments."

She said she corrected some things in his report before he submitted it, but he did it all on his own.

She said she and husband Sgt. 1st Class Luis Figueroa, of the 412th Aviation Support Battalion, are very proud of their son.

"He worked hard on it and it has paid off," said his father. "That just shows him that if he works hard, he can be successful to go to college,

which is important for his future career and his happiness."

Katterbach Shoppette Manager Lorenza Robbins, who presented the award, said he thinks the program is an excellent motivation tool for students.

"It gives the kids an incentive to attend school and make good grades," said Robbins. "When they come in and present their report cards, they are very proud."

For more information on the program, contact your local AAFES facility or visit http://www.afno-is.eu.dodea.edu/Lunch/AAFES_made_the_grade.htm.

Volunteers key to making community 'Your Army Home'

Story and photo by JIM HUGHES

USAG Ansbach CI Chief

A movement to beautify the entire U.S. Army Garrison Ansbach footprint is underway, and people volunteering and taking ownership will be key to reaching the end goal—making people proud of their "Army Home."

The movement is a result of Ansbach Garrison Commander Col. Christopher Hickey's desire to bring design and beautification to USAG Ansbach and truly make it "Your Army Home."

"More than anything else it is about attitude. It's how people want to live," Hickey said during a volunteer drive and beautification project Sept. 6 at the Katterbach Fitness Center and commissary area. "There may be some people who don't mind living somewhere that is average and dull—something you're not particularly proud of to call your home. That is the type of thinking we have to change."

"This is where we live and we deserve better than what we have. I think everyone would like to live in a much more pleasant, organized, well-kept area than an area that looks like an unmade bedroom," he added. "I think we have some work to do to get to the point where we can say we're proud of our Army Home, but this is the beginning of it."

Hickey mobilized garrison staff members in August to take the lead in the beautification by sprucing up the garrison headquarters building.

"We started with our headquarters



Beth Hickey and Bianca Sowders, garrison beautification volunteers, plant flowers in front of the Katterbach Commissary Sept. 6 during a garrison beautification volunteer drive.

at Barton because we felt that we had to set the example. Now we want to continue it," Hickey said. "We need everyone's help in doing this. Where this will really take off is when everyone starts taking ownership and starts taking pride in where they work, where they live and where they play."

He also formed a Garrison Beautification Committee to come up with an overall design through all the community's kasernes. The committee

continues to work on the design and officials expect the plan in the coming weeks, Hickey said.

Even though it is waiting on the results from the committee, the garrison is keeping the beautification process in full motion, said Temeka Cochran, Ansbach's volunteer coordinator.

Members of the committee, garrison staff, and volunteers went to work on the commissary and fitness center area to trim bushes, clean up, plant flowers, and lay wood chips.

Benches for the area are in the works so people have a place to sit and eat, too, said Cochran.

The garrison hopes to continue the momentum during fall cleanup Oct. 20-24 and Make a Difference Day Oct. 25, but it is going to need volunteers to make it a success, noted Cochran.

"Make a Difference Day is a national event (in the U.S.) that is about more than cleaning up. It's about giving back to the community," she said. "Every community decides how best to do that. Ansbach is focusing on cleaning up, so that is how we are giving back this year."

In the Ansbach area, volunteers will be focusing on beautifying the pavilion area by the Army Community Service Building on Katterbach Kaserne.

At Storck Barracks, it will be a project-to-be-named later, Cochran said.

People and organizations can also sign up to do their own projects during cleanup, Make a Difference Day, or any time, she said.

Cochran believes that the success of the beautification movement will be determined by the level of volunteer spirit within the community—a spirit that has come through in the past, Cochran said.

"I think Make a Difference Day will be big," she said. "Reintegration and block leave are going on, but we are working to get people committed now so it will be a success."

People wanting to help out during Make a Difference Day should meet up at the kickoff breakfast at the

Katterbach Yellow Ribbon Room and at the ACS building at Storck for the kickoff lunch.

For exact times, call Cochran at DSN 467-2370 or CIV 09802-83-2370 on Mondays, Wednesdays and Fridays; and Tuesdays and Thursdays at Storck at DSN 467-4555 or CIV 09841-83-4555.

Cochran also encourages people to sign up for the beautification committee and Make a Difference Day as volunteers at www.myarmylifetoo.com.

With registration, the garrison can more accurately estimate the impact volunteers have on the community.

"We have 523 registered volunteers within the community, but we have lots of them who aren't registered," she said. "It's very easy to sign up and it ensures people get the credit they deserve."

At last year's volunteer recognition ceremony, the garrison commander received a check for more than \$600,000, a symbolic total representing the amount of money Ansbach volunteers saved the Army in manpower hours.

Volunteers work throughout the community to help provide services, programs and projects that would suffer if people didn't give back to the community, Cochran said.

Many of the positions also translate into job experience on resumes, she added.

For more on volunteering within the community or how to get involved in garrison beautification, call Cochran.

Beneficiaries 'stay alert' with new electronic delivery service

Special to the Bavarian News

Need the latest TRICARE benefit news and don't want to hunt for it? Get it electronically - straight from TRICARE.

From the latest beneficiary newsletters and changes in coverage, to pharmacy updates and news releases, all 9.2 million TRICARE beneficiaries now have an easy way to stay informed by e-mail. A new electronic delivery system is up and running and subscribing is fast and secure by clicking on the "little red envelope" at <http://www.tricare.mil>.

"We're excited to offer beneficiaries

a chance to sign up for the TRICARE benefit news they want and need," said Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity. "We have offered some limited e-mail delivery options in the past, but this new subscription service enables anyone interested in TRICARE news to sign up for a wide range of topics. It's one-stop shopping."

Subscribers can choose alerts by topics or beneficiary category and delivery is safe and secure - an e-mail address is the only information collected.

Subscribers also have a unique page they can manage 24/7 and they can

choose to be notified as soon as news or benefit changes are posted, or select daily, weekly or monthly updates.

"One of our highest priorities is communicating with our beneficiaries and providers," said Granger. "E-mail is now the method most people use to receive news and that will only continue to increase. This new service helps us take advantage of the technology."

The new subscription service also links users up to similar alerts available on other Military Health System Web sites including <http://www.health.mil>, which features MHS news, debates, videos and blogs; as well as Force

Health Protection and Readiness and the Uniformed Services University of the Health Sciences.

Partnership subscription options with other health-related federal Web sites currently include the Centers for Disease Control and Prevention and DisabilityInfo.gov.

TRICARE's e-alerts are sent through GovDelivery, which also provides services to dozens of other Department of Defense and federal agencies including the FBI, the United States departments of Health and Human Services, the CDC and the United States Food and Drug Administration.

Health Care Benefits Awareness Month Tips on getting the most out of your military benefits

Special to the Bavarian News

September 2008 is designated as the Health Care Benefits Awareness Month.

The Health Care Benefits Awareness Month is a quality of life initiative that began in 2006 to inform military personnel, families, Department of Defense civilians, military retirees, and other authorized beneficiaries about healthcare options available to them in Europe.

More information on what is touched on here can be found online at www.womenshealth.gov. The site, sponsored by the U.S. Department of Health and Human Services, posts the Women's Health Booklet.

