

Bavarian News

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Grafenwoehr, Hohenfels and Vilseck

January 24, 2007

Delay of Netzaberg school construction, new Sports Bar among town hall topics

by JODI WARD
Staff writer

U.S. Army Garrison Grafenwoehr Commander Col. Brian Boyle kicked off the Jan. 17 town hall meeting at the Vilseck Chapel with a reminder that the post continues to operate on an extremely "tight budget."

Boyle also discussed the delayed opening of the Netzaburg schools. The elementary and middle schools, currently under construction, were expected to be ready for the 2007-2008 school year, but will not be open until the following year.

Because a number of 2d Stryker Cavalry Regiment families live on Grafenwoehr, the elementary school is "topped off," as Boyle put it.

To accommodate Grafenwoehr families that have children attending Vilseck schools, Boyle along with the district superintendent will reassess school attendance and bus routes. The bus routes, however, will remain the same until September.

Another ongoing issue is deciding on the most appropriate fitness center hours. He asked that those who have an interest in this issue fill out the survey (available at the fitness center).

Boyle said that although they are keenly interested in hearing the thoughts and desires of community members, there will probably be customers who want more than appropriated funds can supply.

He encouraged community members to attend the new Sports Bar at the Langenbruck Center, but reminded attendees that although the Yesterday's Club is officially closed, it is still available for events.

Lastly, Boyle spoke briefly about an on going investigation of alleged sexual misconduct involving a minor at the Vilseck CDC.

Grafenwoehr's AAEFES general manager, Matt Mennona, announced a change in both hours and offerings at the Smoothie Zone, located at the Rose Barracks Memorial Fitness Center.

The Smoothie Zone now offers a coffee menu and will open earlier—at 7 a.m., Monday through Friday.

Mennona put out a reminder that the post theaters in Grafenwoehr and Vilseck show double features on Friday and Saturday nights.

He said if the double feature attendance is not high enough, the theaters will return to showing a single

movie on these nights.

He responded to recurring ICE comments, asking that those looking for employment either stop by Bldg. 533 on Grafenwoehr or visit www.AAFES.com.

"There will be more and more jobs becoming available as we get closer to the opening of the new facility," he explained.

Morale, Welfare, and Recreation Chief Audre Binder had a few things she wanted "to bring to the attention of the community," including the

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Chapel serves up chuckles Club Beyond hosts Christian comedienne

by CHRIS ELLIS
Special to the Bavarian News

So, a rabbi, a nun, and a pastor all walk into a bar . . . that opener has been used . . . and overused.

Judy McDonald, professional Christian comedienne, was far better and dished out an hour full of laughs for the kids and families of U.S. Army Garrison Jan. 9.

McDonald has been doing comedy for the last 12 years. The trim Irish brunette who has an uncanny likeness with Sandra Bullock was at the Vilseck Chapel, courtesy of a "Comedy Cafe" sponsored by Club Beyond, a youth ministry of the grafenwoehr Chaplain's Office.

A 30-year-old native of San Diego, by way of Fargo, North Dakota, McDonald is accustomed to the stricter life of the military. She attended a Catholic parochial school officiated by nuns, and while penguins still scare her, her therapist says within 10 years, she will be able to wear plaid again.

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Vilseck High School JROTC cadets Capt. Timothy Ray, Capt. Cortier Rogers, Capt. Becky Linka, Lt. Col. Erik Arroyo, and Maj. Angela Odom pore over catalogues Jan. 12 in preparation for this year's JROTC Ball.

Vilseck's JROTC class not just ANY class

Story and photo by JODI WARD
Staff writer

"Okay, inside Mr. Vito's room there are three light switches. In Mr. Anglim's room there are three lights. How do you figure out which switch controls each light? Now, you can only touch two switches and you can't go back into a room once you've left."

This is the clincher. The extra credit question at the end of the day's lesson, a 20-question academic scavenger hunt, which has the class worked up into a frenzied state of healthy competition.

As the students of Vilseck High School classroom 409 begin to get discouraged in their quest for the answer to this brain teaser, teachers SFC (ret.) Mitchell Pollock and Maj. (ret.) Michael Farley, extend words of encouragement and advice.

"You are forcing yourselves into linear thinking," said former Field Artilleryman Pollock. "Work outside the box; come on guys. Think MacGyver! You can figure this out!"

"Work your brains!" added Farley.

Within minutes, a cadet stood with the right answer.

Problem solving is only one of many lessons learned in Vilseck High School's Junior Reserve Officer Training Corps Battalion, which prepares and educates students for success in the real world.

Pollock and Farley, the new senior Army instructor, teach the students a curriculum which stresses leadership training, teamwork, character development, and self discipline.

But so much more than a class, JROTC tends to become a way of life for those students who adopt classroom lessons as their own personal values.

The classroom is different than those of other high school classes. There are no neat rows of desks with students working quietly. The atmosphere here has a free-flowing, fun, energetic vibe.

The students group together in huddles to discuss their current project.

"The small groups make them think," said Farley, who said he has been very impressed with the JROTC program and students since his arrival earlier this month.

But it's not just the unconventional seating arrangement that makes the class unique. The class is set up like a military unit, complete with its own battalion and company commanders, platoon and squad leaders.

Various areas of study, such as citizenship, military history, communication, arts, long and

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1-4 training team deploys to Republic of Georgia Jan. 16

by KATIE COWART
Assistant editor

A training team primarily made up of Soldiers from the 1st Battalion, 4th Infantry in Hohenfels deployed to the Republic of Georgia from the Grafenwoehr Army Airfield Jan. 16.

The team is composed of trainers and support crew from the Army, Navy, and Air Force and is deploying to Georgia as Phase II of the Georgia Security and Stability Operations Program to help fully integrate Georgia into NATO.

Medical supplies and instruction are

provided by the Navy, the Air Force provides the communication link back to Germany and issues communication equipment to the Georgian army that is compliant with NATO regulations, and the Army provides training for the Georgian infantry.

"We are professional trainers," said Lt. Col. Craig Jones, commander of the Phase II SSOP. "We're the right guys in the European theater to do it."

While the Marines were the first military support sent in to help the Georgian army in 2002, they were replaced by the Army in 2004. Jones

credits this change to the Army having more organized training centers, making it more capable of serving in the training capacity.

Normally, Soldiers deploying from the Grafenwoehr area would have to take a six-hour bus ride to Ramstein Air Base before boarding a plane to their deployment destination. This time, however, the Soldiers were picked up by a C-130 at the Grafenwoehr Airfield.

The new training session, which will begin Monday, will be the third battalion to be trained. The previous two battalions were trained in the

See TRAINING Page 12



Comedienne Judy McDonald performs at the Vilseck Chapel Jan. 9

Q&A

How do you receive *most* of your news?



Stephanie Headrick
"Through CNN, on AFN, or through AKO."



Amos Smith
"Either through Stars & Stripes or the television."



Carrie Anderson
"I usually go online. CNN gives me my news."



Staff Sgt. Matthew Carlson
"AFN News."



Sgt. 1st Class Chris Hester
"Internet. Yahoo News."



Sgt. Marcus Singletary
"Most of my U.S. news is received through the Internet. The ones that I feel most comfortable with are CNN and MSNBC."



Sgt. Andrea Taylor
"People talking. Stars & Stripes."



Sgt. 1st Class Quinton Fluker
"AFN - TV; Stars and Stripes and the Bavarian News."

Command Message

As student numbers continue to rise, school district lines to be redrawn

After the last two columns, it is back to the regular format of important things that impact on the community. So off to the column again.

Our school enrollments are the highest they have ever been and will continue to grow. Currently 1,761 students attend our four schools as compared to 1,100 last year.

As more Soldiers and civilians are assigned to the community, our school enrollments will continue to grow over the next few years.

We anticipate about 200 more students coming to our community between now and the start of the next school year in August 2007.

Most arrivals will be this summer. Almost all of these students will be coming with units moving to Grafenwoehr. This means about 100 more students for GES, 50 or more for GMS and 50 or so for VHS.

Student population

Interestingly enough, because we opened up all of the community housing (Graf and Vilseck) to new arrivals (2 SCR being the greatest unit arrival with 120 families living at Graf but there were other newly arrived personnel too), we now exceed the student population limit in the Graf elementary school.

The two new schools being built at Netzaberg will be ready in 2008 but in the interim there is no more "room at the inn" at Graf Elementary.

Therefore, we must redraw the school enrollment areas and bus routes for our

elementary schools for the coming school year. And we may have to redraw the boundaries again when Netzaberg Elementary opens in 2008.

The boundaries will be drawn to provide equity among the schools to keep the student-teacher ratios in balance.

This could mean that a student now at GES will attend VES next year and then attend GES or NES the following year.

Both the DoDDS district superintendent and I will try very hard not to move students back and forth but in reality this situation will probably occur with some students.

All students will continue to receive excellent education services from DoDDS at all our schools.

More teachers will come to our community, and the two brand new schools will open in 2008 while Vilseck High School is being completely renovated.

The planned end state will be five schools with a total enrollment of about 3,200 students.

It is never easy to change schools but we felt it was far better to do it over the summer when students are changing teachers anyway than to do it in the middle of the school year.

Sports Bar/Yesterdays

I am pleased to announce that we opened the Sports Bar at Langenbruck Center with a quiet opening over the holidays.

The grand opening will be on Super Bowl Sunday. I encourage all to attend this bar because it is different.

While you can get a drink, there is also pool, basketball shooting, 10 plasma screens with multiple sports games on and shortly an Internet café, as well as worldwide video gaming competitions.

Along with opening the Sports Bar, we have closed Yesterdays for regular use.

Yesterdays frankly needs a lot of work and the long-term plan for it is still under discussion.

We will likely move BOSS and are considering opening a Community Arts Center, if we can get the funds to renovate the facility and raise the roof.

Yesterdays can still be scheduled for events as required but it is no longer open at regular hours.

ID Cards at Clubs

I continue to be troubled reading blotters that show Soldiers are giving up their ID cards for entrance to local clubs.

This violates every measure of force protection as you have essentially given the club owner access to the installation.

