

TRAINING TIMES

Vol. 1 Nr. 20

Grafenwoehr, Hohenfels and Vilseck

October 12, 2005

News in brief

Free mammograms

October is Breast Cancer Awareness Month. The Wuerzburg MEDDAC will offer free mammograms to all DoD civilians, including GS, NAF, AF, and U.S. contractors, who are normally entitled to care only as pay patients. This does not include local national or active duty beneficiaries. Active duty and active duty family members may call, but will receive appointments for alternate dates. Patients should call their local clinics to make appointments. Screening guidelines, according to the American Cancer Society, are: women over 40; those at risk secondary to family history, genetic tendency or past breast cancer.

Town hall talk

Community members from Grafenwoehr and Vilseck have an opportunity to hear and to be heard when it comes to issues, changes and improvements within the communities. The next town hall meeting will be Oct. 19, 6 p.m., at Grafenwoehr Elementary School.

Lights on

Properly functioning lights on vehicles are necessary, more so as the days get shorter. Throughout October, all AAFES garages, automobile club inspection stations and car repair shops off installations offer free light tests for POVs. Check with your preferred auto service for this safety service.

Speed zone enforcement

Speed limits have changed at three Grafenwoehr locations:

On Gettysburg Avenue, between Wilbur Road and the Army Post Office, 30 kilometers, or 18 miles, per hour;

From Wilbur Road to headquarters on Lexington Avenue, 40 kph (24 mph);

On the tank trail outside Gate 9, approaching the intersection with Chancellorville, 30 kph (18 mph).

Military Police begin ticketing violators today.

Send video holiday greetings

Community members can surprise family in America by appearing in a televised holiday greeting. Sessions will be tomorrow, 2-6:30 p.m., at the Vilseck Post Exchange; and Oct. 20, 2-6:30 p.m., at the Tower View Restaurant in Grafenwoehr.

Participants must have complete addresses and phone numbers of those who will receive the greeting. Unless the Soldier is deployed, he or she must appear in the video wearing either battle dress uniform or Class A's. Those who are scheduled to leave the military or move back to America are not eligible for this program.

Bazaar offers trinkets, treasure

The Vilseck Community and Spouses' Club hosts its "Treasures of Europe" Bazaar Friday, 11 a.m.-7 p.m.; Saturday, 10 a.m.-7 p.m.; and Sunday, 11 a.m.-5 p.m. Seek treasures at the Memorial Fitness Center, Rose Barracks.

Report sexual assault

Sexual assault is a criminal offense. Soldiers, civilians and family members aware of incidents of sexual assault should report them within 24 hours. For more information or to report an assault, contact the response coordinator: Grafenwoehr and Vilseck, 476-3217 or 09662-83-3217; or Hohenfels, 0162-2961075.



Photo by Alice Adler

Seesaw celebration

Hohenfels Elementary School held a grand opening Sept. 20 for its kindergarten playground. For the grand opening, the kindergarten students invited the first graders to celebrate with them. Formerly the site of portable classrooms from the days the building housed students in grades kindergarten through twelve, the lot has been sitting idle for a number of years.

It's official

ASG becomes Garrison Grafenwoehr

USAG-Grafenwoehr Public Affairs

Change is in the air. The weather is changing from summer (what little there is here in the Oberpfaltz) to autumn; the fiscal year has changed from 2005 to 2006; the Training Times is changing to a new printer and format; and the 100th ASG is changing its name to the U.S. Army Garrison - Grafenwoehr.

Although the names changed Oct. 1, the official ceremony will be tomorrow at 3:15 p.m. on the Campbell Barracks parade field. The U.S. Army Installation Management Agency - Europe Region (IMA-E) will hold a formal redesignation ceremony wherein the seven area support groups (ASGs) and 12 base support battalions (BSBs) in Europe will be redesignated U.S. Army Garrisons (USAGs). This will bring the IMA-Europe Region in line with the rest of the Army. Delegations from every ASG and BSB from Germany, Italy,

Belgium and the Netherlands will participate in the ceremony.

Col. Brian T. Boyle, commander of the new USAG-G, will be at the ceremony along with Command Sgt. Maj. John M. Burns and Deputy Commander Curtis L. Clark. They will be accompanied by six employees from the garrison who will officially represent the entire civilian component of the command. The employees were chosen to represent the ASG and BSBs rather than the garrisons so that all the BSBs who have already been merged into ASGs could be recognized at the ceremony.

The 100th ASG will be represented by Samuel Gomez, section leader of the 100th ASG DOL Petroleum, Oil and Lubricants Section, and Hiram Hurley, the 100th ASG Central Processing Facility coordinator. The former 409th BSB will be represented by Audre Binder, the former 409th

an index of 124 indicates that prices are 24 percent higher than average prices in the United States; an index of 100 would indicate no difference.

The COLA index is a component of the computation for COLA, which differs based on grade, years of service and number of family members.

The surveys were conducted in two parts. In May and June, nearly 20 communities conducted the online Living Pattern Survey, which is required every three years. The Germany locations included Ansbach, Heidelberg, Hohenfels, Kaiserslautern/Ramstein, Spangdahlem, Stuttgart, Vilseck/Grafenwoehr, Wiesbaden, Garmisch and Geilenkirchen. Vicenza, Camp Darby and Ghedi were surveyed in Italy. Belgium locations were also surveyed but their data is not yet compiled.

Price data was collected by appointed representatives in each community. This survey is called the Retail Price Schedule Survey. Survey information was submitted to the Department of Defense Per Diem Travel and Transportation Allowance Committee, which conducts the comparative analysis and sets COLA indexes.

Communities in Germany are grouped into categories based on similarities of cost and availability of commissary and exchange facilities: Full Support communities have facilities within one hour's drive or 50 miles; Partial Support communities have facilities more than an hour and a half and less than three hours or 75-120 miles; and No Support communities are more than three hours from facilities or 150 miles. Data from communities grouped according to these parameters is averaged to produce an index for the category. This grouping ensures fairness and equity in the index across communities with similar availability of facilities.

See *COLA changes*, page 3

Vilseck students spur Katrina donations

By Kathy Jordan

Students at Vilseck Elementary put their fundraising skills to the test and encouraged people in the community to donate a little under \$1200 dollars to aid people affected by Hurricane Katrina. The fundraiser began Sept. 8 and lasted for seven days.

The catch phrase for the fundraiser was 'A change drive to change the lives of Hurricane Katrina victims.' On the first night of the drive, during open house, the fundraising booth raised \$500 dollars for the cause.

After initially talking about the fundraiser with the school principal, school liaison and Parent Teacher Student Association (PTSA) members to make sure all requirements were met, the plan brought forward by two Vilseck sixth graders, Kiley Heflin and Remington Edwards, was put into action. The proceeds were given to the Red Cross which will forward the money to the relief efforts.

Members from the PTSA volunteered to take the funds for the drive and sixth-grade teacher Jackie Rabie took the donations to the Red Cross.

"Kiley Heflin and Remington Edwards came up to me out of the blue one day after school and just said we want to do this, can you help us. I was very excited they wanted to do something like this. I wanted to make sure they could be successful with it," said Rabie.

The donations came in the form of dollars, euros, and coins, but the majority of the donations were made with checks. One person wrote a \$300 check according to Rabie.

Rabie hopes the acts of these two sixth graders sends a positive message of determination and hope for others in the community.

"I hope this encouraged others kids. It is a selfless act that showed care and concern for other people. I wish other kids would take that and use it as kind of a spring board for them to do other things," said Rabie.

Hard work, dedication and a little parental support were great motivators for sixth graders Heflin and Remington.

See *big impact*, page 3

Q&A

What's your favorite thing to do in the fall?



Lesley Hoyman

"Go on a walk and drink hot apple cider."

Michelle McKittrick

"Go for walks in the woods."



Diana Tittle

"Drive around and look at the changing leaves."

Richard Fabregas

"Watch the Yankees in the World Series."



Patricia Pomerlee

"Go for a walk"

Jody Morton

"Collect leaves."



Robert Carr

"Travel somewhere with snow and ski."

Interviews and photos by Alice Adler

Thoughts while moving around On Sexual Assault, Domestic Violence, CFC

by Col. Brian Boyle
U.S. Army Garrison-Grafenwoehr Commander

The subtitle of this column covers much of the recent work the U.S. Army Garrison-Grafenwoehr (USAG-G) has concentrated on over the past several weeks. So without delay, here are the details.

Sexual Assault

Many of you are aware of recent DoD-directed investigations and policies concerning sexual assault cases. You also may have seen the great article written in last month's MWR magazine and the ongoing Command Information Channel notices. In short, events occurred among deployed soldiers in both Afghanistan and Iraq, and the DoD directed changes to policies garrisons execute to support the victims. The two major changes in the program are review boards and restricted reporting.

I chair a monthly Sexual Assault Review Board, which reviews the procedures we have in place to assist victims of sexual assault. It includes medical personnel, chaplains, social work personnel, military police, the Sexual Assault Coordinator and others. The other major change is that military personnel may elect to make the report restricted. This means that they can get all the support we offer without the report going to their chain of command. DoD believes that by doing this, we may get more reports of actual sexual assaults.

