



Renovations, improvements sweep through Schweinfurt ahead of incoming signal units



Carpenters renovate the top floor of the future headquarters of the 7th Signal Brigade.

Story and photo by Mark Heeter

While improvements, renovations and upgrades have defined the landscape on Schweinfurt military installations constantly for the past several years, one group of current projects marks something new on the horizon.

The Mannheim-based 7th Signal Brigade and its subordinate 44th Expeditionary Signal Battalion are scheduled to relocate to Schweinfurt this year, the Army announced in 2008, and the dust and signs of renovation on Ledward Barracks mean the welcome mat is on the way.

“We’re trying to make it home for them. We’re trying to improve the facilities to make them comfortable when they get here,” said Robin Fisher, deputy director of the USAG

Schweinfurt Directorate of Public Works (DPW).

When the Army announced the re-stationing, plans for moving a battalion headquarters into building 215 on Ledward Barracks hit the brakes and shifted to the design and creation of a brigade headquarters instead.

“Before we knew these units were coming, we had a project on the books to fix that building,” said Fisher, who added that such maneuvering is common with planning and utilizing installation space.

“It’s a complete renovation. You wouldn’t recognize the building,” Fisher said of the future brigade headquarters, which once housed personnel, finance and in-and-out processing offices.

SIGNAL, see page 5

Soldiers at FOB Kalsu enjoy Super Bowl

By Capt. Stephen C. Short, 172nd Infantry Brigade

Cheers, friends, food, and drinks are the ingredients for a Super Bowl XLIII party. Servicemembers and civilians watched the Pittsburgh Steelers and Arizona Cardinals face off during the Super Bowl extravaganza early Monday in Kalsu, Iraq.

The party started at 1 a.m. with lines of people just waiting to get in where four large projector screens, eight plasma televisions and rows of food and drinks awaited them. Servicemembers across Iraq received authorization for two beers during Super Bowl XLIII, which provided a little bit of home to people not normally allowed to consume any alcohol while deployed.

The FOB Kalsu Morale, Welfare and Recreation team planned and executed the extravaganza that brought in over three thousand people for entertainment and prizes.

The festivities and the game ended at 6:20 a.m., but diehard fans stayed until the last minute to see the Steelers defeat the Cardinals 27-23.



Soldiers celebrate during Super Bowl XLIII. (U.S. Army photo by Pfc. Bethany Little)



SPRECHEN SIE FUN?

Events and activities in the local communities

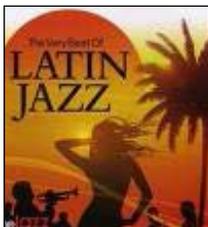
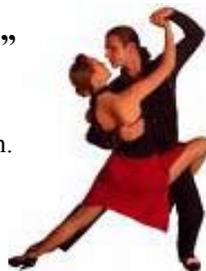
FOR MORE INFORMATION ON LOCAL ACTIVITIES AND EVENTS VISIT:
www.schweinfurtserver.de/user/tourismus/Neu/stadtplan_EN_Endversion_2008.pdf

Tomorrow:

“King of Swing Orchestra” concert in memory of Benny Goodman at the Schweinfurt theater, Rosbrunnstrasse 2, at 7:30 p.m. For tickets call 09721-51475.



“Tango Argentino” at the Brauhauskeller at the Schweinfurt Market Square at 9 p.m.



“Latin Jazz” concert at the Stadthalle in Hassfurt at 8 p.m.

Saturday:

“Cuban Night” performed by the “Salsa Verde” orchestra at the Stadthalle in Hassfurt at 8 p.m.



Fasching performance including show dances and jester speeches at St. Anton parish hall in Schweinfurt at 8 p.m.



Costume party for children at the Protestant Gemeindesaal in Sennfeld at 2 p.m. Am Hainig, Alois-Türk-Strasse in Schweinfurt, at 7:54 p.m.

Costume party for children at the Protestant Gemeindesaal in Sennfeld at 2 p.m.

Children’s clothes and toys market at Kindergarten St. Elisabeth, Schweinfurt – Eselshöhe, 2 – 4 p.m.

