

October 2004

Bavarian-American

Monthly

FITNESS STARTS HERE

*Rose Barracks Fitness Center, Vilseck
Re-Opens with an added
Smoothie Zone Drink Bar*

SERVING THE COMMUNITIES OF THE 100TH ASG
GRAFENWOEHR, HOHENFELS & VILSECK





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This magazine is now on-line.
Follow the above web page to either Graf/Vilseck or Hohenfels link and then to Bavarian-American on-line.

We welcome suggestions and ideas.
Information contained in this periodical was correct at the time of printing.
Check with local activities for possible changes.

The appearance of advertising in this publication does not constitute DOD, Army or Federal Government endorsement.

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Community Calendar

OCT	EVENT	LOCATION/TIME
2	Hispanic Heritage Month Celebration	Hohenfels CAC/4 p.m.
4	Common Sense Parenting Toddler	Vilseck ACS/9-11 a.m.
5	Mutual Fund Investing basics Financial 1st Term Soldiers	Vilseck ACS/5:30-6:30 p.m. Hohenfels ACS/10:15 a.m.-noon
6	Checkbook Maintenance Common Sense Parenting Toddler	Vilseck ACS/1-3 p.m. Vilseck ACS/9-11 a.m.
7	Amberg Hospital Tour. Hospital Lobby Volunteer Victim Advocate Training	Vilseck ACS/6 p.m. Hohenfels ACS/3-5 p.m.
12	Finances 1st Term Soldiers	Hohenfels ACS/10:15 a.m.-noon
13	Cash Flow Game Special Needs Resource Team Common Sense Parenting Toddlers BOSS Meeting	Vilseck ACS/1-3 p.m. Vilseck ACS/9-10:30 a.m. Vilseck ACS/9-11 a.m. Hohenfels CAC/2 p.m.
14	Domestic Violence Awareness	Hohenfels ACS/3-4:30 p.m.
15-17	Celebrate Autumn Annual Vilseck Bazaar Fri: 11 a.m.-8 p.m./Sat: 10 a.m.-8 p.m./Sun: 11 a.m.-5 p.m.	Hilltop Gym, Vilseck
18	Common Sense Parenting Toddlers	Vilseck ACS
18-22	Welcome To Bavaria	Graf ACS/8:30 a.m. Vilseck ACS/9 a.m.
19	Finances 1st Term Soldiers Identifying & Reporting Child Abuse	Hohenfels ACS/10:15 a.m.-noon Hohenfels ACS/1-2:30 p.m.
20	Common Sense Parenting Toddlers Money Management	Vilseck ACS/9-11 a.m. Vilseck ACS/1-3 p.m.
21	Fighting Fair	Hohenfels ACS/3-4 p.m.
25	Common Sense Parenting Toddlers	Vilseck ACS/9-11 a.m.
25-29	Newcomers Orientation	Hohenfels ACS/8:30 a.m.
26	Finances 1st Term Soldiers	Hohenfels ACS/10:15 a.m.-noon
27	Discover Your Neighborhood SNRT Common Sense Parenting Toddlers Deals On Wheels CIE BOSS Meeting	Vilseck ACS/9 a.m.-5 p.m. Vilseck ACS/9-10:30 a.m. Vilseck ACS/9-11 a.m. Vilseck ACS/1-2:30 p.m. Hohenfels CAC/1-2 p.m. Hohenfels CAC/2 p.m.
28	Understanding German Bills Anger Management	Vilseck ACS/3-4 p.m. Hohenfels ACS/3-4:30 p.m.
29	Sponsorship Training	Vilseck ACS/10 a.m.-Noon
TUESDAYS	Play Morning	Graf ACS/10-11:30 a.m./Graf Chapel
WEDNESDAYS	Storytime Storytime	Vilseck Library/10 a.m. Graf Library/9:30 a.m.
THURSDAYS	Play Morning	Vilseck ACS/9:30-11 a.m./Vilseck Bank Bldg

Army Europe Announces MWR Recreation Awards

The 100th ASG Comes Out Ahead!

Heidelberg, GE

Twenty MWR Recreation operations and individuals will be recognized at an awards presentation for the 2004 IMA-E Recreation Awards Program during the upcoming 2004 Land Combat Expo in Heidelberg, Germany, for outstanding recreation programming.

The awards recognize the "outstanding" individuals and organizations that provide noteworthy recreation activities in our installations and support the continued dedicated service to our Soldiers and families.

Europe Region ASG MWR communities coordinated submissions and judged the best among their responding BSB operations within each defined discipline.

These local selections were packaged and forwarded to IMA-E MWR for competition on a regional level. The submission packages were reviewed by a panel of IMA-E recreation professionals, evaluated under a strict methodology, and the following communities and individuals have been selected as this year's outstanding recreation programming:

Outstanding Installation Recreation Program
Medium community 414th BSB - Hanau, Germany
Large community 221st BSB - Wiesbaden, Germany

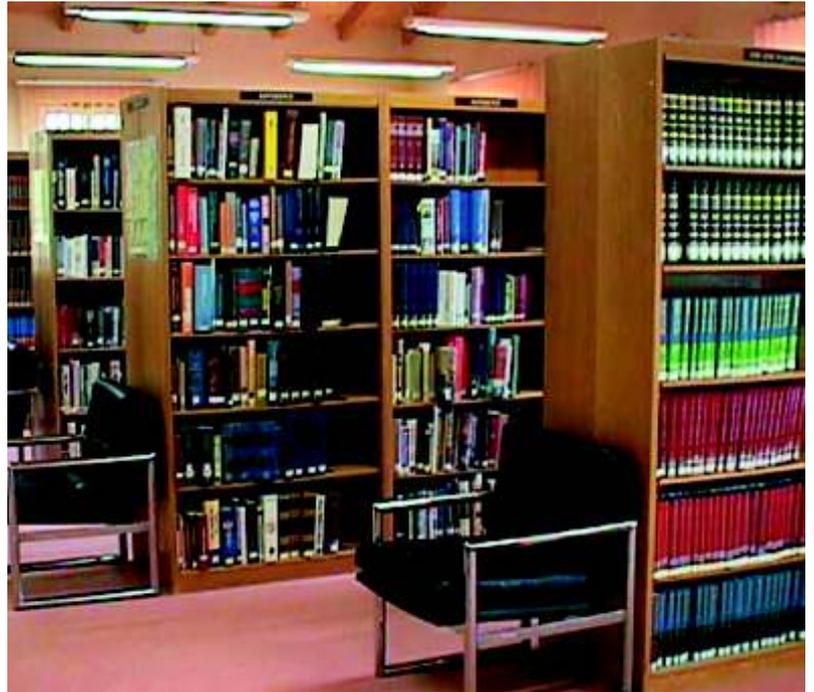
Outstanding Recreation Program Arts & Crafts
Medium 409th BSB - Grafenwoehr, Germany
Large 221st BSB - Wiesbaden, Germany

Outstanding Recreation Program Auto Skills
Medium 22nd ASG Vicenza, Italy

Outstanding Recreation Program-Entertainment
Medium 414th BSB - Hanau, Germany
Large 221st BSB - Wiesbaden, Germany

Outstanding Recreation Program Library
Small 6th ASG - AST Garmisch, Germany
Medium 409th BSB - Grafenwoehr, Germany

Outstanding Recreation Program-ODR
Medium 415th BSB - Kaiserslautern, Germany
Large 221st BSB - Wiesbaden, Germany



Grafenwoehr Library earns Outstanding Recreation Program in the Medium size category.

Outstanding Recreation Program Sports & Fitness
Small 6th ASG AST - Garmisch, Germany
Medium 282nd BSB - Hohenfels, Germany
Large 221st BSB - Wiesbaden, Germany

Outstanding Recreation Program Recreation Center
Small 6th ASG - AST Garmisch, Germany
Medium 409th BSB - Vilseck, Germany

Outstanding Recreation Program-
Recreation Delivery System
Large 221st BSB - Wiesbaden, Germany

Friend of Recreation
Jeffrey B. Heath, 409th BSB - Grafenwoehr, Germany

Outstanding Recreation Employee of the Year
Ms. Susanne Dale
Fitness Coordinator, 221st BSB - Wiesbaden, Germany

Recreation Career Award
Mildred Ann Burski
Community Librarian, 284th BSB - Giessen, Germany

Each package of Army Europe top winners was nominated and submitted to the Army-level Recreation Awards Program. Europe-based MWR recreation programs achieved a sweep of these Army-wide awards, taking top recognition in 56 percent of the overall categories of Outstanding Army Recreation Programs.

IMA-E award-winning programs continue to provide some of the best MWR recreation programming available in the Army MWR.

German Pre-School Language Class

National Book Festival and Egg Rolls!

- Connie Camerer

As the 21st century comes about, the boundaries between countries and cultures are rapidly giving way to a new global community. Children growing up in this changing world will need to learn more than one language. Although formal education in a second language traditionally doesn't begin until junior high or high school in the United States, the evidence is increasing that it's far easier for a pre-school child to hear and process a second language than it is for an older child. In fact, researchers now say that a child taught a second language after age 10 is unlikely to ever speak it like a native. Learning another language can enhance your child's ability to excel in English. Common vocabulary also helps your child to learn the meaning of new words in English. We want to encourage your child's interest in foreign languages and other cultures by inviting your child to come to our first pre-school German language class.

For more information, visit your local library or call Graf 475-1740 or Vilseck at 476-1740.

Oct. 20 10-10:30 a.m., Grafenwoehr Library

Oct. 22 10:30 a.m. to noon, Vilseck Library

National Book Festival 2004

"A Picnic in the Park"

Come and join this great MWR event with this year's special theme "a picnic in the park," an occasion full of family fun and entertainment. Our MWR team is proud to make this extraordinary event available to our community. We will get together on the old Grafenwoehr Golf Course across from the Grafenwoehr Library to share a wide assortment of books with you. There's something for every reading taste: novels, non-fiction, history, mystery, adventure, crafts, sports and science fiction. It's a true booklover's dream get-away! Moms and dads are invited to bring their favorite books and a lawn blanket so they can read stories to the children of their neighborhoods. Please bring a picnic basket and a blanket for seating and enjoy an afternoon of great family entertainment. Besides cool sport books, we have a soccer field and a coach for all youngsters ready to learn how to play soccer. Plan to make time and join a unique crafting session for children. Come and hear tales of far off lands, knights and medieval kings and queens and enjoy MWR's great jumping castle. You can also spend the afternoon visiting for the first time our great lawn family cinema. To get everybody ready for the fall season, we'll feature "It's the Great Pumpkin, Charlie Brown," and the movie "Chicken Run." So come and jump on the MWR Band Wagon filled with great adventures and family-fun activities.

When: Oct. 5 (Rain Date: Oct. 7) from 11:00

a.m.-3 p.m. Where: Grafenwoehr Golf Course across from the Grafenwoehr Library. Free transportation is provided from Vilseck Library. A bus will depart the library at 10:30 a.m. and return to Vilseck at 3:30 p.m.

Egg Roll Recipe

Learn how to cook your favorite egg rolls in minutes!

Have you ever tasted scrumptious egg rolls and wondered how they are made? Learn how to cook delicious egg rolls at the Vilseck Library. In this easy-to-learn cooking lesson, you'll receive step-by-step instructions that cover everything you'll every need to know about cooking egg rolls. Unlike the cooking shows on television, you will be able to follow along. We will take the time to repeat every step as often as you wish.

We would like to share our favorite egg roll recipe with all gourmet cooks in the 409th BSB. So come and join the fun at your Vilseck Library!

