



Schweinfurt Soldier recalled as talented artist, friend



Staff Sgt. Michael Edwards, Company D, 1st Battalion, 2nd Infantry Regiment, non commissioned officer in charge of the honor guard salutes during final honors for Spc. William VanOsdol.

Story and memorial photo by Mark Heeter

Late in the evening of Aug. 18, Pfc. William VanOsdol was instant messaging from Iraq with his sister in the United States, who prodded him to get to sleep because he had a lot of work to do the next day.

“No, I don’t,” he wrote back. “I have tomorrow off.”

Just a few hours later, VanOsdol, 23, a native of Pinson, Ala., assigned to the 172nd Support Battalion and Task Force 1-2, died when enemy rocket fire struck his quarters. Members of the Schweinfurt community gathered for a memorial ceremony in his honor at the Ledward Chapel Tuesday.

“It is hard for all of us, especially myself, to deal with this tragic loss,” said Capt. Timothy Palmer, Headquarters and Headquarters Company, Task Force 1-2, commander, in remarks relayed here by Capt. Joshua Buchanan, Delta Company, 1st Battalion, 2nd Infantry

MEMORIAL, see page 7

Suicide prevention week educates, promotes awareness

By Emily Athens

Over the years, the Army has emphasized that no Soldier stands alone; however, with recent increases in suicides and the numbers continuing to rise, the concept has become ever so significant.

“There are 21 more suicides this year compared to the numbers from this time last year. It’s continuing to rise and becoming more and more apparent that the whole Army needs to get involved,” said Dr. Catherine Manos, Army Substance Abuse Program (ASAP) prevention coordinator.

Army involvement includes participation in the nationwide suicide prevention week, which takes place Sunday through Sept. 12. Garrisons Army-wide are encouraged to reach out to the community and highlight the importance of suicide prevention, stress the resources available, increase training and intervention, and educate how to help someone in need.

“The Army has become much more proactive than they have ever been before. They’re seeing it as the issue that it is. We, as a garrison, will have an information booth at the PX to give information on suicide prevention and alternatives. It’s true, no Soldier stands alone, so they need to know that we’re here,” Manos said.

According to Manos, the booth will be set up on Sept. 9 during lunch hours where representatives from Army Community Service (ACS), ASAP, and community chaplains can answer questions, give information.

Further resources available within the Schweinfurt community

include the behavioral health clinic, military family life consultants, social work services, and the military police.

“All of our programs contribute to the resiliency and well-being of our Soldiers and families. Our contribution in terms of suicide prevention is giving community members alternatives to their temporary problem that isn’t a drastic permanent solution,” said Hal Snyder, director of ACS.

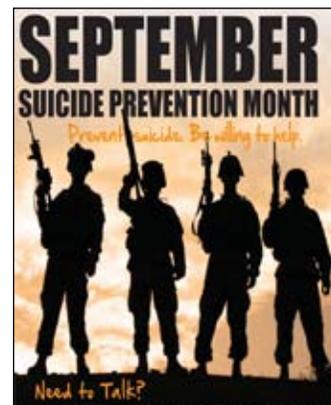
Those in need are encouraged to utilize these agencies and seek the help they need. It is further the responsibility of the community to reach out, listen, ask questions, and not be deluded into thinking everything is all right, Manos said.

“Suicide is not the answer. No matter what anyone says, medication and talking really work. Courage is what it takes to get here,” said Dr. Marsha Ashurst, psychiatric nurse practitioner with Schweinfurt behavioral health.

According to the Department of the Army Web site, one suicide is too many.

“For every one incident, hundreds are affected,” Manos said.

For more information on suicide prevention, visit www.armyg1.mil/hr/suicide/default.asp.





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

Today through April 18:

“Beautiful and Ugly” exhibition- 100 works at the Georg Schaefer Museum in Schweinfurt, Brueckenstrasse 20, Thursdays at 7 p.m., Saturdays at 3 p.m.

Tomorrow:



Flea market in Bad Brueckenau, pedestrian area, noon to 6 p.m. Antiques and collectibles will be sold as well as flea market items.

Saturday:

Farmers’ market at the Schweinfurt market square, 8:30 a.m. – 2 p.m.



Saturday and Sunday:

Winefest, Winegut “Am Sonnenwinkel” in Michelau-Altmanndorf, Am Sonnenwinkel 6.



