

# Bavarian News

Vol. 5, Nr. 3

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

February 11, 2009

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## COMPETITION WINNER TAKES A TRIP

# Cheer up !!!

Vilseck cheerleader represents in London



**Vilseck High School's Ciera Royster** takes a moment out to enjoy the London scenery during a recent tour of the city. Royster was in the English capital last month after winning the UCA All Star cheerleading tryouts. For full coverage, See **Page 3**.

*Courtesy photo*



## WELCOME ABOARD

The Bavarian News welcomes **Melissa Wolff** as the assistant editor.

Originally from Everett, Wash., Wolff earned her bachelor's degree in studio art from College of the Holy Cross in Worcester, Mass.

She moved to Grafenwoehr in April with husband 1st Lt. Axel Wolff, who is deployed with the 172nd Inf. Bde.

She has experience in writing and design. She also loves art, having exhibited and earned awards for her paintings.

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For road conditions and the latest community news, visit [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil)

## 3 IN A ROW

# Bavarian News named top paper

*Staff report*

The Bavarian News has for the third year in a row been named Installation Management Command's No. 1 tabloid-sized newspaper.

IMCOM-E honored its outstanding print and broadcast journalists with the announcement Jan. 26 of region-level winners in the Army's 2008 Maj. Gen. Keith L. Ware Journalism Awards Competition.

In addition to taking first place in the best newspaper category, U.S. Army Garrison Grafenwoehr's 2008 annual Welcome to Bavaria took first place in the Special in Print Media category.

Individual awards went to USAG Grafenwoehr Public Affairs Specialist Mary Markos, third place in Story Series category for her four-part series on redeployment issues; and to Grafenwoehr Soldier Sgt. Stephen Morgan, second place in the Single/Stand-Alone Photograph category for his photo coverage of the installation's 2008 Charging

See NEWSPAPER Page 25

## \$SAVINGS\$

# Shutdowns to save post \$.5 M

by **ADRIANE FOSS**

*Editor*

U.S. Army Garrison Grafenwoehr hopes to save more than \$.5 million in energy costs by requiring installation personnel to shut down their computers at the end of each work day.

Previous guidance allowed personnel to simply log off their computers nightly. Thousands of PCs, monitors, printers, and other office equipment running all night contributed to fiscal year 2008's \$8,988,000 electric bill. Electricity costs from the Garmisch, Hohenfels and Grafenwoehr garrisons are included

See SHUTTING Page 4

## SCHOOLS \ JOB SHADOW DAY

# Local students head to work

Story and photo by **MEGAN MARKOS**  
*NMS student & Job Shadow participant*

Thirty-eight Netzaberg Middle School students skipped school and headed to work Feb. 2 as part of the National Job Shadow Day program.

"Job Shadow Day is about giving students the opportunity to be in the workplace, and to see how their academics transfer into

the workplace," said Lisa Leveque, NMS counselor.

While many students shadowed their parent or sponsor, others, said Leveque, went to work with some real "heroes" in the community—people who donated their time and resources for the student's education.

See JOB Page 4



Lt. Col. Mark Baxter explains the need for technology such as video phones to NMS Job Shadow participants.

COL. SORENSON



## DON'T MISS IT!

### PREVENTION

The U.S. Army Garrison Grafenwoehr Commander is making a call for the community to learn and pay attention to the signs

of depression, suicide, and addiction. To find our more, See **Page 2**.

### RETIREES

The latest garrison retiree newsletter pointed out

that many military retirees assume that the U.S. government will pay for all funeral expenses when a retiree dies. This is not true!

Get the facts about this important subject by reading the monthly Retiree Corner, **Page 25**.

### DOWNRANGE

Check back weekly to find out what's going on with the recently deployed 172nd Infantry Brigade. To find out what they're doing, how they're faring, and how they're making a difference in Iraq, See **Page 18**.

## COMMANDER'S MESSAGE



# Leadership calling on *you* to ID signs of suicide, help save lives

**O**ur Army is facing an increase in suicides and our senior leaders are embracing behavioral health support and the need to aid those who suffer from depression.

For too long, many of our Soldiers, Families, and Civilian employees have been hesitant to acknowledge the disastrous effects of depression, alcoholism, drug abuse, gambling, and other addictive behaviors.

Many of them fear that seeking assistance will adversely affect their careers or the careers of their loved ones; people will think they are weak.

This is absolutely not true. It is a sign of strength to seek help when needed. It is in our best interests to conquer these addictions as they feed the cycle of depression that can lead to suicide.

## A new approach

The Secretary of Defense, the Chairman of the Joint Chiefs of Staff, and our USAREUR Commanding General have recently been in the news demonstrating by example that we must address mental health differently than we have before.

Command Sgt. Maj. Berrios and I are witnessing the signs and effects of depression firsthand across our community. Our ministry team, social work services, and behavioral health experts are treating a wide spectrum of combat and non-combat related stress disorders.

While the early focus on these issues has been on the redeploying Soldier, we are seeing the effects on the Family members who endure the long separation in an overseas environment.

## More local resources

Fortunately, the U.S. Army Medical Command has recently increased the

behavioral health capacity in our area.

This investment will allow for us to properly diagnose and treat Soldiers and Family members. The key is recognizing the need for help. Unfortunately, in many cases, we are becoming familiar with cases after the symptoms have manifested themselves, but it is not too late to intervene.

We should be alert to the following signs, which may signal suicide intent:

- A sudden and surprising lifting of mood might signal the mental resolve to destroy oneself.

- When someone gives away valued possessions.

- Ruptured close relationships or the death of loved ones are a difficult time for anyone.

- Social withdrawal deserves some inquiry by friends and command.

- Oddly enough retirement is a vulnerable time, and we should never underestimate the impact of combat stress-related problems.

## Learning to interdict

This month, our senior Army leadership is calling on us to address suicide, and we will have a stand-down to execute a chain teaching program to increase Soldier and Department of Defense Civilian awareness to the signs of suicide and how we can interdict before the act.

The common precursor to suicide is depression. We, in our community, should empower ourselves with the awareness tools to identify the signs of depression and how to get help for our friends and, if needed, ourselves. Recognizing the signs and manifestations is the first step toward preventing suicide.

## Statistics tell the tale

Symptomatic afflictions routinely linked to depression are alcohol, drugs, and gambling.

In our community, we are seeing an increase in all these areas. Our alcohol and drug related incidents are above the Army average. Soldiers, Family members, and DoD Civilians are not spared.

We have also seen a large increase in

our slot machine revenues that indicate to us we have a higher potential for gambling addiction. In the United States, seven percent of the teenager/ adult population is addicted; if we were to conservatively apply this statistic to our adult community then we likely have some 1,000 afflicted friends and neighbors among us.

## Custom treatment

Our ministry team and behavioral health experts, working closely with our Army Substance Abuse Program staff, can assist folks in identifying the root cause of the depression and /or addiction, and guide one through a course of treatment that is tailored to the individual.

We have several tools that can help such as our local Alcoholics Anonymous (AA) support group, which is a proven program.

AA is based on genuine folks with a common bond to defeat a common illness, and they have meetings on both sides of the installation. AA can also address other addictions, and the anonymity component ensures privacy of those who seek support (<http://www.aa-europe.net>).

We also have a new behavioral health professional that specializes in gambling addiction for this growing concern, and there is always our Military Family Life Consultants (MFLCs) who can assist those trying to find the right help.

Most troubling about depression and addiction are its effects on Family members.

## Help for Family members

For those who are close to one suffering from depression and/or addiction there are our ministry team hosted couples counseling and retreats, and we also host Al-Anon—which a support group for folks who may be co-dependent or sharing their loved-one's affliction just by being close to its symptoms.

Like AA and Al-Anon's anonymity, service regulations also ensure an individual's confidentiality with our ministry team, MFLCs, and health care professionals.

It is time that we as a community muster the knowledge and courage to face suicide, and take proactive steps to recognize and treat depression and addiction.

## Take action!

No longer can we tolerate inaction and the stigma that was the dangerously accepted norm. We must be there for friends and loved ones as we unmask the signs and symptoms of an affliction that lives among us.

We must proactively help them to seek treatment and be there for their recovery. It is our duty!

“Symptomatic afflictions routinely linked to depression are alcohol, drugs, and gambling. In our community, we are seeing an increase in all these areas. Our alcohol and drug related incidents are above the Army average. Soldiers, Family members, and DoD Civilians are not spared.”

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

## CSM CORNER



# Help us celebrate American diversity, know your out-processing procedures

## Kudos to you!

I'd like to start off by extending a congratulations to U.S. Army Garrison Grafenwoehr's award winning directorates and individuals. During a presentation on Jan. 30

at the Vilseck theater, Col. Sorenson and I had the opportunity to witness just how great our garrison is.

Dozens of individual and unit awards were handed out to a well-deserving staff. Your hard work and dedication is paying off to make it clear to the Army leadership and other garrisons what we've known all along: This is one of our military's premier locations. Thank



you for all you do!

## Pet policy

In order to maintain this badge of honor, I urge residents to pay careful attention to the garrison pet policy:

- Ownership of all domestic animals is limited to two per dwelling.

- All feces must be cleaned up immediately.

- Pets may not be left outside alone past the time it takes for the animal to relieve itself. If your pet is sitting or lying down outside, you must be outside with it or bring the animal inside the home.

- Construction of kennels or other outdoor housing for pets is prohibited.

- Pets cannot be tied to any outside structure, permanent or otherwise to include fences.

## Cultural celebration

February is African American

History Month, and the Grafenwoehr military community is invited to take part in a cultural celebration Feb. 18 at Bldg. 103 from 11 a.m. to 1 p.m.

This is a time when we honor the achievements and celebrate the rich heritage of African Americans. It is also a time to reflect on the history and struggles of African-Americans. This time of honor was chosen by Dr. Carter Goodwin Woodson, recognized as the "Father of Black History," because it was the time period when the slaves first heard of the 13th Amendment to the Constitution, which abolished slavery. In 1976 during America's bicentennial celebration, what had been Black History Week was extended to a Month.

Throughout our nation's history, African Americans from all walks of life have offered their talents to the betterment of American society. Scholars such as Frederick Douglass

and W.E.B. DuBois were early leaders who placed great importance on educating all people about the need for justice and racial equality. Athletes such as Jackie Robinson and Althea Gibson persevered while breaking the color barrier and competing at the highest levels of sports. Musicians like Nat King Cole and Billie Holiday lifted the American spirit with their creativity and musical gifts. Through their extraordinary accomplishments, these leaders helped bring our nation closer to fulfilling its founding ideals.

Help us recognize the contributions and achievements from African Americans, not only in the military, but in all aspects of life during our 2009 celebration.

The guest speaker will be Command Sgt. Maj. Michael Bartelle, the senior non-commissioned officer of Allied

Command Operations. The program will include entertainment from an Army jazz band, ethnic food sampling, cultural displays, and giveaways.

## Out-processing procedures

It has recently come to my attention that clearer explanation of our out-processing procedures was needed:

The first step in the process is for a Soldier's Branch to place an enlisted Soldier on "Assignment Instructions" or "AI" and officers on a "Request for Orders" or "RFO." The Military Personnel Division (MPD) located in Grafenwoehr's

See COLUMN Page 25

*Command Sgt. Maj.*

*William Berrios*

*CSM, U.S. Army*

*Garrison Grafenwoehr*

## Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

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# VHS cheerleader wins All Star trip to London

by **ADRIANE FOSS**  
*Editor*

Vilseck High School's Ciera Royster had something to cheer about – winning a trip to London where she performed in the famed city's 2009 New Year's Day parade.

Royster, 17, was chosen to represent VHS in the spectacular annual parade, after a nerve-racking August 2008 performance in the Universal Cheerleaders Association All Star Tryouts at Kaiserslautern.

"I was very nervous about my performance," said junior Royster.

She said she was also surprised when they announced her as the winner. During her performance, Royster said she slipped off the mat, ever so slightly, but got back on and continued the dance without skipping a beat.

And this may just be one of the reasons she won despite her slip-up, according to VHS Cheerleading Coach Deborah Massey.

"She just smiled and kept going, and that is important in cheerleading," said Massey, who never doubted Royster would win. "She represented our school and cheer squad well."

Massey described Royster as a top-notch performer, full of energy, with lots of spirit. She said she learns cheers and dances with ease—not

surprising since Royster began cheering at age 8 on the sidelines of her brother's football games.

As a young child, Royster said she severed as the unofficial mascot for her brother's team in Virginia Beach, tagging along with the older cheerleaders. When the cheerleading coach noticed Royster picking up the moves quickly and how inspired she was, Royster said that's where it all began.

"I started cheering, then I began competing," she said.

Royster was one of many DoDDS Europe cheerleaders who attended cheer camp last year, but the only one from Vilseck to be selected during the camp's final day of competition. Two cheerleaders from Ansbach performed in London, 3 from Ramstein, and 1 from Heidelberg.

Fifty-three cheerleaders attended the annual UCA cheer camp from Denver. There were also 127 cheerleaders from Houston, 17 from Orlando, 36 from St. Louis, 37 from Kansas, and 35 from Seattle.

Royster is a member of Student-to-Student, the communication director for her junior class, and the varsity team competition captain for her cheer squad.

She said she likes to hang out with friends and spend time with her family when she's not busy

with school work or extracurricular activities.

She hopes to continue cheering as enters college, either in North Carolina or Georgia.

"I do see cheering in my future. I plan to apply to the USA staff and hope to teach at UCA camps and participate in more elite competitions," said Royster.



Photo by Sandy Davis

**Ciera Royster, 17, represented Vilseck High School in London's annually televised New Year's Day parade.**



Photo by Mary Markos

**Friends and unit members attended the Feb. 4 memorial ceremony of Pvt. Chipper Tovio Rogers, a Soldier with the 3rd Platoon, 41st Transportation Company. Twenty-one-year-old Rogers was found dead in his Grafenwoehr barracks room the morning after his 21st birthday, when he did not report to PT.**

## Newly formed Action Council ready to address feedback, take your issues

by **KIM GILLESPIE**  
*USAG Grafenwoehr PAO*

Do you have an issue or concern about garrison services?

The U.S. Army Garrison Grafenwoehr is addressing customer feedback through its newly formed Community Action Council.

The council, led by USAG Grafenwoehr Commander Col. Chris Sorenson, is comprised of representatives from each of the garrison's directorates, tenant units, organizations, and some unit spouse representatives according to Melynda Weaver, customer service officer for the garrison's Community Management Service program.

"The CAC is important because it elevates issues to the leadership level, where decisions can be made," Weaver said. "The decisions and results from the quarterly CAC will be released to the community through normal command information channels such as the garrison newspaper (The Bavarian News), AFN, the Command Information Channel, community newsletter, and other forums and meetings such as town halls, Senior Spouses

Roundtables, etc."

The first action to be implemented by the CAC was a decision to extend the hours of South Camp's (Vilseck) Airfield Gate an additional half-hour each workday morning in response to a request from a civilian having problems entering the main gate due to the recent increase in traffic.

Traffic entering South Camp has significantly increased in 2009 due to the redeployment of the 2d Stryker Cavalry Regiment Soldiers. Prior to the CAC's decision to extend the gate hours, garrison and Joint Multinational Training Command leadership had responded to Soldier and safety office concerns regarding the increased traffic by offering an alternative route through Gate 5 for Soldiers only.

Other CAC decisions made on feedback and request included:

- Moving the WTU town halls to a bimonthly schedule, with future consideration of quarterly meetings

- Creating a working group of agencies that will create one location to view all job listings, submission instructions, and a plan to

communicate this information

- Exploring alternatives (such as applying additional funding) for Vilseck car registration (Currently Soldiers assigned to Vilseck housing must go to East Camp—Grafenwoehr—for POV inspection and registration because the garrison is only funded for one inspection/registration location)

Solicitation and collection of feedback for the CAC are gathered through the following conduits such as Interactive Community Evaluation, or ICE; CMS-hosted focus groups tailored to define and solve specific issues; community constituent forums (town halls, BOSS, WTU, Retiree Council, School Advisory Council, DeCA/AAFES Council, etc.); customer service assessments and functional assessments; and tenant unit leadership, aka the 'corporate' chain of command.

For more information and details about the Jan. 21 CAC, visit <http://www.grafenwoehr.army.mil/> where the meeting minutes will be posted upon approval.

Questions concerning the CAC or CMS can be sent to Weaver at [melynda.weaver@eur.army.mil](mailto:melynda.weaver@eur.army.mil).

## Community mourns passing of young Soldier

by **MELISSA WOLFF**  
*Assistant Editor*

"Adieu, dear comrade! Your mission is fulfilled."

These words by poet Walt Whitman, read by 1st Lt. Jennifer Kraus, resounded over a large crowd honoring the passing of a young Soldier Feb. 4 at the Grafenwoehr Post Chapel.

Pvt. Chipper Tovio Rogers, 21, of 3rd Platoon, 41st Transportation Company enlisted in the Army in 2006.

Rogers had been with the company for one and a half years. He joined his platoon in Iraq in September 2007 and quickly made an impression on his chain of command and fellow Soldiers.

"He made people laugh with his jokes," said Kraus, "And he was always willing to do extra work and couldn't wait to go on missions."

"He showed genuine concern for others" she said to friends and Soldiers attending the service. "He would always be the first to notice if someone was having a bad day and ask them about it."

When conditions forced him to return early, "he made himself an integral part of the rear detachment, always hoping and trying to return to his platoon downrange."

"It's difficult to describe the emotion that Private Rogers' death has caused ... that one so young, with such a bright future has left us," Kraus said.

Staff Sgt. Jason Oberman, his squad leader, praised Rogers' eager service, describing his loyalty and sense of duty, saying, "Chipper was right there with me, backing me up."

Oberman said Rogers only complained when he was prevented from being with his platoon and performing his duty.

"He served his country well," Oberman said, "He stood in harm's way so that somebody else didn't have to . . . In this way, he has brought honor to his family. We in turn, honor his service."

Rogers was found dead in his barracks room on Grafenwoehr Jan. 23. The cause of death is unknown and still under investigation.

Rogers is survived by his mother Donna Jean Rogers and father Frank Rogers.



## Tax cuts!

**Commander of the Joint Multinational Training Command, Brig. General David R. Hogg cuts the ribbon at the 2009 grand opening of the new tax center in Vilseck. Call your local tax center today to take advantage of the free services.**

Photo by Spc. Gerald Wilson

# Task force investigators track fuel ration violations, crimes

by ROBERT SZOSTEK

USAREUR Provost Marshal Public Affairs Office

The recently introduced Army and Air Force Exchange Service fuel card system eliminates the need for authorized U.S. personnel in Europe to buy and fill out gas coupons for their fuel purchases.

Officials with the U.S. Army Europe Office of the Provost Marshal said the automated features of the system also make it much easier for customs investigators to check when people pump gas without authorization or go over their fuel ration limit.

"Since the use of the fuel card began earlier this year, customs investigators have been able to some suspected fuel ration violators," said Fred Evans, chief of customs services and investigations at the USAREUR OPM.

To boost the enforcement effort against fuel ration abuse, U.S. Forces Customs-Europe has set up a special fuel violation task force.

Using the fuel card database, investigators receive daily reports on several kinds of violations and can see when and where fuel was pumped.

PMO officials said people who exceed their monthly fuel ration limit make up nearly 65 percent of the 1,500 violations uncovered to date.

People who go over their ration allowance will receive up to two warning letters, officials

**People who exceed their monthly fuel ration limit make up nearly 65 percent of the 1,500 violations uncovered to date.**

explained.

Customs personnel will also send the letters to violators' commanders or civilian supervisors.

Subsequent violations may result in an official military police report documenting a police investigation of possible unlawful activity.

"In an effort to protect duty and tax-free gas privileges, U.S. Forces Customs is strictly enforcing compliance," Evans went on. "We will identify each and every violator and take the necessary action to prevent abuse."

In addition to penalties under the Uniform Code of Military Justice and administrative action, anyone abusing the system may also face German fines and penalties that result in a German police record, PMO officials said.

Sustained abuse could eventually result in violators losing their tax-free fuel privileges and having to buy gas at economy prices.

"Fuel card holders have a responsibility to know their fuel ration balance before pumping gas," Evans added.

This can be done in several ways.

"You can check the receipt you get from the gas station," Evans explained.

"Down at the bottom of the receipt, the number of remaining liters of fuel for that month is shown."

Additionally, fuel card holders can call the AAFES 800 number printed on the card, check



Photo by Mary Markos

USAG Grafenwoehr Commander Col. Chris Sorenson and Command Sgt. Major William Berrios fuel up at the installation TMP fuel point.

their balance online, or ask an AAFES associate to check on the ration allowance left for that month.