Oct. 29 10:30 a.m. to noon, Vilseck Library

Egg Rolls

2 tablespoons vegetable oil
 2 cups shredded raw cabbage
 1 large stalk celery, minced
 1 cup shredded, cooked pork
 2 scallions, minced or 1 tablespoon minced onion
 1 1/2 teaspoons salt
 1/8 teaspoon pepper
 2 1/2 teaspoons sugar
 package egg roll wrappers
 1 egg, slightly beaten
 cooking oil

In a wok, heat the 2 tablespoons of oil, add cabbage and celery and stir-fry together for 2 minutes. Add pork, scallions, salt, pepper, and sugar. Toss well and remove from heat.

Fill wrappers, roll and seal with egg. (Place wrapper in front of you so that one corner points toward you. Put the stuffing across it, about two-thirds of the way down. Fold up the bottom corner so that the point of it touches the middle of the wrapper. Fold in the two side corners. Roll it up towards the top. Paint the top corner with beaten egg before you finish rolling it to seal the egg roll.) Place rolls on waxed paper. Heat cooking oil in oil heated to 375 degrees. Place a few egg rolls at a time in the hot oil and cook four to five minutes or until golden brown, turning often. Drain on paper towels. Serve with mustard sauce or sweet-and-sour sauce. Makes eight to 10.

The News on Backpacks

Things to Watch Out For

- Submitted by Miriam Suber-Houston, EFMP Manager

Backpacks are a convenient way to lug textbooks and school supplies around, but are they safe?

While they are generally considered a good way to carry large loads because they distribute the weight evenly across some of the body's largest muscles, some kids carry far too much weight on their young backs. That, experts say, puts them at risk for muscle and joint injury.

According to the American Academy of Pediatrics (AAP), children shouldn't carry more than 10 percent to 20 percent of their body weight in a backpack. So, a 50-pound first grader shouldn't carry more than 5 to 10 pounds, while a 120-pound teen can safely load up to 24 pounds in a backpack.

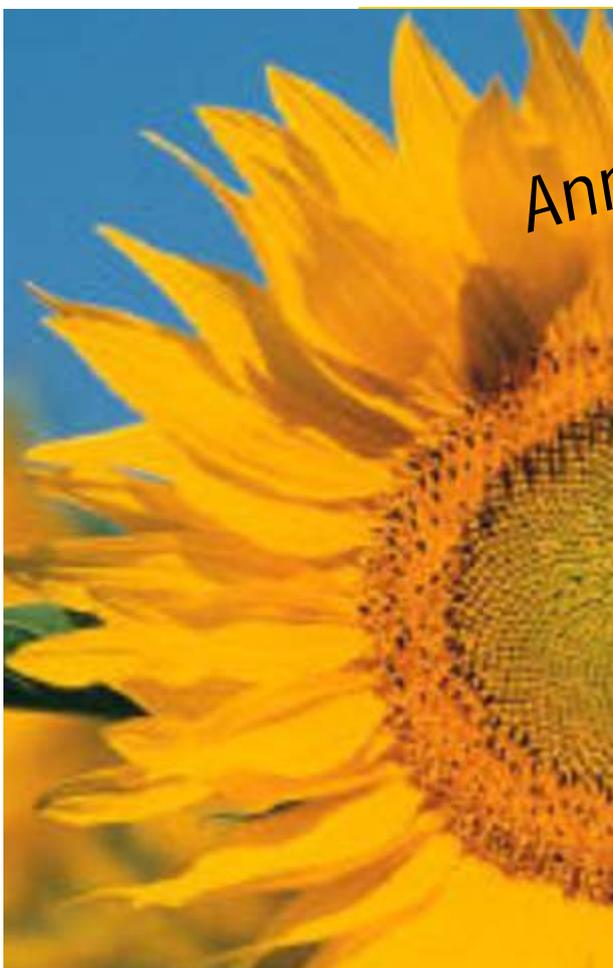
To reduce the risk of injury further, the AAP recommends always using both shoulder straps and tightening the straps so they fit properly. Keep backpacks organized -- putting the heaviest items at the back and distributing belongings throughout the pack. Children should also stop at their school lockers often so they're only carrying necessary items.

When shopping for a backpack, look for one that has two wide, padded shoulder straps, a padded back

and a waist strap. The AAP recommends backpacks are lightweight as well. If your child must carry a lot of books to and from school, a rolling backpack might help.

Encourage children to let you know if they're experiencing any pain from carrying their backpacks and discuss ways to lighten kids' loads with their school officials.

More information can be found at The Nemours Foundation (www.kidshealth.org) with suggestions for children.



Annual Celebrate Autumn Vilseck Bazaar

15-17 October 2004

Hilltop Gym, Vilseck

Friday, 15 October, 11 a.m.-8 p.m.

Saturday, 16 October, 10 a.m.-8 p.m.

Sunday, 17 October, 11 a.m.-5 p.m.

Grand Opening at 11 a.m., Friday
Drawings at 4 p.m., Sunday

Please no strollers!
Open to I.D. Cardholders only
Prices in U.S. Dollars & tax free
Visa, Master Card & U.S. checks accepted

Fine Table Linens	Tea Carts
Pewter Glass & Jewelry	Black Forest Clocks
Miniatures & Pewter	Cheese & Wines
Beanies & Antiques	Russian Fine China
Porcelain Dolls	Bulgarian Crystal
Birkenstocks	Silver Jewelry
Military Paintings	German Wine
Wooden Toys & Boxes	Wrought Iron Furniture
Bavarian Clothing	Wool Coats & Jackets
Oil Paintings	Australian Tableware
Collectibles	English Tea Sets
Ceramic Houses	English Silver
Inlaid Wood Work-boxes	Leather Coats & Goods

What is "Phishing"?

Stolen Confidential Personal & Financial Information

- Submitted by Amy Bernath, Hohenfels ACS Financial Readiness Program

Phishing?????

It's becoming a major means of fraudulently gaining access to your confidential personal and financial information. Increasingly, Americans are receiving fraudulent e-mails that direct recipients to Web sites where they are asked to provide confidential information.

These e-mails vary significantly. Some claim that the individual's personal information is necessary to assist in the fight against terrorism or for some other alleged legal purpose. Other e-mails purport to be from government agencies or private-sector entities, such as financial sector firms, Internet auction sites, or electronic payment services.

How does it work? You receive an e-mail from a person or organization, falsely claiming to be from a legitimate company, in hopes of luring you to a "spoofed" or "bogus" Web site. The spoofed Web site is designed to mimic a legitimate Web site for the sole purpose of stealing your personal information: name, account and credit-card numbers, passwords, Social Security number, and other information.

According to the Financial and Banking Information Infrastructure Committee and the Financial Services Sector Coordinating Council, fraudsters have increased their phishing activities dramatically in recent months. In April of this year, more than 1,100 unique phishing incidents were reported an increase of 180 percent over the number of attacks reported in March.

Don't take the bait!!!! To help you prevent falling victim to phishing:

- ◆ Do not reply to or click on a link in an e-mail that warns you, with little notice or prior legitimate expectation, that an account of yours will be shut down unless you confirm your billing information. Instead, contact the company cited in the e-mail using an authenticated telephone number or other form of communication that you are sure is genuine. (Many phishing attempts originate from outside the U.S. and thus are not likely to have a working domestic phone number. As a further precaution against U.S.-based phishing efforts, seek to verify the number using company information that you KNOW to be reliable.)
- ◆ Before submitting financial information through a Web site, look for the locked padlock on the browser's status bar or look for https:// at the beginning of the Web address window. The presence



of these things does not guarantee that the Web site is legitimate or secure. However, the absence of either the padlock or the https:// does indicate that the Web site is not secure.

- ◆ Apply the latest patch for your Web browser and/or operating system software, but be sure that the patch itself is legitimate.
- ◆ Review credit-card and bank-account statements as soon as you receive them to determine whether there are any unauthorized charges. If your statement is late by more than a couple of days, call your credit card company or bank to confirm your billing address and account balances and to determine whether they have mailed your statement.

If you note any suspicious activity, report it to the Federal Trade Commission (FTC). Send the actual phishing e-mail to uce@ftc.gov.

If you believe you have been defrauded, file your complaint at <http://www.ftc.gov>, then visit the FTC's Identity Theft Web site at <http://www.ftc.gov/idtheft> to learn how to minimize the financial damage from identity theft.

Source: Financial and Banking Information Infrastructure Committee and Financial Services Sector Coordinating Council report, Lessons Learned by Consumers, Financial Sector Firms, and Government Agencies During the Recent Rise of Phishing Attacks

Creative Times for Creative Minds

Hohenfels Child Development Center

- Tony Adams, Hohenfels CDC

Separation anxiety is alive and well. Parents as well as children dread separation in the early years. When this becomes unbearable, don't call the doctor; contact your local Child Development Center. We can help you get over fears of separation and begin preparing your child for primary schooling. Often times, children who have not reached their own eccentric selves act out because they have not learned to make choices. Giving children choices early on and dialoging with them to empower early language skills are great steps in helping your children realize they are individuals, capable of and willing to learn and experience the world around them.

With this in mind, let the CDC help with this major transition from being with mom and dad to learning new things, experiencing enriching parts of the world, and making new and interesting friends they'll learn to socialize with.

The CDC has periodic openings for full-day slots in its many rooms. Currently, there are spaces available for full-day, hourly care, and the very popular two-day and three-day part-day preschool program. There are still several slots remaining for before-, after-, and before-and after-care for kindergarteners.

Our caregivers at the CDC are talented, caring, and diligent people working to keep our children safe and stimulated while in their care. Our fully accredited center is making important improvements in its environment. It has been totally repainted. The pleasant environment is carefully organized for the appropriate ages, and other new toys and materials are arriving for the children's enjoyment. The management at the CDC has more than 49 years' combined experience working government service.

We pledge to care, share and be fair, while still being there for our greater Hohenfels community. Get to know us, and get to know what programs and activities



SGT Normand brings her children Zachary and Sydney to the Hohenfels CDC. They all have eliminated any separation anxiety. The young ones love to attend CDC programs.

we offer. Many of our lead teachers/providers have enormous knowledge about early childhood education principles.

Hourly care is starting to rock again at the CDC annex. The center is open from 8 a.m. to noon each day. Reservations can be made on the telephone or by stopping by our beautiful facility.

Ivory Morton (Operations Clerk) will be glad to take your reservations and work with you to find available care in the event you need hourly care beyond 12 p.m. Call her at 466-4041 or 466-4042.

Alternative care options do exist through Family Child Care homes. Please contact the Central Registration Office, 466-2078, for more information.

Something Wicked This Way Comes

Coping With Our Soldier's Absence

- Christina Reese

"Double, double; toil and trouble; fire burn and cauldron bubble. Eye of newt and toe of frog, wool of bat and tongue of dog . . . By the pricking of my thumbs, something wicked this way comes."

These lines spoken by the witches from Act IV Scene I of William Shakespeare's play Macbeth have given me shivers ever since I first read them in my high-school English class. For any of you who have seen the latest Harry Potter film, the words have been set to music with the song, *Something Wicked This Way Comes*. As the spirits of Halloween seem to fill the cooling autumn air, I think of the ghosts and almost haunted areas of our lives that seem to be prevalent during times of deployment.

We all encounter the ghosts in the halls of our homes as we find a way to cope with our soldier's absence. We may do things such as spray their cologne on a pillow, wear one of their T-shirts to sleep in, or maybe even leave the pillowcase that they last slept on unwashed. On the other hand, we may go to the opposite extreme and pack all of his or her things away for the duration of the deployment in an out-of-site, out-of-mind style of thinking. No matter what tactic we use, we all have our own way of dealing with the ghosts lingering as reminders of a deployed spouse.

With the coolness in the autumn air, one may also find a chill going down his or her spine, and I could think of no better month to bring up one of the morbid aspects of deployment, death. I live in the middle of a forest. Literally, I am the last house on a dead-end road. How Scooby-Doo is that? Anyhow, I remember how, early in OIF II, hearing the sound of a car coming down the driveway would paralyze me in front of the window, waiting to get a glimpse of the license plate on the vehicle. In a cinematic version of this scene, *Something Wicked This Way Comes* would definitely be playing in the background. I also have a better understanding of why all of the "stupid" people in scary movies do nothing.

