

# Bavarian News

Vol 4. Nr. 6

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

March 26, 2008

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## Litter creates additional duties

by MARY MARKOS  
*Bavarian News*

Regardless of the rain, sleet, sun, or snow, four Soldiers and one non-commissioned officer work from 8:30 a.m. to 4:30 p.m., five days a week and a half-day on Saturday, with a mission to rid the U.S. Army Garrison Grafenwoehr installation of misplaced trash.

Known as the "post police," the mission rotates between units in the garrison's footprint and includes picking up trash on all main streets on post and all major parking lots as well as all recycling centers, bus stops, and the areas around installation gates.

The mission extends to the surrounding camps and the tank trail halfway to Vilseck as well as the

hill leading to Netzaberg.

To aid in the mission, garrison commanders had 10 30-liter trash bins in the Grafenwoehr Main Post Exchange parking lot March 15.

"We (installed) receptacles in the parking lot in hopes that it will cut down 40 percent of the trash that we pick up, which will save our post police some time so they can actually go out and pick up trash off the main roads," said USAG Grafenwoehr Command Sgt. Maj. John Burns.

"Folks need to understand that it is the garrison's responsibility to police the parking lot and we don't have the staff to do that," he said. "We ask people to do the right thing and if the receptacle is full, we ask them to take the trash home or dispose of it properly instead of placing it on the ground."

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Sgts. Christopher Guyer and Sean O'Conner, 12th Chemical Company, pick up trash outside the AAFES Main Exchange during post police duty.



Photo by Mary Markos

## Go, go, go!

Tiger Cub Scout Joshua Torres (center), 6, and his fellow Cubs (Pack 261 from U.S. Army Garrison Grafenwoehr) cheer for their cars during their annual Pinewood Derby March 8.

## ACAP hosting job fair, offering tips Tuesday

by MARY MARKOS  
*Bavarian News*

Soldiers and family members preparing to separate from the military can benefit from an Army Career and Alumni Program-sponsored job fair Tuesday, from 1-4 p.m. in Vilseck, Bldg. 273.

The EuroTour 2008 job fair will provide community members with information on defense industry jobs as well as opportunities in commercial industry and government.

The fair is unique according to Rae Siebold,

ACAP contractor installation manager.

"We don't have job fairs very often because it is difficult for someone to come from the States to facilitate a job fair and travel around Europe."

The Tour, which will travel to Germany and Italy, provides an insider view on how the U.S. job market works and what jobs are available to Soldiers and family members.

Siebold explained that "although there are not a lot of job fairs available, that does not mean there are not a lot of jobs available."

ACAP assists Soldiers and family members who

are two years from retirement or one year from their end time of service, or ETS, date in finding those jobs.

To be eligible for ACAP services and assistance, service members must undergo pre-separation counseling.

ACAP services include transition assistance and resume writing workshops as well as veteran's benefits information and practice interviews.

An ACAP express Web site, [www.acapexpress.army.mil](http://www.acapexpress.army.mil), debuted in February to

See **JOB FAIR** Page 23

## Don't forgo voting, let voice be heard by absentee ballot

Story and photo by MARY MARKOS  
*Bavarian News*

With only 223 days before Americans elect their next president, military and family members living overseas can take advantage of their right to vote by registering for a federal absentee ballot.

Thirty members of the U.S. Army Garrison Grafenwoehr community completed the federal postcard application during a voters registration drive March 10 at the military post office.

The completion of the postcard is the first step in the election process for U.S. citizens living overseas.

"If somebody just moved to Germany, they have to let their county and state know they (moved) so they can get the voting information," explained Sieglinde Schedl, the garrison's voting assistance officer. "The way to do that is through the

federal post card application, the SF76. They need to fill it out with all the required information and mail it to their county."

Voters will then receive deadline and ballot information through their military mailing address.

Schedle warns, however, that each state is different.

"Every state has different deadlines and different rules," she said. "You can go to the official election information page to get information for every state and phone numbers you can call if you have questions."

The information Schedle made available to the community was a "God-send," according to Birgitt Newlands who will vote for the first time this year.

"I became a U.S. citizen by choice so it is an honor for me to vote," she

See **REGISTER** Page 23



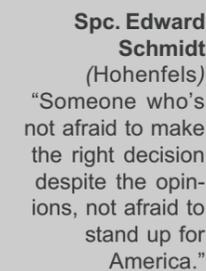
USAG Grafenwoehr VAO Sieglinde Schedl (left) assists voters with federal absentee registration March 10 at the Grafenwoehr Post Office.

# Q&A

## What do you look for in a president?



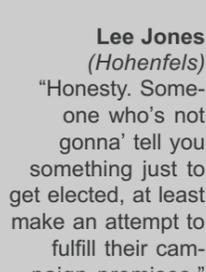
**Jim Jones**  
(Hohenfels)  
"Honesty. A good leader."



**Spc. Edward Schmidt**  
(Hohenfels)  
"Someone who's not afraid to make the right decision despite the opinions, not afraid to stand up for America."



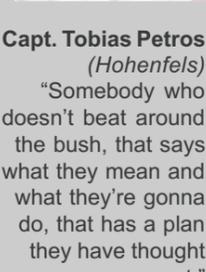
**1st Lt. Jeff Hecox**  
(Hohenfels)  
"Generally someone who's going to look after the interests of the United States, particularly our economic presence in the global market."



**Lee Jones**  
(Hohenfels)  
"Honesty. Someone who's not gonna' tell you something just to get elected, at least make an attempt to fulfill their campaign promises."



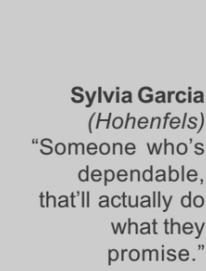
**Nayeli Sandoval**  
(Hohenfels)  
"Positive change."



**Capt. Tobias Petros**  
(Hohenfels)  
"Somebody who doesn't beat around the bush, that says what they mean and what they're gonna do, that has a plan they have thought out."



**Renate Moczynski**  
(Hohenfels)  
"Strength and honesty. Even though they're all the same."



**Sylvia Garcia**  
(Hohenfels)  
"Someone who's dependable, that'll actually do what they promise."



# Volunteer coaches still needed

March Madness has already begun as upsets occur in the conference tournaments on an almost daily basis. So who is the best?

The West coast with UCLA and Stanford, Kansas/ Texas in the Big 12, Memphis with only one loss, Tennessee or the perennial powers in the ACC with Duke and North Carolina.

What a great time of the year to watch sports!

## Women's History Month

March is the annual recognition of women and the impact they have had in the military, our society, and worldwide. The theme this year is *Women's Art: Women's Vision* which provides an opportunity to discover and celebrate women's visual arts in a variety of forms and mediums.

Sgt. 1st Class Galloway is appearing every Monday on the AFN Bavaria morning show with a trivia quiz. Call in and see how much you know about women's history. The 2008 women's history honorees can be explored at <http://www.nwhp.org/whm/index.php>. The Web site is a bit tricky and sometimes is not available but has fascinating information about this year's honorees.



## AER

Thanks again to the tremendous support USAREUR, and in particular Garmisch, provided to the Combined Federal Campaign. It seems like as soon as one campaign is done the next one starts, and now it is time for the annual Army Emergency Relief.

The Army sponsors only these two programs and this year's AER campaign runs from March 1– May 15. Last year, AER provided almost \$74 million in assistance to more than 64,000 Soldiers and their families. In our community, loans and grants 10 times what our community raised were returned.

I encourage all to dig deep to help our own folks during their personal crisis. I would also like to highlight the power of company commanders and first sergeants with this program. They can approve up to \$1,000 loans with no additional approval required.

We don't do a great job utilizing this portion of the program, so I encourage commanders to explore this opportunity. Your custodian will soon receive information from the garrison representative and again dig deep to help out our own.

## Spring Sports

Perhaps it is because of some of the resources we have received due to the family covenant, but our enrollment in spring sports (baseball, soccer, and softball) has exploded with an almost a 300-child increase over previous years.

Of course, as always, we now need to have coaches. We are short 26 coaches in just the Grafenwoehr and Vilseck community. You don't have to be an expert. I never played soccer, but coached my son for three years.

Last year, we had spouses of deployed Soldiers coaching football and many did not even know the basics of the sport. It is a chance to give back to the community and spend quality time with your children – time you will never get back. Please consider supporting our kids.

We recently advertised and conducted three courses in the Grafenwoehr community: hunting class, fishing class and motorcycle safety mental skills refresher training.

Our community is the Mecca for hunting and fishing in Europe and we will schedule additional courses based on needs and desires. If you want these courses, call DSN 474-4212 to sign up.

With respect to motorcycle training, we are running additional classes to refresh your capabilities before the big riding season begins again. Call DSN 475-1470 to enroll in this motorcycle course or for additional information.

*Col. Brian T. Boyle  
Commander, U.S. Army  
Garrison Grafenwoehr*

# Military spouses 'rise to every occasion'



**JACEY ECKHART**  
*On the Homefront*

Dear Mrs. Eckhart,  
I am 9 years old. I have two sisters and a baby brother. My dad is a Soldier with the Army National Guard who is deployed to Iraq and will be home in the next few weeks. My dad will get a parade for coming home. Could you please write my mom. Mrs. William Pulcastro, a thank you note?

Sincerely,  
Kathryn Pulcastro  
Wappingers Falls, New York

Sometimes I open my e-mail and I am overcome by it. While I'd be delighted to write a thank-you note to any military family, I read this and wondered how a note from a stranger could possibly equal the feeling that a 9-year-old puts into a letter like this?

Nine years old is the third grade. Nine years old keeps track of who has pierced ears in your class and who doesn't.

Nine years old accepts the all-encompassing power of Mommy as if it were oxygen and clean water and money pouring forth from the ATM.

And here is this lovely 9-year-old who bears witness to a mother who has risen to the occasion.

Because when I wrote to Kathryn to find out more about her mom, she told me that's what her mom was all about.

"My mom's favorite saying is 'Rise to every occasion, and overcome the challenge.'"

The things Mrs. Pulcastro has done might not seem like a big deal to you. Her daughter says that her mom had never mowed a lawn in her life and had to learn how to do it.

She learned how to tile the kitchen floor from the man at the store.

"Our mom doesn't do 'distance driving' it was something Dad always had done because it made mom nervous," Kathryn wrote.

The woman now drives over an hour to her family readiness group meetings and has even volunteered to help other families in the unit.

I think that's pretty good stuff — the kind

of action so many military spouses do simply because they must.

But Kathryn's mom is something more. She has an image to uphold, a trust with her children about the kind of mom she would be.

Kathryn tells a story about how one night the three sisters were supposed to have a sleepover with one friend each, but the water pipes froze and no plumber could be found.

Most moms would cancel the sleepover and offer a secret thanks for freezing weather — whether dad was deployed or not.

At first Mrs. Pulcastro dreamed up the idea that the girls could have a Polar Bear party and could go sledding with friends and have hot cocoa, but no sleepover.

Then she thought of trying to get the house hot enough to thaw the pipes. Evidently, the house was really, really, hot.

"She came to us and said, 'OK, scratch the polar bear party.? What about a tropical party and a sleepover?'" said Kathryn. "We had lots of fun with left over decorations from a summer party."

A mom wins a lot of loyalty from a kid with that kind of behavior.

A wife wins a lot of praise. A fellow citizen who does not buckle under during times of crisis deserves a lot of gratitude from the rest

of us.

So thank you, Mrs. Pulcastro.

Thanks for lending us your husband for this deployment. We need citizen Soldiers like him to step forward. We need spouses like you to take up the slack.

Thank you for being the kind of military spouse who does so much more than just survive a deployment. You thrive. That's impressive.

But most of all, thank you for being the kind of mother who puts a child like Kathryn into the world.

By your behavior, you and your husband have shaped your children's expectations of how adults are supposed to act during times of crisis.

You probably thought you were invisible to the world during this deployment, one of thousands.

Yet you were visible to the most important people in the world, the people who will go forth and keep the rest of us company.

You've set them a pattern that they will not be able to ignore. Rise to every occasion and overcome the challenge.

A 19-year military spouse, Jacey Eckhart is a nationally syndicated columnist with [CinCHouse.com](http://CinCHouse.com).

## Hot News About ICE!

You hear about it all the time on the radio, but do you really know why ICE is important? Interactive Customer Evaluation—or ICE—is an online customer comment program that lets you tell us what you think about the services and products you receive, and the facilities you use in our community.



By entering a comment on the ICE web site, you let us know what we are doing right, and what could use some improvement. Your input provides us with a way to give kudos to people and facilities in our community that are our shining diamonds—and the knowledge needed to help polish up those that are "diamonds-in-the-rough".

Think you can't make a difference? Think again!

ICE is also a place to get information! At the very least you get the location and phone number for the services and facilities listed on ICE; and many service providers use the Frequently Asked Questions (FAQ) and Events and Announcements sections that can be accessed from the comment card.

So log into ICE at <https://ice.disa.mil> and let us know what YOU think!

# Bavarian News

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

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# WTU Soldier listed fit for duty

Story and photo by NICK D'AMARIO  
USAG-Grafenwoehr CI Officer

A Warrior Transition Unit was activated in Vilseck in 2007, and is part of the new Army Medical Action Plan, which allows Soldiers to receive extended medical care and heal in Europe without returning to the U.S.

Since then, the WTU has made enormous headway not only in helping warriors heal, but also ensuring the Soldiers can benefit in other areas, such as educational advancement and gaining new life skills.

Sgt. Keith R. Gautreaux is the first Soldier within the Bavaria-East WTU, and among the first in U.S. Army Europe, to qualify for return-to-duty status, and is currently awaiting orders for his next duty assignment.

Since being attached to the WTU in November 2007, he finished his AA degree in psychology and became the operations specialist for Company A at the Non-Commissioned Officer Academy in Camp Normandy, Grafenwoehr.

Gautreaux has become the epitome of this program's evolution, and his "utilization of his recovery time is a benchmark for the WTU. His experience is a good example for other Soldiers," said Anne Torphy, Bavaria MEDDAC Public Affairs Officer.

As of mid-March, the Bavaria-East WTU program is comprised of 61 Soldiers assigned to the Grafenwoehr and Vilseck WTU, and nine Soldiers assigned the Hohenfels WTU, according to Torphy.

Gautreaux, a native of Westwego, La., served on tours in Somalia and Iraq and was assigned to the WTU as the result of an injury sustained in Iraq. He came to the WTU directly from the Supply and Transportation troop of the 2d Stryker Cavalry Regiment's 6th Squadron.

Shortly after his WTU arrival, he landed a rewarding job with Grafenwoehr's prestigious NCO academy.

"Sgt. Gautreaux has been a great benefit to us since being assigned here at the academy in November 2007," said A Co. 1st Sgt. Jody R. Heikkinen. "We don't have authorization for a company admin position, so we certainly welcome someone of Sgt. Gautreaux's experience and professionalism. He has helped augment our



Sgt. Keith Gautreaux, the first Bavaria-East WTU Soldier to qualify to return to duty, currently supports A Co. at the NCO Academy in Camp Normandy, Grafenwoehr.

mission enormously and allows other NCOs here to focus on training our Soldiers at the academy," he said.

Heikkinen and Gautreaux gave praise to WTU Bavaria-East 1st Sgt. Paul G. Ninelist, and the academy's deputy commandant, 1st Sgt. James A. Mitchell, for having the vision and resolve, after the WTU program's initial inception, to help Soldiers like Gautreaux secure jobs.

"It's a rewarding job," said Gautreaux of his four-month tenure at the academy. "I feel very appreciated and look forward to the possibility of attending the Warrior Leadership Course in the near future."

His current ambition is to stay at the academy until his August 2009 DEROS (date eligible for return from overseas).

"Comprehensive Care Plan, activated March 1, made spiritual, mental, and educational development an official part of the WTU structure," said Torphy. "The plan was announced by Brig. Gen. Michael Tucker, assistant surgeon general for warrior care and transition.

"Soldiers are encouraged to gain life skills during their recovery time so that they may be successful when they return to duty or look for a

civilian job," he said.

"Medical appointments are always the priority, but downtime should be filled with cognitive development through a structured employment program or educational classes," added Torphy.

Still, it remains fundamentally clear that the WTU program's success is tied to excellence-in-support offered by those dedicated to the total program.

And while Gautreaux spares no one person or organization within the WTU or Grafenwoehr garrison this praise, it is clear that the WTU's first sergeant has had the most impact in Gautreaux's personal road to success.

"1st Sgt. Ninelist offers us career-beginning, rather than career-ending, emphasis, options, and choices to get the most benefit while healing, coupled with educational and professional growth opportunities. And there is a clear, ongoing focus on keeping the family unit together, giving us 24/7 support throughout the entire healing process," said Gautreaux.

Gautreaux is stationed here with his wife, Kim, and two children, Jasmine, 10, and Tristan, 4. WTU Bavaria-East falls under MEDCOM.

## Spotlight on Education



Name: Therese Fitzgerald

What grade / subject do you teach? Sure Start at Rainbow Elementary School

Hometown: Cheshire, Conn.

How long have you been a teacher? 12 years

What do you like best about teaching? Each and every day is new and exciting. The children have new questions, new ideas, new ways of looking at the information given to them and the varied ways they assimilate this information into their everyday lives is always fun and innovative.

What advice can you give students to help them succeed in school? Read! Anything, everything, more than once! Have fun! Learning is always new, always exciting, always moving onward to a wider and wider experience!

# Info blitz drives fuel ration card acceptance in Germany

IMCOM-Europe press release

The campaign to prepare European-based U.S. personnel for the inevitable transition from fuel coupons to fuel ration cards has turned a critical corner, according to Dave Mattingly, Installation Management Command-Europe, Germany Fuel Ration Card Development program lead.

Mattingly, along with Wess Bryan, the AAFES project manager for the Germany Fuel Ration Card Project, have traveled to various communities explaining the change in how authorized U.S. personnel will now obtain rationed fuel. He said individuals seem to have accepted the change and now want to know how to best prepare.

"When this new process was first introduced, we encountered a swell of resistance we feel was based on a lack of understanding of the fuel ration card program and how the program is a good thing," said Mattingly. "Several

months ago, people were asking questions about why they had to stop using coupons, now they are asking how to use the fuel ration card."

During an American Forces Network open line radio show March 12, Mattingly and Bryan addressed a myriad of questions ranging from availability of cards to how Reservists and people outside Germany can get cards, as well as questions centering on the more direct, "how will they work."

But more encouraging to Mattingly and Bryan were the number of callers who said they had read about something on the Web site and needed clarification (<http://www.imcom-europe.army.mil/sites/news/fuelcard.asp>).

"The information is getting out; people are aware of the change," said Mattingly. "We are anticipating having several training modules available on the IMCOM-Europe Web site soon that will show people the various

processes involved with registration and obtaining fuel ration cards, and how to use the fuel ration cards. So, we're not done."

In addition to answering questions, the open line session afforded Bryan an opportunity to address one e-mailer's inference that doing away with paper coupons and going to a technological system will save money and perhaps result in savings to the customers.

"That is a good question because it gives me a chance to shoot down an absolutely false assertion," said Bryan. "Printing out coupons and selling them is relatively easy. Establishing a complex system of computers, networks, and technology that must meet the same level of communication and security standards as the European banking networks is not cheap."

In addition, it is important to note that the system's **first function** is ration control. To accomplish this at

both AAFES and Esso stations required more than 100,000 hours of system development. The system audit requirement is that every transaction under the new fuel card be 100 percent traceable down to the liter, where it was pumped, what time it was pumped, what vehicle it was put into by license plate number, and the names of the drivers on the fuel card that was used to purchase the fuel.

Bryan said he doubted AAFES or Esso would realize any cost savings because of the huge investment required at both AAFES and Esso to develop and deliver the new system. But, he said, the system meets the German requirements and complies with the Status of Forces Agreement.

The motivation to educate drivers is fueled by the thought that once people gain awareness of transition, there will be less anxiety, said Mattingly. The reality is "we do this or we pay local prices." This is the only workable solution for continuing

gas rationing that met Germany requirements for authorized U.S. personnel.

"Are some people inconvenienced? Yes. Will everyone like the change? Not immediately. We understand some people will view this as a glass half empty," said Mattingly. "We view this as a tank that is more than half full. In addition to continuing rationed fuel at prices comparable to the U.S. prices, there are many conveniences in the fuel ration card system that will be a big improvement over fuel coupons."

Again, Mattingly and Bryan urge people to view the IMCOM-Europe Web site to find information detailing many facets of the transition.

"We have a ways to go, however, the word is getting out, there's a tremendous amount of good information on the IMCOM-Europe Web site, and we're continuing to produce more information to educate the people," said Mattingly.