Eligible fuel card holders who have to drive very long distances between their homes and workplaces can apply to get extra fuel rations.

Fuel purchase policies for eligible AAFES

patrons in Europe, including information on violations and procedures for requesting supplemental fuel rations can be found in Army in Europe Regulation 600-17 (Retail Sales of Motor Fuel to Individuals in Germany), available online at [www.hqusareur.army.mil/rmv/regulations/aer600-17.pdf](http://www.hqusareur.army.mil/rmv/regulations/aer600-17.pdf).

## IT'S THE LAW

# New German law sets 'zero limit' on alcohol for drivers under age 21

by ROBERT SZOSTEK

USAREUR Office of the Provost Marshal

Recently enacted German law now prohibits drivers who have not yet reached their 21st birthdays from having any alcohol in their blood system while driving in Germany.

The laws include American drivers, either on or off U.S. military installations.

"These drivers will be subject to a fine if caught by German police and will have two points assessed on their licenses," said Lt. Col. Lon Walker, chief of law enforcement operations at the U.S. Army Europe Office of the Provost Marshal.

The former 125 euro fine has doubled to 250 euro, he added.

In addition to the fine, USAREUR will suspend the driving privileges of any Soldier, civil-

**Drivers under the age of 21 will be subject to a fine, have two points assessed to their license, and will have their license suspended for 30 days for a first time offense, 60 days for a second offense, and 90 days for a third offense, and may be subject to drunk driving penalties.**

ian employee or family member under 21 years of age caught by German police operating a vehicle with alcohol in their bloodstream, PMO officials said.

The ban will be 30 days for a first offense, 60 days for a second offense and 90 days for a



may also be subject to drunk driving penalties.

Walker said a lack of experience makes younger drivers more likely to have accidents than older drivers.

Adding alcohol into the mix compounds the problem, with one small glass of wine raising the odds of a crash sixfold. He added that "zero limits" for 17- to 20-year-olds are already in place in more than a dozen European countries, as well as in parts of the U.S., Canada and Australia.

Many other fines for driving offenses in Germany have been increased – some doubling – this year.

More information on German driving penalties and fines can be found at the German Federal Ministry of Transport, Building and Urban Affairs Web site at [www.bmvbs.de/en/Transport/Roads-2120/Schedule-of-fines.htm](http://www.bmvbs.de/en/Transport/Roads-2120/Schedule-of-fines.htm).

## Job Shadow giving students a firsthand look at career world

continued from Page 1

Throughout the day, students observed their host employee perform daily activities in Grafenwoehr, Netzberg, and Vilseck.

Students worked in a variety of places, including the Vilseck library, the Grafenwoehr Tower Inn, the Vilseck military police station, and Child Development Centers at both installations.

Lt. Col. Mark Baxter, the 69th Signal Battalion commander, had six students, including his son, shadow him for the day.

"I think it's a great program," said Baxter. "It's good for the kids, and I wanted to show off some technology here for the 69th Battalion. I think they'll gain a better understanding of the technology, and the workplace."

Nicholas, a seventh grader at NMS and Baxter's son, said he wanted a better understanding of his father's occupation.

"I wanted to know what my dad does," he said.

Other students participated in Job Shadow Day to see if a certain occupation was the right choice for them.

Brandi Watts, an eighth grader at NMS, wants to be an actress.

She shadowed Joline Powell, director of the Grafenwoehr Performing Arts Center, for the day.

She learned that a career in the performing arts could be challenging.

A lot of times for students, the challenge is finding the right career path.

Dr. Elizabeth Childs, NMS principal, hopes the day assisted students in making the right career decisions.

"It's all about students getting out there, hands on, learning about what other people do," she said.

Childs added that she hopes to have all NMS students participate in the future.

## Shutting down computers to take chunk out of post's nearly \$9 M electric bill

continued from Page 1

in the nearly nine million dollar price tag.

One factor in the sudden policy change was skyrocketing energy costs, according to Byron Dickman, DOL Information Assurance Manager.

"In the last eight to 12 months, energy costs rose significantly," said Dickman, "so we relooked this issue and working through the signal community, we found it to be workable at all levels."

While the recent change in policy seems like a common sense initiative (turn off power = money savings), the move to shut down computers nightly was also technology driven.

In the past, PCs needed to be left on in order to receive crucial security patches instantaneously. Now, advanced software gives Army In-

formation Assurance personnel the ability to remotely turn on and update most computers, as needed, day or night.

But the potential savings and security can be realized only if employees follow the new guidance, urged Dickman.

"Getting people to remember to turn off their computers every day (except Wednesdays), and getting supervisors to check all of their employees' computers—whether they are on leave, TDY, or sick—on a daily basis," may prove difficult," he said.

"The problem is if you leave your computer off for four weeks when you're on leave, there might be 2 updates, there might be 20, depending on the situation. This is critical, not an easy fix," explained Dickman, who has worked in the IT field for

more than two decades both active duty and as a civilian.

"There are things going on in the world in the IT field that puts government computer systems at a very high risk, so basically someone who forgets to turn off their computer or leave their computer on per guidance is compromising the U.S. government network," he said.

A recently published garrison memo explains that all computers should be shut down at the end of each workday, except Wednesdays to allow weekly updates.

The memo further states that "supervisors must ensure all computers, to include those computers belonging to employees on leave or TDY and vacant work stations, be turned back on and remain on during normal business hours each day, or on Wednesdays at an absolute minimum."

# USAG Grafenwoehr 2nd Quarter Honor Roll Students

## Grafenwoehr Elementary School

### "A" Honor Roll

Diana Barta  
Haley Connell  
Megan Howard  
Abigail Villanueva  
Morrice Smith  
Ryan Randle

Laura Hurtado  
Jasmine Jimenez  
Carlos Franco  
Sophia Hager  
Josh Williams  
Courtney Beilhart  
Ryan Martin

### "A-B" Honor Roll

Patrick Ramirez  
Jacob Butler  
Zachary Fenn  
Isabella Galeana-Vazquez  
Vanessa Hamilton  
Enrico IrizarryManig

Kyle Roberts  
Jordan Reese  
Caroline Toth  
Caryl Cohen  
Tyler Cooper  
Carly Florance  
Leandra Mulla

Trey Pruitt  
Joel Romero  
Nicole Ogborn  
Josh Peterson  
Victoria Banister  
Yazmin Chavez  
Sydney Fenn

Gerald Managuit  
Ki-me' McLeod  
Catherine McNeill  
Janio Moreno  
Genesis Rivera  
Devon Traylor  
Julian Burnham

Joshua Frenette  
Maleik Henry  
Greyson Lerner  
Kadreaanna Price  
Sven Schnare  
Erika Schneider  
Brianna Lewis

## 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  
Mackenzey Conley  
Zachary Gilman  
Madison Hoecker  
Kevin Shomper  
Azriya Smith  
Frank Wood  
Edward Zdeb  
Chloe Clifton  
Jahny Pomares  
John Villar  
Dominique Dillahunty

Ashna Singh  
Heidi Holwerda  
Jordain Russell  
Katelyn Hunter  
Hayden Kasavich  
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  
Nautiq Moten  
Elijah Porter  
Jaci Reynolds  
Chaylynn Spencer  
William Stewart  
Logan Williams  
Tiffany Belcher  
Jeremy Diamond  
Shanea Smith

Karen Beberniss  
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  
Gillian Becraft  
Tyler Bowser  
Alyssa Dunivent  
Erykah Ffrench  
Alexandria Finney

Keara Hamer  
Gunner Key  
Madysen Meyer  
Cierra Miller  
Phillip Orbe  
Ethan Reibsome  
Jaihde Williams  
"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 Sveda  
Brandon Schoonover  
Dakota Scroggins

Selena Thomas  
Alanis Vargas  
Francesca Warren  
Aryana Ybay  
Ciara Alston  
Spencer Andrus  
Kristian Black-Swotek  
Kenneth Bogawitch  
Taylor Butcher  
Xavier Calip  
Joshua Clamage

Paden Clark  
Joshua Delgrego  
Meigan Girard  
Jasmin Hazelet  
Jermaine Hernandez  
Kimbrea Hollingsworth  
Laura Jones  
Caleb Kemple  
Muliaga Leilauti  
John Michael Lopez  
Janeya Marion  
Leanne Foss

Elijah McNickles  
Nathan Mosely  
Jacob Nebroski  
Jasmya Pedroza  
Adam Proctor  
Christopher Ross  
Tiana Valencia  
Indira Velazquez  
Jasmine Wallace  
Charles Williams  
Eric Wills  
Brianna Woodson

## 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 Bidingger  
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  
Dustin Cooklin  
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 Ducksels  
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 Huiel  
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 Mendum  
Meycelle Miller  
Gabriella Mills  
Alexis Mitchell-Dugan  
Melissa Morris  
Chelsea Murdock  
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 Schmoll  
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 Vogelpohl  
Angelica Warren  
Cassandra Watson  
Taylor Watson  
Zarah Webster  
Michael Wigton  
Richard Wik  
Ashley Williams  
Courtney Williams  
Shandra Wilson  
Shavonne Wilson  
Sereniti Woodford  
Brandy Woodson  
Tyreque Young  
Gabriel Zavala  
Andrew Zdeb

## Vilseck High School

### "A" Honor Roll

John Reynolds  
Anne Goho  
Emma Andrews  
Darren Eldredge  
Angela Prater  
Yasmin Cofer  
Jessica Kay  
Tyler Hall  
John Lee  
Andrew Baxter  
Erik Bidingger  
Angela Blevins  
Jacqueline Cormier  
Samantha Ford  
JannicaLouise Gueco  
Bryan Hogg  
Aaron Hogg  
Tamaria Hollis  
Amy Maitner  
Jacob Martin  
Leonard Rodriguez  
Christine Rodriguez  
Gabriel Ruiz  
Tracey South  
Belinda Spiritty  
Maxianne Villalon  
Megan White  
Darius Whitehead

### "A-B" Honor Roll

Christopher Brown  
Shane Calder  
Brittany Conley  
Katharine Cooper  
Samantha Johnston  
Uriel Lee  
Christy Manoogian  
Alexandria Mills  
Megan Moore  
Christopher Nelson  
Maximillian Neuser  
Dominique Smith  
Kevin Waters  
Gavrielle Whyte  
David Wood  
John Wood  
Alyssa Massie  
Amanda Zumwalt  
Kimberlee Akuna  
Terri Atwater  
Jermaine Barkley  
Sara Carrier  
Shanice Cunningham  
Sarah Douglas  
Shania Hargis  
Nadia Kastner  
Colleen Kiechler  
Tyler Kirk  
Jordan LeBouef

Rebecca McNeill  
Roberto Miranda  
Michael Naterlin  
Jimmy Nguyen  
Erin Toohey  
Aaron Ware  
Fabien Niedemeier  
Rochelle Schadegg  
Gabriel Welch  
Rommel Andre  
Leah Beilhart  
Crystal Belcher  
Chelsey Burger  
Lauren Carroll  
Georgianna Castro  
Crystal Clark  
Quartney Cohen  
Daniel Dailo  
Jonathan Delgado Lopez  
Michael Diaz  
Leah Griggs  
William Hargis  
Amber Hendricks  
Ashlia Hendricks  
Nancy Hendrix  
India Johnson  
Joshua Keith  
Dominik Lomonaco  
Phillip Manning  
Aida Mougan-Leis

Meredith Nance  
Lisa-Marie Roberts  
Danica Schobin  
BriAnn Smith  
Tekeha Turner Cogger  
Jason Chun  
Benita Ewen  
Darre'Auna Lyde  
Kimberly Morris  
Jessica Rider  
Edith Tessman  
Ravonna Bailey  
Gabor Barta  
Melissa Camara  
Jordan Cooperrider  
Courtney Corder  
Althea Dunn  
Shaina Gowin  
Samantha Marshall  
Lauren McClaffin  
John McGaffin  
Victoria Murchison  
Kerwin Octavo  
Gabriela Orta  
Adriane Paminiano  
Jared Russell  
Jeremy Ryan  
Bianca Selders  
Theresa Trevino  
Dmitri Walker

Darcey Woodall  
Allyson Barnett  
Shamyra Coleman  
Rodolfo Guerrero  
Nayhomi Rodriguez  
Mary Shoup  
Yvette Ybay  
Tasha Ammons  
Niek Carr  
Amber Core  
Alisha Davidson  
William Dayton  
April Elane  
James Hartz  
Stephanie Hood  
Victoria Kander  
Zane Kennedy  
Daniel Lamp  
Dominic Lonowski  
Ramon Ortiz  
Stefanie Powers  
Miguelangel Quinones  
Dylen Raastad  
Marissa Rago  
Bartley Schwegler  
Virgilia Tanner  
Chelsea Taylor  
Kevin Taylor  
Karina Touzinsky  
Calvin VanPatten

Nicholas Diaz  
Cassie Blakeney  
Justin Henderson  
Marissa Miller  
Benicia Salas  
Mary Beth Allen  
Vanderson Anderson  
Averi Baker  
Benjamin Barry  
Alexandria Blunt  
Kayla Cook  
Jamie Corbin  
Jessica Crusing  
Taylor Graves  
Marcus Heikkinen  
Danielle Jones  
Salimata Kamara  
Christian Leming  
Kyle Octavo  
Felicia Parreno  
India Pinkney  
Rebekah Prater  
Ariana Rael  
Jason Roberts  
Josie RodriguezArgueta  
Donald Smith  
Damon Watson  
Sasha Whitlock  
Angelo Anderson  
Mindy Bryan

Nancy Castro  
Tyler Cepeda  
Harmony Comer  
Mark Cruz  
Dylan Driscoll  
Jacquelyn Fassett  
Andrew Feazelle  
Francesca Vasquez  
I'Mario Gibson  
Stephanie Guzman  
Meaghan Hartz  
Nicholas Heikkinen  
Tabitha Holzhauser  
Christian Horlebein  
Jearrette Ignacio  
Nikki Ignaco  
Dwayne Imber  
Lisa Imber  
Patricia Johnson  
Curtisa Jones  
Mireya Jones  
Taylor Julien  
Ryan Parr  
Dylen Rigual  
Stephanie Rodriguez  
Adam Shaw  
Kaitland Taylor  
Brittany Tener  
Leah Watson

The ADAC rescue helicopter Murnau Christoph lifts off en route to another mission after responding to an emergency call at Artillery Kaserne, Garmisch.

## ADAC rescue helicopter finds LZ at Artillery Kaserne

Story and photo by JOHN REESE  
USAG Garmisch PAO

It's peaceful most of the time on Artillery Kaserne, the main post for U.S. Army Garrison Garmisch, with the exception of ski competitions or a busy day for the only AAFES gasoline station in Southern Bavaria.

Hence, the loud chop-chop-chop of a bright yellow civilian helicopter circling overhead at treetop altitude Feb. 4 brought Soldiers and civilians out of their offices in surprised curiosity.

The garrison's actual helipad for the infrequent Black Hawk is located on Sheridan Kaserne several hundred yards away, south of the Loisach River and main highway B2. It was evident this bird was going to roost here.

A retiree entering post at the main gate had fallen and was injured. Fortunately, both the provost marshal and MP operations sergeant happened to be standing there and witnessed the incident.

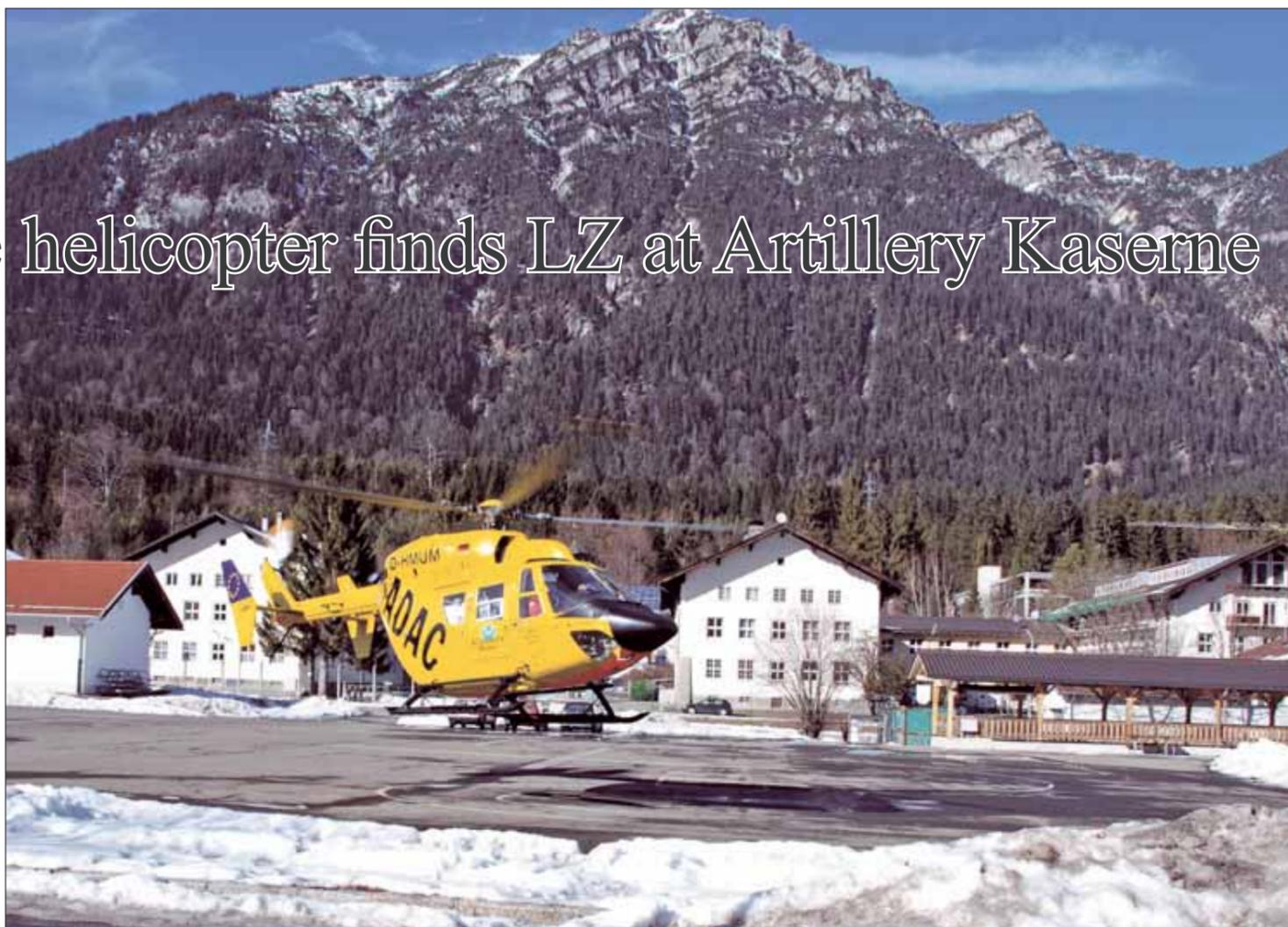
"We immediately requested an ambulance and Capt. Scott Woida started first aid," said Sgt. 1st Class Christopher Allison, provost sergeant. "We originally thought that there may be a more serious injury due to his speech and mannerisms. However, apparently the gentlemen previously had a stroke and that was the cause for his slowed speech and actions."

The ADAC (German Automobile Club) rescue helicopter Christoph Murnau was passing overhead and monitored the call as the German emergency medical services were alerted for an ambulance.

"There happened to be an ADAC medical helicopter with a doctor near the kaserne when the call took place," said Allison. "The helicopter decided to land to see if they could render assistance."

A Notzart (emergency doctor) usually arrives in a specially marked emergency car along with an ambulance instead of a helicopter, so the helicopter was a surprise.

ADAC pilot Burkhard Schneider and copilot Stephan Knödler spied a suitable landing zone on the empty motorcycle safety test course. The ample blacktop lot located near the back of the



kaserne is a large area free of obstructions.

After a couple passes, Schneider decided the course, unused in winter, made an appropriate landing zone and the helicopter settled gently onto the impromptu helipad.

Garrison personnel reacted even before the aircraft touched down. Garrison Fire Chief Wolfgang Pauls-Polch and Mark Kravis, a retired MP and the site contracting officer for Pond Security, were two of the first to arrive at the LZ.

"I heard a helicopter and I looked to the sky, and I knew they were landing. I didn't know why, but it had to be an emergency," said Pauls-Polch. "I got in my truck and drove over."

Kravis, who was on foot, used his cell phone to contact the MP station for details.

"The doctor wanted to know where the patient was located, so I just handed him my phone and the officer at the desk gave him the information,"

said Kravis.