Now, back to the point, why was I staring at the license plate?

Through various community briefings, I have learned the basics regarding the procedure for what happens when a soldier is seriously injured or killed. So, I know that the Army has in place a system to ensure that the primary next of kin, usually a spouse or parent, is the first person to be contacted. I also know that if something happens to my husband, I won't be called about it. A group of soldiers will show up on my doorstep in dress uniforms, thus the reason I was constantly looking for government plates on the



vehicles coming up the drive. After the initial notification, in most cases, a close friend and/or an FRG Leader will come in and help as much as a spouse wants or needs. The FRG and outsiders will NEVER be part of the initial notification team, UNLESS specifically requested by the primary next of kin.

Another response to casualties is that the phone service downrange often will be stopped for a period of time. This process has been put in place to help safeguard information and hinder details from leaking out. Believe it or not, there have been spouses notified that their soldier has been killed by a friend, and it turned out that the information they received was incorrect. Talk about wanting to take out a magic wand and poof someone away! Yikes! I would be one of the wickedest witches the world has ever known if I were on the receiving end of such faulty information. That is why it is so very important to be careful about what we say while our soldiers are away. Even though we love them and want to believe everything that they tell us, we must realize that sometimes our soldiers get the story wrong.

Rear detachment soldiers have been trained on what processes to use, and they know best what to do. Many times FRG members will be notified days after an incident simply to allow time for all of the cobwebs to be cleared away and the next of kin to be reached first. So, as with any "rumor," we should do our best to keep the information to ourselves, or authenticate it with the Rear Detachment Commander in our unit. It is one thing to giggle with our friends about the silly things we do in coping with the ghosts of our spouses, but when speaking of an injury or a death, it is exceedingly imperative that we remain tight-lipped, because I doubt that any of us wants to be the soloist singing to the tune of something wicked this way comes.

Travel for FREE!

ACS "Discover Your Neighborhood" Trips

- Christina Reese

"Are you bored with your day-to-day routine? Do you want to try something new? Well, have I got an opportunity for you!"

Does this sound like a bad infomercial? Well, I can tell you that it isn't about making refrigerator magnets in your spare time from the comfort of your own home, and I would definitely not flush this one down the tubes.

You live in Germany, obviously. Do you realize how many places there are to travel in the area? Did you realize that you are able to travel for FREE, and you do not have to drive yourself? Yep, that is correct. Traveling for FREE in Germany, and people right here in your community are making this possible. How can you not take advantage of such an amazing opportunity? Here are the details . . .

The 409th BSB Army Community Service (ACS) Relocation Readiness Program sponsors Discover Your Neighborhood trips at least once per month. These trips are free; all you need to do is call Civilian: 09662-83-2650 and reserve a seat on the bus. It really is that easy. Then, on the day of the trip, show up at Building 322 on



Rose Barracks shortly before the scheduled departure time and you will soon be off to find out that encountering the local area can be pretty fun and rewarding. Plus, did I mention that it is FREE? Just checking!

Following are some of the exciting adventures awaiting you during the upcoming months:

Oct. 6, 8:30 a.m.-5 p.m.	Regensburg Explore the city
Nov. 3, 9 a.m.-5 p.m.	German sweets Factory Gummibaer and Lebkuchen
Dec. 2, 8 a.m.-5 p.m.	Rothenburg o.T. Christkindl Museum and Christmas shopping

"Character Counts"

National Character Counts Week - Oct. 17-23

- Brenda Braswell, Training & Program Specialist, Hohenfels

Communities throughout the 100th ASG abound with examples of good character - kids and adults who show trustworthiness, respect, responsibility, fairness, caring, and citizenship.

These communities along with others throughout Europe and the United States--will celebrate "National Character Counts! Week" from Oct. 17-23.

First declared "National Character Counts Week" in 1993 by the president and both houses of Congress, the third week in October has been set aside as a time to highlight character education and the importance of modeling good character.

CELEBRATING CHARACTER

In the 100th ASG, many activities are planned to celebrate character:

- Banners proclaiming that "Character Counts in our Community!" will be prominently displayed.
- Children will decorate their schools and care centers with the Six Pillars. Children's posters on "Doing the Right Thing" will be displayed in schools and libraries.
- Libraries will display books dealing with good character during the week.
- Speakers who model good character in their everyday lives will meet with Children and Youth Services (CYS) groups.
- "Character Counts in Sports" contracts will be distributed ... contracts which commit individuals to practice good sportsmanship and the Six Pillars of Character.
- Fundraising projects will be initiated to benefit local charitable organizations.
- Character Counts ribbons, pencils, buttons and stickers will be awarded to students who exemplify one of the Six Pillars during the week.

SIX PILLARS

To help young people remember the Six Pillars, each pillar is associated with a certain color:

- Trustworthiness: Blue, like "True Blue"
- Respect: Yellow or Gold, like the Golden Rule
- Responsibility: Green, as in being responsible for a garden or finances; or as in being solid and reliable like an oak
- Fairness: Orange, like dividing an orange into equal sections to share fairly with friends
- Caring: Red, like a heart
- Citizenship: Purple, as in the royal purple representing the state

TRRFCC - TERRIFIC!

CYS uses this acronym to remind us that people with good character are TERRIFIC!

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Citizenship

YOUTH CALENDAR

Oct. 1	Language Club	3 p.m.-Graf
Oct. 1	Torch Club Planning Meeting	4 p.m.-Graf
Oct. 1	Bantam Soccer	5:30 p.m.-Hohenfels
Oct. 2	Pee Wees Soccer	4 p.m.-Hohenfels
Oct. 2	Quarterly Pool Tourney	2 p.m.-Graf
Oct. 3	Minors Soccer	3:30 p.m.-Hohenfels
Oct. 4	Bantam Soccer	10 a.m.-Hohenfels
Oct. 4	Junior Soccer	noon-Hohenfels
Oct. 4	Let's go bowling	4 p.m.-Graf
Oct. 5	Twister & Music	4 p.m.-Graf
Oct. 6	Columbus Day Trivia & Bingo	4 p.m.-Graf
Oct. 7	Smart Girls-Friends	4 p.m.-Graf
Oct. 7	Bambino Soccer	4 p.m.-Hohenfels
Oct. 8	Torch Club-Community Project	4 p.m.-Graf
Oct. 9	Costume Contest-Teen's Night Out	Vilseck
Oct. 9	Pee Wees Soccer	4 p.m.-Hohenfels
Oct. 9	Teen Dance	8-11 p.m.-Vilseck Yesterdays
Oct. 10	Minors Soccer	3:30 p.m.-Hohenfels
Oct. 12	Skateboarding Competition	4 p.m.-Graf
Oct. 13	Karaoke	4 p.m.-Graf
Oct. 14	Smart Moves-Peer Pressure	4 p.m.-Graf
Oct. 14	Bambino Soccer	4 p.m.-Hohenfels
Oct. 15	Torch Club goes to dinner	4 p.m.-Graf
Oct. 15-31	Native American Display	Graf
Oct. 16	Germ.-Am. Teen Club	3 p.m.-Graf
Oct. 17	Minors Soccer	3:30 p.m.-Hohenfels
Oct. 18	Junior Soccer	noon-Hohenfels
Oct. 18	Bantum Soccer	12:30 p.m.-Hohenfels
Oct. 18	Planning Meeting	4 p.m.-Graf
Oct. 19	Nutrition Talk	4 p.m.-Graf
Oct. 19-25	Teen Read	Hohenfels Library
Oct. 20	Hail & Farewell Party	4 p.m.-Graf
Oct. 21	Keystone Club Planning Meeting	7 p.m.-Graf
Oct. 21	Photography/Fine Arts	4 p.m.-Graf
Oct. 22	Fishing Club Meeting	4 p.m.-Graf
Oct. 22	Murder Mystery Party	7 p.m.- H. Library
Oct. 23	Video & Popcorn	6 p.m.-Graf
Oct. 24	Minors Soccer	3:30 p.m.-Hohenfels
Oct. 25	Birthday Party	4 p.m.-Graf
Oct. 26	Basketball Tournament	4 p.m.-Graf
Oct. 27	Cooking Club-Halloween Treats	4 p.m.-Graf
Oct. 28	Job Ready/Career Opportunities	4 p.m.-Graf
Oct. 29	Halloween Costume Party	4 p.m.-Graf
Oct. 30	Minors Soccer	3:30 p.m.-Hohenfels
Oct. 30	Fall Fest	3-6 p.m.-Vilseck SAS

In Army Europe Child & Youth Services . . .



CHARACTER COUNTS!
Everywhere . . . All the Time!

Graf ODR Hosted "Adventure Camp"

Teen-Age Children of the 104th ASG Roughed it!



Dale Doeden of ODR assists new kayaker, Giovanna

Grafenwoehr Outdoor Recreation hosted the 104th ASG resident "Adventure Camp" from July 19-24. The camp was offered to the teen-age children of deployed service members in the Giessen, Dexheim, Wiesbaden, and Baumholder communities. Thirty-four teens and four counselors traveled to Dickhauter Lake, eager to begin.

The campers were truly roughing it; they stayed in Army-style tents, cots and sleeping bags. They were inundated by Graf's famous "liquid sunshine" and had to learn how to share shower facilities. The days were long and hot, and the activities were strenuous.

The camp was designed to build team skills through high-adventure activities. The youth were evaluated in "low-ropes" initiatives and broken down into four groups. These groups would be their teams for the entire week. Once teams were established, the events began. Activities included a canoe trip, high-ropes course, and Klettersteig adventure course. Individual teens could participate in evening activities. The evening activities focused on skills that might be

helpful in the adventure race to include rappelling, rock climbing, kayaking and fishing. Because of inclement weather, these campers were treated to a "rest day" during which they toured the Teuffelshöhle and rode the Sommerrodelbahn while hiking along the trails in Pottenstein.

The final day's event was an adventure race to bring all of the skills learned throughout the week together. Each team was tasked with detailed instructions. By following the directions given, the teams would be prepared for each successive task. Failure to follow the directions resulted in a time penalty. The first team to complete all tasks was named the winner. This year, it was the yellow team.

Friday afternoon was saved for the awards ceremony and camp tear-down. Campers then relaxed over a pizza dinner and enjoyed canoeing, rock climbing and sports. By Saturday's departure, the teens knew they could be proud of their accomplishments throughout the camp. They had grown as individuals as well as teams.



FALL FEST

October 30, 3-6 pm.

Vilseck SAS Bldg.
 Haunted House, Jumping Castle, Costume,
 Face Painting, Balloons & much more.
 Fun for all ages!

Summer Time for Teens Finishes With a Bang

Hohenfels Teens Experience Summer in Europe



Hohenfels Teens enjoy travel fun at Palm Beach.

Teens in the Hohenfels area were able to experience a little bit of everything this summer. They started summer break with fun ... a trip to Six Flags Fun Park in Belgium, where there were plenty of coasters for everyone!

Then, as Summer Hire workers, the teens took part in a new concept for the program. Every Thursday morning, Summer Hire teens participated in a training session called Work Force Prep. They learned tips about joining the work force and how to prepare for it.

Another skill they learned this summer was "how to be a sponsor." Ten teens went through the newly revamped Teen Sponsorship Training Program that was offered in partnership with Army Community Service. These teens are now the major players in the Teen Sponsorship Program.

Always wanting to get out and explore, Hohenfels teens were also able to sample some famous cities and their cultures. Prague and Berlin were on the travel agenda. And of course, summer wouldn't be complete without a few trips to the pool. Palm Beach in Nuernberg was definitely rated at the top of the list.

