

Hop to it

Visitors to the German Hop Museum in Wolnzach learn ale appreciation

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Crackin' up

Comedian Tommy Davidson leaves fans in stitches in Hohenfels

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Help and healing

Members of the Warrior Transition Unit give back to orphans in the Czech Republic

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Bavarian News

Vol. 7, Nr. 6

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

March 30, 2011

Security guard saves man using CPR



By John Reese
U.S. Army Garrison
Garmisch Public Affairs

GARMISCH-PARTENKIRCHEN, Germany — An off-duty Pond guard used his recent academy training March 15 to assist a heart attack victim outside of his home.

Steven George became aware of a German citizen laying unconscious on the sidewalk across the street from his home near the NATO School in Oberammergau and went

The first aid instruction new guard personnel receive ... really paid off this time.

Mark Kravis
Security Guard Contracting Officer, USAG Garmisch

out to assist. Together with a doctor arriving on the scene, they began lifesaving CPR with George doing chest compressions while the doctor used a respirator.

George and the doctor performed CPR for about 15 min-

utes before an ambulance arrived and the EMTs took over.

"I was about 700 meters south of the NATO School when I came across a Notarzt vehicle (emergency response doctor vehicle) and I observed the doctor and Steven George

performing CPR on a German male who was laying on the sidewalk after suffering what was most likely a heart attack," said retired MP Mark Kravis, the security guard contracting officer for U.S. Army Garrison Garmisch.

After the medical team took charge, George continued to assist them for a few more minutes until the victim's heart beat was regained. The patient was transported to the hospital.

"Mr. George just completed the Pond Academy and has

only been working as a guard for a few days now," said Kravis. "It looks like the first aid instruction new guard personnel receive at the academy really paid off this time and made a difference."

The patient later regained consciousness, but according to Kravis he suffered another heart attack on March 18 while still being treated at the hospital and died.

"I consider that George saved his life after the first heart attack," said Kravis.

Lacrosse named Aviator of the Year

By Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — A recent addition to the Hohenfels Falcons observer/controller team has been named the 2010 Army Aviation Association of America (Quad A) Aviator of the Year.

Created to recognize outstanding individual achievement in Army aviation, the Quad-A Award counts Medal of Honor recipients among its alumni. Its nominees reflect all branches of Army aviators, such as reconnaissance, assault and medevac.

Chief Warrant Officer 3 Jason J. Lacrosse distinguished himself as the air mission commander during a rescue operation near the city of Kunduz in northern Afghanistan, April 2, 2010. Taking fire from an approximate 200 Taliban fighters, the three Black Hawk medevac teams extracted 11 wounded German Soldiers from the ambush.

The April 2 mission result-

ed in a host of honors to the 14 U.S. Soldiers involved, including being the first foreigners to ever receive the Bundeswehr Gold Cross, Germany's highest award for valor. Lacrosse, who personally flew six trips, also earned the Silver Star.

Though the media attention has been fairly intense, Lacrosse said he appreciates the increased awareness for what medevac units bring to the battlefield.

"You don't hear a lot about 'Dustoff' downrange and what they're doing, and now that this has happened it's like, 'hey, these guys are actually going into the fight and getting shot at,' and we don't have anything to defend ourselves except our chase birds," said Lacrosse.

The Dustoff designation for medevac helicopters dates back to Vietnam and Maj. Charles Kelly whose mantra "When I have your wounded" has become the battle cry for Dustoff crews everywhere.

See LACROSSE, page 17



Melissa Spitzer shares stories of POWs at the Polish Cemetery during Hohenfels Training Area tour.

Box tour connects families and Soldiers

Story and photos by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — To many spouses and family members of the Hohenfels community, "the Box" is a frequently heard yet mysterious term encompassing some nebulous idea of a training area. Melissa Spitzer, wife of Col. John Spitzer, Joint Multinational Readiness Center commander, is out to change all that.

"I want to help people feel more connected to the area and to what their spouse does," Spitzer said.

Years ago, as a relatively new mili-

tary spouse arriving in Wuerzburg for her first tour in Germany, Spitzer was subjected to the same anxieties felt by many military spouses on their first overseas assignment.

"I felt really disengaged," she said. "But the more I learned about where I lived, the more I enjoyed it."

Through weekly trips with a tour guide friend, Spitzer developed an appreciation of the country and the culture that surrounded her, and now she wants to share that experience with the Hohenfels community.

"Most of our spouses live off-post," she said. "They may live out in a little village where they're the only American.

You can feel really disenfranchised."

Spitzer said she feels it's important for spouses and family members to learn what their Soldier is doing and to realize its impact on our nation.

"If we take them out to Uebungsdorf, and they see the training that's going on there, you can say, 'Wow, it's important what he's doing, and I can get 100 percent behind this,'" she said.

Uebungsdorf is a collection of more than 40 operational buildings that units use for training exercises. Complete with a mosque, government buildings and even a hotel, the village literally comes alive during rotations.

See TOUR, page 17

INSIDE

He's got a gun!

Employees at Rose Barracks Fitness Center train for a workplace worst-case scenario.
See page 14

Power of touch

Parents discover new ways to communicate with their newborns.
See page 16

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Workshop honors women of the past and present

Story and photo by
Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — It's a man's world, but not without the help of extraordinary women. In honor of these extraordinary women, more than 50 Grafenwoehr community members gathered at the Main Post Tower Inn Conference Center, March 23, for the Women's History Month Workshop.

Throughout the workshop, guest speakers addressed the crowd regarding an array of topics that directly impact women within the community, including financial readiness, resiliency and women's health.

"As women we must be mindful of how we nourish our bodies," said Tamara Smiley, spouse of Col. Vann Smiley, commander, U.S. Army Garrison Grafenwoehr, spoke on the topic of nutritional health. "It is important to read labels and know what we are eating and as caregivers, what we are feeding our families."

Additionally, six distinguished women within the Grafenwoehr community shared stories of overcoming obstacles to gain success. Each spoke candidly



Command Sgt. Maj. Kristine Purnell (center), 69th Signal Battalion, 7th Signal Brigade, addresses the crowd during a panel discussion at the Women's History Month Workshop, March 23.

about their personal experiences, each very different from the next, and offered advice to the crowd.

Workshop speakers included Col. Glenda Lock, commander, U.S. Army Health Clinic Vilseck; Com-

mand Sgt. Maj. Kristine Purnell, 69th Signal Battalion, 7th Signal Brigade; Sylvia Durcholz-Wilhelm, Grafenwoehr Garrison Equal Employment Opportunity manager; Erika Roth, a management employee relations and labor relations specialist at the Main Post Civilian Personnel Advisory Center; Jolly Miller, chief of Army Community Service; and Jennifer Weekes, a licensed clinical social worker currently working with the Department of Behavioral Health and Social Work Services.

"There are no do over's in real life," Purnell said during her speech. "You have to do the best you can."

After each speaker's presentation, participants asked questions, creating a panel discussion and fluid conversation.

"This type of forum provides an outlet for the community to talk, mingle and get ideas to help them grow personally and professionally," said event coordinator Robin Blair-Johnson, adding the event was tailored toward women, in honor of women and to celebrate women and the long road taken for equality.

"It's about empowerment," said Blair-Johnson. "And these women are empowered." Perhaps it isn't a man's world after all.



Bavarian News

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If you have newsworthy ideas or stories to submit, coordinate with the managing editor at 475-7113, or e-mail jeremy.buddemeier@eur.army.mil. The editorial deadline for articles and announcements is noon on Tuesday, the week prior to the publication date. Publication dates can be found at www.milcom.de. The final decision on whether content will run rests with the managing editor.

All editorial content is the responsibility of the U.S. Army Garrison Grafenwoehr Public Affairs Office. The *Bavarian News* is an authorized publication for members of the Department of Defense. Contents of the *Bavarian News* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army. The *Bavarian News* is published every two weeks by Werbeagentur und Verlag Roswitha Lehner, a private firm in no way connected with the U.S. Army under exclusive written contract with U.S. Army Garrison Grafenwoehr. The newspaper has a printed circulation of 9,000.

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Water Tower art by Dane Gray

Commander's Message



Children are focus in April

Gruess Gott! In addition to the sun making a triumphant return to the skies over Bavaria, we have several reasons to celebrate this month.

Throughout April we'll honor our smallest community members, our children, during the Month of the Military Child. We will also get the word out to increase awareness on child abuse and alcohol abuse in our community.

Month of Military Child

The Month of the Military Child is an opportunity for us to focus on the needs of our children while recognizing them for their courage, sacrifices and continued resilience.

We'll kick-off the month the morning of April 4 with an opening ceremony in my office. To signify the garrison's commitment, I, along with one child from each Child, Youth and School Services program, will sign a Month of the Military Child Proclamation.

Throughout the month Parent Central Services will host a free football clinic (April 2-3), a shopping and skating trip to Kaiserslautern (April 8), a movie madness field trip (April 19) and even an express trip to Italy (April 20). We'll close the monthlong extravaganza with a community-wide Kinderfest Celebration at Rose Barracks, April 30.

For more information on these and other exciting events this month, flip

to the "What's Happening" section on page 8 or contact Parent Central Services at DSN 475-6736 (Main Post) or 476-2760 (Rose Barracks), and check the community newsletter for more updates.



Child Abuse Awareness Month

While celebrating the diversity and contributions of our children is important, as a community we also need to take a step back and ensure we're taking the proper steps to protect them. Child abuse has no place in our Army, and the stress from repeated deployments can take its toll in many forms.

I encourage parents and families to take advantage of the numerous programs Army Community Service provides. Programs such as the Family Advocacy and New Parent Support can give families and those new to parenting the tools they need to bolster their resilience and channel stress in healthy ways.

The New Parent Support Program is designed to strengthen parents' knowledge and skills so they can provide

healthy environments where their children can thrive, but also seeks to reduce stressors that can increase the risk of child abuse and neglect.

For more on these and other programs, contact your local ACS office (Main Post 475-8371 and Rose Barracks 476-2650).

Alcohol Awareness Month

Starting tomorrow, the garrison begins the "That Guy" campaign. The campaign seeks to raise awareness and reduce binge drinking. While I don't expect the community abstain from using alcohol, knowing when to say when before embarrassing yourself and possibly hurting others is critical to everyone's safety. Do the community and yourself a favor and don't be that guy.

For more on Alcohol Awareness Month, visit the interactive website at www.thatguy.com or contact our Alcohol and Substance Abuse Program prevention coordinators Irma Vasquez (Main Post) at 475-8520 or Patricia Tooson (Rose Barracks) at 476-2498.

Vielen dank again for all you do to make this community great!

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*

Defender 6 sends

Committee resolves quality of life issues

I often say you can read about history or make history. This year, the voices of Soldiers, civilians and families that have contributed to the AFAP process were heard and history was made at the recent AFAP General Officer Steering Committee held the first week of February.

Senior Army leaders and program representatives from across the Army resolved 17 of 40 quality-of-life issues making great strides in support of our wounded warriors and families. These issues originally identified by AFAP representatives at the unit or installation level will make life better for Soldiers, their families and civilians for years to come.

Qualified wounded warrior job applicants now receive greater visibility in the federal government hiring process. Major accomplishments include the integration of the U.S. Department of Veterans Affairs Veteran Resume Inventory (VetSuccess.gov) into the Army recruitment process and the designation of human resource specialists as veteran employment coordinators. To learn more about this issue, visit the Army OneSource website at www.myarmyonesource.com/familyprogramsandservices/ and search for issue number 617.

Traumatic Brain Injury

Through issue number 610 we have expanded treatment for Traumatic Brain Injury patients. Traumatic Brain Injury screening, identification, treatment and rehabilitation services are now in place at each Army Medical Treatment Facility. To date, TBI programs at 40 facilities have achieved full validation, 10 have achieved initial validation and the remaining programs will receive full



validation by this month. Wounded warriors will benefit from the availability of standardized respite care for their caregivers through Tricare and VA (issue number 630) and through the establishment of the Army Wounded Warrior Support Network (issue number 632). The AWWSN is a support program that connects severely wounded, injured and ill Soldiers and their families to a network of resources in the local community.

Items completed

Three initiatives were completed in the family support category. These initiatives provide for more affordable child care to those who need it the most (issue number 566), Tricare coverage for children up to age 26 (issue number 632), and a policy revision that requires Initial Military Training Soldiers with exceptional family members to receive new assignment instructions if the OCONUS travel approval authority has not notified the Soldier of the availability of EFM services 30 days prior to the Soldier's graduation (issue number 639).

Ten of the 17 issues resolved were designated as unattainable due to resource or legislative constraints. Although the AFAP recommendations were unattainable, progress was made on many of the issues. An example of this is the increase in administrative and PCS weight allowances for grades E1

to E4 and E7 to E9, establishment of a hardship-based increase to PCS weight allowance, and 500 pounds of spouse professional weight allowance. To learn more, visit our website and search for issue 457.