How to Talk to Your Doctor or Nurse

Waiting in your doctor's office can make you feel nervous, impatient, or even scared. You might worry about what's wrong with you. You might feel annoyed because you're not getting other things done.

Then when you see your doctor or nurse, the visit seems to be so short. You might have only a few minutes to explain your symptoms and concerns. Later that day, you might remember something you forgot to ask.

You wonder if your question and its answer matters. Knowing how to talk to your doctor, nurse, or other members of your health care team will help you get the information you need.

Tips: What to Do

- List your questions and concerns. Before your appointment, make a list of what you want to ask. When you're in the waiting room, review your list and organize your thoughts. You can share the list with your doctor or nurse.

- Describe your symptoms. Say when these problems started. Say how they make you feel. If you know, say what sets them off or triggers them. Say what you've done to feel better.

- Give your doctor a list of your medications. Tell what prescription drugs and over-the-counter medicines, vitamins, herbal products, and other supplements you're taking.

- Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history. Not sharing information with your doctor or nurse can be harmful!

- Describe any allergies to drugs, foods, pollen, or other things. Don't forget to mention if you are being treated by other doctors, including mental health professionals.

- Talk about sensitive topics. Your doctor or nurse has probably heard it before! Don't leave something out because you're worried about taking up too much time.

Be sure to talk about all of your concerns before you leave. If you don't understand the answers your doctor gives you, ask again.

- Ask questions about any tests and your test results. Get instructions on what you need to do to get ready for the tests.

- Ask if there are any dangers or side effects. Ask how you can learn the test results. Ask how long it will take to get the results.

- Ask questions about your condition or illness. If you are diagnosed with a condition, ask your doctor how you can learn more about it.

- What caused it? Is it permanent? What can you do to help yourself feel better? How can it be treated?

- Tell your doctor or nurse if you are pregnant or intend to become pregnant. Some of the medicines may not be suitable for you. Other medicines should be used with caution if you are pregnant or about to become pregnant.

- Ask your doctor about any treatments he or she recommends. Be sure to ask about all of your options for treatment.

- Ask how long the treatment will last. Ask if it has any side effects. Ask how much it will cost. Ask if it is covered by your health insurance.

- Ask your doctor about any medicines he or she prescribes for you. Make sure you understand how to take your medicine.

- What should you do if you miss a dose? Are there any foods, drugs or activities you should avoid when taking the medicine? Is there a generic brand of the drug you can use? You can also ask your pharmacist if a generic drug is available for your medication.

- Ask more questions if you don't understand. If you're not clear about what your doctor or nurse is asking you to do or why, ask to have it explained again.

- Bring a family member or trusted friend with you. That person can take notes, offer moral support, and help you remember what was discussed. You can have that person ask questions, too.

- Call before your visit to tell them if you have special needs. If you don't speak or understand English well, the office may need to find an interpreter. If you have a disability, ask if they can accommodate you.

This information and more can be found at the U.S. Department of Health and Human Services, Office on Women's Health, at www.womenshealth.gov.

General Screenings and Immunizations for Women

These charts are guidelines only for women at average risk for most diseases.

Your doctor will personalize the timing of each test and immunization to meet your health care needs.

Citations for these recommendations can be found online at www.womenshealth.gov/screeningcharts/general.

<i>Screening Tests</i>	<i>When to get Tests</i>
General Health: Full checkup, including weight and height	Discuss with your doctor or nurse (all ages)
Thyroid test	Start at age 35, then every 5 years
Heart Health: Blood pressure test	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse
Diabetes: Blood glucose test	Discuss with your doctor or nurse; after age 45, every three years
Reproductive Health: Pap test & pelvic exam	Every 1-3 years if you have been sexually active or are older than 21
Chlamydia test	Yearly until age 25 if sexually active. Older than age 25, get this test if you have new or multiple partners.
Sexually transmitted disease tests	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse
Mental Health Screening	Discuss with your doctor or nurse
Colorectal Health: Rectal exam	Discuss with your doctor or nurse, yearly after age 50
Flexible sigmoidoscopy (with fecal occult blood test is preferred)	Every 5 years (if not having a colonoscopy) after age 50
Double Contrast Barium Enema	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy) after age 50
Colonoscopy	Every 10 years
Eye and Ear Health: Eye exam	If you have any visual problems or at least one exam from ages 20-29 and at least two exams from ages 30-39.
Hearing test	Starting at age 18, then every 10 years
Skin Health: Mole exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20.
Oral Health: Dental exam	One to two times every year
Influenza vaccine	Discuss with your doctor or nurse
Tetanus-diphtheria booster vaccine	Every 10 years
Human papillomavirus vaccine	Up to age 26, discuss with your doctor or nurse
Meningococcal vaccine	Discuss with your doctor or nurse if attending college
Breast Health: Mammogram	After age 40, every 1-2 years. Discuss with your doctor or nurse
Bone Health: Bone mineral density test	After age 65, get a bone mineral density test at least once. Ask about repeat testing.

Medical Calendar

Tuesday

AFN Vilseck Radio morning show 8-10 a.m.

Guests will be BMEDDAC Commander Col. Theresa M. Schneider; Chief Medical Officer Liet. Col. Henry Spring; Head of Nursing Maj.(P)Floreyce Palmer; Chief Pharmacy Maj. Michael Ronn; and Chief Preventive Medicine Capt. Sarah Niles.

They will discuss hot medical topics including immunizations, flu, redeployment efforts throughout footprint, prescriptions.

Grafenwoehr

Sept. 24

Health Fair at Grafenwoehr Health Clinic (TRICARE Service Center) 1-4 p.m. Meet Your TRICARE and Host Nation Care Team - gain a better understanding of your health care benefit and our partnership with the German health care system.

Staff will be available to answer questions and discuss the role of the nurse case manager and patient liaison.

Katterbach

Sept. 24

Katterbach Health Clinic will host a "Take Control of Your Health Day" at the Fitness Center 8 a.m. to 3:30 p.m. There will be health benefits advisors, TRICARE and housing representatives, DEERS, and patient liaisons.

Information and professionals will be available to discuss 'home self-care skills' and immunization information for school age children. SWS/Chaplains will be on-site with information to heighten awareness of suicide prevention and increase coping skills for life changes of reintegration/transitions, and will schedule appointments as needed.

Schweinfurt

Sept. 24

Schweinfurt Health Clinic information booth next to the PX atrium from 9:30 a.m. to noon.

"Meet your TRICARE Service Team" will include nurse case managers, BCACs, health care finders and patient liaisons to answer questions, provide information and increase awareness to help Soldiers and families successfully navigate their host nation health care system.

Sept. 24

AFN Radio OpenLine Show will host Europe Region Medical Command to discuss "Dental Care, Maternity Issues, Pediatrics and Pet Health" from 10 a.m. to noon.

Vilseck

Sept. 25

Health Fair at the Vilseck Health Clinic 9:30-11:30 a.m.

Immunization information and Fall soup contest, car seat inspections, TRICARE information, X-ray-puppet show, WIC, parenting, nutrition, alcohol/substance abuse, exercise, eye care, hearing conservation, medication safety, occupational health, Red Cross, EDIS-childhood development, travel medicine, EFMP, safety.

AFN Radio will do their live morning show at the Health Fair.