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



Sunday:

Concert performed by the youth brass orchestras of Grafenrheinfeld, Werneck and Essleben at the Kulturhalle in Grafenrheinfeld at 3 p.m. (admission free)



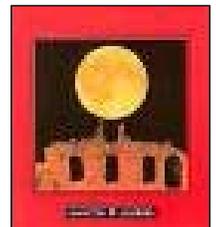
Children’s costume party at the Werntalhalle in Poppenhausen from 1:30 to 5 p.m.



Fasching performance including show dances and jester speeches at St. Anton parish hall in Schweinfurt at 2 p.m.

Monday:

The American Drama Group Europe Art promotion presents “Moon Palace”, a musical (in English) adapted from Paul Auster’s novel by Paul Stebbings and Phil Smith for TNT Theatre Britain and the American Drama Group Europe. For tickets, call 09721-51475 or e-mail theater@schweinfurt.de. Show begins at 7 p.m.



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

High school lock-in

The Ledward Teen Center will host an all area lock-in Feb. 13 from 8 p.m. to 8 a.m. Cost is \$5 for each registered teen. Youth will enjoy a night of bowling and other games. For more information, call 09721-96-6732.

Dental assistant training

The American Red Cross (ARC) and the Schweinfurt Dental Clinic offer dental assistant training free of charge to military dependents over 18. Applications can be picked up at the ARC in Ledward bldg. 206 starting Monday through Feb. 27. Take this opportunity to learn new skills that could turn into job opportunities no matter where you are stationed. For more information, call 09721-96-1760.

Outdoor Rec ski trip

The deadline to sign up for the Feb. 13 – 16 ski trip to Dolomites, Italy with Outdoor Recreation (ODR) is tomorrow. Cost is \$299 which includes breakfast, dinner, and ski/snowboard rental. Children under four are free. For more information or to sign up, call ODR at 09721-96-8080.

B.O.S.S. deadline

The deadline to sign up for the Better Opportunities for Single Soldiers (B.O.S.S.) trip to KisSalis in Bad Kissingen is tomorrow. The trip is Saturday 10 a.m. to 6 p.m. Cost is 22 euro for transportation and 17 euro for a four-hour ticket to the spa. Massages cost extra. For more information or to sign up, call 09721-96-8476.

Basketball tournament

Finney Fitness Center hosts a double elimination three-on-three basketball tournament Feb. 28 from 10 a.m. to 5 p.m. Trophies will be awarded to first and second places. Open to all ID card holders. The sign up deadline is Feb. 13. Call 354-6051 or 09721-96-6051 or e-mail samuel.hilton@eur.army.mil.

Bulk trash

Bulk trash is scheduled to be picked up from Askren Manor, Yorktown Village, and government-leased housing Tuesday. Please put bulk items out prior to 7 a.m. on day of pick-up but no earlier than the day before. Bulk trash is only those items too large to transport in your vehicle. For more information, call the SORT coordinator at 354-6201 or 0162-270-9403.

Get informed

Come to the community update forum to find out what's happening in the Schweinfurt military community. The forum is held at Schweinfurt Elementary School on Askren Manor Tuesday at 6 p.m. Learn about what Schweinfurt has to offer and ask questions or express concerns.

Equipment orientation class

The Auto Skills Center on Conn Barracks is offering an equipment orientation class Feb. 12 at 2 p.m. for those wanting to learn how to use tools for automobile maintenance. Class is free and open to all ID cardholders. No sign up necessary. For more information, contact the Auto Skills Center at 09721-96-8224 or 353-8224.

Night ski

Sign up to go nightskiing in Wasserkuppe, Rhoen with Outdoor Recreation throughout the month of February. Depending on snow conditions ODR will take a trip each Thursday from 5 p.m. to approximately 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.