Looking ahead

The Army will continue to work the issues, but the Army Family Action Plan is your program. I encourage you to learn more about the AFAP process by visiting the Army OneSource website at www.myarmyonesource.com/familyprogramsandservices/familyprograms/armyfamilyactionplan. From here you can follow the progress on issues that are currently being worked by selecting "Active Issue Search" at the bottom of the page and then search by issue number or by keyword. The website also allows you to submit a new issue directly to your garrison or command's AFAP process and provides AFAP brochures, articles and videos to download. You can also download the "HQDA AFAP Issue Search" application for free on your iPad, iPhone and iPod Touch.

My next article in this series will review the 16 new quality-of-life issues AFAP delegates identified as being the most critical and our need as an Army community to identify inefficient, redundant or obsolete family programs so we can redirect those resources to where we truly need them.

*Lt. Gen. Rick Lynch
Commander, Installation
Management Command*

Spouse can identify with Dorothy

By Jacey Eckhart
CINChouse.com

Sometimes I think I ought to be wearing a blue gingham dress and sparkly red shoes. Between Michelle Obama's appearance on Oprah and the president's new initiative on military families, I feel like the wizard has been dragged from behind the curtain and forced to pull the good stuff out of his bag. There are initiatives for military mental health, homeless veterans, suicide prevention, predatory lending, day care centers, education initiatives ...

So why do I suddenly feel like Dorothy clutching her dog at the end of "The Wizard of Oz"? I've got this wistful little look on my face. I am so happy for families of those who have served in serious combat who have a better chance now of getting what they need — they are so deserving.

And yet I know there is nothing in that black bag for me. I am one of those hundreds of thousands of military spouses who click along the yellow brick road just passing for normal. My problems aren't dramatic enough to deserve government attention. Granted, I am carrying the 50-pound pack of loneliness around during deployment. I am patting and soothing my children while they profoundly miss their father.

But still I know that nothing in the wizard's \$8.8 billion sack of family programs for housing and medical care and mental health care and day-care centers that is going to soothe that kind of personal, low-grade, habitual ache. Nothing in that package is aimed at reducing the number of deployments our service members must take on. Nothing in that package reduces the number of moves families must undergo.

I think of that young wife I met in San Antonio who submitted 80 applications before she got a job interview. Not a job. Just an interview. Most of all I try to focus on the idea that Oz never did give nothin' to the Tin Man, that the Tin Man didn't already have. Why? Because I am a Dorothy, damn it. Eventually, if I am in military Oz long enough, I am going to learn that I do have the power to get what I want most. Do you?

Do you have a heart? One of the things that powers military families is the love they have for one person in uniform. Do you have the nerve? The trend in deployments is that they will be coming quicker and completed by fewer people. That ain't no joke.

Finally, are you the home? Military spouses are asked to be home base for an entire family. Without benefit of geography or extended family or longtime friends, spouses are expected to hold a firm center for their service member, their children, for themselves. We are asked to be a Support Group of One and there is no program to make you that person. There is no aid to get you through another long Sunday afternoon. Instead, we Dorothys are standing on our own two feet, in our sparkly red shoes, making ourselves believe and believe.

Was denkst du?

(What do you think?)

Who is the most influential woman in your life and why?

Celebrating Women's History Month



Sgt. Jesse Jackson
HHC, 3-66th Armor Regt.

"My wife. Being an Army spouse is not that easy. ... My wife has to be both mother and father."



Carl Sevier
Contractor

"My wife because she believes in promoting growth and participation in the community."



Marie Vigue
Family Member

"My mom because of her determination and struggle to live."



Robin West
Family Member

"Mom, she was a military spouse and single parent when dad was gone ... and a strong proponent of education."



Sgt. 1st Class Chad Wise
HHC, 2-28th Inf. Regt.

"My wife and daughter. My wife is supportive and takes care of the homefront. My daughter knows what she wants and is out there taking it."

Comedian cuts up crowd at the Zone

Davidson brings unique experiences, laughs to Hohenfels

Story and photos by **Mark Iacampo**

USAG Hohenfels Public Affairs

HOHENFELS, Germany — Comedian Tommy Davidson had the audience roaring as he shared his unique perspective on everything from waiting in line at the supermarket to female flatulence with the packed crowd at Hohenfels' Zone, March 12.

No stranger to military audiences, Davidson has been touring bases around the world for the past 18 years.

"It's (the military) a world in itself, and I'm glad to be a part of it," he said. "I get a lot of appreciation everywhere I go."

"The military people are just glad to get a break," said Davidson. "I go around the country working these comedy clubs, people paid their money, they're there with their drinks and they're like, 'Make me laugh.' But I get here and people are like, 'Man we're just glad to see you!'"

The crowd was certainly glad to see him, giving the comedian a standing ovation at the end of his act. After the show, Davidson stayed signing autographs and taking pictures with fans.



"In Living Color" star Tommy Davidson performs for a packed house at Hohenfels' Zone, March 12.

"One of the things that's impressive about the military is it brings together an eclectic mix of American life," Davidson said. "I actually think the military's a good social example of what America's like. Every base you go to, everybody's from different backgrounds, different states, and they're all working for one cause."

Davidson understands different backgrounds. Adopted at 18 months by Caucasian parents, the African-American comedian faced racism from both sides of the spectrum.

"It kind of formed my view of thing," said Davidson. "It gave me

dual backgrounds, so I can identify with a lot of different people, and I think that's what did it for my comedy."

It also allows his audience to relate as he seamlessly jumps from the Indian shop manager routine to the difference in white and black dancers.

"I laughed so hard my sides hurt," said Michelle Hicks, kindergarten teacher at Hohenfels Elementary. "I couldn't even take a breath before I was laughing again. All those different voices, he was just amazing!"

Hohenfels was the last stop on a tour that included bases throughout

Germany, as well as Japan.

"We flew out two days before the earthquake. And I was in Egypt just before the revolution. Now I'm here, I don't what's going to happen when I leave, just watch out," Davidson joked.

Davidson made his mark as a cast member of the hit comedy series "In Living Color," working side by side with Jim Carey and the Wayans brothers.

"I'm just glad we can get entertainers of this caliber here," said Hicks. "I think it's great when they can bring a show like this to a small base like ours."

Being normal can be scary

By **Olivia Bourke**
USAG Grafenwoehr Army Community Service

Sometimes, doing the things we really love is life's best therapy. This is true for Taylor Cross, co-director of the film "Normal People Scare Me." Taylor Cross and his mother Keri Bowers started the journey into creating this film back in 2004 when Cross was taking a high school film course his freshman year at Chaminade High School in West Hills, Calif.

This 10-minute short transformed into a full length documentary film that journeyed into the lives of 65 children and teens, diagnosed with autism spectrum or Asperger's syndrome. Normal People Scare Me offers viewers a glimpse of what is not often discussed in literature, film or medical research; the life of living with autism or Asperger's syndrome and what "normal" really is. Normal is scary.

How often do we label someone because of their rank, marital status or age? The same is true with a disability. Cross deconstructs the labels of his diagnosis and those of his interviewees by discussing what their lives are like and uses real-world experiences and emotions that are universal to all people to show how much we have in common and how little the label of "disability" does for society. We have used disability labels as a way to view people, when in reality, that label is prohibiting us from seeing the incredible individual that is right in front of us.

When watching "Normal People Scare Me," it is hard not to see one's own propensity to label individuals with disabilities or to see someone through that lens. When interviewing one child, Cross asks, "Do you like having autism?" What transpires is a revelation far more moving than you can prepare yourself for, "I am fine, but sometimes it is hard for other people."

Another interesting piece of the film is not just watching the narratives of children and teens living with the diagnoses of autism or Asperger's, but seeing what their families, friends and educators are experiencing as well. So often we hear about medical diagnosis but we do not know what that translates into for a family's daily life.

Seeing the everyday, and sometimes incredibly personal stories, of a mother or father raising a child with autism or Asperger's will surely alter your frame of thinking, not just about their diagnosis, but of childrearing and growing up and surviving in our world today. Going to a mall or starting high school are things we take for granted, but what does that look like for a family with autism spectrum? Watching the parenting strategies, successes, failures and uncanny resiliency of these families, children and teens is an experience everyone should be a part of.

Families, professionals and community members alike can benefit from this film. It is not only an educational experience, but it is a chance for people to come together and see that we are capable of as individuals and communities once we stop to question what "normal," really is.

EFMP provides support for community

by **Molly Hayden**
Staff Writer

GRAFENWOEHR, Germany — After her 8-year-old son Thatcher suffered debilitating brain trauma from a bicycle accident, Angela Deese's life changed drastically. She was living overseas, drowning in doctors' appointments and physical therapy, and her husband was deployed. She had two young girls to care for in addition to her ailing son, but soon found out she was not alone, thanks to the Exceptional Family Member Program.

Through EFMP, Deese's husband was able to fly home on emergency leave a few days after the accident. When he returned to Afghanistan, however, EFMP continued to support Deese through the long process of rehabilitation for her young son. The program provided information on medical facilities within the community and offered free respite care for her two younger children so Deese and Thatcher could travel to his numerous appointments.

"It was extremely helpful," said Deese. "I was by myself. I'm not sure how I would have juggled it all otherwise."

EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services to families with special needs. These needs range greatly and include physical, emotional or a developmental di-

I was by myself. I'm not sure how I would have juggled it all otherwise.

Angela Deese
Family Member

agnosis and family members in need of specialized treatment, therapy or counseling.

Whether a child suffers from a mild case of asthma or requires special education for autism, EFMP will guide military families toward the support they need.

When a Soldier is authorized an overseas assignment and elects to serve the accompanied tour, the accompanying exceptional family members must be screened and enrolled in the program prior to PCSing. This screening consists of medical records review for all family members, and developmental screening for all children six years of age and younger.

Additionally, Soldiers are responsible for keeping their EFMP enrollment current as exceptional family member (EFM) conditions change or at least every three years, whichever comes first.

The EFMP program remains dedicated to keeping up with the changes and needs of the 1,200 members currently enrolled in the Grafenwoehr footprint.

Exceptional Family Member Program Manager Jay Velis, Army Community Service, encourages enrolled family members to contact the organization for information on facility accommodations.

"We don't want any members to assume we can't help them," said Velis. "We have wheelchair ramps for both bowling alleys, exercise machines at the fitness center to accommodate those with physical limitations, special events just for our members — and if we don't have what they need, we can explore our options to accommodate."

Support groups are also available to connect family members by giving them a mechanism to discuss everyday challenges and offering advice to aid EFMP in meeting all participants' needs. Free bowling and movie passes are additional incentives enjoyed by families.

If EFMP cannot meet the needs of any family member or feels the family would be better suited for convenience of medical attention elsewhere, Soldiers may be eligible for a compassionate reassignment. Although this was an option for Deese, she decided to stay in Grafenwoehr.

"We found we had everything we needed medically to properly care for Thatcher on and off post," said Deese. "When you are stationed overseas, the military community becomes your family fast. We have all the support we need right here."

For more, contact EFMP representatives at 476-2881 (Rose Barracks) or 475-8371 (Main Post).

Upcoming EFMP events

■ EFMP Free Bowling

April 6, 4-6 p.m., Rose Barracks Bowling Center, Bldg 2201.

■ EFMP Cooperative Hour

April 7, 12-1 p.m., Main Post, Bldg. 244, Second Floor, Room 219. Join other EFMP family members for lunch to discuss everyday challenges and how EFMP can assist in meeting your needs. EFMP staff will be available to coordinate the group and answer all your questions. We encourage you to bring your lunch and enjoy the refreshments provided.

■ "Normal People Scare Me," a film about autism

April 8, 3:30-5 p.m., Rose Barracks ACS, Bldg. 322.

This is a compelling documentary film that captures the life of children with autism and their interviews of how it is living with autism. This is a great autism awareness documentary for parents, children and professionals wanting an insight from children with autism.

■ Birth to Age Three Workshop

April 12, 3:30-5 p.m., Rose Barracks ACS, Bldg. 322.

Find out what is available to children with special needs within this age group. The early years are a critical time for children in their development; learn about the various services available in our community.

Students' art says no to DXM

USAG Grafenwoehr Public Affairs
News Release

VILSECK, Germany — Grafenwoehr military community youth (grades 6-12) will have an opportunity to display their artistic talents in an upcoming poster competition.

As part of proactive efforts by the Grafenwoehr community to address issues of abuse of over-the-counter, or OTC, medications containing Dextromethorphan (DXM), the Community Awareness Campaign Committee is encouraging local youth to assist it with

a community-wide campaign.

The judging of students' art will take place April 5 and winners will be announced in the April 13 issue of the *Bavarian News*.

The first place winning poster will be duplicated and used community-wide for several months as a continuation to educate the community about the risk associated to abuse of OTC.

Other posters created by students will be on display at Rose Barracks and Main Post shopping centers during the remainder of April.

The DXM Community

Awareness Campaign Committee was developed as the result of a recent Youth Well-Being Working Group monthly meeting in which it was determined that students should be provided the means to share their knowledge on healthy alternatives to using drugs with the community.