Grafenwoehr Teen Center Summer Camp was Great



Photo by Melvin Gonzales

Mountain Rappelling - a new skill for Graf teens.

Youth who participated in this year's Summer Camp had a fantastic time. Youth traveled throughout Germany and visited many exciting amusement parks, tested their endurance at ropes courses, learned survivor skills such as river rafting and mountain rappelling. Youth participated in various classes to learn about wildlife and fishing, enjoyed a wonderful excursion down the Donube River and were able to see many castles and ruins along the shore. In addition to their busy schedule, youth were able to get in a little leisure time at luxurious Palm Beach swimming resort.

Youth went horseback riding, made many ice cream trips, learned Arts and Crafts and participated in cultural food sampling and a BBQ party at the lake.

The Grafenwoehr Youth Center would like to thank the camp counselors from the States for their wonderful job with the youth and the Grafenwoehr Outdoor Recreation Center for providing great professional support by making this program a success.

The youth had a magnificent summer and thank you to all who contributed. IT WAS GREAT!!!

Vilseck Middle School-Teen Centers Wind Up Summer



We are the champions!

Photo by Jim Dicks

The Vilseck MS/Teen Center wound up summer camp on Aug. 13. Although many youth have returned to the States for the summer, the remaining youth of Vilseck made CYS Summer Camp a blast. The summer brought many unfamiliar youth together to build self-esteem, courage, trust, and friendship.

The Keystone Club hosted its National Project, Let's Just Play at the high school fields on Saturday, Aug. 21. This community event was organized and planned by our high-school youth to expose youth to a variety of sporting events and activities.

Some of the events you can look forward to are: 3-On-3 Basketball tournament for middle-school and high-school youth, basketball competition for parents, 3-point and free-throw shoot out, soccer...penalty kicks and dribbling, football drills and short running events. For more information, please contact the Teen Center at 476-3144.

Teens Keeping Busy in the 100th ASG

Hohenfels Teen Sponsorship Program is Up and Running!

- Heidi Fedak



Teaching train schedule photo: Shaun Redden and Mandy LaVanway watch as Christen Noble shows them how to purchase their train tickets.

For Shaun Redden, it was all about the laughs.

Although the Teen Sponsorship Program is serious business, Redden answered, "humor," when asked what he liked most about the first day of the program.

"The humor and fitting in with the group," he said. "It was informative."

The goal of the Teen Sponsorship Program is to help make the youth coming into this community feel welcome and have a greater understanding of what it is like living overseas. The program runs a day and a half.

The first day is a half-day with a tour of post, which the Teen Center could not do without the wonderful support from ACS, clinic, library, gyms and Hohenfels High School. The second day is a trip to Parsberg, where the youth are shown how to purchase train tickets and read train schedules. From Parsberg, the teens take the train to Regensburg where they are shown how to take the bus to the mall and experience shopping on the economy. The dates for the sponsorship program are: Oct. 12-13, Nov. 9-10, Dec. 7-8, Jan. 11-12, Feb. 8-9, March 8-9, April 12-13, May 10-11 and June 14-15.

If you are new to the community or know a youth who is, please contact Teen Services at 09472-83-4492 or DSN 466-4492.



Mandy LaVanway, Brittany Merriweather (sponsor), Christen Noble (sponsor) and Shaun Redden wait to ride the train to the Regensburg mall.

New Structure for Instructional Programming - SKIES UNLIMITED

- Heather M. I. Adams

Child and Youth Services is committed to quality child development programming. Instructional classes are one of those programs. Classes may range from music lessons to athletic lessons, to more creative endeavors, such as photography, cooking, or writing. The benefits of instructional programming are numerous. Educational research has found that after-school instructional programming promotes intellectual development, a healthier self-esteem and higher aspirations in both academic endeavors and long-term career interests.

In addition to the benefits provided by instructional programming, the Department of Defense has recognized that military children and youth require a sense of stability and continuity when moving from installation to installation. A structured instructional program that is consistent throughout the Army offers this stability. On this note, the Department of the Army has created a new structured CYS program for instructional classes called SKIES.

SKIES is an acronym for the School of Knowledge,

Inspiration, Exploration, and Skills. It provides CYS registered children and youth the opportunity to explore a new skill, pursue and nurture personal interests, to interact socially with others, to build a college resume, and many more advantages.

In the 100th ASG, our goal is to create a SKIES program that offers a wide variety of instructional classes. We are currently searching for instructors that have a special skill, an interest in working with children and youth, and have either a certification or an extensive background in their field of interest. If you or anyone you know is interested in becoming a SKIES instructor, please call our office to arrange an appointment.

By offering a comprehensive instructional program, CYS offers children and youth the opportunity to obtain a much-needed sense of belonging and stability.

The goal of instructional programming is to provide opportunities for children who are CYS registered to participate in a variety of programs from highly qualified instructors that have gone through child developmental training.

A Special Training Program for Summer Hires

Hohenfels Pioneers "A Focus on the Future"

- Kay Berube, Teen Services, Hohenfels

This summer in Hohenfels, the traditional Summer Hire program took on a new twist ... along with the opportunity of working at various jobs on post and earning a paycheck, all summer hires took part every Thursday morning in a two-hour work force prep/career exploration training program.

Pioneering the idea, Hohenfels Youth Services partnered up with Army Community Service to present training focused on skills that would prepare these young adults to enter the work force.

The training kicked off with a session on motivation and an introduction to the job market which was facilitated by two college students home for the summer. These two students, Taisha Leonard and Kevin Brown, added a reality check to the training! Other sessions that followed were on attitudes, communication skills, conflict resolution, dressing for success, personal skills and goals, and of course, interviewing skills and resumes.

The training took place in the Hohenfels Community Activities Center with 60 to 65 youths participating each week throughout the six weeks of summer hire. CYS staff facilitated the training along with the ACS Employment Readiness counselor, Jutta Terry. Two other young adults from the local area, Nicole Steinbring and J.R. Boelter, also lent a hand. After each training session, MWR Services provided bus transportation, allowing youth to make a timely



transition back to their places of work.

It was a win-win situation all the way around: Students learned new skills, and employers utilized those skills on the front line.

A rousing "thanks" goes out to all the employers who helped by supporting this program! Without their help and enthusiasm, the positive outcomes from this training program could never have been accomplished!!

Crafting in the 100th ASG

Try a Satisfying Way to Stretch Your Creativity!

- Kathy George Henderson

How often do you lament the lack of things to do? Have you looked for activities to keep your children busy? Of course you have, but have you looked at what the Arts and Crafts centers in the 100th ASG have to offer you and your family? The Arts and Crafts programs in the 100th ASG have lots for you to do. Plus, at the end of each activity, you have a handmade treasure to take home.

Crafting is a satisfying way to stretch your creativity. For children, crafting helps enhance and build skills beyond creativity. Knitting and crocheting are good exercises to develop hand-and-eye coordination and fine and gross motor skills. The pot of gold at the end of the rainbow is the one-of-a-kind scarf, washcloth or hat that your child has created with his or her own hands. Many different types of craft classes are offered that can help children enhance their imagination. Mosaics, T-shirt embellishing, sewing, cooking and seasonal crafts are some of the classes that are featured for youth. A new addition in the craft shops of the 409th BSB is cooking class. For children, these classes help to build math skills and aid in reading comprehension and following directions. Plus, they are just fun!

With the current trends of do-it-yourself (DIY) decorating and design, your local Arts and Crafts facility is the place to be! Stenciling, faux painting techniques and more can be learned, and with the vast array of paint colors available to the DIYer, the options are dizzying. Whether furniture updating or wall color is your chosen activity, the staff at your local arts and crafts can lend a hand with instruction and advice on the best products to use to achieve your makeover goal. Updating older furniture can be completed in decorator style by painting a crackle finish, sponging or marbling. Walls can be refreshed using stenciling, a feather duster and color layering. Or, if painting isn't your forte, fabric can be starched onto the walls, among other options.

Dressing your home often includes photo portraits and works of art. To that end, your Arts and Crafts facilities offer custom framing and engraving. Whether your décor leans toward traditional, country, shabby chic or eclectic, our professional framers can feature your works of art in eye-catching style. If you are looking for the perfect farewell gift for a friend or coworker, the frame shops in the 100th ASG will express your care with a guidon, plaque or memento of your choice tastefully displayed under glass. If you would like to do the framing and mat cutting yourself, the shops feature DIY framing classes regularly.

Heritage crafts are the basis of some of the ongoing classes offered. We often store memories of our grandmother's or mother's quilting around a frame or the quilt that we remember from our childhood. You can relive those memories as you learn to make your own quilt in the classes that are offered. If your interest is



Photo by Kathy Henderson

Amelia Heath holds up her masterpiece during Kids' Pasta Class.

piqued by hand-pieced and hand-quilted works, or, if you feel that today's techniques for piecing and quilting are more your style, classes are offered to afford you the opportunity to learn your method of choice. Cross stitch is another heritage craft that your local shop features. Patterns and floss, fabric and needles are all available for you to hand stitch.

So, if you are seeking something to do, or for an activity for your children, look to your 100th ASG Craft Shops, Crafters Village, Heart and Home and the Hobby Huette, for ideas, activities and classes to expand your crafting horizons.

Crafters Village

Bldg. 221, Vilseck DSN: 476-2652, CIV: 09662-832652
Hours: Tue. & Fri., 11 a.m.-5 p.m., Sat., noon-4 p.m.

SCRAPBOOKING CLUB

Every third Tuesday, 5:30 to 7 p.m.
Bring pictures, clippings, anything and put together your Memory Albums.

BASIC SEWING

The first Saturday of the month, 10 a.m.-noon
You can bring your own machine or use one from the shop.
Learn basic stitches and care of the machine. \$7.50 + supplies.

PACIFIC RIM CUISINE

Saturday, Oct. 2, 1-5 p.m.
Bring your apron, chopsticks and appetite to learn some of the subtleties of Asian Cuisine. Class minimum: 4; maximum: 8. \$30. Instructor: Kathy Henderson

GALLERY GLASS

Monday, Oct. 11, noon to 3 p.m.
Spend the afternoon in Crafter's Village and learn how to spruce up the windows in your home. Class minimum: 3; maximum: 6. \$7.50 + supplies. Instructor: Corina Shoemaker

BABY MOBILE

Friday, Oct. 22, 3-6 p.m.
Delight your little one with "made-with-love" fun to hang above the crib. Class minimum: 3; maximum: 4. \$7.50 + supplies. Instructor: Barbara Donahue

Heart and Home

Bldg. 607, Grafenwoehr
DSN: 475-6101, CIV: 09641-836101
Hours: Tue.-Fri., 11 a.m.-5 p.m., Sat., noon-4 p.m.

BASIC KNITTING CLASSES

Call the shop and reserve time with a teacher any Wednesday or Thursday from noon-1 p.m. Class is free.

BASIC CROCHETING CLASSES

Call the shop and reserve time with an instructor any Wednesday or Thursday from noon-1 p.m. Class is free.

SEWING MACHINE CERTIFICATION CLASSES

Stop by and reserve a time to become certified to use the shop's Pfaff and Bernina sewing machines or the Riccar Serger machine. Certification is required before using the equipment. Certification class fee is \$5.

FRAMING CLASS

Second Thursdays, 6-9 p.m.
Fourth Saturdays, 9 a.m.-noon.
Cost is \$35 plus one 5" x 7" picture. Framing supplies are included. Class is limited to four students, and the class fee must be paid no later than the Wednesday before class.

CRAFT CLUB

Thursdays from 4-6 p.m.
Bring your unfinished craft projects and use this free time to finish them.