Schweinfurt



Tonight-	7 p.m.	Punisher: War Zone (R)
Tomorrow-	7 p.m.	Punisher: War Zone (R)
Saturday-	4 p.m.	Bride Wars (PG)
	7 p.m.	The Boy in the Striped Pajamas (PG-13)
Sunday-	4 p.m.	Bride Wars (PG)
	7 p.m.	Boy in Striped Pajamas (PG-13)
Monday-	closed	
Tuesday-	closed	
Wednesday-	7 p.m.	Australia (PG-13)

Schweinfurt three-day weather forecast

A.M.	P.M.
 Friday Rain Lows -1 C / 30 F	 Friday Partly cloudy Highs 3 C / 37 F
 Saturday Partly cloudy Lows -1 C / 30 F	 Saturday Rain Highs 1 C / 34 F
 Sunday Rain Lows 1 C / 34 F	 Sunday Snow Highs 1 C / 34 F

Source: 21st Operational Weather Squadron



- 14 FEB** --Valentine bake sale in front of PX from 11 a.m. to 2 p.m. sponsored by C Btry, 1st Bn, 77th FA.
--Come “cover everything in chocolate” at Ledward Library from 10 a.m. - 6 p.m. 354-1740.
--“Sweetheart Bowl” at Kessler Bowling Center. Call 354-6332 for more information.
- 17 FEB** --Point of Contact (POC) training, Yellow Ribbon Room 11:30 a.m. - 1 p.m. Call 354-6933.
- 18 FEB** --OB orientation 9 a.m. to 12 p.m. at ACS. Mothers and fathers encouraged to attend. 354-6933.
- 19 FEB** --Black history month lunch time 11:30 to 1 p.m., Ledward Library. Community is invited.
--Federal Resume Writing 101 class, Ledward bldg. 206, 1:30 to 4:30 p.m. Call ACS 354-6933.
--Spouse Survival Skills class, Yellow Ribbon Room 10 - 11 a.m. Call ACS 354-6933.
--Free dinner & movie night, Ledward Chapel. Dinner 5:30 p.m., movie begins at 6 p.m.
- 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.
--Effective management of volunteers class, Yellow Ribbon Room 10 - 11 a.m. Call 354-6933.
- 21 FEB** --Bucky Covington concert 7 p.m. at annual winter community event, Finney Fitness Center.
- 24 FEB** --Watch fasching parade in downtown Schweinfurt, call to sign up for the noon bus at 354-1740.
--Bulk trash pick-up from Askren, Yorktown, gov’t-leased housing. Put items out before 7 a.m.
--Treasurer training class, Yellow Ribbon Room 11:30 a.m. - 1:30 p.m. Call ACS 354-6933.
--Basic MS Excel II class, Ledward bldg. 206 computer lab 8 a.m. to 12:50 p.m. Call 354-6933.
- 24-26 FEB** --Army Family Action Plan (AFAP) Conference, Conn Community Club. Volunteer at 354-6933.
- 25 FEB** --Military Saves Campaign seminar, Conn Club 6 - 7 p.m. Call 354-6933 for information.
- 26 FEB** --Vehicle passive restraint class, Conn Auto Skills Center, 2 p.m. Call 09721-96-8224.
--Lunch Bunch meets 11:00 a.m. at ACS to enjoy a cultural meal in Schweinfurt. Call 354-6933.
--FRG Roundtable discussion, Yellow Ribbon Room 6 - 8 p.m. Call ACS at 354-6933.
- 27 FEB** --Asperger’s and Autism support group 10 a.m. to noon at ACS. Call 354-6933 for information.
- 28 FEB** --Jr. NBA/WNBA Triple Play youth basketball games, Ledward Gym, 9 a.m. Come support.
- 2-6 MAR** --Schweinfurt Newcomers Awareness Program (SNAPS) at ACS. To sign up, call 354-6933.
- 3-5 MAR** --Schweinfurt volleyball clinic, Kessler Fitness Center 6-8:30 p.m. Open to I.D. card holders.
- 4 MAR** --Registration ends for unit level volleyball season, Kessler Fitness Center, Mar. 18 - Apr. 20.
- 5-7 MAR** --“School House Rock Live!” performances, time TBA. To reserve tickets, call 354-6225.
- 6 MAR** --Registration begins for unit level soccer. To sign up, call Finney Fitness Center at 353-8234.
- 11 MAR** --Registration ends for racquetball shootout, Kessler Fitness Center, Mar. 14, 9:30 a.m. - 5 p.m.
- 18 MAR** --Deadline to sign up for B.O.S.S. trip to Neuschwanstein Mar. 28. Cost is 37 euro. 353-8476.
- 12-14 MAR** --“School House Rock Live!” performances, time TBA. To reserve tickets, call 354-6225.
- 20 MAR** --Registration ends for unit level soccer season Apr. 8 through May 18. Call 353-8234.
- 27-29 MAR** --Schweinfurt Community and Spouses Club spring bazaar at Finney Fitness Center.
- 28 MAR** --Miss/Mister Schweinfurt pageant hosted by spouses club. Details TBA.