Saturday - Sunday:

Parish fest in Oberndorf.

Backhaus Fest outside baking houses with wood burning ovens, in Poppenhausen-Hain at the Festplatz.



Parish fest in Gochsheim, Am Plan, traditional dances in traditional costumes at 10 a.m.

Parish fest in Sennfeld, traditional dances in traditional costumes at 2 p.m.

Wednesday:

Grenzsteinfest (border stone) at the border between Gochsheim/Sennfeld at 3 p.m.

Sept. 11-14:

Dorffest (village fest) in Kolitzheim.

Parish fest in Uechtelhausen.

Sept. 12:

Soccer game Schweinfurt versus ASV Rimpar, at the Willi-Sachs-Stadium, 3 p.m. Tickets available at the door.



Sept. 12 continued:

Street music festival “Pflasterklang” – concerts, parties, events, exhibitions and much more at various locations downtown Schweinfurt, 8 a.m.



Sept. 12-14:

Parish fest in Euerbach-Obbach

Sept. 12 - Oct. 2:

Nachsommer concert season, 10th anniversary. The trade mark of the festival is its “Crossover” program between classic, soul and jazz performed by national and international artists at SKF Hall 410 in Schweinfurt. Concert dates are: Sept. 12 and 17 at 7:30 p.m., Sept. 27 at 11 a.m., Sept. 30 and Oct. 2 at 7:30 p.m. For tickets, visit www.eventim.de or call 01801-052052, 0951-9808220, or the ticket hotline at 01805-570070.



Sept. 19-20:

Medieval fest at castle ruins Botenlauben in Bad Kissingen-Reiterswiesen.



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.



This week...

Homeschooling group

Parents and homeschooled kids are invited to attend the Child, Youth, and School Services homeschooling working group meetings Thursdays at School Age Services at 10 a.m. Share ideas and meet other homeschooling families within the community. For more information, call 09721-96-6057.

Conn shoppette

The Conn shoppette will only be open from 8 a.m. to 8 p.m. Tuesday and Wednesday. Normal 24-hour operation will resume Sept. 10.

Ceremony in France

There will be a small ceremony in Fleville, France, Sept. 13 to honor the 16th Infantry and the 1st Infantry division. The ceremony begins at 11 a.m. D-Day veteran Command Sgt. Maj. (Ret) William Ryan will attend as well as a color guard and detachment from the 1st Infantry Division out of Fort Riley, Kan. For more information, email bpsey@t-online.de or Frederic.castier@wanadoo.fr.

Teens can get hired

Now is the time for teens ages 15-18 to apply for an after school apprenticeship job through the Hired program. Training and interviews must be completed before the term begins Sept. 14. Call 09721-96-6970.

Sept. 11 service

The Ledward Chapel invites the community to a remembrance service Sept. 11 at 10 a.m.

Family fun Saturday

Families are invited to come out to Askren Manor for a fun-filled "Splash Bash" day Saturday from noon to 8 p.m. Enjoy water fun for kids and adults; Donny Vox band performances at 2, 4, and 6 p.m.; and a family movie shown at dusk.

Women's Bible studies

Three new women's Bible studies begin at Ledward Chapel Sept. 9 at 9 a.m. and the ladies in the community are invited to attend. Groups meet each Wednesday, sponsored by Protestant Women of the Chapel, and offer free watch care for children. For more information, email pwoc.schweinfurt@gmail.com.

Community update forum

Do you want to know the calendar of events for the community? Do you have questions or concerns to voice about a particular matter? Come to the community update forum in the Schweinfurt Elementary School multi-purpose room Tuesday at 6 p.m.

Spring soccer registration

Registration for youth sports soccer, flag football, and cheerleading ends tomorrow. For more information, call 09721-96-6822.

Finney gym construction

The family-friendly workout room at Finney Fitness Center will be closed until Dec. 31 due to ongoing renovations. Come back after the New Year to see the many improvements made to the facility.

Labor and delivery class

St. Joseph's hospital will hold a three-part labor and delivery class, including a tour of the hospital, beginning Sept. 14 at 7 p.m. Each class is 55 euro. For more information, or to sign up, call the chief midwife at 09721-571130.