So what does this mean to USAG-G? While one case is too many, we don't have an inordinate number of assaults. Those that do occur include men and women, permanent party and training Soldiers. Since the meetings have begun, our process has improved and our Sexual Assault coordinators ensure that proper treat-



Boyle

ment is available 24 hours a day, seven days a week. The entire USAG-G will continue to hone our response capability to ensure anyone subjected to these assaults will get the best treatment available.

Domestic Violence

Unfortunately we have some domestic violence in our communities. We have a process that addresses the status of the victim and the violator and is headed up by the Case Review Committee (CRC). Recently, I returned from a conference that is re-assessing the CRC and its role in do-

mestic violence. I will meet shortly with the CRC to discuss potential changes to the program. The DoD position is that we – the entire USAG-G – must get the first line leaders involved earlier and we will work at this over the next couple of weeks.

CFC

Many of you have watched the news of the recent hurricanes in Louisiana and Texas. Our thoughts go out to all who are affected by these events. As a reminder, the annual Combined Federal Campaign (CFC) began this week. It is your chance to help these people or anyone else that needs assistance. I encourage everyone to give generously during this once-a-year campaign. On a related note, I found out at the Land Combat Expo in Heidelberg, that the Fisher House at Landstuhl is not on the worldwide CFC list. That means giving money to Fisher House (a great idea by the way), will not give any money directly to the Landstuhl homes. So if you want to give to them, you need to write the checks to them directly.

After three months in command I can say that it certainly is busy in the entire garrison. Hohenfels continues to train 1st Armored Division Soldiers; Vilseck re-sets, re-organizes the Brigade and prepares for Stryker arrival; and Grafenwoehr keeps building. We meet within two weeks to plan the 94th Engineer Battalion reception and reintegration, and the 18th Corps Support Battalion has begun moving out equipment. Our best wishes to all of them as they participate in the Global War on Terror and we rededicate ourselves to always providing quality support to their family members and the rest of the USAG-G community. Two weeks from now: AAFES – Where We Have Been and Where We Are Going.

IMA-E director encourages CFC participation

by Russell Hall
Regional Director, IMA-Europe

As Americans, a key part of our history and national identity is our generosity toward others. Nowhere is this trait more evident than in the contributions being made every day by our Soldiers and civilians here at Installation Management Activity-Europe.

Each year we demonstrate our support to dozens of hard-working research, educational and charitable organizations through the Combined Federal Campaign. The CFC enables Soldiers and civilians to help these organizations make an enormous – often life-saving – difference in the lives of people around the globe.

In the next few days, you will be contacted by your CFC key worker. He or she will provide you a booklet listing CFC agencies as well as the forms necessary to make an annual gift or to pledge your con-

tinuing support through payroll deductions.

Please take a close look at the array of organizations listed in your CFC booklet. It's hard to imagine a broader spectrum of groups and agencies working to better the lives of our families, our nation and our world.

One of the things I like most about CFC is its flexibility. We can make either one large contribution to a single organization or smaller amounts to several.

We live in challenging, yet exciting times. As part of the Army team, we're the kind of people who choose to make a difference. We do so by our duty to the nation, our service around the world, and our commitment to back our beliefs with tangible actions.

Over the years, in both military and civilian service, I've gained a tremendous

sense of pride in my fellow workers. No matter how great our immediate challenge – from global deployments, to assisting the victims of natural disasters, to building a garrison support organization – we go the extra mile by also supporting the annual CFC fundraising campaign.

Our tradition of generosity continues this year. Whether your contribution to the CFC is large or small, I urge you to join me in supporting this great effort.



Hall

HISSES AND HURRAHS

Hisses to the powers that be who decided that the people of Hohenfels live in a "Full Support" community and will therefore receive a reduction in COLA as of January 1st. I suggest that they come and live here for a while to see how much support we actually have. Our furniture store is closing, our Arts and Crafts Center is non-operational, our PXtra opens 4 days a week and now our PX will close on Mondays and Tuesdays. I suppose I shouldn't complain, I only need a half a tank of gas to drive to Vilseck to pick up essentials that our PX neglects to carry. It just keeps on getting better.

Hurrah to the Local National Works Council for doing a good job of representing our German workforce and being available when we need them.

Baerbel Cooper
Tower Inn, Grafenwoehr

Submissions to Hisses and Hurrahs should be sent via e-mail to the usaggnews@graf.eur.army.mil, or faxed to 475-7935. Please include a brief description of the episode, along with your name and community, a telephone number or e-mail address, and the name of the person you deem worthy of mention, if known. Identities of those to be censured or criticized should not be revealed. We wish to invoke only private shame, not public stonings.

Maddy Vernieu
Hohenfels

Correction Notice

In the Sept. 27 issue of the Training Times, we reported in the page 3 article about AAFES services, that the Hohenfels PX will open Wednesday through Sunday, beginning Oct. 19. Actually, it is the PXtra that will be open Wednesday through Sunday, one extra day, beginning Oct. 19. The main PX hours remain the same. We regret any inconvenience this error created.

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Beware copycat uniforms

Army and Air Force Exchange Service

Mainz Kastel – While Soldiers anxiously anticipate the arrival of the new Army combat uniform (ACU), the Army and Air Force Exchange (AAFES) and Army G-1 Uniform Policy section are receiving numerous complaints regarding commercial retailers offering look-alike uniforms that do not meet the Army's specifications for quality and design.

"Some commercial outlets are aggressively appealing to Soldiers awaiting the arrival of the official ACU in January," said Ralph Byerly, AAFES Europe Region Retail Operations Manager. AAFES has received complaints regarding commercial retailers delivering non-specification uniforms while representing themselves as an official MCSS.

"There was no NSN number on the label," advised Army Reserve Staff Sgt. Grant Von Letkemann, who received a look-alike uniform. "The top did not have a bellowed back, the arm pockets did not have the IR square or the covering tab, there was no pen pocket on the left sleeve, and the zippers were not as described in the PEO one sheet for the ACU. The bottoms did not have a draw string on the hip pocket; there were cinch straps on the

sides, and no drawstring in the front. The flag was not the (correct) size...I looked at the invoice and saw that there was no AAFES logo or letterhead. The invoice had the title 'Military Clothing Sales Store MCSS.'"

Army Regulation 670-1 states, "Soldiers purchasing uniforms, uniform items, or heraldic items from establishments other than the Army military clothing sales store (AMCSS) must ensure that the items are authorized for wear and that they conform to appropriate military specifications or are manufactured in accordance with the UQCP (Uniform Quality Control Program) or the heraldic quality control system."

"Soldiers and commanders are responsible for ensuring they are purchasing and wearing uniforms that are authorized for wear," said SGM Constance Szalap. AAFES Europe Region, a retailer falsely representing itself as an AAFES MCSS can make it very difficult for troops to fulfill this responsibility."

AAFES MCSSs are operated only on military installations. All AAFES-operated MCSS stores are listed by installation under the "store locator" link at www.aafes.com.

Some commercial outlets are aggressively appealing to Soldiers awaiting the arrival of the official ACU in January.



Photo by Shannon

Animal blessings

Grafenwoehr and Vilseck community members celebrated the Blessing for Animals ceremony Oct. 4 near the Grafenwoehr Chapel. The event commemorated St. Francis of Assisi, the patron saint of animals. The Vilseck Veterinary Clinic and Grafenwoehr Library partnered in setting up displays on pet care, grooming and other related topics. Chaplain (Lt. Col.) William T. Barbee blesses Dusk, the family pet of Audre Binder.

In brief

GSA training

The U.S. General Services Administration will provide several continuing education credit courses Oct. 28, 8-11 a.m., in Hohenfels, and 1-4 p.m., in Grafenwoehr. Hohenfels classes will be in the Directorate of Logistics conference room; Grafenwoehr classes will be in the 7ATC headquarters conference room. Courses include topics such as supply solutions for overseas customers and the GSA e-commerce shopping site. Contact Eric Hooper at 320 3557/3558, (49) 69-69-2208 or (49) 171-558-4868 for more information.

ATEC meeting set

An Antiterrorism Executive Community (ATEC) meeting will be held Oct. 19, 1:30 p.m., in Classroom B-153, Grafenwoehr. Separate company, battalion, rear detachment and brigade commanders, as well as individual agency and garrison directors, should attend.

Insurance Open Season

Representatives from the American Foreign Service Protective Association, sponsor of the Foreign Service Benefit Plan, will give insurance updates and issues Oct. 17, 1 p.m. The briefing will be in building 244, CPAC training room, Grafenwoehr.

Help wanted

The U.S. Army Garrison-Grafenwoehr public affairs office seeks a part-time manager for the Command Information Channel. Applicants for this non-personal services contract position must be proficient in PowerPoint and general graphics skills. Those interested should e-mail a resume to the USAG-G public affairs officer at Kathleen.gibbs@graf.eur.army.mil or call 475-1600 or 09641-83-1600.

Community closures

Hohenfels Veterinary Clinic is closed for building renovations through Oct. 24. Soldiers who need to out-process the facility may still do so during the closure.

