



Army closes Wuerzburg

Story and photo by Mark Heeter

“Well, I got here in ’79.”

A little farther down the line, in the back of the crowd, another voice began its reminiscence.

“More than 50 years ago...”

These two storytellers were among the last to walk the snowy ground on Leighton Barracks in Wuerzburg, an installation the



A flag detail of Soldiers from the 15th Engineer Battalion had the honor of lowering the American flag over Leighton Barracks for the last time yesterday.

United States Army returned to the German authorities yesterday.

A brief ceremony marked the end of a relationship with the city of Wuerzburg and its surrounding communities that began in the closing days of World War II.

“Our Army was lucky to spend so many years in this beautiful city,” said Lt. Col. Anthony Haager, who, as the USAG Schweinfurt commander, was responsible for carrying Leighton Barracks across the finish line.

“On behalf of those who have called Wuerzburg home, thank you for the unwavering friendship and partnership and dedication,” Haager said, addressing the crowd, which included Dr. Paul Beinhofer, President of Lower Franconia, and Wuerzburg Lord Mayor Georg Rosenthal.

Haager also thanked the many workers— several of whom were among the attendees— who kept the community going for so many years.

Wuerzburg came under the control of the American occupational forces April 7, 1945, and the GIs took control of the hospital the next day, according to Beinhofer, who reflected on the importance of the American military presence in Wuerzburg and Germany.

“With the retreat of the Stars and Stripes— the American flag— today, a long era, more than 60 years of the U.S. Army here in Wuerzburg, is ending,” Beinhofer said.

“The U.S. Army freed this land from the Nazi regime. The United States also, through the Marshall Plan, massively supported

CLOSURE, see page 7

Family readiness groups help every step of the way

Story and photo by Emily Athens

With the recent deployment of the 172nd Infantry Brigade (Separate), the Soldiers and families of the community have become even more of a priority. A lot of that attention comes from the family readiness group, or FRG, a command-sponsored organization within a unit that has one goal in mind: support for Soldiers and families.

“The FRG is designed to meet the needs of Soldiers and especially their families. We provide activities and want to maintain the flow of information,” said Nichole Fougner, 9th Engineer Battalion, Alpha Company FRG co-leader.

As a source of support, information, and assistance, FRGs strive to enhance the livelihood of all Soldiers and families continuously throughout the year. Leaders of the group ensure needs of the family are

met and concerns are addressed, Fougner explained.

“We hold many meetings and fundraisers to keep our FRG active. That sense of family helps a lot,” Fougner said.

Through successful FRGs, especially during deployments, family members can maintain readiness towards the Army mission by understanding the facts of the deployment and keeping a positive attitude. As a result, this extra cushion of comfort and care stabilizes Soldiers and helps them focus on their mission at hand, giving them the emotional readiness to successfully complete that task.

To uphold support, monthly steering committee meetings are conducted where FRG leaders convene to

discuss upcoming events and suggest ways to improve their organization.

“People don’t realize how much time and effort we put into (the FRG). It’s all volunteer work. We do it for them,”



Gen. Carter Ham responds to comments made by the spouses at Monday’s luncheon.

FAMILY, see page 5



SPRECHEN SIE FUN?

Events and activities in the local communities

FOR MORE INFORMATION ON LOCAL ACTIVITIES AND EVENTS VISIT:
www.schweinfurtserver.de/user/tourismus/Neu/stadtplan_EN_Endversion_2008.pdf

Tomorrow:

Symphony orchestra of Bamberg concert performing works by Joseph Haydn, Johannes Brahms and others at the city theater, Rosbrunnstrasse 2 from 7:30 – 9:15 p.m. For tickets call 09721-510 or 09721-51475.

Fasching session including carnival jester's speeches and show dances of the "Black Eleven" at the Stadthalle city auditorium in Schweinfurt at 8 p.m.



Saturday:

Fashion night— "Fashion, Art, Music and culinary specialties" at the Georg Schäfer Museum, Brückenstrasse 1 in Schweinfurt at 6 p.m.

Saturday (cont.):

Oriental dance show at the community center in Niederwerrn at 8 p.m.



Fasching session including carnival jester's speeches and show dances of the "Black Eleven" at the Stadthalle city auditorium in Schweinfurt at 8 p.m.

Flea market at Wirsingstrasse 13 (near the train station) from 7 a.m. – 4 p.m.



