Culinary arts team trains for World Cup
Army cooks test their skills at Grafenwoehr in preparation for Luxembourg competition

Story and photos by NICK DAMARIO
USAG Grafenwoehr Public Affairs

By JODI WARD
Staff writer

Garrison clinics offer free dental assistant certification

Early snowfall cause for early fun!

ON THE ROAD
Driving law could cost money, points

by Sgt. AIMEE MILLHAM
USAREUR Public Affairs

UNIT NEWS
Seminar dispels weak female stereotype

by Pfc. JESSIA STEVENSON
2d Stryker Cavalry Regiment

by Sgt. 1st Class RENEE PORTER
7th MTO

November 15, 2006

Vol 2. Nr. 22
Grafenwoehr, Hohenfels and Vilseck

TOP RIGHT: USA CAT team leader CW4 Robert Sparks. (TOP LEFT) A team member cooks in the field kitchen on loan from the German Army.

A three-course meal prepared by the CAT Nov. 8.

JOE OPPORTUNITY
Garrison clinics offer free dental assistant certification

by JODI WARD
Staff writer

An early snowfall Nov. 2 was all the motivation 7-year-old Ryan Bluhm needed to enjoy wintry fun in his Grafenwoehr backyard.

Snow normally falls in the Grafenwoehr area closer to Thanksgiving.

Early snowfall cause for early fun!
M y girlfriend’s Family Readiness Group may be the smallest one in the Army. It consists of herself and a Google alert set for the name of some tiny town in Afghanistan where her husband was stationed.

It ain’t a conversation. It ain’t even a cup of coffee.

But blind information is one of the few perks you can expect when your spouse is one of the 11,090 sailors serving on the ground as an individual augmentee (IA) in the Middle East.

What about the families?

While the Navy is making progress with the effectiveness of the IA program on sailors’ careers, they aren’t getting the job done for Navy families.

The tools we families usually use to handle deployment aren’t readily available to families of an individual augmentee. It’s “like I can get together with anyone,” Terry, told me last week. “The guys in his command were taken from all over the country.”

“And the IA families around here are standing on their own.”

It’s a lot different being boots on the ground in Afghanistan than it is to be stationed in Guam,” she said.

Combine that isolation of experience with legitimate worry for her sailor’s safety, and it’s no wonder Terry is beat over her computer late at night.

“At least we got the change in orders before we sold the house,” she said. “Can you imagine this if we moved?”

Is this a “beneficial” move?

I can’t imagine anything worse. Yet the Navy is offering a move as one of the only “benefits” available to IA families.

In a recent instruction, the Navy announced it will pay to move the family to another location while the sponsor is on an IA assignment of 365 days or more.

The Pentadues

I love to show one thing: What century are those Pentadues living in when they think they up this stuff?

Running home to mom and daddy during deployment is no solution. Military spouses are not 11-year-olds as the Pentagon tells us.

Mommy and daddy are out sitting around on the farm these days, too,” she said. “They go to take in their mail from us, their hard family. Nor are they always available to deal with all the stuff a preteen and adult child has over their service compartment.

Does the Navy realize that more than half of the babies born to our military families are only one- to two-year-olds? "My grandmother would say that’s not a good sign for your egg supply," she said.

A thousand unseen connections

Among those who don’t work, many are stay-at-home moms with kids in school and sports. These families have a thousand unseen connections to the place where they settle.

This sponsor report isn’t easily or quickly replicated somewhere else.

Then what does the sponsor do after the IA tour is up?

“Do they go through yet another move and all that upheaval and expense? If a young spouse goes home to live with her parents so that she can save money and go to college, how much school would she actually complete before her sponsor gets home? How willing will she be to come back for another short tour before another deployment?”

There are better ways for the Navy to use that kind of funding.

Nonsmoker hopes report leads to more smoking bans and legislation

For military spouses, it is offering a move as one of the only “benefits” available to IA families.

In recent years, the scientific evidence has proven time and time again that secondhand smoke is an "alarmingly public health hazard—one that is responsible for thousands of premature deaths among nonsmokers each year."

When the Surgeon General’s report was issued in 1986.

Hundreds of studies over the past 20 years have reported that the harm caused by secondhand smoke is great. But none of those reports carried the same weight as one from the Surgeon General.

For years, we have told anybody who cared to listen that all public buildings should be smoke-free. We have debated the issue of smoking bans with family members and friends who smoke and complain they are being discriminated against.