## FRG Leadership Training offered through local ACS

Members of the U.S. Army Garrison Grafenwoehr community listened intently as Nicole Heller, USAG Grafenwoehr mobilization and deployment specialist, discussed the legalities and fundamentals of a Family Readiness Group at the FRG Leadership Training March 18-19 at the Vilseck Army Community Service. The training is held once a month and is intended to help volunteers run a successful FRG. Throughout the two-day course, participants complete hands-on exercises and information briefings to prepare them for leadership and support roles.

"The FRG leadership training is designed ultimately to provide everything one would need to know, from regulations to resources and help available within the community to make their FRG successful," Heller said. For more information on FRG Leadership Training, contact your local ACS.

Photo by Mary Markos

# COLA, entitlements hot topics during quality of life conference in Garmisch

by U.S. Air Force Capt. DARRICK LEE  
European Command Public Affairs

Stephen Westbrook, director of the Per Diem, Travel and Transportation Allowance Committee, explained the Cost of Living Allowance process to an attentive crowd of delegates at the U.S. European Command quality of life conference in Garmisch, Germany, March 11.

COLA is a supplement for uniformed service personnel designed to equalize purchasing between members overseas and their CONUS-based counterparts.

Westbrook was one of several briefers to address the audience of grass-roots delegates, assembled to identify ways to improve the lives of military members and their families. Senior representatives in the fields of family policy, healthcare, education, and services were also available, but the briefings were dominated with questions for those who play a part in the amount of COLA, entitlements, and other benefit areas.

The scrutiny is nothing new to Westbrook; he often receives inquiries about how the Department of Defense computes COLA, and he is often confronted about what some perceive to be inequities in compensation. He explained that administering COLA is not a simple process, but it is possible to understand it given the right information.

Westbrook explained there are multiple data sources that must be compiled before an overseas COLA change can be considered. For example, many people are familiar with the living pattern survey, which asks families to provide details on how they live, and the financial aspects of their living habits.

He reminded the delegates of an annual overseas consumer expenditure survey, which determines spending levels by family size and income. There is also the retail pricing schedule. These surveys are designed to capture what military families are spending their money on and how much they're paying, respectively. Aside

from the living pattern survey, this additional data helps drive decisions to change COLA payments.

During a focus group discussion session on the subject, some delegates expressed concern that they have no input into such additional data collections and surveys. Many claim they are simply not aware of the surveys. Others accuse the department of not following trends in international finance, such as international currency comparisons to the U.S. dollar.

Westbrook admits that survey awareness has been an issue. During his briefing, he highlighted ways his department is looking to increase participation in data the living-pattern survey.

Online surveys are credited with increased survey participation in recent years, and an increased focus on reaching out to spouses was noted. His office does track trends in international finance, making adjustments twice monthly as appropriate.

Aside from the behind-the-scenes issues that

affect compensation, Westbrook wants to remind families about exactly what COLA is intended to provide.

"The allowance is intended to offset the high costs of some goods overseas, but only to a level equal to what families are experiencing in CONUS," Westbrook said. "It is not intended to reimburse servicemembers' expenses, nor is it designed to compensate for non-availability of items."

In light of recent rises in U.S. inflation, Westbrook advises families to focus on the United States in order to understand changes to COLA.

"Remember that you receive COLA only when the cost of living in your area is higher than it is in the United States," Westbrook warned.

For more information on how COLA is determined or how you can provide input to the process, log on to <http://perdiem.hqda.pentagon.mil/perdiem/allowcol.html>.

## Welcome home 561st!



Courtesy photo

Lt. Col. Shan K. Bagby, 561st Medical Company (Dental Services) commander, and 1st Sgt. Corazon G. Pollock, 561st Medical Company (Dental Services) first sergeant, unfurl the unit guidon during the welcome home ceremony at Grafenwoehr Field House March 7. The unit returned from their 15-month deployment to Iraq, where they provided dental services to Soldiers and service members across northern Iraq.

## Economic stimulus payments mean extra rebates in 2008

U.S. Army Garrison Grafenwoehr Law Center

Starting in May, the U.S. Treasury will begin sending economic stimulus payments to more than 130 million households.

To receive a payment, taxpayers must have a valid Social Security number, \$3,000 in income, and file a 2007 federal tax return. The Internal Revenue Service will take care of the rest.

Eligible people will receive up to \$600 (\$1,200 for married couples), and parents will receive an additional \$300 for each eligible child younger than 17.

Millions of retirees, disabled veterans, and low-wage workers who usually are exempt from filing a tax return must do so this year in order to receive a stimulus payment.

■ **What must I do?** For most people, nothing more than usual. The payment is automatic when you file your 2007 tax return. The IRS will use the return to determine eligibility and to calculate the payment amount.

■ **How much will I get?** In most cases, you'll get an amount equal to your tax liability on the return, up to \$600 for individuals (\$1,200 for taxpayers who file a joint return). You may get more if you have qualifying children.

■ **When will I get my money?** The IRS will send out the payments beginning in early May.

■ **What if I am not required to file a federal tax return?** Even if you have little income and don't normally file a return, you may need to take a special step to get a payment of up to \$300 (\$600 on a joint return). If you made at least \$3,000 from any combination of these income sources: wages, self-employment or certain Social Security or Railroad Retirement benefits, or from veterans' disability compensation, pension or survivors' benefits from the Department of Veterans Affairs. If you did, then fill out a few simple lines on a Form 1040A or Form 1040 to qualify for your payment.

■ **What about Soldiers who have already filed a return for 2007?** Soldiers who have already filed a 2007 return but did not have at least \$1,200 (\$600 if single) in tax liability or \$3,000 in qualifying income because of time in the combat zone but who didn't report income covered by the combat-zone tax exclusion because they did not qualify for the earned income credit must file a Form 1040X amending their return. In the section for comments on the second page of 1040X, they must report the amount of income covered by the combat-zone tax exclusion and write the words "Economic Stimulus Act". They

should also print the words "STIMULUS PAYMENT" across the top of the 1040X. Forms 1040X must be mailed to the IRS Service Center. They cannot be electronically filed.

■ **Can I have my stimulus payment direct deposited?** Stimulus payments will be deposited directly into the bank accounts of those taxpayers who select that option when filing their 2007 tax returns. Taxpayers who already filed and requested direct deposit won't need to do anything else to receive the stimulus payment. Taxpayers who did not request direct deposit for their 2007 refund will receive a paper check by mail. Direct deposit is the fastest way to get both regular refunds and stimulus payments.

■ **If I'm not expecting a refund, should I still fill out the direct deposit line on my return so I can get my stimulus payment direct deposited?** Yes. Even if you aren't due a refund on your tax return, filling out the bank routing information will allow for your stimulus payment to be direct deposited.

■ **If I use direct deposit for my tax return refund and my bank account information later changes, what will happen when my stimulus payment goes out?** The direct deposit will be rejected. After the IRS receives a rejection notice, the payment will be converted to a paper check and mailed to you.

■ **I've moved since filing my 2007 tax return. How will my payment reach me?** You should file a Form 8822 with the IRS and a change of address notice with the U.S. Postal Service to ensure that your check is sent to your new address. Without your current address, the check could be returned to the IRS as undeliverable.

■ **Is my stimulus payment taxable?** No, you won't owe tax on your payment when you file your 2008 federal income-tax return. But you should keep a copy of the IRS letter you receive later this year listing the amount of your payment. In the event you don't qualify for the full amount this year but you do next year, you will need to have the letter as a record of the amount you previously received.

■ **Will the stimulus payment I receive in 2008 reduce my 2008 refund or increase the amount I owe for 2008?** No, the stimulus payment will not reduce your refund or increase the amount you owe when you file your 2008 return.

■ **How can I find out more?** For more information on the payments and how to get them, visit the official IRS Web site at [www.irs.gov](http://www.irs.gov).

## Deadline nearing for D.C. school scholarship

Special to the Bavarian News

The Association of the United States Army is joining the Military Child Education Coalition to provide one Army teenager with a full scholarship to the prestigious School of Public Service at St. Albans School, Washington, DC, this summer.

The School of Public Service is a leadership program that features an intensive four-week summer academic session held in Washington, D.C., from June 22-July 19.

AUSA will fund the total cost of tuition, room and board for one student for this summer's program. The value of this scholarship is just

short of \$5,000.

To be eligible for the scholarship, students must be the son or daughter of a member of the United States Army (active duty, Reserve, or National Guard), either currently serving or retired.

The deadline for the online application is April 15. The application must be made online at the SPS Web site: <https://www.stalbansschool.org/home/form.asp?id=4892>.

Contact Suzanne Woods at SPS with any questions: [sps@cathedral.org](mailto:sps@cathedral.org) or CIV 202-537-5531.



# Health security workshop links nations

Marshall Center news release

More than 40 civilian and military health leaders from Kazakhstan, the Kyrgyz Republic, Tajikistan, Turkmenistan, Germany, and the United States attended a workshop at the George C. Marshall European Center for Security Studies March 11-14 to explore the topic of health security.

"This is the first seminar, the first step in this region on this topic," said Col. Nuradin Aypbayev, Medical Corps, Ministry of Defense, Kyrgyz Republic.

The goal of the workshop was to provide a forum for the participants to discuss current health issues with their regional neighbors, and to exchange ideas for how to address those issues either within their own country or by working together, said Ben Reed, U.S. Executive Deputy Director, Outreach Programs Directorate, George C. Marshall European Center for Security Studies.

"We hope participants develop professional relationships between their countries and ministries, forging a network of government health professionals who can develop regional



Aypbayev

communication and collaboration on health services and systems," Reed said.

"The benefits are that we exchange ideas and discuss best practices, and we can improve the health services in our own countries based on these ideas," Col. Aypbayev said. "The other benefit is that in this region, our republics are close in distance but we find that we don't have the information sharing. I think this is a matter to work together and become more integrated on."

The conference also provided an opportunity for members of the Central Command Surgeon General's office to meet with corresponding agencies in the Central Asian countries, to develop relationships, and to discuss issues such as emergency care and health security.

"This forum of discussion and engagement has created a new beginning of understanding between peoples of Central Asia on common health challenges, opportunities, and solutions for their citizens," said Col. William Gamble, Command Surgeon, U.S. Central Command. "Medicine is a common language that unites all people."

Some of the topics discussed included sanitary and epidemiological services, health security, civilian-military health collaboration, and disaster medicine.

"The greatest challenge in health security is the identification and acceptance of the challenges and needs that face our populations,"

said Dr. Raymond Swienton, key note speaker for the workshop and Associate Professor of Emergency Medicine, Co-Director EMS, Disaster Medicine, & Homeland Security Section, Southwestern Medical Center, Dallas, Texas.

"I believe this can be overcome through honest and open communication and a willingness to implement the changes that we identify."

Dr. Swienton said that health security is inherent in quality health systems and quality health systems are dependent on focusing on the key components of healthcare through communication, collaboration and implementation.

"Through cooperation we can achieve answers to the health care problems that many of us in our respective nations face," Dr. Swienton said.

At the close of the conference, Maj. Gen. Kubanychbek Oruzbaev, 1st Deputy Minister, Ministry of Defense, Kyrgyz Republic, stressed that this event was very important to the region and that medical staffs should cooperate in order

to solve regional health issues.

"There are many problems in the states of the region that we aren't able to cope with on our own," the general said.

"The only way is to deal with these issues on a cooperative basis. Our medical staffs should cooperate, develop and establish new relations at their own level between states."

He also thanked participants for taking the opportunity presented by the conference to share views, ideas and opinions.

"I'd like to express gratitude to all of participants, brothers in the region, for the friendly atmosphere of cooperation this week. I hope such events become a tradition held not only in Kyrgyzstan but in neighboring countries as well," General Oruzbaev said.

As a result of this workshop, which was organized by the Ministry of Defense, Kyrgyz Republic and the George C. Marshall Center, all four countries agreed to establish a forum for regional disaster medicine cooperation.

**"The benefits are that we exchange ideas and discuss best practices, and we can improve the health services in our own countries based on these ideas ..."**

Col. Nuradin Aypbayev

Medical Corps, Ministry of Defense, Kyrgyz Republic

# International stability the focus of SSTR class

Marshall Center news release

A new Marshall Center course is examining the why, when, and how of a nation's participation in multinational stability, security, transition and reconstruction operations.

The first class of the George C. Marshall European Center for Security Studies' three-week Program for Stability, Security, Transition and Reconstruction, or SSTR, began March 12 with 43 participants from 34 countries.

SSTR focuses on the interagency and multinational aspects of stability, security, transition and reconstruction operations — "the sticky issues that are vitally important," according to course director Marine Col. James Howcroft.

"The U.S. right now is working through the issue of interagency coordination and cooperation. How does the military, USAID [the U.S. Agency for International Development], [the Department of] State, the border service and [the Department of] Justice all work together overseas?" Howcroft said. "But in this course we're taking it one step further by looking at the multinational issue. Not only are we looking at how military and civilian personnel from many different

agencies and organizations have to work together, but at how people from different countries have to, when each country, each contributor has their own domestic audience, national interest, rules of engagement and national caveats."

The three-week course first looks at the need for and challenges of SSTR operations, and then examines the roles of various players, including Non-Government Organizations and private corporations, and the building of the host nation's capacity and legitimacy.

In going into conflict zones, the international community is concerned with building not only security, but also stability, Howcroft said.

"That's why this course is not just about military forces. It's about all the interagency tools that are needed not only to provide security, but also to build governance, build rule of law, reconstruct the country and help to build a sustainable economy, so that people are provided for and governed by their own government," Howcroft

said.

The Marshall Center, supported by Germany and the United States and with a civilian and military faculty from 10 nations, provides an ideal forum for addressing these topics, according to deputy course director Army Lt. Col. Chris Cavoli.

"It's hard to think of a major stability operation that isn't or shouldn't be both interagency and multinational. At the Marshall Center

we are uniquely suited to approach the topic of stability operations from those angles, and that's what we're seeking to do with this course," Cavoli said.

He emphasized, though, that SSTR does not claim to offer all the answers, but is seeking them as well.

"Stability operations are evolving everyday," Cavoli said. "Currently there is no interagency doctrine to cover this, and there's certainly no standard multinational doctrine, let alone a common understanding, so we're in the listening mode almost as much as the promulgate mode. We're

trying to come to a common understanding among professionals engaged in stability operations about what needs to get done and how we can do it as a partnership."

SSTR's focus on a "whole of government" approach to stability operations is reflected in the multinational and interagency mix of speakers, which is about half military and half civilian and from a number of countries, Howcroft said. Speakers are senior strategists and practitioners representing organizations including NATO, the EU, and USAID, and with global SSTR experience in places as diverse as Lebanon, the Ivory Coast, Afghanistan, Iraq, Kosovo, and Bosnia and Herzegovina.

Howcroft noted that the course includes a panel of senior government officials from countries that have been the location of SSTR operations.

"We always talk about what we need to do. Here's a chance for those who have been on the receiving end to talk about what they thought about

it, what was effective, what wasn't, what was insulting, what was counterproductive," Howcroft said.

The participants in the first class, who represent 15 agencies and organizations and about half of whom have been in stability operations, also bring extensive experience to the table.

"This is a real opportunity for an exchange among professionals, to learn from the experiences of people who have been doing the heavy lifting on the ground," Howcroft said.

"We are looking for participants to return to their countries not only with an idea of why SSTR operations are necessary and how their nations can contribute, but with a network of other professionals around the region that they can call on."

SSTR is one of five resident courses offered by the Marshall Center, a German-American defense and security studies institute, in 2008. Since the center's dedication in 1993, more than 6,000 military and civilian officials from more than 100 nations have graduated from resident courses.

**"We're trying to come to a common understanding among professionals..."**

Lt. Col. Chris Cavoli

Deputy SSTR Course Director



Howcroft



Cavoli

# Boozehounds nail Hammers 62-53 in championship

*Tourney decided during overtime play*

by JOHN REESE

Bavarian News

The 2007-2008 U.S. Army Garrison Garmisch Intramural Basketball League season concluded with a cliffhanger game Feb. 28 with the Boozehounds beating the Hammers 62-53 in overtime.

The playoffs were a double-elimination format with a winner's and loser's bracket.

The Boozehounds, coached by AAFES manager Gary Harrison, came from the winner's bracket to play Coach Robert Henry's Hammers from the losing bracket.

That game was won by the Hammers 51-33, forcing the "if necessary" playoff game that ended tied 50-50 in regulation play.

Ultimately the Boozehounds prevailed in overtime with a final score of 62-53.

The hard-fought games got bloody when Boozehound Rob Neubauer took a blow to the forehead in the second game, producing a scalp abrasion that yielded a lot of blood.

"We had a hard time stopping the bleeding," said Mueller Fitness Center Director Mike Criswell. "Neubauer stopped playing just long

enough to have it patched up with gauze and tape, and then he continued to play the last eight minutes of the 'if' game.

"He then played all five minutes in overtime, where he had some key steals in overtime that helped seal the victory," he said.

A total of four teams made up the Garmisch league, which ran from the end of November through end of February.

The two teams out in the first rounds were the NATO School coached by Becky Cheman and MC United, coached by Michael Link. In this small community, none of the players spent much time riding the pine.

"I want to extend my thanks to the Hammers who exhibited good sportsmanship in their tough loss," said Dale Greenberg, Mueller's sports specialist who ran the league.

Winning coach Harrison praised the people who made the league happen for making the season a success, saying the gym staff and referees put up with a lot of complaining from the players.

"It's a thankless job most of the time," said Harrison. "Most people don't realize how hard it is—they only know that they can do it from the bleachers!"



The Boozehounds in green jerseys successfully defend the net against the rush of the Hammers in a dramatic overtime game.

Photo by Beate Damato

# NASA scientist addresses local students

Story and photo by KRISTIN BRADLEY  
Bavarian News

Students from the elementary, middle, and high schools as well as teachers, parents, and community members all gathered to listen to and ask questions of Steven Levin, a research scientist for NASA's Jet Propulsion Laboratory, via conference call during an activity at the Hohenfels Middle/High School Math, Science and Technology Night March 5.

Will the great red spot eventually die out? Do we weigh more or less on Jupiter than on Earth? How many planets do you do research on? These are some of the questions students from Andrea Allen's third-grade class asked during the call, which was one of more than 30 demonstrations and exhibitions presented by various community members and teachers.

Levin works with the Lewis Center for Educational Research on the Goldstone Apple Valley Radio Telescope project in which teachers nationwide access a 34-meter radio antenna via the internet, including Joyce Dusenberry's physics applications class at Hohenfels High School.

Sixth-grader William Duvall, who heard Levin speak, said it was his favorite part of the night. He said it was exciting to be able to talk to someone whose job is all about science, his best subject in school.

The talk was "absolutely fabulous," said parent Tami Durr.

Martha McIntyre, a middle school math teacher, said she started Math, Science and

Technology Night seven years ago to show students that math and science can be fun.

"Being a math teacher, especially middle school, sometimes it's like pulling teeth, and it's like it can be fun, and science is a good place to apply it," she said.

The hands-on activities were aimed at a wide variety of age groups and intellectual levels, from bouncy balls and dinosaur models for the preschoolers to exhibits on extracting DNA from strawberries and Newton's Laws of Motion for the older kids.

The high school entry way was filled with a kinetics roller coaster; students from Dusenberry's physics class had to get the coaster to meet certain requirements to achieve an "A." Members of the garrison community such as the fire department, the Red Cross, the veterinary clinic, and Raytheon participated with demonstrations related to each of their areas of expertise.

"Math and science often get dumped on. There's a mental block there that 'I can't do it,' so a lot of kids give up and don't get past that basic level you have to get past to have fun," said McIntyre.

She said she hopes children will become interested in learning the basics after seeing some of the projects that can be accomplished using math and science.

McIntyre did not assign anyone a specific task. All the community and faculty members that ran exhibits came up with their own ideas and every school faculty member that participated did so as a volunteer.



Michael Garcia peeks at a specimen through a microscope at a food safety display at Math, Science and Technology Night March 5 at Hohenfels High School. This was the seventh year teachers and community members gathered to present interactive displays and exhibitions for children ranging in age from preschool to high school.

## 'Hold Please' comes to the Hohenfels Box Seat Theatre

by JOANNE LOVE  
Hohenfels MWR Entertainment Director

No men are onstage, but their presence is felt everywhere in this office comedy for the new millennium written by Annie Weisman.

Two generations of women, career secretaries in their forties and entry-level assistants in their twenties, gather in the break room for a Heart Talk, an emotional tribunal designed to record and report evidence of sexual harassment.

