



WARNER WEEKLY

News & Information at Your Fingertips



www.bamberg.army.mil / Fri. Sept. 12, 2008 / VOL. 3, Issue 36

Bamberg Postal Clerks deliver smiles at JTF-East

Story and photos by Spc. Jerry Wilson

Novo Selo Training Area, Bulgaria – For most Soldiers on deployment, mail call is perhaps one of the most important times of the week. That letter or package from home can make life away from their loved ones a little more bearable. At the Joint Task Force – East Forward Operations in Bulgaria, the mission of making sure those “love letters” from home get to their intended recipients rests in the hands of three dedicated Soldiers from the 38th Human Resource Company from Bamberg, Germany.

Staff Sgt. Oscar Hurtado, Spc. Victor Flores and Pvt. 1st Class Amanda Slugay are the Soldiers that make up the JTF-East Post office at the Novo Selo Training Area. The dynamic trio has been at NSTA since July providing for the postal needs of all personnel both civilian and military.

Hurtado, the noncommissioned officer in charge of the office sees their job as a vital role in the success of the JTF-East mission.

“We bring morale to the troops,” he said, “We bring that little piece of home to the Soldiers that helps them keep that connection to their loved ones.”

Hurtado said he has a great team to work with.

“I was given the opportunity to hand-pick my crew,” he said. “Flores and Slugay are very hardworking Soldiers.”



Spc. Victor Flores of the 38th Human Resource Company, Bamberg, passes bags of mail to Staff. Sgt. Oscar Hurtado.

(Continued on page 3)

Soldier and Family Appreciation Day on Sept. 19

Soldier and Family Appreciation Day is scheduled for Fri., Sept. 19. The event will be held at the Bamberg Community Chapel parking area across from the Chapel from 2 – 8:30 p.m. and promises to be one of fun and family.

There will be bungee trampolines, inflatables, a mechanical bull-ride, a toddler's trailer, a balloon clown, electric scooters, a nostalgia merry-go-round as well as a deejay to play music. During the day, beer and drinks will be available. Non-alcoholic drinks will be free. Free ice cream will also

be available in limited supply.

The following FMWR facilities will be closed according to the following schedule on that day.

- ACS - Normal hours of operation
- FFF– 5 a.m. to 1:30 p.m.
- CAC - Close at 12 a.m. Sept. 18 and reopen at 8 a.m. Sept. 20
- Auto Skills - Closed
- Arts & Crafts - Closed
- ODR - Closed
- Library - Closed
- Bowling - Closed

- Moonlight Cabin - Closed

Lodging and Golf will remain open normal hours of operation with minimal staffing.

YS/JFK - Closed

CDC/FCC/SAS - 5:45 a.m. to 4 p.m.

CER - 8 a.m. to 4 p.m.

Sports & Fitness - Open regular hours due to scheduled games and practice.

The event shuttle schedule is available on page 2.

Hometown News Holiday Greetings comes to Bamberg Sept. 18 from 11 a.m. - 6 p.m.

Don't miss your chance to send a holiday greeting to your family in the states. See page 4 for more info.



Shuttle Schedule Soldier and Family Appreciation Day

Sept. 19, 2008

BUS STOP	Pick up time		
	18:00	19:00	20:00
Pendleton Sports Field	18:00	19:00	20:00
DPW Bldg. 7115	18:01	19:01	20:01
TMP - Bldg. 7102	18:03	19:03	20:03
Nieves-Webb DFAC	18:04	19:04	20:04
ACS - Bldg. 7029	18:05	19:05	20:05
High School-Tele Booth	18:08	19:08	20:08
Buchenstrasse - Bldg. 7651	18:09	19:09	20:09
Buchenstrasse - Bldg. 7657	18:10	19:10	20:10
Kiefernstr. House # 26	18:12	19:12	20:12
Kiefernstrasse	18:13	19:13	20:13
Shoppette	18:15	19:15	20:15
Barber Shop	18:16	19:16	20:16
Zollnerstr. Bldg 7005	18:17	19:17	20:17
Ray's Diner	18:18	19:18	20:18
Zollnerstrasse / near Gate 3	18:19	19:19	20:19
ACS - Bldg. 7029	18:21	19:21	20:21
Freedom Fitness Center	18:22	19:22	20:22
TMP - Bldg. 7102	18:23	19:23	20:23



Looking for a way to get in shape or to push your self to a new fitness level? Well, here are two wellness programs, and one of them may be for you!

Walk, swim, bike, or even rollerblade the distance from Iraq/Afghanistan and back! Operation Walk 4 Freedom is a great opportunity to support our troops, get fit, and be involved in our community. Anyone can participate and you can register individually, as an FRG, a family, or any other type of team. All participants who register for Operation Walk 4 Freedom will receive a free pedometer and assistance with goal setting, developing a fitness plan, and a free fitness assessment.

This is also the chance for those participants who were enrolled in Operation Walk 4 Freedom 2007-2008 to come for their final assessments and receive a free T-shirt for completing the program.

The second program, the Civilian Fitness Program, is an excellent opportunity for civilians who are employed by the army to engage in a regular exercise program. Commanders and supervisors may approve three one-hour exercise sessions each week during normal work hours for a total of 78 hours over a consecutive six-month period to all CFP participants. All interested civilian employees are encouraged to come out, register, and have a fitness assessment.

Registration and assessments for both programs (returning and new participants) will be conducted at the Freedom Fitness Facility from 10 a.m. to 1 p.m. on Tue., Sept. 23, and from 12-3 p.m. Thur., Sept. 25.

For more information, contact the Bamberg Health Promotion Coordinator at DSN 469-9005 or e-mail Bamberg-health-promotion@cmtymail.98asg.army.mil.



Lt. Col. Gary A. Rosenberg
U.S. Army Garrison
Bamberg, Commander

USAG Bamberg, Public Affairs Officer
Renate Bohlen

Warner Weekly Staff
Trecia A. Wilson (editor),
Britta Vasquez and Sibylle Schmitt

The Warner Weekly is an unofficial publication of the U.S. Army Garrison Bamberg, IMCOM-Europe and the U.S. Army authorized under the provisions of AR-360-1. Contents of The Warner Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army. Private organizations noted in this publication are not part of the Dept. of Defense and those wishing to make an announcement must be registered. Fundraising events must be pre-approved through the MWR Financial Management Division, located in Bldg. 7107. The appearance of advertising in this publication does not constitute endorsement of the products or services advertised by the U.S. Army. All content in this publication is prepared, edited and approved by the USAG Bamberg Public Affairs Office. The PAO reserves the right to edit submissions for style, clarity or fit. Time sensitive announcements are run for a minimum of two weeks. Information is accurate at the time of publishing. If specifics change, the change will be noted in the following publication. The deadline for all Warner Weekly submissions is 2 weeks prior to the desired publication date. The Public Affairs Office is not

responsible for late submissions. This publication is produced and distributed every Friday in an electronic format and can be viewed on the U.S. Army Bamberg website at www.bamberg.army.mil.