It is just flat wrong, and the local clubs know this. I will engage with the mayors concerning these clubs and, if the practice continues, can place the club off limits. Bring an additional ID with you, but stop giving your military ID card to clubs.

Thanks to Sgt. 1st Class Ward and the rest of the Equal Opportunity Office and Committee for the tremendous Martin Luther King celebration at the Tower View restaurant.

Not a day off but a day on! Lt. Col. Kyle's comments on brown-eyed and blue-eyed children truly struck home.

Let's all join together to respect everyone's rights as members of this community and together we can make this community the best place to live and serve in Europe.

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

Avoid illness by using the 'Think System'



JACKIE ECKHART
On the Homefront

Brad picked up some nasty flu virus on the plane. He took to his bed with high fever, hacking cough, copious drippage, and audible moaning.

"Don't kiss me," croaked the man of my dreams. "I don't want you to get this."

"I'm not getting it," I said giving him a big smackaroo. "I don't have time for the flu."

"Neither do I," Brad said, pulling the pillow over his head. What makes you think I have time for the flu? No one has time for the flu."

Poor little fella -- he didn't get the memo from the CNO about how necessity doesn't keep illness away.

If it did, no one would get on a plane when they were contagious. Merit doesn't keep illness away either. My vegetarian/vitaminizing girlfriend is the one who contracts every illness.

I'm even beginning to think germ theory is a joke. The teachers at our school who submerge in a vat of antibacterial soap before entering the classroom pick up every germ the kids bring in.

Me, I never get sick. I ought to get sick. I deserve to get sick. All week I have been surrounded by three feverish, coughing, moaning sick children. But I am not at all sick.

Why? Because I'm the mom, that's why. By law I am not permitted to get sick. There

are harsh and severe penalties for any sick mom out there. Ask that poor lady with the bleary eyes shaking with fever while waiting for the swim team to let out. Scary, ain't it?

So this year I went straight for the Think System.

This is no Internet supplement. This remedy is not available on TV. I just flat out stole this idea from that old musical "The Music Man" which everyone around here was watching because they were all too sick to get up and find the clicker.

In the movie, Professor Harold Hill uses the revolutionary Think System to teach the boys of the band with the big trombones and the rat-a-tat drums to play the Minuet in G.

He said if you just think about the song in your mind then you ought to be able to play the song with your fingers.

Pure flim flam. Ask a music teacher. But the Think System may just work when it comes to bodily illnesses. I use it every time I see

something dripping off my child. I inform my mucous membranes not to even think about hosting a germ party in here.

I say this out loud in public.

Perhaps that is why other people and their germs give me a wide berth. When I start feeling hot and headachy, it isn't because I'm coming down with something. It's because we need to throw open a window and start sucking on Thera-Flu strips like Jolly Ranchers.

If I'm sneezing, it's an allergy. Body aches? Rheumatism. No big deal.

Some moms are even more militant about the Think System than I am. Kerry from my writer's group said that she caught the same flu so she went ahead and coughed up her lung. She sent it via Fed Ex to Arizona to

recuperate. I don't think there was anything wrong with her lung. She just wanted to put the fear into all her other organs.

Now I do want you to know that there is some science at work here.

Researchers at the Mayo Clinic who study the effects of optimism on health confirm that positive thinkers do have greater resistance to catching the common cold.

The reason why is still unclear, but one theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the effects of stress on your body.

In other words, it's the Think System, Mom. So rent some old musicals. Cover up with a quilt. Drink some orange juice. Listen to the symphony of coughs coming from every bedroom in your home and repeat after me: I won't get sick. I won't get sick. I won't get sick.

A military wife for 19 years, Jacey Eckhart is a syndicated columnist from CinCHouse.com and author of "The Homefront Club."

Letter to the Editor

My name is Christine Nunez, the CAPO for the 2006 Combined Federal Campaign-Overseas.

I would like to thank all contributors and unit coordinators for making the 2006 CFC such a great success.

Our original goal was \$ 150,000, and I am proud to announce that we collected \$ 234,567.68.

Once again thank you for your great support. We could not have done it without you!

Bavarian News

Grafenwoehr • Hohenfels • Vilseck

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PAO assisting local national student with thesis, Army impact survey

by **SUSANNE BARTSCH**
USAG G Public Affairs

Every year, the U.S. Army Garrison Grafenwoehr Public Affairs Office supports university students writing a term paper or a thesis on issues involving the garrison and the Grafenwoehr Training Area.

Currently, we are supporting Tobias Schwemmer of the University of Bayreuth.

Schwemmer is 26 years old and was born and raised in Grafenwoehr. He is studying Economic Geography and Regional Planning and is writing his master's degree thesis on "The Impact of the Shopping Habits and Leisure Time Behavior of Americans on the

Service Structure of a Training Area Based on the Example of Grafenwoehr."

"In my thesis, I would like to show the importance of the American presence here in Grafenwoehr for the local economy and its impact on the community's commercial infrastructure," said Schwemmer in an interview with the Bavarian News.

"Since I was a child, I've had contacts with Americans when shopping, going out, or playing in our neighborhood," he said. "My parents work for the U.S. Army, and I know how important the garrison is for our region's economy."

"That prompted me to select that topic for my thesis," said Schwemmer.

To achieve his goal, Schwemmer needs to collect and analyze the appropriate data. For that purpose, he put together a survey.

If you wish to participate in his project, go to the garrison intranet at <https://intranet.grafenwoehr.army.mil> and click on the link to download the questionnaire, fill it out, and return it to the garrison Public Affairs Office, Bldg. 539, Room 220 in a sealed, unmarked envelope.

The sealed envelopes will be forwarded to Schwemmer.

Please note that this is not a garrison project and that participation is strictly voluntary. The questionnaire is designed to ensure that the collected data can not be associated with any

individual.

The garrison PAO will publish the completed thesis results in an article in the Bavarian News.

If you have questions

concerns about participation in the survey, call Susanne Bartsch at the Grafenwoehr PAO at DSN 475-7108 or CIV 09641-83-7108.



Schwemmer

Spotlight on Education



Name: Cheryl Dubberly

What grade/subject do you teach? Music, Grades K-8

Hometown: Valdosta, Georgia

How long have you been a teacher? 26 years

What do you like best about teaching? Inspiring children, lighting a flame that will burn in the students for the rest of their lives. Music is a wonderful thing. You teach the same thing every year but every year I seem to teach it a little differently. The subject matter never gets old.

What advice can you give students to help them succeed in school? Never give up. Keep trying and you will be a success.

VHS principal rotating to Seoul High School

Continued From Page 1

addition of Child Youth Services' instructional programs.

Next on her agenda, Binder said that the community is in desperate need of family child care providers and asked anyone interested in becoming an FCC provider to contact CYS for more information.

Of the newly opened Sports Bar, Binder said "it is a sports-themed facility."

"There are televisions in it," she said, explaining that there is much more to do there than watch TV.

She discussed the facility's pool tables, basketball games, and music, and invited the community to attend the grand opening/ Super Bowl party Feb. 4.

Until the second phase of the Langenbruck Center's remodel is complete, the new multi-player online gaming machines will be available for use at the Grafenwoehr Bowling Center.

"If you're interested in seeing what this interactive online, multi-dimensional gaming equipment is all about, we invite you to look at that at the Grafenwoehr Bowling Center, and once the renovation project is complete on the other side of the facility, we'll bring all of that technology to that facility where it will be available for use," said Binder.

Binder also reminded community members that although German taxes increased from 16 to 19 percent, VAT forms will remain valid through the expiration date. The UTAP (utility tax avoidance program) remains unchanged as well.

Garrison School Liaison Officer Steve Vojtecky began by thanking Vilseck High School Principal Robert

Sennett for his "tremendous" service to the students and community as a whole.

Sennett will leave the garrison school system next month to become the principal of the Seoul High School (Republic of Korea) as part of a normal six year rotation.

Dwayne Werner, VHS's deputy principal, will take over in the interim.

Vojtecky asked that parents take the DoDDS customer satisfaction survey, available online at www.dodea.edu. He said the Student Advisory Committee is looking for a new volunteer president.

"If you know what SAC is, it's a good way to bring in your questions and comments," said Vojtecky. "A lot of issues are raised and answered right on the spot. It's a really good way to put feedback into the school."

Vojtecky also noted that parents of children not attending DoDDS schools need to turn the parental choice form into the school liaison office.

Director of **Emergency Services** Maj. Robert Ray covered changes to USAREUR regulations. Major changes include the requirement that all motorcycle operators must wear high-visibility garments, including bright colors for daytime travel and reflective clothing for nighttime travel.

When wearing military uniforms, the brightly colored, reflective PT-style vest is required.

Another change bans aftermarket window tinting in cars' front windows, spinning tire rims, and aftermarket exhaust that creates excessive noise.

"You switched over to German plates, now you have to conform to the German laws," said Ray. "These things will fail you in inspection."

He also reminded community

members to protect their ID cards. There have already been 44 lost or stolen ID cards since January 1.

"Every one of these is a threat to our system and to every installation," said Ray, "if you know it's been lost or stolen, report it."

Director of Human Resources Lt. Col. Manuel Trevino thanked the community for their efforts in last year's Combined Federal Campaign, which brought in \$234,567.68, an increase of \$103,000 over the 2005 pledge.

Interim Director of **Public Works** Tom Hayes discussed the recurring problem of illegal trash dumping on and off post.

"Recycling is very important, especially here in Germany, where landfills are scarce," said Hayes.

"Trash bins (throughout post) are overflowing mainly due to the lack of separation, taking your trash and putting it in the right places," he said, adding that offenders of illegal dumping risk being fined for their actions.

Garrison Chaplain Col. Dave Hillis, invited community members to the National Prayer Breakfast, 7:30 a.m. on Feb. 7 at the Tower View restaurant on Grafenwoehr.

The Joint Multinational Training Center and garrison chaplain's offices are sponsoring the event, which will feature a speaker from West Point Military Academy.

Sonya Arnold, with the Army Career and Alumni Program reminded Soldiers that pre-separation briefing is mandatory for service members transitioning from the military to civilian world.

7th Army **JMTC** Commander Gen. David Perkins spoke in closing on the president's new strategy in Iraq and

the significant increase in Soldiers deploying to the war effort.