Committee members are Nancy Nolin (ASACS Clinical Supervisor), Irma Vasquez (ASAP Prevention Coordinator), Sonya Jordan (Directorate of Emergency Services supervisor of investigations) and Nick D'Amario (USAG Grafenwoehr Public Affairs).



Photo by Nick D'Amario

Vilseck High School junior Sharon Albright, 16, works on a colorful poster as her art teacher, Kevin Anglim looks on. Anglim also coaches the school's junior varsity and varsity girls' soccer and cross country teams.



Building a greener Grafenwoehr



Military training and environmental protection: A surprisingly successful partnership

By Michael Beaton
JMTC Public Affairs

The concept of "win-win" is widely understood to be a typically American way of making compromises. The idea is simple enough: both parties profit and succeed from working together and a spirit of understanding for each other's goals.

And if one wanted to point to the best example of a win-win partnership it would be hard to find a better example anywhere in Europe than at the Grafenwoehr Training Area (GTA) in the German Oberpfalz.

The Grafenwoehr Training Area is a major U.S. Army installation spread over 88 square miles of forests and wetlands, with a local sustained population of approximately 10,000 Soldiers, 16,000 family members and 5000 U.S. and local national civilians.

The Grafenwoehr training area began as an installation for training soldiers of the Bavarian Army over 100 years ago, and today is the largest U.S. Army training area installation outside the continental United States as well as the largest NATO training area in Europe.

Ecologically speaking Grafenwoehr is one of the richest and most beautiful training areas under U.S. Army stewardship worldwide.

In fact, it is so large and has been in use so long that within its borders are many endangered species that are protected by German and European law.

"The primary and most important function of the GTA is the training of Soldiers. Some might think that training and protecting the environment are contradictory or at odds with each other; but actually the opposite is true," said Manfred Rieck, chief of the Environmental Division at the Department of Public Works (DPW).

"Because of the programs that have been set up in Graf, and the way U.S. and German agencies work together, we have one of the best environmental protection programs of any region in Germany. We work together closely with host nation and U.S. organizations like the Federal Forest service (Bundesforst), the state water and nature boards JMTC Range Control and the Integrated Training Area Management Office, better known by its ITAM acronym".

Balancing the needs of Soldiers' training and protecting the environment requires constant monitoring and communication between the agencies, the command and the public - something that the Grafenwoehr Environmental Division does exceptionally well; better than any other U.S. Army installation overseas. In 2010 the U.S. Army Garrison Grafenwoehr was recognized by the Secretary of the Army for having the best environmental program of all U.S. Army installations outside of the U.S.

Grafenwoehr DPW's Environmental program is inclusive of every member of the community and consistently engages Soldiers and civilians of all ages with an on-going series informational campaigns and materials that promote public awareness and participation in its programs.

"Making Environmental Protection Easy!" is the DPW Environmental Division's motto and besides their mission and activities within the training area they regularly provide environmental awareness training to the community on topics such as energy, soil and water conservation, recycling, hazardous waste disposal and the individual's responsibility towards the environment.

These topics and many others will be showcased during the 2011 Grafenwoehr community Earth Day celebration on 12 May.



For more information on DPW programs and events, publications, and environmental policies and programs in the Grafenwoehr Community visit us on the Internet at www.grafenwoehr.army.mil/usag_dpw

9th Engineer Soldiers re-enlist at famous bridge in Remagen

By Charles Stadlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — Commanders and first sergeants from 9th Engineer Battalion left here early, March 7, headed from their current duty station to a place where the unit cemented its importance in U.S. military history: the Ludendorff Bridge over the Rhine River, better known in World War II history as the Bridge at Remagen.

The staff ride commemorated the 66th anniversary of when the 9th Engineers, then part of the 9th Armored Division, came upon the bridge while it was still intact and retook it from German forces. The strategically vital move became part of World War II lore, and the 9th Engineers' capture of the bridge has since been portrayed in films and video games as a famous turning point of the war.

According to 1st Lt. John Brooks, the battalion's information officer, the Soldiers in attendance learned about the history of the bridge and their unit's particular importance to holding possession of it from Kurt Klerman, curator of the museum that currently stands on the historic site. Though the bridge spanning the river is now gone, the picturesque



Photo by 1st Lt. John Brooks

Re-enlisting Soldiers from the 9th Engineer Battalion are sworn in by their commander, Lt. Col. Jayson Gilberti, in front of the Ludendorff Bridge in Remagen, Germany. In 1945, the battalion, then part of the 9th Armored Division, successfully held off German attempts to destroy the bridge, establishing the first bridgehead across the Rhine River since the time of Napoleon.

stone towers still stand as both a symbolic and physical memorial to the former glories there.

After the ceremony, 14 battalion Soldiers took an oath of re-enlistment in front of the towers, according to Brooks. Family and friends were on hand to congratulate them.

After the swearing-in, battalion commander Lt. Col.

Jayson Gilberti recognized the town with gratitude for its partnership with the battalion and the U.S. Army, and along with Remagen city council member Hans-Joachim Bergmann laid a commemorative wreath on the historic site.

Bergmann spoke to the assembled crowd about how the current friendship between Germans and Americans can

help us to avoid the heinous events of the past. He presented Gilberti with a stone from the bridge as a memento of the visit. The U.S. Soldiers then joined the local officials and museum curator for a meal at a local restaurant.

The re-enlisting Soldiers will join the 9th Engineer Battalion on its deployment to Afghanistan this summer.

16th Sus. Bde. Soldiers compete for Best Warrior bragging rights

Story and photo by
Spc. Kevin Alex
16th Sust. Bde. Public Affairs

BAMBERG, Germany — In a brigade of approximately 3,300 Soldiers, only 10 from five battalions made it to the most recent 16th Sustainment Brigade Warrior and Warrior Leader of the Quarter competition. Five junior enlisted and five noncommissioned officers, went head-to-head with minimal sleep and the knowledge that one mistake could end their chances of winning.

The 16th Sust. Bde. held its third WOQ/WLOQ competition for fiscal year 2011 on Warner Barracks, March 8-9.

The competition started with an Army Physical Fitness Test. Two-by-two, Soldiers stepped up to be graded, knocking out as many push-ups and sit-ups as they could in a two-minute, in addition to a timed two-mile run.

"My sponsor helped me out a lot on this competition," said Spc. Jackie Culpepper, a military police officer with the 511th Military Police Platoon, 14th Transportation Battalion, and the winner of the 16th Sust. Bde. Warrior of the Quarter competition. "She was always there motivating me to do better."

Corey Thompson, a motor transport operator with 1st Inland Cargo Transfer Company, 18th Combat Sustainment Support Battalion, and winner of the 16th Sust. Bde. Warrior Leader of the Quarter competition, credited a fellow noncommissioned officer, a staff sergeant, for his success as well.

"If he hadn't been there to push me and keep me motivated, I wouldn't have done as well as I did," said Thompson. The second event was ba-



Spc. Jackie Culpepper, a military police officer with the 511th Military Police Platoon, 14th Transportation Battalion, 16th Sustainment Brigade, looks over her grid coordinates before heading out on the land navigation course during the 16th Sust. Bde. Warrior and Warrior Leader of the Quarter competition

sic rifle marksmanship, followed by a written test. During the written test, Soldiers answered numerous questions ranging in topic from first aid to the Army Combatives Program to combat tactics.

Once the Soldiers finished, it was on to the land navigation portion of the competition which was done once during the day and once at night. The objective was to find five points in the woods using a military map and a compass while wearing their Interceptor Body Armor vest, Army Combat Helmet, M16 and rucksack.

"The hardest part for me was the night land navigation course because I couldn't see very well, and it was hard to get situated and check my map with all the gear I was carrying," said Thompson.

With the land navigation course behind them, and a four hours of sleep to regenerate them, Soldiers once again put on their battle gear, M16s, rucksacks and started out on a six-mile road march.

"For me the hardest part

was the road march. They've always given me problems, and I know I'm going to have to train harder before the Warrior of the Year competition," said Culpepper.

In order to score points in this event, Soldiers had to complete the march in less than 90 minutes. Only half of the competitors made it in the time allotted.

The last challenge Soldiers faced was the formal board.

"The board is the best part of the competition," said Thompson. "They are all run a little different from one another. I couldn't wait to see what they were going to throw at me."

Once everyone had gone through the board, the scores were tallied. The Soldiers were formed up, and each of the board members provided competitors with words of wisdom and encouragement.

"I just think it was a great competition," said Thompson. "I learned a lot from it and from the other competitors. It showed me I can accomplish anything I put my mind to."

JMTC offers C-IED training

Story and photo by
Denver Makle
JMTC Public Affairs

GRAFENWOEHR, Germany — Improvised explosive devices are the weapons of choice for insurgents, and representatives from Europe and the Middle East participated in the U.S. Army in Europe and the Joint Multinational Training Command's Coalition Counter-IED Training Conference, March 1-3, at the Hohenfels Training Area in Hohenfels, Germany.

The three-day conference brought the coalition partners together to learn C-IED techniques and procedures, enable cross-talk between nations, and promote an understanding of the current C-IED operating environment. The conference was sponsored by the Badger Team, a specialized training team that enhances the already realistic training environment at HTA by injecting current, real-world experiences and lessons-learned into Mission Rehearsal Exercises and training events.

"It was an opportunity for our partner nations to share tactics, techniques and procedures. Everybody has got a different perspective," said Lt. Col. Michael D. Oliver, senior counter-IED trainer. "We're going to work together. It directly affects Soldiers, and it's about getting all our partners to move beyond the focus of limitations toward building capacity so they can train themselves."

The Badger Team was
See BADGERS, page 17

Apache Troop leaves Hadrian



Capt. Matt Piosa, commanding officer of Apache Troop, 1st Squadron, 2nd Stryker Cavalry Regiment, talks to the U.S. and Australian Soldiers at Forward Operating Base Hadrian in Uruzgan Province, Afghanistan.

Story and photo by
**Sgt. 1st Class
John Wollaston**
2SCR Public Affairs

FORWARD OPERATING BASE HADRIAN, Afghanistan — For the last seven months they've shared everything from living and work spaces to patrol areas and missions. They've shared laughs with newfound friends and consoled each other over the loss of a fallen comrade. But now a partnership forged in the everyday hazards of life in Afghanistan is coming to an end.

Since late July, Apache Troop, 1st Squadron, 2nd Stryker Cavalry Regiment, has worked with its Australian counterparts to mentor the Afghan army and police in an effort to achieve stability and peace in the Tangi Valley. A change in the mission for the regiment during the last six weeks of its deployment means Apache Troop has packed up and left Hadrian and its successful partnership with the Australians.

"I'm sad to see them (Apache Troop) go," said

Maj. David French, commanding officer for Combat Team Charlie, part of the Australian Defense Force Mentoring Task Force 2. "They are great guys at every level."

"It was a great experience," said Apache Troop Commander Capt. Matthew Piosa. "I think we both learned a lot from each other and we'll both be better units for having worked together."

Despite different backgrounds, uniforms and accents, French and Piosa meshed their two companies into a single, complimentary force allowing each to have a more effective end result in their mentoring missions with the Afghan National Army and the Afghan National Police. Even the dynamic of Piosa being a captain and French a major, the reflection of American and Australian command philosophies didn't hinder the mission in Deh Rawud.

"We worked on a peer to peer basis," French said. "There's not a whole lot of difference in age or experience. There's been times

where something's happened in the TOC where he's the senior representative and he's been able to direct my guys to do things and vice versa."

"Upfront the differences seem insignificant," said Piosa. "There was a sense from everyone on the base that we were one team; working together to protect the population and develop the Afghan National Security Forces."

"We've gone through some tough times and we've both lost Soldiers," French added. "But we've also done some great things and achieved a lot in a short time."

On their last day at FOB Hadrian, Americans and Australians gathered one last time to exchange parting gifts; unit T-shirts and a framed plaque with the logos of Apache Troop and Charlie Company, surrounded by pictures taken of Soldiers in action, as well as those of their fallen comrades.

"It was great to see how another nation does business," Piosa said. "The partnership between the U.S. and Australian forces in Deh Rawud was phenomenal."

Army engineers ensure Afghan worksites are safe

Story and photo by
2nd Lt. Michael Chigbrow
Task Force Dolch

LOGAR PROVINCE, Afghanistan — Soldiers of the 54th Engineer Battalion partnered with personnel from the U.S. Army Corps of Engineers to inspect two construction projects in Pul-e Alam, recently.

The team first inspected a construction project at the Afghan National Army recruiting center. The Afghanistan Engineer District-North is spending nearly \$200,000 to install new guard towers and gates at the facility.

Additionally, all recruiting centers are required to update and standardize their exterior facade. The estimated finish date for this project is July.

While conducting the inspection, USACE personnel spoke with local onsite quality control personnel, ensuring all of the work is conducted in a safe manner and checking to make sure the quality of the workmanship is up to par with the contract standards.