All MWR Programs provide reasonable accommodations for individuals with special needs. For assistance please contact the facility manager prior to your visit.

To subscribe to the Warner Weekly please send an email with 'SUBSCRIBE' as the subject to bambergpao@eur.army.mil

Contact Information:

Office Location: Bldg. 7089, Warner Barracks
U.S. Army Address: Unit 27535, APO AE 09139

German Address:

Weissenburgstrasse 12, 96052 Bamberg
Telephone: DSN:469-2000, Fax: DSN:469-8033



Pfc. Amanda Slugay, 38th Human Resource Company, Bamberg, carries mail bags from the truck to the post office at NSTA in Bulgaria in support of Joint Task Force —East.

Mail

(Continued from page 1)

Hurtado, along with Flores and Slugay were trained at the Bamberg Post Office prior to deploying in support of JTF-East.

Mail arrives at Novo Selo every Tuesday and Friday. The trio then downloads each piece with care and sorts it for distribution. The rest of the week is dedicated to providing customer service and answering the postal needs of their fellow Soldiers.

Working in Bulgaria has been an outstanding experience for Spc. Flores. The one thing he said he will take away from this job is a greater attention to detail.

"It is very important to make sure everything is covered when dealing with people's mail," he said. "Their packages from their loved ones are priceless to them."

This is a constant learning experience for Pfc. Slugay.

"I think it is neat to see how the pieces of the Army come together," she said. "Back in Bamberg I saw only what our little section does, here you get to see all the parts come together and see how they make an operation work."

This is Slugay's first time being deployed and now she is a married woman as well. She and her husband were married just seven months ago. Despite the separation she said her husband has been a real center of support.

Hurtado and his team hold strong to the belief that theirs is a very vital piece that keeps the JTF-East machine running smooth.

"Without us making sure our job is being done to the best of our ability the mission wouldn't continue," said Hurtado.

For more information regarding Joint Task Force East, please contact the Public Affairs Office, 0241 608 079 and 0730 630 079, jennifer.r.johnson@eur.army.mil.

Pay Attention: Symptoms of Serious Health Conditions

September 2008 is designated as the Healthcare Benefits Awareness Month. The Healthcare Benefits Awareness Month is a quality of life initiative that began in 2006 to inform military personnel, families, Department of Defense civilians, military retirees and other authorized beneficiaries about healthcare options available to them in Europe. The U.S. Army Health Clinic Bamberg will be taking part in this event by providing important and timely information to promote health and wellness. We will include articles from the Women's Health Booklet, sponsored by the U.S. Department of Health and Human Services, Office on Women's Health, at www.womenshealth.gov. Part one in the series covers heart related symptoms.

This section shows some symptoms that could be signs of serious health conditions, which should be checked by a doctor or nurse. It is important to note that you might feel symptoms in one part of your body that could actually mean a problem in another part. Even if the symptoms don't seem related, they could be. Keep track of your symptoms. If you have any of these symptoms, make an appointment to see your doctor. Listen to what your body is telling you, and be sure to describe every symptom in detail to your provider.

Signs of a Heart Attack

Some symptoms of a heart attack can happen a month or so before the heart attack.

Before a heart attack, women may have had one or more these symptoms:

- unusual tiredness
- trouble sleeping
- problems breathing
- indigestion
- anxiety

During a heart attack, women may have one or more of these symptoms:

- pain or discomfort in the center of the chest
- pain or discomfort in other areas of the upper body, including arms, back, neck, jaw or stomach
- other symptoms, such as shortness of breath, breaking out in a cold sweat, nausea, or light-headedness

If you have any of these symptoms, go to an emergency room right away.

Signs of a Stroke

Signs of a stroke happen suddenly and are different from signs of a heart attack:

- sudden or developing problems with speaking or understanding
- sudden or developing problems with sight
- sudden or developing problems with balance, coordination, walking, and dizziness

(Continued on page 11)



Holiday greetings program kicks off in Bamberg on Sept. 18

Story by Christine June
USAG Kaiserslautern Public Affairs

An Army and Air Force Hometown News Service team from San Antonio will be traveling throughout Europe in August and September to record holiday greetings for broadcast on television and radio stations in all 50 states and U.S. territories.

Those eligible to participate: active-duty servicemembers, government civilians, retirees, Department of Defense Dependent School teachers and family members who won't be home for the holidays.

Last year, the news team recorded 2,677 greetings in Europe, said Kris Grogan, HN broadcast chief.

"We had a confirmed audience of (almost 40 million) for television and (more than 55 million) for radio," said Grogan, who was last year's and will be this year's European team chief. "Our greets aired in almost 100 million homes last year alone."

Allowing families back home to see or hear loved ones living overseas is the program's mission, said Grogan.

"I don't know how many phone calls I get from crying parents saying 'thank you because I haven't been able to see my son or daughter in the past year or two years,'" he said. "It means a lot to them."

Such was the case with the Gary family, who have been in Germany since 2004 and did greetings last year for relatives in New York, Florida and Jamaica.

"Our family doesn't get to see us much," said Sgt. First Class Allah Gary, of the 21st Theater Sustainment Command, explaining why he and his wife, Sherla, and their 4-year-old daughter, Jayllah, participated last year. "When I was home on leave, I saw commercials with servicemembers saying 'hello' to their families, and I thought, 'wow, it would be nice if I could do that too' – now, it's my chance."

Chances of such greetings airing are excellent, Grogan said, explaining, "We are the only ones who (tape holiday greetings from military members) in the United States. We shoot anywhere from 10,000 to 15,000 greets a year and 95 percent of those get on the air. Out of 10,000, you are getting 9,500 of those on the air. With an air rate of



A greetings team will visit Bamberg on Sept. 18. (Photo by Christine June)

more than 100 million a year, your chances of getting on the air are almost 99 percent."

Grogan offers the following tips on how to make the most of the holiday greetings taping:

What to wear?

