

## A muddy proposal

Mountain bikers get back to their roots for the first leg of the U.S. Forces Europe Mt. Bike Series

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## Byzantine beauty

At the confluence of East meets West and where ancient and modern mix, Istanbul is unlike any other city

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## Make a wish

The garrison combines tradition and a storytime event to celebrate the Army's 237th birthday

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# Bavarian News

www.grafenwoehr.army.mil

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

June 20, 2012

## 4-year-old saved from drowning

By Molly Hayden  
Assistant Editor

SULZBACH-ROSENBERG, Germany — It can happen in an instant. A mother looks over her shoulder for mere seconds and in that moment her child begins to drown. Screams ring out and three complete strangers without a common nation, language or background, coordinate seam-

lessly to save a life; a 4-year-old is given a second chance.

Four weeks ago, every parent's fear struck Birgit Mueller. She looked over to see her son, Moritz, floating face down in the pool at the Waldbad swimming area, here.

As Mueller pulled her son's body out of the water, his face was already turning a light shade of blue from lack of oxygen.

Just a few feet away at the pool's edge, Christine Pickel, a nurse from the nearby St. Anna Krankenhaus, rushed to the scene. Evelyn Schmidt, an ICU nurse from the Amberg Klinikum, soon joined her. The two women began chest compressions.

Alarmed by the sounds of distress, Lt. Shane Krantz,

See KRANTZ, page 17

## Sculpture of hope



Clinton Schwartz poses by his sculpture "The shoes we shall take," which commemorates the 9/11 terrorist attacks. Courtesy photo



Krantz

## Running down a stream

Rose Barracks cross-country race serves as a warm-up for IMCOM-level run in Hohenfels, Sept. 21

Story and photo by  
Chelsea Bissell  
Staff Writer

VILSECK, Germany — Dressed in combat gear and carrying weapons, Soldiers from 2nd Cavalry Regiment and airmen from the 2nd Air Support Operations Squadron tested their speed and dexterity in the Combat Cross Country Race here, June 7.

The race was both a team and individual competition. Six teams were mostly divided along platoon or company lines and consisted of five to seven members. Team race times were determined by the combined times of the first five finishers of each team to cross the finish line. The top overall finisher and first three teams received trophies and medallions for their success.

Of the 36 men who competed, 35 finished,

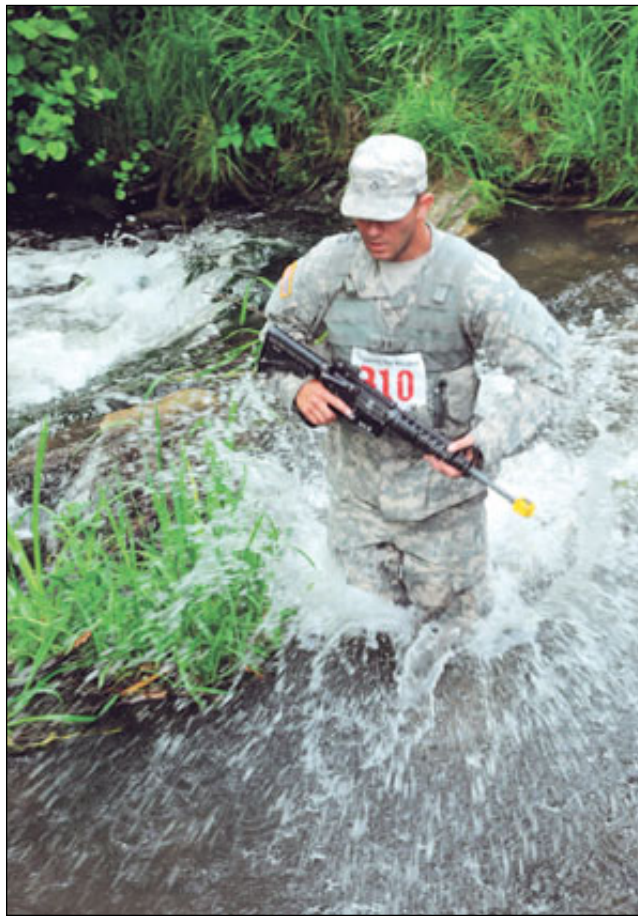
with one sidelined by injury.

Capt. Gary Dales, Headquarters and Headquarters Troop, 2CR, finished first with a time of 31:55 and led his team, the "Vipers," to victory with a combined time of 2:48:22.

The Combat Cross Country Race was a preliminary for a similar IMCOM-Europe competition to be held in Hohenfels on Sept. 21. Though the IMCOM race promises to be a more challenging course comprised almost exclusively of hills, the Vilseck competition served as a warm-up for serious local contenders.

"We're trying to get these Soldiers ready to compete in Hohenfels," said Serge Kearse, chief of the Sports and Fitness Operation Branch of USAG Grafenwoehr's Directorate of Family and Morale,

See RACE, page 17



Pfc. Richard Germain, Hawk Company, 3rd Squadron, 2nd Cavalry Regiment, wades through the stream near Big Mike Lake during the Combat Cross-Country Race on Rose Barracks, June 7.

George Bush Presidential Library shows interest in student's sculpture

By Mark Iacampo  
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Clinton Schwartz was only 5 years old and living in Washington, D.C., when the tragedies of 9/11 took place. Eleven years later, he has finally been able to exorcise the demons of that day through a work of art that speaks to the heartbreak and hope that those events have meant to him and our nation.

"He spent the first two or three months after 9/11 building big towers and crashing into them with airplanes, over and over and over," said Kirstin Reed, Schwartz' mother. "It's been a deep wound, and when he started focusing on this piece, it became an all encompassing 24-7 until it was out, but it was a real exorcism I think."

The sculpture consists of a chair straddling a pile of debris and topped with a pair of shoes labeled "Hope" and "Future." The chair is wrapped with 35 pages of singed, stained paper bearing the names of all 2,977 victims of the attacks on the World Trade Center, the Pentagon, and those on United Airlines Flight 93.

"The chair represents the fact that we are supported

by the heroism of that day. They're American heroes, and they support our future and our hopes, and we should take that and move forward with that," Schwartz said.

"Underneath are scraps of metal, stuff you might find from the wreckage, and laid out on red velvet are the shoes. The shoes are supposed to signify the ones America must fill after the attacks," he added.

Schwartz said he'd been wanting to do something representing his feelings about 9/11 for years, and finally decided what he would create for the 2nd Annual Celebration of the Arts, the art showcase that Schwartz initiated last year through his Schwartz Foundation for the Fine Arts and the Hohenfels Community and Spouses Club.

With his family moving to the Netherlands later this month, Schwartz realized he couldn't take the sculpture with him, and opted to put it up for sale at the art show.

"One of the vendors, Amber Mitchell, was sitting across from my piece and she had lost her aunt in the Twin Towers. I told her the situation that I was going to get rid of it because

See SCHWARTZ, page 17

## INSIDE

### Combining forces

Soldiers from 2CR team up with the Bundeswehr for an artillery raid exercise. See page 6.

### Samaritans beware

Local MPs warn motorists about common roadside scams this summer. See page 14.

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## Fago commands 44th ESB, en route to Grafenwoehr

Story and photo by  
Nathan Van Schaik  
USAG Schweinfurt Public Affairs



From left are outgoing 44th Expeditionary Signal Battalion Commander Lt. Col. Dwayne Dickens, 7th Theater Tactical Signal Brigade Commander Col. John Arnold, and incoming 44th ESB Commander Lt. Col. Rob Fago, who assumed command during a ceremony on Ledward Barracks, June 7. The ceremony also marked the unit's official departure from Schweinfurt.

SCHWEINFURT, Germany — Lt. Col. Rob Fago assumed command of the 44th Expeditionary Signal Battalion from outgoing commander, Lt. Col. Dwayne A. Dickens, on Ledward Barracks, June 7, during a ceremony that also marked the battalion's official departure from Schweinfurt to Grafenwoehr.

The ceremony ran as a three-part series, which included the awarding of the battalion's Afghanistan campaign streamer signifying receipt of the Meritorious Unit Commendation, the change of command between Dickens and Fago, and the casing of the unit's colors in final preparation for the battalion's restationing from Schweinfurt to Grafenwoehr.

Fago was born and raised in Cleve-

land, Ohio, and received a Bachelor of Science degree in Industrial Engineering from Case Western Reserve University. In 1992, he received his commission through the Reserve Officer Training Corps program at John Carroll University. Fago is a graduate of the Army Command and General Staff College, the Marine Corps University's Command and Control Systems Course, the Army's Operations Research / Systems Analyst Course, and the Signal Officer Basic Course. He also earned a Master of Engineering Management degree from Old Dominion University.

Prior to his assignment to the 44th ESB, Fago served as a combat opera-

tions analyst and then as a special assistant to the commanding general of Training and Doctrine Command at Fort Monroe, Va. He served as the contingency response operations project manager for NATO Consultation, Command and Control Agency in Brussels.

Fago has served in Germany before as a communications officer with the 205th Military Intelligence Brigade in Wiesbaden and as a company commander with the 17th Signal Battalion in Kitzingen.

Fago is married and has a son and daughter.

"Soldiers, civilians and family members of the 44th ESB, there is no greater privilege than to lead America's sons and daughters," said Fago in closing remarks. "I am very humbled to have this opportunity. I look forward to meeting and serving with you."



## Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

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Water Tower art by Dane Gray



To commemorate the 68th anniversary of D-Day U.S. Special Operation Forces conducted a military free fall near Mont Saint-Michel, one of Normandy, France's most historic attractions, June 2.

## Warriors commemorate D-Day

Story and photos by  
**Staff Sgt. Rick Scavetta**  
*U.S. European Command*

SAINTE-MERE-EGLISE, France — When Eugene Cook jumped into Normandy during the predawn hours of June 6, 1944, he landed several miles from his intended drop zone.

Alone in the dark French countryside, the young 101st Airborne Division paratrooper from Georgia assembled his rifle, got his bearings and began looking for other Americans among Normandy's hedgerows. In the days and weeks that followed, Cook took part in the now famous battles that began the liberation of France and led to Allied victory over Nazi Germany.

Cook, 87, was among the handful of World War II veterans who attended the 68th anniversary of the D-Day landings the first week in June. U.S. service members from all the military branches took part in honoring them, something Cook said he was glad to see.

"We have to commemorate the lives of the guys we left here," Cook said. "They gave their lives for us and we



**Lt. Gen. Mark Hertling, commander of U.S. Army Europe, shares a laugh with Duane Pinkston, a World War II veteran, during the June 3 D-Day commemorations in France.**

should show them thanks."

Known as Operation Overlord, the D-Day landings of June 6, 1944, combined U.S. and Allied air drops with beach landings along Normandy's coast. U.S. paratroopers from the 82nd and 101st Infantry Division dropped onto the Cotentin Peninsula to secure bridges, roads and towns vital to allowing the troops landing at nearby Utah

Beach to move inland.

"That day, 68 years ago, as American blood mixed with French soil, it cemented even further the strong bonds between our two nations," said U.S. Army Secretary John McHugh.

For returning veterans, there was a mix of feelings — glad to be alive and sharing good times and sorrowful memories of those who died.

On June 5, a cold and overcast day, John Perozzi walked between rows of white marble gravestones at the Normandy American Cemetery, overlooking Omaha Beach. He stopped at one cross and then another, paying his respects to several buddies who died fighting in Normandy. As an 82nd Airborne Division paratrooper, Perozzi fought on D-Day with the 505th Parachute Infantry Regiment. It was his first trip back since the war.

During a June 3 ceremony at the La Fiere drop zone, a battlefield where Perozzi fought, he received France's highest military medal, the Legion

See D-DAY, page 16

## Attorneys offer advice for separating Soldiers

By The Office of Soldiers' MEB Counsel-Europe  
*News Release*

Service members new to the Medical Evaluation Board (MEB) and Physical Evaluation Board (PEB) process are most often confused and weighed down with questions concerning their legal rights. Soldiers' MEB Counsel (SMEBC) and Soldiers Counsel (SPEBC) are licensed attorneys available to provide information, advice and advocacy to Soldiers throughout the MEB-PEB process. Our attorneys and paralegals receive specialized annual certification training on the Integrated Disability Evaluation System (IDES) and specifically how cases in USAREUR are processed under the new OCONUS Permanent Change of Station (PCS) policy.

SMEBC personnel are available to assist each individual Soldier from the moment he or she is initially referred for disability processing, throughout MEB processing and up to and including representation at the informal PEB levels. At the beginning, general advice and assistance is provided in developing goals, strategy and to manage expectations while attempting to achieve an appropriate outcome in our clients' cases. As the Soldier progresses through the system, our personnel can provide specific advice and representation. SPEBC personnel are available to

represent the Soldier at the formal PEB hearings and with post-PEB appeals.

Office of Soldiers' Counsel personnel currently operate in two USAREUR offices: Heidelberg and Vilseck. While the Heidelberg office will soon close operations, we will shortly stand up a new office at the Landstuhl Regional Medical Center. Contact the following offices for assistance:

■ Heidelberg: DSN 371-2091, CIV 06221-17-2091 (office will close July 5)

■ Vilseck: DSN 476-3358, CIV 09662-83-3358

■ Landstuhl: DSN 314-590-8286, CIV 06371-9464-8286 (date TBD)

In addition, visit www.jagcnet.army.mil/otjagosc, which contains information on the MEB/PEB process.

Don't try to navigate this complex process on your own. Take advantage of the free legal advice and representation available to you now. Your rights and benefits may be adversely affected if you don't. It is important to note that our personnel provide impartial legal advocacy to Soldiers. We do not provide legal advice to commanders, MEB nor the PEB. Additionally, we are not rated nor supervised by members of the MEB or PEB. We are here to help.