It is, to say the least, an absurd concept. I’ve heard some awfully lame arguments in support of such a dangerous habit that has been proven to be deadly to smokers and nonsmokers alike.

And, lest we forget, there are mountains of taxpayer dollars spent in this country each year to treat smoking-related illnesses (many of which are preventable).

The bottom line is this: When someone lights up a cigarette indoors, it creates a public safety issue— one that can no longer be ignored or dismissed.

Nonsmokers have every right to patronize a business (whether government or private) without being subjected to the toxic smoke that is expelled from a smoker or a cigarette.

When considering this issue, think about the following statements contained in the Surgeon General’s report.

1. "*There is no safe level of secondhand smoke, and even brief exposure can cause harm—especially for people suffering from heart or respiratory diseases.*

2. *For nonsmoking adults, exposure raises the risk of heart disease by 25 percent and of cancer by 20-30 percent. It accounted for 8 nonsmokers.*

Check out the following websites for more information on secondhand smoke and how to protect yourself and your family.

National Cancer Institute

www.cancer.gov

American Lung Association

www.lungusa.org

American Thoracic Society

www.ats.org

Prevention magazine

www.prevention.com

USAG-G Commander

Col. Brian Boyle

Vilseck Correspondent

Justi Veldt (475-1600)

Public Affairs Officer

Nick D’Amario (475-6417)

Bavarian News Editor

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Meningitis vaccine available at clinics

**DoDDS, CDC in agreement: children should receive MCV4 immunization**

European Regional Medical Command

DoDDS-Europe students who have not gotten the meningococcal MCV4 (Menactra) vaccine can start rolling up their sleeves.

Army hospitals and clinics under the European Regional Medical Command have sufficient supplies on hand to vaccinate children ages 11-18 that still need the shot.

Schools will expect students to receive the vaccine with a reasonable amount of time, normally about two weeks.

Parents should contact their local health clinics about dates and times to have children vaccinated.

The DoDDS-Europe requirement is in concert with the Centers for Disease Control and Prevention’s recent recommendation to give meningococcal disease vaccines to pre-adolescent visit (11-12 years old).

An advisory committee to the CDC recommends the MCV4 vaccine for youngsters 11-12 years old “as an effective strategy to reduce meningococcal disease incidence in adolescents and young adults.”

The CDC would like to see all adolescents vaccinated within three years.

The MCV4 vaccine helps protect children against bacteria that cause different types of meningococcal diseases commonly called meningitis.

Bacteria live in the nose and throat areas and individuals spread bacteria by sneezing or touching surfaces sprayed with nose secretions.

The National Meningitis Association says meningitis is also spread through coughing, kissing and sharing cigarettes, utensils, cups, lipsticks, or balm – anything an infected person touches with his or her mouth.

Washing hands frequently and disinfecting surfaces and soiled articles are the best methods of preventing transmission of these diseases.

ERMC preventive medicine officials advise parents to be alert during the coming flu season, since flu and meningitis symptoms are similar.

The CDC’s Web site lists the following symptoms to distinguish between flu and meningitis: high fever, headache, and stiff neck are common symptoms of meningitis in anyone over the age of two years.

These symptoms can develop over several hours, or they may take one to two days to appear.

Other symptoms may include nausea, vomiting, discomfort looking into bright lights, confusion, and sleeplessness.

In newborns and in small infants, the classic symptoms of fever, headache, and neck stiffness may be absent. They may develop a rash or be irritable, have vomiting, or be feeding poorly.

As the disease progresses, patients of any age may have seizures.

**WELCOME HOME !!!**

**Joint bazaar generates $22,000 for communities**

Majority of profits to go toward scholarship for local students

Story and photos by JODI WARD

Staff writer

Autumn’s cool gray skies did not stop community members from attending the 2006 Grafenwoehr/ Vilseck Crown Jewel Oct. 27-29.

In fact, thousands of shoppers flocked to Grafenwoehr’s Camp Aachen for one-stop holiday shopping from all over Germany and throughout Europe.

Eighty three vendors from six countries, including Germany, Italy, Belgium, Luxembourg, the Netherlands, and Poland transformed the camp into pre-holiday season wonderland, offering everything from pottery to antique furniture, art, jewelry, and pottery.

I found something I have been hunting down for years, since well before I moved to Germany,” said bazaar patron Sharon Joyner. “It’s an antique cart, and I found it here!”