Active-duty members must be in uniform. If the holiday tapings are at an event like a bazaar, servicemembers can just bring a top to put on right before they get in front of the camera – the shot is just from the top pockets up." However, Grogan noted, "We prefer for them to be in uniforms ... because they are representing the United States on TV back home."

Civilians should be in appropriate attire. "If you're in Germany sending a holiday greeting back home, I wouldn't be in shorts and tank tops because you want it to look like it's almost fall here," said Grogan. "But if you want to wear something that screams your location or if you are from Green Bay and want to wear your cheese hat – go for it."

What to bring?

"All they really need is (their families') city, state and phone number – (with) area code being the most important," said Grogan. He added that the hometown news service can get it on the air with just locale data, but if participants have the phone number, it gives television and radio stations an opportunity to contact family members to let them know when the greetings are going to air. "About 95 percent of the time, the station will contact family members even in large markets like Detroit or New York," said Grogan, who did four holiday greetings for his family in Detroit when he served in the Army and deployed downrange. "They were called (from the TV station) and saw me every time."

What to say?

Participants need to say five things within the greeting: Who they are; where they are; who the greeting is going to; where they are; and

some sort of holiday message. There is not a maximum or minimum time length on greetings. But the best ones are about 15 seconds long, said Grogan.

Family members must be accompanied by sponsors, unless they are deployed. Spouses and children can make a greeting if the servicemember is deployed, TDY or hospitalized, but they have to mention the deployment. Family members can also make a greeting to deployed military relatives, provided they are going to be downrange during the holidays.

How many?

There is not a limit on how many greetings one family can send to the States as long as family members live more than 75 to 100 miles apart and receive different television stations. However, greetings must be sent to people who are related by law or blood. Fiancés are not relatives.

Pets?

"You can bring your pet for the tapings as long as I'm not going to get bit," joked Grogan, who added that he's taped many families with pets.

The process

When customers arrive for taping, they will need to complete a form for every greeting. A member of the hometown news crew verifies the information before giving a quick briefing.

"Super easy" is how Kaiserslautern High School teachers Steve and Marcy Bond described their taping last year. And at the time, they had four children under the age of 5. "So easy – we will do it every year now," said Marcy.

Indeed, so easy that when it's time to tape, a crewmember will simply escort participants to the camera, give another short briefing and then place microphones on them. The camera operator lines them up and records the greeting in "5, 4, 3, 2"

Community Announcements

Hometown News holiday greetings

The hometown greetings crew will be in Bamberg on Sept. 18 from 11 a.m. - 6 p.m. outside the PX. If you want to record and send home greetings to be aired on your hometown channels the team will require the following information only: city, state and phone number of the families you wish to send your message to – you may send unlimited number of greetings as long as the recipients are your family members. The phone numbers will be released to local media to contact those family members, so if the family member has an unlisted number or does not desire to be interviewed by the media, you should NOT provide their phone number. For more information, call DSN:469-31600 or CIV:0951-300-1600.

Combined Federal Campaign Overseas 2008



The 2008 campaign runs from Oct. 1 - Dec. 3. Please contact the garrison Directorate of Human Resources at DSN:469-8241 or 7713. Make a World of Difference

CFC Unit and Organization Manager's Training

The Combined Federal Campaign unit and organization manager's training workshop will be held Sept. 16 at 2 p.m. hrs at the Education Center, Building #7047. For more information contact the Directorate of Human Resources at DSN 469-8241/7713/8651.

173rd STB Change of Command Ceremony

You are cordially invited to attend the Change of Command Ceremony for the 173rd Special Troops Battalion, 173rd Airborne Brigade Combat Team between the outgoing commander, Lt. Col. Jeffrey L. Milhorn and the incoming commander Lt. Col. William I. Brown. This event will be held from 10-11 a.m. on Sept. 19, 2008 at Summerall Field on Warner Barracks, Bamberg, Germany. Please RSVP by 3 p.m. on Sept. 15. POC: 1LT Tuan Nguyen, 173d STB Action Officer, PHONE: DSN 469-9281, Commercial: 0951 300 9281. tuan.a.nguyen@eur.army.mil. Dress: Military Personnel - Duty Uniform, Civilians – Business Casual. Inclement weather location is the Freedom Fitness Facility.

AFN Radio OpenLine talk show on health benefits

AFN Radio's OpenLine talk show is dedicated to health information during EUCOM's 2008 Healthcare Benefits Awareness Month in September. These topics will be discussed: Sept. 17, Soldier and Family Support Services; Sept. 24, Dental benefits, Maternity, Pediatrics and Pet Health. Tune in at 10 a.m. on the AFN PowerNet. Call in your questions during the show at DSN 389-4595 or civilian 0621-46085-595. Questions can also be e-mailed to AFN at openline@afne.army.mil

USAG Bamberg Community Expo

You and your agency are cordially invited to the 2008 USAG Bamberg Community Expo. The event will be held from 2 to approximately 5:30 p.m. on Thur., Oct. 9, at the Basics building,

#7110 located next to the Garrison Headquarters on the west end of post. The 2008 event will be more exciting than ever and will include the Home Based Business Show, the Community Job Fair and the CFC kick-off. There will be great food samplings, a display of area talent, an opportunity to meet new community members, plus a chance to win some great prizes! This year's theme is "Enhancing the Well-Being of our Community".

Parents Advisory Committee (PAC) Meeting

The PAC meeting is the quarterly opportunity for parents and CYS representatives to discuss current events and collaborate on the future direction of Bamberg CYS programs. The meeting will be held Thur., Sept. 25 from 11 a.m.-12 p.m.

BSCC Membership Drive

BSCC will be holding a Membership Drive at the Yellow Ribbon Room from 9:30-11:30 a.m. on Fri., Sept. 26. Children are welcome and refreshments will be available. Stop by to sign up as a member and learn more about BSCC. If you cannot make it to the membership drive but would like to become a member, applications are at the Thrift Shop and can be filled out and membership fees can be paid during their opening hours.

Bamberg Thrift Shop clothing sale

Bamberg Thrift Shop is having a \$2 Bag Sale Sept. 1-15. The Bamberg Thrift Shop will be accepting winter clothes for consignment beginning September 16th. Video sale beginning September 16th. Videos will be 2 for \$1. We are always looking for volunteers. If you would like to volunteer, please come by the Thrift Shop and talk to Angela.

V.A. Benefits Briefing

Ask the experts. Attend the next ACAP V.A. Benefits Briefing on from 8 a.m. to noon on Sept. 25 and Nov. 6 at the Reel Time Movie Theater. A representative from the Department of Veterans Affairs will provide an overview of V.A. programs and services and will answer questions as well. Open to the entire community. For more information call ACAP at 469-8925 or see us online at <https://www.acapexpress.army.mil>.