What ensues is a hilarious examination of Agatha (Ellen Schumann), Grace (Mary Wood), Erika (Brandi Stauber), and Jessica's (Rosemarie Smith) values, expectations, hopes and dreams, choices, and of course the men in their lives.

Performances will be held at the Community Activities Center Friday and Saturday at 8 p.m. and Sunday at 2 p.m. Admission is \$2. Tickets will be on sale at the door.

The production is the U.S. Army Garrison Hohenfels' entry into the 2008 U.S. Army Installation Management Command Tops in Plays competition.



Rosemarie Smith rehearses her role as Jessica in "Hold Please," a play presented at the Hohenfels Community Activity Center Friday through Sunday.

Courtesy photo

## Check out new Web site

Special to the Bavarian News

At first glance the new Hohenfels Web site may not look drastically different from the old one, but there are many new features sure to make life easier for members of the Hohenfels community, the most exciting of which is the new Hohenfels Community Forum.

Have you been wondering where there is a pet store nearby but haven't been able to find one? Looking for a good place to get your hair done? Wondering what your peers are doing to get promotion points?

Before you were probably limited to asking these questions of your few neighbors and acquaintances, whether or not they had the answers you were looking for. Now you can log on to the Hohenfels community forum and trade ideas and advice on life in Hohenfels, Germany.

Whether you're a single private or a major's spouse, you can post questions and answers that address your unique concerns. Just click on the "Hohenfels Community Forum" link on the right side of the Hohenfels Web page at [www.hohenfels.army.mil](http://www.hohenfels.army.mil), and login using your AKO username and password.

Don't have an AKO account? Don't panic. An AKO account is easy to get, even for spouses.

Simply go to [www.us.army.mil](http://www.us.army.mil) and

on the left side of the page under "New User?" click "Register for AKO."

Click "Create Sponsored Account" which will prompt you to enter the username of someone (like a friend or spouse) who already has AKO.

Fill out the rest of the information and AKO will send an e-mail to your sponsor who will accept it and then you have an AKO account—just like that.

In addition to the community forum, the Hohenfels site also now has a newcomer's information section and a link to create and submit a classified ad for the Bavarian News.

The ICE link is now more prominently displayed to welcome your feedback on anything post related and there is a link to watch AFN videos featuring Hohenfels. A feature story and photo welcome you to the page and upcoming events are spotlighted next to it.

While exploring the new page you may think of something in the community you would like to know more about. While you're online, click on the "Army Strong" logo in the right hand corner and complete a short 11-question survey to give feedback on the garrison command information program to let us know how we can better meet your information needs.

No matter what you're doing in Hohenfels, what your rank is, or how old you are, the new Hohenfels Web page has something for you.

## Crossover: Cub Scouts transition to Boy Scout ranks!



## Hartfield, Krischker receive Cub Scout's highest honor

Cameron Hartfield (far left) and Allen Krischker (second from left), new Boy Scouts in Troop 303 after having crossed over from the ranks of Cub Scouts, receive The Arrow of Light, the highest honor in Cub Scouts.

The plaques and arrows, which are painted to symbolize all of their achievements through their Cub Scouting careers, were presented by "The Chief" (Sgt. 1st Class Robert Hartfield) and the "Medicine Man" (Maj. Will Duvall).

Courtesy photo

# Afghan Army aids Hohenfels training

Story and photo by  
**KRISTIN BRADLEY**  
Bavarian News

Hohenfels has finished hosting its sixth cycle of Operational Mentor and Liaison Team training for Soldiers from the United States, Canada, France, Germany, Netherlands, Norway, Sweden, and the Afghan National Army.

OMLTs are troops from NATO countries who deploy to Afghanistan where they counsel the Afghan National Army on ways to increase their effectiveness.

"We take seriously our responsibility to train them," said Lt. Col. John Stark. He said that an OMLT that arrives in Afghanistan and fails the required certification ultimately results in a U.S. unit taking its place, leaving behind their primary mission, homes and families.

Gen. John Craddock, United States European Command commanding general and Supreme Allied Commander, Europe, echoed that sentiment during a statement given before the Senate Foreign Relations Committee March 11.

He said that the International Security Assistance Force, with more than 47,000 forces from 40 nations, is NATO's most important and challenging mission; however, "a major shortcoming in the ISAF... is the deficit in Operational Mentor and Liaison Teams. The absence of OMLTs undermines the development of the Afghan National Security Forces, largely because U.S. Embedded Training Teams that could



**Canadian and Afghan soldiers practice caring for a wounded soldier during a platoon attack operation March 17 in the Hohenfels Training Area. The exercise was part of a training course for Operational Mentor and Liaison Teams from NATO countries that will be attached to units in the Afghan National Army to provide them with assistance and support.**

be supporting police development are compensating for OMLT deficiencies."

Stark said that the teams that come to Hohenfels, about 25 percent of all OMLTs, volunteer to come, and every

team that has trained at Hohenfels has passed their certification and gone on to fulfill their mission.

While in Hohenfels, Canadian Master Sgt. Gill Payette met an Afghan soldier he had previously mentored.

He said the soldier is "a huge success story," and that he takes pride in knowing he trained someone who is now helping train others.

The Afghan soldiers came to help the OMLT members learn how to work

with people from a different culture who speak a different language. Instructor U.S. Sgt. Maj. Michael Massey said the hardest thing to learn is how to work with people from a completely different background.

"The first thing we teach them is cultural awareness," he said.

The teams undergo classroom and field instruction, including a platoon attack exercise in which they practice assisting the Afghan soldiers during a mission. Considerable time is spent teaching the OMLTs how to teach, a skill the instructors all agree isn't easy to learn.

Ali Jan, a surgeon in the ANA who says he joined the Army to defend his people and his country, said he thinks the OMLTs will "of course, 100 percent" help the ANA, adding that the most valuable lessons he will take back to his unit are how to communicate and how to better take care of his Soldiers.

OMLTs began in 2003 when the ANA was first formed and teams from various NATO countries were assigned to Afghan units to assist their development.

By 2004 NATO saw the need to standardize the training the groups receive and asked the United States Army Europe to host two cycles of the training before it could be transferred to the Joint Force Training Center in Poland.

That transition has not yet happened, and Hohenfels has now hosted six iterations with plans to host two more before the transfer takes place.

## 'Phenomenal women' honored during event

Story and photo by  
**KRISTIN BRADLEY**  
Bavarian News

Command Sgt. Maj. LaToya Sizer was the first print journalist to work for Armed Forces Network Europe, their first sergeant major, and the first command sergeant major in their 63-year history.

Sizer is a married, working mother of two who holds a master's degree in Human Resources Management and is pursuing a doctorate in Business Administration. She is, by any standard, a phenomenal woman.

"What is the definition of a phenomenal woman?" she asked. "There is no set definition. What we do know is it has nothing to do with what you look like. It is an attitude. A phenomenal woman in my opinion is strong and confident, she radiates

wisdom. She accepts and loves herself the way she is."

Speaking at the Hohenfels Women's History Month Celebration March 11, Sizer told attendees how the phrase "choose your attitude" became her personal motto. While pregnant with her first child, Sizer was told she would need to remain on hospital bed rest for the remaining eight weeks of her pregnancy to protect her child from a premature delivery.

Though excited about the prospect of doing nothing for the first few days, the novelty quickly wore off and became an unexpectedly difficult challenge. Sizer said it was then that she realized she could do anything she had to for her children, and she could choose the way she reacts to a difficult situation.

"With a phenomenal attitude, we can do anything," she said.

Sizer said she has been inspired by many phenomenal women, listing first her mother, then Condoleezza Rice, Nancy Pelosi, Hilary Clinton, and Spc. Monica Brown, a 19-year-old medic serving in Afghanistan who later this month will become the second woman since World War II to earn a Silver Star, the nation's third highest award for bravery.

"We can't all be like these women, but we have to find our way," she said.

Many women here at Hohenfels are doing just that. After Sizer concluded her remarks, seven women were recognized for their contributions to the community.

Mary Fitter, Gena Gause, Stephanie Headrick, Mary Helbling, Shannon Robinson, Precilla Tolbert, and Michele Ann Wernik Wolff were honored for their exceptional efforts at work, volunteering, and as spouses

and mothers.

"Phenomenal Woman" by Dr. Maya Angelou, one of Sizer's favorite poems, was read in its entirety at the celebration.

The inspiration for her speech and the theme of the day; it concludes:

*Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing  
It ought to make you proud.  
I say,  
It's in the click of my heels,  
The bend of my hair,  
the palm of my hand,  
The need of my care,  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me*



**Command Sgt. Maj. LaToya Sizer speaks during the Hohenfels' Women's History Month Celebration.**

## International team instructs Soldiers in combat lifesaver training

by **KRISTIN BRADLEY**  
Bavarian News

Soldiers from the Joint Multinational Readiness Center Vipers Team and Headquarters and Headquarters Detachment, United States Army Garrison Hohenfels attended an accelerated Combat Lifesaver Training course March 10-12 with instructors from the International Wing of the International Special Training Center.

The ISTC is operated and funded by nine member nations: Belgium, Denmark, Germany, Greece, Italy, the Netherlands, Norway, Turkey, and the United States.

It is used as a centralized training installation mainly for special operations forces, long range recon patrol, or similar units.

The four ISTC instructors, soldiers from Italy, Norway, Germany, and the United States, most often conduct training at the site in Generaloberst-von-Fritsch-Kaserne in Pfullendorf, Germany, but made the four-hour drive to Hohenfels for the three-day CLS course.

Normally a four- to five-day class,

condensing it into three meant the students had to do some self-study ahead of time.

"It was very intense training and they all did very well. They were very interested," said instructor Lt. Col. Enrico Messina, a soldier with the Italian Armed Forces.

Combat Lifesaver Training is designed to provide non-medical Soldiers with the skills needed to provide emergency care in emergency situations.

Within the last year, the Army has added combat lifesaver training for most Soldiers deploying, as well as made it a requirement for Soldiers to be CLS certified before graduating from Basic Combat Training.

"You guys are being taught very basic medicine," said instructor U.S. Army Master Sgt. Randall Smith during training wrap up, "but it is the medicine that is keeping guys alive."

Capt. Samuel Fishburne said during the class students had to practice procedures not on mannequins, but on each other.

He pulled up his sleeve and showed multiple bruises running up and down his arm, which he said most

of the students had as a result of administering IVs on one another.

They practiced a nasal pharyngeal, which involves inserting a tube through the nose into the throat.

They learned how to apply a tourniquet to stop a pulse, which Fishburne says was "pretty painful".

They even learned how to re-inflate a collapsed lung by inserting a large needle into the chest cavity, though that task they did on dummies.

At the end of the course, Smith reminded the newly certified combat lifesavers that though they now had the tools to assist in an emergency, there are more things they can't do than they can do.

Combat lifesavers are certified to do a few very specific, basic tasks; if they try any procedures they are not authorized to do, no matter how dire the situation, they could be brought up on charges.

Smith impressed upon the Soldiers that the minute they touch the wounded Soldier they become their patient and they are now responsible for what happens to them until advanced medical help can arrive and take over.



*Courtesy photo*  
**Sgt. 1st Class Anthony Adams practices administering an IV on Capt. Samuel Fishburne. During the accelerated three-day course students also practiced on each other how to apply a tourniquet and insert a tube through the nose and into the throat.**

# What's Happening

## Grafenwoehr/ Vilseck Briefs

### General Officer Assignments

Secretary of Defense Robert M. Gates announced that the President has made the following nomination:  
Air Force Brig. Gen. Paul F. Capasso has been nominated to the grade of major general while serving as the director, command, control, communications and computer systems, U.S. Africa Command, Stuttgart, Germany.

### Military Life Consultants

The Department of Defense has contracted to provide professional staff for non-medical counseling to service members and their families. Issues that can be addressed include: marriage and relationship issues, stress and anxiety, depression, grief and loss, child behavior issues, and daily life issues.

The services are free and no records are kept. Consultants are also available for presentations on above listed topics for FRG meetings. Consultants are readily available and scheduling an appointment in either Grafenwoehr or Vilseck is easy. Call CIV 0152-029-34290 or CIV 0173-184-7209 for more information or to make an appointment.

### Special voting information

Special voting information for Illinois, California, Louisiana, and Indiana voters: California will hold a special primary election April 8 followed by a special election on June 3 for a Representative in Congress from the 12<sup>th</sup> District. To determine if your legal residence is in one of the above districts, you can click on "Communicating with Your Elected Officials", then "Who is my Representative?" at the Federal Voting Assistance Program Web site: [www.fvap.gov/comm/communicating.html](http://www.fvap.gov/comm/communicating.html).

### AFN links Soldiers, families

Call it a connection between deployed Soldiers and their families. A new link on the AFN Bavaria Web site takes deployed Soldiers to videotaped greetings from their families. It also features photos of our troops in Iraq. AFN Bavaria has added all of the TV stories produced about our deployed Soldiers, more photos, and greetings from the troops to their families. Go to [www.afneurope.net/bavaria](http://www.afneurope.net/bavaria) and click the link called, "Our Deployed Soldiers" at the bottom left side of the screen.

Looking for the most up-to-date weather information? Tune in to AFN's live shows from 6-10 a.m. and 2-6 p.m. weekdays for the most recent weather warnings, traffic information, and closures. Also check the Web site for school and road closures, [www.afneurope.net/bavaria](http://www.afneurope.net/bavaria).

### Graf Clinic closure

The Grafenwoehr Health Clinic will be open April 4 and April 7 from 9 a.m.-noon. The clinic will be closed April 5. For all health emergencies, please proceed to Klinikum Weiden or Krankenhaus Eschenbach.

Maps to both locations are available outside the main entrance of the health clinic.

### Next FAST class in April

The Vilseck Education Center, Bldg. 223, will be hosting its next FAST Class April 1-11, 8 a.m.-3:30 p.m. Functional Academic Skills Training provides Soldiers with instruction in reading, mathematics, and language skills. The objective is to improve job performance, prepare Soldiers for more advanced academic courses, increase military career options, and enhance educational skills.

The FAST class is a 60-hour academic course and is limited to twenty students per class. Registration now open. For more information contact the Vilseck Education Center at DSN 476-2753.

### CTC offers spring classes

Central Texas College Vilseck/Grafenwoehr is offering the following four vocational-technical courses in the upcoming Term 4: AUMT 1405 – Introduction to Automotive Technology (4 credit hours); AUMT 1410 – Automotive Brake Systems (4 credit hours); CDEC 2341 – The School Age Child (3 credit hours); and CJSA 2331 – Child Abuse, Prevention & Investigation (3 credit hours).

All four classes are classroom-based and lead to an Associate in Applied Science degree. Classes will be held in both Vilseck and Grafenwoehr. Term 4 registration is through Friday. The term dates are Monday – May 24.

Contact CTC field representative Chuck Sligh at the Vilseck or Grafenwoehr Education Center for more information on these and other educational opportunities at DSN 476-2362 / CIV 09662-83-2362 (Vilseck on Tuesday, Thursday, and Friday) or DSN 475-6702 / CIV 09641-83-6702 (Graf on Monday and Wednesday), or by e-mail at [vilseck@europa.ctcd.edu](mailto:vilseck@europa.ctcd.edu).

### UMUC spring registration

University of Maryland University College Europe announces Term 4 registration. Between Monday and March 28, all U.S. military I.D. card holders are encouraged to enroll in courses leading to professional certificates, associate's, bachelor's, and master's degrees. All students may register at one of the 70 field sites located throughout Europe and the Middle East for on-site courses beginning March 31. UMUC accepts a variety of financial aid sources specific to military members and their families to include: military tuition assistance, spouse tuition assistance, VA educational benefits, grants or federal student loans. UMUC Europe field representatives are on-site and available to assist students with completing the new 2008-2009 Free Application for Federal Student Aid and other financial aid forms.

### Attention all NCOs

The Recruit the Recruiter Team will brief all Specialists through Sergeants First Class regarding the benefits, challenges, and qualifications of recruiting duty.

How does more money, faster promotions and assignment preference sound to you? Do not miss this presentation! Attendance by all NCO's is

HIGHLY encouraged. Spouses may also attend. Further, this briefing in no way obligates you for recruiting duty. A personal interview following the briefing will determine qualifications. The RTR Team will entertain ALL questions upon completion of each briefing. The briefing schedule is as follows:

- Friday 10 a.m. and 1:30 p.m. - Wiesbaden
- Monday 10 a.m. and 1:30 p.m. - Kaiserslautern
- Tuesday 10 a.m. and 1:30 p.m. - Mannheim
- April 2 10 a.m. and 1:30 p.m. - Heidelberg
- April 4 10 a.m. and 1:30 p.m. - Bamberg
- April 7 1:30 p.m. - Grafenwoehr
- April 8 1:30 p.m. - Hohenfels

### Need a training location?

Why not contact your local Joint Multinational Training Command, Digital Training Facility! All facilities have several air-conditioned classrooms with 16 multimedia computer workstations with Internet access and video teletraining capability.

These classrooms are also ideal for individuals seeking a quiet place to work on-line on self-development courses.

For more information, contact your local DTF manager at the following numbers:

Grafenwoehr DTF - DSN 474-2381 or CIV 09641-454-2381, Location: Bldg 3144 (Camp Normandy).

Vilseck DTF - DSN 476-3758, CIV 09662-83-3758, Location: Bldg 355.

## Hohenfels Briefs

### Hohenfels Bike Rodeo

Saturday: Cub Scout Pack 303 will host a bike rodeo from 11 a.m. to 2 p.m. at the Festplatz. Bring your bikes, trikes, skateboards and roller blades out for a fun day of driver's training and show off your skills on the obstacle courses. The scouts will also have some tricky riders showing off their stuff. All participants must wear a helmet. This is a day of fun for the whole family. You are never too young or too old to ride safe. For more information contact Andrea Neill at [cubscoutsinhohenfels@yahoo.com](mailto:cubscoutsinhohenfels@yahoo.com).

### National Women's History Month Specials at Lane 17

Throughout March: For the entire month of March, Lane 17 will celebrate National Women's History Month with specials and discounts for "Ladies Only" including the following: women of all ages will pay no more than \$1 per game

all month, women's Extreme Bowling prices for the entire month of March will be \$1.50 per game, women's shoe rental is free for the entire month of March and special Lucky Draw for women only Saturday (women ages 16 and up can win a coach bag).

### Kids Club

Kids Club meets Thursday's weekly at the School Age Services Gym, Bldg. 112, from 9:30-11:30 a.m. except school-out days. The program is open to parents with infants to kindergarten age children. All children must be CYS/Kids Club registered. Parents and children participate in gross motor play. Activities include climbing, crawling, manipulating obstacles, and other fun activities.

### The Big Read

Monday: March is Big Read month at the Hohenfels Library. The Big Read is a community-wide book reading of The Heart is a Lonely Hunter by Carson McCullers. Hohenfels is one of only seven libraries in Europe chosen to participate in this year's Big Read event. Sign up for The Big Read and receive a free book and reader's guide.

There will also be opportunities to discuss the book, both in person and online. See the staff at the library for more information and to sign up. The Book Club/Big Read meeting will be held Monday at 5 p.m.