SANTA BELL PULL

Friday, Oct. 1, and Tuesday, Oct. 5, 9-11 a.m.
Learn the fast and accurate technique of paper piecing and create a wonderful holiday decoration. Class minimum: 3; maximum: 6 \$15 + supplies. Instructor: Ingrid Claflin

KIDS FELT PUMPKIN

Thursday, Oct. 7, 3-5 p.m.
In fall or crazy colors, create your own pumpkin decoration. Class minimum: 2; maximum: 5. \$7.50-\$10. Ages 6 & up. Instructor: Carmen Van Patten

WEAVE A BASKET

Saturday, Oct. 9, noon-4:30 p.m.
Learn the basics of basket weaving as you create a wonder! Class minimum: 4; maximum: 8. \$15 Ages 10-15. Instructor: Becky Jock

BASIC QUILTING

Thursdays, Oct. 14, 21, 28 and Nov. 4 & 18, 9-11 a.m.
Spend the morning with us and learn the heritage art of quilting using new techniques and tools. \$60 + Supplies
Instructor: Ingrid Claflin

STASH SWAP POTLUCK

Tuesday, Oct. 19, 5:30- 7:30 p.m.
FREE. Bring your fabric stash and a dish as we spend the evening in Heart and Home trading fabrics and noshing. Hostess: Ingrid Claflin

KIDS KNITTING

Wednesday, Oct. 20, 3:30-6 p.m.
Learn to knit a Now-Wow! Scarf for the winter. Class minimum: 3; maximum: 5. Ages 8-11 \$7.50 + supplies. Instructor: Ingrid Claflin

KNIT A FASHION SCARF

Wednesday, Oct. 27, 9 a.m.-noon
Craft a fashion find using eyelash yarn. Spend the morning at Heart and Home and learn the basics of knitting. Class minimum: 3; maximum: 6. \$7.50 + supplies. Instructor: Ingrid Claflin

MAKE IT, TAKE IT!

Wednesday, Oct. 27, 3-5 p.m.
Halloween masks can be fun! So, design your own! Make it funny, dazzling, or wild with Fun Foam, beads, glitter or jewels. Class minimum: 3; maximum: 8. Ages 6-10 \$7.50 + supplies. Instructor: Carmen Van Patten

Hobby Huette

Building 18, Hohenfels DSN: 466-2538, CIV: 09472-83-2538
Hours: Tue.-Thu., noon-6 p.m., Fri.-Sat., 10 a.m.-6 p.m.
Closed Sunday, Monday and American holidays
Closed the first working day after the first of the month for inventory

SCRAP-BOOKER CLUB

Oct. 1 and Oct. 18, 5-9 p.m.
Bring your scrap-booking supplies; make some new friends, and get some new ideas.

SELF-FRAMER CLASS

Oct. 16, 1-4 p.m.
Learn how to frame and mat pictures. The cost is \$30 and includes supplies. Please pay prior to class and bring a 5" x 7" photo to frame. \$30. Class maximum: 4

continued on page 26



Photo by Kathy Henderson



Photo by Kathy Henderson



Photo by Terri Guidager

Left to right: (1) LTC Karl Schwart working on a T-Shirt Quilt; (2) Tracy Thornbrough designs her quilt; and (3) Leigh Ann DeJong, Helen Mendl and Sharon Blanchard during Gourmet Italy Cooking Class.

Single Soldiers Come Out on Top

PFC Jennifer Moyer - a Woman of Many Talents



PFC Jennifer Moyer, 409th BSB BOSS President

PFC Jennifer Moyer, the new 409th BSB BOSS president, is a woman of many talents.

A 92G, Moyer has been here in Vilseck with 561 Med Co (DS), since Dec. 31, 2003. Moyer is originally from Montgomery County, Md., and lived there most of her life.

Before enlisting in the United States Army, she worked at Whole Foods Market, (an organic grocery store), in the

nutritional department, learning a lot from a diverse community, and a lot about customer service. She also majored in voice for three years at Montgomery College, MD.

When her tour is up, she wishes to pursue her opera singing career with the help of her Montgomery G.I. Bill. After being here in Vilseck for only a month, PFC Moyer auditioned for and received the lead role of SGT Sarah Brown in the musical "Guys and Dolls," presented by the Bavarian Arts Guild. That was the start of her community service here.

"It's great to be able to hare your talents with the community and do volunteer work at the same time," Moyer said.

On May 1, 2004, PFC Moyer officially took office as the Vilseck BOSS president. Since then, BOSS has



PFC Moyer flips burgers at one of BOSS's events.

participated in many community events and recreational activities such as: Asian Pacific, the Grafenwoehr Mountain Biking tournament, and the Midnight Madness Softball tournament.

PFC Moyer is determined to keep the name of BOSS clean as long as she is in office and will contribute as much of her personal time to volunteer work and community events.

"It's gratifying to go back to the B's at the end of the day knowing that you've made a difference in the community, no matter how minuscule," she said. "I have even been known to kneel down and pick weeds outside of the Langenbruck Center while having a conversation with the single soldiers who come up there to surf the net."

GO WITH BOSS!

OKTOBERFEST
OCTOBER 2
Let's experience the world-famous Oktoberfest in Munich.
Requires 20 or more participants. Sign-up before Sept. 20.
Depart Vilseck 10 a.m. / Arrive Vilseck 11 p.m.
Cost: \$15

AUSTRIA WHITE WATER RAFTING
SEPTEMBER 11-12
We're going to camp and get wet!
The campground is located in Haiming, Austria. Camping gear included. Must know how to swim. No passports necessary.
Depart Graf 3:30 p.m./Vilseck 4 p.m.
Cost: \$129/rafters or \$98/non-rafters
Cost includes: transportation, camping & rafting fees.

TRIP TO SPAIN
OCTOBER 8-11
Let's go to Spain and shop, enjoy the beach and have a party.
All expenses include: hotel, travel, one dinner and one breakfast and a 4-hour tour of Barcelona, spending the day there.
Depart Vilseck 11:30 a.m. Oct. 8.
Arrive Vilseck morning of Oct. 11
Deadline to sign-up: August 31
Cost: 243 Euro.

For information, contact PFC Moyer at 476-4028

Every 2nd Wednesday of the month
1900-2000 Hours

For more information, call 475-1740

Hispanic Heritage Month Activities

Something For Everyone!

GRAFENWOEHR AND VILSECK

Kids' Essay and Poster Contest

"What Hispanic Heritage Month Means to Me"

Between Sept. 15-Oct 15. for kindergarten through sixth grade with a theme of "What Hispanic Heritage Month Means To Me." The winning essay and poster will be published in the Bavarian-American magazine. Prizes for first through third place in each contest.

For more information: 476-2292, 475-8038/7215

HOHENFELS

"Enhancing the National Tapestry"

Oct. 2, 4 p.m. to midnight at the Community Activity Center, Bldg. 40.

Festivities will include: modeling display-costumes of different cultures, dance performance by Fuego Andaluz, food sampling, DJ/dancing, DoD Show, and door prize giveaway by AAFES. Guest speaker will be James Martinez, Military Combat Analyst

For information: 466-2440/ 4102/4426/2052

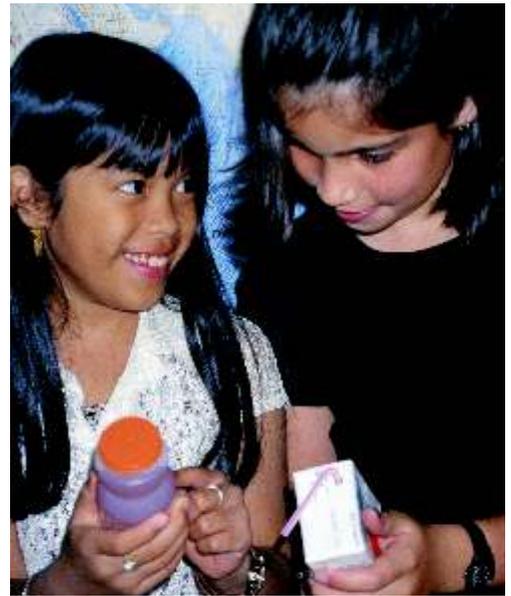
GRAFENWOEHR

Kids Celebration at the Graf Library

Spanish Story Hour Oct. 3, 2-3 p.m.

Movies & Cartoons Oct. 10, 2-3:30 p.m.

For information: 475-1740



VILSECK

Latin Kids Fest

Oct. 9, 12 to 5 p.m.

Vilseck Elementary School multi-purpose room.

Festivities include: pinatas, food sampling, games, educational booths and music and traditional dancing/dress.

For more information on Hispanic Heritage Month Activities, contact your EOA at 476-2292, 475-8038/7215.



Oct. 1, 6:30 p.m. - Yesterday's, Vilseck
 Oct. 2, 7 p.m. - CAC, Hohenfels



Reading is Fun, Enjoyable and Great!

Hohenfels Library Has Some Tips

- Hohenfels Library Staff

Reading is fun, enjoyable, and just plain GREAT!!! This is a warm and fuzzy feeling for most librarians; however, teens hold a slightly different view on the subject. Getting a teen to read can sometimes be compared to taming a wild mustang.

However, this does not have to be the case.

The Hohenfels Library staff, with the help of the American Library Association, would like to give parents some suggestions on how to get their teens to read. The question parents need to ask themselves is: Do you openly support your teen's literacy achievements and successes? If you answered yes, then good for you!! Keep up the good work. If you answered no, don't worry; the cause is not lost!!

Here are some ways to promote reading.

1. BE A READING AND WRITING ROLE MODEL

This does not mean you have to run out and obtain a copy of War and Peace or write the next great American novel. Reading a newspaper or magazine still promotes reading and relates reading to everyday life. Remember that having your teen see you read and write is a great example, and children always learn best through example.

2. YOUR CHILD DOES NOT ALWAYS HAVE TO READ TO WORK ON LITERACY SKILLS

This is a very important fact to remember. Playing games and other everyday activities also develops literacy skills and can promote family bonding. Try playing Scrabble, Boggle, or Trivial Pursuit instead of watching television or that great movie you just got from the library.

3. TAKE EDUCATIONAL FAMILY VACATIONS

Instead of going to the mall or the movies every weekend, plan an excursion to a museum, castle, or planetarium. This will give your teen a chance to learn while having fun. It will also teach you some great things about Germany and your family. Do not forget that family vacations are also a great scrap-booking opportunity, which is another great family bonding activity.

This Oct. 17-23 do not forget to help your teen celebrate Teen Read Week -- a week that promotes literacy and fun for all teens.

And remember, if you need help finding a great read, just come to the library. We are always here to give you a helping hand!!

MIGHTY MOE BINGO

OCTOBER 29 & NOVEMBER 26

Early bird at 6 p.m.
Regular play at 6:30 p.m.

Community Activity Center,
Hohenfels, Bldg 40

Packets: \$25/in advance or \$30/at the door

For more information: DSN 466-2670



October is Domestic Violence Awareness Month

It Takes a Community to Prevent Domestic Violence

- Karen B. Armstead, Victim's Advocate & Emergency Placement Care
Trainer Parenting & Family Advocacy Program Educator



Working together we can promote awareness of domestic violence within our Army communities, improve our individual responsibility to report such violence, and increase victim safety.

Working together, we can make our Army community a safe community.

Our campaign against domestic violence in the Army is ongoing. But each year, along with citizens and public officials across the United States, we declare the month of October as Domestic Violence Prevention Month, in order to call attention to the problem, and to re-commit ourselves to our goal.

Our campaign against domestic violence will succeed. Several years ago, all military services stepped up their efforts to end domestic violence, and the Army led the way. As time goes on, we are beginning to see some results: the numbers of cases have been declining since the mid-1990s.

Abraham Lincoln's famous saying, "A house divided against itself cannot stand," has serious meaning in the campaign against domestic violence. Not only does domestic violence tear homes apart, it also tears at the entire military community. Each and every one of us must take a role in prevention; in this crucial issue, no one is an innocent bystander.