Pauls-Polch used his fire truck to transport the Notzart to the front gate where the patient was in the care of the MPs.

The doctor treated the patient and determined that his injury was not life-threatening.

"After they arrived they requested a ground evacuation," said Allison.

A conventional ambulance quickly arrived and took the patient aboard. Meanwhile, another emergency call came in for the Murnau Christoph. The ambulance rushed the Notzart back to the helicopter. Schneider had already fired up the engine and was waiting, and as they flew off to another rescue the ambulance sped off to the Garmisch hospital.

The Garmisch Safety Office immediately conducted an inspection of the incident site.

Although the landing of a civilian rescue helicopter on the garrison is unusual, ADAC

helicopters passing overhead are a common site in Garmisch. An ADAC helicopter was conducting operations at the base of Kramer Mountain just north of the garrison during the 2009 Alpine Skiing World Cup races Jan. 30 to Feb. 1.

ADAC also made a night landing on the former tennis courts of the Abram's Complex (formerly Armed Forces Recreation Center's Green Arrow Hotel) due to its location close to the hospital Nove. 13, 2007 for an emergency transport to a trauma injury hospital in Murnau after a German child was critically injured when he slipped and fell from a roof.

"We have an agreement between the U.S. and Germany allowing them to land in case of an emergency," said Pauls-Polch.

Allison summed up the incident: "Everyone worked like a professional. No one panicked and made irrational decisions."



Photo by Yvonne Levardi

Susan Eisenhower looks at memorabilia with curator/owner Claus-Peter Gründl at the Eisenhower Museum in Oberammergau.

## Ike's granddaughter pays visit to Oberammergau, Marshall Center

Special to the Bavarian News

The museum located near the NATO School in the town most famous for the Passion Play is dedicated to Susan Eisenhower's grandfather, President Dwight D. "Ike" Eisenhower, who was the Supreme Allied Commander Europe 1944-1945 and the first commander of NATO. Ike was also one of only five 5-star generals after the rank was created in 1944.

Eisenhower was in Germany to present the lecture "The World in 2020: View from the U.S." to participants of the Senior Executive Seminar class 09-1 Jan. 28 at the George C. Marshall European Center for Security Studies in Garmisch-Partenkirchen, Germany.



Ninety-one students from 51 countries attended the seminar which ran Jan. 21-28, with the topic "The Global Shift of Power: Redefining the Atlantic Community." This class was unique in that participants from Lesotho and Liberia attended a Marshall Center course for the first time.

The Marshall Center is a unique U.S. Department of Defense and German Ministry of Defense security and defense studies institute. More than 6,000 military and civilian officials from more than 100 nations have graduated from resident courses and more than 16,000 have attended more than 300 conferences discussing European and Central Asian security issues since the center was dedicated in 1993.

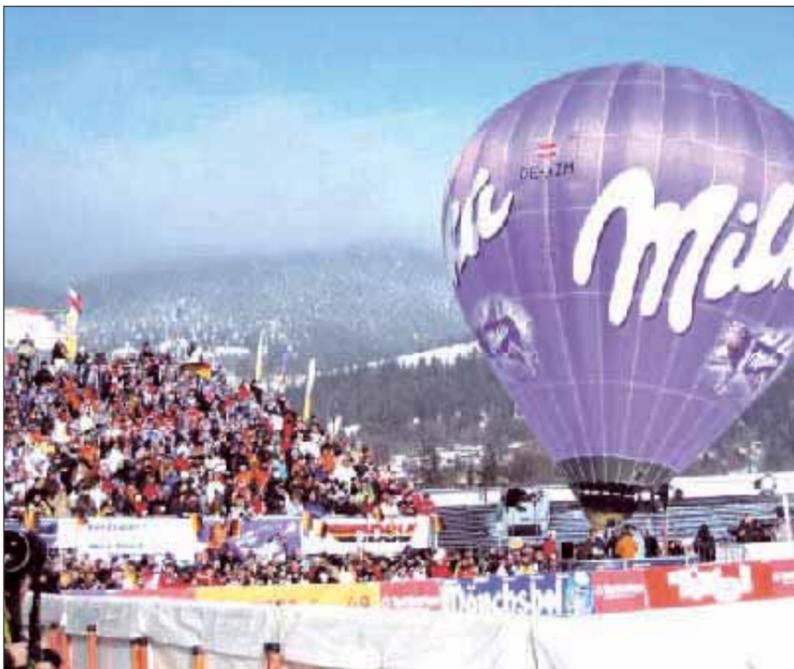


## The Bee is all the buzz!

Garmisch Elementary-Middle School 5th grade student Alex Cavoli tries to spell the word "crochet" as 6th grader Matthew Turner sits awaiting his turn in the final moments of the school's spelling bee.

Turner won on the word "Karate" and will represent Garmisch in the Dodds European Bee March 14 at Ramstein Air Base.

Photo by Eric Weddle



## Ski Cup '09

Thousands of skiing enthusiasts from around the globe packed the stands in Garmisch-Partenkirchen for the 2009 Alpine Ski World Cup Feb. 1. Only three of the four scheduled races took place. The organizers scrambled to compress two days of events into one and pulled off a logistical miracle as fog blanketed the course Jan. 31. Local favorite Maria Riesch of Partenkirchen was one of the competitors. Manfred Moelgg of Italy took the men's division and American Lindsey Vonn won the women's division.

Photo by Andrea Winter

# Honor students send refugee to school, raise awareness of conflict in Dafur

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

Overshadowed by a historic inauguration and a global economic downturn, the conflict in the Darfur region of Sudan has received precious little media coverage in the past few months.

According to Amnesty International USA, since the start of the conflict between rebel groups and the Sudanese government in 2003, more than 300,000 men, women, and children have been killed and more than 2.5 million of them have been displaced from their homes.

The students in National Honor Society and National Junior Honor Society at Hohenfels Middle/High School decided to raise awareness of this conflict while doing what they can to help those affected.

The honor societies hosted a chili dinner Jan. 30 to raise money to send a Darfur refugee to the Don Bosco School there.

A 19th century Italian priest who made it his life's work to educate young people, St. John Bosco (Don is an Italian title of respect for priests) founded the Society of St. Francis of Sales (Salesians) who carry on his work today.

Throughout the world the Salesians run Don Bosco schools on the principals of reason, religion, and kindness, while educating some of the poor and forgotten children of the world.

Stephanie Larumbe, NHS president, first suggested the club make a Don Bosco school in Sudan the beneficiary of their service project.

"They take the children from the refugee camps and teach them, and teach them a trade," said Larumbe. "I liked that idea because it is the idea that you can give people money all you want but if you teach them a trade it is like the proverb, you can feed them for a lifetime."

Larumbe knows first-hand how far such an education can take someone. Her father, Maj. Eduardo Larumbe, is a graduate of a Don Bosco school.

"I came from having nothing," he said. "I walked when I was 7 years old gathering fruit to sell on the street in Venezuela."

Larumbe said there is no way for him to express the gratitude he feels toward the Salesians.

He said the philosophy of Don Bosco schools is to go where children do not have many opportunities and give them training to make their lives better. Larumbe was trained to be a mechanic.

Fellow NHS and NJHS members say they jumped at Larumbe's suggestion to make Don Bosco the focus of their fundraiser.

"This is just a really great organization," said eighth-grader Erin Redden, NJHS president. "We wanted to fund someone so they can have a future when they get out of the refugee camp. This was one way we knew we could help."

Alexis Perryman, also in eighth grade and the NJHS treasurer, agreed.

"When people tell me there are people without access to school, it is a good cause to give it to them," she said. "The community really came together to help a good cause. Lots of people with friends in NHS helped, the administration came, and the school helped us out a lot."

Community members streamed into the high school Great Hall throughout the dinner, many of them coming from or going to the

basketball game next door.

Once inside they received a bowl of chili, courtesy of School Liaison Officer Michelle Wolff, and were treated to live African music and dance performed by Joseph Wasswa, a 23-year-old from Uganda who is in Germany studying music at Makerere University.

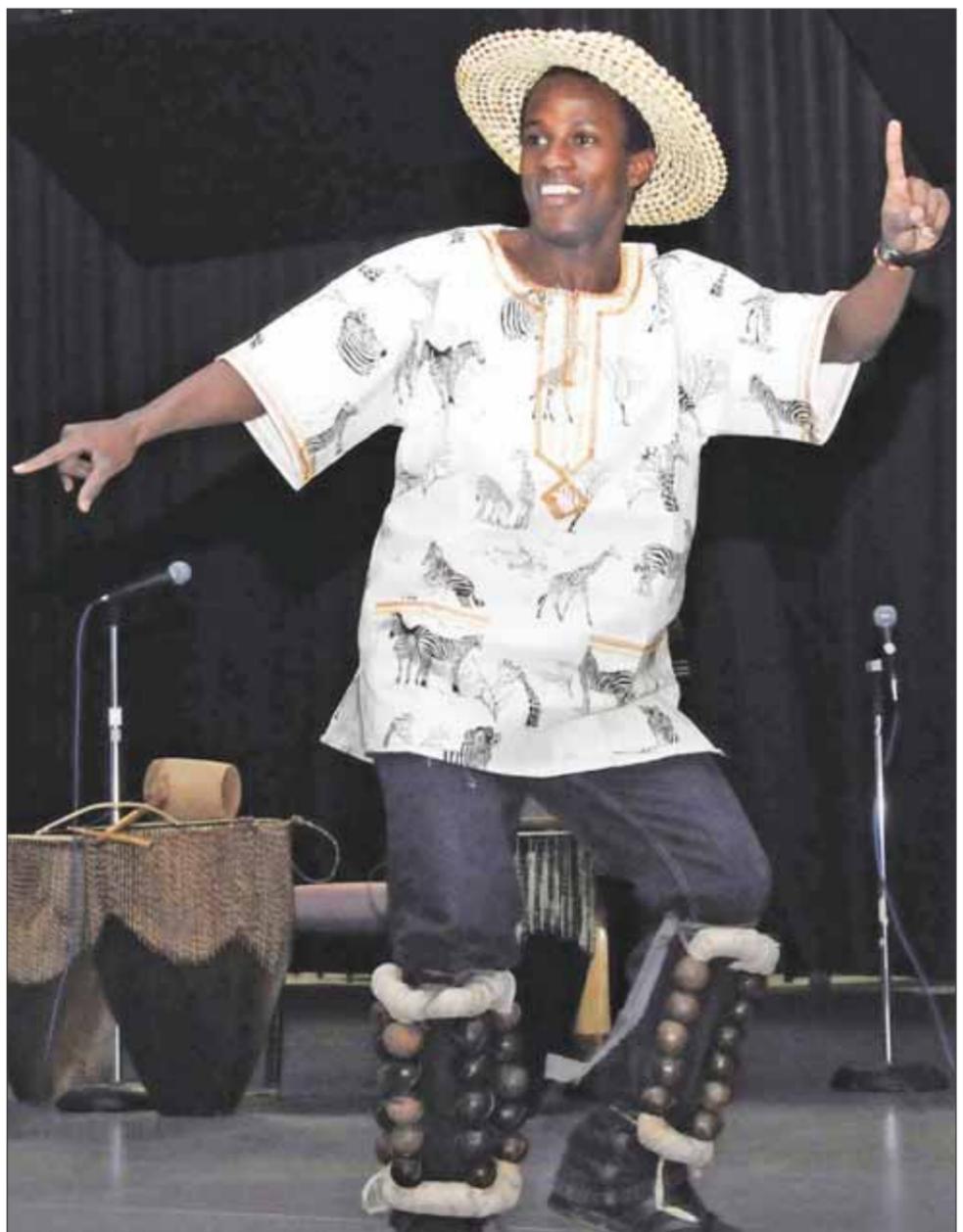
Wasswa said he played music and performed dances from throughout Africa, not just his native Uganda, to emphasize that the spirit of the night was to bring people and cultures together, not keep them apart.

The notes echoed around the room as Larumbe explained why this project was so important to her.

"I have always felt that I have an obligation to do something. We are so affluent; we're obliged to do something for others," she said, "and what I like about this project is that it's people our age that we're affecting."

**... it is the idea that you can give people money all you want, but if you teach them a trade it is like the proverb, you can feed them for a lifetime.**

**Stephanie Larumbe**  
NHS President



Joseph Wasswa, a 23-year-old from Uganda who is in Germany studying music at Makerere University, performs a traditional African dance Jan. 30 at a chili dinner benefitting students in Darfur. The Hohenfels High/Middle School National Honor Society and National Junior Honor Society hosted the dinner to raise enough money to send a Darfur refugee to school.

# Community awards volunteer highest honor

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

As Karissa Borders began to talk about being the first ever Community Volunteer of the Quarter, she continued to shuffle through the piles of paperwork and receipts on the table in front of her.

She explained that her two daughters, Alex and Megan, are in Girl Scouts and said she had volunteered

to help out with this year's cookie sales.

So Borders sorted piles of bills into Euros and dollars, counted each pile's value, and recorded the totals on one of the many papers fighting for her attention.

Believe it or not, she doesn't even consider this one of her "official" volunteer positions; this was just something small she offered to help out with.

Borders has an impressive volunteer resume under any circumstances, and

even more so considering she has been in Hohenfels for less than one year and her husband has been deployed for most of that time.

After being nominated by multiple organizations, Borders was named the first volunteer of the quarter for her service to the Hohenfels community during the first quarter of the 2009 fiscal year, which runs from Oct. 1 to Dec. 31, 2008.

"Ms. Borders is an exceptional volunteer. She gives her time at many organizations on post, and she

was a great nomination. Her support to the community is invaluable.

We are lucky to have her as our first ever Community Volunteer of the Quarter," said Lori Starnes, U.S. Army Garrison Hohenfels Army Volunteer Corps Coordinator.

"Receiving several nominations is very flattering to me," said Borders.

"It was a surprise to get this award at all, and when I found out I had more than one nomination it made me feel really good."

When she is not doing something for her daughter's Girl Scout troop, she is shelving books at the Elementary School library.

Or she may be performing tasks associated with her role as the Parent/Teacher Association treasurer or as secretary for the Headquarters, Headquarters Company, 1st Battalion, 4th Infantry Regiment Family Readiness Group.

Her favorite time though is spent helping Hohenfels' four-legged community members at the Veterinary Treatment Facility.

Her face lights up when she talks about her work at the vet clinic, enthusiasm that she plans to turn into

a career when she returns to the United States.

Borders said she plans to attend veterinary technician school and hopes to eventually enter veterinary medical school.

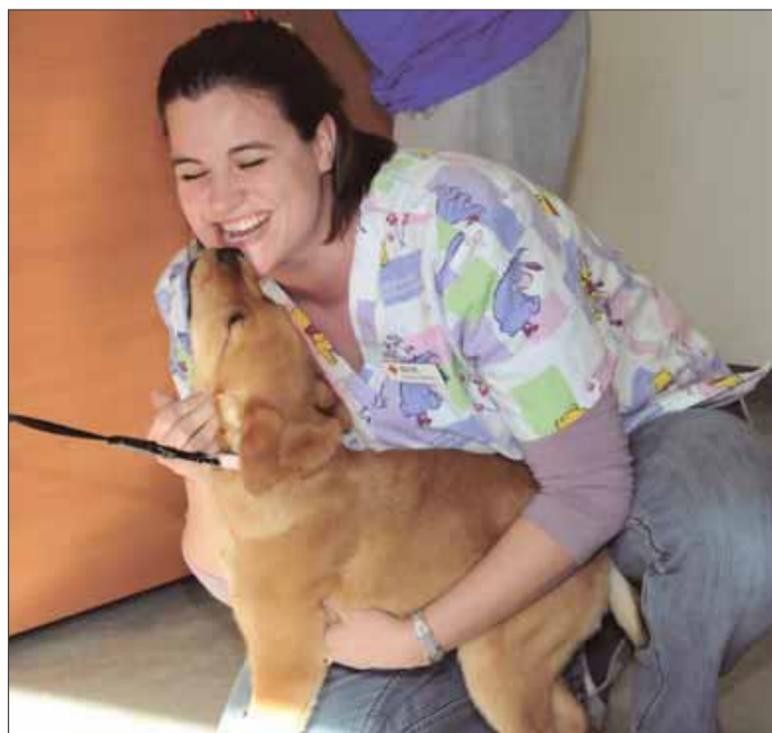
Some weeks she works multiple full days at the vet clinic. Add that to her many other positions and Borders said she has volunteered hundreds of hours since the summer.

"Some (volunteer positions) are things the girls are involved with. If I'm going to be there anyway I might as well help out. I like being

involved and helping out and being able to say 'hey, this is an idea,' because you can never have too many ideas," she said.

"Also, it lets me get to know their environment and their teachers. I started with the PTA to be involved with their school. It's nice for them to know when they talk to me I know what they're saying, that it (school) is not a totally separate thing from the home."

When her daughter Alex moves to the Middle/High School next year, Borders said she will probably start volunteering there too, in addition to the time she gives to other organizations.



**Karissa Borders comforts a pup brought in to the Hohenfels Veterinary Treatment Facility where she works as a volunteer. Borders received the first Community Volunteer of the Quarter Award in recognition of the hundreds of hours she has spent this year volunteering for numerous organizations throughout the Hohenfels community.**

**(Borders) gives her time at many organizations on post, and she was a great nomination. Her support to the community is invaluable.**

**Lori Starnes**

USAG Hohenfels Army Volunteer Corps

# Romanian Land Forces honors fallen U.S. troops in Bucharest

*Joint Multinational Training Command PAO*

Three 1st Battalion, 4th Infantry Regiment Soldiers who were killed in action while serving with the Romanian Land Forces were posthumously honored during a ceremony at ROULF Headquarters in Bucharest Jan. 16.

The Soldiers were also honored at a memorial ceremony at the U.S. Army Garrison Hohenfels Community Activities Center Jan. 23.

Maj. Brian M. Mescall, Cpl. Joseph M. Hernandez, and Sgt. Jason R. Parsons were attached to the ROULF when they were killed Jan. 9 in the Zabul Province of Afghanistan of wounds suffered when an improvised explosive device detonated near their vehicle in Jaldak.

"By conferring these awards, we offer these distinctions as a sign of respect and appreciation of the sacrifice made in the name of freedom," said Lt. Gen. Teodor Frunzeti, PhD, and chief of staff of the ROULF.

"The U.S. and Romanian Army servicemen

**For the ROULF to decorate our fallen Soldiers with their highest honors proves there is a commitment to peace, cooperation, and camaraderie that extends beyond the battlefield.**

**Brig. Gen. David R. Hogg, JMTC commander**

train together, fight together, and honor their heroes together."

Frunzeti conferred the Medal of Honor of the Romanian Land Forces to Mescall and the Badge of Merit, "In the Service of Peace," 3rd Class, to Parsons and Hernandez.

The ceremony was also attended by Col. Kevin Leek, chief, Office of Defense Cooperation, Lt. Col. Taft Blackburn, Defense Attaché for Army, and other ROULF generals and officers.

"We are devastated by the loss of Maj. Mescall, Sgt. Parsons and Cpl. Hernandez, but

we are also profoundly proud and humbled by their service and their sacrifice in the defense of our Nation and the Afghan people," said Brig. Gen. David R. Hogg, commander of the 7th U.S. Army Joint Multinational Training Command.

"The selfless service and commitment to duty displayed by these soldiers, their families, and 1-4 Infantry truly reflects what being a part of the Army Family is all about.

"We will keep Sgt. Lands of 1-4 and Lt. Col. Pegulescu of the ROULF in our prayers as they recover from wounds received that tough day

in combat."

Pegulescu is currently listed as stable and is being treated at the U.S. military hospital in Ramstein, Germany.

"For the ROULF to decorate our fallen soldiers with their highest honors proves there is a commitment to peace, cooperation, and camaraderie that extends beyond the battlefield," said Hogg.

"We are deeply honored by the recognition given our Soldiers by the Chief of Staff of the Romanian Land Forces, Lt. Gen. Frunzeti and their continued commitment to fight side by side with our Soldiers in Afghanistan."

The awards were presented to Ms. Geri Guthrie-Corn, the Charge d' Affaires of the U.S. Embassy in Bucharest, to be sent to the fallen soldiers' families.

"The price for the defense of freedom has never been small. We are greatly honored by the way in which the memory of our compatriots was honored," said Guthrie-Corn.

## Team Blackfoot departs for Afghanistan

Story and photo by

**KRISTIN BRADLEY**

*Bavarian News*

With their departure in late January, Team Blackfoot became the sixth group in three years from Hohenfels' 1st Battalion, 4th Infantry Regiment, to deploy to Afghanistan in support of the International Security Assistance Force.