Human resources helps with job applications

By Sandra Wilson

Sometimes looking for work and applying for jobs can be tedious and seemingly fruitless. What may start off as excitement about possibly entering the workforce might start to fizzle out as disappointment.

"It's so hard to find out how to apply for jobs over here in Europe," said Ron Betts, NAF human resources assistant, describing the frustration that some applicants experience.

Part of the problem may be the stack of paperwork that is required for some job applications. Schweinfurt's Non-Appropriated Funds (NAF) human resources office wants to tackle those applications with you as well as help refine your resume.

By attending the resume class held

Feb. 12 at the Ledward education center, information will be provided on how to apply for NAF positions such as the jobs that are offered under Child, Youth, and School Services.



Davis

NAF positions are simply government jobs, Betts said. The word "NAF" explains the pot of money that is used to pay its employees.

"MWR rolls its own money back into the programs. We work with MWR," he said. But the application process isn't as simple as one might think.

"Our application process is different than the federal resume process. We still do things in hardcopy paperwork ... or by email, but we're not set up on the website like 'click and apply,'" Betts said, explaining that applying for non-NAF positions can be much simpler.

"We have more forms to fill out," said Elke Davis, NAF human resources assistant.

But not to worry, Davis and Betts both gave assurance that the human resources office is available to help "thumb through" all the necessary paperwork and encourages all to consider NAF vacancies, because there is always something to apply for as a job-seeker.



Betts

Those that attend the resume class can bring a copy of their orders and a resume to get started immediately on applying for open positions, Betts said. Going through the process step by step in class will help job applicants get a head start on finding employment.

In addition to the class held Feb. 12, it will also be held again Mar. 12. For more information, or to sign up, call NAF human resources at 09721-96-6884 or 354-6444.

Scouts race in Pinewood Derby



Dylan Hopson (right) and Axel Delgado (center) give their homemade race cars to David Hurley (left), the Cub Scout Pinewood Derby race manager. Hopson took away the first place medal for the fastest racing car Saturday. Twenty Cub Scouts participated in this year's derby which took place on Conn Barracks. Scouts were given the blocks of pinewood in December to turn into personalized race cars for the derby. "The parents and children ... work on the cars together," said Joe Garcia, cub master. Scouts also received badges for their work. (Photo by Sandra Wilson)

SIGNAL Just down the road on Ledward Barracks, the 44th ESB will be the third – and likely final – unit to hang its hat in building 213 in a year.

"The buildings that they're moving into are going to be strictly dedicated to them, and they will stay there. That will be their home," Fisher said.

"We want to have it ready for them as soon as they get here," in the spring, according to Fisher, who is pleased with the project's progression.

While motor pools and maintenance bays are also being tailored to fit the incoming units, workers are putting the finishing touches on three Soldiers' barracks buildings across the street from the battalion headquarters.

"This is sort of a general facelift," that includes painting, lights, flooring, and minor maintenance, according to Fisher.

The DPW housing office is prepared to offer options to Soldiers who are bringing families, according to Sharan Dockery, housing office manager.

"We've got a couple options," for providing housing, Dockery said. "As soon as we can assign housing to them, we're going to let them have it."

For example, she and her staff have already begun to plan with their counterparts in the USAG Bamberg to receive families with high school-aged children.

"We're looking forward to having them here," Dockery said.



Wuerzburg students visit elementary school

Story and photo by Emily Athens

Student teachers from the University of Wuerzburg visited Schweinfurt Elementary School (SES) Tuesday in efforts to continue developing a partnership that began after the closing of Wuerzburg Elementary School in 2008.

