



## Welcome home!

Staff Sgt. Cordney Anthony, Headquarters and Headquarters Company, 172nd Support Battalion, and his wife, Sabrina, share a moment with their 9-month-old son, Isaiah, upon Anthony's return from Iraq Monday, Oct. 12.

More than 100 Soldiers from throughout the Blackhawk Brigade comprise the advance party of Soldiers who returned from their 12-month deployment and will prepare to receive the remainder of the brigade over the next several weeks. (Photo by Mark Heeter)



## Schweinfurt Soldier risks own safety for accident victim

Story and photo by Mark Heeter

While driving on a four-lane highway near Conn Barracks Thursday, Oct. 8, a Schweinfurt-based wounded warrior dashed into the road to rescue a woman who was involved in a car accident and

had staggered into oncoming traffic before collapsing.

"The car in front of me went through the red light, got sideswiped and spun both cars around," said Sgt. 1st Class Ammala Louangketh, who is assigned to Company D, 1st Battalion, 2nd Infantry Regiment, and is recovering from a gunshot wound suffered in Iraq earlier this year.

Louangketh, a former drill sergeant who has had basic combat lifesaver training, saw the woman hit her head on the passenger-sidewindshield before the vehicle came to a stop.

"She stumbled out and was dazed and confused, got out of her vehicle and was almost hit by an

oncoming car in the other lane," he said. "She collapsed in the middle of the road."

After picking up the victim and carrying her to his own vehicle, Louangketh went to check on her husband, the driver, who was trapped and unconscious against the crushed door.

"I went back to the lady. She came to and was going into shock," said Louangketh, who had, by this time, noticed that several vehicles had slowed down but not stopped to offer assistance.

"Finally a captain showed up and assisted me. He checked on her husband, who was still in the driver's seat, stuck," he said.

"I wasn't shocked at all. I just reacted to it," said Louangketh, who had begun to treat the female victim for shock by using his bag to prop up her feet, loosening her restrictive clothing, covering her with



Sgt. 1st Class Ammala Louangketh, at the stretch of four-lane highway near Conn Barracks where he extracted a victim of a car accident from oncoming traffic.

**RESCUE, 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](http://www.schweinfurtserver.de/user/tourismus/Neu/stadtplan_EN_Endversion_2008.pdf)

### Fri., Oct. 16:



**Concert at castle Zeilitzheim** at 7:30 p.m., tickets are sold at the door.

### Concert "Genesis unplugged"

by Ray Wilson at the "Rathausdiele" in Hassfurt at 8 p.m. The group will perform some of the most popular Genesis songs such as "Follow you, Follow me", "No Son of mine", "Carpet Crawlers" and much more. Tickets can be purchased at the Kulturamt Haßfurt, 09521/688228, as well as online at [www.kulturamt-hassfurt.de](http://www.kulturamt-hassfurt.de).



**"Olaf Polziehn Trio"** performs jazz at Bismarck's Basement at the museum "Obere Saline" in Bad Kissingen at 8 p.m.

### Fri., Oct. 16-Sun., Oct. 18

**Festival of the brass bands** in Bad Kissingen. Concerts by "Rhoener Bluat" at the Tattersall at 9 p.m. For tickets call 0971-8048444 or visit [www.kissingen-ticket@badkissingen.de](http://www.kissingen-ticket@badkissingen.de).



### Sat., Oct. 17:

**Concerts** at various locations downtown in Bad Kissingen beginning at 10:30 a.m.

**Black Grace**, dance theater from Auckland, New Zealand at the Schweinfurt Theater, Rosbrunnstrasse 2 at 7:30 p.m. For tickets call 09721-51475 or 09721-51510.

**Fall wine fest** at "Weidach Halle" in Frankenwinheim.

**Bremser- and wine fest** at "Weinbau Rost" in Wiebelsberg at 6 p.m.



### Sun., Oct. 18:

**Fall concert** performed by the Red Cross Orchestra of Bad Kissingen at the "Wandelhalle" at 7:30 p.m. Tickets are sold at the door.



## LOOKING AHEAD...

### Fri., Oct. 23:

**Ballet "Don Quixote"** performed by the ensemble of St. Petersburger Ballet Theater Boris Elfman, Schweinfurt Theater, Rosbrunnstrasse 2 at 7:30 p.m. For tickets call 09721-51475 or 09721-51510.

### Sat., Oct. 31:

**Black gospel performance**, "Total Praise," Congress Center in Würzburg at 8 p.m. For tickets go to [www.getgo.de/total\\_praise](http://www.getgo.de/total_praise)

### Mon., Nov. 16:

**"The Picture of Dorian Gray"** play performed by the American Drama Group Europe at the Schweinfurt Theater, Rosbrunnstrasse 2 at 7 p.m. For tickets call 09721-51475 or 09721-51510 or go to [www.schweinfurt-theater.de](http://www.schweinfurt-theater.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](mailto: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.