Vilseck's NAF Personnel Office is closed temporarily. Individuals can access information about non-appropriated fund employment by visiting the website, www.chra.eur.army.mil. Call 475-6886/6887 or 09641-83-6886/6887 for more information.

The Grafenwoehr and Hohenfels finance cash cages will be closed through Oct. 14 for staff training.

Hohenfels Community Bank is closed today for new teller system installation. The bank reopens tomorrow at noon.

Vilseck Community Bank will be closed Oct. 17 for new teller system installation. The bank will reopen Oct. 18, 1 p.m.

COLA changes take effect January 1

Continued from page 1

Soldiers can look up their COLA rate at <https://secureapp2.hqda.pentagon.mil/perdiem/ocform.html>.

Decreases in COLA will be implemented in two-point-per-month increments. For Stuttgart, the first four points will be implemented in January and February just like the Full Support categories. The timing of the remaining reduction is still under discussion at OSD. This large 14-point reduction brings Stuttgart from a previous Stand Alone status into the Full Support category. This result shows that relative price levels in Stuttgart have equalized with those of communities in other Full Support locations.

The impact of the COLA rate adjustments will vary depending on the service member's grade, years of service and family status. For example, a captain in Heidelberg with six years of service and three family members will experience a COLA decrease of \$122.33 when the survey results have been fully implemented while a sergeant in Schweinfurt with six years of service and three family members will experience a COLA increase of

\$52.83 effective Jan. 1.

While these adjustments are being made the index may continue to shift in response to changes in the Euro exchange rate. COLA will adjust when the Euro exchange rate changes by more than a cumulative five percentage points.

While no one wants to see pay and allowances decrease, it is important to remember that this allowance is linked to pricing levels and the variance with CONUS prices. When the economy in the U.S. grows faster than the economy in Europe, the price level gap narrows. The 2005 surveys reflect a higher cost of living in the United States, not necessarily a decrease in prices on the European economy. The annual surveys, regulated by the Joint Federal Travel Regulation, ensure that the allowance is properly adjusted to pay service members what they need and deserve while assigned in Europe. For more information on COLA and other financial issues, click on the 266th Finance Command website at <http://266fincom1.hqusaureur.army.mil>

New name, rest the same

Continued from page 1

The Installation Management Agency (IMA) was established on Oct. 1, 2002 and is headquartered in Arlington, Virginia. IMA's mission is to bring together all installation support services under one umbrella to promote optimal care and support of Soldiers and families. Before the establishment of IMA, major commands had two basic missions: the tactical mission and installation operations. Today, IMA manages installations in support of Army tactical missions and the major commands are no longer directly responsible for the day-to-day "city management" of installations.

The headquarters for installation management in Europe is in Heidelberg. IMA-Europe is one of the seven regions around the world which directly report to the IMA in Arlington, Virginia, and is responsible for all facets of support for

U.S. Army Soldiers and families in Europe.

Although the major commands are no longer directly responsible for the day-to-day "city management" of installations, they are still engaged in the management process because installations are critical to mission support. Before IMA, the management and organizational structure of installations varied base to base.

To create more efficiency, IMA streamlined and consolidated those installations, enabling the Army to standardize support services, allocate funding more efficiently and leverage total Army buying power to improve business practices and save money. IMA's charter is to standardize garrison business practices across the Army.

The U.S. Army Installation Management Agency provides equitable, effective and efficient management of Army installations world-

wide to support mission readiness and execution, enhance the well-being of Soldiers, civilians and family members, improve infrastructure, and preserve the environment.

In addition to standardizing the garrison structure itself, the Standard Garrison Organization approach is aimed at establishing and maintaining Common Levels of Support (CLS) for personnel across the Army. This standardized level of support will ensure the delivery of high quality base operation services with services performed to the same degree of excellence across installations. Soldiers and their families will see consistency in worldwide service delivery across Army installations which will be tailored to unique mission, geography, or personnel needs. Regardless of where a Soldier or civilian is transferred, CLS offers the security of predictability in services.

Young students make big impact

Continued from page 1

"My mom gave me the idea and I thought it was a really good idea. Me and my friend Remington went around the school asking most of the teachers where to start...we asked Ms. Jackie Rabie and Ms. Paige Hall and they said they would ask Dr. Allen our school principal about it by email," said Heflin.

The sixth graders' reason for wanting to help others in need was simple and earnest.

"We feel sorry for those people that are homeless and went from everything to nothing and they lost everything. I was very surprised at the amount of money we made because we only had a week and we earned so much money," explained Heflin.

The support of friends and family made the collection of money for the cause easier.

"Remington was with me all the way and he supported me, and my other friends heard about

what we were doing and they wanted to help us too. I want to thank Remington for helping me and all my other friends. David Barrero, Brendan Navaro and his brother, Megan Perez, Benedetta Clark, Derrick Lamonoco, my sister, Betty, and my parents."

Heflin had some advice for other kids who may want to start a fund to help others less fortunate.

"Ask your principal or your teacher for help to find out where to start. Try to get the money to the Red Cross because they cover everything," said Heflin.

"This was a really good cause. It was a current event. Acts like these need to be fostered. It is not very often you get kids that come to you that want to do something like this. Any kid that comes to me and says they want to do something good for other people, I am not going to tell them no," concluded Rabie.

Soldiers rescue fire victims

USAG-Hohenfels Public Affairs

HOHENFELS – A fire occurred in the training area at the Joint Multinational Readiness Center Oct. 5 at approximately 8:48 a.m. causing injury to two local national employees while they were defueling a generator. The employees were rescued from the fire by two U.S. Soldiers who were training nearby. The Soldiers contacted the Bavarian Red Cross Ambulance Service, and the employees were flown by MEDEVAC to burn units in Nuernberg and Munich.

The employees are Konrad Graml and Heiner Roedl, both of whom work for the Utilities Division, DPW, U.S. Army Garrison, Hohenfels. The incident is under investigation.

In brief

Officer candidate board convenes

The 7th Army Training Command officer candidate board will meet Nov. 30, 8 a.m., in the Command Conference Room, building 621. Soldiers interested in becoming officers have until Nov. 16 to submit packets to the G1. Contact the unit S1 for assistance or call 475-6952 for more information.

Fall clean up

USAG-G has set community clean-up week for Nov. 7-10. Units, agencies, and residents are encouraged to do a little extra cleaning and clearing in and around their buildings before winter weather sets in. Area and building coordinators should be providing information about resources as fall clean-up week approaches.

Black History Month Planning

The Grafenwoehr and Vilseck Black History Month committee will meet today and Oct. 19 and 26, 6 p.m. in building 623, JMTC chaplains' conference room, Grafenwoehr.

'Times' change

Like everything else in Grafenwoehr, it seems, the Training Times is changing. Go www.surveymonkey.com/s.asp?u=518471359751 to have a say in your paper's new name and redesign.

Patton charges again

Follow the 3rd Army and Gen. George S. Patton into Bohemia as Lt. Col. James Di-Crocco presents an historical perspective on Patton, Nov. 1, 6 p.m. Continue the lesson Nov. 11 on a trip to the Czech Republic. Visit the Patton Memorial Museum in Pilsen, the Pilsen Urquell Brewery and the spa town of Marienbad. (Passports are required for every participant.) Call the Grafenwoehr Library at 475-1740 or 09641-83-1740, or Outdoor Recreation at 475-7402 or 09641-83-7402 for more information.

Term II Registration

Central Texas College – Registration continues through Oct. 21. Three vocational-technical courses will be offered this term: Automotive Electrical System, 4 credit hours; Administrative Programs for Children I, 3 credit hours; Probation and Parole, 3 credit hours.

All courses are classroom-based and lead to an Associate in Applied Science degree. Class dates are Oct. 24-Dec. 16. Call 476-2362 or 09662-83-2362 for details.

University of Maryland University College-Europe – Registration continues through Oct. 21. Students can earn certificates and associate's, bachelor's and master's degrees in many disciplines. Class dates are Oct. 24-Dec. 17. Online Term II distance education courses continue through Jan. 29. Visit www.ed.umuc.edu for more information or to register.

High honors to civilians

The Secretary of the Army is on the lookout for nominations identifying civilians who display a pattern of excellence and noteworthy achievement that may make them eligible for the Decoration for Exceptional Civilian Service.

The civilian equivalent of the Distinguished Service Medal, the DECS is the highest award granted by the Secretary of the Army to career civilian employees.

Department of the Army is also seeking nominations for the Secretary of the Army Award for Valor.

The award is granted by the Secretary of the Army to acknowledge civilian employees and private citizens who perform an act of heroism or sacrifice, with voluntary risk of personal safety in the face of danger either on or off the job. Its military equivalent is the Soldier's Medal.

Nominations for either the DECS or the Award for Valor are due no later than Nov. 14. Contact Ilona Kellar, civilian incentive awards administrator for U.S. Army, Europe; 375-2582.

Army-wide traffic safety standards set

U.S. Army Installation Management Agency

Everyone who drives an Army vehicle must complete a new online course designed to make people think about driving safer.

The Accident Avoidance Course is now available through the Army Knowledge Online Learning Management Services. All Soldiers, civilian employees and contract employees who drive Army-owned or leased vehicles must complete the training when they begin working for the Army.

