



WARNER WEEKLY

News & Information at Your Fingertips



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Married Soldiers living together downrange

Story and photo by Sgt. Keith M. Anderson
16th Sustainment Brigade Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — The containerized housing units here are smaller than a single-wide trailer in the U.S. They're closer to the size of a backyard shed, but they are 160 square feet of refuge for the married couples that inhabit them.

"I kind of like that whole small-space thing," said Sgt. 1st Class Christopher Armstrong, property book officer for 16th Sustainment Brigade. "We have enough space, and our CHU is a home away from home."

The 36-year-old from Cincinnati, said deploying with his wife Sgt. 1st Class Anilyn Armstrong, a combat service support automation management office non-commissioned officer in charge, with 16th SB, has made this Iraq tour much easier.

"It's just one less stressor to deal with, at least for me," Armstrong said. "Think about it; you could have the worst day ever, but you can go home and have someone to talk to afterwards."

The Armstrong's had to leave their sons, Jabbaalexis, 16, and Chris Jr., 5, in Germany with a caretaker for the deployment, but Christopher said they are in touch every day.

(See Married on page 3)



Sgt. Carl Feaster II and his wife Sgt. Ananka Feaster, both from 16th Sustainment Brigade, watch TV together in the containerized housing unit they share at Contingency Operating Base Q-West Sept. 10. "For us, being together, apart from our busy home life in the rear, allows for more intimacy. It allows us to refresh and renew our love for each other," Carl said. This is the third deployment for the 32-year-old casualty/personnel tracking non-commissioned officer from Buffalo, N.Y., but the first time he's been able to live with his wife downrange. The Feasters celebrate their 12th anniversary Nov. 29.

Community Expo to give free food, prizes

Other services to be offered

Story by Doug DeMaio
USAG Bamberg Public Affairs

The free gifts and services to be offered at USAG Bamberg's Annual Community Expo on Oct. 9 at Building 7110 sound too good to be true.

The event, scheduled from 2 p.m. to 5:30 p.m., will offer free gifts like a gaming system and a flat-screen TV.

To be eligible for the prizes, attendees must fill out a survey card about the expo.

Those survey cards will then be used to draw for the winner of the first door prize round at 3:30 p.m.

The second door prize round will be at 5:15 p.m. Attendees of the event must be present to win.

Free food samples are also another item that will be surveyed.

Vendors that sell food items to the dining facility will have free food samples at the expo, said Jonathan Nolan, installation food program manager.

"My intent was to have them come and show what is being served to Soldiers,"

Nolan said.

Two of the vendors will have pulled barbecue to be sampled.

Survey cards, not to be confused with the survey cards for the door prizes, will be passed out to provide feedback to Nolan so he can better serve the culinary requests of Soldiers stationed at Warner Barracks. Comment cards will assist Nolan in determining the quality of food served at the dining facilities.

In addition to the food samples, Nolan said, there will also be a café espresso coffee machine at the expo that will serve

(Continued on page 8)



Community Flea Market and Car Sale

From 9 A.M. to 2 p.m. Sat. Oct. 4 in front of the CAC bldg.



Preparations begin for JFK Boulevard construction

Story by Trecia A. Wilson
USAG Bamberg Public Affairs

Construction on John F. Kennedy Boulevard will soon be the talk of the town. Projects of this nature always entail some inconvenience for the sake of progress, but hopefully we can minimize some of your frustrations by answering some questions about the project before it even begins. This is the first in a series of articles to inform our community about the upcoming construction and help them in finding the detour routes quickly and easily.

The project will be done in four basic phases. Each phase will involve minor cosmetic improvements, such as replacing cracked segments of concrete and curbstone repairs to improve things as you walk and drive about the post, but there will also be major re-construction in a couple of the phases. The project will improve JFK Boulevard from Gate 1 up to the stop light at 15th Street and add a turning lane between 15th and 16th street.

Phase 1 on JFK Boulevard extends between 15th and 16th street and continues west toward Gate 1. It will stop at JFK Gymnasium.

Phase 2 will repair the section of JFK Boulevard at the west end of JFK Gymnasium and continue toward Berliner Ring Bridge.