# This week...

## Inclement weather announcements

AFN Bavaria knows how important it is for you to have inclement weather information as soon as possible. Tune into 87.7 FM to keep up-to-date through the AFN radio shows.

Starting Sunday, Nov. 1, AFN Bavaria The Eagle Morning Show begins at 5:00 a.m., instead of at 6 a.m. The morning show is on the air until 10 a.m., and the afternoon show goes from 2-6 p.m.

Extreme weather related information will be announced every seven minutes during the AFN radio shows and can also be found at [www.bavaria.afneurope.net](http://www.bavaria.afneurope.net) or on the AFN Prime Atlantic television channel.

## Passport office delays

The ID card and passport office on Conn Barracks in bldg. 40 will experience a high influx of customers due to the 172<sup>nd</sup> Infantry Brigade reintegration. Soldiers and family members are to expect delays through December as the office works to serve every customer.

## Siren testing

The city will be testing their sirens on Wednesday, Oct. 21 at 11 a.m. The following signals will be heard: A howling sound of one-minute duration, which signifies that the community is to turn on the radio and listen to the announcements and an uninterrupted sound of one-minute duration with two interruptions which indicates a fire alarm. The community is assured that this is only a test, so there is no need to be alarmed.

## Gate servicing to delay vehicle traffic

On Monday, Oct. 19, the south gate on Ledward Barracks will be serviced. Those exiting the barracks in vehicles are encouraged to utilize the main gate due to the potential traffic delays. Pedestrian traffic will still flow.

## Winterize your vehicle

The Conn Auto Skills Center will conduct a vehicle winterization course Thursday, Oct. 22, and discuss rust prevention. The course begins at 6 p.m. For more information, call 09721-96-8224.

## BOSS meet n' greet

Better Opportunities for Single Soldiers will have a meet n' greet Thursday, Oct. 22 at the Finney Rec Center from 1 to 5 p.m. For more information, call 09721-96-8476 or 353-8476.

## Sell at SMS flea market

Want to sell your household wares? Schweinfurt Middle School hosts a flea market Saturday, Nov. 7 from 10 a.m. to 2 p.m. and is selling table space for interested community members. For an application, email [diane.schmidt@eu.dodea.edu](mailto:diane.schmidt@eu.dodea.edu) or [mburns1113@hotmail.com](mailto:mburns1113@hotmail.com).

## Filing claims online

The claims office announces that, effective immediately, a new online resource for filing claims has been launched at [www.jagcnet.army.mil](http://www.jagcnet.army.mil). Customers must first click the U.S. Army Claims Service link, followed by clicking the PCLAIMS link, which describes the form-filing process. An AKO account is required to access the system. The online system is not mandatory. Claimants without AKO access should contact the Schweinfurt claims office at 09721-96-8809/8801.

**Schweinfurt**



Thu., Oct. 15-	7 p.m.	The Hurt Locker (R)
Fri., Oct. 16-	7 p.m.	G.I. Joe (PG-13)
Sat., Oct. 17-	4 p.m.	Bandslam (PG)
	7 p.m.	Jennifer's Body (R)
Sun., Oct. 18-	4 p.m.	Bandslam (PG)
	7 p.m.	Jennifer's Body (R)
Mon., Oct. 19-	closed	
Tue., Oct. 20-	closed	
Wed., Oct. 21-	7 p.m.	G.I. Joe (PG-13)

**Schweinfurt three-day weather forecast**

A.M.		P.M.
	<b>Fri., Oct. 16</b> Mostly cloudy Lows 2 C / 36 F	
	<b>Sat., Oct. 17</b> Cloudy rain Lows 4 C / 39 F	
	<b>Sun., Oct. 18</b> Cloudy rain Lows 4 C / 39 F	