"The biggest thing we look for is safety violations," said Philip Kielhurn the project engineer and contracting officers' representative for the district's Forward Operating Base Shank office.

"We want to make sure that the local contractors are operating in a safe fashion," said Kielhurn. "After that, it's negating any deficiencies."

Kielhurn had previously worked for USACE in Iraq and said there are several differences between the types of projects he has worked on in the two countries.

"In Iraq, the focus seemed more concentrated on infrastructure, i.e. water projects, hospitals, power and



Philip Kielhurn, project engineer and contracting officers' representative with the U.S. Army Corps of Engineers Afghanistan Engineering District-North, speaks with a local site supervisor and workers at the Afghan National Army Recruiting Center in Pul-e Alam, Feb. 13.

schools," said Kielhurn. "In Afghanistan, we are currently focused on building Afghan army and Afghan National Police compounds."

While AED-N personnel were conducting the site inspection, Soldiers from the 54th Engineer Battalion were on hand to provide security. They were stationed around the perimeter to ensure no unauthorized entry to the site. As usually happens in Afghanistan, the locals and children came up, waved and talked with the Soldiers.

Spc. Zachary Bradely, Headquarters and Headquarters Company, 54th Engineer Battalion, Task Force Dolch, said: "It was good to get my feet on the ground and interact with the local populace."

The second project the team inspected was the construction of the Afghan National Police provincial headquarters for Logar Province, located just outside of Pul-e Alam. The cost of the project is \$7.2 million, and when complete, will provide quarters for 250 to 300 ANP officers. The site will be com-

pletely self-sufficient with its own medical, lodging, dining and training facilities.

"I think that when you have the headquarters and training facilities located right next to the town, it will help increase the stability of the area," said Kielhurn.

In addition to looking at the safety aspects of the project, district personnel have to ensure local contractors are meeting their obligations and completing the work in a timely manner.

"We have to verify the percentage complete of the work," said Kielhurn. "The government does not pay for work that is not yet complete."

The Soldiers of the 54th Engineer Battalion will continue to partner with USACE to ensure the safety and quality-control requirements are met.

"I really enjoyed the opportunity to support the USACE personnel and would like to help them out in the future as well," said Staff Sgt. Crispin Quintana, HHC, 54th Eng. Bn.

44th ESB Soldiers from Schweinfurt deploy to Afghanistan



Headquarters and Headquarters Company, 44th Expeditionary Signal Battalion, Soldiers salute their C Co. comrades on a bus bound for the airport. More than 100 Soldiers departed March 16 en route to Afghanistan.

Story and photo by
Nathan Van Schaik
*USAG Schweinfurt
Public Affairs*

SCHWEINFURT, Germany — Soldiers with A Company, 44th Expeditionary Signal Battalion, said their farewells March 10 at Ledward Theater before boarding a bus en route to the plane that would take them to Afghanistan in support of Operation Enduring Freedom.

"This is a very important day for us all, and a hard thing for us to do," said Capt. Odene C. Brathwaite, Alpha Company commander, speaking to a large group of Soldiers and their loved ones. "To see the company grow like it did is one of my proudest moments."

“We want you to know that we’ve got your back.”

Lt. Col. Everett Spain
USAG Schweinfurt
Commander

As Soldiers and families embraced, Battalion Commander Lt. Col. Dwayne Dickens stressed the importance of families left behind.

"You have the hardest job," he said to the loved ones. To the Soldiers he was even more direct. "Stay in contact with your loved ones."

Garrison Commander Lt. Col.

Everett Spain spoke, leaving assurances for all.

"We want you to know that we've got your back while you are gone and your families are left behind," he said.

The battalion's mission will be to manage the tactical network for Afghanistan Regional Command-North, part of NATO's International Security Assistance Force.

The battalion's B Company has been in Afghanistan for nearly a year, and will return to Schweinfurt while the remaining companies are departing.

On March 16, more than 100 Soldiers with C Company departed Schweinfurt while the Headquarters and Headquarters Company will rendezvous with the battalion later next month.

Dragoons deliver supplies to improve Zabul prison conditions

By **Sgt. Jerry Wilson**
2SCR Public Affairs

ZABUL, Afghanistan — Troopers from the 2nd Stryker Cavalry Regiment legal office delivered supplies to the Qalat Prison in Zabul Province, March 6. The items delivered were for the guards and the prisoners to improve their capabilities and quality of life. The supplies included handcuffs, radios, batons, blankets, jackets, shoes and portable heaters.

"This is the partial completion of our first Rule of Law Project," said 1st Lt. Ryan Porte, regimental contracting

officer. "We have four ongoing projects in support of Zabul Province."

"We delivered things like coats and blankets for the prisoners as well as items to assist the guards in their duties," Porte continued. "We delivered about 50 percent of the supplies; all that is left now is some of the big stuff."

Among the big items is an armored car to make transport of prisoners more secure. The prison project also includes structural improvements like upgrading the electrical system throughout the complex and adding a new septic system.

“The Rule of Law project is central to a safe and secure Zabul.”

Capt. Harrison Kennedy
2SCR Trial Prosecutor

The prison upgrades are one aspect of the Rule of Law program; it is a vast reaching project that touches every aspect of law and order. The primary goal is to help the Afghan government

structure the courts, police and prison systems into a well-oiled machine. By working together, these agencies will have a better understanding of each other's roles within the due process of law. Coalition forces are working with the Afghan government to give citizens a more consistent and impartial system to solve civil disputes and punish people convicted in criminal cases.

"The Rule of Law project is central to a safe and secure Zabul," said Capt. Harrison Kennedy, 2SCR trial prosecutor. "We have been working in two areas: the courts dealing with

the judges and prosecutors and with corrections."

"Our goal was number one, make sure the prison guards are properly equipped with the tools they need to do their job," he said. "The second was to improve living conditions for the prisoners."

Whether it is providing blankets for inmates or forensic training for judicial prosecutors, the Rule of Law program is making great strides in helping the Afghan government establish a justice system that ensures legal rights for the people of Afghanistan.

Netzaberg Elem. principal gets slimed

By Rhoda Wilner
Netzaberg Elementary School

GRAFENWOEHR, Germany — Socks on and socks off, boots on and boots off ... and so it went as the 650 enthusiastic students saw the story "Froggy Gets Dressed" acted out by nine of their very brave teachers.

The event was the kick-off to the second annual Netzaberg Elementary School Read-A-Thon.

Students were challenged with the task of reading for 150,000 minutes, outside of school, in just 10 days.

Individual class winners will get to "play pilot" in the helicopters on our U.S. Army Garrison Grafenwoehr airfield.

As if this incentive was not enough motivation, students were hoping to reach this goal so that Principal Barbara Mueller and Assistant Principal Kathleen Smith would be slimed!

The students exceeded the goal, reading an amazing 186,284 minutes.



Above: Netzaberg teachers take turns reading "Froggy Gets Dressed" at the Read-A-Thon. **Right:** Netzaberg Elementary School Principal Barbara Mueller and Assistant Principal Kathleen Smith recover after being slimed during the celebration.



Courtesy photos



Photo by Bill Morgan

Daring to be great

GARMISCH-PARTENKIRCHEN, Germany — Graduates of the Garmisch Elementary-Middle School's DARE program proudly show off their certificates of completion. The drug abuse resistance education program was founded in 1983. Pictured are (from back row): Zacharie Stockwell, Matt Butler, Rhys Sopp, and military policeman Spc. Justin Benge. Front row: Princeton Vaughn, Jordan Brown, Emmi Faltynski, Kasia O'Connor, Maggie Metzger and Jennifer Polintain.

Visit our official U.S. Army Grafenwoehr Facebook page at www.facebook.com/USAGG.

What's Happening

Ansbach Briefs

Corrected W-2 forms

Because of deployment issues, sometimes income is not precisely calculated until March or April. Many people in Katterbach and Illesheim areas are seeing corrected W-2s for 2010 income.

This means that people who filed their taxes earlier in the season may have done so with the wrong information.

The Tax Center requests that residents in these areas check their My Pay accounts to see if their W-2s have different information than their tax returns. If this is the case, please contact your local tax center to amend your return.

Garmisch Briefs

Ski Austria

April 2: Jump on the Ski Bus Express for St. Anton, Austria, featured in Warren Miller's new movie and about every other ski movie since the 1930s.

Do not miss it! Cost: \$79 (includes weekend equipment rental) or \$12 for the bus only, space available.

Concert

April 5: Pieces featured include a piece by the contemporary composer Wolfgang Rihm, and Brahms' "The German Requiem." Cost: \$12 for transportation, tickets from 5-53 €.

Pool & Gorge

April 9: One of the most beautiful natural attractions in this area is the Partnachklamm. Learn about the 1936 Olympics and see the ski jumping stadium.

After an invigorating walk through the gorge, visit the town's largest swimming pool, the Alpstitze Wellenbad. Cost: \$28 for both, or \$7 for only Partnachklamm or \$22 for pool.

Munich/Third Reich

April 15 & 17: An overview on Friday eve, then on Sunday taking the 8 a.m. train to Munich where we recreate the Bier Hall Putsch of 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement.

Extremely interesting, like examining an urban battlefield. Lots of walking all day - wear comfortable shoes. Cost: \$35.

Erdinger Therme

April 16: Enjoy a therapeutic, relaxing, calming, and exhilarating time, with lots of good fun at the water park. Cost: transportation \$15; park entry cost about 38 €.

Opera

April 20: Bellini's "Norma" with Edita Gruberova in the title role. Cost: \$12 for transportation, tickets from 9-100 €.

Prague

April 22-25: Enjoy a guided daytime tour Saturday and a fair amount of free time, plus a special guided tour of the Franz Kafka museum. Departs at 4:15 p.m. Cost: \$370.

Venice & Verona

April 29-May 16: On Saturday, visit Venice with its great art and architecture, pigeons in St. Mark's Square, gondolas and good food. On Sunday, it is off to Verona and a tour of the Romeo and Juliet city with the great Roman Arena. Cost: \$290 (museum entrances, food, public transportation extra).

Urbino

May 27-30: Visit a true Renaissance jewel and birthplace of Raphael and Bramante. See the Ducal Palace, commonly regarded as one of the best structures from the Renaissance period. Visit Perugia, home of wonderful chocolate confections, take in the magnificent views and see the wonderful architecture. Cost: \$475, \$150 deposit due by April 15.

Unless noted, all FMWR events meet at the Pete Burke Center. To register for the events contact the staff at the Pete Burke Community Center, DSN 440-2638, CIV 08821-750-2638, or e-mail us at Garmisch.FMWRodr@us.army.mil.

The Pete Burke Community Center also provides space available transportation to and from the opera house for those who just want the evening in Munich. Cost: \$12.

Graf/Rose Barracks Briefs

Dog park opening

Join us at the grand opening of the Rose Barracks Dog Park, April 1, at 10 a.m. The dog park will be located off Soldiers Road, across from Little Mike Lake.

The park is in a fenced area where dogs can play and exercise off-leash. It is a controlled environment where dog owners take responsibility for their dog's actions while allowing them to

socialize, play and get much-needed exercise.

MOMC celebrations

Come celebrate with the community at the following Month of the Military Child events:

- April 2-3: 2011-CYSS Sports is hosting Free Football Clinic, 2-4 p.m. Open to Youth ages 10-14.
- April 8: CYSS Youth Center Shopping/Skating Trip-Kaiserlautern.
- April 19: CYSS School Age Center Movie Madness Field Trip
- April 20: CYSS Youth Center-Italy Express Trip; and CYSS 2nd Annual Block Party 2:30-4:30 p.m.
- April 21: Netzaberg School Age Center Mega Play Day Trip; and Rose Barracks School Age Center-Bowling Extravaganza
- April 30: CYSS Community Wide Kinderfest Celebration. (Rose Barracks School Center Bldg. 2237) from 9 a.m.-1 p.m.

For more or to register, contact USAG Grafenwoehr Parent Central Services at: DSN 475-6736, CIV 09641-83-6736 (Main Post) or 476-2760, CIV 09662-83-2760 (Rose Barracks). Or stop by in person: Main Post Bldg. 244, Suite 117, hours: 7 a.m.-4:30 p.m.; or Rose Barracks Bldg. 224 1st Floor, 8 a.m.-5:30 p.m.

Online registration: <https://webtrac.mwr.army.mil/webtrac/grafenwoehrcyms.html>.

Lend Me a Tenor

Don't miss this hilarious show, which runs April 1-2 at 7 p.m., and April 3 at 2 p.m. at the Grafenwoehr Performing Arts Center. Tickets can be purchased at the door for the following prices on the night you wish to see the show: \$7 adults; \$5 under age 18; \$15 family pass. Please note: This show contains adult content and may not be appropriate for children under age 17.

