



Kids put taste buds to the test

Story and photo by Sandra Wilson

Korean vegetable pancakes, sweet and sour chicken, fried rice, and pineapple upside down cake served with lemonade or coffee made for a tasty and filling meal last week at Schweinfurt Middle School's Touch of Class Café.

The business enterprise class, taught by Troy Purdin, is cooking it up for teachers and parents. The class requires that the students enrolled make six professional meals throughout the semester and serve them in a restaurant-style atmosphere to their customers.

Purdin's goal is to teach his students how to run a restaurant from the management aspect to serving to washing dishes.

"They go through every step from cooking to clean up. It shows them every aspect of running a restaurant," said Stephanie Baker, who attended the January meal production to see her daughter serve.

The meal price for teachers and parents is 8 dollars per plate which includes the entrée, drink, and dessert. This money goes towards the meals that the students eat as well as detergents, towels, aprons, and other necessities that help make the productions successful.

"We also look at the business aspect of it as far as the menu planning. We have the financial spreadsheets to keep track of what we spend and what we make," said Purdin.

With six individual home-style kitchens, the students begin their work to create a masterpiece meal. They spend the first week learning about kitchen tools and appliances. From there, they start to plan their menus according to a rubric with built-in nutrition.

Many of the students come in with little to no experience in the kitchen. After the first five weeks they produce their first meal for the café.

About 40 meals are made each production. Some are made to go for people who don't have time to sit down. The remaining meals are split amongst the invited parents, teachers, and students



Troy Purdin

D'Andre Evans and Amanda Riojas put together a treat at the Middle School's Touch of Class Café.

of the class. The students eat their meals when the serving and clean-up is finished.

Touch of Class Café is Purdin's passion as he tells of his veteran food service years and how his experience has rolled over into teaching for the Department of Defense.

"I like it. This is what I did for a living. I was a food service specialist working in the mess hall for four years, and I taught culinary arts and restaurant management in a state prison in Ohio for two years before I got hired by DoDDS."

So far, the class has created German, Mexican, American, and Korean entrees with plans for more variety in the upcoming meals in March, April, and May.

As the new semester begins next week, a fresh group of students will enter the kitchen to learn the skills of restaurant management and hopefully to take some tips home for future masterpiece meals.

Pharmacy lets customers do it themselves

Story by Kimberly Gearhart

The USAG Schweinfurt Health Clinic pharmacy wants to help you help yourself. Does your child have a runny nose and cough, or maybe you have a pounding headache? Not something you would normally go to the doctor for, but that still needs attention.

The self care program was designed for people just like you.

With self care, U.S. military ID card holders can come to the pharmacy, without an appointment, and get advice from a li-

censed pharmacist or doctor of pharmacy, not technicians, about over-the-counter treatment options—and get the proper medication too.

"There are illnesses and problems that need to be taken care of by providers or specialists. This program helps free up time for the providers to see patients who are in need," said Capt. Jaleh Ghalandarysafavi, Officer in Charge of the pharmacy.

Although the self care program has been around for a very long time, participation, by family members at least, has been low.

"Most people don't know this is available

for them, although we've always had the program. They don't need to take a special class or anything," said 1st Lt. Jennifer Tomazic, Schweinfurt Health Clinic executive officer.

There are many benefits to the self care program. Participants get free medication and advice from a certified professional, and they don't have to make an appointment or wait to see a doctor.

"You can avoid a whole trip to the doctor just by going to the pharmacy. Why call

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News Briefs

FCC providers needed

The USAG Schweinfurt Family Child Care (FCC) program needs dedicated professionals to join the team. Do you enjoy working with children? Would you like to be your own boss and work from home? Join the FCC team and become a professional caregiver. Orientation sessions are held on Leighton Barracks Tuesdays at 10 a.m. and on Ledward Barracks Fridays at 10 a.m. For more information, call 354-6551 or 09721-96-6551.

Family trip to indoor water park and pool

USAG Schweinfurt Directorate of Morale, Welfare and Recreation (MWR) has organized a trip to Palm Beach indoor pool and water park Jan. 27. Hit the beach or relax in the sauna while the kids hit water slides and splash in the pool. The park, located near Nuremberg, is fun for all ages. MWR has arranged free transportation, but you must sign up in advance. Trip will pick up participants in Schweinfurt and Wuerzburg. Be sure to bring euro for the price of admission. For more details, or to sign up, call 350-6305 or 0931-889-6305.

