Use ZIP+4
ZIP+4 use is now required for all military addressed mail. The ZIP+4 system takes advantage of the U.S. Postal Service's automated sorting system, and this means mail will arrive at Army Post Office locations broken down to unit levels. The +4 number corresponds to the box number or the last four numbers of the unit. (For example: FPC John Doe, 4th Flr, 615th MP Co., CMR 411 Box 1952, APO AE 09112-1952. Or for unit addresses, Mr. John Doe, 6500th MI Group, Unit 21407, APO AE 09705-1407.) If your box number consists of two numbers, insert two zeros; for example, CMR 408, Box 15 would create a +4 of 0015. For more information, contact your local APO or go to https://home.1perscom.army.mil/pod.

Get tax forms online
Beginning in January 2003, the 2002 W2 tax forms will be available online through the Defense Finance and Accounting Service. A personal identification number is needed to access accounts. Go to www.dfas.mil for more information.

Mail early
Beat the holiday rush and make sure your gifts arrive in time. For SAM parcel, the deadline is Nov. 20; for PAL parcels, Dec. 4; and for priority parcels Dec. 11; for first class letters Dec. 11; and for express mail Dec. 18. Local Army post offices have Saturday hours Nov. 23 through Dec. 21 with the post offices opening from 9 to 3 p.m. For more information, call 315-4651 or (0931) 2949660.

Find health online
The U.S. Army Health Promotion and Wellness web site is specifically designed to address the force health protection and readiness requirements of the Army. Take the challenge and earn rewards and promotion points. Log on to www.honaho.com.

Take survey
From Nov 1 through Dec. 13, students, parents and teachers are asked to respond to questions about the Department of Defense Dependents Schools via the Internet at www.osedeoedu.edu. Parents who don’t have access to the Internet have the option to complete the survey at their children’s school.

Attend open house
Attend an open house at the University of Mannheim campus Nov. 9. Find information about classes, student financial aid and more. For more information, call 370-6762 or (06221) 378248, or send an e-mail to trizic@ed.umuc.edu.

Soldiers go 24/7
Soldiers Radio and Television will soon webcast music, live DoD news briefings, and news 24 hours a day. Access to the service is available through the Soldiers Radio Live button on the Army homepage at www.army.mil.

Earn masters degree
Branch qualified captains selected to participate in the Joint Chief of Staff and the Secretary of Defense Undergraduate Program will now attend Georgetown University for one year prior to attending the Headquarters, Department of the Army program applications is Dec. 2. For more information, contact your assignment officer.

Improving biotopes in training areas

Improvements lighten load
by Mark Heter
CRUSADER
And then there was light.
The vehicle processing center, or VPC, in Schweinfurt was badly in need of new bay doors to the inspection area. The VPC is best known to customers in the 980th ASG as the point where they send and receive vehicle shipments.

“The old bay doors were really hard to open and close, and they weren’t really repairable anymore,” said Silvia Shurtleff, contract office representative with the Military Traffic Management Command.

“During the winter months, we had to leave the doors open, so most of the heat went outside,” Shurtleff said. Injuries also increased because of the bulky doors.

“My back always hurt during the winter months from opening the doors, so the new doors are awesome,” said Christian Rott, vehicle inspector at the VPC.

Equally important to the staff and customers, the new bay doors’ large pane windows illuminate the inspection area, which used to be in the dark without windows on the doors.

“If you’re inside doing inspections, you have to be able to see the vehicle very clearly,” Shurtleff said.

Inspectors agreed.

“The worse the lighting, the harder it is to see the vehicle,” said Ken Hudson, inspector and upgrade biotopes of endangered amphibias in Klosterforst.

This monster excavator, operated by Richard Kirch, is used to upgrade and create different biotopes. They range from dry to wet, sand and clay, grass, bushes, and trees — all mixed together.

“There have been no fertilizers or pesticides used on the land for over 50 years now,” Koss said.

Attending to the improvements has been one of the missions of Koss, the environmental office chief, work together to integrate military training requirements and protection of endangered species.

It has become good practice to use USAERUER-provided agricultural outleasing funds for projects to protect natural resources, such as endangered amphibia.

“Due to the good cooperation at Kitzingen, we have almost no conflicts between training mission requirements and our task to protect the environment. The training activities of the U.S. Forces usually support goals like protection of rare and endangered animals,” Koss said.

Military training has formed a mosaic of commander, Europe Regional Medical Command.

According to Granger, an adequate supply of the influenza vaccine is available this year and is arriving in time to combat the flu season in Europe. The flu season routinely begins here in January, but can begin earlier.

The influenza vaccine will be available at local military treatment facilities for service members and other military health care beneficiaries.

“Getting vaccinated against influenza is a way to stay healthy this flu season and maintain military readiness. It’s important for people to be vaccinated against the flu,” Granger said.

In an average year, influenza is associated with more than 20,000 deaths nationwide in the United States. We want to see our soldiers and other beneficiaries stay healthy and take an active role in health promotion and prevention initiatives — the influenza vaccine helps to do this,” he said.

This year, as the influenza vaccine campaign gets underway, servicemembers deployed in support of combatant requirements in Southwest Asia, Afghanistan and Eastern Europe will be the first to roll up their sleeves.

Priority for the vaccine goes to military personnel directly involved with force protection, health care providers with direct patient contact, and those with high-risk medical conditions such as cardiac or respiratory illnesses and immune deficiencies, and all other active duty personnel. High-risk patients should consult their local doctors about receiving the vaccine earlier than the general population.