**Commissary Agency accepting scholarship applications**

by BONNIE POWELL

Defense Commissary Agency

Gas prices are biting into the family budget, interest in college tuition is outstanding inflation. But, relief is in sight for military families as the 2007 Scholarships for outpacing inflation. But, relief is in sight for military families as the 2007 Scholarships for

by BONNIE POWELL

WELCOME HOME !!!

by Sue Blum

More than 100 Soldiers with the 539th Ordnance Company and the 256th Medical Detachment arrived at the Grafenwoehr Field House in the early evening hours of Nov. 1. The Soldiers returned from a one-year deployment to Iraq.

Nonsmokers cannot be unfairly subjected to secondhand smoke

Continued From Page 2

46,000 premature deaths from heart disease and 3,000 premature deaths from cancer each year.

* The impact on the health and decrease in overall health are more severe than previously thought.

Secondhand smoke is a cause of sudden infant death syndrome accounting for 430 deaths last year.

The risk is elevated for children whose mothers were exposed during pregnancy and for children who were exposed in their homes after birth.

* Efforts to minimize the effect of secondhand smoke by separating smokers and nonsmokers are ineffective, as are ventilation systems in a shared space.

I applauded the government when it prohibited smoking in all federal buildings several years ago. It’s too bad that many state and local governments didn’t follow suit.

I was ecstatic when certain restaurants took the initiative to make their establishments smoke-free, and city governments implemented nutritional smoking bans in public places.

It was a step in the right direction.

As a reporter, I’ve spent many nights listening to city commissioners and council members talking through a tobacco haze, while I and other nonsmokers (taxpaying citizens I might add) in attendance struggled to breathe as our eyes watered from smoke that seemed to hang in the air for hours.

I’ve also spent too many election nights in countless rooms waiting on polling results in hallways and conference rooms that looked like a scene from a sci-fi horror movie. I’m proud to say some of those government agencies, when asked for a comment to the local newspaper), did implement some nonsmokers’ policies at the request of those who didn’t smoke.

However, not all did. And there are still too many public places where people, not just nonsmokers, are unfairly subjected to the dangers of secondhand smoke.

This report hopefully will serve as a wake up call to the public health hazard that is created by smoking.

Gallipolis again! It can’t come soon enough.

Bavarian News 3

NOV. 15, 2006

News
Swift decreases in U.S. gas prices led first of the month only when discretion when setting prices at the policy. Authority in the OCONUS gas pricing 23 October per the discretionary average from the weeks ending 16 and AAFES used the two-week DoE oil: good news for drivers.

Gasoline prices for the month of Service is announcing a decrease in point with a family at home; the separation and connect the Soldier on set of quarters a home; and complete make an installation a community; a is Army Strong each and every day,” Wilson said. In keynote remarks, Campbell drew a parallel between the IMCOM installations in the world, “is supported by the best management…in order to create a Family Support Center and the Agency, the former Community and Management Command as a direct command under a single command as a direct reporting unit. The IMCOM mission.

The Army announced the new command, currently headquartered in Virginia and Maryland, will relocate in 2010 to Fort Sam Houston, Texas, in accordance with requirements of the 2005 Base Realignment and Closure round.

The deputy commanding general will locate in Texas, while the commanding general and ACSIM functions remain at the Pentagon.

The new command also will consolidate the four Installation Management Agency regions within the continental United States into two as required by BRAC.

The Western Region will stand up in November at Fort Sam Houston, with consolidation taking place over the next few years.

The Eastern Region will locate at Fort Eustis, Va., in 2010.

The Army activated the Installation Management Command Oct. 24 to consolidate and strengthen installation support services to Soldiers and their families through the full authority of command.

Lt. Gen. Robert Wilson assumed the IMCOM command at a Pentagon ceremony hosted by L. Gen. James Campbell, Director of the Army Staff. The new command places the former Installation Management Agency, the former Community and Family Support Center and the Former Army Environmental Center under a single command as a direct reporting unit.

Army evolution
“Today we take the next step in the evolution of Army installation management…in order to create a more efficient, effective and agile organization to ensure the best Army in the world is supported by the best installations in the world,” Wilson said.

In keynote remarks, Campbell drew a parallel between the IMCOM and the new Army advertising slogan, “Army Strong.” He defined “strong” as the ability to take stand up for oneself, while “Army Strong” is the ability to stand up for everyone else.