# VOTING ASSISTANCE OFFICERS

USAG Grafenwoehr, Garmisch, Hohenfels, JMTC & JMRC, and tenant units  
(as of March 6)

### GRAFENWOEHR:

Sieglinde Schedl  
Sgt. Kristie L. Kyser-DeJESUS  
Sgt. Katie MARTIN  
Phil Romanowski  
SFC Gereld MALEC  
CHACE, Robert  
STEPHENS, Clarence  
Jose GUEVREA  
Michael PRICE  
CW2 Jason CINTRON  
Darius PRATT  
1LT Christina HUMMEL  
2LT Matthew MARTINEZ  
2LT Shonette JONES  
2LT Jessica JOHNSON  
2LT Sarah S. NOYES  
SSG Valery PFIFFNER  
Dedrick CARR  
Ruth PEPITO  
SGT Alan D. BUCHHOLZ  
CPT Richard S. WILT  
CPT Brandon M. GAGE  
SFC Steven M. CORMIER  
SFC Troy S. HARDY  
SSG Fernando A. BATISTA  
Michael McGONIGAL  
2LT Matthew J. SONGE  
SFC Santiago GALLARDO  
CPT Justin BINGHAM

HHC USAG Graf  
HHC USAG Graf  
AAFES Grafenwoehr  
AFN Vilseck  
POSTAL  
POSTAL  
111<sup>th</sup> Postal Co  
CMR 411  
A Co, 2d MI Bn  
USAG Graf, DPW  
12<sup>th</sup> Chemical Co  
212<sup>th</sup> MP Co  
212<sup>th</sup> MP Co  
212<sup>th</sup> MP Co  
18<sup>th</sup> CSB  
3747<sup>th</sup> MFTB-E (Reserves)  
USAHC Vilseck  
USAHC Vilseck  
USAHC Grafenwoehr  
¼ INF Bn  
561<sup>st</sup> Med Co  
69<sup>th</sup> Sign Bn  
709<sup>th</sup> MP Bn  
709<sup>th</sup> MP Bn  
615<sup>th</sup> MP Co  
615<sup>th</sup> MP Co  
72d Med Det (VS)  
Dental Vilseck

### GARMISCH

Steven DENMAN  
Alonzo EDWARDS  
Jessica ROBERSON

### HOHENFELS

Sheddric KNGIHT USAG Hohenfels, DHR

### HQs STAFF/JMRC

MAJ JOHN LAWRENCE  
CW2 COLLEEN CHINAKE  
CPT WILLIAN DUNCAN  
SFC SEBASTIAN ROJAS

### DOT

CPT KEVIN EMORE  
NCOA  
SFC PAUL GARRETT  
SFC ELIEZER ORELLANA

### JMRC

MAJ MARK HUNTANAR OPS GRP  
SFC KEVIN CONNAUGHTON OPS GRP  
MSG ADRIAN MILES MUSTANGS  
SFC WILLIAM KERSEY WARHOGS  
SFC ROBERT U. SHENK TIMBERWOLVES  
CPT DANIEL ENSLEN GRIZZILIES  
SFC ARMANDO ASTELLO VAMPIRES  
CW2 JOSHUA M. WHITE FALCONS  
SFC JOHN ZUBIK ADLERS  
SSG ANTHONY RIDLEY BLACKSHEEP  
MSG CHRISANNA GARCIA VIPERS  
SFC DANNY THOMSEN RAPTORS

### 1-4 IN BN

CPT RICHARD WILT 1-4 IN Primary Battalion VAO  
1LT PATRICK CONSIDINE A CO REAR DETACHMENT Primary VAO  
1LT JARED TOMBERLIN B CO Primary VAO  
1LT JASON CUNNINGHAM B CO Assistant VAO  
1LT CHRISTOPHER WADSWORTH C CO Primary VAO  
1LT ROBERT MURRAY C CO Assistant VAO  
1LT PHILIP SWINTEK D CO Primary VAO  
SFC DARRYL TREADWELL D CO Assistant VAO  
1LT DAVID VENEYII HHC Primary VAO  
SFC GILBERT PACK HHC Assistant VAO

## MISSING FAMILY CAT!



Date: MARCH 8  
Location: Steinwaystrasse 57  
Contact person: 09645 601 840  
NETZABURG HOUSING

Our family cat is dear to our hearts, if you see this cat or know of his whereabouts please contact Jessica at the number above or stop by the address stated on this flyer!!!

ROMEO IS ALMOST 3 YEARS OLD, HAS A BLACK WITH WHITE STUD COLLAR.  
Chocolate point Siamese with short hair and blue eyes, de-clawed front paws and has a microchip in place.

Look for the Bavarian News  
online at [www.milcom.de](http://www.milcom.de)

# What's Happening

## Ansbach Briefs

### Clinic closure

The Katterbach Health Clinic will be closed Friday for mandatory training. The clinic will be open Thursday, the normal training day, from 7:30 a.m. to 4:30 p.m.

### Public meeting

Morale, Welfare and Recreation hosts a public meeting today from 5-6:30 p.m. at the Von Steuben Recreation Center to get ideas and input from the USAG Ansbach community on the future development of the Soldiers Lake Recreation Area near Shtipton Kaserne.

All community members are welcome to attend and share what they would like to see done with the area to improve quality of life and recreational opportunities.

For more information, send an e-mail to [ans-mwr@eur.army.mil](mailto:ans-mwr@eur.army.mil).

### Influence COLA

Community members have a chance to influence their Cost of Living Allowance benefits during the annual overseas housing utility and move-in expenses survey for service members in Germany now through April 17.

People can let the government know what they spend by living in Germany by pointing their Web browsers to the survey at <https://www.perdiem.osd.mil/oha/survey/maroha.html>. The survey asks for information on living expenses and is one avenue the government uses to determine COLA rates.

### Summer hire openings

Community youth have the opportunity to sign up for the annual summer hire program on-line at <http://cpolrhp.belvoir.army.mil/eur/index.htm> from April 7 to May 16.

Applicants are reminded to read the application procedures carefully and ensure all requirements are met to ensure a chance at one of the job openings. One requirement often missed by applicants is the need to bring in required hard-copy forms to the civilian personnel center on Barton Barracks.

For more information on the program, check out the Web site or give John Britton a call at DSN 468-7640 or CIV 0981-183-640.

### No more walk-ins

Starting April 1, the Illesheim Immunization Clinic will no longer accept walk-ins. Appointments should be made through the receptionist at DSN 467-5119 or CIV 09841-83-4512.

### Clean your community

Although spring may not have exactly sprung just yet, the city of Ansbach is offering a free lunch April 5 to volunteers who help clean up outside of the kasernes from 7:30 a.m. to 2 p.m.

Volunteers should meet at the Bismarck Kaserne Gat parking lot at 7:30 a.m. Buses will take the volunteers to the areas needing a spruce up. At noon, the city will treat the volunteers to lunch at Distler Saal is

Ansbach-Eyb. Buses will return the volunteers to Bismarck at 2 p.m.

For more information on the cleanup or to sign up to help out, call the garrison environmental office at DSN 467-3423 or CIV 09802-83-3423.

### Time for JESS

The 12<sup>th</sup> Combat Aviation Brigade will host its Junior Enlisted Spouses Seminar April 14 from 9:30 a.m. to 2:30 p.m. at the Von Steuben Community Center on Bismarck Kaserne.

The focus for the April seminar is etiquette and protocol for the military spouse. For more information, send an e-mail to [veronica.a.martin@eur.army.mil](mailto:veronica.a.martin@eur.army.mil).

### Family workshop

Morale, Welfare and Recreation will host a family workshop titled Habits of Highly Effective Army Families April 29-30 from noon to 4 p.m. at the Von Steuben Community Center.

The workshop will offer topics like learning the inside-out approach to problem solving, anticipating all the phases of deployment, building and rebuilding relationships of trust and love at home and with extended family, abandoning unhealthy behaviors, building family traditions, unity and nurturing family culture, and learning practical skills for dealing with financial issues.

For more information on or to register for this free workshop, call DSN 467-2531 or 09802-83-2531.

### Bike rodeo

Child and youth sports will host a bike rodeo from 10 a.m. to 1 p.m. April 9 at the Longbow Lounge on Storck Barracks and at the same time April 10 on Katterbach Kaserne at the high school.

Riders will go through a bike inspection from 10-11 a.m., a rules of the road course from 11-11:30 a.m., and ride their bikes on a road course from 11:30 a.m. to 1 p.m.

Bikes are available and helmets are required by all riders.

For more on the rodeo or to request a bike for the event, call DSN 468-7866 or CIV 0981-183-866.

### Help with a career

The USAG Ansbach Army Community Service Employment Readiness Program provides career development and planning support to all community members.

Employment assistance offered includes: resume writing support, understanding the federal job application process, local national application information, local community jobs and information, educational support services, job searching, walk-in services, appointments and group classes.

The office is located on Katterbach in the ACS building, Bldg. 5817-A, and is open Mondays through Thursdays from 8 a.m. to 5 p.m. and Fridays from 11:30 a.m. to 5 p.m.

For more information, call Erika Turner at DSN 467-2883 or CIV 09802-83-2883.

### CIF improvements

The central issue facility will soon

install a new system designed to speed the process of signing transactions on customers' clothing records in the Installation Support Module System.

The new system will offer digital signing by Common Access Card readers located at the customer counter of the CIF.

CIF staff can then print the record and hand it to the customer. Customers used to have to wait for the printing of the record and then for copies to be made.

CIF officials expect the new system to be installed at the Ansbach and Illesheim facilities around May 1.

### Scholarship opportunity

The Ansbach Spouses and Civilians Club's scholarship applications for 2008 are available. This year, ASCC anticipates awarding \$6,000 in scholarships to students.

All scholarship funds must be applied towards costs in pursuing education at a regionally-accredited college, university or technical school for 2008-09.

The scholarship application packet includes an information sheet specifying eligibility requirements, Privacy Act Statement, the scholarship application form, three forms for letters of recommendations, and an assessment sheet.

Applications are due by May 15.

To request a scholarship application, or for more information, contact Nicole Stickney at CIV 09826-655-656 or send an e-mail to [nicolestickney@yahoo.com](mailto:nicolestickney@yahoo.com).

### School immunizations

The Katterbach Clinic immunizations nurse will visit schools over the next few months to make sure all students are properly immunized.

The nurse will visit:

- Ansbach Middle/High School April 2 and June 4 at 8:30 a.m.

- Rainbow Elementary June 3 at 8:30 a.m.

- Ansbach Elementary June 4 at 12:30 p.m.

School nurses will send out immunization requirements and necessary paperwork to parents of students.

For more information, call your child's schools.

### Spring bazaar

Storck Barracks will host its Spring Bazaar and Country Fair April 4-6. Vendors from all over Europe will sell their goods: wine, furniture, clothing, jewelry, and artwork.

Hours for the bazaar will be April 4, 2-7 p.m.; April 5, 11 a.m. to 7 p.m.; and April 6, 11 a.m. to 4 p.m.

More information on the event will be released as it becomes available.

### Paintball tournaments

The Katterbach Kanyon paintball facility host two tournaments as part of its 2008 season.

The first tournament is April 12 and the second is May 31. Cost for team registration is \$175. Teams will vie to be the best of the season with trophies awarded to the top three teams.

The tournament is open to people ages 14 and older. Minors younger than

18 must have a waiver completed by their parents on the day of play.

To register or get more information, call outdoor recreation at DSN 467-3225 or CIV 09802-83-3225.

### Register to vote

The USAG Ansbach 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 information, call Alkadri at DSN 468-7730 or CIV 0981-183-730.

### AAFES information

Army and Air Force Exchange System officials offer the latest news, offers, and information with their AAFES Buddy e-mails.

To ensure you find out about the latest fuel prices, movie schedules and sales, send an e-mail to [litche@aaafes.com](mailto:litche@aaafes.com).

## Schweinfurt Briefs

### Couples communication

Army Community Service is offering counseling to help build trust and friendship with your loved one by providing communication tips and conflict resolution skills. The Couples Communication class will be held at Leighton ACS, Friday from 2 to 4 p.m. For more information, call DSN 350-7103 or CIV 0931-889-7103.

### Extended mail room hours

The Conn and Ledward consolidated mail rooms have extended their customer service window hours by 30 minutes, closing at 6 p.m. rather than 5:30 p.m. This extension is an effort to provide a wider window of opportunity for package pick-up.

### Enjoy shopping in Czech

United Service Organization is offering a day trip to Czech Republic April 5. Go shopping and barter in some of the best shopping centers. Adults are \$40, children ages 3 to 12 are \$35. Deadline to reserve a seat is Monday.

Call USO at DSN 354-6711 or CIV 09721-96-6711.

### Kinder Musik Program

Army Community Service is offering Kinder Musik at the Leighton Barracks Child Development Center April 11 from 10 to 11 a.m. It is a parent and child music program taught in the tradition of a German music school.

Play games, sing songs, and enhance parent/child interaction. Space is limited to 10 students ages 3 or 4. Call ACS at DSN 350-7103 or CIV 0931-889-7103.

### Learn to write a resume

Ledward Army Community Service is holding a class to help civilians learn the basics of writing a resume tomorrow from 2 to 3:30 p.m. Call ACS at DSN 354-6933 or CIV 09721-96-6933.

### Super Saturday sign-up

Register now for Schweinfurt's Child and Youth Services Super Saturday held April 12 from 9:30 a.m. to 2:30 p.m. Sign-ups end April 5.

In order to take advantage of this respite care option, children must be registered with CYS. Cost is \$16 for care at the Child Development Center, \$12 for care at School Age Services, due at time of registration. For more information, call Central Registration DSN 354-6414 or CIV 09721-96-6414.

### Asperger, autism meetings

The Schweinfurt Army Community Service Center on Ledward Barracks hosts a monthly Asperger's and autism parent support group the last Friday of the month from 10 a.m. to noon. The next meeting will be held this Friday. Asperger's syndrome and autism can be challenging for parents, and this is your opportunity to meet with other families who are dealing with the same issues you face every day. Share tips and support in this supportive environment. For more

information, call ACS at DSN 354-6933 or 350-7103 or CIV 09721-96-6933 or 0931-889-7103.

### Tournament needs dealers

The Schweinfurt Better Opportunities for Single Soldiers program will host a Texas Hold 'Em tournament April 19-20, but without dealers, they can't make it happen. BOSS is seeking volunteers to help make this tournament a reality. For more information, call Silvia Joiner at DSN 353-8476 or CIV 09721-96-8476.

### Vet clinic hours change

Effective Tuesday, the Wuerzburg Veterinary Clinic will be open Wednesday from 8 a.m. to noon, and 1 to 4 p.m. only. No surgeries will be offered at this site. The Schweinfurt Clinic on Conn Barracks is open Monday through Friday, 8 a.m.-4 p.m., and can perform surgeries Monday, Tuesday, and Thursday. For more information, call DSN 353-8359, CIV 09721-96-8359 in Schweinfurt or DSN 350-7429 or CIV 0931-889-7429 in Wuerzburg.

### Lunch Bunch for March

The Ledward Lunch Bunch will meet tomorrow for a meal out on the economy at the Restaurant Loewenzahn from 11 a.m. to 1 p.m. Meet at the Ledward Army Community Service Center at 11 a.m., or at the restaurant at 11:30 a.m. for an opportunity to meet new friends, have some good food, and maybe practice your German skills.

Bring euro for lunch. For more information, call DSN 354-6933 or CIV 09721-96-6933.

### Housing office reopens

The Leighton Barracks Housing office, located in Bldg. 13, will reopen April 1, and will be open every Tuesday from 9 a.m. to 3 p.m. The office can be reached at DSN 350-7058 or CIV 0931-889-7058.

### Red Cross babysitting class

The Red Cross will host babysitting classes with infant and child CPR April 10 and 11 from 9 a.m. to 5 p.m. in the Red Cross conference room in the basement of Bldg. 206 on Ledward Barracks. Cost is \$45, and participants must pre-register. Call the Red Cross office for more information, DSN 354-1760 or CIV 09721-96-1760.

### Newcomers welcome

The Schweinfurt Newcomers Awareness Program for Spouses is held the first full week of the month, every month, at the Ledward Army Community Service Center. The next week-long SNAPS class begins April 7 at 9 a.m. Learn about your military and local community, a bit about German living, and how to use the local bus and train systems in one convenient setting. Child care is available. Call DSN 354-6933 or CIV 09721-96-6933 for more information or to register.

### AER needs you

The annual Army Emergency Relief fundraising drive is in full swing, and continues through May 15. AER is about Soldiers helping Soldiers, and annual contributions help insure that mission continues. Donations are accepted on a one-time basis or by recurring allotment. Soldiers may contact their unit AER representative, and anyone can contact Mike Sleeper at [mike.sleeper@eur.army.mil](mailto:mike.sleeper@eur.army.mil), DSN 354-7033 or CIV 09721-96-7033 for more information or donation procedures.

### Daylight Saving Time

It is time to spring forward once again. Daylight Saving Time officially begins Sunday morning at 2 a.m., so turn your clocks forward one hour Saturday night before going to bed, or you may find yourself late for Sunday school or work Monday morning.

### Estates Claim

Anyone having claims on or obligations to the estate of Pvt. Jeremiah Carmack of 1-18 IN should contact the following summary court martial officer: 1st Lt. Benjamin Boyd at DSN 353-8433.

### Women's History lunch

Come to Rohr's Diner on Ledward Barracks during your lunch break from 11:15 a.m. to 12:15 p.m. for Women's History Month "Lunch Bites." Bring or buy your own lunch. For more information, call Bonnie at DSN 350-6813 or CIV 0931-8806813.

- Friday - "Benefits of a Gratitude Journal" by B. Cornelison

- March 31 - "Will you Make your Mark?" by J. White

Charles R. Trawick #148  
 John A. Caldwell 341  
 Thebes Temple 208  
 Shining Star Chapter 89  
 Shining Star Assembly 341  
 Thebes Court 191

Today, will YOU help us SAVE a Life!

# ASBP

You're Invited

## Armed Service Blood Program

**Ansbach Community Blood Drive**

**Tuesday, 1 April 08, 0800-1400 at : Katterbach Kaserne Fitness Center**

**Wednesday, 2 April 08, 008-1400: Illesheim Fitness Center**

**Donor Incentive Gifts (Gifts for all donors) and refreshments will be provided also...Invite friends and family!**

# Southern Bavaria: Enjoy the Alps and King Ludwig's famed castles



Linderhof Castle was built by King Ludwig II. It is the only one of his three castles that was completed, and that he lived in for any amount of time.

It was inspired by the castle of Versailles in France. Ludwig dedicated the little palace to the kings of France as evidenced by the paintings of them on the walls throughout.

Linderhof is located in a 124 acre park that features that feature many more sights to see. One of them is the rocketing fountain in the courtyard that shoots up to an impressive 100 feet.

It showers over a golden statue of the spring goddess and two other mythological figures.

Photos by Dan Wilson

by SANDRA WILSON  
Bavarian News

From the top of the Allgäuer Alps to the murals and fairy tale stories found painted on town buildings, Southern Bavaria is a vacation spot not to be missed. Quaint villages and towns are scattered amongst the magnificence of castles and the hidden treasures of cathedrals and monasteries.

My husband and I start our journey driving through the countryside of Southern Bavaria on our way to our hotel in Oberammergau, only 30-minutes drive from the more well-known town of Garmisch.

The mass expanse of rolling hills and green pastureland gives way in the distance to the range of mountains which boasts Germany's highest peak, the Zugspitze, at 9,720 feet. It also shares the border with the neighboring country of Austria.

Cable cars to the top are available if hiking is not preferred, but in either case, the view is spectacular and highly recommended on a sunny day. The panorama includes more than 400 mountain peaks in four countries. Also at the top you can find the highest hotel and sun terrace, post office, chapel, and radio and weather station.

In the winter, this peak runs ten ski lifts and is a popular choice for the avid skier or snowboarder.

Continuing on our journey, we round a bend and enter a small farm village. Two cows are casually plodding down the cobblestone road with their bells jangling around their necks.

This is a common occurrence in these parts. The people of the villages are also comfortably dressed and friendly.

Shortly after we exit the village, we can see the famous Schloss Neuschwanstein set against the Alps. Even from a distance, this castle stands in its elegant glory at four stories high.

## Cinderella's Castle

The Romanesque fashion and design of this magnificent castle was the inspiration of Walt Disney's "Cinderella's Castle." When "fairy-tale" castles come to mind, this is the image dancing in front of my eyes.

More than one million tourists visit every year, and for a minimal fee, tours can be taken of the inside. A 25-minute forested walk, bus, or horse-drawn carriage will bring you to the castle entrance where it begins.

Construction started in 1869, and although the castle was never completed in its entirety, it once served as a residence of King Ludwig II. During one of his stays there, he was informed

of his forced abdication from the throne due to his mental illness.

Touring through the Neuschwanstein affords many pleasures to the eye. We discover that gold and blue were Ludwig II's favorite colors.

## The Throne Room

In the throne room which was never completed, paintings of the famous kings of Europe can be found with Christ, the King of Kings, above them all. The 12 apostles also adorn the walls in this grand room. In the King's bedroom, the legend of "Tristan and Isolde" is painted.

The entire room is decorated with elaborate carvings in the woodwork with the canopy over his bed being the most grandiose. It took four years for 14 woodcarvers to create this room which is not any bigger than a standard American bedroom.

In the Singer's Hall, or the ballroom, hang paintings from "Parcival". Since 1969, this room has been used for concerts and choral festivals. Another unique attraction was a mock "cave" constructed in lieu of a hallway and entrance to King Ludwig's winter garden.

Before departing the castle grounds, visitors must see the most spectacular view of the Neuschwanstein Castle from the Marienbrücke (or Marien Bridge).

Another castle, Schloss Linderhof, was our next destination. As we parked in the lot, we noticed several different groups of people lacing up their hiking boots and pulling out their hiking sticks.

## Hiking Trails

It didn't take us long to find out that there were extensive hiking trails in the immediate area of the castle. For us, touring the buildings was on our agenda, but we made mental note to return for the popular hiking trails.

On the English tour we discovered more about the interesting King Ludwig. This castle was the only one of King Ludwig's three that was completed, and that he lived in for any amount of time. It was inspired by the castle of Versailles in France.