Read past medical articles online!

Visit www.milcom.de to access more information in our archives.

Community mourns 54th Engineer Soldier

by **TRECIA WILSON**
Bavarian News

The room echoed as 1st Sgt. Mark Haire called the name and rank of Sgt. 1st Class George Staniel for a third time during the final roll call at Bamberg Community Chapel on Warner Barracks as the friends and colleagues met for a memorial service in his honor Aug. 28.

Staniel, of the 54th Engineers, was killed in action Aug. 19, when one of the outlying patrol bases near Camp Spyker, Iraq, was struck with indirect fire.

Fellow Soldiers Sgt. Arthur Koinis and Sgt. Andrew Diaz, of the 370th Engineer Company, were also injured during the attack but survived.

“Professional, Motivator, Teacher, Intelligent, 21B Land, Confident, Caring, A Great Man, Mentor, Sociable, the Best, Excellence, How you doing Killa, Tough Love, Determination to be Successful, Airborne, 100% Winner, Hey Gummi Bear, That’s a Rhetorical Question, Take a Lap, Hotdog, Guardian, the Standard, Center of Calm, Core of Strength, Strong Willed, Over Achiever,



Staniel

Nothing less than Perfect, Gifted, Charismatic, Genuine Leader.”

“These are just 29 words and phrases written by 29 Soldiers that describe Sgt 1st Class George Staniel. These words speak for themselves,” said 1st Lt. David A. Lukefahr, Staniel’s platoon leader during the eulogy.

“But let there be no mistake,” said Lukefahr, “Staniel is not gone.”

“Staniel will never be erased from our hearts, minds, or from our very being,” said Lukefahr. “He will always be there watching us and guiding us. Even as we finished the remainder of our mission the following day after the attack, I know for certain that each of us at one point or another, whether it be working with tie down loads, or maneuvering gun trucks during a recovery battle drill, we thought about what Staniel would be doing in that moment. It is through our actions that Staniel will never leave us.”

“He taught us how to complete our missions,” he said. “He taught us how to analyze problems and he taught us the solutions to those problems. He taught us how to think. He taught us how to manage our time wisely. He taught us how to work with others. He taught us how to live. He even taught a young lieutenant that behind every good officer there is a far greater NCO.”

These words make an impact that is hard to ignore. His family knows this only too well. Staniel’s wife Shequita felt his impact even from

afar the night he was killed as he had attempted to reach her before he left for his final mission.

She told Lt. Col. Christopher Lestochi, commander of the 54th Engineer Battalion, that she could “take comfort in the fact that she was in his thoughts in his last hours even as the platoon was readying for their next mission and he prepared for his last.”

Lestochi told his Soldiers, “As a leader one way you can measure your ability is by how well the unit does in your absence. Well, Distro platoon completed their mission last night ... without Sgt. Staniel, re-positioning two other platoons covering 600 km in 48 hours. As a leader I could not ask for more and I am proud of you. You have honored (Sgt. 1st Class) Staniel and his leadership, and I am sure he is proud of you, too.”

Staniel’s military service spanned 19 years beginning in 1989. He is survived by wife Shequita; sons Giovanni and Kortney; and daughters Mehri, Jamera, and Jacoby.

USAG Bamberg Commander Lt. Col. Gary Rosenberg clasps the ID tags of Sgt. 1st Class George Staniel of the Forward Support Company, 54th Engineer Battalion, who was killed in combat Aug. 19.



Soldier, Family Appreciation Day set Sept. 19

by **TRECIA WILSON**
Bavarian News

A special Soldier and Family Appreciation Day is scheduled Sept. 19. The event will be held at the Bamberg Community Chapel parking lot from 2-8:30 p.m.

U.S. Army Garrison Bamberg Commander Lt. Col. Gary Rosenberg will open the festival at 2 p.m. with the

assistance of Bamberg’s Lord Mayor Andreas Starke and Deputy County Commissioner Johann Pfister.

At this time the Family Card, a booklet with Bamberg city and county coupons, will be presented.

Events will include bungee trampolines, inflatables, a mechanical bull-ride, a toddler’s trailer, a balloon clown, electric scooters, and a nostalgia merry-go-round. A deejay will play

music, and beer will be sold. Non-alcoholic drinks are free of charge. Ice cream will be given away while supplies last!

Better Opportunities for Single Soldiers will sponsor a Car Bash to raise money. Community members are encouraged to take out a little aggression on an old car and help raise funds for the local BOSS at the same time.

Thanks to the Outdoor Recreation programs at Schweinfurt, Vilseck, and Bamberg, climbing walls will also be available.

Dinner will begin at 4:30 p.m. with burgers, hot dogs, chicken, salads, chips, and soft drinks until 7 p.m. unless food supplies run out earlier. This food is free, so be sure to get there early.

At approximately 5 p.m., “Off

the Wall” will begin performing rock and R&B music. Soldiers, family members, and guests properly signed in through security may attend.

The upper area of the Bldg. 7000 parking lot (across from the entrance to the chapel) must be cleared of all vehicles by the morning of Sept. 12 in order to facilitate setup of tents, equipment, and inflatables for the event.



Lost bikes may be claimed by identifying the color, markings, make, model, and serial number (when possible) at the MP station.

MPs urge community members to claim bike within 45 days

Story and photo by **TRECIA WILSON**
Bavarian News

Military Police Sgt. Angel Garcia of the U.S. Army Garrison Bamberg Directorate of Emergency Services, organized more than 60 bicycles and three scooters being stored at the MP station earlier this month as a result of USAG Bamberg residents’ carelessness.

“The cause of the problem is people aren’t securing their bikes properly and aren’t registering them with the military police when they first arrive as per policy,” said Garcia.

“If they did register their bikes properly, “when the MPs found them somewhere on post, they could be returned quickly,” he said. “The other issue is people aren’t reporting their bikes lost or stolen. Only three have been reported stolen despite more than 40 being found this

summer on Warner Barracks.”

“Army regulations require us to dispose of found property within 45 days of having found it,” said Bamberg Provost Marshal Capt. Michael Grygar.

“We would really prefer to give them back rather than the alternative which is to donate them to Family Morale Welfare and Recreation or dispose of them with the assistance of the Directorate of Public Works,” said Grygar.

“We’re trying hard to be in compliance which means if you don’t claim your bike within 45 days, you’re going to be out of luck, because that bike will be gone,” said Grygar.

To claim a bike, persons must be able to identify it by color and identifying marks (and make, model, and serial number, when possible). For more information on how to claim a lost bicycle or scooter, call CIV 0951-300-8700.



Capt. Argentina Gibson, commander, Bravo Co., 16th Special Troops Battalion, 16th SB, with Bravo Co. 1st Sgt. Ronnie Allen tacks the ‘Knights’ brigade combat patch onto Sgt. Scott Oyer, training room NCO.

‘Scouts’ tack on combat patches

Story and photo by **SGT. KEITH ANDERSON**
16th SB Public Affairs

Soldiers from the 16th Special Troops Battalion, 16th Sustainment Brigade, donned their combat patches in a ceremony at the Morale, Welfare and Recreation Center, Contingency Operating Base Q, Iraq, Aug. 28.

The ceremony marked the Bamberg-based scouts’ 15-month deployment to a combat zone.