Refresher training must be completed every four years to meet the four-year refresher training requirements of Army Regulation 385-55 and Army Regulation 600-55.

Installation Management Agency (IMA) safety officials worked with the Combat Readiness Center and the National Traffic Safety Institute to develop a course that explores how values and attitudes affect an individual's driving behavior.

Driving is one of the few critical skills that Soldiers use in both military and civilian life. Changing a Soldier's attitude toward vehicle safety over the span of his career is key to reducing accidents, said Mario Owens, chief of Safety and Occupational Health for IMA.

The Accident Avoidance Course will be customized to each individual using a driving behavior risk assessment. Awareness of aggressive driving, defensive driving techniques and avoiding distractions will be emphasized throughout the course.

Driving under the influence, substance abuse, child safety and weather factors are also included in the training, which takes about one hour to complete.

Driving accidents – both in Army vehicles and privately owned vehicles – are the number one cause of Soldier deaths. In fiscal 2005, more Soldiers died in vehicle accidents than in each of the previous 14 years.

"Soldiers are driving more than ever before and under a wider variety of conditions," said Owens. "Soldiers must drive everything from passenger cars to Humvees. This contributes to accidents from human error and behavioral factors. The Army also has more Soldiers who have never driven before entering the Army."

About 25 percent of new Soldiers do not have driver's licenses when they join the Army. Standardized traffic safety courses that incorporate awareness, skills and motivation are one of the first steps in reducing accidents and improving combat readiness, said Owens.

"The Army is committed to the public health and safety of our Soldiers and civilian employees," he said. "We're convinced we can prevent the senseless deaths and injuries that can result from irresponsible behavior behind the wheel."

Within the next year, IMA plans to field instructors who will hold face-to-face Army Traffic Safety Training Program classes at installations. IMA currently conducts installation Mo-

torcycle Safety Foundation training.

Standardized Army-wide safety training is expected to save the Army money.

"Some commands were spending more than \$1 million a year for vehicle safety programs of all types," said Owens. "The programs weren't standardized. We should be able to save the Army millions of dollars with a standardized course. It's better for Soldiers as well because it is common training they will carry through their Army careers."

To enroll for the online course, log in to AKO, click "Training" under the self-service menu and register through the Army's Learning Management System. Click on "Training Catalog" in the welcome window. This opens a search window

where users should enter "Army" in the product name block.

Then register for the Army Traffic Safety Program Accident Avoidance Course for Army Motor Vehicle Drivers. Users will receive an e-mail confirming registration. To access the online course, open "Registrations" under the welcome ALMS welcome page. Click on "Transcripts," and then click on "Contents." Open "Army POV 1-3" to complete the course.

Driving accidents – both in Army vehicles and privately owned vehicles – are the number one cause of Soldier deaths



Photo by Alice Adler

Autograph alliance

Isaac Eisch gets an autograph from Survivor: Pearl Islands winner Sandra Diaz-Twine at the Hohenfels Commissary Oct. 4.

Motorcycle driver training scheduled

U.S. Army Garrison – Grafenwoehr Safety Office

The U.S. Army Garrison – Grafenwoehr will offer motorcycle operator training. The Motorcycle Safety Foundation-approved courses are scheduled for Grafenwoehr and Hohenfels.

The 16-hour Basic Rider Course (BRC) combines classroom and practical instruction. This course is required for personnel applying for a first-time operator endorsement and who can not produce an MSF completion certificate.

The Experienced Rider Course (ERC) consists of five to eight hours of practical instruction and does not involve classroom work. Attendees should plan to be outside the entire day and dress

appropriately. U.S. Army, Europe personnel who either renew or apply for a motorcycle operator endorsement, or have in their possession an MSF course completion card over three years old, are required to attend this course before a permanent operator endorsement is issued.

Motorcycle license applicants or those seeking renewal and requiring instruction will be issued a 60-day temporary operating permit by the Drivers License Testing Station. All AE 190-1 requirements must also be met.

Classes will be conducted as scheduled unless a condition exists that would make the class unsafe. All courses have two instructors and space for only 12 class participants. Riders should be prepared for inclement weather and wear appro-

appropriate protective equipment according to AE 190-1. Riders improperly attired will not be allowed to participate. The course schedule is below.

Grafenwoehr

BRC – Nov. 9-10
ERC – Nov. 8 or Dec. 7

Hohenfels

BRC – Dec. 13-14
ERC – Nov. 16 or Dec. 15

For more information, send e-mail to bob.mcgaffin@us.army.mil or reinhold.bayer@us.army.mil



Marion Hascin, Sandra Rangel, Diana Carpenter and Jessina Trujillo qualify with the 9mm pistol in the Engagement Skills Trainer.

Photo by Alice Adler

94th Eng spouses take shots at stress

by Alice Adler
Training Times Staff

The air in Hohenfels was alive, Sept. 30, with the crackle of gunfire and the sound of automatic weapons. But it was not a unit training for an upcoming deployment, or Soldiers sharpening their shooting skills. It was the spouses of A Company, 94th Engineer Battalion, who filled the Engagement Skills Trainer (EST) for the day, shooting down bad guys in a variety of different training scenarios.

The Hohenfels EST has been open for five months and is used to train Soldiers in marksmanship skills. A variety of video scenarios, some live action and some computer generated are used. The system allows users to fire real weapons at the scenarios, electronically calculating their hits and misses. EST Inspector/Operator Rick Wainio noted that although a variety of VIPs have come through the facility, this is the first time a family readiness group (FRG) has tried it.

At the EST the spouses, many done up in a variety of combat gear, were taught range safety and how to use a variety of differ-

ent weapons. Everyone was given the opportunity to fire a 9mm pistol, an M-16, and M-203, and M-249 and a shotgun.

The 94th Eng. Bn. has been deployed to Iraq for nine months. Rear detachment commander Staff Sgt. Alison Kempke came up with the idea of bringing the spouses to the EST as a way for them to learn a little more about what their Soldiers are doing in Iraq, and to let off a little steam. Kempke said she considered a number of possible FRG outings. "The pool, the zoo, people can take themselves there," said Kempke, "I'm gonna take them to the range!"

Most of the spouses had never shot a weapon before and were excited about the opportunity to try it out. About 20 spouses took part in the day, which was, by everyone's account, a great success.

"It's awesome," said Stephanie Hagar, who liked the 9mm qualifications range the best.

"I liked it very much," said Marion Hascin, "I didn't expect it to be that much fun!"

"They don't want to have FRG meetings anymore," said Kempke, "they just want to come here."

Learning what their Soldiers are doing in Iraq was an eye-opening experience for many who cited the weight of the weapons and the difficulty of hitting the targets as some of the surprises they encountered. Most were interested in firing the specific weapons that their Soldiers are using in Iraq.

The day had another added benefit as well. "It's great stress relief," said Jesseina Trujillo, "and right now I can really use it. It takes a load off your shoulders."

Many spouses said their Soldiers were excited that they were getting the chance to try out the weapons. "He wants me to send photos," stated Trujillo about her husband's reaction.

At the October FRG meeting, Kempke plans to hand out awards to the best marksman, and the best outfitted "Rambo" of the day.

Some who had planned to attend for only an hour or so ended up staying at the EST all day. "Look, they're all having fun," noted Hascin, "That's the main thing."

In brief

Home work help

Ever considered working from home? Sieglinde Schedl, commercial affairs officer, can you help you learn the rules and benefits of running a home-based business in Germany. Call 09641-83-6753 or 475-6753, or stop by Building 244, Room 239 to learn about the process.

Landstuhl outreach

An outreach trip to Landstuhl Medical Center to visit with wounded Soldiers is scheduled for Oct. 22. This trip is open to adults who would like to provide comfort and support to the Soldiers being treated at the center. A bus will depart at 6:30 a.m. from the Grafenwoehr Burger King parking lot, and return at 6:30 p.m. that day. Transportation is free although participants will need money for lunch and snacks.

Donations for the Fisher House will also be accepted. Item suggestions include cleaning supplies, laundry detergent, dryer sheets, plastic ware, napkins, paper towels, paper plates, napkins, coffee supplies, garbage and storage bags and toilet tissue. Donations will be accepted at the Grafenwoehr Chapel Annex.

To sign up for the outreach trip, or to learn more about donation needs, contact Mindy Hardin at mindy.hardin@us.army.mil.

Free classifieds

All community members can advertise used automobiles, homes for pets, and much more. Advertising is free. Just go to <http://www.rlehner.de/trainingtimes/freeclass.htm> to complete the online form. Classified ad deadline for the Oct. 26 Training Times issue is Oct. 21.

Library cooks up Thanksgiving feast

Learn how to prepare the perfect Thanksgiving meal. Classes will be Oct. 26, 2-4 p.m., at the Grafenwoehr Library, and Oct. 27, 2-5 p.m. at the Tower View Restaurant. Call 475-1740 or 09641-83-1740 for more information.

Area AWAG conference

The American Women's Activities, Germany, will host the Oberfalz Area Conference Nov. 19, 8 a.m.-3 p.m., at the Tower View, Grafenwoehr. "Proud of Our Past, Focused on Our Future - 50 Years of AWAG Conferences" is the theme. Cost is \$15 and includes lunch. Registration deadline is Nov. 11. Call 09662-701146 to register or to learn more.