*Editor's Note: This article corrects phone numbers listed in an article published on page 2 of the May 23, 2012, edition.*



Photo by Dominique Schnell

## Honoring the past

**ST. AVOLD, France — Hohenfels Girl Scouts Layla Bolin and Ariana Lange place flags on the graves of American service members who lost their lives during World War II.**

Girl and Boy Scouts from Hohenfels and Sembach Air Base honored American service members buried in the Lorraine American Cemetery, here, over Memorial weekend, May 26-27.

The Scouts joined their French counterparts from St. Avold in placing French and American flags on the graves of the 10,489 Americans buried there. They also laid wreaths during a memorial ceremony on Sunday, which included many American and French dignitaries, as well as family members of some of the fallen.

The Scouts and their families all left with a greater understanding of the enormous sacrifice of America's military in the preservation of freedom in Europe and around the world.

## Soldier imprisoned for 15 years

By JMTC Office of the Staff Judge Advocate  
*News Release*

At a general court-martial convened on Rose Barracks, from May 29-June 1, Spc. Kevin J. Kitmanyen, Headquarters and Headquarters Troop, 3rd Squadron, 2nd Cavalry Regiment, was found guilty, contrary to his pleas, of one charge and two specifications of a violation of Article 120, UCMJ, rape of a child under the age of 12 years and aggravated sexual contact with a child under the age of 12 years; and one charge and one specification of Article 125, UCMJ, sodomy with a child under the age of 12 years.

An enlisted panel sentenced Kitmanyen to be confined for a period of 15 years and to be discharged from the service with a dishonorable discharge.

At a general court-martial convened on Rose Barracks, May 18, Pvt.2 Dylan N.S. Baker, 2nd Squadron, 2nd Cavalry Regiment, was found guilty, in accordance with his pleas, of one charge and two specifications of a violation of Article 92, UCMJ, dereliction of duty.

The military judge sentenced Baker to be reduced to the grade of private (E-1), to forfeit \$1,000 pay per month for one month, and to be confined for a period of 90 days.

At a special court-martial convened on Rose Barracks, May 17, Spc. Johnathan M. McLaughlin, Engineer Troop, 4th Squadron, 2nd Cavalry Regiment, was found guilty, in accordance with his pleas, of one charge and eight specifications of a violation of Article 128, UCMJ, assault and assault consummated by a battery; one charge and six specifications of Article 134, UCMJ, disorderly conduct, drunk and disorderly conduct, and communicating a threat; and one charge and one specification of a violation of Article 92, UCMJ, violation of a lawful order.

The military judge sentenced McLaughlin to be reduced to the grade of private (E-1), to be confined for a period of nine months, and to be discharged from the service with a bad-conduct discharge. In accordance with his pretrial agreement, he will be confined for a period of six months.

At a general court-martial convened in Ansbach, April 27, Pvt.2 Michael D. Hudson, 1st Inland Cargo Transfer Company, 18th Combat Sustainment Support Battalion, was found guilty, in accordance with his pleas, of one charge and four specifications of Article 112a, UCMJ, wrongful distribution of a controlled substance; one charge and one specification of a violation of Article 86, UCMJ, absence without leave; and one charge and one specification of a violation of Article 81, UCMJ, conspiracy to distribute a controlled substance.

The military judge sentenced Hudson to be reduced to the grade of private (E-1), to be confined for a period of 16 months, and to be discharged from the service with a bad-conduct discharge.





Photo by Brian Wittly

**Alexis Perryman puts the finishing touches on a piece that earned her entry into Creative Connections, a Department of Defense Dependent Schools fine arts workshop.**

# Student enters prestigious program

By Mark Iacampo  
USAG Hohenfels Public Affairs

HOHENFELS, Germany — At only 17, Hohenfels Middle-High School junior Alexis Perryman already has an impressive art portfolio. Her work has won contests, appeared in multiple publications, and even been displayed in Washington, D.C.; all of which has led to her latest opportunity: acceptance in an intensive three-week, college-level course in Italy with the Maryland Institute College of Arts (MICA).

A recognized leader in international study for artists, MICA administers more study abroad programs than any other art college. Open to sophomore and junior high school students from around the globe, applicants are chosen based on strict criteria, including submitted portfolios and recommendations from current art teachers. Students earn college credits as they are immersed in the Italian culture and travel to various areas throughout Tuscany, such as Sienna, Argentario, Saturnia and Florence.

"It was really last minute," Perryman said of her application to the program, which her mother suggested she try. "I'm really excited to learn a bunch of different techniques, and to see how three weeks in Italy with all these art professionals is going to change my art."

Perryman has been drawing since she was old enough to put pencil to paper, but it wasn't until her sophomore year that she really started considering art as something she wished to pursue as a career.

"I was just sparked with a bunch of ideas

and they just kept coming and coming and I saw a bunch of art coming out of me that was like exceptional, and other people around me were also noticing, and I thought, I could do something with that," she said.

HMHS art teacher Michele Mihanovich-Franz said Perryman is dedicated to her art and possesses a strong sense of individuality and inventiveness.

"What I like to do is look at something and then find a way to make it my own," said Perryman. She added that she really enjoys surrealism and has been inspired by Salvador Dali.

"He has one of these paintings with a clock melting over a branch ('The Persistence of Memory') and several with elephants with ginormous legs!" Perryman said.

Another influence was Robin Urton, whose surreal paintings combine a reverence for nature with personal themes.

"She inspired me all last year," said Perryman. "She paints her dreams, so that's why I started painting my dreams."

Mihanovich-Franz said that the focus of the MICA program will be on painting and drawing landscapes in the Italian countryside.

"I don't know how much room they're going to let her use her imagination, so it will be interesting to see her work," she added.

"I've never really sat outside to paint," Perryman admitted. "I paint out of my head. Images that I see in everyday life just inspire me to do things. Like, I could look at a cup, but then change it into something that's cool."

Perryman will head to Baltimore for an

orientation June 23, and then all the participants fly to Italy together.

"I'm a little bit nervous," she said. "But more excited than anything."

"I'm so used to coming in and having a studio set up for you. Here, we have to carry a bunch of supplies. I'll have to have it all around me, have to carry it, and if I forget something I'm not going to have it. So I have to be responsible with all my stuff and there's a lot of materials I need," said Perryman.

Perryman has already decided that art is where her future lies. She helps Mihanovich-Franz in the studio daily as part of the Career Practicum program at HMHS.

"Since it's something I want to do with my life, I decided to choose a career practicum job where I can experience art in my everyday life and start looking at different jobs that I can do in the future," she said.

While she hasn't committed to a specific career path, Perryman's interest seems to run toward using art to help others.

"(Being an) art teacher is something I wanted to do because there are young kids who have talent like I do and to find it in the kids, to inspire them, would be special and to help them in pursuing it," she said. "Then there is art therapy, where you help people cope with their problems through art, by expressing yourself through art."

At the end of the three-week course, participants will share their work at an exhibit in Castel del Piano's City Hall.

"It's going to be a super lesson for her in so many ways," said Mihanovich-Franz. "It's life changing."

# Prater named Graf Youth of the Year

Story and photo by  
Molly Hayden  
Assistant Editor

VILSECK, Germany — The words of Mahatma Ghandi ring true for graduating Vilseck High School senior Rebekah Prater.

"I wanted to see the change in the world," Prater wrote in an essay recently, regarding her involvement with the Keystone Club, which is a part of the Boys and Girls Club of America. "I wanted to be able to change the world and to better it somehow."

This essay, along with a video describing how her involvement within the community has shaped her character and influenced her life, garnered her the Boys and Girls Club of America Grafenwoehr Youth of the Year award.

Established in 1947, Youth of the Year is BGCA's premier recognition program for club members, promoting service to club, community and family; academic success; strong moral character; life goals; and poise and public speaking ability, according to the BGCA website.

While the program is a tool for fostering young people's personal growth and leadership qualities, Prater's 18 years have forged her character greatly. She has had life experiences that most people only dream of: living in the Republic of Georgia, China, Africa and Europe, as well as a strong Christian background and faith that guides her moral constitution.

Moving every few years can tax a young girl's social life, and Prater admits that making friends was never her strong point. That changed when she met Samantha Grether while volunteering at the Netzaberg Youth Center. Grether, a CYSS child youth assistant at the center, introduced Prater to the Keystone Club and Prater shined.

In less than a year and with over 100



From left: Samantha Grether, a CYSS child youth assistant at the Netzaberg Youth Center, laughs it up with 18-year-old Rebekah Prater, who was recently named Grafenwoehr Youth of the Year, during a study session at the center.

hours of volunteering, Prater came out of her shell, found new experiences through involvement and was forever changed by the friendship she felt from Grether.

"She influenced me a lot," said Prater. "I see her as my little sister," said Grether.

Through a shy interior, Prater uses action to communicate. She took on the role of historian of the Keystone Club, taking photos and managing the Facebook page. In addition to homework, keeping up an impressive GPA, student life and household duties, she is actively involved in Vilseck High School's JROTC.

Prater stated upon entering high school she was forced to join the JROTC program by the prodding of her parents. While she was reluctant at first, the impact of the program on her life and the lessons she learned, most notable self-

discipline, have guided her throughout her remaining high school career.

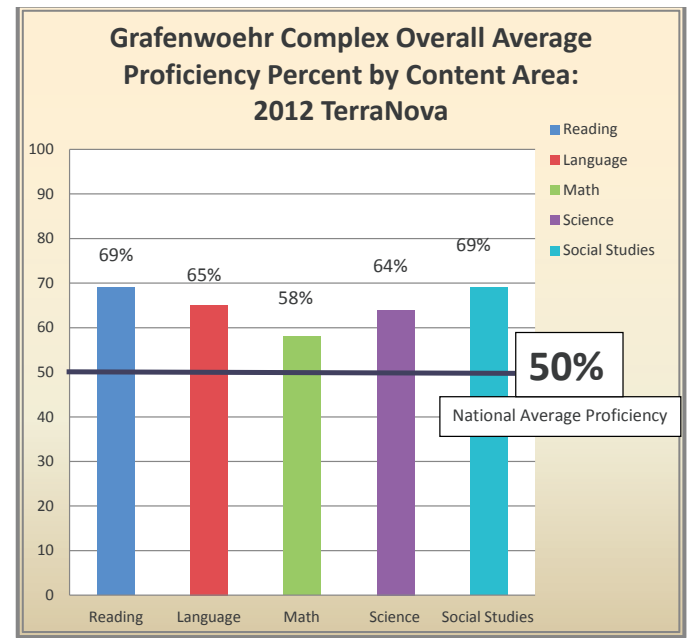
She feels the same way about the Keystone Club.

"JROTC and Keystone influenced me and helped me grow," said Prater. "I know who I am and who I want to be because of my involvement in these clubs."

In the video sent to the competition board, Prater summed up her life thus far and affirmed her goals of attending Washington State University and perhaps becoming a FBI special agent one day. She looked back on her full life and the people in it.

"It's because of the huge impact and influences on my life that I am who I am today," began Prater. "It's because of mistakes and regrets that help mold me into being a better person."

"It is through these experiences that I found myself."



Graphic courtesy of 2012 TerraNova Disks

## Students excel during standardized testing

Staff report

GRAFENWOEHR, Germany — In March more than 1,700 students in third through 11th grade took the TerraNova testing as part of the DoDEA comprehensive assessment system. The chart represents those students' scores.

The national average proficiency is 50 percent. All content areas tested at the Grafenwoehr complex exceeded the national average proficiency percent. Reading and social studies exceed na-

tional proficiency levels by 19 percent; language by 15 percent; science by 14 percent; and math by 8 percent.

Local schools represented at the Grafenwoehr complex included: Grafenwoehr, Netzaberg and Vilseck elementary schools; Netzaberg Middle School and Vilseck High School. (Pre-K through second and 12th grade are not represented in the overall proficiency levels.) *Editor's Note: Dr. Kathy Jo Gillan, Bavaria District, provided data for this report.*

# Practice underway for little league start-up



Photo by Molly Hayden

GRAFENWOEHR, Germany — Logan Altizer, 12, stops a ground ball as Anthony Wiggins, 12, looks on during practice at the CYSS baseball diamond on Grafenwoehr, May 31.

The players are gearing up for a little league charter, expected to come to fruition in the next few months.

Teams have already formed in Grafenwoehr and Vilseck and are looking for more players to com-

pete in this year-round baseball opportunity.

Additionally, the charter is seeking volunteers in many capacities, including the Board of Directors in the Grafenwoehr, Vilseck, Hohenfels and Ansbach communities. Those interested in volunteering or helping in any way may contact Geoff Dewitt at 0162-162-5322, sloopyeod@googlemail, or Brenda Allen at 0162-666-4057, brenda-workshard@gmail.com.

# Register now for the 2012-13 school year

Registration is currently open Monday-Friday, 8 a.m.-4 p.m. For more information, contact your child's school.

- Grafenwoehr Elementary School**  
CIV 09641-83-7133, DSN 475-7133
- Vilseck Elementary School**  
CIV 09662-83-2812, DSN 476-2812
- Netzaberg Elementary School**  
CIV 09645-917-9185, DSN 472-9185
- Netzaberg Middle School**  
CIV 09645-917-9229, DSN 472-9229
- Vilseck High School**  
CIV 09662-83-2255, DSN 476-2255



Competitors take off for the opening race of the U.S. Forces Europe Mountain Bike Series in Hohenfels, June 9.

Story and photos by  
**Mark Iacampo**

*USAG Hohenfels Public Affairs*

HOHENFELS, Germany — The first leg of the U.S. Forces Europe Mountain Bike Series kicked off in Hohenfels, June 9, with 48 riders slipping and sliding around switchbacks, up hills and down steep tracks in a 21-kilometer course that many described as brutal.

"This series is about bringing mountain bikers together so they can push themselves," said David Bumgarner, Outdoor Recreation director. "At the same time, the series brings other military communities together by encouraging participants to travel to the other races."

This year's series includes races in Hohenfels, Kaiserslautern and Bamberg, before finishing in Garmisch.