“At the university, we have a seminar called ‘comparing systems internationally.’ The visits give my students a bigger perspective since they were all raised in German schools. If you don’t know something different, you can’t imagine it,” said Simone Gutwerk, a professor at the University of Wuerzburg.

Four groups of college students dispersed among the elementary school visiting different classrooms, taking tours, and spending one-on-one time with teachers. The day offered the students insight and a better understanding of different styles of education across cultural barriers.

“Our main interest is seeing the programs that Germans don’t have . . . they’re very functional here,” Gutwerk said, explaining that an ongoing exchange of ideas and teaching materials is valuable to the education and development of the student teachers.

“The biggest difference is there is no integration of students in Germany like there is here. There’s always a school for special needs in Germany and everybody’s together here. So it seems when there’s a problem, that problem will be solved,” said Julia Hoffman, a student at the university who is studying to become a special education teacher.

Tanja Hoch, another student teacher, thought the easy access to computers within the classroom was different.

“We didn’t have programs like that in German school. It wasn’t



Wuerzburg student teachers Tanja Hoch (middle left) and Julia Hoffman (middle right) observe the activities of fifth-grade students Patrick Stark and Jayona Johnson.

like that in my time,” Hoch said.

Teachers of SES enjoyed the visit and think the trip will enhance the students’ teaching abilities.

“(Visiting schools) benefits all teachers or soon-to-be teachers to explore as many learning environments as possible. Exposure to lots of learning situations enriches all teachers’ lives in and out of the classroom,” said Cathy Lagasse, teacher at SES who welcomed a group of German university students into her class.

Wilma Holt, SES principal, agreed that visiting the school allowed the Germans to engage in professional dialogues about teaching and discover new teaching ideas.

“It allowed the student teachers to view the educational practices and philosophies of an American school in action. The students were very impressed,” Holt said.

“When I think of the spirit of American schools, two words come to mind: democracy and pragmatism,” Gutwerk said.

Bamberg offers hunting course for community

By Emily Athens

The Schweinfurt community is invited to join Bamberg Outdoor Rec (ODR) for a 60-hour spring hunting course beginning

Monday. Classes are open to all ID card holders and will be Mondays and Thursdays from 7 to 10 p.m. with some Saturday classes 9 a.m. to 5 p.m.

“A lot of Soldiers and families grew up hunting and fishing as their sport in America. So this class offers a little bit of American activities in Germany,” said Dave Burger, IMCOM hunting, fishing,

and sport shooting instructor.

Classes will be conducted in the Bamberg Whispering Pines Golf Course conference room, bldg. 7683.

“The course has a preset amount of class time, about 60 hours. We do not get an opportunity to actually go hunting during the instruction phase. There are range requirements to be completed. Therefore, a range date is set for Feb. 21 at 9 a.m. in Drugendorf,” Burger said.

According to Burger, several requests were made to provide courses such as hunting, fishing, and sport shooting for Soldiers and their families.

“These classes offer a great opportunity to slow them down from their high

(operational) tempo and relax. Our Soldiers have been asked to outperform for the past several years and being able to go out on a hunt or pick up a fishing pole and relax and enjoy what they have been protecting could offer a release of pressure,” Burger said.

Cost of the course is \$150 which includes class materials, books, handouts, and CDs. Cost does not include range fees, shooting range insurance, ammo, targets, or travel expenses. Upon completion of the course, students will receive a German hunting license and obtain the right to purchase firearms.

For more information, or to sign up, call Bamberg ODR at 0951-300-8659 or 469-8659.





Wrestling gives youth good workout

Story and photo by Sandra Wilson

Wrestling season has begun and young athletes with youth sports are getting a chance to compete with the skills they have learned during practice in the month of January.

Coach Nick Timms wrestled competitively for seven years and now finds enjoyment in coaching the youth in Schweinfurt.

"I'm sitting in the barracks, going on the internet and to clubs and it gets boring," Timms said. "I wanted something else to do with my time—something productive."

Wrestlers meet twice a week for an hour and a half practice at Finney Fitness Center on Conn Barracks. Mondays are focused on wrestling technique and Wednesdays are purely a time of intense cardiovascular exercise.