Phase 3 construction will begin east of Berliner Ring Bridge and continue west to the intersection of 6th Street at Building 7089.

Phase 4 will repair JFK Boulevard from 6th Street and progress west to Gate 1. This phase will end at the entrance to the parking lot of Building 7110.

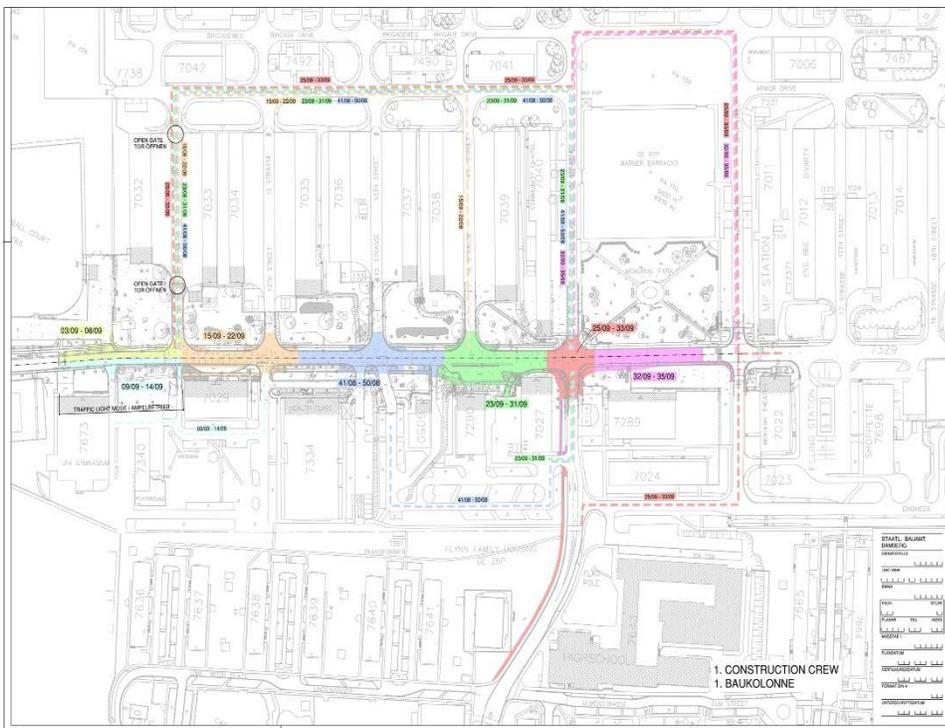
Each of these phases will have stages, which will be addressed in future articles.

The project is expected to be complete by December 2009. Stages will overlap due to the quantity and difficulty of repairs in each section. For example, one stage may have more comprehensive portions of the upgrade project and though it will begin first, due to the nature of the repairs, involving complete removal of cobblestones, repair and replacement of some sewage pipes or repaving the area with cement, it may be finished after other stages, which may only involve minor upgrades such as curbstone replacement or cracked cement repairs.

The critical part for drivers will be navigating the detours. There will be a few different detours around the construction. One detour will completely re-route traffic around the major sections of construction while others will institute a traffic-light

mode. In the traffic light mode, you will drive a short section of the road where one lane of traffic will be used. Sharing the lane with traffic going in the opposite direction will be necessary and traffic lights will be used to give drivers headed either east or west the right of way. These traffic lights will control traffic by allowing the east end traffic to pass through and then alternate allowing traffic from the west to pass through. We will advise you ahead of time what kinds of detours will exist during each stage or phase of the construction. We will also advise you, when possible, what the alternate routes are before construction begins.

Read next week's issue of the Warner Weekly for the second article to learn more about the first phase of construction and the accompanying detours.