Have a crafty FRG meeting

The USAG Schweinfurt crafts studio on Ledward Barracks has space Tuesday nights from 6 to 8:30 p.m. for Family

Readiness Groups to meet and participate in crafts programs. Call to find out what craft programs are available and to reserve a slot. 354-6903 or 09721-96-6903.

Hula with SAS

Leighton School Age Services (SAS) will host a winter Hawaiian Luau Jan. 26 from 3:30 to 5:30 p.m. Enjoy food, crafts, hula lessons and more. This even is open to all families who are registered with Child and Youth Services. Volunteers are welcome! For more information, call Jeanette at SAS, 350-6828 or 0931-889-6828.

Couples' comms class

The USAG Schweinfurt Army Community Service (ACS) Leighton team will offer a couple's communication class Jan. 30 from 9 a.m. to 4 p.m. in building 14. Come learn how to build trust and friendship with the one you love by learning more about communication and conflict resolution skills. For more information, or to sign up, call 350-7103 or 0931-889-7103.

Valentine's Day parent's night out

Enjoy dinner out with your special someone or treat yourself to a movie, whatever you do, don't miss out on this special USAG Schweinfurt Child and Youth Services outreach program Feb. 14, from 6:30 to 9:30 p.m. Stop by Central Registration in The Commons on Ledward Barracks, pick up your Deployment Card, and sign up a night off! You must use your Deployment

Card for this event. Registration for this special event is open through Feb. 6. Call 354-6517 or 09721-96-6517 for more information, but you must register in person.

AFAP issue forms needed

The Army Family Action Plan (AFAP) is your chance to be heard, don't miss it. Pick up an issue form from the Army Community Service Center (ACSC) and tell us what you think could use improvement in our military community, and tell us how you think it should be improved. You can find issue form drop boxes at the Community Mail Rooms, Yellow Ribbon Rooms, the library, the Commons, and ACSC, or you can mail them in to: Army Family Action Plan (AFAP) Program Manager, Ledward Barracks, Bldg. 242 CMR 457, APO, AE 09033. For more information, call 354-6933 or 09721-96-6933.

Make fitness happen with your local fitness center

USAG Schweinfurt hosts three fitness centers offering an array of exercise and sports activities for community members. Kessler and Finney fitness centers in Schweinfurt, and Leighton fitness center in Wuerzburg offer free weights, cardiovascular equipment and a variety of fitness classes such as aerobics, spinning, yoga, and pilates. Personal trainers are available upon request to help establish a fitness program that works for you. For more information, contact your local fitness center.

Schweinfurt Dispatch



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The Schweinfurt Dispatch weekly newsletter is an unofficial publication of the U.S. Army Garrison Schweinfurt, IMCOM-Europe and the U.S. Army authorized under the provisions of AR 360-1.

The newsletter is published and distributed bi-weekly in an electronic format. The newsletter can be viewed on the U.S. Army Schweinfurt Website at <http://www.schweinfurt.army.mil>.

This newsletter is a command information product that places emphasis on events and activities occurring throughout the Schweinfurt and Lower Franconia areas.

Information and photos included in this

newsletter are acquired from sources that highlight events, programs and activities in Schweinfurt and Lower Franconia.

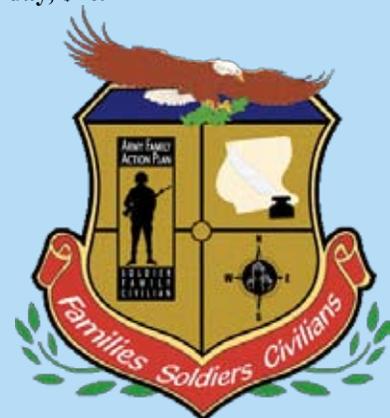
Dates, times, locations, and the events themselves might change or be cancelled without prior notice.

To be added to the Schweinfurt Dispatch distribution list, please email: Mark.Heeter@cmtymail.98asg.army.mil or elvira.gladwell@cmtymail.98asg.army.mil.

For more information about the Schweinfurt Dispatch, or to reach the USAG Schweinfurt public affairs office, call 354-1600/6381 or (09721) 961600/966381.