VA/DTAP Briefing

ACAP will sponsor a briefing on the V.A. Disability Transition Assistance Program (DTAP) from 1 to 3 p.m at Preston Hall on Sept. 25 and Nov. 6. A representative from the Department of Veterans Affairs will discuss the Vocational Rehabilitation & Employment Program. This is an opportunity for transitioning soldiers who are considering filing a disability claim with the V.A. to find out about program procedures. Call ACAP at 469-8925 for information or to register or you can register online at <https://www.acapexpress.army.mil>.

DOL/TAP Workshop

The Army Career and Alumni Program (ACAP) is offering 2.5-day DOL job assistance workshops for separating and retiring Soldiers from 8:30 a.m. to 4:30 p.m (final day ends at 12:30 p.m.) at Preston Hall on the following dates: Sept. 16-18, Nov. 18-20 and Dec. 9-11. All participants must complete pre-separation counseling prior to enrolling in this course. Please call your Bamberg ACAP Office for more information at DSN: 469-8925.

**Send your Bamberg area classifieds to the Warner Weekly
at bambergpao@eur.army.mil! See page 9 for submission guidelines.**

Federal Job Application Seminar

Interested in applying for a job with the Federal Government? The Federal Government requires a specific application which is different from what most civilian employers want. ACAP will hold a seminar to teach you how to apply for these jobs from 1 to 3 p.m. on Nov. 3. Interested persons must have completed the TAP Workshop prior to this seminar. For more information or to register, call ACAP at 469-8925 or register at <https://www.acapexpress.army.mil>.

American Citizen Information Night at the U.S. Consulate General

American Citizen Information Night at the U.S. Consulate General in Frankfurt Tue., Sep. 16, from 5 to 7 p.m. Americans residing abroad and their immediate family members are invited to attend this event to learn more about our services for American citizens. Please make sure to bring your passports or other identity cards. For more information about this event, directions, and information on the U.S. Mission to Germany in general, please visit us on the Internet at <http://frankfurt.usconsulate.gov>.

School House Antique Sale

The Bamberg Elementary School PTA and the Bamberg Aquabarons Swim Team will hold a fundraiser antique sale on Sat. Oct. 4 from 10 a.m. to 5 p.m. at the BES cafeteria. Concessions will be available. This event is open to all garrison community members and their guests. For more information, contact Stephanie Leeds at stephanie.leeds@us.army.mil.

Closures / Changes

Now providing breakfast on a trial run!



Mon. through Fri. from 8 to 10:30 a.m. Menu includes various combinations and platters, eggs to order including omelets, breakfast sandwiches, hash browns and pancakes.

AAFES open on Mondays



USAG Bamberg AAFES stores are now open Mondays from 10 a.m. - 7 p.m.

Weekly Reminders

Veterinary facility's hours

Bamberg Veterinary Treatment Facility's hours of operation are: Mon., Wed., Fri. from 9 to 11:30 a.m. and 1 to 3:30 p.m. Thur. from 1 to 3:30 p.m. By appointment only. No walk-in appointments available. Closed for surgery on Tue. and training Thur. mornings. The clinic is closed on the last weekday of the month for inventory, as well as all American and training holidays. Hours are subject to change due to military and training events. Over-the-counter products and prescriptions may be purchased during regular hours of operation. Due to the high demand for appointments, please notify the clinic of cancellations 24 hours in advance. In case of emergency, please contact any off-post veterinarian. A list of off-post veterinarians is available at the clinic. For more information or to schedule an appointment please call CIV:0951-300-7972 during operating hours.

Kids & Teens

Child and Youth Fest

Child and Youth Services will co-sponsor a Child and Youth Fest on Sat, Sept. 13. Lunch will be served at 1-2 p.m. There will be games, refreshments, arts & crafts, water games, prizes, music, and entertainment. No preregistration required. This event is held in cooperation with the Boys & Girls Clubs of America.

Entertainment and Leisure

Ballet/Performing Arts Club

The Ballet/Performing Arts Club (BPAC) will be holding a membership meet at 6 p.m. on Sept. 26 in Preston Hall. Voting for this year's Board members will be conducted and any issues or concerns will be addressed at this meeting. All members and anyone interested in becoming a member should attend.

Franconia International Ski Club

Join the Franconia International Ski Club is looking for skiers, boarders, and those who want to just check out the mountains. Join us for raffle prizes and discounts on upcoming trips for members joining the first meeting. For more information email francoinaiinternationalskiclub@yahoo.com or call Candace at 0171-9434672. Regular meetings will be on the second and fourth Tuesday of the month at the Maisel Keller.

Family Day Bowling

Birchview Bowling Center has Family Day bowling on Sundays from 12 to 9 p.m. Discount game fees and free shoes.

Soft Tip Darts Tourney

A Soft Tip Darts Tourney will be held Fri., Sept 26 at the Moonlight Cabin. Sign up between 6-7 p.m. Entry fee is \$10. The tournament is 301 Masters Out, Best of 3 Games, One Payout per every 8 entries.

Continuing Education

University of Phoenix offers online and onsite courses

University of Phoenix is offering graduate degrees on site* and online. Located at Warner Barracks Education Center. University of Phoenix, bldg. 7047, Room 309 from 7:30 a.m. - 4:30 p.m. or contact DSN 469-9280 or Joline.Powell@Phoenix.edu.

- Master of Arts in Education/Curriculum & Instruction*
- Master of Arts in Education/Elementary Teacher Certification
- Master of Arts in Education/Secondary Teacher Certification
- Master of Arts in Education/Early Childhood Education
- Master of Arts in Education/Special Education
- Master of Arts in Education/Administration & Supervision
- Master of Arts in Education / Adult Education & Training

UMUC – Europe Philosophy 140

Philosophy 140 - Contemporary Moral Issues (3 s.h.) will meet Mon. and Wed. from 6:30 - 9:30 p.m. Aug 25 - October 15. PHIL140 is an exploration of how philosophical analysis can be a

foundation for thinking clearly about moral issues. Problems approached analytically include such widely debated issues as abortion, euthanasia, the death penalty, homosexuality, pornography, reverse discrimination, business ethics, sexual equality, and economic equity. Charles Newkirk, the instructor, received a Bachelor of Science from the United States Naval Academy and a Master of Arts from the University of Maryland. He has taught with the European Division of the University of Maryland since 1972. Syllabus can be viewed at <http://www.ed.umuc.edu/syllabi/2088/PHIL140E10186938.htm>. For more information, contact Alfred Vazquez at DSN:469-7466 or CIV:0951-300-7466 or email avazquez@ed.umuc.edu. Classes are held at Bamberg Education Center, bldg 7047.