Though conflicts in the region have increased over the past year, as evidenced by the four Soldiers killed and many wounded since Team Cherokee deployed in June 2008, "the significance of our efforts there cannot be understated," Lt. Col. John Lange, battalion commander,

said Jan. 22 during a farewell ceremony honoring Team Blackfoot at the U.S. Army Garrison Hohenfels post gym.

"As Soldiers, this is the moment we train and live for," he said. "We need only to look to these men and their families to be assured that this mission is in capable and dedicated hands, supported by wonderful family and friends here at home."

Built around Company B, 1-4 Inf., Team Blackfoot completed training exercises in Hohenfels, Grafenwoehr, and in Romania during a combined training event with the 21st Romanian Mountain Battalion.

In Afghanistan, 1-4 supports Task Force Zabul and ISAF under the operational control of the Romanian Army.

Just weeks before their departure, the team completed mortar and life fire exercises during some of the coldest conditions Hohenfels has seen in years when temperatures rarely reached into the teens.

Despite the harsh conditions, Capt. Mark Garner, company commander, said their training, especially their mission readiness exercise, was crucial to bringing the Soldiers together as a team.

Garner said the exercise was organized mainly at the platoon level because once in Zabul Province the company will split up and each platoon will occupy one of four small forward operating bases.

While their Soldiers are deployed,

Nickayla Myers-Garner, family readiness group leader, said the FRG is planning many events to help them pass the time including lunch groups, game nights, and trips.

"Since traveling is my favorite thing to do, I really want to help people get out and get to know the area. We are at such an advantage being in Europe and they will be much happier if they get out and explore and get to know the area," said Myers-Garner.

She said in addition to social activities, the FRG is also planning many educational activities to make sure spouses are aware of the services and support available to them at Hohenfels, such as Army Family Team Building classes, chapel activities, parent support, Family, Morale, Welfare and Recreation programs, the Hohenfels Community and Spouses Club, and more.

Sandra Avalos, whose husband just left with Team Blackfoot, said she plans to keep busy by working, volunteering, and keeping her children involved in activities.

"Just take it one day at a time and stay busy," said Avalos. "The busier you are the less you can think about it."

While their families are at home trying not to dwell on the dangers their loved ones are facing, Garner said he will be proud to focus on the job they have been given.

"We are there fighting for the freedoms our country stands for. We are the front line defense for the nation. This is what we're called to do. Our nation is calling us and we will carry on the torch from our fellow 1-4 Soldiers."

**We need only to look to these men and their families to be assured that this mission is in capable and dedicated hands, supported by wonderful family and friends here at home.**

**Lt. Col. John Lnage**  
1-4 Battalion Commander



**A Soldier says goodbye to his family early on a dark, icy morning at the end of January minutes before beginning the journey to Afghanistan.**

### BRIDGING THE GAP

## German police liaison ready to assist community

by **KRISTIN BRADLEY**

*Bavarian News*

Last week Spc. John Smith and his friends spent some time unwinding with a ski weekend in Garmish.

After a perfect weekend with plenty of sunshine and lots of snow, the only hitch came when Smith got a speeding ticket while driving back to Hohenfels.

Now Smith isn't sure who to contact to pay the ticket.

Should he go to the U.S. Army Garrison Hohenfels military police, the military police in Garmish, or should he try to contact the German police that issued the ticket?

A new service, tentatively scheduled to be implemented by the end of next month, will make that process much easier on the hypothetical Smith and countless real-life community members who have found themselves in similar situations.

Erasmus "Rusty" Soellner, a Parsberg police

officer, will soon be working directly with the Directorate of Emergency Services from an office in Bldg. 358 where he will be available to assist the Hohenfels community with issues involving German authorities.

"Now our customers—the military community and family members—can directly interface with the Polizei for anything from simple speeding tickets to major problems," said Maj. Michael Zink, provost marshal and director of emergency services.

Zink said they have yet to work out the exact schedule, but the plan now is for Soellner to be available in Bldg. 358 for four hours a day, four days a week.

He said the building, which also houses the MP station, will undergo renovations so when customers enter they can immediately approach

Soellner or the MP desk with their concern.

"Our relationship with the German police, not just in Parsberg but also up through the many levels, is excellent. This is an opportunity to be even more effective and streamline our cooperation," said Zink.

Soellner, agreeing with Zink on the positive relationship between military and German police, said his role as designated liaison between the two organizations will not only make things easier for the customer, it will also simplify operations for the MPs as well as the Polizei.

"Work for the German police will be much easier," he said, "now there is just one person to call (for issues with the Americans.)"

"It's a huge win-win," said Zink.

"Before, we called the German police and requested an officer and they had to send one over. Now one is right here," he said, adding that Soellner will have access to German police files via computer right from his office on post.

Soellner will continue work as an investigator with the Parsberg police in addition to fulfilling

his new role with the MPs.

The idea of a German police officer working directly on-post with American authorities is not a new one. Vilseck welcomed their own on-board German police officer in November 2007.

Zink said the Vilseck program worked so well that both Germans and Americans thought it would be a worthwhile addition to Hohenfels.

"Here at Hohenfels we have a tremendous amount of interaction. We drive in the German community; we shop on the German economy.

"Most of our community lives off-post. Sometimes situations arise where there's a gap, where there is a language or cultural barrier," said Zink.

"Colonel (Lt. Col. Gary) Bloomberg, (USAG Hohenfels commander), and the rest of the leadership are all very progressive about anything we can do to improve our relationship with our host nation.

"It is a great relationship already; this will just make it better, more efficient, and simpler for the community."



**Soellner**

# What's Happening

## Grafenwoehr/ Vilseck Briefs

### Tax centers are open

Scheduled appointments and same day appointments (walk-ins) are available daily, with extended hours several days a week to better serve our community.

Call DSN 475-9258, CIV 09641-83-9258 in Graf, and DSN 476-2714, CIV 09662-83-2714 in Vilseck for more.

### AFN Europe survey

Go to [www.afneurope.net](http://www.afneurope.net) before Feb. 19 and take the "Become A Resolutionary" survey.

The information submitted will help AFN improve the radio and television programming they provide. All answers submitted are confidential and anonymous.

### Estate claims

Anyone having claims on or obligations to the estate of PV2 Chipper T. Rogers of the 41st Transportation Company, 18th CSSB should contact the following Summary Court Martial Officer; 2LT Craig A. Long at DSN 475-9425 or email [craig.long1@eur.army.mil](mailto:craig.long1@eur.army.mil).

### Travel opportunities

To sign-up for these trips, call Vilseck ITR DSN 476-2563, CIV 09662-83-2563 or Grafenwoehr ODR DSN 475-7402, CIV 09662-83-7402.

#### Daytrips

- 2 Castle Trip, Feb. 22
- Salzburg, Austria, March 13-15
- Barcelona, Costa Del Sol, Granada and Seville, Spain & Avignon, France Trip, April 3-12
- Euro-Disney and Paris Trip, April 6-9

- Mosel Wine and Medieval Castles, May 1-3
- Cinque Terre, Pisa and Lucca Italy, May 21-25

### Thrift Shop news

The Vilseck Thrift Shop will be open the first Saturday of each month from 10 a.m.-2 p.m.

For more info, call DSN 476-2649, CIV 09662-83-2649.

### ODR ski trip

The following trip is being offered:

- Zillertal Ski Safari, March 13-15

Call Rose Barracks ODR at DSN 476-2563, CIV 09662-83-2563, or Graf ODR at DSN 475-7402, CIV 09641-83-7402 for information.

### Youth skiing

CYSS offers weekly ski trips to Melchisel ski slope Wednesday afternoons for youth 8 to 10 years of age, and Friday evening for youth 11 to 18.

For more, call DSN 476-4037, CIV 09662-83-4037.

### VFW news

Open House every Wednesday at 6 p.m. Business meetings held on the second Tuesday of each month at 6 p.m.

POC Commander, James Holliman 0160-91423858, or Sr. Vice Commander Roger Schneider 0160-95877025.

### Children's market

Interested in selling your children's

clothing/toys/etc. at the second hand market?

The Kindergarten in Hutten will host an open house and second hand market Feb. 28 from 2-4 p.m.

Those interested in signing their child up for the upcoming Kindergarten year will have the opportunity to register for a possible Kindergarten spot on-site.

Contact Stefanie by Feb. 26 at 09641-454043 via email at [S.Spears@ymail.com](mailto:S.Spears@ymail.com).

### Purim Service

All Jewish personnel and Family members are invited to attend the Purim Service (Costumes are optional) March 10 from 11 a.m.-12 p.m., Bldg. 555. For more information, contact Mr. Tobias at DSN 475-9633.

### Training support

The Joint Multinational Training Command's Training Support Activity Europe's General Support Center has been renamed the Training Aids Production Center and is located at Building 3060, less than a kilometer from the new TSAE Headquarters at Buildings 3006-30011.

For information on services, call DSN 475-1398.

### KONTAKT Club

Check out your local German-American friendship organization, KONTAKT Clubs in Grafenwoehr, Vilseck and Amberg.

For more, call DSN 475-8885, CIV 09662-83-8885, or DSN 475-1600, CIV 09641-83-1600. Visit: <http://www.kontakt-vilseck.de/>.

### GCSC Thrift Store

The GCSC Nearly New Treasures Thrift Store is open every 1st Saturday of the month to better serve our community.

All net profits go back into our community through welfare grants and scholarships, so support our community through your purchases and donations.

Located in the old SAS building, #508, open from 9 a.m. - 2 p.m., Monday - Thursday, as well as the 1st Saturday of every month. Consignments from 9 a.m. - 1 p.m., Tuesday, Thursday and Saturday.

### Valentine lock in

Dance, Party & Lock In for Middle School Students Friday night at the Netzaberg Youth Center

- Dance & Party: 5:30-9 p.m.
- Lock In: 9 p.m.- 8 a.m.

Dancing, refreshments, games, and prizes. To reserve a spot sign up at the Youth Center or call. Permission slip for lock-in Required. For more, call DSN 475-9393, CIV 09641-83-9393.

### Wine and cheese party

Grafenwoehr Wine & Cheese Party Hosted by GCSC Feb. 17 at the GCSC Thrift Shop (Bldg. 508). Doors open at 5:30 p.m.

Join us for wine tasting as Giuseppe Scala "Nino - The Wine Guy" teaches us some wine basics.

Must be 18 or over to enter. Dinner is \$10 at the door. All members invited, new members welcome to join at the door. RSVP by Friday to [gcscmembership@yahoo.com](mailto:gcscmembership@yahoo.com).

### FCC Baby Signs

Research shows the Baby Signs Program decreases frustration, helps

babies talk sooner, enriches parent-child relationships and boosts babies' intellectual development.

The Baby Signs Program is based on American Sign Language.

Join our workshop Feb. 20, from 10:30 to noon at the ACS Bldg. 322, and discover the joys and benefits of this revolutionary approach to early communication.

Register by calling Child, Youth and School Services at DSN 476-2783.

### Karaoke night

Join the Vilseck Community & Spouses' Club Feb. 20 at 7 p.m. at The Zone sports bar in Vilseck for an evening of fun and entertainment.

Door prizes will be awarded. For more, visit [www.vcsconline.com](http://www.vcsconline.com).

### Airfield gates hours

The Vilseck Airfield Gate is open from 6-9 a.m., Monday through Friday to further aid in reducing morning congestion at Vilseck's Gate 1.

The change is taking place in response to community feedback received by the garrison.

### Gate 5 open

ASP Gate 5 is open for Soldiers only from 5:30-6:30 a.m. The route to follow is via Berg Strasse from the Axtheid Berg turn-off from Highway 2166.

Follow that road to Gate 5 (ASP Gate), and continue to the Tank Trail where you will turn left and follow the Tank Trail until you reach Gate 2 where you will turn left and enter the installation. No civilians will be allowed to use this route.

## Hohenfels Briefs

### Stroller time

Parents can bring their little ones to the Fitness Center while they work out.

Stroller times are from 9-11 a.m. and 1-4 p.m. on weekdays and throughout opening hours on weekends and holidays.

Strollers are limited to the cardio equipment area of the gym and must remain within reach at all times.

Only non-drip food and drink containers are authorized.

### Snowboarding equipment

ODR has all of your winter snowboarding needs covered. ODR also has long-term rentals for one small price. For more, call ODR at DSN 466-2060.

### One-day ski trips

Let ODR do the driving and enjoy a quick winter getaway to the Bavarian Alps for only 30 Euro.

Trips are scheduled for Feb. 21; March 7, 21, 24, and 28; April 4 and 18. The 30 Euro includes transportation only. Outdoor Recreation does have equipment rental available for \$15 per day for adults.

For information call ODR at DSN 466-2060.

### AFAP conference training

If you would like to have an important part in shaping USAG Hohenfels and the services offered to all residents, participate in the annual AFAP Conference.

Training to be a Delegate, the individual who "works" issues presented by the community, is offered Feb. 10 from 1-4 p.m., and Feb. 11 from 8-11 a.m.

Training to be a Facilitator who leads the work groups; a Recorder who documents ideas and recommendations; a Transcriber and Administrator who assist in directorial duties; or an Issue Support Person who researches and identifies similar issues raised in the past will take place Feb. 12 at 8 a.m.-12 p.m., or 1-5 p.m.

All training takes place at ACS, Bldg. 10. Call Carol Stone, at DSN 466-4771 for information.

### Interview skills

Get all of the tips and tricks to go to that interview prepared. Go to ACS, Bldg. 10 Feb. 11 from 11:30 a.m.-12:30 p.m. and get your act together. For more call Lara Clagett, at DSN 466-4088.

### Insurance 101

Renters insurance, long-term care/disability insurance, life insurance, auto insurance. Find out what kind of

insurance you need and where to get it. It sounds easy, but there are tips for saving hundreds of dollars as well as getting what you need. Attend Feb. 11 from 2-4 p.m. at ACS, Bldg. 10.

For information, call Rachael Sosa, at DSN 466-3401.

### PWOC Spring kick off

Join the ladies of PWOC at the Hilltop Chapel Center Feb. 11 from 6-8 p.m. as they kick off their spring semester with a Couples Valentine's Dinner.

Bring your spouse out for a lovely, free catered Italian Dinner, fellowship and special guest speaker.

Topic of the evening is "The Five Love Languages" by Gary Chapman. Free childcare is available.

RSVP to Morrisa Booker at 09493-951200 or [bookerbunch6@aol.com](mailto:bookerbunch6@aol.com), or to Shannon Callis at [Shannon.callis@us.army.mil](mailto:Shannon.callis@us.army.mil), or call 09472-911261.

### National prayer breakfast

The Chaplains Office will host a National Prayer Breakfast Feb. 12 to pray for our nation and military beginning at 7 a.m. at the Warrior Sports Cafe.

The guest speaker will be Chap. (Col.) David Hillis, the Grafenwoehr Garrison Chaplain.

Cost is the normal breakfast meal rate. For more call the Hohenfels Chapel at DSN 466-1570/2161.

### Bible study

A lunch-time Bible study will start Feb. 12. The study will lead women through self-examination of their lives and goals from their Creator's perspective.

Carla Nwoga will facilitate the study called King's Daughter. The study will meet each Thursday from noon to 1 p.m. at the Hilltop Chapel Center. For information contact Carla at [punwoga@yahoo.com](mailto:punwoga@yahoo.com).

### EFMP playgroup

Join us for an interactive and educational playgroup designed to teach parents developmentally appropriate play and help children improve social, cognitive and motor skills.

Emphasis is on children with special needs but all children up to 3 years old are welcome.

Check it out Feb. 13 from 9:30-11:30 a.m. in the former CDC Annex, Bldg. 44. Call Pam Koch at DSN 466-2083 for information.

### Wild West Night

The annual HCSC Wild West Night will be held Friday from 6 p.m. to midnight at The Zone.

The HCSC is bringing you a fun night of gaming, live entertainment, and much more as The Zone will be transformed into a country saloon.

If you are a high roller, you can test

your skills by entering the Texas Hold 'Em tournament. Prizes will be given away.

Take a date and make this a Valentine's Day you will never forget. Pre-sale tickets are currently being sold at the Thrift Shop.

For more, or find out how to help, contact Cheryl Ray at [davidandcheryl@hotmail.com](mailto:davidandcheryl@hotmail.com).

### KONTAKT Club

The KONTAKT Club is a German-American friendship organization, sponsored by the U.S. Army that includes Soldiers, families, and other Americans supporting USAG Hohenfels, and German citizens from the surrounding communities.

Upcoming events include:

- Monthly club Stammtisch Feb. 18 at Josef's Tavern in Hohenfels, 7 p.m.
- Trip to Munich's SeaLife Aquarium and city sightseeing Feb. 21. Meet at Schiessstättkapelle in the town of Hohenfels at 8:45 a.m. Bus departs at 9 a.m.

For reservations call DSN 466-4294, or CIV 0160-97256330.

For more information or directions to the events call the Public Affairs Office at DSN 466-4294, or visit the club's website at [www.kontakt-hohenfels.com](http://www.kontakt-hohenfels.com).

### Red Cross classes

- Feb. 18: First Aid from 12:30-5 p.m.
  - Feb. 20: CPR from 11:30 a.m. to 5 p.m.
  - Mar. 21: CPR from 8 a.m. to 1 p.m.
  - Mar. 28: First Aid from 8 a.m. to 1 p.m.
- Cost is \$35 for CPR, \$30 for First Aid, or \$40 for both. All classes are in the ACS conference room in Bldg. 10.

### Extreme bowling

Bowl your brains out with an Extreme Bowling twist every Saturday from 8-11 p.m.

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.

### CYSS Kids' Club

Every Thursday parents and children can participate 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, jumping, and other fun events.

Children must be CYSS/Kids' Club registered. Kids' Club is free and open to parents with infants to kindergarten-age children. Call CLEOS for information at DSN 466-2078/2080.

WHO SAYS WORKING ON YOUR MARRIAGE HAS TO FEEL LIKE WORK?



## Marriage

# TUNE UP

DIFFERENT BY DESIGN

**GOD'S DESIGN:** "Romance in the Mists of Reality"

**COMMUNICATION:** "Adding Oxygen to the Fire Instead of Just Blowing a lot of Hot Air!"

**CONFLICT RESOLUTION:** "Keeping the Spirit Glowing When the Sparks are Flying"

**INTIMACY:** "Fanning the Flames Without Getting Burned"

**SPIRITUALITY:** "Feeding the Fire Within"

"I have known Jeff and Debby McElroy for several years. Their intimacy in the area of marriage and family is powerful. Their creative skills yielded to the Holy Spirit have awakened many a sleep marriage. I wholeheartedly recommend their ministry."   
 - Dr. Gary Chapman   
 Author of "The Five Love Languages"



Jeff and Debby McElroy

Combine the antics of "Tool Time," the poignancy of a Hallmark card commercial, and the hard-hitting challenges of Vince Lombardi, and you have an idea of what you'll experience during this dynamic conference."

**USAG - Grafenwoehr Post-Wide Marriage Tune Up Conference**  
 Friday, February 27, 2009 from 6:30-9:45 PM and  
 Saturday, February 28, 2009 from 9:00 AM-1:00 PM  
 Held at:  
 Rose Barracks Chapel  
 Email Lana Leau at [lana.leau2@us.army.mil](mailto:lana.leau2@us.army.mil) or  
 call Rose Barracks Chapel at 09662831570 for more information



VHS Cheer Open House

VHS Cheerleading will showcase their Europeans Competition routine! Cheer on the cheerleaders as they show everyone who is the best—VHS FALCONS.

Refreshments will be served.

Date: February 16, 2008  
 Time: 1900 hrs.  
 Vilseck High School MPR

Contact Coach Massey with questions.  
 Email: [danielle.massey@ev.dodea.edu](mailto:danielle.massey@ev.dodea.edu)

# What's Happening

## Ansbach Briefs

### Traffic relief

The Katterbach exit gate directly across from Bismarck Kaserne is temporarily open for exit of Katterbach and entry to Bismarck. During peak traffic hours, people are encouraged to use the high school gate.

### Clinic hour change

The Katterbach Clinic changes its hours March 1. The clinic will be open Mondays-Thursdays from 7:30 a.m.-4:30 p.m. and Fridays from 7:30 a.m. to noon. The clinic will be closed for mandatory training from noon to 4:30 p.m. every Friday. The clinic will remain closed on weekends and federal holidays.

### Black History Month lunch

The Black Hawk Café on Katterbach invites all Soldiers, civilian employees and family members to celebrate Black History Month Thursday from 11:30 a.m.-1 p.m.