Source: 21st Operational Weather Squadron



**Community 6 week outlook calendar**

- Fri., Oct. 23** --Parents' Night Out, 6:30-11:30 p.m. Sign up now. Cost is \$16. Call 09721-96-6414 to register.  
--"Fireproof" PG movie drama, elementary school MPR, 7 p.m. Bring own snacks & drinks.
- Sat., Oct. 24** --Day trip to Rhoen with Outdoor Rec, 9 a.m.-5:30 p.m. \$20. Enjoy rollercoasters, beer, and museums. Call 09721-96-8080.
- Thu., Oct. 29** --Library book club meets at 5:15 p.m. to discuss "Finding Nouf" by Zoe Ferraris. 354-1740.  
--Lunch Bunch meets from 11 a.m. to 2 p.m. Bring euro for lunch. Call ACS at 09721-96-6933.  
--Stress management class at Army Community Service, 11 a.m. to noon. Call 09721-96-6933.
- Fri., Oct. 30** --Dodgeball pumpkin smash tourney, Finney gym, 6-8:30 p.m. Sign up by Oct. 25 at 353-8234.
- Sat., Oct. 31** --Day trip to Pottenstein with Outdoor Rec, 9 a.m.-5:30 p.m. \$20 Enjoy Devils Cave, smoked fish and rollercoaster. Call 09721-96-8080.  
--Halloween bash with costume contest for children & adults, Ledward Library, 5 p.m.  
--Garrison trick-or-treating hours on Askren, 6 to 8 p.m.  
--Halloween bowling, Kessler bowling center, 6-8 p.m. Costumed customers get first game free. Enjoy disco lights, music, and free candy.
- Sun., Nov. 1** --Crafts market trip to Lauterbach with Crafts Studio, departs 8 a.m. Call 09721-96-6903.  
--Pre-transition briefing at bldg 40 from 9 a.m. to noon. Reserve a seat by calling 09721-96-8683.
- Wed., Nov. 4** --"Desperate Housecries" PWOC Bible study begins, Ledward chapel, 9 a.m. Free watch care.
- Thu., Nov. 5** --Vehicle winterization course: winter driving, Conn Auto Skills center, 6 p.m. Call 353-8224.  
--Geomaris indoor pool trip with Outdoor Rec., 5-8:30 p.m. Call 09721-96-8080.
- Sat., Nov. 7** --Fall craft show, Schweinfurt Elementary School multipurpose room, 10 a.m. to 3 p.m.  
--Flea market, Schweinfurt Middle School, 10 a.m. to 2 p.m.
- Mon., Nov. 9** --English as a second language, level II, six-week course begins, 5 to 7 p.m. 09721-96-6933.
- Tue., Nov. 10** --English as a second language, level II six-week course begins, 1 to 3 p.m. 09721-96-6933.
- Thu., Nov. 19** --Winter roadside emergencies class, Conn Auto Skills center, 6 p.m. Call 353-8224.  
--Geomaris indoor pool trip with Outdoor Rec., 5-8:30 p.m. Call 09721-96-8080.  
--Better Opportunities for Single Soldiers (BOSS) meet n' greet, Finney Rec Center, 1-5 p.m.
- Sat., Nov. 21** --Parents' Day Out child care, 9:30 a.m.-2:30 p.m. ages 6 weeks to fifth-grade. Call 354-6414.  
--Community theater performs Quickies "Hold Me" by Jules Feiffer, Abrams Center, 7 p.m.  
--Turkey trot fun run, Kessler gym, 9 a.m. Open to ages six to adult. Register day of event from 7:30 a.m. or call 09721-96-6735.
- Thu.-Sun., Nov. 26-29** --Ski trip to Austria with Outdoor Rec. Cost is \$299. To sign up, call 09721-96-8080.
- Sat., Nov. 28** --Video game tournament at Ledward Library, 3 p.m. For more information, call 354-1740.  
--Community theater performs Quickies "Hold Me" by Jules Feiffer, Abrams Center, 7 p.m.
- Fri., Dec. 4** --Last day for donations to the Combined Federal Campaign - Overseas. Call 09721-96-1770.
- Fri.-Sat., Dec. 4-5** --Community theater performs Quickies "Hold Me," Abrams Center, 7 p.m.



# Identifying, putting an end to domestic violence

*This is the second of a three-part series to raise awareness during Domestic Violence Awareness Month.*

**Story and photo by Nathan Van Schaik**

“My mommy survived domestic violence,” reads one t-shirt. “You battered my body, but you can’t hurt my soul,” reads another. T-shirts adorned with similar messages hang from the corridors of the Commons on Ledward Barracks, all sobering reminders that domestic violence exists within the Army community.

In 2007, more than 15,000 cases of spousal abuse were reported to the Family Advocacy Program (FAP), and nearly 14,000 cases of child abuse were reported, according to recent statistics compiled by the Department of Defense.

Domestic violence is control through physical, sexual, emotional or verbal abuse by one partner over another in a dating, marital or live-in relationship, according to pamphlets provided by Capt. Diana Colon, a behavioral health clinician and chief of Social Work Service at the Schweinfurt Health Clinic.

A period of both pending excitement and anxiety in the Schweinfurt community, reintegration may also be a time when military families are at a greater risk of domestic violence, according to Dorian Rinehart, the FAP supervisor for the Schweinfurt Health Clinic.

While Department of Defense data show

declining rates of both child and spousal abuse for active duty military members between 1998 and 2007, research conducted at the University of North Carolina suggests that members of the military community are at a higher risk of physical spouse abuse or severe domestic violence than their civilian counterparts.

“If you’re a victim of abuse, you



**T-shirts on display at The Commons draws awareness to domestic violence. Earlier this month, Army Community Service hosted a T-shirt design at the Yellow Ribbon Room in observance of Domestic Abuse Prevention Month.**

have options,” said Lorri Picha, USAG Schweinfurt FAP manager. “The best thing to do is talk to a victim advocate who can direct them in the process. The Victim Advocacy Program supports victims of domestic violence by providing all available resources to victims.

The aim of FAP is not to ruin careers or

punish abusers, Picha stressed.