Tonight-	7 p.m.	My Sister's Keeper (PG-13)
Tomorrow-	7 p.m.	Transformers 2 (PG-13)
Saturday-	4 p.m.	Time Traveler's Wife (PG-13)
	7 p.m.	Public Enemies (R)
Sunday-	4 p.m.	Time Traveler's Wife
	7 p.m.	Public Enemies
Monday-	closed	
Tuesday-	closed	
Wednesday-	7 p.m.	Public Enemies

Schweinfurt three-day weather forecast

A.M.		P.M.	
	Friday Partly cloudy Lows 13 C / 55 F		Friday Sunny Highs 17 C / 63 F
	Saturday Sunny Lows 11 C / 52 F		Saturday Mostly cloudy Highs 15 C / 59 F
	Sunday Partly cloudy Lows 10 C / 50 F		Sunday Partly cloudy Highs 17 C / 63 F

Source: 21st Operational Weather Squadron



- 11 SEPT --9-11 remembrance service, Ledward Chapel, 10 a.m.
- Volunteer Management Information System training, 10-11:30 a.m. Call 354-6933 to register.
- 12 SEPT --National video game day, Ledward Library, compete in Rock Band tournament, 3 p.m.
- Baker Doubles tournament at Kessler Bowling Center, 1 p.m. \$20 per team. 09721-83391.
- 14-18 SEPT --Schweinfurt Newcomers Awareness Program for spouses. To register, call 09721-96-6933.
- 15 SEPT --Hispanic heritage month begins at School Age Services. For details, call 09721-96-6974.
- Bulk trash pick up for Askren, Yorktown, and government leased housing.
- Understanding the Thrift Savings Plan class, 3:30-4:30 p.m., ACS. To register, call 354-6933.
- Deadline to fill out Army Family Covenant survey www.armymwr.com/fmwrc/afc/survey.htm
- 16 SEPT --Pre-retirement briefing Conn bldg. 40, 9 a.m.-3 p.m. Call 09721-96-8683/8693.
- Point of Contact training, yellow ribbon room, 11:30 a.m.-1 p.m. Call 09721-96-6933.
- 16-18 SEPT --American Red Cross wilderness first aid 16-hour course. Call 09721-96-1760 for details.
- 17 SEPT --Teen magazine meeting, Ledward Library, 6 p.m. All teens invited. Call 09721-96-1740.
- PowerPoint 2007 training 8:30 a.m.-12:30 p.m. in Ledward bldg. 206 computer lab. 354-6933.
- 18 SEPT --Deadline to register for Super Saturday child care on Sept. 26, 9:30 a.m. to 2:30 p.m. for those with children ages six through fifth grade. Cost is \$16. Call 09721-96-6517.
- 19 SEPT --Munich Oktoberfest, Better Opportunities for Single Soldiers trip, 6 a.m. Call 09721-96-8476.
- 20 SEPT --Trip to Lichtenfels basket market with Crafts Studio. Departs 8 a.m., returns 6 p.m. 354-6903.
- 22 SEPT --Lunch 'n Learn, Ledward Library, 12:15 p.m. Bring own lunch & learn about Tumblebooks.
- Registration ends for community basketball. Season starts Oct. 1. Call Finney 09721-96-8234.
- 22-23 SEPT --Auditions for community theater comedy and drama "Quickies!" Abrams Center, 1 & 6 p.m.
- 23 SEPT --Hispanic heritage month lunch, Ledward Library, 12-1 p.m. Free food.
- Family Readiness Group roundtable discussion, yellow ribbon room, 6-8 p.m. Call 354-6933.
- 24 SEPT --Library book club meeting, 5:15 p.m. Coffee, tea and treats served to discuss "People of the Book: A Novel" by Geraldine Brooks. Copies at front desk, call 09721-96-1740.
- Better Opportunities for Single Soldiers meet and greet at Finney Fitness Center, 1-5 p.m.
- 26-27 SEPT --Commissary case lot sale. Come shop for items in bulk at discounted rates.
- 29 SEPT --Bulk trash pick up for Askren, Yorktown, and government leased housing.
- 29-30 SEPT --Auditions for community theater comedy and drama "Quickies!" Abrams Center, 1 & 6 p.m.
- 5 OCT --Combined Federal Campaign kicks off, PX lobby, 11:30 a.m. cake cutting.
- 6 OCT --Coffee bar opens at the library. For more information, call 09721-96-1740.
- Holiday video recordings at the PX for Soldiers and/or family members. Times TBD.
- 15 OCT --The one-act play, "The Way of All Fish" is presented at the Abrams Center, 7 p.m. 354-6225.
- 23 OCT --Parents' Night Out, 6:30-11:30 p.m. Sign up now. Cost is \$16. Call 09721-96-6414 to register.

