

Bavarian News

Vol. 4, Nr. 23

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

November 26, 2008

GARMISCH

FAMILY FUN

Turkey Trot brings community together

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OPENING DOORS

Program helps wounded warriors with disabilities

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ANSBACH

WELCOME HOME

Griffin Soldiers return from deployment to Iraq

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SCHWEINFURT

ALL IN THE FAMILY

Dependents recognized for their support

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CHILD CARE

An estimated 78 percent of the CYS child care staff will take block leave before Jan. 15.

The community should anticipate a decrease in some CDC extended care services (Friday and Saturday evening care) during this time.

Parents can visit the CYS Central Registration Office at Grafenwoehr or Vilseck to obtain referral lists for Family Child Care Providers, American Red Cross-trained baby-sitters, and German kindergartens.

Extended care should resume in January.

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For road conditions and the latest community news, visit www.grafenwoehr.army.mil

Czech neighbors celebrate Veterans Day with Soldiers

Annual event honors liberation by U.S. troops during WWII

Story and photo by NICK D'AMARIO
USAG Grafenwoehr CI Chief

While Veteran's Day is celebrated in the United States and every U.S. military community worldwide, it is also celebrated in countries where the past deeds and heroism of American Soldiers have left their mark in history.

One such place is Rokycany, a quaint and unassuming town just east of the city of Plzen in the Czech Republic—a town liberated by U.S. Soldiers at the end of World War II, and famous for its demarcation line and monument.

The monument, funded by the Veterans of Foreign Wars and unveiled in 1996, is representative of the 1945 agreement between the U.S. and Russians that U.S. forces would not advance further east than Plzen — even though General George S. Patton's Third Army actually ventured as far east as Prague before being ordered to pull back.

This year's celebration, hosted by the VFW's Depart-

See U.S. TROOPS Page 25



At the famed Rokycany U.S.–Russian demarcation line: (from left) Drahoslav Riha, Jan Baloun, Hal Hedges and Vaclav Beneda.



Army wife and veteran Joyce Dodson sings Shania Twain's "You're Still The One" after winning the 2008 Operation Rising Star military singing contest Nov. 14 on Fort Belvoir, Va.

Schweinfurt employee wins Rising Star contest

Story and photo by TIM HIPPS
FMWRC Public Affairs

Army family member, USAG Schweinfurt employee and veteran, Joyce Dodson, won the 2008 Operation Rising Star military singing contest Friday at Wallace Theater at Fort Belvoir, Va.

Dodson, 24, is married to Sgt. Marquis Dodson of the 240th Quartermaster Company in Bamberg. She served four years in the Army and now works in human resources at the in-and-out processing center in Schweinfurt, where she won the local competition..

Dodson, a gospel singer and graduate of George Washington High School in Danville, Va., sang "You're Still the One" by country artist Shania Twain in the finals.

Runner-up honors went to Army Family member Fatima McElveen, the 20-year-old daughter of a senior noncommissioned officer.

"I was so impressed within an organization that exists for very different reasons, there is an outlet for every kind of talent," said judge Nigel Caaro, producer of "America's Got Talent."

"Whatever you're enlisted as, if you have a desire or a dream, you can fulfill it," he said. "I think it's great the Army allows that to happen - they give the time and the space to find out what talent they have and provide an outlet for it."

"It was amazing that one of the contestants actually said they forgot it was a competition until people started to be eliminated," he said.

Dodson won an all-expenses-paid trip to Los Angeles to record a three-song demo CD at DMI Music Studios. She was elated to win the contest.

"Every semifinalist and every finalist are gifted men and women," Dodson said. "All of them were so great. This prize could have easily gone to any of them."

Know where to find the inclement weather plan? Here's how!

USAG Grafenwoehr IOC

U.S. Army Garrison Grafenwoehr has an Inclement Weather Plan for all personnel who live and work in and around the garrison local.

All personnel should understand:

1. Road Condition Definitions
2. Methods to receive the latest weather updates and directed delay, closure or early release.
3. What delay, early release and closures mean

How to get Information:

■ Tune your Radios to A.M 1107 for the latest AFN updates and weather info to include Garrison Delays and Closures.

■ Logon to <http://www.grafenwoehr.army.mil> and click on "Weather Conditions/Road Conditions/School Closure" link on the left side of the page.

■ Tune TVs to the Command Information Channel and watch the weather crawler at the bottom of the screen.
Call DSN 475-ROAD (7623) or Civ: 09641-83-7623

See KNOW WHERE Page 25

Blackhawk Brigade's rendezvous builds esprit among unit's Soldiers, families prior to Iraq deployment



Col. Jeffrey A. Sinclair, 172nd Infantry Brigade commander, addresses Soldiers and Families during the bonfire finale of the 'Blackhawk Rendezvous' in Schweinfurt, Germany, Nov. 13.

Photo by Dave Melancon

FULL STORY PAGE 3

Q&A

Are you ready for 'Old Man Winter'?

(Responses from Grafenwoehr personnel)



Mary-Beth Cabell
"Definitely not. I live in Florida, where we don't get a lot of snow. I'm just here for a few months."

Gail Dillon
"I suppose so... I've got plenty of winter clothes from last year. I'm definitely excited about all the Christmas markets."



Sgt. Jeffrey Thompson
"Yes, but I will be spending my winter in Iraq (with the 172nd Infantry Brigade)."

Spc. Alondo Jackson
(spending the winter in Iraq with the 172nd Infantry Brigade.)
"Yes, but I'm used to the cold weather and the Army issues cold weather gear, so I'm ready!"



Sgt. Benjamin Cruz
"Well, it's my first winter here in Germany, so I'm not really prepared. I play day-by-day."

Ti Auni Cruz-Waller
"Yes! I am ready for the snow and winter sports. Winter is my favorite season!"



Sonja Brumbach
"I have my tires changed, and the wood is ready for the fire-place. I like to drink hot chocolate when it's cold outside and I love the Christmas markets."

Christa Fruehling
"I'm not prepared for winter. I hate winter. I like it warm and hot."



COMMANDER'S MESSAGE

Enjoy season's opportunities

During the past months I've met with many of our German community leaders and have attended several of their official functions.

Each of these has left a lasting impression of their genuine friendship and support for the U.S. military mission. Their loyalty is evident by the partnerships our units have with local organizations and German army units, and by the hospitality shown us at every event we attend.

We are working with Television Station OTV out of Amberg to produce an educational video to ensure each of us understands the region and the many opportunities it holds. Vilseck has extended a warm welcome to our redeploying 2nd Stryker Cavalry Regiment Soldiers and their families, including a 2SCR welcome

home reception at the Dagestein castle earlier this month. We recently attended the City of Grafenwoehr's annual Memorial Day wreath laying ceremony to honor their fallen soldiers. And the City of Eschenbach invited us to attend an Advent Concert performed by the world renowned Regensburg Boys Choir, the oldest boys choir in the world.

But these are just a few examples. It would be impossible for me to mention all of the invitations that our community receives from the local towns. And we don't need to receive a special invitation. They want us there with them. They want us to join in their activities and events, enjoy and be a part of their culture, their world.

Our Bavarian neighbors are interested in getting to know you, and want to help you settle into your home-away-from-home. They genuinely enjoy the pride of knowing they support the largest training facilities in Europe, and they have made lasting relationships with their American Soldiers, Families and DOD Civilians.

The Oberpfalz, or Upper Palatinate, region of Bavaria is

rich in tradition and culture and boasts some of the country's most picturesque landscapes, and we want to ensure you have the knowledge to maximize your stay in Germany. Make sure you enjoy the treasures our surrounding communities have to offer.

Natural and historic landmarks abound. Folksy village events and celebrated international programs live side by side. Within a short drive, you can visit a movie theater or opera stage, enjoy the Great Outdoors as you ski the Alps, or get a reprieve from the bitter cold at an indoor beach facility. There's no end to the possibilities as we live, work, and play in one of the historic hearts of the European mainland.

Whether it is our partner city of Weiden with its beautiful stores, cafes, and restaurants; the historic town of Grafenwoehr, which features a museum focusing on the training area and area military history; or Vilseck—the home of the medieval castle Dagestein; there is much to see and do!

I look forward to furthering these vital community relations, and I look for you to help me with that.

And don't miss a chance

to mingle with our neighbors while visiting the world renowned Christmas markets throughout Germany. A listing of some of the most well known Christkindlmarkts can be found by visiting <http://www.germany-christmas-market.org.uk/christmasmarkets2008.pdf>.

Locally, Christmas markets will be held Dec. 7 in Grafenwoehr, Dec. 6-7 in Vilseck, and Dec. 14 in Eschenbach.

This snowfall is just in time to make your visit to the Christmas markets extra scenic, and extra hazardous for motorists who are not prepared for winter weather. If you haven't already, winterize your cars right away and drive cautiously.

See Page 1 to review the garrison inclement weather plan and for a list of sources that can provide you with around-the-clock road conditions, school closures, and weather updates.

Get out and enjoy what our area has to offer, and have a happy and safe holiday season!

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

CSM CORNER

Now is the time to be thankful

This Thanksgiving, there are many things to be thankful for. Among them are the freedoms that you and I as U.S. Army Garrison Grafenwoehr Soldiers, family members, and civilians sacrifice so much—in our own individual ways—to uphold.

Grateful for...

Soldiers who sacrifice the comforts of home and family as they deploy across the globe or those Soldiers who support the Army mission from the rear; families who tirelessly support our mission from the homefront; and the civilians who provided continuity and constantly support the Army mission all play a role in ensuring what makes our nation great: a firm, unshakeable foundation in the belief of freedom and justice for all.

We should be cautious to never take for granted these freedoms that brave American men and women throughout history have sacrificed to preserve. Today, I am thankful for each of you and the role you play in upholding this noble tradition.

I am also grateful for the opportunity to serve my country in one of our host nation's most beautiful regions – the Free State of Bavaria. I, my wife, and kids have been welcomed into the homes and hearts of good neighbors and friends

in and around this area. We look forward to continuing this hospitable relationship.

American Indian Heritage

On Friday, the U.S. Army Garrison Grafenwoehr held its annual American Indian Heritage Celebration. It was a huge success, thanks to the community members who came out to show their support and enjoy performances by talented dancers, delicious ethnic foods, and sharing and learning about a culture rich in fascinating tradition.

Holiday Sharing Program

The Holiday Sharing Program is an outreach program where various organizations from the community provide donations via commissary vouchers and food baskets to help families during Thanksgiving and Christmas.

The majority of the donations come from the chapel congregations throughout our four communities, the Defense Commissary Agency, and Service Credit Union. This program is implemented by the command sergeants major and senior NCOs across the garrisons and their tenant units.

Those eligible to receive a voucher are Soldiers, family members and authorized civilians. We were able to help 264 families this year for Thanksgiving Day. For more

information individuals should contact their unit first sergeant.

Warrior Care Month

November is Warrior Care Month, a month-long, Department of Defense effort to educate the military and increase awareness of DoD's Warrior Care programs and resources.

Warrior Care Month focuses on programs, initiatives, and support that DoD promises our military through the phases of recovery, rehabilitation, and reintegration that are integral to the livelihood of our wounded, ill, and injured service members and their families.

For those who would like information, the Wounded Warrior Resource Center phone number is 800-342-9647 and links to resources are available on the Warrior Care and Transition Office Web site :

<http://www.army.mil/institution/organization/offices/eoh/wcto/>.

Holiday Kick-Off

Don't miss an upcoming chance to officially

See DON'T MISS Page 25
*Command Sgt. Maj. William Berrios
CSM, U.S. Army
Garrison Grafenwoehr*

I am also grateful for the opportunity to serve my country in one of our host nation's most beautiful regions....

Fort Lewis mom chalks it up to lessons learned

Commentary by
MICHELLE CUTHRELL
Author, "Behind the Blue-Star Banner"

Last weekend, I traveled to Virginia for my brother's wedding. With a 2 year old. By myself.

Before I had children, I used to enjoy traveling. Airplanes were these great sanctuaries for me to ignore the rest of my busy life for five or six hours and simply read or sleep or catch up on the latest movie star gossip. Flying was my version of Heaven.

And then I had a child, and suddenly the whole flying thing turned my streets of gold into rivers of fire.

If Hell is anything like flying with a 2 year old, I am definitely not becoming a Gold Card member.

Of course, after three deployments in four years, I've grown accustomed to flying with our son by myself. In two years, my son has flown on more than 10 round trips from Alaska to South Carolina and almost everywhere in between.

And although it's now easier than the 15-

month-old days (when he sat on my lap and screamed and yelled and pooped on me until the flight attendant found me another seat), it's still not exactly all that and a bag of chips.

Maybe that's because my 2 year old now knows the one word that consistently gets me voted off the island on a plane full of not-so-understanding, quiet-loving strangers: "NOOOOOOOO!"

As my normally loving and well-behaved 2 year old continued to bash his feet into the seat

See LESSON LEARNED Page 25

Bavarian News

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

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Pre-deployment Rendezvous boosts morale

Story and photo by
DAVE MELANCON
USAREUR Public Affairs Office

The 172nd Infantry Brigade's last unit formation here before its departure for Iraq combined ancient Greek history, Native American lore, military tradition, some sports and family fun.

The Nov. 12 and 13 event, the 172nd Infantry Brigade "Blackhawk Rendezvous," also borrowed heavily on the early American fur trapper tradition of an annual mass gathering where frontiersmen met to sell their wares, compete, share news and renew friendships.

The brigade will begin deploying for its third mission to Iraq this month and next. The unit is expected to serve in combat a year and then return to its home stations in Grafenwoehr and Schweinfurt.

"A rendezvous is a traditional event," said Col. Jeffrey A. Sinclair, the "Blackhawk" Brigade's commander, as he explained the sequence of events to Soldiers, Family members and guests packed into bleachers on U.S. Garrison Schweinfurt's inactive airstrip on Conn Barracks. "We're doing this because it is fun. It is warrior stuff," he said.

Sporting and frontier skills events opened the rendezvous Nov. 12 at the unit's two home bases.

During their seven-month training for deployment, Schweinfurt-based Soldiers frequently traveled to Grafenwoehr, but the rendezvous marked the first time the brigade's Grafenwoehr-based Soldiers traveled to Schweinfurt.



Col. Jeffrey A. Sinclair, commander of the 172nd Infantry Brigade (left) joins brigade Command Sgt. Maj. Steven W. McClafinin casing the unit's colors for its upcoming deployment during the 'Blackhawk Rendezvous' in Schweinfurt Nov. 13.

The daylong series of events included competitions in hand-to-hand combatives, caber toss (the traditional Scottish sport of throwing a long, heavy pole), archery, stone and axe throwing, relay races, soccer and pugil stick battles. While their Soldiers battled for bragging rights and unit pride, Family members took part in activities such as games, face painting and bounce houses.

Schweinfurt members of the unit listened to the Donny Vox Band perform at the Finney Fitness Center on Conn Barracks that evening.

The following morning the 4,300-Soldier-strong brigade gathered in mass formation on Conn for the finals of the previous day's sports competition and the rendezvous' remaining events.

Before casing the unit colors, the brigade recognized 166 graduates of the Blackhawk First Responders' Course and honored the winners of the rendezvous competitions. The big winners, the Soldiers of the 2nd Battalion, 28th Infantry, earned the right to carry the unit's shield with them into Iraq. The Greek-style shield

emblazoned with the profile of an American Indian warrior is a symbol of the Blackhawks' pride.

For the grand finale of the rendezvous the unit's Soldiers and Families gathered before a blazing bonfire, where Sinclair spoke with them about the upcoming deployment.

"Instead of just casing the colors, we chose to hold a ceremony that communicates to Soldiers and their Families. We chose a bonfire as a way to bring everybody together," Sinclair said.

"We use fire as a symbol, as it relates to us the chaos of combat, but it also bonds people together. It is a place where humans come together and be with each other to experience family."

The colonel said every member of the unit is vital to its success in Iraq and at home station, and pledged the brigade will support them during the deployment.

"We will take care of each other. There is no one Soldier more important than another Soldier in this formation. There is not one Family that is more important than any other Family in this formation," he said. "We are all in this together, immaterial of rank. The youngest private who showed up in this formation is just as important as the brigade commander."

Soldiers and their Families can use the yearlong deployment period to taking advantage of opportunities offered to them and improve themselves personally and professionally, he said.

"In the next few weeks we will go, but we will thrive in combat, not just survive," Sinclair said.

Spotlight on Education



Name: Brian Swenty

What grade and subject do you teach?
9th Grade AVID and 9th and 10th Grade Honors World History

Hometown: Canal Zone, Panama - Graduate of Balboa High School (DoDDS)

How long have you been a teacher? Six years

What do you enjoy most about teaching?

I enjoy helping students find their passions in life. Regardless of what subjects they are good at or what they decide to do after graduation, I believe they must have something that excites them in order to truly find happiness. I enjoy hearing from students after they leave my classroom or gym and tell me that I have made a positive difference in their lives.

What advice can you give students to help them succeed? Turn off the TV and computer at 10 p.m., got to sleep and then eat a decent breakfast in the morning.

Canny mailers beat customs call of duty

by **ROBERT SZOSTEK**
USEUCOM Customs PAO

U.S. law imposes a tax on foreign imported goods called duty.

For U.S. personnel overseas, that means gifts sent to the States this Christmas may be subject to this tax.

Foreign-made gifts are allowed duty-free entry if their retail value is under \$100 and the recipient does not receive over \$100 worth of foreign gifts in one day.

If such a gift is over \$100, the entire amount is subject to duty and a customs processing fee. Only the recipient can pay the duty and the fee.

However, American-made gifts are duty-free if they were not altered abroad in a way that increased their value.

"Many people think that gifts bought in military exchanges can go to the States duty-free," said Bill Johnson, director of the European Command's Customs and Border Clearance Agency, "but this is not necessarily true. The items have to be American-made to gain duty-free

entry."

One break for people stationed overseas is that they can send personal belongings home duty-free if they have official change of station orders. "Just put a copy of your PCS orders in an envelope, stick it to the parcel and write clearly on the outside 'Returned Personal Effects - Orders Enclosed,'" Johnson added.

The International Mail Imports pamphlet available at military customs offices has more information on mailing gifts as does the Customs and Border Protection website at www.cbp.gov/xp/cgov/travel/vacation/kbyg/gifts.xml.

For more information, contact your local customs office or visit <http://www.hqusareur.army.mil/opm/customs.htm>.

Customs Office Information

Bamberg

Bldg # 7011, Rm 124 and 125, Phone: DSN: 469-9312, CIV: 0951-300-9312

MON – FRI 08:00 – 12:00 hrs and 12:30 – 15:30 hrs

Garmisch

Bldg # 209 MP Station, Phone: DSN: 440-3601, CIV: 08821-750-3601,

TUE – FRI 13:00 – 16:00 hrs

Grafenwoehr

Bldg # 621, Rm 102, Phone: DSN: 475-7249, CIV: 09641-83-7249

MON – THU 08:00 – 12:00 hrs and 13:00 – 16:00 hrs

FRI 08:00 – 12:00 hrs and 13:00 – 15:00 hrs

Hohenfels

Bldg # 10, Rm 118, Phone:

DSN: 466-2012, CIV: 09472-83-2012

MON – FRI 08:00 – 12:00 hrs and 13:00 – 16:00 hrs

Schweinfurt

Bldg # 289, Phone: DSN: 354-6842, CIV: 09721-96-6842

MON – FRI 08:00 – 12:00 hrs and 12:30 – 15:30 hrs

Vilseck

Bldg # 161, Rm 127, Phone: DSN: 476-2105, CIV: 09662-83-2105

MON – THU 08:00 – 12:00 hrs and 13:00 – 16:00 hrs

FRI 08:00 – 12:00 hrs and 13:00 – 15:00 hrs

The Blotter Report

The Provost Marshal's Office reports that from Oct. 22-Nov. 3, the following major offenses occurred in the Grafenwoehr/Vilseck and Garmisch areas:

Grafenwoehr area:

- 9 Assaults (2 Aggravated / 7 Consummated by Battery)
- 2 Controlled Substance Violations
- 4 Damages to Government Property
- 4 Damages to Private Property
- 2 Disorderly Conduct/Public Drunkenness
- 17 Alcohol Related Driving Offenses
- 14 Larcenies (2 Govt Property / 3 of Private Funds/9 of Private Property/1 of a Motor vehicle)
- 16 Traffic Related Accidents, 4 On Post/12 Off Post (5 Fleeing

the Scene)

Garmisch area:

- 2 Larceny of Govt Property
- 1 Larceny of Private Property
- 2 Domestic Assaults
- 6 Traffic Related Accidents- All Off Post
- Hohenfels area:**
- 1 Aggravated Assault
- 2 Communicating a Threat
- 2 Domestic Assaults (1 Verbal Dispute only)
- 2 Disorderly Conduct / Public Drunkenness
- 1 Housebreaking- of Barracks
- 2 Larceny of Govt Property
- 1 Larceny of Private Property
- 1 Damage to Govt Property
- 1 Damage to Private Property
- 1 Wrongful Use of a Controlled Substance
- 4 Traffic Related Accidents 2 Off Post/2 On Post

Garrison Gate Hours

GRAFENWOEHR

to 5 a.m.