Each race can be ridden independently with its own winner, but riders can also accumulate points for a chance at the series championship.

"We try to change it up each year," Bumgarner said. "We have a different route, some updated trails."

"They put a lot of work into this and it shows," said Lt. Col. Chad Hendrickson, Landstuhl Regional Medical Center. Hendrickson took second place in the men's open with a time of 1:17:44. "These guys did a real nice job on the course."

"I may be a little biased, but this is the most technical and challenging course on the mountain bike series here in Europe,"

## Pedal power

Mountain bike course challenges competitors



Justin Koppa takes an early lead during the race in Hohenfels, June 9.

said Mike Lefebure, a Department of the Army civilian.

Justin Koppa, a DA civilian out of Ramstein, earned first place in the men's open with a time of 1:16:16. He said the course required total concentration.

"There is no time to rest, really, no time to recover," he said. "And you really have to concentrate on all the technical sections because there are so many roots and rocks."

Koppa had been stationed in Grafenwoehr several years ago, and had won the Hohenfels leg of the series both in 2008 and 2009. He and Hendrickson, as well as third place winner Michael Larson, are part of the Kaiserslautern Military Community Cycling Team.

"We took off really hard at the beginning because we wanted to be first into the single track area," Hendrickson said. "It was a brutal. There was a decent amount of climbing. It didn't seem like it when we prerode the course, but by the third lap those hills were starting to hurt."

Outdoor Recreation also sponsored a trail run for the first time in conjunction with the bike race. The run constituted a single lap on the seven-kilometer trail. Several of the bike participants also took part in the foot race.

"Hohenfels has many good trails to run on," said Lefebure. "If you enjoy trail running, this is a great place to do it. I would look for this to grow as everyone I talked to really enjoyed the run."

The next leg of the mountain bike series is in Kaiserslautern, July 22.



Ciyanna Wilson shows off her ukulele, one of the items she gathered as part of her presentation on Hawaii at the Hohenfels Elementary School State Fair, June 7.

## Students share fun facts at State Fair

Story and photo by  
**Mark Iacampo**

*USAG Hohenfels Public Affairs*

HOHENFELS, Germany — The Hohenfels Elementary School fourth grade welcomed parents, fellow students and administrators to a "State Fair," where they shared their research on all 50 U.S. states in presentations loaded with food, flair and fun, June 7.

What began as a small gathering limited to children in the "Read 180" reading intervention support program by Jennifer Sears, HES reading specialist, has expanded over the past few years to include the entire fourth grade.

"The states are part of the standards that we have to study, and during this intensive month we've spent trying to put together everything about a state," said Sears. "This morning is our culminating activity."

Students created displays including posters, an "ABC book," which each letter representing a new fact, and even created traditional tasty treats based on local recipes from the state they researched.

"Choosing the states was random," Sears said. "If the child got the state they were from, we encouraged them to pick another state, so they could learn something new. And it's a learning experience for the parents as well because many of them may not know anything about a particular state."

Parents and other visitors toured through the various displays, and the students gave oral presentations on such facts as state capital, population, state bird, recreational activities and more.

Ciyanna Wilson wore a colorful lei during her talk about Hawaii.

"Hawaiians greet their guests wearing leis," she explained, "so I'm wearing one so that I can greet people properly."

She also passed out a type of coconut pudding that she said she made herself.

"I had to get all the ingredients, and a big pot, and mix it up a lot, then put it in the refrigerator for about four hours," she said.

Salvador Ramirez, who studied Texas, said getting the food together was his favorite part of the project. He presented chips and two types of salsa.

Alex Etienne had a variety of items to display for her state, New Jersey.

"I have a baseball because New Jersey was the first state to start baseball, and I have a basketball because it was also the first state to play professional basketball," she explained.

Trinity Broadwater seemed very impressed that Louisiana was originally named for King Louis XIV of France. She had several items on display from Mardi Gras.

"I've actually been to Louisiana and was one of the performers in Mardi Gras 2007," she said.

Kayla Williams said she enjoyed learning about her state during the month, but also enjoys the fair because she gets the opportunity to learn about all the states that her classmates researched.

That is also what Nancy Clayton, the DODDS Bavarian District social studies liaison for grades 4-12, enjoys as well.

"This is one of my favorite events of the whole year primarily because I like to listen to the kids share about what they learned," Clayton said. "This is one of the best events to showcase kids in our district."

## Tackling the dropping dilemma

Picking up after pets keeps community clean, healthy

By **Samantha Brinton**  
*Contributing Writer*

VILSECK, Germany — Now that the rainy season has arrived and the flowers are in full bloom, exploring the outdoors is a top priority here in Germany. Daily walks with a pooch are especially appealing and with nature showcasing its beauty, it's also time to be considerate about our community's upkeep.

Picking up Fido's waste not only helps the community stay beautiful, but also keeps our four-legged friends healthy, as disease can spread quickly from animal to animal via pet waste. Roundworm, silk worm, tapeworm, salmonella and E-coli live in animal feces and spread through contact.

According to Capt. Annie Eure, a veterinarian and the officer in charge at the Vilseck Veterinary Treatment Facility, worm parasites from feces can contaminate the ground soil and remain there until an animal or human host comes along.

These bacteria and parasites can threaten a dog's life and well-being. But, perhaps one of the most insidious illnesses to be transferred through waste is the parvovirus. Though the veterinary clinic offers a vaccine against par-

### Keeping worms at bay

Worms can cause a variety of symptoms in pets from mild diarrhea to severe blood loss and sudden death. Preventing dogs from becoming infected can be very tough as eggs can live in the environment for extended periods of time.

The Public Health Command recommends a wellness package for pets that includes routine fecal examinations and monthly heartworm preventatives. With a little effort, pet owners can prevent their pets from becoming ill.

vovirus, once there's an outbreak, it can affect the entire garrison, explained Eure.

Parvovirus is highly contagious among dogs and can live up to eight or 10 years in soil or feces of the infected, said Eure.

"It can be highly disastrous for young puppies," she said.

Pets can be given a vaccine for parvovirus, but that does not mean they are entirely in the clear. If a pet is already infected with one of these diseases, left over droppings can recontaminate the animal even with prescribed treatments. Eure recommends double bagging waste and immediately placing it into a refuse container.

Pet owners should also ensure they

See PETS, page 16



Photo by Chelsea Bissell

## Sharing the mana

VILSECK, Germany — Male members of the Asian American Pacific Islander Committee perform the Maori haka during the Asian American Pacific Islander Luau, June 9. Stomping, grunting, chanting and thumping their chests with closed fists, the dancers mesmerized the audience as they shared this rousing traditional dance of New Zealand natives.

According to 1<sup>st</sup> Lt. Afu Lefaoeseu III, Task Force 2-28, 172<sup>nd</sup> Infantry Brigade, the Maori haka is a call to God "to give us the power and strength to live every day."



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# Fires Squadron lights up the sky during raid



**Bulldog Battery, Fires Squadron, 2nd Cavalry Regiment Soldiers hook two M777A2 howitzers to a German CH-53 Stallion helicopter during an artillery raid operation in the Grafenwoehr Training Area.**

Story and photo by  
**Staff Sgt. Mark Albright**  
*2nd Cavalry Regiment Public Affairs*

VILSECK, Germany — Fires Squadron troopers, with the assistance of the German army, participated in a sling load artillery raid operation named “Raiding Hell” in the Grafenwoehr Training Area, recently.

This partnership mission is the first of its kind involving German air assets sling loading 2CR equipment. Cobra Battery conducted an earlier operation that moved four M777A2s with two CH-53 helicopters. On this particular mission, though, two teams from Bulldog Battery, Fires Squadron, 2nd Cavalry Regiment, hooked two M777A2 howitzers to a German CH-53 Stallion helicopter and transported them to an artillery firing area.

Fires Squadron and a 2nd Squadron security platoon were air assaulted forward to secure the

emplacement for the battery crew members. Leaders of the mission prepared the team for the initial movement.

“The advanced party will move ahead of the cannons and a team will remain to hook the howitzers to the helicopter. Once on site the team will begin the firing process,” said Sgt. 1st Class Brian Parker, a Fires Squadron noncommissioned officer in charge of the artillery raid.

Once on the ground, Soldiers prepared to receive the howitzers and made them ready for a fire mission. The Soldiers were then required to fire a minimum of two rounds and then return the cannons to the starting location.

Once they completed their fire mission, the team sling loaded and returned the troopers and howitzers to the primary landing zone to complete the operation, said Parker.

“I love my job. It’s fun, but tiring,” said Pfc. Ali Nagi, a Bulldog Battery, Fires Squadron,

cannon crewmember.

Firing the howitzers requires effective training and communication. Knowing where the rounds are going is vital to safety.

“We have to emplace and set up communications with the observers and make sure we can talk to everyone both higher and lower to receive the proper information to put into our computer,” said Staff Sgt. James Deese, a Bulldog Battery fire direction center chief. “We have to get all that done so when the guns are in place, we start firing.”

Even though the German and American teams completed the artillery raid mission and fired the rounds, working together was the most valuable aspect.

“I love serving with the different countries like Germany that we serve with in Afghanistan,” said Deese. “We understand each other a little better and what we put into making everything operate the right way.”

# Senior NCOs wrap up Croatia conference

Story and photo by  
**Staff Sgt. Joel Salgado**  
*U.S. Army Europe Public Affairs*

ZAGREB, Croatia — The sixth Conference of European Armies for Non-commissioned Officers, a gathering of senior NCOs from more than 40 European nations, Canada and Afghanistan, wrapped up here, June 7.

The three-day conference, co-hosted by U.S. Army Europe and the Croatian army, is designed to share tactics and techniques that build partnership and interoperability among European, U.S. and other allied and partner forces. The event is a key component of USAREUR’s theater security cooperation program.

“The purpose of the conference is to encourage the development of professional armies throughout the European land forces and build relationships between the European armies’ senior NCOs,” explained USAREUR Command Sgt. Maj. David Davenport Sr.

“This is an opportunity to build mutually beneficial personal and professional relationships and to hear other countries’ views on topics and issues that are important to all of us here in Europe,” Davenport added. “Many of these countries are our coalition partners in Afghanistan. In fact, 93 percent of our coalition partners in ISAF are European countries. So this is an opportunity for us to discuss joint exercises and engagements at which we train for our coalition missions.”

During the conference NCOs discussed several professional development topics, ranging from the basics of building and developing an NCO



**Senior noncommissioned officers from across Europe, Canada and Afghanistan view training at multinational exercise Immediate Response 12, in Zagreb, Croatia, June 5. The annual conference, co-hosted this year by U.S. Army Europe and the Croatian army, is a designed to strengthen the bonds between the U.S. NCO corps and its multinational partners.**

corps to the types of training available for NCOs across Europe.

“We are focused on the further progression of the development and success of professional noncommissioned officer corps in European and Eurasian land forces,” Davenport said. “The conference achieves that objective by engaging senior NCOs in frank and open discussions on military matters of mutual interest.”

Conference participants also viewed a multinational combined training at exercise Immediate Response 12, a multinational training

event currently in progress at Croatia’s Slunj Training Area.

The exercise includes forces from Croatia, Bosnia and Herzegovina, Albania, Slovenia, Montenegro and the United States, with soldiers from Macedonia and Serbia acting as observers.

During the training, participants watched two multinational companies, one U.S.-led and one Croatian-led, participate in an attack on a mock village using dismounted infantry, armored vehicles and close air support. The joint training highlighted the

benefit of working together to prepare for deployment to multinational combat operations.

Command Sgt. Maj. Thomas Capel, former USAREUR command sergeant major now serving as command sergeant major for NATO’s International Security Assistance Force, said the annual NCO conference builds relationships that have a real effect on furthering multinational training and contingency operations.

“I see the same soldiers on the battlefield as I see here at this conference,” Capel said. “It helps me, because when I go to the battlefield I already know who I’m working with.”

Lithuanian National Guard’s Command Sgt. Maj. Darius Masiulis said the conference is a great opportunity to learn from his allied and partner nation counterparts.

“All these topics ... help me better understand how other countries work, how they do training, and how we can do training together. It’s a great for me to learn how it’s done in different countries,” Masiulis said.

USAREUR Commander Lt. Gen. Mark Hertling and Croatian Land Forces Commander Maj. Gen. Dragutin Repinc paid a visit to the conference and co-hosted a dinner with participants. In his remarks at the dinner Hertling said there’s something about the nature of NCOs that ensures that the conference will pay real dividends, solve real problems for today, and build training capabilities for the future.

“I actually think because the sergeants get together, when they talk, things actually happen,” Hertling said.



**Troopers from 4th Squadron, 2nd Cavalry Regiment, and soldiers from the Belgian army’s Liberation-Fifth Line Regiment (Bevrijding-5 Linie), discuss the proper operation of the MK-19 Grenade Launcher during a recent visit by the Belgian army to Rose Barracks.**

# Belgian soldiers visit with Dragoons

Story and photo by  
**Staff Sgt. Mark Albright**  
*2nd Cavalry Regiment Public Affairs*

VILSECK, Germany — Belgian army soldiers from the Liberation-Fifth Line Regiment visited the troopers of 4th Squadron, 2nd Cavalry Regiment, in a meeting between the two nations’ defenders intended to continue to build and maintain their partnership.

The Soldiers compared vehicles and weapons systems and learned the major differences between the two. The Belgian army uses the Piranha III, a cousin of the Stryker. Belgian soldiers explored the different Stryker variations and talked to the Saber troopers about the differences between the two vehicles.

“It’s good to see each other’s vehicles and compare them and I hope we can continue to do this and include other countries in the future,” said Command Sgt. Maj. Marc Krause, Medium Battalion, Liberation-Fifth Line Regiment (Bevrijding-5 Linie), stationed in Leopoldsburg, Belgium.

The Fifth Line Regiment has a long history which includes service from 1830 to present including missions in World War I, World War II (including fighting in Normandy, France), the Cold War and Afghanistan. The unit was stationed in Germany from after World War II until 1992 when it moved back to Belgium.