Meiers flea market at TG Gym (located on the bottom of the hill to the Silvana swimming pool) at 7:15 a.m.

Sunday:

New Year's concert performed by the brass band of the Schweinfurt music school and "Martin Seiwert" at Heilig Geist Church in Schweinfurt at 5 p.m.

Fasching session including carnival jester's speeches and show dances of the "Black Eleven" at the Stadthalle city auditorium in Schweinfurt at 8 p.m.

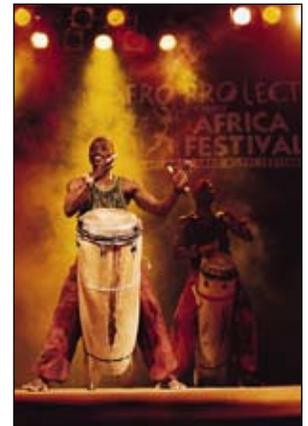
Wednesday - Jan. 24:



Evita musical by Andrew Lloyd Webber and Tim Rice (songs in English, dialogues in German) performed at the city theater, Rosbrunnstrasse 2 from 7:30 – 9:15 p.m. For tickets call 09721-510 or 09721-51475.

Jan. 23 - 24:

Afrika, Afrika a totally different, magical circus event from the amazing continent held in Wuerzburg at the S. Oliver Arena at 8 p.m. For tickets call 0931-55554 or e-mail www.argokonzerte.de.



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 weekly in an electronic format. The newsletter can be viewed on the U.S. Army Schweinfurt web site 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 e-mail: mail.sft.pao@eur.army.mil.

This address can also be used to submit community slides or information on upcoming events, or you can reach the USAG Schweinfurt public affairs office by calling 354-1400/6381 or (09721) 961400/966381.



News Briefs

Inauguration Day

Watch live on television the formal induction of Barack Obama to U.S. presidential office at the Ledward Library Tuesday starting at 6 p.m.

Men's basketball tourney

Play in the next community men's basketball tournament Jan. 25 at Finney Fitness Center. Deadline to register is Wednesday. Tournament is open to the first four teams, ID card holders age 18 or over and not in high school. Games begin at 11 a.m. Register through email at tony.puskorius@eur.army.mil.

Night ski in Rhoen mountains

Sign up to go night skiing in Wasserkuppe in the Rhoen mountains with Outdoor Recreation. Depending on snow conditions ODR will take a trip each Thursday in January and February from 5 p.m. to 11 p.m. Cost is \$25 which includes transportation and equipment rental or \$15 without rental. To sign up, call 09721-96-8080 or 353-8080.

Shop for crystal

Sign up with Better Opportunities for Single Soldiers (B.O.S.S.) by Wednesday to take a crystal shopping trip to Czech Republic Jan. 31 – Feb. 1. Bus drives while you sleep. For more information, call 09721-96-8476 or 354-8476.

Socialize at Lunch Bunch

Join the Army Community Service monthly Lunch Bunch Jan. 22 from 11 a.m. to 2 p.m. Sign up for the carpool or call to get directions to the restaurant at 09721-96-6933 or 354-6933. Experience German culture with an English-speaking guide to translate the menu. Children are welcome! Please bring euro for lunch.

Join adult book club

The community is invited to attend the adult book club at Ledward library on the last Thursday of each month. The next meeting is Jan. 29 at 5:15 p.m. to discuss, "The City of Fallen Angels," by John Berendt. Pick up a copy at the library circulation desk. Coffee, tea, and treats will be served. For more information, call 09721-96-6487 or 354-6487.

Lunch & learn

Bring your lunch to the Ledward library Jan. 22 from 12-1 p.m. and learn about downloadable audio books available through the Army libraries page on AKO. For information, call 09721-96-1740.

Teen escape

Club Beyond invites all teens to join a weekend of escape to Bitburg Feb. 13-16. Youth from various military communities will gather together to enjoy a guest speaker, games, singing, and more. To register, call 01511-052-5836 by tomorrow.

Conn shoppette holiday hours

The Conn Barracks shoppette and gas pumps will be open from 8 a.m. to 8 p.m. on all federal holidays beginning Monday.

Andrews Credit Union opens some Saturdays

The Schweinfurt branch of Andrews Federal Credit Union is now open the first and third Saturdays of each month. Please stop by to do your business 9 a.m. - 1 p.m.