Gate 1:

Vehicle inbound traffic from 5 a.m. to 9:30 a.m.

Outbound traffic 9:30 a.m. to 9:00 p.m.

Pedestrian Traffic Only from 9 p.m. to 5 a.m.

Graf Gate 3 (Visitor Sign-In):

If you would like to sign your guest out after 9 p.m., you must visit Gate 6, where all sign-in documentation is transferred after 9 p.m.

Open from 5 a.m. to 9 p.m.

Closed every day from 9 p.m.

Graf Gate 6 (Visitor Sign-In) Open 24/7

Gate 9 (by Camp Aachen) Open from 5 a.m. to 9 p.m.

Closed every day from 9 p.m. to 5 a.m.

Guards are posted at the Gate 9 to authorize pedestrian guests from 9 p.m. to 5 a.m.

Gate 20 (Netzaberg Gate): Open 24/7

Gate NVC (Netaberg Village Center): Open from 5 a.m. to 11 p.m.

Gate 4 (Tanzflek):

Open from 5 a.m. to 9 p.m. Closed every day from 9 p.m. to 5 a.m.

VILSECK

Vilseck Main Gate (Visitor Sign-in): Open 24/7

Gate 1A (Airfield Gate): Open Monday through Friday from 6 to 8:30 a.m. only

Gate 2: (back gate from Tank Trail) Open 24/7

Use extreme caution if you plan to deepfry your Thanksgiving turkey

Special to the Bavarian News

Consumers should use extreme caution when preparing holiday meals with a turkey deep fat fryer.

Tests have shown that the fryers have a high risk of tipping over, overheating, or spilling hot oil, leading to fires, burns, or other injuries.

The cooking method, which has become increasingly popular in recent years, requires placing the turkey in three gallons or more of oil, heated by propane.

Some opt for frying, believing it delivers better taste and cuts down on cooking time; but the units have come under scrutiny as Underwriters Laboratories, Inc., an independent product safety-testing organization, has decided not to certify any turkey fryer with their UL mark.

Some concerns about turkey fryers:

- When the turkey is placed in the hot oil, oil may spill onto the burner, creating a fire.

- The units can easily tip over, spilling hot, scalding oil onto anyone or anything nearby.

- Most units do not have automatic thermostat controls, so oil may heat until it catches fire.

- The sides, lids, and handles get extremely hot and may cause burns.

The IMCOM Fire Protection Specialists urge consumers to use cooking equipment that has been tested and approved by a recognized testing facility.

Unattended cooking is the primary cause of

residential fires." "By simply oven-roasting a turkey the traditional way, or ordering a fried turkey from a grocery store or caterer, who are experienced in deep frying food and use professional-grade frying equipment, consumers can reduce the chance for serious burns and injuries."

However, if a turkey fryer is used, here are some tips for safer use:

- Turkey fryers should always be used outdoors a safe distance from buildings and combustible materials.

- Never use turkey fryers on wooden decks, in garages, or underneath overhangs.

- Make sure the fryers are used on a flat surface to reduce accidental tipping.

- Use an oil (or candy) thermometer to monitor the oil for cooking temperature as well as to prevent smoking and/or fire. Ensure that you have a thermometer designed for the deep fat fryer and monitor the oil's temperature so that it does not reach its ignition temperature and causing an unwanted fire to begin.

Most personnel will utilize peanut oil in their deep fat fryers due to its higher ignition temperature. A key point to remember is that peanut oil has a smoke point of 440°F or 227°C.

The smoke point of various fats is important to note because a fat is no longer good for consumption after it has exceeded its smoke point and has begun to break down. Once a fat starts to smoke, it usually will emit a harsh smell and fill the air with smoke.

- All personnel should know the flash point

and auto ignition temperature of the oil in which they are cooking with. If this is unknown, contact your local fire prevention office. Peanut oil has a flash point of 539.6°F/282°C and an auto-ignition temperature of 833°F/445°F.

- Never leave the fryer unattended. Most units do not have thermostat controls causing the oil to continue to heat until it catches fire.

- Never let children or pets near the fryer when in use. Even after use, never allow children or pets near the turkey fryer. The oil inside the cooking pot can remain dangerously hot, hours after use.

- To avoid oil spillover, do not overfill the fryer. Follow the manufacturer's recommendations.

- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect eyes from oil splatter.

- Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over, causing a fire or even an explosion hazard.

- It is recommended for refrigerator thawing and to allow approximately 24 hours for every 4-5 pounds of bird to be thawed out.

- Keep an all-purpose fire extinguisher nearby and use it if the fire is manageable. NEVER attempt to extinguish a Deep Fat Fryer grease fire utilizing water.

- Immediately call your emergency fire reporting phone number for fires involving deep fat fryers.



Turkey fryers should always be used outdoors a safe distance from buildings and combustible materials. Tests have shown that the fryers have a high risk of tipping over, overheating, or spilling hot oil, leading to fires, burns, or other injuries.

SAFETY NEWS

Shop CPSC toy safety tips before shopping for holiday gifts

U.S. Consumer Product Safety Commission

The holidays are here and the U.S. Consumer Product Safety Commission has its list. Parents and gift buyers are encouraged to check it twice. Today, CPSC issued its annual holiday safety messages, joined by U.S. Customs and Border Protection and Safe Kids Worldwide, to remind parents to be diligent when making holiday shopping choices.

"CPSC, CBP and industry activity has been with one goal in mind, to keep the toys our children play with the safest in the world" said Acting Chairman Nancy Nord. "Vigorous inspection of toys, testing and law en-

forcement have made toys the safest this season."

For 2007, the Commission has reports of 18 toy-related deaths and CPSC staff estimates that there were about 170,100 hospital emergency-room treated toy-related injuries to children under 15.

Most of the deaths were associated with airway obstruction from small toys, drowning, or motor vehicle accidents during play. Most of the injuries were lacerations, contusion and abrasions; the head and face was the area most frequently affected.

The top 5 toy hazards:

- * Scooters and other Riding Toys
- Riding toys, skateboards and in-line

skates go fast and falls could be deadly. Helmets and safety gear should be worn at all times and be sized to fit.

- * Small Balls and other Toys with Small Parts - For children younger than age three, avoid toys with small parts, which can cause choking.

- * Balloons - Children under eight yrs. can choke or suffocate on un-inflated or broken balloons. Keep un-inflated balloons from children. Discard broken balloons at once.

- * Magnets - For children under age six, avoid building or play sets with small magnets. If magnets or pieces with magnets are swallowed, serious injuries and/or death can occur.

- * Chargers and Adapters - Charging batteries should be supervised

by adults. Chargers and adapters can pose thermal burn hazards to children.

Once the gifts are open:

- * Immediately discard plastic wrappings on toys before they become dangerous play things.

- * Keep toys appropriate for older children away from younger siblings.

- * Pay attention to instructions and warnings on battery chargers. Some chargers lack any device to prevent overcharging.

With the increased popularity of second-hand stores and on-line vendors, gift-givers should be especially vigilant to prevent the sale or purchase of hazardous products that have

been recalled, banned or do not meet current safety standards. Before placing products in the second-hand market, check its recall status at www.cpsc.gov. Buyers should make sure their gifts do not include any of the recalled toys or children's products on CPSC's Web site.

Also, at this Web site, consumers can keep up-to-date on dangerous products by signing up to have recall announcements sent directly to their e-mail account. Choose to receive all recall announcements or children's product recalls only. Consumers also can call CPSC's toll-free hotline at (800) 638-CPSC. For information about all types of recalls, visit www.recalls.gov.

Home again!

Friends and family gathered Nov. 13 at Grafenwoehr to welcome home members of the 71st Medical Detachment (PM) from a one-year deployment to Iraq.

Photo by Corinna Grimm



Domestic violence usually comes with 'red flags'

1.3 million women are assaulted by partner each year

by BRANDON BEACH
USAG Stuttgart Public Affairs

Near the entrance to the Panzer Main Exchange in Stuttgart stands a life-sized silhouette of a woman. Made of plywood and stained in red, a similar silhouette stands just a few feet from the ice cream machine at the Patch Dining Facility. They are places we visit frequently. The women, though, are people we rarely hear from every day. But each one has a story to tell.

They are the Silent Witness Silhouettes, part of this year's Domestic Violence Awareness Month campaign in Stuttgart, tributes to real victims who have lost their lives to abuse.

"Sad is beyond words," said Jacque Maldonado, a Stuttgart resident, after reading about

Shalamar, 24, a military wife stabbed to death by her husband. "It just sends chills down you."

Chilling are the statistics.

The National Coalition Against Domestic Violence reports that every year nearly 1.3 million women are victims of physical assault by their partner.

More alarming are the 3.3 million children who witnessed domestic violence last year in their homes.

And many incidents just don't get reported, "especially with our military culture," said Tira Jones, a victim advocate coordinator at Stuttgart's Army Community Service.

But that is starting to change. Last year, the U.S. military introduced restricted reporting, giving victims the chance to speak up without an official investigation starting.

"It's helping," said Jones. "Now people can come in and say, 'Hey, I need to report abuse,' and we don't say, 'Ok, let me call the MPs [military police] first.'"

There are some exceptions to the rule.

"If there's child abuse going on, obviously that's something we cannot keep," said Jones.

"If someone threatens to commit suicide or homicide, those aren't things we can hold."

For Kelly Beck, a family advocacy program specialist at Stuttgart's ACS, it's seeing the red flags.

With Soldiers deploying frequently, "we're seeing that the stress levels have increased and that affects the family," said Beck. "A big part is just knowing where to find help."

This month, Jones, Beck and other members of Stuttgart's Family Advocacy Program have been working to get the word out.

As part of Domestic Violence Awareness Month, ACS has conducted briefings for spouses and military units. They also organized a local clothesline project, which asked community members to illustrate a story of abuse on a T-shirt.

The clothesline was first displayed to the public on Saturday at the Panzer Mall, alongside several of the 12 silhouettes already set up throughout the Stuttgart military community.

For all the triggers that might set off a partner — post-deployment stress, work anxiety, lack of intimacy — domestic violence can never be considered an option.



Courtesy photo

Domestic violence is not an option.

New EW career field to 'blind enemy' with science

by C. TODD LOPEZ
Army News Service

By 2010 the Army expects to have more than 1,500 Soldiers trained in the art of "blinding and deafening" America's enemies by wielding the radio spectrum as a weapon.

The Army has in the past relied heavily on both the Navy and the Air Force for their electronic warfare capability, said Col. Laurie G. Buckhout, the Army's chief of electronic warfare.

But the service plans to remedy that by creating a new electronic warfare career field for officers, warrant officers and enlisted members.

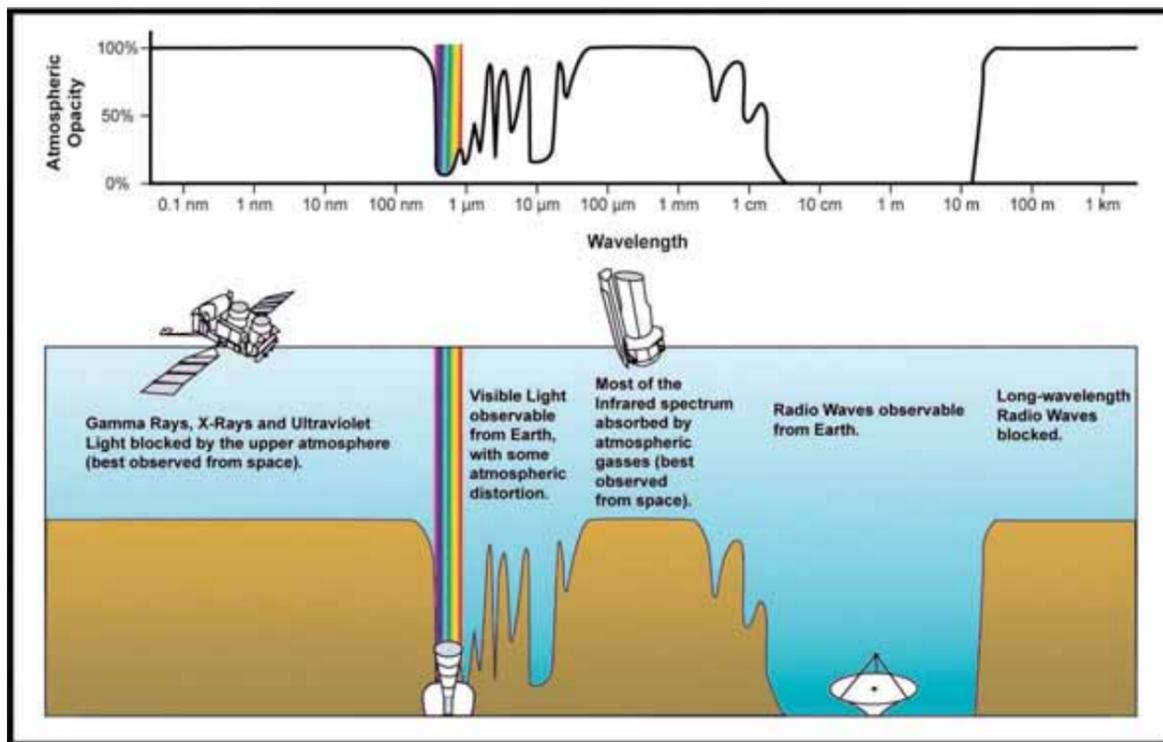
"We're going to be able to protect ourselves from spectrum-using threats, which we can't really do for ourselves today," said Buckhout. "We have the Air Force and the Navy doing that for us now and that is getting a little old for them and old for us. We want to be able to attack, blind, deafen and isolate the enemy before he does it to us."

The Army doesn't really plan on making anybody actually blind or deaf. Instead, it plans on providing Soldiers with the training and equipment they need to effectively wage war within the radio spectrum and to apply fires on that new battlefield that can destroy the ability of the enemy to communicate amongst themselves.

"Electronic warfare is the new battlefield, it's our new domain," said Buckhout.

To man the guns on that new battlefield, in both offensive and defensive roles, the Army is creating the 29-series career field for electronic warfare operators and officers.

The Army recently pushed seven officers through a new pilot course at Fort Sill, Okla., a course that will qualify those Soldiers to carry the designation of electronic warfare officer, should Chief of Staff of the Army Gen. George W. Casey Jr. sign



File photo

By 2010 the Army expects to have more than 1,500 Soldiers trained in the art of "blinding and deafening" America's enemies by wielding the radio spectrum as a weapon.

off on a Force Design Update sometime next month.

But it's not just officers the Army plans to train. New courses are now being developed for both enlisted Soldiers and for warrant officers.

The Army expects to initially man the electronic warfare career field with some 1,511 Soldiers in the rank of sergeant and above. Students are expected to attend classes and become part of the electronic warfare community by 2010.

The new graduates will man positions in Army operations sections, not in intelligence sections, where electronic warfare-types have served in the past, Buckhout said.

"That is a huge change for the Army and it is revolutionary in the way the Army is now looking at holistic electronic warfare -- we're waging war on the spectrum. It's not just for the intelligence community anymore."

The Army does currently have two additional skill-identifier courses in electronic warfare, including the Electronic Warfare Planners course taught at Fort Sill and the Counter RCIED (Remote Control Improvised Explosive Device) Electronic Warfare course to teach CREW operators to use the improvised explosive device-jamming technology. But neither course really trains Soldiers for a career using EW as an offensive weapon.

While CREW is a component of electronic warfare, it is a self-defense measure, not an offensive weapon, Buckhout said.

"It's not blinding and deafening the enemy," she said. "It's just kind of protecting yourself. Just like in a foxhole -- only a moving foxhole because we have a protective bubble around us. And that's no way to fight. You're still defensively operating on the battlefield, rather than offensively."

The new career field and a new way to fight with electronic warfare will change all that, Buckhout said. Instead of limiting EW to gather-

ing intelligence or disabling an IED, the Army will use EW as a weapon to inflict damage on the enemy, said Buckhout.

"With EW, you can suppress IEDs, you can stop communications, and you can do suppression of air defenses so you can stop people from shooting at you," she said. "To stop their radars from finding you, you can do radar suppression. You can also use the spectrum to jam or screw up or deceive them on their GPS. Imagine enemy aviators flying and all of the sudden they have no GPS -- that'll screw them up. You can also take out enemy formations the same way, by taking out their radars and sensors and their battle command."

It's no surprise that Soldiers already involved in artillery and other offensive attack-related career fields are showing up and asking to be part of the EW community.

"A lot of fires guys want to be part of this, because electronic attack is a form of fires," said Buckhout. "It is going out and attacking something, and you have to consider battle space, trajectory, targeting, and the effects you want. All these things are done with electronics. So it's the fires and the field artillery guys that are all over this, and they are doing a really good job."

One possible roadblock to moving the Army further forward with EW is getting everybody on board and getting them to understand.

"The other services are ahead of us in some ways, in terms of airborne capabilities -- the Navy and the Air Force in particular," Buckhout said. "The Army is entrenched - it's like trying to bring tanks in to the old cavalry guys, that fight Patton had back in the 30s. It's not just horses anymore, there's a whole new capability out there, a whole new threat. We need to be able to achieve parity -- we have to get past the horse cavalry mentality."

Army looks to new technology for possible follow-on to M-4

by C. TODD LOPEZ
Army News Service

Army and industry leaders gathered Nov. 13 to exchange information about the latest advances in small-arms technology.

The Army released a Request for Information Aug. 22 asking the weapons industry to see the latest, state-of-the-art, small-arms technology.

Industry representatives brought examples of that technology to an invitation-only industry day here to show Secretary of the Army Pete Geren and representatives of the Army's Program Executive Office-Soldier.

The industry day was meant to allow military decision makers, including those from the Air Force and the Marine Corps, to get a look at what technology is available from weapons manufacturers in the way of small-arms -- in particular, for something that could be a follow-on to the M-4 carbine.

The Army is not ready today to buy new individual weapons for Soldiers beyond the M-4, said Col. Douglas A. Tamilio, project manager for Soldier Weapons.

In fact, Secretary Geren said the Army recently completed a purchase of 473,000 M-4 carbines. Geren said he is impressed with the M-4, and that the Army will continue to rely on industry to provide Soldiers with the best capabilities available.

"We are committed to the right capability and weapons for our Soldiers," the secretary said, while addressing industry leaders. He also said the Army would likely continue to purchase the M-4.

But a changing threat environment means that in order to continue to provide Soldiers with the best weaponry, the Army must continue to look at the latest options for weapons, Tamilio said.