Army Strong
To stand up, the Installation Management Command shows that it is Army Strong each and every day,” Campbell said. “With the strength to make an installation a community; a set of quarters at home; and complete strangers, friends.

(UICOM has the strength) to case separation and connect the Soldier on point with a family at home; the strength to genuinely care for the loved ones back home so that young Soldier facing life and death can focus on the mission at hand.”

As IMCOM commander, Wilson is dual-hatted as the Army’s Assistant Chief of Staff for Installation Management, reporting directly to the Army Chief of Staff. Brig. Gen. John A. Macdonald, former IMA director, became IMCOM’s deputy commander.

Under IMCOM, FSCM is renamed the Family and Morale, Welfare and Recreation Command, and becomes a subordinate command of IMCOM, directed by Brig. Gen. Belinda Finckney, with its own flag.

The AEC is now the Army Environmental Command—also a subordinate command, commanded by Col. Michael O’Keefe, and with its own flag.

Unity of purpose
The flag casings and uncasings were a symbolic focal point of the activation ceremony and the three gold and red flags, standing together in a rank, seemed to underscore the unity of purpose inherent in the new organization. The Army has never been in greater need of installations as flagships of readiness than it is now,” Wilson said. citing the construction, personnel and equipment realignments required to sustain Base Realignment and Closure, Army Modernization Force, and Global Defense Posture Repositioning.

He said IBRAE accounts for more than 1,200 actions that impact the IMCOM mission.

The Army announced the establishment of the Installation Management Command as a direct reporting unit in August. This initiative is part of Army efforts to restructure its commands and specified headquarters to obtain the most agile command and control structures to support the expeditionary, modular force.

Soldier/family support
The full authority of command is vital to effectively direct the vast resources necessary to support troop deployments while meeting the needs of their families, Army officials said in announcing the decision to form IMCOM.

Consolidating the installation management structure under IMCOM optimizes resources, protects the environment and enhances well-being of the Army community.

IMCOM will provide fast, efficient and agile support to commanders in the performance of their tactical and strategic mission.

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The Eastern Region will locate at Fort Eustis, Va., in 2010.

AAFES Europe fuel prices decrease
The Army and Air Force Exchange Service is announcing a decrease in gasoline prices for the month of November.

The average cost of a gallon of gasoline in the United States has been falling due to an oversupply of crude oil: good news for drivers.

To establish November prices, AAFES used the two-week DoE average from commandplaces 10 and 23 October per the discretionary authority in the OCONUS gasoline policy.

AAFES leadership can exercise discretion when setting prices at the first of the month only when extraordinary circumstances impact the Department of Energy’s average.

As with the month of October, the swift decreases in U.S. gas prices led AAFES Command to intervene and base November’s prices on the previous two week average instead of the established policy of a four- or five-week average.

“The result of AAFES military leadership’s intervention to utilize the previous two week average brings gas prices for protected OCONUS customers, not affected by “floor” pricing, more in line with current U.S. prices,” said Jack Morris, the senior vice president for AAFES Europe.

The AAFES overseas gasoline pricing policy is to set prices based on the U.S. Department of Energy’s monthly average for grade regular gasoline in the continental U.S., plus the unique incremental costs which AAFES incurs in each overseas market.

These incremental costs are bona fide costs that include (where applicable) costs related to the gas coupon management program, labor costs, depreciation, and other expenses associated with passing gasoline to our customers overseas.

AAFES reminds customers to check their gas coupons before filling up at ESSO or ARAL stations.

The Series 7POE gas coupons for Germany and The Netherlands expired Sept. 30 and are no longer accepted at stations on the economy.

These coupons are, however, valid at branches in Germany for up to 2 p.m. on Saturdays.

To 2 p.m. on Saturdays.

We are delighted to have the opportunity to provide banking services to this thriving and fast growing military community of warriors, said Richard Tolle, the credit union’s senior vice president of Overseas Operations. This branch complements our existing service on Vilseck and Hohenfels and will vastly improve our availability to members in the Grafenwoehr Community.

Service Credit Union extends an invitation to the Grafenwoehr military community to stop by and return for the ribbon cutting and grand opening celebration Dec. 5. There will be free drawings, activities and refreshments.
Department of Homeland Security

To meet the documentary requirements of the Western Hemisphere Travel Initiative, the Department of State, in coordination with the Department of Homeland Security, submitted for public comment a federal rule proposing the development of a card-based passport for international travel by U.S. citizens through land and sea ports of entry between the United States and Canada, the Caribbean, Bermuda, and the Bahamas.