The menu features southern-fried catfish, barbecues spare ribs, baked chicken, Hopping John, baked macaroni and cheese, corn bread, southern style greens, corn on the cob, macaroni salad, potato salad, jellied pineapple salad, assorted pastries and more.

### Speak your mind

USAG Ansbach hosts town hall meetings for residents to voice concerns and ask question.

- The Katterbach Town Hall is Feb. 24 from 6-7 p.m. at the fitness center.
- The Bleidorn Town Hall is Feb. 25 from 6-7 p.m. at the Terrace Playhouse.
- The Storck Town Hall is Feb. 26 from 6-7 p.m. at the theater.

### Storck Barracks alterations

The Storck Barracks Alterations Shop is open Mondays and Thursdays from 2-6 p.m. The shop is located next to the military clothing sales store.

### "On the Scene" online

Get the latest garrison information with the "On the Scene" newsletter available at [www.ansbach.army.mil](http://www.ansbach.army.mil). The newsletter is posted each Friday.

To receive a pdf version of the newsletter, email [jim.k.hughes@eur.army.mil](mailto:jim.k.hughes@eur.army.mil). To publish an item in the newsletter, call public affairs at DSN 468-1600, CIV 0981-183-1600, or send an e-mail to the above address.

### Get fit

Ansbach Health Promotions offers

the civilian fitness program that allows U.S. and local national employees a chance to get up to three hours a week to exercise.

The next open enrollment is March 23 from 10 a.m. to noon and 4-5 p.m. at the Bunch Fitness Center on Storck Barracks. Another enrollment is offered March 25 from 10 a.m. to noon and 4-5 p.m. at the Katterbach Fitness Center.

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

### Raise your GT score

The Katterbach Army Education Center offers a Functional Academics Skills Training class Feb. 23 to March 17 from 1-5 p.m. The class is designed to improve math and English skills and help raise General Technical scores.

For more, call DSN 467-2817, CIV 09802-83-2817 or send an e-mail to [Randolph.phelan@eur.army.mil](mailto:Randolph.phelan@eur.army.mil).

### Austria ski trip

Outdoor recreation hosts a Valentine's Day trip Saturday thru Monday in Ischgl, Austria, for skiing and snowboarding.

The \$225 cost includes a two-night stay at a mountain guesthouse, breakfast, dinner, transportation and guide services.

Discounted ski or snowboard equipment rentals are available at outdoor recreation. For more, call DSN 467-3225, CIV 09802-83-3225.

### Know when to hold 'em

Ansbach Family, Morale, Welfare and Recreation hosts a Texas Hold 'Em No Limit tournament Feb. 27 at 7 p.m. at the Von Steuben Recreation Center on Bismarck Kaserne.

The tournament is a feeder for the Army-wide online tournament with the Ansbach winner getting a seat at the finals.

The grand prize locally is a \$500 gift card and second and third places will be awarded, too.

The doors open for the event at 6 p.m. and people can pre-register at the bowling centers on Katterbach and Storck.

For more on the local tournament, e-mail [ans-mwr@eur.army.mil](mailto:ans-mwr@eur.army.mil). Information on the Army-wide tournament can be found at [www.mwrpromotions.com](http://www.mwrpromotions.com).

### Wine tasting

The Ansbach Spouses and Civilians Club hosts a wine tasting Feb. 19 at 6:30 p.m. at the Wein Vino Vin (Pfarstrasse 6, Altstadt Ansbach).

The menu features heavy hors d'oeuvres, and the event features raffles, ways and means items for sale and an opportunity to join the club.

Cost is 6 Euros for members and 9 Euros for non-members. RSVP by 5 p.m.

Monday by visiting [www.asccgermany.org](http://www.asccgermany.org), or call 0171-649-7755.

### Live drama

The Terrace Playhouse presents David Auburn's "Proof" Feb. 20, 21, 27 and 28 at 7:30 p.m. at the facility in Bleidorn Housing.

Tickets for the live dramatic production are \$9 for adults, \$7 for students and \$20 for a family. For information, call DSN 468-7636, CIV 0981-183-636.

### Get cooking

The Storck Barracks Yellow Ribbon Room offers a German cooking class Wednesday from 10 a.m. to noon; March 3 from 6-7:30 p.m., and March 18 from 10 a.m. to noon.

In February, participants will learn to make creamy chicken breast and kartoffel rosti.

In March, kartauser klosse with vanilla and chocolate sauces is on the menu. For more, call DSN 467-4555, CIV 09841-83-4555.

### Tax Centers open

The Tax Assistance Centers at Katterbach and Storck Barracks are open.

Each office can prepare and E-File 2008 tax returns as well as past year returns.

U.S. taxpayers living overseas on April 15 have until June 15 to file their tax returns. However, the extension does not apply to those who owe money and those people should file as soon as possible.

For hours or information, call:  
• Katterbach Tax Center—DSN 467-2324, CIV 09802-83-2324  
• Storck Barracks Tax Center—DSN 467-4511, CIV 09841-83-4511.

## Schweinfurt Briefs

### Free dinner & movie

The community is invited to enjoy a free dinner, dessert, and movie at Ledward Chapel Feb. 19.

Dinner is served at 5:30 p.m. in the fellowship hall and the movie, "Fireproof" will begin in the sanctuary at 6 p.m. with a short devotion and offering to follow. Free childcare is available on the premises.

### Library lunch

Step into the Ledward Library Feb. 19 for a lunch in celebration of Black History Month. Enjoy food for no charge between 11:30 a.m.-1 p.m.

### Bulk trash

Bulk trash is scheduled to be picked up from Askren Manor, Yorktown Village, and government-leased housing Feb. 24.

Put bulk items out prior to 7 a.m. on day of pick-up but no earlier than the day before. Bulk trash is only those items too large to transport in your vehicle.

For information, call the SORT coordinator at CIV 0162-270-9403, DSN 354-6201.

### Bucky Covington concert

Come to the Bucky Covington concert at Finney Fitness Center Feb. 21 starting at 7 p.m. Watch the singing talent of this native of North Carolina and the eighth-place finalist on the fifth season of television show "American Idol."

### German fasching parade

Commemorate the last day of Germany's carnival season by watching Schweinfurt's fasching parade downtown Feb. 24.

In partnership with Conn Outdoor Rec, Ledward library invites the community to take a free ride to downtown Schweinfurt for the event. Bus pick-up is at noon at the library. Seats are limited—reserve now by calling CIV 09721-96-1740.

### Evening Bible study

Protestant Women of the Chapel invite you to join an evening women's Bible study in the Ledward Chapel fellowship hall Thursdays from 5:30-7 p.m. "Lord, I want to know you," Bible study by Kay Arthur begins tomorrow.

Child care is provided for free. Rides are also available. For more information, call CIV 0170-277-8980 or email [pwoc.schweinfurt@googlemail.com](mailto:pwoc.schweinfurt@googlemail.com).

### Equipment orientation

The Auto Skills Center on Conn Barracks is offering an equipment orientation class tomorrow for those wanting to learn how to use tools for automobile maintenance.

Class is free and open to all ID card holders. For information, contact the Auto Skills Center at CIV 09721-96-8224.

### Valentine bowling

Bring your sweetheart to the Kessler Bowling Alley Saturday for free bowling all day long for the "Sweetheart Bowl." Call for information at CIV 09721-96-6332, DSN 354-6332.

### B.O.S.S. trip to Dachau

Better Opportunity for Single Soldiers invites you on a trip to the Dachau Concentration Camp Feb. 28 from 8 a.m.-8 p.m.

Deadline to sign up is Feb. 20. Transportation is 35 euro. For information, call CIV 09721-96-8476, DSN 353-8476.

### Fasching for kids

Kids registered at School Age Services are invited to be part of the Ebenhausen fasching parade Feb. 22.

Everyone is invited to come out and cheer them on. To register your child between first- and fifth-grade at SAS, call CIV 09721-82181 or DSN 354-6974.

### High school lock-in

The Ledward Teen Center will host an all area teen lock-in Friday from 8 p.m.-8 a.m. Cost is \$5 for each registered teen.

Youth will enjoy a night of bowling and other games. For information, call CIV 09721-96-6732.

### Resume 101

Army Community Service (ACS) offers a civilian resume 101 class tomorrow or a federal resume class Feb. 19 from 1:30-4:30 p.m. For information, call CIV 09721-96-6933, DSN 354-6933.

### SAS Celebration

All families are invited to celebrate Black History Month at School Age Services with their first- through fifth-grader Feb. 26.

Dances will be performed with the annual SAS dinner to follow. For more, call CIV 09721-82181, DSN 354-6974.

### Join adult book club

Join us for the adult book club at Ledward Library on the last Thursday

of each month.

The next meeting is Feb. 26 at 5:15 p.m. to discuss the book, "Run," by Ann Patchett. A copy of the book can be picked up at the library's circulation desk. Coffee, tea, and treats will be served.

### Free computer classes

Do you need to learn more computer skills? Army Community Service is offering free computer classes in Ledward bldg. 206 computer lab from 8 a.m.-12:50 p.m.

A certificate of completion will be issued at the end of each class. For more, call CIV 09721-96-6933, DSN 354-6933.

- Feb. 23 – Basic Microsoft Excel I
- Feb. 24 – Basic Microsoft Excel II
- Feb. 25 – Microsoft PowerPoint
- Feb. 26 – Microsoft Publisher

### Military saves campaign

The Military Saves Campaign runs from Feb. 22 to Mar. 1. Come to the saving and investing seminar Feb. 25 at the Conn Community Club from 6-7 p.m. to learn how to save and build wealth while avoiding debt. For information call CIV 09721-96-6933, DSN 354-6933.

### Wii challenge

Middle-schoolers are invited to take the Wii sports and fitness challenge every Friday at the Middle School Zone from 7-8 p.m. For more, call CIV 09721-96-6822, DSN 354-6822.

### Night ski

Sign up to go night skiing in Wasserkuppe, Rhoen with Outdoor Recreation throughout February. Depending on snow conditions ODR will take a trip each Thursday from 5 p.m. to approximately 11 p.m.

Cost is \$25 which includes transportation and equipment rental or \$15 without rental. To sign up, call CIV 09721-96-8080, DSN 353-8080.

### 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 Feb. 20 from 6:30-11:30 p.m. Deadline to sign up is Friday.

The cost is \$16 for children ages 6 weeks to fifth-grade. For more information, call central registration at DSN 354-6517, CIV 09721-96-6414.

### Socialize at the Lunch Bunch

Join Schweinfurt's Lunch Bunch Feb. 26 from 11 a.m.-2 p.m. Sign up for the carpool or call to get directions to the restaurant at DSN 354-6933, CIV 09721-96-6933.

# A CHANCE TO BE INVOLVED

Some are content to watch the news. You can make it.

We have part-time jobs available right now.



**AIR FORCE RESERVE**

DSN 480-3940 • [AFReserve.com/prior](http://AFReserve.com/prior)

**Parents, need a break?**

Child care for ages six weeks through fifth grade.

**PARENTS' NIGHT OUT**

FEBRUARY 20 - 6:30 - 11:30 P.M.

COST: \$16

Sign up at any CYSS facility by February 13.

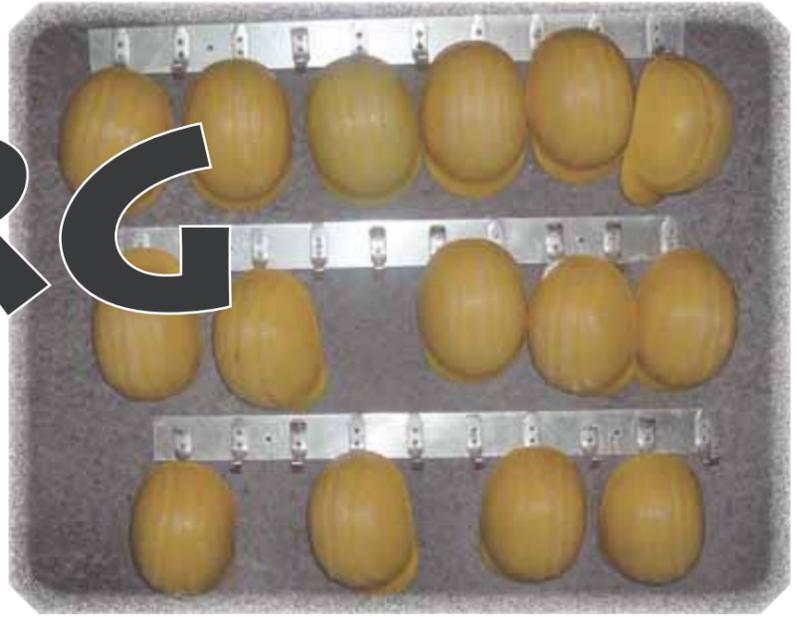
Questions? Call Central Registration.

CIV: 09721-96-6517 or DSN: 354-6517

MWR

# BAMBERG

## UNDERGROUND



# Discover secrets, hidden past in 7.5 miles of tunnel that snake below historic town

by ALICE VERBERNE  
*Special to the Bavarian News*

**B**amberg's underground has a puzzling history that hasn't been entirely unearthed still to this day. But, the tunnels were originally dug for one simple desire – money.

### The era of Charlemagne

Sometime around 900 A.D. the citizens of Bamberg realized that they could sell the sand they found near the river.

They began to dig, and dig and dig. They sold and sold and sold. Unwittingly, they created a complex labyrinth with hidden passageways directly beneath their village. Many houses even have cellar-door access.

### 1000 years of history

According to expert Manfred Müller, the sand was of a raspy, harsh consistency. The miners brought it up in big chunks and then milled it into an inert agent used in scrubbing powders and laundry soap.

The grit was too soft for building purposes and not fine enough for making glass. Later miners found quartz sand, used for glass manufacturing and finding traces of silver.

The residents sold enough sand to create subterranean passageways dug over the span of 1000 years.

### Subway of the middle ages

In medieval times, residents used their underground tunnels as a passageway under the city. It connected homes, monasteries, hotels and even the cathedral.

It was so effective for security that the city never built a defensive wall. Inhabitants not only took advantage

**From a medieval subway to a secret production facility, residents of Bamberg made use of the sand and earth beneath their feet.**

of the subway for passage on foot, they also brought horses into the interlinked shafts and transported goods from one end of town to the other.

### Ancient refrigerator

Back in the old days, it seems that the greatest asset the tunnels had to offer was their constant cool temperature. They stay just 17°C above freezing (47°F) making the burrowed space an ideal place to store perishables.

### Alcohol

Since Bamberg's brewing tradition predates modern refrigeration, the tunnels were used to store casks.

In winter, locals collected snow and frozen river ice to place on the barrels in an effort to keep the contents cool during the rising temperatures of spring.

### How it worked

Due to the size of the barrels, casks were hand constructed underground by coopers using wood and metal. To reach the subterranean casks, leather hoses were inserted through trap doors.

They ran more than 20 feet down the shafts into the tunnels and were inserted into the opening of the casks. The beer (and wine) was then pumped into the holding tanks.

### Makeshift skis

According to Müller, when the casks were no longer needed, the wood was modified to make downhill

skis.

The locals would mount shoes to the wood and off they would go (he insists, no joke).

### Going to market

To get the alcohol to the customer, workers siphoned the contents into leak-proof backpacks. They were similar to a modern-day "Camelbak" hydration backpack.

The old ones were made of leather and metal instead of modern micro-fibers, says Bamberg ODR specialist, Eugene Hegarty, who assists on excursions.

### That's a lot of spark plugs

Later, manufacturers used the space as a production line. Industries were moved to the tunnels during WWII (1939-1945) to protect factories from being bombed.

Companies Bosch and Wieland transferred massive amounts of equipment weighing several tons into the tunnels by hand.

Electricity was run into the area and employees worked around the clock. Müller insists that this expense and effort was for the manufacture of one item: the spark plug (working around the clock to manufacture spark plugs needed during WWII).

### Hunker down

Some of the shafts had another purpose; they housed a communications network for the German Army to include radio operations. Naturally, the bunkers were an ideal bomb shelter.

### The residents discover

Many homeowners were unaware that they had access to the subterranean shafts (which in some cases threatened the homes above with structural damage).

Much to their surprise, local business people and homeowners discovered that they were financially responsible for their part of the tunnel. Some distraught homeowners were left with no choice but to vacate their residences since they were liable.

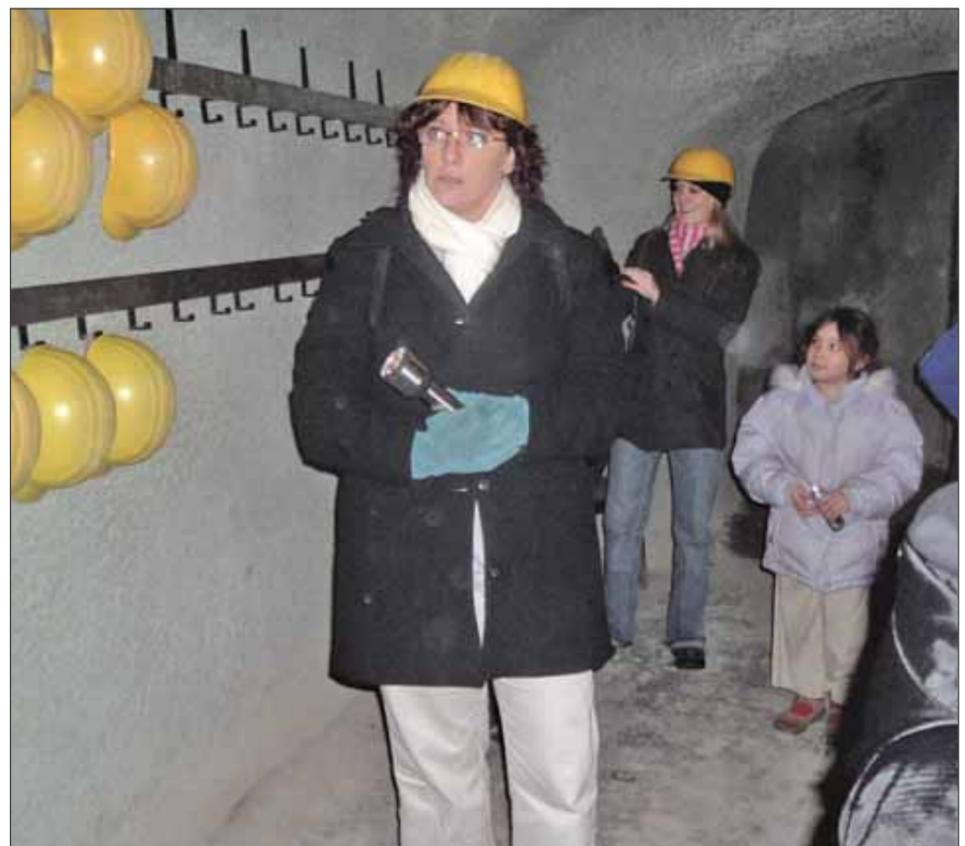
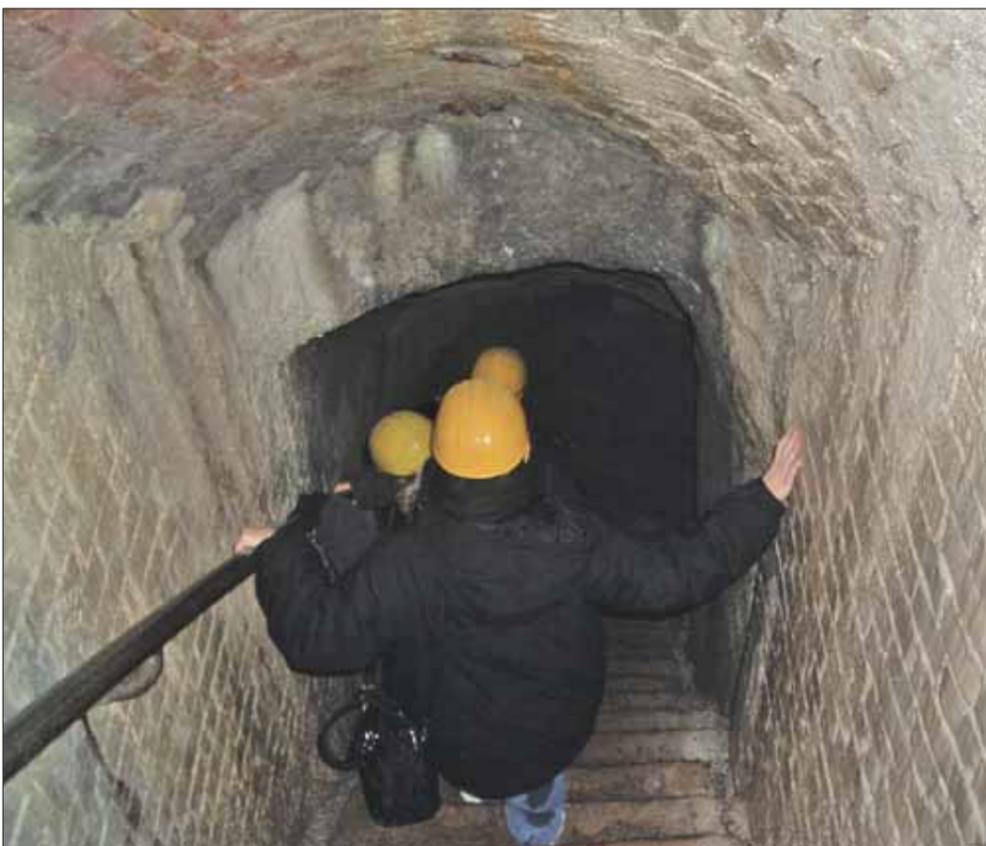
### Stroke of ingenuity

For a thousand years these underground passageways were in use. What a stroke of ingenuity: The citizens of Bamberg made money excavating the sand, then realized that they could convert the mine into a defensive security network by utilizing the underground footpath as a subway and shelter during times of attack.