"We want to make sure we have the best capability for our Soldiers," he said. "So we've

got to get a good feel for what is out there."

Tamilio said proliferation of better weapons and better body armor amongst America's enemies means the Army must also look for better weapons. To that end, the secretary of the Army has directed the Army's Training and Doctrine Command to create a requirements document for a new individual weapon for Soldiers.

That requirements document is expected to clear the Joint Requirements Oversight Committee next summer and a Request For Proposal might be released in September 2009, Tamilio said. With the release of an RFP, arms manufacturers will compete to sell the Army a follow-on to the M-4.

During the industry day, more than a dozen weapons manufacturers -- including Smith and Wesson, Sig Sauer, and Colt Defense -- displayed their latest weapons technology for Army officials. Later, representatives from each vendor met with Army officials to discuss their wares.



A Soldier peers through an M-4 carbine scope while providing overwatch security in Tal Afar, Iraq. The Army recently received final delivery of 473,000 more of the carbines, even as it looks at the latest technology as possible follow-ons to the M-4.

The U.S. Army Garrison Grafenwoehr 1st Quarter Honor Roll Students Grafenwoehr Elementary School

"A" Honor Roll

Greyson Lerner
Ryan Martin
Patrick Ramirez
Yazmin Chavez
Carlos Franco
Sierra Siebold
Joshua Williams

Megan Howard
Joel Romero

"A-B" Honor Roll

Catherine McNeill
Devon Traylor
Genesis Rivera
Gerald Managuit
Janio Moreno

Kime McElroy
Kyle Roberts
Nicholas Klausner
Sydney Fenn
Barta, Diana
Caroline E. Toth
Charles Fassett
Haley Connell

Enrico IrizarryMaing
Eric Guzman
Gabriela E. Shimkus
Isabella Galeana-Vazquez
Jennifer E. Shimkus
Jordan B. Reese
Timothy Muhlenbeck
Vanessa Hamilton

Abigail Villanueva
Caryl Cohen
Jasmine Jimenez
Laura Hurtado
Leandra Mulla
Morrice Smith
Nicole Ogborn
Ryan Randle

Trey Pruitt
Tyler Cooper
Victoria Banister
Courtney Beilhart
Darron House
Elizabeth Morrison
Erika Schneider
Jaylen Dawn

Joshua Frenette
Julian Burnham
Kadreaanna Price
Kristin Morrison
Maliek Henry
Miranda Jackson
Silvia Daskalakis
Sven Schnare

Vilseck Elementary School

"A" Honor Roll

Patrick Barnett
Benjamin Jones
Tiffany Hendricks
Tierra Mendoza
Emily Mock
Riley Campbell
Margaret Clearwater
Rebekah Haas
John Abel Isenhower
Sarah Read
Elisabeth Davis

Kenzyl Jones
Marc Anthony Signorello
Komal Singh
Zachary Harrison
Mya Hurtado
Autumn Siebold
Shaliyah Smith
Heaven Moten
Alex Rodriguez
Carlos Valarezo
Catherine Wigton
Nicholas Brooks

"A-B" Honor Roll

Elliott Burbelo
Mackenzly Conley
Zachary Gilman
Madison Hoecker
Kevin Shomper
Azriya Smith
Frank Wood
Edward Zdeb
Chloe Clifton
Jahnnny Pomares
John Villar
Dominique Dillahunty

Ashna Singh
Heidi Holwerda
Jordain Russell
Katelyn Hunter
Hayden Kasavicha
Principal's Honor Roll:
Elizabeth Butscher
Chanita Kirmanidou
Brandon Massie
Samantha Purganan
Femi Whitehead
Vismel Candelaria
Natalya Cano

Nathaniel Cruz
Hailey Davis
Sylvia Hasley-Velez
Michaela Lawson
Cheyenne Leuteman
Nautiqa Moten
Elijah Porter
Jaci Reynolds
Chaylynn Spencer
William Stewart
Logan Williams
Tiffany Belcher
Jeremy Diamond

Shanea Smith
Karen Bebernis
Hope Davis
Yasmine Perez
Edward Powers
Jacob Torrez
Christopher Engel
Ronnie Kimble
Tessa Novak
Malik Price
Joseph Whyte
Savannah Anys
Justin Baker

Crystal Morris
Michael Dougherty
Joshua Neeley
Christopher Lancaster
Madison Lopez
Michael Moya
Armando Barkley
Taylor Gilman
Maia Pettiford-Green
Emma Self
Danielle Blangger
Derek Davis
Amanda Headley

Netzaburg Elementary School

"A" Honor Roll

Sadira Hayes
Kathryn Korte
Kirstyn Korte
Jennifer Maxwell
Ken Rassavong
Tyler Bowser
Taylor Butcher
Joshua Delgreco
Alyssa Dunivent

Alexandria Finney
Meigan Girard
Keara Hamer
Key Gunner
Madysen Meyer
Cierra Miller
Ethan Reibosome
Jacob Warren
Brianna Woodson

"A-B" Honor Roll

Madison Anderson
Alec Argueta
Grace Billingsley
Disney Cain
Rachel Campbell
Lauryn Colon
Mariah Dewint
Kyle Finney
Milla George
Tierany Hagler

Danae Hammond
Rebecca Haney
DeAuna Jones
Michaela Lewis
Rylie Merryman
Tyrell Okuwa
Faith Parrino
Samantha Parrish
Lars Peterson
Nijel Rawlins
Kyan Royster

Hugo Rucobo
Erika Savedra
Brandon Schoonover
Dakota Scroggins
Selena Thomas
Alanis Vargas
Francesca Warren
Aryana Ybay
Ciara Alston
Kristian Swotek-Black
Kenneth Bogwitch

Joshua Clamage
Paden Clark
Jose Cortez
Matthew Duenas
Erykah Ffrench
Kimbrea Hollingsworth
Laura Jones
Faith Kloth
Muliaga Lelauti
John Michael Lopez
Phillip Orbe

Faith Paul
Adam Proctor
Christopher Ross
Kenny Spiller
Tiana Valencia
Indira Valazquez
Mikayla Vigue
Maurice Waczenski
Dejia Walkin
Jaihde Williams
Eric Wills

Netzaberg Middle School

Alexandro Acosta
Nicholas Ahlers
Jordan Akalaonu
Nadia Almomory
John Alombro
Logan Alston
Kaitlyn Ashline
Bradley Baker
Vannesa Banister
Alexandra Barnett
Caitlin Barry
Jamie Lee Bartow
Omari Batts
Nicholas Baxter
Sierra Beasley
Jonithan Bennett
Samantha Bidingier
Zaria Boyd
Michael Briskin
Kelsi Brunson
Sydney Brunson
Elsa Burbelo
Amber Burger
Georgina Cano
Sarah Cavazos
Ciara Centamore
Hannah Chavez
Kayla Clamage
Everett Clark

Jade Clark
Javanna Clark
Nia Cohen
Brianna Coleman
Chiara Coleman
Hannah Collins
Nico Conrad
Isaak Gauthier
Jonathan Guevarez
Jessica Corder
Nathan Corder
Carlie Core
Christopher Cormier
Mark Cormier
Candice Cudjoe
Latrece Cunningham
Chasity Dahlberg
Cheyenne Dahlberg
Dominic Davidson
Johnathan Dean
Alexandria Delgado
Marlon Delgado-Lopez
Daniel Diamond
Ronald Diaz
Victoria Duckels
Anna Duenas
Quinton Edwards
Samantha Elane
Jeremiah Ferguson
Kyle Florance

Devin Florendo
Cecilia Fodor
Angelina Franco
Rachel Gabavics
Gabriel Gallardo
Javier Gallardo
Isaak Gauthier
Jonathan Guevarez
Brenda Guzman
Jamie Haas
Atavia Hagler
Sarah Hall
Taylor Hendricks
Rachael Hocker
Brent Hoffman
Amber Holland
Shralondra Howard
Uriah Huffman
Kiera Huil
Nievjohn Ignaco
Stephanie Jessop
Samuel Jones
Zachary Kennedy
Chris Koslosky
Noah Kraemer
Ingrid Kenan
Nicholas Lawrence
Ashley Lebel
Michaela Lechwar

Gabriel Lewis
Molly Maine
Paul Mako
Adam Malec
Elizabeth Malec
Leilani Manera
Emily Manzo
Megan Markos
Katherine Mason
Tyrece Matthews
Alisha Mayo
Ayasha Mays
Lindsey McClaffin
Jasmine McKee
Isaiah McNickles
Kaitlyn Memund
Meycelle Miller
Gabriella Mills
Alexis Mitchell-Dugan
Melissa Morris
Chelsea Mordock
Amira Murry
Taylor Nattress
Rebecca Neely
Benjamin Nelson
Michael Nelson
William Nguyen
Anastasia Nikolaeva
Laura Octavo

Robert Ogborn
Madeline Olden
Steven Pedroza
Kristine Peterson
Jaiden Pharris
Maximillian Philbin
Carolyn Pippin
Skye'Lyn Puckett
Miah Purganan
Rebecca Raastad
Caitlin Rabuck
Michelle Ragay
Mikhael Ragay
Angelica Rago
Gabriella Rago
Phillip Ramirez
Meraleigh Randle
Trey Reese
Benedikt Reynolds
Daniel Reynolds
Jacquelyn Riegel
Ryan Riegel
Guillermo Rigual
Taylor Robinson
Kierra Roby
Elizabeth Rodriguez
Mincy Rodriguez
Rosemarie Rodriguez
Juan Romero

Robert Root
William Rosalino
Ismarie Rosario
Chrislynn Ross
Wunderly Rote
Sheynilmari Ruiz
Sarah Schaffer
Jana Schmidt
Chrystin Schmol
Ian Schwartz
Briana Scott
Julia Scroggins
Ian Seitz
Elizabeth Self
Kaitlyn Sharp
Colin Shaw
Megan Shimkus
Deepika Singh
Erica Skiddle
Shanice Smith
Sharon Smith
Alexandra Soika
Florian Sovine
Haylie Steffe
Shelby Stewart
Alexandria Strube
Paola Suarez
Nathaniel Thurman
Stephen Tilzey

Andrew Toohey
Reyna Towns
Tamara Towns
LaBrittany Triplett
Nolan Tucker
Mahpiya Vanderbilt
Leah Vasquez
Vincent Vega
Sydney Velez
Kiana Vertz
Danielle Villali
Benjamin Villalon
Jose Villanueva
Ulani Villanueva
Breanne Vogelphol
Angelica Warren
Cassandra Watson
Taylor Watson
Zarah Webster
Michael Wigton
Richard Wik
Ashley Williams
Courtney Wills
Shandra Wilson
Shavonne Wilson
Sereniti Woodford
Brendy Woodson
Tyreque Young
Gabriel Zavala
Andrew Zdeb

Vilseck High School

Andrew Baxter
Chelsey Burger
Katharine Cooper
Aaron Hogg
Amy Maitner
Jacob Martin
Megan Moore
Gabriel Ruiz
Belinda Spiritry
Terri Atwater
Gavrielle Whyte
Jessica Crusing
Jonathan Delgado Lopez
Tyler Kirk
Michael Naterlin
Lisa-Marie Roberts
John Wood
Tiarah Kay
Gabor Barta
Georgianna Castro
Dwayne Imber
Uriel Lee
Victoria Murchison
Dylen Raastad
Stephanie Rodriguez
Jared Russell
Timothy Crusing
Darre'Auna Lyde
Lauren McClaffin
India Pinkney
Dmitri Walker
Sasha Whitlock

Jermaine Barkley
Tyler Cepeda
Alisha Davidson
Taylor Hall
Shania Hargis
Ashley Lavallais Hocker
Christian Leming
Shannen Maxwell
Stefanie Powers
Marissa Rago
Sarah Utke
Bianca Vance
Leah Watson
Tracey South
Harmony Comer
Dayton Williams
Francesca Galeana Vazquez
Taylor Graves
Richard Johnson
Taylor Julien
Kimberly Kozma
Carlos Lopez Santana
Tiffany Agee
Kevinn Asahan
Melissa Camara
Derrick Daniels
Joseph Estrada
Jacquelyn Fassett
Sarahfina Luuga
Rebekah Prater
Miguelangel Quinones
Ariana Rael

Shanice Rivera
Breanna Schmoll
Xavier Selders
Chelsea Stack
Alexandria Mills
Roberto Miranda
Maxianne Villalon
Sara Carriker
Brittany Conley
Jacqueline Cormier
April Eleana
Christy Manoogian
Christopher Nelson
Jimmy Nguyen
Danica Schobin
Megan White
Ashlia Hendricks
India Johnson
Christine Rodriguez
Chelsea Taylor
Crystal Belcher
Sarah Douglas
Leah Griggs
Patricia Johnson
Meredith Nance
Darius Whitehead
Samantha Hale
Averi Baker
Kayla Cook
Nancy Hendrix
Dominic Lonowski
Rebecca McNeill
Alexander Pierson

Donald Smith
Erin Toohey
Karina Touzinsky
Theresa Trevino
Jessica Pozar
Ravonna Bailey
Phadre Hocker
Danielle Jones
Colleen Kiechler
Samantha Marshall
Dyleen Rigual
Joseph Signorello
BriAnn Smith
Kaitland Taylor
Conner Truax
Tekeha Turner Coger
Aaron Ware
Kourtney Galvin
Alaric Ross
Katherine Rye
Lydia Allen
Althea Dunn
LaTanya Greene
James Hartz
Jesus Hernandez
Lisa Imber
Devin Moss
Gabrielle Owens
Rachel Davis
Dane Gray
Marcus Heikkinen
Edward Hurtado
Zane Kennedy

Jenni Lee
Nayhomi Rodriguez
Calder Shawn
Darren Eldredge
Emma Andrews
Jessica Kay
Alyssa Massie
John Lee
Tyler Hall
Bryan Hogg
Maximillian Neuser
Leonard Rodriguez
David Wood
Leah Beilhart
Lauren Carroll
Crystal Clark
Joshua Davidson
Willie Gray
Kerwin Octavo
Kevin Waters
Garrett Young
Rommel Andre
Samantha Johnston
Jordan Lebouef
Michael Mann
John McGaffin
Ramon Ortiz
Adam Shaw
Dominique Smith
Amanda Zumwalt
Quartney Cohen
Daniel Dailo
Shania Gowin

Amber Hendricks
Dominik Lomonaco
Rochelle Shadegg
Bianca Selders
Benita Ewen
Nicol Oller
Angelo Anderson
Andrew Feazelle
Mireya Jones
Felicia Parreno
Jason Roberts
Benicia Salas
Colt Edwards
William Hargis
Curtisa Jones
Myah Shamlee
Christian Swann
Virgilia Tanner
Gregory Daniels
Victoria Kander
Kyle Lund
Mindy Bryan
Chadwick Marchman
Samuel Rps
Lianna Sierra
Myles Davis
Bartley Schwegler
John Reynolds
Angela Prater
Anne Goho
Yasmin Cofer
JannicaLouise Gueco
Erik Bidingier

Angela Blevins
Christopher Brown
Shane Calder
Michael L Diaz
Tamarina Hollis
Aida Mougan-Leis
Jessica Rider
Kevin Taylor
Courtney Corder
Nadia Kastner
Shamyra Coleman
Fabien Niedermeier
Mary Shoup
Allyson Barnett
Nieko Carr
Jason Chun
Gabriel Welch
Robert Bauer
Stephanie Hood
Joshua Keith
Daniel Lamp
Phillip Manning
Breanne Orbe
Cassie Blakeney
Meaghan Hartz
Yvette Ybay
Benjamin Barry
Phillip Linka
Tristan Steinmann
Jordan Cooperrider
Jennifer Agee
Kimberly Morris

Participants pass the drumstick, enjoy scenery during Turkey Trot

Story and photo by
JOHN REESE
Garmisch PAO

Serious runners, casual jogger, brisk walkers, children and enthusiastic dogs took advantage of sunny blue skies and warm weather Nov. 15 at the Family Morale Welfare and Recreation 2008 Turkey Trot 5k and Drumstick Relay held at Kean's Lodge in Garmisch.

"It was a great afternoon. The 5km course was designed to take in some of Garmisch's most stunning views," said Tiffany Kelly, manager of Sheridan Kaserne's Mueller Fitness Center. "Everyone was in high spirits."

This year's track was set in green meadows and towering pines on Kramer Mountain above Artillery Kaserne, with scenic views of Garmisch-Partenkirchen below and the snowcapped Zugspitze opposite.

Last year 16 participants ran in freezing temperatures on an icy track carved out of knee-deep snow on Artillery Kaserne; this year there was no danger of cold injuries or slipping and the 22 runners and three dogs ran, jogged or walked on dry mountain trails for fun.

This was the first year runners brought their

dogs along, adding happy barking to the mix.

FMWR personnel and volunteers were staged along the way to direct the run and account for all participants.

As the event name indicates, participants running as a relay team carried a hot turkey drumstick cooked immediately before the race instead of a baton for half of the run. The drumsticks were eaten by the teams as they ran.

"We didn't keep times this year. We didn't even keep scores on who came in first," said Lory Benson, Mueller Fitness Center personal trainer and organizer of the event. "This Turkey Trot was purely for fun."

Like many Garmisch FMWR athletic events throughout the year, the Turkey Trot came with a festive volksmarch atmosphere that included a barbecue, a commemorative T-shirt, and plenty of family fun.

"It was fantastic to see so many families taking part, having fun and enjoying the areas beautiful surround-

ings," said Kelly.

Some of the runners who ran as families and won more than one frozen turkey in the raffle donated their birds back so that other participants could take home Thanksgiving dinner.

The 5km course was designed to take in some of Garmisch's most stunning views...Everyone was in high spirits.

Tiffany Kelly

Manager Mueller Fitness Center



Adults, kids, and dogs begin the 2008 Turkey Trot 5K at Kean's Lodge on Kramer Mountain under a blue Bavarian sky in unusually warm weather. The fair weather run was a welcome change from last year's snow and ice.

American Indians bring history to life

by JOHN REESE
Garmisch PAO

Genuine Hopi chanting and drumming and Blackfoot dancing highlighted the National American Indian Heritage Month November 20 at the Pete Burke Center on Artillery Kaserne.

The theme for this year was "Living in Many Worlds," commemorating the many achievements of the American Indian.

Unlike most events at the PBC, the chairs were arranged in a circle

"American Indians defend our country around the world. Here in the Army in Europe, they are making great contributions to our missions and our communities," said Karin H. Santos, Garrison Manager, who opened the celebration.

"The diversity within our ranks helps make our Army the strength of

American Indians defend our country around the world. Here in the Army in Europe, they are making great contributions to our missions and our communities. The diversity within our ranks helps make our Army the strength of the nation.

Karin H. Santos

USAG Garmisch Manager

the nation."

Santos, a supporter of charities benefitting American Indians, also provided a display of dolls, jewelry and other items she'd purchased over the years in support of Southwest tribes.

After a reading of the Presidential Proclamation, former Soldier and member of the Hopi Tribe Lindbergh Namingha opened the demonstration with a background of Hopi history and a song in his mother tongue.

"The Hopi are one of the oldest societies in America, dating back to around 1100 AD," said Namingha.

The name Hopi is synonymous with peace.

The original name, Hopituh Shinu-mu, translates roughly to "The Peaceful People," said Namingha.

Hopis serving in the U.S. Army have suffered losses in Operation Iraqi Freedom said Namingha, noting that Squaw Peak in Arizona was renamed Piestewa Peak after

fellow Hopi Spec. Lori Piestewa, 507th Army Maintenance Company. Piestewa was driving a Humvee during the advance on Baghdad when her convoy was ambushed March 23, 2003.

She died in an Iraqi hospital later that day.

Former Pvt. First Class Jessica Lynch, who was in the convoy with Piestewa, said that Piestewa was her best friend and the true hero of the ambush.