"The Army will pay the largest bill as we have continually for the global War on Terrorism," said Perkins.

"As we increase our presence there by tens of thousands, the Army is still working its way through (the logistics) of this," he said.

"I don't know how this is going to change (the deployment rotation,), so don't go back and say I said we're all leaving tomorrow, but this will have a dramatic impact on us all," said Perkins

After the approximate one-hour briefing, attendees presented directorate representatives with several issues, including a request for an indoor pool on post, a shuttle from Vilseck to the new Post Exchange, use of Yesterday's Club for private events, young unsupervised children walking to school, and the Soldiers' desire for access to an indoor basketball court.

The biggest issue of the night, however, seemed to be the limited number of appointments for dependants at the Vilseck Dental Clinic.

A **Dental Clinic** representative said that the No. 1 one priority is making sure Soldiers are mission ready, and until dental readiness is above 95 percent, dependants and civilians will have to go to off post facilities to receive dental treatments.

A list of local dental care providers is available at the Grafenwoehr and Vilseck clinics.

The town hall meetings are a great way to get input, concluded Boyle.

"Believe it or not," he said, "this feedback is very important to me. Your input is critical."

Getting SMART

Grafenwoehr Elementary school teacher David Dinges works with fourth grade student Justin Figueroa, using a new classroom SMARTboard Jan. 11 at Grafenwoehr Elementary School. The SMARTboard was the first interactive whiteboard to provide touch control of computer applications. Several garrison teachers recently received SMARTboards to assist them with technology integration and support the continued delivery of a quality academic program for students.

Courtesy photo



Healthy Empowerment

Dear Demetrius, Every year I attempt to have a New Year's resolution for better health and it seems to fade away by March.

There are honestly so many changes I need to make that I don't know where to start. I have been anticipating the 2007 New Year's resolution to make "the" change for my health. What do you recommend as the best attainable resolution that I can stick with?

Committed in '07
Bethany

Dear Bethany, First let me say that anytime is a great opportunity to make "the" change for your health, not just Jan. 1, and I commend you for taking the step to make a change for the better. I would recommend breakfast. Seldom do we realize that our breakfast choice sets the tone for our whole day.

Studies show that children (the smaller versions of us!) who regularly eat breakfast think faster and clearer, solve problems more easily, and are less likely to be fidgety and irritable early in the day.

In addition, regular meals helps regulate metabolism and appetite. Try unconventional on-the-go breakfast foods: sandwiches, low-fat yogurt, granola, or whole fruit.

Send your nutrition and fitness questions to usagnews@EUR.army.mil. Demetrius Willis is a registered dietician and a certified personal trainer.

Don't let your troops survive war only to fall victim to careless mishap

Okay, who thinks the winter is over? Just for your information, I just got back from the North Pole, and according to Santa Claus, the snow is coming. The kids asked for it during the Christmas holidays, and Santa will make good on his promise.

So before you start taking off the winter tires, putting away the cold-weather clothes, breaking out the Bermuda shorts and sun glasses, and putting all your snow shoveling equipment away, wait a few more weeks.

As we prepare for the upcoming cold weather and snow, safety should be our No. 1 priority. The most dangerous thing many of us do on a daily basis is get into our POVs and drive.

Just driving on the high-speed Autobahn is risky, but have you thought lately of the risks taken when traveling on winding local roads and farm roads?

There is always the chance of an accident, whether you are at fault or a victim.

According to the Combat Readiness Center, more than half of the casualties are caused by accidents. Unfortunately, many are the result of leadership failure.

Individual failure also played a major role in a lot of accidents. My brigade command sergeant major once said standards are accepted in two ways: Either you knew the standard and applied it in daily activities, or you knew the standard and just didn't follow it.

Then again, are standards always understood or unclear?

Regardless of the outcome of a major accident or incident, the bottom line is that leaders are responsible for what did or did not happen.

Noncommissioned officers, it

starts with us! We are not responsible for writing standards or policies, but we are indeed totally responsible for enforcing them.

It really bothers me to look at the casualty reports and see the number of Soldiers killed while on leave or just returning from Iraq or Afghanistan.

Imagine a Soldier surviving 12 months in a combat zone and less than six months back at home station.

Composite Risk Management is absolutely the decision-making process that we as leaders should take into consideration in everything we do regardless of training or off duty leisure time.

Our Soldiers work hard, and they deserve our guidance and mentorship. Just like improving your fighting position, it is a continuous process and should be taken into consideration for everything we do both on and off duty. One Soldier or civilian lost is always one too many.

Let me also touch on some

policies that somehow don't seem to make it to the lowest level. IAW JMTC Policy 14 (Standards of Dress and Appearance), the wearing of headphones, Walkmans and CD players on post while walking or running is prohibited.

This doesn't only include Soldiers, but civilians as well. If you want to wear headphones while getting a good workout, it must be done in the gym. Reflector belts are not an option during PT hours.

The days of the two road guards up front and two road guards in the back went away a few years ago. The Soldier or Soldiers **without** the PT belt or vest are in someone's accountability formation. Let's police that up. And yes, these policies also apply to units coming here for rotations as well.

Hohenfels had its first FAST Class after nearly one year of cancellation due to lack of funding. Commanders and first sergeants, thank you for the support in getting this class started in the right direction for our Soldiers, and keep

in mind that statistics play a very important part in this.

It is hard to run a class that has a requirement of 20 participants, but only three Soldiers attend.

This is what our Soldiers asked for and this is what they got. Just another good example of the great education center we have here on Hohenfels.

Looking at the upcoming schedules and events here in Hohenfels, I would ask anyone that plans to join the reading wave and go for the ride of their life to get their books now and try to hold on because the train just took off.

You can catch it at the next stop, but after that it will go until around June.

Together we can do this, but we have to do it smart and safe.

*CSM Don Battle
U.S. Army
Garrison Hohenfels*



Community lauds Bulldogs during ceremony

Unit set to deploy in support of GWOT

Story and photo by GARRY BARROWS
Staff writer

their OPFOR duties, and days later began their own Mission Readiness Exercise.

Lt. Col. Timothy R. DeLass, who spoke during the farewell ceremony, hailed the unit and its members for their duty to country.

He noted that the American Soldier is "intimately aware of hardship, sacrifice and courage.

"The global war of terrorism has, in our recent history, underscored the hardships and sacrifices a Soldier makes, yet you all stand here today of your own volition," said DeLass. "That says something about your character.

"Although we have not deployed as one battalion," he said, "we always deploy as one team."

In his charge to his Soldiers, Task Force Commander Maj. Christopher S. Clay acknowledged how difficult it can be to leave parents, spouses, and children to go "on a very difficult mission.

"Performing your duty, which Bulldogs always do, means real risk for you and real sacrifice for your families," said Clay.

Team Bulldog personnel will remain in Hohenfels until final mission details are in place.



Team Bulldog Soldiers gathered Jan. 8 at the Hohenfels Community Activity Center, where family and friends bid them an official farewell. The unit will deploy in support of the Global War on Terrorism.

In preparation for its upcoming deployment, Team Bulldog received a grand sendoff from the Hohenfels community during a Jan. 8 farewell ceremony at the installation's Community Activities Center.

This multi-faceted company is largely composed of tankers, scouts, medics, and infantrymen from the 1st Battalion, 4th Infantry Regiment stationed at Hohenfels' Joint Multinational Readiness Center.

The unit also includes additions from across Europe, including troops from 1-1 Cavalry from Budegoin; mechanics from the 123 MSB in Mannheim, and a Navy EOD team from Sigonella, Italy.

From live-fire squad training in Hohenfels and convoy LFX in Grafenwoehr to mountain operations in the Bad Reichenhall Training area (German Alps), Team Bulldog completed a comprehensive training schedule, which began in August, in preparation for the deployment.

The unit demonstrated its full range of skills by participating in the KFOR rotation, reprising

Geography Bee takes on a whole new look at Hohenfels

by MICHELE WOLFF
Hohenfels School Liaison Officer

This year, the Hohenfels Elementary School hosted their annual National Geographic Bee Jan. 11. However, this was no ordinary Bee. After the students competed within the school, nine finalists were assembled in the Post Theatre for the most authentic Geographic Bee ever!

With the theatre packed full with students, teachers, and parents, participants were asked questions from the moderator and U.S. Army Garrison Hohenfels Commander Lt. Col. James V. Matheson. This is the second year that Matheson has served as moderator.

As with the previous competitions, which date back to 1989, students can move on to compete for a \$25,000 scholarship and the national crown.

The contest is designed to encourage teachers and students to become more interested in geography.

Many audience members were amazed at the difficulty level of the questions. Mr. Kern, a fourth grade teacher and event sponsor, said, "The students studied hard and were very nervous before the competition."

After about an hour into the competition, it was down to the final three students. The questions and answers went for an additional 30 minutes until a winner was finally named.

The winners of the 2007 Hohenfels Elementary Geography Bee are as follows:

1st Place: Anna Mallard, 6th grade, Mrs. Remoy's Class

2nd Place: Anthony Holcomb, 6th grade, Ms. Krouse's Class

3rd Place: William Duvall, 5th grade, Mrs. Zimmermann's Class



(Above) Student participants await the start of the competition as Olaf Zwicker, the Hohenfels Elementary School principal, gives opening remarks for the National Geographic Bee. (At left) 2nd place winner Anthony Holcomb listens to a question during the Bee.

Courtesy photos

Look for the Bavarian News online at www.milcom.de

Year ends, begins with quality entertainment

by JOANNE LOVE

Hohenfels MWR Entertainment

The community members of the U.S. Army Garrison Hohenfels were treated to top entertainment during the last week of 2006 and the first week of 2007.

The year ended with the band *Hightower* providing a two-hour performance at The Zone Club Dec. 29.

This five-man rock band from Pottsdam, N.Y. came ready to party, and they did not disappoint the audience.

Starting the New Year off on Jan. 2, the band *Ingram Hill* performed at the Post Theater, complete with their production company which provided a complete stage show with concert-quality lights and sound.

Even though the band was scheduled only to appear at Navy bases in Europe, Hohenfels was again fortunate enough to have them scheduled.