Community 6 week outlook calendar



Information tables provide health benefits awareness

Story and photo by Sandra Wilson

Do you know how TRICARE coverage works if you encounter a health emergency while traveling? What is the proper way to sit at your workstation to avoid possibly developing carpal tunnel syndrome or other debilitating conditions? Are there effective parenting strategies in handling a strong-willed child?

All of these questions and more can be answered by the Schweinfurt Health Clinic, which is on a mission to inform the community of the services it provides. In support of September's Health Benefits Awareness Month, informational booths will be set up at the Main Exchange and the health clinic on Ledward Barracks throughout the month.

"One of our main goals is to educate our beneficiaries on the health care benefits available to them," said Tammy Calvanico, TRICARE case manager assistant. "We're also hoping to raise awareness about the tools that are available online, one of which is the ability to schedule an appointment."

Community members will find the behavioral health booth set up in the Main Exchange Sept. 10 from 10 a.m. to 2 p.m. Pamphlets will be distributed about anger management, post-traumatic stress disorder, and parenting. Meet the staff from behavioral health, social work services, and family advocacy, then measure your stress on the booth's stress scale.

At the clinic itself Sept. 16, there will be informational booths throughout the building emphasizing key points of interest, handing out free material, and answering questions in all the departments. Additionally, attendees can enter their names in a raffle for prizes.

"Oftentimes, we're behind the scenes," said Maj. Vernell Jordan, chief of Army public health, Bavaria West, emphasizing the need to let the community know the services that are offered

through the Schweinfurt health clinic. Preventative medicine and nutrition care features valuable information in the booth at the Main Exchange Sept. 23 from 10 a.m. to 2 p.m.

The final booth Sept. 30 will run the same time period at the Main Exchange and will feature TRICARE with fact sheets and brochures that contain information regarding TRICARE and dental, prime, standard, retirees, newborns and more.

Not only will the community find answers to their questions related to health care, but they will find the booths serve as a meeting point to converse with the medical providers in the community.

"We encourage everyone to come out and meet those who provide and support the delivery of quality health care," Calvanico said.



Mayra Valle and her son Samuel, 2, listen as Ysabel Coffelt talks with Staff Sgt. Erick Cedeno, occupational therapy assistant, and Tracy Springsteen, medical assistant. Booths from the health clinic will be set up at the Main Exchange throughout the month of September to educate and familiarize the community about services available.

'SKIES' the limit

Megan Corn, 7, practices her handstand with the help of gymnastics instructor, Esther Perez, while (from left), Vanessa Salazar, 9, Olivia Stevens, 9, Jane Allen, 8, and Asia Bryant, 7, wait their turns.

Gymnastics classes are offered Mondays as part of the Schools of Knowledge, Inspiration, Exploration, and Skills (SKIES) program. Kids ages 4 to 9 can participate in the gymnastics program at the Abrams Entertainment center for a cost of \$35 per month for one class per week.

SKIES offers numerous other classes for all ages including karate, piano, ballet, horseback riding, singing, and much more. For more information call the SKIES program director at 09721-96-6460. (Photo by Emily Athens)





Single Soldier program brings home top awards

By Sandra Wilson

The Better Opportunities for Single Soldiers (BOSS) program in Schweinfurt has done it again. The first place award for “Best Event” in the Department of the Army (DA) was garnered for the second year in a row by Schweinfurt’s program in its size category at the annual DA BOSS conference in August.

The winning event was the BOSS “I am Strong” paintball tournament held on Conn Barracks July 18. The design of the program was to educate the single Soldiers about sexual assault prevention in a non-conventional way.

“I am Strong’ is unique in that it couples fun and engaging activities along with our sexual assault and suicidal awareness programs. So, not only are we having a great time, but we are getting smart in the process,” said Schweinfurt BOSS President Spc. David Houser on the video that served as the Schweinfurt entry into the DA competition.

“We kind of made (the video) like a CNN news conference,” said Silvia Joiner, Family, Morale, Welfare, and Recreation (FMWR) advisor for the Schweinfurt BOSS program. “The more unique the entry, the better chance you have—the better way of selling your program.”