Schweinfurt



Tonight-	7 p.m.	Role Models (R)
Tomorrow-	7 p.m.	Changeling (R)
Saturday-	4 p.m.	Bedtime Stories (PG)
	7 p.m.	Seven Pounds (PG-13)
Sunday-	4 p.m.	Bedtime Stories (PG)
	7 p.m.	Seven Pounds (PG-13)
Monday-	closed	
Tuesday-	closed	
Wednesday-	7 p.m.	Quantum of Solace (PG-13)

Schweinfurt three-day weather forecast

A.M.		P.M.	
	Friday Partly cloudy Lows -4 C / 25 F		Friday Partly cloudy Highs -2 C / 28 F
	Saturday Mostly cloudy Lows -5 C / 23 F		Saturday Partly cloudy Highs -1 C / 30 F
	Sunday Partly cloudy Lows 0 C / 32 F		Sunday Mostly cloudy Highs 2 C / 36 F

Source: 21st Operational Weather Squadron



- 23 JAN --Learn to lead effectively at "Take the lead on leadership" 10 to 11 a.m. at ACS. Call 354-6933.
- 25 JAN --B.O.S.S. pool tournament, Finney Recreation Center, 4 p.m. Call for more info. at 353-8476.
- 26 JAN --ADD & ADHD support group meets at ACS, 10 a.m. Call 09721-96-6933.
--Treasurer training 11:30 a.m. to 1:30 p.m. at ACS. For information or to sign up, call 354-6933
--Basic MS Excel computer class, bldg. 206 from 8:30 a.m. - 12:50 p.m. Call ACS at 354-6933.
- 27 JAN --Join movie nights at the Ledward Library. "Days and Clouds" begins 5 p.m.
--B.O.S.S. council meeting at Finney Rec, Conn barracks. For information call 09721-96-8476.
--Financial planning 9 to 10 a.m. at ACS. Learn financial preparations for new baby. 354-6933.
--Bulk trash pick-up from Askren, Yorktown, and government-leased housing at 7 a.m.
- 28 JAN --PowerPoint computer class, bldg. 206 from 8:30 a.m. - 12:50 p.m. Call ACS at 354-6933.
- 29 JAN --Preventive maintenance class, Conn Auto Skills Center, 2 p.m. Call 353-8224 for information.
--Intro to MS Access computer class, bldg. 206 from 8:30 a.m.-12:50 p.m. Call ACS at 354-6933.
--Library book club meets at 5:15 p.m. to discuss "The Cith of Fallen Angels" by John Berendt. To join the book club or for more information, call 354-6487.
--FRG roundtable discussion 6 to 8 p.m. in the yellow ribbon room. Call ACS at 354-6933.
- 30 JAN --Asperger's & Autism support group meets at ACS, 10 a.m. Call 09721-96-6933.
- 1 FEB --Super Bowl party, Finney Recreation Center begins at 6 p.m. Call 09721-96-8476.
- 2 FEB --Pre-Valentine card & video station, Ledward Library, 10 a.m.-7 p.m. Call 09721-96-1740.
--Deadline to register as delegate for Army Family Action Plan (AFAP) conference Feb. 24-26. For more information, or to register, call 354-6933.
- 6 FEB --Deadline to sign up for Outdoor Rec ski trip to Dolomites, Italy Feb. 13-16. Call 354-8080.
--Deadline to sign up for B.O.S.S. trip to KisSalis Spa in Bad Kissingen Feb. 7. Call 354-8476.
- 12 FEB --Equipment orientation class at the Auto Skills Center, 2 p.m. Call 353-8224 for information.
- 13 FEB --Deadline to register for spring soccer. Open to youth ages 3-15. Call 09721-82181.
--Deadline to sign up for Parent's Night Out child care Feb. 20, 6:30-11:30 p.m. Call 354-6414.
--High school all area lock-in, Ledward Teen Center, 8 p.m.-8 a.m. Call 09721-96-6732.
- 14 FEB --Deadline to register for B.O.S.S. trip to Dachau Feb. 28. Cost is \$35. Call 09721-96-8476.
--Valentine bake sale in front of PX from 11 a.m. to 2 p.m. sponsored by C Btry, 1st Bn, 77th FA.
- 19 FEB --Black history month lunch time, Ledward Library. Call 09721-96-1740 for details.
--Federal Resume Writing 101 class, Ledward bldg. 206, 1:30 to 4:30 p.m. Call ACS 354-6933.
- 20 FEB --Deadline to sign up for B.O.S.S. trip to Dachau Feb. 28, 8 a.m.-8 p.m. Call 09721-96-8476.
- 24 FEB --Watch fasching parade in downtown Schweinfurt, call to sign up for the noon bus at 354-1740.
- 26 FEB --Vehicle passive restraint class, Conn Auto Skills Center, 2 p.m. Call 09721-96-8224.
- 28 FEB --Jr. NBA/WNBA Triple Play youth basketball games, Ledward Gym, 9 a.m. Come support.