Ludwig dedicated the place to French kings as evidenced by the paintings of them on the walls throughout. The entire castle with all of its decor used only 15 pounds of gold.

When Ludwig lived at Schloss Linderhof, he preferred to dine alone. Because of this, the dining set up was particularly suited for his taste. The table would sink into the lower level kitchen where the chefs would load it with food.

Then the lift would raise it back up to the dining room where Ludwig would sit to eat in solitude. The same procedure was used to clear and clean the table when he was finished.

We exited the castle just in time to see the rocketing fountain in the courtyard shoot up to an impressive 100 feet.

It showered over a golden statue of the spring goddess and two other mythological figures. Walking to the furthest top point of the courtyard gave way to a picturesque view of the castle grounds.

The nearly 124 acre park has given way to many other significant buildings which should not be missed when visiting. Venues and stands sell delicious bratwurst and sauerkraut or schnitzel sandwiches for a taste of authentic German food.

Our next stop was Ettal Benedictine Monastery. It was not hard to spot as we drove into the town of Ettal.

The prominence of the cloister conveyed a sense of importance in this community. As we walked through the arched entrance, we were struck by its stunning appearance.

It was founded in 1330 and destroyed by fire in 1744. Eight years later it was rebuilt in rococo style.

Today, the monastery has several functions including a liqueur production facility, a brewery, an art book publishing house, and farm.

## Artistic Beauty

Its main activity is functioning as a private high school and boarding school with approximately 380 pupils. We wandered around the courtyard and into the church to find its artistic beauty adorning the walls.

Before departing, we spoke to a monk using our broken German while he used his broken English. Tours of the production facilities are available in the afternoon by a fellow monk.

A 30-minute drive took us to Garmisch-Partenkirchen where the 1936 Winter Olympics were held and the new ski-jump tower in the Olympic Stadium was just opened this year.

Garmisch features the AFRC's Edelweiss Resort which is beautifully located just below Germany's highest mountain, the Zugspitze.

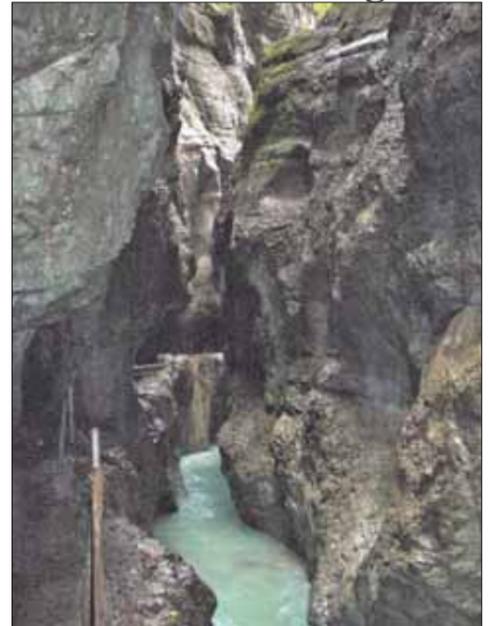
Our next destination, Partnach Gorge, was carved by an ice-age glacier at the Zugspitz plateau.

The gorge rises 263 feet and runs close to half a mile long. A 25-minute walk or a horse-drawn carriage takes you to the entrance of the gorge where you pay a nominal fee to enter.

Walking along the wall of the gorge, our ears are filled with the roaring of the rapids below. The rocks above drip with moisture—a phenomenon that produces beautiful icicles in the winter months.

The amazing experience ends in 20 minutes, but the hiking can continue on the following trails or you can turn right back around and return through the gorge.

## The Partnach Gorge



The Partnach Gorge near Garmisch was caved by an ice-age glacier.

## Ettal Benedictine Monastery



Ettal Benedictine Monastery, rebuilt in rococo style after a fire in 1744, is one of the highlights of Southern Bavaria.

# Illesheim CDC earns national accreditation

by RONALD H. TOLAND JR.  
Bavarian News

The Illesheim Child Development Center takes great care of community children—and it has the certificate to prove it.

The Illesheim CDC recently received National Association for the Education of Young Children accreditation that is good for five years. As its old accreditation was set to expire soon, the CDC needed a new accreditation, but had to do so under a new, more strict process.

Earning the accreditation means a lot to the center, and also to parents of children who go there for care, as it proves the center is doing things right for children of Soldiers and in line with national standards for child care centers, said Kathy Broniarczyk, director of the Illesheim CDC.

“Being accredited gives parents a recognition tool to quality—like a central license—which

shows that an agency meets a standard requirement, which this does for us,” she said. “We had a quality program before, but this makes it even better. It gives us an additional outside body that is recognized as the leading advocate for children and high-quality programs.

“The Army inspects us all the time, but this is more independent of that and adds a more professional and higher quality dynamic,” Broniarczyk said. “It does not give us any leniency, but actually improves expectations and reassures Army Families that the Army is doing the best that it can for them.”

According to its Web site, the NAEYC works to raise the quality of programs for all children from birth through age eight. A major part of NAEYC’s efforts to improve early childhood education is through different systems of accreditation for programs that are committed to meeting national standards of quality.

And although being accredited is voluntary

in the civilian child care center world, it is a requirement from the Department of the Army for its child care centers. Broniarczyk said the process took about 15 months, and posed new challenges with the updated procedures and criteria for the new certification process.

“The new system is much more difficult and comprehensive,” she said. “It took hundreds and hundreds of hours to complete the paperwork. There were also new and emerging criteria that needed to be met with an 80 percent score in all areas. And we had to get that 80 percent across the board, otherwise we would have had to start all over again from the beginning—we couldn’t just fix one deficient area.”

The Illesheim CDC prides itself as being one of the first in Europe to hold the new certificate.

“We are only one of only four centers in Europe that are accredited under the new system,” she said, adding that Illesheim passed the test the first time around while others had to

start all over again from scratch. “Our facility is only the fourth center in USAREUR to receive the NAEYC Accreditation under the new system. We worked so very hard to earn this recognition.

“Even though our customers may not know what it is or all it involves, they should recognize it as something like a stamp of approval from a higher organization,” she continued. “And some other centers will look up to us for guidance when they begin the process.”

One of those centers is within the community, and Broniarczyk said that she and some of her staff might be asked to assist the Katterbach CDC with its accreditation.

“Although we are separate centers, we’re both part of child and youth services here,” she said. “Every center is on a different timeline and because of that our staff members are able to help the Katterbach center by performing observations and other tasks that might be needed.”

# Father watches from Iraq as son overcomes challenges

by Sgt. 1st Class CHRIS SEATON  
Task Force XII PAO, MND-B

Staff Sgt. Ernesto Rosario, the avionics section sergeant for Company D, 3rd Battalion, 158th Aviation Regiment, is a very proud father.

He’s got every reason to be—his two sons, Giancarlo, a junior at Ansbach High School, and Melvin, a freshman, are by all accounts model students.

Giancarlo is an honor student and a member of the National Honor Society. He’s a baritone player for the school’s advanced band, an assistant soccer coach, and volunteers as a math tutor. He even helps his classmates who are learning English as a second language—he himself is an ESL student since moving from Bayamon, Puerto Rico, at age 7.

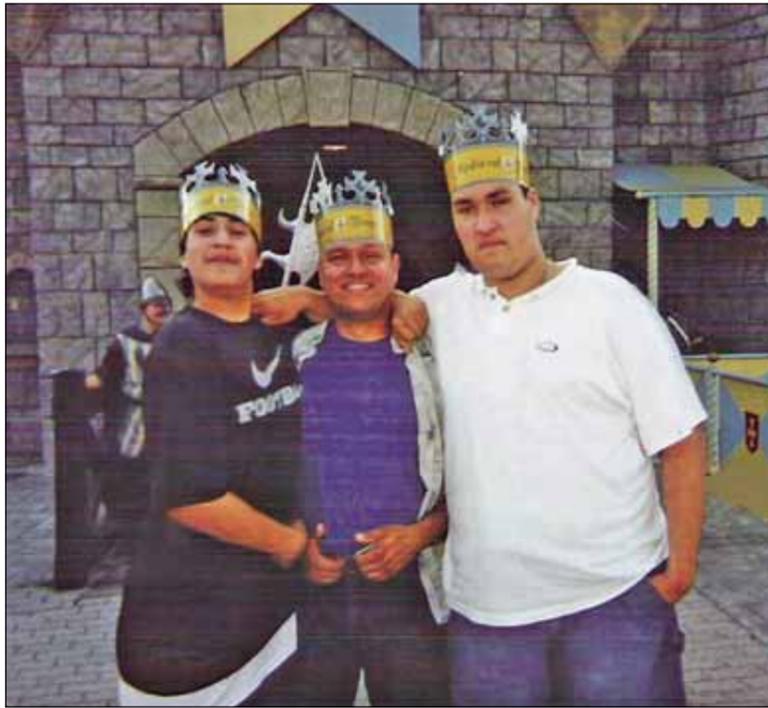
Despite being deployed to Iraq, Ernesto says he has everything he wants in a family.

But it wasn’t always that simple for the Rosarios.

As Giancarlo grew up, his parents began to worry about him. They wondered about his coordination, and his social skills.

“He was totally clumsy,” said Ernesto. “He couldn’t run five steps without tripping over his own shoes on a regular basis. And social interaction was very difficult for him. We thought it was just a coordination problem, so we took him to different things like swimming practice or tae kwon do, hoping it would help him.”

As time went on, and his condition didn’t get better, they sought the help of professionals. A doctor at Fort



Courtesy photo

**Staff Sgt. Ernesto Rosario (center) poses with his sons Melvin (left) and Giancarlo (right) at a theme park in Germany while on R&R leave in January. Rosario has watched from afar as his son Giancarlo has learned to live with Asperger’s syndrome.**

Bragg, N.C., told them what they didn’t want to hear—Giancarlo was diagnosed with Asperger’s syndrome, a form of autism.

“It was shocking,” his father said. “I was worried (about having to take care of him for the rest of his life), I’m not going to lie about that. But the more we found out about

Asperger, the more we were like, ‘well, let’s take it one day at a time.’”

The Rosarios enrolled Giancarlo in support groups, and began researching his condition using Internet searches, books and by talking to whomever they could to find out how they could help him.

“An Autistic kid is not stupid,” said

Ernesto. “They can do a lot of things that most people can’t. You just have to adjust a little bit to what they do, and that’s where we come in.”

Through patience and support, Giancarlo has grown up very well, say his parents. Now 16, he is active in his class and has succeeded in most things he’s tried. Last year, he was asked to talk about his good and bad experiences to a group of 50 teachers and professionals in Katterbach.

“All those teachers, they know (about Autism) in theory, and they can read about it in books, but until that day they didn’t know what Asperger was,” said Ernesto. “I was surprised when he went and talked to them, and told them ‘this is who I am, and this is what I feel.’”

“When people think about Autism, they think about limitations,” added his mother, Grace Diaz. “For Giancarlo, it is something inside him that helps him see the world in a different way than anybody else can.”

Giancarlo’s parents attribute much of his success to his younger brother, Melvin. While Giancarlo helps Melvin in academics, Melvin has complemented his older brother in social skills.

“Melvin (who is two years younger) taught him how to ride a bike,” Ernesto laughed. “It was funny to watch, but he learned before Giancarlo did.”

Watching his sons grow up has been rewarding yet bittersweet, said Ernesto. Two deployments and 15 months in Korea have meant he’s had to do much of it through photos and telephone calls.

“It’s not been easy,” he said. “I’m their dad, and they’re boys. I missed a lot of important stuff with them. I like goofing around with them and playing sports with them, and those good years, I just missed them.

“They know why I’m doing this though,” he added. “They know I’m here helping people. I try to make it up to them when I’m home. Unfortunately, it’s not going to be about quantity, so I’m going to make sure it’s about quality.”

Giancarlo looks forward to the future. He plans to graduate with a CISCO certification and pursue a career as a computer engineer. He also knows that having his dad gone during his junior year will likely mean that he’ll get to be there for his high school graduation.

“It’s hard for me to understand what is a joke, and what is not, but I understand my dad is doing what he’s supposed to do,” said Giancarlo. “He has been away more than at home, but he is always in my quiet thoughts and prayers.”

The Rosario brothers both placed in a competition at a Junior Science and Humanities Symposium Feb. 25-28 at Reidstadt. Giancarlo’s project placed first and earned him a trip to the national symposium in Orlando, Fla., April 30-May 4 to represent DoDDS-Europe at the 46<sup>th</sup> National JSHS level. Melvin finished fourth.

“I’m so proud of my kids,” said Ernesto. “Whether they win things or not has nothing to do with it. I don’t expect a lot of things—be nice to each other and support each other, and I’m happy.”

# Ansbach schools learn why reading is important—the fun way

Story and photo by  
RONALD H. TOLAND JR.  
Bavarian News

Schools and students all across America were encouraged to open up books during Read Across America Week, March 3-7, with no exception for American schools outside the U.S.

For Jennifer Hansen’s third-graders at Ansbach Elementary school, it is all about developing children’s excitement of imagination and fantasy to read, giving them the tools and skills for life, she said.

“Reading helps kids all throughout life and to understand different genres of literature to be able to fantasize about things, obtain employment, and to understand what they are reading,” she said.

Hansen said a key for her is for her students to learn while they read.

“It does not matter how well you can read, if you can’t understand what you are reading.”

To gauge this, Hansen said the school assesses students with standardized testing.

“The Accelerated Reading exams test pupils’ skills of understanding—they read a book and are tested on their understanding of its content and

on their reading level—it is not just this week we do this, but conducted throughout the year,” she said.

However, Read Across America Week emphasizes and focuses more on reading than other weeks and to make it more fun and interesting for students, Ansbach schools along with the U.S. schools coupled the week with Dr. Seuss’ birthday, with each school celebrating differently and conducting different activities through the week.

“We spend more time with the reading, and read all kinds of different books and authors, some students write stories, and we read Seuss’ books to them,” she said.

“From there I get the students to tell me what they remember and anything they can use for real life situations—which is what I try to get them to learn, how to use this in real life.”

Lesson learned for third-grader Clarissa Paniagua, 9.

“We need to learn to read for later in life when we begin working—signing contracts, social studies, and testing for middle school, high school, and college. If you can’t read, you will not be able to do a lot of stuff later in life,” she said.

Essie Grant, Ansbach Elementary



**Students from Connie Prautzsch’s Rainbow Elementary School fourth-grade class show off their green outfits during Dress Like the Grinch Day March 6 during the school’s celebration of Read Across America-Dr. Suess’ birthday week.**

**Schools within USAG Ansbach celebrated the weeks March 3-7 by dressing up like different Dr. Suess characters and themes, while teachers and staff emphasized the importance of reading in fun ways as it applies to school, work and life in general.**

School principal, said that making the event fun really helped get the kids excited about reading.

“Reading opens the door to everything in life. Because this is read Across America week, we try to incorporate and put more emphasis on reading to get the students, and parents, involved with reading in our schools—our school life goal is

reading,” she said.

“So, this makes it a good time to place additional emphasis and focus on our goal. How we incorporate this is identifying areas of deficiency in our students—if we need to place emphasis on comprehension, we will focus on that area.”

Grant added that she is delighted to see the results from Read Across

America week.

“Our kids love it,” she said. “They love what they’re doing and I see so many kids reading—it is just amazing the emphasis and week-long activities: book fair, character day, dress like the Grinch day, ‘wacky-tacky’ day, and the rest—focused on fun and what reading can do for a child.”

# Task Force Storm passes halfway point

Story and photos by  
Sgt. 1st Class CHRIS SEATON  
Task Force XII PAO, MND-B

The halfway point came and went quietly somewhere around March 1. Most of the members of Task Force Storm were too busy to notice.

Task Force Storm is Multi-National Division-Baghdad's Assault Helicopter Battalion. While other units' helicopters frequently transit the area, the Black Hawk mission in Baghdad belongs solely to the Storm Riders.

The task force, made up primarily of Soldiers and aircraft from the 12th Combat Aviation Brigade's 3rd Battalion, 158th Aviation Regiment, and augmented by Troop S, 4th Squadron, 3rd Armored Cavalry Regiment, performs multiple missions for the division.

"We do all types of general support missions as well as the air assault missions, all within the confines of MND-B," said the unit's commander, Lt. Col. Jay Macklin, a native of Macon, Ga.

"We pretty much run the full gamut of support with those types of missions—operating 24 hours a day, seven days a week."

During the battalion's first few months of the deployment, they performed, almost exclusively, air assault missions while working for Multi-National Corps-Iraq.

In early December, though, the Soldiers moved to Camp Taji, where they expanded their horizons in aviation operations with a mission

dedicated to Baghdad's operational environment.

"The first half of the deployment went pretty quick," said Sgt. Orales Stroud, a Brooklyn, N.Y., native assigned to Company A, 3rd Bn. 158th Avn. Reg. "The tempo was really high and we were always on the move."

"I'm particularly proud of the bravery of the flight crews (during the first half)," said Macklin.

"We've been in some (tough) situations here, and the ability of the crews to complete their missions, no matter what, has amazed me. We've really made a difference in the battlefield here."

The difference Coalition forces have made here since most of the task force arrived in July is very discernible, says Macklin, also an active pilot in the battalion. And he and his Soldiers see it from a unique vantage point.

"As we've continued to fly over Baghdad, we've really noticed a resurgence of life down on the street," he said. "You see things like children playing in parks, markets that weren't there before are now open and people are out in the streets."

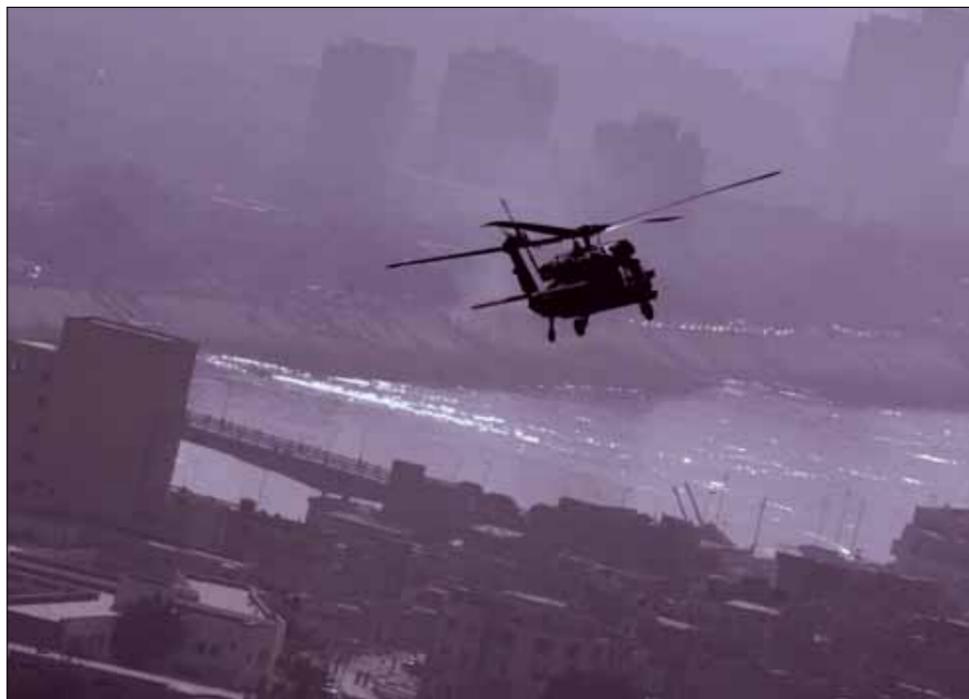
"When you see the normal Iraqi with a family here just wants to live in peace, it makes you feel like you're really making a difference here and they're living their lives the way they want to," he said.

"I feel honored to have served and to continue to serve here. It's utterly amazing to watch a city coming to life as you fly over it."

The next step for the Soldiers is looking ahead to the second half of their 15-month



Sgt. Orales Stroud, a UH-60 Black Hawk maintenance crew chief, logs flight information prior to taking off on a mission March 9.



A UH-60 Black Hawk helicopter, flown by Company A, 3rd Battalion, 158th Aviation Regiment (Task Force Storm) flies along a river bank in Baghdad March 9. Task Force Storm is responsible for air assault and general support aviation missions in Multi-National Division-Baghdad.

adventure. While they all focus on passing the time quickly so they can get home to their families and lives back in Germany, most continue to pursue the goals they brought with them to Iraq.

"I still want to get promoted to staff sergeant," said Stroud. "I'm taking college classes and just became a squad leader. I want to lead my Soldiers the best I can, and continue to learn and grow here in my first deployment."

And although, halfway through, the battalion's had no serious incidents or mishaps,

they are reminded every day not to get complacent.