The interaction helps maintain and strengthen the relationship between the two allies and encourages future meetings between the two countries.

“This is great. We should use every opportunity to do things like this,” said Krause.

# Schweinfurt feels impact of DOD restructure

By **Nathan Van Schaik**  
*USAG Schweinfurt Public Affairs*

SCHWEINFURT, Germany — Moments after Lt. Col. Rob Fago assumed command of the 44th Expeditionary Signal Battalion from Lt. Col. Dwayne A. Dickens during a ceremony held June 7 on Ledward Barracks, the battalion cased its colors in final preparation for its restationing from Schweinfurt to Grafenwoehr.

The casing ceremony comes on the heels of a recent 44th ESB announcement in March that the battalion would make the move a year earlier than planned.

The ceremony ran as a three-part series which included the awarding of the battalion’s Afghanistan campaign streamer signifying receipt of the Meritorious Unit Commendation, the change of command between Dickens and Fago, and the casing of the unit’s

colors.

The departure of the 44th ESB marks Schweinfurt’s first tenant unit to move after the Defense Department announced that the 172nd Brigade Combat Team with units in Schweinfurt would inactivate by October 2013, and that the Schweinfurt Army garrison — a nonenduring garrison — would eventually be returned to the host nation.

A casing ceremony is a time-honored military tradition symbolizing the movement of a unit. The battalion uncased its colors here upon arrival from Mannheim during the summer of 2009. At that time, Lt. Col. Dickens was still the battalion commander, one of the few remaining 44th Soldiers today having lived in Schweinfurt and Mannheim. Even fewer are those to have lived in Mannheim, Schweinfurt and now Grafenwoehr.

Through August, Grafen-

woehr’s population will surge slightly as troops and families begin the move. Single Soldiers and families with young children have already begun the move and, beginning next month, families with school-age children will report.

The 44th ESB is scheduled to uncased its colors in Grafenwoehr in mid-August.

“Although we close a major chapter in the history of the 44th today that includes a farewell to Schweinfurt, the battalion has much to do and more history to make. We look forward to witnessing their success,” said 7th Theater Tactical Signal Brigade Commander Col. John Arnold. The 44th ESB falls under the 7th TTSB headquartered out of Schweinfurt, and the 5th Signal Command out of Wiesbaden.

The 44th has a storied past dating back to 1944, when it was originally pinned as a construction

battalion. It fought in two campaigns during World War II and through the 1960s and ‘70s when the 44th Signal Battalion participated in counteroffensive phases during the war in Vietnam.

The battalion was also involved in Operations Desert Shield, Desert Storm and Provide Comfort in Iraq, as well as in Operation Support Hope in Rwanda in 1994. In the past decade the battalion has deployed to Kuwait, Iraq and Afghanistan.

“For those of us that are leaving, our journey is to finish with the fighting 44th but the unit and its Soldiers will continue on to do bigger and better things under the leadership of Lt. Col. Fago,” said Dickens in his final remarks as a 44th Soldier.

“And that is a story I can’t wait to hear about because I would expect nothing less of this great unit.”

## Teacher assists veterans

**GRAFENWOEHR, Germany — Pearl Clark, a fourth-grade teacher at Grafenwoehr Elementary School, was recently awarded the Veteran's Teacher Award Grafenwoehr and Vilseck, Germany 2011-2012, as well as the Department of Europe Veteran's Teacher Award 2011-2012. Clark received these accolades for her ongoing dedication and support of the Veterans of Foreign Wars and for passing that patriotism on to her students through education and outreach programs involving veterans.**

**"Veterans are and will always be very near and dear to my heart," said Clark. "They laid the foundation for the safety we enjoy today."**

**Looking beyond Veterans Day and celebrations that acknowledge the service of our men and women of the armed forces in a limited capacity, Clark said for her, "celebrating and supporting these men (and women) is an everyday thing."**



Photo by Molly Hayden

**She instills this dedication in her students, explaining that one person can make a difference.**

**"Everyone has their passion," said Clark. "This is mine."**



## Send us your photos!

**If you have photos you'd like to submit for publication, send 3-5 of your best photos, along with a short description of the event, to include the event's name and date to [molly.a.hayden.ctr@mail.mil](mailto:molly.a.hayden.ctr@mail.mil).**

## HMHS principal bids farewell

By David Becher  
Special to the Bavarian News

**HOHENFELS, Germany —** After six years leading the students and faculty of Hohenfels Middle-High School as principal, Daniel Mendoza is retiring from the Department of Defense Dependent Schools.

Born in 1949, Mendoza graduated from Jesuit High School in El Paso, Texas. He served in the Air Force as a fuel specialist from 1968-1972. As an Air Force NCO, Mendoza served in Libya, Greece, Spain, Germany and England. It was in England that he met and married the former Jill Mary Foreman. They have one daughter, Heidi Michelle who is works in Dundee, Scotland, as a research scientist.

Mendoza taught school for eight years in El Paso before joining DoDDS as a history teacher. His first assignment was in Aschaffenburg, Germany, where he stayed for eight years.

He began his administrative career as an education program manager at Nuremberg High School before being promoted to assistant principal at Bamberg High School. He then served as the dormitory administrator and part-time counselor to London Central High School before returning to Germany as principal of Kaiserslautern American High School in 2000.

Mendoza arrived in Hohenfels in 2006.

Mendoza's favorite hobby is playing golf, and he enjoys traveling throughout Europe, especially in the United Kingdom. The man he admires most is his father who served as bombardier in the Air Force during World War II.

Mendoza and his wife look forward to spending their retirement between England and the United States, playing golf and enjoy-

ing their time together.

The following are a collection of quotes from HMHS students:

"Mr. Mendoza is a terribly kind and headstrong man. He was the whole reason I was able to graduate early. Truly, Mr. Mendoza is my favorite principal because of the fact the he involves himself with his students and shows that he cares for the student body."

"Mr. Mendoza has always been easy to talk to."

"His alligator-skin boots scared me."

"I will miss him and his shoes."

"Mr. Mendoza has a great sense of humor."

"You can tell he cares about us and wants us to do our best."

"Mr. Mendoza made sure we had a safe, fun learning environment to help us achieve our academic goals."

"Mr. Mendoza is a caring man who did all he could for the benefit of his students. He is not too strict or too serious; he's just someone you can talk to."

"Mr. Mendoza treats students like they should be treated. I noticed this not only with me but many other students. He has held his expectations high and led this school in the right direction."

"Good-bye, Mr. Mendoza. Thank you for caring about me and actually listening."

"I would like to thank Mr. Mendoza for an awesome four years."

"I appreciate Mr. Mendoza supporting me and the rest of the school. It is nice to know we have staff that truly cares. I hope you enjoy your retirement."



Mendoza

## What's Happening

### Grafenwoehr / Rose Barracks

#### Summer camps

Youth and School Age Centers in Netzaberg and Rose Barracks will offer weekly camps including a weekly, all-day trip from June 18 – Aug. 24.

Activities, breakfast and lunch included in cost. Stay tuned to find out what the folks at CYSS have planned for you this summer!

#### LN Town Hall

June 25: Join the Bavaria Military Community as it hosts two Local National Town Hall meetings. Leaders will provide an update on the LN Reduction in Force (RIF) process at 10 a.m. in the Grafenwoehr Tower Theater, and at 2 p.m. at the Rose Barracks Theater. All LNs are encouraged to attend.

#### AFN live broadcast

June 29: Join AFN for a live broadcast of the Tom and Elliot Morning Show, June 29, from 7-10 a.m. at the Grafenwoehr Java Cafe Bar and Grill (located in the Graf Bowling Center). DJs will be giving away prizes including a trip to Budapest, two tickets for an Oktoberfest daytrip, and much more. For more information, contact DSN 475-5037.

#### Car Boot sale

Come to the Grafenwoehr library June 30, starting at 9 a.m. Open to valid ID cardholders. Contact the library to reserve your spot and stop by day of for treasure hunting.

#### Arts & Crafts contest

Through June 30, at the Heart & Home Craft Shop, Grafenwoehr Bldg. 607 community members can enter their best work in the 2012 Army Arts & Crafts Contest. Categories include: ceramics, digital art, drawing, fibers and textiles, glass, metals and jewelry, mixed media, paintings and wood.

Complete entry forms and submit digital images of work online at the contest website at <https://apps.imcom.army.mil/AP->

**PTRAC.** For complete rules, visit Family and MWR on the Web at [www.armymwr.com](http://www.armymwr.com) or call DSN 475-6101, CIV 09641-83-6101.

#### BOSS Fashion Show

June 30: 1 p.m. at the AAFES Main Exchange. Join BOSS for the "rags to riches" Fashion Show that provides a creative outlet for Soldiers to demonstrate their talents at creating appealing attire from donated articles of clothing.

Prizes to be awarded are 1st place trophy with \$100 AAFES gift card, 2nd Place trophy and 3rd place trophy. For more, call DSN 475-8822, CIV 09641-83-8822.

#### Ten-Miler qualifier

June 30: Race start time 8 a.m. at the Grafenwoehr Physical Fitness Center, Bldg. 170

This is the qualification race for the Army Europe team to compete at the Army Ten Miler in Washington, D.C. Open to active military, DOD civilians and family members 18 years old and older (and out of high school.)

Online registration is available on [www.grafenwoehmwr.com](http://www.grafenwoehmwr.com). Register day off at race site between 6-7:30 a.m. For more, call DSN 475-8207, CIV 09641-83-8207.

#### Faces & places

Check out pictures and storyboards from recent garrison events, activities and programs under the faces & places tab on rotating banner at the top of the garrison's website, [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil).

#### PT through ODR

Available upon request! Contact the Rose Barracks ODR at DSN 476-2563 for booking. Activities include mountain biking, canoeing, climbing and others.

#### Leisure Travel Services

Upcoming overnight trips:  
 ■ July 3-9: Scandinavian capitals (Copenhagen, Stockholm & Helsinki)  
 ■ July 12-16: Paris, France  
 ■ Aug. 8-13: United Kingdom (Cornwall)  
 ■ Aug. 30-Sept. 3: Budapest, Hungary.  
 To enroll, call ODR at DSN

476-2563, open Mon, Tue, Thu and Fri, from 11 a.m.-6 p.m. Customers must pay a \$100 deposit per person to sign up. (Passport required for all overnight trips).

#### Estate Claim

Anyone having any claims on or obligations to the estate of Sgt. William R. Wilson, III of A/2-28, TF 3-66 AR, 172nd Infantry Brigade, should contact the summary court officer, 1st Lt. Darnell L. Badger, at DSN 475-4344 or e-mail [darnell.l.badger@mail.mil](mailto:darnell.l.badger@mail.mil).

#### Swimmers needed

Vipers are looking for energetic youngsters that have the desire and motivation to be on a winning swim club. They are a young team and growing quickly. Meets are hosted throughout Germany and in the locations of Spain, Italy and the UK. Practice is held Monday, Wednesday and Friday 6-7:30 p.m. at the Eschenbach indoor pool.

The Vilseck/Grafenwoehr Vipers are members of the European Forces Swim League <http://swimefsl.org>. If interested contact Dean Vertz at 01622-96-1012 or AJ Leday at 01609-225-2269 or visit our website at [www.vgvipers.org](http://www.vgvipers.org).

#### FAST classes

July 17-27: Grafenwoehr Education Center, Bldg. 538, 8:30 a.m.-4 p.m. Register now as classes fill up fast.

Functional Academic Skills Training (FAST) provides Soldiers with instruction in reading, mathematics, and language skills and is an excellent tool to prepare Soldiers to raise their GT score. This class is a 60-hour course and is limited to 20 students.

For more information, contact Rose Barracks (Vilseck) Education Center at DSN 476-2653/3292 or Grafenwoehr Education Center (Grafenwoehr) at DSN 475-6219/6786.

#### Independence Day

July 4: 6-11 p.m. Main Post Grafenwoehr Parade Field. Join in the fun at the Fourth of July Celebration for the whole family with games such as badminton, horseshoes, volleyball, dominoes,

checkers, and cards. Food, face painting & balloon twisting, magic show, jumping castles for the kids. Entertainment will be a live USO show – The Kayleigh Leith Band from 6-7 p.m., Battle of the Deejays from 7-10:30 p.m. and Fireworks display at 10:30-10:45 p.m.

#### Food Handlers course

July 6: Rose Barracks Education Center, Bldg. 223, Room 1.3, 11:30 a.m.

A food safety class required for food service personnel who prepare or serve food to the public within the Graf/Vilseck community. Certification is intended for individuals involved in fund raising food sales such as BOSS, FRG, clubs or bazaars, and also to CYS personnel such as CYPAs. The class may also supplement required refresher training for regular food service employees. Class is free, lasts approx. 1 hour, and registration is not required.

For more, contact Sgt. Thompson, at DSN 476-2041/2138, CIV 0152-2958-7133.

#### Amnesty Day

July 10: From 8 a.m.-2:30 p.m. at the Unit Entrance at Ammunition Supply Point #1, community members can return goods during Amnesty Day. Simply approach the gate, let the ASP personnel know that you have amnesty, and they will take it from you.

The Department of the Army and USAREUR have recognized that people may have acquired abandoned or unauthorized A&E from a variety of sources: training ranges, souvenirs from peacekeeping missions, and military artifacts found from battles waged centuries ago, just to name a few. This program provides personnel an avenue to return A&E to government control and remain anonymous in the process.

For more information about the Amnesty Program and the 2012 Amnesty Day, call DSN 476-3007, CIV 09662-83-3007.

### Hohenfels

#### Road closure

The road between Rohrbach and Traudendorf will be closed starting June 20 until the middle of August due to repair. Please

follow the detour signs.

#### Mountain bike ride

"Get on your bikes and ride!" Every Thursday the group mountain bike riders saddle up and bike different trails in the surrounding area. These rides are designed to accommodate all ranges of ability, but they can be physically demanding.