Community 6 week outlook calendar



Student advances to DoDDS-wide geography bee

Story and photo by Sandra Wilson

Mexico City is located on the site of Tenochtitlan, the island capital of what empire that was conquered by Spanish explorers in the 16th century?

Miguel Guevara won Schweinfurt Middle School's (SMS) first National Geographic Society geography bee with the correct answer to this final question: the Aztec empire.

Ten SMS finalists, determined by scores on written geography tests, gathered in the cafeteria Jan. 8 for the competition.

Questions covered locations of natural animal habitats, sites of national parks and historical battles, zones of agriculture and weather, and more. Each contestant was given 15 seconds to answer his or her question.

The competition quickly dwindled to the final two competitors— both eighth-graders— Derek Luna and Guevara. The two friends explained afterwards that they spend a considerable amount of time debating with each other about politics and various other topics.

"Politics interest me. I always join in if there's a political discussion," Guevara said, explaining how he hopes to someday

pursue a career in that field.

Guevara spent time taking online quizzes to increase his knowledge for the geography bee but overall said he didn't study much for this one.

"I've been to a lot of places, but I kind of pick it up in a lot of history books ... having the curious mind about it," Guevara said, adding that he does plan to study for the upcoming competitions.

"He knows amazingly a lot about the world and historical things. That is his hobby," said Guevara's mother, Heide, who attended the competition.

"I was hoping for (him to win). Most of the questions were about the U.S., and actually, the U.S. is his weak side," she added.

As the winner of the school-wide contest, Guevara now competes with fourth- through eighth-graders throughout the

Department of Defense Dependent Schools (DoDDS) by written test.

The first-place winner from DoDDS and each U.S. state and territory will advance to the national championship in Washington in May for a chance at the \$25,000 college scholarship.



From left, Kayree Files, Devin Propst, Robert Miska, Devin Peciak, and Miguel Guevara listen for the question from moderator Sara Maka (right) at the Schweinfurt Middle School geography bee Jan. 8. Guevara took first place in the competition.

Miska takes bee third year in a row



Heather Miska, fifth-grader, spells a word in the Schweinfurt Elementary School spelling bee contest Tuesday. Out of 17 contestants, Miska took the win for the third year in a row after spelling "benefactor." Next, she will travel to Ramstein Air Base, Germany, to compete in the European Bee March 14. (Photo by Sandra Wilson)

FAMILY

Fougner said.

And it doesn't stop there.

Gen. Carter F. Ham, commanding general of U.S. Army Europe, visited Schweinfurt Monday in an effort to "exploit success." After enjoying a lunch with spouses of the Schweinfurt community, Ham opened up the floor for comments, questions, or concerns.

"We want to slowly but surely chip away at the stigma of seeking care. The spouses are the key to that," Ham said, emphasizing the need to constantly provide care for Soldiers and families dealing with a deployment and to prevent anyone from getting lost in the shuffle.

"No matter if you are a single Soldier, or have a family, you will always be recognized by the FRG," Fougner said.

For more information about the FRG, contact your company FRG leader. It's never too late to get involved and help improve the Army quality of life.



Schools ask for parent, student input online

By Mark Heeter

The halls of learning around Schweinfurt, and around the world, for that matter, are looking for a few good comments.

Fourth- through 12th-graders and their sponsors are encouraged to complete the Department of Defense Education Activity (DoDEA) 2008 customer satisfaction survey by Feb. 28.

“The purpose of the survey is to get some feedback from parents on programs, activities and issues, with the goal of trying to respond to those concerns that parents bring to our attention,” said Dr. George Carpenter, Schweinfurt Middle School (SMS) principal.

While sponsors and students may fill out the survey online now, teachers will take a survey aimed at their feedback later.