Our Family Advocacy Program staff, including victim advocates, will lead the way with law enforcement staff in our domestic violence prevention campaign. Continuing to build strong partnerships is critical in reducing the incidence of this serious issue. Every home should be a safe home.

SYMBOLISM OF PURPLE RIBBON

The exact history of the purple ribbon is difficult to pinpoint. Over the years, a number of sources have been credited with originating the use of purple ribbon as a unifying symbol of courage, survival, honor and dedication to ending domestic violence.

Across the country, families and friends of victims have adopted the purple ribbon to remember and honor their loved ones who have lost their lives at the hands of a person they once loved and trusted. The Family Advocacy Program uses the purple ribbon to raise awareness about the crime of domestic violence in our community.

Domestic Violence Awareness Month (DVAM) evolved from the first Day of Unity observed in October 1981 by the National Coalition Against Domestic Violence (NCADV). The intent was to connect battered women's advocates who were working to end violence against women and children. The Day of Unity soon became a special week when a range of activities was conducted at the local, state and national levels.

WHAT IS DOMESTIC VIOLENCE?

Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other.

- ❖ If your partner repeatedly uses one or more of the following to control you, you may be a victim of domestic violence:
 - ❖ pushing, hitting, slapping, choking, kicking, or biting
 - ❖ threatening you, your children, other family members or pets
 - ❖ threatening suicide to get you to do something
 - ❖ using or threatening to use a weapon against you
 - ❖ keeping or taking your paycheck
 - ❖ putting you down or making you feel bad
 - ❖ forcing you to have sex or to do sexual acts you do not want or like
 - ❖ keeping you from seeing your friends, family or from going to work.

Violence can be criminal and includes physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuse are not criminal behaviors, they are forms of abuse and can lead to criminal violence.

CYCLE OF VIOLENCE

- ❖ Tension-Building: criticism, yelling, swearing, using angry gestures, coercion, threats
- ❖ Incident: physical and sexual attacks and threats
- ❖ Honeymoon: apologies, blaming, promises to change, gifts
- ❖ Calm-no abuse: Victim hopes abuse will not occur; abuser acts like no abuse has happened

ANYONE CAN BE A VICTIM!

Victims can be of any age, sex, race, culture, religion, education, employment or marital status. Although both men and women can be abused, most victims are women. Children in homes where there is domestic violence are more likely to be abused and/or neglected. Most children in these homes know about the violence. Even if a child is not physically harmed, they may have emotional and behavioral problems.

If you have questions or concerns call Family Advocacy and ask to speak with the Victim's Advocate. Report incidents of Domestic Violence to the report point of contact (RPOC) Military Police in your community.

If you are being abused, REMEMBER... You are not alone. It is not your fault. Help is available.

DSN: 466-4908/4860 CIV: 09472-83-4908/4860
FAX: 466-2035 CIV: 09472-83-2035

Watch your favorite NFL teams at *The Zone!*

All sports . . . all the time!

Hohenfels Bldg #150

Hours:

Thursday, 4- 9 p.m.

Friday, 4-11 p.m.

Saturday, 2-11 p.m.

Sunday, 1-7 p.m.

Keep an eye out
for special hours
during
football season!



Mongolian Barbecue Arrives Oct. 1

South Beach Diet Featured at the Tower View Restaurant

- Kathy Heater



South Beach Diet Salads

Photo by Sue Bluhm

Tower View Restaurant & Conference Center

Come to the Tower View for breakfast or lunch and enjoy a quick get-away. The relaxing atmosphere is just the touch you need to regenerate you for the rest of the day. Lunch offers a hearty special of the day, a variety of great sandwiches, a soup of the day and a salad bar.

Call ahead for take-out orders. DSN 475-6200 or Civilian 09641-83-6200.

Mongolian Barbecue Oct. 1

5-8 p.m.

The Tower View Restaurant & Conference Center will feature an elaborate buffet-style table laden with many food choices from thinly sliced beef, pork, chicken breast and popcorn shrimp to freshly cut vegetables, such as green onion, cabbage, spinach, carrots, broccoli, cauliflower, mushrooms, bean sprouts, bamboo shoots, garbanzo beans, pineapple chunks, mixed nuts and more.

Dining patrons can choose one or all of these delicious selections. These ingredients are then handed to a chef, who quickly prepares it by quick grilling.

Mongolian Barbeque is a unique dish with three steps:

- ⇒ Fill a plate with your choice(s) of meats and/or vegetables and pour your favorite sauce(s).
- ⇒ Please present your plate to cashier for weighing (\$0.85 per ounce) and paying.
- ⇒ Once cooked, we serve over steamed rice and bring it to you.

Remember you are in control of the ingredients and flavor of your plate. More Sauce = More Flavor

History Note This simple and effective way of cooking was introduced into the Chinese culture during the Genghis Kahn Invasion in 1211 A.D. It was later known throughout the tribes as Mongolian Barbecue. The addition of vegetables and other ingredients was not part of the original method of cooking and was strictly a modern-day Chinese innovation added many years later.

Breakfast	Monday-Friday, 6:30-9 a.m.
Lunch	Monday-Friday, 11:30 a.m.-1:30 p.m.
Catering Office	Monday-Friday, 9 a.m.-4 p.m.
Antiques Sales	Monday-Friday, 9 a.m.-4 p.m.

October Lunch Specials

Friday, Oct. 1	Baked trout
Monday, Oct. 4	Seasoned and grilled pork steak
Tuesday, Oct. 5	Lasagna
Wednesday, Oct. 6	Roast pork
Thursday, Oct. 7	Smothered chicken
Friday, Oct. 8	Baked salmon
Monday, Oct. 11	Closed
Tuesday, Oct. 12	Chicken enchiladas
Wednesday, Oct. 13	Jaeger schnitzel
Thursday, Oct. 14	Grilled chicken breast
Friday, Oct. 15	Baked catfish
Monday, Oct. 18	Open-faced roast turkey sandwich
Tuesday, Oct. 19	Bulgogi
Wednesday, Oct. 20	Fried chicken
Thursday, Oct. 21	Grilled turkey breast
Friday, Oct. 22	Flounder and popcorn shrimp
Monday, Oct. 25	Grilled bratwurst
Tuesday, Oct. 26	Grilled Cajun rib-eye steak
Wednesday, Oct. 27	Meatloaf
Thursday, Oct. 28	Shrimp Alfredo with fettuccini
Friday, Oct. 29	Deep-fried catfish & popcorn shrimp

Bowling in Your Free Time

October Events

SPECIAL BOWLING EVENTS:

VILSECK

Oct. 9 ALIBI Tournament
Entry fee: \$12/person. Bowl 4 games and your low game - or alibi game - is not counted. Cash payouts are based on number of entries.

Oct. 16 Bowling Bingo
11 a.m. Entry fee: \$10/person. Strikes are marked on a Bingo card. All bingos for the tournament split the price fund.

Oct. 22 Ladies Night
11 p.m.-2 a.m. Ladies bowl free.

Oct. 30 Cosmic Halloween Party
8 p.m.-1 a.m. Cosmic bowling.



GRAFENWOEHR

Oct. 1 Crazy Eights
Entry fee is \$1/per round.
This game follows Men's League. Winner receives all prize money minus lineage used for rounds.

Oct. 24 King of the Hill
11 a.m. starts.

ON-GOING BOWLING EVENTS:

MONDAY-FRIDAY

Midnight Madness Graf/11 p.m.-midnight
Duty Bowl Special Hohenfels/11 a.m.-2 p.m.

SUNDAYS

Family Day Bowling Graf/11 a.m.-7 p.m.
Family Day Bowling Vilseck/11a.m.-6 p.m.
80s Night Bowling Vilseck/6-9:30 p.m.
Family Day Bowling Hohenfels/11a.m.-11p.m.

MONDAYS

Mixed League Bowling Graf/7 p.m.

TUESDAYS

50 Cent Games Hohenfels/8:30 p.m.
Mixed Leagues Bowling Hohenfels/6-8:30 p.m.

WEDNESDAYS

80 Cents Night Graf/6 p.m.
Bowling Special Vilseck/11a.m.-9:30 p.m.
Frequent Bowler Games-Count-Double Hohenfels

THURSDAYS

Bargain Basement Bowling Graf
Mixed League Vilseck

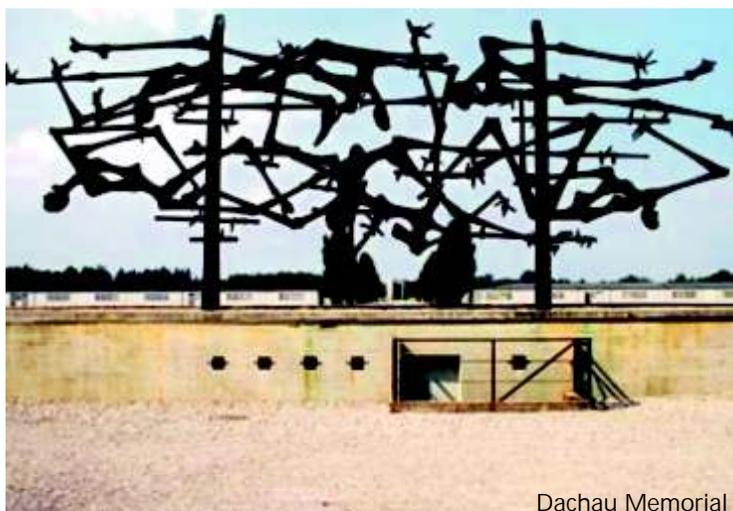
FRIDAYS

Extreme Bowling Hohenfels/8 p.m.-midnight
BOSS Night Vilseck/6-10:30 p.m.
BOSS Members \$1/game
Frequent Bowlers Bowl-For-Free Hoh./11 a.m.-2 p.m.
Duty Bowl Special Hohenfels/11 a.m.-2 p.m.

SATURDAYS

Cosmic Bowling Graf
Cosmic/Disco Bowl Vilseck/8 p.m.
Extreme Bowling Hohenfels/8 p.m.-midnight

Let ITR Take You There!



Dachau Memorial

ITR Trips from Graf and Vilseck

Oktoberfest

Oct. 2

This is the most famous fest in the world. Customers can visit the beer tents, ride the rides, or just hang out.

Don't forget the great German food, either. This is the last weekend for 2004's fest, so sign up now!

\$25/adult

Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Legoland, Munich

Oct. 3

This is one of the newest Legoland Parks. They offer a day full of amusement for the entire family. The park is divided into seven "lands," each with a theme that dominates displays and rides. \$25/adult

Departs: Vilseck 6:30 a.m., Graf 7 a.m.

Berlin Overnight

Oct. 8-11

If you did not get enough of Berlin on our day trip, then this is the trip for you. We will offer more extensive tours and excursions for you. More details will be announced as they are finalized.

Poland

Oct. 16

PASSPORT REQUIRED!

This trip takes you to the Polish pottery factories. You can buy your favorite pattern at low prices. This will be the last trip for the 2004 season, so don't put it off.

Passports are required for each participant! \$45/person

Departs: Vilseck at midnight, Graf 12:30 a.m.

Prague Day Trip

Oct. 17

PASSPORT REQUIRED!

ITR will take you to one of Europe's most famous cities with a guided tour from a Prague citizen. After the tour, you will be free to sightsee on your own before returning to the 409th BSB area. \$35/person

Departs: Vilseck 4:30 a.m., Graf 5 a.m.

Dachau and Munich

Oct. 23

Tour the famous Dachau Concentration Camp outside of Munich. After that, we take you to Bavaria's capital city. You can sightsee in the Marienplatz, eat at the Hofbräuhaus or Hard Rock Café. If this is not your style, you can also go visit a museum. With so many options, this trip is ideal for all. \$25/adult

Departs: Vilseck 6:30 a.m., Graf 7 a.m.