"These guys were excellent," said Spc. Aaron Vascimini, Joint Multinational Readiness Center Viper and member of last year's Department of the Army USA Express band. "The guitar player was awesome. I'm so glad that they were able to come here."

The band ended the 90-minute concert by



That 70's Show star and MTV's Yo Momma host Wilmer Valderrama announces West Coast contestant Harp Perkins as the winner of the joke-off at Hohenfels' The Zone Jan. 4.

Courtesy photo

playing their hit song *Almost Perfect* from the movie *June's Picture Show* to rave audience applause.

"The Soldiers who stayed in the barracks and didn't come see this don't know what they are

missing," said Brian Smith, of 1-4 HHC. "I don't know how Hohenfels gets so many bands, but I hope it continues."

The Zone Club was packed with more than 300 people as the first week of January ended

with the performance of Wilmer Valderrama and his MTV cast from *Yo Momma* Jan. 4.

The evening started with the high energy music provided by the disk jockeys J Boogie and DJ Vice. They kept the audience hopping for almost an hour before the *Yo Momma* cast came on stage, including the East Coast and West coast winners, Harp and TJ, from last season's TV competition.

For almost an hour the stage was filled with *Yo Momma* jokes and ended with a "joke-off" between Harp and TJ.

The audience, along with Valderrama, the DJs, and other cast members voted for the winner of the evening's competition.

By unanimous decision, Harp Perkins was declared the winner.

The evening didn't end though as the cast and crew continued to party for another 90 minutes with photos, autographs, music, and dancing.

Once again Hohenfels was the site of high-quality entertainment from Armed Forces Entertainment and the USO.

This type of entertainment is expected to continue throughout the year with Gary Sines (*Forrest Gump* and *CSI: New York*) and the Lt. Dan Band, already scheduled to appear in May 2007.

Club Beyond hosts Bowling Night



by Chaplain (Maj.) GAIL PORTER

Hohenfels Family Life Chaplain

"It's fun. You hang out with your friends and it's fun!"

This was the verdict by Katie Rose about Club Beyond's Bowling Night Jan. 11.

Hohenfels students, grades 7-12, were invited to free bowling at the Lane 17 Bowling Center, and more than 70 kids attended the event.

Chris Howard, the Club Beyond director, held the event to inaugurate the new school semester.

"It was a chance for the kids to come on a Thursday night and see who else is involved," he said.

The regular Club Beyond Youth Group meetings are held Thursdays from 5 - 7 p.m.. Several youth attend each week.

The meeting includes a free dinner, time with friends, and time for a short Bible study, held at the Family Life and Youth Center, Bldg. 743, across from the commissary.

(From left) Victoria Nelson, Katie Rose, Christine Reyes, Lisa Simpson, Emily Adams, and Kate Schumann at the Jan. 11 event. Courtesy photo

Tax Center opens Monday

by Sgt. JENNIFER A. CIGLER

Hohenfels Law Center

The Hohenfels Law Center will be celebrating its Grand Opening of the Tax Center on Monday, The ribbon cutting ceremony will begin at 9 a.m. in Bldg. 313, Hohenfels Law Center.

VITA volunteers, trained and certified by IRS professionals, are available to assist members of the community in federal and state tax preparation, free of charge.

Tax preparers are available Monday through Friday (except federal holidays) by appointment only. Call DSN 466-2836 or stop by the Law Center to schedule an appointment.

The following documents are required to file a tax return:

- Proof of identity (ID card, driver's license, passport, etc.)

- Copies of all W-2, 1098, and 1099 statements

- Social Security card or ITIN for all individuals listed on return

- Child care providers ID number (if applicable)

- Bank account information (routing number and account number) for refund deposits

- Estimated tax payments made (self-employees)

- Amounts of other income (sale of stocks and bonds, rental property, etc.)

Please note that certain returns are outside the scope of VITA volunteers. Call DSN 466-2836 for more information.

Hohenfels named runner-up in 39th annual military cooking competition Jan. 11

by ARTHUR MCQUEEN

USAREUR Public Affairs

Europe's best military cooks were recognized for group and individual excellence in food service at the 39th Annual Phillip A. Connelly Awards Jan. 11 at the Patrick Henry Village Pavilion.

Winners and runners-up in the large and small garrison dining facility categories were presented by Col. Karen Adams, deputy regional director for Installation Management Command-Europe.

The Culinary Warrior Soldier and NCO of the year were presented by Col. Irby W. Bryan, assistant deputy chief of staff for logistics for U.S. Army, Europe and Seventh Army, co-sponsors with IMCOM-Europe.

"Food service is integral to quality of life," said Adams, "a good, hot meal contributes to a Soldier's ability to do his or her mission."

The winners were:

- **Large Garrison Category – Clock Tower Café, Kleber Kaserne, Kaiserslautern, run by the 37th Transportation Command.**

- **Small Garrison Category – Outstanding Café, Sullivan Barracks, Mannheim, run by the 44th Signal Battalion.**

- **Culinary Warrior NCO of the Year – Sgt. Helder Molina, Headquarters and Headquarters Battery, 5th Battalion, 7th Air Defense Artillery.**

- **Culinary Warrior Soldier of the Year – Spc. Michel Camacho, Headquarters and Headquarters Company, 1st Armored Division Support Command.**

Sgt. 1st Class Christian Moore, 66th

Transportation Company, assistant manager of the Clock Tower Café, said he appreciates being the winner in the large garrison category for the motivation it provides his younger Soldiers, emphasizing that even in food service, his Soldiers are warriors first.

"Besides knowing all aspects of the job," he said, "a food service Soldier must deal with deployments.

Like everyone else," he said, "they may be called on to do anything when they go downrange."

According to Chief Warrant Officer Shirley T. Ashley, USAREUR food advisor, "determining a winner was difficult," but promoting excellence is a worthwhile goal.

"It is a pleasure to honor the best," said Bryan. "This program helps raise morale and improves service."

The competitors for the Connelly award were judged throughout the entire serving cycle, said Capt. Raina Copsky, HHC, 44th Signal Battalion commander.

"The judges came in before breakfast and stayed throughout the day to evaluate them. I learned a tremendous amount about how intricate the food service process is."

The Outstanding Café also took runner-up in its category at the Department of the Army level.

Winning this year's large garrison competition, said Sgt. 1st Class Solomon Gilbert, manager of the Clock Tower Café, required consistency and quality.

"We try to do a particular meal like it would be done at home," said the Louisiana native, "using the knowledge of our civilians and

Soldiers, working together to get the basics right, and then moving on from there."

Gilbert's team of 19 Soldiers and 11 civilian cooks serve nearly 700 meals a day, he said. "The strength of our team is mainline meat entrees, but we do most things well."

Part of his quality control is to "walk the line" and greet customers, looking for feedback.

"Seeing a customer's face when they are enjoying a meal – that is priceless," he said. "Soldiers can tell the difference between a well-prepared meal and one that is not, and they appreciate the difference."

Adams is one Soldier who agrees.

"Some of my fondest memories are of being a young lieutenant, out in the field, muddy, rainy, cold, wet, and tired – and getting a good, hot meal at oh-dark-thirty," she said with a smile.

"I'm proud of these Soldiers, we are fortunate to have such a high caliber of Soldier and civilian food service professionals," said Adams.

Runners-up were:

- **Large Garrison Category – Warrior Sports Café, Hohenfels, run by the 1st Battalion, 4th Infantry Regiment.**

- **Small Garrison Category – Patriot Gardens, Hanau, run by the Headquarters and Headquarters Battery, 5th Battalion, 7th Air Defense Artillery.**

- **Culinary Warrior NCO of the Year – Sgt. Denis Alvarez, HHC, 1st AD DISCOM.**

- **Culinary Warrior Soldier of the Year – Spc. Shaston Robinson, 21st Theater Support Command.**

Start Smart now available

by CARMELA FELTZ

Hohenfels Youth Sports

The Start Smart program was developed by the National Alliance for Youth Sports and is America's leading advocate for positive and safe sports and activities for children.

Start Smart is a program that helps children develop their motor skills needed to achieve a great start into organized youth sports. This program allows parents and children to work together and to develop skills in the proper training of sports.

It provides the parents with guidelines and tests to accurately assess their child's skill level and how to continue from there.

Based out of West Palm Beach, Fla., this non-profit organization is all about building the youngster's self esteem and confidence that will follow them throughout life.

NAYS provides six Start Smart programs, such as baseball, football, soccer, basketball, golf, and sports development, which adequately prepares young children for the competitive leagues that are designed for older kids.

NAYS programs are provided at the local levels in the U.S. and have a strong presence on military installations worldwide, to include Hohenfels. For more information, visit www.nays.org/startsmart.

What's Happening

Grafenwoehr/ Vilseck Briefs

Survey marks importance of U.S. Army in Grafenwoehr

USAG Grafenwoehr Public Affairs is supporting a University of Bayreuth student who is working on his master's degree thesis on "The Impact of the Shopping Habits and Leisure Time Behavior of Americans." The intent is to show the importance of the American presence in Grafenwoehr for the local economy and the impact on the community's infrastructure.

If you wish to participate in the project, visit the Graf intranet at <https://intranet.grafenwoehr.army.mil> and click on the link to download the questionnaire, fill it out, and return it to the garrison Public Affairs Office, Bldg. 539, Room 220 in a sealed, unmarked envelope.

This is not a garrison project, and participation is strictly voluntary. Upon completion, PAO will receive a copy of the thesis and publish its results in the Bavarian News.

If you have any questions or concerns regarding participation in the survey, please contact PAO at DSN 475-7108 or CIV 09641-83-7108.

Infant massage class coming to Vilseck ACS in February

The Vilseck New Parent Support Program will be offering a class for new parents to learn how to massage their baby.

Infant massage communicates a message of love to your baby and helps your baby relax and let go of tension.

Babies sleep better and have an easier time with feeding which increases attachment and bonding.

Classes will be offered every Tuesday in February from 10 to 11 a.m. at the Vilseck ACS.

For more information, call ACS at DSN 476-2650 or CIV 09662-83-2650.