Victims of domestic abuse have two reporting options: restricted or unrestricted reporting. Restricted reporting allows a victim to report an incident without starting a law enforcement investigation or having the victim’s or alleged offender’s commander notified. Victims who wish to file a restricted report should contact a victim advocate or a healthcare provider.

Unrestricted reporting will initiate an official investigation of an incident which can affect an abuser’s career. Victims going this route should contact the servicemember’s command, the FAP, or the military police.

In both reporting options, the victim will have access to victim advocacy and FAP services.

“It’s everyone’s responsibility to get involved,” said Picha.

“Talk to them, find out what is going on and seek help,” Colon recommended. “Army One Source is probably the least scary way,” she said, because people can talk with a counselor anonymously.

Military Family Life Consultants (MFLC) are also a great source to confide in others, according to Colon. MFLC is an Army program designed to provide anonymous, confidential support to Soldiers and their family members, especially those returning from deployments.

## RESCUE

blankets, and reassuring her in a calm voice, although the victim spoke neither English nor German.

Understanding at least part of his calm demeanor under such extraordinary stress requires a glimpse back to Babil Province, Iraq, in January, when Louangketh and members of his platoon came across a member of Sons of Iraq near a checkpoint.

“The security team dismounted, and I started walking toward (a) tent, and just

as I did, he was standing there holding his AK (-47), which is kind of awkward, because most of them have them on their shoulder or kind of dangling,” he said, noting that the man looked nervous.

“Just as I turned my head to get my interpreter, he sprayed me, pretty much, almost point blank range,” Louangketh said.

“I fell down and I guess I blacked out for a couple milliseconds, but I woke up to automatic gunfire. He was standing at my feet, spraying at my guys, so I went to grab my M4.

“Just as I brought it up, he saw me move and realized I was still alive and he tried to finish me off with a headshot,” Louangketh said.

“All I heard was a click, and it gave me a couple seconds to return fire,” he said.

His commander was surprised neither that Louangketh risked his own safety to help the car accident victim, nor that he did not tell anyone what he had done.

“I’m not at all surprised by the fact that he did it, because not only would he do it, I think, but a lot of Soldiers would do

the same thing,” said Capt. Joshua Buchanan, commander of Co. D, 1<sup>st</sup> Bn, 2<sup>nd</sup> IN.

“He’s been a real inspiration, in particular, to Soldiers that face the same challenges he does,” Buchanan said.

“His particular situation is one of the most challenging stories you’ll hear about,” Buchanan said. “It helps him, even more, I think, to help other people.”

“I was just doing my job. I’m pretty sure that normal Soldiers who would have seen it would have reacted the same,” Louangketh said.



# Library earns top award, renovations attract patrons

**Editor's note: This is the second of a three-part series about USAG Schweinfurt Directorate of Family, Morale, Welfare and Recreation programs and facilities that recently earned awards at Department of the Army level.**

**Story and photo by Nathan Van Schaik**

There are many reasons why the Ledward library recently received the IMCOM-Europe Outstanding Recreation Program Award.

"Programs, listening to your clientele and professionalism and staff," among them, said Christine Willis, librarian at the Ledward library.

And that's just scratching the surface. The award, which honors Army in Europe libraries on a range of categories, recognizes achievements in community programming, significant improvements, customer-guided programming, effective use of facility, training and publicity and promotion, according to Jim Mattingly, an IMCOM-Europe Family, Morale, Welfare and Recreation (FMWR) representative.

The library has undergone several

renovations that make it stand out. Its coffee lounge, which offers modestly priced selections of coffee, is situated within free Wi-Fi range. A new teen center, videogame room and database all combine to create more robust services.

"The teen area was in the back of my head since 2008," said Willis. "I wanted to start approaching the neglected clientele of every military community, and that's the teens."

Libraries don't have to be boring, according to Willis. In an effort to attract teens, the library now offers a teen center exclusively geared towards those interested in comics and other young adult materials.

The new video game room hosts three large screen televisions along with various gaming consoles to include Xbox, Wii and Playstation 3.



**Kim Nguyen-Roberts jams out to Guitar Hero in the Ledward library's new videogame room. The library recently received a top award from IMCOM-Europe FWMR and has improved services with recent renovations including a new coffee lounge, teen center, and database.**

The facility also boasts a new web catalog, providing customers with expanded access to the Army in Europe Libraries database.

"Customers can access library web page from home, create their own accounts. From home they can browse the card catalog and the research data banks," Willis said. Additionally, library patrons can

now request and renew materials from the comfort of their own home, a service never before provided.

# Catch breast cancer early, get a screening mammogram

**By Col. Iris J. West  
Bavaria MEDDAC Chief of Medical Management Division**

"Ma'am, you have a three-by-four centimeter mass in your right breast. I've contacted the surgeons and made an appointment for you to have a biopsy."

I stood there in stunned disbelief. How could this be?

I was shown the mammogram and even I could see the mass. The previous day I had my very first mammogram. I was 40 years old. I had been doing breast self-exams for five months and never felt a lump, nor had my provider. On that day I became a believer in the value of mammography.

