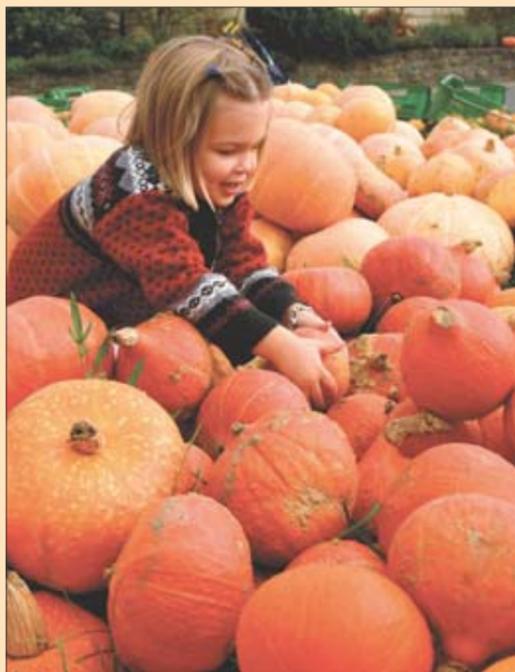


## O' great pumpkin ...



Kristen Chandler Toth

Three-year-old Celeste Humphrey sorts through a pile of pumpkins looking for the perfect one in a pumpkin patch in Lindach, near Schweinfurt, recently. Celeste is the daughter of Chris Humphrey, Schweinfurt American Middle School band teacher, and mother Nicole. Celeste's little sister Olivia also searched for the great pumpkin.

### Trick or Treat hours

Ghouls and goblins, Batman and Spiderman, and a princess or two will make their way through military housing areas on Halloween. Trick or treat hours vary in communities this year. Motorists are reminded to be especially careful when driving during trick or treat hours.

Halloween hours/notes:

**USAG Ansbach** – In Ansbach, trick or treat hours are Oct. 28 from 6 to 8 p.m., with trunk or treat at the same time. In Illesheim, trick or treat is Oct. 29 from 5:30 to 7:30 p.m., with trunk or treat at the same time.

**USAG Bamberg** – Trick or treat is Oct. 31 from 6 to 8 p.m.

**USAG Schweinfurt** – Trick or treat hours are Oct. 31 from 6 to 8 p.m. Kids 0 to 16 years are invited to a costume contest at the PX, Oct. 29 at 2 p.m. Register from 1 to 1:45 p.m. For info call 09721-808811.

**USAG Franconia** – Trick or treat hours Oct. 31 from 6 to 8 p.m.

### You can turn back time

But just one hour, when European daylight savings time ends at 1 a.m., Sunday, Oct. 30. Be sure to turn clocks back one hour before retiring Saturday, Oct. 29, and enjoy an extra hour of sleep Sunday morning.

### Olympic champion to visit

Billy Mills, gold medal winner of the 1964 Tokyo Olympic 10,000 meter run, has been confirmed as Native American Indian Heritage Month guest speaker Nov. 21-23. Mills upset world record holder Ron Clarke of New Zealand in one of the most dramatic Olympic moments of all time. He will speak in Wuerzburg Nov. 21, in Schweinfurt and Bamberg Nov. 22, and in Ansbach Nov. 23. Times and locations will be announced in a future edition of The Point.

### PLDC becomes WLC

The Army has announced that its Primary Leadership Development Course will be renamed the Warrior Leader Course, beginning Oct. 15, and officials said the new name reflects changes made to PLDC curriculum over the past year. The course has been redesigned to better prepare Soldiers for asymmetrical warfare and now includes lessons learned in Iraq and Afghanistan, said Brig. Gen. James M. Milano, the Army's director of Training under G3.

"The new WLC will not only prepare Soldiers for traditional challenges, but irregular challenges as well," Milano said after reviewing all the changes made to the curriculum this past year. (Army News Service)

### Safety course now online

Everyone who drives an Army vehicle must now complete a new online course designed to make people think about driving safer. The Accident Avoidance Course is available through the Army Knowledge Online Learning Management Services. All Soldiers, civilian employees and contractor employees who drive Army-owned or leased vehicles must complete the training when they start working for the Army.

Refresher training must be completed every four years. The course meets the four-year refresher training requirements of Army Regulation 385-55 and Army Regulation 600-55. (Army News Service)

# Muslims observe Ramadan, Eid-ul-Fitr

by Chaplain (Maj.) Abdul-Rasheed Muhammad  
Division Support Command, 1st ID

Muslim Soldiers and their families began to observe the Holy Month of Ramadan (The Month of Fasting) Oct. 4 or 5 with continuous observance for 29 or 30 days.

After Ramadan ends, Eid-ul-Fitr (The Celebration of Fast Breaking) takes place on the first day of the succeeding month, or the month Shaw'wal. The first day of Shaw'wal will begin Nov. 3 or 4.

Ramadan is the ninth month of the Islamic calendar. It's also when the first verses of the Qur'an were revealed to Muhammad by the angel Gabriel in the year 610 AD.

Accurate starting dates for the observances cannot be made beforehand since the Islamic calendar is lunar and the actual date of observance is determined by viewing the crescent moon every month. There is a 10-day difference between the lunar and solar calendars each year.

This year, Muslim Soldiers and family members will meet in locations throughout Germany for daily fast-breaking or Iftar and congregational prayers. Each weekend throughout Ramadan, a special Iftar program will take place at military installations in Germany, including the Islamic Worship Center on Harvey Barracks in Kitzingen,

the Islamic Worship Center in Hanau, and the Muslim and Jewish multi-faith chapel at Ramstein Air Base.

Scheduled Islamic services include:

- Daily Iftar (fast-breaking) and Magrib (sunset congregational prayers) at the Islamic Worship Center on Harvey Barracks. Check local times for sunset.

- Isha Prayer (evening congregational prayer) and Tarweeh (special prayers during Ramadan) every evening at the Kitzingen downtown mosque.

- Community Iftar & lecture "What Islam is all About?" by Chaplain (Maj.) Abdul-Rasheed Muhammad on the facts, myths and stereotypes of the Islamic Faith, at the Harvey Barracks Islamic Worship Center at 4 p.m. Saturday, Oct. 29. Lecture will be followed by Q&A and a community Iftar meal. All are invited.

Eid-ul-Fitr Prayers and Celebration: The celebration of the completion of Ramadan, Nov. 3 or 4 at the Islamic Worship Center at Ramstein AB. Contact your unit Chaplain for accurate dates and times.

For more information, contact Chaplain (Maj.) Abdul-Rasheed Muhammad, 355-8505, or Chaplain Ibraheem A. Raheem, 322-7696.

# The Point

Vol. 13, No. 20

October 21, 2005

Ansbach • Bad Kissingen • Bamberg • Giebelstadt • Illesheim • Kitzingen • Schweinfurt • Wuerzburg

## Disabled employees contribute Not allowing impairment to hold them back



by Cheryl Boujnida  
The Point

You can hear Parrish Worrell coming down the hall even before you see him. The sound of his electric wheelchair is familiar to students at Bamberg American Elementary School where he teaches as a full-time educational technologist.

Worrell was diagnosed with muscular dystrophy at age 22, but did not allow his impairment to hold him back. The diagnosis actually thrust him forward.

"It was a mixed blessing because I was working as a manual laborer and when I was diagnosed and I had to change my profession," Worrell said. "I was forced to go back to college and get a degree."

Worrell said he realized quickly that with a 100 percent disability he could be a tax user, but he opted to be a tax payer.

"I have a strong work ethic that was instilled by my mother and father, a retired Army veteran," he said. "Sitting at home and collecting a monthly check is not a high quality of life. I decided to choose something I love – teaching – and go for it."

See Teacher on Page 12

Parrish Worrell, educational technologist at Bamberg American Elementary School, assists David Jeffries, 8, and other students during their computer lab class.

## AAFES targets 'drive-offs'

### Not paying for gas is like shoplifting

by Roger Teel  
The Point

With the constant escalation of gas prices, some motorists have found a way to beat the cost of fueling up.

But they better not get caught.

Leaving the pump without paying, called a drive-off, is a serious offense, one Army and Air Force Exchange Service (AAFES) administrators liken to shoplifting. Drive-offs are also happening with great regularity, according to cashiers at local AAFES gas stations.

"I'd say we get at least one a day," said Dominic Cassaro, a cashier at the Leighton Barracks AAFES Shoppette in Wuerzburg.

"It always happens when we're busy, and they always use the pumps on the end of the line," he added.

"A drive-off occurs when someone pumps gasoline and does not have the pump cleared by the cashier," said Robert Koch, retail business manager for the Wuerzburg Exchange.

"In other words, they fail to notify the cashier and pay for the gasoline. This is the only way to clear the computer," he added.

"It is the responsibility of the customer to ensure that payment is made for services/merchandise rendered. When a pump is not

cleared, a drive-off has occurred and an investigation starts," Koch said.

All AAFES gas stations and shoppettes have upgraded video surveillance equipment or will soon receive it, according to Koch.

"Customers will be videotaped 24 hours a day from up to 8 different cameras throughout the store. When a drive-off occurs, AAFES loss prevention specialists review the video tapes and track the individual from the time they start pumping until the time they drive away.

Once a drive-off occurs, the Military Police are notified and the matter becomes an issue for the provost marshal.

Koch said penalties can be severe.

"AAFES is authorized to charge a \$200 administrative fee under the Civil Recovery Act for expenditures of non-appropriated funds, including actual and administrative costs relative to shoplifting, theft detection, and theft prevention in addition to the amount of gasoline that was not paid for. This is in addition to any disciplinary action that may be taken by military authorities which can include loss of exchange and check cashing privileges.

"It's not junior Soldiers who are doing this," asserts Cassaro who watches for drive-offs when working the cashier cage in the middle of the pumps. "It's the sergeants and above, more senior people. My thinking is they shouldn't have bought such expensive cars if they can't afford to put gas in them," he said.



# Combined Federal Campaign kicks off

The compassion that members of our communities have for those in need was well illustrated by community and personal support for the American Red Cross disaster relief fund that provided direct aid to recent hurricane victims in New Orleans and other areas of the Gulf Coast.