"I too understand what it means to serve and sacrifice for the Army," said Blackfoot Sandra Müller adding a Soldier and Blackfoot from her own family was also lost during OIF.

Müller was dressed in Blackfoot tribal garb and performed dances to Namingha's unique musical accompaniment.

Müller is half-German, half-Blackfoot.

Between dances she explained the symbols on her shawl and deerskins, and said that while she speaks Blackfoot, being born and living in Germany has made her tribal language suffer.

"Only the elders still speak Blackfoot correctly," said Müller.

The ethnic observance was attended by about 80 adults and children from the garrison and Marshall Center.



NEITHER RAIN,
NOR SLEET,
NOR SNOW

Light snow and a slippery parking lot didn't deter Safety Officer Andreas Tuerk (right) from driving-on with required class Nov. 12-13 to properly train and license forklift operators for an assortment of garrison agencies and Soldiers from the Marshall Center.

According to OSHA, US Army and German regulations, personnel operating forklifts on a military installation must receive a two-day course on laws and regulations and must pass a written test as well as the hands-on portion.

Tuerk recently coordinated the same class, provided by the TÜV (Technischer Überwachungs Verein, a German customer service company for testing, consulting, training and international compliance management) for forklift operators at the NATO School in Oberammergau.

Here Aaron Grimes, Garmisch Army Post Office, receives pointers from instructor Christian Schmidt.

Photo by John Reese

International troops train to mentor Afghan National Army

Story and photo by
KRISTIN BRADLEY
Bavarian News

As the war in Afghanistan continues to intensify, Observer/Controllers at Hohenfels work to train the international teams that mentor the Afghan National Army, helping to make it stronger and more capable of defending itself against anti-Afghan forces.

This month more than 40 O/Cs from Hohenfels' Joint Multinational Readiness Center worked with troops from Bulgaria, Canada, Croatia, France, Germany, Hungary, Poland, Slovakia, Slovenia, and Spain as they learned to mentor Soldiers from the ANA.

The NATO troops were training for their roles as Operational, Mentor, and Liaison Teams that embed with ANA forces and counsel them on ways to increase their effectiveness. ANA Soldiers came to work on their own skills while providing the OMLTs the opportunity to practice their mentoring.

Cpt. Ryan Casper, a member of the 5th Kandak training team with the Afghan National Army's 209th Corps, said training at Hohenfels "helps both sides. The ANA learn what their capabilities are and the gaps so they can fix them. And if the OMLTs can see them here, they can make a more seamless transition to mentoring them in country."

"We've seen this work. That's why we are willing to travel a quarter of the way around the world with these guys because it has been proven upon return that it has worked better for both sides," said Air Force Capt. Brad Harbaugh.



With notebook in hand, an Observer/Controller from the Joint Multinational Readiness Center watches as Soldiers from the Afghan National Army prepare to enter a house where a suspected "insurgent" is hiding. The Afghans were in Hohenfels to train with Operational, Mentor, and Liaison Teams on their way to mentor ANA units.

While at Hohenfels, the ANA members work on tactical training, Improvised Explosive Device training, and qualifying on M16s which are slowly making their way to Afghanistan one unit at a time.

Maj. Sean Coulter, from the Grizzly O/C team said one of the biggest skills both sides worked on in their

two-and-a-half weeks at JMRC was mission planning, when ANA Soldiers work through the entire process from receiving an order to carrying out a mission.

Some OMLT members mentored the Afghans as they worked through the planning process while others mentored the troops as they carried

out their mission at one of Hohenfels' many Military Operations in Urban Terrain sites.

Afghan Col. Ghlam Jailani Shakir, military affairs and education chief for the ANA at the Ministry of Defense in Kabul, acted as a team leader during the exercise to help lower ranking ANA officers and NCOs get

used to briefing a commander.

"This training is going to help the Soldiers and officers to be more practical and proficient and work with other groups—get to know them culturally and personally," he said.

Though OMLTs frequently come through Hohenfels for training, This most recent cycle focused on preparing them to work with combat support and combat service support units, an area of the ANA Casper said has the most potential for growth.

Maj. Robert Hoffman, an Adler O/C, said this was a pilot program, the first time JMRC has mentored specifically for CS and CSS units.

"The goal is to get them used to planning logistical missions and forecasting what the combat units will need before they need it," he said.

Harbaugh said the training helps the ANA not just because of the technical knowledge it provides, but also because of the positive effect it has on troop morale. He said the OMLTs learn the importance of understanding the Afghan culture, such as making sure prayer time is built into the training schedule. Giving the ANA Soldiers the opportunity to obtain top-notch training in a different country and showing them that NATO troops are intent upon honoring their culture and customs goes a long way toward creating positive relations with the country as a whole, he said.

"This training facilitates the growth of the (Afghan) army," said Harbaugh, "because one, they work ahead of time with NATO so they establish a rapport and two, growth comes from ANA troops going back to Afghanistan and talking highly of the U.S. and NATO."



Allied Strike

Spc. Nicholas Ranstad (right) leads a fire team of Air Force joint terminal air controllers in search of a high-value target during an exercise in support of Allied Strike II at U.S. Army Garrison Hohenfels, Germany, Nov. 6.

Allied Strike II is a combined U.S. and coalition forces exercise that trains joint terminal attack control members in preparation for deployments in support of Operation Iraqi Freedom and Operation Enduring Freedom. Hohenfels is one of two locations in the world where the Air Force conducts close air support exercises.

Photo by Air Force Master Sgt. Scott Wagers

Dennis takes command of HHC, 1-4

by **KRISTIN BRADLEY**
Bavarian News

Capt. Harold Dennis took command of Headquarters, Headquarters Company, 1st Battalion, 4th Infantry Regiment, from Capt. Vincent Highley during a ceremony Nov. 5 at the U.S. Army Garrison Hohenfels Post Gym.

Dennis was commissioned in December 2001 after attending Officer Candidate School. Upon completion of the Infantry Officer's Basic Course, he was assigned to Co. B, 1st Battalion, 15th Infantry Regiment, 3rd Brigade, 3rd Infantry Division, at Fort Benning, Ga. While there, he served as a mechanized rifle platoon leader and support platoon leader.

Dennis' next assignment was with 1st Battalion, 75th Ranger Regiment, where he served as the mortar platoon leader and assistant S1. Upon completion of the Infantry Captain's Career Course in July 2006, he was assigned to the Joint Multinational Readiness Center where he served as assistant S3 of the Timberwolves from August 2006 to September 2007. Dennis then commanded Co. B, 1-4 Infantry from October 2007 to September 2008.

Highley was commissioned June 2002 after completion of the OBC.

Highley served as an anti-tank platoon leader and a rifle platoon leader at Camp Greves, Korea from August 2003 to June 2004.

Between July 2004 and June 2005 Highley deployed with the 506th Infantry Regiment to Habanya, Iraq, where he served as a rifle platoon leader and company executive officer.

After completion of the Captain's Career Course in July 2006 he was assigned to 1-4 Inf. Highley commanded HHC, 1-4 Inf. from October 2006 to November 2008.

Highley's next assignment is with the JMRC Timberwolves Observer/Controller Team.

Hohenfels honors its veterans with parade

Bloomberg: U.S. needs men and women willing to endure when times are tough

by **KRISTIN BRADLEY**
Bavarian News

Starting at the Vehicle Resale Lot and ending at Bldg. 1, dozens of Soldiers, civilians, and children marched in the Veteran's Day Parade down Gen. Patton Dr. on Nov. 7.

With the compulsory parade fire truck in front, marchers from the Junior Reserve Officer Training Corps, the Veterans of Foreign Wars Post 10557, the Hohenfels Boy Scouts and Girls Scouts, made their way to the ceremony location with the Hohenfels Riders on their motorcycles bringing up the rear.

At the end of the parade route, marchers and spectators gathered in front of Bldg. 1 for

a short service that included a performance by the Hohenfels Elementary School Chorus, lead by Deborah Barrows.

Guest speaker Lt. Col. Gary Bloomberg, commander of U.S. Army Garrison Hohenfels, began his remarks by pointing out how appropriate it was to honor veterans with an outdoor parade and ceremony on a day when temperatures made it less comfortable outdoors than in.

Many Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen endured countless hardships in defense of our nation and freedoms, he said, so we should be more than willing to brave the cold for a few short minutes while honoring them.

"They know what it means to sacrifice everything they have to serve their nation, and they do it like those veterans who have come before them—because our nation needs men and women who are willing to endure when the times are difficult, when the odds are against us, and when our actions are not always popular," he said.

Hohenfels High School student Angela Reinick, in an essay she wrote that won first place in a contest for Veteran's Day held by HHS and the VFW, spoke of how military service members are the embodiment of heroism.

"Any person with the courage, pride, and selflessness to place themselves in the position of possibly giving up their lives for the freedom and safety of an entire nation undoubtedly creates a new definition for hero," she said. "Not only have these veterans sacrificed their time and pleasure, but have lived through it all with strength and persistence to pass on their experiences to following generations."

Radio show offers parent support

by KRISTIN BRADLEY
Bavarian News

One caller was frustrated that after returning from a 15-month deployment, his wife immediately dumped all the household responsibilities back into his lap.

Another caller said after his deployment her husband had reconnected with their daughter, but not with their son, and wanted to know what she could do to help them repair the relationship.

One woman had a question about how to introduce her husband to their new baby he would meet for the first time upon redeployment.

All of these military parents called in to a new radio program, Instructions Not Included, on American Forces Network Bavaria, to ask advice from Priscilla Fleischer and Laura Knarr, the two women who make up the New Parent Support Program team at Army Community Service in U.S. Army Garrison Hohenfels.

The callers had certainly come to the right place; the two each know a few things about the trials of parenthood.

Fleischer, a licensed clinical social worker with a Ph.D. in clinical social work, raised three children and now is grandmother to three others.

Knarr, a registered nurse with a specialty in labor and delivery, knows first hand what it is like to be a working mom with four children ages 8, 5, 3, and 1.

Together they help the new parents of Hohenfels through the many challenges of parenting in the military by offering an array of services and resources, the newest of which is Instructions Not Included.

They both agree they make a perfect team. Fleischer's background in social work gives her expertise dealing with the psychological aspect of their work, while Knarr uses her medical expertise.

Their different ages also bring different perspectives to the team.

"She's like the mom of the crowd, and I'm like the grandma of the crowd," said Fleischer.

Though the NPSP is offered at installations throughout the Army, having a friend and a mom to call for advice can be especially beneficial for those living overseas whose "real" friends and moms are not around to drop by with advice.

Their radio show, broadcast at 9 a.m. the first Tuesday of every month on 1485 AM in Hohenfels, is an easy way to get some quick questions answered, but the two do much more.

Anyone expecting a child or with children up to 3-years-old can benefit from the program.

Whether a new parent has a specific concern or is just looking for some general support, Knarr and Fleischer offer an understanding that can only come from someone who has been there.

"We always use a lot of personal experience," said Knarr, who spoke about the program via speakerphone from her home where she was caring for her four sick children.

"I bring a very down to earth, practical, right here and now perspective to it that young moms in the thick of things can relate to," she said. "Being able to say 'I know exactly what

you are talking about' makes them feel not so alone."

"The most common issues parents have questions about range from breastfeeding, crying, and getting the baby to sleep, to toilet training, the terrible two's, and developmental questions as the child gets older," said Fleischer.

She said sometimes she will have the parents take advantage of the 20 hours per month per child of free child care they receive through the program to come and meet with her without the children to work on their issues as a couple, though as a rule they try to do at least every other visit at the client's home.

Christine Flynn, who has twin two-year-old girls and a husband who has not been home for more than a year, said her girls rush to open the door when Fleischer comes for her weekly visits.

"Right after (I had the twins), I was a first

I bring a very down to earth, practical, right here and now perspective to it that young moms in the thick of things can relate to.

Laura Knarr

New Parent Support Program specialist



Photo by Garry Barrows

Laura Knarr (left) and Priscilla Fleischer, along with AFN radio host Spc. Nathan Jones, respond to a listener's question during Instructions Not Included, a call-in radio program broadcast the first Tuesday of the month on 1485 AM. Knarr and Fleischer are New Parent Support Program specialists at U.S. Army Garrison Hohenfels who started the show to provide a large audience of parents answers to their parenting questions. The next show will be broadcast at 9 a.m. on Dec. 2.

time parent with two little babies, to have them come along once a week was such a tremendous help," she said, adding she would recommend contacting them to anyone, especially first time parents.

In addition to the completely confidential guidance services for new parents, Fleischer and Knarr run a host of other New Parent Support Program groups and classes, including an early pregnancy awareness class, a three-part childbirth and delivery class (Knarr has had two of her children in Germany), a two-part newborn care class, a breastfeeding support group that meets once a month, and the 10-part Total Mom seminar aimed at helping moms with children of all ages remember how to be a woman as well as a wife and mother.

"One reason we started Total Mom was to give something just for the moms to do," said

Knarr, who added that they always encourage moms to get out and stay active.

"Me being home for just two days now, I'm suffering myself. It would get to me not having that adult interaction every day."

All classes are advertised in the Hohenfels Hometown Happenings newsletter and in the ACS calendar, both of which can be found at www.hohenfels.army.mil.

The next Instructions Not Included will air at 9 a.m. (after a brief news and weather update) on Dec. 2.

The December installment will focus on how to make the holidays special for your children without spending a fortune. To ask a question or share some suggestions during the show, parents can call DSN 476-3712, CIV 09662-83-3172. To contact New Parent Support for other services, call ACS at 466-4860.

Community members show some 'Pumpkin Love'

U.S. Army Garrison Hohenfels

The U.S. Army Garrison Hohenfels library hosted a "Pumpkin Love" cooking contest Nov. 12 in the Community Activities Center.

The following recipes were awarded the top three places by judges USAG Hohenfels Commander and wife Lt. Col. and Inge Bloomberg, Command Sgt. Maj. Perry Clark, Maya Smith, Stacey Downing, and Lenny Ingram.

1st place: Heather Hawbaker, "Pumpkin-Toffee Cheesecake"

Crust:

1/4cup melted butter
1 3/4cups finely crushed pecan shortbread

Cheesecake:

3 (8 oz.) pkg cream cheese
3/4cup brown sugar
1cup sugar
3/4cup pumpkin puree
2 large eggs

2 Tb cornstarch 1/2tsp pumpkin pie spice

1/3cup heavy cream
2/3cups toffee bits

Topping:

2cups sour cream
1/4 cup sugar
1/2tsp vanilla
1/3cup caramel syrup
1/3cup toffee bits

Preheat oven to 350F.

For crust, combine butter & cookie crumbs; stir and press into bottom and up edges of 9-inch spring form pan.

Sprinkle 1/3 cup toffee bits on crust; bake 6-8 min; set aside to cool. For cheesecake, combine cream cheese with brown sugar and 1 cup sugar until creamy.

Add pumpkin and eggs; beat until smooth. Beat in cornstarch and pie spice. Stir in cream and 2/3 cup toffee bits.

Pour pumpkin mixture into crust. Bake about 1 1/4 hrs or until nearly set; center will slightly jiggle when

shaken. For topping, mix sour cream, 1/4 cup sugar and vanilla.

Remove cake from oven; spread topping on warm cake. Return to oven; bake an additional 8 minutes.

Do not brown. Turn oven off; leave cake in oven for 1 hour. Refrigerate overnight. Remove from pan; place on cake platter.

Just before serving, drizzle 1/3 cup caramel syrup over cake; top with 1/3 cup toffee bits. Garnish with whipped cream, if desired. Store in refrigerator.

2nd Place: Allison Holland, "Almost-Better-Than-Everything Pumpkin Cake"

Cake:

1/2cup unsalted butter
1 1/4cup brown sugar
2large eggs
1cup pumpkin (canned)
1tsp vanilla
2 cups cake flour
1/4tsp baking powder

1tsp baking soda
1/2tsp salt
1/2tsp cinnamon
1/4tsp ginger
1/8tsp cloves
1/2cup buttermilk

Topping:

1 can sweetened condensed milk (not evaporated)
1 jar (16-17 oz) caramel topping
1 tub cool whip
1 1/2tsp maple flavor
Cinnamon baking chips (chopped)

Preheat oven to 350F.

Cream together butter & sugar until fluffy. Add eggs one at a time mixing well between each. Add pumpkin & vanilla. Stir in buttermilk. Mix all dry ingredients. Add in small amounts to wet mixture. Pour into 9x13 pan & bake for about 30 minutes. Let cool 15 minutes.

With handle of wooden spoon, poke top of warm cake about every 1/2 inch.

Drizzle milk evenly over cake and let stand until absorbed. Drizzle with caramel topping.

Cover & refrigerate about 2 hours. Just before serving, mix maple into whipped topping. Spread over cake. Top with cinnamon chips.

3rd Place: Monica White, "Pumpkin Waffles with Cranberry Honey Sauce"

Waffles:

1-1/2 C. all-purpose flour
1-1/4 C. whole-wheat flour
1/3 C. sugar
2-1/2 tsp. baking powder
1-1/2 tsp. pumpkin spice
1 tsp. baking soda
1/4 tsp. salt

1-1/2 C. low fat buttermilk
1 C. canned pumpkin
1 large egg
1 Tbs. canola oil
1 tsp. vanilla extract
2 egg whites
Cranberry Honey Sauce
3/4cup honey
1/4cup cranberry juice
1 C. fresh or frozen, thawed cranberries

Waffles: Preheat the oven to 250 degrees F.

Place a large baking sheet in the oven. Combine the flours, sugar, baking powder, pumpkin spice, baking soda, and salt in a large bowl; stir to mix well and set aside.

Combine buttermilk, pumpkin, egg, oil, and vanilla in a medium bowl; whisk until smooth. Add the buttermilk mixture and 1/3 C. water to the flour mixture; stir until a moist batter forms.

Beat egg whites in a medium-size bowl with an electric mixer on high until stiff peaks form. Gently fold whites into batter.

Coat a waffle iron with cooking spray and preheat. Spoon about 1/3 C. of batter for each 4-inch waffle onto the hot waffle iron, spreading the batter to the edges.

Cook for 3-4 minutes or until the steaming stops.

Transfer waffles to baking sheet in oven to keep warm. Repeat procedure to make 16 waffles. Serve with cranberry honey sauce.

Cranberry Honey Sauce: Bring the honey and cranberry juice to a boil over medium heat in a medium saucepan. Add 1/4 C. of the cranberries and cook 5 mins.

Stir in the remaining 1/4 C. cranberries. Remove from heat and let stand 5 mins. Before serving. Makes about 1 cup.

Heather Hawbaker took first place with her pumpkin-toffee cheesecake during the Nov. 12 cooking contest. Second place went to Allison Holland for her Almost Better Than Everything Pumpkin Cake, and Third place went to Monica White for her pumpkin waffles with cranberry honey sauce.

Courtesy photo



What's Happening

Grafenwoehr/Vilseck Briefs

Medical blog

Check out the Europe Regional Medical Command's "CG Blog" at <https://blog.amedd.army.mil/ermc/> for the latest posting. The blog site, updated weekly, contains a link for viewers to post their comments. Brig. Gen. Keith W. Gallagher, ERMC commanding general and also the U.S. Army, Europe and 7th Army command surgeon, promises to answer comments posted there within three days.

You can also reach the blog off the ERMC Web site home page at <http://ermc.amedd.army.mil>.

Christmas mailing dates

The following is a list of USPS recommended mailing dates to ensure your mailings are received in CONUS by Dec. 25:

- SAM PARCELS- Friday
- PAL PARCELS- Dec. 4
- PRIORITY PARCELS- Dec. 11
- FIRST CLASS LETTERS AND CARDS- Dec. 11
- EXPRESS MAIL- Dec. 20

For more information, contact your local Post Office at 475-6333 or DSN 476-2581.