Influenza symptoms include fever, cough, sore throat, headache, chills and muscle aches. Vaccine protection against influenza develops about two weeks after getting the shot and may last up to a year. Additionally, the viruses in the vaccine have been killed, so people do not get influenza from the vaccine.

Those who have had serious allergic reaction to eggs or a previous dose of influenza vaccine should consult a doctor before getting the vaccine.
according to German statistics more than 40 percent of fatal automobile accidents with pedestrians occur in the November/ December time frame.

There’s not much we can do about the shorter days, but we can take safety precautions against fog and dirty roads. Fog is one of drivers’ and pedestrians’ prime enemies, and during the winter months, both can unexpectedly find themselves in thick fog.

Drivers should use extra caution and reduce their speed. Pedestrians should wear bright or light-colored clothing and stay alert when crossing streets.

Turn on low-beam headlights and fog lights if your vehicles are equipped with them. Rear fog lights should only be used when visibility is less than 50 meters, or the distance between two guide posts.

When visibility is less than this, German law requires drivers not to exceed a speed of 50 kilometers or 31 miles an hour.

Another dangerous road condition common in northern Bavaria through the winter is black ice.

Black ice is invisible to most road surfaces but is not built with reflective material. Ice forms in the shadows of wooded areas, valleys and buildings when there’s moisture on the road surface.

This moisture freezes when the temperature drops, especially in the early morning and evening hours when people are driving to and from work.

The best way of dealing with black ice is not to panic. Leave the car in gear and take your foot off the accelerator. Resist the urge to brake and correct any sliding by using the steering wheel. Again, the most important thing is to do nothing and let the car coast through the problem area.

By recognizing the risks, following these rules and, above all else, staying alert, we all can drastically reduce the hazards of winter driving.

Team of Teams!
**Breast cancer raises awareness**

by Roger Teel
U.S. Army Hospital, Wuerzburg

Maj. America Planas, the U.S. Army Hospital, Wuerzburg, patient education coordinator, demonstrates a self-exam for women taking part in the hospital’s fun run.

The annual run/walk event benefits the Susan G. Komen Breast Cancer Foundation and the American Cancer Society. More than $600 was raised through donations and an on-site raffle, reported project officer Maj. Cheryl Polland.

Maj. America Planas, the hospital’s patient education coordinator and project officer for the past two breast cancer runs, had the opportunity to run in the event. She was also called into action to do her job, demonstrating breast self-examinations and answering questions.

“This event is about awareness and the dangers of breast cancer,” Planas said.

**American Smokeout helps break unhealthy habit**

by Tara Grahm
Health Promotion Intern

Despite wind and rain, enthusiasts line up for the start of the breast cancer awareness fun run.

Quitting smoking, or other forms of tobacco, is hard to do on your own. For people thinking about quitting, the Great American Smokeout offers public support and a feeling of camaraderie with others who are giving up tobacco for the day. Many people never pick up another cigarette after the smokeout, especially if they have planned their quit day in advance.

Research suggests that it takes an average of two to four or even more serious attempts before a smoker actually quits for good. One should never give up quitting. There are lessons learned every time a smoker relapses. The person should think about what worked and what did not and build on these strategies. Here are some tips to help a smoker get ready to quit:

- List the reasons why you want to quit.
- Ask other smokers to quit with you on that day.
- Remove matches, ashtrays and cigarettes from your home, car and workplace the night before.
- Keep a supply of healthy, low-calorie snacks handy.
- Make a list of things to do instead of smoking.
- e.g., walk/exercise, call a friend, keep hands busy, take deep breaths, brush your teeth, and remind yourself that the urge will pass whether you smoke or not.

For more information on tobacco cessation classes, contact one of the following persons:

- 98th ASG — Inga Jordan, Health Promotion Coordinator, 350-6335 or (0931) 8986335; Anna Courie, Health Promotion Coordinator, 350-2202 or (0931) 8422202.
- 417th BSB — Kim Clidas, Community Health Nurse, 355-8806 or (09321) 3058056.
- 279th BSB — Capt. Linda Nobach, Community Health Nurse, 468-7853 or (0931) 3037853.
- 280th BSB — Lt. Col. Fred Pond, Community Health Nurse, 354-7015 or (09721) 967015.
- 235th BSB — Bernice Etorre, Community Health Nurse, 467-2512 or (09802) 832512, or (09841) 834588.

**Remembering a fallen friend and soldier**

Friends and family of long-time Wuerzburg resident Stanley Watowa watch as hospital commander Col. Sally Jolly hangs a plaque at the hospital information desk in Watowa’s honor Oct. 24. Watowa died Sept. 19 at the Wuerzburg University Clinic. Heralded as a man who cared deeply for his fellow man, Watowa was an Army veteran of three wars. He is survived by his wife of 42 years, Hilde, and daughter, Angelika.

**Breast cancer awareness**

by Anna Courie
Health Promotion Coordinator

What’s the big deal about deployment health?

After the Persian Gulf War, the Gulf War syndrome was identified as a serious health risk for servicemembers who deployed to the region. It has been determined that the Gulf War syndrome is a facet of deployment health.

By proactively educating soldiers and their families about deployment health issues, the Army is taking steps to actively respond to the issues surrounding deployment health.

In an effort to tackle this concept of deployment health and present available information to area soldiers and their families, the 417th Base Support Battalion and the U.S. Army Hospital, Wuerzburg, Health Promotion councils, in conjunction with the 417th BSB Morale, Welfare and Recreation office, are planning a Post-Deployment Family Day.

The thought behind this event is to energize a fun-filled day that also presents a showcase of services and information about deployment health and related health issues.