Contracting Web site offers training info, newsletter

The Regional Contracting Office Bavaria provides a full range of support and administration to the Commander, 7th Army JMTC; Commander, USAG Grafenwoehr; Commander, USAG Hohenfels; Commander, Joint Multinational Readiness Center; and tenant activities in our area.

The RCO Bavaria Web site contains many useful links including points of contact, training information and the RCO Bavaria newsletter. Visit <http://www.usace.army.mil/graf/>.

Female professionals: Resolve to make a difference

Carolyn Beiter, federal women's program manager for USAG Grafenwoehr, is gauging the interest in a private organization which would support and further women's employment issues.

The goal would be to start a chapter of the Federally Employed Women, but first a private organization under NAF needs to be established to receive future membership dues.

We need those with expertise in the start-up months to be part of an interim board; positions needed: president, recorder, treasurer, and private organization expert.

This would be an on-post private organization subject to NAF regulation.

Call Beiter at DSN 475-8805 or e-mail carolyn.beiter@us.army.mil

MWR bowling tournaments in Graf and Vilseck

Today, 7 p.m., **Vilseck Bowling Center** 40-Frame Game Tournament, \$20 entry fee.

Sunday, 11 a.m., **Graf Bowling Center** "Brunswick King of the Hill" Open to all, \$40 entry fee.

Unit Level volleyball league registration beginning

Feb. 1-28: Register your unit for the upcoming unit level volleyball league at the Fitness Center, Bldg. 170 (Grafenwoehr), or Rose Barracks Fitness Center, Bldg. 323 (Vilseck).

For more information, contact Mike Bradfish (Graf, DSN 475-9024/9007) or Carl Boothe (Vilseck, DSN 476-2214/2998).

Graf, Vilseck tax assistance program opens Monday

Opens Monday: **Grafenwoehr Legal Center**, Bldg. 216

Monday - Friday: 9 a.m. - 5 p.m. by appointment.

First and third Saturdays of the month: 9 a.m. - noon by appointment. Call DSN 475-7779, CIV 09641-83-7779 to find out what you need to bring with you.

Opens Monday: **Vilseck Law Office**, Building 245

Monday - Friday from 8 a.m. - 7 p.m. appointments and walk-ins will be offered

Second and fourth Saturdays of the month through April 15, by appointment. To make an appointment, call DSN 476-3358/CIV 09662-83-3358.

Grafenwoehr/Vilseck Technology Exposition

Feb. 2: Hosted by the 69th Signal Battalion, from 10 a.m. - 2 p.m. in the Tower View Conference Center located on Grafenwoehr.

Preview the latest advances in information technology, with over 25 exhibitors demonstrating the latest in Communication Technologies, Systems Integration, Flight & Vision Training Devices, Network Solutions, Distance Learning Alternatives, Defense and Homeland Security Equipment, Engineering & IT Products, Storage Solutions, Data Management, Audio & Visual Equipment, Hardware, Software, etc.

No fee to attend, complimentary refreshments, demos and giveaways will be available while supplies last.

Pre-register for the event to avoid lines at check-in at www.FederalEvents.com

For info or to request a company or technology, contact Ashley Altamirano, 001-301-596-8899 x 249 altam@ncsi.com

Check out Vilseck's new MWR Sports Bar

Visit Vilseck's Langenbruck Center (Bldg. 607) and stop by the new MWR Sports Bar.

Relax with a drink and nine flat-screen TVs showing all sports.

Play pool or shoot some hoops.

Operating hours:
 ■ Tuesday, Wednesday closed
 ■ Thursday 3:30 p.m. to midnight
 ■ Friday & Saturday 4:30 p.m. to 1 a.m.
 ■ Sunday 6 p.m. to midnight
 ■ Monday 4:30 p.m. to midnight
 Hours will be adjusted to compensate for special televised sports events.

For more information, contact the Langenbruck Center at DSN 476-3733, CIV 09662-83-3733.

Vilseck PX/PXtra closing for one-day inventory

Monday: AAFES will be closing the PX and PXtra for year-end inventory.

Food court and concession remain open. The store will resume normal business hours on Tuesday.

Vilseck Skate Night resumes for grades K through 5

Skate the night away and have some fun with friends at the Vilseck SAS (Bldg. 2237).

There will be games, music, and skating limbo. This event will take place Friday from 6:30 - 8 p.m., and is for kindergarteners through fifth graders only.

Children must be registered with CYS to attend. There are a limited number of skates, so children may bring their own. Cost: \$2 per child.

Girl Scout Cookies on sale in Vilseck, Grafenwoehr

Cookie booth sales have begun at the PX and Commissary in Vilseck and the Commissary in Grafenwoehr.

Be on the lookout for girls around both posts. You may see them in front of the CMR or the library.

Boxes cost \$3.50 each. Help the Girl Scouts organization by buying a box.

POV inspection station to adjust operating hours

Effective Feb. 1, the U.S. BASOPS Maintenance Center-Europe will readjust the operating hours in the POV Inspection Station (Bldg. 580) in the USAG Grafenwoehr to reflect following operating hours:

Monday: 7:45 a.m. - noon / 12:45 - 4 p.m.

Tuesday - Friday: 7:30 a.m. - noon / 12:45 - 4 p.m.

Garrison School Update

Today: GMS School Advisory Committee at 3:30 p.m.

Friday: No school for students, teachers prepare report cards, semester ends.

Feb. 2: No school for elementary schools only. Parent teacher conferences for elementary schools only. Middle school and high school students have regular school day. VES and GES no school, GMS and VHS - yes, there is school.

Feb. 5: Teacher in-service training, no school for students at all schools.

Feb. 13: Installation Advisory Committee at 3:30 p.m.

School Contact Numbers:

VES 476-2812
 GES 475-7133
 GMS 475-9500
 VHS 476-2554
 School Transportation 475-9525

Comments or suggestions?

DODEA Customer Satisfaction survey can be taken online by parents, teachers, and students in grades 4-12 at www.dodea.edu

Hohenfels Briefs

Don't miss MST Night

Math, Science, and Technology Night will be held March 7 at Hohenfels Middle/High School from 4 to 6 p.m.

Not only are you invited to attend, but also to demonstrate and display your expertise in these fields.

Anyone who is interested should e-mail martha.mcintyre@eu.dodea.edu for more information.

Chaplain Happenings

■ After the mass on Sunday, the Catholic Youth will hold a pancake breakfast.

This is the beginning of fund raising for their attendance at the 2008 World Youth Day celebration in Sydney, Australia.

The breakfast will be held in the room to the right side of the main sanctuary at the Main Post Chapel.

■ On Feb. 2, the Catholic Women of the Chapel will host a **First Friday Program** starting at 9:30 a.m. at the Hilltop Chapel Center.

They begin at the Hilltop Chapel Center for rosary and a breakfast potluck followed by a presentation.

They conclude the program at noon at the Main Post Chapel for First Friday Mass.

All are welcome to join us and watch care is provided.

■ Tuesday is the next **Dad's Lunch** at The Zone. Bishop Herman Mitchell from the All Nations congregation will be our guest speaker.

Call Chaplain Porter at DSN 466-4795 or CIV 09472-834-795 to reserve a space, or send an e-mail to gail.porter@us.army.mil with your name and phone number to reserve a space. Lunch is free.

Come spend time with other dads and learn about improving your own skill as a dad.

■ Feb. 13 is the next **Mom's Lunch** at The Zone. Child Care is provided for children ages 0-5.

Call Chaplain Porter at DSN 466-4795 or CIV 09472-834795 to reserve a space, or send an e-mail to gail.porter@us.army.mil with your name and phone number to reserve a space.

Lunch is free. Come spend time with other moms and learn about improving your own skill as a mom.

■ PWOC study sessions have started up again after the holiday break!

Child care is provided for children aged 0-5 years at the weekly meeting of the **Protestant Women of the Chapel** each Tuesday morning at the Hilltop Chapel Center from 9 to 11:30 a.m.

Come enjoy fellowship, food, and bible study. The POC is Chaplain Baumann at DSN 466-1570 or CIV 09472-831570.

■ **Young adults** who have already graduated from high school and are working in the community are invited to Bible study, a relaxed atmosphere, and a home cooked meal each Tuesday evening at Bldg. 743, across from the Commissary.

This is sponsored by the Protestant Congregation at Nainhof Chapel.

Call Chaplain Bradford Baumann at DSN 466-1570 or CIV 09472-831570 for more information.

■ The PWOC holds evening **Bible study** each Wednesday evening from 6 to 8 p.m. No child care is provided. POC is Chaplain Baumann at DSN 466-1570 or CIV 09472-831570.

■ Students in **junior high or high school** are invited to The MUG Coffee House each Wednesday evening.


POC is Chris Howard, Club Beyond representative, at DSN 466-4793 or CIV 09472-834793.

■ **Bible study** is held each Thursday morning from 9 to 11:30 a.m. by the Catholic Women of the Chapel at the Hilltop Chapel Center. POC is Chaplain Wilk at DSN 466-1570 or CIV 09472-831570.

■ **Adoration** of the Blessed Sacrament is held the last Friday of each month in the Blessed Sacrament Chapel from 8:30 a.m. to 2 p.m.

The next Adoration is scheduled Friday.

For more information, contact the Catholic office at DSN 466-2226 or CIV 09472-83-2226.




Skate Along the Winter Winds!

CYS Skate Night

Mark your Calendars for
January 26th from 1830 till 2100
 at the Vilseck SAS, BLDG 2237
 Kindergarten through Fifth Grade

\$2.00 per child. All children must be CYS Registered!

Call 476-2670 or 475-6655 for more information or cysinfo@graf.eur.army.mil



Join the Grafenwoehr Chapel for the annual

Father Daughter Dance

*Entrance is FREE *Digital Photographer on site

* Light snacks, cake and "Valentine" punch will be served

*Daughters will receive a corsage *Music by DJ Mark Carr

Friday February 9th

Time: 6:00 pm - 8:00 pm

Place: Tower View Restaurant and Conference Center

RSVP by: February 5th
 Call 0961-401-9871 or email
dimice.h.perry@us.army.mil




USAG Grafenwoehr Hail and Farewell

Feb. 1 at 4 p.m.
Vilseck Sports Bar

Join us and check out the new club!