The "cardio" is particularly important for maintaining weight and building endurance, Timms explained. You can be a good wrestler but still get beat because you don't have enough energy to wrestle hard the whole match, he said. Despite it being a lot of hard work, the kids shared numerous

times about how much they enjoy the sport.

"It's fun. It keeps me busy, it keeps me active, and overall it's just great. Keeps me in shape," said fifth-grader Quan Dasalla, team leader.

"First time I had practice, the next morning I couldn't walk," said sixth-grader Christian Percifield, laughing. "It's actually really fun."

The wrestling competitions take them out of town nearly each weekend throughout February and March. According to the coach, they all show "good improvement." Some of them have never wrestled before as Timms encourages anyone interested to join the sport.

"I'm just really psyched that they'll be able to put everything together that we've been teaching them—and helping them out with—and see them win a match," Dasalla said, explaining her role on the team with her three years of experience.

"From the season I just want a few wins, but really just want to have a good time," said Christopher Agius, assistant coach.



Fourth-grader Max Alonso (left) and fifth-grader Quan Dasalla wrestle each other in a scrimmage match at the end of an evening practice.

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USAG SCHWEINFURT
FIRE & EMERGENCY SERVICE

Military Police dogs demonstrate abilities



With an audience of School Age Services children, Spc. Jeffrey Michaud demonstrates how his military police dog, Bak, can search, detect, and locate drugs. Four cones were set out as Bak sniffed each for narcotics, finally sitting next to the one cone that contained the drugs. In last week's presentation of military working dogs, they also showed the dogs' obedience and their abilities to deter an individual who is exuding bad and uncooperative behavior. (Photo by Emily Athens)



'Love and Logic' offers parents options

By Sandra Wilson

Kids don't come with an owner's manual, but that doesn't mean that parents have to figure it out on their own. Kids, and believe it or not even teenagers, have been around for a long time and so has the job of parenting.

Gleaning from the experience of countless parents who have come before us, "Becoming a Love and Logic Parent" is possible through Schweinfurt's Army Community Service (ACS) classes.

"The 'Love and Logic' model is one of the most recognized programs in the United States. They go all over the United States and some parts of Europe and train," said Billy May, family advocacy program specialist at Schweinfurt ACS, who has been teaching the parenting modules since 2003.

"'Love and Logic' is a way of working with children that puts parents and teachers back

in control, teaches children to be responsible, and prepares young people to live in the real world, with its many choices and consequences," said the official "Love and Logic" Web site.

These "Love and Logic" classes are taught every Tuesday morning at School Age Services, but May offers the classes according to individual schedules as well.

The teaching is video-based "with a lot of story-telling" by professionals in the field who also have their own children.

According to May, it teaches enough skill sets that attendees don't even have to have their own children. Those with children can learn parenting skills specific to the ages of their kids.

"The earlier you start, the

better the results will be when they become teenagers and step out into what we call the 'real world,'" May said.

But it's never too late, as Staff Sgt. Shawn Campbell, of 1st Squadron, 91st Cavalry Regiment (Airborne), found out when he walked into ACS looking for parent support.

"I went seeking help of how to better deal with my daughters," Campbell said.

Even after being a parent for 19 years, "you never know enough," he said, and was hoping to find advice about raising his four children, specifically his teenage daughters.

"I love dealing with teenagers. We have programs here in the 'Love and Logic' model that are specifically focused for teenagers ... to help parents navigate that,"

May said.

Even by attending one session, participants will find something simple and practical to take home.

"I learned a lot. I definitely recommend it even before people have kids," Campbell said.

Commitment to continuously learning about how to be a better parent will bring results of positive change in both parents and children.

"It's a long-term investment when you're raising your children. The outcome is that you're paid dividends. When they walk out of the house they are able to ... step out in life and be a contributing member of society. That's what we want," May said.

To sign up or make an appointment for a class, call May at 09721-96-6933 or 354-6933. Free child care is provided to military ID card holders.