“The combat patch you now wear signifies membership in a small fraternity,” said Lt. Col. Christopher Chun, commander, 16th STB, to the formation of battalion Soldiers. “You represent less than one-tenth of one percent of Americans that have answered the call to duty and served in a combat zone,” he said.

Chun said that Soldiers would remember this tour in Iraq with pride.

“Years from now you can sit back on Veteran’s Day and truly feel a part of a long-standing tradition of defending our nation against its aggressors,” said Chun.

Spc. Sean Dillard, electronics maintenance shop technician, Bravo Co., 16th STB, said tacking on the patch was important to him.

“I’m proud to be wearing this combat patch now, in honor of my younger brother Donald and my mother Linda,” Dillard said. “It shows that what I’m fighting for isn’t for nothing, but for something much greater.”

The 22-year-old from Zeigler, Ill., whose brother passed away in 2006 and mother passed away in 2007, said his service was a way to honor his mother and brother, and make them proud.

“I decided everything I’m going to do is going to be for them,” Dillard said.

The combat patch also signifies experience, and the importance of deployment in building future leaders, and in building a better trained, more capable Army, said Command Sgt. Maj. Gregory Williams, the command sergeant major of the 16th STB.

“Deployment develops growth, maturity and institutional knowledge,” he said. “Our Soldiers will learn tactics, techniques and procedures, and lessons-learned that they can carry with them and pass along to other Soldiers and other units.”

Post welcomes new Human Resources director

Joe Gathers, the new director of Human Resources, arrived at U.S. Army Garrison Bamberg Aug. 4. He comes from Alexandria, Va., and brings with him extensive leadership skills and knowledge and understanding of the Human Resources community.

Gathers said he is looking forward to the opportunities ahead and believes that teamwork and an understanding

of community needs is the key to a great partnership and working relationship with Team Bamberg.

“We must never forget our true purpose,” said Gathers. “We are here to take care of the Soldiers, their families, and the Bamberg civilian and retiree community. Our greatest commodity is the customers we serve and support in the garrison.



Council highlights youth concerns

Story and photo by
LINDSEY COLE
Bavarian News

This year marks the third in which the Youth Advisory Council has played an active role in the USAG Schweinfurt.

Council representatives from the teen center, School Age Services, Girl Scouts and other youth programs meet to advise the commander and deputy commander on community youth concerns.

One representative from the council is selected to attend the European Teen Council, where representatives from participating youth centers around Europe come together and discuss issues and solutions that will improve their 'hang out spots.'

This year's representative was Dianna Bennett.

Upon returning from the conference, Bennett had the opportunity to brief Lt. Col Anthony Haager, USAG Schweinfurt commander and inform him of the goals and issues established during the meeting.

She then brought her insight to all the youth representatives in Schweinfurt.

"It's been a very interesting experience. I've got to meet a lot of new people, friends who will be friends

for a lifetime ... I got to hear things that will help my garrison become better ... I don't expect everything to get better all at once, maybe gradually, but in the future I believe everything will fall into place," Bennett said.

Other youth representatives brought their own issues to the table during the garrison meeting. Although issues are not always able to be addressed directly by the command, community youth representatives are given help in addressing their concerns in the appropriate forum.

The staff that work with the youth and parents are constantly looking for ways to improve their experience here in Schweinfurt. Many issues have been resolved thanks to these meetings and enthusiasm shown by the young participants.

One example is the Schweinfurt skate park, located next to the Middle School. This project was the direct result of teen advisory council meetings and the persistence of representative Nick Heikennen. Haager's willingness to take seriously the council and its concerns brought the skate park to its completion in August of last year.

"It really shows that kids have some say. I used to think the adults thought our issues weren't important, but now I know ... Plus the skate park is awesome," Heikennen said.



John McIntyre, Lt. Col Anthony Haager, and youth representative Dianna Bennett discuss and give solutions to the youth concerns.



Photo by Sandra Wilson

New editions

Pfc. Tony Willoughby, left, moves a stack of books as Pfc. Dorian Starks wheels a cart through the Ledward Library. Soldiers from 1st Battalion, 77th Field Artillery helped with the renovations at the library by moving furniture and books. Forty-five thousand dollars were appropriated for the library to upgrade the computer lab, replace the flooring, and buy new furniture. Additional furniture was also obtained from Giebelstadt, Kitzingen, and Wuerzburg military installations.

"We want to thank our customers for putting up with us and for keeping their kids nearby," said Christine Willis, librarian. The renovations were completed while the library maintained its normal operating hours.

Donation aids YS program

by **KIMBERLY GEARHART**
Bavarian News

The Schweinfurt Youth Sports program received a surprise boost Aug. 28 from the people of Weston, Conn.: 23 boxes of donated baseball supplies.

Jane Young-Anglim, who sent the supplies, is "an ardent supporter of the military and a member of the Weston Supports group," said Lt. Col. Eric Stetson, rear detachment commander for the Blackhawk Brigade. Stetson received the boxes and insured their delivery to Daniel Jones, youth sports director for the garrison.

Weston Supports is a private organization which adopted the 2nd Brigade Combat Team, 1st Infantry Division during their deployment to Operation Iraqi Freedom 06-08. When the brigade activated as the 172nd Infantry Brigade (Separate), it lost no support from Weston, whose support extends beyond the brigade to the whole community of Schweinfurt with this equipment donation.

"(We) determined that the youth on base could put (the supplies) to good use," wrote Young-Anglim in an e-mail. The donation began with used equipment from a neighboring town's little

league and snowballed into a shipment which included new and used bats, gloves, helmets, and balls.

"After getting through it all, I realized much was missing, so I went out and bought gloves and balls ... I put out another favor request to friends here in Weston ... and that resulted in a big donation, also," Young-Anglim explained.

Also tucked in among the catcher's mitts and batting helmets were a stash of over 100 Beanie Babies, which Stetson says will be sent downrange with the Blackhawks to be distributed to children in the brigade's area of operations.

The Schweinfurt Youth Sports program will put the equipment to good use once the baseball season begins again, Jones said, but community members interested in helping need not spend money on equipment. They can instead donate their time.

"We always need volunteers to help out and community youth to participate in our programs. If someone wants to help, they can stop by my office, and I'll get them a volunteer packet," Jones said.

For more information, call DSN 354-6822 or CIV 09721-96-6822 or stop by the Youth Sports office in the Ledward Gym.

Kindergarteners prepare for first day of school

Story and photo by **SANDRA WILSON**
Bavarian News

Recognizing a familiar face, being able to open a milk carton, and knowing what the school looks like are a few of the simple factors that can help make a kindergartener's first day of school go smoothly.

Youth Education Support Services partnered with the School Liaison Office to offer the Kindergarten Readiness Camp once again this year to prepare kindergarteners for their new school experience, which began Sept. 2. The camp ran Aug. 25-27 and included a walking tour of the elementary school.

"It doesn't matter what we get accomplished this week as long as the children are comfortable on that first day of school," said Damon McGiboney, school liaison officer.

Knowing some of their classmates is integral in creating that positive first experience.

"(Kindergarten Readiness Camp) is a neat little icebreaker to get the kids ready. Some of the kids were with my daughter in German kindergarten, and now they are going to be in the same class," said Darryl Jones who has already fathered three children through kindergarten and attended the camp this year for his fourth.