As of Monday, 85 percent of students in both schools had completed the survey, while 45 percent of sponsors at Schweinfurt Elementary School (SES) and 42 percent of sponsors with SMS had completed the survey, according to a progress report generated by the Bavaria District office.

“It’s really an opportunity to hear the voice of all of our stakeholders,” said Beverly Erdmann, SES assistant principal. “It’s an opportunity to get input as to what things are working and what things we can improve as a system.”

DoDEA officials deeply analyze the

responses and look for systematic issues that can be addressed, while also providing pinpoint feedback tailored to each school.

“When there’s a trend, you can’t really argue with that,” Erdmann said.

Schweinfurt School officials are pulling out all the stops to make the online survey accessible to parents who are unable to complete it at home.

“If someone does not have a computer, they can come in any time, and we will make something available to them,” Carpenter said, adding that parents were able to complete the survey before, during, and after a recent band concert.

The survey opened shortly before the last parent-teacher conferences at SES.

“We opened up the lab and have the survey on the screen, so they (could) go straight to the lab and fill it out right then and there,” Erdmann said. Some teachers even set up computers in their classroom, she said. Parents are always welcome to come to

the school for assistance with the survey, according to both principals.

The bottom line, according to Carpenter, is that survey results will help the schools



Sixth-grade teacher Dan Wilson works the computer-projector while his students dissect cells at Schweinfurt Middle School, where students and sponsors are urged to take part in the annual customer satisfaction survey. (Photo by Jennifer Evetts)

and the entire DoDEA system meet their primary mission.

“We want (parents) to know that the only reason we are here is to provide an education for their kids,” he said.

The DoDEA customer satisfaction survey is available at <http://www.dodea.edu/home/index.cfm>. Sponsors should complete one survey per child.

Schweinfurt youth swim winter away in competitive league



Schweinfurt Elementary School second-grader Logan Ferch takes a breath during a 50 meter freestyle race at a swim meet with his team Bamberg Aqua Barons.

Ferch and another teammate travel from Schweinfurt to practice twice a week and compete with the 21 member team during the season.

The next divisional meet against Wiesbaden and Hohenfels takes place Saturday.

In February, six team members from Aqua Barons have qualified to compete in the European Forces Swim League championship in Berlin Feb. 7 and 8. (Courtesy photo)



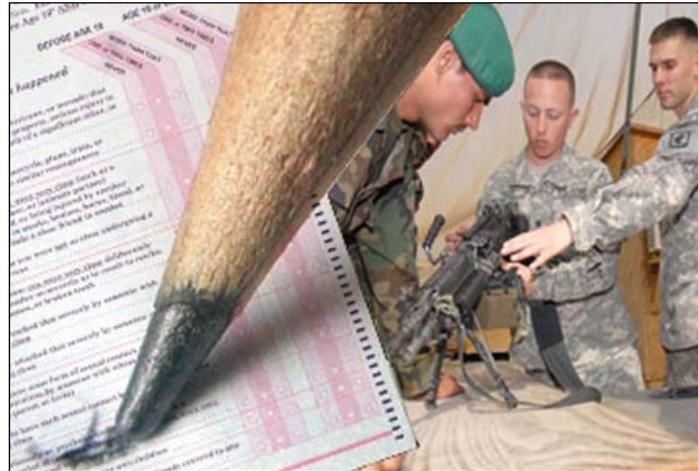
Soldiers required to take foreign language skill assessment

News release U.S. Army Europe Public Affairs Office

HEIDELBERG, Germany— U.S. Army officials have announced that all Soldiers have until March 15 to complete a brief one-time self-assessment of their foreign language skills.

The survey is mandatory for active and reserve component Soldiers, according to the Army's Human Resources Command. Army civilian employees are being encouraged, but are not required, to complete the assessment as well.

The mandatory survey complies with a Department of Defense initiative to improve foreign language expertise and have an accurate assessment of its personnel's language capabilities, Army officials said. The Army will use the results of the survey "to close the data gap between traditional means of



recording language capabilities and expertise acquired by other than formal Army/Department of Defense training or testing."