- 26 JAN – Schweinfurt Elementary School closed for teacher work day
- 2 FEB – Schweinfurt Elementary School closed for parent/teacher conferences
- 3 FEB – Black Forest Family Friendly Trip
Bring euro and VAT forms, call 354-6715 to sign up.
– Aerobathon, Kessler Fitness Center
- 4 FEB – Superbowl Party, Leighton Community Activities Center
Call 350-6305 for more details
- 5 FEB – Schweinfurt Newcomer Awareness Program for Spouses (SNAPS) begins
Runs daily through Feb. 9. Call 354-6933 for more information.
- 6 FEB – Parenting Teenagers class, 6-7:30 p.m., Leighton ACS, call 350-7103 to sign up.
- 7 FEB – Fahrenheit 451 English language performance, Stadt Schweinfurt Theater
- 8 FEB – Night Skiing at the Wasserkuppe, 5 p.m., departs from Conn Outdoor Recreation
Cost is \$20 with equipment, \$10 without
– Pagemaster’s After School Club, 3:30 p.m., Ledward Library grades 3-6
- 10 FEB – Wasserkuppe Skiing
Depends on snow, call 354-6715 to sign up.
- 12 FEB – Point of Contact (POC) training, 9-11 a.m., Yellow Ribbon Room, Bldg 20, Ledward Barracks
Call 354-6751 to sign up.
– Stress Management class, 9 a.m. to noon, Leighton ACS, Bldg 14. Call 350-7103 to sign up.
- 13 FEB – Parenting Skills, 9 a.m. to 4 p.m., Leighton ACS, call 350-7103 to sign up.
- 14 FEB – Special CYS parent’s night out, 6:30-9:30 p.m. Sign up at CER
Must use Deployment Care card, sign up ends Feb. 6
-- Smooth Move Seminar, 9 a.m. to noon, Ledward ACS, Bldg 242, call 3540-6751 to sign up.
- 16 FEB – CYS regular parent’s night out, 6:30-11:30 p.m., Sign up at CER
Sign up begins Feb. 5
– Italy Ski Safari, departs 5:30 a.m. on Friday, returns late night Monday, \$269
- 24 FEB – Czech Republic Shopping Trip
Passport required, call 354-6715 to sign up.
- 27 FEB – AFAP Conference begins, Conn Barracks, get in your issue form
- 28 FEB – Mardi Gras Party, Leighton Community Activities Center
- 3 MAR – Winter Kid’s Festival, Leighton Barracks
- 9-11 MAR – Leighton Spring Bazaar, Leighton Fitness Center



Community 6 week outlook calendar



Be prepared when having your taxes prepared

by Kimberly Gearhart

The new year has arrived, and so has tax season. The USAG Schweinfurt tax centers are ready and waiting to help.

Military families often have unique tax situations. Husbands and wives may have different states of residence, Soldiers may be deployed to a war zone, and overseas Soldiers often take spouses who are not U.S. citizens. All of these situations require special handling when tax time rolls around.

Some families struggle through the myriad tax forms and changing tax law alone. Others opt to pay for tax preparation services, often spending as much as \$100 to have their tax forms completed and filed.

Here in the USAG Schweinfurt, neither is necessary.

The tax centers on Conn and Leighton Barracks offer free tax preparation for ID cardholders. Appointments can be scheduled, but the center will take customers on a walk-in basis as well.

The Schweinfurt tax center, located in Bldg. 30 on Conn Barracks, across from the post office, is now open Mon.-Friday from 9 a.m. to 3:30 p.m. The Wuerzburg center, Bldg. 14 on Leighton Barracks, will open Feb. 1 from 9 a.m. to 4 p.m. Mon.-Thu. for walk-ins, and Fri. for appointments only.

Tax preparers at each center have been trained in the latest changes to tax law, and are experienced in assisting with military returns.

It is important, however, that the customer bring all the proper documents in order to make their appointment go smoothly and be completed in one trip.

If you are married, and filing a joint return with your spouse, which is the case for most married couples, then both parties should come to the tax center, as their signatures will be required. If your spouse cannot come, whether deployed or just indisposed, then you will need to bring a power of attorney allowing you to file the taxes alone.

You will need to be sure you have all of your family's W-2 forms; if you use MyPay, these can be downloaded from the MyPay site.

You will also need any other income or deduction forms, like 1098s or 1099s. Not everyone will have these two forms. Only those with mortgages (loans on property) would receive a 1098, and 1099 is used to report additional income received from interest, such as on a savings account or the Savings Deposit Plan account, or dividends from stocks.

Social Security cards for all family members, or Individual Taxpayer Identification Number cards for those without social security numbers, like German nationals.