Almost half of the 74 kindergarteners registered at Schweinfurt Elementary School attended the camp. And for some of them, the camp was just as much for the student as for the parent.

"I'm excited to see him growing up. I know he's going to do good; he's a people person," said parent Alores Norris, family member of 1st Battalion, 77th Field Artillery.

"(The camp) gave me a lot of information that I didn't even think about like making sure you kiss them goodbye and telling them that you love them when they leave," she said.

Parents were invited to a workshop to learn the details of sending a child off to school and also to share their feelings about it.

"(I'm) nervous because he's my baby, and I'm not ready to send him off into the world," said parent Sunshine Vanmeter, family member from 1st Battalion, 2nd Infantry Regiment. She also expressed her excitement at seeing her son interacting well and having fun with other kids.

While parents attended the workshop, small groups were formed with the students where they learned about their teacher, played team-building games, learned names of fellow classmates, and practiced colors and shapes.

Many of the adult volunteers could see that the children were already adapting well after only the first day of the three-day camp.

"They're acting quite comfortable even if they're a little shy to begin with," said Pam Rio, Child and Youth Services outreach services director, who mentored a group of students.

One student even verified how confident she was about going to school for the first time.

"I'm not crying or nothing," said kindergartener Naomi Huerta.



Kindergarteners Nicole Carpenter, Claire Flynn, Andrew Finch, and Isabelle Roman file out of the School Ages Services building while volunteer Barbara Adamiak holds the door open and chaperone JR Boeltner brings up the tail.

Shields up!



Master Sgt. William Fox, right, and Lt. Col. Eric Stetson attend the newly-unfurled colors of the 172nd Infantry Brigade's rear detachment, Task Force Shield.

Blackhawk rear-D formally activated

Story and photo by
KIMBERLY GEARHART
Bavarian News

The 172nd Infantry Brigade marked the formal activation of its rear detachment, Task Force Shield, with a ceremony Sept. 4 in the Finney Fitness Center on Conn Barracks.

Lt. Col. Eric Stetson, Shield's commander, unfurled the colors of the Blackhawk's rear-D with a little help from his new command sergeant major, Master Sgt. William Fox, who hit the ground running and hasn't stopped since.

"He's living out of a suitcase and demonstrating his versatility and dedication to this formation. He's not even in-processed yet," Stetson said, praising Fox's willingness and flexibility, two traits absolutely necessary for a Soldier assigned to lead a rear detachment formation.

Stetson's Task Force Shield is comprised of "hand-picked, deliberately trained" men and women who will have the multi-faceted mission of caring for Soldiers and families in Schweinfurt and in Grafenwoehr, aiding Soldiers transitioning in and out of the war zone throughout the deployment, and maintaining their own military training, bearing, and professionalism in what could be

the most trying time of their military career.

"Only those who've been in the rear can truly appreciate" what the Soldiers of Shield will face, Stetson said.

They will not go it alone, however.

"The units to our left and right—1-91 CAV and 15E—as well as the garrisons in Schweinfurt have all been very supportive," Stetson said.

The USAG Schweinfurt, with a support network experienced in helping Soldiers deploy and families cope, is well-suited to aiding the rear-D during the upcoming deployment, as well as helping during preparation and ramp-up operations, Stetson added.

"They let us know when we're on-track," he said.

Brigade Commander Col. Jeffrey Sinclair expects his rear-D to "thrive in uncertainty," and has no doubt Task Force Shield will succeed. They have to succeed.

"The strength of the formation is tied to the strength of the families that stay behind," Sinclair said. Task Force Shield's duty is to ensure that strength survives, and thrives, while the Blackhawks swoop down upon Iraq later this year.

"We're a family," he added. "We have to take care of each other."

Heater, air conditioner keys to saving energy

by MARK HEETER
Schweinfurt CI Chief

The heater or the air conditioner? The weather has been known to do crazy things this time of year in Germany, whisking in the perfect opportunity to turn off both.

"It's perfect to save energy. You don't need air conditioning and you don't need heating right now," said Lothar Rueckert, chief of the environmental division of the USAG Schweinfurt Directorate of Public Works.

Rueckert and Kai Battenberg, USAG Schweinfurt pollution prevention manager, offer a number and wide variety of steps people can take to enhance their energy efficiency at home and in the workplace.

The tiny red dot—the standby light—on computers, radios and other equipment is an easy place to start, according to Battenberg.

"One big thing is to turn off equipment when they are not using

it," he said, noting that standby mode still consumes about 10 percent of the energy required to power an appliance.

And while on the subject of equipment, Battenberg recommended looking for energy-efficient equipment and examining the European Union energy labels while in Germany.

Controlling the air flow and room temperature is a common method for reducing energy waste, Rueckert said.

"You must not only see the cost when you are saving energy. You must also see the environmental aspect," Rueckert said.

For example, he said, overheating a room or heating a room with the windows open can increase carbon dioxide emissions, thereby contributing to the greenhouse effect.

"This is another energy loss: heating energy with the wrong airing habits," Battenberg said, recommending opening the windows in shorter bursts.

"That's more efficient to exchange the air, and you don't lose as much energy," he said.

Unnecessary heating and cooling unoccupied rooms is a great source of waste, Rueckert and Battenberg agreed.

"I think awareness now is better than it used to be," Battenberg said.

And here is one for the laundry list of energy-efficient moves:

"You could dry clothes on a line outside, instead of using a dryer. You can still do that now," Battenberg said.

Refraining from the illegal practice of extended idling of vehicles, walking or cycling to work, and reducing plastic usage when possible are key methods to reducing energy consumption, they said.

The staff at the environmental management division is available to offer classes about energy efficiency. For more information, call DSN 354-6795 or CIV 09721-96-6795.

Schweinfurt BOSS series takes top Army honors

by KIMBERLY GEARHART
Bavarian News

Schweinfurt is once again pulling in Armywide recognition as a community on the forefront of Family and Soldier programming.

On the heels of a Department of the Army recognition for having the best recreation center, the U.S. Army Garrison Schweinfurt Better Opportunities for Single Soldiers program earned honors for best event in its category.

The "This One's For You," or TOFU, event was born of the need to help single Soldiers reintegrate upon returning from lengthy deployments.

The event was named best BOSS event, medium-sized installation, at the Department of the Army BOSS Forum in Washington Aug. 8.

"We teamed up with several community agencies ... to provide assistance and training in a fun, nontraditional way," said Silvia Joiner, recreation specialist and Schweinfurt BOSS advisor behind the TOFU event series.

For example, representatives from the Army Substance Abuse Program conducted sessions about the dangers of substance abuse. TOFU paired the lesson with a mechanical bull ride and an apparatus known as "drunk goggles."

"We could show Soldiers how different levels of intoxication would affect them by challenging them to perform mundane tasks, or with a bull riding contest," said Cathy Manos, USAG Schweinfurt ASAP prevention coordinator.

The winner walked away with gift cards and a sobering lesson regarding his own abilities while under the influence of alcohol.



Photo by Silvia Joiner

Soldiers participating in "This One's For You" event mixed business with pleasure during reintegration training. The concept earned the Schweinfurt program a best-in-the-Army nod.