Narrative Therapy workshop

European Branch - American Counseling Association will hold a two day workshop on Narrative Therapy as an intervention with bipolar disorder on Sep. 20-21 at Landstuhl Learning Center, Landstuhl Regional Medical Center. A certificate for 15 Continuing Education Unit's will be provided upon completion of the Learning Institute. Evadne Ngazimbi will be the presenter for this Learning Institute. For more information or to register, contact Susan Stammerjohan at WK:06371867629, CELL:0171-7535578 or email: sassysusanna61@yahoo.com.

Health and Fitness

Lose weight and enjoy friendly weight loss competition

A Body Fit For you Weight loss program at the FFF "Lose weight and enjoy a little friendly weight loss competition". Teams will be formed after sign-up. Registration ends on the 25th of September. Limited space available. For more info, please call Ayla Biggerstaff at 0171-496 9539 or e-mail abodyfitforyou@hotmail.com.

Enough lounging in the sun ... Let's get fit!

A Body Fit For You classes are available at the Freedom Fitness Facility. For more information on these classes or a personal trainer, contact Ayla at 0171-4969539 or email her at abodyfitforyou@hotmail.com.

- Mon.: 8:30-9:30 a.m. Pilates
- Mon: 6-8 p.m. Boot Camp
- Tue.: 8:30-10:30 a.m. Boot Camp
- Wed.: 8:30-9:30 a.m. Pilates
- Thu.: 8:30-10:30 a.m. Boot Camp
- Thu.: 6-8 p.m. Boot Camp

Podiatrist at Bamberg Health Clinic monthly

The MEDITEAM Podiatrist will be at the Bamberg Health Clinic for insole and insert fittings for active duty Soldiers the first Wed. of every month. Please sign up at the front desk. For more information, contact the Bamberg Health Clinic at DSN:469-9215.

Red Cross needs station chair leader

The American Red Cross is in need of a station chair leader. Apply if you are interested in this position by contacting the American Red Cross: 0951-300-1760.

Volunteers needed

The American Red Cross needs volunteers! They need reliable, responsible, and proactive individuals who can give at least 20 hours a week of their time.

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation (ODR)

Sept. 13 Berlin day trip \$20
Join ODR for a day of sightseeing in Berlin on Sept. 13, with a tour guide included. Departs CAC at 4 a.m., Returns 11:30 p.m.

Sept. 20 Main River paddle \$20
Join ODR for kayaking on the Main River Sept. 20. Pack a lunch & snacks. Departs CAC at 9:30 a.m., Returns 4 p.m.

Sept. 20 Oktoberfest, Munich \$25
Join ODR on Sept. 20 for the opening day of the world's largest beer fest. Watch the parade, and partake in the festivities. Departs CAC at 8 a.m., and returns at 2 a.m. Sunday.

Sept. 27 Day hike \$15
Hike the natural trail along the Hirschbachtal Hohlenrundweg's 15K and 20 caves on Sept. 27. Wear durable clothes, hiking shoes, and pack your lunch, snacks, drinks, and plenty of water. Departs CAC at 9 a.m., and returns 5:30 p.m.

You must register for these trips by the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, please come to Outdoor Recreation, bldg. 7047. All trips depart and arrive at Community Activity Center (CAC) unless otherwise noted.

		Bamberg Movie Schedule			
AAFES Reeltime Theater is CLOSED Tue. and Wed.					
Fri.	Sept. 12	Death Race (R) 1 st Run			7 p.m.
Sat.	Sept. 13	Wall-E (G)			4 p.m.
		Death Race (R) 1 st Run			7 p.m.
Sun.	Sept. 14	Wall-E (G)			4 p.m.
		Hancock (Pg13)			7 p.m.
Mon.	Sept. 15	Death Race (R) 1 st Run			7 p.m.
Thur.	Sept. 18	Mama Mia (Pg-13)			7 p.m.
Fri.	Sept. 19	Babylon A.D (Pg-13) 1 st Run			7 p.m.
Sat.	Sept. 20	Journey To The Center Of The Earth (Pg)			4 p.m.
		Mama Mia (Pg-13)			7 p.m.
Sun	Sept. 21	Journey To The Center Of The Earth (Pg-13)			4 p.m.
		Babylon A.D (Pg-13) 1 st Run			7 p.m.
Mon.	Sept. 22	Babylon A.D (Pg-13) 1 st Run			7 p.m.
Thur.	Sept. 25	Hellboy 2: The Golden Army (Pg-13)			7 p.m.
Fri.	Sept. 26	Hellboy 2: The Golden Army (Pg-13)			7 p.m.
Sat.	Sept. 27	Space Chimps (G)			4 p.m.
		The Dark Knight (Pg-13)			7 p.m.

Outside the Gate

Weekend Events in and around Bamberg for Sept. 12-14

Frequently used locations can be found online at www.bamberg.army.mil/sites/map.pdf

Friday, Sept. 12

- 9 a.m. Radio Galaxy street ball contest, Reifen Wagner (near U.S. Air Field), Bamberg
- 9 a.m. Traditional raft at the Main river, Kemmern
- 10 a.m. "Frankenland Exhibition", Plaerrer Platz (near the U.S. air field) Bamberg
- 12 p.m. Organ concert at the Dom (Cathedral), Bamberg
- 8 p.m. Organ concert at the Obere Pfarre Church, Kaulberg, Bamberg
- 8 p.m. 700 yr anniversary celebration at Kuebelstein, near Schesslitz
- 8 p.m. Zillmer & Coertze in concert at the Blues Bar, Obere Sandstrasse 30, Bamberg
- 9 p.m. Johannes Bargeld Project – a tribute to Johnny Cash, Club Kaulberg, Bamberg, Unterer Kaulberg 36
- 8 p.m. Organ concert at the Obere Pfarre Church, Bamberg, Kaulberg
- 11 p.m. "Funky Safari Feat" with Carsten Becker in concert. Funk, soul and disco music, Morph Club, Siechenstrasse 7a