FAST class

The Vilseck Education Center will be conducting a FAST Class Dec. 1-12 from 8 a.m. - 3 p.m. Functional Academic Skills Training (FAST) provides Soldiers with instruction in reading, mathematics, and language skills. FAST class is an excellent tool to prepare Soldiers to raise their GT score. The FAST class is a 60-hour academic course and is limited to twenty students per class. For more information please contact the Vilseck Education Center at DSN 476-2753.

Tree lighting Ceremony

Join the Community to foster German and American relationships and emphasizes the importance of friends and family during the Holiday Season. Sing traditional season carols; enjoy hot beverages, refreshments and snacks.

2 December: Grafenwoehr Community Tree Lighting 5:30 p.m. Graf PX Parking Lot

4 December: Rose Barracks Community Tree Lighting 5:30 p.m. RB Health Clinic Parking Lot

Special needs help

The new DoDDS Grafenwoehr/Vilseck Autism Specialist will be offering 30 minute training Dec. 3 on Surviving the Holidays and Behavior Management 101 starting at 11 a.m. at the Vilseck Army Community Service. We

are here to help parents, support staff, teachers and administrators by providing trainings, modeling best practices, doing observations and making suggestions. We are here to help students with Autism Spectrum Disorders to include: Autism, Asperger's, PDD-NOS, and Developmental Delay or DD. Sign up at DSN 476-2650 or CIV 09662-83-2650.

"Seussical the Musical"

The USAG Grafenwoehr FMWR Performing Arts Program will perform "Seussical the Musical" for all ID cardholders. The event takes place in the Vilseck High School Multi-Purpose Room and is appropriate for all ages. For more info, call Joline Powell at DSN 475-6426.

- 5 December: 7 p.m.
- 6 December: 2 p.m.
- 7 December: 2 p.m.
- 12 December: 7 p.m.
- 13 December: 7 p.m.
- 14 December: 2 p.m.

Digital photography contest

Now - 7 December: Submit your photos to the All Army Digital Photography Contest. Two divisions (Active Duty Military and Eligible Civilian) give everyone an opportunity to participate. The theme category is "Animal Friends".

For more info, visit <https://www.arts-crafts.fmwr.army.mil> or call the Heart and Home Craft Shop in Grafenwoehr at DSN 475-6101 or CIV 09641-83-6101.

DIMHRS 101 briefing

The Grafenwoehr Military Personnel Division will conduct monthly DIMHRS 101 briefings Dec. 10 on Grafenwoehr to provide opportunities for personnel to attend this mandatory briefing; all Soldiers, commanders (managers), civilian supervisors of Soldiers, HR specialists, and community agencies who need access to the new personnel and pay system must be briefed on DIMHRS 101 prior to the implementation of DIMHRS. The briefing will take place from 9 a.m. to 10:30 a.m. at Grafenwoehr Building 244, Room 123.1. For more information, contact Carrie Meinzer at carrie.meinzer@eur.army.mil.

Walk 4 Freedom program

USAG Grafenwoehr will be sponsoring the Operation Walk 4 Freedom program.

This is a wellness program in which you "walk" the equivalent distance from Grafenwoehr/Vilseck to Iraq, approximately 2000 miles, within the 11 month program. Stop by the Graf Physical Fitness Center Dec. 11 from 10 a.m. - 2 p.m. for your assessment.

Job opportunity

The USAG Grafenwoehr Army Wellness Center is hiring a health promotion technician. The position will be located

in Vilseck. For more information call Tracy Svalina at DSN 475-8433, CIV 09641 84 8433.

DoDEA survey

The DoDEA Customer Satisfaction Survey is located at www.dodea.edu/home/index.cfm.

Students in the 4th-12th grade and parents are invited and encouraged to participate in the survey. The survey runs through Feb. 28.

ACAP job opportunity

The Vilseck ACAP office is seeking a full-time career counselor. For more information call DSN 476-2055, CIV 09662-83-2055

Handbell concert

There will be a handbell concert at the Vilseck Chapel on Monday, December 15 at 1900 hours.

Youth sports registration

Register runs through Dec. 19 for basketball, cheerleading, and wrestling. To register, call CYS Service Central Registration at DSN 475-6655 or DSN 476-2760.

BOSS Tropical Island trip

Sign up for the Dec. 19-21 trip to Berlin Tropical Islands, Europe's largest tropical holiday world. Single Soldiers are welcome to enjoy some fun in the artificial sun this holiday season.

There are limited seats available, and spots fill fast! Call BOSS President, SPC John Maki, at DSN 475-8822 or CIV 09641-83-8822.

Grafenwoehr fitness center

Call the Graf Fitness Center at DSN 475-9007 for more information on fitness classes.

Spin Class with Heidi: Tuesdays & Thursdays: 5:30 p.m. All levels of fitness are welcome to attend the evening class.

Cardio Class: Tuesdays & Thursdays: This gives you strength and balance challenges geared at engaging the core muscles at all times. All levels of fitness are welcome to attend the class from 5:15-6:15 p.m.

Tai Chi Class: Tai Chi instructional classes are held Tuesday evenings at 6 p.m. through Nov. 25. Come join the class whenever you can.

Christmas Trees

The Grafenwoehr Boy Scout Troop 261 will be conducting their annual holiday tree and popcorn sales Nov. 29-Dec. 21 at the Grafenwoehr Post Exchange (PX) on Saturdays from 10 a.m.-4 p.m. and Sundays from 12-3 p.m. To help call Jacob Martin at 09641-454180, or Geoff Dewitt t 01621-625322.

Grafenwoehr Health Clinic

The Grafenwoehr Health Clinic will be supporting the Blackhawk Brigade's preparation for deployment. During this time, there will be limited availability of appointments.

However, we have partnered with our German preferred providers to ensure we meet your immediate health care needs. We anticipate improved access beginning Dec. 1. If you have a health care concern and there are no slots available, please speak with our nursing staff they will facilitate access with our partner providers.

Hohenfels Briefs

Red Cross afghan sale

The sale runs through Dec. 24. One or two afghans are \$35 each, three or more afghans are \$30 each (regularly \$45).

Size is approximately 4' x 6' and available colors are cranberry, navy blue, hunter green and new this year, chocolate brown.

Beginning crochet

There are many techniques and styles in crochet. Come to class Saturday and learn how to begin. The class will make a Granny Square and dish cloth. Come back later to add skills or get help on your project.

Class fee is \$10 plus supplies. Bring your own hooks and yarn if you have them. Pre-register and pay at least three days before class. 9 a.m. to 1 p.m.

American Red Cross classes

CPR and First Aid, Dec. 6, 8:30 a.m. to 5 p.m.

Framing

Come Dec. 6 to learn how to measure and mat your pictures as well as how to cut and put together frames. The \$30 class fee includes supplies to frame a 5"x7" picture.

Pre-register and pay at least three days before class. 9:30 a.m. to 1 p.m.

Christmas market

Visit the world famous Christmas market in the beautiful city of Nuremberg Dec. 10. Enjoy all the decorations, gingerbread cookies, mulled wine, and many sights to see in the city at this time of year. Cost is \$30 per person.

The bus will depart Hohenfels at 10:30 a.m. To reserve your seat, call the CAC, Bldg. 40, at DSN 466-2670. Seats must be reserved and paid for by Dec. 10.

Basic quilting

Join us Dec. 13. You will make your first small project while learning the basics of rotary cutting, strip piecing, machine quilting and edge binding. Class fee is \$10 plus the cost of supplies. Purchase and wash your material before coming to class. You will receive pre-class instructions at time of sign-up. Pre-register and pay at least three days before class. 9 a.m. to 1 p.m.

Story time

Children ages 3-5 and their parents are invited every Tuesday to participate in the story and craft time at 10 a.m. The library is also introducing a new story time at 11 a.m. for toddlers ages 1-3 called Lapsit Stories. This is a shorter time geared to the attention span and interests of toddlers, including finger plays and songs. For more information call the library at DSN 466-1740.

CYSS kids' club

Parents and children can participate every Thursday in gross motor play at the CYSS Annex Facility, Bldg. 44, from 9:30-11:30 a.m.

Activities include climbing, crawling, manipulating obstacles, running, jump-

ing, and other fun events. Children must be CYSS/Kids' Club registered. Kids' Club is free and is a great opportunity to get out, relax, and make new friends.

Open to parents with infants to kindergarten age children.

Call CLEOS for more information at DSN 466-2078/2080.

Extreme bowling

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

Bowl your brains out

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

Snowboarding equipment

ODR has all of your winter snowboarding needs covered. Check out all of the brand new equipment including boards, boots, bindings, and helmets. ODR also does long-term rentals so for one small price, \$180 for adults and \$90 for youth (dependents under 18 or still attending school), you can get your equipment for the entire season. For more information call ODR at DSN 466-2060.

Fitness professionals, classes

MWR Sports and Fitness has a new line-up of fitness professionals and classes to help you meet your fitness goals.

For more information contact the Olympia Gym Fitness Center at DSN 466-2726/2831.

Monday: Middle C Fitness Class at 11:30 a.m. in The Zone

Tuesday: 30-Minute Slam at 11:30 a.m. in The Zone / Indoor Cycling at 11:30 a.m. to 12:30 p.m. and 5:30-6:30 p.m. in The Zone

Wednesday: Middle C Fitness Class at 11:30 a.m. in The Zone

Thursday: 30-Minute Slam at 11:30 a.m. in The Zone / Indoor Cycling at 11:30 a.m. to 12:30 p.m. and 5:30-6:30 p.m. in The Zone

Friday: Middle C Fitness Class at 11:30 a.m. in The Zone

GRAFENWOEHR / VILSECK HOLIDAY SERVICES

8 Dec Holy Day of Obligation-Immaculate Conception of the Blessed Virgin Mary Vilseck Chapel @ 1730 (Catholic)

15 Dec "Christmas Treasures" Handbell Concert *Vilseck Chapel @1830* (Protestant)

24 Dec Christmas Eve Mass, *Vilseck Chapel @1600* (Catholic)

24 Dec Christmas Eve Service followed by Christmas Cookie Fellowship, *Vilseck Chapel @1830* (Protestant)

24 Dec Christmas Eve Service *Graf Chapel @ 1800* (Protestant)

24 Dec Christmas Eve Mass, *Graf Chapel @ 2000* (Catholic)

31 Dec Watch Night Service (Netzaberg Pentacostal Service) *Graf Chapel @ 2200*

1 Jan New Years Eve Mass *Graf Chapel @ 1100* (Catholic)

For more information, visit www.grafenwoehr.army.mil/sites/support/religious.asp.

HOHENFELS HOLIDAY SERVICES

3 Dec @ 1700 Advent Catholic Penance Service, Main Post Chapel

4 Dec @ 0930 MCCW Advent Program, Hilltop Chapel Center

8 Dec @ 1200 & 1700 Masses for Feast of Immaculate Conception, Rosary at 1130 and 1630

14 Dec @ 1030 Blessing of the Vehicles (prior to traveling) outside Hilltop Chapel Center

14 Dec @ 1800 Community Christmas Program Nainhof Chapel

24 Dec @ 1800 Combined Protestant Christmas Eve Service, Nainhof Chapel

24 Dec @ 1900 Catholic Christmas Vigil Service & Pageant, Main Post Chapel

25 Dec @ 1100 All nations church of God New years Eve watch night Service, Hilltop Chapel Center

26 Dec to 02 Jan 09, Pilgrimage to Rome

31 Dec @ 2200 All Nations Church of God New Years Eve Watch Night Service, Hilltop Chapel Center

31 Dec @ 1700 Catholic New Years Day Vigil Mass, (Feast of Mary), Main Post Chapel

08 Jan @ 0930 MCCW Epiphany Program, Hilltop Chapel Center

For more information call Hohenfels Chapel at DSN 466-1570.

GARMISCH HOLIDAY SERVICES

7 Dec @ 1000 a.m. Christmas Program

8 Dec @ 1630 Immaculate Conception Mass

13 Dec @ 1800 Garmisch Community Holiday Music Celebration

17 Dec @ 1100 Garmisch Chapel community Lunch in the Pete Burke Community Center

21 Dec @ 1045 a.m. Protestant Christmas Service

24 Dec @ 1630 Children's Christmas Mass

25 Dec Christmas Mass @0900

31 Dec @ 1630 New Years Eve Mass

For information call the Garmisch Chapel at DSN 440-2819.

USAG Grafenwoehr FMWR Performing Arts Center presents:

Seussical The Musical

by Lynn Ahrens and Stephen Flaherty
Play presented by special permission from Music Theater International.

Dec. 5 & 12-13 at 7pm
Dec. 6-7 & 14 at 2pm

Vilseck High School Multi-Purpose Room

Ticket Prices:
Adults \$10.00
Students 12-17 \$7.00
Children 6-11 \$5.00
Family Pass \$25.00

For more information call Joline Powell
DSN: 475-6426 CIV: 09641-83-6426
joline.powell@eur.army.mil

What's Happening

Ansbach Briefs

CFC Campaign

The Ansbach Combined Federal Campaign charity drive is under way now through Dec. 3.

The CFC is an annual coordinated effort to raise funds on behalf of participating charities via workplace solicitations of federal U.S. employees.

Since the 1960s, CFC has given federal employees the opportunity to make charitable donations through payroll deductions.

To donate or find out more, contact your unit CFC representative or call garrison CFC officials at: Mohamad Alkadri at DSN 468-7730 or CIV 0981-183-730, or Marketa Bigley at DSN 468-7177 or CIV 0981-183-177.

Christmas tree lighting

Katterbach hosts its Christmas tree lighting Dec. 4 from 5-7:30 p.m. on Bismarck Kaserne.

The event features performances by elementary and middle school, bands, Christmas caroling, crafts, the Grinch and a visit from Santa.

Storck Barracks holds its Christmas tree lighting Dec. 5 at 5 p.m. More details will be provided as they become available.

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

Holiday bazaar

After a fall postponement, the Ansbach Spouses and Civilians Club Holiday Bazaar is scheduled for Dec. 5-7 in Hangar 2 on Katterbach.

The event is open 2-7 p.m. Dec. 5, 10 a.m. to 7 p.m. Dec. 6 and 10 a.m. to 5 p.m. Dec. 7.

Vendors from all over Europe will display their wares—toys, crafts, antique furniture, art, wine, cheese, holiday-themed gifts and more.

The event is open to all U.S. identification card holders. Checks and credit cards—including the Military Star Card—are accepted.

Strollers are welcome, pets are not. For more, send an e-mail to ans-mwr@eur.army.mil.

Christmas market trip

Katterbach ACS hosts a train trip to the Nuremberg Christmas Market Dec. 4.

The trip leaves from ACS at 8:30 a.m. and is intended to teach people how to use the German train system, with enjoyment of the Christmas market as an added benefit.

For more or to sign up, call DSN 467-2883 or CIV 09802-83-2883.

Traffic fines

German traffic fines will go up at the start of 2009, especially for speeders and tailgaters, said the German automobile club ADAC. Fines for running red lights and driving under the influence of drugs or alcohol will also increase significantly.

The penalty for staying in the left lane of the autobahn when the right lane is free will double from €40 to €80, ADAC reported in its magazine for November.

The ADAC stated German highway police have a large fleet of fast unmarked vehicles with video cameras discretely mounted front and back to follow and film reckless drivers and speeders.

When an offender has been identified, they will flash their blue lights, overtake the vehicle waving a red and white signal disk and escort the offending vehicle to the nearest parking area. A folding electronic display is often installed in the back window of these police cars and will show the words, "Stopp, Polizei" or "Polizei Folgen" when the police want you to follow them.

The ADAC article went on to say that around 21,000 accidents with injuries occur on German autobahns each year. The main causes are following too close (more than 4,000) and driving too fast (about 7,000). Alcohol is involved in around 700 of those accidents.

Driving too fast	Old fine/ New
21-25 kmph over the limit	€50 / €70
26-30 kmph	€60 / €95
31-40 kmph	€100 / €160*
41-50 kmph	€150 / €240*

* also includes one month driving ban (unchanged)

PX early bird shopping

The Katterbach Post Exchange opens at 7 a.m. for early bird shopping Saturday and Nov. 28.

On those mornings, the PX will offer PowerZone coupons, shopping spree giveaways and more specials.

Credit Union closure

Service Credit Union will be closed for Thanksgiving Nov. 27. For more, call DSN 467-2556 or CIV 09802-8680.

Collection of local debts

People who owed money to or were owed money by Sgt. 1st Class Gregory Rodriguez or Sgt. Errol James, both of the 527th Military Police Company in Ansbach, should contact 2nd Lt. Waskar Juarez at DSN 468-7670 or CIV 0981-183-670. A list of such accounts will be given to Rodriguez' and James' legal representatives.

IDs before pumping

AAFES requires people buying fuel

at their facilities to show their identification card, Germany fuel ration card/gas coupons and vehicle registration prior to pumping.

Requiring the check prior to pumping is necessary to protect the tax-free fuel benefit for U.S. forces in Germany, according to an AAFES press release. Customs requirements established by the German Ministry of Finance must be complied with as required by the Status of Forces Agreement.

CYS Services renewal

People with children on the Child, Youth and School Services waiting list for full-time child care must renew their status with central registration every 90 days to stay active on the list.

CER provided everyone on the list with a one-time renewal, so people on the list should make sure they renew by Dec. 31.

People can call, e-mail or stop by the CER office to do this. People who do not renew every 90 days will be taken off of the list and not contacted when space becomes available.

For more, call CER at Katterbach at DSN 467-2533 or CIV 09802-83-2533, and at Storck Barracks at DSN 467-4880 or CIV 09841-83-4880.

Federal benefits open season

Federal Employees Health Benefits open season is now through Dec. 8.

Employees can make open season enrollments, changes, or cancellations through the Army Benefits Center-Civilian using the Employees Benefits Information System via the web at <https://www.abc.army.mil> and select "Benefits/EBIS."

Civilian Employees in Germany can also access the toll-free Interactive Voice Response System by calling CIV 0800-101-0282 or DSN 1986.

Benefits Counselors are available at the ABC-C Mondays-Fridays from 6 a.m. to 6 p.m. Central Standard Time.

DoDEA survey

The DoDEA Customer Satisfaction Survey is located at www.dodea.edu/home/index.cfm.

Students in the 4th-12th grade and parents are invited and encouraged to participate in the survey. The survey runs through Feb. 28.

Stars and Stripes promotion

Stars and Stripes has launched its latest promotion: "News You Can Use" online at www.stripes.com. In it, visitors are invited to upload photos featuring "creative" uses of Stars and Stripes newspapers. Examples of such uses are: crafts, gardening, toys. There will be a monthly winner chosen, he or she will get five t-shirts imprinted with winning image.

At the end of the 10-month long "News You Can Use" promotion, all monthly winners will be eligible to participate in a random drawing of one American Express gift card worth \$250 and two gift cards worth \$70 as Grand and

Second Prizes respectively. Participation is free, for more information and to upload entries please visit: <http://newsyoucanuse.stripes.osd.mil/>

Schweinfurt Briefs

Photography contest

Compete against the best photographers in the Army. Active Duty members and civilians are encouraged to express their artistic abilities and submit their favorite digital images. Submit your work by Dec. 7 at <https://artscrafts.fmwrc.army.mil>. You must complete a personal profile before uploading your photos. For information and assistance, please visit Ledward Crafts Studio or call DSN 354-6903 or CIV 09721-96-6903.

Santa visits library

Come to the Ledward Library Dec. 6 at 2 p.m. to see Santa Claus. He will read Christmas stories and parents can make their own Christmas ornaments with materials provided. For more information, call DSN 354-1740 or CIV 09721-96-1740.

Newcomers orientation

Are you new to the Schweinfurt community? If so, then the five-day Schweinfurt

Newcomers Awareness Program is the fit for you from Monday to Dec. 5. Free childcare is available the entire week.