Take steps to prevent Norovirus

Good hygiene is the key to staying healthy in winter months

Norovirus is a virus that is commonly seen in the winter months. This virus may cause nausea, dehydration, vomiting, diarrhea, and sometimes stomach cramping. Other symptoms are a low-grade fever, chills, headache, muscle aches, and fatigue. These symptoms can be expected to last one or two days.

Norovirus is passed from an infected person to a non-infected person. This can occur from touching surfaces or objects contaminated with Norovirus, and then putting your hands in your mouth; or from eating or drinking food or liquids that have been contaminated with the virus.

Good hygiene is the key to prevention. Washing your hands and limiting direct contact with people who may have an active infection is critical in stopping the spread of the disease. Workers in day care centers and schools should pay special attention to hygiene since this virus is very contagious and can spread rapidly in child care settings.

Persons who are infected with Norovirus should not prepare food while they have symptoms and for 3 days post-recovery. Food that may have been contaminated by an ill person should be disposed of properly. You can be contagious for two weeks after recovery so maintain precaution.

How to prevent Norovirus:

- Frequently wash your hands.
- Carefully wash fruits and vegetables, and steam oysters before eating.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness.
- Remove and wash all clothing and linens after an episode of illness.

Questions or comments? Please contact the Bavaria MEDDAC Department of Preventive Medicine at 471-2138 or bavaria_prevmed@amedd.army.mil.





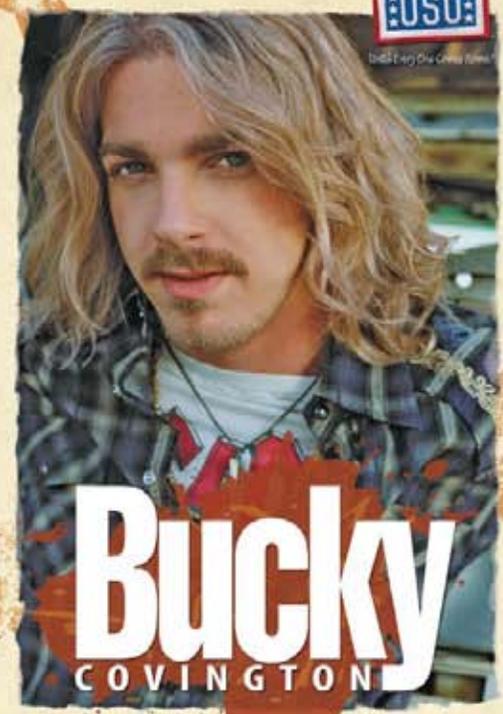
Send a Video Valentine to a Loved One

LEDWARD LIBRARY
 FEBRUARY 2-10
 10 A.M. - 6 P.M.
 CLOSED FRIDAY



The library will host a Pre-Valentine Card Station for spouses of deployed troops. All spouses and children can come to the library and make personal video valentines for their loved ones downrange.

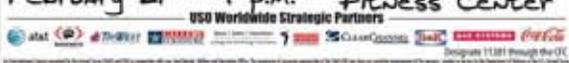
For more information, call DSN 354-1740 or CIV 09721-96-1740

Bucky COVINGTON

Date: February 21 Time: 7 p.m. Place: **Finney Fitness Center**

USO Worldwide Strategic Partners




Parents, need a break?

Child care for ages six weeks through fifth grade.

PARENTS' NIGHT OUT

FEBRUARY 20 - 6:30 - 11:30 P.M.
 COST: \$16

Sign up at any CYSS facility by February 13.
 Questions? Call Central Registration.
 CIV: 09721-96-6517 or DSN: 354-6517





WINTER 2009 TRIPS

OUTDOOR RECREATION CENTER

February Night Skiing

Wasserkuppe, Rhoen
 ODR goes Night Skiing every Thursday depending on snow conditions. Cost is \$25 which includes transportation and ski or snowboard equipment. The bus departs at 5 p.m. and returns at approximately 11 p.m.

February 13-16 Ski and Snowboard Trip

Dolomites, Italy
 Cost is \$299 and children under four are free. The trip includes transportation, three overnights with breakfast and dinner and free ski/snowboard rental. Free snowboard lessons. Sorry, lift ticket not included.