Partnering with the FMWR entertainment division, BOSS representatives put together a video clip of the July paintball event resembling the news coverage of a White House press conference. On the video, Houser spoke of the BOSS event to the “press” and answered their questions. Footage of the actual event was used to support his statements as well.

“You have to hit every subject that they wanted you to hit,” said Command Sgt. Maj. Ernest Lee, BOSS senior enlisted advisor,

about the criteria needed to win the DA BOSS award.

“I was glad that we won, but I wasn’t surprised, because we do have a very good program,” Lee said.

Schweinfurt’s BOSS will continue to offer recreational programming that intends to improve the quality of life of the single Soldier, Joiner said.

“Most of the time, single Soldiers don’t have anything to do, and if we can promote a good BOSS program like Silvia does, they will always have something to do,” Lee said.

At the same DA BOSS conference, Joiner was recognized as a key contributor to the success of the BOSS program with the 2009 Felteus Edwards Award.

“When you say Army, that’s every ... person that has her job—she’s the best. She’s number one— which I always knew that,” Lee said.

Joiner started working for the Army in 1981 and then specifically began working with FMWR in 1987.

“I facilitated many initial BOSS workshops in USAREUR and helped them get set up back in the 90s. So actually I’ve been with BOSS from day one,” Joiner said.

“(The award) is like the highlight of my career,” she said. “I’m proud and honored that I won because this is what I do. I mean this is what I love doing— it’s my job and I feel very fortunate that I have job that I love and can do and do well.”

Joiner will continue coordinating events with feedback and input from the single Soldiers themselves and invites all to join in the upcoming trip to Oktoberfest in Munich Sept. 19. Deadline to sign up is Sept. 15. The next BOSS Meet ‘n Greet in the Finney Rec Center takes place Sept. 24 from 1 to 5 p.m.

American Red Cross uses grant to promote health

Story and photo by Sandra Wilson

It’s no ordinary sight to witness the Schweinfurt Health Clinic and American Red Cross (ARC) shopping for televisions at the Main Exchange. This special event

took place Aug. 28, and it wasn’t only TVs that they were buying.

“(Cheryl Dean) came over yesterday and said I’ve got \$2,000 we need to spend,” said Schweinfurt health clinic commander,

Col. Patrick Denman, explaining the ARC Schweinfurt station manager’s visit to the clinic the day before with federally funded grant money to support military hospitals and their outreach programs.

In this purchase, wall mounts and DVD players were included along with the two televisions which will eventually hang in the pharmacy and the laboratory waiting rooms.

“We’re going to use these for patient education,” Denman said. “My intent ... (is to) have patient education rolling continuously.”

He hopes to eventually wire the entire clinic building for that specific purpose.

The \$2,000 was originally part of a larger grant totaling \$20,000 that the Schweinfurt ARC received and has been doling out primarily to the Warrior Transition Unit over the past year for items that aren’t covered by existing government programs. Recently, ARC purchased four orthopedic mattress sets for Soldiers living in the barracks who had undergone major back surgery. Other medical equipment for WTU Soldiers not covered by TRICARE has also been bought with the grant money to aid in the healing process.

“I’m just glad that they’re my happy recipients,” Dean said about the gratitude shown by both the WTU Soldiers and the health clinic. “This office will be able to continue to assist our Schweinfurt military community with new opportunities to help and encourage good health.”



From left, Cheryl Dean, American Red Cross Schweinfurt station manager; Staff Sgt. Peter Berthold; Staff Sgt. Jeffery Johnson; and Col. Patrick Denman, health clinic commander, discuss the type of television to purchase as part of the clinic outreach program.



Holiday Greetings teams set to tape in Schweinfurt

By Rich Lamance
Joint Hometown News Service

SAN ANTONIO, Texas -- Taping for one of the most recognizable holiday programs in America will begin soon, months before wreaths are hung and lights are strung in homes across the country.

Broadcast teams from the Joint Hometown News Service in San Antonio, Texas, will depart shortly after Labor Day this year to begin taping video holiday greetings of servicemembers and their families stationed overseas during the holiday season. This year marks the 26th anniversary of the program.

Servicemembers from all branches of service, their family members, and DoD civilians are eligible to participate, according to Erich Schwab, this year's holiday greetings coordinator.

Schwab says three teams with

three members per team will travel to the Pacific, Europe and Southwest Asia theaters, setting up their cameras in more than 60 locations.

Additionally, they have partnered with military broadcast organizations in Iraq and Afghanistan to provide coverage for those locations.