Don't have a mountain bike or worried your bike isn't up for the challenge? No worries! You can rent one of ours for half price for the evening ride. Time: 5-8 p.m. (Meet at ODR); Cost: Free, (bike rentals half price).

#### Lunchtime exercise

Come get all a great full body workout in only 30-40 minutes at the lunchtime group exercise class. Hohenfels Sports and Fitness is offering these classes throughout the week beginning at noon.

There are a variety of classes designed to provide an entire full body workout each week. Classes are \$2 each with great discounts for weekly and monthly passes. Stop by the Post Gym to pick up a copy of the schedule or call DSN 466-2883 for more information.

### Schweinfurt

#### Open Mic/Karaoke

June 21: Let us hear it! The Warrior Zone will have an open mic/karaoke night from 7:30-10 p.m. for anyone interested in testing their singing abilities. No early sign-up needed to participate, just courage. Come and share your talent with the Warrior Zone.

This event is intended for single Soldiers, but is open to the entire community. Adults only please.

For more information, contact the Warrior Zone at DSN 354-6082, CIV 09721-96-6082.

#### Klettersteig

June 23, 9 a.m.-5 p.m.: Do you like a challenge? Then challenge yourself, physically and mentally by climbing on a natural rock formation while safely fastened in a harness. The cost is \$25 for transportation and equipment. For more information, please contact the Outdoor Recreation Center at DSN 353-8080 CIV 09721-96-8080.

#### Rowdy River Raft

June 24: White water here we come, in this year's Schweinfurt Rowdy River Raft Race. If so come out and join BOSS in an exciting day of friendly rafting competition on the Main River. Bring your family and friends to help cheer you along from 10 a.m. to 5 p.m. For more information about the event visit [www.rafrace.wordpress.com](http://www.rafrace.wordpress.com).

#### Car seat inspection

July 3: Army Community Services will be providing you a free opportunity to have your car seat inspected from 9 a.m. to 4 p.m. Just swing by ACS on Ledward Barracks to insure the safety and quality of your child's car seat. The inspection is provided by the New Parent Support Program. Inspections will be performed by a national certified Child Passenger Safety Technician. For more information contact ACS at DSN 354-6933, CIV 09721-96-6933.

#### Firecracker Fun Run

July 4: Kick-off your 4th of July Celebration at this year's Firecracker Fun Run. Register today for the race. Last minute registration will be held the day of the race from 7:30-8:30 a.m. at the Kessler Fitness Center. The race start time is 9 a.m. Adults and kids are invited to participate. Categories include a 5k and 10k for adults and a 2k, 3k or 5k for youth.

For more information or to register, contact the Finney or Kessler Fitness Centers. Finney Fitness Center, Conn Barracks, Bldg. 64, DSN 353-8234, CIV 09721-96-8234. Kessler Fitness Center, Kessler Field, Bldg. 451, DSN 354-6735, CIV 09721-96-6735.

#### Independence Day

July 4: The celebration starts at 2 p.m. on Kessler Field. You and your family can be entertained all afternoon with live music, kid attractions, car show, bouncy castles, bungee catapult ride, face paint and more. Refreshments will be available for purchase from vendors. From 6-7 p.m. there will be a greeting from the Garrison Commander, a Salute to the State Flag ceremony, car show awards and live entertainment. The evening will end with an explosive display of fireworks paired with patriotic music. Hope to see you there!

# Istanbul

Story and photos by  
**Margaret Gotheridge**  
*USAG Schweinfurt Public Affairs*

**ISTANBUL** — As the distinct sounds of the muezzins declaring the call to prayer, the realization of being in a place far different from any other city hits you.

Istanbul straddles the Bosphorus, a narrow body of water that separates the Black and Marmara seas. The city is also a dividing point of Europe and Asia. The western side is often referred to as the European side and the east the Asian side. The European side is further divided by the Golden Horn, a five-mile long inlet of water separating the Old City and New Town.

Istanbul has undergone a renaissance since the 1990s that includes upgrades in transportation services. The metro allows travelers arriving at the airport willing to partake in the adventure of public transport to save money when going to the city center. The one-way ride is around \$1. Once in the city center you can then hop on a tramway to destinations throughout the Old City and New Town.

Other additions produced from the renaissance include the remodeling of park lands along the waterways and an influx of modern shops. The improvements have enticed more people to move here, bringing the total population to around 11 million.

The city's location is at a historical crossroads, making for a rich tapestry within Istanbul. Past empires have left their statements of greatness in the city. Prior to being under the Roman Empire the settlement was called Byzantium. Later, Emperor Constantine the Great began renovating and enlarging the city to become the new capital of the Roman Empire. The city was initially named the "New Rome," but was better known as Constantinople, the city of Constantine.

## Hagia Sophia

During the Byzantine empire, Emperor Justinian from 52–565 made remarkable structures, some of which are distinct to Istanbul's skyline. One of these structures is the Hagia Sophia or Church of Holy Wisdom, which was originally built as a church for Constantine.

Located in the Sultanahmet area among other famous sites, the Hagia Sophia was completed in 537 A.D. At the time the building was constructed it was the world's largest and most important religious monument. For almost a thousand years it held this status until St. Peter's in Rome was completed in 17th century. The dome of the building is of massive size, 100 feet across and almost 18 stories tall. The sheer size can be overwhelm-

ing when trying to comprehend all the details of the structure. Several enormous mosaics decorate the structure along with large 19th century medallions with gold Arabic letters spelling out "Allah."

To view the structure from a different angle, venture up to the second level by climbing a ramp that serves as the stairwell at the northern end of the building. Here visitors come face to face with the mosaics. Additional mosaics and frescoes of saints and emperors not visible from the ground floor leave a lasting impression.

The Hagia Sofia was converted into a mosque in 1453 by Mehmet the Conqueror. It remained so until 1935 when Ataturk proclaimed the structure a museum. Ataturk was the country's first president attributed with modernizing Turkey. You'll see his face posted on walls throughout the country.

A short walk across a beautifully landscaped garden and courtyard brings visitors to another impressive structure, the Sultan Ahmet Camii, more popularly referred to as the Blue Mosque. Constructed between 1606 and 1616, the structure was to be competitive in size to the Hagia Sofia.

The Blue Mosque received its popular name because of the 20,000 or so blue-green Iznik tiles adorning the interior. As you enter the mosque and other Muslim holy places keep in mind there is a strict protocol that is expected. You will have to remove your shoes and leave them at the entrance or carry them with you. Immodest clothing is not allowed, but don't worry. Popular places like the Blue Mosque have attendants stationed at the door that can provide women with fabric to cover their heads, shoulders or legs. For your convenience and the worshippers of these places it may be helpful to avoid these places during mid-day prayer or on Fridays.

Take time to stand on the carpet in your bare feet and absorb the details the architect Mehmet Aga implemented into his symmetrical design. The exterior also demonstrates his craftsmanship in the several domes of the mosque and the six exquisitely decorated minarets.

## Topkapi Palace

Moving toward the Golden Horn you will run into the fortifying walls of the Topkapi Palace, which was the home of sultans who ruled the Ottoman Empire from 1453 until 1839. Visitors could spend an entire day in the immense palace; for a shorter visit, don't miss the harem.

The Topkapi Palace harem is a maze of 400 halls, terraces, rooms, wings and apartments. The harem, meaning private, surrounded the sultan's private quarters and was the imperial family quarters. Touring the restored rooms can give a visitor a better understanding of the culture structure implemented during the Ottoman Empire.

Venturing right outside the palace walls you can visit an almost forgotten site, the Basilica Cistern. Built in the Byzantine Empire in 532, it was named the Basilica Cistern due to be-



ing underneath the Stoa Basilica.

The extraordinary structure of the cistern was closed for years and almost forgotten until locals told a scholar, Petrus Gyllius, how they would lower buckets in their basement floors and miraculously obtain fresh water.

The cistern is 65 meters wide and 143 meters long. There are more than 336 columns arranged in 12 rows supporting the roof of the structure. Many of the columns, capitals and plinth were recycled from ruined buildings. Toward the northwestern corner of the cavern you will find two column bases with the head of Medusa.

At the height of its usage it could contain 80,000 cubic meters of water which was fed by nearly 20 km of aqueducts.

## Grand Bazaar

To overload your senses meander through the famous Grand Bazaar. For centuries it has been described as a chaotic labyrinth in the heart of Istanbul. The maze of 4,000 tiny shops can be mind-numbing, but it can be broken up by stopping at a café, restaurant or courtyard to enjoy a cup of tea.

If you are looking to shock your nasal senses you can also visit the Spice Bazaar, a short walk from the Grand Bazaar towards the Golden Horn. Here you will be lured into the tiny shops by sellers eager for you to inhale the many varieties of spices.

For a relaxing way to spend an afternoon try going to a Hamam and be bathed in a quintessential Turkish experience. Here you can relax on a hot marble slab, get lathered and bathed, receive a massage, dip into warm pools and unwind with a cup of tea as you dry off.

One of the best ways to explore Istanbul is to walk the tiny streets of the city. Here you will feel engulfed in the unique mix of ancient and modern buildings. Walk along the water front to feel the breeze of the Bosphorus blowing its salty air in your face as you gaze at the distinct skyline that is Istanbul.

The origins of the word "Istanbul" are from a Greek Phrase, "is tin Poli" which translated is "to the city." The name even beckons you to explore the riches it has to offer those willing to explore.



**From top: Overload your senses at the Grand Bazaar, where you can get lost in the 4,000 tiny stalls. If you get overwhelmed, stop and have tea at a cafe, restaurant or one of the many courtyards. The Spice Bazaar is not for the faint of olfaction. The richness of the spices, Turkish delight or lukum, honey and olive-oil soaps and rich Turkish cheeses are sure to tempt travelers who enjoy a variety of exotic flavors.**



**Left: The Hagia Sofia was completed in 537 and was the world's largest and most important religious monument for almost a thousand years. The dome of the building is of massive size, 100 feet across and almost 18 stories tall.**

**Below: The New Town on the northern side of the Golden Horn offers visitors a mix of ancient structures like the Galata Tower near modern shops along the grand boulevard, Istiklal Caddesi.**



# Sleep keeps Soldiers strong, alert

By Kira M. Koon

U.S. Army Public Health Command

Sleep is often thought of as a luxury that falls by the wayside when we are busy and stressed. However, getting enough sleep is one of the most important things you can do to be Army Strong. Sleep is a necessity to sustain your performance — just like food, water and air.

The effects of sleep deprivation can sneak up on you and cause a serious decrease in your ability to stay sharp during training, while on duty and on the battlefield.

Some common consequences of sleep deprivation include decreased performance and concentration, increased stress, slow reaction times, confusion, memory lapses and poor judgment. Inadequate sleep is also linked with increased risk of motor vehicle accidents, increased risk of diabetes and heart problems, and increased risk for psychiatric conditions including depression and substance abuse.

In other words, without enough sleep, you put both yourself and your fellow Soldiers at risk.

For optimal performance, most Soldiers need seven to eight hours of sleep every 24 hours, and it is best if this sleep is not interrupted. However, as a Soldier, you might not be able to have seven hours of continuous sleeping time each day. In such cases, shorter sleep periods that add up to between seven and eight hours for each 24-hour period can also sustain alertness and performance.

Getting quality sleep depends on many factors, including your stress levels, the surrounding physical environment and what you eat, drink and do close to bedtime. Sleep ex-

perts recommend following the tips:

Stick to a sleep schedule. As much as possible, go to bed and wake up at the same time each day.

Establish a relaxing routine before bed. Give yourself time to unwind. A relaxing routine might include reading or listening to soothing music and lowering the lights.

Have a dark, quiet, comfortable and cool sleeping environment. Don't sleep in areas where there is regular activity. If needed, minimize exposure to noise and light by using ear plugs, blackout shades or a sleep mask.

Avoid large meals and beverages right before bedtime. A light snack is OK, but avoid large meals and too many fluids two to three hours prior to bedtime. A large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause you to awaken to urinate.

Avoid caffeine and nicotine. Coffee, colas, certain teas and chocolate contain caffeine, and its effects can last for eight hours. Nicotine is also a stimulant and can cause smokers to sleep only very lightly.

Avoid alcoholic drinks before bed. While many people think a drink or two will help them fall asleep, alcohol actually prevents you from falling into a deep sleep.

Avoid medicines that delay or disrupt your sleep. Some medications, such as heart, blood pressure or asthma medications, and over-the-counter and herbal remedies for coughs, colds or allergies can disrupt sleep patterns. If you are having trouble sleeping, talk to your doctor to see if any medications you are taking might be affecting your sleep.

Exercise is great, but not before bed. Avoid exercising within a few



hours before going to bed. Exercise makes us more alert and raises body temperature, which makes it harder to fall asleep. So, finish your exercise at least three hours before bedtime.

Don't lie in bed awake. If you find yourself still awake after lying in bed for more than 20 minutes, get up and do something relaxing (like reading or listening to music) until you feel sleepy. Often the anxiety of not being able to sleep can make it harder to fall asleep.

Talk to your doctor if you continue to have trouble sleeping. If you continue to find yourself feeling tired and not alert, talk to your doctor. An underlying health problem might be affecting your sleep.

For more information on how to improve your sleep, refer to:

- Guide to Coping with Deployment and Combat Stress- Sleep Management and Soldier Readiness: A Guide for Leaders and Soldiers. United States Army Public Health Command, <http://phc.amedd.army.mil> (Search for "Sleep")

- Hooah for Health, [www.hooah4health.com/mind/sleeptips.htm](http://www.hooah4health.com/mind/sleeptips.htm)

- U.S. Department of Health and Human Services, [www.nhlbi.nih.gov/health/public/sleep/healthy\\_sleep.pdf](http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf)

- National Sleep Foundation, [www.sleepfoundation.org](http://www.sleepfoundation.org)

*Editor's Note: Kira M. Koon is a program evaluator for the U.S. Army Public Health Command.*

# New advice for prostate screening educates men

By Wayne Combs, Ph.D.