The inaugural Post-Deployment Family Day is Dec. 5 from 9 a.m. to 4 p.m. in the Leighton Fitness Center. The event is targeted for all soldiers, but especially for those returning from deployments, their families, as well as soldiers with orders for deployment and families with soldiers deployed.

Most importantly, bring your families and enjoy the free fair and enter the raffle. By merely attending, you will also be helping our community target deployment health issues.

**Health & Fitness**

Health and Fitness is a monthly supplement to the CRUSADER, Health Promotion News, and serves as a tool to promote health for the 98th ASG and the U.S. Army Hospital, Wuerzburg. Editorial office is in the U.S. Army Hospital, Wuerzburg, room 4NE10, phone 350-2296 or (0931) 8042296. Mailing address is Commander, U.S. Army Hospital, Attn: Public Affairs Office, Unit 26610, APF AE 09244-6610, Leighton Barracks.

Health Promotion...Inga Jordan

**Army families remain healthy during deployment**

by Anna Courie
Health Promotion Coordinator

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**Longbow delivers during VS III**

by Sgt. 1st Class Lok Mateo

V Corps PAO

The Apache Indian warrior of the American Southwest was renowned and feared for his ferocity, stealth, mobility and tenacity. The warrior on the modern battlefield is the AH-64D Apache Longbow attack helicopter, which carries on the reputation of its namesake.

With its unusual-looking circular mast-mounted radar assembly, the sleek state-of-the-art aircraft is equipped with cutting-edge technology. It’s a deadly array of weapons that make the Longbow capable of destroying any target on the battlefield, day or night, in all weather.

The “Sixshooters” of V Corps’ 6th Squadron, 6th U.S. Cavalry, 11th Aviation Regiment, based in Illingen give the corps the extra punch needed on the modern battlefield to defeat any potential for deep in its home territory.

Victory Strike III, the corps’ third annual joint deep-strike exercise with Polish forces, provided the battlefield for the Longbow. Its first true test field. The vast expanse and remote locations of the Drahowsko Pomorskie and Wetryn training areas, coupled with support from the Murolawiec Air Base, offer the V Corps and Polish pilots who fly the Apache’s counterparts, the Russian-built Mi-24 Hind, a realistic and unique training opportunity to increase their deep-strike operations proficiency.

Maj Scott R. Bemis, 11th Aviation Regiment’s command officer, said flexibility in flying times and altitude restrictions in Poland have allowed corps aviators to conduct their mission in a realistic manner.

“Typically in Germany, there are only certain areas where we can fly nap-of-the-earth, which really doesn’t do a good job of replicating what we would do in combat. We can do that here in Poland,” Bemis said.

One combat veteran and Longbow pilot has the distinction of being the pilot who fired the first shots of Desert Storm. CWO 4 Brian Stewman still recalls the event vividly.

Stewman explained that the deep-strike mission performed then is no different than the missions they flew during Victory Strike.

“The only thing that has changed is the addition of the Longbow, which eased the pilots’ workload with its advanced design and digital instruments,” he said.

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**Polish, U.S. people honor fallen pilot**

**Memorial ceremony held after one year**

by Sgt. Amy Abbott,

V Corps PAO

“Freedom is never free,” said Col. William Wolf, commander of V Corps’ 11th Aviation Regiment at a memorial ceremony for Apache helicopter pilot CWO 3 Michael “Mick” Reece, Oct. 16, in the closing days of Victory Strike III, the corps’ recently completed joint exercise with Polish forces.

More than 100 people gathered in a small clearing in the woods a few kilometers outside Lagow, where Reece died when his AH-64 Apache made a hard landing during a night training exercise at the 11th Aviation Regiment’s combat base.

The Big Pine Key, Fla., native was 36.

Reece’s family, friends, comrades, and a large number of Polish citizens and dignitaries gathered to pay their respects and remember a soldier described as a family man who loved God, the Army and his country.

“Every soldier knows the job puts you face to face with the uncertainty of war,” said Chap. (Maj.) William Smith, the 11th Aviation Regiment’s chaplain, to the crowd made up of bereaved onlookers. “You could not fail but to have your own spirit uplifted when around Mike.”

In the empty spot that Reece’s helicopter carved in the forest, there now sits a small boulder with an inscription in honor of Reece. Surrounding it are four smaller stones and dozens of saplings planted in a horseshoe around the monument. A wooden cross also stands to one side, overlooking the area.

“It’s more beautiful than I ever thought,” said Ann Reece, the pilot’s widow. “It’s all been overwhelming. Words can not express how thankful we are.”

A Polish priest blessed the area and dozens of candles and flowers were gently laid around the boulder, two young girls were planted – one for Poland, the other for America, representing the two countries’ friendship.

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**235th BSB**

**Selection surprises BSB Employee of the Year**

by Lisa Eichhorn

CRUSADER

Supervisors and co-workers of this year’s 235th BSB Employee of the Year Jennifer Blanshan, she is definitely one of the best.

Blanshan was recently honored for her work as the S2 installation access officer. She served in many key positions, working as the S2 installation access officer.

Including time in the S3 office, and the last few months as the command administrative assistant. She was nominated for the honor because of her professionalism and dedication during her time in the installation access office.

“Jennifer single-handedly took more than 2,500 names and multiple access rosters and created one document with less than 300 names,” she did when this she was ordered to be on mandatory bed rest. That’s the kind of person and worker she is. She saw a problem, and she fixed it,” said Franklin Davis, the former BSB S2.