The Department of Homeland Security and the Department of State plan to issue an electronic passport, which will be provided to eligible U.S. citizens at the time of their regular passport renewal. The new passport will contain a chip, similar to the chip found on credit cards, that stores personal information.

Pentagon Channel sheds light on post traumatic stress

DoD to resume anthrax program for troops

Vaccine mandatory for personnel assigned to CENTCOM AO

by David Mays
Special to American Forces Press Service

The Pentagon Channel is taking an in-depth look at post-traumatic stress disorder in a new edition of its monthly documentary “Recon.”

The half-hour show, called “The Wounds Within,” explores how the understanding of PTSD has evolved since the Vietnam War.

Sgt. Maj. Robert W. Turner - JMRC

“Wounds Within” will air on The Pentagon Channel Nov. 15, 2006 at 4 p.m. EST and again on Nov. 18, 2006 at 8 p.m. EDT.

Get ideas complaints?
You can voice opinion with BOSS online survey

IMCOM news release

Want to tell the Army what you think about the online survey for Single Soldiers program and what programs you want to see in your garrison?

Soldiers can voice their opinion through the survey by going to www.mwr-europe.com and clicking on BOSS logo.

The BOSS survey is quick and easy and generally takes less than five minutes to complete.

Soldiers can weigh in on such topics as whether they would like to participate in; what their interests are; leisure activity preferences; the expansion of the BOSS program at their garrison; and what changes they would like to see.

The BOSS survey is being administered as a service to Army garrison MWR programs by the Family and MWR Command in Alexandria, Va. The survey data will be rolled up periodically and results provided to garrison commanders.

DOD Vaccine Program proposes a new survey, the BOSS, an online survey dedicated to support the overall improvement of the BOSS program in Europe.

The BOSS Survey is designed to gather critical input from Single Soldiers in identifying and planning for recreational and leisure activities, and to elicit feedback for improvements in the program.

Fort Benning’s Medical Center Norway has a one million dollar grant from the Army Medical Research and Materiel Command to continue the BOSS Survey program.

Retirement Ceremony set today at Field House

U.S. Army Garrison Grafenwoehr will conduct the Quarterly Retirement Ceremony today at 4 p.m. at the Grafenwoehr Field House.

Retirement Ceremony

NCOA Ceremony today at 4 p.m. at the Grafenwoehr Field House.

Retirement staff report

U.S. Army Garrison Grafenwoehr

DAVID MAYS

by Sgt. 1st Class
SHARON MCBRIDE

40th Public Affairs Detachment

Based on the continued threat to DoD to resume anthrax program for troops in the United States and allied forces, the Department of Defense has issued a policy to require the use of the combination Live Anthrax Vaccine Immunization Program.

The licensed vaccine is consistent with CDC guidelines, the Drug Administration regulatory guidelines and the recommendations of The CENTCOM area of operations for 15 or more years.

The Department of Defense, Army and Navy, and framework the BOSS in the CENTCOM and Headquarter’s Department of the Army publish their implementing procedures.

The BOSS program identifies real and potential needs and concerns by service members who are suffering in silence about PTSD and prompt service members who are suffering in silence about PTSD and prompt service members who are suffering in silence about PTSD and prompt service

“What we're trying to do is allow them to express their concerns in a protectively way,” said Kilian.

A former director of the Central Intelligence Agency, James Woolsey referred to anthrax as “the single most dangerous threat to our national security in the foreseeable future.”

A former director of the Central Intelligence Agency, James Woolsey referred to anthrax as “the single most dangerous threat to our national security in the foreseeable future.”

DoD also doesn't single the vaccine as a bursary-forming bacterium.

Anthrax, which has a long shelf life, does not require large quantities without sophisticated equipment, and can be loaded into a variety of weapons, according to the DoD statement.

“Without actually occurring soon,” said Kilian. “The disease has been documented since the ‘Old West days, but individuals exposed have ‘flu-like symptoms.

It’s difficult to say exactly how long after exposure are far more likely to recover,” he said.

“Disease, personnel treated within 72 hours are likely to recover,” he said.

“Disease, personnel treated within 72 hours are likely to recover,” he said.