They also had the added benefit of refrigeration by storing food, beer and wine for resale. That is a clever use of a hole in the ground. After all, necessity is the mother of invention.

**Bamberg's underground tour takes visitors into the tunnels (bottom left) that once served as a bunker and burial place for those who suffered from the black plague and cholera. Visitors don safety equipment (bottom right) before the tour.**

*Photos by David Burger*



# Are your medications up-to-date?

## BMEDDAC news release

How many times have you visited your primary care provider or pharmacist at your BMEDDAC Health Clinic and been asked "What medications are you currently taking?"

Do you know? Do you have a current list written down that you bring with you? Can you pronounce them if you do not have a list? Do you know what they are for?

A good way to make sure that you can communicate what medications, herbals and supplements you are taking is to keep an up-to-date list with you that you bring to your appointment.

But why bother writing all of that down when it should already be on file? And besides, doesn't someone always review the meds I'm taking when I show up for my medical appointment anyway?

"By keeping a current list of medications, herbals and supplements you can ensure that the information that the health clinic has on

file is correct. Discontinued medications, old prescriptions, host nation prescriptions, herbal remedies, homeopathic medications and supplements may not always be in your health care record," said Maj. Michael Ronn, pharmacy director for the Bavaria Medical Activity.

"To provide the safest patient care possible, with regards to medications, it is very important that what you currently take be reconciled with what is on file," he said.

### The benefits include:

- Providing your healthcare providers the most complete and up-to-date record of what you're taking to assist them in prescribing the safest and most effective medication specifically for you.

- Preventing an adverse reaction by ensuring a new drug isn't prescribed that might interact with a medication or supplement you're taking at home, but is not listed on your medical record.

- Improving the quality and time spent talking with your doctor about your care. By

providing a list of what you're actually taking, it allows your provider to quickly and accurately compare it with your previous medical history.

- Improving familiarity with your medications. Patients who keep an up-to-date list of their medications with them gain familiarity with their medications and how to take them. This knowledge is reinforced when you immediately update the list due to a change in the medications, vitamins or supplements you're currently taking.

- Saving your life. In addition to the reasons listed above, if you are ever in an emergency where your records aren't available, having a printed copy of your meds in your wallet will inform your providers about what you're taking and prevent the possibility of a severe reaction with new drugs used in your treatment.

"Remembering correctly all of the medications and treatments that a person has been prescribed can be very difficult. An up-to-date medication list is the best way to ensure you have given your healthcare provider and pharmacist the most

accurate information you can. The provider can then confidently prescribe your treatment without fear of drug, food, or supplement interactions." said Ronn.

### Medication Safety Points:

- Become familiar with your medications and how to take them. Talk to your doctor, nurse or pharmacist about your medications and supplements to reinforce your knowledge and to obtain answers to your questions.

- Keep your medication list updated and accurate. If you need a list to start with, your pharmacy can provide one that has all current medications listed in your medical record.

- Have your list with you, especially each time you travel or go to the clinic, a host nation provider, hospital or emergency room.

- If you are too sick to do so yourself, ask a family member or friend to show the medication list to your healthcare providers

- By participating in your healthcare, you can prevent medication errors!

# Know the suicide warning signs

by ANNE M. TORPHY

Bavaria MEDDAC Public Affairs

The Army wants to remind Soldiers that they are stronger together, and that is especially important during tough times.

Our mental health is just as important as our physical health; and there are several education and awareness programs that are available to help you better understand the warning signs of suicide and the appropriate response that may save a person's life.

According to Brian Olden, Deputy Chief of Behavioral Health for Bavaria MEDDAC, feelings of suicide are different than combat-related stress.

"Symptoms related to the exposed stresses of combat are not unusual and most of those reactions will dissipate over time," said Olden. "If they don't, it may be time to seek professional help. However, I want to make clear that feelings of suicide are not typical, and require immediate

professional intervention."

### Some typical warning signs:

- Depression, feeling hopeless
- Big swings in energy levels
- Change in behavior – eating habits, sleeping patterns, personal appearance
- Increased anxiety – may seem more withdrawn or agitated
- Dropping out of activities, sports, school or job

### Serious warning signs:

- Preoccupation with death and dying
- Previous suicide attempt
- Increase in alcohol or drug use
- Giving away their possessions, saying goodbye, writing a will

### How to help

If someone is showing the warning signs, let them know that it okay to talk to someone. If they tell you that they are considering suicide, do not

be judgmental; they are trusting you with their deepest feelings.

But make sure that the transition from talking to you to seeking professional help happens quickly. Direct that person to see a chaplain or behavioral health professional immediately.

In case of an emergency, or after normal business hours, contact the emergency room at the local German hospital. According to Olden, if you are unsure if the person is suicidal, still encourage them to seek help – let a professional make the determination.

"It is that elephant in the living room. Tell that person that you are worried about them and you want them to seek professional help," said Olden.

For more information, contact your local chaplain or behavioral health professional. CHPPM has several suicide awareness products that you can order at [www.chppm.com](http://www.chppm.com). Click on the e-catalog at the top of the homepage, and

search for "suicide prevention."

Other resources can be found at [www.behavioralhealth.army.mil](http://www.behavioralhealth.army.mil). To reach a behavioral health professional, contact your local health clinic:

### Bamberg

DSN 469-1750/CIV 0951-300-1750

### Grafenwoehr

DSN 475-7152/CIV 09641-83-7152

### Hohenfels

DSN 466-1750/CIV 09472-83-1750

### Illesheim

DSN 467-5141/CIV 09841-83-5141

### Katterbach

DSN 467-3398/CIV 09802-83-3398

### Schweinfurt

DSN 354-7901/CIV 09721-96-7901

### Vilseck

DSN 476-2804/CIV 09662-83-2804/2936

# Good hygiene helps ward off Norovirus

## BMEDDAC news release

### What is it?

Norovirus is a virus that is commonly seen in the winter months. This virus may cause nausea, vomiting, diarrhea, and sometimes stomach cramping.

You may also get a low-grade fever, chills, headache, muscle aches, and fatigue. These symptoms can be expected to last 1 or 2 days and in most cases there are no long term health effects.

### Symptoms

One side effect that occasionally occurs with Norovirus infection is dehydration. It can be difficult to drink enough liquids to replace the liquids lost because of vomiting and diarrhea. This is especially serious in the very young, the elderly, and people who have problems with their

immune systems. If this occurs, hospitalization may be required.

Norovirus is passed from an infected person's stool or vomit to a non-infected person. This can occur from touching surfaces or objects contaminated with Norovirus, and then putting your hands in your mouth; or from eating or drinking food or liquids that have been contaminated with the virus.

Once you are infected, it will usually take about 1 to 2 days for symptoms to appear and you may be contagious for as long as 2 weeks after recovery.

### Treatment

Currently, there is no antiviral medication that works against Norovirus and there is no vaccine to prevent infection. Since this is a viral infection, antibiotics won't work to kill off the bug either. Treatment is usually rest and drinking

a lot of fluids.

### Good Hygiene is the Key to Prevention

Washing your hands, and limiting direct contact with people who may have an active infection is critical in stopping the spread of the disease.

Workers in day-care centers and schools should pay special attention hygiene since this virus is very contagious and can spread rapidly in childcare settings.

Persons who are infected with Norovirus should not prepare food while they have symptoms and for 3 days post-recovery. Food that may have been contaminated by an ill person should be disposed of properly.

You can decrease your chance of coming in contact with Noroviruses by following these preventive steps:

- Frequently wash your hands, especially

after toilet visits and changing diapers and before eating or preparing food.

- Carefully wash fruits and vegetables, and steam oysters before eating.

- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness. Use a bleach-based household cleaner or a quarter cup of bleach to a gallon of water solution.

- Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of illness. Use hot water and soap.

- Flush or discard any vomitus and/or stool in the toilet and make sure that the surrounding area is kept clean.

For more information, contact the Bavaria MEDDAC Department of Preventive Medicine at DSN 471-2138 or [bavaria.prevmmed@amedd.army.mil](mailto:bavaria.prevmmed@amedd.army.mil).

# WTU troops visit job fair, prepare for life after Army

by ANNE M. TORPHY

Bavaria MEDDAC Public Affairs

Soldiers in the Vilseck/Grafenwoehr Warrior Transition Unit traveled to take part in the Stuttgart Job Fair Jan. 17.

The opportunity was organized through a partnership between the Vilseck/Grafenwoehr WTU, the Vilseck Soldier Family Assistance Center, and the AUSA Stuttgart Chapter.

Seventeen soldiers and their spouses took advantage of the chance to meet prospective employers.

Throughout December, the Vilseck SFAC and Army Career and Alumni Program worked to prepare the Soldiers by helping them create

or update their resumes and provide interview tips.

WTU cadre took the lead and drove the group from Vilseck to the job fair in Stuttgart. Lodging for the overnight trip was provided courtesy of AUSA Stuttgart through Army MWR Lodging and the EUCOM Headquarters commandant.

More than 18 companies were represented at the job fair, which took place at the local Marriott Hotel.

During the Saturday afternoon, the room was filled with potential job seekers lining up to meet with recruiters. Many of the WTU Soldiers stood in line and met with representatives from each company.

"I met with everyone, and I have two or three leads already," said Spc. James Dick.

Companies at this job fair noted that they prefer a military resume, as most of the recruiters have a military background and understand the jobs the Soldiers have performed. The companies highlighted positions available worldwide, as well as jobs available back in the United States.

Most of the WTU Soldiers are in the midst of transitioning back to active duty or civilian life, a period of potential stress for the Soldiers and their families. So how did the Soldiers feel about the experience?

"I know that I have opportunities outside of

the Army if I need to make the transition," said Cpl. Robert Shomper, who attended the job fair with his wife. "I feel better about my options. I want to stay in, but if I can't, I know that I'll be able to find something else."

Spc. Steven Edwards agreed.

"I worked in a mill before the Army," said Edwards, "and it was great today to see what different kind of jobs I might be able to get with my military experience. Many of the companies were looking to hire contractors to do what they did in the military, but as a civilian."

For more information on upcoming job fairs sponsored by AUSA in Europe, visit <http://sites.google.com/site/ausastuttgart/>.

Isabel Tilzey, Community Health Nurse, will be a guest on the AFN morning show Feb. 17 from 7 - 8 a.m. to give Heart Health tips and answer questions.

# Soldiers enjoy Super Bowl tradition

*Plasma screens, two-beer limit offers 172nd a slice of home*

by Capt. STEPHEN SHORT  
172nd Infantry Brigade PAO

Good friends, good food, good drink, and cheer are key ingredients for a Super Bowl party.

Those ingredients were in ready supply as 172nd Infantry Brigade Soldiers and civilians watched the Pittsburgh Steelers face off against the Arizona Cardinals during Super Bowl LXIII at the Blackhawk Inn dining facility (Forward Operating Base Kalsu, Iraq) Feb. 2.

The party kicked off at 1 a.m. with lines of people just waiting to get in where four large projector screens, eight plasma televisions, and rows of food and drinks awaited them.

Soldiers immediately spread out across the room to secure front row seats, grab some hot wings, or get in line for an ice-cold beer.

Service members across Iraq received authorization for two beers during Super Bowl LXIII, which provided a little bit of home to troops who are not normally allowed to consume alcohol during deployment.



Photos by Bethany L. Little

**Soldiers celebrate the Pittsburgh Steelers four point victory over the Arizona Cardinals during the XLIII Super Bowl Extravaganza Feb. 2 at The Blackhawk Inn dining facility.**

The two-beer limit did not dampen spirits, however, as the Soldiers showed their team spirit with whoops and hollers for their favorite teams as they took to the field.

"This is a little slice of home for me and it is great that I'm here with my friends," said Pfc. Roger E. Hicks, of Mountain Grove, Michigan, with the 172nd Infantry Brigade.

"I expected them to do something for us, but I didn't expect it to be this much," added Hicks.

The FOB Kalsu Morale Welfare and Recreation team planned and ex-

ecuted the extravaganza that brought in over 3,000 people for entertainment and prizes.

Sgt. Jennifer Smart, 172nd Support Battalion noncommissioned officer in charge of MWR, patrolled through the maze of tables challenging guests to give a cheer for special NFL prizes, such as the Steelers' Terrible Towels, NFL caps, and paraphernalia.

The lighthearted games got serious as Soldiers lined up for arm wrestling competitions to show some strength and get footballs for prizes.

"I think this is awesome with everyone getting together and enjoying each other's company," said 1st Lt. Hannah K. Gomoll, commander of Company B, 204th Infantry Battalion.

"How many times can you say, 'I was in Iraq watching the Super Bowl and drinking a beer,'" added Gomoll of Rockford, Illinois.

The festivities and the game ended at 6:20 a.m., but diehard fans stayed until the very last minute to see the Steelers defeat the Cardinals 27-23 in a hard fought contest.



# 172nd troops helping build bridge to stronger economy

by Pfc. BETHANY L. LITTLE &  
Spc. DAWN VAN HORN  
172nd Infantry Brigade

172nd Infantry Brigade Soldiers from Forward Operating Base Kalsu recently engaged in a patrol to the Central Euphrates Farmers Market and to a fish farm in Khdir, Iraq.

The patrol, led by 1st Battalion, 2nd Infantry Regiment Soldiers, began at FOB Kalsu and travelled to the Central Euphrates Farmer's Market in Selah.

Here, provincial reconstruction team members and Soldiers were involved in the first board meeting held at the farmer's market. Previous meetings were held at FOB Kalsu.

The Central Euphrates Farmer's Market represents approximately 4,900 farmers from the northern part of the Babil Province. The next closest farmer's market is 70 kilometers away in Karbala.

"This farmer's market is closer to the farmer's fields," said Sheik Umran Hashim, the head of Alwaha Agricultural Association. "By spending less money traveling, the farmers keep more money in their pocket."

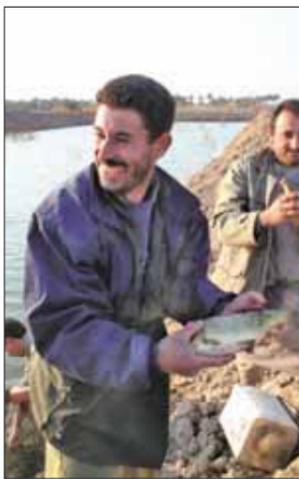
The purpose of the meeting was to familiarize the 1st Bn., 2nd Inf. Regt. leadership with the Provincial Reconstruction Team, civilian affairs, and local Iraqi leadership. The board meeting was also to showcase the progress of the market.

Topics discussed included funding, the cold storage facility, auction price for the market stalls, and security plans for the market.

Khdir is a predominately Shiite town that was overtaken by al Qaeda and the area was used as a staging area to train and attack surrounding areas. Al Qaeda prevented the farmers in the area from harvesting fish, thus harming the area.

Sheikh Jaffer Hussin Dandal, the owner of the fish farms in this part of the province, is one of the first sheiks to work with Coalition forces here. By working with the Coalition, Dandal is able to harvest fish without al Qaeda interference. The fish farms also help bring the people back into the area from which they were previously forced out.

The fish farm assistance is one of the projects that the PRT has helped to boost the local economy in Iraq.



Photos by Bethany L. Little

**172nd Infantry Brigade Soldiers and civilians met with local Iraqi leaders for the first board meeting held at the Central Euphrates Farmers Market to discuss the progress of the CEFM. (At right) Ismaee Abdul Kareem, a fish keeper in Khdir, shows one of many fish that will be harvested and sold at a farmers market to the Soldiers and civilians from the 172nd Infantry Brigade**

# Task Force Blackhawks take election education on the road

by Capt. STEPHEN SHORT  
172nd Infantry Brigade PAO

Soldiers and civilians from Task Force Blackhawk, 172nd Infantry Brigade, travelled to unit locations within Babil and Karbala provinces last month to educate Soldiers on the importance of Iraq's Jan. 31 provincial elections.

Maj. Rich Brown, commander of Company B, 403rd Civil Affairs Battalion, led the elections road show team over a four-day period—Jan. 12, 13, 17 and 21—to inform Soldiers about the significance of the country's recent elections and to instruct them on the election process.

Soldiers attended sessions at the Blackhawk Inn dining facility FOB Kalsu, Hillah, and Iskan for a better understanding of what was going to happen Jan. 31, the date set for the elections in 14 out of 18 provinces. Overall, the brigade conducted five election road show classes.

"The bottom line up front is that

**“The last time I was in Iraq, we were setting up security inside the polling sites and moving the ballots. You could just depend on violence to happen.”**

**Sgt. 1st Class Thomas C. Lund**  
Troop B, 1st Sqn., 10th Cav.

the Iraqi elections must be credible and reflect the will of the people," said Brown.

He asked the crowd of Soldiers if they have been to Iraq before. After several hands rose, he explained how different the situation is now than the way it was in 2005.

"People are ready to vote. They are looking for candidates that are going to do good for the people and not for themselves or the party affiliation," said Brown. "The Iraqis are teaching themselves to vote, they are securing their polling sites and preparing for consequence management."

"The last time I was in Iraq, we were setting up the securing inside the polling sites and moving the ballots," said Sgt. 1st Class Thomas C.

Lund, a platoon sergeant with Troop B, 1st Squadron, 10th Cavalry. "You could just depend on violence to happen."

"I heard of how the Iraqi government system worked, but now I've learned how the election system here can be complicated," said 1st Lt. Daniel V. Wilson of Colorado Springs, Colorado and platoon leader of B Troop, 1st Squadron, 10th Cav.

"I believe that the Iraqi people are just as eager to see the outcome of these elections as we are, and we have been staying out of the way and they have been doing their job," added Wilson.

The Soldiers learned about the Iraqi culture and the many changes that have come about since the downfall of Saddam Hussein from Mark

Dawson, a social scientist of the Human Terrain Team.

Dawson and other social scientists interview the Iraqi people asking their opinions on a variety of subjects ranging from the election to satisfaction with essential services.

"We all have scripts in our lives that come from what we experience, and the Iraqi people have developed a script based on the years of rule under Saddam's dictatorship," said Dawson. "Sometimes the people tell you what they think you want to hear and not always what they believe," he added.

According to national polls, the dictatorship under Saddam Hussein left many people afraid to comment openly about politics, and this has left them with what Dawson called a

script that they follow.

Despite this reluctance, many Iraqis claim they are ready to vote for the candidate that will do the most for the country and people.

The elections class is just a beginning to learning the Iraqi system of government.

While Iraq was a democracy, even under Saddam, it was never a credible democracy due to the government-forced voting and its intimidation of voters.

Saddam always wanted the world to see a 100 percent turnout and a unanimous win for him and the Baath Party.

Brown started learning about Iraqi government while attending a U.S. State Department elections road show and reading literature from the Regional Training Institute.

"These elections will set the stage for future elections in Iraq," said Brown. "They are part of what we Soldiers have fought and died for in Iraq."

# CAB troops take advantage of ski instruction during WAQ

Story and photos by  
JIM HUGHES

*Garrison Ansbach Public Affairs Officer*

"Soldiers, your mission is to take that hill. Yes, I know most people are skiing down that mountain, but we're skiing up it. Hooah!"

Okay, it wasn't exactly those words, but that was the gist of the duty day when U.S. Army Garrison Ansbach put the Army's new Warrior Adventure Quest program to the test Jan. 12—and it was no bunny hill either. It was an intermediate slope on Germany's tallest peak—the formidable Zugspitze near Garmisch.