Estate claims

Anyone having claims on or obligations to the estate of Pfc. Kalin Johnson of A Co., 3rd Squadron, 2nd Stryker Cavalry Regiment, should contact 2nd Lt. J. Wesley Sparks, summary court-martial officer, at DSN 476-5252 or jerry.wesley.sparks@us.army.mil.

AWG meeting

The U.S. Army Asymmetric Warfare Group recruiters will visit Grafenwoehr to conduct recruiting briefings April 6 and 7 at 10:30 a.m. and 1:30 p.m., at the Main Post Education Center, Bldg. 538, Room 4.

To learn more information about AWG opportunities, visit us at www.awg.army.mil or call DSN 312-733-5366.

Hohenfels Briefs

Camp Albertshof traffic

Beginning March 23 Camp Albertshof's normal traffic pattern will change. The change will have an effect on all permanent tenants in Camp Albertshof. Albertshof will be split in half with fest fencing.

Emergency Services, contractors, civilians and Army personnel that need to access Camp Albertshof West (FOB Rushmore) will need to use the bypass route that will be identified with signage.

To access Camp Albertshof East (FOB Sharana), personnel will use the open 5 corners gate, which will be identified with signage. The 5 corners gate closest to the MRX vehicle yard will be locked.

MOMC celebration

April is the Month of the Military Child. CYSS and Family and MWR facilities will be holding events and specials throughout April to celebrate and recognize the children and families of the military.

Below are just a few of the events to look forward to:

- April 1: Kid's Fest, kicking off the month with a party. Stop by the School Age Center's gym and sports field between 3-7 p.m. to play games, make crafts, win cool raffle prizes, get your face painted and so much more.
- April 6: Spring crafts at the Library from 2:30-4 p.m.
- April 8: Parents' Night Out and middle school and high school lock-in.
- April 13: Children's performer Debbie Clements, 10-11:30 a.m., at the AAFES Theater.

Get more information on these events by calling Parent Central Services at DSN 466-2080 or e-mail hohecysinfo@eur.army.mil.

In memorial

Hohenfels Middle High School regrets to announce the passing of a beloved colleague and teacher Robert DeLonge. DeLonge taught in the DoDEA system for over 35 years. He was a business and career practicum teacher at Hohenfels Middle High School since 2004.

He was a driving force behind the Future Business Leaders of America at Hohenfels Middle High School and across DoDDS Europe.

A memorial ceremony was held March 11 at 4 p.m. in the high school gym.

Garage Sale

April 2: PWOC wants to help with your spring cleaning. Bring

unwanted clothes, toys, electronics, furniture, etc. for the free garage sale at the HMHS Great Hall. Drop off items on April 1 from 3-8 p.m. or April 2 from 7-8 a.m. Shop for free on Saturday from 8 a.m. to 1 p.m. Leftover items will be taken to a Christian Mission in Hungary. For more e-mail Shawn Harris at yfharis5@hotmail.com or call CIV 09492-600-906.

Total Mom

April 4: Total Mom is a 10-week seminar on finding balance, support and spice in the relationship with your partner. Learn about self-care strategies, achieving personal goals and much more while increasing your confidence as a mother and a woman.

Attend one or all of the presentations from 9:30-11:30 a.m. at the Hilltop Meeting Center, Bldg. 6.

For more information or to register, call Nicole Ceterski or Heather Bruce, New Parent Support Program Coordinators, at DSN 466-4073/4323. Free childcare may be available.

Library Open House

April 5: April 4-8 is National Library Week and the Hohenfels Turnbull Memorial Library will celebrate with an open house on April 5. Stop by between 9 a.m. to 4 p.m. for a tour of the library, refreshments, free DVD and video game rental and unlimited book check-out. First 50 people will get a surprise.

Trip to the Black Forest

April 9: Visit one of the most unique places in Germany, the Black Forest. We will visit the city of Triberg, where we will view the largest waterfall in Germany, the museums of the area and shop for the cuckoo clock of your choice. Remember to bring your VAT form. Bus will depart Hohenfels from ODR, Bldg. H15, at 4 a.m., and will return at 11:30 p.m. Cost is \$69 per person includes transportation and city tour. Seating is limited. Call to reserve your seat today.

You may also visit our website located at <https://webtrac.mwr.army.mil/webtrac/hohenfelsrectrac.html> to sign up and pay for your trip. For more information call DSN 466-2060, CIV 09742-83-2060.

Celebration of the Arts

Celebrate the arts at this first annual event Saturday, April 9, at the Hohenfels Community Activities Center.

This collaboration between the Hohenfels Community and Spouses Club and the Eagle Scout leadership service project of a local Boy Scout will raise money for the Schwartz Fine Arts Foundation and community welfare and scholarship grants.

Schweinfurt Briefs

Spring Bazaar

The Schweinfurt Community & Spouses' Club partners with Family and Morale, Welfare & Recreation to present the much-awaited annual Spring Bazaar from April 1-3 at the Finney Fitness Center. The shopping runs 10:30 a.m.-7 p.m. on Friday; 10 a.m.-6 p.m. on Saturday; and 11 a.m.-4 p.m. on Sunday.

ODR rock climbing

Challenge yourself physically and mentally as Schweinfurt ODR takes you to the famous Hoehngluecksteig in the Frankenjura Mountains. You'll be safely strapped in to a harness, so leave your fears at home. The one-day trip leaves at 10 a.m. on April 2 and costs \$25 per person for equipment and transportation. Preregistration is strongly encouraged. Stop by ODR on Conn or call DSN 353-8080, CIV 09721-96-8080.

Askren Clean Sweep

This surging community initiative gathers dedicated volunteers, Askren residents and otherwise, to spend an hour or two sprucing up Schweinfurt's largest housing area. Take pride in your community, join the movement by meeting in front of the Commissary April 2 at 9 a.m.

Hiking in the Rhoen

Enjoy a leisurely hike in the Rhoen Mountains and a refreshing beer from the Kreuzberg Monastery with Schweinfurt Outdoor Recreation. This one-day trip leaves at 9 a.m. on April 9 and costs \$12 per person for transportation. Bring euros for refreshments and souvenirs. Stop by ODR on Conn or call DSN 353-8080, CIV 09721-96-8080.

SNAPS

The Schweinfurt Newcomers Awareness Program for Spouses is a monthly program that runs for the first full week of every month. It educates spouses (newcomers and long timers are both welcome) about German society, from shopping to hospitals to travel and much more. The all-day classes are free and child care is available. The next class runs from April 4-8. Advance registration is mandatory. Stop by ACS on Ledward or call DSN 354-6933, CIV 09721-96-6933.

Weight Loss Support

This valuable community resource meets once a month on Tuesdays in the Ledward Library. The next meeting is April 5 at 5:30 p.m. and will offer nutrition education, healthy eating tips and support from other members.



Above: The interior of the giant hop, showing the lupulin glands, the yellow powder that gives beers their aroma and bitterness. Bottom left: Homebrewer and U.S. Navy retiree Wes McCann deeply inhales the aroma of some of the best hops in the world from the surrounding Hallertau region.

German Hops Museum welcomes visitors

Story and photos by
John Reese

USAG Garmisch Public Affairs

WOLNZACH, Germany — FMWR participants took a trip north of Munich to the German Hops Museum in Wolnzach to sample six different British ales.

The beer samplings are a study of one of Bavaria's most serious topics, and the trip began with a tour of the museum showing how the region's hops are considered the best in the world. Hops are a critical ingredient for the flavor and character of beer, and are one of only four allowed ingredients under Germany's Reinheitsgebot, or Bavarian beer purity law (the other three ingredients are roasted barley, water and yeast.)

Participants came from as far away as Schweinfurt and



“The saying goes that once you’ve been affected, you will always have a taste for beer.”

Anne Fishburn
Wolnzach Germany Hops Museum guide

Stuttgart for this uniquely Garmisch FMWR trip, said organizer Jay Proctor.

“These trips aren’t like attending a fest; they’re an educational experience similar to wine tastings for people interested in what makes beers unique,” said Proctor. “We have a strict policy of no pre-gaming, meaning that alcohol consumption is not the point, but rather educating the mind and palate.”

The trip was the largest outing yet since Garmisch FMWR tours started the Brewery of the Month Club tours, added Proctor.

“I was looking on (the Garmisch garrison website) for things to do,” said Jennifer Burson of U.S. Army Garrison Schweinfurt. Burson’s husband takes homebrewing seriously. “We have some tours and stuff in Schweinfurt, but we wanted to see what else was out there and what everyone else was offering. We love to explore and see new things, and we love beer. It is so excellent that there are such neat tours in Garmisch!”

Museum tour guide Anne Fishburn from England gave a brief explanation of how hops affect beer, noting that companies from around the world annually purchase hundreds of tons of Hallertau region hops.

“It is the lupulin glands, the yellow powder found in the hops, that flavors the bitterness of beers,” she said, offer-

ing a large tray of dried hops for the group to smell. “The hop is a very hearty plant — basically a weed — that grows back again after being cut. I planted one 25 years ago in my garden and it keeps coming back no matter how deep I’ve trimmed it.”

Fishburn led the group through an enormous model of a hop to start, then past assorted farming tools and technology used over centuries to grow and harvest hops. Illuminated reproductions of ancient documents written around 822 in Latin are the first documented evidence of hops as a crop, although archeological digs have found hops going back much further. Beer without hops goes back much further, to around 9,000 B.C.

Hops farms can be seen from roads and autobahns as fields of tall poles strung with horizontal and vertical wires. The plant grows very fast, easily reaching heights of more than 20 feet.

“The hops must be wound clockwise around the wires to grow properly, otherwise they won’t work,” explained Fishburn.

One of the more interesting jobs was the official hop stomper, a guy who had to stand in a large canvas bag to pack down the processed crop before the canvas bags were sealed. The hops themselves are a skin irritant, so anyone involved in the harvesting and processing was subject to a rash.

“The saying goes that once you’ve been affected, you will always have a taste for beer,” said Fishburn.

Under the tutelage beer “sommelier,” Dr. Christoph Pinzl, the group sat down to tables set with globular tasting glasses good for checking the aromas, pitchers of water to

rinse glasses between ales, and baskets of brown bread cubes to cleanse the palates. Sky-lights helped tasters admire the different shades of red, brown and amber. Unlike wine tasting, there was no need for a spittoon.

Pinzl walked the group through the six British ale selections with detailed descriptions of each sample. One of the ales came in a champagne bottle, while the last was a vintage ale from 2008 designed for long-term storage like a wine and cost about \$50 per bottle. After each sample, Pinzl asked for opinions. Five were met with approval, but a strong ale designed for burly dockworkers called ‘Riptide’ had a smoky flavor was vigorously divided between love and hate.

“The smoky flavor comes from the roasting of the barley,” explained Pinzl, passing a sample container of prepared grain for the group to crunch. The barley was about the size of pine nuts and had a toasty flavor.

The FMWR group was knowledgeable about beers and brewing, carefully examining each ale and asking pointed questions about brewing processes after each taste.

“The price of admission was some of the most well-spent money during my trip to Garmisch,” said Lt. Cmdr. Anne McCann, U.S. Navy, a Marshall Center student accompanied by her husband Wes, one of two homebrewers on the tour.

“I thought this was a little more refined and got behind the brewing techniques better, more insight into the different brewing processes for the different types,” said Kelly Smith of Garmisch.

Pinzl seemed pleasantly surprised at the types of questions and the level of interest of the Americans.

“I’m pleased that you liked it,” said Pinzl. “You’re real beer connoisseurs, and it’s always a lot of fun to present beer to real beer lovers.”

Editor’s note: Article originally ran March 17, 2010.



Dr. Christoph Pinzl displays a variety of roasted barleys and explains how the type and roasting of the grain affects the flavor of beer.



A display shows the old method of harvesting and processing hops. The backbreaking work was done mostly by women, and the best hops are female.

WTU gives to Czech orphanage

By Jennifer Walsh Cary
BMEDDAC Public Affairs

VILSECK, Germany — The holiday season may be over, but the spirit of giving is still alive at the Warrior Transition Unit in Vilseck.

A group of volunteers made up of wounded warriors, staff and spouses loaded up a bus with donations and took off to spend the afternoon with children from the DD Plana Orphanage in Plana, Czech Republic, March 4.

"The children we met at the orphanage came from various disadvantaged backgrounds," said Capt. Marcelle Pasion, WTU nurse case manager who coordinated the trip. "We saw this as an opportunity for everyone who participated to experience social, emotional and physical growth with the various activities we shared with them."

This was especially true for the warriors. "Many times they (warriors) get so bottled up with their healing there's a lot of outside things that can affect them," Pasion said. "By taking them out of that environment it helps them relax, to know everything is OK and to enjoy everything with the children."

According to Pasion, the WTU collected donations for a couple of months and what started out as three or four small boxes turned into huge boxes of donations for the kids whose ages range from 3 to 24.

"There are about 27 children there and they love everything from sports to Bath and Body Works to hip-hop to make-up," Pasion said. "We got tremendous donations and I want to thank the people who gave...everybody gave



Photo by Sgt. Michael Mattice

Rachel McHaney, a Warrior Transition Unit-Vilseck spouse, helps a child at the DD Plana Orphanage create a new work of art, March 4.

something."