At the time, my husband and I were emotionally distraught. As a nurse, I was well aware of the statistics on breast cancer.

Breast cancer is one of the most common cancers among women, and the seventh most common cause of death. In 2005, which are the latest available statistics, 186,467 women were diagnosed with breast cancer and 41,116 women died from it. It is the number

one cause of cancer death in Hispanic women, and the second most common cause of cancer death among all other women,

according to the United States Cancer Statistics 199-2005 Incidence and Mortality Web-Based Report.

This knowledge did not help my emotional state, and the week before the biopsy was the longest week of our lives.

My breast biopsy showed pre-cancerous cells. A wide excision was done, and the surgeon felt he had taken out all of the bad cells. I have had regular mammograms since and so far they have been normal. I am very thankful I did not put off having that first screening mammogram. Had I put it off, those pre-cancerous cells could have become cancer, and it may have been too late.

A woman's chance of getting breast cancer increases as she gets older. Most breast cancers occur in women after menopause and are uncommon in women under 40. This is why it is recommended that women begin having mammograms at age 40.

According to the Centers for Disease Control and Prevention, having regular mammograms can lower the risk of dying from breast cancer. If you are 40 or older, be sure to have a mammogram every one to two years. Talk to your provider if you have any breast symptoms or changes in your breast, or if breast cancer runs in your family.

A breast lump can be a sign of cancer, but usually early breast cancer can't be felt. Self-breast exams are common practice, but not all experts recommend them. Mammography is considered the most important screening tool to detect early breast cancers.

For more information, call the Schweinfurt health clinic appointment line at 09721-96-7901.

## Schweinfurt breast cancer awareness 5 kilo walk/run

- Kessler Fitness Center
- Saturday, Oct. 17
- Race begins at 9 a.m.
- Register by calling 09721-96-6735 or on-site the day of the event from 7:30 to 8:15 a.m.



# Soldiers convene in Schweinfurt for sling load certification

Story and photos by Mark Heeter

Grabbing straps. Tugging strings. Checking chain links.

Thirty-eight Soldiers from across U.S. Army Europe trained to become certified sling load inspectors, responsible for inspecting cargo lifted and transported via helicopter, at Camp Robertson training area near Schweinfurt Monday, Oct. 5 through Friday, Oct. 9.

“(The helicopter) is our main, prime mover of equipment in Afghanistan,” said Sgt. 1st Class William Baker, the leader of the four-man mobile training team (MTT) from the Quartermaster School at Fort Lee, Va., who conducted the training in cooperation with the 21st Theater Sustainment Command (TSC).

“These units are rotating back knowing that they have to have this tool in order to get their equipment safely from Point A to Point B, because of the mountainous terrain (in Afghanistan),” Baker said.

While many of the students were assigned to the 21st TSC, Soldiers from Schweinfurt; Hohenfels; Bamberg; and Vicenza, Italy, were among the candidates aiming for certification.

“With 21st TSC being a sustainment command, all the tools . . . about sling load and air assault training, it assists us as well, providing support to the units that actually on the ground, fighting in Afghanistan,” said Master Sgt. Anthony Young, who, as a member of 21st TSC operations, helped select the training location and provide logistical support throughout the 40-hour course.

“We also have to be able to provide them with equipment,

supplies. We have to be able to get it to their locations, which would involve sling loading,” Young said.

Throughout the week, the MTT taught basic loading principles and evaluated written and hands-on tests for the Soldiers, who came to the course from a variety of military occupational specialties.

“The whole purpose of sending us out here is to get hopefully at least one person certified at each (forward operating base) that we go to,” said Sgt. Matthew Clark, an infantryman who has deployed once with the 1st Battalion, 4th Infantry Regiment, in Hohenfels.

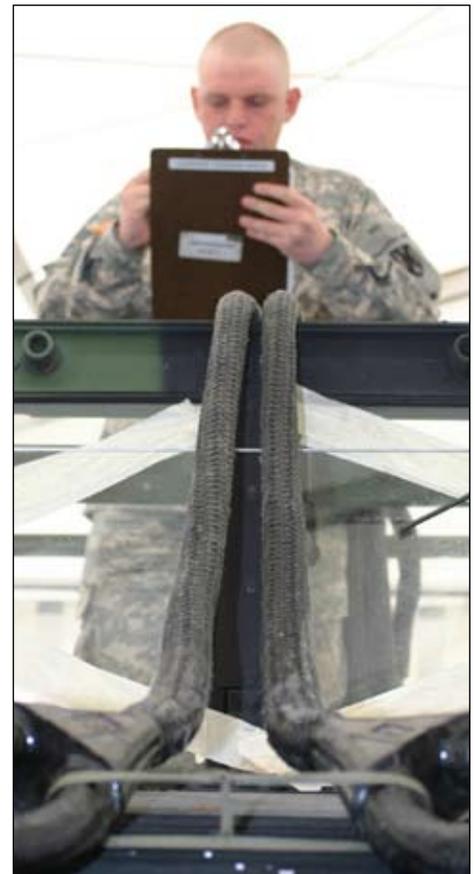
“Make sure you put your hands on the equipment, instead of just looking at and saying, ‘Hey, it’s good,’” Clark said, when asked what advice he would give to Soldiers who want to become certified sling loaders.