Rearranging furniture

The Vilseck furniture store reopens Oct. 15 in building 215 (the old Power Zone building). The Grafenwoehr and Hohenfels furniture stores will close permanently Oct. 14.

PWOC meets weekly

The Vilseck Protestant Women of the Chapel invite you to worship, bible study, fellowship and fun. Meetings are Tuesdays, 9-11:30 a.m. in the Vilseck Chapel.

American Red Cross classes set

The following are classes offered in USAG-G:

Babysitting - Oct. 17-19, 3:30-6 p.m., Vilseck;

Volunteer orientation - Oct. 18, 9:30-11 a.m., Grafenwoehr, and Nov. 1, 9:30-11 a.m., Vilseck;

Adult CPR and first aid - Nov. 5, 9 a.m.-4 p.m., Vilseck.

Cost for the babysitting and adult CPR and first aid classes is \$25 each. Questions? Call 476-1760 or 09662-83-1760.

AFTB training

Army Family Team Building offers more than 40 continuing education courses organized on three levels. Call 09662-83-2650, or stop by Building 221, Room 207, Rose Barracks to register for the upcoming classes:

Level I - Nov. 3-4, 9 a.m.-2 p.m.;

Level III - Nov. 16-18, 8:30 a.m.-2:30 p.m.



Photo by Alice Adler

Soul food

Members and guests of Catholic Women of the Chapel kicked off their year on Sept. 8 with a potluck brunch in the Hilltop chapel center. The CWOC meets every Thursday, 9:30-11:30 a.m.

German Culture 101

Recent elections out of ordinary

by Martina Bias

Special to the Training Times

The commotion and controversy caused by the recent German election was hard to miss. Pictures of local and national candidates were on display on virtually every street corner, soliciting votes from billboards and cardboard signs.

Most elections are high-profile events, but this one was especially so, since it did not follow the usual pattern.

In general, the German national elections in which voters elect a federal assembly are held every four years. Each voter, who must be at least 18 years old, will cast two votes. The first vote is cast for the local candidate of the election district. The second vote is cast for a list of candidates provided by the political parties. The German federal assembly is known as the Bundestag; it is the lower house in Germany's bicameral parliamentary system and is the main legislative body.

The 598 members are elected to four-year terms. The seats are filled by a mixed system of direct voting and proportional representation. A party's percentage of the second vote determines how many seats it holds. A party is allowed to sit in the Bundestag only if it has received at least 5 percent of the votes cast in the second ballot or if it manages to get three or more deputies directly elected. A coalition government is normally formed if none of the parties represented in parliament wins an absolute majority of votes. Before the parties formally agree to a new coalition government, its priorities are defined in extensive meetings and negotiations. The federal chancellor, who leads the executive federal government and appoints federal ministers, is elected by a simple majority of the Bundestag.



The recent election was a little out of the ordinary for several reasons. For starters, it was held a year before Chancellor Gerhard Schroeder's term expired in 2006. A devastating loss in the regional elections of the state, North Rhine-Westphalia, was the last in a string of such losses and left Schroeder's ruling party the Social Democratic Party (SPD) in control of only five of the 16 German states, giving control of the Upper House of Parliament to the opposition. This caused the chancellor to ask the Vertrauensfrage, literally, the question of trust – or vote of confidence – fully aware that he would lose it. His goal, however, was the dissolving of the Bundestag to make way for new elections, which were declared by the Federal President Horst Koehler, according to the law.

To complicate matters further, the final election results were delayed to October 2nd due to the death of a direct candidate in Dresden's 160th district.

The opposition, consisting of the conservative Christian Democratic Union (CDU) and its sister party dominating Bavaria, the Christian Social Union (CSU), was led by Angela Merkel, the first woman ever to try to become chancellor. This party was favored to win early during the preparations for the new elections, but, surprisingly, its lead shrank dramatically in the months before the polls opened. The emergence and success of the Left Party (LPD) was another surprise. The four-month-old party, which consists mostly of former East German socialists and unhappy West German unionists, jumped the so-called 5 percent hurdle easily, and, as the third-strongest party, is now represented in the Bundestag with more representatives than the long-established Free Democratic Party (FDP) and the Green Party (Die

Gruenen), the coalition partner in Schroeder's previous government.

The resulting close percentage points of CDU/CSU and SPD that were published after the votes were finally tallied cast the spotlight on the smaller parties as coalition talks were held. Possible alliances were given colorful names based on the colors associated with the parties. There was the possible Traffic Light Coalition, consisting of SPD (red), FDP (yellow) and the Green Party. Another possibility was dubbed the Jamaica Coalition – CDU/CSU (black), FDP (yellow) and the Green Party. Even the Great Coalition between the SPD and CDU/CSU, a partnership vigorously ruled out before the election by both parties, was suddenly possible.

Many analysts have attempted to explain how Germany ended up in this politically divided state. One can see a horizontal split in loyalties with most states in Northern and Eastern Germany giving their majority to the SPD and the South confirming its conservative stand by supporting the CDU/CSU. However, statements I heard recently, such as, "You don't really believe I would vote for a woman," uttered by a traditional Bavarian man, or "None of the traditional parties have fixed Germany's problems so maybe it is time to try something radical," from a young unemployed father, mirror the torn feelings that plagued German voters and led to a surprising 20 percent of all voters still being undecided the day before the election.

At press time, the two biggest parties were in third-round coalition talks. The greatest point of contention was which party would get the privilege of having its candidate become the Kanzler (Schroeder) or Kanzlerin (Merkel). Both sides are adamant that they will not budge on their claim to Germany's highest office. The general German public, meanwhile, is becoming annoyed by the prolonged confrontation and wishes the issue settled and political life to move on.

I say burger, You say Buletten

by Martina Bias

Special to Training Times

One can often find some kind of meat patty on menus in just about any culture. The type of meat and the way of preparation often varies according to the local eating habits. Americans love to grill their hamburger patties, the Greek wrap their ground lamb or pork meat around a piece of sheep or goat cheese. Hungarians shape theirs into ground meat rolls and use plenty of spices. Germans have a signature ground meat patty as well. The preparation is very similar throughout Germany, but the name of this meat dish varies by region. In Berlin, you will find it described as Buletten, while people from the Rhineland region call it Frikadellen. In our local Bavarian region it is most commonly known as Fleischpflanzerl, meaning literally, little meat plant.

Fleischpflanzerl usually consists of an even mix of ground beef and pork. Egg and bread give the patty stability while onions, salt and pepper flavor it nicely. Fried crispy brown in a pan, this meat item is often served with Bayrisch Kraut (see recipe from the Training Times Sept. 12th issue) or red cabbage and boiled potatoes. Another nice side dish that compliments it well is potato salad. Guten Appetit!

Fleischpflanzerl

1 day-old Broetchen or 1/2 cup of plain bread-crumbs

1 cup hot water or 3 tablespoons hot water
1/2 pound ground pork
1/2 pound ground beef
2 small onions, finely chopped or 1/2 cup dried minced onion
1 teaspoon salt
1/2 teaspoon pepper
1 large egg, beaten
2 tablespoons butter or margarine

Tear up Broetchen and place in a small bowl. Pour hot water all over and let sit for a few minutes. Then, squeeze out most of the water. You may also substitute 1/2 cup of unseasoned bread-crumbs for the Broetchen and mix them with 3 tablespoons of hot water.

Crumble ground meat in a large bowl. Add the finely chopped onions or dried minced onion, salt, pepper, beaten egg and Broetchen or breadcrumb mixture. With a fork or your clean hands, combine meat mixture well. Shape into 4 large or 8 small patties.

Melt butter or margarine in a large frying pan. Brown patties for 30 seconds on each side. Then, continue frying each side for about 5 minutes until done.

Caution: This dish contains raw pork and should always be cooked completely. If you are unsure whether the meat patties are done, you can place them on a plate and microwave them for a few minutes to make sure. Yield: 4 large servings or 8 small servings

pulse points

Baby basics

The Vilseck Health Clinic will host three classes for parents-to-be and new moms.

A Prepared Childbirth class will be Oct. 22 and 29, 9 a.m.-4 p.m. The class is limited to five couples. Participants should take two pillows, a blanket and a water bottle to the class.

Infant Massage benefits and techniques will be covered during a one-day class, offered each Saturday, 1-1:45 p.m. Each class is limited to five sets of parents and five infants (ages two weeks to six months). Each couple should take a large doll and a small bottle of cold pressed nut, fruit or vegetable oil. Be prepared with your baby's blanket and plenty of diapers.

Breastfeeding basics will be discussed, Nov. 7, 6-9 p.m. This class is to prepare expectant parents for the breastfeeding experience.

Call Ruth Hanson at 476-2014 or 09662-83-

2014 for more information or to register for classes.

Anxiety and Panic Disorder therapy

Hohenfels Social Work Services will offer supportive group therapy for Anxiety and Panic Disorder if community members express the need. Call Jacque Cummings at 466-4625 or 09472-834625 if you want this service.