The call for support is now being trumpeted again as the annual Combined Federal Campaign (CFC) is underway through Dec. 2.

This nationwide fund-raising campaign enables all of us to join other Americans in supporting charitable and humanitarian organizations of our choosing.

As you are probably well aware, the purpose of the CFC is to allow Soldiers and Department of the Army civilians to contribute to worthwhile charities through payroll deduction. The donation is solicited once a year.

Over the years, the CFC has grown to include virtually every helping agency in the United States. Contributing is easy. You only need to contact your unit CFC representative who has the necessary information and forms to fill out. If you don't know who your CFC representative is, contact your unit adjutant or S-1.

Unit CFC representatives can arrange for contributions to be made through payroll deduction, but can also accept a check or a lump sum contribution. When giving through a payroll deduction, the amount of your contribution is deducted from each paycheck for the next year.

You can designate which organizations you want your money to have, or you can designate it be put into a general fund. No matter which way you go, your money will help others, assist in research, pay for children's programs, aid in disasters, or support other fields in critical need of funding.

Many contributors designate to agencies that provide directly to areas where they may have been personally touched. For ex-

ample, people who have lost loved ones to cancer may contribute directly to the American Cancer Society. Someone else may be compelled to donate to the American Diabetes Foundation, or to the American Heart Association.

If you don't have a particular charity you would like to donate to, you can give back to your community by designating "FSYP" which stands for Family Support and Youth Programs. Funds donated to FSYP will be returned to your community's family support and youth programs.

In these times of tight budgets and downsizing, many organizations are fighting for their financial lives. Without your help some important services provided by these organizations may be lost.

I encourage each of you to continue to show how much you care by contributing generously to the 2005 CFC.

You really can make a world of difference.

Team of Teams!

**RUSSEL D. SANTALA**  
Colonel, Air Defense Artillery  
U.S. Army Garrison, Franconia, Commander

# What's the Point?

## 'My naiveté was a beautiful thing'

Commentary by Kristen Chandler Toth  
The Point

In the fourth grade I came home pleading for my mother to tell me about our family's cultural heritage.

All my classmates had something that made them unique. One had exotic Pacific-Islander eyes. Another could hide a pencil his dense high-top Afro and make everyone laugh. Another had dark and beautiful Hispanic skin.

My mother replied with a string of European roots.

"But," she said after thinking for a while, "your great-great-uncle did marry a Creek Indian."

The next day I proudly claimed to be Native American, despite my blonde hair.

I am an Army brat. I grew up in Department of Defense Dependents Schools (DoDDS). Diversity in our classrooms made us all special. It gave us our identity, each of us unique.

In my DoDDS high school, my best friend's mom was Korean. My closest friend on the basketball team, a star athlete, was black.

I noticed cultural differences, of course. Some of the girls from the basketball team invited me over as they melted wax-tipped "weave" into

their heads. They were thrilled to see the terrified look on my face. They showed me how to apply it and soon it became normal to me that one of the girls kept a toolbox of weave attachments in her locker, just in case she wanted to change her hair after practice.

I never experienced racial discrimination until the eleventh grade when I went to public high school for the first time in Georgia. Up to that point, I thought differences between black and white people were a thing of the past, something studied in history class.

It seems my naiveté was a beautiful thing.

When I walked into the lunch room that scary first day, I was shocked to find two tables of blacks and a small table of Asian students. The rest was a homogenous mix of Caucasians. They had self-segregated and, for the first time in my life, I was in the racial majority.

The longer I lived in Georgia, the more I saw the "great cultural divide" and the segregation of blacks and whites.

I am an Army spouse now. I know it's likely that my husband will work with more people of different cultural backgrounds in the Army than if he worked in the civilian world. While it may be true that the Army is not perfectly integrated, the Army is integrated, and it has been ahead of

mainstream American society for a long time in regards to the intermingling of cultures.

The military was officially integrated in 1948, 16 years before President Lyndon B. Johnson signed the Civil Rights Act of 1964. Schools at Fort Bragg were racially integrated in 1951, three years before Brown vs. Board of Education and 10 years before schools in the surrounding area were integrated.

Unless we adults teach our children racism they have an opportunity to grow up without it being an issue. They can have a future rich in the knowledge and appreciation of each other's cultures.

I believe people teach their children to discriminate because of their own lack of diversity. I need more black friends. You might need a few white friends, or Hispanic friends. I encourage you to invite them into your home and into your life.

November is Native American Indian Heritage Month, but, and this is the point I'm trying to make, cultural awareness is much more than eating cornbread at the dining facility next to a paper cactus. We need to take time and recognize the wealth of cultures in our communities, and embrace the multicultural Army family for the caring, unbiased dominion that it is.

## Milestones

Congratulations to **Regina Stinson** and **Gerti Mathis** from the U.S. Army Garrison Schweinfurt claims office, which won the Judge Advocate General's claims office of the year award. The Schweinfurt office was among 13 offices that came out on top of 151 entries for the award. The Schweinfurt office has won the award each of the past six years. Evaluation for the award involves claims issues, training of staff and customers, and timeliness of reports.

Congratulations to **Sgt. Stephanie Castle** from the U.S. Army Garrison Schweinfurt Law Center, who won the V Corps Paralegal noncommissioned officer of the quarter board, after winning a similar board with the 1st Infantry Division.

Congratulations to **Spc. Nyal Bradley** from the U.S. Army Garrison Schweinfurt Law Center, who won the 1st Infantry Division paralegal specialist of the quarter board. Bradley competed against NCOs from Hohenfels, Grafenwoehr, Vilseck and Wuerzburg.

Congratulations to **Jack Whitelaw** of Bamberg's Stable Theater and **Vikki Hanrahan, Mike Ewing, Sgt. Adam French and Jenny Oberschlake** of the Ansbach Terrace Playhouse for their award-winning performances at the 11th annual Installation Management Agency - Europe One Act Play Festival Oct. 7-9 at Heidelberg's Roadside Theater.

## Street talk: "What agency do you contribute to in the Combined Federal Campaign and why?"

Photos by The Point staff



Melinda Stephenson, secretary, Ansbach Middle/High School, Katterbach Kaserne, Ansbach

"We contribute to the National Kidney Association because my brother-in-law passed away from kidney failure. We also contribute to children organizations because you can't go wrong helping out the kids."



Robert Blackwell, petroleum manager, Petroleum Management Division, Warner Barracks, Bamberg

"I contribute to the Masonic Organization for Children charity because it feels good to help someone in need and it's very important for the children, too."



Sgt. 1st Class Todd Carlsrud, HHC, 1st Battalion, 18th Infantry, Conn Barracks, Schweinfurt

"Every year it's different, but most of the time I give to cancer societies like the American Cancer Society. In the past some of my family members were diagnosed with and passed away from cancer. I also choose another agency to give to each year."



Spc. Jeremy Edison, comms specialist, Headquarters and Headquarters Company, 1st Infantry Division, Wuerzburg

"Probably the American Cancer Society or American Diabetes Foundation. Breast cancer runs through my mom's family; my aunt is recovering from it now. And diabetes runs in my dad's family. I already lost an aunt and my grandmother is fighting it now."



Gloria Higgins, family member, Storck Barracks, Illesheim

"We give to the American Red Cross because of many different reasons, one being all the natural disasters that have recently happened. It is important to help out others in need—not only Americans, but all nationalities."



Staff Sgt. Daniel Mitchell, Company B, 82nd Engineer Battalion, Warner Barracks, Bamberg

"Each year I contribute to charities such as the American Federal Cancer Foundation or the Army Emergency Relief Fund. It's nice to help others—I have even had to use AER myself so it pays to give."



Sgt. 1st Class Raymond Buchan, Company B, 1st Battalion, 18th Infantry, Conn Barracks, Schweinfurt

"I always give to FSYP (Family Support and Youth Programs) because it puts our money back into our community. The money we give supports youth programs like CYS and the CDC."



Maj. Bryan Tash, air liaison officer, 2nd Air Support Operations Squadron, Leighton Barracks, Wuerzburg

"I contribute to No Greater Love, a veteran's memorial organization. I've done volunteer work for them in the past in high school and I've decided to keep giving to them."

# The Point

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Producer: **MILCOM Advertising Agency**  
Roswitha Lehner  
Zeilaeckerstrasse 35 · 92637 Weiden  
Telefax 0961-67050-32  
Internet: **www.milcom.de**

Free classifieds 0931-2964397 · Fax The Point 0931-2964626

"The Point" is an authorized unofficial newspaper, published every two weeks under the provisions of AR 360-1 for the members of the U.S. Army Garrisons Ansbach, Bamberg, Schweinfurt and Franconia.  
"The Point" is a commercial enterprise newspaper printed by the "MILCOM Advertising Agency", a private firm, in no way connected with the United States Government or Department of Defense.  
The contents of "The Point" do not necessarily reflect the official views or endorsement of the U.S. Government, the Department of Defense, the U.S. Army or the 98th Area Support Group.  
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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit characteristic of the purchaser, user or patron.  
Circulation is 16,000 copies per issue.  
Editorial content is provided, prepared and edited by the Public Affairs Office of the U.S. Army Garrison, Franconia.  
The editorial offices are located in building 208, Faulenberg Kaserne, Wuerzburg, telephone 351-4564 or 0931-2964564.  
Mailing address:  
Editor - The Point, U.S. Army Garrison, Franconia-PAO, Unit 26622, APO AE 09244-6622.  
email: roger.teel1@cmty.mail.98asg.army.mil

The Ansbach editorial office is located in building 5257, Barton Barracks, Ansbach, telephone 468-7649 or 0981-183649.  
The Bamberg editorial office is located in building 7089, Warner Barracks, Bamberg, telephone 469-7581 or 0951-3007581.  
The Schweinfurt editorial office is located in Robertson Hall, Ledward Barracks, Schweinfurt, telephone 354-6381 or 09721-966381.