The students were trained and tested on inspecting loads of water containers, cargo bags, five- and 10,000-pound cargo nets, and Humvees.

Working with Soldiers from different jobs and units added to the value of the course, according to Spc. John Herold, 5th Quartermaster Company, 21st TSC, who has been a parachute rigger for three years.

“I’ve always found it fascinating, because not only do you get to do training with other Soldiers, you get to expand your knowledge,” Herold said.

“You get the knowledge of, ‘Wow, it takes everybody to make the whole Army,’ rather than one just thinking they’re the best,” he said.



Clockwise from top left: Staff Sgt. Edison Mercado, 624th Movement Control Team, 21st Theater Sustainment Command, fills out a sling load inspection form during the hands-on testing in the Camp Robertson Training Area Thursday, Oct. 8

Blue ink on the inspection sheet indicates to the students that they are a “go” during the sling load testing.

Spc. Geoffrey Gilsdorf, 635th Movement Control Team, 21st Theater Sustainment Command, fills out a sling load inspection.

Spc. William Clapp, 39th Transportation Battalion, inspects the sling load carrying a Humvee.



# Farewell, Soldiers



Lt. Col. Dwayne Dickens, right, commander of the 44<sup>th</sup> Expeditionary Signal Battalion, leads his command group as they salute the buses carrying about 30 Soldiers as they left Ledward Barracks to deploy to Israel Tuesday, Oct. 14. The Soldiers, from Company A, will provide communications support while deployed, according to Maj. Luis Alvarado, battalion operations officer. (Photo by Mark Heeter)

## Meet Schweinfurt's new health care providers

By Emily Athens

The Schweinfurt Health Clinic welcomes five new health care providers to the team to support the well-being of the community. Meet Dr. (Capt.) Melissa Borden, Capt. Bert Baker, Kathryn Heimer, Lt. Col. Anthony Labadia, and Dr. (Maj.) Scott Murcin.



**Borden**

Borden, native of Boston, Mass., has a specialty in family medicine, practicing for three years and moving from Fort Lewis, Wash.



**Baker**

Baker, from Columbia, Miss., has been practicing for eight years as a physician assistant, serving with 1<sup>st</sup> Squadron, 91<sup>st</sup> Cavalry Regiment (Airborne).



**Heimer**

Heimer, originally from Gillette, Wyo., brings three years of experience as a family nurse practitioner, moving from Fort Sill, Okla.



**Labadia**

Labadia is a physician assistant from Bristol, Conn., previously stationed at Fort Gordon, Ga. and has been practicing for 20 years.



**Murcin**

Murcin, originally from Buffalo, N.Y., comes as a pediatrician from Fort Bragg, N.C., having practiced for seven years.

## Voluntary recall of certain fresh eggs in commissaries

European commissary customers are advised to examine all fresh eggs recently purchased in the commissary due to a voluntary recall by the producer concerning the possibility of salmonella contamination.

The eggs were produced by company Danegg and delivered to commissaries by Arla. Customers should look on each egg/carton for the following information: 3 DK 019358 on the eggs. A best sale buy date of Oct. 26 or earlier will show on the carton

Eggs bearing this information should not be consumed and may be returned to the commissary for a refund.

Commissaries in Turkey, Germany, Italy and England have all reported eggs bearing the above markings were in their stock assortment. All affected eggs have been removed from those stores.

Customers should take the precautionary measure of checking all commissary eggs recently purchased because only one egg vendor is used in European commissaries.

The salmonella bacterium can be inside perfectly normal-appearing eggs, and if the eggs are eaten raw or undercooked, the bacterium can cause illness. A person infected with the salmonella bacterium usually has fever, abdominal cramps, and diarrhea beginning 12 to 72 hours after consuming a contaminated food or beverage.

These infections can be more serious for infants and young children, pregnant women and their unborn babies, and older adults with weakened immune systems.



# Gutierrez given award in D.C. for educating Soldiers

By Staff Sgt. Patricia Deal  
U.S. Army Europe Public Affairs Office

HEIDELBERG, Germany -- His first "classroom" was a few Soldiers meeting under an overhang at a forward operating base in Iraq. The next time a few more came with some scrap wood for makeshift tables. The next time even more came, many bringing their own chairs.

Ultimately, 1st Sgt. John Gutierrez's educational outreach went from just over 30 students a month to almost 200. They now meet in solidly built structures for lunchtime, dinnertime and evening classes.

"It was all because Soldiers wanted to learn," Gutierrez said. "No matter where they are, no matter how many hours they work, they can manage to make time for their education."