Vilseck appointments online

Patients can book medical appointments online at www.tricareonline.com. For details about how to set up a user account and to book an appointment with a health care provider, send an e-mail to Emily.Stehr@us.army.mil

In brief

Fall fests, Halloween hauntings



Oct. 26

Spooky stories – Vilseck Library presents a Halloween-themed story time at 10 a.m.

Oct. 28

Hohenfels

Terrifying tales – Hohenfels Library scares up stories and costume contests, 3:30-5 p.m.

Parent Teacher Student Association Fall Carnival – For families, Oct. 28, 4:40-7:30 p.m., Hohenfels High School. The fair will feature a chili cook-off and games.

Oct. 29

Grafenwoehr

Health clinic – Haunted Forest, 6-8 p.m., north side of the clinic. Hit the haunted trail and enjoy the cookies, treats and warm drinks; a Halloween fair for children, five and under.

Grafenwoehr Bowling and Entertainment Center – Trick or treat costume party, 8 p.m.-midnight.

School Ages Services – Fall Festival with games, activities and a pie-baking contest, 1-4 p.m., Bldg. 508.

Vilseck

Chapel Fall Fest – Families are invited to hayrides and hotdogs, crafts and chili, 6-8 p.m. Family-friendly costumes are welcome.

Oct. 31

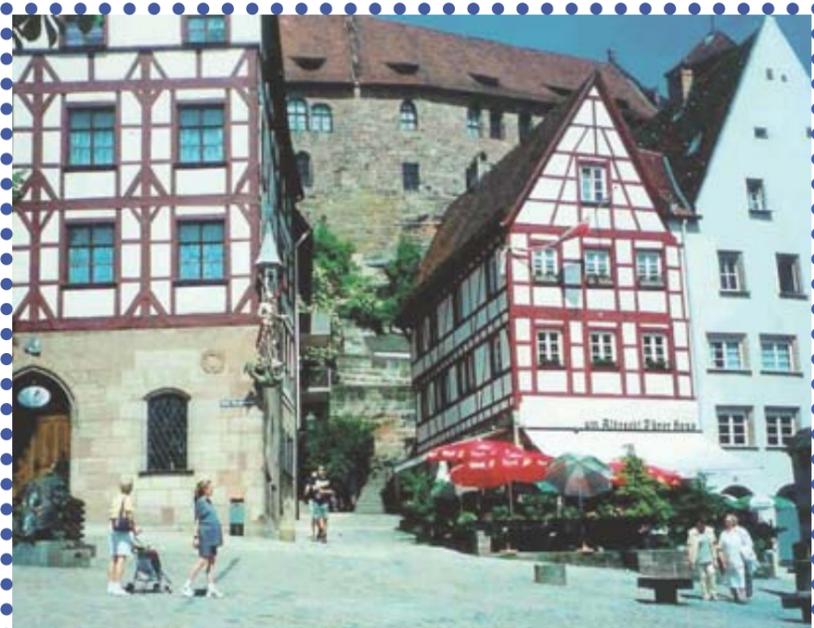
Authorized trick-or-treating hours – 5-7 p.m., on- and off-post housing in all communities.

Grafenwoehr

Harvest Fest – Food, games and more, 6-8 p.m., multi-purpose room, Grafenwoehr Elementary School.

Hohenfels

Harvest Fest – Protestant congregation offers trick-or-treating alternative, 5-7 p.m., at the Hilltop. Children and adults are encouraged to dress in their favorite fun costume and enjoy chili dogs, a costume contest, games and crafts.

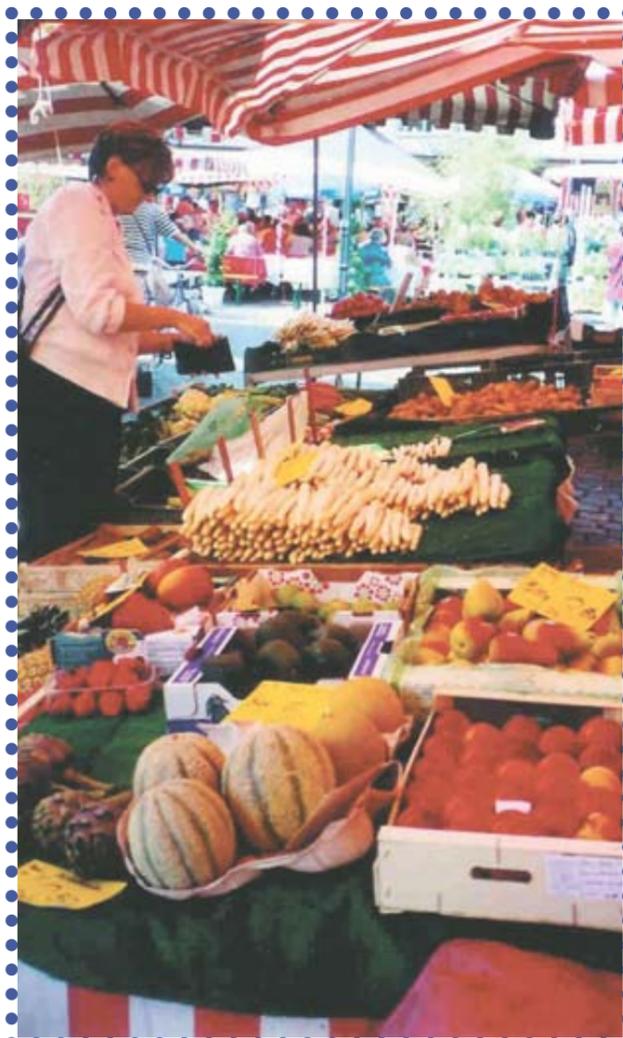


Photos by Alice Adler

The view of the city (above left) from the castle is not to be missed. Beautiful half-timbered houses line the streets on the walk up to the castle complex (above right).



The Beautiful Fountain is an ornate Gothic spire in one corner of the Hauptmarkt.



National Treasure

Medieval yet modern, Nuernberg yields riches to travelers seeking culture and history

by Alice Adler
Training Times staff

Many of us are familiar with Nuernberg. We go there for a bit of shopping and take relatives there at holiday time for the city's famous Christkindlmarkt. But there is more to Nuernberg, much more. This ancient city is full to the brim with historic sights. Spend a day in Nuernberg and soak up all the city has to offer.

Massive reminders of Nuernberg's historic past surround the visitor from every side. Ringing the Altstadt one can still see the city's ancient walls and towers. Outside the walls is a wide grassy area marking the place where the city's moat once thwarted invaders. On the north side of the wall, high above the city stands the Kaiserburg, the castle that was the official residence of German kings and emperors from 1050 until 1571. Take the long hike up to the castle complex for a great view of the city's downtown. Tours are available and the gardens behind the complex serve as a great place for a stroll.

On your way up to the castle, you will pass a number of grand churches. Farthest from the castle stands the largest church in Nuernberg. The beautiful, Gothic St. Lorenz Kirche took more than

200 years to build. The stained and painted glass here is truly a sight to behold, made even more remarkable by the fact that much of this delicate glass dates from the 15th century.

Venturing over the Pegnitz River towards the castle, the visitor to Nuernberg happens upon the grand Hauptmarkt. This square is the sight of the grand Christmas market every December, as well as other festivals throughout the year. When not hosting a festival, the marketplace is home to a wide variety of fruit, vegetable and flower vendors. Their colorful wares make a lovely stroll on a warm day.

Towering above the marketplace is the often photographed Frauenkirche. The façade of this church contains the city's glockenspiel, which features seven princes who march counterclockwise around Charles IV every day at noon.

At the opposite end of the marketplace is the 19-meter-high Schoener Brunnen, the Beautiful Fountain. This remarkably intricate Gothic spire depicts figures of all kinds that are part of the city's history and legend. The wrought iron fence around the fountain includes a polished gold ring that visitors turn three times to ensure that their wish comes true.

A short walk from the marketplace towards the castle is the third, and oldest, of Nuernberg's grand churches. The 13th century St. Sebaldus Kirche is a good example of the architectural transition from the Romanesque style to the later, more ornate, Gothic style. Inside, check out the shrine of St. Sebald, a brass coffin made in 1519 to house the saint's remains.

Across the street from St. Sebaldus Kirche is the Altes Rathaus, which features medieval dungeons that contain, to the delight of many young visitors, various kinds of instruments of torture. Tours are offered several times a day.

Nuernberg is also home to many interesting museums. The German National Museum is the country's biggest museum of German art and culture from the very beginnings into the 20th century. The train museum houses many interesting train cars and engines, including Germany's very first train – the Adler. The toy museum is a fun collection that is befitting of Nuernberg's status as the center of Germany's toy-making industry. Finally, the Albrecht Duerer House is both the only completely preserved Gothic house in the city and a museum dedicated to the life and work of Nuernberg's favorite artist.

For those interested in the city's more recent history, a couple of sites outside the old town are worth a look. World War II buffs will certainly recognize the Zeppelin field parade grounds where many of the huge, riotous Nazi Party rallies were filmed for propaganda movies. The site is now used for many events, including concerts and sporting events, but the sharp eye will still see evidence of its dark past, including the stone podium from which Adolf Hitler worked the crowds into frenzy.