“I had the time on my hands and I was bored. I knew I could never get it done at work because there were too many inter-

ruptions, so it worked out perfectly. When I first took the job, installation access was new. We were all starting from scratch, and we really needed one good system. It really wasn’t that hard to do when I finally had some time to concentrate on it. I’m really surprised and honored with the award,” she said.

As her time grew short in Germany, and with a baby on the way, Blanshan transferred into the command section where she once again took charge and kept things organized.

“Jennifer did everything she was asked to do. And for those things that were above and beyond, she came through every time,” I miss her already,” said Dexter Cochnauer, 235th BSB executive officer.
Put pets on a leash

Effective immediately, all pets must be on a leash when they are outside of their quarters. If pets are not leashed without a lease, owners will be informed to put their pet on a leash – no tickets will be issued at this time.

Attend town hall

Attend a town hall meeting at the Reel City Nov. 13 at 5 p.m. To discuss issues and recognize outstanding volunteers within the community.

Call for artists

Are you an artist and would you like to display your works in the community activity center? An exhibit committee reviews portfolios and art works. For more information, call Brad Cline, 469-8837 or (0951) 3008837.

Attend theater

Enjoy the lively production of “Pippin,” a musical, at the Stable Theatre. Opening night is Nov. 8 at 7 p.m. Saturday and Sunday matinees are at 2 p.m. For ticket prices and reservations, call 469-8659 or (0951) 3008603.

Be responsive

The 279th BSB Plans and Operations Office has a force protection exercise to test community emergency response levels Nov. 11-15. There may be traffic delays on Warner Barracks due to scenario enactment.

Attend crafts auction

The Bamberg Spouses and Civilians Club holds an annual auction extravaganza at the Warner Club Nov. 15, 6-7 p.m. The event is open to all ID card holders 18 years and older.

Reading impacts children’s success

by Cheryl Boujnida

On Jan. 8 the future of American children changed. That day, President George Bush signed the “No Child Left Behind Act” into law, opening up a new era in American education.

Kindergarteners through third-grade students are the primary focus. The law states that third-grade children entering fourth grade must be reading at third-grade level.

The Department of Defense Dependents Schools, or DoDDS, Bavaria District takes the President’s mandate seriously – the school’s curriculum reflects a new reading initiative.

“This is a big challenge since the Bavaria District encompasses more than 25 schools with 10,800 students and 1,000 teachers. Parents, teachers and students work together as a common goal – students reading at age-appropriate levels as ordered by President Bush by 2006,” said Dr. Audrely Oates, professional development and equity educator.

Parent support is vital.

“Tell children about children daily. Good grades are hinged upon an ability to read well,” she said.

More than 50 parents and teachers attended a training session headed by a Bavaria District reading support task force in Ochsenfurt Oct. 18. Attending marriage and family seminars may help families.

“Tell children the truth about abuse in a way that’s age-appropriate – they need to talk about their feelings. Let children know the abuser’s behavior is unacceptable. But that it’s okay to love or miss the abuser,” Olson said.

“She noted it’s okay to cry in front of children because it lets them know their feelings are normal and gives them permission to express feelings.

“Somebody once told me that if a man loves his children, the best thing he can do for their children is to love their mother. There is a lot of truth in that statement,” said Chaplain (Maj.) Kwon Pyo.

“Who recommends avoiding unmeasured confrontations in front of children.

“Children who hear heated arguments are role models and must choose to resolve issues peacefully and appropriately,” Pyo said.

“Children need to talk with children about abuse.

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“It’s good for patients and it’s good for our community,” Lopez said. Lopez, a 26-year veteran, has visited patients for five years.

“It made my day when they gave me a get well card — it was a touch of home,” said Michael Giachino.

Carroll and Lopez are active in the Veterans of Foreign Wars, or VFW, Post 10592.

Veterans active in Bamberg

by Cheryl Boujnida

Bamberg veterans are proudly committed to volunteerism. About 900 veterans live in Bamberg and outlying areas.

“Wheeling a cart of books, magazines and bottled water through Bamberg’s Klinikum, Wayne Carroll and Allen Lopez volunteer weekly with the American Red Cross Comfort Letter Program to bring cheer to hospitalized Americans.”

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Native American spirit awakened through art

Working in her make-shift studio at home, giclée Schwager, an Italian artist, glues feathers onto one of her Native American artworks. Schwager and Clelia Evans, an Italian artist, are showing mixed media-style paintings at the media art gallery, the Eagle Spirit Dancers perform Nov. 22 at 7 p.m.

Artworks will be available for purchase. Attend another Native American Heritage Month event at the Stable Theatre when the Eagle Spirit Dancers perform Nov. 22 at 7 p.m. Doors open at 6:30 p.m. Entry is free.

For more information, call the Stable Theatre at 469-8647 or (0951) 3008647.

Cheryl Boujnida

Children, teenagers: forgotten victims of violence

by Cheryl Boujnida

“Domestic violence may be kept from neighbors, relatives and friends. It is a hidden crime that takes place in the comfort of one’s home. Parents and older siblings are role models and must choose to resolve issues peacefully and appropriately,” Pyo said.

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Learn tae kwon do

The Finney Sports and Leisure Center offers tae kwon do classes for men, women and children. According to internationally qualified karate instructor George Gillespie, the Korean art of self-defense teaches courtesy, integrity, perseverance and self-control.

Kampillas

Classes are held at the center Mon and Wed., 5-6:30 p.m. and 7:30 p.m. To register, call 354-6270 or (09721) 966270.

Shop for crafts

The Schweinfurt Elementary School Parent Teacher Association, or PTA, will present a fall craft show at the elementary school Nov. 16, 9 a.m. -4 p.m. More information about the PTA show, or if you are interested in displaying crafts, please call 354-6748 or (09721) 966810.