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),
Doug DeMaio, Britta Vasquez and Sibylle Schmitt

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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

Ready Army launches at USAG Bamberg

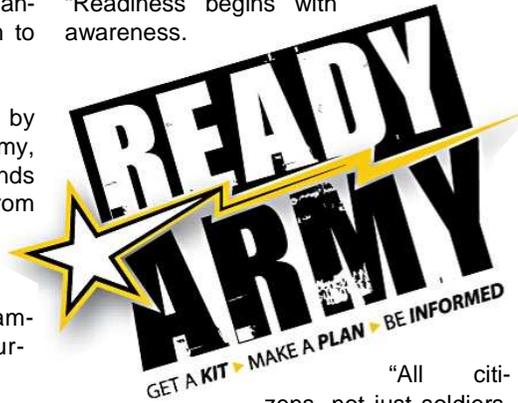
USAG Bamberg today announced the local launch of the Ready Army campaign, an emergency preparedness and awareness program aimed at Army Soldiers, their Families, Army Civilians and contractors to prepare them for all hazards, man-made or natural, and encourage them to Get a kit. Make a plan. Be informed.

The Army-wide campaign, developed by Headquarters Department of the Army, Army Emergency Management, expands upon the national Ready campaign from the U.S. Department of Homeland Security and the Ad Council.

Official kickoff of the Army-wide campaign began in September 2008 during National Preparedness Month.

"The increased threat of terrorist use of weapons of mass destruction and natu-

rally occurring crises and disasters demonstrate the need for comprehensive preparedness efforts in advance of any emergency," said Darrell Wade, USAG Bamberg Anti-Terrorism officer. "Readiness begins with awareness.



"All citizens, not just soldiers, need to be well-informed and prepared for emergencies."

Ready Army offers emergency preparedness fact sheets, family emergency plan guides, emergency kit checklists, parent and teacher guides, kids' material, posters, interactive briefings, public service announcements and brochures.

Ready Army activities planned for USAG Bamberg will include information tables at upcoming events and more. Read the Warner Weekly for more information on when and where you can find Ready Army activities.

"In the Army, we take care of each other," Wade said, "instituting emergency preparedness and education programs like Ready Army helps prepare the entire Army community for all hazards and a prepared community aids recovery."

Married

(Continued from page 1)

For Cpl. Heather Williams, a human resources non-commissioned officer, and her husband Sgt. Brandon Williams, a combat net radio non-commissioned officer, both from 16th SB, living together this deployment is much better than the alternative.

"I've been deployed and he's been (back home), so we know what it's like to be apart," Williams said. "So I always take other people's feelings into consideration. People tell me all the time 'I don't hate you; I'm just jealous.'"

The 22-year-old from Chico, Calif., said she has two roles in Iraq.

"I'm a Soldier, but I'm still a wife," Williams said. "I still do the laundry, though it is washed and folded for me by the laundry service."

In their down time, the couple plays Entertainment Arts Sports' Madden NFL 2009 and NCAA Football '09, and Williams said she moved the beds into a bunk-bed setup to add more space for a video game chair and bean bag chair.

"I can't say that she's won fairly, but she's won before [playing video games]," said Brandon, 23, Lusby, Md.

Brandon said there are pros and cons to living together downrange.

"It has its advantages," he said. "She can vent to me if she's had a bad day. But there are disadvantages, too. There's no space to walk away."

The tiny housing units and long, uninterrupted deployment has an added benefit for some couples.

Heather and Brandon's anniversary was Sept. 16, and they don't have any children.

"For us, being together, apart from our busy home life in the rear, allows for more intimacy. It allows us to refresh and renew our love for each other," said Sgt. Carl Feaster II, a casualty/personnel tracking non-commissioned officer, support operations, 16th SB.

This is the third deployment for the 32-year-old from Buffalo, N.Y., but the first time he's been able to live together downrange with his wife of 11 years, Sgt. Ananka Feaster, an ID card non-commissioned officer in charge, 16th SB.

Of course there are the little arguments.

"I like the air conditioning really cold, but he doesn't," Ananka said. "I told him, 'You're lucky you're my husband, because if you were my roommate we'd have some problems.'"

And some issues are bigger.

Carl and Ananka, 36, left their son, Carl (III), 9, and a daughter, Carla, 3, with Ananka's mother in Germany.

"We see them everyday on webcam so it's like we're there, but it's still hard," said Ananka.

The Feasters celebrate their 12th anniversary Nov. 29.

"We might go to the MWR (Morale, Welfare and Recreation Center), watch a movie, share some popcorn," he said.

"That's what we do, we watch movies," she said. "We don't have anything romantic to do (at Q-West)."