Three-Castle Trip

Oct. 24

We take you to the Bavarian Alps so you can see three of Prince Ludwig's famous castles. Hohenschwangau was the castle where Ludwig's parents resided.

Neuschwanstein is the castle Disney used as the model for Cinderella's castle. Linderhof is the only castle that Ludwig actually completed before his death. \$35/person

Departs: Vilseck 4 a.m., Graf 4:30 a.m.

Go-Carting

Oct. 30

ITR takes you to the Go-Cart center in Wackersdorf. The facility has indoor and outdoor tracks, so weather is not an issue. The cost includes one hour of carting. 60/adult

Depart: Vilseck 9 a.m., Graf 9:30 a.m.

For more information, contact ITR in Graf at 475-7402 or in Vilseck at 476-2360.

ITR Trips from Hohenfels

Oktoberfest

Oct. 2

This is the most famous fest in the world. Customers can visit the beer tents, ride the rides, or just hang out.

Don't forget the great German food, either. This is the last weekend for 2004's fest, so sign up now!

\$25/person

Departs: Hohenfels 7 a.m.

Two-Castle Tour

Oct. 16

Visit King Ludwig's Neuschwanstein Castle, which served as the inspiration for Cinderella's castle. Then catch a glimpse of nearby Hohenschwangau!

\$45 per person. Does not include castle tour costs.

Departs: Hohenfels 5 a.m.

Dresden

Oct. 30

You'll have an opportunity to wander the streets and see the sights of this beautiful German city. \$50 per person

Departs: Hohenfels 5 a.m.

For more information about Hohenfels trips, please call ITR at 466-2225 or ODR at 466-2060.

Neighborhood Night Out was a Roaring Success!

K-9 Demo, Balloons, a Fire Truck & Train, Safety and Info Booths Added to the Fun

- Denise Anderson, Safe Neighborhood Awareness Program



Photo by Denise Anderson



Photo by Sue Bluhm



Photo by Sue Bluhm

Grafenwoehr's Neighborhood Night Out (NNO) took place on Wednesday August 18.

We served 250 free hamburgers and 250 free hotdogs between 4 p.m. and 7 p.m. We offered face painting, a blow-up slide, balloon animals, racing games, a Weiden Polizei Dog Demonstration, helium balloons, a children's train, an MP Display vehicle and a Fire Truck for the children to play on, a seatbelt demo by the safety office, as well as information booths by ACS, Red Cross, SNAP, DARE and AFTB.

We also had a free raffle drawing that took place at the end of the event. I'm very happy to say that this year's event was a much bigger success than last year's. The lay-out for the event was better; we had more media advertisement through the Bavarian-American, the Training Times, AFN Radio and fliers. All in all, everyone and everything came together quite nicely.

AOVE and Shopping at the Farm



Variety of Farm-Fresh Products to Purchase

In the communities around Vilseck and Grafenwoer, you will find numerous farms that sell their products directly. They offer a large variety of quality products: Eggs, potatoes, meat, cheese, etc. All of these agricultural products are characterized by their freshness and are all natural. (Little or no use of pesticides).

Here is a small selection:

Hutzelhof

Farm with store. Pork, beef, sausage, fruit, potatoes, vegetables, grain, dairy products, eggs, bread.

Kugler Guenther Hutzelhof

Weissenberg 55, 92265 Edelsfeld

Tel: 09665/95015 / Fax: 09665/95016

E-mail: hutzelhof@t-online.de

Oeko Frost-Bote

Food from controlled organic cultivation, fresh and mildly frozen, available for private, retail and restaurants. Numerous quality products are available to order, i.e.: vegetables, ice cream, baked goods, pizza, beef, pork, chicken and fruit.

Oeko Frost-Bote

Tel: 09665/953333 / E-mail: frostbote@freenet.de

Order by Internet: www.oeko-frostbote.de

Hofkaeserei Wohlfahrt

Cheese-making dairy. Great home-made cheese assortment from their own cheese-making dairy, cured ham and salami.

Wohlfahrt Harald

Weissenberg 1, 92265 Edelsfeld

Tel: 09665/8126

If you want to find out how the holes get into the cheese, join a tour of our cheese-making dairy. You can book guided tours through the 409th BSB Army Community Service, Tel: 09662-83-6250 or contact AOVE at www.aove.de!

Laubhof Farm

Farm with store. Fresh wild boar and home-made wild-boar salami from our own controlled breeding.

Ulrich Hermann

Laubhof 1, 92256 Hahnbach

Tel: 09664/307 / www.ulrich-laubhof.de

Vegetables, Dried flowers

The potato is always No. 1 for the Trummer Family! Available at the farm are potatoes, tomatoes, and onions, as well as dried-flower bouquets and other handcrafted decorative items for your apartment.

Trummer Georg Vogelloh

Hauptstr. 43, 92256 Hahnbach

Tel: 09664/95099

E-mail: Trummer-hahnbach@t-online.de

Fish Shop

All fish are locally farm-raised: Carp, trout, pike, tench

Meier Christian

Ehenfeld 101, 92242 Hirschau

Tel: 09622/717151 / E-mail: www.oekofischzucht.de

Noucht & Guad

Regional products from the area. Means: close and good, local quality products. You will find: meat, sausage, cheese, bread, vegetables, fruits etc. All food products are guaranteed from the local area.

Noucht & Guad

Postgasse 2, 92242 Hirschau

Tel: 09622 / 719277 Contact: Mrs. Irene Schwinger

Metzner-Hof

Farm with store. Available at the farm are: rooster, turkey, beef, sausage, salami, hare and duck.

Metzner Josef

Wuestenau 1, 92256 Hahnbach

Tel: 09664-1591

Vilseck Farm

District Hohenzant. At this farm you can buy the following products: rooster, beef, pork, salami, duck, goose, and fresh venison (from own controlled venison breeding) and salami.

Josef Haertl

Hohenzant 1, 92249 Vilseck

Tel: 09662-9728 / fax: 09662-7205

German-American Night

60 years of living together! Oct. 9, 8:30 p.m., Ehenfeld (near Hirschau). Call 409th BSB Public Affairs for more info. DSN 476-1600 or 476-2650.



Ebermannsdorf - 1,000 Year Birthday

Woodlands, Meadows and Ponds



Ebermannsdorf, which is situated 8 kilometers southeast of Amberg, has a population of 2,600 and is regarded by insiders as a little known area offering quality, reasonably-priced residential property as well as an ideal location for commerce and industry. It is only a short distance to the B 85 or to the autobahn A 6. Bus service to Amberg is available, and the surrounding countryside offers ample opportunity to unwind from daily stress.

As a result of the community restructuring program at the beginning of the 1970s, the former independent communities of Pittersberg and Diebis were joined with Ebermannsdorf. That, combined with a continuous population growth over the last several decades, has led to an increase from 713 inhabitants in 1970 to the remarkable figure of 2,610 today.

In addition to Ebermannsdorf, which is the main part of the community, the rest is made up of the small hamlets of Pittersberg, Diebis, Ipfenheim, Schafhof, Breitenbrunn, Au, Arling, Niederarling, Herflucht, Gleicheroed and Frauenlohe. If these places are not familiar to you then we suggest you pay them a visit and see for yourself how enjoyable it is, for example, in Pittersberg. Instead of simply paying it a fleeting glance as you speed by on the B 85, go there directly and have a walk to enjoy the peacefulness of the countryside and take time to enjoy the magnificent view. The local church was built as early as the 14th century and was reconstructed in Baroque style in 1706 following a fire. At the "Golden Hind" inn, you can enjoy the unique atmosphere and the specialities of fine cuisine.

Woodlands, meadows and ponds make up the typical countryside of the Oberpfalz and can be enjoyed here. Endless walking routes make the whole district into a recreational area. In addition, it is also ideal for cycling trips.

Ebermannsdorf was first mentioned under the rule of the diocese of Bamberg. Ebeermundesdorf, a settlement which emerged from an ancient noble

residence on an old road that connected the well-known Franconian court of Lauterhofen with that of Nabburg, was presented to the bishopric of Bamberg by Henry II in 1004.

The lords of Fuchstein have resided here since 1501. The most famous of them was Dr. Johann of Fuchstein of Ebermannsdorf. He was extremely talented, skillful and educated, but he was also an intriguer and easily bribed. As a Lutheran, he supported the plot of the imperial knights against the princes, while at the same time trying to deceive his master, Pfalzgraf Frederick, about the true purpose of his actions. When by chance his disloyalty was discovered, he was locked up as a political prisoner in the front tower of the castle in Amberg during Lent 1523. Since then, the tower has been known locally as the "Fuchsteiner."

As a silent witness of past times there is the remaining octagonal keep, standing on the side of the hill, facing east, which local people call the "hunger tower." It has its origin in late Romanesque times, founded in the 12th century, and is part of the family residence of the Ebermannsdorfers but has lain in ruins since 1523.

And so this year, Ebersmannsdorf can look back on an existence going back over a thousand years. This fact will be celebrated throughout the year. One of the highlights of the celebrations was a historical weekend in July, complete with a camp site, games, artisans, booths, demonstrations and a large historical procession. This spectacle was enjoyed by more than 10,000 visitors. To mark the occasion of the year of celebration, the Ebermannsdorf chronicle, edited by two local people, Manfred Klemm and Herrmann Schrott, was published and issued that weekend.

Information available from:

Gemeinde Ebermannsdorf,
Schulstraße 8, 92263 Ebermannsdorf
Tel: 09624 / 9203-0 / Fax: 09624 / 2720
E-mail: gemeinde@ebermannsdorf.de
Internet: www.ebermannsdorf.de

Events in October 2004

During October	Berggasthof Restaurant
	Speciality cuisine
Oct. 10	Concert
	Bruder-Konrad Church
Oct. 30	1,000 Years Birthday Ebermannsdorf
	Final event to mark anniversary
Nov. 27-28	Christmas Market
	Bruder-Konrad-Church
Dec. 19	Christmas Service
	in the forest



NEW!
Smoothie Drink Bar
 at renovated Vilseck
 Rose Barracks Fitness Center
 by **PFES**
 Proudly serving the 100th ASG

Photo by Serge Kears

FITNESS CALENDAR

OCT	YOGA	SPINNING	AEROBICS	BODY ROCK	KICK BOXING	RESISTA-B	POWER LUNCH
MONDAYS	<ul style="list-style-type: none"> V-1530 (2&3) 	<ul style="list-style-type: none"> G/V-1145/1700 V-1145/1745 H-1200 	<ul style="list-style-type: none"> V-1645 	<ul style="list-style-type: none"> H-1700 	<ul style="list-style-type: none"> V-0900 		
TUESDAYS	<ul style="list-style-type: none"> H-1730 		<ul style="list-style-type: none"> V-1645 G-1730 		<ul style="list-style-type: none"> G-1145 V-1800 	<ul style="list-style-type: none"> V-1100 	<ul style="list-style-type: none"> H-1200
WEDNESDAYS		<ul style="list-style-type: none"> G-1700 H-1200 V-630/1145 V-1745 	<ul style="list-style-type: none"> V-1645 G-1730 	<ul style="list-style-type: none"> H-1700 	<ul style="list-style-type: none"> V-0900 		
THURSDAYS		<ul style="list-style-type: none"> H-1600 	<ul style="list-style-type: none"> G-1730 		<ul style="list-style-type: none"> G-1230 V-1700 	<ul style="list-style-type: none"> V-1100 	<ul style="list-style-type: none"> H-1200
FRIDAYS		<ul style="list-style-type: none"> G-1145/1700 V-1200 (2&4) 		<ul style="list-style-type: none"> H-1700 	<ul style="list-style-type: none"> V-0900 (2&4) 		All sports events and fitness classes subject to change or cancellation

G=GRAF FIELD HOUSE
 H=HOHENFELS POST GYM
 V=HILLTOP GYM
 NOTE: (WEEK)

Graf Field House, Bldg 547, DSN 475-8361
 Hohenfels Post Gym, Bldg, DSN 466-2883
 Vilseck Rose Barracks F.C., Bldg 323, DSN 476-2998
 Vilseck Hilltop Gym, Bldg 616, DSN 476-2270

OPERATION GET FIT
 1st & 3rd Fridays-Vilseck, 1800-2000
CALL ABOUT:
 MESSAGE, KARATE & PERSONAL TRAINERS

The Wait Is Over at Vilseck's Rose Barracks

Fitness Center Reopened on Sept. 13

- Dan Fraizer, Sports Recreation Assistant

On Monday, Sept. 13, the Rose Barracks Fitness Center reopened its doors after a six-month renovation project. To commemorate the re-opening, a series of fitness programs was offered throughout the day, including Aerobics, Spinning, Yoga, Resist-A-Ball and Kickboxing, as well as fitness assessments and exercise prescriptions.