Plan for baby

The Army Community Service Center invites parents-to-be to attend a planning-for-baby class in building 242 on Ledward Barracks Nov. 13, 9-11 a.m. For more information or to register, call 354-6751 or (09721) 966751.

Visit Black Forest with USO

Join the United Service Organization, or USO, on an adventure to the Black Forest. The USO van will depart Ledward Barracks Nov. 16 at 6:30 a.m. and return at 8 p.m. For more details, call 354-6711 or (09721) 966711.

Come to show

The Department of Defense will present a Kaiserslautern Road Show at Schweinfurt Middle School in the Yorktown Village housing area Nov. 20 at 1:30 p.m. Call 354-6225 or (09721) 966225 for more information.

Get physical

Walk-in sports physicals and on-site sports registration are available at the Schweinfurt Health Clinic. Drop-ins can come into the PSB for good, quality service,” Williams said.

Get flu shots at health clinic

Flu shots are available for all active duty personnel at the Schweinfurt Health Clinic until Nov. 22. Walk-ins are accepted Mon., Tue., Wed. and Fri., 8-9 a.m. and 11:30 a.m.-1 p.m., and 3-5 p.m. Call 354-6665 or (09721) 966665.

Center seeks bone marrow donors

by Mark Heeter

They wanted to take part in saving a life.
Soldiers, family members and civilians from the Schweinfurt military community came to the Ledward Gymnasium and offered blood samples to the C.W. Bill Young Marrow Donor Center Oct. 23.
“We are trying to get as many people as we can to come in and give a blood sample,” said Jerry Gillespie, recruitment specialist at the center.

The blood samples were then sent for evaluation and the donors’ data was added to the national registry and Department of Defense database as potential donors.

“If they come up as a match with a patient dying from one of 60 diseases, they will have the opportunity to donate marrow and maybe save someone’s life,” Gillespie said.

The odds of matching a donor with a needy patient are 1,000 to 1, and 3,000 patients search the registry daily looking for bone marrow matches. Seventy percent of those needing a transplant need to look outside their families, according to Gillespie.

“I’ve always wanted to do it. Now that the Army has this program, it’s a good thing,” said Daniel Jones, after donating a sample.

Volunteers from the American Red Cross, local battalion and assistance centers and the Schweinfurt Health Clinic operated the testing session.

“I work at the clinic, and I’ve always thought about doing it,” said Christine Titko, who volunteered to add a personal reason for adding her blood to the national database.

“My brother had a friend who was dying of leukemia, so they really had to search for a bone marrow transplant,” Titko said.

The testing and evaluation of the blood takes about two weeks, and entry into the national database takes an additional two weeks. Thereafter, donors’ names are kept in the registry until their 61st birthday.

“There’s a critical need to diversify the registry,” Gillespie said. “They match strictly along ethnic lines,” Gillespie said, explaining that the chance for cross-ethnic donations is extremely rare.

Library and skills center named best in the Army

by Mark Heeter

After capturing the title of best in USAEUR, two facilities and programs in the 280th BSB were named best of their kind in the Department of the Army Recreation Awards.

“It’s for the best recreation programs in the Army,” said Larry Price, 280th BSB Community Recreation Division chief.

The Auto-Skills Center on Conn Barracks and the Community Library on Ledward Barracks took top honors at this year’s competition, and representatives from both programs said customer satisfaction was the driving factor.

“One of my big things my whole life as a mechanic has been customer satisfaction,” said Glenn Ward, Auto Skills Center Manager.

“People have to be treated a certain way. And if you get that treatment from a business, you’re going to come back,” Ward said.

In addition to offering auto safety and maintenance classes, Ward likes to be out on the floor with customers when the center opens.

According to Christine Willis, assistant manager at the library, a well-trained staff’s attention to customers contributed to the program’s winning effort.

“We want people to feel welcome. We are here to help them, and we are here to serve. And I think that shows through,” Willis said.

“We provide an opportunity for soldiers and their family members, particularly while deployed to Kosovo, to be able to communicate with their folks via email,” said Willis, and explained that a renovation and expansion last year made room for 19 customer computer terminals.

Teamwork throughout the Schweinfurt military community also helped, she said.

“We got great support from the community,” she said, citing the directorate of community activities, directorate of public works and directorate of information management, among others.

Consults sends representatives to Schweinfurt

by Mark Heeter

The U.S. Consulate, Frankfurt, and 38th Personnel Services Battalion, or PSB, hosted a Consular Outreach Day in the Ledward Community Center Oct. 21.

“We will have different agencies coming down from the city,” said Christine Williams, 38th PSB chief.

“We thought it would be necessary to have this because we have civilians and soldiers deployed from the Kosovo mission,” Williams said, adding that timing was an important factor in arranging the consular outreach.

Kirk stressed the need for passport applicants to come to the event prepared.

“For a child’s passport, or a renewal of a child’s passport, the child has to be there in person. Also, please bring the child’s birth certificate,” Kirk said.

“We need everyone to have original documents and photo copies, and the passport photos need to be done before applicants get there,” she said.

First-time passport applicants 16 and older are required to pay $85; renewal applications cost $55; and children under the age of 16 renewing a passport that was issued in Germany are charged $40.

Fees will be accepted through money order, cash or euro currency.

Applicants also need to bring proof of citizenship, according to Kirk.

“That would be a birth certificate or naturalization certificate,” she said.

“Even if people miss out on this one-day opportunity, they still can come into the PSB for good, quality service,” Williams said.