Barons fall to Baumholder Buccaneers 33 - 6



The Bamberg Barons set up for a play on the goal line. The Barons' football team lost its home opener Sept. 20 against the Baumholder Buccaneers 33 - 6. The Barons play Naples on Sept. 27 at 3 p.m.

Story and photo by Doug DeMaio

The Bamberg Barons football team lost its home opener Sept. 20 against the Baumholder Buccaneers 33 - 6.

Although the game was seemingly a blowout victory for the Buccaneers, the Barons kept the game close until the end of the third quarter when the Buccaneers' offense began to find its rhythm.

"I'd rather play them [Buccaneers] in week two, than in week six," said the Barons' coach James Davis.

In the first half, the two teams looked to compete well against one another.

The Barons' offense converted on only one of four third-down conversions, but defensively the Barons were able to limit the Buccaneers' offense to just two touchdowns.

A missed extra point made the score 13 - 0, and the Barons' offense struggled to advance the ball down the field.

Baumholder's offense looked poised to put the game away early, but a few penalties and a couple of sacks on the quarter-
(See Football on page 13)

Stable Theatre prepares for festival of one act plays

Patrick Gleason and Kathy Marsh rehearse "Post-It's" at the Stable Theater recently as the theater gears up for its annual festival of One Act plays October 3 through 5.

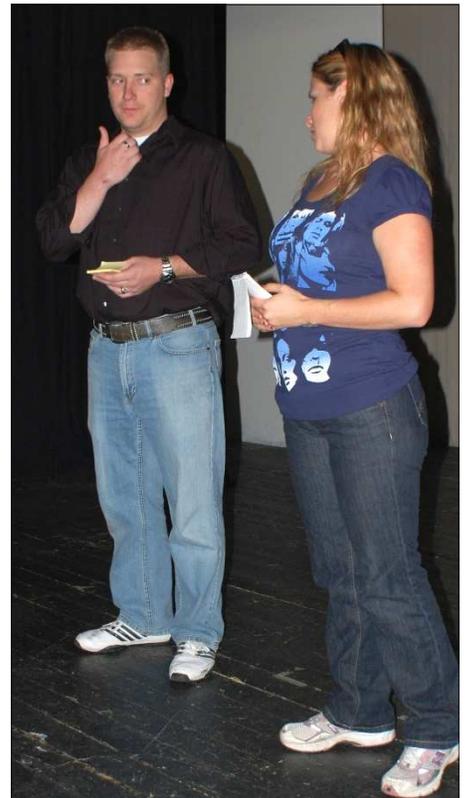
"Post-It's", written by Paul Dooley and Winnie Holzman, is homage to **Love Letters**, a [Pulitzer Prize for Drama](#) nominated play by [A. R. Gurney](#). In "Post-It's", an actor and actress read the Post-It notes between a couple that spans the duration of their lives together. It captures the little things in life, like buying milk, that everyone takes for granted. There are many funny and touching scenes in this two person play that most couples will appreciate.

"Actor's Nightmare", a play written by Christopher Durang, is another play in this year's showcase of talent. Sure to get a few laughs, this play demonstrates the struggles actors faces as they step into the limelight only to forget what play they are in and what lines they should be speaking.

Dating can be hard, just ask Jonathan Rand, the author of "Check Please" a story about a series of blind dinner dates that you're sure can't get any worse. And then it does, especially when your date happens to be a raging kleptomaniac, or your grandmother's bridge partner, or a mime.

The Stable Theater will open its annual festival of One Act plays Oct. 3 with plays by Dooley and Holzman, Durang, Rand and more. Shows begin at 7:30 p.m. on Oct. 3 and Oct. 4 and at 5:30 p.m. on Oct. 5. The cost is \$7 for adults. Soldiers E4 and below and their families, students and children 5 -18 years cost \$5.

Non-ID holders can attend as guests of the theater with 48-hours notice and the proper paperwork. To do so, email Jack Austin at Jack.Austin@us.army.mil.



DODDS First Home Volleyball Game

10 a.m. at Freedom Fitness Facility



Community Announcements

Change of Command

There will be a change of command ceremony for 173rd Brigade Support Battalion Sept. 26 at 9 a.m. at Summerall Field. Lt. Col. Curtis A. Johnson will take command of the battalion from Lt. Col. James R. Ryan. In case of inclement weather, the alternate location will be at the Freedom Fitness Center.