Mild infection-site reactions, such as local pain and tenderness (less than one inch in diameter) in 30 percent of men and 60 percent of women.

About one in 100 develop a reaction five inches or larger. Such symptoms resolve on their own in a few days.

The rate of side effects away from the injection site – fatigue, headache, muscle or joint pain – occur in five to 35 percent of vaccine recipients; again, they typically resolve within 24 hours.

Service members who have a serious reaction to the anthrax vaccine, should report to their healthcare provider, who will determine future anthrax vaccine schedules for those individuals.

The members of armed forces, to include active duty, reservists and contractors, are required to get vaccinations as long as they remain in the larger DoD.

For those who are no longer deployed to a higher threat or no longer assigned special-mission roles, these later vaccine doses will be on a voluntary basis.

“There will be plenty of vaccine to accommodate everyone here,” he said.

A plan will be published for unit and individual resumption of the anthrax vaccine.

Kiley, the service’s surgeon general, said the military is required to vaccinate through the stigma.

other wounded servicemembers share very personal stories of how they survived, how they were able to seek treatment and how they are coping today in this emotionally charged “Recon.”

Marchus said she hopes “The Wounds Within” will spark discussion about PTSD and prompt service members who are suffering in silence to ask for help.

“Recon” will encore throughout the month on the Pentagon Channel.
Know the rules: Avoid customs violations when shipping holiday items to the U.S.

Story and photo by Spc. Matthis Chiroux
USAREUR Public Affairs

A former U.S. Army, Europe dental commander recently returned to Heidelberg for the first time since 1957, bringing with him stories from the past while seeing how much the community has changed in 50 years.

Retired Col. LaGrande Nelson, 99, returned to his former command to dedicate the new Heidelberg Mormon Church Oct. 15. While here, he also toured the dental wing of the Heidelberg Army Hospital, where he served from 1954 to 1957.

“With operational security for the troops so tight, we were concerned that care packages would be opened and morale to our troops, the families they leave behind during deployments, and wounded warriors when they return home. Operation Homefront’s programs are so effective that it recently signed a Memorandum of Understanding with the Defense Department to ensure greater collaboration.

Operation Homefront is a national nonprofit that provides emergency support and morale to troops, the families they leave behind during deployment and wounded warriors when they return home.

With 26 chapters nationwide, we support our nation’s military families by offering programs and personnel to focus on the demands of their duties abroad.

Operation Homefront also operates CaregiverHouse.com, the largest online community of military wives and women in uniform. For more information, please visit www.operationhomefront.net and www.caregiverhouse.com.
Post offices update hours, holiday mail guidelines

Holiday office hours are posted in garrison news outlets.

Thanksgiving.

or have reduced hours on or shortly after regular hours on Friday.

closing at noon on Friday for Veterans Day.

475-8586 to reserve a spot in this class.

certification will be provided.

temporary concession activities.

between 6 and 8 pm. Call CIV 09608-7100 for information.

Support Group meetings are as follows:

Grafenwoehr as follows:

the community mail rooms.

mail will be received and distributed to the community mail rooms.

made by calling your local APO at DSN 476-8800.

(7623) or CIV 09641-83-7623.

For more information, contact Michele Wolf.

available.

There is no fee and a one-year requirement.

Anyone who needs to or is interested in Girl Scouting, such as:

I’m Married! ,                                 and Daniel, He Chose the Nails, Help Me, 

Every Tuesday

Choose from three great colors. Call

The invitation is open to all denominations and ages. Attendance at the Vikings football games shall not be a requirement.

Sons, and DA civilians.

The deadline for first-class mail is Dec. 4.

Garrison motorcycle group meeting slated tomorrow

The garrison motorcycle group will meet at the BF Club in Grafenwoehr as follows:

Zumwalt sunrise meeting will be Dec. 10, 14, and 28.

December meetings are the fastest and most expensive service offered.

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**Bavarian News Food & Culture columnist**

If you ask my son what he looks forward to the most in November, he will gladly tell you that it is the Thanksgiving feast.

He can’t wait to dig into the turkey, stuffing, mashed potatoes and, of course, the pumpkin pie.

All over the world, people love their signature cuisine, and Germans are no exception. The difference, however, between American and Bavarian food choices—both holiday and daily items—is often quite startling.