U.S. Army Garrison Franconia  
Commander..... Col. Russel D. Santala  
U.S. Army Garrison Franconia  
Public Affairs Officer..... Donald Klinger  
Command Information Officer..... Larry Reilly  
Editor..... Roger Teel  
Assistant Editor..... Scott Rouch  
Journalist (Ansbach)..... Jim Hughes  
Journalist (Bamberg)..... Cheryl Boujnida  
Journalists (Schweinfurt)..... Kristen Chandler Toth, Mark Heeter

Reader contributions are welcome but will be published at the discretion of the editor.



**Hot salsa!**  
Sgt. W. Wayne Marlow  
Spc. Michelle Diaz and Sgt. Jammy Serrano dance the salsa at the National Hispanic American Heritage Month celebration Oct. 13 at the Cantigny Club on Leighton Barracks. After opening remarks by Division Support Command commander Col. Kevin O'Connell, participants heard the biographical recollections of a Hispanic upbringing by Maj. Jose Ocasio-Santiago, commander of HHC, 1st Infantry Division. An assortment of Hispanic food also filled a need for all in attendance.



**Student body left**  
Roger Teel  
Bamberg sweeps left against the Ansbach defense during Club Beyond's 10th annual Powder Puff flag football tournament Oct. 10 at Wuerzburg's high school football field. A two-day affair that attracted nearly 100 area kids and also teams from Wuerzburg and Giessen, included a lock-in and cookout. Giessen won this year's title on an amazing last-second play.



**Marchers unite**  
George Ohi  
Lt. Col. Jeff Feldman, USAG Schweinfurt commander, center, poses with representatives from winning teams at the 30th annual German-American Volksmarch in Schweinfurt Oct. 2. Sigrid Loomis and Fred Worcester, front, are members of the Schweinfurt German-American "Wanderclub." In addition to co-sponsoring the annual march, the Schweinfurt club has tickets for several upcoming Volksmarches, including one in Langenzenn Nov. 1, and another in Volkach Nov. 5-6. For more information about the club and upcoming marches, call 09721-34827.



**Garrisons unfurl new colors**  
Mark Heeter  
Commanders from 35 garrisons throughout Installation Management Agency – Europe traveled to Campbell Barracks in Heidelberg Oct. 13 to case their former organizational guidon and unfurl new colors bearing the organization's new name "United States Army Garrison."



**Soaring with books!**  
Kathryn DeBoer  
Ansbach American Elementary School students excitedly watch a Blackhawk helicopter from the 2nd Battalion, 1st Aviation Regiment land near their school Oct. 4 on Katterbach Kaserne. The helicopter and crew, including Chief Warrant Officer 2 Wayne Silva and Spc. Aaron Ferguson, insert, helped kickoff of the school's reading program 'Soar With Books!' Students toured the aircraft and received bookmarks from the crew with a flight plan to set their accelerated reader goal and achieve it.



**Sins of the Mother**  
Roger Teel  
Act 1 Community Theater cast members, above from left, Heather Noel Twist, Kim Teel, Raven Bukowski and Wendy Latelle present the blighted existence of an Irish American family in Tony Morinelli's "The Sins of the Mother" at Harvey Performing Arts Center in Kitzingen Oct. 14. Susan Telgenhof, left, portrayed the memory of the strident Irish mother whose influence left her two daughters and granddaughters in a cloud of alcoholism and escapism. The play was entered in this year's one-act play festival at Heidelberg Oct. 7-9.

**Someone who CARES**

Jacqueline Johnson of the optometry clinic won Wuerzburg Hospital's CARES award for September 2005. The CARES award, an acronym for Compassionate, Attentive, Responsive, Exceptional Service, was presented to Johnson for going the extra mile. A patient and his family drove three and a half hours to be seen in the optometry clinic. Unable to get in that day, Johnson made appointments for the family the next day and helped them find lodging so they would not have to drive home and back again.



**Johnson**

**Flu vaccine coming**

Wuerzburg hospital has received a partial shipment of the influenza vaccine. The complete shipment is expected the beginning of November. Right now all high risk beneficiaries are encouraged to get their flu shot. High risk groups include: All children age 6 to 23 months, all adults 65 and older, persons age 2 to 64 with underlying chronic medical conditions, all women who express a desire to become pregnant during the flu season, close contacts of children under 6 months old, and health care workers.

Adults and children 10 and over with parents can walk into the allergy/immunization clinic at the hospital Monday, Tuesday, Wednesday and Friday from 8 a.m. to 11:30 a.m. and 1 p.m. to 4 p.m., and Thursdays from 1 p.m. to 3 p.m. for their vaccine. Parents can bring their children aged nine and younger to the Pediatric Clinic for a walk-in flu shot Monday, Tuesday, Wednesday and Friday from 8 a.m. to noon.

All beneficiaries age 10 and up who are not in a high risk category are encouraged to get immunized at one of the community flu shot clinics.

Date, time and location of the clinics are: Wednesday, Nov. 2, 1 p.m. to 5 p.m. at the Marshall Heights Shoppette; Wednesday Nov. 9, 10 a.m. to 4 p.m. at the Leighton Bookmark; and Thursday Nov. 10, noon to 6 p.m. at Leighton Bookmark. Please call the flu hotline at 350-2741 for updates.

**Caring hearts available**

Wuerzburg hospital's department of ministry and pastoral care sponsors caring hearts counselors for those who have experienced a pregnancy loss through miscarriage, still birth, or the loss of a newborn child. Counselors are available 24 hour a day. Call 0162-297-6714 for assistance.

**TIME OUT for parents**

Wuerzburg hospital sponsors a parenting group called TIME OUT that focuses on child development, behavior management, self-care and special issues. The group meets weekly in four 90-minute sessions. The next group is now forming. For information, contact Melanie Rouch at 350-3713 or 0931-804-3713.

**Health & Fitness**

Health and Fitness is a monthly supplement to The Point co-sponsored by the USAG Franconia and the U.S. Army Hospital, Wuerzburg. Editorial office is in the U.S. Army Hospital, Wuerzburg, room 4NE10, phone 350-2280 or (0931) 8042280. Mailing address is Commander, U.S. Army Hospital, Attn: Public Affairs Office, Unit 26610, APO AE 09244-6610.  
 Hospital Commander ..... Col. Dallas Homas  
 Public Affairs Officer ..... Amy Stover  
 Health Promotion and Wellness Coordinator for U.S. Army Hospital, Wuerzburg ..... Sarah Radke  
 USAG Franconia Health Promotion Coordinator ..... Angela Hunter

**Keeping a smile on your face**

**October is Registered Dental Hygienist month**

by Amy Stover  
U.S. Army Hospital, Wuerzburg

A Registered Dental Hygienist (RDH) has an important role in keeping your smile in great shape.

"Our job is the prevention of oral diseases," said Carol Bartoschek, a RDH at the Wuerzburg Hospital Dental Clinic.

One way they help prevent oral disease is with a teeth cleaning, or prophylaxis treatment, at least once a year, said Bartoschek.

"During the cleaning, we educate our patients on the dangers of smoking and chewing tobacco and the importance of flossing and brushing regularly," she said.

Poor oral health and habits such as smoking and chewing tobacco can lead to other health problems, Bartoschek said. Heart disease and cancer are two potential consequences of some of these habits.

"It's important to start good oral health habits early with young children brushing their teeth regularly, just like their parents," said Bartoschek.

Hygienists also play an important role in Soldier readiness. A teeth cleaning is an essential part of the deployment process. Dental hygienists offer oral health tips to deploying Soldiers.

"We focus on keeping mouths healthy downrange," Bartoschek said.

One way is by encouraging the use of foods or



Amy Stover

**Carol Bartoschek, left, shows proper flossing techniques to 1st Lt. Laura Schlenker. Registered dental hygienists such as Bartoschek promote oral health with patient education and hands-on demonstrations.**

gums with Xylitol, a substance that can help prevent tooth decay. Xylitol can be found in many items, such as gums, mints and even some candies, said Bartoschek. Recently, a Xylitol gum was added to the Meals Ready to Eat.

"We encourage people to eat foods containing Xylitol at least three to five times a day, especially if they are downrange and are likely to eat more junk foods and can't easily brush their teeth," Bartoschek said.

The European Regional Dental Command supports the European Association of Regis-

tered Dental Hygienists, an organization founded eight years ago by Bartoschek and 14 other RDHs to provide a forum for them to share ideas and earn continuing education credits.

A Registered Dental Hygienist is required to have an associate's or bachelor's degree in dental hygiene from an accredited university. National and state boards must be passed in order to apply for a license in dental hygiene in the state they intend to practice. RDHs are also required to have continuing education units on a regular basis to keep their dental hygiene license current.

**Early detection is key**

**October is breast cancer awareness month**

by Johanna Edwards  
Health Promotions Program Coordinator

A monthly breast self-exam (BSE) is your best chance to detect breast cancer early. Choosing a specific day each month to perform the BSE is important as breast changes can occur with changes in the hormone cycle, pregnancy and with the aging process.

Breasts are as unique as fingerprints and learning your own breast anatomy and the normal feel and texture will help you to more easily identify changes and know when to seek further medical treatment and evaluation.

Every woman should do a monthly BSE to detect any changes or lumps, which if found, should be immediately followed up with a visit to your medical care provider who is trained in techniques used to identify suspicious lumps or changes in breast texture.

The American Cancer Society recommends all women over the age of 40 have a baseline mammogram. Those over age 50 should have a mammogram every year.

A mammogram is a safe, low dose x-ray that scans the inside of the breasts. It reveals both cancerous and non-cancerous growths at their earliest stages of development. Mammograms are used to screen for changes found in the breast and diagnose the nature of the lump found during a monthly BSE or by a physician. Breast implants or scars may affect this test.

A mammogram can reduce your risk of dying from breast cancer and is one of the best tools for finding and detecting changes in the breast tissue.

The chance any given woman will develop breast cancer increases with age, according to the American Cancer Society. At age 30, a woman's risk is 1 in 222, but increases to 1 in 54 at age 40, and continues to increase as the woman ages.

Women with a family history have an increased risk of breast cancer, and should check with their physician for individual screening and evaluation.