Traditionally, Soldiers' foreign-language capabilities have been assessed by having them complete the Defense Language Proficiency Test (DLPT), said Lt. Col. Kate Crusan of the U.S. Army Europe

personnel directorate. Crusan said the purpose of the survey is to identify Soldiers and civilian employees who have language capabilities which may not have been identified by the DLPT that could be put to use on short notice as needed for national defense. The colonel stressed that there is no intent to create additional deployments for any

Soldier or civilian employee whose survey results indicate that they are fluent in a foreign language.

Soldiers who meet speaking, reading and writing requirements for specific languages may also be eligible for bonus payments, even if they are not filling positions for which that language is required, Crusan added.

A portion of the survey allows participants who speak only English to submit that information, according to the HRC Web site.

Soldiers can access the self-assessment survey via the HRC site at <https://perscomnd04.army.mil/langsurv.nsf/langsurvcentopen?openform>.

Civilian employees can access the survey via MyBiz on the Army's Civilian Personnel Online Web site at www.cpoul.army.mil.

CLOSURE

its rebuilding," he said. "For that, (Lt.) Colonel Haager, we are thankful, and will not forget this."

The First Infantry Division called Wuerzburg home from 1945 to 1955 and returned its "Big Red One" colors to Leighton Barracks in 1996, remaining until the summer of 2006. The "Rock of the Marne," the Third Infantry Division, was headquartered there from 1958 to 1996.

Beinhofer, switching at the close of his remarks to English and speaking directly to Haager, seemed to address the many thousands of Soldiers, families and civilians who called Wuerzburg home. "You are welcome in Lower Franconia, you know that. We are and will be friends now and in the future. God bless you," he said.

So the time had come.

Soldiers from the 15th Engineer Battalion, the newest unit in the Schweinfurt military community, lowered the American flag for the final time over an installation with one of the longest histories in the German-American partnership.

Reception ushers in the New Year



Gudrun Grieser, left, Lord Mayor of Schweinfurt, is greeted by Lt. Col. Anthony Haager, USAG Schweinfurt commander; his wife, Carol; and Command Sgt. Maj. Ernest Lee, at the garrison new year's reception at the Community Club on Conn Barracks Friday. The commander called the event "bittersweet," because he always enjoys seeing his friends and partners from the local community, but is slightly saddened that this was his last new year's reception before his scheduled departure later this year. Haager took the opportunity to thank his guests for all of the support they provide to the American Soldiers and their families and reminded them that he feels the Americans are not merely guests in Schweinfurt but rather "citizens of Schweinfurt." (Photo by Mark Heeter)



Basketball awarded sponsorship by Jr. NBA, WNBA

Story and photo by Sandra Wilson

With the telltale banner hung in the gym, Schweinfurt youth basketball now has an added bonus for those involved with the sport. Through the Boys and Girls Clubs of America, youth basketball has

sports and fitness.

“It’s not a money thing—it’s being able to say that I’m part of something bigger than just the local league. ‘I’m now part of the NBA. Somebody outside of Schweinfurt cares,’” said Daniel Jones, director of youth sports and fitness.

Included in the membership, players get posters and a chance to practice with NBA drills as well as the opportunity to “learn a little bit more about the sport,” Jones said. The benefit is not only to the players but also to the coaches, parents, and officials.

Sponsorship also allows permission to use the official NBA Web site which provides a variety of

leagues are recognized under the Jr. NBA/WNBA title, according to the official Web site. Membership is provided free to qualified recreational youth basketball leagues. The aim of the organization is to emphasize fundamental skill development, teamwork, and sportsmanship within participating leagues.

“This is outside the scope of what we normally do,” Jones said, explaining how the youth sports staff takes extra time to send in applications to various organizations for consideration.

Schweinfurt’s geographic location makes it impossible for youth to participate in stateside activities, so the youth sports staff has found other ways to get affiliated with big name sports.

“I can’t take the kids to professional ... games— but, you know, I can bring ... the materials. It’s stuff that you can’t walk into the PX and get. This came from the NBA to these kids,” he said.

In the past, youth sports has gotten sponsorship and donations from Major League Baseball as well as the National Football League.

“Now with the NBA, it’s a full circle,” Jones said.

In honor of the Jr. NBA/WNBA title, youth sports offers a triple play tournament Feb. 28 for their basketball teams.



Kindergartener Angel Costilla prepares to pass the ball as first-grader Robert Angulo anchors himself in a blocking position at the PeeWee youth sports basketball game Friday in the Ledward Gym.

been granted the sponsorship of the Jr. National Basketball Association (NBA) and Women’s National Basketball Association (WNBA) for the duration of the season.