U.S. Army Public Health Command

Did you know that the U.S. Preventive Services Task Force does not recommend prostate cancer screening for all men? If you don't know the latest information about prostate cancer screening, you are not alone. This article will help you understand more about the latest information on prostate cancer screening and help you discuss this issue with your healthcare provider.

**What are the latest recommendations for prostate cancer screening?**

According to the U.S. Centers for Disease Control and Prevention, there is currently no scientific agreement on the best ways to prevent prostate cancer and not enough supporting evidence to recommend screening in all men. The USPSTF has concluded that the current medical evidence is insufficient to compare the benefits and harms of prostate cancer screening in men younger than age 75 years. The USPSTF also recommends against screening for prostate cancer in men age 75 years or older.

**What is prostate cancer?**

Prostate cancer is made up of cells that do not grow normally. The cells divide and create new cells that the body does not need, forming a mass of tissue called a tumor. These abnormal cells can sometimes spread to other parts of the body, multiply and cause death.

**What causes prostate cancer?**

As with many types of cancers, medical experts do not know what causes prostate cancer. They are studying several possible causes.

**Who is at increased risk for prostate cancer?**

While all men are at risk for prostate cancer, some factors increase risk:

Family history. Men with a father or brother who has had prostate cancer are at greater risk for developing it themselves.

Race. Prostate cancer is more common in some racial and ethnic groups than in others, but medical experts do not know why. Prostate cancer is more common in African-American men than in white men. And, African-American men with prostate cancer are more likely to die from the disease than white men. It is less common in Hispanic, Asian, Pacific Islander and Native American men than in white men.

Age. The prevalence of prostate cancer increases rapidly after age 40.

**Can prostate cancer be prevented?**

Medical experts do not know how to prevent prostate cancer. But they are studying many factors. They do know that not smoking, maintaining a healthy diet, staying physically active and seeing your doctor regularly contribute to overall good health.

**What does "screening" mean?**

Screening means looking for signs of disease in people who have no symptoms. So screening for prostate cancer is looking for early-stage disease. The main screening tools for prostate cancer are the digital rectal examination and the prostate specific antigen blood test. However, the DRE and PSA test cannot tell if you have cancer; they can only suggest the need for further tests. Many factors such as age, race, certain medical procedures, an enlarged prostate or a prostate infection can affect PSA levels.

Because of the uncertainty about prostate cancer screening, the CDC recommends that men discuss prostate screening with their health care provider. Every man needs balanced information on the pros and cons of prostate cancer to help him make an informed decision about screening.

For more information on prostate cancer, visit the Centers for Disease Control and Prevention:

[www.cdc.gov/cancer/prostate/informed\\_decision\\_making.htm](http://www.cdc.gov/cancer/prostate/informed_decision_making.htm)

[www.cdc.gov/cancer/prostate/pdf/prosguide.pdf](http://www.cdc.gov/cancer/prostate/pdf/prosguide.pdf)

*Editor's Note: Wayne Combs, Ph.D., is a community health nurse at the U.S. Army Public Health Command.*

# Oral hygiene active agent in overall health

By Sgt. Joshua T. Harrison

Hohenfels Dental Clinic

HOHENFELS, Germany — Soldiers today deploy with the training and equipment they need to win the fight. However, when it comes to oral hygiene, many Soldiers and family members are ill prepared for this very simple fight because they are unaware of the dangers poor hygiene can have, not only on their teeth, but on their overall health.

By now almost everyone has heard that bad oral hygiene can cause cavities. This occurs when bacteria attaches itself to the tooth surface and, using a source of sugar from our foods and drinks, produces an acid that eats away at our tooth enamel, resulting in cavities. Brushing and flossing, along with maintaining a healthy diet, will help prevent cavities. Flossing prevents the bacteria from attacking the surfaces between our teeth that simple brushing will not reach.

We have all seen the famous commercial of preventing gingivi-

tis (bacterial infection of the gums caused by increased amounts of bacterial plaque). Gingivitis is a common effect from not properly brushing and flossing. Dental professionals recommend brushing twice a day for two minutes and flossing once daily. One flossing technique involves forming a "C" shape around each tooth and gently going below the gum line so that you are not only removing the bacteria from between the teeth, but also in the small pockets that surround the tooth.

If you have not flossed in a while you will notice some localized bleeding; this is normal and should stop after a few days. The best way to think about it is to remember when you first entered into the Army and went to Basic Training. Doing push-ups on rocks makes your hands sore and even cuts them, but with continued exposure your body compensated by forming a callus. In the same way, your gums are better able to fight off infection because you are removing the irritant and letting the gums become healthy. If the bleed-

ing continues after a few days, make a follow-up with your dentist or hygienist for an evaluation.

An advanced condition known as Periodontal Disease can cause serious health defects. This disease is an advanced bacterial infection that involves not only the gum tissue, but also the surrounding tissues, to include the bone. When left untreated, this very aggressive disease will cause the bone to shrink away, exposing the underlying tissues of the teeth; cause infections where the gum tissue will die away (resulting in bad breath); and over time you will lose your teeth.

Some very simple steps can prevent the build-up of bacterial plaque that causes systemic diseases:

- Use an American Dental Association-approved toothbrush and change it out every three months or when you get sick. Brush twice a day (morning and evening) and after every meal will prevent less of a sugar food source for the bacteria.

- Use ADA-approved toothpaste with fluoride.

- Floss. The rule of thumb is to floss the ones that you want to keep. Flossing once a day will prevent the bacteria from culturing between the teeth and below the gum line.

- Visit the dentist annually. Getting an exam once a year and practicing good oral hygiene are keys to preventing disease.

- Dental cleanings. These remove bacterial plaque from areas that you may not be able to remove through regular brushing and flossing.

By following these steps, you will break the cycle of bad oral hygiene and create a fighting chance against diseases that are linked to the bacterial plaque. Eating healthy and taking care of our mouth will have a positive influence in our overall health. Like military leaders who have passed on knowledge to the future leaders, we must pass along this knowledge to our children as well.

*Editor's Note: Sgt. Joshua T. Harrison is the noncommissioned officer in charge at the Hohenfels Dental Clinic.*

# MRSA bacteria may be transmitted in workplace

By Karla Simon

U.S. Army Public Health Command

Methicillin-Resistant Staphylococcus Aureus is a potentially dangerous type of staph bacteria that is resistant to certain antibiotics. It typically causes skin infection but can also affect the bloodstream, lungs, heart, bones and joints. MRSA is transmitted most frequently by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection (for example, towels, used bandages, equipment).

**Am I at risk of getting MRSA from someone at work?**

Some workplace settings have risk factors that make it easier to transmit MRSA. These factors, referred to as the 5 C's, are as follows: Crowding, frequent skin-to-skin

contact, compromised skin (i.e., cuts or abrasions), contaminated items and surfaces and lack of cleanliness.

**How can I prevent MRSA infections?**

Practice good hygiene: Wash your hands thoroughly with soap and water or use an alcohol-based hand sanitizer. Shower immediately after working out on gym equipment. Cover your wound. Keep cuts and scrapes clean and covered with a bandage until healed. Do not touch. Avoid contact with other people's wounds or bandages. Do not share personal items. Avoid sharing personal items that touch bare skin such as towels, razors, uniforms and personal protective equipment.

**What should I do if I think I have a MRSA infection?**

See your health care provider and follow their advice about

returning to work.

**I have MRSA, can I go to work?**

Unless directed by a health care provider, employees with MRSA infections should not be routinely excluded from going to work. Exclusion from work should be reserved for those with wound drainage ("pus") that cannot be covered and contained with a clean, dry bandage and for those who cannot maintain good hygiene practices. Employees with active infections should be excluded from activities where skin-to-skin contact with the affected skin area is likely to occur until their infections are healed.

**What should I do if I suspect that my uniform, clothing, personal protective equipment or workstation has become contaminated with MRSA?**

Wash uniforms, clothing, sheets

and towels that become soiled in a washing machine set to the hottest water setting (with added bleach, if possible). Dry the washed items in a hot dryer, rather than air-drying. Cleaning contaminated equipment and surfaces with detergent-based cleaners or Environmental Protection Agency-registered disinfectants is effective at removing MRSA from the environment. The EPA provides a list of EPA-registered products effective against MRSA.

For more information, call 1-800-CDC-INFO or visit the U.S. Centers for Disease Control and Prevention, at [www.cdc.gov/niosh/topics/mrsa/](http://www.cdc.gov/niosh/topics/mrsa/) or the Environmental Protection Agency at <http://epa.gov/opad001/chemregindex.htm>.

*Editor's Note: Karla Simon is an industrial hygienist with the U.S. Army Public Health Command.*



# Environmental education leaves lasting impression

Story and photo by  
**Spc. Latoya Dallas**

*USAG Schweinfurt Public Affairs*

SCHWEINFURT, Germany — More than 350 elementary and middle school students took part in the annual Environmental Awareness Days hosted by the Directorate of Public Works at the Conn Barracks recycling center, recently.

For more than 20 years DPW has been hosting this multitopic, environmentally focused field trip for kids. “And they like it,” said Lothar Rueckert, the chief of the Environmental Division and one of the leading figures behind the event.

Students in grades 2-7 from Schweinfurt Elementary-Middle School basked in the clear skies and pleasant breeze as they trekked from the school to the recycling center and back, with backpacks in tow.

“The event is designed to educate children about the relationship between our daily lives and the environment. Everyone should care about the environment because we only have one earth and the resources are limited. If we don’t care and generate too much waste, some day it will or might kill us,” said Rueckert.

The DPW education station used a recycling table modelled after Germany’s recycling system to illustrate the process from when garbage is separated to its transformation into a reusable product. Other station topics included alternative energies, compost use, paper manufacturing, Lyme disease prevention, live-fire training and a hedgehog habitation.

“It would take one year in the

classroom to learn all of this information. However, we squeeze it all into three days,” said Wolfgang Froehling, the environmental engineer for DPW. “The advantage for the children is that it’s like a holiday and fun for them.”

Not only did personnel from almost all divisions of DPW present at some of the eight stations, but key environmental figures of the city of Schweinfurt also took the time to educate the children, including a German environmental lobbyist, firefighters, the government forest marshal, biologists, a zoologist from Wildpark and an environmental management engineer.

Several Soldiers from the 1st Battalion, 77th Field Artillery Regiment, enlisted to escort the children to and from school, and from station to station.

Education at each station was further illuminated through hands-on applications: students constructed a miniature merry-go-round, which was powered by the sun, molded pulp into a piece of paper that could be written on, and handled adult deer antlers and furs.

Each year the DPW’s Environmental Division presents a different animal, and then details its life cycle, habitat and importance to humans. This year they chose the hedgehog, which is uncommon in the States. But during the fall in Germany the hedgehog searches for a shelter to hibernate during the wintertime.

Children eagerly listened to the speaker of each station. When volunteers were required, students actively stretched out their “spirit fingers” to



**Third-grader Aliya Butcher learns how to extinguish a fire with the aid of a local firefighter. Students at Schweinfurt Elementary-Middle School attended Environmental Awareness Day at the Conn Barracks Recycling Center, May 22-24. The event has been held annually for more than 20 years.**

be called upon. When leaving the station, all children would harmoniously sound off a gracious “Thank you!”

“We want to reach out to the children because I believe that children educate their parents,” Rueckert said.

Froehling added, “It’s much easier to educate kids. They are more interesting and they are able to take in more. You educate a kid and this kid goes on living for another 70 or 80 years sharing the information he has learned now.”

The event left a lasting impact on many of the students, too.

“When we don’t take care of the earth, we are hurting more than animals,” said fourth-grader Ladeem Bagosbah. “We also hurt the water and plants. When I see trash on the

ground, I won’t step over it. If I see trash in a creek or in the woods, I will pick it up so that it won’t hurt the animals.”

“My favorite part was putting out fires with the fire truck. We got sprayed a little,” said 9-year-old Ladeem.

*Editor’s Note: Schweinfurt’s DPW produces an informative Environmental Newsletter every other month. It provides information ranging from fuel-saving tips to nature exhibitions around Bavaria to recognizing the animals and bugs that inhabit USAG Schweinfurt. At times, the newsletter also provides information for Soldiers in the field who may come into contact with potentially hazardous plants and insects.*



**From left, Sgt. 1st Class Brenda Lewis of the 44th ESB and Staff Sgt. Muguette Wingfield of the 1-77th Field Artillery Regiment celebrate a change of responsibility at the Ledward Dining Facility, June 1. Wingfield took over responsibilities as the senior food service operation sergeant.**

## Wingfield heads Ledward DFAC

**As 44th ESB leaves for Grafenwoehr, 1-77th takes over**

Story and photo by  
**Spc. Latoya Dallas**

*USAG Schweinfurt Public Affairs*

SCHWEINFURT, Germany — The 1st Battalion, 77th Field Artillery Regiment, officially took over food service operations at the Ledward Dining Facility from the 44th Expeditionary Signal Battalion at a rare change of responsibility ceremony at the Ledward DFAC, June 1.

Traditionally, Army units don’t commemorate a change in operational leadership at a dining facility. But in a celebration marking the change — prompted by garrison and unit leadership — top brass came to witness Sgt. 1st Class Brenda Lewis, senior food service operation (FSO) sergeant for the 44th ESB, hand the reins over to Staff Sgt. Muguette Wingfield of the 1-77th FA.

“Typically, simply a 100-percent inventory is done between the incoming and outgoing senior FSO sergeant and DFAC

funds are counted and recounted,” said Lewis. “That’s it.”

The 44th ESB announced in March that the battalion would restation to Grafenwoehr a year earlier than planned. On June 7, the battalion cased its colors symbolizing its movement. The 44th ESB is Schweinfurt’s first tenant unit to move after the DOD made plans for major restructuring in Europe.