Breast cancer can also affect men. About 1,200 new cases of male breast cancer are diagnosed each year, and the numbers are growing.



Amy Stover

**Let me see those feet**

**Wuerzburg Hospital physical therapist Capt. Cyndi McLean examines the foot of Pfc. Monique Hudson during a recent appointment. McLean showed Hudson how to do exercises before running to decrease the chance of injuring her foot and ankle during physical training.**

**Nurse stays connected to his Hispanic culture**

by Amy Stover  
U.S. Army Hospital, Wuerzburg

One 67th Combat Support Hospital nurse strives to find pieces of his Hispanic culture wherever the Army sends him.

"As soon as we arrive, my family and I seek out Hispanic people and places that help us stay connected to our heritage," said Maj. Wilfredo Cordero, an operating room nurse at Wuerzburg Hospital.

Born in Queens, N.Y., Cordero visited Puerto Rico during his family's summer vacation when he was 10, before he and his family moved back permanently.

"I grew up with the language and culture, even before we moved back to Puerto Rico. We always had Spanish music playing in the house, lots of family, and my mother cooked Puerto Ri-



**Cordero**

Army with a friend after working as a renal dialysis nurse in Puerto Rico.

can dishes, like rice and beans, roast pig and pastels, a kind of tamale dish," he said.

Once back in Puerto Rico, he said it was pretty easy for him to reintegrate into the island's culture.

"I met a couple friends at school who had moved back from New York because their parents missed the island, just like mine," the 19-year Army veteran said.

Cordero is a 1983 graduate of the Catholic University of Puerto Rico with a bachelor's degree in nursing. He joined the

Cordero has been married to Jenny, his high school sweetheart for 27 years. They have a daughter, Michelle, 26, a graduate of the University of Texas as San Antonio, now a bilingual education teacher in San Antonio, and a son, Wil, 25, who after fulfilling his Army commitment is a nursing student in Puerto Rico.

"Our biggest challenge with staying connected to our culture was raising our children to be fluent in Spanish," Cordero said.

"God forbid we went to visit the family in Puerto Rico and the kids couldn't speak the language," he said.

"We always tried to find Spanish-language books, television shows and a Spanish-language church to attend. We are so proud that they are able to speak both languages," Cordero said.

With plans to retire next summer, Cordero and Jenny will return to Rio Piedra in Puerto Rico.

**Shop the bazaar**

The Ansbach Spouses and Civilians Club hosts the 2005 Ansbach Holiday Bazaar Oct. 28-30 in Hangar 2 on Katterbach Kaserne. The bazaar, with the theme Holidays in Bavaria, will feature vendors selling all types of goods unique to Europe. Hours for the bazaar are 4 to 8 p.m. Friday, 10 a.m. to 7 p.m. Saturday and noon to 5 p.m. Sunday. Cash, checks and credit cards will be accepted at the bazaar. For more information, call 467-2921.

**Learn winter driving**

All U.S. and local national civilian employees are invited to attend the USAG Ansbach Winter Driving Orientation from 8:30 to 10:30 a.m. Oct. 25 at the Ansbach Drivers Testing Station in Building 5818 on Katterbach Kaserne, and 8:30 to 10:30 a.m. Nov. 15 in the Illesheim Drivers Testing Station in Building 6541 on Storck Barracks. For more information, call 467-3700 or 09802-833-700.

**Prevent domestic violence**

Family advocacy's victim advocacy program presents the one-act play, "Dolores," in October at the Bismarck movie theater in observance of Domestic Violence and Prevention Month. "Dolores" is the story of two sisters drawn together because domestic violence influences their lives more than they've ever admitted. The show is open to Soldiers in the Ansbach area Oct. 27 from 9 to 11 a.m. in the Bismarck Theater. The performance is open to the entire community Oct. 24 from 6:30 to 8:30 p.m. in the theater.

**Chapel services change**

The Katterbach Chapel offers a traditional service that includes Anglican, Lutheran and Episcopal faiths at 12:30 p.m. Sundays. The new Sunday service schedule is: Catholic, 9 a.m.; Protestant, 10:30 a.m.; Traditional, 12:30 p.m.; Church of God in Christ, 2 p.m.; and Hispanic Pentecostal, 4:30 p.m.

**Get in the game**

Registration for child youth services basketball, wrestling and cheerleading programs runs now through Oct. 31 at central enrollment registration in building 5817 on Katterbach Kaserne or in building 6651 in Illesheim. Basketball and wrestling are open to children ages 3 to 15, while cheerleading is open to ages 6 to 15. Children signing up need a valid health assessment. Registration times at Katterbach are Mon. - Thurs., 2 to 4:30 p.m., and in Illesheim Mon. - Fri., 11 a.m. to 5 p.m. For more information, call the youth sports staff at 468-7866 or 0981-183-866.

**Help build the team**

Illesheim Army Community Service offers the Army Family Team Building Level II class Oct. 24. For times and more information, call Pam Lindenmeyer at 4672-883 or 09802-832-883.

**Haunted happenings**

There's a haunted house in Illesheim, Oct. 29, 4:30 to 8:30 p.m., in building 6508 in the basement under the Four Seasons store. Organizers recommend bringing younger children during the early hours of the haunted house.

There's a Halloween party Oct. 29, beginning at 9 p.m. at the Underground on Bismarck Kaserne. DJ Destiny will provide tunes and there's a costume contest, as well. For more information, call 467-2935.

And, there's Haunted Shipton, Oct. 29, 6 to 9 p.m. on Shipton Kaserne. Event is for all ages and costs \$5 per car. Parade begins at 6:15 p.m. Harvest House at the dining facility begins at 6:30 p.m. A costume contest is from 7 to 8:30 p.m. for the following age groups: 3 to 5, 6 to 8, and 9 and up. Trick or treating will be held in the batteries.

**U.S. Army Garrison Ansbach**



The Point editorial office is located in building 5257, Barton Barracks, telephone 468-7649 or 0981-183649. Mailing address is PAO, The Point, CMR 463, APO AE 09177-0463.

Internet web site address  
http://www.ansbach.army.mil

The community hotline is 468-7800 or 0981-183800. The patient liaison number is 09841-83512.

Commander ..... Lt. Col. John Reilly  
Public Affairs Officer ..... Frauke Davis  
Command Information Officer ..... Jim Hughes  
Journalist ..... Kathryn DeBoer

**Soldiers relax at BOSS Center**

by Jim Hughes

The Point

USAG Ansbach's Better Opportunities for Single Soldiers program is living up to its name with the Sept. 30 opening of the new BOSS Center on Bismarck Kaserne.

Located across from the movie theater in the basement of the post exchange building, the center offers Soldiers a place to relax, socialize, have fun and just get out of the barracks.

At the opening, Sgt. Maj. James Esters told the 50 or so Soldiers in attendance that the facility belonged to them. "Use the facility, but don't abuse it. Get the word out that if people want to get out of the barracks and let their hair down, the BOSS Center is the place to be."

After operating for just a few weeks, Sgt. Charles Dixon, vice president of BOSS, said the center is catching on in a big way with its target audience.

"It's going great," he said. "We get big turnouts Thursday and Friday nights. The first Friday we were open, we had 102 Soldiers and 72 the next. We weren't expecting that many people to start things off and it's great to see that people are using the facility."

Dixon said the center sells snacks and beverages, and also offers music with a different theme each night, such as rock, country, rhythm and blues, Caribbean and reggae.

"We try to appeal to a varied audience, not just one set," he said.



Jim Hughes

**Soldiers enjoy some snacks and sodas at the new BOSS Center during the opening of the facility Sept. 30 on Bismarck Kaserne. The center, located across from the movie theater, gives Soldiers a place to relax and socialize.**

The center also offers AFN television, pool, ping pong, a place to play cards and board games and a comfortable setting in which to socialize.

Coming soon are a computer area and a big screen television.

"BOSS is for single Soldiers and geographical bachelors," Dixon said. "But pretty much anyone can use the center as we had some couples in this past weekend."

The center is run by BOSS representatives from the various units in the USAG Ansbach community and is open Tuesdays-Thursdays, 6 to 10 p.m. and Fridays and Saturdays from 6 p.m. to 1 a.m. The BOSS Center can be reserved for parties and special events.

For more information on the center or the BOSS program, call Dixon at 467-2571, or Kitty Brown at 467-2921.

**Community responds to victims' needs**

by Jim Hughes

The Point

Members of the USAG Ansbach community responded to the devastation and tragedy of hurricanes Katrina and Rita by donating more than 140 boxes of goods for victims.

The effort was headed by Dennis Shinn, senior vice commander of Veterans of Foreign Wars Post 9342 in Ansbach, and Jessica Welter, an American Red Cross volunteer in Illesheim.

"I watched the news coverage of the disaster

and the heartache of the people made me think that we're Americans here, and even though we're across the ocean, we have to let them know we haven't forgotten about them," Shinn said. "I listened for what people were asking for. Money is great, but that wasn't what the victims were asking for."

What they needed were clothes, baby items, school supplies, toys and other things they could immediately put to use.

"We're sending them things they will appreciate," Shinn said.

"People appreciate being able to put on a shirt, or a pair of slacks, or shoes, or socks. We're giving them peace of mind by sending things we've heard them ask for. Many of these people have lost everything. Money can't buy everything and this is our way of letting them know that we care. The money donated through other channels can go for other things."

Once word was out what hurricane victims needed, the community here responded in full force, said Welter, whose hometown of Pine Bluff, Ark., is now home to about 1,000 hurricane refugees.

"The response from the community blew me away," she said. "Army communities aren't the wealthiest around, but I was getting new things and used things, and I was in awe of the response. Even the kids were getting into doing something for their fellow Americans."

Shinn said the VFW mailed out the first 40 boxes Sept. 28. The plan is to send the donated items to a VFW home in Michigan where the goods will then be distributed to refugees where they are living.

He added that the VFW is not currently accepting donations of clothes and such, but cash contributions will help pay to ship the boxes of goods already received.