Most Germans will start their day with a breakfast consisting of bread or Brötchen, with either a sweet topping like jam or honey or more robust foods like bacon and eggs 

To avoid waste, my grandmother began turning it into something that might be chosen as well. Cereals have increasingly become more popular, but if you look at the cereal section in a German grocery store you will see that it is far a cry from the aisle-long variety flooding American stores. Bacon and eggs is not the breakfast fare you will find on a German table. If Germans do eat egg for breakfast, it will likely be hard or soft boiled and served in an Eierbecher (literally: egg cup).

My father’s breakfast of choice is liverwurst on bread, and he always chastises me for not feeding my kids “real food” in the morning. The term he uses to describe cereal is “chicken food”.

The mid-morning meal, also called “Vesper” in Bavaria, may consist of a Brötchen or other snack around 10 a.m.

Bavarians are famous for eating “Wurstwurst” and “Kartoffelsuppe” at this time, often accompanied by the first beer of the day.

Most Germans, especially those who are at home during the day, as well as kids returning from school, eat their main meal at lunchtime. On Fridays a fish dish or other meatless entree is still served in predominantly Catholic areas.

Since Saturday is usually a busy day reserving itself for running errands, many families eat soup or other quick and easy-to-prepare meals for lunch. Sunday, of course, is the day for large roast and dumpling feasts.

Bavarians are very particular about that. Local vendors are scheduled so that mothers, grandmothers, or other family cooks, have enough time to prepare their holiday dishes. Most families will have pre-cooked the meat the night before.

Many German “Gasthäuser” (Gasthouses) are packed on Sundays for lunch, and making reservations is probably a smart move if you plan to eat out during the post-church service rush.

While the British relish (and are famous for) their daily tea time, the same can be said for Germans and their afternoon “Kaffee und Kuchen” (coffee and cake). German cakes make a living serving just this “in-between” meal.

Especially on weekends, Germans love to relax with some good German coffee and a sweet treat between 3 and 4 p.m. Most German housewives are sure to have some pastry or other sweet creation on hand for the family, or in case friends drop by.

A generation often meets for coffee and cake in the afternoon as a social occasion.

My family’s Gasthaus was visited by regulars who would come on a certain day each week to meet friends, talk, and enjoy my mother’s homemade cakes.

This indulgence in the afternoon explains why German dinner is typically a very light meal. Most Germans will simply eat bread with cheese or cold cuts. The favorite at my parent’s Gasthaus was the cold plate with liverwurst, bloodwurst, head cheese, and ham.

Like Americans, Germans also enjoy snacking while watching TV. The German choice of snacks is usually chips seasoned with paprika, roasted peanuts and Salzstangen (literally: salt sticks) – a thin baked stick, sprinkled with salt. For those who don’t worry much about calories, there is always the wonderful German chocolate and Pralinens (chocolate confection filled with a little alcohol or flavored cream).

German celebrations are often occasions where food takes center stage and eating only seems interrupted by the changing of plates and eating utensils.

Most big celebrations start with lunch. The meal will kick off with a soup, followed by a variety of roasts like Sauerbraten (beef roast), Schweinbraten (pork roast), Ente oder Gans (roasted duck or goose), or Hasebraten (roasted rabbit).

Soup is often rounded out with ice cream or another light dessert since only a little while later coffee and a variety of different cakes will be served. Buffets have become very popular for evening celebrations. They can feature almost anything from salads to roasts and everything in between. Should the celebration last into the night, a light midnight meal of boiled bratwurst known as “Blaue Zipfel” might be served.


By MARTINA BIAS

Recipe and photo by MARTINA BIAS

Bavarian News Food & Culture columnist

Since Germans are known to love their “taters,” it is no surprise that potato soup is one of their favorite winter comfort foods.

Growing up, I had potato soup almost every Sunday at lunch. We would start with a base of ham or blood sausage, while I preferred (and still do) mine with any kind of good German hot dog-like sausage (Wiener, Knacker, Mettwurst, etc.)

My family uses this concentrated butter in soups, adds it to potato soup (shown with Knackwurst) is an ideal cold weather meal.

This ingredient resulted out of necessity back when my father is known to eat four to six bowls of it at one meal. This is when you strain the liquid into a ceramic or glass container. One pound of butter will yield about 2 cups or 3 pints of concentrated butter.

To do this you melt butter in a heavy pot and cook it over low heat for about 1 ½ hours, stirring occasionally. It will foam, and when the foam goes down you will be able to see some brown pieces on the bottom.