Community Flea Market and Car Sale

A Community Flea Market and Car Sale will be held in front of the Community Activity Center (facing Summerall Field) from 9 a.m. to 2 p.m. on Sat., Oct. 4.



Bikes for rent

Bamberg's Outdoor Recreation (ODR) now has bikes for rent. Not only can mountain bikers take advantage of the new offer, it's also perfect transportation for anybody who is waiting for their POV to arrive or for those who don't have a valid driving license. "I was very satisfied with the services that Outdoor Recreation gave me," Sgt. Daniel Fenwick wrote in an Interactive Customer Evaluation (ICE) comment card. "The idea of renting bikes for either sport or just plain transportation is outstanding. It came in handy for me because of the shipment of my POV. Keep up the good work!" Bikes are \$10 per day or \$40 for one week. All bikes come with the mandatory helmet and a lock. For mountain bikers, ODR offers mountain bike trips. The next trip is scheduled for Oct. 4, from 9 a.m. to 5 p.m. (please pre-register). Contact MWR ODR at CIV:0951-300-8659 for more details.

ESSO Ration Card scheduled system outage

The Army and Air Force Exchange Service will have a scheduled system outage that will bring the complete ESSO Ration Card System down from 10 p.m. Sept. 27 to 6 a.m. Sept. 28. During that time, customers will not be able to purchase fuel on or off post with their cards. AAFES will not be able to issue cards and customers will not be able to manage their ration card accounts during this time. While the down time is planned for overnight hours, there's still the chance of someone trying to buy fuel and having to pay for it out of their own pocket. Please plan accord-

ingly and fill up your car with gas before this time. For more information, email Lt. Col. David Konop at konopd@aafes.com.

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 5:30 p.m. on 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 Combined Federal Campaign kick-off. There will be food samplings, entertainment, an opportunity to meet new community members and a chance to win some great prizes! This year's theme is "Enhancing the Well-Being of our Community".

BSCC Membership Drive

BSCC will be holding a Membership Drive at the Yellow Ribbon Room from 9:30 to 11:30 a.m. on 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. Membership fees can be paid during their opening hours.

Thrift Shop winter clothing consignment open

The Bamberg Thrift Shop is now accepting winter clothes for consignment beginning. Videos are 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 from 8 a.m. to 12 p.m., 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 DSN:469-8925 or online <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 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. For more information, call ACAP at DSN:469-8925 or online <https://www.acapexpress.army.mil>.

DOL/TAP Workshop

The Army Career and Alumni Program (ACAP) is offering 2.5-day Department of Logistics 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 Nov. 18 through 20 and Dec. 9 through 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 11 for submission guidelines.**

School House Antique Sale

The Bamberg Elementary School PTA and the Bamberg Aqua-Barons Swim Team will have 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, email Stephanie Leeds at stephanie.leeds@us.army.mil.

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>.

Closures / Changes

Community Bank closure

The Bamberg DOD Community Bank will be closed Oct. 3 and 4 in observance of the German Unification Holiday.

Vehicle Registration Office closure

Vehicle Registration Office will be closed on Oct. 3 and 13 in recognition of Germany National Holidays.

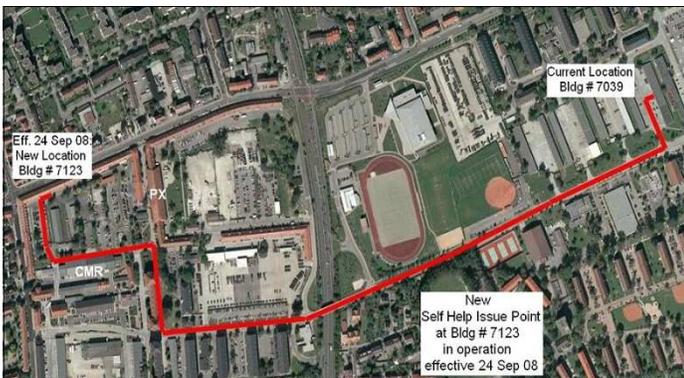
Army post office changes lobby hours

The USAG Bamberg Army post office lobby hours are now 9:30 a.m. to 4:30 p.m. Monday through Friday.