Donations included: clothes, shoes, toys, school supplies, sports equipment and even an electronic keyboard.

"I donated a keyboard because there are two kids that play piano," said Sgt. 1st Class Brett McHaney, WTU platoon sergeant. "It actually shows you the keys. The keys light up for the song you want to play."

There was a language barrier, but everyone

found a way to communicate through the art of playing. Some helped the smaller children create works of art and others relied on the universal language of sports.

"They didn't know how to play basketball because they play a lot of soccer," McHaney said. "So we showed them what to do."

Although the day was about giving back, McHaney said he thinks the warriors also gained something from the trip.

"I think that with wounded warriors, things are always given. We give our time, we give our attention and I think it's good that they're learning how to do that back," he said. "This was an opportunity for them to give back and see how it affects the people who are receiving."

Capt. Ryan Putnam, the WTU commander, couldn't agree more.

"I think it's important for the warriors to keep engaged in service as they heal and transition because this is what our institution is about," Putnam said. "We are warriors, but we are also guardians of freedom who serve to maintain peace and we do this in a number of ways — primarily through community involvement and active participation in the lives of others who may be in need."

Overall, Pasion said the trip was a success and they were humbled by the children.

"It was unexpected to see the meaning of joy seen in their smiles, the appreciation of each child and the numerous hugs some of us received when we left," she said. "It was a wonderful experience and most of us would like to return."

Help available for Traumatic Brain Injuries

Dizziness, balance problems, changes in vision could be signs of TBI

By Joanne Hsu

U.S. Army Public Health
Command (Provisional)

March is National Brain Injury Awareness Month. Brain injuries, specifically Traumatic Brain Injuries, are major health concerns in the military. Twelve percent of troops, about 320,000, returning from Iraq and Afghanistan reported experiencing TBI.

TBI is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. "Concussion" is also used to describe TBIs. Symptoms of TBI include headaches, dizziness, tiredness, trouble concentrating, forgetting things, irritability, balance problems, trouble sleeping and changes in vision.

Service members can benefit from being aware of TBI and its symptoms because it is easy for TBI to be overlooked by a doctor. This could be because brain injury symptoms may not be apparent until weeks or months after a traumatic event. This is especially true with closed-head trauma where there are no visible effects such as bleeding or a broken skull.

TBI is hard to distinguish from other emotional or behavioral problems such as post traumatic

Twelve percent of troops ... returning from Iraq and Afghanistan reported experiencing TBI.

stress disorder or depression. There are still many unknowns about injuries to the brain as a result of blasts or explosions.

According to the New York Times, "These are the first wars (Operation Enduring Freedom and Operation Iraqi Freedom) in which Soldiers protected by strong armor and rapid medical care, routinely survive explosions at close range and then return to combat."

Explosions or blasts are the leading cause of TBI for active duty military personnel in war zones.

There are two major things Soldiers and their families can do about TBI:

- Know the signs and symptoms of concussions and see a doctor if symptoms continue for more than three months.
- Keep the Defense Veterans Brain Injury Center phone number (1-800-870-9244) nearby. DVBIC can answer

Websites with useful information

Defense and Veterans Brain Injury Center

www.dvbic.org/TBI---The-Military/TBI-Facts.aspx

http://glwach.amedd.army.mil/patient_care/clinics/tbi/TBI_Awareness.pdf

University of Washington TBI Model System

<http://depts.washington.edu/uwtbi/Education/patiented.htm>

Brainline

www.brainline.org/index.html

New York Times

www.nytimes.com/2008/08/26/us/26tbi.html



questions Soldiers might have on TBI or direct Soldiers to medical providers.

Protect yourself

For deployed Soldiers, here are tips on how to protect against brain injuries:

- Wear a helmet or other appropriate head gear when on patrol or in other high-risk areas.
- Wear safety belts when traveling in vehicles.
- Check for obstacles and loose

debris before climbing/rappelling down buildings or other structures.

- Maintain clean and orderly work environments that are free of debris.
- Be aware of what is on the ground around you at all times when aircraft rotors are turning.
- Use care when walking on wet, oily or sandy surfaces.
- Employ the buddy system when climbing ladders or working at heights.

Prevention key to avoiding tick bites and disease

By Catherine Gehrau
Katterbach Health Clinic

KATTERBACH, Germany — There's no way around it, tick season is here. As a resident of Bavaria, there are three things you should know; how to prevent tick bites, how to remove a tick and what your vaccination options are.

The first step to prevention is to know your enemy. Small but dangerous, ticks are the carriers of many diseases such as Tick-Borne Encephalitis, better known as FSME in Germany. Ironically, the tick itself is usually not infected with the virus. Instead, it transports the virus to humans and animals such as dogs. The peak periods for ticks are April to November.

To prevent getting a tick bite, cover your arms, legs and ankles and use insect repellent on ex-

posed skin, socks and outer clothing. Also, pay attention to your environment. Walking through the woods or areas with heavy undergrowth, camping or working in forested areas are just some of the areas where a tick bite may occur. You should always examine your body and clothing for ticks after spending time in rural or forested areas. Ticks found should be removed as soon as possible.

If you're bitten by a tick, it's possible that you could develop Tick-Borne Encephalitis. About two-thirds of the people who contract the virus experience a mild illness that may last up to a week. One-third of patients who contract the illness may experience more serious complications such as inflammation of the brain or spinal cord. However, there is a vaccine that can help prevent contracting the virus in the first place. The vaccine, which does not

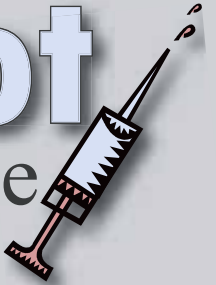
immunize against Lyme disease, is available in Germany for adults and children 3 years and older. In high endemic areas, the vaccine can be given to children as early as 1 year of age. Vaccine protection starts as early as 14 days after the second injection. This protection can last up to five years for people under the age of 60. For people more than 60 years old, protection lasts about three years.

As with most immunizations, there are side effects of the vaccine, and if you have an egg allergy, you should not receive this vaccine. Talk to your health care provider for more information and a referral to a German provider.

Information for this article was taken from the CDC and the Robert Koch Institute in Germany.

Editor's Note: Catherine Gehrau is a registered nurse at the Katterbach Health Clinic.

a shot of advice



By Lt. Col. Stephen Linck
BMEDDAC

Want your health-related question answered? Send an e-mail to brmc-pao@amedd.army.mil or post your question on our Facebook page at www.facebook.com/bmeddac. Your question may appear in the next edition of the Bavarian News.

Q: I've noticed that if I'm in the sun too long the skin on my face starts to get red and bumpy. It isn't a sunburn. My skin feels like scales. What is this and should I see a doctor?

V/r,
Scales in Schweinfurt



Linck

A: Dear Scales,

I received the following response from Maj. Sunghun Cho, our dermatologist at the Grafenwoehr Health Clinic:

There could be a few possibilities. You could have an existing skin condition that can get worse with the sun. Examples are rosacea and seborrheic dermatitis, which are characterized by easy skin irritability, flaky skin and sometimes a rosy complexion.

You could also have a minor allergic reaction to the sun, which is typically worse in the spring time and gets better into the summer (called polymorphous light eruption). The good news is that you can use sunscreens to combat the effects of the sun. Use a sunscreen with an SPF of at least 35. Look for something that is "broad spectrum" which covers both UVB and UVA. Sunscreen ingredients that are broad spectrum include avobenzone (also known as Parsol 1789), Mexoryl, titanium or zinc. If wearing sunscreen does not help your skin issue, I would talk to your physician.

Q: My husband and I are thinking of having a baby when he returns from deployment. Are there certain things I need to do beforehand? Like blood work or other tests?

Respectfully,
Prepping in Pressath

A: Dear Prepping,

If you have regular well-woman exams there is very little I think you need to do prior to trying to get pregnant. First and most important is to take care of yourself by eating right and doing regular, moderate exercise. Walking 30 minutes a day is the minimum I recommend. Depending on what birth control method you use, I recommend you see your health care provider since there may be a delay from the time you stop birth control to return to fertility.

Pregnancy is a natural occurrence so I personally don't recommend going overboard on blood tests. If you have a history of anemia, diabetes or a low-protein diet you should consult your primary care provider before trying to get pregnant. Folic acid is very important to fetal development so take a multivitamin or ask your provider to prescribe prenatal vitamins.

Most important is to abstain from smoking and limit alcohol consumption. There is about a two-week window where you could be pregnant and not know it. During this time is when the brain and spinal cord develop and the fetus is very susceptible to the effects of alcohol and nicotine.

Involve your spouse and have fun with it. Many couples try too hard and the stress of not getting pregnant right away only confounds fertility problems. Reconnecting after deployment is difficult enough without putting undue pressure on each other so just be patient, have fun and let it happen.

Q: Is it true that it's not recommended to jog in the early morning hours when the temperature is below 0 degrees C? I read that when you jog and breathe in the cold air it's not good for your respiratory system.

Thanks,
Jogger in Jenbach

A: Dear Jogger,

I hope your aren't trying to get out of morning physical training. Running in cold air sucks, but it is not bad for you unless you have an underlying health problem like asthma or bronchitis. Cold air can exacerbate these conditions and make it hard to breathe. If you have either, hit your inhaler before going on a run.

The human body is an amazing machine. In your nasal passages are structures called turbinates. The purpose of the turbinates is to warm and humidify air before it enters the lungs. They are very efficient and this is why people can live in places like Siberia and Fort Drum, N.Y., without freezing their lungs. Sorry, this was probably not the answer you were looking for.

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at brmc-pao@amedd.army.mil.



How to remove a tick

Grasp the tick with tweezers as close to your skin as possible and with steady motion, pull the tick's body away from your skin.

Clean the skin with soap and water.

Throw the dead tick away in the household trash.

Do not be alarmed if the tick's mouthparts remain in the skin. Once separated from the body, the mouthpart can no longer transmit disease.

Watch for signs of illness such as a fever or rash, which may occur seven to 14 days after the bite. If these develop, see your health care provider.

Grafenwoehr DES offers Workplace Violence training

Story and photo by
Amy Zink
Assistant Editor

VILSECK, Germany — The day started like any other at the U.S. Army Garrison Grafenwoehr Rose Barracks Fitness Center. Employees gathered around the front desk while waiting for a professional training to begin, when a Soldier in uniform pulled a pistol and fired a shot.

As the shot echoed through the gym, employees jumped with a look of shock spread across their faces.

"That's the reaction I was hoping for," said Sgt. 1st Class Lloyd Young of the USAG Grafenwoehr Directorate of Emergency Services, as he held up his pistol loaded with blank ammunition. "Once you hear that shot it gets your attention."

Young and Sgt. 1st Class Sean Etchells were the trainers that the fitness center staff members were waiting for and he was there that day to conduct the second phase of the Workplace Violence Training offered by the garrison DES. The focus of the training was to get employees in public and customer service arenas to think about what would happen in the event a shooter walked into their facility.

"I hate to say it, but it's not a matter of if, but when this will happen," Young said. "The staff are the leaders in the facility. You have to be prepared to react."

After getting their attention in a very effective manner, Young proceeded to ask the staff if they had devised an effective plan to react to a violent customer.

"I would engage them in a calm way. Maybe if I talk to them, they will calm down and talk with me?" Claudia Avery, RBFC recreation assistant, asked Young.

"There's not one right answer,"



Sgt. 1st Class Lloyd Young, U.S. Army Garrison Grafenwoehr Directorate of Emergency Services, conducts Workplace Violence Training, March 18, with employees at the Rose Barracks Fitness Center. The training was designed to help employees devise a plan to keep themselves and their customers safe in an active shooter emergency within the workplace.

Young said, "that's why you need to have a plan in place to protect yourself."

Young stressed that anyone who finds themselves in a violent situation should think about their plans, remain calm and use the tools available. Young asked the employees what tools they had at their disposal that could distract a shooter and get the attention off of themselves. At first they were slow to answer.

"We're trapped back here (behind the desk)," one said hopelessly.

But, after a moment of brainstorming, they realized that everyday items could be used to save their lives.

"Throw boxing gloves and weight belts," said Carl Boothe, RBFC sports programmer. "It'll sting. All you need is that one second to get out of there."

"It may buy you some time," said Etchells.

Young also suggested using air horns, whistles, throwing a heavy object into glass or throwing something into the eyes of the aggressor. He also emphasized that you should not wait

to see if the shooter will fire.

"Run out that door!" Young said. "It's human nature to watch, I'm telling you to run to the quickest exit."

Young's and Etchells' training was well received by their students.

"It was absurd in the beginning," said Avery, "but, you think about it and discover options, become aware and strategize."

Carleton Campbell, RBFC facility manager, also believes that the training was beneficial to his staff. He is hoping to schedule a third, and

larger scale, training for the staff, and would like to have the employees go through their emergency plan and practice.