Ansbach is one of the first Army installations to take part in Warrior Adventure Quest, Installation Management Command-Europe's free, high-adventure, adrenaline-pumping recreation program designed to help Soldiers returning from combat zones adjust to a "new normal" at home.

The garrison got exactly what it wanted from the 30 12th Combat Aviation Brigade Soldiers, service members, and garrison civilians it took on the test-run of the program, said Garrison Commander Col. Christopher Hickey, who also took part in the program.

"I was very pleased with how it went," Hickey said. "We accomplished our objectives of physically and mentally challenging the Soldiers and at the same time provided them with a day where they had a lot of fun and built some teamwork."

The Soldiers received first class instruction on ski touring and downhill ski techniques from Ansbach's own Marc Jarvis and Zeljko Stjepanovic.

Members of the group had highly varied ski skill levels—from first time skiers to expert veterans who have tested their skills across many a European slope.

This resulted in an interesting mix of techniques on the downhill portion of the quest—which came immediately after the highly-challenging uphill portion. Participants used techniques they were taught, and also ones not found in ski instruction manuals—such as the slide on the rear end, the tuck and tumble, and, of course, the walk down in ski boots.

One of the Soldiers using the tumbling technique was Spc. Justin Shepherd, Ansbach Better Opportunities for Single Soldiers president.

"It was my first time on skis and that course was a little heavy for new

skiers," he said. "I'm a little sore, but I didn't break any bones."

"I'm pretty impressed with what I was able to do—even though I did tumble a few times," Shepherd said. "This was a great opportunity to get some one-on-one ski instruction from great instructors who were very patient with me. I'm definitely recommending it to Soldiers in BOSS. This program will be very good for the reintegration of Soldiers—good exercise, challenging, relaxing and reintegrating them back into society, if you will."

After action review comments from the first Soldiers included starting earlier, decreasing the slope of the climb up and down the hill, and the general timeframe of the whole program.

"I think this has the potential to really help units who deploy in the future," said 1st Lt. Alex Nee, 3-158th Aviation Battalion and test participant. "We've been back a while, but if it was in that first 30-90 day window, then it would be best."

"It was a lot of fun and the course was perfect for my skill level—challenging going up and a blast coming down," Nee added. "I will definitely recommend the program to my Soldiers and put as many of them through it as mission allows."

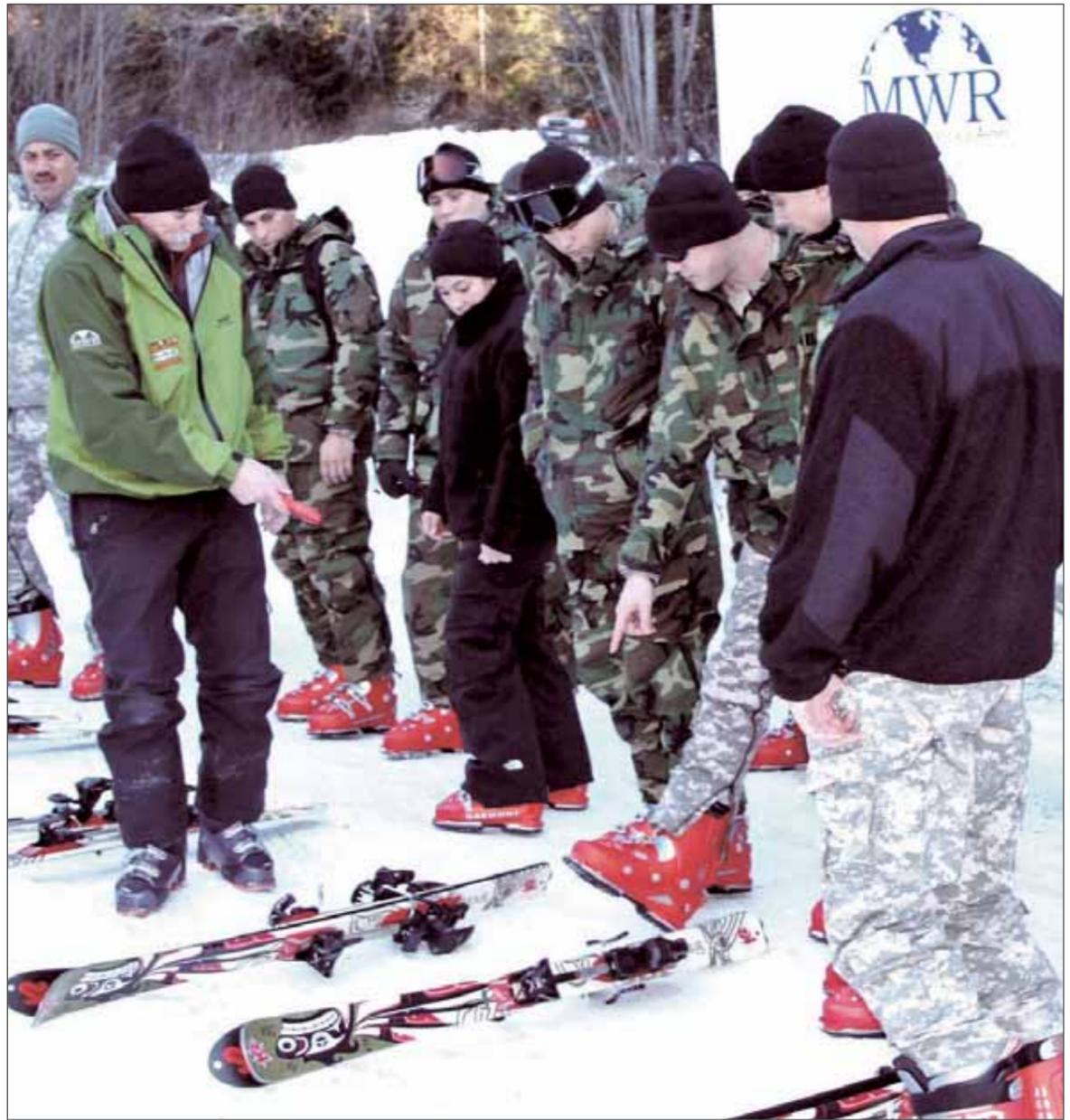
Missing that 30-90 day window was unavoidable in the case of the 12th CAB, said Hickey, because funding for the program didn't come through until later.

"If we could do this right after block leave, it would be best," the colonel said. "The good news is that we have the equipment now, so when future redeployments happen, like with the 3-159th Aviation Battalion later, we'll be able to do it right away."

Since the test, the garrison has run four more groups through, putting into action the AAR comments from the test for more than 100 Soldiers, said Mark Juliano of Ansbach MWR.

WAQ signifies the Army's full commitment to helping Soldiers effectively transition from a combat to home-station environment during the 90-day period after redeploying and completing block leave, according to an IMCOM-Europe press release.

It does so by combining existing outdoor recreation activities with Battlemind, the Army's psychological resiliency building program. As part of the Battlemind blueprint, Soldiers hold group discussions after each outing, sharing their thoughts on the



Marc Jarvis (green jacket), USAG Ansbach MWR and designer of the garrison's Alpine Touring circuit in Garmisch, helps get Soldiers sized up on skis during the test run of Ansbach's Warrior Adventure Quest Jan. 12. The quest took about 30 Soldiers from the 12th Combat Aviation Brigade and some garrison Soldiers and civilian staff to Garmisch for a day of Alpine Touring Skiing and snowshoeing.

experience as well as being home.

"Plus it aims to spark a long-term interest in Soldiers to pursue lifelong, positive outlets for their energies and to relieve stress and anxiety," said Kelly Nebel, IMCOM-Europe's outdoor recreation program manager.

When the weather warms up, Ansbach is ready to take Soldiers on high-rope adventure and mountain bike activities.

"The program is being really well received by the Soldiers," Juliano said. "In fact, many of these Soldiers had family who were in Vietnam and other wars and they know what their fathers and grandfathers went through when they come back—they really appreciate how the Army and MWR are trying to help them out when they come back from the combat zone."

Juliano said he's happy Soldiers

are enjoying the program, because at MWR, that is what it is all about.

"We love serving Soldiers and we recognize the sacrifices they make on behalf of us and our country," he said. "I'm a civilian, and I can't imagine what they go through and the sacrifices they make spending 15 months away from their families. It's a thrill to be able to give back to them and makes the long days worth it."

## Cusic nabs first place at middle school Geo-Bee

by JEFF DYE

*Ansbach Middle High School*

The results are in and congratulations to the final candidates of the 2009 Geo-Bee Competition at the Ansbach Middle High School. The championship competition for the school was completed Jan. 21. The final ranking is the result of all seventh and eighth graders' participation in the competition.

The top winners of the Geo-Bee Competition are as follows:

- 1st Place – Charlie Cusic**
- 2nd Place – Joshua Perkins**
- 3rd Place – Jasmine Sutherland**
- Tied for 4th Place – Natasha Parowski and Jessica Kohler**
- 6th Place – Kristy Reynolds**

Cusic won over Perkins two to one and will take the written test to be submitted and graded for an opportunity to attend the U.S. national competition taking place this spring in Washington, D.C.

Alex Trebek, moderator for the long-running television game show "Jeopardy!" is the master of ceremonies for the national Geo-Bee.



## Low visibility situations make headlights a must

by RONALD H. TOLAND, Jr.

*Bavarian News*

It's no secret that winter driving can be hazardous.

While these hazards—snow, rain, fog, and black ice—cannot be eliminated, drivers should take precautions, especially in low visibility situations.

"USAREUR Regulation AER 190-1 states that all drivers must turn their headlights on a half-hour after sunrise and a half-hour before sundown," said Staff Sgt. Robert Taylor, U.S. Army Garrison Ansbach Provost Marshal traffic accident investigator.

Taylor also said fog lights are not to be used in place of headlights and are only allowed in limited visibility conditions.

"A major issue is that everyday drivers can be found throughout the community driving with fog lights," stated Taylor. "Fog lights will not suffice. The actual head lights must be on and fog lights should not be used unless visibility is 100 meters or less."

He said that the bottom line is that "driving is hazardous enough without putting yourself at undue risk. It's better to be safe than sorry. There are so many variables; why chance it?"

USAG Ansbach's Provost Marshal Maj. Craig Schuh agrees. "This isn't so much so they can see the road, but more so that other drivers can see them approaching," said Schuh.

He explained that many newer cars are equipped with dusk sensing headlamps—lights that automatically turn on when the car

senses that there is little ambient light. Some vehicles also have daytime running lights, an additional smaller set of headlamps that are always on when the vehicle is running.

"If your vehicle is equipped with one or both of these features, you'll never have to worry about forgetting to turn on your headlights," Schuh said. "Drivers need to be aware of the importance of turning on their headlights during adverse weather, as well as twilight hours."

He offered a single rule of thumb to help motorists keep track of when to turn the lights on.

"Whenever you turn your windshield wipers on, turn on the headlights, too," he suggested.

More advice, offered by the garrison Safety Office, to avoid accidents is as follows:

- \* **Drive with headlights on during dusk, dawn, rain, mist, hail, sleet, and snow.**
- \* **Schedule extra time for travel.**
- \* **Use slower speeds for turns and curves; signal early.**
- \* **Reduce speed and allow a larger margin for error when entering traffic and stopping.**
- \* **Maintain privately-owned and government vehicles, and prepare them for winter driving—check tire tread, lights, wipers, heater and defroster.**
- \* **Follow the inclement weather road condition policy.**

# Nationally recognized program offers parents advice, love, logic

by SANDRA WILSON  
*Bavarian News*

Kids don't come with an owner's manual, but that doesn't mean that parents have to figure it out on their own.

Kids, and believe it or not even teenagers, have been around for a long time and so has the job of parenting. Gleaning from the experience of countless parents who have come before us, "Becoming a Love and Logic Parent" is possible through Schweinfurt's Army Community Service classes.

"The 'Love and Logic' model is one of the most recognized programs in the United States. They go all over the United States and some parts of Europe and train," said Billy May, family advocacy program specialist at Schweinfurt ACS, who has been teaching the parenting modules since 2003.

"'Love and Logic' is a way of working with children that puts parents and teachers back in control, teaches children to be responsible, and prepares young people to live in the real world, with its many choices and consequences," said the official "Love and Logic" Web site.

These "Love and Logic" classes are taught every Tuesday morning at School Age Services, but May offers the classes according to individual schedules as well.

The teaching is video-based "with a lot of



Courtesy photo

**'Love and Logic' classes, offered Tuesday mornings at School Age Services, gives parents the advice and tools they need to raise responsible children.**

story-telling" by professionals in the field who also have their own children.

According to May, it teaches enough skill sets that attendees don't even have to have their own children. Those with children can learn parenting

skills specific to the ages of their kids.

"The earlier you start, the better the results will be when they become teenagers and step out into what we call the 'real world,'" May said.

But it's never too late, as Staff Sgt. Shawn

Campbell, of 1st Squadron, 91st Cavalry Regiment (Airborne), found out when he walked into ACS looking for parent support.

"I went seeking help of how to better deal with my daughters," Campbell said.

Even after being a parent for 19 years, "you never know enough," he said, and was hoping to find advice about raising his four children, specifically his teenage daughters.

"I love dealing with teenagers. We have programs here in the 'Love and Logic' model that are specifically focused for teenagers ... to help parents navigate that," May said.

Even by attending one session, participants will find something simple and practical to take home.

"I learned a lot. I definitely recommend it even before people have kids," Campbell said.

Commitment to continuously learning about how to be a better parent will bring results of positive change in both parents and children.

"It's a long-term investment when you're raising your children. The outcome is that you're paid dividends.

"When they walk out of the house they are able to ... step out in life and be a contributing member of society. That's what we want," May said.

To sign up or make an appointment for a class, call May at 09721-96-6933. Free child care is provided to military ID card holders.

# Quilt conveys message, celebrates history

Story and photo by  
SANDRA WILSON  
*Bavarian News*

Beware of hunters and hounds. Pack provisions necessary for survival. Follow the direction of the flying geese.

These were all messages conveyed by quilt patterns in the 1800s when slavery plagued the United States.

As part of the freedom movement, the quilts were hung outside as secret messages to slaves escaping to freedom up north.

"This is a tradition in the south to make quilts year around. They attached certain meanings to certain designs," said David Haywood, crafts studio manager.

The crafts studio, in partnership with the Ledward library, invites the community to take part in creating a freedom quilt.

Free materials and instruction are

available at the studio and the library in February.

"The goal behind it is to celebrate Black History Month," said library technician Jason Lawor, who came across the idea while browsing the Internet for events.

A variety of patterns and fabrics will be distributed to those who choose to participate and pick up a kit. The kits can be taken home to work on alone or with the family.

Gathering at the crafts studio or library with other participants of the project is also a possibility.

"This is going to be the first time we're doing this," said librarian Christine Willis.

Willis hopes that the project encourages people to find common interests with other crafters.

Although quilting experience will contribute to a quickly finished eight-inch block, beginners are also encouraged to learn and participate.

"I'd be willing to show them each step," Haywood said, explaining how he teaches hand-quilting, but that using a sewing machine is also an option.

If participants find they want to continue in the craft with more instruction, a six-session quilting class is offered at the crafts studio.

Once participants finish their quilt block for the freedom quilt, they can return them to either location. Blocks will then be sewn together to complete the master quilt.

The finished quilt will be displayed at the library with the historical meaning attached to it for all patrons to view.

"We'll keep it around for a long time," Haywood said, adding that the name of each participant will be preserved as part of the quilt.

For more information about how to join in the project, call the library at CIV 09721-96-1740.



Quilt blocks prepared by community members will be displayed in celebration of Black History Month at the Ledward library.

## Queen Bee

**Eighth-grader Kiersten Cade takes a moment to think before she spells the given word at the Schweinfurt Middle School spelling bee Jan. 28. Fourteen students competed for qualification into the European Round in Wiesbaden March 14.**

**Cade took first place and will represent SMS in the upcoming competition. Seventh-grader Michael Johnson-Gonzalez (back left) took second place and will serve as an alternate.**

Photo by Emily Athens



# AFAP transforms Army through community concerns, participation

by EMILY ATHENS  
*Bavarian News*

The Army Family continues to grow, and with growth inevitably comes change. A large amount of these positive transformations within the Army are a result of the Army Family Action Plan, or AFAP.

AFAP has been an effective program for over 25 years providing a network of communication between local communities and the senior Army leadership.

It has played an integral part in countless improvements made Army wide, including bettering family readiness groups, launching the Thrift Savings Plan, and creating more jobs, to name a few.

"It's a tool for the community to assess problems and voice their concerns to the Army leadership, so

**There have been issues that have generated out of Schweinfurt that have gone all the way up to the Army level, which shows that it doesn't matter where a good idea is generated, it will go to the senior Army leadership to make the change.**

Hal Snyder, ACS Director

the leadership can then address the problems and solve them," said Katy McClelland, program manager for AFAP.

To maintain the program's momentum, an annual conference is held to assess the community's needs within a proactive atmosphere.

In Schweinfurt, the AFAP conference will be Feb. 24 – 26 at the Conn Community Club.

"Every single issue submitted by the community is addressed at the

conference. We have different work groups that handle certain issues.

"There's a housing work group, medical and dental work groups, etc. so it's broken down by representatives of the demographics of the garrison," McClelland said.

These work groups must go through each issue selecting two to three they deem most important.

Subsequently, they must follow a series of steps to ensure a solution to the problem is proposed, McClelland

explained.

"They have to reword each issue and come up with a title that explains in very few words what the problem is ... and find how this affects us and why it's a problem. Then they give a recommendation of how they think the problem can be fixed," she said.

As a result of the conference, immediate changes can be initiated.

According to Hal Snyder, Director of Army Community Service (ACS), this conference allows everyone to

have a voice in making changes at the local level, at the IMCOM Europe level, and at the Army level.

"There have been issues that have generated out of Schweinfurt that have gone all the way up to the Army level which shows that it doesn't matter where a good idea is generated, it will go to the senior Army leadership to make the change," Snyder said, emphasizing that the process is not a complaint process but a way to address the issue and immediately move forward with it.

Issue boxes are placed around the garrison awaiting your input.

Volunteers are needed to help set up and to assist in managing the work groups by facilitating, transcribing, and providing issue support.

For more information or to register as a volunteer, call ACS at CIV 09721-96-6933.

## State department applies new passport policies

Story and photo by  
**MARK HEETER**  
*Schweinfurt CI Chief*

New rules and procedures for obtaining passports from overseas locations took effect Feb. 1, which largely eliminates passport processing in Frankfurt.

"All passports will be mailed to the United States, with the exception of report of births of brand new babies," said Nico Jones, customer service supervisor with the military personnel division in the U.S. Army Garrison Schweinfurt Directorate of Human Resources.

"No more of these last-minute, emergency flight plans," Jones said.

"The only emergency passports that will ever happen is extreme, like a newborn, or a death in the family."

The new procedures also require online creation for all applications, which will include a bar code containing the information being entered into the computer.

"The Web site creates the bar code, and that's all the data that's on the form," Jones said, urging applicants to be careful when entering data. The back navigation button will not allow people to correct mistakes, Jones said.

"As you continue to the next page, it's saving the data," he said.

After printing their completed – and bar-coded – applications, customers then report to the passport section in building 40 on Conn Barracks.

"It's going to get mailed straight from this office to Portsmouth, N.H. We're not dealing with the consulate anymore," said passport clerk Dennis Randall.

"They have something called mail in, mail out. In other words, if they receive today, they'll print it out and mail it the next day. That's what they say," Randall said.

Above all, prospective travelers must prepare early and ensure they submit their applications early.

When booking flights with a travel agency, travelers are required to acknowledge that they have the required documentation – including passports, according to Randall.

"There's no more, 'My passport expired, I'm flying in three days.' The State Department is cracking down," Jones said.

For more information about passport application procedures, visit [http://travel.state.gov/passport/passport\\_1738\\_2.html](http://travel.state.gov/passport/passport_1738_2.html).



Dennis Randall, passport clerk, discusses the Status of Forces Agreement card with Viola Krinsky.

## Schweinfurt's wooded areas offer unique training for German snipers

Story and photo by  
**MARK HEETER**  
*Schweinfurt CI Chief*

Before heading out into the snow-covered fields of "Area M," the training area just northwest of Schweinfurt, three soldiers of the German Army's Infantry School in Hammelburg wrapped their heads in turbans and

headed out into the heavy snowfall to wreak a little mayhem.

About 30 minutes later, after the snow had quickly turned to freezing rain pushed along by whipping winds, the soldiers re-appeared from behind some bare trees to face their nemesis – soldiers from the Bundeswehr's 1st Light Infantry Regiment, who were using the training area in January.