"I think we're doing a pretty good job, but that's something you have to stay on constantly," said Macklin. "It's a very dynamic environment here in Iraq and it can change very quickly. We try not to take anything for granted when we fly."

"It can go really good one day and then bad the next," he said. "So far, though, our guys have been good at doing things efficiently as well as safely. That's what every commander wants."

## Ansbach Soldier teaches laws of war to Iraqi cadets

by Sgt. 1st Class CHRIS SEATON  
Task Force XII PAO, MND-B

Teaching law to brand new military officers can get pretty complicated. Various nuances and "what if" scenarios can be confusing—they might as well be written in Arabic.

And for an American Army staff judge advocate, teaching those laws to Iraqi Air Force Cadets, the best way to clear up the confusion was to do just that.

Maj. James Teixeira, an Army attorney for Ansbach's 12th Combat Aviation Brigade, has been teaching the law of armed conflict and military justice classes for years. They are required classes for the Army and American Soldiers get at least some version of the training about every six months.

Teaching it to the Iraqis, using Arabic language text, was something Teixeira wasn't quite accustomed to.

"Most of the American Soldiers have had the class before, so it's not particularly new to them," said the Green Valley, Ariz., native. "With the Iraqi cadets, my impression was that this was

all new to them, so they had a lot more questions."

The cadets are students at the Iraqi Air Force Training School at Camp Taji. The school has been training future Air Force officers, using American curriculum, since last April.

The instructors are American airmen, assigned to the 370th Expeditionary Training Squadron. Most of them were selected because of their previous experience as instructors at more traditional Air Force schools.

"The language barrier is a challenge," said Capt. Alisa Thomas, a former Air Force Reserve Officer Training Corps instructor at the University of Ohio. "You have to learn how to say things several different ways, and you have to know how to get them involved and how to ask the right questions to make sure they actually understand what you're saying."

The academy, and its sister school, the Iraqi Military Academy in Rustamiyah, are responsible for equipping a new generation of Iraqi military officers with the skills to lead their quickly growing services into the future.

The students are recent college graduates,

most with engineering degrees, who will learn the basics of leadership here before going on to specific training for their career specialties.

Many of them will soon be pilots, flying the skies of Iraq and facing the same decisions coalition pilots have been facing since the beginning of the war.

"They like things they believe they can use right away," Thomas said. "When we take them to see the aircraft or teach them about aviation fundamentals, they eat that stuff up and ask lots of questions. Law of armed conflict is one of those things too."

"The law of armed conflict requires us to use proportionality analysis—to weigh the value of a target versus the potential damage," Teixeira said. "The goal is to minimize the risk to civilians. That's really the key (point) whether I'm giving the class to Americans or Iraqis. I think they got that and there was no push back."

"Sometimes when you're teaching this stuff you get some (resistance), but I think the Iraqis got it in terms of the real goal, regardless of the type of conflict, is to protect the civilian populace," he said. "That needs to be the key

factor in their minds when they're making targeting decisions and are about to engage."

The law of armed conflict, while perhaps new to these students, is the same for both the United States and Iraq. It's based on international law found in the Geneva and Hague conventions, Teixeira said.

What was different for him was teaching an Iraqi military justice system, a slightly modified version of a system that has been in effect in this country since the 1970's.

"They haven't adopted our system, and we haven't tried to give them our system," Teixeira said. "The principles are the same. The Soldier's got rights, and the commander's got certain responsibilities to protect those rights and to enforce military discipline."

Aside from the language barriers, and some confusion over when to go on to the next slide, the training went well, he said.

"It was a positive experience all the way around," he said. "The students had a lot of questions, which showed that they were thinking about it, and they cared about what was the right thing to do and what was the wrong thing to do."

## Soldiers help comrades get better understanding of Islamic cultures

by Sgt. BRANDON LITTLE  
Task Force XII PAO, MND-B

Military leaders say that putting faces with the monstrous machines patrolling the roads and skies of Iraq is essential to coalition success.

American forces go out of their way to interact with the locals and help them get a better understanding of American missions and cultures, and ultimately to gain their confidence.

But the training doesn't stop with the Iraqi people.

Knowing that cultural understanding has to work both ways, the military continues to provide its service members with training on Islamic cultures and ways of life.

But what happens after all the training and Soldiers still have questions?

Soldiers in Task Force XII, who practice Islam, are always eager to answer questions about their religion and help fellow Soldiers put a familiar face with an unfamiliar culture.

"I've known the Soldiers I work with for a long time and they don't treat me any differently just because I'm from a different culture," said Spc. Emadeldeen Elbocorcy, a UH-60 Black

Hawk maintainer in Company D, 3rd Battalion, 158th Aviation Regiment.

"They're pretty considerate of my religion—for example, when some of the Soldiers go to get food for everybody, they always make sure there is a plate without pork."

Elbocorcy, who is now a U.S. citizen, was born and raised as a devout Muslim in Alexandria, Egypt. He moved to the U.S. in 1995 and has been answering the questions of those curious about his religion ever since.

"When you get cultural awareness training, they only give you so much information, and many of the Soldiers, to include myself, still had questions," said Company D 1st Sgt. Ronald Pickens, a native of Abilene, Texas.

"Instead of asking their questions in front of everybody, they felt more comfortable asking Elbocorcy and he would explain his point of view. He's a very tolerant person and willing to answer those questions."

Spc. Asad Khan, a New York City resident for nearly 30 years, was born in a small town near Lahore, Pakistan, and is often asked about his religion and his country's culture.

"Some people think that everyone who is a Muslim is a radical, but that's not the case," said

Khan, an air traffic control systems maintainer in Company F, 7th Battalion, 101st Aviation Regiment.

"There are a few, just like in every religion, who are extremist, but I was definitely not brought up that way."

Having cultural awareness training, and a Soldier in the unit who practices Islam, has helped other Soldiers understand that different doesn't mean good or bad—it just means different, said Pickens.

"He doesn't explain how the cultures are different; he explains how the cultures are similar," said Pickens.

And Elbocorcy is glad to help.

"I joined the Army because I wanted to make a difference in the war using my language, but at that time there was no Military Occupational Specialty for Arabic linguist," said Elbocorcy, a native of Citrus Heights, Calif.

"I guess in a sense I am making a difference, because even though I'm not out there talking to Iraqis, I'm still providing information to the Soldiers who want to know more about Arabic cultures."

Islam, like most other religions, teaches people they should love and respect one another,

said Elbocorcy.

Having been born in the Middle East, Khan and Elbocorcy say they feel a connection to people who live in this region, but living in the U.S. for so many years has made them appreciate both cultures.

"I feel a strong connection to Iraqis who have dual citizenship with a country like the U.S. or Great Britain," said Elbocorcy.

"We can share experiences we've had in living in both cultures and speaking both languages."

Although Khan is not yet a U.S. citizen, he has begun the naturalization process and will more than likely become a citizen before the end of his deployment.

Whether it's learning from cultural awareness training, or a Soldier who has lived in a certain region of the world, Task Force XII Soldiers have plenty of options to educate themselves on unfamiliar cultures and ways of life.

"I've never been stereotyped or judged by the Soldiers I work with; they know me and they know I'm from New York," said Khan.

"Don't get me wrong, I still love Pakistan but America has my heart and I will always be an American."

# WIC Overseas ensures proper nutrition for young families

Story and photo by MARK HEETER  
USAG Schweinfurt PAO

Eggs, juice, vegetables, and cheese are a few of the staples that feed participants in the Women, Infants and Children Overseas program, a nutrition supplemental program of the U.S. Department of Agriculture, administered at worldwide military installations by the Department of Defense.

"It focuses on women who are pregnant, post-partum, or breastfeeding, infants, and then children ages 1 to 5 (years old)," said Jenny Roper, WIC overseas regional manager.

"We are a nutrition supplemental program. We provide food drafts for participants who qualify" to go to commissary and receive discounts on approved foods, Roper said.

"We save so much money on groceries and that helps out a lot. And they gave so much of the healthy staples that we look for," said Megan Raymer, a participant in WIC with her daughters Stella, 3, and Katy, 4 months.

In addition to the drafts, according to Raymer, WIC offers a well-balanced program.

"They've got dieticians, and they make sure you know how many servings of each food group you're getting each day and they are not afraid to let you know if you are not getting

those," she said.

Twenty-five percent of families in the United States participate in WIC, according to Roper, who added that the program has led to measurable decreases in malnutrition and infant mortality.

Still, WIC has sometimes had to battle the stigma of being a handout.

"It's not a handout system...it's more of a 'hand up' for nutrition and helping out, making sure that we're getting everything we need in our diet," she said.

"You save a lot of money on groceries," she said, especially stretching those grocery dollars as payday nears.

"We also take pride in giving individualized nutrition education. Each family is counseled individually. Every family is seen individually by one or two of my counselors," Roper said.

The Schweinfurt WIC overseas office moved in February to Askren Manor Housing Area, in Bldg. 574, the former home of the Middle School Zone.

"This met our needs, because now we are in the family area, the housing area," and close to the commissary, she said.

For more information, or to be evaluated for participation in WIC overseas, call DSN 353-8986 or CIV 09721-96-8986.



Megan Raymer makes sure daughters Stella, 3, and Katy, 4 months, get a well-balanced diet with a little help from WIC overseas.

# ACS offers German classes this spring

Story and photo by MIRANDA MCLEAN  
Bavarian News

Sprechen Sie Deutsch? If you didn't understand the question or the answer is no, Army Community Service has a class for you! Both Schweinfurt and Wuerzburg ACS are offering beginners German classes continually this spring.

Monika Goodman, instructor for the class at Schweinfurt ACS, said that students can expect to learn more than just the basics. Much of the class material goes beyond the book and has been developed by Goodman herself.

"I listen around to where the problems are with Americans (such as), 'Can I pay with Visa?', 'What is an ATM called in German?' I use a book but at least 50 percent (of the material) is not the book but things I've developed: grammar, practice, and stories," Goodman said.

Anna Engel, teacher of the Wuerzburg class, said her focus is on conversational German.

"We want (the students) to go out and communicate - to have a little fun and a little German experience," Engel said.

Both Engel and Goodman suggest that these classes are beneficial to everyone. Nancy Todd,



Cpl. Tina Sallis and Staff Sgt. Terri Dickerson practice some of their new German vocabulary at a German class held at the Wuerzburg ACS. The next class date is scheduled to begin Monday.

who attended in Wuerzburg, shared a number of reasons why she took the class.

"To help with acclimation, to be able to interact more with local nationals and on the economy, to make my experience (in Germany) more pleasurable, to raise my comfort level," Todd said.

"The most important thing is that they get the courage to speak," Engel said. No matter

what the reasons are for choosing to attend, the end result is this shared goal.

Schweinfurt classes begin April 4 and meet in Ledward's Yellow Ribbon Room every Monday, Wednesday, and Friday from 11:30 a.m. to 1:30 p.m. Wuerzburg classes begin Monday and meet at Leighton ACS every Monday and Wednesday from 11:30 a.m. to 1 p.m.

# Retiree Appreciation Day set for April 12 in Schweinfurt

by MARK HEETER  
USAG Schweinfurt PAO

Your careers have spanned wars, liberations, occupations and peacetime. But you have two things in common.

You are all military retirees. And you are all invited to come to the U.S. Army Garrison Schweinfurt retiree appreciation day in the personnel transition assistance center in Bldg. 40 on Conn Barracks April 12.

"It's a chance for retirees to come to the community and it's like one-stop shopping. They can get services where they don't always get the opportunity to get that, face-to-face, all in one convenient location," said Mike Sleeper, retirement services coordinator.

Although the event runs from 9 a.m. to 2 p.m., participants can begin to register at 8 a.m. for bus transportation to the dental clinic on Ledward Barracks, according to Sleeper.

"We're going to have transportation going from Bldg. 40 on Conn Barracks over to the dental clinic. And they'll get a chance to get those exams based on the order that they signed in," he said.

Medical screenings will be available in Bldg. 40, and staff from throughout the military personnel division will be on hand to assist retirees with identification cards, passports and a host of other services.

"It's a way we get to appreciate those who have served. I think it's great," said Rhonda Hawes, MPD chief. "Whatever they need, we'll be here."

Veterans of Foreign Wars, Andrews Federal Credit Union, Tricare, voting registration and legal assistance staffs will also participate in the RAD.

"The federal benefits unit is coming from Frankfurt, as well as DFAS in London, Ky., coming from the States," Sleeper said. "So retirees will have the chance to work out any pay issues."

Retirees who have mailboxes in the community mail room on Leighton Barracks will be able to establish a CMR address here as well.

"I would love to see everyone that I sent an invitation to come to the retiree appreciation day," Sleeper said, noting that he serves approximately 400 retirees.

"The garrison is here to support the retirees. They are not forgotten. They Army has not forgotten about them," he said.

# Families save thousands thanks to Army Family Covenant

by KIMBERLY GEARHART  
Bavarian News

Part of the positive effect stemming from the implementation of the Army Family Covenant and its attendant promises can be measured monetarily: \$25,548.75. That is how much just one program—free respite child care hours—saved Schweinfurt families between Aug. 1 and Feb. 29.

The covenant was launched in October as a formalization of a promise from Army leadership to its families. In Schweinfurt, however, families had been reaping the benefits for months by the time the covenant was formalized.

"We were a pilot site because we

were such a highly-impacted garrison," said Kristina Davis, Child and Youth Services program operations specialist. Due to the deployment of such a large portion of the community's Soldiers, Schweinfurt offered a uniquely suited place to test care programs such as Super Saturdays and free or discounted care.

In Schweinfurt, the result was the Blue Star program, which offered a variety of services ranging from care discounts to a monthly night off for parents to 10 free hours of respite care.

"We tried a whole bunch of different things, and the results were evaluated, and a lot of what we did was incorporated into the Army-wide program that is now called the Army

Family Covenant," Davis said.

Even before the implementation of the Blue Star program, the Schweinfurt community was leading the way with deployment care cards offering up to 10 hours of monthly care for all community members.

The covenant narrows the care focus to those most affected by the Army's up-tempo deployment schedule—deployed, rear-detachment, and wounded Soldiers.

With the covenant, CYS registration fees are waived, making it easier to take advantage of programs like free respite care. Hourly care requests have doubled since the implementation of the Blue Star and AFC programs, noted Tina Roberts, CYS administrative assistant.

Finding enough staff to cover sudden surges in care can prove challenging, she added.

"But we always find a way to make sure we have enough providers to serve our community," said Denise D'Adda, assistant director at the Schweinfurt Child Development Center. Support comes from all quarters of the CYS team, including Roberts, if the need is there.

"We all pitch in to make sure our families have the support they need," Roberts said.

Besides reduced fees and free

hourly care, the AFC has more silent benefits for the CYS program, including additional training, new computer equipment for the CDC, and system upgrades that will eventually allow for electronic records transfer between garrisons, resulting in one less pack of paperwork PCSing parents will have to carry.

"I think we're going to be one of the first garrisons in Europe to get that done—us and Grafenwoehr in partnership to support the brigade's move," Davis said.

In all, the covenant affects more family-support programs than just CYS,

covering all aspects of military family life. The monetary support offered in CYS programs is high-profile.

"It's a real tangible way for Army leadership to acknowledge the contributions families make. We in CYS have always known that military spouses and military children serve, too. It's great to see leadership backing that up with money and programs," said Davis, "because it's really all about supporting families."

For more information about CYS program offerings, or to check eligibility, call central registration at DSN 354-6414 or CIV 09721-96-6414.

The Army Family Covenant offers many free and reduced-fee benefits for deployed, wounded, and rear-detachment Soldiers, including free CYS sports registrations.  
Courtesy photo



Sponsor Status	CYS Covenant offering
Deployed	Free care for deployment meetings, Free care for FRG meetings, 16 hours free respite care, \$2 per hour additional respite care, 20 percent fee reduction for regular care, 4 free SKIES classes, 2 free CYS sports
TCS/TDY PCS unaccompanied Rear-D Cadre	Free care for deployment meetings Free care for FRG meetings 16 hours free respite care (TCS/PCS), 5 hours free respite care (Rear-D), \$2 per hour additional respite care, 2 free SKIES classes, 1 free CYS sports
WTU/AW2	Free care for deployment meetings, Free care for FRG meetings, 16 hours free respite care, \$2 per hour additional respite care, Unlimited free care for med. appts., Cat. 1 fees for regular care, 4 free SKIES classes, 2 free CYS sports

# Mobile training teams bring BNCOOC to Schweinfurt troops

by MARK HEETER  
USAG Schweinfurt PAO

Schweinfurt-based infantrymen just got a whole lot better.

Seventy-seven sergeants and staff sergeants graduated March 7 from phase two Basic Noncommissioned Officer Course, having been taught here by mobile training teams from the NCO academies at Fort Benning, Ga., and Grafenwoehr.

"This is the first time that we've had Grafenwoehr people working with Benning cadre," said Sgt. 1st Class Michael McIntyre, from the 7th Army NCO Academy in Grafenwoehr.

Call it a win-win-win situation, according to Command Sgt. Maj. Jay Brimstin, commandant at the Fort Benning NCOA.

"The unit wins, because we're able to get them all at one time in a concentrated effort. The Soldiers and families win, because instead of coming back from a 15-month deployment and then deploying to Fort Benning for four weeks,

they can go home just about every night, except the week down in Graf (for ranges)," Brimstin said.

"And the big Army wins because it saves a bunch of money," by bringing ten instructors to the students, as opposed to shipping dozens of Soldiers to America for more than a month, he said.

"It keeps the Soldier with their families. At the end of the day, they get to go back home and see their families," said Staff Sgt. Jason Borges, a mortar section instructor from Fort Benning.

And the NCOs training were also glad to be able to keep tabs on their troops in Schweinfurt, many of whom are preparing to earn the expert infantry badge here this month.

"The ability to go at the end of the day and check on my Soldiers (is a benefit). Being a new squad leader, from a different post, being here for a month, it's nice because the guys aren't wondering who I am for two-and-a-half months," said Sgt. Timothy French.

The broad experiences of the classmates,

comprised from a number of units, enriched the training, according to Brimstin.

"The biggest thing is the wealth of real combat experience. I mean, these staff sergeants have so much experience, and they're actually younger than they were five, six years ago," he said.

"Even though we're from the same area, we don't get to communicate very often (with Soldiers from other units), so this was a great job, getting together to cross-talk," said Sgt. Michael French.

The thrust of the training was to teach the junior NCOs how to perform higher-level duties, such as writing operations orders and the organization and planning of firing ranges.

"The key to those is not so much to instruct them. It's more designed to draw them into the conversation," Brimstin said.

"This is one of the ways we try to get after that critical thinking, adaptive behaviors. You take them out of their comfort zone and let them really think about things, instead of giving them pat answers," he said.

The Fort Benning NCOA is on track to conduct 15 MTTs this year, exceeding its original goal to send out 10 MTTs, according to Brimstin.

"The infantry school is doing its best to meet the needs of the Army," he said.

## Bldg. 40 gets elevator access

by KIMBERLY GEARHART  
Bavarian News

The Personnel Transition Assistance Center on Conn Barracks, more commonly known as "Bldg. 40," is undergoing construction aimed at installing an elevator to ease access to basement and second floor facilities.

"Since we have the (second Soldier and Family Assistance Center) going up on the second floor, the elevator will help the wounded warriors get to those facilities, as well as down to the basement for reintegration or redeployment," said Tim Snyder, Director of Public Works for the U.S. Army Garrison Schweinfurt.

The SFAC Snyder references is not yet operational, according to Greg Miller, who is helping coordinate SFAC services. He hopes to have the facility up and running to coincide with the completion of elevator construction, which is currently scheduled for mid-April.

In order to minimize disruption to the ongoing transition services housed in Bldg. 40, elevator construction, which began six weeks ago, is being completed through the basement.

"The main issues (for customers) will be dust and noise. We've got the area blocked off and marked for safety," Snyder said.

The elevator, in addition to external ramps and handrails, will make Bldg. 40 handicapped accessible, thereby insuring that the one-stop transition center is a good fit for everyone.



Borges



Brimstin

# Deployed Soldiers help determine ODR program

by MARK HEETER  
USAG Schweinfurt PAO

The U.S. Army Garrison Schweinfurt, one of 14 garrisons in the Army and the only one in Installation Management Command, Europe, has been named a recipient of funding for Outdoor Recreation programming.

The program will kick off later this year and is channeled through the outdoor recreation center. "This money was designed to give to the communities with high deployment rates, and USAG Schweinfurt was the only garrison in Europe selected for this," said Christian Hofstetter, outdoor recreation center manager.

"This is a program designed to help Soldiers returning from combat zones to give them an adrenaline rush...in a safe, controlled environment," said Dave Luellwitz USAG Schweinfurt business recreation division chief.