Get acquainted with the military community as well as the German town of Schweinfurt. For more information or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

Happy hour comedy

Watch Bernie McGrenahan at the Ledward Theater Dec. 4 at 10 a.m. or 3 p.m. Get ready to laugh your socks off at his "Happy Hour" comedy show. Entrance is free of charge.

Sell crafts and wares

Schweinfurt Elementary School hosts a craft show and flea market Dec. 6 at the school from 10 a.m. to 3 p.m.

To purchase a table for selling wares, please visit SES front office for details. Deadline for table reservations is Monday.

Christmas market

Visit the Schweinfurt Christmas market downtown at the marktplatz starting tomorrow at 10 a.m. The Christmas market will be open daily until Dec. 22.

Light the tree together

Come to the community Christmas tree lighting Sunday at Andrus Garden on Ledward Barracks at 4:30 p.m.

Watch the giant tree illuminate just with a flip of a switch. Enjoy a visit from Santa Claus, sing Christmas carols, and drink hot cocoa or gluhwein.

Join adult book club

Join the adult book club at Ledward Library Dec. 11 at 5:15 p.m. to discuss the book, "The Yiddish Policeman's Union," by Michael Chabon. A copy of the book can be picked up at the library front desk.

Enjoy coffee, tea, and treats during discussion. For more information, call DSN 354-1740 or CIV 09721-96-1740.

Outdoor recreation trips

Join Outdoor Recreation (ODR) on a trip to the Rothenburg Christmas market Dec. 6 or a ski/snowboard trip Dec. 12-14 to Garmisch-Partenkirchen.

The Christmas market trip costs \$15 for transportation departing ODR on Conn Barracks at 10 a.m. and returning by 6 p.m. Enjoy the ski trip for only \$199 which includes two overnights with breakfast, free rentals, and free snowboard lessons. Lift ticket is not included. For more information about ODR trips, call DSN 353-8080 or CIV 09721-96-8080.

Basketball tourney

Registration opens Monday to sign up for the adult Christmas basketball tournament Dec. 15-17. Games will take place at Finney Fitness Center between 10 a.m. and 6 p.m.

Tournament is open to all types of teams. Deadline to register is Dec. 10. Call Finney for more information at DSN 353-8234 or CIV 09721-96-8234.

Flu vaccines

The immunizations clinic is now giving flu vaccines during regular office hours on a walk-in basis: Monday through Friday from 8 a.m. to 11:30 a.m. and 1 p.m. to 3:30 p.m.

The vaccine is available by injection or intranasal spray.

For more information, call DSN 354-6378 or CIV 09721-96-6378.

Build a volunteer portfolio

Not sure how to make your volunteer experience work for you?

Let Army Community Service show you how in a class at Ledward Yellow Ribbon Room Dec. 9 from 11 a.m. to noon.

Bring any certificates, memos, scrolls, awards, job descriptions, and pictures from past volunteer experiences and learn to put it all together in a book that highlights strengths in order to show off to family members or to apply for a job.

For more information or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

Learn the German language

Want to learn how to speak German? Sign up for Army Community Service's (ACS) free beginning German language class starting Dec. 1. Class is held Mondays, Wednesdays, and Fridays at Ledward's Yellow Ribbon Room and runs from 11:30 a.m. to 1 p.m.

For more information, or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

Middle school bash

Calling all middle-school students.

Come join the Christmas Bash at Ledward Teen Center Dec. 5 from 4:30 to 5:30 p.m.

Enjoy raffle prizes, food, team competition, and music all sponsored by Club Beyond. For more information, call CIV 0160-332-1498.

Sign up for a night off

Do you need a night away from the kids to hang out with friends or relax at home? Sign up now for the next Parent's Night Out event which will take place Dec. 19 from 6:30 to 11:30 p.m. The cost is \$16 for children ages 6 weeks to fifth-grade and the program includes one meal.

Children must be registered with Child, Youth, and School Services and also have current immunizations. For more information, call central registration at DSN 354-6517 or CIV 09721-96-6414.

Socialize at the Lunch Bunch

Do you want to get out of the house, make a few new friends, and learn where good restaurants are around town?

The Army Community Service monthly Lunch Bunch is the perfect fit. Join Schweinfurt's Lunch Bunch Dec. 11 from 11 a.m. to 2 p.m. to enjoy a special visit from St. Nikolaus.

Sign up for the carpool or call to get directions to the restaurant at DSN 354-6933 or CIV 09721-96-6933. Experience a little of the German culture with an English-speaking guide to help you translate the menu. Children are welcome! Please bring euro for lunch.

Trip to Christmas markets

Join Better Opportunities for Single Soldiers on trips to Christmas markets throughout December. Dec. 6 go to Rothenburg for 25 euro. Dec. 13 go to Stuttgart for 35 euro. Dec. 20 go to Bad Wimpfen for 30 euro.

Buses leave at 8 a.m. from Finney Fitness Center on Conn Barracks. For information call DSN 353-8476 or CIV 09721-96-8476.

2008 Holiday Mailing Dates Europe To CONUS

Dear Soldier,

To ensure delivery of holiday cards and packages by 25 December, mail should be entered by the recommended mailing dates:

- 28 Nov - SAM Parcels**
- 4 Dec - PAL Parcels**
- 11 Dec - Priority Parcels**
- 11 Dec - First Class Letters**
- 20 Dec - Express Mail**

Make Your List And Check It Twice!

How are we doing?

Do you have a compliment?
Did someone go out of their way for you?

You can make a suggestion on how to improve a process!

USE THE
INTERACTIVE CUSTOMER EVALUATION - I.C.E. WEBSITE

<http://ice.disa.mil>

Salzburg

Beyond the “Sound of Music”

Story and photos by
BIANCA SOWDERS
Special to the Bavarian News

Known as the birthplace of Wolfgang Amadeus Mozart, nestled at the feet of the Alpine Mountains on the banks of the Salzach river and framed by two hills, the Austrian city of Salzburg is a popular town for tourists and locals alike.

An ideal location

The close location, just across the border from Bavaria and only about 200 miles south east of Nürnberg--with a quick three-hour drive on the mostly Autobahn route, makes Salzburg an ideal place for a spontaneous visit.

Americans might remember the city as the filming site of the “Sound of Music,” a movie based on the Austrian von Trapp family.

But the 1965 movie--so popular with Americans--was practically unknown in Austria or Germany until just a few years ago.

However, there is more to this hospitable city than its unique Austrian charm--it is a city with a great historical background and magnificent architecture.

The history

The first Celtic settlements date Salzburg back to pre-Roman times. After flourishing during the rise and fall of the Roman Empire, Salzburg was proclaimed an archdiocese by Pope Leo in 798, quickly gaining importance and power between the 11th and 14th centuries, and growing in size and population.

Most of the city’s power was based on the control of the salt mines in the area--the name Salzburg literally meaning “salt fortress.”

Until the 19th century, salt was transported via the Salzach river, joining the Inn river, leading into the Danube river and the Black Sea.

The landmarks

In order to protect the fortune of the “white gold,” the Hohensalzburg Fortress was built in 1077 and is now one of the most famous landmarks in Salzburg.

During its long history, Salzburg has been part

of Germany, Austria, Bavaria, Austria-Hungary, and its own independent state. The country was mostly ruled by catholic archbishops, who tried to unite both secular and ecclesiastical worlds with more than one hundred churches, palaces, and castles, demonstrating the power they wielded.

Today, the church still holds large parts of the real estate and land on city grounds, explaining some of the rural areas in between the city buildings.

Mozart’s birthplace

Located in the center of town along a popular shopping district--the “Getreidegasse”--sits Mozart’s birthplace where he was born in 1756--now home of the Mozart museum.

In the courtyard behind Mozart’s birthplace the weary traveler can take a break in one of the many outdoor cafes and restaurants.

The highlights

Some of the must see highlights include: the “Schloss Mirabell,” a castle that was originally built for the mistress of an archbishop, but now the city hall. Behind the castle visitors will find a beautiful geometric baroque rose garden adorned with sculptures and fountains, which is a popular background for wedding pictures.

Originally used for excursions, hunts, and elegant receptions, the archbishop’s summer residence--the pleasure palace of Hellbrunn--is located outside of town at the foot of the mountain.

Its spacious gardens house the world-famous “trick fountains” with waterspouts hidden under bushes and trees or suddenly jetting out from unexpected hiding places, all of them designed almost 400 years ago.

Modern Salzburg

Today’s Salzburg is a center of fine arts, history, and Austrian culture.

The contemporary city has been sensitively renovated, proud of its history, but also recognizing the call of modern times.

The tourist visiting Salzburg has a choice of first class hotels and restaurants, meeting the

highest international standards, or the quaint little restaurant tucked away in a quiet street, serving Austrian specialties.

The culinary treats

Dessert lovers have to try the “Salzburger Nockerl,” a sweet culinary delicacy that consists mostly of eggs and powdered sugar, a soufflé that is more than sufficient for three people.

“Salzburger Nockerl” are always freshly prepared; therefore, one should not be in a hurry to truly enjoy them.

The coffee house culture is part of the Austrian way of life.

Austrians and visitors alike enjoy sitting in their favorite café for hours, having conversations over coffee and cake, or just relaxing and soaking up the atmosphere.

One of the popular gifts to take home from the trip is the famous “Mozartkugel,” a small ball made of chocolate and Marzipan, first created more than hundred years ago.

The opportunities

The best way to get a first taste of all the wonderful sights of Salzburg is probably by booking a guided city tour, available by bus or on foot.

The tourist information offices are located throughout town, at the Mozartplatz, or the Hauptbahnhof.

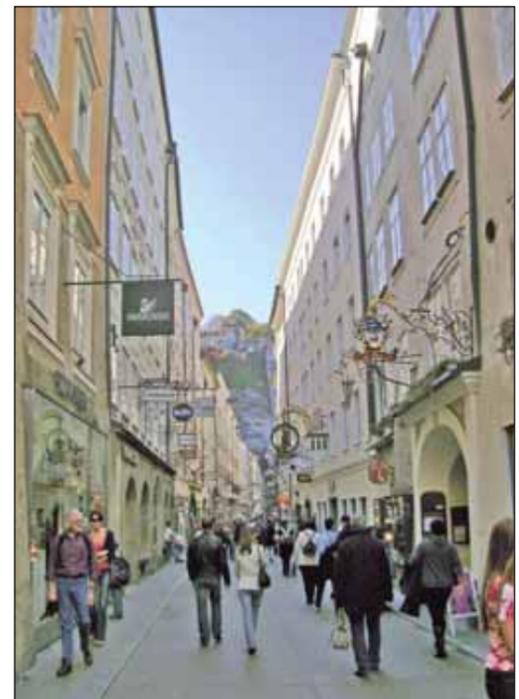
The city offers the “Salzburg Card” which

includes free single admission to the city’s main attractions. The card also allow for free use of public transport throughout the city, including fortress funicular, panorama boat and cable car Untersberg, and attractive discounts for cultural events and discounts for various tours and excursions.

The card is available for 24 - 72 hours, with prices ranging from € 21,00 to € 37,00 for adults and € 10,50 to € 18,50 for children.

The official tourist information Web site is www2.salzburg.info and is available in English.

There you can find a hotel to accommodate your needs and all the information necessary for a successful trip.



The sights, sounds, and mountainous landscape makes Salzburg a travel region not to be missed during your European tour.

12th CAB's Griffin return from 'most brilliant performance of duty'

Story and photo by
BILL ROCHE

USAREUR Public Affairs Office

"Three thousand, two hundred and fifty-six 'Griffin' Soldiers deployed into combat, and 15 months later 3,256 returned safely to their families," said Col. Timothy J. Edens, commander of U.S. Army Europe's 12th Combat Aviation Brigade.

Speaking to a crowd of hundreds that gathered on a frigid morning, in fog so thick the guests of honor standing in formation before them on the flight line at Katterbach Army Airfield were no more than blurred shadows moments earlier, Edens called that statistic "the one that shines above all others to me, and will resonate in my heart forever."

The colonel's audience -- American and German dignitaries, Soldiers, civilian employees, family members, friends and colleagues -- braved the cold and fog Nov. 14 to honor and thank those 3,256 12th CAB Soldiers for their service.

The 12th deployed in mid-2007 as Task Force 12 with more than 100 aircraft for a tour during which the task force would ultimately split apart and shift its active and attached reserve component rotary and fixed-wing aviation units to serve in many different locations across the entire Operation Iraqi Freedom theater of operations.

V Corps Commander Lt. Gen. Kenneth W. Hunzeker called the brigade's performance under those conditions phenomenal.

"No other U.S. Army aviation unit has deployed to as many different operating locations under as many different headquarters and flown

as many combat hours during one deployment as the 'Griffin' brigade," Hunzeker said in his remarks during the ceremony.

"Your commander calls it unprecedented, and unprecedented it is; nothing short of the most brilliant performance of duty by an aviation brigade during war that I've ever seen, and you should not only know that, but be proud of it."

The brigade's Soldiers began returning to Europe from Southwest Asia in August to reunite and reintegrate with their families and communities and take post-deployment leave.

The Nov. 14 ceremony was a time to salute their achievements in combat, as well as to officially mark their return to duty here.

To symbolize that return, Edens and 12th CAB Command Sgt. Maj. H. Lee Kennedy uncased the brigade's orange and blue colors emblazoned with a griffin's head during the event.

"Days like these are typically set aside to honor Soldiers who embody the spirit and what it means to be a member of the family of warriors; professionals steeped in selfless service and perhaps more than your share of personal sacrifice. I'm truly honored to

stand with you at the finish line today," Hunzeker said.

The two commanders also thanked the many American and German supporters in the brigade, U.S. Army Garrison Ansbach and the communities surrounding the 12th's home bases in Katterbach and Illesheim who, as Edens said of the unit's Family Readiness Group members, "mentored, coordinated, worried and sweated ... and simply made things happen."

"No unit succeeds in combat if it fails on the home front," the colonel said.

Edens thanked local community leaders in their native tongue.

"To the citizens of the surrounding cities and communities of our host nation," he said in German, "I want to say thank you for the hospitality you have shown us."

"We very much enjoy living in this area and call Katterbach and Illesheim our second home."

The ceremony was just the start of a full day

of events in honor of the brigade. In and around Katterbach's welcome banner-bedecked Hangar 2 a festival went on for hours afterward.

The celebration included an awards ceremony, food, children's rides and games, live music, the unveiling of an original painting of 12th CAB Soldiers in Iraq by renowned artist James Dietz, and salutes to the 12th CAB's Soldiers by area veterans organizations.

Three thousand, two hundred and fifty-six 'Griffin' Soldiers deployed into combat... 3,256 returned safely to their Families.

Col. Timothy J. Edens
12th Combat Aviation Brigade



Col. Timothy J. Edens, commander 12th Combat Aviation Brigade, thanks brigade Soldiers, families and members of the local military and civilian communities for their efforts during the brigade's recent deployment to Iraq, at the welcome home celebration for the 12th at Katterbach Army Airfield in Ansbach, Germany, Nov. 14. Edens is pictured in front of an unveiled original painting of brigade Soldiers during their deployment created by artist James Dietz.

Honor and allegiance Equipment arrival begins final phase of redeployment



Photo by Stephanie LeMaster

Illesheim Elementary students stand for the presentation of colors and pledge of allegiance by the Illesheim Cub Scout Troop 177.

Students at the school celebrated the men and women who serve in the U.S. Armed Forces during an assembly Nov. 10.

Many of the students understand the sacrifices these brave men and women make defending our freedoms. Most of their parents are deployed or just recently returned from deployment.

The school gym was full of American spirit and pride as the students sang, "This is My Country," and "You're a Grand Old Flag."

As a special tribute to the Armed Forces, the students learned each of the military branch songs. Lt. Col. Kevin Christensen, battalion commander for 2-159 gave the Veterans Day remarks, and reminded the students that saying "thank you" was a good way to honor a veteran on Veterans Day.

Story and photo by
Sgt. BRANDON LITTLE
12th Combat Aviation Brigade PAO

Katterbach's railroad tracks normally lay dormant and unnoticed while the rest of the community hustles and bustles around them.

That changed Nov. 5 when a raspberry-colored train, pulling precious cargo maneuvered its way onto the tracks. The locomotive's treasured payload included nearly 100 equipment containers storing supplies and mission-essential equipment.

These containers were packed and shipped, from Iraq, by 12th Combat Aviation Brigade Soldiers prior to the conclusion of their 15-month deployment.

Soldiers from 12th CAB have entered the final phase of the

redeployment process as hundreds of these containers, and a few dozen vehicles, are unloaded from trains almost daily.

"We have trains coming in (just about) every day, and each one takes from eight to 12 hours to off-load," said Chief Warrant Officer 2 Darick Majka, the assistant officer in charge of the railhead detail. "After the equipment is shipped from (Kuwait), it travels to the closest port and it's put on a railhead to us."

Once the containers reach Katterbach, they are plucked loaded onto on flat-bed trucks for movement to their designated unit. The 21st Theater Support Command supplies the personnel and equipment needed to move these containers to their final destination; 21st TSC combines American and German transportation

personnel to accomplish this mission.

Although 12th CAB Soldiers aren't directly unloading equipment containers from the trains, there are dozens of "Griffin" Soldiers filling vital roles to help this process flow smoothly, said Majka.

"We provide a security detail for the each train, we coordinate transportation for the containers, and we also have personnel at the off-load site to assist with repositioning any (temporarily moved) parts of the train," he said. "This includes putting up (train sides) that needed to be taken down, and removing any materials used to block and brace the cargo."

In addition to these duties, 12th CAB Soldiers also serve as road-guard and traffic director.

"My job is to help redirect traffic away from areas where the off-loading is being done," said Spc. Christopher Hexamer, a road-guard from Company E, 5th Battalion, 158th Aviation Regiment. "We're here to help prevent any kind of accident caused by a civilian vehicle crossing in the path of one of these thousand-pound containers."

"We all know how important our mission here is, and we know that we're playing a critical role in assisting the rest of the brigade to complete the redeployment process," said Majka. "Successfully recovering each container, and vehicle, is just as important as sending that piece of equipment downrange."



Personnel load equipment for transport Oct. 31.

AAFES improves facility, selection

Story and photo by
RONALD TOLAND JR.
Bavarian News

The light is on at the end of the tunnel when it comes to construction at the Katterbach Army Air Force Exchange Service.

In recent months, the exchange has seen extensive renovations to its interior and exterior, but the time is coming for it soon to be over.

"We hope that everything will be complete by mid-January," said Lisa Avallone, exchange manager for the Ansbach region.

"We are not a Grafenwoehr PX—we are not that big," she said.

"But we are trying. We want to accommodate our customers by expanding the facility that AAFES is currently in to make it larger, and to bring more variety to the store."

She explained that since the community is improving, AAFES is too and wants to expand in various ways—like increasing checkout lines from two registers to four, a better

selection of family-oriented lines of clothing, a sporting gear section and expansion of the shoe department.

"These changes are what the community asked for," said Avallone.

She explained that the expanded section, called "the tunnel," will house hard-line merchandise, like hair-care products, cleaning supplies, and pots and pans. She said she hopes it to be complete by Dec. 10.

She further explained, in-between those dates around Nov. 24, they will move merchandise from one area of the store to another, and as a result, the sales floor will be a bit disrupted.

"Where the hard-lines merchandise is now, will become female clothing and where all the clothing is now will become strictly male clothing," said Avallone.

With these renovations, Avallone explained that the facility will also have a new front door.

"Our new front door will be located on the side of the building where the tree lighting is held—a new glass

atrium. You can't miss it. So, when we open up the door, it will all be one building."

Avallone said she hopes the new door will be complete by Dec. 15 when AAFES plans its "soft grand opening with the new door and new registers in place."