Saturday, Sept. 13

- 12 p.m. Organ concert at the cathedral (Dom), Bamberg
- 9 a.m. Traditional raft at the River Main, Kemmern, festground
- 9 a.m. Radio Galaxy Street ball contest at Reifen Wagner (next to U.S. air field), Bamberg
- 10 a.m. Frankenland Exhibition at Plaerrerplatz (next to U.S. air field), Bamberg
- 4 p.m. Villagefest in Memmelsdorf-Weichendorf
- 6 p.m. Dom Rider Cup (Basketball), Jako Arena, Bamberg
- 7:30 p.m. Rose garden Serenades, Bamberg, Rosengarten (near the Bamberg cathedral)
- 8 p.m. Soul on Foot, Blues Bar, Obere Sandstrasse 18
- 9 p.m. Christian Elsaesser Trio, Bamberg, Jazz Club, Obere Sandstrasse
- 9 p.m. Hale Bopp, Rock, Blues and Soul, Club Kaulberg, Unterer Kaulberg 36
- 11 p.m. "Blockrocking Beats" at Morph Club, Siechenstrasse 71

Sunday, Sept. 14

Family day at the playground. Dance performances, games and flea market are provided. Hain Park, Bamberg

- 2 p.m. Traditional raft at Main river, Mainbridge Hallstadt
- 2 p.m. Concert at the Hain Pavilion, Hain Park, Bamberg
- 4 p.m. Dom Rider Cup (Basketball), Jako Arena, Bamberg
- 5 p.m. Concert Bamberg Symphony Orchestra Concert, Concert and Congress Hall, Muss-Strasse, Bamberg
- 5 p.m. Organ concert, St. Martin Church, downtown Bamberg
- 8 p.m. "Wolfgang Barthel & Friends" in concert at Blues Bar, Obere Sandstrasse 30, Bamberg

As seen in the NEWS ..

News summaries from Sept. 1-4

Rescue came too late for a 23-year old student

A tragic accident occurred at the Bamberg indoor pool at Margaretenamm in the morning hours of Sat., Sept. 6. A student from China was visiting the facility with a friend. At one point other swimmers noticed the young man floating lifelessly in the pool. They quickly realized something was wrong and alerted the lifeguard. He was able to pull the man out of the pool with some helpers and resuscitated him, however the man later died at the hospital.

Graffiti art and hip-hop beats

If you were walking across the Europa bridge last weekend you might have noticed two things: a stinging paint smell and hip-hop beats. The reason was the 10-year anniversary of the Bamberg street art coalition "Hall of fame". About 13 sprayers got together to re-design some areas of the bridge. "We want to show people that the medium of spray paint doesn't necessarily mean an area is ruined because of graffiti," said 27-year old organizer of the event, Sebastian Magnus – better known in the spray scene as Fresko 45.

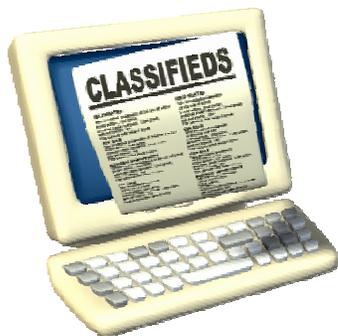
On-board computers giving city busses the green light

Intelligent technology is supposed to expedite bus traffic and main bus stops will soon have dynamic displays installed. The first of these already installed electronic displays heralds the large investment of the city's public utility company, "Stadtwerke," with more to come over the next several months. The goal is better traffic flow for the busses and creating a reliable schedule. The electronic displays will show customers possible delays and connections.

"My feet started to get hot"

What looked like an exciting shoot for a Hollywood movie became terrible reality for a 25-year old Bamberg man on Sept. 10. He was on his way to meet up with his fiancée when he noticed his car engine's Revolutions Per Minute going down while driving and then he felt his feet getting really hot. Suddenly, he saw the flames. He had just enough time to stop the vehicle along the median at the intersection of Berliner Ring and Nuernberger Strasse to get out. Luckily he wasn't hurt and escaped with nothing more than a scare. The Bamberg Fire Department attempted to extinguish the fire which was only possible with a special foam extinguisher. The vehicle however could not be saved and totally burned out.

**Send your Bamberg area classifieds to the Warner Weekly
at bambergpao@eur.army.mil! See page 9 for submission guidelines.**



ESTATES CLAIM

Staniel, Sgt. First Class George

Anyone having any claims on or obligations to the estate of SFC Staniel, George of FSC, 54th EN BN, 20th EN BDE, should contact the Summary Court Martial Officer, 1LT Meisinger, Sumatthana D., at DSN 469-8250 or cell: 01783419595.

AUTOMOBILES FOR SALE

1997 Pontiac Firebird, 99K miles, silver, t-tops, manual transmission, good all-weather tires, alloy rims, new power steering pump, new full clutch assembly, added speaker. Runs great! Good gas mileage for a 6 cyl. Hate to let it go but must sell, 3 kids 2 rear seat belts doesn't work! Asking \$5100 (NADA recommended price) Call or email Stephanie @ 01705883916 or 09512972052, screech_n_carmie@yahoo.com.

1983 Honda Silverwing motorcycle, low miles, very good condition, extra brake pads and logos. Currently registered non-op due to no bike license. Needs battery. Runs great!!! Asking \$1000 OBO Call or email Stephanie @ 01705883916 or 09512972052, screech_n_carmie@yahoo.com.

07' Honda Civic EX, +-7,500 miles, AT, A/C, Power Windows, Doors, Sunroof. Digital Dash Display (switch between KM or MPH), CD Player, Aux for MP3, 2 -12V outlets in cabin for powering DVD player, etc. Just had 1st oil change. Extended Warranty 6 yr/75,000 (FREE-\$1,500 value) Asking NADA, KBB Private Party, or what I owe, whichever is LESS! Current KBB is \$20,120, I owe \$18,200. 0151-111-85-888.

Ford Escape 2003, 4dr, White, 67,000 miles, us specs, automatic. In great condition, inspection current. Available end of September. \$7,800 Contact kathryn.carter@amedd.army.mil.

2001 Ford Windstar LX van. 57,300 miles. Great condition. A/C Power windows, door locks and steering. ABS. Tinted windows. 7 passenger. AM/FM CD. Runs strong on Autobahn. Never let us down. Asking \$6,000. 0951-2974241 or 0163-8091683.

'89 Black BMW 500 series, power windows and locks, sunroof, brand new

front and back brakes. Some work required, this is not a car for someone who can't change their brakes or oil. Paid \$1700 one year ago, asking \$700. For more details email aaronbr@hotmail.com.

Honda Accord EX, '04, 42,000 miles, dual electric / heated seats, in dash 6 CD changer, moon roof, 1 owner, \$15,000. Please contact 0951-297-1203.