And as long as they want to learn, Gutierrez wants to teach Soldiers. Gutierrez, firstsergeant for Schweinfurt's Headquarters and Headquarters Company, 9th Engineer Battalion, is currently deployed to Iraq with the 172nd Infantry Brigade Combat Team. "Nothing gives me greater satisfaction than to have a Soldier come back to me and say, 'Hey, first sergeant, you know what you taught me in your class? It really does work,'" he said.

As an employee of Central Texas College, Gutierrez was instrumental in growing the educational program in his area from

a handful of students to hundreds, from one class a month to nine, from one instructor to nine.

For his efforts in bringing education to the Soldiers, Gutierrez was awarded the 2009 Strickland Educational Leadership Award Tuesday, Oct. 6 during the Association of the United States Army's annual conference in Washington, D.C.



Sgt. Maj. of the Army Kenneth O. Preston (left) presents the 2009 Strickland Educational Leadership Award to 1st Sgt. John Gutierrez of U.S. Army Europe's 9th Engineer Battalion during the Association of the United States Army's annual conference in Washington, D.C., Tuesday, Oct. 6.

Gutierrez, one of three NCOs selected for the SELA Armywide, flew in from Iraq to receive his award.

The SELA is awarded each year to NCOs who exemplify the Army's vision of shaping future leaders through education and mentorship, said Command Sgt. Maj. (Ret.) Jimmie Spencer, AUSA's director of NCO and support programs.

The SELA honors the memory of Sgt. Maj. Larry L. Strickland, a victim of the Sept. 11, 2001 terrorist attack on the Pentagon. Strickland had served as the sergeant major for the Army's office of the deputy chief of staff for personnel.

"It truly is an honor to receive this award. I have been fortunate in my career to have leadership who emphasized the importance of education to me, and I want to pass that along to other Soldiers," Gutierrez said. "I

really believe that the Soldier who goes to school, who studies hard, who continues to learn, is the Soldier who is going to achieve great success."

# Schweinfurt magazine for teens, by teens coming soon

Story and photo by Emily Athens

"Extra, extra, read all about it" is what teens of the Schweinfurt community will be exclaiming in the coming weeks with the release of the youthful, fresh magazine just for the young adult population.

Entitled "The Zeen," the magazine will feature the writings of local teens to include poetry, movie reviews, articles, health and beauty tips, horoscopes, comics, and much more.

"It's for the teens by the teens. Basically something teens like us would want to hear and read," said 18-year-old Trey Nevard, who writes articles with a focus on comic strips.

Jason Lawor, a library technician who proposed the idea months ago, explained how he coordinated a group of ten to 15 teenagers to meet every Wednesday and

discuss magazine material and design layout.

"It's beneficial because it's giving them real world experience in regards to writing, editing and meeting deadlines. It sparks their creativity and they have fun," Lawor said.

Youth who enjoy writing, art, and media design have the opportunity to expand their knowledge and express their creativity while others can simply read and enjoy the publication.

"We write about things we like and want to talk about, and let teens here know what's going on," said Emma Moreno, 19, emphasizing the featured ads in the magazine that pertain only to events in

the community for youth.

After almost two months of extensive planning, coordinating, and designing, the magazine will be released and available in print as well as on the Schweinfurt homepage in the coming weeks.



Zachary Nevard, 13, Emma Moreno, 19, and Trey Nevard, 18, review the draft of the magazine with Jason Lawor, library technician and mastermind behind the idea of "The Zeen."



# Pregnancy at its best: ACS offers the know how

By Sandra Wilson

The home pregnancy test came out positive and a short visit to the health clinic has confirmed: you are pregnant. Whether it's joyous news or an unexpected surprise, mothers-to-be and their significant others are encouraged to learn how to best take care of the little life growing inside by attending Army Community Service's class, OB Orientation.

Next held on Ledward Barracks Wednesday, Oct. 21 at 9 a.m., the class takes place once per month and offers resourceful information pertaining to health insurance, procedures of German hospitals, birth registration and passport, expected body changes, and nutritional health.

"I have several goals when I do the class," said Sandy Erb, wellness counselor for Women, Infants, and Children as well as a registered dietitian.

"The most important is trying to show the women how easy it is to eat a healthy diet," she said. "I also try to dispel the myth that when you are pregnant, you cannot 'eat for two' as was told to us as we were growing up."

In addition to offering nutrition education, a representative from the Schweinfurt passport office also attends the class to inform expecting parents of the paperwork and procedures involved in registering their newborn as well as obtaining passports and a social security number. Some of the documentation that is needed can be prepared before the baby is born, according to Dennis Randall,

human resources specialist in the USAG Military Personnel Division.

"This is a valuable class because it introduces you to many people and resources that can help you be successful in having a good experience when delivering your new baby in Germany," said Diane Harmon, home visitor with the Army Community Service's new parent support program.

Another representative, one of the Schweinfurt health clinic's patient liaisons, stops into the class to explain services that are available to parents while they are in the German hospital and can often be instrumental in finding answers to any questions that may come up. Some TRICARE information and coverage is also supplied.