Fitness seekers will find their old fitness center new again. After a tough workout or a grueling fitness class taught by Fred Cohen or Sarah Fogle, patrons are encouraged to replace lost fluids and cool down at the new Smoothie Zone and lounge area. Smoothie Zone's menu will consist of smoothies made with natural fruits, herbal ingredients, and natural, low-fat items that can give an extra burst of energy, help to relieve stress, or just taste great for the sake of tasting great. The tentative hours of operation for the Smoothie Zone are 7:30 a.m. to 2:30 p.m. and 4:30 p.m. to 9 p.m.

The floor has taken on a new look as well. Gone is the old, lime-green basketball court. In its place is the brand new, color-coded Mondo Sport Impact flooring. The surface is extremely durable, is highly resistant to denting and cutting, and provides excellent shock absorption and energy return. In addition, Sport Impact has excellent sound absorption properties and, due to its textured surface, is highly slip resistant. There will be different colored sections of flooring separating the different areas of the Fitness Center. Other changes include renovation of the saunas and the offices, a new walkway entrance, and a significant amount of new fitness equipment.

Other projects have been planned but cannot be completed until December. The upper deck will undergo some major improvements. The upper deck railing will be replaced, along with improvement and repair to the upper



Photo by Serge Kearsse

deck floor. The main entrance doors will also be replaced, and a fence around the entry will be constructed. When it is all said and done, the entire renovation project will have cost approximately \$350,000.

Operating hours for the Rose Barracks Fitness Center will be from 5 a.m. to 10 p.m. daily. At this same time, the Hilltop fitness center will be open from 3 p.m. to 8 p.m. daily.

Permanent lockers will continue to be available on a limited basis at both Fitness Centers. Permanent lockers at the Rose Barracks Fitness Center will be reassigned to those who had them prior to the temporary closure. The waiting list has been maintained, and new permanent lockers will be assigned as they become available. Individuals assigned permanent lockers at the Hilltop Fitness Center need to contact the Sports and Fitness Staff to have their lockers reissued.

Members of the 409th BSB military community not only got one of their three fitness centers back on Sept. 13, but arguably one of the best fitness centers in all of USARUER. It has been well worth the wait.

The Art of a Good Massage is in the Hands

Grafenwoehr Field House's Biggest Secret!

- Connie Camerer

Have you ever wondered what massage is good for? Most Americans think of it as a feel-good luxury. In fact, the hands of a good massage therapist or body worker, as those of us who like "fixing" bodies prefer to call ourselves, contain solutions to many soft-tissue problems. A properly trained body worker will not hesitate to send you to a medical doctor for acute injury or severe problems such as ruptured disks, continuing unexplained pain, or evidence of systemic disorder or pathology. Professional body workers can work together with doctors to help people live in greater health and less pain.

CNN.com reports that four-fifths of all doctor visits are for back pain. They also note that injuries are also the "leading cause of work-related disability." While prescribing massage is common in continental Europe, many American back-pain sufferers remain under-informed about their options.

One of the Grafenwoehr Massage Program's regular clients suffered from intractable back pain from multiple ruptured disks for many years. Careful work to loosen the muscles on his back reduced the pressure. He is largely pain free these days. Only a surgeon can fix the disks, but a good body worker can reduce the muscular and fascial tension on them, which is what is responsible for pain in some cases. In a study by the Mayo Clinic, massage and education about stretching were the most effective treatments for back pain, beating out drug therapy (Motrin and similar pain killers) and acupuncture.

The most common problems we see here on

post stem from overtraining and insufficient stretching. Tight hamstrings and tight hip rotators create a potential for injury by pulling on the other muscles in your low back. The body is a dynamic structure of balancing muscles and bones. Tension in one part of the structure creates a "stress focus" for the impact the body endures. A young soldier has been in our office twice for resolution of lower hip and leg pain. One of his hip rotators on the right side has a trigger point, easily addressed with deep massage and stretching. He reports at least a week pain free after this simple manual therapy.

It's better to stretch after cardio, when your muscles are still warm. Remember to breathe out as you stretch. This will help your body return to "normal" and allow you to relax into the stretch. Yoga might look funny, but when it comes to stretching, those yogis are onto something.

The quadriceps in the front of the leg need to be loose enough so that you can touch your heel to your rear. These big muscles actually tie into a tendon which runs over your patella, or knee bone, which attaches to the top front of your shin. Tight quads can press the patella into the knee joint, causing it to wear the cartilage lining thin too quickly. Knees are tricky anyway, so give them a break and stretch those quads.

Protect yourself from groin injury (ouch!) with kneeling lunge stretches. As you lean slowly into the stretch, take a big breath and reach up over your head with both of your hands, reaching up and leaning back a little. This will stretch a core muscle vital to your balance and posture, the iliopectas.

I wish I got to see more soldiers before they have that "odometer rollover" that sends them limping into my office. Much of the time, they are suffering from a trigger point flare-up. A trigger point is what you might call a "knot" in the muscle. In a physiological sense, it really is a knot of fibers! Anywhere in a muscle, overuse or trauma can cause the fibers to get inflamed and tangled up. If this happens near a nerve, the unhappy muscles





cause it to send alarm signals, which your brain translates as "OW!"

That unrelenting pain in the middle of your back can be caused by spasm in the muscles which run from the base of your ribs to the top of your hip. A skilled body worker knows how to reach that muscle, gently stretch it and relieve the spasm. A soldier with this problem was in my office a few weeks ago. He's fine now, but sometimes it takes more than one appointment to resolve acute problems, especially if they've been building up for a while.

Some old trigger points may contain calcium deposits and almost feel like rocks in the muscles. Persistent treatment with compression, friction and stretching can send them into remission and eventual extinction.

Muscles are made of contractile strands encased in a fibrous sheath of fascia. Use will cause the fascia to get denser and denser in response to the stress, which is why, if you run a lot, your muscles seem to only get stiffer, especially if you don't stretch! This can also be a cause of plantar fasciitis (a common Army ailment). The muscle fibers are what grow as you get stronger. If they get torn, they tend to mat up in the injured area. This makes the muscle stiff and less flexible after the injury because the fibers aren't sliding over each other like they should. The manual therapy solution to this is gentle but firm "cross-fiber friction" - going across the grain of the muscle to help the fibers heal straighter and improve circulation. We also make use of active, or resistive, stretching to "re-educate"

the muscle. Similar technique helps old sprains by improving circulation and increasing mobility.

Sometimes, just a break from the world and a little pampering is what you really need. Gentle relaxation techniques, soothing strokes, lowered lighting, and beautiful, simple music are part of the experience. Nothing matters; put your cares aside for an hour and just BE. Let the stress and aggravation of the day melt away, and sleep better at night.

Call the Grafenwoehr Field House about available times at DSN 475-6426. Payment is needed to secure an appointment with one of our professionally trained and nationally certified massage contractors. You can pay at either the Grafenwoehr Field House or either of the Vilseck fitness centers.

The Graf Massage Program plans to open a new location in Vilseck in October 2004! Watch for details.

The rates are:

"The Basic"	\$25
30 minutes back or leg rubdown	
"The Basic II"	\$45
60 minutes of total relaxation	
"Problem Solver"	\$35
30 minutes specific medical work (prescription or pain relief)	
"Sports Massage"	\$55
60 minutes deep work, stretching	
"The Works"	\$65
Performance tune-up or sheer indulgence; let us pamper you. 90 to 120 minutes, as needed.	

Golf and Skeet & Trap Highlight Commanders' Cup

Company-Level Golf Championship Was Held Aug. 11

- Dan Fraizer, Sports Recreation Assistant

The 100th ASG Sports & Recreation division hosted the 2004 Company-Level Golf Championship Aug. 11 at Koenigstein Golf Course near Vilseck. This was the first individual 100th ASG Championship of the current Commander's Cup year. It was also one of the biggest individual unit competitions, with seven units from throughout the 100th ASG participating.

The Company-Level Golf Championship is an ideal example of the Commander's Cup program. While providing a competitive event for seasoned golfers, it also offers an opportunity for soldiers who have never played golf to participate. To emphasize the importance of recreation to the morale of the soldier, this was a duty day for the soldiers.

The event began with a shotgun start, meaning all golfers began from different holes at the same time and then played through the course. It was perfect weather during play. The event concluded with an awards ceremony. The company-level team trophies went the champions, B Co. ¼ Infantry in Hohenfels. The runner-up was HHD 282 BSB in Hohenfels, while D Co. 3/58 Aviation in Graf came in third. Other units competing were 2-63 Armor, Vilseck, HSC 94th Engineers, Vilseck, 7th NCO Academy and HHC 100th



ASG, Grafenwoehr.

In addition to the competition for the company-level team trophies, there were special individual awards. "Closest to the Pin" was won by Ryan Danielsen from D Co. 3/58 Aviation at hole number one, and Edward Wilder of HHC 100th ASG won "Longest Drive" on hole number five. Individual awards were also presented to the individual champion and runner-up golfers of the day, Edward Wilson, HHC 100th ASG and Keith Smith, HSC 94th Engineers, respectively.

Skeet & Trap on July 28 was the Final Rod & Gun Event for the Year



100th ASG Sports & Recreation conducted the last of three Rod and Gun events for the year with the Skeet & Trap Championship at the Skeet & Trap range in Grafenwoehr on July 28.

This event was part of the 100th ASG Commander's Cup program and was a perfect example of how the program encourages participation in MWR

programs among units.

B Co ¼ Infantry from Hohenfels participated in the rifle event earlier in the year and again in this championship. But this time they sent 11 soldiers who had not participated in the program previously. For some, it was their first opportunity to shoot Skeet & Trap. But they didn't have anything to worry about, since achievement points for the Commander's Cup program only includes the points of the three highest scoring soldiers from each unit.

Three units participated in the event with Commander's Cup Awards going to B Co ¼ Infantry from Hohenfels as champions, HHD 18 CSB from Grafenwoehr as runner-up and HHD 282nd BSB in third place. Individual awards were presented to the best shooters based on total combined score of skeet and trap.

The champion was Donald Jackson, HHD, 18 CSB Grafenwoehr, while the runner-up was Matthew Bloom B Co ¼ Hohenfels.

Powerlifting Held on Aug. 14

- Sarah Fogle and Claudia Avery

Hilltop sports center held the 100th ASG Power lifting Invitational on August 14, 2004.

The awards were given based on the Wilks formula. This formula compares how much you lift to what your body weight is. For men's overall John GAO-ay from Heidelberg took first place with a

combined weight of all three categories (squat, bench and dead lift) 445 KG. Walter Phillips from Vilseck came in 2nd place with a combined weight of 423KG. Placing 3rd was John Svalina from Graf.

On the women's overall Crystal Barns from Kitzingen took the lead with combined weight of 180KG. Placing in second was Jaqueline Aaker from Vilseck with a total weight of 90KG. The power lifting was a big success.