Singing for kids

A member of the U.S. Army Europe Soldiers’ Chorus entertains students at Schweinfurt Elementary School Oct. 24. Thirty-two singers, musicians and sound technicians make up the Schwetzingen-based chorus and come to the group from every military occupational specialty for a two-year special duty assignment.

by Mark Heeter

“Many myths about donating bone marrow – including its reputation as an extremely painful and intrusive operation – are just not true,” Gillespie said.

“This is an organ you can donate and get up and walk away from,” he said.

“It’s just great to work with people who want to help others,” said Therese Abreu, a medical technologist who assisted with drawing donors’ blood.

“My brother had a friend who was dying of leukemia, so they really had to search for a bone marrow transplant.”

– Christine Titko

280th BSB

The Crusader, 280th Base Support Battalion, editorial office is located at Robertson Hall on Ledward Barracks, Schweinfurt, telephone 354-6748 or (09721) 966748. Mailing address is P.O. Box 280th Base Support Battalion, CRSM 457,APO AE 09033-0457. The 280th BSB web site is 354-6400 or (09721) 966400.

Internet web site 280th BSB: http://www.schweinfurt.army.mil

280th BSB

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Journalists, Correspondents......Marissa Fabris

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“We need everyone to have original documents and photo
Vehicle responsibility, safety begins with soldiers

by Michael Tolzmann
USAREUR Public Affairs

In Germany, live artillery and machine-gun blasts are commonplaces in your typical day. These sights and sounds are likely to get seriously hurt rolling down the autobahn in a tactical vehicle than at any training location in Europe.

These are only a few of the reasons why being in the very vehicles they rely on to complete their missions.

“All of our recent serious and fatal accidents have involved both speed and lack of seatbelts,” said Robert Braun, the USAREUR Safety Office chief. He added that lack of proper ground guiding ranks high among the causes of tactical vehicle accidents. According to the safety office, each and every soldier has a personal responsibility to ensure tactical vehicle safety; unfortunately, serious injury and death are still occurring.

During the period Oct. 1, 2001, through Sept. 30 this year, there were 37 tactical vehicle accidents in USAREUR. Three soldiers were killed and more than $690,000 of military property was damaged in these accidents. There were 27 accidents in the Army Motor Vehicles category. Two soldiers lost their lives and 14 soldiers received non-fatal injuries. Damage totaled $435,643. Two soldiers were killed and 11 soldiers received non-fatal injuries in these accidents. Damage totaled $134,527.

Seemingly innocent circumstances can easily have devastating results.

Earlier this year a soldier was seriously injured when crashed between two tactical vehicles. Could this happen? The USAREUR Safety Office summarized the incident as follows:

The soldiers involved were returning home from a company-level field-training exercise. Like most soldiers returning from field duty, they were getting home. While one soldier was unloading a stationary vehicle, another tactical vehicle moved backwards with the use of a ground guide. The mirror of the unloading vehicle had not been adjusted correctly, so when the ground guide gave the visual signal to stop, the driver failed to see his direction. As a result, a soldier was crushed when the two vehicles impacted.

Convoy operations can also be problematic in Europe. Leaders should discuss mandatory convoy speeds, catch-up speed and following distance with their soldiers. It is always a reminder to soldiers to be patient and to use caution every time they get behind the wheel. He added that soldiers must always use seatbelts, and that simple common-sense measures and patience save lives.

Vehicle responsibility, safety begins with soldiers

Working dog retires, adopted

by Elaine Nicholas
CRUSADER

They have been partners for many years. In fact, she extended her tour to Germany to remain partners with him. Although he was only 4 years old when they met, they quickly realized the strength of their bond.

SFC Chils O’Brien and explosive-detector dog Tom became partners in Sept. 1996. As time passed, O’Brien knew Tom’s retirement was not far behind. Tom’s retirement coincided with her departure from Germany, and she also knew the Army’s retirement package was better than military wages.

“Tom has been together for years, and they were the best explosive-detector dog team going. They had a strong relationship, and SFC O’Brien knew she wanted to adopt Tom, but there just wasn’t space in place. Working dogs, if too aggressive, were put to sleep. She didn’t want that,” said MSGt. John Spivey, 98th ASG Provost Marshal Office, or PMO, kennel master.

The process took a year, lots of paperwork and a lot of legwork.

“I always wanted to adopt Tom. In 2000 the Bartlett Bill was passed in Congress, and right away I let the kennel master know that I wanted to adopt Tom. My DEROS coincided with his retirement, and Tom was starting to have problems with arthritis. Then, last year, his spleen was removed. I knew we had to get this done in time,” O’Brien said.

When the PMO gave a baby shower for her, O’Brien learned that the adoption was final.

“It seemed everyone knew except for me. Everyone got together, and they had Tom stand next to me. Then MSGt. Spivey read the orders that said Tom was retired from active duty and was mine to take home. I was speechless,” O’Brien said.

Tom is the first military working dog in USAREUR to get adopted through the new program.

With a baby due in Feb. 2003 and an upcoming move to Fort Knox, O’Brien has everything she wants.

“I know Tom will do fine with the baby. Every time we went to schools, he was so calm and receptive to the children. He loves kids,” O’Brien said.

O’Brien is taking a position as kennel master at Fort Knox. She hopes to take her dogs with her. She also knows the Army’s retirement package is better than military wages.