Soldiers returning from downrange face the reality of dealing with the aftermath of combat stress: trouble reconnecting with civilian life, depression or post-traumatic stress disorder.

The Army is working to reduce the stigma attached to seeking help, and TOFU incorporated that goal.

"We had professionals from Social Work Services at the events, just to get their faces out there. The fun environment helped take the edge off meeting and talking to someone" in behavioral health, Joiner said.

According to Manos, the same held true for helping agencies such as ASAP and Community Health.

"It's exactly what everyone (in BOSS) should be doing right now:

focusing on the single Soldier and reintegration. We were the only ones in the competition to grasp that concept," Joiner said. "This is really what BOSS is about: taking care of the single Soldier."

That insight earned Schweinfurt BOSS the Best Event in the Army honor. TOFU events began anew 1 p.m. Sept. 11 in the Finney Recreation Center on Conn Barracks, recently named the best in its category in the Army.

Although designed to aid Soldiers returning from downrange, the event is open to all Soldiers.

"We really hope commanders get behind us and that everyone comes out. The life skills are valuable for everyone, and everyone is welcome." Joiner said.

School Aged Services end eventful summer with 'Camp Olympus'

by LINDSEY COLE
Bavarian News

This summer has been an exciting one for youth in Schweinfurt, with Child and Youth Services offering grade school kids new activities daily.

To honor the 2008 Olympics, School Aged Services held "Camp Olympus." Children were afforded the opportunity to prepare and participate in their own Olympics. They trained for different events according to their age, learning about teamwork and

personal fitness.

"It's been fun doing our own Olympics. We learned about sportsmanship and how to be a team player ... I also got to make a lot of new friends," said 8-year-old Daja Baker.

SAS received some help from the Camp Adventure workers, a program designed for college students to come and help with the youth and get a good traveling experience.

"I've gotten much more out of this summer than I thought ... the kids have been trying so hard, and watching them improve and develop has been

my greatest benefit, they've given me such a life-changing experience," said Camp Adventure worker Amber Ilcisko.

Parents voiced their satisfaction as well.

"I thought the Camp Olympus program was great ... The staff is so friendly and went out of their way to make my son feel welcome and comfortable ... I think this is good because it helps get him prepared for the school year," said parent Gwen Fontenette.

The teenaged crowd had a very

entertaining summer as well. Each week they were given a new theme such as art, music, or sports. Field trips, recreational events, and group discussions reflected the weekly theme.

"It's great to see the teens and preteens happy—we're really thankful that summer camp was a safe and fun experience for them. They had opportunities to tap into local culture, try new things like horseback riding, martial arts, individual and team sports, drama and music. It's been a great summer and we're already

working on our winter break camp, which is coming up soon," said Donna Hilley, youth center director.

"It's been a fun summer ... I got to work as a summer hire and do activities with the teen center ... It beats sitting at home and doing nothing," said eleventh-grader Christina Walton.

Although the summer is over, SAS and the Youth Center plan to continue offering programs and activities for kids in the community. For more information, call CYS central registration at DSN 354-6517 or CIV 09721-96-6517.

A 'triumphant trio' banking on a turnaround for Falcons

■ *VHS wins 21-6 in first Div. I play against Kaiserslautern, overhaul in coaching staff could be key to 2008 championship*

by ADRIANE FOSS
Editor

If Saturday's win is any indication, the Falcons are off to a stellar season. The Vilseck High School Falcons varsity team played their first Division I game against Kaiserslautern, whopping them 21-6 on home turf.

New beginnings

After a complete overhaul of its coaching staff and the team's admission into Div. I, only time will tell how the season will shake out, but it's bound to be a change for the better after last year's 3-3 standing.

VHS welcomed Varsity Head Coach Jim Hall, Varsity Assistant Coach Sam Cassou, and Junior Varsity Coach Eric Mean—a virtual all-star coaching staff in Department of Defense Dependent Schools-Europe.

This football dream team has presided over at least eight championship teams throughout Europe and the Pacific and have garnered many other titles over the last several years among them, and can certainly be considered a triple threat throughout DoDDS-E.

While it traditionally takes three years to turn a team around, Hall and Cassou are optimistic.

This year's team is junior-heavy with about 18 returning players and a much larger offensive line.

Transfers

The Falcons have several transfers from Hanau, Bamberg, and Naples, including 6'2", 285-lb. Angelo Hall—defensive and offensive tackle and currently one of the largest players in Div. I.

Quarterback Tyler Hall, who transferred from Naples, "is one of the strongest kids on the team. I coached him for two years prior to coming here," said Hall. "He knows the offense. He knows how to run it, and when he becomes more comfortable, and the kids around him become more comfortable, we're going to be pretty tough."

Other players to watch include fullback and middle linebacker Andrew Feazelle, Z-back and safety Angelo Anderson, tailback and linebacker Nikko Carr, Shawn Calder, and Jamal Grant.

Regardless of the team's size, ability, and experience, Hall said how the individuals come together has as much, or more, to do with their success.

Secrets to success

"I always tell my kids there are three components to the team: coaching, players, and how well you gel together, how quickly you accept the program, how quickly you understand the program," said Hall.

"Seventy to 80 percent (of a team's success) is coaching. DoDDS has so many raw kids...

You really don't have a well-built kid in football. His knowledge is not very deep because he's moving around so much."

That's opposed to players who began their career in Pop Warner football at age 5 and spend the next 10 years developing those skills in a single location and steady environment.

About life

Hall, who has coached DoDDS football for more than two decades, said he's hoping to prime the players' character as much as their physical ability.

"My best life lessons were taught by coaches,

not by teachers, not by my parents," he said. "They were taught by coaches. From the time I was in 7th grade to the time I graduated, I always had somebody in my face telling me to be a better man... They weren't trying to make me a better football player, they were trying to make me a better man first, to be responsible for my actions. We have a saying: that boys play games, men have consequences. We're trying to teach them character and integrity."

More than just muscle

And if a team's players don't have that integrity, it shows in everything they do, and can ultimately degrade the team, said Cassou.

"I tell ya, when you're standing across the field from a team who doesn't have that, ... it's almost tangible," he said. "When you see that the other side doesn't have that, you get arguing within the team because everybody is a 'me,' not a team... It's integrity, it's character, and when you build that into your team through the individuals, then you really start playing as a team. They're buying into the program."

Disclosure: Quarterback Tyler Hall is Coach Jim Hall's son.

Seventy to 80 percent (of a team's success) is coaching. DoDDS has so many raw kids because (they're) moving around so much.