“We offer (the youth) the games, and now they just have another reason to be around and participate in the sport,” said Derek Walker, assistant director of youth

guides for basketball.

“We’re trying to take the military youth and ... give them kind of a back-home feeling— for a lack of being able to take part in the stuff in the states. So we try to take these national programs and bring them over here,” Jones said.

Outside of the United States, only 65

Add one positive fitness change at a time in 2009

By Chris Halagarda, U.S. Navy dietitian

FORT LEE, Va. – I love the quote, “A year from now, you’ll wish you started today.” What do you wish you could have started a year ago? For many folks, New Year’s means yet another resolution to start an exercise program, eat healthy and lose weight. If this rings true to you, try making a small change to your lifestyle in 2009 that, although it won’t put you on the cover of a fitness magazine, will help you feel better, look better, function better and make you healthier.

Add fruits and vegetables. Promise yourself you will eat five servings of fruit and vegetables every day. By filling up on the extra fiber and water, you should eat less food the rest of the day.

Drink tea. Green, black, flavored, any kind of tea. Teas are loaded with antioxidants, flavanoids, vitamins and minerals and may help prevent tumors and promote weight loss.

Spice it up! Don’t let a meal go by without sprinkling some type of herb or spice on it. Sprinkle cinnamon on oatmeal; garlic powder on salads; paprika on hummus; chili powder, onion,

pepper, dry mustard and cayenne into chili. There are so many great flavors with so much nutritive value and best of all they don’t have many or any calories!

Drink more water. Aim for about half your body weight in fluid ounces each day. If you weigh 120 pounds you should consume about 60 fluid ounces of water per day. Keep in mind, water-dense foods such as fruits and vegetables will contribute to this total and high levels of physical activity will increase daily fluid needs above this amount.

Add calcium. Aim for 1,000-1,200 milligrams of calcium each day. This is equivalent to three to four, eight-ounce cups of milk. Dietary supplements may provide some benefit, but try to reap the rewards of low-fat milk’s muscle-building protein and health-promoting vitamin D. Don’t like milk? Try low-fat yogurt, soy milk or low-fat cheese to get more calcium.

Add steps. Get a pedometer and shoot for 10,000 steps a day or, for a more practical approach, record how many steps you take each day for seven days. Divide that total by seven and try to go above and beyond that number each day.



WANTED: Adult Coaches & Officials

SOCCER

REGISTRATION

Spring 2009

Youth soccer serves ages 3-15.
 Registration: January 12 - February 13
 Cost: \$25 for Bambinos (ages 3-5)
 \$36 for ages 6-15
 Participants must have current CYS Services registration and sports physical.

Central Registration
 Ledward Barracks, Bldg. 224, The Commons
 Mon - Fri, 8 a.m. - 5 p.m.
 09721-96-6517 or
 DSN 354-6517

SUPER SATURDAY

JANUARY 24

9:30 A.M. - 2:30 P.M.

Child Care for ages six weeks through fifth grade.
Cost: \$16 per child

Sign up at any CYS Services facility at least one week prior to event.
 Questions? Call Central Registration
 CIV: 09721-96-6517
 DSN: 354-6517

Children must be registered through CYS Services with current immunizations at time of reservation.

Finney Recreation Center
 Ramon's Sports Bar

Pre-Texas Hold'em Tournament & Dealer Training

January 25, 6 p.m.

Texas Hold'em Tournament

February 1, 6 p.m.

\$25 Dinner Fee (buy in) for each Texas Hold'em Tournament.
 Open to adult ID cardholders.
 MWR employees may not play.

Bldg. 64, Conn Barracks
 CIV 09721-96-8476 or DSN 353-8476

From the author who brought you *Midnight in the Garden of Good and Evil*, John Berendt presents:

THE CITY OF FALLEN ANGELS

Book Club Meeting

January 29 at 5:15 p.m.

Author John Berendt moves to Venice in 1997, just three days after the city's famed Fenice opera house burns down during a restoration.

Berendt examines the city and the lives of many of its modern-day residents as he investigates whether it was an accident or arson.

By the time the Fenice is rebuilt and reopens, John Berendt delivers an intriguing mosaic of modern life in Venice.

For information, call Pamela Rio at DSN 354-6487 or e-mail pamela.rio@eur.army.mil.

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