"We have more boxes than we can afford to mail and more materials than we have boxed," he said. "We're concentrating on getting what we have out right now. Then we will find out what else they need and concentrate on getting those things."

For more information on the VFW's hurricane relief effort, e-mail Shinn at shinnden@aol.com or call him at 0911-600-3967.



Jim Hughes

**Norberto Millett, Veterans of Foreign Wars Post 9342 commander, and David Moyer (background), VFW post chaplain, load boxes of donations to hurricane victims outside of the post office before mailing them to Michigan Sept. 28 to be distributed to refugees relocated to the Midwest.**

**Enhance community on Make a Difference Day**

by Kathryn DeBoer

The Point

"Neighbors Helping Neighbors" is the theme for this year's USAG Ansbach Make a Difference Day Oct. 22.

People in Ansbach and Illesheim will join together on various projects, events and fundraisers in the spirit of volunteering to enhance their communities, volunteer for noble causes and give to those in need.

"It's a day for people to come together and complete projects that will benefit their communities. Anyone who wants to make a difference is welcome to participate - children, family members, Soldiers and civilians," said Tonya Price, Army volunteer corps coordinator at Army Community Service in Illesheim.

"USA Weekend Magazine initiated Make a Difference Day 13 years ago. It was started in USAG Ansbach by Janeth Lopez, a former Illesheim Army volunteer corps coordinator," Price added.

Patti Bentley, Army volunteer corps coordinator at ACS in Katterbach, said, "Sometimes I think we don't look outside our busy lives and

realize just a few hours can make a big impact on another family or individuals in need."

With that in mind, community organizations came together to form a day filled with activities of neighbors helping neighbors.

A hurricane relief walk is this year's project in Katterbach. The Katterbach Cares Program begins with registration at 8:30 a.m. at the School Age Services ball field. At 9 a.m., the hurricane relief walk will weave through post housing. The walk is open to all ages, strollers are welcome and military police will direct traffic.

"Just because volunteer day is on Saturday doesn't mean you can't volunteer prior to the event," Bentley said. "For instance, Rainbow Elementary School is collecting cat and dog food all week for the local tierheim (animal shelter) and will present the collection on Saturday. Also, donation jars are located throughout post for the American Red Cross to aid in hurricane relief."

After the walk, USAG Ansbach will host a barbecue and morale, welfare and recreation will conduct children's activities on the ball field.

MWR will also offer free bowling all day on Saturday.

Make a Difference Day at Illesheim kicks off at 9 a.m. with a breakfast for volunteers at the dining facility. At 10 a.m., volunteers will head to their projects, including: a drive for hygiene items for patients at the Bad Windsheim hospital, books for Soldiers downrange, community cleanup, holiday items and donations for hurricane victims, collecting items for the Bad Windsheim tierheim; a canned food drive for the Chapel Emergency Food Locker, and more.

"Being a small post, we use many local German community services," Price said. "We take our pets to the tierheim for vet services, we use the Bad Windsheim hospital, and our children attend German kindergarten. We are making contributions and giving back to these valuable services we need and use."

Anyone interested in taking part or needing more information on projects in Illesheim should call Tonya Price at 467-4555 or 09841-83555. For information on Katterbach events call Patti Bentley at 467-2883 or 09802-832883.

**Visit haunted house**



Visit Bamberg's haunted house in the former military police building next to gate one, Oct. 28 and 29 from 6 to 9 p.m. Admission is \$2 per person and the thrills are appropriate for all ages. Costumes are encouraged, but not required. The haunted house is sponsored by 1st Battalion, 33rd Field Artillery Family Readiness Groups and the Boy Scouts. A concession stand with ghoulish goodies for purchase will be available. For more information call 469-8103 or 0951-300-8103.

**Bowl in costume**

Join in a Halloween cosmic bowling party at Birchview Lanes Bowling Center Oct. 29 at 7 p.m. A prize for the best costume and lots of giveaways are on tap throughout the evening. Bowling is \$3 per game for adults, \$2 per game for children. Shoe rental is \$1. For more information call the bowling center at 469-7722 or 0951-3007722.

**Attend fright night**

Halloween fright night at the Child and Youth Service's teen center is Oct. 29 from 6 to 10 p.m. Put on a costume and entry is free, otherwise pay \$3. Games, refreshments, a costume contest, prizes and frightful movies are in store. Fright night is for children in 6th through 12th grades. For more information call Patrice Turner-Lapp at 469-8698 or 0951-300-8698.

**Trick or treat hours**

Trick or treat in Warner Barracks' housing areas Oct. 31 from 6 to 8 p.m.

**Best costume wins**

The community library hosts a Halloween costume contest Oct. 31 from 5 to 6 p.m. On your way to trick or treating, stop by the library and show off your costume. The person with the best costume will receive an AAFES gift card. The contest is open to everyone throughout the community. For more information contact the library staff at 469-7047 or 0951-300-7047.

**Halloween photos**

Trick or treat with the Community Activity Center staff at Friendship Park Oct. 31 from 6 - 8 p.m. CAC staff will offer free apple cider, coffee and candy for trick or treaters. Photographer Shannon Lankford will capture your Halloween moment. Cost for one 4X6 photo is \$5 or two for \$8. For more information call Michelle McGaughy at 469-8659 or 0951-300 8659.

**U.S. Army Garrison Bamberg**



The Point editorial office is located in building 7089, room 423, Warner Barracks, Bamberg, telephone 469-7581 or 0951-3007581. Mailing address is PAO, The Point, U.S. Army Garrison Bamberg, Unit 27535, Warner Barracks, APO AE 09139-7535.

Internet web site address <http://www.bamberg.army.mil>

The community hotline is 469-4800 or 0951-3004800. Patient liaison number is 0951-3007492.

Commander ..... Lt. Col. Mark Gatto  
Public Affairs Officer ..... Renate Bohlen  
Journalist ..... Cheryl Boujnida

**Maintenance company ready for Iraq**

by Cheryl Boujnida  
The Point

About 260 Soldiers with 317th Maintenance Company, the largest maintenance company in Europe, will deploy in the next several weeks to Iraq for one year.

"The company's mission in Iraq will be to provide maintenance support to units in the areas of wheeled vehicles, engineer equipment, communications and electronics, power generation, air conditioning, and chemical equipment and small arms repair," said Capt. Wayne Vornholt, company commander. "We'll also have machine and welding shops and a warehouse where we can order and store repair parts."

He stressed the company is ready for its mission and has been training hard in the spring and summer for the deployment. This is a second deployment to Iraq for the company - Soldiers deployed in March 2003 in support of Operation Iraqi Freedom I.

First Sgt. Vincent Noble, 317th Maintenance Company first sergeant, said the Soldiers are trained for whatever mission is required of them.

"Whether it's maintenance, force protection or convoy escort missions, our Soldiers have the war-fighting skills they need to get the job done," Noble said. "We are a nation at war - Soldiers are required to be ready at all times and we definitely are."

Noble said the Soldier not only must be ready, but the family, too.

"The focus of today's Soldier is having family members prepared for what's to come as well," he said.

Vornholt said information flow is constant for



Cheryl Boujnida

**Spc. Conrad Featherstone and Pfc. Francisco Perez provide Sgt. Roy Rodriguez with information during a pre-deployment preparation session.**

family members through family readiness groups, the rear-detachment commander and the first sergeant.

Spc. Isaac Managan, a native of Montgomery, Ala., will deploy to Iraq for a second time to perform automated logistical specialist duties.

"I feel more confident this time around. We have really prepared for the deployment in terms of training. I think the time will go by quickly,"

Managan said. Spc. Kate Marshall, a native of Sacramento, Calif., shares the same military occupational specialty as Managan and is able to perform her tasks as second nature.

"Due to the training requirements, everything has become ingrained. We are ready for what may or may not come, but the most important factor is readiness," Marshall said.

**Teacher**

From Page 1

About 53 million Americans have a disability, according to the U.S. Census Bureau, which includes people of all ages and approximately 30 percent of adults with severe disabilities are working.

October is recognized as National Disability Employment Awareness Month. This year's theme is "Workers with Disabilities: Ready for Tomorrow's Jobs Today."

"This is a national campaign designed to increase the public's awareness of the contributions and skills of American workers with disabilities," said BJ Holman, Equal Employment Opportunity (EEO) specialist.

Bamberg's EEO office actively seeks to assist managers and employees with questions surrounding workplace accommodations.

"It is our goal to help all workers and allow them to succeed in their jobs," Holman said.

Worrell said he's successful in his 15-year career as a teacher because many people are willing to help him.

"Warner Barracks was not designed for someone in a wheel chair. Whenever I need something located in a remote location such as an ID card, people go out of their way to accommodate me," he said.

Another factor for Worrell's prosperity in the work environment is the support he receives from his wife, Madeline, and five children, Andrew, 20, Joshua, 18, Adam, 16, Alysha, 15, and Tiffany, 11.

"My wife and children are awesome - I am truly a blessed man," Worrell said.

He and his wife's love for their children have created new and challenging opportunities. At Bamberg American High School, they tag team as volunteer coaches for cheerleading while he additionally coaches football and wrestling.

"By doing what I love, I'm successful," Worrell said. "You should not hold yourself back because, no matter what, there's always someone else who is worse off than you."

Robert Blackwell, a petroleum manager working with Petroleum Management Division in Bamberg, said there are a lot of resources available to ensure people with disabilities are treated fairly.

Blackwell, who served about 22 years in the U.S. Army before retiring and accepting a government service position, has a 60 percent disability and suffers from asthma, arthritis and chronic neck pains.

He has never experienced any type of discrimination in the workplace as a result of his disabilities. Blackwell remains positive and offers advice to disabled individuals.

"Continue to seek employment and read and understand all of your rights as a disabled individual or veteran," he said.

In support of the nationwide campaign in October to inform and educate community residents, Bamberg's EEO office, located in building 7089, has set up an information display on Computer/Electronic Accommodation Program (CAP).

"CAP is dedicated to ensuring that people have equal access to the information environment and opportunities throughout the Federal government in all stages of the employment life-cycle," said Dinah Cohen, CAP director.