Jim Hall

Falcons Varsity Head Coach

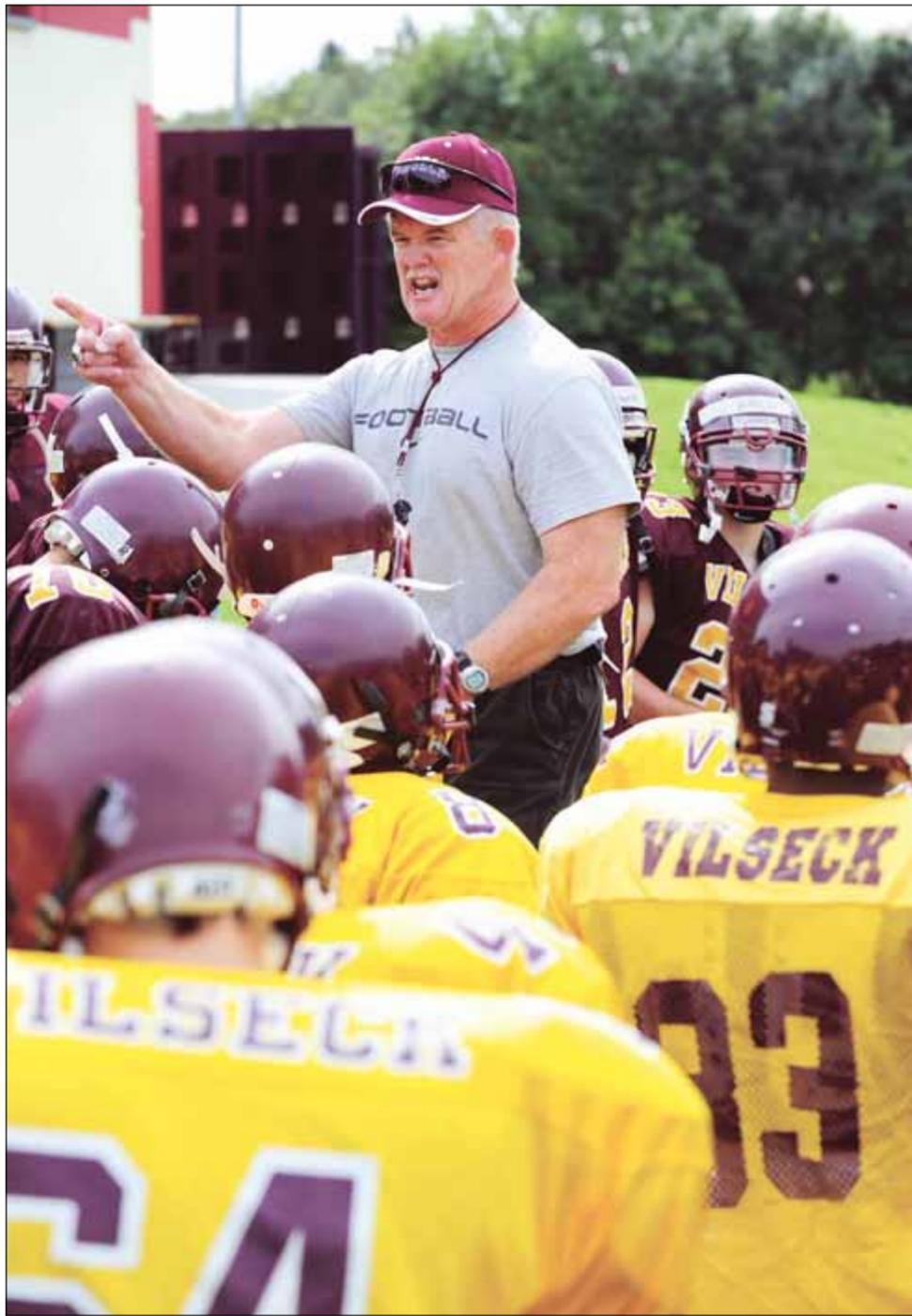


Photo by Sgt. Stephen Morgan

Head Coach Jim Hall emphasizes the importance of team concept during football practice earlier this month.

2008 conference alignments

(Head coaches in parentheses)

Division I (500-900 students)

Division I-North — Kaiserslautern (Tom Burriss), Lakenheath (Matt Martinez), Ramstein (Rudy Oliveira)

Division I-South — Heidelberg (Brad Shahan), Patch (Allen Archie), Vilseck (Jim Hall)

Division II (244-400 students)

Division II-North — Bitburg (Mike Laue), International School of Brussels (Will Vreugdenhil), Mannheim (Frank Macias), SHAPE (Jay Bodine), Wiesbaden (Steve Jewell)

Division II-South — Ansbach (George),

Aviano (Rick Dahlstrom), Bamberg (Jim Davis), Naples (Dan Dittmeier)

Division III (160-209 students)

AFNORTH (Greg Blankenship), Baumholder (Carter Hollenbeck), Hohenfels (Ed Lynch), Sigonella (Jen Bunyan), Vicenza (Adam Ridgley)

Division IV (fewer than 120 students)

(Nine-man football)
Alconbury (Duke Eidt), Brussels (Joe Fiedler), Menwith Hill (Pete Resnick), Rota (Robert Stovall)

Youth tackle football debate ends in policy revision for '08

IMCOM-E CY&SS

During a meeting of Child, Youth & School Services Sports and fitness directors held the last week of August in Seckenheim, Germany, many agenda items were dedicated to the optional sport of Youth Tackle Football.

A unanimous vote was recorded and in-depth discussion took place regarding Youth Tackle Football age and weight requirements to be implemented next year for those communities in Installation Management Command-Europe who choose to provide the optional sport.

Other topics included on the agenda were ideas to prevent youth from being registered into an IMCOM-E CYS Tackle Football Program that do not meet eligibility requirements.

Numerous incidents have occurred where youth who do not meet the age and/or weight requirement were registered with the anticipation to play, and at the last minute informed of their ineligibility. This creates a customer service challenge, youth discouraged by the sports program, and unhappy internal and external customers.

The eligibility requirements and operating guidelines have been constructed in the best interest of youth. IMCOM-E, United

States Army Garrison Youth Sports Directors, constructed, voted, and agreed upon the changes.

The guidelines are based on industry practices to protect the health and safety of youth in sports. The IMCOM-E Child, Youth, and School Services program has fewer divisions available in the sport of tackle football making it a less flexible system in comparison to large CONUS based programs.

This is due to the size of programs available and cross over of weights and age. Age and weight restrictions are historical ways of providing a safe environment that reduces the risk and reality of injuries.

It was the position of a voted majority of Sports and Fitness directors that additional options not be addressed and that exceptions to the new SY 08-09 age and weight restrictions be strictly enforced. Exceptions should not be granted beyond the guidelines that have been designed.

U.S. Army Garrison Grafenwoehr requested an exception to implement the aforementioned immediately in an effort to support more family members. Approval was granted for the requested exception. The following age and weight guidelines have been devised for the SY 08-09 Operating Guidelines prior to youth being registered, age and weight of players shall be validated.

IMCOM Europe CYS:

Age/Weight Div.

IMCOM EUROPE CYS MINOR

*(older/lighter = 10yrs under 65lbs)

Age Certification
Weight Range

8-9 (10*)
45 lbs Min, No Max Weight
(X-Men 93lbs and over)

IMCOM EUROPE CYS BANTAM

*(older/lighter = 13yrs under 90lbs)

10-11-12 (13*)
65 lbs Min, No Max Weight
(X-Men 141lbs and over)

IMCOM EUROPE CYS JUNIOR

13-14
90 lbs Min, No Max Weight
(X-Men 171lbs and over)

Questions and comments should be directed to Joseph Marton, IMCOM Europe, Child, Youth & School Services Specialist, joseph.marton@eur.army.mil, CIV 06202-80-6458, DSN 379-6458.

Kids just wanna' have fun...