Just as the 44th ESB makes preparations to depart, so, too, does Lewis, who will soon PCS to Fort Leonard Wood, Mo.

Meanwhile, Wingfield must begin the challenge of running a DFAC that serves upward of 400 individuals during breakfast and lunch. It’s the first time she’s ever run a dining facility in her military career, she said.

But it was Wingfield’s proven work ethic, in-depth experience and leadership style that made her an easy appointment for the position. During her 11 years of military service, she has fulfilled the duties of the food service noncommissioned officer in charge with the 2nd Battalion at Fort Bragg, N.C. She’s also been deployed for more than four years.

“My main priority is the

SIK, or Single Soldiers as Subsistence-in-kind. I will take one step at a time as I see changes that need to be made. For now, I will maintain what’s been established.”

Subsistence-in-kind is a food ration program that applies to enlisted Soldiers who do not receive the benefits of the basic allowance for subsistence, or BAS, because they are furnished meals at no charge from the dining facility or on behalf of the government.

Units and organizational commanders are responsible for the operation of a dining facility, according to the Army’s regulation on the Army Food Program. A unit and its commanders are accountable for accounting, training, safety and administration.

Wingfield plans to manage the DFAC until the closure of USAG Schweinfurt, while leading 21 military and 15 kitchen staff members from three different units.

“There is always room to learn and grow,” said Wingfield. “I will make sure Soldier members are provided a balanced meal and that superior customer service is maintained.”

## Stateside number gives callers easy DSN access

By U.S. Army Europe Public Affairs  
*News Release*

HEIDELBERG, Germany — Anyone can now call the Army in Europe’s official Defense Switched Network (DSN) phone numbers from the U.S. via a standard stateside commercial telephone number.

The number — 301-981-1059 — gives callers in the U.S. who do not have a DSN line available immediate commercial access to an operator in Germany, who will then connect them to the appropriate DSN number in Europe.

“We realized that some people stateside not used to calling overseas are put off by foreign access codes and country codes,” said Col. Bryan Hilferty, U.S. Army Europe chief of public affairs. “I know I was.”

“So we designed this system to encourage communication with incoming Soldiers and families, as well as with U.S. citizens or researchers who have questions about the Army in Europe.”

“However, you still need to know the unit you want to connect with, or their DSN number, or the operator cannot complete the call,” Hilferty said. “And remember, the Army in Europe is six hours ahead of the East Coast, so best to call us when it is morning in the U.S.”

Callers must pay commercial calling costs to the Maryland 301 area code, but there are no overseas calling charges, and the number is accessible from any phone.

This number is for official use only — not for “morale and welfare calls,” to access a civilian number, or for other personal use. Furthermore, the primary method for official communications remains DSN or e-mail.

For more information, e-mail [ocpa.pi@eur.army.mil](mailto:ocpa.pi@eur.army.mil) or call 06221-57-7270.

## MPs warn all that glitters is not gold

**Motorists: Consider personal safety when deciding to help others**

By Robert Szostek

*U.S. Army Europe Office of the Provost Marshal Public Affairs*

MANNHEIM, Germany — People can run into bad luck while they are on the road and become legitimate candidates for charity. Unfortunately, others are simply up to no good, warn officials at the U.S. Army Europe Office of the Provost Marshal.

“With the onset of summer we again expect to see cases of people trying to defraud Americans while traveling in Europe,” said Patrick MacKenzie, USAREUR OPM law enforcement chief.

Officials said one type of common scam involves someone in a vehicle flagging down other vehicles to get money by falsely claiming to need help. This kind of approach often happens close to a barracks gate, at a highway rest stop or on a road outside a town where vehicles must move slowly.

Sometimes the scammers offer drivers what appears to be gold jewelry as “collateral” so they can pay a “loan” back later, OPM officials said, but the rings and chains usually turn out to be worthless brass imitations.

OPM experts warned of a second scam that involves a con artist stopping an intended victim and claiming to have run out of money at a trade fair. The scammer then offers to sell the victim his expensive goods — often jackets or coats — at a huge discount so he can buy gas to get home. But the fancy brand-name articles are nothing but cheap fakes.

To avoid being scammed, MacKenzie recommends that members of the U.S. forces community in Europe keep these tips in mind:

Beware of distractions if you are in your car alone. Someone talking to you on the driver’s side of the car could be trying to divert your attention while a buddy steals your purse or wallet from the other side.

Offers that sound too good to be true, usually are. Articles with fancy brand names and gold jewelry are most likely cheap imitations.

Always consider the relationship between the trouble a person claims he is in and what he is asking for. People in real need rarely ask for more than what is absolutely necessary.

Never give large amounts of money to anyone on the road. The most anyone should need is enough to fill a tank with gas.

Officials also noted that the German automobile association ADAC reports that travelers should also be aware that in some regions gangs may be involved in trying to scam motorists on main highways.

The crooks, they say, generally drive large, dark sedans and try to get drivers to stop with hand gestures, flashing lights or a raised gas container. When their victim stops, they demand financial help for their families or try to sell fake jewelry. If the victim gives up little or no cash, the solicitation can turn into a robbery.

ADAC advises drivers who encounter such situations to not stop, but continue driving.

MacKenzie also advised that anyone approached in this manner write down the person’s license plate number and contact the nearest military or civil police station.



**USAG Grafenwoehr Commander Col. James Saenz and Chaplain (Maj.) Stan Copeland cut the Army birthday cake while Command Sgt. Maj. William Berrios looks on at the Grafenwoehr DFAC, June 14.**

## Army celebrates its 237th

Leaders carry out time-honored cake tradition

Story and photo by  
**Chelsea Bissell**  
*Staff Writer*

GRAFENWOEHR, Germany — Ten minutes before the doors opened, lines 30 deep had already formed outside the U.S. Army Garrison Grafenwoehr's Dining Facility for the Army's 237th birthday celebration on June 14.

The event, where visitors lunched on an array of shellfish, along with steak, ribs, macaroni and cheese, biscuits and greens, featured a cake-cutting ceremony presided over by USAG Grafenwoehr Commander Col. James E. Saenz and USAG Grafenwoehr Command Sgt. Maj. William Berrios.

The leadership accompanied the oldest Soldier in the community, Chaplain (Maj.) Stan Copeland and the youngest, Pvt. Jonathan Rey, Comanche Troop, 2nd Cavalry Regiment, in wielding swords to make the initial slices in the cake, decorated as the current American flag on one half and the Continental flag on the other.

At 67 years old, this was Copeland's third time slicing the cake as Grafenwoehr's oldest active duty member. Copeland, who was drafted into the Army during the Vietnam War in 1969, has spent 25 intermittent years serving his country. He explained that a long tenure in the armed forces means enduring a lot of the negatives along with the positives.

"It's a left-handed honor," said Copeland about his opportunity to be part of the ceremony. "I'm a Vietnam graduate and a lot of the guys didn't make it."

Still, Copeland described himself as a proud member of a military family. His father was drafted in World War II, and three of his four children currently serve.

Recently turned 18-year-old Rey, currently the youngest Soldier on post, is a military naif. With five months in the Army under his belt and less than a month in Germany, he was shocked to find himself in such a prominent position.

"I was sweating standing next to sergeant major and the colonel," said Rey. "I just get into the Army and I get introduced to them. I couldn't ask for anything more."

## Saenz brings storytime to kids

Children participate in birthday celebration

Story and photos by  
**Molly Hayden**  
*Assistant Editor*

ESCHENBACH, Germany — "Whose birthday is it today?" asked Anita Payne-Landgraf, chief of the Child, Youth and School Services, to more than 175 children from the Grafenwoehr community Child Development Centers and School Age Centers here, June 14.

"My dad's!" yelled Indiana Whitfield.

Lucky for Whitfield's father, he shares his special day with the U.S. Army, and the Army celebrates in style.

Although, according to Whitfield, so does his father.

"It's 'cause he's in the Army," said the 6-year-old.

While adult celebrations peppered the U.S. Army Garrison Grafenwoehr this afternoon, community youth had a celebration of their own with a time-honored tradition and one very special guest.

Col. James Saenz, U.S. Army Garrison Grafenwoehr commander, dropped by the Netzaberg Youth Center to read the children a book appropriately titled "Happy Birthday, U.S. Army!"

Saenz read of a young boy whose father is a Soldier.

"He says that makes me special because I have two families. Our



**Above: Col. James Saenz, U.S. Army Garrison Grafenwoehr commander, reads the book "Happy Birthday, U.S. Army!" to a group of children (right) at the Netzaberg Elementary School on the Army's birthday, June 14.**



family and the Army family," read Saenz.

The story spoke of the Army's timeless traditions and celebrations, and engaged the children by talking about people in the community, familiar at every Army base worldwide, from police officers to caretakers at the Child De-

velopment Center.

Without missing a beat, the story ended, "Happy Birthday" was sung and cupcakes were served.

After polishing off the remains of his sugary treat, 6-year-old Christopher Pedrick wiped his face clean, missing the dollop of blue icing that had escaped to his brow.



For more coverage on the Army's 237th birthday celebration at garrisons around the world, visit [www.army.mil](http://www.army.mil).



## D-Day a chance for cross-generational connections

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d'Honneur. Before the ceremony, thousands of spectators watched as U.S. and international paratroopers recreate D-Day's airborne operations — jumping from U.S. Air Force planes onto the "Iron Mike" drop zone near the La Fiere bridge — at the Mederet River just west of Sainte-Mere-Eglise.

Soldiers from the Fort Bragg, N.C.-based U.S. Army Civil Affairs & Psychological Operations Command and the Kaiserslautern, Germany-based 5th Quartermaster Detachment were among the hundreds of paratroopers who took part.

The Liberty Jump Team, which includes veterans from other conflicts and civilians parachutists, also jumped. Dave De Soucy, a retired officer from California who served in combat with the 101st Airborne Division during Vietnam, was one of the first to land in La Fiere's marshy drop zone — an area that was flooded on D-Day where several 82nd paratroopers down on D-Day, stuck in their chutes and harnesses. Packing up his chute, De Soucy said commemorative jumps honor World War II paratroopers, but also remind people about our current military operations, he said.

"It's an almost overwhelming experience," said De Soucy, pausing as emotions welled inside him. "We've got to remember the folks who did it and those who still do it — the one percent who go into harm's way for the benefit of the (other) 99 percent."

When wind gusts caught the beret of a German soldier, Jacqueline Roman watched in amazement as Lt. Gen. Mark Hertling, commander of U.S. Army Europe, walked over and knelt down to pick up the beret off the dirt, then hand it back to the German.

"That's the American way," she said. "That was wonderful."

After World War II, there were 16 million living American veterans. Now, many are reaching their final years. U.S. troops cherished the opportunity to speak with them, to shake their hands and hear their stories.

"You can learn firsthand about history from these veterans," Hertling said. "Not a lot has changed. They had the same fears and anxiety as they went into combat and the trauma from the things they faced. They teach our Soldiers a lot about what that means."

One older paratrooper hugged Staff Sgt. Rachel Medley, 34, of Eureka, Calif., who serves with the U.S. Army's Golden Knights. Meeting Soldiers from World War II is humbling, she said.

"They paved the path for the way the world is today," Medley said. "The time is rapidly approaching when it won't be living history anymore. It will be just something we read about in books because



**John Perozzi, a D-Day veteran who served with the 82nd Airborne Division, re-turned to Normandy, France, this year for the 68th anniversary commemorations. Perozzi also took the opportunity to visit his fallen buddies at the Normandy American Cemetery, overlooking Omaha beach.**

there will be no one who witnessed this. For us to be here and say thank you, it's a huge honor to be in their presence."

U.S. troops and veterans marched through Sainte-Mere-Eglise, where they were honored with a banquet in the town square. Similar events were held throughout the area in the week prior to June 6.

Earlier in the week, on June 2, U.S. Special Operation Forces demonstrated a high altitude, low opening jump near the historic Norman town of Mont Saint Michel. Capt. Stephen Cargill, an officer from the Stuttgart, Germany-based 1st Battalion, 10th Special Forces Group, said free falling above Normandy meant a lot to him.

"It's just amazing to get the opportunity to see something so incredible," Cargill said. "It hits that much closer to home, to land on hallowed ground."

One evening, Cargill and fellow Special Forces Soldiers relaxed outdoors near the Stop Cafe, a famous gathering spot in Sainte-Mere-Eglise. Troops mingled with French people wearing old fashioned uniforms. One Dutch teen, Rob Van Meel, 13, cautiously approached the Green Berets in his authentic World War II uniform of a 101st Airborne Division Soldier.

While many French children ask U.S. troops for a souvenir, Van Meel just asked about their patches. Impressed with Van Meel's detailed uniform, U.S. Army Master Sgt. Damon Storey got down and presented Van Meel with a set of combat jump wings — a treasured possession. Van Meel attended D-Day anniversaries in Normandy every year of his life, he said. In fact, his first costume was as a World War II ammunition box at just 3 months old. He thanked Storey, but said he wouldn't wear the jump wings on the Screaming Eagles uniform, as it wouldn't have been historically correct.

A handful of aging U.S. and allied veterans at-

tended several ceremonies over the course of week. Ellan Levitsky Orkin, 92, and her sister Dorothy, 95, who served together in Normandy as U.S. Army nurses, were offered honorary French citizenship during a June 4 ceremony in Bolleville. They helped unveil a new memorial to World War II medics, near where they served with the 164th Field Hospital. They come back every year, but they don't quite understand all the excitement, Orkin said.

"We came and had a job to do and we went home," she said. "When we went home, nobody asked us questions then and we didn't talk about it. It was too painful."

Still, some veterans are willing to share their tales. And they don't mind using newer technology if it means bridging the gap of miles. Milt Staley, 93, of Redding, Calif., waded through chest deep surf onto Utah Beach on D-Day with the 4th Infantry Division. He first returned in 2011 and has since kept friendships with French on Facebook.