For more information, log onto [www.tricare.osd.mil/cap](http://www.tricare.osd.mil/cap) or contact Holmann at 469-7898 or 0951-300-7898.



Helen Garneau

**The Price is Right with BSCC**

Copying the popular game show "The Price is Right," Bamberg Spouses' and Civilians' Club members compete in a series of pricing games that ended in a final showcase at their monthly meeting Oct. 13 at the Warner Club. Judy Bullock, left, filled in as Bob Barker as contestants Heather Stoner, Andria Nichols and Maggie Spencer prepared to spin the wheel. Nichols won the game and the showcase valued over \$250. The real winners were the Red Cross, Bamberg American High School, Bamberg Aqua Barons, Bamberg's People Encouraging People program and the Community Activities Center who received donations totaling \$8,296. Last year the BSCC raised more than \$50,000 for the Bamberg community.

**Town hall meetings provide community forum**

by Cheryl Boujnida  
The Point

If there's something on your mind or you want to know what's really happening in the community attend monthly town hall meetings. Town hall meetings are held at Preston Hall the second Wednesday of each month at 6 p.m.

"Town hall meetings serve a two-fold purpose in the sense that it is an opportunity for community leaders to hear opinions, interests and concerns from our residents and, in turn, residents can get direct, accurate information from managers and directors providing community services and programs," said Lt. Col. Mark Gatto, Bamberg garrison commander.

Denis Martin, Bamberg deputy garrison commander said

town hall meetings have in general become more focused.

"There is a positive aspect about the meetings that by specifically asking community residents 'what's on their minds' or 'what the latest rumor they've heard is' we are able to clear up misunderstandings, dispel misconceptions and or validate the truth," Martin said. "It's not that this was not done prior to this, but the direct questioning tactic allows residents to immediately focus on what they think is important within the community."

Martin noted residents who express views, make suggestions and ask questions are able to play a direct role in the management operations of their community.

Another aspect of town hall meetings is that volunteerism and community involvement within Bamberg is acknowledged.

"When people go out of their way to make the Bamberg community a better place and contribute to the quality of life here it's important to recognize them," Martin said.

He stressed town hall meetings are also an important forum for Bamberg youth.

"Last month, a youth asked if the rumor was true that a skate park is being built. Leaders were able to verify that the rumor was true and seek immediate youth involvement in the project, too," Martin said. "People care about where they live and want to be involved in creating a sense of community and that can be accomplished by attending town hall meetings regularly."

The next town hall meeting will be held Nov. 9 at Preston Hall at 6 p.m.

### Harvest a good time

Join the chaplain's office at the Harvest Fest for a fun, free evening, with candy, games, fun and fellowship, at the Ledward gym and Ledward chapel, Oct. 31, from 6 to 8:30 p.m. "If you come to harvest fest, you'll have a delightfully good time and you'll find out what October 31st is really all about," said Ronny Bigham, event coordinator. Kids should come in costume, but nothing scary. For more information or to volunteer call 09725-709632.



Bigham

### Get crafty

Crafters, sell your wares at the Schweinfurt American Elementary School Parent Teacher Association Craft Show Nov. 5, from 10 a.m. to 3 p.m. Handmade crafts of all types are welcome, from needlework to jams to photography. Tables are available to crafters for \$10 each. Proceeds benefit the PTA. For more information call 09721-81893.

### Romance your spouse

Enjoy a romantic weekend at beautiful Schloss Pommersfelden, Oct. 28-29 at a family life center marriage retreat. Couples will work on communication and other marriage enhancing topics. Free child care is available on site. For more information or to register call 354-6135 or 09721-96-6135.

### Playmorning is back

Moms, babies and children up to three years old are invited to Playmorning at the School Age Services gym on Askren Manor, Wednesdays from 11 a.m. to 12:30 p.m. and Thursdays from 10 to 11:30 a.m. Playmorning is a great opportunity for moms to meet other moms and is a safe environment for kids to interact. For more information call 354-6187 or 09721-96-6187.

### Cross cultures

Party at the next German-American Friendship Night at the Abrams Entertainment Center across from Ledward Barracks, Nov. 4, from 7 p.m. to 1 a.m. Admission is free and enjoy free snack foods or food and beverages available for purchase. Designated drivers drink soda and coffee for free. Live music by R&B group "Just 4 Friends" is on tap. For more information call 354-6715 or 09721-96-6715.

## U.S. Army Garrison Schweinfurt



The Point editorial office is located in Robertson Hall on Ledward Barracks, Schweinfurt, telephone 354-6381 or 09721-966381. Mailing address is PAO, The Point, U.S. Army Garrison Schweinfurt CMR 457, APO AE 09033-0457.

Internet web site address <http://www.schweinfurt.army.mil>

The community hotline is 354-4800 or 09721-964800.

Commander ..... Lt. Col. Jeffrey Feldman  
Public Affairs Officer ..... George Ohl  
Journalists ..... Mark Heeter, Kristen Chandler Toth

# Baby boom makes local delivery

by Kristen Chandler Toth  
The Point

More than 140 women in Schweinfurt are expecting the arrival of a child in the next few months.

With the redeployment of 4,500 Soldiers to Schweinfurt after a year in Iraq, the baby boom was expected.

"We have around 20 deliveries a month and we get as high as 45," said Dr. (Maj.) Robert Holland, chief of the OB-GYN clinic at the U.S. Army Hospital in Wuerzburg.

"That should pick up in a bit. There is going to be a big hump in the winter-time. It'll pick up in November, a little more in December. January and February will be the two biggest months," added Dr. (Col.) Barbara Jennings, deputy commander for clinical services and an OB physician at the hospital.

The Army medical command does not have the resources to bring in doctors to care for the temporary surge in pregnancies, according to Maj. Charlotte Shell, chief nurse at Schweinfurt Health Clinic. The medical command relies on its "preferred provider network" of local health care professionals, and routes pregnant American patients to capable local German physicians.

"We let our local providers know five months ago that we expected an increase in the number of children being born," Shell said.

The number of pregnant Schweinfurt women rose past double digits during the summer. Because of the sharp increase in appointments needed by pregnant women, the clinic found a way to care for all the patients in Schweinfurt.

"We're referring pregnant women out to the local economy a little bit earlier, to be with the physician who's going to deliver their baby," Shell said.

Pregnant women are normally referred at the 36th week, either to the Army hospital in Wuerzburg or to a local physician, with about half choosing each option.

Using local German obstetricians has several pluses.

"The earlier the contact with the OB doctor, the better," said Jennings. "You are more likely to tell somebody you've been seeing for a long time about the piddly-widdly things that turn out



Kristen Chandler Toth

After the redeployment of OIF Soldiers to Schweinfurt, expectant moms get their own parking spaces in front of the post exchange and health clinic.

to be very important. If you are seeing somebody for the first time, you only get the big stuff and may miss something. I always prefer to deliver with moms that I've been seeing all along."

By being referred earlier, patients will bond with the doctor who will be delivering their baby, Shell added.

Going to a German doctor may seem daunting to a wife new to the country, but it offers the advantage of seeing an obstetrician who specializes in pregnancies and births. And the baby will be delivered in Schweinfurt instead of in Wuerzburg, 45 minutes away.

"I wanted to go to a German doctor because I knew their attitude toward pregnancy is very proactive and positive," said Amy Lennox, now pregnant with her third baby.

A German doctor delivered her second baby and she decided to see him for this baby as well. Her experience is typical of many women whose babies were delivered by German doctors.

"I was extremely happy with the care I got.

They spend time with you to make sure you understand what's going on. My doctor cared about how I felt, not just physically, but emotionally as well," Lennox said.

The proactive approach German doctors have to pregnancy puts many fears at ease.

"I'd had a miscarriage before and my doctor was sensitive to my situation. He saw me every two weeks and gave me an ultrasound to make sure I wasn't anxious," Lennox said.

Most – if not all – German physicians speak English. And if there are questions or concerns, patients can contact patient liaisons at their local health clinic who are familiar with host nation medical systems and procedures.

While the tsunami-size swell in the number of pregnancies is challenging, Wuerzburg and community health clinics are focused on doing what they do best.

"We're doing everything we can to provide the best possible care to all of our patients," Jennings said.

## Local manager honored for hands-on work ethic

by Mark Heeter  
The Point

Early on a crisp autumn morning outside the Community Club on Conn Barracks, David Luellwitz plucked trash off the ground of the half-full parking lot.

"At times, we all have to pitch in, roll up our sleeves, throw our ties in the corner, and do some hands-on work," Luellwitz said. "I believe in getting out from the back side of your desk and getting out there on the ground and making sure things come together."

Luellwitz was named the Association of the United States Army Catigny Chapter civilian employee of the year at the Land Combat Expo in Heidelberg Sept. 22. Gen. (Ret) Gordon Sullivan, former Army chief of staff, presented the award at the resident's dinner in Patrick Henry Village.

The business recreation division manager for

the U.S. Army Garrison Schweinfurt directorate of community activities, he has earned a reputation for being deeply involved in making things go according to plan.

"He's always willing to go the extra mile to ensure the success of whatever event we're faced with," said Joseph Quinn, DCA director and Luellwitz's supervisor.

"That's obvious to everyone in the community. They see him everywhere, doing it all, and therefore, he's earned the title Super Dave in our community," Quinn said.

Luellwitz is focused on taking steps necessary to satisfy his customers – who comprise the en-

tire Schweinfurt military community. And he expects the same of his employees.

"I expect them to make an improvement and make a difference every day, to take off the blinders in their general program and work toward a customer focus," Luellwitz said. "We have a varied program here that we're trying to focus in on the desires of the customer."

"Dave's the consummate leader of the entertainment and recreation staff and the business staff in our community. He's actively involved in ensuring that all our programs are operating according to schedule and according to plan," Quinn said.

That effort might involve serving drinks at a reception, hammering in the stakes of a festival tent, or setting up the tables at a German-American friendship night – the approach that made Luellwitz the logical choice for the award, according to Quinn.