The other stop is the Justizgebaude, or the Court of Justice, the state courthouse where the famous and groundbreaking Nuernberg trials took place at the end of World War II. The building is still a courthouse and therefore is not always open to the general public. You can check out the outside, and there are rumors, that, if room 600, the location of the trials, is not in use, guards may let you peek inside.



Colorful flower, fruit and vegetable stands (left) fill the Hauptmarkt in the summer months. The shallow Pegnitz River runs lazily through the city, past the Heiligeistpital (above).

Homecoming The plays, the scores

by Kathy Jordan
Training Times staff

Volleyball

The Vilseck Lady Falcons varsity volleyball team competed against the Ansbach Cougars Oct. 1, convincingly beating their opponents in three straight matches with scores of 25-14, 25-11 and 25-13. The Lady Falcons hustled on the court and never let up on the Cougars. Their defense kept the Cougars off balance and the Lady Falcons' serves were hard for their opponents to return.

Rebecca Linka and Rebecca Womack both led in serving with 90-percent-serve completions. The team as a whole made few errors at the serving line. Alainia McKinnis led the Falcons team with seven kills followed by Shannon McLaughlin with five.

The Cougars did not have a junior varsity team so there were no statistics available.

Tennis

The Vilseck girls' and boys' tennis teams beat Ansbach teams 7-0 and 6-0, respectively. In the girls' matches, Vilseck's Jeanette Cortez defeated Ansbach's Sarah Callahan 6-3, 6-2; Vilseck's Jennifer Clark defeated Ansbach's Roxanne Visaya 8-1; Falcons' Katherine Schaffer defeated Cougars' Rachel Wilder 8-3; Falcons' Sarah Klein defeated Cougars' Danielle Cook 8-1; Falcons' girls' double team Cortez and Clark defeated Cougars Callahan and Visaya 6-4, 6-3; Falcons' girls doubles team Schaffer and Klein defeated Cougars Wilder and Cook 8-0; Girls' doubles exhibition match Falcons team of Shereka Holback and Emily Clark defeated O'Brien and Covan 8-5.

In the boys' matches, Vilseck's Byron Schaffer defeated Cougars' Stephen Pike 6-0, 6-1; Falcons' Chad Perkins defeated Cougars' Bobby Taylor 8-1; Exhibition boys' singles Vilsecks Jose Leon defeated Cougars Dan Mariscal 8-0; Vilsecks Kris Mena defeated Ansbachs Dan Mariscal 8-0. In boy's doubles Falcons Schaffer and Perkins defeated Pike and Taylor 6-0, 6-0.

Cross Country

Vilseck boys' team finished in second place overall in pentagonal competition. Vilseck's Dennis Lyska finished second with a time of 17:56; Cameron Campbell finished in 14th place, time 20:40 seconds; Logan Lehman placed 18th, time 21:03; Corbin Skerrit placed 19th, time 21:09. Other Falcons competitors

were John Watsek, time 22:44; Daniel Thompson, 23:29; Chris Jackson, time 24:35; and Ricky McCarthy, 31:01.

Vilseck's girls team finished in third place overall in pentagonal competition. Vilseck's Shymra Coleman finished eighth with a time of 23:05; Harley Reyna-Reyes finished 13th with a time of 23:35; Simona Womack finished 17th, time 24:47; Caroline Land time, 25:55. Other Falcon competitors were Auburn Ray 29:29; Maggie Powers, 30:59; and Alex Barrientos, 34:35.

Football Game

Division II-The Vilseck Falcons lost to the Aviano Saints 41-12. The loss brings the Falcons record to 0-3 with two games left in the regular season. The next game will be at Bitburg and the final game will be against Hanau at 1 p.m. at Vilseck High School Oct. 15.

In the first quarter, Falcons' Derrick Jones scored a 27-yard touchdown with 9:58 remaining on the clock; the Falcons missed the extra point making the score 6-0. The Cougars responded with a touchdown and extra point making the score 7-6.

The Cougars increased their lead to 27-6 at the end of the second quarter with three touchdowns and a two point conversion. Eric Ruzicka blocked an extra point attempt.

In the third quarter, Derrick Jones ran another four-yard touchdown for the Falcons, taking the score to 27-12. After a failed two point conversion the score remained 27-12. Aviano answered with a touchdown each in the third and fourth quarters making the final score 41-12.

Derrick Jones carried the ball 20 times for a total of 136 rushing yards. Lead tacklers for Vilseck were Justin Ingram and 'Bear' Hood with 12 tackles each. Tre White had 10 and Bryce Navarro and Eric Ruzicka each had six.

Aviano's Gary Vogt passed for 202 yards and two touchdowns, and Chris Diaz had eight tackles and three touchdowns for the Saints.

Division III-Hohenfels kept their winning streak alive by beating Giessen 39-8. No stats were available.

Golf

The golf team competed at Patch Sept. 28. The statistics for the game were Jesse Sellers-20 pts.; Mike Selvage scored one pt.; Langston Oxendine, 15 pts.; Stephanie Hood six pts.; Gigi Gonzales, 5 pts.; Yamara Hollis, 4 pts; and Destiny Gailmore, 0.



Photo by Alice Adler

Combat crossing

Wayne Webb, Blacksheep Observer Controller team, and Joseph Davia, Headquarters and Headquarters Company, Operations Group, cross the finish line during the Hohenfels Combat Cross Country run Sept. 21st. The nearly three-mile run was a challenge. The 2005 Combat Cross Country Championship, sponsored by IMA-E, will be Oct. 20 in Babenhausen. For details, call 348-7441.

Falcons, Tigers leave Italy with different outcomes

by Kathy Jordan
Training Times staff

In Division II play, the Falcons traveled to Naples, Italy, Sept. 24 to face the Wildcats. The Wildcats won the competition by a score of 48-12.

Vilseck had a total of 185 rushing yards. Senior Derrick Jones carried the ball 25 times for a total of 140 rushing yards.

Within the first three minutes of the game the Wildcats scored a touch down and extra point. Vilseck's Dextra Johnson answer red back with a 20-yard touchdown with 5:36 remaining in the first quarter. The Wildcats made two more touchdowns and a two-point conversion to make the score 21-6 at the end of the first quarter.

Falcons' players Robert Wright and Eric Ruzicka slowed down the Wildcats running game when they sacked the quarterback on two different plays. The halftime score was Wildcats 28, Falcons 6.

In the third quarter, Falcons' Derrick Jones scored a 10-yard touchdown with six minutes remaining on the clock, bringing the score to Vilseck 12 and Naples 42. Late in the third quarter, Falcons player Robert Wright made a fumble recovery.

The Wildcats scored again in the fourth quarter and in the final seconds of the game Falcons' Tre White had a fumble recovery with two seconds remaining on the clock. Despite the Falcons' best efforts, the final score of the game was 48-12 in favor of the Wildcats.

Lead tacklers for the Falcons were Tre White and Robert Wright with 10 each; Miles Olive, nine; and Lee Torres, six. Naples quarterback Tyler Terronez completed 10 of 11 passes for 226 yards.

The Division III Tigers traveled to Sigonella, Italy, and beat the Sigonella Jaguars 51-12. Stats were not available.

Crossword Answer

	H	T	U	E	S	L	E	S	L	E	D	A	B	
S		E		N	R		U		N		H		E	
E	R	U	C	P	E	A	L	E	T	C	A	L		
M		Q		G	H		C		T		O	K		
A	R	O	G	A		S		T	N	I	E	C		
H		R		E	P	O	T	O	S	I	R	U		
A	T	C	S		L	S		U		B	E	B	A	
				L	A	N	I	D	R	O				
T	S	E	W		T	S		C		T	C	E	S	
E		L		L	V	S	U	N	U		I		E	
N	O	B	R	A	C	A		E	T	A	T	U	M	
G		O		I		T		T		I	A		U	
Y	T	N	E	V	E	S		S	S	S	U	S	P	
C		G		O	E		U		N		Q		S	
	N	I	O	J	R	E	R	I	N	G	A	T	R	

playtime

Sports clinics

Sports official clinics are set for basketball, Oct. 25-30, and power lifting, Nov. 15-19. Both clinics will be at the MWR Training and Development Center on Tompkins Barracks in Schwetzingen. Call 370-7944 or 379-7693, or visit www.mwrtade.com for details.

Tournaments

The fall line-up for Installation Management Agency-Europe MWR tournaments provides plenty of action, either center stage, or on the sidelines. Boxing will be Oct. 15, 7 p.m., Tompkins Barracks Fitness Center, Schwetzingen. Basketball will be Oct. 29, Patton Barracks, Heidelberg. Basketball registration deadline is Oct. 26. Call 379-7693 for information.

Ski season opens

Fill your winter calendar with ski trips

through Outdoor Recreation, Grafenwoehr and Vilseck. One-day, week-long, or for just a few days, schedule your winter fun now. Don't own the equipment? ODR has skis, snowboards and ice skates. Child-friendly and family rental rates are available. Call 475-7402 or 09641-83-7402 in Grafenwoehr, and 476-2563 or 09662-83-2563 in Vilseck.