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The Vilsbeck High School Lady Falcons volleyball team became the Division I European Champions after a three out of five win against the Naples Wildcats in Heidelberg Nov. 4. VHS junior and Lady Falcon member Chi-Kobi Murry said a well-disciplined and cohesive team made the win possible.

"I felt pretty confident, that we were capable of winning," said Murry of the team atmosphere going into the championship. "The battle for the European title began Nov. 2 when they dominated SHAPE, AFNORTH, and Baumholder in two straight games.

The following morning they played a difficult match against Naples, losing the first and third games to them. That loss seemed to fuel the Falcons' resolve to win.

"The fact that the Vilsbeck team started a week later than other schools seemed to have little effect on their play during the championship games," said Pollock. "We had to work that much harder, and work they did," said Falcons Head Coach Kort Pollock of the team's championship season. "It was a joy coaching these young ladies. They worked well together and had no drama," said Murry of the team atmosphere going into the championship.

"They had great spirit and displayed tremendous sportsmanship," said Alania McKinnis, Lady Falcons Chi-Kobi Murry, Becky Linka, Rebecca Womack, Cathy DelaRosa, Ashley Hick assist.

The Falcons ended up second in pool play and had to beat Bitburg in order to make it into the semi-finals. After dominating Bitburg, 25-7 and 25-14, the Falcons faced off against Aviano, the defending European champions who they had lost to earlier in the season.

If they beat Aviano, the Falcons would go onto the championship match, playing for first and second. If they lost, they played for third and fourth place.

The Falcons beat Aviano 25-17, 25-18, 13-25 and 25-13 on Friday night, solidifying a place in Nov. 4 championship match.

During the championship match, the Falcons were prepared to serve Naples, who had beaten them the day before, a consequence. Winning three straight games out of five, the Falcons edged the Naples Wildcats out of the championship with a 5-20, 25-10, and 25-17 score to become the 2006 Division II European Champions.

Team members noted that it was a mixture of hard work, keeping one another motivated, and pure desire to win. "They were very a disciplined, united, and devoted group of athletes that were a joy to watch," said Pollock.

They were focused and just went on the court to play good ball," said Pollock.

She also noted that while the team may undergo some changes next year, she is still looking forward to an excellent season.

"We will be under construction, just like the school, but we still have a good foundation for success next year," said Pollock. "I hope many girls come out to play."
Female Soldiers attend empowerment seminar

by DONNA MILES
American Forces Press Service

Nov. 1 kicked off Military Families Appreciation Month, an annual tribute to the families of U.S. and military leaders frequently recognize, serve in the country along with their loved ones in uniform.

The month-long observance, with events planned at Army, Navy, Air Force and Marine Corps bases around the world and in communities nationwide, highlights the contributions and sacrifices military family members make every day.

Batter got an example of how service during an Oct. 28 visit to Charleston Air Force Base, S.C., can operate in cyberspace. He said later, "The Air Force Lt. Gen. Robert Elder, will become announced Nov. 2 that the 8th Air Force, led by "We prime Minister, when I speak to our troops, I also talk to their loved ones, because "And so today we pay respect for the men and women who served, not just here but everywhere. They are proud of you."

These are topics that some folks are afraid of discussing, but I think we've got to talk about this stuff, and I hope that's an important message. Then I know that's what keeps me in business."

Tilzey shared that "If you're having unprotected sex, then you're planning on getting pregnant or having an abortion."

The command's new capabilities will include the ability to attack other computer networks and cyberwarriors" who are skilled and able to react 24 hours a day, seven days a week. The command will not be about a bunch of computer hackers coming up with ideas, she said, but about trained professionals working to protect a realistic threat environment that everyone understands.

Elder said he will take four months to gather experts from the military and academia to decide how to best set up and what capabilities are needed.

He noted that 8th Air Force already has many cyberspace capabilities, such as surveillance, reconnaissance, intelligence, battle management and electronic warfare, but those capabilities aren't focused on defensive operations to protect the network's system. Instead, he said, the command is looking for ways to go on the offense and attack other computer networks. If it can do that, he said, "then we're going to redefine the concept of warfare." The command's new capabilities will include the ability to attack other computer networks and cyberwarriors" who are skilled and able to react 24 hours a day, seven days a week. The command will not be about a bunch of computer hackers coming up with ideas, she said, but about trained professionals working to protect a realistic threat environment that everyone understands.

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