Luellwitz

# Airmen rise to EuroChallenge in Schweinfurt

by Mark Heeter  
THE POINT

Twenty-two Airmen from Tactical Air Control Parties (TACPs) throughout Europe came together at Camp Robertson Training Area near Schweinfurt Oct. 11-14 to participate in "EuroChallenge 2005," the U.S. Air Forces Europe (USAFE) competition to select representatives for the worldwide Lighting Challenge next month.

"We're bringing all these guys together to determine the best of the best from the European Command. It's our version of the Best Ranger competition" said Tech. Sgt. Jay Lemley, noncommissioned officer-in-charge of the competition.

"It's primarily an esprit-de-corps building event. As a small career field with a high ops tempo, its tough to get together very often as a group," Lemley said.

Airman 1st Class Joshua Ashley and Senior Airman Joshua Carter, from the Schweinfurt-based Detachment 2, 2nd Air Support Operations Squadron, were the overall team winners. They will lead three other two-man teams to Hulbert Field, Fla., for the worldwide Lighting Challenge Nov. 13-18.

They competed on several events, including the obstacle course, Army physical fitness test, marksmanship, various classroom and field skills tests, and 12 mile ruck march.

"It's tougher than it looks. When you look at these obstacles and look at the 12-miler, you're just like, 'Aw it's just 12 miles',

or 'it's just a wall,' but when it gets down to it, it's a lot of hard-line mental toughness that gets you through it," Carter said.

These Airmen spend their entire careers alongside Soldiers, providing close air support to ground combat units in training and war. Most of the competitors wore Army combat patches – Big Red One, Special Forces, 82nd Airborne Division, 1st Armored Division – above the Air Force stripes on their sleeves.

"We are the guys that do close air support for the Army. We come from different TACPs that support the different Army ma-



Mark Heeter

Airman 1st Class Patrick Hill takes a breather while negotiating the weaver obstacle at Camp Robertson Oct. 11.

neuver units in Europe," Lemley said.

"This is great. I love being with the young guys," said Master Sgt. James Brown who, at 40, was playfully dubbed "Old Man" by his comrades. Ranger tab on his left shoulder and Special Forces patch on his right, Brown enthusiastically let his experience speak for itself.

"I think the best part about this job is protecting everyone else out there. If I could stay deployed, I would, for just that reason," Brown said. Despite his age and an extra heavy 60 lb ruck on his back, MSgt Brown took first place in the 12-mile ruck with a time of 2 hours 30 minutes.

These Soldiers, who serve in Tactical Air Control Parties, are specially selected for this extremely challenging military specialty.

"We're very selective in who we bring into this career field. These guys are hand-selected right out of basic training. We start with pretty much the cream of the crop," said Maj. Richard Armstrong, commander of Det 2, 2nd ASOS, which provides tactical air control support to the 2nd Brigade Combat Team, 1st Infantry Division.

The airmen balance the physical training of the Army with the technical training of the Air Force to effectively do their job, according to Armstrong.

"We train our Airmen to be on par physically with the Army and keep up with them," Armstrong said.

# 'My life and times in Wuerzburg'

## Recollections of a brown boot Soldier

by Al Brower  
Special to The Point

This September marked the 50th anniversary of my arrival to Wuerzburg as a 19-year-old bandsman with the 10th Infantry Division Band. I played the French horn.

The 10th ID was transferred to Germany from Fort Riley, Kan. The 1st Infantry Division, which was the last "occupying" division in the Wuerzburg area, returned to Kansas in its entirety as part of what was known as "Operation Gyroscope." In those days, getting to Europe as a Soldier involved embarking from the Brooklyn Navy Yards on a troop ship. My troop ship was the U.S.S. Upshur, a small ship on which all aboard, with the exception of the sailors, became sick as proverbial dogs for the 10 days it took to get from Brooklyn to Bremerhaven.

We landed at the U.S. Army terminal in Bremerhaven and then traveled by troop train to Wuerzburg where we were met by deuce-and-a-half trucks and whisked away to Emery Barracks. At this time I didn't get a good look at Wuerzburg. That would come later. The division headquarters was located at Emery Barracks and did not move to Leighton Barracks until 1958.

### Army times

We had two uniforms. One was a dress uniform in OD (olive drab) color with the famous (or infamous) Eisenhower jacket. Ike looked fine in his tailored uniform and those who were slim and trim also looked fine. The rest of us were constantly tucking in our shirts and pulling down the Ike jacket lest our midribs be exposed. This uniform was very important because we were required to wear it when on "liberty" (off base).

Our footwear included brown shoes and boots, hence the Army of that time was known as the "Brown Shoe" Army. The problem with brown boots and shoes was that nobody could get their shoe colors to match. In 1957 the Army switched to black

footwear which solved some problems although not for those of us who were issued brown shoes. We had to dye our boots black or buy new one's from our uniform allowance. As none of us saved our uniform allowance for its intended purpose, this proved a bit tricky.

Everyone was issued a liberty pass that was kept in the orderly room and issued when liberty was granted. At first we had to wear our Class A uniform and were inspected when we picked our passes up at the orderly room and again at the gate by the MP gate guard. If anything was wrong, you fixed it or didn't go on pass. Later, when civilian clothes were allowed, a tie and jacket were required at all times when not on base.

### Würzburg in 1955

1955 was an important year for Germany. It was the year Germany regained sovereign status, meaning that the American Army ceased being an occupational force and became a guest in Germany and a partner with the German army in NATO. This was a big change and didn't happen without some "hiccups."

We newcomers had been thoroughly educated about our new role as partners and guests and with a few exceptions lived up to the role. Some of the guys who had been here since 1945 had a few problems adjusting.

Wuerzburg was nearly destroyed during bombing raids on March 16, 1945. American troops would enter Wuerzburg in early April 1945. The justification of the destruction of Wuerzburg along with many other German cities has never been clear. In any event, when I arrived Wuerzburg was still about 60 percent in ruins, but there was a feeling that this city was on its way to rebuilding itself with "some help from its friends."

Despite the negative vestiges of war, you could not help but notice an upbeat, can do attitude among the people here.

I am very proud of the important role my country played in getting Germany and Wuerzburg back on its feet. Indeed, the Marshall Plan and the U.S. commitment to NATO provided the basis for which the beautiful city of Wuerzburg could rebuild and flourish.



Al Brower

### Money

When I left the Army as a SP3(E4), I was making around \$120 a month. This doesn't sound like much, but when a beer in a gasthaus sold for DM .50 or about 12.5 cents, the \$120 represented a converted income of around DM 508 at a time when the average German income was much less.

This rosy picture should not blur the fact that many of us, despite our income advantage, managed to be broke by the 5th of the month. Obviously, with beer prices what they were, we managed to get rid of our money in other ways.

### Garrison life

Single Soldiers at that time were required to live on base.

All rooms had to be open and ready for inspection at any time. Alcoholic beverages were forbidden. NCO and EM clubs provided an opportunity to let one's hair down. These clubs made a lot of money in those days and were supported by the command because there was a strong interest in keeping the Soldier on base and off the streets.

There was no TV, only AFN radio (AM only). The Stars and Stripes cost 5 cents. Cigarettes cost about \$2 per carton and low price whiskey was available for \$2 to \$3. Whiskey, wine, etc., had to be purchased at a so called "Class VI Store." Only E-5s and married personnel could shop in the "Class VI." Commissary privileges were available to married Soldiers only.

Almost all units had their own barber, tailor and civilian kitchen police (KPs), paid for by the Soldiers for services rendered and a pro-rated monthly levy.

All in all, my life in Wuerzburg has been very rewarding. If one asks me if I made the right choice by staying here, my only answer can be: "I sure did!"

The greatest aspect of my remaining in Germany was – and is – my wonderful wife, Heide. I met her at Christmas 1955. We have now been married 47 years and I couldn't imagine a more fortunate or wonderful life.

*(Editor's note: Al Brower has resided in Wuerzburg the past 50 years. Born in Hartly, Iowa, in 1936, he graduated from high school in Worthington, Minn., and served on active duty from 1955-58. He completed his bachelor's degree at the University of Maryland on the GI Bill, and worked with the Military Service Company from 1962-69. From 1969 to 2001 he worked commissary and exchange sales, culminating in the position of Europe region manager for S&K Sales. He is past president of the American Logistics Association and past president of Golf Club Kitzingen from 2002-05.)*

### Take a hike

Hike with Wuerzburg's German-American Society Oct. 22 from Kleinochsenfurt to Sommerhausen and back. Group will assemble at 9:45 a.m. Take B-13 from Wuerzburg toward Ochsenfurt. Opposite the 14.5 kilometer marker (markers are every 0.5km) there is a blue sports building. Turn left on to Ochsentalstrasse. After 20 meters turn left again, parking area is 100 meters on where group will meet. Hike is about 11 kilometers. Lunch is in the Gasthaus Goldener Ochse in Sommerhausen. Other than the cost for lunch, the hike is free.

### Build the family

Upcoming USAG Franconia Army Family Team Building courses include: AFTB level II training Nov. 1-4, 8:30 a.m. to 2 p.m. at the Leighton Yellow Ribbon Room; and AFTB level III training Nov. 30 to Dec. 2, 8:30 a.m. to 2 p.m. at the Leighton Yellow Ribbon Room. Hourly child care will be paid by ACS. To sign up or for more info, contact AFTB program manager Wendy Lakso, 350-7103 or 0931-889-7103.

### Residenz wine tasting

Wuerzburg's German-American Society will assemble Nov. 18 at the Frankonia fountain in front of Wuerzburg's Residenz at 6:45 p.m. for a Weinprobe that begins at 7 p.m. A tour of the candlelit cellars will be led by wine connoisseur Karl-Heinz Pfaff who will speak English all evening. Six Franconian wines will be sampled with German bread and water between. Cost is €17 for G-A Society members, €20 for non-members. A limited number of participants can be seated, and members have first choice. Contact Gary Kleeman, 350-6171.

### Be energy aware

October is National Energy Awareness Month, and this year's theme, "Not In Use? Turn Off the Juice," promotes smart energy choices and reminds community members to switch off unnecessary lights, unplug electrical drains, and use energy efficient products.