As far as parking, Avallone said customers can park on the hill, adjacent to housing, or alongside of the building, which will be "flip-flopped" or relocated in front of the building and not across the street where it is now.

"The new parking lot plan will eliminate a lot of the parking issues we have now," said Avallone.

The store is restructuring what it has now and taking over the warehouse section—basically doing away with it to create more floor space.

"What we want to do is bring the merchandise in and put it straight on the floor," she said.

The bottom line of the project is that the whole building will be one.

"What we are planning and hoping on doing is having a grand opening on

the second or third week in January with the command and the V Corps commander—a red-ribbon opening that includes grand opening specials," she said.

Details on the grand opening will be released once plans are finalized,

Avallone said.

She referenced customers to three AAFES calendars (seen in The Bavarian News) of events for the Katterbach and Stork stores. The calendars highlight what each facility will have on a daily basis.



The PX facility expands with a new entrance, additional checkout lanes, and increased merchandise selection.

Garrison Goin'ons



Photo by Bill Roche

Homecoming Celebration

The Katterbach community gathered Nov. 14 to welcome home Soldiers of the 12th Combat Aviation Brigade after redeploying from 15 months in Iraq. The day began with an official welcome home ceremony at which an original painting of 12th CAB Soldiers in Iraq by renowned artist James Dietz was unveiled. Following the ceremony, friends and family members of the brigade enjoyed food, rides, games, and live music.

Photos by Ron Toland



Photo by Bill Roche

November is

Warrior Care Month



Early detection of mTBI improves treatment results

Europe Regional Medical Command

Early detection of and treatment for mild Traumatic Brain Injuries significantly improves recovery, and medical officials in Europe are taking steps to improve the chances of early detection.

Plans are underway to ensure that Soldiers deploying from Europe receive a computer-based test that measures reaction times, short-term memory and other areas that an mTBI can affect.

The test, called the Automated Neuropsychological Assessment Metrics, is not

new. But the requirement to administer it to all Soldiers is.

"Doctors use a variety of tests to evaluate Soldiers who may have had an mTBI. The ANAM is just one of them," said Maria L. Crane, who holds a doctorate in psychology. Dr. Crane is the ERMC Traumatic Brain Injury program manager. She explained that this test is one of the better tools available to doctors.

Crane said the test takes about 20 minutes to complete.

"It is not an intelligence test. Instead, the results record the Soldier's performance at that time. After an accident, a doctor can order a new

test. By comparing the baseline performance to the new test results, the doctor has a better chance of identifying an mTBI early," Crane said.

"It's important that Soldiers be as open to testing, medical exams and questionnaires as possible, Crane said. "Doing so helps us provide the best and most timely care possible. This is especially important when considering mTBI. The earlier it is detected and treated, the better the outcome."

She said the best time to identify an mTBI is right after deployment and before block leave, so that early treatment and recovery can take place during block leave, when Soldiers are

more relaxed.

"My office is establishing testing of all Soldiers so we can comply with the Army Surgeon General's order making it mandatory," Crane said. That includes working with medical clinic commanders and staff to educate them on how to better identify Soldiers in need of further care or referral, she said.

"If you have been exposed to a blast, have hit your head and felt dazed or been knocked unconscious or think you may have an mTBI, make an appointment with your primary care provider for an evaluation," Crane recommended.

Combat medic training evolves to save lives

by FRED W. BAKER III
Army News Service

One day before the terrorist attacks on Sept. 11, 2001, Army senior leaders put into place a plan to overhaul the service's combat medic training.

Officials wanted to replace Cold War-era health care specialists who worked mainly in hospitals as nursing assistants with more qualified, combat-oriented medics for line units.

A new breed of medics

Little did they know that events the next day eventually would send the force to war in Afghanistan, or that now, seven years later, the new breed of combat medics would be called upon on two fronts to save countless lives on the battlefields.

Though they still officially are called health care specialists, today's medics bear little resemblance to those who were trained by nurses. In their place are medics trained by combat veterans with a battle-focused curriculum that has evolved alongside the fight.

"Our medics shouldn't be working in hospitals. Our medics should be saving lives on the battlefield," said Army Lt. Col. (Dr.) Paul T. Mayer, director of combat medic training at Fort Sam Houston here.

The "68 Whiskey" military occupational specialty is the second-largest in the Army, with nearly 38,000 medics spread across the active and reserve components. Only the infantry specialty has more soldiers in the force.

The Department of Combat Medic Training trains 8,000 new medics a year, with class sizes that stretch to nearly 500 students. A new iteration of training starts every two weeks, and at any one time, as many as 2,500 students are working their way through the program. Roughly 20 percent will not make it through the training, failing to meet either the academic

or physical demands of the course, Mayer said.

"Our challenge is to turn a brand new soldier into a medic, and we've got 16 weeks to do that," Mayer said.

About 60 percent of those who graduate are deployed to the battlefield within six months of graduation, he said. So, during the past few years, officials at the school have revamped the program. The course still includes civilian emergency medical skills, but the focus now is on training for battlefield medicine, said Donald Parsons, the deputy director of the department.

"We have gone back and looked at how people die on the battlefield -- what types of wounds they get, what types of injuries that are killing soldiers -- and that's where we focus our attention on training our medics," Parsons said.

Officials at the school have looked back as far as the Korean War to study causes of death and in an effort to isolate those in which death can be prevented.

Cause of death

For the most part, despite increased technology in weaponry, the types of injuries suffered in war pretty much have stayed the same, Mayer said. Soldiers die on the battlefield primarily from three causes: they bleed to death as the result of severe trauma, an object penetrates their chest and blocks their breathing, or they suffer a head injury that results in a blocked airway, he explained.

The vast majority of those who die in battle do so because their injuries are catastrophic and they would not survive regardless of how quickly medical care is applied, Parsons said. But there are a small percentage of injuries that could be survivable if the right care is provided quickly.

"What can we train our medics to do to keep these Soldiers alive



Staff Sgt. Anthony Haney delivers a review of the combat medics' performance in the "blood lab" at the Department of Combat Medic Training at Fort Sam Houston, Texas. The medics must work through the lab using a combination of Soldier and medic skills administering aid, but watching for hidden dangers such as homemade bombs and enemy weapons.

long enough to make it to the combat support hospital?" Parsons asked, noting that care in those hospitals is comparable to that in the United States. "Our focus is to be able to treat those preventable causes of death at the point of injury and get that Soldier alive back to that hospital."

A dynamic curriculum

The school trains medics to recognize those types of injuries and then treat them, Parsons said, through a dynamic curriculum that constantly is updated with input from the battlefield.

"We have the ability to internally ... change our training program to meet the needs of the combatant commander on the battlefield," Parsons said.

As a result, he said, combat medics are learning and employing much more advanced techniques, especially to restore breathing and stop bleeding.

Medics now learn how to perform surgical cricothyrotomies, which involve cutting an emergency airway in the patient's throat. They learn how to insert a needle into the chest to relieve air pressure on the heart caused by a wound that has penetrated the chest cavity and collapsed a lung. They also learn to use tourniquets -- once considered a last resort -- often. Now, the new combat action tourniquet often is the first item medics take out of their bag, Mayer said.

"Tourniquets used to be taboo, and the tourniquet that was in the Army inventory was a piece of junk," Mayer said. His department worked with industry officials and other military agencies to develop a tourniquet that can be trained on and used successfully on the battlefield.

Now, all Soldiers are issued tourniquets when they deploy to

combat, and medics carry several of them.

"Probably the single most successful thing we've done in this conflict is change the ... dynamic of tourniquet use," Mayer said. "We do it all the time on the battlefield now, and it's saving lives."

The school also has leveraged technology in its teaching tools.

The school has one of the largest collections of human simulation systems, Mayer said. Mannequins with pulses and breathing systems are modified with simulated trauma wounds, and are integrated into the training to give the students a better idea of the wounds they eventually will treat for real.

Blood labs

The school also has two "blood labs" in which the students sharpen their skills as soldier medics. One lab simulates the scene of a suicide bombing in a market place, and the other simulates a bombing in an office building.

Strobe lights cut the darkness and fog machines fill the room and obscure the setting. Bloody mannequins - some in uniforms and others dressed as civilians - are scattered on the floors in a maze of rooms. Blaring music and screams of pain and panic fill the air, and the medics must work through the scenarios using both their Soldiering skills and their medical training. In their attempts to render aid, they must

first look for homemade bombs and enemies bearing weapons.

This is somewhat of a paradigm shift for the use of medics, who in past wars often put themselves in harm's way to render aid and rarely used weapons in battle, Mayer said. Now, they are told to shoot first, eliminate the enemy, and then go about their tasks as medics.

Our medics shouldn't be working in hospitals. Our medics should be saving lives on the battlefield.

Lt. Col. (Dr.) Paul T. Mayer
Combat medic training director
Fort Sam Houston

"Be Soldiers first. Don't become part of the problem. Become part of the solution," Mayer said.

Sgt. 1st Class Greg Deleon, a two-tour Iraq war combat veteran and an instructor/writer at the school, agreed, saying that the Soldier medics must first gain fire superiority before rendering aid.

"In order to get someone treated efficiently, you first have to get rid of the fire," Deleon said.

Future plans

The school also is expanding its field training facility at nearby Camp Bullis. Plans are to expand the training facility and modify it to resemble a forward operating base, Mayer said. Gates, checkpoints and guard towers are planned to give it more of a combat environment feel.

"It absolutely helps. It puts them in a situation where they have to have some type of critical thinking to get the job done," Deleon said.



Staff Sgt. Anthony Haney delivers a review of the combat medics' performance in the "blood lab" at the Department of Combat Medic Training at Fort Sam Houston, Texas. The medics must work through the lab using a combination of Soldier and medic skills administering aid, but watching for hidden dangers such as homemade bombs and enemy weapons.

Environmental club inspires recycling

by SANDRA WILSON
Bavarian News

A dash of coffee grounds, a measure of leaves, a handful of nutshells, and a banana peel makes what could be the most desirable mix of ingredients sought after. It's not something you eat—it's the beginnings of a compost pile which the Schweinfurt Elementary School (SES) environmental club has sitting in front of the school.

The club, now called Wilbur's Green Team, just began this year when Joel Helston, elementary and middle school music teacher, stepped up with an idea. Helston was inspired to begin the new club after a visit from the Directorate of Public Works (DPW) to the school. From DPW's briefing, he and his colleagues learned how the school can better help the environment.

"We are ... focused on recycling this semester and trying to get a school-wide sorting program and recycling program down," Helston said.

Helston and a band of nearly 30 children gathered for their first meeting in September to explore the possibilities.

"Most of them are just kids that are interested," Helston said, explaining how the number of children who attend the club just want to have an active role in the school.

"In addition to it being an educational experience ... it really builds tremendous pride. And the students are empowered to do something for the school," said Beverly Erdmann, assistant principal at SES. "The kids are really excited about it."

The weekly meetings take place after school

each Wednesday with a new task to accomplish. Helston's three-phase plan began with posting proper labels on all the waste containers around the school. Students decorated the signs with pictures of what could be disposed of in each

container: plastic, paper, or garbage. The signs were laminated and distributed to all classrooms.

Phase two was to provide receptacles in each grade-level hallway for plastic and paper disposal

from each individual classroom.

"The only thing that should be left in the classroom should be the typical garbage that the cleaning crew can pick up," Helston said.

Outreach was the third phase to address the need to educate other agencies that use the SES multipurpose room (MPR) for various functions.

"We have a lot of people that use our MPR—we're trying to make sure that the people that use our MPR are recycling," he said.

With those phases in progress, meetings turned focus on how to build a compost bin with a variety of biodegradable ingredients.

"Next year, in the spring, we will probably plant and use some of that compost in the flower pots," Helston said, hoping for the continued success of the club.

For more information about Wilbur's Green Team, how you can volunteer, or how your child can join, contact joel.helston@eu.dodea.edu.



Karsyn Goss, third-grader, slowly lifts a frame of the paste, water, and newspaper mixture in the initial stages of making recycled paper before setting it out to dry. Wilbur's Green Team teaches students how to recycle and this project will eventually be used to make holiday cards.

Photo by Emily Athens

Military family support recognized, honored

by EMILY ATHENS
Bavarian News

Lonely holidays, frequent moves, tearful goodbyes and blissful reunions: these are the realities of any military family.

Dedicated to acknowledging the quiet service of the military family, November brands itself as Military Family Appreciation Month for those humble patriots who constantly face the challenges of everyday military life. Though not a particularly easy lifestyle, it is undoubtedly an honorable one.

"The unfortunate circumstances we all share give us a special bond that those living in the civilian world will never understand," said Samantha Tromly, military spouse residing in the Schweinfurt community, and daughter of an active duty Air Force General.

Just as the military family has grown, so has the recognition. Initially beginning as appreciation week, this annual tribute, set forth by the Armed Services Young Men's Christian Association, has grown into a month-long celebration for the extraordinary men and women committed to serving the military with steadfast support.

As does any proud family member of a military Soldier, Tromly knows

all too well what it takes to be a strong supporter of our military.

"The most important way I show support for my husband and my father is by staying active in the military community. Our Soldiers and fathers have taken an oath to defend our freedom, so as a wife and dependent I pledge to be active with my Family Readiness Groups and team up with others to volunteer around the Schweinfurt area," Tromly said.

These tireless family members endlessly serve our country alongside their Soldier in uniform, proving that their strength is critical to the success and readiness of the Soldier and mission.

When the Soldier is weary, the family motivates and encourages. When the Soldier is awarded, the family proudly stands behind. When the Soldier is deployed, the family waits and prays. The list goes on.

Take time this month to recognize and thank these valuable men and women who selflessly make contributions and sacrifices for the community, their Soldier, and the nation.

"God bless my husband, God bless all of his fellow Soldiers, and God bless this wonderful United States of America," Tromly added.



Family members reunited this summer when 1st Squadron, 91st Cavalry Regiment returned from their 15-month mission in Afghanistan. The flexibility, strength, and grace that families exude continuously uphold our Soldiers and their responsibilities to the nation.

Photo by Mark Heeter

Family members tackle 'what if,' prepare for upcoming deployment

Story and photo by
MARK HEETER
Schweinfurt CI Chief

While deployment is around the corner for the 172nd Infantry Brigade (Separate) Soldiers and families, Patricia Lamson is talking about a different kind of corner: the "what-if" corner.

"We help them to see around the corners," she said, referring to the Soldiers and families from the 1st Battalion, 2nd Infantry Regiment — and the rest of the Blackhawk Brigade — who packed into the Community Club on Conn Barracks Nov. 4 for the family deployment processing.

"In a perfect world, everything will be fine, but what if?" Lamson pondered.

What if an ATM card goes down? What if the wife back here falls ill or injured and needs a little help taking care of the kids. What if they just don't know who to ask or where to go?

The U.S. Army Garrison Schweinfurt and several tenant agencies gathered throughout the week at the club for the family version of pre-deployment processing, designed specifically to tackle the "what if" questions and provide families a vast pool of knowledge about what the community has to offer.

"All these things are things you don't want to think about, but you have to," said Marsha Byrom, embarking on her first deployment.

She discusses some of the more emotionally challenging preparations that she and other families throughout the community have to make before their husbands and wives deploy.

"You have to do a lot of planning ahead to make sure things are in place," she said.

The FDP has been a regular feature on the USAG Schweinfurt landscape for three prior deployments and changes and improves each time, said Hal Snyder, Army Community Service director.

The current FDP is a two-phase process that began in October, and now includes personal readiness consultants for each Soldier, Snyder said, citing two examples of change to this iteration.

"The value added is that Soldiers and families, single and married, get one-on-one time," Snyder said of the consultants.

Significant improvements notwithstanding, the mission of the

FDP remains the same.

"It's all about helping our families become self-sufficient while we're gone, and not just self-sufficient but to be plugged in to information circles and groups in the community where they can thrive during deployment," said Lt. Col. Steve Miska, 1-2 Inf commander, who required every Soldier and family in his battalion to take advantage of the ACS personal readiness consultants.

"We're trying to educate them a little bit and give them opportunities, and plug them into the diff resources

within the garrison, the community, so they know where to go to," Miska said.

The families have different reasons for attending the FDP and walk away with a new idea or two, but they come away connected for having taken part, according to Fatima Daley, who is about to begin her third deployment and has some advice for other spouses.

"It's good to be active, especially if you are new to the area or don't line on post," Daley said. "Don't be a hermit."



Rose Norcross and her son, Jean, look over the information at the Family Deployment Processing Nov. 4.

Gila Challenge tests combat readiness

Story and photo by
EMILY ATHENS
Bavarian News

Soldiers must be prepared for the same mission, the war fighting mission. To be prepared, 9th Engineer Battalion has done more than just train. They competed in what became known as the Gila Challenge, a competition testing the Soldier's readiness in numerous warrior tasks.

During the first week of November, participants were tested in physical fitness, leadership, communication, lifesaving aid, and small unit drills. These warrior tasks and battle drills are a collection of skills deemed critical to the endurance of Soldiers in a combat environment.

The competition consisted of teams who were evaluated in their knowledge, strength, and speed and aided in making army warrior tasks more realistic while teaching the Soldiers the importance of working together.

"This is the first time I've done this at the battalion level. Soldiers need

to work on teamwork. They need to talk together, work together, come together to overcome challenges," said 9th EN Bn Command Sgt. Maj. Christopher Walton, the mastermind of the operation.

"The need to build a team together is an essential part of any successful unit," added Lt. Col. Benjamin Bigelow, commander of 9th EN Bn.

As the Brigade prepares to deploy, the challenge equipped Soldiers with the technical and tactical knowledge, leadership, and motivation they will need in combat.

"It was a real morale booster with deployment because it helps build teams. We go over individual warrior tasks and apply them to a game setting, but you're still getting educated while you're doing it," said Sgt. Marque Winters, emphasizing that the challenge is not only a competition, but a training event as well.

Being trained in the aspect of being a warrior should be on the mind of every Soldier, despite his Military Occupational Specialty (MOS), explained Bigelow.

"None of the events were Sapper specific. We had teams that are engineers, teams that are mechanics, teams that are cooks, all different kinds of MOSs, and all able to be the winners of the Gila Challenge," Bigelow said, indicating that not only are the events diverse, but the teams are too.

The Soldiers benefitted in more ways than just having the opportunity to be critiqued and evaluated on their level of knowledge and proficiency.

"Soldiers benefit in esprit de corps, morale, and promotion points," said Walton, touching on the importance of Soldiers possessing a high standard of performance.

"As long as I'm here, as long as I'm in the Army, I will try to continue something like this," Walton added.

The 9th EN Bn is scheduled to deploy with the 172nd Infantry Brigade (Separate) in the coming weeks.

Spc. Jeffrey Templeton (right) instructs Sgt. Luis Quinteros in mission 'Black Out' during the 'Gila Challenge.'



FRIENDLY COMPETITION



Photo by Emily Athens

Spc. Wesley Suer (left) competes against other Soldiers of 1st Battalion, 77th Field Artillery at the Blackhawk Rendezvous Nov. 12-13. The event honored the Soldiers and families preparing for deployment.

Soldiers competed in archery; flag football; rock, ax, and log throwing; and combatives at the airfield on Conn Barracks. Children and families also enjoyed numerous activities at Finney Fitness Center including face painting, bull rides, blow-up obstacle courses, and more.

The event concluded Nov. 13 with a casing of colors ceremony and bonfire.

ANAM creates baseline for deploying troops

by **MARK HEETER**
Schweinfurt CI Chief

Blips on a blue screen, little yellow asterisks, separated by one, two, three seconds. Click. Finger on the mouse. Left-click, right-click. Wait for the next one.

"It's basically a computer test that tests your cognitive functions, like your reaction time, your memory, your spatial arrangement ability, things that are a little more difficult to see when you look at a person to tell if they've been injured," said Katie Cowart, communications specialist for the Automated Neuropsychological Assessment Metrics (ANAM) team.