For more information about the military dog adoption process, go to http://lakelandaf.mil/adoption_index.htm

Former students return to Wuerzburg

Visit Leighton Barracks, school find old friends

by Elaine Nicholas
CRUSADER

They came from California, Texas, Virginia, and the far corners of the United States to meet with old friends and revisit the Wuerzburg of their youth. They came as former school-teachers, principals, retired military members, mothers, fathers, daughters, sons, even a retired FBI agent. Some of them had been players and cheerleaders in the original Wolves football team.

Part of Operation Gyroscope, the returning Wolves had once come to Europe together as family members. Operation Gyroscope was an effort on the part of the Department of Defense to raise the morale of the troops and their families and increase the combat effectiveness of the Army by rotating entire divisions at a time.

“We all went to Wuerzburg American High School and lived anywhere from Wertheim to Schweinfurt. The reunion spans the class of 53 to the class of 63,” said Dr. Grey Edwards, who was principal from 1955 to 1956.

“From the size of the school now. There were only 80 students, and the school had just opened when I was principal,” Smith, principal from 1955 to 1957, said.

The reunion coincided with homecoming week at the high school, and the older Wolves found themselves welcomed with open arms by the younger Wolves. This was the first time many of them had been back to Wuerzburg since they had left in 1950.

“We were surprised to see how opulent and beautiful Wuerzburg is. When we left, it was still war-torn. It’s thrilling to see. And seeing my beautiful Wuerzburg is. When we left, it was still war-torn. It’s thrilling to see. And seeing my beautiful Wuerzburg is.”

Leighton Barracks at 10 a.m. For more information, call 355-8665 or (09321) 3058629.

Office sponsors a cork drive

DPW Environmental Office sponsors a cork drive to benefit the mentally and physically challenged citizens in the Wuerzburg area. Recycling cork is also good for the environment. The environmental office needs locations for drop-off points in the area. If you are interested in providing a location for cork boxes, please call 355-4421 or (0931) 2964421.

Attention! The 417th BSB hotline is 355-8700 or (09321) 3058629.

Attend conference

Attend a Warrant Officer Professional Development conference in building 199. For more information, call 355-8665 or (09321) 3058665.

Go shopping

Start your holiday shopping early on a Poland shopping trip with Harvey Outdoor Recreation Nov. 29-30. Cost is $45 per person and covers transportation and driver’s fee. There is an additional border fee of €18. For more information, call 355-8629 or (09321) 7022876.

Providers needed

Do you enjoy working with children? Then turn that interest into extra income by becoming a family provider. For more information, call Karol Blessing at 355-2830 or (0931) 7022830, or Janell Nesbit at 355-2817 or (0931) 7022876.

Attend conference

Attend a Warrant Officer Professional Development conference in building 199. For more information, call 355-8665 or (09321) 3058665.

Make a break

Parents can enjoy a night out while their children are safely attended at the Kitzingen Child Development Center Nov. 16, 6 p.m.-midnight. The cost is $12 per child and must be paid prior to the month of the event. For more information, call 355-2876 or (0931) 7022876.

Band infests local area, post exchange, soldiers

Multi-platinum-selling Papa Roach band members sign autographs at the Wuerzburg Post Exchange, Leighton Barracks, Oct. 23. During their visit, the four rockers got a close-up look at a Black Hawk helicopter and rode in an M113 armored personnel carrier. The band made a no-fee stop to offer support to soldiers and family members on their way to Japan.

Recycle wine corks

The 417th BSB DPW Environmental Office sponsors a cork drive to benefit the mentally and physically challenged citizens in the Wuerzburg area. Recycling cork is also good for the environment. The environmental office needs locations for drop-off points in the area. If you are interested in providing a location for cork boxes, please call 355-4421 or (0931) 2964421.
Four knot black belts, take a step up

by Roger Teel
U.S. Army Hospital, Wuerzburg

Four Wuerzburg disciples took part in a karate do’s culminating step Oct. 26, earning black belts in the martial art.

After demonstrating their form, breaking boards and sparring with each other, Sean Dowty, Jacob Knowles, Craig Layton and Kim Teel achieved a plateau achieved by only 2 percent of those who enter the discipline.

During the week leading up to the Black Belt Extravaganza, all members of the Clements’ American Tae Kwon Do Association, or ATA, Academy were under scrutiny from their national head coach Senior Master Charles Allen Dilegge, a seventh-degree black belt and senior vice president of the ATA, evaluated everyone’s performance.

“This is an exceptional program and an exceptional group of people,” Dilegge said of Clements’ Academy.

As originator of the ATA’s Karate for Kids Program, Dilegge has been involved in tae kwon do since 1967. He now travels the world as chairman of the ATA’s school operations.

The program here in Germany is as good as any I’ve seen. It may not be the largest group, but members here are getting good training in a healthy environment. And it’s good to see families in the sport together. That’s important for us at the national headquarters because tae kwon do, as we teach it, is about family,” Dilegge said.

The evening’s program was called “The Family That Kicks Together Sticks Together,” a message chief instructor Randy Clements instills in every participant.

“This is something these people have earned, and it’s something that can never be taken away from them,” Clements said before trying on their new black belts.

“They know they’ve earned this because they know I never give them anything. And they know how much I care about each of them and how hard they’ve been,” he added.

Other black belts mid-terming for their next level were: Ariel Aiken, Bryan Clements, Ian Hodges, Sanda Hodges, Michael Rabon, Halough Tighe and Bret Clements.

Other members of the academy tested prior to the event and received their new color belts at the end of the program.

Roundup

Get fit

The 235th BSB fitness coordinator serves both the Ansbach and Illesheim communities. She is a certified personal trainer and aerobics instructor and is available to help with all aspects of personal fitness. Services include fitness counseling, equipment and/or weight training and fitness assessments. For more information, call 468-2810 or (09802) 832810.