Frankenstein Castle Run

The 26th Annual Frankenstein Castle Run will be Friday at 10 a.m. The 13-kilometer run begins at the Cambrai-Fritsch Kaserne North Gate and ends on the grounds of the Frankenstein Castle. Cost is \$19 or Euro 15 for early registration, or \$24 or Euro 20 for same-day registration. Registration is available at www.darmstadt.army.mil. For more information, call 348-1550 or 06151-1550.



U.S. Army Photo

Spec. Nate Gurlock posted his personal best despite the race not being official.

Army 10-miler USAREUR runners compete

by Bob Purtiman
USAREUR Public Affairs

WASHINGTON D.C.—In the moments before the 2005 Army 10-Miler race was to begin, members of U.S. Army, Europe’s team were confident in their chances to bring home winners’ trophies.

More than 20,000 runners lined up for the run that would begin at the Pentagon and take the runners throughout the Capitol region and back to the Pentagon for the finish. Unfortunately, due to a security concern along the route, the runners were re-routed.

Because the race course was altered, the race was no longer official and results weren’t compiled. In fact, the course the runners ended up running measured more than 11 miles.

Before the race, the team was confident they would have four runners on the men’s team finish in under 55 minutes, said USAREUR team leader Col. Michael Buley.

“We had about 50 percent of the team returning from last year,” Buley explained. “In the end, this event is about team and unit pride and being a part of something bigger than you. It’s a great event.”

Although the race didn’t end the way the runners anticipated, winning times weren’t the only rewards in this event.

“The camaraderie is great,” said Lt. Col. Jacqueline Chen, a three-time member of the USAREUR women’s team. “It is good to see familiar faces every year of people who have

been your teammates or you have competed against.”

The Army 10-Miler is America’s largest 10-mile road race and the Army’s premier running event. This was the 21st annual event. Military and civilian runners come from across the country and the world to be part of this traditional event.

This year’s race had more than 20,000 runners and 650 teams registered. Runners from all 50 states and 27 countries competed.

The large crowd is something USAREUR runner Spc. Nate Garlock thrives on.

“I was excited and ready to go,” he said. “It’s a great opportunity to come here and compete against all these people. I reached my goal time and was pleased with my run—it was fun.”

Personnel changes will provide opportunities for other USAREUR runners to represent their command next year. Now is the time to begin training.

Garlock began training when he redeployed from Iraq.

“I was a little out of shape when I got back six months ago,” he said. “I have been running 10 miles daily to prepare for this. Over time, I have got my time down to 55 minutes.”

The biggest thing for a runner training for this type of race can do is not to give up, according to Chen.

“Over time, everyone will improve,” she said. “Take it little steps at a time and don’t over-train, that’s the key.”

New director welcomes parent, volunteer participation

by Kathy Jordan
Training Times staff

As fall sports get underway, Child and Youth Services (CYS) programs are in full swing for kids and adults alike to play, participate in and enjoy. Soccer and tackle football teams are playing games in the local communities all across Germany.

Harry Lige has been CYS sports and fitness director for US Army Garrison-Grafenwoehr for the past two months. Before taking this position, Lige worked with adult sports as a sports specialist. Lige talked about the similarities and differences of working with adults and children.

“Working with parents I feel is a positive. Parents have a lot of input and a lot of good ideas. You have the opportunity to take those ideas and expand on them,” Lige said. “With adults, the rules are pretty clear. You really don’t have to ask the participants on which level they want to do something; it’s already been determined by guidelines.”

Parent’s participation and support are two challenges that Lige looks forward to as sports and fitness director.

“My biggest challenge will be to provide quality service throughout the Grafenwoehr and Vilseck communities fairly. We want to get parents to understand the things we do and how important it is for us to have their support for these programs. I want parents to understand that there are a lot of rules involved in the CYS arena and those rules are there for families who participate in the programs.”

Often, a common concern is awareness and understanding of the different rules and regulations for youth sports. Coaches and parents each receive a copy of rules and regulations at the beginning of each sports season.

“The rules are there for the fairness of everyone in the program. We want the parents to understand that rules are clearly in place. One example is fairness for all participants. Fairness is if a kid is in the wrong age category and we determine that, we put the kid in the right age category. That’s the rule,” Lige explained.

Volunteers are always a priority with the youth sports program.

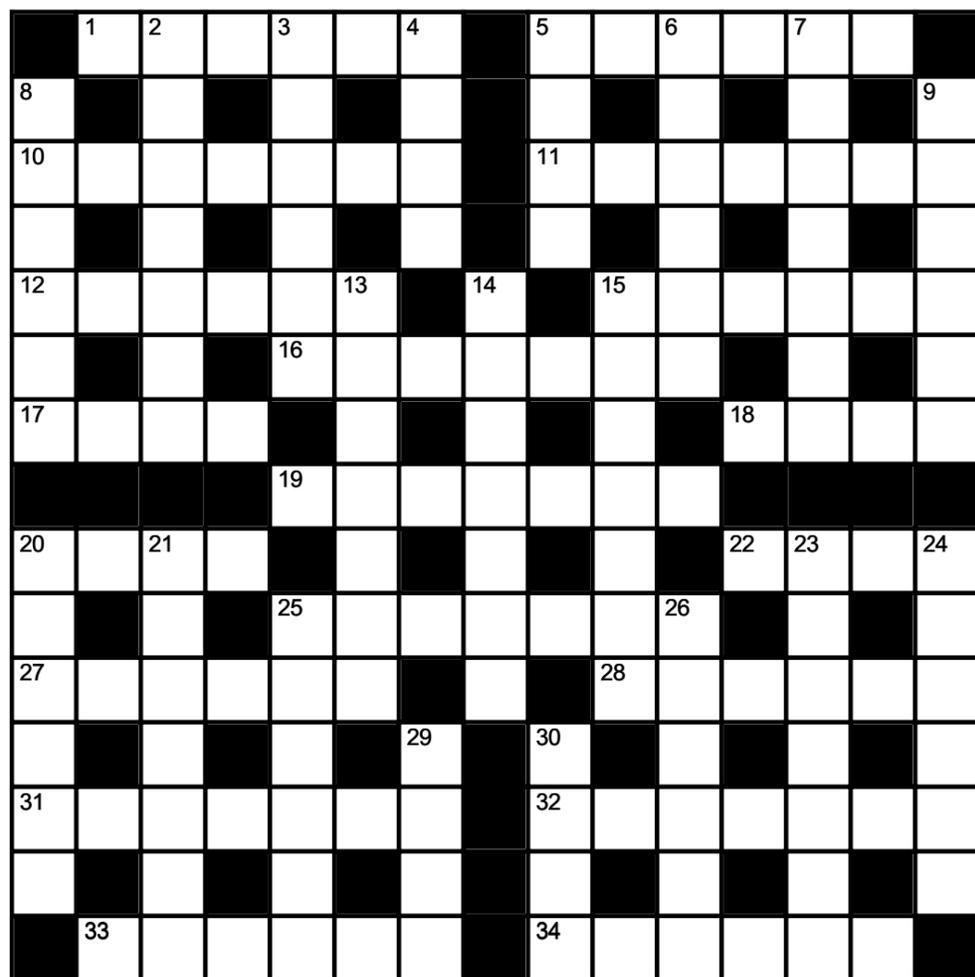
“Volunteers are the key to the success of these programs. Without the volunteers it is very difficult to maintain or run these programs. We need that help and support from the parents. It’s a benefit for everyone involved,” Lige said.

The process of becoming a volunteer with CYS is easy according to Lige. “We have coaches’ clinics for everything that we do. You can come to the central registration office in Vilseck or Grafenwoehr and pick up a volunteer packet, or you can pick them up at the Army Community Services office. It goes into detail and it tells you what you have to do to get those hours, it is up to you to turn in your hours to be recorded. There are also dates for classes that volunteers have to attend.

“Being a volunteer benefits all those who participate. If you really enjoy working with kids, it will be a great benefit for you to get involved in the right program. It’s a fun thing if you like working with kids and other people. It’s an opportunity to watch the kids grow and be a major contributor in that process,” Lige explained.

Soccer and tackle football are going on now within the communities. This is the third year for tackle football in Vilseck and the first year for tackle football in Hohenfels. For more information about volunteering with the youth sports program in your community contact the CYS in your community.

Crossword



Across

- 1 Appraisal
- 5 Answer
- 10 Assets
- 11 LXX
- 12 Change
- 15 Graphite
- 16 Strange
- 17 Religious order
- 18 Compass point at 270 degrees
- 19 Designating sequence
- 20 Infant
- 22 Sing jazz
- 25 Atom

- 27 Customer
- 28 Mohair
- 31 Milky
- 32 Gastronome
- 33 Parish official
- 34 Detective

Down

- 2 Water-related
- 3 Unmoved (two words)
- 4 Blow
- 5 Remainder
- 6 Mirthful
- 7 Ungentle

- 8 Froths
- 9 Young swan
- 13 Beset
- 14 Abets
- 15 Indian bean tree
- 20 Fastener
- 21 French roll
- 23 Game played with mallets
- 24 River through London
- 25 Destine
- 26 Motor
- 29 Piece of evidence
- 30 Not his