Menu Choices
 All-You-Can-Eat BBQ Ribs, Baked Potato and Corn \$12
 or
 All-You-Can-Eat Deluxe Taco Salad Bar \$8
 Pay-As-You-Go Bar

Tickets MUST be purchased NLT 29 January. Call DSN 475-1350 for ticket information.

Health Care at a Glance

New to Vilseck? Here's what you need to know about medical care

This is the first of a three-part series that will highlight health care services throughout the U.S. Army Garrison Grafenwoehr. Today's issue covers Vilseck. Subsequent issues will cover Grafenwoehr and Hohenfels.

by JODI WARD
Staff writer

Whether your child came home from school with the flu or you fell down the stairs and broke your leg (hey, it happens!), knowing what medical care is available to you and where to go for treatment is the first crucial step.

It is the Army's mission to provide Soldiers, family members, retirees, and DOD civilians with quality and comprehensive health care, on or off post; and to ensure peace of mind for those receiving health care in German hospitals and clinics.

So no matter what the issue—flu or fracture—you and your family are guaranteed

to receive the best possible care. Now, here's how to get it.

Most of the medical care you will need while stationed in Vilseck will be provided by services on post. Medical services available on Vilseck include family practice, immunizations, physical exams, acute care with trauma room, well-woman and well-baby exams, Exceptional Family Member Program screening, optometry, physical therapy, hearing testing, pharmacy, X-ray and laboratory services, mental health treatment, and social work services.

Emergency patients are seen at the Vilseck Clinic without appointment from 7 a.m. to 4 p.m. daily, with priority based on the severity of patient's illness or injury.

For patients requiring **specialty consultations or hospitalization services** beyond the capabilities of the Vilseck Health Clinic, the TRICARE Referral Office in the Clinic, will arrange appointments and

admissions to a host nation facility.

A patient liaison will be available to help you and your family during your German hospital stay, acting as an intermediary between your family and the hospital staff.

And if you do receive medical care off post, German hospitals will provide the same thorough medical care you would receive in a stateside facility.

Both TRICARE and the Vilseck Health Clinic have an established relationship with a select group of area providers who have had their credentials verified and have agreed to file CHAMPUS claims on behalf of the patients.

Admission procedures to a German hospital are similar to those practiced in the U.S. You will have to provide patient identification information such as full name, address, date of birth, next of kin, etc.

DOD civilians and pay patients will also be asked to discuss information concerning

payment of your hospital bill. For non-emergent care, you have to bring the TRICARE referral paperwork which you receive from the TRICARE Referral Office.

Patients needing immediate emergency care should report to the nearest German hospital. Note that TRICARE must be notified within 24-48 hours of any emergency room visit or admission to a civilian hospital.

To avoid delays in treatment, it is vital that community members are familiar with the route to the nearest hospital. The health clinic has information, including directions, to all the hospitals in the local area.

If an ambulance is needed, emergency transportation will be provided by the German Red Cross. Patients can access ambulance service by calling themilitary police or the German Red Cross directly.

Below is a list of medical facilities on post and in the surrounding community:

Health Care in the Vilseck Area

Vilseck Health Clinic, Bldg. 250

ACTIVE DUTY SICK CALL:

DSN: 476-2882/2936, CIV: 09662-83-2882/2936

M-T-W & F: 7 - 7:30 a.m.;

Thurs. 1 - 1:30 p.m.

All patients are triaged prior to making appointments or being seen in the Acute Care Area.

EDUCATIONAL and DEVELOPMENTAL INTERVENTION SERVICES:

Bldg 316

DSN: 476-3221, CIV: 09662-83-3221

Daily from 7:30- noon & 1- 4:30 p.m.

FAMILY MEMBER SICK CALL:

For appt. DSN: 476-2882, CIV: 09662-83-2882

M, T, W & F 8 a.m. - 4 p.m., Thurs. 1- 3 p.m.

HEALTH BENEFITS ADVISOR:

Bldg 250

DSN: 476-2000, CIV: 09662-83-2000

M, T, W 8 a.m.-noon & 1 - 4 p.m., Thurs 10 a.m. - noon & 1- 4 p.m., Fri 8 a.m.- noon

IMMUNIZATION CLINIC:

DSN: 476-2936, CIV: 09662-83-2936

M, T, W & F 8:20 a.m. - noon & 1 - 2 p.m.

MENTAL HEALTH:

Bldg 316

DSN: 476-2995, CIV: 09662-83-2995

M, T, W & F 9 a.m. - noon & 1 - 4 p.m.;

Thurs. 1-3 p.m.

OPTOMETRY ACTIVE DUTY SICK CALL:

Bldg 225

DSN: 476-3322, CIV: 09662-83-3322

M, T, W & F 7:30 - 9 a.m.

Patients are seen on a first come/first serve basis. Please bring medical records.

OPTOMETRY FAMILY MEMBERS:

Bldg 225

DSN: 476-3321/3322, CIV: 09662-83-3321/3322

M, T, W & F 7:30 a.m. - 4 p.m., Thurs - 1 - 3 p.m.

OUTPATIENT RECORDS:

DSN: 476-2882/2936, CIV: 09662-83-2882/2936

M, T, W & F 7 a.m. - 4 p.m.; Thurs 7 a.m. - 3 p.m.

PHARMACY:

Bldg 250

DSN: 476-2004, CIV: 09662-83-2004

M, T, W, & F 7 a.m. - 4 p.m.; Thurs 7 a.m. - 3 p.m.

PHYSICAL THERAPY ACTIVE DUTY WALK IN CLINIC:

Bldg 225

DSN: 476-3322, CIV: 09662-83-3322

M, T, W, & F - 7:15-9 a.m. are sign-in times.

Patients are seen on a first come/first serve basis. Please bring medical records.

PHYSICAL THERAPY FAMILY MEMBERS:

Bldg 225

DSN: 476-3322, CIV: 09662-83-3322

M, T, W, & F, 7:15 a.m.-4 p.m.; Thurs. 1-3 p.m.

PREVENTIVE MEDICINE / COMMUNITY HEALTH NURSE:

Bldg 225

DSN: 476-2165, CIV: 09662-83-2165

Mon. - Fri., By appointment only.

PATIENT LIAISON:

Bldg: 225

DSN: 476-2006, CIV: 09662-83-2006

Daily from 7- 8:30 a.m. & 2 - 3 p.m.

SOCIAL WORK SERVICES:

Bldg 316

DSN: 476-2100, CIV: 09662-83-2100

Daily from 7:30 a.m. - noon & 1- 4:30 p.m.

TRICARE ENROLLMENT:

Bldg 700

DSN: 476-2026, CIV: 09662-83-2026

Daily from 8-11:30 a.m. & 1-4 p.m.

TRICARE REFFERALS:

Bldg 250

DSN: 476-3323, CIV: 09662-83-3323

Only by appointment; appointments are made at Health Clinic's front desk.

CLINIC PHONE NUMBERS:

DSN: 476- XXXX CIVILIAN: 09662-83-XXXX

Appointments, Clinic Info: -2936/2804

Acute Care: -2358/3145

Appointments, Physical Therapy, Optometry: -3321/3322

Laboratory -2356

Radiology -2005

Triage Nurse: -2014

Patient Representative: -2252

Personal Health Advisor

Hot Line: 0800 825 1600

OTHER IMPORTANT NUMBERS:

Military Police

DSN 476-2490 /2890 CIV 09662-83-2490/2890

Ambulance Services 19222 (German

Red Cross)

German Hospital Contact Info:

The following is a list of the most used hospitals and the care they provide.

Klinikum St. Marien Amberg

www.klinikum-st-marien.de/eng/clinics.htm

Mariahilfbergweg 7

92224 Amberg

PHONE: 09621 380

Offers all types of care including pediatric, OB/GYN, trauma & internal medicine.

Kreiskrankenhaus Sulzbach-Rosenberg

www.kh-as.de

Krankenhausstrasse 16

92237 Sulzbach-Rosenberg

PHONE: 09661-5200

Offers all types of care including pediatric, OB/GYN, trauma & internal medicine.

Kreiskrankenhaus Auerbach

www.kh-as.de

Krankenhaus Strasse 1

91275 Auerbach

PHONE: 09643-9300

Care is limited to internal medicine, and geriatrics

Kreiskrankenhaus Eschenbach

www.kh-esb.de

Jahnstrasse 18

92676 Eschenbach

PHONE: 09645-850

Internal medicine, physical therapy

Klinikum Weiden

www.klinikum-weiden.de

Söllnerstraße 16

Wieden 92637

PHONE: 0961-3030

Offers all types of care including pediatric, OB/GYN, trauma & internal medicine.

Local JROTC making a life difference

Continued From Page 1

short term goal setting, physical training, and land navigation are elements of the program.

The students are promoted through the ranks, much like in the military, and run their own reward/punishment system.

Pollock said that his students are responsible for much of the workings in class, and that he is there "to make sure things don't get silly or out of control."

Although JROTC is based on U.S. Army structure and values, the program is not a recruitment tool. This, said Pollock, is one of the biggest misconceptions about the program.

"We teach the Army values," he explained. "Our entire curriculum is based on the U.S. Army business model, the largest copied business model on the planet. We take that bit of Army general knowledge, use the rank structure, and the uniform.

"But this is not about the Army, this is not about me. This is about the students and their

personal growth," said Pollock.

He explained how JROTC positively influences the lives of the students, noting one student whose grade point average has steadily increased since joining the program.

Military fact sheets note that this is true for most students who participate in JROTC. In addition, JROTC students tend to have improved self-esteem, higher SAT scores, fewer absences and infractions, and a lower dropout rate than their peers, according to statistics.

"I don't claim that this class brings kids grades up," said Pollock, "but I have noticed that if kids who come into this class apply the principles we teach in this class, their grades go up."

Pollock said that all of his students have gone onto college after graduation.

Vilseck High School seniors Cadet Capt. Cortier Rogers and Cadet Maj. Jimmy McLaughlin attribute this to the discipline JROTC engrains in its students.

"It helps me get ready for college," said

Rogers.