When the teams return to San Antonio in late October, Schwab says production will run 24 hours a day, seven days a week. Video and audio greetings are separated by state, and in some of the more populated states such as California, Texas, Florida and New York, stations will receive the tapes or DVDs based upon region.

Television stations will normally begin running greetings on Thanksgiving and continue through New Year's Day. Many greetings air multiple times and usually on more than one station.

Guidelines to follow

- Make sure to bring your address book. You'll need family members' names, city, state and phone number.
- Servicemembers need to be in uniform. Work uniform is fine. And, of course, don't forget the props: Santa's hats, pets, banners and Christmas attire.
- In front of the camera: relax, relax and relax. During recording, it will just be you and the camera, but it will air in front of millions.
- Try to be cheerful and in the holiday spirit. There is no reason to say "Happy Thanksgiving" even though recordings take place weeks before. They won't air until after Thanksgiving.
- Try to keep hand gestures to a minimum.
- No need for a teleprompter or a script, but try writing down main points on a 3 x 5 card. You've got 15 to 20 seconds per greeting-- more than enough time to get in your holiday wishes to those closest to you.

MEMORIAL

Regiment commander. Palmer, joined by others recalling VanOsdol as a gifted artist, noted that, in his spare time, the light-wheeled vehicle mechanic was creating a wooden sculpture of the 2nd Infantry Regiment Crest.

"He could draw pictures of anything you could imagine,"



VanOsdol

said Chaplain (Lt. Col.) Stevan Horning, USAG Schweinfurt, who delivered remarks at the ceremony.

One of VanOsdol's fellow Soldiers, whose remarks were presented here by Spc. Ian Graham, recalled the first time he saw one of VanOsdol's drawings. "I thought, 'This guy's really good,'" he said.

VanOsdol had a special passion for drawing heroic figures, according to Horning.

"Whatever he did, he wanted it to be dramatic, on an epic scale," Horning said.

VanOsdol is survived by his mother, Susan, and his sisters Brandi and Sabrina.

H1N1 vaccinations available soon

By Jim Garamone
American Forces Press Service

WASHINGTON - All military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it, a Defense Department health affairs official said Sept. 1.

The H1N1 vaccination program will begin in early October, said Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for Defense Department health affairs.

The vaccine, which has been licensed by the Food and Drug Administration, will be mandatory for uniformed personnel, the colonel said. "What we want to do is target those people who are at highest risk for transmission," he said.

The department initially will receive 1 million doses of the H1N1 vaccine and another 1.7 million doses later in October.

Guidelines for giving priority to family members will follow those for

the general population, Hachey said. The Department of Health and Human Services is buying millions of doses of the vaccine.

The Centers for Disease Control will place the order and will ship the vaccine where needed. Family members will have multiple opportunities to get the vaccine, whether at Defense Department medical facilities or off post, Hachey said.

The CDC has established target groups for those at greatest risk for transmitting or being affected by the H1N1. They include pregnant women, health care workers, those younger than 25 or older than 65, and those with pre-existing health conditions.

The symptoms of the H1N1 flu are almost the same as the seasonal flu: fever, sore throat, runny nose, nausea, muscle aches and feeling rundown.

Stay home if you're sick. Wash your hands frequently. Cover your sneezes with your sleeve, not your hands. And take all the necessary precautions to stay healthy.




OPERATION
Rising Star

FINALS!

@ ROHR'S Diner

SEPTEMBER 4 AT 7 P.M.

COME OUT AND VOTE FOR YOUR FAVORITE SINGER



BOSS

SEPTEMBER 19



Oktoberfest

Don't miss out on the biggest and baddest beer festival in the world! Transportation cost is €40 per person. Bus departs Finney Fitness Center at 6 a.m. Register by September 15 at Finney Rec Center. Open to Single Soldiers and Geographical Bachelors.



CRAFTS STUDIO

QUILTING CLASS



Four-Week Session begins September 9. | Class meets on Wednesday, 6-8 p.m. | Sewing machine experience required. | Cost: \$35 for instruction. | Materials available for purchase at the Crafts Studio.

Crafts Studio
Bldg. 203, Ledward Barracks
09721-96-6903 or DSN 354-6903
Hours: Wednesday & Thursday, 1-9 p.m.;
Friday & Saturday, 10 a.m.-6 p.m.



We're Online!



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