Finally, class participants learn about care provided by German hospitals and doctors. The "Mutterpass," or prenatal patient record book, is explained so parents can monitor developmental progress and understand prenatal tests ordered throughout the pregnancy.



**There is much knowledge to be had about how to best take care of yourself and your unborn baby as well as how to prepare ahead of time for its arrival. Army Community Service offers answers to your questions at OB Orientation Wednesday, Oct. 21 at 9 a.m. (Courtesy photo)**

## Pumpkins await picking during harvest season

Army Community Service's "Destination Schweinfurt" took nearly 60 people to the city of Duellstadt Tuesday, Oct. 13 to pick pumpkins from a family-owned farm. Attendees wandered the field to find their perfect selection for the harvest season and cut the pumpkin from the vines. (Photo by Christina Carmona)

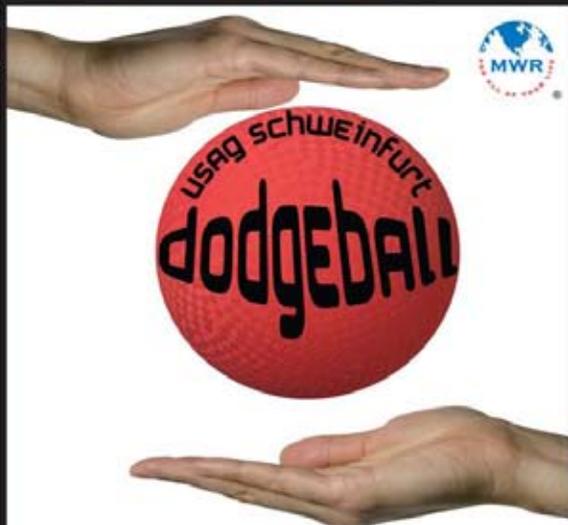
Another visit to a nearby family-owned farm, sponsored by Protestant Women of the Chapel, will take place Thursday, Oct. 22. The community is invited to carpool or get directions at Ledward chapel at 3 p.m.

Attendees are encouraged to bring children and euro to pay for their pumpkins as well as join in the carving event upon return to the Ledward chapel. For more information, call 0170-277-8980.







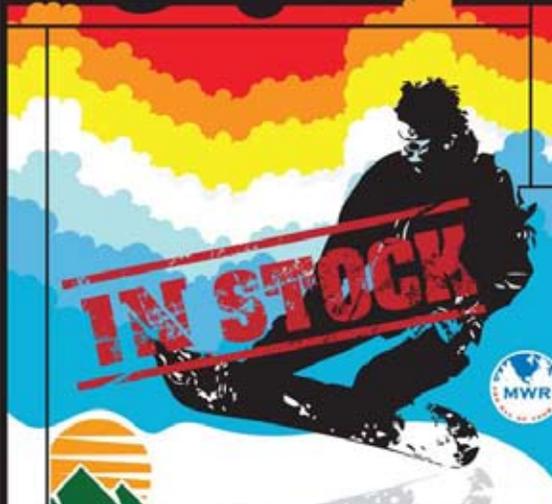


**dodge, dive, duck, dip, dodge**

**PUMPKIN SMASH TOURNAMENT**  
 October 30, 6 p.m. at Finney Fitness Center  
 Register October 15-25  
 Open to ID cardholders age 18 and older.

*For more information, call 09721-96-8234 / DSN 353-8234 or email [william.comeford@eur.army.mil](mailto:william.comeford@eur.army.mil) or [david.coldwell@eur.army.mil](mailto:david.coldwell@eur.army.mil).*

**FALL/WINTER  
OUTDOOR EQUIPMENT**



**IN STOCK**



**Outdoor Recreation Center  
Conn Barracks, Bldg. 50  
CIV: 09721-96-8080/DSN: 353-8080**

**YABA**

**Young American Bowling Alliance**  
 For ages five to 18  
 Kessler Bowling Center  
 Saturdays Year-Round (not holiday weekends)  
 9:30 a.m.-12 p.m.  
 Cost: \$5 per day  
 Participants must be registered with CYSS & have current sports physical.

**CYSS Central Registration**  
 Ledward Barracks  
 Bldg 224, The Commons  
 CIV: 09721-96-6317  
 DSN 354-6317





**2009 ALL-ARMY  
DIGITAL PHOTOGRAPHY CONTEST**

Enter your best digital images to compete against the best photographers in the Army and win cash prizes!



**CATEGORIES:** People, Place, Object, Military Life, Experimental, and this year's special category - MWR Fun!

*Both Color and Monochrome photographs will be accepted.*

**DIVISIONS:** Active Duty & Civilian

**ENTRY DEADLINE:** 30 November 2009

**SUBMISSION PERIOD:** 15 October - 30 November 2009  
<https://artscrafts.fmwrc.army.mil>



Contest information and assistance is available at your local Arts & Crafts or Community Recreation Office.