McLaughlin, who plans to take a different career path, said that the self-discipline he's acquired in JROTC has prepared him for the Army's High School to Flight School-Warrant Officer program, which he plans to enter after graduation this spring.

Rogers hopes to attend Florida State in the fall as a mechanical engineering major, but meanwhile both students, along with other members of the staff and command (and ball committee), work to organize the 19th Annual JROTC Ball. At the time of publication, the cadets were trying to decide on the design that will be etched on the commemorative glasses that will be given as favors.

JROTC skills stick with students throughout their life, said Pollock, noting that the leadership skills usually lead many of the cadets to take on leadership roles in the community and in extracurricular activities.

He said that majority of the leadership

positions on the school's sports teams, student council, and Future Business Leaders of America club are filled by JROTC students.

Farley, who is a former military intelligence officer and has served as a JROTC instructor for nearly a decade, agreed.

"The biggest thing we bring to these students is a relationship with a caring, professional, military-oriented adult. Because of that," he said, "we are able to accomplish a lot with these kids."

These students and this program have had a profound affect on VHS, said Pollock, recalling one particular lesson which led the cadets to rewrite the school's constitution.

"We got into a debate about the U.S. Constitution, which lasted about six days," he said. "In the end, the students of this battalion were so involved and excited that they rewrote the school's constitution."

"I'm glad that they see how much of a difference they can make," he said. "And they do make a difference."

MWR opens Sports Bar at Vilseck

Facility boasts 10 big screens, pool tables, alternative to club scene

Story and photos by JODI WARD
Staff writer

After six long years on the drawing board, Vilseck's new Sports Bar is finally open!

The facility, which opened Jan. 4, features 10 large-screen plasma TVs, two Brunswick pool tables, two NBA Hoops basketball games, an ATM machine, and free popcorn.

Opened in place of the outdated Yesterday's Club, the Sports Bar is receiving positive reviews from the community, including former Yesterday's employees who are enjoying the new work environment "a lot better."

MRW's Chief of Business Operations Tom Bryant called the project "unique" and said that they didn't just want to build another club for the Soldiers, but an alternative to that scene.

"We know we can't compete with the clubs in Vilseck," said Bryant, "and we didn't want to. We wanted to make a bar that would appeal to a wider range of people—not only Soldiers, but everyone."

"I love it here," said Sport's Bar server Monica Taylor. "It's a lot more

relaxing than Yesterday's."

Her customers agree, describing the space as "awesome, modern," and as having an "overall great atmosphere."

One customer specifically noted that the best thing about the facility is its location

Sgt. 1st Class Roger Murray, 2d Stryker Cavalry Regiment MP liaison, is hoping that the new bar will keep Soldiers on post and out of trouble.

The Langenbruck Center building supervisor, Worth Putnam, agrees.

"The best thing about this bar is that it's located in the Brigade area," said Putnam.

"If the Soldiers want to relax after work and have a beer," he said, "they can come here instead of going off post to Vilseck bars."

"It'll probably cut down on DWIs and trouble in Vilseck because more Soldiers will stay on post," said Putnam.

This new hangout is the first of three new additions to open in the Langenbruck Center in coming months. Construction of the Java Café and Alternative Lounge will begin this month, and both are expected to open by the end of February.

The Alternative Lounge will house 20 new, high-tech computer systems, supplied by the Army Recreation Machine Program.

Designed especially for multiplayer on-line gaming, these computers can be used to play games individually or against online competitors.

If gaming isn't for you, you can surf the Web, check your e-mail, download music to your iPod, burn CDs, or update your MySpace profile.

A digital photo printer will also be available in the Alternative Lounge. For a fee, anyone can simply insert their digital photo chip and print out high-resolution photos.

The lounge will also feature a vending machine that vends not candy or soda, but iPods and other small electronic devices.

"You want a new iPod?" said Bryant. "You can buy one just like you'd buy candy from a machine."

The Java Café will feature Starbucks coffee, hot and iced specialty espresso beverages, assorted snacks, and a relaxing atmosphere.

MWR will host a Sports Bar grand opening / Super Bowl party Feb. 4 at 6 p.m.



Anna Beck shoots pool with her husband Staff Sgt. Dawson Beck at the Sports Bar. Officials are hoping the new facility will serve as an alternative to the club scene. MWR is hosting a grand opening and Super Bowl party at the Sports Bar Feb. 4.



Employees and guests enjoy the newly opened Sports Bar in Vilseck's Langenbruck Center.

Training team deploys to Georgia

Continued From Page 1

same program, with members of the training team coming from Hohenfels and Grafenwoehr.

"There is a lot of continuity in key positions, so it should go really well," said Jones. "There was improvement from the first to the second cycles, so there should also be improvement from

the second to the third."

The goal of the Georgia SSOP is to help transition the Georgian Army away from the Soviet military style and toward a more Western military style.

After each battalion's training cycle, they are deployed and absorbed into official NATO missions in Iraq, Kosovo, and Afghanistan, meaning

that Coalition troops are replacing U.S. Soldiers in these theaters.

For every 60 trainers, 1,000 soldiers are brought into theater, said Jones.

"The Georgians train hard, and want to learn," he said. "The reputation of the United States is known worldwide, so they want to learn (from us)."

Club Beyond hosts Christian comedienne

Continued From Page 1

She said she's single, but looking for a Scottish-Irish doctor who rescues puppies on the weekend.

McDonald offered a bit of "religious instruction" to the more than 100 audience members of various denominations.

She taught the audience one of the more rare Catholic prayers: "Hail Mary full of grace, help me find a parking place" and other zingers.

McDonald told the crowd how to recognize Catholics quickly: they are the ones who watch *Star Wars*, hear

the phrase "The Force be with you," and stand to respond automatically, "And also with you."

At a recent California "Confessionpalooza," McDonald said she suggested confession be more like Chinese take out — "Bless me, Father, for I have sinned: I did # 25, I did #105 twice, and I'm thinking about doing # 87 outside later."

McDonald will not soon forget her trip to various military bases here. She lives near a Marine base and is used to the constant "Ba-BOOM". She told the crowd because of this "we're like cousins, except different."

Aretta Zitta, the garrison's Club Beyond director, said that the Comedy Café was "an opportunity for families to come together for a night of laughs," and added that the non-denominational Club Beyond was a venue "to build relationships with kids and share our faith with them."

McDonald has appeared on the Dennis Miller Show and was an opener for comedians Paula Poundstone and Margaret Cho.

She has a bachelor's degree from the University of San Diego and competes in triathlons.

She is in Europe for the next month performing for military and other groups as far south as Naples, Italy and as far north as Glasgow, Scotland.

If you happen to be a Scottish-Irish doctor looking for a lady with a sense of humor, check out her Web site at www.judymcdonald.net.



Audience members enjoy the comedy act of Judy McDonald at the Vilseck Chapel Jan. 9.

Sports Briefs

G/A Indoor Soccer Tournaments

Sunday: Open to everyone on Grafenwoehr: family members, Soldiers, DA civilians and local nationals.

At the Grafenwoehr Field House, Bldg. 547, \$75 / 75 Euro per tournament / per team (10 players and 1 non-playing coach).

For more information, call Mike Bradfish at DSN 475-9024/9007.

Community level basketball: Don't miss the Graf vs. Ansbach home game

Sunday: Come out and support the men's and women's teams. The women play at 1 p.m. with the men following immediately afterwards (app. 3 p.m.).

At the Grafenwoehr Physical Fitness Center, Bldg. 170.

For information, contact Mike Bradfish at DSN 475-9024/9007.

USAG Graf unit level basketball games

Mondays & Wednesdays in Vilseck: Games at 6 and 7 p.m.

Tuesdays & Thursday's in Grafenwoehr: Games at 6 and 7 p.m.

Games are held at the Memorial Fitness Center, Bldg. 616 (Vilseck) & Physical Fitness Center Bldg. 170 (Grafenwoehr).

Contact Carl Boothe (Vilseck, DSN 476-2214/2998) or Mike Bradfish (Graf, DSN 475-9024/9007) for information.

Sports & Recreation Calendar of Events

■ Boxing Team Registration, 1-31 Jan., USAG Grafenwoehr, Cmty/Inv., Graf/Rose Barracks

■ Powerlifting Team Registration, 1-31 Jan., USAG Grafenwoehr, Cmty/Inv., Graf/Rose Barracks

■ Skiing Championship, Saturday, USAG Grafenwoehr, Invitational, Grosser Arber

■ Volleyball League Registration, 1-28 Feb., USAG Grafenwoehr, Unit Level, Graf/Rose Barracks

■ Basketball Championship, 23-25 Feb., USAG Grafenwoehr, Unit Level, Grafenwoehr

High school soccer referee clinic slated

The Kaiserslautern Officials Association will hold a National Federation of High Schools Officials clinic Feb. 3 from 10 a.m. - 6 p.m. at the Landstul Learning Center, Bldg. 3718 in Landstul, Germany.

The clinic is free and will consist of classroom work, the NFHS 2007 test and field evaluations. Attendance at the clinic and passing the NFHS test are required to officiate DODDS High School soccer games beginning in March.

Contact Mike Donohue at DSN 370-6763 or mike.donohue@image.army.mil or Gerd Backhaus at DSN 484-8244 or gerd.backhaus@hq.21tsc.army.mil.

Parents, students seeking to start up DoDDS high school baseball program

Baseball is one of the top three sports in the US. It is also a sport that isn't offered in DoDDS high schools in Europe.

A group of concerned parents and students are trying to show that there is a desire to play competitive baseball as a part of DoDDS High School athletic program.

Visit <http://www.bringbaseball-2-europe.com/>, password = playball and show your support. We respect your privacy and are committed to keeping your information protected.

Hip hop, street jazz dance classes set

Hip hop and street jazz dance classes are now being offered for adults at the Vilseck Rose Barracks Fitness Center.

■ 1st session: Jan. 18 - Feb. 23

■ 2nd session: March 1 - April 5

■ 3rd session: April 12 - May 17

Classes are held Thursdays at 7 p.m.

Register at the Rose Barracks Fitness Center, Bldg. 323. Classes will be held at Bldg. 221.