"This is real-world training and it is beneficial for the staff and in the garrison. If we're aware, we're capable of reacting better," said Campbell.

Young and Etchells said they are available to train any organization on post. This includes private organizations, family readiness groups, front door customer service facilities, schools and military units. Their number one goal is to teach people how to keep themselves safe in an active shooter situation.

Part of the training will be to teach you how to look "objectively at the facility, wherever you are," said Young. "We want to focus on what to do (in this situation)."

The training sessions start with a workshop and discussion of the things to do, such as come up with a concrete plan and ensure all employees are aware of the plan, how to notify emergency responders and how to help customers. The second workshop is scenario-based, such as the training at the RBFC. Young and Etchells will take the time to look at the facility and guide the staff to possible solutions for violent situations.

The DES team also partners with, and has trained, the German Polizei and ambulance services.

"They respond to our emergencies," Young said. "It helps if we all know each others' SOPs and emergency procedures."

Young said his training schedule is very flexible; he is also available during the evening. He encourages organizations to contact him, or their local garrison DES, to inquire about the training. For information, call DSN 476-4301, CIV 09662-83-4301 or e-mail Young at lloyd.young@eur.army.mil.

Vigilance is first step in fighting terror

Community members can reduce the risk of acts of terrorism through iWatch

By USAG Hohenfels
Installation Protection Cell
News Release

HOHENFELS, Germany — Terrorist attacks are not random events, but well-planned missions preceded by weeks or months of surveillance. Research has proven that vigilance is one of the most important aspects of preventing terrorist attacks. Do you know what indicators to look for? Do you know where to call? Do you know how to report? If you answered "No" to any one of these questions then read on.

Conventional wisdom tells us that security is enhanced when the number of law enforcement and security personnel are increased at a certain location. But contrary to conventional wisdom, numbers are not always the best way to provide security. Rather, it's the ability of security, law enforcement and the general public to recognize the indicators of suspicious activities and to report on those activities in a timely manner that is most effective.

Numerous studies suggest that the single biggest contribution you can make to keep our community safe is to report suspicious activities. A recent research paper, "Building on Clues" by Kevin Strom from the Institute for Homeland Security Solutions found that approximately 80 percent of thwarted terror attacks in the U.S. between 1999-2009 were the result tips called in by the public or law enforcement. Each accounted for 40 percent of thwarted attacks. It

sounds amazing to think that the general public is just as important as law enforcement in mitigating terrorist attacks.

Preventing terrorism is a community effort and we depend on everyone's assistance to keep our entire community safe. You are the one who knows best what does or does not belong where you live, work and play — on or off-post. By knowing what suspicious indicators are and reporting all observed suspicious activities — you are making a difference.

This is where iWatch Hohenfels comes in. Our iWatch program is our installation's "tactical" detection that involves the entire workforce and residents keeping an eye out for one another. Information gained from iWatch is considered with other threat information from a variety of sources to produce a holistic view of the threat. Without your information about what's happening in your areas, our threat picture is incomplete.

Prior to executing an attack, terrorists conduct extensive surveillance and tests of security at multiple potential targets. These activities may span several weeks or even months. One small observed activity may be part of a much larger operation.

These prestrike activities may also occur at off-installation locations frequented by Americans such as bars, restaurants, hotels and tourist attractions. They can be conducted by lone wolves or teams of operatives. Initial prestrike activities tend to be amateurish and can often be detected by an educated, alert and aware community.

Our law enforcement and intelligence assets have limited resources, cannot be everywhere, and cannot see everything. One small observed activity may be part of a much larger operation; so no matter how insignificant, if it looks suspicious, report it.

While a single report may not

produce actionable intelligence, repetitive reports over several weeks or months may provide cumulative information that may yield actionable intelligence. For example: a single unauthorized vehicle turned away from an installation gate may not be terrorist activity. However, if the same vehicle and driver attempt unauthorized entry at multiple gates over several weeks or months or are observed conducting other suspicious activities around the installation, terrorist activity may be indicated.

To be effective, everyone in our community, from the military member down to the children is an integral part of our iWatch program. To report suspicious activities call:

Hohenfels Military Police:
DSN 466-2812 or 114
CIV 09472-83-281

German authorities:
110 for police
112 for fire/ambulance

66th MI, Hohenfels:
DSN 466-4781
Duty phone 0162-296-3851
Or e-mail iWatchhohenfels@eur.army.mil.

Be sure to include the date, time, and location of activity; number of persons involved; number and types of vehicles involved; type of activity observed; and describe what you saw or heard.

For additional information on suspicious activity indicators please contact DLIMA-EHohenfelsInstallationProtection@eur.army.mil for a pamphlet on what to look for, whom to contact, and how to report. Please review the information in this article and the pamphlet and discuss with your families. Help keep our community safe.



Lt. Col. Brad Eungard stands before the Soldiers of 172nd Support Battalion after taking command in Schweinfurt, March 9.

172nd Support Battalion gets new commander

Story and photo by
Charles Stadtlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — Lt. Col. Brad Eungard assumed command of the 172nd Support Battalion from outgoing commander Lt. Col. Kenneth Kelley in the Finney Fitness Center on Conn Barracks, here, March 9. The battalion took formation before a large crowd of Soldiers and civilians and for a short ceremony signifying the change of command.

Lt. Col. Kelley's farewell to his troops was fond.

"It's tough to say goodbye to friends," he said. "Thanks to all my Soldiers, you've motivated me from day one." Kelley led the battalion both while stationed in Schweinfurt and during a yearlong deployment to Iraq in 2008 and 2009.

The incoming battalion commander Lt. Col. Brad Eungard is a distinguished military graduate from the Army ROTC program at John Carroll University and received master's degrees from both the Air Force Insti-

tute of Technology and the National Defense University's Joint Advanced Warfighting School. His recent military assignments include stints as the USAG Hohenfels S3, the 1-4 Infantry executive officer in Hohenfels and executive officer to the deputy commanding general at U.S. Army Training and Doctrine Command.

He comes to Schweinfurt with his wife, Gwendolyn, and their four children.

After receiving the battalion guidon from Col. Edward Bohnemann, commander of the 172nd Infantry Brigade, Eungard passed the colors to battalion Command Sgt. Maj. Terry Burton, as dictated by tradition. Eungard's remarks were brief.

"I want to tell the Soldiers in this great formation that it is a high honor to join you as we prepare to serve in harm's way. Gwen and I are excited to join the Burtons and to continue the tradition of excellence in support of the Blackhawks."

The battalion is set to deploy to Afghanistan in the middle of 2011 with the rest of its brigade.

News is addictive. If you need more, subscribe to USAG Grafenwoehr's daily newsletter.

E-mail usagnews@eur.army.mil to get your daily news fix.



Above: Christina Stone learns about Sir Isaac Newton's first law with an experiment in friction at Hohenfels Math, Science and Technology night. Left: Sarah and Elizabeth Zoch attempt to diagnose the SimMan at the Health Clinic's display at Math, Science and Technology night.

Students discover practical applications of technology

Story and photos by
Mark Iacampo

USAG Hohenfels Public Affairs

HOHENFELS, Germany — In today's world of iPhones and Internet, there's little doubt that technology has invaded every aspect of our lives. At Hohenfels Middle/High School Math, Science and Technology night, visitors learned how these concepts are involved in many things we may take for granted.

"Kids go to science class every day and they go to math class every day. They need to see that these things have practical applications in the real world," said Glenn Roark, English/ESL/German teacher at Hohenfels Middle/High School.

Roughly 20 booths lined hallways throughout the high school with activities and displays designed to educate and entertain.

"What is inertia?" This was one of the problems kids were asked to solve. The answer to that question could be found in Randal Roberts' ninth-grade science class where visitors learned Sir Isaac Newton's first law through an experiment that resembled a magic trick.

"A body at rest tends to stay at rest

unless an outside force acts on it," explained Roberts. With glass jars stacked on piece of silk, burgeoning young scientists put that theory to the test by quickly jerking out the fabric, leaving the glass unmoved.

"What we're doing is reducing friction and showing them the weight of the glass will stay in place even if we move something from underneath it," Roberts said, while cautioning children not to try this with their mother's china. "Without friction acting on it, the glass stays at rest."

Kate Harper, physical therapist assistant, helped man a booth featuring many high-tech advancements in physical therapy.

"I want to show children that technology is used in every aspect of their life even in physical things where you don't think it applies," she said. "It's in the engineering of the cushions, of the braces, prosthetics; anything that helps with their movement."

One of the more sensational exhibits was the Health Clinic's SimMan, a computerized, interactive mannequin used for training.

"He simulates different types of trauma situations," said Spc. Mathew Geno.

As SimMan's chest rose and fell on only one side, Geno explained this could indicate a collapsed lung.

"We treat the patient based on the symptoms we get from the SimMan and he'll run the computer and change the condition based on what we did. So if we did something right, his condition might get better; we do something wrong or we don't do something his condition might get worse," said Geno.

Science isn't relegated to technology, though. Lisa Zimmerman, fifth-grade science teacher, presented an exhibit on birds and bird watching, with some help from a student.

"I just happened to be here, and I just thought I'd help out," said fifth-grader Sophie Phelps as she discussed the properties of a hollowed out ostrich egg and shared some insight on local birds' nests. "I know a bunch of brands of birds, because Ms. Z's taught us everything about it."

While her passion may be animals, Phelps enjoyed the entire program.

"I think it's really fun and I think it's really cool because younger kids get to see what they're going to do when they're older, and you get to learn new things while having fun," she said.

National Testing Center opens its doors at Rose Barracks

Story and photo by
Shelley Caywood
USAG Grafenwoehr

VILSECK, Germany — A National Testing Center operated by University of Maryland University College became operational at the U.S. Army Garrison Grafenwoehr's Rose Barracks Education Center, March 10. USAG Grafenwoehr Commander Col. Vann Smiley and Patricia Jameson, UMUC European Division, were among those at in the ribbon-cutting ceremony.

Defense Activity for Non-traditional Education Support test sites at military education centers migrating paper-based exams for college credit to computer-based testing continues to be a hot trend. Applicable exams include DSST, CLEP and ECE. This change to computer-based testing is made possible with the installation-sponsored NTC through a partnership with colleges offering educational opportunities in Europe.

The number of NTCs continues to increase as both education center staff and service members take advantage of the many benefits of computerized testing. Not only does it provide increased security in exam delivery, candidates also enjoy greater flexibility when scheduling, and receive instant score results after testing. Test control officers can now focus their efforts on other exam programs and oversight responsibilities rather than the tedious tasks of paper form ordering, test administration, security, shipping and inventory and still know that service members' educational goals are being met. Also, the institution hosting the NTC will be able to maximize the use of its computers and generate funds to maintain and operate their facility.

For more information on exams offered, schedules and appointments, military community members may call 476-2462 or e-mail dgoodrich@europa.umuc.edu.



Susan Sine of the U.S. Army Garrison Grafenwoehr Education Center discusses the new computer-based test options offered at the National Testing Center, which opened at Rose Barracks, March 10.

The power of human touch: parents learn universal baby language

Story and photo by
Sylvia Metzger
Garmisch Army Community Service

GARMISCH-PARTENKIRCHEN, Germany — "All babies welcome, along with their sounds and mood, including crying," was the greeting as parents and their infants participated in the first group infant massage class at the Garmisch Army Community Service Center, recently.

Offered by the New Parent Support Program, the class was small in numbers but big in compassion.

By the end of the third one and a half hour-long session, the babies were already able to anticipate the next stroke in the sequence. When Vimala Schneider McClure, the founder of the International Association of Infant Massage, first observed Indian mothers sitting in dirt lovingly massaging their babies, she knew that she discovered something priceless; a human capacity to communicate compassion through touch. Bringing the art of infant massage to the United States from India in 1970s, she set to enhance parent-baby bonding and promote compassion for others. Since then, millions of children and parents around the world have enjoyed this powerful yet sim-

ple way of communication.

"I am very excited that ACS offered infant massage classes. I was interested in it since my son's premature birth in July, but hadn't yet found the time to seek out a course," said Margy Johnston. "My 6-month-old son loves his massages. I give him one every evening before putting him in his pajamas for bedtime."

Her husband Jon was even able to attend one of the sessions with her.

"Our son is almost always able to relax and enjoy the massage, and I enjoy the quiet time with him," said Margy. "My husband came to class with me so that he could be a part of the bedtime routine with our son."

Massaging his feet also works as a tool to calm him down during the day or in the evening when he is fussy, Jon added.

Though knowledgeable about the benefits of the massage, such as enhanced infant's sleep, relaxation, less crying and parental bonding, many parents were surprised about additional benefits. Research on touch is booming. For example, fathers massaging their infants 15 minutes prior to bedtime for one month showed more enjoyment and warmth during floor play with their infants than those who did not.