The Grafenwoehr Cowboys battle the Bamberg Jaguars Sept. 6 at the U.S. Army Garrison Grafenwoehr Child and Youth Services Youth Sports football season kick off. Grafenwoehr and Vilseck have six football teams and more than 80 cheerleaders in the program.

Photos by Mary Markos



Desiree Gloudeman, 4, cheers for the Child and Youth Services Youth Sports Vilseck football team Sept. 6 at the U.S. Army Garrison Grafenwoehr CYS Youth Sports football season kick off.

Youth Sports still seeking players, coaches

by SANDRA WILSON
Bavarian News

It's not too late to sign up your kid for an exciting season of soccer. Youth Sports and Fitness is also looking for assistant coaches that like to work with kids.

"We keep youth active. We provide them opportunities to explore where their interests are to figure out what they're good at," said Adio Toliver, Youth Sports program associate.

This season's registration tallies 117 kids signed up to play, down from

last year's 395 participants.

But according to Derek Walker, the Youth Sports assistant director for Child and Youth Services, sign-ups began in June and will continue as long as participants are needed.

Despite the low head count, soccer will go on for the younger groups, but the older teams—10- to 15-year-olds—that travel require a minimum number of participants to start the season.

The program fee, \$25 for 3- to 5-year-olds and \$36 for 6- to 15-year-olds, includes the uniform, equipment,

and seven games throughout the course of the seven-week season. Shin guards are not supplied but can easily be purchased on post. Registration also requires that the child have a physical completed at the health clinic by appointment.

When it comes time to play soccer, all participants are given the opportunity to be on the field an equal amount of time during the games.

"Whether they're good or not, they are going to play; we're here to promote the fundamentals of the sport ... We don't cut kids from teams,"

Toliver said.

The participation rule entitles each child to play regardless of their abilities. Score is not kept for the younger kids because coaches focus on character development as well as the basics of the sport instead of competition.

"(Playing sports) helps them build friendships, teamwork, and gets them out of the house," Walker said.

"A lot of them actually get to the point where they are mentoring each other," Toliver said.

These teachable moments happen

both on the playing field and at practices.

Teams practice once a week for children 9 and under on Askren Manor and twice for the older kids on Conn Barracks.

In addition to participants, assistant coaches are needed for the season. No previous experience is necessary, and the only requirement is the completion of the certification clinic at Ledward Gym.

Call CYS Youth Sports for the date and location of the next clinic at DSN 354-6822 or CIV 09721-96-6822.

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Graf DFAC competing for Connelly award

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quality of life for our Soldiers and other diners," said Verlena Wilson, IMCOM-Europe regional food service manager, during the IMCOM-E level competition. "All our garrisons' finalists displayed high standards of excellence, were very competitive and are to be congratulated for their outstanding professional performance"

The Philip A. Connelly Award Program for Excellence in Army Food Service was established

in March 1968 to recognize excellence in Army Food Service with the co-sponsorship of the International Food Service Executives Association.

The Connelly competition is comprised of two active-duty garrison categories, which are:

- Large dining facility – able to serve more than 401 soldiers;
- Small dining facility – serves 400 soldiers or less.

The Connelly Awards Program has had a

major impact on the degree of professionalism now associated with Army food service, said Wilson, including the program's fringe benefits, which have made specific improvements in the quality of food and food service provided to Soldiers.

The program is named after Philip A. Connelly, a professional in the food service management field and former president of the IFSEA.

He worked throughout his life to promote

professionalism in the food services, both in the civilian industry and military. As a result, civilian and military food service programs are more closely aligned and personnel in these programs now have uniform goals in education, training, career development and job opportunities.

The IFSEA is a professional organization dedicated to raising food standards, educating members and future industry leaders. They place great emphasis in the recognition of its members and their achievements.

DD Form 93 gets update

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other than their spouse," he said.

"Soldiers can log into AKO My Forms portal to complete the January 2008 version of this form in a self-service mode," Roman said.

"All the commanders have been made aware of this, and they are supposed to disseminate this information down to the lowest private through the chain of command," Roman said.

Soldiers in locations without computer support must be permitted to use hard copy pen-and-paper form.

Most Schweinfurt Soldiers, those in Personnel Services Delivery Redesign, or PSDR, units, must see their unit personnel section to update their DD 93, Roman said.

The MPD has begun extracting data from Soldiers' older forms to transfer to the current form, said Salvadora Rodriguez, human resources technician with the MPD.

Rodriguez has noticed a problem with several

of the older versions that she hopes the current scrub will correct.

"I think it's very important for them to put the correct address, and not just the CMR address in there. They need to put their physical address in there. That's the most important thing," Rodriguez said.

More than simply addresses, though, she said Soldiers need to be extremely careful with all the details on the form.

"I've been going through those files, and have been surprised that some of the names have been spelled wrong," she said.

For questions about the new DD93 or explanation of beneficiary options, Soldiers should see their unit personnel section.



Rodriguez

Check your mail for new government travel card

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your new travel card by Oct. 31, notify your agency program coordinator.

If you are scheduled for a permanent change station, make sure that your address is updated in the database.

Your new Travel Card will be sent to the address on file.

Any mail that is sent to an incorrect address will be returned to sender. APCs will not have the option to forward the mail to your new address.

Traveling during the cutover

If you will be traveling during the cutover (Nov. 29-30), you should charge all official travel expenses up to, and including, Nov. 29 on your current Bank of America GTCC.

Travel expenses incurred from 12 a.m. EST on Nov. 30 should be charged to your new GTCC issued by Citi®.

Remember to verify receipt of your new travel card to ensure that you will be able to use it on Nov. 30.

You can verify receipt of your card by phone or online anytime after Aug. 15.

The contact information will be on a sticker that is affixed to your card. As part of the receipt verification process, you will be asked to accept the Cardholder Agreement Terms &

Conditions.

You must agree to the Terms & Conditions in order to use your new Travel Card.

Transition checklist for cardholders

■ Cardholders will need to pay all outstanding, undisputed charges on their Bank of America GTCC before Nov. 29.

■ No credit balances can remain on the current Bank of America GTCC after Nov. 29. If your Bank of America GTCC has a credit balance, call the phone number on the back of the card to request that it be sent to you.

■ After the cutover, Bank of America will continue to accept and receive payments for charges previously made on its cards.

What to expect

Since the new card will also be VISA branded, you'll have the same worldwide charging privileges that you currently have.

Charge limits will remain the same and agency program coordinators will have the authority to raise limits to meet mission requirements.

Links for more information

Your primary contact for transition information is your APC.

Cardholders can also visit www.defensetravel.dod.mil; www.gsa.gov/smartpay; or send questions to dtmotc@dtmo.pentagon.mil for more information.

Language kits available for deployment

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DLIFLC also offers new Headstart language DVD programs that use cutting-edge technology and computer animation to teach 80 hours of self-paced lessons and are designed to teach survival phrases in Iraqi Arabic, and Afghan Dari and Pashto.

Language materials can be viewed,

downloaded, and ordered at www.dliflc.edu under the products tab.

You must register and receive DLIFLC account approval before placing your order. Some products are not available for download to the general public.

POC for this press release is Maj. Scott Swanson at (831) 242 5376 or scott.t.swanson@us.army.mil