Hyundai Accent 2dr 1998. \$1750. 57,000 miles, US Specs, manual transmission. Good second car. Service Documents on hand. Looks great and runs great. Inspection good through March 2009. 0151-175-44266.

2004 Chevy Venture Van, White, AC, Automatic, US Specs, Excellent Condition, 30,000 miles, \$10,000 OBO. Call 0170-7219159 or 09546594733.

White and silver 2007 Honda Shadow Aero. Bike has been well taken care of; I will be happy to show you it. Has never been dropped or damaged. All scheduled maintenance has been kept up as well. VIN can be provided to maintain integrity. As of now the bike only has 1442 miles on it! Odometer reading is as of 07 June 2008. Expected accumulated average mileage for a motorcycle of this model year and engine displacement is 10,600 miles. This is truly a steal! Kelley Blue Book Trade-In value for this bike is \$3,840 and the KBB Retail is \$5755. Average of the two is \$4,700; asking price is \$4,800. If you are interested please send me an email at jonathan.galchik@us.army.mil or call at (0951) 301-5698.

EMPLOYMENT

The Bamberg Thrift shop is looking for a Cashier (full or part-time) to hire immediately. Little experience is needed but helpful. If you are interested, email at bambergthriftshop@yahoo.com with your contact information or go by the shop between the hours of 11 a.m. to 2 p.m. Tue. - Thur. and apply in person. We are located across from Community Bank in the AAFES shopping area.

HP/Compaq demonstrator/merchandise for home office equipment (peripherals, software, etc.) Flexible hours, part-time, some weekend hours. Basic PC knowledge is required. Please send a resume or a short description of prior work experience to: eric.glavic@getmarketing.com.

Contract positions are available with the Bamberg Community Chapel in Catholic and Protestant watch care providers, need CPR, first aid, background check; need Catholic priests. For more information, call 469-1570 or 0951-300-1570.

Bamberg AAFES locations are accepting applications for entry level retail and food service positions. Join the team, log on to www.aafes.com today and be part of our new workforce of tomorrow!

FOR SALE

PCS SALE! Lawn mower \$75, large AFN satellite dish \$50, 2000 Watt transformer \$50. 0151-529-77501.

Coach Purses x3, each used twice, large brown includes wallet, med black includes wallet. Small brown. Email for pictures and low prices PX does not have these. kathryn.carter@amedd.army.mil

PCS SALE 220V Air Conditioner, free-standing with mobile wheels. Works Great! \$275, 220V ELTA heater/fan \$20, set of 2 IKEA paper lamps (very modern/nice for an asian appeal) \$25, IKEA picture light (neat for a big picture) \$25, 220V Iron \$8, 220V Fan \$10, small stand w/ drawers & cabinet \$25, Armoire-Dresser-Nightstand-MAKE US AN OFFER! We also have transformers however will be using them until HHG are picked up so call/email us if you are interested! *PCS SALE* Call 0951-297-2203 or email non_nhoi@yahoo.com

For sale baby swing-\$10, Baby Einstein Discover & Play-\$30, Pack & Play-\$25, Double Stroller-\$40, Bassinet-\$30, Monitor video (new) \$50. Lots of boy clothes. Pictures available. Call 0951-297-2036 or email revesivone07@yahoo.com.

Maya wrap. Purple shades. Has not been used. Comes with instructional DVD. Paid \$50. Asking \$30. Please email casmarid@yaoo.com.

German bed, 160cm x 200cm, in great condition with 2 fairly new latex mattresses and large storage areas inside bed frame. Asking price is \$600. Must sell! Pick up only! Bamberg area. Can email pics. 0175-7914858.

900MHZ Hp pavilion desktop computer with monitor, keyboard, mouse and speakers. Good condition. Asking \$350. Brand New Dual 12 inch Band pass subwoofer box. \$150 MUST SELL! Bamberg Area. 0175-7914858.

German room shrank, four door (90" tall x 26" wide x 132" long). Two doors with full length mirrors. Paid \$500 a year ago, selling for \$200 obo. MUST SELL! Can email photos. Call 0951-297-6645. No delivery. Bamberg.

SERVICES AVAILABLE

Due to legal regulations regarding advertising of commercial services, we will no longer be able to place advertisements for home based services in the Warner Weekly. For more information see AE Reg 210-70, para 10.a. which prohibits DoD funded publications, other than commercial enterprise publications (the Warner Weekly is not yet a commercial enterprise publication), from carrying commercial advertising. These DoD-funded publications include newspa-

pers, magazines and all other publications funded with appropriated funds.

SERVICES WANTED

German language tutoring for myself and my son in the Hirschaid area, or at the Barracks directly after work hours for 2 hours each week. Please contact me with serious offers. Could be a great opportunity for a mature, high school person. Must be organized. Contact Allye 0172 839 5048.

MISCELLANEOUS

Have a passion for dancing Salsa, Merengue, Bachata and live within the Bamberg, Schweinfurt, Vilseck areas? Looking to form a DANCE group to keep each other informed of Latin Nights or Salsa events in the Bavaria region and perhaps even carpool to some events. Not for gossip or singles meet - just pure dancing. Spanish speaking not required! For more information go to <http://groups.yahoo.com/group/dancelatinmusicbavaria>.

Centro Cristiano Bamberg, Casa de Dios y Puerta del Cielo, Pastors JC & Mariet Perez * located at 35 Jäck Strasse, 96052 Bamberg, Tuesdays Circle of Prayer, 7 p.m.; Fridays Service, 7 p.m.; Sunday School, 2 p.m.; and Sunday Service at 3 p.m. Church Number 0160-438-5011 or visit us at www.Centro-Cristiano-Bamberg.com. Dios les Bendiga.

The Bamberg Protestant service meets from 11 a.m. to noon every Sunday at the chapel. AWANA meets at the Bamberg High School gym every Sunday evening from 4:30 to 6 p.m. Wednesday night Bible studies are at the chapel from 5:20 to 7 p.m. Come join us for our worship, celebrate and get to know our Lord. Call Traudi Figura at 469-1570.

AD SUBMISSIONS

The Warner Weekly is now offering the USAG Bamberg community another outlet for their classified advertising needs. We present this week's ads courtesy of the Bavarian News, but our goal is to provide you, the Bamberg community, a direct outlet for your classified needs. If you have something you want to advertise in the classified section please e-mail your submissions to bambergpao@eur.army.mil.

When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services, home-based businesses, or other private off-post entities.