Anna Tsekanovskiy and her daughter Nega experience a deep connection during the infant massage class. The bonding between parents and babies offers an improved life for both.

In the original research by Dr. Field in 1986, preterm infants gained 47 percent more weight, were more socially responsive and were discharged from the hospital six days earlier following a massage.

Besides the weight gain and fewer postnatal complications, massaged newborns showed

less stress and better motor skills after 10 days of massage. Children with medical conditions such as cystic fibrosis, asthma, eczema and those experiencing painful procedures also benefitted from physical touch and massage.

Research also indicates that pressure matters. Using mod-

erate pressure during massage decreased fussiness, crying, stress behavior more than the light pressure.

There is currently also an indication that massage enhances immune functioning in HIV positive children and adolescents which could possibly delay disease progression. Children with childhood diabetes were more compliant with diet, less depressed and anxious when being massaged. Preschoolers were more cooperative, compassionate and less aggressive after regular massage. The research also showed that massage decreased autistic behavior and improved social and language skills in these children.

Sleep deprivation challenges even the most resilient parents. The class discussed the benefits of 15-minute massage prior to bedtime for infants and toddlers with sleep onset problems. Infant massage has also shown to decrease depressive symptoms in mothers experiencing mood changes.

From the selection of safe massage oils, singing and infant exercises, to deciphering various types of recorded infant's cries, parents learned to respond to their child's current needs and moods.

Ecstatic new parents, Army Reserve Lt. Col. Jeffrey Wenberg and his Slovak wife

Adriana carefully listened to Dunstan baby language, and were quickly able to decipher the meaning of their daughter's cry. They also found Dr. Karpe's "Five Ss" technique to soothe a crying infant extremely useful.

Part of the class curriculum also teaches about subtle cues such as sneezing, mouthing, back arching, raised shoulders, gaze aversion or arms hold close to the trunk. This offered a lot of opportunity for timely response. For some, these signs mean interrupting a massage to breastfeed or to change a diaper, or to accept that a child has enough for that day.

During one session, Anna Tsekanovskiy's 6-month-old daughter was giggling with each stroke and visibly relaxed under her mom's patient and loving touch.

"I cannot wait for Kirill to see this when he comes back after three months," she said.

Other parents marveled at their infant's ability to fall asleep in the middle of the class, no matter the activity level surrounding them. But one thing was predictable: all parents communicated compassion knowing they are making a long-lasting imprint simply by touching their babies.

Editor's Note: Sylvia Metzger is a certified infant massage instructor.

Tour clarifies Soldiers' mission

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"During an exercise, there can be up to 150 role players living here," said Wolfgang Traub, a professional civilian on the battlefield. "It's a living breathing town."

"I had no idea any of this existed," said participant Malbry Hohm. "It's really interesting to see where our husbands actually work on a day to day basis."

Tour members were also treated to an explosive display by the battlefield effects team, the Dragons, and an explanation of how such pyrotechnics impact the troops training here.

Besides training efforts, the five-hour tour touched on the history and ecology of Hohenfels. Over 125 villages once populated the training area and their remains are littered about in picturesque ruins.

A group favorite was the village of Lutzmannstein, a sprawling complex of crumbling buildings including dozens of houses and a large schloss (castle).

"It's a lot bigger than I thought," said Franziska Martin. "Especially the German ghost towns. I had no idea this



Tour members pass through the remains of a gate in the ruined village of Lutzmannstein. The "Box tour" gives family members an appreciation for the area's history but also for the work Soldiers perform in the training area.

land was even here." Hohenfels is home to a variety of threatened and endangered species of both plants and animals, including the horseshoe-nosed bat. Of the 70 known breeding pairs in existence, more than half reside in Hohenfels.

Several ruined churches have been refitted as "bat houses," and Spiszer said the village of Schmidmuehlen is raising funds for a new bat sanctuary.

On hiatus through the in-

hospitable winter, the tour is now being offered once a month as a joint effort between the garrison and the Joint Multinational Readiness Center. Announcements are posted through the Hohenfels Happenings and the daily news briefs, and participants are limited to the first 12.

"We go in every type of weather, as long as the roads are OK," said Spiszer.

Spiszer recounted historical anecdotes ranging from War World II to Roman

times, including tales of the 1,000-year-old Hohenberg Castle, and even the infamous robber-knights of Hohenfels. Her passion and enthusiasm can be seen in the sparkle of her eyes and the wealth of her knowledge on the subject.

"It's probably the most beautiful place I've ever lived," she said.

"When your family's not here, or can't be with you, it may not feel as pleasant as it could be, but it really is a great place to live."



Courtesy photo

Chief Warrant Officer 3, Jason J. Lacrosse, prepares for takeoff in his UH-60 Black Hawk medevac helicopter. Lacrosse, recently named the 2010 Army Aviation Association of America (Quad A) Aviator of the Year, will head to Nashville, Tenn. to receive the award.

Lacrosse makes his mark in Hohenfels

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"That's what we as Dustoff pilots adhere to. It's in our blood. Not without your wounded, which means we're going to come into a hot LZ (landing zone) and get you no matter what, and on April 2nd I guess we kind of did that," said Lacrosse.

Lacrosse was also named the Dustoff Association's Aviator of the year, and his crew earned Flight Medic of the year, Crew Chief of the Year, and Rescue Unit of the year.

"If you're in a Dustoff unit and you get Dustoff Aviator of the year, that's huge," said Lacrosse. "But the Quad A award is Armywide. Recon, assault, anyone can be put in for it."

"The Army has great aviators everywhere, and I'm sure it was tough to vote me as Aviator of the Year," said Lacrosse. "I'm just honored to be awarded this."

Lacrosse and his wife will be flown to Nashville, Tenn., for an award presentation April 16.

Despite all the accolades, Lacrosse remains humble.

"In my eyes, anyone wearing a uniform right now is a hero," Lacrosse said. "These guys are going down there fighting the fight just like I

did, and they're doing things equal to if not better than we did that day, and maybe they just haven't been recognized for it."

After 18 years in the Army, and three combat deployments, Lacrosse said he's looking forward to being able to spend more time with his wife and three children here at Hohenfels.

"For my family, it was time to go someplace where I at least knew I'd be in Germany for three years," said Lacrosse. "Maybe I'll be at work, but at least I'm here where if they want to see me, they can come see me."

At the same time, though, Lacrosse acknowledges a desire to return to combat and his fellow Soldiers.

"I've been flying medevac since 2002, so I have a lot of medevac experience. I would love to go down there and be with those guys and pass my experience onto them. I have friends down there right now and I think sometimes that I should be with them," Lacrosse said. "But being here, I get to pass on my experience to the units that are going down-range. I'm happy knowing that I can at least train them here before they go."

Badgers' bottom line is saving lives

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stood-up to coordinate and synchronize C-IED training at JMTC, Oliver said.

About 30 percent of the forces that support the International Security Assistance Force in Afghanistan are coalition forces, and of those more than 80 percent are from the U.S. European Command's area of responsibility.

Last March, Secretary of Defense Robert M. Gates urged combatant commanders to develop concrete actions to assist coalition partners and enhance their counter-IED capabilities in the areas of equipment, training and technical expertise, and the Badger Team was just one of the initiatives to support the directive.

Members of the Badger Team were selected based on Military Occupational Specialty, deployment history and special skills.

For example, a member serving on the Defeat-the-Device Team would have specialized experience working with route-clearance equipment.

"We try to find it before it explodes," said Sgt. 1st Class Paul C. Burk, lead for the Defeat-the-Device Team. "We want Soldiers to know an IED can be anywhere. We teach them to think like the enemy."

The Soldier learns to collect and preserve evidence, identify and exploit the enemy's vulnerabilities, and maintain an offensive posture, said Burk.

Gathering evidence and performing forensics on the IEDs means U.S. and multinational forces can distinguish the good guys from the bad guys by tracing the source of the IED to a particular bomb-maker or organization.

"It's about saving lives. That's the bottom line," said Staff Sgt. Gus Hurtado, Defeat-the-Device trainer. "We would prefer to defeat the device before there is a blast."

Units have to collect evidence and perform forensic investigations to understand



A Soldier from B Company, 1st Battalion, 4th Infantry Regiment, provides security during the dismounted patrol demonstration as part of the "Life-cycle of an IED" presentation at the Hohenfels Training Area, March 3.

the signature of the IED bomb makers, which is significant to the IED fight, said Hurtado.

"We looked for a senior enlisted engineer guy that has either been to Iraq or Afghanistan or both," said Sgt. Maj. Martin S. Celestine, senior enlisted advisor to the commander of the Badger Team. "Then we have a certification process to keep the guy current because we know things change every day in Afghanistan."

The Badger Team is organized around the three Joint Improvised Explosive Device Defeat Organization pillars: Attack-the-Network, Defeat-the-Device and Train-the-Force that support the current operational environment in Afghanistan. The training is also conducted to support each of those same efforts.

"The Train-the-Force Team goes to other countries and trains the multinationals to train their forces at home station," said Sgt. 1st Class Daniel A. Barker, Badger Team trainer. "We train what they need based on what they have."

Barker said it is a challenge working with multinationals because resources vary from country-to-country.

In 2010, JMTC trained more than 4,000 U.S. and multinational Soldiers as part of brigade rotations. JMTC imple-

mented a multinational Defeat-the-Device Route Clearance Patrol course in November, while also standing up the Badger C-IED Training Team.

"A unique aspect of the JMTC's U.S. and NATO training rotations is the participation of coalition forces, which further enhances the training environment," said Celestine.

"We are counter-IED specific, and this is the first time JMTC has had this capability. We provide individual and collective training and train trainers, so they can go back and train their own units."

Celestine said it doesn't matter what country students come from; both U.S. and multinational forces learn to identify the same visual indicators of an IED and how to react to a suspected IED.

"This is in concert with NATO's initiative to establish a common standard," said Marine Major Don Meek of NATO in Brunssum in the Netherlands. "JMTC is one of many organizations trying to contribute."

For more information about JMTC training see <http://www.hqjmtc.army.mil>. Check out the JMTC Training Journal at http://www.hqjmtc.army.mil/Media/Training_Journal/TJ%20WINTER%202010-2011.pdf.

Training teaches Soldiers IED tactics

By Denver Makle
JMTC Public Affairs

GRAFENWOEHR, Germany — In mid-December the U.S. Army in Europe's Training Support Activity Europe received the first Multicultural Mobile Counter Improvised Explosive Device Interactive Trainer, a cognitive training system designed to teach Soldiers to identify visual indicators of an IED, react and perform the necessary reporting after an incident.

The McMCIT located at U.S. Army Garrison Grafenwoehr's Motor Park 7 on Main Post features four trailers. Each trailer has a different theme designed to educate Soldiers on the dangers of the IED.

"The Joint Improvised Explosive Device Defeat Organization funded the new system for use at Grafenwoehr," said Dan Feazelle, chief of the Regional Training Support Center-Grafenwoehr. "It teaches Soldiers how to think like an insurgent. The premise is that

it helps a Soldier understand where an insurgent might put them (IEDs) and why."

Units stationed in the region have already integrated the McMCIT into their training schedule, Feazelle said.

The McMCIT provides training in four basic languages, English, Polish, Bulgarian and Romanian. The additional language capabilities allow multinational Soldiers from those countries to train on the device.

Last year Secretary of De-

fense Robert M. Gates outlined plans for combatant commanders to support partnered nations with resources that counter IEDs. Feazelle said this system supports the secretary's directive.

To schedule usage of the McMCIT, range schedulers should use the Local Training Area Range Facility Management Support System to check for availability. For more, visit www.hqjmtc.army.mil/TSAE.html, or www.hqjmtc.army.mil.

18th CSSB honored for German war graves donations

By Capt. Jennifer Dyrzc
18th CSSB Public Affairs

REGENSBURG, Germany — American Soldiers from the 18th Combat Sustainment Support Battalion out of U.S. Army Garrison Grafenwoehr joined German service members, current and retired, and local civilians at an awards ceremony here, Feb. 24.

They were all gathered to honor the 2010 donations from the Bavarian region to the German War Graves Caring Association donation fund.

The 18th CSSB "Warhammers" are the only foreign military members to donate to the German fund and have been doing so since 2009.

Their 2010 donation to-

taled 775 euros, for which they received a silver recognition plaque at the ceremony.

"This donation from the 18th CSSB is absolutely great. It is a big sign of respect for the victims and a sign of comradeship and friendship," said Kaspar Becher, an official with the German War Graves Caring Association.

The German War Graves Caring Association is a German humanitarian organization that registers the German war dead abroad and ensures these names are updated and monitored.

The association supervises public and private sites, supports international cooperation and advises relatives on war grave care.

AER: Army helps its own

Last year, U.S. Army Garrison Grafenwoehr donated more than \$93,000. This year, the campaign runs through May 15 and the goal is \$90,000.

For more information and to donate, contact Christine Nunez at DSN 475-8432, CIV 09641-83-8432 or e-mail christine.nunez@eur.army.mil.