Ski off holiday pounds

Enjoy that big Thanksgiving dinner and then ski the slopes with the 235th BSB Outdoor Recreation’s first ski trip of the season Nov. 28-30. The trip includes three overnights in a four-star hotel and evening meals included. Three-day lift passes on Kitzsteinhorn Glacier, and rental skis, snowboard and lift passes on Zermatt, Switzerland. Cost per person is $2279 or (0981) 9661232 for more information.

Youth play hoop

Bamberg youth can sign up to play basketball with youth and youth services, or CYS, until November 29. Cost per child is $15. Discounts will be given for additional siblings. To register, call the CYS central registration office at 469-7716 or (0951) 3008871.

Register for sports

Winter sports registration takes place at child and youth services, or CYS, central registration in Schweinfurt through Nov. 29. Children must be registered with CYS and have a current sports physical in order to register for basketball, wrestling and cheerleading. The fee is $15 for the first child, a 10 percent discount is offered for additional children. Call 354-6517 or (09721) 966332 for more information.

Bowl for prizes

The Kessler Bowling Center hosts the Turkey Shoot Tournament Nov. 23. Registration begins at 10 a.m., and the tournament starts at 11 a.m. The fee is $15, and prizes will be awarded throughout the tournament. Call 354-6332 or (09721) 966332 for more information.

Go skiing

Attend a super skate evening at Bamberg’s Roller Realm Nov. 29. Children must be registered with CYS and have a current sports physical in order to register for basketball, wrestling and cheerleading. The fee is $15 for the first child, a 10 percent discount is offered for additional children. Call 354-6517 or (09721) 966332 for more information.
U.S. Army announces new training doctrine

by Lt. Col. David Ecker
Army News Service

Army Chief of Staff Gen. Eric Shinseki announced a new Army training manual in a speech at the annual meeting of the United States Army in Washington, D.C., Oct. 22.

The new field manual, or FM, is FM 7-0 Training the Force. This new document differs from the earlier field manual, FM 25-100, in that it combines training and leadership development into one program, establishes the linkage to joint, multinational and interagency operations, and synchronizes Army training doctrine with the full spectrum of Army operations. These changes were accomplished through the efforts of the Army Training and Leader Development conferences. This feedback emphasized that leadership development is more effective if it is integrated into all of a unit’s training activities.

At a special court-martial in Bamberg Aug. 29, Pvt. 2 Jeremy Nicholas, 6th Field Artillery, was found guilty of multiple specifications of not going to his place of duty, failure to report, disobedience toward a commissioned officer, three specifications of disobedience or neglect of duty, and confinement for three months. Nicholas was sentenced by the military judge to reduction to E1, confinement for three months, and a bad-conduct discharge.

Ready to fire

Reinactors of The Battle of the Nations get ready to fire a cannon on the battlefield in Leipzig Oct. 19. The reenactment commemorated the anniversary of the battle, which took place from Oct. 14 to 19 in 1813. The battle was the largest clash of arms to take place before World War I and involved over 500,000 soldiers from 16 countries. During the battle, Napoleon’s French army was defeated and forced to withdraw from Germany.

Desertion, hashish brings bad-conduct discharge

Pvt. 2 Joe Alger

by Spec. Kate McIsaac
302nd MPAD, U.S. Army Reserve

As one of the largest and most diverse battalions in the Multinational Brigade (East), or MNB(E), the 299th Logistics Task Force, or LTF, has a hand in nearly every aspect of a soldier’s life.

“The LTF provides MNB(E) with a tailored experience of fixed-base and out-of-sector operations as directed,” said Lt. Col. Steven Pate, 299th LTF commander.

The LTF provides support from vehicle maintenance to medical aid, from supply support to mortuary affairs, from materiel management to command and synchronizes Army training doctrine with the full spectrum of Army operations. These changes were accomplished through the efforts of the Army Training and Leader Development conferences. This feedback emphasized that leadership development is more effective if it is integrated into all of a unit’s training activities.

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Deployment readiness is for soldiers and their families

by Anna Courie
Head of Promotion and Wellness Coordinator

Deployment health comprises a range of components from pre-deployment, intra-deployment and post-reunion deployment health.

It’s essentially the change in the soldier/family dynamic structure that influences spiritual, physical, mental and financial health. Each area is affected in its own way by the soldier is separated from his or her family.

“Deployment doesn’t have to hurt healthy families, and it doesn’t help troubled families,” said Chaplain (Maj.) Stephen Kelley, the new family life chaplain at the family life center at 350-7273 or (0931) 88972273.

He explained that there are warning signs of poor post-deployment reunion.

“Families should watch for an inability to manage anger or resolve conflict. Soldiers and spouses often feel that they are spinning wheels and unable to form agreements with their partner. This continues to add stress on top of a stressful six-month-plus deployment,” he said.

Being patient with each other and the children is the most important tip that Kelley offers for managing issues related with post-deployment.

“IT’s important that families take time for each other and realize that it takes time for families to get used to being reintegrated again. Family roles will change after deployment,” Kelley said.

It’s also important that families be cognizant of financial changes. Deployment allowances will be taken away, and this may affect the family income.

“Resist the urge to spend a lot of money,” Kelley said, adding that families need to get financial issues in order before making large purchases. Also, the reunion adjustment period may last up to six weeks.

“Be patient,” he said.

However, if families are at the end of their rope and need help making it through this difficult time, the Army has many resources available. If you would like further information or need a helping hand, contact your unit chaplain or the family life center at 350-7273 or (0931) 88972273.