"We've been allocated \$120,000 to invest in equipment, programming, training, and we intend to start the program here in Schweinfurt around the June time frame," Luellwitz said.

To determine what activities would be offered, deployed Soldiers were given a survey to identify how they would like to see the money allocated.

"On that survey, there were four or five activities that were selected as their biggest priority, what they would love to do the most

when they get back," Hofstetter said.

Paintball, rappelling, white-water rafting, cycling, canyoning, rock climbing, and paragliding were among the top choices, according to Hofstetter.

In Schweinfurt, the plan is to start off with paintball and expand from there, he said.

"We are working on putting some of that money into the improvement of our paintball field to accommodate that many Soldiers, so we are buying equipment with the money and offering programs," he said.

Rock climbing is also locked in, Hofstetter said, noting that the Army has a good natural-rock site and professional instructors in the nearby Rhoen.

"The highlight is, as we plan it, we have a one-time trip for three days, where we have 30 people going into Austria or Switzerland," to participate in canyoning, paragliding, and river rafting, Hofstetter said.

Officials have yet to finalize how participation will be coordinated, although a plan is in the works.

"Our intent is to have participation tickets produced that we would hand out to all the units, commands. They would then distribute those to their Soldiers as they become available. That's our plan," Luellwitz said. "It's not going to be first-come, first served. It's something that will be channeled down through the units."

## 'I'll take some of that!'



Photo by Mark Heeter

Jessica and Jay Rogers pick over the cheese selections at the Schweinfurt Community Spouses' Club spring bazaar in the Finney Recreation Center March 7. Dozens of vendors sold \$271,000 worth of wares at the bazaar over the weekend. Fifteen percent of the gross income goes back to the SCSC, and a portion of those funds is returned to Family Morale, Welfare and Recreation programs, according to event organizers.

## Fortune bids farewell, McClaflin to lead 2nd BCT

by KIMBERLY GEARHART  
Bavarian News

The Dagger Brigade welcomed new noncommissioned officer leadership March 3 during a Change of Responsibility Ceremony held in the Finney Fitness Center on Conn Barracks during which Command Sgt. Maj. John Fortune relinquished responsibility for the Dagger Brigade to Command Sgt. Maj. Steve McClaflin.

Fortune, who has served nine years in the Schweinfurt community, will head to his next assignment in Fort Knox, Ky.

"Which is about as close as I can get to Georgia right now," he said, noting that when he first took over as the Dagger Command Sergeant Major, Fortune promised his wife, Janet, they would return home to Georgia next.

"There is no way to thank everyone for what they have done for Janet and myself. We've been in Schweinfurt for nine years, so it is

home to us," Fortune said.

"We can not fail to recognize the achievements of Command Sgt. Maj. John Fortune," said Col. Jeffrey Sinclair, brigade commander.

Five operational deployments, the last in what Sinclair noted as "the most contested region, in the most tested time since the war began" in Iraq, prove that Fortune had the "training . . . maturity . . . and demonstrated bravery" necessary to lead Soldiers.

"Now we look for [someone with] the training, maturity, and record of bravery which will allow this formation to continue," Sinclair said.

That responsibility falls to McClaflin, who is uniquely suited to replace Fortune, having formerly led the NCOs of the Blue Spaders, 1st Battalion, 26th Infantry Regiment to war during Operation Iraqi Freedom 06-08 in Baghdad, Iraq.

He is now responsible for aiding in the move to Grafenwoehr as well.

# Community submits 108 issues for review at local AFAP conference

by SANDRA WILSON  
Bavarian News

This year's three-day Army Family Action Plan conference can check the box for another year of success in addressing community concerns and pushing for resolutions to make Schweinfurt, as well as the larger-scale Army community, a better place to live and work.

For each of the days, a total of 67 volunteers spent their time in work groups discussing issues submitted by Schweinfurt community members over the last couple of months.

A total of 108 issues were submitted for review, including the issues address at the Teen AFAP conference March 4.

"It (addressed) issues that affect everyone—not just families," said 1st Lt. Jim Perkins, of 1st Battalion, 18th Infantry Regiment, a delegate in one

of the groups.

Perkins explained how he went back to his Soldiers and found out that they dealt with many of the same issues discussed at the conference.

Of the 91 issues presented during the conference, seven were prioritized—or worked on in the groups to develop recommendations for improvement.

By April, Lt. Col. Anthony Haager, USAG Schweinfurt commander, will review these prioritized issues and determine which to send on to Heidelberg's AFAP conference in May.

"We had officers to the most junior enlisted to spouses from every rank to civilians. The only people we didn't have represented were the retirees," said Jennifer Litchfield, AFAP program manager.

"It's a really good thing to expose (single Soldiers) to this—it gives them a better taste in their mouth" about

the Army and the impact they can have," said Pvt. Patrick Ullrich of 1st Battalion, 26th Infantry Regiment, referring to the conference process in general. The Teen AFAP conference in Wuerzburg involved seven high school volunteers who pushed forward issues regarding lack of access to reliable and affordable public transportation and the neglect of recycling and energy conservation within the military community.

Haager expressed his thanks to the volunteers for all their hard work.

"You guys responded hugely," he said. "There's so much goodness that goes into something like this."

Litchfield reassured all that every issue submitted by community members would be addressed in one form or another and individual people would be contacted with the results of their particular issue, as specified on the form they submitted.

# Canine keeps Soldiers' spirits high

Story and photo by Pfc. APRIL CAMPBELL  
Special to American Forces Press Service

Hearing a noise in the hallway, Dean gets out of his bed on the floor and trots to the door as he searches the cool February air for a clue.

Once he confirms the presence of friendly forces, he cocks his long face around to see if his companion wants to go visit the Soldiers in the hallway as much as he does. With all four limbs on the ground, Dean will certainly need the chaplain's help to open the door.

Dean is a 3-year-old black Labrador retriever mix and serves as a therapy dog during his deployment to Multinational Division Baghdad here with the 4th Infantry Division's 64th Brigade Support Battalion, 3rd Brigade Combat Team.

Army Capt. Phillip Rittermeyer, the battalion chaplain, adopted Dean from a shelter one month prior to the unit's deployment. Rittermeyer, who works with and cares for the dog, brought Dean with him to Iraq on official orders to provide comfort and boost the morale of the "Mountaineer" Soldiers during their day-to-day activities as they operate in the northern outreaches of Baghdad province.

"I worked with a dog previously in civilian ministry," Rittermeyer said. "They help comfort people as well as lower stress and blood pressure."

Army Capt. Christi Moreno, who serves as the 3rd BCT mental health officer, also sees the benefit animals like Dean provide to soldiers in a high-stress environment.

"Animals are very therapeutic," she said. "They show unconditional love, and they're not

judgmental."

When Rittermeyer must attend a meeting or preside over church services, other Mountaineer Soldiers, such as Army Sgt. Tasha Jackson, a supply sergeant with Headquarters and Headquarters Company, 64th BSB, spend time taking care of and getting to know Dean. Caring for "man's best friend" is nothing new to this dog lover.

"Dean reminds me of my very first dog, Raider, who I had from the time I was in second grade until a few years after high school," Jackson said.

The loving canine helps her overcome some of the difficult times during her deployment. "If I'm having a down day and the chaplain brings Dean over for me to watch," she said, "it usually helps to cheer me up."

Between teaching the playful four-legged creature how to dance and trying not to let the dog walk her when he needs to be taken out, she added, Dean provides her with comfort that reminds her of home.

Dean stays connected with the Soldiers by communicating his own needs or wants, as well. "If I'm working, he'll put his head on my lap so I'll pay attention to him," Jackson said.

Moreno said she's not surprised at the effect Dean has on the Soldiers. "(Animals) bring the best out of people," she explained. "People tend to have an inherent connection with them."

As their deployment continues, Dean will continue his support operations with the Mountaineer Soldiers, often bringing smiles and an eager hand to pet his black-and-white fur wherever he goes.



Dean, the 64th Brigade Support Battalion therapy dog, is suited up Feb. 16, 2008, in his improved body armor system by his caretaker, Army Capt. Phillip Rittermeyer, a chaplain with 64th Brigade Support Battalion, 3rd Brigade Combat Team, 4th Infantry Division, Multinational Division Baghdad, at Camp Taji, Iraq.

## Green, Casey: Army remains strong, but stretched

by GERRY J. GILMORE  
American Forces Press Service

The U.S. Army remains ready to engage and defeat America's enemies despite experiencing strain after seven years of wartime deployments, the Army's top civilian and military leaders told a Senate panel Feb. 26.

"Our Army is stretched by demands of this long war, but it remains an extraordinary Army," Army Secretary Pete Geren told members of the Senate Armed Services Committee. "It is the best-led, best-equipped and best-trained Army we've ever put in the field."

"Today, we are an Army long at war," Geren continued, noting U.S. Soldiers have fought in Afghanistan for seven years and battled in Iraq for about five years.

The war against global terrorism is the third-longest war in American history, Geren said, behind the Revolutionary War and the Vietnam War. It also is the longest U.S. war being fought by all-volunteer forces, he added.

The Army currently has 250,000 Soldiers deployed to 80 countries, Geren said, including those deployed to Iraq and Afghanistan.

Soldiers deployed to Iraq and Afghanistan "are our top priority, and we will never take our eye off of that ball," Geren emphasized.

The nearly \$141 billion allocated for the Army under the fiscal 2009 defense budget and supplemental funding "ensure that our Soldiers have what they need, when they need it," Geren said.

The budget contains money for the Army to put its 64,000-Soldier expansion on the front burner, Geren noted. "We have accelerated the 64,000-man growth in the active-duty Army from 2012 to 2010, with a commitment that we will maintain recruit quality at no lower than the 2006

levels," he reported.

These added Soldiers will assist in meeting wartime requirements during a period of persistent conflict that is challenging the Army's Soldiers and their families, Geren said. "But, our Army remains strong," he emphasized. "It's stretched; it is out of balance; but it is resilient. Those who seek parallels with the 'hollow Army' of the late '70s will not find it."

Despite the challenges, the all-volunteer Army continues to meet its recruiting and retention goals, Geren said. "They're volunteer Soldiers; they're volunteer families," he said. "They're proud of who they are, and they're proud of what they do. We all are inspired by their service and humbled by their sacrifice."

The National Guard and Army Reserve also have made heavy contributions to the war effort, Geren said, noting that 184,000 reservists and 270,000 National Guard members have been activated for service in the war against global terrorism since the terrorist attacks of Sept. 11, 2001.

Reserve-component members also stepped up during humanitarian relief missions in the aftermath of hurricanes Katrina and Rita, Geren said, as well as helping fight forest fires and patrol America's borders.

"We are one Army; the active component cannot go to war without the reserve component," he said.

The current Army budget proposal addresses the transformation of the reserve components into an operational reserve. The new Army budget, which contains \$5.6 billion for new Guard equipment and \$1.4 billion for reserve equipment, continues a pattern of steady investment for the reserve components, Geren said. To illustrate, he noted that the National Guard possessed 290 trucks of modern design in 2001. Today, the Guard has more than 9,000

such trucks. Today's National Guard force also has more than 82,000 modern tactical radios, Geren said, which is double the number of such radios it had in 2001.

And, over the next 24 months, Geren said, \$17 billion worth of equipment, representing more than 400,000 new items, will enter the National Guard's inventory.

Other funds will go to improving care for wounded warriors, and to increase the quality of life for Soldiers and their families, Geren said, including better barracks, housing, health care and family support networks.

The Army also will continue "to grow our knowledge and improve the care and treatment" of post-traumatic stress disorder and traumatic brain injury, Geren said.

The new budget also will be used to develop transformational war-fighting technologies such as armed reconnaissance helicopters, light utility helicopters, unmanned aerial- and land-based vehicles, and joint cargo aircraft.

During the Feb. 26 testimony before the Senate committee, Casey noted that he told the committee in November that the United States' military would be involved in "persistent conflict" over the next decade.

The next 10 years will witness "protracted confrontation among state, non-state, and individual actors who are increasingly willing to use violence to achieve their political and ideological objectives," Casey told committee members. Global trends that likely will exacerbate this situation and prolong this period of unrest include: increased globalization and technology, overpopulation in developing countries, competition for resources, proliferation of weapons of mass destruction, and safe havens for terrorists in ungoverned areas of the world.

The Army must continue to adapt itself to

become more agile and expeditionary to confront such future challenges, Casey pointed out.

However, "the cumulative effects of the last six-plus years of war have left our Army out of balance (and) consumed by the current fight and unable to do the things that we know we need to do to properly sustain our all-volunteer force and restore our flexibility for an uncertain future," Casey said.

Despite the challenges, today's Army "remains a hugely resilient, professional and combat-seasoned force," Casey said.

To put itself back into balance the Army must sustain, prepare, reset and transform, the general said.

"First and foremost, we must sustain our Soldiers, families and Army civilians," Casey said. "They are the heart and soul of this Army and must be sustained in a way that recognizes their quality of service."

Second, the Army must continue to provide proper training, equipment and other resources required to defeat enemies that they face in Afghanistan, Iraq or anywhere else, Casey said.

Third, the Army needs to rest its Soldiers and repair or replace damaged or destroyed equipment after repeated deployments to dangerous and harsh environments, Casey said.

"Frequent deployments are taking their toll on our soldiers and their equipment," Casey said. "In my mind, resources for reset are the difference between a hollow force and a versatile force for the future," he added.

Finally, the Army must continue to transform itself into an agile expeditionary force to meet security needs of the 21st century, Casey said.

"For us, transformation is a holistic effort to adapt how we train, modernize, develop leaders, station forces, and support our Soldiers, families and civilians," he said.

## Mom creates 'Inspire Me Today,' a free music download site for troops

by SAMANTHA L. QUIGLEY  
American Forces Press Service

The simple request for a "mom hug" from a young Marine serving in Iraq ignited one mom's desire to inspire all service members.

Gail Lynne Goodwin launched "Inspire Me Today," a Web site devoted to inspirational content, just last month, but the idea had been simmering for years.

"Inspire Me Today was something I've wanted to do. It's been my personal passion, I guess you would say," Goodwin said. "When a person is inspired, the world changes exponentially."

As any good mom might do, however, Goodwin put her dream of launching the Web site on hold to help her daughter, Carly, launch a country music career.

"I took off for about three years from doing my projects ... and managed and directed my daughter's career ... and traveled with her all over," Goodwin said.

But it was really her venture with her daughter's singing career that provided Goodwin with the nudge she needed to follow her dream of starting Inspire Me Today.

Carly ventured out on a 29-day tour of military installations in the Persian Gulf in late 2005. At a base in western Iraq, Goodwin met Jesse, the 19-year-old Marine in need of a "mom hug."

He'd been in country for about nine months when he met Goodwin, and his request for a simple hug moved her, but it was his apologetic explanation for his appearance that stayed with her.

"He explained to me that he was one of 800 guys that ... come in for two to three days at most and then they go back out to their ditch, their post, where he guards his stretch of desert," Goodwin said. "He's out for between 30 and 40 days at a time."

When she inquired how he survived the duty, he simply showed her his MP3 player.

"I'm thinking to myself, 'If ever there was a

need for inspiration, if ever there was a place not to be alone, it's right here, right now,'" Goodwin said. "I came back after Carly's tour (and) ... at that point I started with Inspire Me Today."

Having always been taught to give before receiving, Goodwin and Inspire Me Today's board of directors began the process of deciding which group was the most deserving of free memberships to the organization's Web site.

"I slept on it that night and woke up about 2 o'clock in the morning going, 'Duh! If it's not our U.S. troops, I don't know who it would be,'" Goodwin said. "What came to me is the thought of (Jesse) coming in ... and being able to go in and download countless days of inspirational material so that when he goes back out to that ditch he's not alone anymore."

So, as of March 15, anyone with a ".mil" e-mail address can register for a year's free membership to Inspire Me Today's Web site.

Memberships allow servicemembers to download inspirational quotes, videos, speeches

and other material for later enjoyment. The content, which may come from household names or unknown contributors, will cover a wide variety of topics from health and fitness to finances and relationships.

What it won't dwell upon is religion, Goodwin said. The organization is inspiration-based and will vet all contributions to ensure no one is saying, "If you don't fit in this box, you're going to burn," she said. "You can't do that (and be inspirational)."

"Each day we have a choice to go out into the world and be a light or not," she added. "I'm looking at us as going around lighting little candles all over. Those people, in turn, can light more candles until the whole world ends up being a much happier, better place."

Anyone can visit the site to view daily content at no charge. For those without a ".mil" e-mail address, or after a servicemember's initial year, there is a charge to access the archives and download content.

# Post trash problem 'disheartening'

Continued From Page 1

Grafenwoehr Consolidated Exchange General Manager Matt Mennona agrees.

He said the trash in the PX parking lot is a distraction and leaves a negative impression on visitors.

"Here we have a gorgeous facility and we are trying to provide the best service, yet if you drive by first thing in the morning you'll see cups, paper, and plastic scattered around the parking lot. It is disheartening," he said.

The situation in the AAFES parking lot is part of a larger problem that the garrison and post police battle daily.

"People come in and bring their trash on post," said Tony Frazier, USAG Grafenwoehr installation coordinator.

"If the trash can is full they just set it on the ground. When they get ready to move, they just dump bicycles,

baby cribs, tables, whatever, wherever it is dark."

This, he said, creates more work for the post police as German workers are not contracted to pick up trash on the ground or around receptacles.

"If folks (leave items) next to a dumpster or refuse container, if it is in front of it or beside it, the German contractor will not pick the trash up because they won't move the (items), and they won't pick up anything that is on the side of the container," explained Burns.

"What happens then is that the trash doesn't get picked up and we have to send our post police, these five people, around to pick all this stuff up.

"We are pulling Soldiers away from their duty all day, every day."

The solution, according to Burns, is for individuals to "take responsibility for their own trash and be responsible community members and do the right thing."

He said while residents who live off post are not supposed to use on-post recycling bins, they are allowed to bring their items to the recycling facility located across from Range 118 on the tank trail between Gate 9 (by the Shoppette) and Gate 4 (by the town of Tanzfleck).

Burns said the recycling process is easy.

"You go in with trash that is sorted and they tell you where to put it. If the recycling center is closed we have dumpsters outside ... so it is really accessible 24 hours a day," he said.

"All we ask if for people to sort their trash."

Frazier asks community members to do something else as well.

"If you see a Soldier picking up trash, thank him or her.

"These Soldiers have the character and principals of heroes to go out daily to clean up other folks' mess and never complain... They are warrior Soldiers out doing a job."



Contractors will not pick up trash or recycling if it is left on the ground in front of the containers.

## Register now to vote this fall

Continued From Page 1

stated. Schedle said most citizens do not realize the process to vote by absentee ballot is simple.

"They say, oh, I did not know it was that easy!"

For more information or to register with an SF76, voters can contact their unit VAO or Schedl at DSN 475-6753, CIV 09641-83-7653, or visit [www.fvap.gov](http://www.fvap.gov).

Voters can also find voting information and the federal postcard application at the post office.

The most important aspect of the process Schedle stated is to vote once an absentee ballot is received.

"Like I tell everybody, one vote can make the difference," she said.

# Army names Bavarian News, AFN-Bavaria the best

Continued From Page 1

### Category I: Story Series (Civilian)

Second place – Susan Huseman, USAG Stuttgart Public Affairs Office;

### Category J: Stand-Alone photo (Civilian)

First place – Brandon Beach, USAG Stuttgart Public Affairs Office;

### Category K: Photojournalism (Civilian)

Honorable mention: Arthur McQueen, USAG Heidelberg Public Affairs Office;

### Category S: Special Achievement in Print

Second place: Winter Welcome Guide Special Edition – Bavarian News, USAG Grafenwoehr Public Affairs Office.

AFN Bavaria also swept the categories in the 2007 competition.