The unit is training for an upcoming mission as the quick reaction force for the NATO International Security Assistance Force in Afghanistan.

"All this is the good working relationship we have with the German infantry school," said Michael Cormier, partnership officer with the 172nd Infantry Brigade (Separate), who helped coordinate the Germans' use of Schweinfurt training area.

Sniper students from the school were brought to Area M and Camp Robertson training area in the past to train in unfamiliar territory, one of the students' requirements.

"That's what we're here for. We support them and they support us," Cormier said.

Planners from the infantry school found something special in the Schweinfurt training areas.

"We got to Schweinfurt because it's a wide open area and we have to train our QRF," said Master Sgt. Mario Jungblut, one of the infantry school cadre involved in the training. "The area is great for a QRF."

Capt. Sven Kaestner, who was evaluating the unit during the training, agreed that the Schweinfurt training areas offer something that is difficult to find in heavily wooded areas.

"The terrain is completely different than throughout Bavaria, and I'm looking for something open," Kaestner said, in order to replicate – as much as possible – what the soldiers will see in Afghanistan.



A role-playing German soldier agitates a small unit which will soon deploy to Afghanistan. The troops prepare for the expected terrain at "Area M," the training area just northwest of Schweinfurt.

## Chaplain finds purpose, fulfillment in Afghanistan

Story and photo by  
**EMILY ATHENS**  
*Bavarian News*

No Army battalion goes into a war zone without a chaplain. Chaplains provide support to Soldiers and maintain the spiritual and moral well-being of the force while downrange.

Chaplain (Capt.) Hermis Losbanes, of USAG Schweinfurt, deployed for his second time in September to Forward Operating Base Salerno in Afghanistan attached to the 101st Airborne Division.

Losbanes, a Catholic chaplain to the community, explained his experiences as "very rewarding."

Equipped with only a spiritual and emotional piece of mind, as military chaplains are always unarmed, Losbanes began his mission upon arrival, navigating back and forth over hostile ground to reach as many Soldiers as he could.

"In the sixty days I was there, I traveled to many different FOBs. Overall, there were seventeen areas that I flew to in order to reach our Soldiers and celebrate Catholic Masses," Losbanes said.

Helping Soldiers endure the danger and dreariness of a long deployment,

Losbanes utilized the "ministry of presence," doing his best to provide a calm atmosphere.

"You want to make an impact on the Soldiers lives and later on you come to realize that just by being there makes a difference. Sometimes we think we're not making any impact, but people acknowledge and recognize that the chaplain is there," Losbanes said.

Losbanes' tasks included daily Catholic Mass, personal counseling, and hospital visits. Despite the busy schedule, Losbanes moved around the FOBs—going where he thought Soldiers would be—so he could make himself visible to them.

According to Losbanes, he was able to interact with many Soldiers throughout the short tour, providing him a sense of fulfillment and purpose.

Because of the scarcity of Catholic priests, Soldiers in FOB Salerno appreciated the presence of a Catholic chaplain, Losbanes said.

With the pressures inherent in a place of war, that type of outlet is needed, he explained.

"We bring what we can bring to the Soldiers, and it's really up to them to take hold of that. Whether the Soldiers receive it with an open heart or mind isn't up to me.

"I really believe that the purpose is given by God himself ... it's God that makes all these things happen," Losbanes said.



# Bamberg *at* Schweinfurt

## High school basketball linking two communities

Story and photo by  
EMILY ATHENS  
*Bavarian News*

The beginning phases of the partnership between the Schweinfurt and Bamberg communities continue to grow as Bamberg High School strives to bring activities to Schweinfurt's neck of the woods.

For the second time in Bamberg High School history, the Schweinfurt community hosted Bamberg High School's boys and girls basketball games at Finney Fitness Center Jan. 24, giving Schweinfurt residents a chance to enjoy the event without having to travel far.

"We've started this off as our transition to integrate the school as one student body. Organizing sporting events hosted in Schweinfurt bridges the gap between the two communities," said Damon McGibboney, school liaison officer.

"Eventually, we want to try to expand it into other sport events. Especially as a deployed community, this gives parents a choice to stay close to home," McGibboney said, noting that the efforts show good faith in Bamberg's willingness to host games in Schweinfurt.

While providing an opportunity for parents, it also helps ease the transition for many high school students, especially during a time of

change.

"Obviously with Wuerzburg closing last year ... the transition was tough. Some students have gone to school there for years so whatever we could do to ease that transition and bring the two communities together as one, the better," said Jim Davis, Bamberg High School's athletic director.

About 100 students go to Bamberg High School with one-third of those students residing in Schweinfurt. As a compromise, the school hopes to one day conduct one-third of its activities here in the Schweinfurt community, explained Dom Calabria, Bamberg High School principal.

"We want to make an effort to get people to realize we are thinking of them," Calabria said.

Part of the initiative also included the adoption of Bamberg High School by the 1st Battalion, 2nd Infantry Regiment. The battalion helped set up for the games and will be involved in future school events as well.

"The efforts are even bigger than just basketball now that we've incorporated one of Schweinfurt's rear detachments. We were never able to do this with Wuerzburg," McGibboney said.

"This is a step in the right direction. The more we do these things, the closer and more together the communities will get," said Calabria.



The Bamberg Lady Barons (junior varsity) play tough defense against the Ansbach Cougars in the game Jan. 24. The junior varsity boys and varsity boys and girls teams also challenged the Cougars later that day at Finney Fitness Center. The games marked the first phase of a partnership between the Bamberg and Schweinfurt communities.

## Garmisch MWR, Outdoor Rec. holding Feb. 28 ski race

*IMCOM-E news release*

If you haven't had enough skiing this year, mark your calendar for a very exciting and fun ski race being planned for Feb. 28 in Garmisch.

The U.S. Army Garrison Garmisch Morale, Welfare and Recreation branch and its Outdoor Recreation is holding an invitational ski race at the Kreuzwankl Ski run, located on the Hausberg ski area.

The race is open to all U.S. personnel and it will cost \$10 per person or \$25 per family.

The race will be a one day giant slalom event and will be broken down in categories based on age and gender.

If you are interested and would like to register for the event, please link to the USAG Garmisch

Web site at <http://www.garmisch.army.mil/> or call Garmisch Outdoor Recreation at DSN 440-2638 or CIV 08821-750-2638

### Itinerary

■ Feb. 27 – Ice breaker and racer registration 4 – 9 p.m. Watch ski movies, enjoy refreshments and pick up your number at the Pete Burke Community Center.

■ Feb. 28 – Race begins at the Hausberg ski area; late registration is at the ski hill finish shack from 8:30 - 9:30 a.m.

■ Giant slalom race – first race starts at 10 a.m., exact details at registration.

■ Mini-Bob Cross Challenge – time is to be announced Friday evening or Saturday morning.

■ Awards presentation – starts at 3:30 p.m., immediately after the race.

■ Racers are numbered consecutively from youth to adults. Racers will race in number order, 30 seconds apart. It is up to the racer to be at the starting block on time. Racers who miss their start time will be allowed to race at the end of their category.

■ Two runs per participant, combined time. Racers who miss a gate will not be automatically disqualified. A five-second penalty will be added to the time for each gate missed.

### Categories:

■ Youth: Minor (6-9); Junior (10-12); Senior (13-17)  
■ Adult: Open (18 and older); Senior (30-39);

Master (40 and older)

■ Any adult racer may enter the open race category.

■ Snowboarders will race the same course as skiers and helmet use is mandatory.

### Mini-Bob Cross Challenge Rules

■ Free to all race participants  
■ Only Mini-bob, or Zipfi-Racer type sleds are allowed. Garmisch ODR will have them available, free of charge.

■ 'Cross' style race setup, four to six persons race at the same time. The first two across the finish line will advance to the next round. The final round will determine first, second and third place winners.

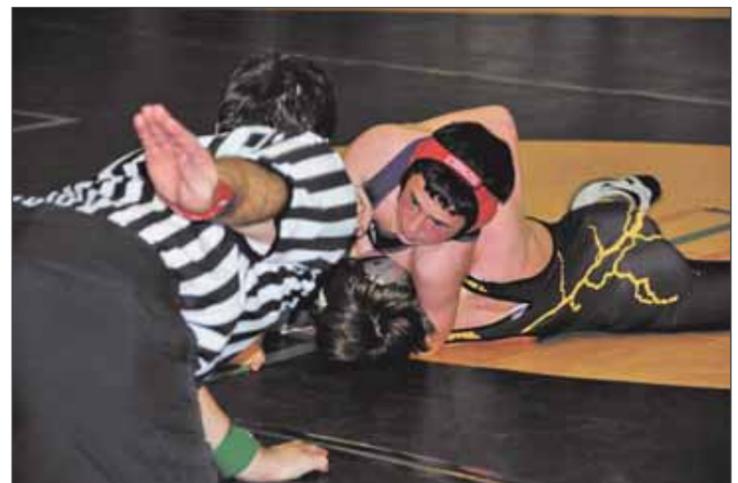
■ Categories: youth, men and women.



Photos by Mary Markos

## TAKING IT TO THE MAT

Members of the U.S. Army Garrison Grafenwoehr CYSS Grafenwoehr wrestling team (above) step away from the mat for a few moments of fun Jan. 31 in Bamberg. Jared Cooper, 13, (top right), looks to the referee for a pin against his Stuttgart competitor during the day-long competition. Justice Rivera, 5, proves victorious Feb. 7 in Grafenwoehr going undefeated with a season record of 6-0.



# Newspaper nabs No. 1, forwarded for DA judging

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Boar force protection exercise and first place in the Art/Graphics in Support of a Publication category for a photo illustration in support of Markos' redeployment series.

Bavarian News contributor and U.S. Army Garrison Garmisch Public Affairs Officer John Reese took second place in the Feature Article category.

The competition salutes excellence among the Soldiers and civilian employees who produce print and broadcast programming, articles, photographs, graphic art and Web-based products to inform and entertain the Army audience.

The annual contest is named for a World War II Medal of Honor recipient and former Army Chief of Information who was killed in action in Vietnam.

The newspaper, special Welcome issue, and Morgan's photo illustration, along with all of the competition's first-place winners in each category, have been forwarded to compete at Army level, and may later vie for Department of Defense-wide honors.

A complete list of winners by category is as follows:

## Print Competition

### Category B: Tabloid-Format

#### Newspaper

1st Place: Bavarian News – USAG Grafenwoehr

2nd Place: Herald Post – USAG Baden-Württemberg

3rd Place: Herald Union – USAG Wiesbaden

### Category C: Magazine-Format

#### Publication

1st Place: Benelux Edge – USAG Benelux

### Category D: Newsletter-Format

#### Publication

1st Place: The Gazette – Chièvres Garrison

### Category E: News Article

1st Place: Jason Austin – USAG Baden-Württemberg

2nd Place: Brandon Beach – USAG Stuttgart

3rd Place: Kristen Marquez – USAG Baden-Württemberg

### Category F: Feature Article

1st Place: Jason Austin – USAG Baden-Württemberg

2nd Place: John Reese – USAG Garmisch

3rd Place: Jon Fleshman – USAG Vicenza

### Category G: Commentary

1st Place: Christine June – USAG Kaiserslautern

2nd Place: Jason Austin – USAG Baden-Württemberg

3rd Place: Karl Weisel – USAG Wiesbaden

### Category H: Sports Article

1st Place: Brandon Beach – USAG Stuttgart

2nd Place: Susan Huseman – USAG Stuttgart

3rd Place: Karl Weisel – USAG Wiesbaden

### Category I: Story Series

1st Place: Susan Huseman – USAG Stuttgart

2nd Place: Jason Austin – USAG Baden-Württemberg

3rd Place: Mary Markos – USAG Grafenwoehr

### Category J: Single/Stand-Alone

#### Photograph

1st Place: Chrystal Smith – USAG Wiesbaden

2nd Place: Stephen Morgan – USAG

#### Grafenwoehr

3rd Place: Brandon Beach – USAG Stuttgart

### Category K: Photojournalism

1st Place: Christine June – USAG Kaiserslautern

2nd Place: Karl Weisel – USAG Wiesbaden

3rd Place: Christie Vanover – USAG Benelux

### Category L: Art/Graphics in

#### Support of a Publication

1st Place: Stephen Morgan – USAG Grafenwoehr

### Category M: Contribution by

#### Stringer (Writer)

1st Place: Ute Wolf – USAG Wiesbaden

2nd Place: Amanda Grisby – USAG Vicenza

3rd Place: Cristina Zacchino – USAG Vicenza

### Category N: Contribution by

#### Stringer (Photographer)

1st Place: Brad Polensky – USAG Vicenza

### Category Q: Moss-Holland Civilian

#### Journalist of the Year

1st Place: Jason Austin – USAG Baden-Württemberg

2nd Place: Susan Huseman – USAG Stuttgart

3rd Place: Christie Vanover – USAG Benelux

### Category S: Special Achievement in

#### Print Media

1st Place: Bavarian News – USAG Grafenwoehr

2nd Place: The Outlook – USAG Vicenza

3rd Place: The Gazette – Chièvres Garrison

### Category T: Web-based Publication

1st Place: Herald Post – USAG Baden-Württemberg

2nd Place: Herald Union – USAG Wiesbaden

3rd Place: Schweinfurt Dispatch – USAG Schweinfurt

### Category U: Outstanding Initiatives

#### in New Media

1st Place: Herald Post – USAG Baden-Württemberg

## Broadcast Competition

### Category A: Radio Entertainment

#### Program

Staff Sgt. Christopher Meadows – USAG Benelux

### Category B: Radio Spot Production

Staff Sgt. Christopher Meadows – USAG Benelux

Sean Patrick – USAG Benelux

### Category E: Radio Features Report

Rolla Suttmiller – USAG Benelux

### Category H: Radio Features Report

USAG Benelux

### Category I: TV Info Program

USAG Benelux

### Category J: Television Spot

#### Production

Rolla Suttmiller – USAG Benelux

### Category O: Local Television

#### Newscast

USAG Schinnen

### Category R: Command Information Plan

USAG Stuttgart

## RETIREE CORNER

# NOK likely to inherit costs of overseas retiree death, burial

by DAVE STEWART

*Graf Retiree Council president*

In a recent article I outlined general information on the complications and protocol associated with the death of military retirees overseas.

I need to add some important information in the case of retirees who wish to be buried in the U.S. or at Arlington National Cemetery and a supplementary option available to retirees for the return of their remains to the U.S.

The latest garrison retiree newsletter pointed out that many military retirees assume that the U.S. government will pay for all funeral expenses when a retiree dies. This is not true!

### Be prepared to pay

The most important thing for you to know is that retirees or their next-of-kin need to be prepared to pay all funeral expenses including costs associated with transporting the body for burial.

When death occurs, the next of kin should contact their local German funeral home (where hopefully prior arrangements have already been made) to transport the remains to the U.S. Military Morgue in Landstuhl.

Your next-of-kin will have to pay for this and it can be expensive depending upon the funeral home used and the distance involved. The next-of-kin should also send the clothes they want the deceased buried in (i.e., uniform if that is desired).

Landstuhl mortuary personnel, with prior arrangement, will meet the hearse to allow transfer through the post to the morgue. Landstuhl mortuary personnel will prepare the remains for transfer to the U.S.

The morgue has military caskets of either metal or wood that can be purchased in the price range of \$800-\$1,000. There

are a few other minor costs involved with preparing a body for shipment by air that will need to be paid by the next-of-kin. That cost is currently under \$100. It is important to note that Landstuhl makes no profit from these services, and they are provided at or below their own cost.

Landstuhl mortuary personnel will bring the body to Ramstein Air Base, Germany, where the body will be transported by air to the military terminal at Dover Air Force Base, Dela., at no charge.

### Survivor responsibility

It is the responsibility of the survivors to arrange for onward transportation from Dover AFB to the burial site through a stateside funeral home. In cases where the deceased or their next-of-kin desire burial at Arlington National Cemetery, the Landstuhl Morgue will hold the remains until approximately five days prior to the scheduled funeral (this is free).

The next-of-kin are responsible for all expenses associated with the transport of remains from Dover to the gravesite and any related fees. It is also the responsibility of the next-of-kin to make arrangements with a stateside funeral home to schedule the burial at Arlington National Cemetery.

More information is available at CIV 703-607-8000. Retirees are also encouraged to visit <http://www.arlingtoncemetery.org/>, which has important information that all retirees planning burial in Arlington need to know.

### Other than Arlington

If families wish for the body to go somewhere other than Arlington or a close surrounding area, it could be more advantageous for families to choose commercial air travel directly from the German funeral home instead of through Landstuhl. It would need to be figured out on a case-by-case basis, depending where in the U.S. the burial would take place.

If cremation is chosen by the family there

are a couple of options that can be looked at:

■ When death occurs, the next-of-kin should contact their local German funeral home (where hopefully prior arrangements have already been made) to transport the remains to the U.S. Military Morgue in Landstuhl. Remember, your next of kin will have to pay for this and it can be expensive depending upon the funeral home used and the distance involved.

### Cremation costs

Once the body is delivered to Landstuhl Mortuary they can arrange for the cremation. The cost for this is currently 629.12 Euro (next-of-kin will have to pay). The Landstuhl mortuary can then ship the cremated remains by registered mail anywhere in the U.S. for \$20 (next-of-kin will have to pay).

For cremated remains, you do not have to ship to a funeral home in the U.S. The cremated remains could be shipped to a relative or friend saving the cost of a funeral home. However, your next-of-kin still needs to arrange any burial from that point with a cemetery.

■ When death occurs, the next-of-kin should contact their local German funeral home (where hopefully prior arrangements have already been made) to have the remains cremated in the city in which they pass away and then have the cremated remains delivered to the Army Mortuary (your next-of-kin-must pay for this).

### Remains shipment

Landstuhl mortuary can then ship the cremated remains by registered mail anywhere in the U.S. for 20 dollars (next of kin will have to pay). For cremated remains, you do not have to ship to a funeral home in the U.S. The cremated remains could be shipped to a relative or friend saving the cost of a funeral home. However, your next of kin still needs to arrange any burial from that point with a cemetery.

It is important to know that in Germany cremated remains must be buried (or placed in a columbarium). They cannot be kept at home. In the U.S. the law is different and cremated remains can be kept at home. Also, cremation is normally cheaper than a regular burial.

### Documents on hand

Remember that the next-of-kin will need a death certificate and should have a copy of the service member's retirement DD 214 or retirement order. These documents will be needed throughout the process.

What is the Veterans Affairs' role in reimbursing for burial expenses? If the retiree did not have a service connected disability, die from a service connected cause, or die in a VA facility, the VA will not pay for burial expenses.

If the veteran did have a service connected disability but did not die of a service connected cause, the maximum reimbursement is \$300 for a private burial plot and \$300 for funeral expenses.

### VA decision

If the veteran dies of a service connected cause (and it can take up to a year for the VA to make a decision), the maximum reimbursement for all burial expenses is \$2,000.

As you can see from the information provided, the death and burial of a U.S. military retiree in Germany can be very complex and expensive.

For retirees permanently living in Germany, the time to make arrangements or at least calculate the costs involved is now, and money needs to be set aside for this unfortunate but inevitable event.

*U.S. Army Garrison Grafenwoehr Retiree Services Officer John Currie contributed to this article.*

## COLUMN:

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Bldg. 244 downloads the AI for enlisted Soldiers once a week and RFO for officers daily.

The MPD then schedules the Soldier for the next levy/consolidated out-processing briefing and notifies the unit S-1.

For the month of February, these are scheduled Feb. 10 and 17 at 8 a.m. in Bldg. 134 (Vilseck). The Soldier should then take the following actions:

**Step 1.** Attend the scheduled levy briefing. The levy briefing includes information about the assignment and out-processing procedures.

**Step 2.** Schedule appointments

with transportation and housing. Soldiers can schedule these appointments without their orders.

**Step 3.** Pick up clearing papers and start out-processing the community 10 working days prior to the departure date ("aval" date) listed on the orders. (Note: the S-1 schedules this appointment with the Central Processing Facility or CPF on

Vilseck; the Soldier should provide the S-1 a copy of the flight itinerary and signed leave form).

**Step 4.** Ensure all agencies (including the unit commander) stamp or sign the clearing papers after the Soldier out-processes them. The only three agencies not cleared prior to the "final out" appointment are finance, personnel, and the CPF.

**Step 5.** Attend "final out" appointment two days prior to the departure date.

(Note: the CPF schedules appointments for the "final out" and Central Issuing Facility or CIF when the Soldier picks up the clearing papers).

*For more information, contact the CPF—Mr. Hurley DSN 476-2233 or Mr. Siliga DSN 476-2101.*