Self Help Issue Point relocates

The Self Help Issue Point (SHIP) will relocate on Sept. 24 from Bldg. 7039 to 7123 (next to the Department of Public Works Supply Area). The relocation is due to the increased mission of Department of Logistics in support of a Central Receiving Point/Installation Property Book Warehouse. See map below.



Elementary School front gates closure hours

The two gates that block through traffic in front of Elementary School will be used to control cars and provide safety for the children. These gates will be closed from 7:45 to 8:10 a.m. and from 2:20 to 2:50 p.m.. Only buses will be allowed in or out. Cars parked in the front of the school will need to stay parked until gates are open. Please use the side parking lot for picking up and dropping off students.

Weekly Reminders

Charley's serving breakfast!



Charley's is now providing breakfast Monday through Friday from 8 to 10:30 a.m. Menu includes various combinations and platters, eggs to order including omelets, breakfast sandwiches, hash browns and pancakes. This is a trial run.

AAFES open on Mondays



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

Combined Federal Campaign Overseas 2008



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

Kids and Teens

Daisy Days Girl Scout registration

Daisy Days Girl Scouts will register new members from 3:30 to 5 p.m., Oct. 3, at the Scout Hut. Come find out about Daisy Girl Scouts and register your kindergartener or first grader, or sign up as a volunteer. For more information, contact Bamberggirlscouts@Gmail.Com.

Entertainment and Leisure

Stable Theatre Festival of One Act Plays

The Stable Theater will open its annual festival of One Act plays October 3 through 5 with plays by Paul Dooley and Winnie Holzman, Christopher Durang, Jonathan Rand and more. Shows begin at 7:30 on Oct. 3 and 4 and at 5:30 p.m. on Oct. 5. The entry fee is \$7 per adult. Soldiers E4 and below and their families, students and children 5 -18 years cost \$5 per person. Non-ID holders can attend as guests of the theater with 48-hours notice and the proper paperwork. Contact Jack Austin at Jack.Austin@us.army.mil if interested.

Final open playday at ODR paintball field

Sept. 27 will be the last open play day at Outdoor Recreation's Paintball field for the year. The field will still be available for use by private groups of 10 or more by appointment. Unit training can also be arranged through Outdoor Recreation. For more information on scheduling a private or unit paintball event, please contact Bamberg Outdoor Recreation at DSN 469-8659.

Bamberg Spouse's and Civilian's Club Bingo night

BSCC will host a Bingo night at 6:30 p.m., Sept. 26, at the High School Multi Purpose Room. Doors open at 6 p.m. Come on over and play for great prizes!

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 con-

cerns 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 franconiinternationalskiclub@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 Sept. 26 at the Moonlight Cabin. Sign up from 6-7 p.m. Entry fee is \$10. The tournament is 301 Masters Out, Best of 3 Games, One Payout per every eight entries.

Continuing Education

Defense Language Institute resources available online

The Defense Language Institute Foreign Language Center (DLIFLC) activated its new Language Materials Distribution System (LMDS) website July 1, making available hundreds of language survival kits and other materials free of charge to deploying service members. To view the shopping cart, go to: <https://lmds.dliflc.edu>.

- The website offers Language Survival Kits - pocket size booklets with audio CDs, in over 30 languages, ranging in topics from public affairs, cordon and search, to medical terminology.
- DLIFLC also offers new Headstart language DVD programs that use cutting-edge technology and computer animation to teach 80-hours of self-paced lessons and are designed to teach survival phrases in Iraqi Arabic, and Afghan Dari and Pashto.
- Language materials can be viewed, downloaded, and ordered at www.dliflc.edu under the Products tab. You must register and receive DLIFLC account approval before placing your order. Some products are not available for download to the general public.

Central Texas College courses for Term 2

Education for the Individual, Term 2 registration will be Oct. 6 through 24, and the courses will run from Oct. 27 to Dec. 20.