Soldiers with the 172nd Infantry Brigade (Separate) are taking the ANAM, a computer-based assessment tool, prior to their deployment, as part of their medical screening. The pre-deployment test will give medical officials a baseline to compare to post-deployment testing for Soldiers who might experience concussions or traumatic brain injuries (TBI).

"This will really give finite, statistical data to show what's going on with them," Cowart said.

Many Blackhawk Brigade Soldiers took the ANAM roughly one year ago, the first in Europe to have undergone the post-deployment assessment. 1st Armored Division Soldiers will soon be the first to have been assessed both pre- and post-deployment with the ANAM.

"The Army has recognized that a lot of Soldiers are having concussions in theater,

and this is one measure that the doctors can use to help evaluate the effect of that injury and to track recovery," said Col. Mary Lopez, program manager for ANAM and telemedicine and rehabilitation. "The value is that it provides some objective data that the doctors didn't have in the past, before the test.

"We see Soldiers that have come back after they've had a concussion, and they can have longer-term problems. So we want to get them early, we want to get them the right kind of treatment, and this is one way to help identify and evaluate and track them forward," she said.

Lopez and Cowart are both quick to dispel the myth that the test and results have anything to do with intelligence.

"This test is not an IQ test in any way, shape or

form. That's the biggest (myth) we get," Lopez said.

"It measures your own performance. And that's the critical piece in that," she said, noting that, whether geniuses or people of normal-range intelligence, subjects are measured against themselves.

"Basically we're just looking to make sure we have a good baseline for what each person's normal function is," Cowart said.

"I think what happens is that Soldiers tend to dread when they go for a test, and I want them to understand that it's not a test per se, but it's a computer module. They could go the direction of it being kind of fun if they want it to," said Jaimin Williams Harris, the ANAM information and technology specialist on-site.

This test is not an IQ test in any way, shape or form.

Col. Mary Lopez
ANAM Program Manager

Soldiers give students answers, explain feelings of deployment

Story and photo by
SANDRA WILSON
Bavarian News

Deployment readiness doesn't just apply to Soldiers.

Schweinfurt Elementary School is preparing its students for the upcoming deployment as well.

Deploying units offered sessions Nov. 17-18 for students at the elementary school to become familiar with what their parent may experience while downrange.

"It's a really good thing that we can put on," said Cpt. David Evetts of 1st Battalion, 77th Field Artillery, who helped coordinate the event.

"Basically we teach the kids about Iraq and that their parents are going there to help people," he said.

Groups of students visited the designated presentation rooms throughout Monday and Tuesday mornings to hear about Iraq weather and terrain and the people living there, to learn about the equipment and gear

that keep their parents safe, and to find out what kinds of living conditions and activities can be found at a duty station in Iraq.

"If you don't understand something, you're really wary about it. The whole attempt is to get the kids to understand what their parents are doing," Evetts said.

The students were given opportunities to ask questions fielded by the Soldiers themselves.

"They all want to tell about their dad. It's really neat how much the kids really do know.

"It shows how much the parents teach them at home. It can't be that easy to teach them about this," said Spc. Jeff Jones of 1st Bn, 77th FA.

The Soldiers' visit to SES was the second part of the pre-deployment activities for the school, says Bill Fisk, SES counselor.

The first activity addressed the possible feelings and behaviors of the children during the preparation, departure and absence of their

parent.

Denial, sadness, fear, or anger may all play a part, but learning how to properly handle those emotions are key to dealing with the deployment in a healthy way.

"We cover real basic concrete questions that kids have," said Bill Fisk, SES counselor. "We explain what deployment is and feelings associated with it... so the kids aren't shocked," once the deployment is finally underway.

In the coming weeks, the third component of preparation will be shared with the students to show ways to cope for the duration of the deployment.

Strategies include participating in sports, building a support team, taking up hobbies, achieving in school, and volunteering in the community and with housework.

Students will also be given the opportunity to explore the possibilities of growth during the absence of their loved one.



Spc. Jeff Jones of 1st Battalion, 77th Field Artillery, helps kindergartener Dorien Crockett try on his equipment.

Hohenfels unit wins IMCOM-E football title

Story and photos by
TOM HLAVACEK
IMCOM-E MWR

A team from U.S. Army Garrison Hohenfels won the Installation Management Command-Europe Unit-Level Flag Football Championship at USAG Grafenwoehr Nov. 9.

A come-from-behind touchdown in the if-necessary game gave Headquarters and Headquarters Company, 1-4th Infantry Battalion, a 24-20 win over USAG Grafenwoehr's 561st Medical Company.

HHC's winning drive started at midfield with 1:52 remaining in the game – and ended with quarterback Shaun Westenberg pitching to Darren Hunter on an end-around 20-yard score.

The Hohenfels squad struck first in the game first with a 30-yard pass from Westenberg to Thomas Hill crossing the goal line. Their second touchdown came two minutes before halftime, with Hunter finding Steve Estes in the end zone.

However, the 561st went into halftime with a 13-12 lead. Quarterback Tommie Crumedy ran in for their first score after a 20-yard catch by Cornelius Summers put the ball on the two-yard line. Two plays earlier, Summers had hugged the side line on a 25-yard sprint. The team's second score came with Tim Conner throwing a pass to Crumedy.

The medic's third touchdown came in the second half with Deon Barbee

running 10 yards into the end zone after an 18-yard-reception play from Crumedy, giving the 561st a 20-18 lead.

But the Hohenfels squad responded late in the game, with its final and winning touchdown run by Hunter – a treasured moment for him as this is his last game with the team.

"I planned my (permanent change of station) to the States after this football championship, so this is special," the armor captain said. "This

is the team's and my best game in three years of football in Germany."

Twenty-seven tournament games were played during four days of action, with Soldiers competing from units throughout Europe, including those from Belgium, Germany and Italy.

Ten teams first competed in round robin pool play, as the top two squads from each pool advanced into a double elimination tournament.

In the first game of title play, the 561st won 26-19 to force the if-

necessary game against HHC.

Going into the finale, HHC had a 2-0 pool record with a 28-6 win over the Wiesbaden Health Clinic and 31-21 win over Grafenwoehr's 7th Army NCO Academy. Overall, they finished the tournament with a 6-2 record.

The 561st's tournament record was 6-3. In the semifinals, they beat their Grafenwoehr rival, 7th ANCOA, 15-14 when they converted a two-point conversion after a touchdown pass from Crumedy to Conner.

With the score 14-13 and less than a minute remaining, Summer's said, "Let's go for the two-points instead of the tie ... we win and get into the finals or go home." The risk proved successful.

Westenberg was selected as the tournament's most valuable player.

The HHC quarterback gained his football experience playing for Dakota High School in Macomb, Mich., and then with the University of Michigan ROTC intramural team.



The 2008 IMCOM-Europe Unit-Level Flag Football Championship runners-up: 561st Medical Company.



The 2008 IMCOM-Europe Unit-Level Flag Football Champions: Headquarters & Headquarters Company, 1-4th Infantry Battalion

Army to launch SportBike RiderCourse

by J.D. LEIPOLD
Army News Service

The 210 Soldiers killed in accidents during fiscal year 2008 included 51 who were riding motorcycles off duty.

While Brig. Gen. William T. Wolf, who heads the Army Combat Readiness/Army Safety Center at Fort Rucker, Ala., is concerned with the all-around safety of Soldiers both on-and off-duty, he said the Army's loss of Soldiers due to motorcycle accidents was a 24-percent increase from FY07. He noted the deaths were predominantly related to excessive speed on sport motorcycles.

"Our young generation of Soldiers are looking at motorcycles because they're easy to get, very easy to purchase and they're cheaper than most cars, and frankly, they're fast, which young Soldiers just love," Wolf said. "Soldiers take the uniform off or leave for the day and they sometimes get this feeling of invincibility. Some of that is from numerous deployments downrange and the operational tempo

which can make them feel complacent and overconfident."

Wolf said the Army will be pushing out a new sport bike course through the Installation Management Command at all posts this year.

"I think it will go a long way toward teaching Soldiers what they will be getting into as well as teaching them the correct techniques and procedures when they go out on the road, so they understand the bike's limitations as well as their own," Wolf said.

The Motorcycle Safety Foundation's military SportBike RiderCourse was created in collaboration with the Army and Navy safety centers to address the increasing number of military personnel who are involved in sport bike crashes.

The one-day course consists of three hours of classroom interactive lessons and four hours of on-cycle range time and is taught MSF certified instructors.

The classroom segment focuses on the behavioral aspects of riding, such as attitude and personal risk assessment and includes discussions about braking proficiency, cornering techniques, traction management characteristics

unique to sport bikes. The riding session builds on these topics by providing riders the opportunity to develop and improve skills in braking, cornering and swerving.

Anyone, not just Soldiers who want to ride on post, must have attended an MSF-approved basic course and show proof of completion. Riders Army-wide are also required to wear personal safety equipment such as gloves, long-sleeved shirts, long trousers, impact- or shatter-resistant eyewear, boots, Department of Transportation-approved helmet and a high-visibility upper garment by day and a retro-reflective garment at night.

The MSF basic and advanced courses are already offered free-of-charge at Army installations.

Wolf also encourages Soldiers to use the online Travel Risk Assessment Planning System tool offered through the safety center. It was designed specifically for Soldiers and civilians using their vehicles or motorcycles while on leave or on temporary duty orders. In just the last year, nearly 600,000 assessments have been made by Soldiers using the system, which has now been adopted by all the military services.

"We provide TRiPS on the off-duty side so Soldiers can utilize it in planning their leave or time off, in planning their trips and ensuring that they reduce that risk to the lowest level, just as they would in preparation for a convoy down-range," Wolf said. "We've found in past years folks who use TRiPS have a four-time greater chance of not having an accident when they utilize these tools."

“Our young generation of Soldiers are looking at motorcycles because they’re easy to get, very easy to purchase and they’re cheaper than cars, and frankly, they’re fast, which young Soldiers just love.”

(Ret) Lt. Gen. Julius Becton
Army's first black 3-star general

Get your deployment discount at Graf, Vilseck bowling alleys

IMCOM-E MWR Division

Soldiers who have served on or are serving on extended deployments (15 months or longer) and their families are eligible for discounts at Installation Management Command-Europe bowling centers. The offer provides eligible participants a \$1 per game bowling reduction.

"We are providing this service as a social outlet, to relieve stress during this time of high operational tempo, especially for those members who served downrange longer than a year," said Blanche Ostrosky of IMCOM-Europe's Morale, Welfare and Recreation Division.

Soldiers can take advantage of the offer for up to 30 days of their return. To ensure the program is available to the largest number of patrons possible, the bowling discount is limited to three games at any one time. However, the discount has been extended

to include bowling leagues and tournaments held specifically for returning troops or family members whose Soldier is still deployed.

"If the league runs six or eight weeks, the Soldier's eligibility will be extended past the established month deadline," Ostrosky said. She added that eligible patrons are encouraged to carry documentation to verify their eligibility for the discount in the event is requested from MWR staff, such as a copy of orders, travel claim, or other documentation.

The deployment discount is valid at the Grafenwoehr Bowling Center on Wednesdays and at the Vilseck Bowling Center on Fridays.

Be sure to stop by your local bowling center to take advantage of this great opportunity. If you have any questions, call the Grafenwoehr Bowling Center at DSN: 475-6177 or the Vilseck Bowling Center at DSN: 476-2576.

December 2008 Schedule

Dec. 14 Grafenwoehr Bowling Center King of the Hill Final \$1,000 Pay Out! Starts at 11 a.m. Entry \$40; scratch event open to all bowlers; bowl 2 more games, score carry over, top 5 bowl pro style stepladder.

Dec. 24 Lane 25 Restaurant Closed, Bowling Center open from 11 a.m.-4 p.m.

Dec. 25 Grafenwoehr Bowling Center closed Christmas Day

Dec. 31 New Years Eve, Lane 25 closed, Bowling Center open from 11 a.m.-4 p.m.

Grafenwoehr Bowling Center closed Jan. 1, 2009

U.S. troops, civilians meet with Czech neighbors for Veterans Day celebration

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ment of Europe District 3 and Commander Timothy Dalton included special appearances by seven female cadets from Vilseck High School's 18th JROTC "Falcon" Battalion.

Nearly 60 VFW members attended the celebration, and U.S. military guests included Lt. Col. Bryan Denny of the 2nd Stryker Regiment and Col. Jeffrey Holachek of the U.S. Embassy in Prague.

Highlights of the annual celebration include a ceremony at the demarcation monument, a "blessing-of-the-flags" ceremony at Rokycany's Virgin Mary of the Snow Church, and a one-mile parade led by the Falcon cadets and U.S. veterans, culminating in the town's center where hundreds of local citizens and squads of Czech World War II re-enactors gathered with VFW members, friends, and dignitaries to provide outstanding support for the dozens of veterans and family members present.

Even after 60 years, it is evident that the Czech people are grateful to U.S. Soldiers for their liberation from German occupation those many years ago.

Whether young or old, Czechs come out in impressive numbers every year to observe or participate in the event, and continue to treat the veterans with

the respect and hospitality.

VFW Post 9334 Commander Hal Hedges, a WWII, Korean War, and Vietnam veteran— worked with former mayor Vaclav Beneda in 1990 to organize the annual Veterans Day celebrations in Rokycany.

Hedges continues his rapport with both the current mayor, Jan Baloun, and other Czechs who have supported the VFW since the end of their Russian occupation nearly two decades ago.

One of the many Czech mainstays of the annual celebration include Drahoslav Riha, founder of the 1990 "Society of Friends of the U.S."

Riha has carried a U.S. flag he acquired from a former WWII 2nd Infantry Division officer at each of the annual events the past 18 years.

This year, three VFW members made the trip from the U.S.—Frank Marsh and Thadeus Jones (Texas), and Richard Houselog (Minnesota).

Houselog, who has made eight previous trips to celebrate Veterans Day in Rokycany, said that he thoroughly enjoys visiting with the Czech people and rekindling friendships and that "I come as often as I can."

Whatever the reason these men and women of the VFW have been coming to Rokycany each year, they are undeniably ambassadors for continued good relations with our Czech neighbors. It is clear, from the



Photo by Nick D'Amario

Vilseck High School Falcon cadets (from left) Cadets 1st Sgt. Toni Anderson, Sgts. Brittany Conley and Darcy Woodall, Pvt. Alex Velez, Cpl. Christy Manoogian, and Sgts. Sara Carriker and Rachel Davis.

continued warm response by Czechs at these VFW celebrations, that our veterans will be remembered for generations to come.

The VFW actively recruits

membership, and encourages veterans and those returning from downrange to contact them for details about the VFW.

The Vilseck VFW Post recently

doubled their membership from 300 to 600 following the recent 2SCR redeployment, and like other VFW posts, they are always looking to increase their membership.



Photo by Mary Markos

Helen Mendle, Vilseck Service Credit Union branch manager, presents Chaplain (Col.) David Hillis with 40 gift cards valuing \$50 each. The cards will be distributed to families in the Vilseck and Grafenwoehr communities for Thanksgiving.

Don't miss annual Christmas tree lighting, a chance to give to those in need through CFC

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kick off the 2008 holiday season. The garrison's annual holiday tree lighting ceremonies are fun and a great opportunity to enjoy firsthand the hospitality of our neighbors and friends.

The Grafenwoehr tree lighting will be held Tuesday at 5 p.m. at the PX parking lot. Vilseck's ceremony will be held Dec. 4 at 5 p.m. in the Health Clinic parking lot.

Santa and St. Nicholas will be there to hand out gifts to the children and the Netzbarg elementary and middle school choirs and the middle school band will play at Grafenwoehr and Vilseck. A German band and children's choir

will also perform at Vilseck.

Stay warm and safe this holiday season, and take the time to reflect on what you are thankful for!

CFC

The Combined Federal Campaign runs through Dec. 3, Grafenwoehr has a few days left to reach our \$200,000 goal. We have collected \$179,166.48. Thank you for your continued support and hard work throughout this campaign.

If you would like to donate, contact your unit CFC rep today. Our aim is not to pressure anyone to donate, but present an informed opportunity for those who wish to give.

Know where to get up-to-the minute work, school closure/delay information

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for the recorded "road conditions and reporting instructions"

Delay, Early Release and Closure

When conditions warrant, the Garrison Commander may direct a delayed reporting, early release, or garrison closure.

Decision is based on a combination of road conditions and weather forecast.

The garrison commander's decision applies to all personnel, tenant units, directorates and agencies to include DoDDS schools.

Delayed Reporting or Garrison Closure will normally be made at 0400. The Installation Operations Center (IOC) will update the Web site, Command Channel, and phone recordings no later than 4:30 a.m. and will alert AFN.

AFN will broadcast updates starting at 5 a.m.

Early release decision will be made two hours prior to forecasted degradation of road conditions. This will allow for DoDDS to stage school busses. The IOC will also contact tenant units in addition to updating the Web site, phone recordings, Command Channel and AFN.

2-Hour Delays

Garrison needs this time to clear the roads and parking lots. Personnel will report 2 hours later than their normally scheduled reporting time. School busses will pick up children from their bus stops two hours after their normal time.

Only those personnel who are part of key and essential functions may drive on post. Functions include snow removal crews, guard force, limited dining facility, and emergency services.

Safety

Weather and road conditions vary in our area. Use your best judgment and know the hazards along your route. When in doubt,

don't drive.

Other

DOD Civilians will not lose pay when the Command directs a delay, early release or closure. Affected work time will be accounted for as administrative leave IAW DODI 1400.25-M.

GREEN

Driving is okay, no hazards.

AMBER

Drive with caution.

Driving conditions are hazardous due to reduced visibility, snowfall, or other weather phenomena is forecasted or is occurring.

RED

Only mission essential travel.

Driving conditions are hazardous.

Mission Essential and Emergency government vehicles only.

BLACK

Only emergency travel.

Driving conditions are extremely dangerous at any speed

— Roads are closed.

Emergency only for Government Vehicles.

Winter Contingencies.

For more information, visit www.grafenwoehr.army.mil

Garrison Installation Operations Center

Bldg 500 (Graf)

09641-83- 7226

Or call "HOTLINE"

DSN 475- ROAD (7623) or 09641-83- ROAD (7623)

Lesson learned!

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in front of us and the man sitting in that seat proceeded to turn around, glare at me and then rebuke me for being unable to control my child (at which point I simply began crying because, at 17 weeks of pregnancy, that's just your normal response to life stress), I pulled into my typical military wife defensive shell: "But my husband isn't here to help out - I deserve some slack!"

It's amazing how as a military spouse, I've come to depend on that line as my life excuse. When he's deployed, I have every reason to "have it hard" and not be able to control my whining child.

When he's in the field, I have every reason to lash out at my husband-is-at-home friends because they didn't have to miss another anniversary dinner. And when he's not deployed but is simply not allowed to leave post for training reasons to attend my brother's wedding 5,000 miles away, I think I have every reason to just cry in the corner when my son chooses not to listen to me the first time and blame his misbehavior on the fact that my husband isn't here and I, as a military spouse, have a hard life.

The truth is we all have a hard life. Life is fabulous, but none of us has it easy. Traveling with a 2 year old on a plane alone, even with the temper tantrums and kicking riots, is a dream come true next to some of the single moms I know who don't get to disembark that plane to a husband who brings them flowers and takes the child for a few hours so they can nap, breathe and remember that children are, indeed, blessings.

Though it's challenging, both when they're gone and when they're home, I don't want to use this military life as an excuse for everything else that seems to go wrong. If anything, this life teaches me something new all the time. Like how to pack earplugs and leg restraints on our next cross-country adventure.

Michelle Cuthrell is the author of "Behind the Blue-Star Banner: A Memoir from the Home Front." She is a regular contributor to Fort Lewis' Northwest Guardian.