When Staley visits the church at Sainte-Mere-Eglise, he remembers occupying foxholes dug earlier by 82nd Airborne paratroopers. Afterward, Staley fought with the 90th Infantry Division and was wounded in combat. Coming back to France is not about reliving the horrors of war, he said. It's about sharing time with people in France.

"I was never hugged and kissed and thanked so much for what we did," Staley said. "It amazed and overwhelmed me and I think I'll never forget it."

Cook, on the other hand, has returned many times. He also looks forward to seeing people he's met before, plus reflecting on some of his wartime thoughts, he said.

"This brings back the memories of the guys we were with here," Cook said. "It's important that we rededicate ourselves to their sacrifice and D-Day helps us do that."

## Pets deserve a healthy environment

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thoroughly wash their hands. Bacteria and viruses are not friendly matches against humans either — all except parvovirus can affect humans, too.

The Rose Barracks Veterinarian's Family Housing Pet Ownership Responsibilities in Government Quarters Guild states: "Animal feces will be 'scooped up' by the attending person and discarded in appropriate receptacles. Pet owners are responsible for carrying the means and supplies needed for immediate pet toileting clean up and disposal."

Most parks have green boxes with waste bags. If the thought of picking it up makes your stomach churn, you can order a pooper-scooper.

While picking up after a pet both is in accordance with Army regulations and keeps the community clean, it also lessens discord between neighbors.

"In order for pet owners to have a more harmonious relationship with the neighbors who are non-pet owners, it is imperative that they abide by the responsibilities of pet ownership," said Pfc. Trenton Brockington, 2nd Battalion, 28th Infantry Regiment, and NCOIC of the Grafenwoehr Housing Office.

No one likes walking through a field and then stepping in the dreaded "doggie landmine."

So as unflattering as it is to have to dispose of waste, it can be even worse if a friend finds their new kicks a little stinky.

For a complete list of pet ownership responsibility rules, contact the Family Housing Office at DSN 476-2808, CIV 09662-83-2808.

For additional information, visit the U.S. Army Europe Regional Veterinary Command website at <http://ervc.amedd.army.mil> or call DSN 476-2370, CIV 09662-83-2370.

*Editor's Note: Chelsea Bissell contributed reporting.*

# Charles Barkley visits wounded warriors

Story and photo by  
**Elaine Sanchez**  
*Army News Service*

FORT SAM HOUSTON, Texas — A group of wounded warriors put Charles Barkley's basketball knowledge to the test today during a visit to the Center for the Intrepid here.

"What up guys!" Barkley called out as he entered the military's state-of-the-art physical rehabilitation center, just steps away from San Antonio Military Medical Center.

A few dozen troops — some in wheelchairs and others standing on prosthetic limbs — gathered around to grill the former pro basketball player on everything from his predictions for the Spurs' playoff game tonight ("whoever wins tonight will win the series") to his pick for best player in the league ("LeBron James").

A few of the Soldiers ribbed Barkley, an analyst on TNT's "Inside the NBA," about some of his past predictions, particularly regarding San Antonio's beloved Spurs, but "Sir Charles" took it in stride. He joked with the troops, taking time to pose for pictures and sign basketballs and gym towels. One amputee Soldier even decided to pull off his prosthetic to be the "third wheel" in a picture.



**Charles Barkley, a former professional basketball player and an analyst on TNT's "Inside the NBA," signs a wounded warrior's T-shirt during a visit to the Center for the Intrepid in San Antonio, June 4.**

"He's a really great guy," said Sgt. Ken Patterson, who bantered with Barkley for several minutes after they met. "And I can tell he really cares about soldiers. Plus, I admire the way he sticks to his convictions."

Spc. Chris Haley, who also chatted with Barkley for several min-

utes, agreed.

"He doesn't hold anything back," he said. "He's one of my favorite commentators."

Barkley invited the wounded warriors to ask him anything, but, with the playoffs heating up and some avid sports fans in the room, the topic cen-

tered solely on basketball. Barkley talked about how he researches teams and players before each game and his fondness for his co-host, fellow former pro player Shaquille O'Neal.

"It's great how he treats (wounded warriors) like fellow sports enthusiasts," Rebecca Hooper, CFI's program manager, said. "He looks at them as people, not as people to worry about."

Maj. Gen. M. Ted Wong, commander of Brooke Army Medical Center, stopped by to give Barkley, also nicknamed the "Round Mound of Rebound," a commander's coin as a gesture of gratitude.

"Thank you for taking time out to share some joy and cheer," he told him to resounding applause.

On his way out to ready for tonight's game, Barkley said he was the one who was grateful. In his opinion, he said, there are only five real jobs: teacher, firefighter, police officer, doctor and a member of the armed forces.

"I appreciate and respect what these guys do," he said, "and I'm happy to take time out of my day to come here."

*Editor's Note: Elaine Sanchez writes for Brooke Army Medical Center Public Affairs.*

# Schwartz conveys feelings through art

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no one was taking it that day. She kind of freaked out a little and said this is a really great piece," Schwartz explained.

Mitchell's grandmother works at the Metropolitan Museum in New York City, and through her contacts, Mitchell is working on placing the piece in a library in the United States. While nothing has been decided yet, Mitchell said the George Bush Presidential Library and Museum has shown the most interest.

"I really think the Bush Library is the best," admitted Reed. "I mean, he was president at that time, it would be perfect."

Hohenfels Middle-High School art teacher Michelle Mihanovich-Franz, watched Clinton create the sculpture over four months at the HMHS art studio.

"Art tells a story, and Clinton's piece speaks to the viewer," she said. "His childhood memory of 9/11 has many chapters of this story contained within his installation piece and it is a story that he holds dear and honors through a visual piece wherein his art helps to remind the viewer to never forget."

Nicole Biddinger, who saw photographs of the sculpture of the Schwartz Foundation's Facebook page, said the sculpture was especially touching to her as both her aunt and uncle worked at the Pentagon during the 9/11 attacks. In fact, her uncle worked in the wing that was hit and had left his office only two minutes before the plane crash.

"Though I was young at the time, I still remember the fear and heartbreak associated with that day as my parents anxiously sat by the phone, waiting for the lines to work again and hoping for a call to come through," Biddinger said. "I think your project perfectly captures the mentality of our country as we began to head into the future with a sense of hope for a brighter tomorrow, and an opportunity to rebuild the walls that had been shattered by the overwhelming scarring emotions and pain while always remembering the sacrifices of the individuals who lost their lives that day."

Schwartz is obviously pleased that the sculpture might find a permanent home, but he said the real satisfaction for him is in knowing that the work is touching people.

"Artists don't just make something for themselves alone, but it's for other people to feel as well," he explained. "I feel I was successful with that piece because someone else felt with me."

# Krantz says heroics were just part of his job

Continued from page 1

a Department of the Army civilian police officer for U.S. Army Garrison Grafenwoehr, ran from across the complex and joined the two nurses.

Schmidt looked up and said "Ich bin Krankenschwester," telling Krantz in German she was a nurse.

Krantz replied in German that he was a police officer.

"That's all the communication we had," said Krantz. "After that we just went to work."

Schmidt continued chest compressions as Krantz began mouth-to-mouth resuscitation. Krantz couldn't say how long they worked on the boy.

"Everything went into tunnel vision at that point," said Krantz. "We just worked together to do what we could to resuscitate him."

Moritz's condition was worsening as he lay beside the pool. His body went from a shade of blue to gray. At first Krantz was unable to get air into the boy's lungs, but he didn't give up.

"The boy was vomiting and we held him on his side," explained Krantz, putting gravity to work on Moritz's small frame, pulling any excess water out his body. "After a few moments I felt his stomach mov-

ing, he was breathing on his own."

The boy was then taken to the Amberg hospital to recover. Krantz visited him a few days later.

"I needed closure," said Krantz. "I needed to know that he was OK."

Moritz has already made a full recovery and is back to being a spunky kindergartner. No residual damage is expected according to the health professionals who looked after him.

While Krantz played an instrumental part in saving the young boy's life, he does not consider himself a hero.

"Police officers aren't just guys that lock people up," said Krantz. "We have a concern for mankind, to preserve life."

In his 12-year span as a police officer, Krantz has saved many lives. In Henrico, Va., he resuscitated an infant during a traffic stop. When responding to a shooting in a housing complex, Krantz found a teenager had been shot in the head. While the victim would not survive, he was able to keep him alive long enough for his organs to be donated, in turn saving the lives of others.

For Krantz, saving lives, it seems, is all in a day's work.

"It's my job," he said, shrugging his shoulders. "It's what we are trained to do."

# Race pushes participants

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Welfare and Recreation.

At 6.2 kilometers, the course started at the Rose Barracks Fitness Center and curved the back way over small hills, through mud and across a stream to Big Mike Lake, which marked the turnaround point for the runners to head back to the fitness center.

For members of FMWR who drew up the cross country trail, the goal wasn't to ensnare competitors in grueling obstacles and impossible terrain, but to present a doable, albeit stimulating race.

"We didn't want to get too radical with it, but it's enough to make it a challenge," said Eric Hickman, supervisory sports specialist for Rose Barracks Fitness Center.

But many of the competitors expected and even hoped for a more grueling run.

"Once I hit the turnaround point, I was like, 'This is it?' I knew what I was doing at the point," said Spc. Brian Bach, Hawk Company, 3rd Platoon, 2CR, who finished second overall in the competition and led his team, "Ramrod," to second place as well.

Bach even likened fording the stream to splashing around a swimming hole as a kid.

"It brought back childhood memories," he said with a grin.

Nevertheless, most contenders felt the strain of dashing through six kilo-

## Overall team results

**First place:** "Vipers" HHT, 2CR  
Capt. Gary Dales  
Pfc. Daniel Jackson  
Staff Sgt. Daniel Noffke  
Pfc. Jonathan Roddy  
Staff Sgt. Harold Verdecia  
Pfc. Zackary Naegeli  
Pfc. Justin Hughes

**Second place:** "Ramrod,"  
3rd Platoon, H Company,  
3/2CR

**Third place:** "The Horsemen,"  
2nd Platoon, H Company, 3/2CR

(Note: First place Vipers participants are listed in the order they finished.)

meters of muddy trail, while weighed down by gear, weapons and water-soaked ACUs from two stream crossings. They finished panting and fatigued.

Pvt.2 Blake Lange, Hawk Company, 3rd Platoon, 2CR, fellow "Ramrod" teammate of Bach, struggled over the cross country trail. It was the man-against-man competition, said Lange, which propelled him to the end.

Bach echoed his teammate's competitive energy.

"I think a lot of people can agree, when you're doing stuff like this, the motivation is high," he said.

FMWR hosted the race with help from 2CR, which provided road guards and medics.

# Local NCOs are inducted into prestigious Sgt. Morales Club

Story and photo by  
**Sgt. Dustin Robert**

*301st Public Affairs Detachment*

VILSECK, Germany — A military club that only admits accomplished noncommissioned officers serving in U.S. Army Europe inducted eight new members, June 1, at the theater in Rose Barracks, here.

The Sgt. Morales Club, which promotes leadership and honor among NCOs, strengthened their numbers to lead the way in Army enlisted leadership and to better serve the European community, said Sgt. 1st Class Jesus Serrano, who serves as president of the club in addition to his regular duties as a senior small group leader with the 7th Army's Joint Multi-national Training Command NCO Academy in Grafenwoehr.

"The Sgt. Morales Club is an organization like any other club, but the only difference is we are a club of stellar NCOs who take pride in volunteering, whether it be at a local commissary or at the USO, mentoring



**Lt. Gen. Mark Hertling, commanding general of U.S. Army Europe, Command Sgt. Maj. David Davenport, the senior enlisted leader, USAREUR, and the new inductees cut a cake after the induction ceremony, June 1.**

the Better Opportunities for Single Soldiers, (also known as the BOSS program), or partnering up with the local high schools and teaching and mentoring young students and young Soldiers," Serrano said. "We're glad to have more inductees to be part of the club."

With eight new members, there are now 12 members of the Grafenwoehr branch of the club, which was created in 1973 by Lt. Gen. George S. Blanchard to "promote the highest

ideals of integrity, professionalism and leadership for the enlisted force serving in Europe," according to the Sgt. Morales club history.

The club promotes the standards of honest living and sacrifice by partnering with local organizations and serving the community. Its most recent community event consisted of donating more 200 gifts to a Grafenwoehr orphanage during the holiday season, in concert with the local Veterans of Foreign Wars.

"The club is about working hard and helping people. It's about commitment, caring for not only the Army's Soldiers, but for community and family," said Staff Sgt. Teresa Kee, a new inductee of the club, and a Warrior Leader Course instructor with the JMTC NCO Academy. "You can't look at it (the Sgt. Morales Club) as what's in it for you. It's more as what you can do for other people."

The club, which was named after a fictitious character who endeavors to not only serve others, but also mold his Soldiers into proficient warriors and performs his duties to the highest degree of standards, personifies how an NCO should operate daily, said Command Sgt. Maj. David Davenport Sr., senior enlisted leader, U.S. Army Europe.

"Who would not want to have a leader like Sgt. Morales or have him a part of your squad?" said Davenport during a speech as the ceremony's guest speaker. "I like to think of Sgt. Morales as a leader who can not only stand up and shout the NCO Creed,

but who serves as a living example of that creed we should all strive to live up to."

Becoming a member of the Sgt. Morales club was a lengthy, four-phase process that required determination and a rigid work ethic.

After the initial board, the potential candidates advanced to the final phase, during an intermediate selection board conducted at the brigade level, Serrano said.

This board consisted of a panel of experienced command sergeants major.

"The Soldiers are asked rigorous situational questions in leadership, training, physical fitness and world events to test their military knowledge, competencies and proficiencies," said Serrano. "After a prolonged nomination and selection process, Soldiers are awarded induction into the prestigious Sgt. Morales club."

With new members, the Sgt. Morales Club is re-energized for community outreach, added Serrano.