We will ONLY accept classified ads by email. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, please email us at bambergpao@eur.army.mil.



Lewis earns 18th MP Brigade NCO of the Year

Staff Sgt. Mark Lewis of the 630th MP Company in Bamberg, Germany receives the award for 18th MP Brigade NCO of the Year from Lt. Col. Thomas Blair, 18th MP Brigade (Rear). Photo by Teri Samarin.



To submit your ICE comment, click here
http://ice.disa.mil/index.cfm?fa=site&site_id=202

Customer Comments:

Office does not offer enough private rental houses and does not actively pursue new rentals. The office does not even place an ad in the Frankischer Tag newspaper under "Mietgesucht" to solicit rental houses for Army personnel. How do they expect the landlords to get in contact with them if they don't advertise? I'm been in contact with German landlords who didn't even know about the Army housing office or how to get in touch with the office. The situation here is unacceptable.

Commander's Response:

Thank you for taking the time to submit an ICE comment. As you know, I am always interested in hearing about your issues and concerns. With regard to Private Rental Housing (PRH) I will say that it may not always be apparent how diligently housing works to increase the number of PRH units available to our customers and so I'd like to share some of this information with you. Since the beginning of 2007 housing has increased their PRH inventory by 152 units. As of July 31, 2008, they show a total of 654 private rental units. That's not bad! However, we know that this is not a firm number.

Periodically, the PRH listings are reduced because of tenant/landlord problems, non-payment of rent or the landlord prefers a contract for a longer period - so much for the overall PRH situation.

Currently, there is a shortage of available PRH units. We have only nine private rental units on our housing referral board at this time. To improve the situation housing has been placing ads in the local newspaper on a weekly basis since March 2008. They are also coordinating with construction firms, real estate offices, local officials and property management agencies, in addition to reviewing ads in the newspaper and on the internet in order to obtain new listings. Housing currently also provides an 'introduction letter' to Soldiers who visit a landlord.

There is something else many of you don't know, housing usually convinces landlords to use the short and precise bilingual 'Housing Contract' instead of a standard German contract which usually contains quite a number of clauses that are very disadvantageous to the tenants. So it pays to go through housing, rather than finding an apartment through an 'Immobilien' Service.

You should also soon see a flyer that housing is developing and will be distributing through the housing staff informing landlords that we are looking for 2, 3 and 4 bedroom apartments and houses. The bottom line is that housing is working hard to increase the number of private rentals.

I encourage every one of you to inform housing (469-8808/7757) if you know of interested landlords. With your support and housing's extra efforts the number of PRH units should increase in the near future. Please continue to send your issues and concerns via the ICE program, or come see me during my open door policy on Mondays starting at 4 p.m.

A handwritten signature in black ink that reads "Gary A. Rosenberg".

Lt. Col. Gary A. Rosenberg
 Commander, US Army Garrison Bamberg



Health

(Continued from page 3)

- sudden numbness or weakness in the face, arms or legs
- sudden severe headache with no known cause

If you experience any of these symptoms, go to an emergency right away.

Symptoms of Reproductive Health Problems



- bleeding or spotting between periods
- itching, burning, or irritation (including bumps, blisters, or sores) of the vagina or genital area
- pain or discomfort during sex
- severe or painful bleeding with periods
- moderate to severe pelvic pain
- unusual (for you) vaginal discharge of any type or color or with a strong odor

Symptoms of Breast Problems

- nipple discharge
- unusual breast tenderness or pain
- breast or nipple skin changes: ridges, dimpling, pitting, swelling, redness, or scaling
- lump or thickening in or near breast or in underarm area, or tenderness

Symptoms of Lung Problems



- coughing up blood
- persistent cough that gets worse over time
- repeated bouts of bronchitis or pneumonia
- shortness of breath
- wheezing

Symptoms of Stomach or Digestive Problems

- bleeding from the rectum
- blood or mucus in the stool (including diarrhea) or black stools
- change in bowel habits or not being able to control bowels
- constipation, diarrhea, or both
- heartburn or acid reflux (feels like burning in throat or mouth)
- pain or feeling of fullness in stomach
- unusual abdominal swelling, bloating, or general discomfort
- vomiting blood

Symptoms of Bladder Problems

- difficult or painful urination
- frequent urination or loss of bladder control
- blood in urine
- feeling the urge to urinate when bladder is empty

Symptoms of Skin Problems

- changes in the skin, such as changes in existing moles or new growths
- moles that are no longer round or have irregular borders

- moles that change colors or change in size (usually get bigger)
- frequent flushing (a sudden feeling of heat)
- jaundice (when the skin and whites of the eyes turn yellow)
- painful, crusting, scaling, or oozing sores that don't heal
- sensitivity to the sun

Symptoms of Muscle or Joint Problems

- muscle pains and body aches that are persistent, or that come and go often
- numbness, tingling (pins and needles sensation), or discomfort in hands, feet, or limbs
- pain, stiffness, swelling, or redness in and around joints

Symptoms of Emotional Problems

Note: These symptoms can have a physical cause and are usually treatable.



- anxiety and constant worry
- depression: feeling empty, sad all the time, or worthless
- extreme fatigue, even when rested
- extreme tension that can't be explained
- flashbacks and nightmares about traumatic events
- no interest in getting out of bed or doing regular activities, including eating or sex
- thoughts about suicide and death
- seeing or hearing things that aren't there (hallucinations)
- seeing things differently from what they are (delusions)
- "baby blues" that haven't gone away two weeks after giving birth and seem to get worse over time
- thoughts about harming yourself or your baby after giving birth

If you experience any of these symptoms, contact Behavioral Health at 0951-300-7793 to schedule an appointment.

Symptoms of Headache Problems



- headaches between the eyes
- headaches that come on suddenly
- headaches that last longer than a couple of days
- seeing flashing lights or zigzag lines and temporary vision loss before a headache starts
- spreading pain in face that starts in one eye
- severe pain on one or both sides of head with upset stomach, nausea or vision problems

Symptoms of Eating or Weight Problems

- extreme thirst or hunger
- losing weight without trying
- desire to binge on food excessively
- desire to vomit on purpose
- desire to starve (not to eat at all)

These symptoms and more can be found at the U.S. Department of Health and Human Services, Office on Women's Health, at www.womenshealth.gov.



Welcome Home

Freedom Fitness Facility

Sat., Sept. 6, 2008

Photos by Renate Bohlen





Welcome Home

Freedom Fitness Facility

Mon. Sept. 8, 2008

Photos by Trecia Wilson