USAG Franconia spent €10.9 million for energy consumption in 2004, approximately two-thirds for heating, the remaining third for electricity. We need to think about what we can do to save now so that we don't have to pay later. There are many little things that add up:

- Turn off lights and appliances when not in use. Use the "sleep" setting on your computer as it can use as much energy as a refrigerator.
- Open window coverings on the sunny side of your home to take advantage of the sun. Be sure to close the coverings as the sun goes down.
- Unplug your televisions/DVD player/VCR when you're on vacation.
- Keep your freezer as full as possible.
- Make sure food is cool and covered before it goes into the refrigerator.
- Run full loads in your washer and dryer.
- Vacuum your refrigerator coils and keep lights and lighting fixtures clean.
- Unplug your cell phone charger when not in use. Your charger uses energy even when your phone is not plugged into it.

For more information contact P2 manager Barb van der Smisen, 351-4582 or 0931-296-4582.



Roger Teel

### A heavy load

BriAnna Rosen grimaces as she dead lifts Adrian Martin across the stage as Jacob Rosen looks on. The three were rehearsing for Wuerzburg American High School's theater production of Moss Hart and George S. Kaufman's "The Man Who Came to Dinner." The comedy is set in 1939, when a critically acclaimed radio personality and noted curmudgeon comes to small town Ohio and breaks his hip. He ends up recuperating in a family home and causes chaos all around. Play dates are Nov. 3, 4 and 5 at 7:30 p.m. each evening in the high school cafeteria.

## 'Haunted Trail' set for thrills

by Candace Carpenter  
Special to The Point

The second annual 2nd Air Support Operations Squadron (ASOS) "Haunted Trail" provides a quality community event, community involvement for members of the squadron, and raises revenue for unit funds.

But, most importantly, it's a lot of fun for everyone.

"We had so much fun hosting this event last year that it was the main motivation to do it again," said one squadron member recently.

While it's a creepy, frightful bit of fun for everyone, it's also a major fund raiser for the unit. These funds are used to help defray the cost of the annual unit Christmas party, burger burns and other small unit events throughout the year.

The 2nd ASOS family came up with the haunted trail idea last year and the airmen have worked hard to make this year's trail as scary as possible. They do it on a limited budget and most contribute their own money.

They've been planning for several months and have come up with some great, blood-curdling ideas for the trail this year. Some horrifying characters and situations promise to get pulses pumping.

If you love the adrenaline rush and like to be scared, or just want to stand on the hill nearby and listen to the screaming, you'll definitely want to come out for this event.

Hours for Haunted Trail are Friday, Oct. 28, from 7 to 10 p.m., and Saturday, Oct. 29, from 5 to 10 p.m. Cost is \$2 per person. Entrance to the trail is behind the Leighton Barracks Military Police station.

On Saturday, Oct. 29, 2nd ASOS will also host a pumpkin patch for families from 5 to 7 p.m. The patch will be set up for pictures. The haunted trail will be open during that time but will be toned down a little so younger children or the faint of heart can take in a less-scary version of the trail.



Haunted Trail is sure to frighten the faint of heart.

# Cougars lose, set sights on playoffs

by Jim Hughes  
The Point

From the elation of a resounding homecoming victory to the heartbreaking end of their record 28-game winning streak, the Ansbach Cougars experienced an emotional end to their regular season.

Following the high of their homecoming thumping of Giessen, 45-6, Oct. 8, the young Cougars felt the pain of losing for the first time in four years, falling to unbeaten Division III powerhouse Hohenfels, 25-24, Oct. 14.

The team is now preparing for the playoffs and seeking their fourth consecutive Division III title. Ending with a 4-1 record, the Cougars finished one game behind 5-0 Hohenfels.

The playoffs begin for Ansbach at home versus Rota, Spain, Oct. 22 at 1 p.m. at the football stadium next to the high school.

In the Cougars' homecoming, sophomore quarterback John Willis-Morris returned a punt for a 70-yard touchdown, ran for a four-yard score and threw a 27-yard scoring strike to Zach Harmon. Willis-Morris completed six of 17 passes for 133 yards.

Xavier Sheppard and Chris Melton added touchdown runs and Lee Rodriguez completed the scoring with a fumble recovery in the Giessen end zone. Melton led all runners with 120 yards on 27 carries.

But the big game was last Friday night in Hohenfels, the team Ansbach Coach Marcus George rightfully worried about the most on his schedule.

"It was a tough ballgame that could have gone either way," George said. "I am totally pleased with the effort of the team. It was probably our



Jim Hughes

**Ansbach Middle/High School junior linebacker Tyler Sherman (89) chases Giessen quarterback Tim Battle during the Cougars' 45-6 homecoming victory Oct. 8.**

best effort of the year.

"Hohenfels outweighed us by about 40 or 50 pounds across the front lines and they have a nice, mature team. We had to start over this year and our young kids have stepped up and got the job done.

"I'm very proud of the kids on the team," the coach continued. "They gave it their best shot,

but we made some mistakes."

Ansbach led 24-12 in the third quarter on the strength of two Willis-Morris touchdown runs and a 10-yard strike to Zach Harmon.

Hohenfels' defense smothered the Ansbach offense in the fourth quarter, though, and got back in the game on an 8-yard touchdown run by Stephen Washington.

## Kitzingen Ryder Cup hastens relations

Commentary by Roger Teel

The Point

European golfers at Golf Club Kitzingen have been having their way at the annual Ryder Cup matches that pit the top 12 players from European and American sides in a two-day match play battle.

Led by Kitzingen professional Stephen Thomas, the Europeans have now won three of the past four cups, handily winning this year by a score of 16-8.

The event is unique in that match play is a format rarely played by most golfers. Total strokes for the round mean nothing, but each hole is played for its value. Matches are decided by the number of holes won.

The Ryder Cup format, used when the United States plays Europe next year in the real Ryder Cup, always challenges players.

The first matches are called "fourballs," meaning each side sends two-man teams out

against each other, and the better ball between them is what counts. Fourball matches are followed by "foresomes," in which each side again sends two-man teams out and they hit alternating shots. One player tees off; the other hits the next shot, and so on until the ball is holed.

On the second day individual matches – one on one – are played.

"Foresomes is the most difficult format because most golfers never play it," said American team captain Marty Dawson. "A good team requires two players of similar ability who know how to get along. It's pretty easy to turn on your partner when he keeps hitting your ball in the rough."

While the matches were hard-fought and played with great golfing spirit by both sides, much discussion over the weekend was about the future.

Golf Club Kitzingen, located on Larson Barracks, is approaching the expected closure of the

military installation next year with guarded optimism.

While the membership expects to finally have public access to the facility (golfers must currently enter through installation security), there are many details to attend to, according to club president Alfred Krug.

"When they close the installation, that means they turn off the electricity, the water, the heat, which means we have to be prepared for when it happens," Krug said, adding that the club is drilling a well for water and may need to erect a new clubhouse.

The clubhouse – the pro shop, locker rooms and restaurant – is now in the same building as the Larson Barracks library which will be returned to the German government once the installation is closed.

Asked about a continued provision for American golfers at the Kitzingen course, Krug said something will be worked out.

"We will likely raise the annual green fees for our German members, and we will have to review the price for American golfers who want to play here. I'm sure we will work something out," he said.

The Ryder Cup matches have evolved over the past 10 years to be more than simply competitive in nature. They are, in the minds of many, an opportunity to improve relations with members of another culture.

First-time American participant Willie Locke said the matches were a wonderful experience.

"I've never been as nervous as I was on the first tee, playing golf for my country. There's just something special about doing that. I really had a great time this weekend," he said.

Both Germans and Americans contend the tournament could easily be expanded next year, which may be the last true Ryder Cup experience at Kitzingen as the American presence in the area continues to dwindle.

"Mehr leute, mehr spass (More people, more fun)," said Schorsch Scheibenberger, a 10-year veteran of the Ryder Cup wars. Golfers on both sides said teams could be expanded to 20 golfers per side.



Stephen Thomas

**Adnan Hajdini, assistant teaching professional at Golf Club Kitzingen and playing for team America, blasts from the sand on the 11th hole during the recent Ryder Cup matches.**

## — Roundup —

### Wolves win girl's golf, boys finish third

Wuerzburg freshman Kayle Helton coolly tapped in a bogey putt on the last hole to secure the girls' individual and team title at the European high school golf championships Oct. 13-14 at Wiesbaden's Rheinblick Golf Course.

Helton's win paced a terrific girl Wolves effort that captured the school's second straight DoDDS championship. Chipping in were third place finisher Katherine Riley, fifth place finisher Ashley Cary (a sixth grader), and Sarah Fowler's tie for ninth.

Helton also won longest drive and closest to the pin prizes.

She said it was "very difficult, very intense" as she was in the last group playing with Hanau's Hope Fotter and Sonja Garcia of SHAPE. She was only one point up in the modified Stableford scoring system used by DoDDS, but once she hit her fourth shot close on the last hole, she said the pressure was off.

The boy Wolves had strong performances by Jonathan Mikkelson (fifth) and Benjamin Mikkelson (ninth), but lacked the depth to stay in the hunt for team honors with Division I powers Ramstein and Heidelberg. Ramstein's Chris Husted won the boy's individual title with a 165 two-day total over the hilly, 6,239-yard Rheinblick course.

### Sign up, play, cheer

Schweinfurt Community Youth Sports will hold basketball and cheerleading registration at the Commons in building 224, Ledward Barracks, from Oct. 24 to Nov. 18. Basketball is open to boys and girls ages 4 through 18 years. Cheerleading is open to boys and girls ages 6 through 15 years. For more information call 354-6517 or 09721-96-6517.

### Spin at night

Spinning classes are now offered evenings at Finney Fitness Center, building 64, Conn Barracks, on Mondays, Wednesdays, and Fridays from 6 to 7 p.m., Wed & Fri, 6 – 7 p.m. Spinning is a low-impact, high-energy cycling class that allows you to control the intensity of your workout and move at your pace. For more information call 353-8234 or 09721-96-8234.