- Automotive Electronics (AUMT 2437)
Instructor : D. Van Lannen- Wed., Thur. and Fri. from 5:30 to 9:30 p.m.
- Early Childhood Development: 3-5 Years (CDEC 1335)
Instructor: E. Marriott - Tue., Thur. from 6 to 8 p.m.
- Juvenile Justice System (CJSA 1317)
Instructor: G. Cyrus – Mon. and Wed. 6 to 9 p.m.
- Dining Room Service (RSTO 1204)
Instructor: J. Perez – Mon. and Wed. from 6 to 8 p.m.
- Purchasing for Hospitality Operations (RSTO 1325)
Instructor: J. Perez – Tue., Thur. from 6 to 9 p.m.

Online classes begin once a month. For more information, call Sonia Rivera at the Bamberg Education Center DSN:469-7467 or CIV:0951-300-7467

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.

Health and Fitness

Women's mountain climbing classes

Are your kids making you want to climb the walls? If so, this is the class for you! You will learn the basics of rock climbing including knots, belaying, proper equipment fitting and technique. Climb for three mornings indoors and 2 days outside in the Franken Jura (weather permitting). Meet at JFK Gym on Thur. Oct. 2, 9 and 16 from 9 to 11 a.m. On Thur. Oct. 23 and 30, meet from 8:30 a.m. to 2:30 p.m. at ODR for outdoor climbing. The class fee (\$159) includes: 5 climbing sessions with instruction, all necessary equipment and transportation for the Oct 23 and 30 classes at Franken Jura. You will need clothes you can move in, short fingernails and lunch for the last two classes. Sign up at Bamberg ODR, Building 7047.

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 (volunteer position). 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. 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.

October ODR Trips

Oct. 4 Mountain Bike Ride \$10
Want to get out and enjoy the beautiful fall weather? Grab your bike (or use one of ours for the day) Oct. 4 and hit the trails with ODR. This 30k ride is perfect for intermediate to advanced riders (has a moderate climb). Includes guide, transportation and equipment. Please pack your own lunch, snacks and drinks. Departs ODR at 9 a.m. and returns approx. 5 p.m.

Oct 7 & 21 Mountain Biking Free
Join ODR staff for on Tue. Oct. 7 and 21 for after work spins through the nearby woods. Rides will last approximately 2 hours and terrain will vary based on the skill of riders present. Please bring snacks and drinks. Bikes available at no charge, please come to Outdoor Recreation at 5:00pm if you need a bike. Departs ODR at 5:30pm, returns approx. 7:30pm.

Oct 9 Tour Under Bamberg \$20
Join ODR on Oct. 9 for a unique tour through the tunnels under Bamberg. It will give you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. Departs ODR at 5:00 pm and returns approx. 7:30 p.m.

Oct 11-13 Glacier Skiing and Riding \$225
Can't wait for winter? Head to Austria for some early season glacier skiing and riding with Bamberg ODR Oct. 11-13. Trip includes transportation and lodging with breakfast and dinner. Get reduced rentals and tuning at the ODR ski shop. Intermediate and above only. Departs ODR at 10 a.m. Oct. 11 and return at approx. 10 pm Oct 13.

Oct 17 Dinner and Wine Tasting \$55
Looking for something different from Outdoor Recreation? Enjoy a 3 course dinner and tasting of 5 wines at nearby historic Schloss Buttenheim on Fri., Oct. 17. Wine and gourmet items will be available for purchase, bring a VAT form! Includes transportation. Departs ODR at 6pm, returns approx 11:30pm.

Oct 25 Glass Shopping \$20
Looking to get a head start on your holiday shopping? On Sat., Oct. 25 we'll take you to Neustadt, home to the Nachtmann factory and numerous crystal and glass shops. Includes transportation. Don't forget your VAT forms! Departs ODR 9 a.m., returns approx. 5pm.



(Continued from page 1)

latte's, mochaccino's, espressos and other types of warmed beverages, said Nolan. The machines are soon to be placed in military dining facilities throughout Europe.

All these free items make the expo appealing, but the services offered during the expo have other advantages for the attendees.

Flu season is quickly approaching, and attendees will have the opportunity to get their flu vaccinations taken care of at the expo, said Maj Tina M. Streker, Bamberg Army Public Health Nurse. For those in good health who meet the medical guidelines, there will be Live Attenuated Influenza Vaccine available.

LAIV is administered by nasal spray.