Other KLW (broadcast category) awardees from Europe are:

**Category A: Radio Entertainment Program**  
Second place: AFN Bavaria's Spc. Nathan Jones – Nathan Jones Morning Show

**Category B: Radio Spot/Promo Production**  
First place: AFN Bavaria's Mr. Tony McKinney – Christmas Tree

**Category C: Radio News Report**  
Third place: AFN Bavaria's Staff Sgt. Jose Colon – Cooperative Medical

**Category D: Radio Features Report**  
First place: AFN Bavaria's Mr. Tony McKinney – Extraordinary

**Category F: Radio Newscast**  
Third place: AFN Bavaria – Bavaria Radio Update

**Category G: Radio Information Program**  
First place: AFN Bavaria – WLC Preparing Leaders

**Category H: Television Information Program**  
First place: AFN Bavaria – Bavaria Update (Road to Iraq)

**Category J: Television News Report**  
Third place: AFN Bavaria's Staff Sgt. Jose Colon – 12th CAB Downed Pilot

**Category K: Television Feature**  
First place: AFN Bavaria's Mr. Tony McKinney – Stress Shoot

Second place: Staff Sgt. Jose Colon – AFN Cribs Stryker

**Category M: Local Television Newscast**  
Second place: AFN Bavaria – Bavaria Update

(EFMB)  
Third place: AFN Bavaria – Bavaria Update

**Category O: Television Newsbreak**  
Second place: AFN Bavaria – Bavaria Update: 2-Minute Report

**Category Q: "Rising Star" for New Broadcaster**  
First place: AFN Bavaria's Spc. Nathan Jones

**Category R: Military Broadcast Journalist of the Year**  
First place: AFN Bavaria's Staff Sgt. Jose Colon

**Category S: Civilian Broadcast Journalist of the Year**  
First place: AFN Bavaria's Mr. Tony McKinney

## Job fair set for Tuesday in Vilseck

Continued From Page 1

provide deployed service members and those unable to attend a physical location help with their transition out of the Army.

"This is helpful because some Soldiers will have a short time span when they come back before they get out," Siebold explained.

A decision to retire or separate from the service does not have to be made before Soldiers can begin the ACAP process.

Seibold added that often "Soldiers will come in when they are trying to decide if they are going to reenlist or not to see what is out there."

Soldiers and family members in need of employment information and transition assistance should contact their local ACAP office or visit <http://www.acap.army.mil/>.

To receive more information on the EuroTour 2008 job fair, call DSN 476-2056, CIV 09662-83-2056 or e-mail [bjanitschk@defensecareers.com](mailto:bjanitschk@defensecareers.com).

## 2-2SCR changes command



Photo by Navy Petty Officer 2nd Class Greg Pierot

Command Sgt. Maj. Frank Wood meets with the Soldiers of Company F, 2nd Squadron, 2d Stryker Cavalry Regiment, Multi-National Division – Baghdad following the unit's change of command March 12 at Coalition Outpost 828 in southern Baghdad. Wood watched on as Capt. Kevin Ryan assumed command of Co. F from Capt. Ryan Ahrendt.

April 1st  
**Month of the Military Child**  
 USAG Bamberg  
**Party**  
 Sat. 5 April  
 8:30 a.m. - 1 p.m.  
**JFK MultiPlex**

8 a.m. 5k Run / 3k Walk Reg.  
 8:30 a.m. Race starts  
 9:45 a.m. Opening Ceremony, Presenting the Colors, Proclamation Ceremony and Medal Presentations by Garrison Commander LTC Rosenberg  
 10 a.m. Program activities start  
 11:00 a.m. Lunch served at ACS Gazebo (must have ticket)

Giant Slides  
 Electric Cars  
 Face Painting  
 Skateboarding  
 Kids Carrots - Chili Cook Off  
 Games and Fun for the whole Family!

Call Bamberg CYS CER at (0951) 300 8660

Take the Bavarian News survey online at [www.milcom.de](http://www.milcom.de).

# New physical therapy clinic opens at Graf

Special to the Bavarian News

A brand new physical therapy clinic has been added at the Grafenwoehr Health Clinic, and provides outpatient physical therapy care to both active duty service members and their families.

The new clinic is staffed with one physical therapist, Dr. Michelle Scott; and one physical therapy tech, Staff Sgt. Anthony Ciulla.

Scott is a graduate of the college of Saint Catherine's, with a doctorate in physical therapy.

Ciulla's last duty station was Fort Bragg, N.C., where he worked as the noncommissioned officer in charge of physical therapy.

The clinic is capable of performing treatment for many diagnoses including, but not limited to: post-surgical; acute or chronic conditions; including low back, knee, hip, or ankle pain.

The clinic can provide

strengthening exercises, manual stretches or joint manipulations, therapeutic ultrasound, transcutaneous electrical nerve stimulation (for pain reduction), moist heat packs, cold packs, and shoe inserts.

"We look forward to serving the Grafenwoehr community and helping our patients be as functional and pain-free as possible," said Scott.

If you feel that you need physical therapy care, contact your family care provider for a consult to physical therapy.

The PT clinic front desk can be reached at DSN 475-5644. All appointments for initial evaluation and treatment should be scheduled at the clinic.

#### Clinic hours of operation:

- Monday – Wednesday: 7:15-11:30 a.m., 1-4 p.m.
- Thursday: 1-4 p.m.
- Friday: 7:15-11:30 a.m., 1-3 p.m.



Staff Sgt. Anthony Ciulla straps Spc. Tina Jackson to the traction table at the new Grafenwoehr physical therapy clinic.

Courtesy photo

## Wuerzburg Health Clinic to focus on Soldiers assigned to Leighton Barracks

by ANNE TORPHY  
BMEDDAC PAO

Effective May 15, Wuerzburg Health Clinic will focus services towards active-duty Soldiers and family members assigned here.

"The changes for the Wuerzburg Health Clinic are due to transformation of the Army in Europe and the eventual closure of Leighton Barracks," said Col. Theresa M. Schneider, commander, Bavaria MEDDAC.

Wuerzburg Health Clinic will transition to patient visits for Soldiers and family members assigned to Leighton Barracks.

Operating hours are Monday through Friday, from 7:30 a.m. to 4:30 p.m. The front desk can be reached at DSN 350-7787/7788 or CIV 0931-804-7787/7788.

Soldiers and family members who have had appointments at Wuerzburg Health Clinic, but are not stationed at Leighton Barracks should seek care at their installation's health clinic.

The health clinic TRICARE service

center can assist you in determining your primary care provider.

Retirees often have long-term health issues that require specialty care or regular visits to a physician.

"Bavaria MEDDAC is dedicated to the continuity and safety of health care for retirees," said Schneider.

Retirees should contact the health benefits advisors at DSN 350-6142 or CIV 0931-889-6142 and work with them to find primary care physicians in the local German community.

The health benefits office is located on Leighton Barracks in Bldg. 39, Room 6.

Monica Page, chief, referral management for Bavaria MEDDAC, is also available at DSN 350-7385 or CIV 0931-889-7385 to assist retirees with selecting physicians.

The Wuerzburg Health Clinic will close its doors on July 31.

The closure is in alignment with the final Leighton Barracks closure on August 1.

Patients who have records with the Wuerzburg Health Clinic should stop

by Bldg. 24, Room A3 on Leighton Barracks and make a request for one copy via the DA Form 5006.

Parents and guardians of minors are allowed to submit requests and pick up records. Please allow four to six weeks for processing.

Individuals who need emergency care should continue to call the German Red Cross at CIV 19222 in the Wuerzburg community to get an ambulance or the Military Police at DSN 350-6548 or CIV 0931-889-6548.

The ambulance service will take patients to the appropriate host nation emergency room.

The local emergency rooms have a wide variety of specialty equipment and intensive care capability to best meet the needs of patients.

"We will continue to keep our beneficiaries updated on the changes through various media channels, and our Web site," said Maj. Terry Moren, Wuerzburg Health Clinic commander.

The clinic Web address is <http://www.wuerzburg.healthcare.hq.usareur.army.mil/wuerzburg.htm>.

## Gallagher receives first star, promotion

ERMC news release

In a recent ceremony at Fort Bragg, N.C., Lt. Gen. Eric Schoomaker, the Army's Surgeon General and commander of the U.S. Army Medical Command, pinned a star on Col. Keith W. Gallagher.

Brig. Gen. Gallagher is the U. S. Army Europe Command Surgeon and Command, Europe Regional Medical Command. ERMC is responsible for the healthcare of Army healthcare beneficiaries within USAREUR.

#### Biography

Brig. Gen. Keith W. Gallagher was born at Fort Gordon, Ga., to 1st Sgt. (Retired) and Mrs. Edward Gallagher. He earned a bachelor of science degree in biology from Augusta College, Augusta, Ga. in 1978 and was commissioned a 2nd Lt., Medical Service Corps.

His initial assignment was with the 82nd Airborne Division, Fort Bragg, N.C. For his entire career, he balanced field unit and fixed facility assignments.

He established a foundation of Soldiering by serving as a Medical Platoon Leader, 4th Battalion, 68th Armor (Airborne); Division Medical Supply Officer, 82nd Airborne Division; Battalion S4, 307th Medical Battalion (Airborne); Commander, B Company, 307th Medical Battalion (Airborne).

In the latter position, he provided Level I/II Combat Health Support to the 504th Parachute Infantry Regiment, 82nd Airborne Division, and pushed them out the door during Operation Urgent Fury.

He later served as the Executive Officer, 122nd Medical Detachment (DS), Dhahran, Saudi Arabia during Operations Desert Shield and Desert Storm; Battalion Executive Officer, 261st Area Support Medical Battalion (Airborne), 44th Medical Brigade (Airborne); Battalion Commander, Academy Battalion, Center Brigade, Fort Sam Houston, Texas; and as the Deputy Commander, 44th Medical Command (Airborne), Fort Bragg, N.C.

He deployed with the unit in support of Operation Iraqi Freedom 2004-2006.



Gallagher

Gallagher's fixed facility assignments began as the healthcare administrator, Department of Medicine, Eisenhower Army Medical Center, Fort Gordon, Ga., followed by Executive Officer, Landstuhl Dental Activity, Landstuhl, Germany; Administrator, Ambulatory Care Division, Health Services Command, Fort Sam Houston, Texas; Chief, Managed Care Division, Womack Army Medical Center, Fort Bragg, N.C.; Deputy Commander for Administration, 67th Combat Support Hospital, Wuerzburg, Germany; Deputy Commander for Administration, Blanchfield Army Community Hospital, Fort Campbell, Ky.; Commander, Moncrief Army Community Hospital, Fort Jackson, S.C.; and Commander, Blanchfield Army Community Hospital, Fort Campbell, Ky.

He is board certified in healthcare administration and a fellow in the American College of Healthcare Executives.

He holds a master's degree in healthcare administration from Baylor University and a master's degree in Strategic Studies, U.S. Army War College, Carlisle, Pennsylvania.

He also completed the Command and General Staff College, Fort Leavenworth, Kan.

Gallagher's military awards include the Legion of Merit with one oak leaf cluster, Bronze Star Medal with one oak leaf cluster, Meritorious Service Medal with a silver and one bronze oak leaf cluster, Army Commendation Medal with three oak leaf clusters, Army Achievement Medal with two oak leaf clusters, Southwest Asia Medal with three bronze stars, Iraqi Freedom Medal, the Humanitarian Service Medal, Global War on Terror Service Medal, and the Kuwait Liberation Medal.

He also earned the Order of Military Medical Merit, the Master Parachutist's Badge, Canadian Jump Wings, German Sportsman Badge, and the coveted Expert Field Medical Badge.

He earned the "A" designation in healthcare administration from the Army Surgeon General. He is the recipient of the ACHE Regent's Award, Senior Healthcare Executive from South Carolina.

His community awards include the J.C. Penney Golden Rule nomination for outstanding volunteerism, and the Outstanding Young American Award. He earned the Order of the Arrow.



### HEALTHY EMPOWERMENT BY DEMETRIUS WILLIS

Dear Demetrius,

I have been trying to lose weight for three weeks now. I would like to see faster loss than is occurring. What are your feelings about diet pills and weight loss drugs?

I have known friends who have gotten some pretty good results in the past. I am not looking for the easy way, just looking for the best way.

Thank You,

Hellene

Dear Hellene,

Excellent question and one I encounter quite regularly. Your journey toward weight loss drugs must begin in the doctor's office.

Your physician will look at your past medical history, physical status, family history, and BMI (how

your height compares to your weight).

Not everyone is a good candidate for weight loss drugs. After about four weeks, your doctor will re-evaluate your progress and potential side effects you may be experiencing.

I am not necessarily anti-drugs when it comes to weight loss, but there are so many better ways to get your results! Take a look at those friends who have used weight loss drugs in the past.

Have they gained that weight back (and perhaps then some)? Have they experienced side effects such as acne, rapid heart rate, blurred vision, dizziness, restlessness, sleepless nights, headaches, and increased blood pressure?

These may be effects that they experienced but did not make the

connection to the drug.

Weight loss drugs are most times a temporary fix and the weight lost using such methods is always wanting to come back (with some friends).

Using a balanced diet, full night's sleep, and exercise regulates your metabolism and body composition to contribute to you being able to lose and keep the weight off long-term.

It has only been three weeks, hang in there and get those results the permanent way. Good luck!

*Demetrius*

Send your nutrition and fitness questions to [usagnews@EUR.army.mil](mailto:usagnews@EUR.army.mil).

Demetrius is a registered dietician and a certified personal trainer.

Do you have a question, comment, or concern you'd like to see discussed? Do you have a compliment or complaint? Write a letter to the editor! Send an e-mail to [usagnews@eur.army.mil](mailto:usagnews@eur.army.mil) with "letter to the editor" in the subject line.

# Passionate *about* Pigskin?

## Local American football team offers Soldiers chance to sharpen skills, get back in the game

by JASON OLIVE  
*Special to the Bavarian News*

Most football fanatics, like me, dread this time of year – the time between the Superbowl and the first college football game of the year.

America's favorite past time may be baseball, but few will dispute that the most popular sport in the United States today is football, or "American Football" as it is known here in Germany.

In contrast, American football is a bit of a novelty in Europe.

Without question, Fussball (soccer) is Germany's most beloved, most watched, and most played sport. In fact, if you leave any gate in Grafenwoehr, you can be at four different soccer clubs within 10 minutes.

What most people don't know is that American football is a growing sport right here in Bavaria. The state is home to four German Football League, or GFL, teams, and 32 Bavarian American Football Clubs divided into six different American Federation Verband – Bayern, also known as AFVBy, leagues.

The Munich Cowboys are the only GFL1 team in Bavaria. There are three GFL2 South teams – the Plattling Black Hawks, Franken Knights (Rothenburg) and Kirchdorf Wildcats.

The level of competition varies between the leagues. GFL1 is considered professional, and in my



Wide receiver Dominikus Haegel (#83) makes a leaping grab over a Kirchdorf defender.



Olive

opinion is comparable to NCAA Division II Football. GFL2 is considered semi-pro and is probably comparable to an NCAA Division 3 football. The AFVBy leagues in Bavaria are probably comparable to a good American high school program, some maybe NAIA.

I was introduced to American football in Germany by a good friend of mine, Vilseck High School's Coach Bill "Rat" Ratcliff, in 2005. At that time, Bill and I were assistant coaches for the Vilseck American High School football team.

Bill had played and coached in Germany, and had recently been named the head football coach for the Plattling Black Hawks.

The year prior, the Black Hawks were undefeated and won Bavaria's highest league. They also won their relegation series and in 2005 had moved up as Germany's second highest football classification, the GFL2.

Bill quickly educated me on football in Germany and invited me to join his staff as the special teams coordinator. I was also asked to take over the Black Hawk junior program (15-19 year olds). It was an honor for me to be chosen to coach under him, and I immediately accepted the position.

I have to admit I was a bit skeptical at first. I knew of no good German football players. Germans were good at soccer, basketball, and hockey, but football?

Man was I ever wrong! I first met the team with Coach Ratcliff at a gym in Deggendorf where the team was doing NFL combine-like drills. I was immediately impressed. That day I met the Früchtl brothers, Martin and Christian, the two best offensive linemen I've ever had the good fortune to coach.

I met Florian Starzengruber, a sub 4.4 forty WR who had spent his entire summer with an NFL Europe team chasing a dream of playing American football at its highest level.

I also met two of our American import players, Darryl Menner and Willie Brooks, both Soldiers in Hohenfels who had played football at the collegiate level prior to joining the military. I also met 30 other young men, tremendous athletes with one common goal—to win the GFL2 South and relegate to GFL1.

American football in Germany is played using NCAA rules. There are some rules that have been adapted to promote the sport in Germany, and keep the playing field balanced.



Photos by Juergen Kotz

Quarterback Nathan Thompson (#17) completes a pass to wide receiver Andrew Blakely (#2) while running back Korbinian Hundsrucker (#32) provides a block June 4 at the Karl-Weinberger Stadion in Plattling against the Kirchdorf Wildcats.

For example, each team plays its division opponents twice, so ties are allowed. Each team is limited to the number of American players they can sign (six), the number of Americans who can dress for a game (four) and the number of Americans who can be on the field at any one time (two).

The team can sign an unlimited number of European Union players, but the total number of "A" and "E" players on the field at any one time can not exceed three. Again, the goal of the AFVD is to promote the sport to German players, failure to adopt these rules would be detrimental to both the development of young German talent and competition in Germany.

For the 2008 season, the Plattling Black Hawks have brought in great import talent. Adam Hazel will lead the team this season as its starting QB. Adam played 2 seasons with the University of Oregon Ducks before transferring to Menlo College where he completed his football career. Andrew Blakely, NCAA Division II's No. 3 all-time receiver, returns for his second season with the team as does Mike DiBattista, a WR from the University of Ottawa who played two seasons in the Canadian Football League.

On the defensive side of the ball,

Toure Butler from the Rose Bowl Champion Washington Huskies and Dutch National Defensive End Bob Van der Meij rejoin the team for their second season. Eric Swift, a speedy defensive end and former Soldier from Hohenfels rounds out the Defensive import players.

The Black Hawks have also added top-notch German talent. Peter Schweiger, the pound for pound hardest hitter in the GFL2, joins the team to play free safety. German National CB Julian Hennek also joins the defense with Paul Eichinger, a young DB from the GFL1 Dresden Monarchs. The offense adds one of the best, most consistent WR's in the GFL2, Sammy Farghali as well.

Of note to the Vilseck community, Steven Tracy, Vilseck American High School's 2004 standout RB and free safety has also joined the team. Adding these players to the mix of already great local talent makes the Black Hawks pre-season contenders for the 2008 GFL2 South Championship.

The Plattling Black Hawks are looking forward to working with the military communities in Bavaria for the 2008 season and beyond. While every home game is considered a military appreciation day (American Soldiers and family members who present a U.S. military ID card get

in for 2 Euro), the team is proud to announce that May 17 against the Franken Knights is an official Military Appreciation Day during which all U.S. service members and their family members will receive free admission to the game.

A section of the Karl-Weinberger Stadium will also be designated for seating for any Soldiers in attendance. If you are not able to make it out to a Black Hawk game, we strongly encourage you to spend your weekend with one of the other local football clubs in your area.

Other teams that might be of interest within the Bavarian News readership footprint are the Grafenwoehr Blitz (unaffiliated sixth league); Amberg Giants and Neumarkt Wolverines (AFVBy fifth league); Ansbach Grizzlies (AFVBy fourth league); Schweinfurt Ball Bearings (AFVBy third league); Kammersbruck Red Devils, Bamberg Bears and Wurzberg Panthers (AFVBy second league); and Regensburg Phoenix ((AFVBy first league).

For additional information about American Football in Bavaria, visit <http://www.afvby.de/>. For more information on the Plattling Black Hawks, visit our homepage at <http://www.black-hawks-football.de> or e-mail me at [weagle\\_34@yahoo.com](mailto:weagle_34@yahoo.com).

**GO BLACK HAWKS!**

## Vilseck High School resurrects softball program

by MARY MARKOS  
*Bavarian News*

The Vilseck High School Lady Falcons softball team will debut after a seven-year hiatus Saturday against Wiesbaden in what coaches are calling a "building year" for the team.

The year 2001 marked the last time VHS sponsored a softball team, offering students an opportunity to enhance their education through sport.

"I want opportunities for our students," stated high school principal Duane Werner.

"Last year we had 318 students; 160 of them female and approximately 60 involved in soccer, track, and drill team," said Werner.

“ We are young and learning the fundamentals of the sport. ”

Kori Pollock  
Head Softball Coach

"That left a huge number of students whose high school years could be enhanced with additional opportunities. Activities are the other half of education – I want students to be involved."

More than half of the 14 girls involved with the team are freshman with little or no softball experience.

"We are young and learning the fundamentals of the sport," said Head Coach Kori Pollock.

Pollock teaches physical education at the high school and played volleyball for Drake University (Des Moines, Iowa). She understands the benefits of competition.

"There are so many positive bonds and benefits being an athlete as well as being able

to compete against other with the same desires," she said.

Through teaching the fundamentals, Pollock said a few players have emerged as leaders.

"GiGi Gonzales has stepped up to a leadership role and is talented enough to play most any position we need her to play," she said. "I look to Anna Carrier for her experience and to Courtney Corder with her natural ability."

The Lady Falcons will host five home games this season but will not let their record determine how successful they are.

"If we get wins, great, but if we develop into a team that plays their best and learns from mistakes as well as have fun, it will be a good season," Pollock said.