For information, call DSN 476-2998/2214.

Shopping 101:

Navigating the cultural divide not as obvious as it seems; Know the ins and outs to maximize your experience

by MARTINA BIAS
Bavarian News Food & Culture columnist

Living in Germany is a great adventure, but it can also be a little intimidating to get out and explore the foreign culture.

If you have made a New Year's resolution to enjoy more of the unique opportunities and experiences Germany provides, here are some helpful hints about shopping in Germany.

Much like in the U.S., large stores have increased in popularity over the last several decades. Larger stores tend to make shopping easier for foreigners, as these stores do not require as much personal contact or language skills.

Many visitors, however, favor the small family-owned businesses that complement Germany's Old World charm.

Bakery, butcher know-how

To make you feel more at ease at the local bakery, butcher, or other small store, there are some things that you need to know.

First, there is a reason why so many Germans carry shopping baskets. The butcher and baker may hand you several small bags over the counter, but they will not provide you with a bag to carry them in.

Supermarkets do provide plastic or paper bags at the register, but you will have to purchase these. I have made it a habit to always have a few spare shopping bags in my car just for these occasions.

Also, be aware that shoppers do not form a line at the bakery or the butcher. It is a good idea to note as you enter the store who was there before you.

Keeping track

Similarly, pay attention to which customers come in after you to keep track of when it is your turn. The employee behind the counter will simply ask who is next and expect the customers to know.

A word of caution: it is always better to double-check with other customers if you are not sure, as "cutting in" (even accidentally) is

considered extremely rude by Germans and they usually have no problem telling you so.

On the other hand, it is perfectly acceptable to ask if you may skip in line when you are in a hurry or only need one item. However, be prepared for a firm "no" if other customers are not inclined to give up their turn.

Checkout

Checking out at a German store is a little different from what Americans are used to.

First, you will notice that the cashier is sitting down. This is not meant as disrespect towards the customer, but simply a concession to the comfort of the worker. I believe many American cashiers would gladly accept the same privilege.

Secondly, there are no baggers in a German grocery store and the cashier will not bag your purchases for you.

This might seem very inconvenient, especially if you are purchasing many items. Germans, however, have found a solution to this dilemma.

They either place their items directly into the empty baskets or bags they brought into the store for this purpose, or they simply pack their purchase back into the cart and wheel it to their car.

Cart costs

Another item you want to have handy, besides shopping bags, is a one-Euro coin. You might have noticed already that you will need such a coin in order to obtain a shopping cart at German supermarkets and some other stores.

Some people may find this petty, or a sign of mistrust, but it is simply a way to encourage shoppers to return their carts to their designated spot after they have finished shopping. Shoppers receive their Euro back after chaining the cart back to its original location.

Anyone who has angrily viewed an open parking spot in the PX parking lot that was occupied by an inconsiderately left shopping cart can understand the reasoning behind the German practice.

Park etiquette

Speaking of parking, this too can be a challenge for Americans. The first problem is that German parking spaces and turns in parking garages are very narrow, compared to what we are used to in the States. In addition, it is often very hard to find convenient parking in crowded German cities.

It is wise to use a centrally located parking garage, parking lot, or side street. Always have your "Parkscheibe" (blue cardboard or plastic card with rotating clock display) in the car, as many parking space are time-limited and required the cards to be placed on your windshield.

Free parking is also not always available. In most parking garages you will be asked to retrieve a ticket as you enter and you will be required to pay and validate this ticket at a machine before you leave the parking facility.

Parking lots often have ticket machines where you pay to obtain a ticket that will state how long you plan on parking there. This ticket should be placed in a clearly visible location under the windshield, usually on the driver's side of the car.

Good intentions

Most Germans shop with intent to buy. While it is not uncommon for Americans to browse the stores without intending to buy a specific item, this could be misinterpreted by Germans.

To be sure, you may ask if you can just look around, but be prepared to be shadowed or continually asked if you need assistance. Especially in book stores, where Americans are accustomed to casually leafing through books and putting them back. Germans frown upon this behavior.

If you are venturing out further from home to shop, you need to be more familiar with Germany than simply knowing which of the four directions (west, east, north, south) you will be traveling in.

The German Autobahn system is not arranged like the American highway system in which direction is indicated. Instead the signs will direct you toward the direction of a bigger

city. For example, there is Autobahn 9, Berlin – Nuernberg. Going toward Berlin will lead you northeast and heading towards Nuernberg will direct you south.

Location, location, location

Once you pass Nuernberg on A9, the Autobahn will then be labeled A9, Nuernberg – Muenchen, leading even further south. A good knowledge of geographic locations of larger German cities or a detailed road map are a must if you want to experience the thrill of Autobahn travel without getting lost.

Another thing to be aware of when shopping is the locations (and lack thereof) of public restrooms. It is probably a good idea to use the restroom at home before leaving on a shopping excursion.

Public restrooms in Germany are rare. You might find some at the entrance or exit of a parking garage or at a large bus stop or inside a train station, but that just about exhausts the list. In Germany's public restrooms, you will often find a "Klofrau," a woman who cleans and restocks the restroom. It's customary to give her a few cents for keeping it clean.

Bathroom break

Some restrooms in larger cities charge a fee of about 50 cents to enter. You might run into the same situation if use the toilet in a restaurant where you do not plan to eat. To curb abuse of their facilities, some owners require you to retrieve a key before you can use their restrooms. Again, a small donation is always appreciated.

Finally, don't be surprised to get funny looks when you literally translate the English word "bathroom" to the German "Badezimmer."

The Badezimmer in Germany is the room where you take a bath or shower. It does not necessarily have a toilet in it. It is safer to ask for the "Toilette" to avoid confusion.

Happy Shopping!

Have you ever wondered why Germans do certain things? I welcome your questions and comments. E-mail me at martina.bias@us.army.mil, and I may be able to address your suggestions in a future column.

Want to try a heartier German dinner? Try Strong Max or Farmer's Skillet

by MARTINA BIAS
Bavarian News Food & Culture columnist

You have probably noticed that most Germans eat their hot meal at lunch time and usually have bread and cold cuts for dinner.

However, after a long day of hard work, sometimes even Germans want something a little more hearty. That's when they add cooked potatoes and eggs to their selections.

Two classic dishes that are favorite quick and hearty meals for Germans are "Strammer Max" (literally: Strong Max) and "Bauernpfanne" (Farmer's Skillet).

A Strammer Max is a simple meal consisting of a slice of German (usually rye) bread topped with dark, smoked ham and a fried egg.

The slice of bread can be buttered or roasted in butter. The smoked ham or smoked bacon is often cut into thin slices or cubed. It can also be fried along with the egg.

Variations of this dish use different kinds of meat or sausage instead of ham and include the *Stramme Lotte* or *Stramme Luise* in which the smoked ham is replaced by cooked ham.

The *Stramme Otto* features cold roasted meat that is sliced while the *Strammer Moritz* uses salami or bologna. For added taste and an attractive presentation, cheese, sliced tomatoes, and pickles can be used to round out the meal.

Bauernpfanne is a rustic dish that features many ingredients that Germany's rural population has readily available.

Over the years, many variations have developed. The basic recipe for Bauernpfanne includes fried potatoes, onions, meat, eggs, veggies and cheese. The variations came from different regions, seasonal availability, and personal preference.

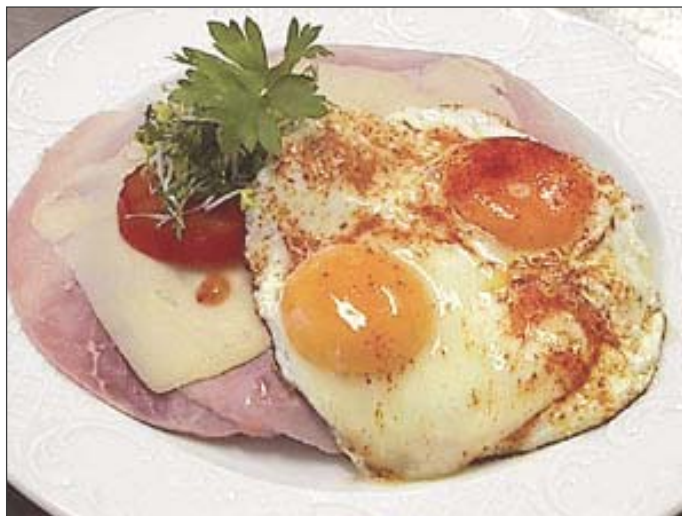
Meats that can be added to the skillet range from bacon, ham and dried meat, to leftover roast and sausages like salami.

The eggs can be fried or scrambled, often enhanced with a few tablespoons of sweet or sour cream.

Vegetables that are often used in this dish include tomatoes, leeks, and bell peppers.

Some suggestions for cheeses that work well with this specialty are feta or Swiss.

To round out the meal, serve some pickles or a side salad.



Courtesy photo

Strammer Max (Strong Max) - made of bread, ham, and fried egg - is a quick and easy, yet hearty, German meal that can be served at lunch or dinner.

The following recipe is one that I like to prepare in our home. Feel free to vary the ingredients to suit your family's taste.

Guten Appetit!

"Bauernpfanne" (Farmer's Skillet)

2 Tbs. butter or margarine
7-8 cold boiled potatoes, sliced or diced
½ pound smoked ham or bacon, chopped
1 onion, chopped
1 medium leek, sliced
½ red bell pepper, chopped
6 eggs



photo by Martina Bias

The Bauernpfanne (Farmer's Skillet) is a rustic departure from traditional dinner and features potatoes, meat, and vegetables fried with egg.

1 cup sour cream
4 Tbs. milk
1-2 cups shredded Emmentaler (Swiss cheese)

Melt butter or margarine in pan and add potatoes, onions, and ham or bacon, leeks and bell pepper. Fry for about 10 minutes or until leeks are tender.

Meanwhile, in a medium bowl, whisk eggs, sour cream, milk, and cheese.

Pour over potato mixture in the skillet. Turn heat to low. Cook and stir until egg mixture has set.

Yield: 4-6 main dish servings

Do you have a favorite German dish you would like to recreate at home? E-mail us at martina.bias@us.army.mil.