If you have copies of last year's returns, bring those with you as well, as they will speed the process along. Also, bring your bank account and routing numbers. Your checks will have this information, but debit, credit, or ATM cards will not. This information is necessary to have your return deposited to your bank.

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and wait for an appointment when you can come in and get the medication you need for free," Tomazic said.

Eligible Tricare patients will receive medication free of charge; pay-patients will be charged according to their insurance coverage.

The program is open to all military ID card holders who are not pregnant or nursing, and parents getting medication for their children will not be able to use the program with children under 3.

"We direct our young mothers who feel they need medication to see their provider," Ghalandarysafavi said.

Patients seen through the self care system are given a short-term supply of medication and directed to seek care with their health care provider if they see no improvement after 3 days or their problems are unresolved after a week.

Other self-care resources are available, including the toll free Tricare nurse advice line 0800-825-1600. For more information about the program, call the pharmacy at 354-6587 or 09721-96-6587.



Mark Heeter
Spec. Amber Mosley fills a prescription at the Ledward Clinic.



An Iraqi Army soldier from 2nd Battalion, 3rd Brigade, 6th Iraqi Army, inspects a local resident's identification card at a Baghdad traffic control point while Capt. Timothy Lynch, a platoon leader from Aurora, Colo., with Battery C, 1st Battalion, 7th Field Artillery Regiment, 2nd Brigade Combat Team, 1st Infantry Division, looks on. (U.S. Army photo by Spc. Terry Self, 1st Battalion, 7th Field Artillery Regiment)



Health clinic, local providers team up to offer the 'best care available'

Story and photo by Mark Heeter

The treatment might be different. The language might be an issue for some. But patients need not worry when they are treated at local medical facilities, including the hospitals.

"They're getting the best care available in Schweinfurt," said Lt. Col. Daniel Duecker, the Schweinfurt health clinic commander who personally visits German care providers on a regular basis.

The doctors like to have American patients, he said, adding that there is an extra bonus for military and Tricare patients.

Americans are seen on a priority basis by the more than 60 doctors with whom the clinic has a referral relationship.

While the diagnosis is generally the same in the end, some of the treatments might take some getting used to for Americans

"That's the German standard of care," he said. "They get the same result as we do, though."

Among the improvements to the working relationship between the American and local providers are the notes, in English, that doctors have agreed to give patients with each visit to take back to the military clinics. "Every single doc I've talked to said they'd do that," said Duecker. This simple step can save patients the roughly 14 days they have



Renee L'Elie, nursing assistant at the Schweinfurt Health Clinic, checks the heartbeat of 6-month-old Alexandria Wester.

traditionally had to wait, while the German diagnosis was sent to the United States for translation and back.

"Patients want to see what's going on with them as well," Duecker said, noting that the clinic regularly evaluates the quality of care local doctors provide to ensure the military and Tricare standards are met. While Duecker and his staff cultivate this

relationship with their German counterparts, the clinic has made other changes, aiming to improve customer service.

"We now do only centralized appointments," only scheduling appointments via telephone, Duecker said. The primary number for patients to schedule appointments is 354-7901 or 09721-96-7901. An alternate is 354-6781 or 09721-96-6781.

Airborne Cav takes care of details ahead of deployment



Capt. John Reilly offers legal advice to a 1-91 CAV Soldier.

Story and photo, Mark Heeter

As the 1st Squadron, 91st Cavalry Regiment prepares for its upcoming deployment to Iraq, the unit turned the Community Club on Conn Barracks into its one-stop shop for mission readiness during its pre-deployment processing (PDP).

"This checks all areas of the Soldiers' life to make sure they're up to speed," said Spc. Lancelot Daley, from the Schweinfurt health Clinic, which

had a number of stations at the PDP.

"And having all those stops in one building is beneficial to the Soldier," added his colleague, Pvt. ShaDonna Sanchez.

Soldiers filed into the club for one last formation, before breaking out into groups and heading for the different stations, which included finance, legal, personnel, family readiness, medical and dental.

Staffs from each of the agen-

cies were on hand to set the Soldiers straight.

"They'll be current with all that," said Capt. Scott Wilt, USAG Schweinfurt personnel officer.

The PDP, all this week, is designed actually as a PDP for the final one before deployment, scheduled in a few months.

"That way, they basically have more time with their families," said Sgt. 1st Class Angel Garcia, 1-91 personnel noncommissioned officer-in-charge.