Flu shot can be administered to those that fit into the "high-risk" categories, as determined through the screening process.

But medical business isn't the only thing attendees can take care

of while at the event.

A home-based business show and a job fair will also be offered at the expo.

The job fair is expecting more than 15 recruiters, said Jeff Card, employment readiness program manager for Army Community Service.

Recruiters are "coming to our expo with the expectation of accepting resumes," Card said.

Recruiters may have on-the-spot interviews, he said. Jobseekers should be prepared to have a resume on hand if they're seeking employment.

Community organizations wanting to participate in the event must register before Oct. 3. They access the registration form at www.bamberg.army.mil and email to mwr.expo2008@eur.army.mil.

Outside the Gate

Weekend Events in and around Bamberg for Sept. 26–Oct. 4.

Frequently used locations can be found online at www.bamberg.army.mil/sites/map.pdf. When no town name is listed at the end of the event, it is being held in Bamberg.

Friday, Sept. 26

- 7 p.m. "Witch hunt in Bamberg", (german) cultural and historical city tour, Alte Hofhaltung
- 7 p.m. "The Sandman" (in German) at Loose Marionette Theater, Untere Sandstrasse 30
- 8 p.m. Charly, Bamberg Blues Bar, Obere Sandstrasse 30
- 8 p.m. "Stara & Guenther Hoyer" in concert, Bamberg Blues Bar, Obere Sandstrasse 30
- 8 p.m. Franconian Evening, Pfarr & Jugendheim, Gundelsheim, 5 € fee
- 8 p.m. "Franconian evening" - stories, poems and music with franconian wine, beer and snacks at Pfarr- und Jugendheim in Gundelsheim (entrance fee: 5 Euros)
- 8 p.m. "Kaya Yanar", German comedian at Jako-Arena, Bamberg
- 9 p.m. "Let it swing" jazz concert with Max Greger jun. Trio, Jazzkeller, Obere Sandstraße 18
- 9 p.m. Max Greger jr. in concert, Bamberg Jazzkeller, Obere Sandstrasse 18
- 10 p.m. Droenoenland in concert, Morph Club, Siechenstrasse 7a
- 11 p.m. "Mojow-Nightclub" mixed club music with Chris Sims, Obstmarkt 8
- 11 p.m. "dröönland" alternative rock music at Morph Club, Siechenstr. 7

Saturday, Sept. 27

- 7 a.m. Volks marching in Röhlein (near Schweinfurt), start and finish: TSV Röhlein, Am Sportplatz 1, 97520 Röhlein, distances are 5, 11, 20 km
- 10 a.m. "Historical trades and crafts market" historical trades brought to life at the Franconian Switzerland Museum in Pottenstein, district Tüchersfeld
- 10 a.m. "Historical trades and crafts market" with demonstrations of glassblowing, ironwon and basketry at Korbflechtei, Am Bahnhof 3, Altendorf
- 10 a.m. "Intercultural weeks" opening event with a colorful, musical program at Maxplatz, Bamberg
- 12 – 7 p.m. "Street and yard flea market" in the Bamberg Sand area, Obere Sandtrasse, Bamberg
- 2 – 4 p.m. Bazaar in the circus tent, everything second-hand for children at Boscolino, Jakobsplatz 15, Bamberg
- 5 p.m. "Light and shadow in Bamberg" a theatrical journey through the history of Bamberg at Alte Hofhaltung Bamberg, Domplatz 7 (tickets available at the tourist service Bamberg)
- 7 p.m. "Salsa Night" dance to the sounds of Salsa, Bachata and Merengue at Haas-Säle, Obere Sandstr. 7, Bamberg
- 8 p.m. "Charly" the American musician Carl Berg presents songs of Cat Stevens, Pink Floyd, Jethro Tull and more at Blues Bar, Obere Sandstr. 18, Bamberg
- 9 p.m. "Whitey Whiteman and the Blackbeats" Swing classics of Frank Sinatra, the Rat Pack and Louis Armstrong at Club Kaulberg, Kaulberg 36, Bamberg
- 11 p.m. "Diskopolente" with DJ Justus and Goodstuff at Mojow-Club, Obstmarkt 8, Bamberg
- 10 a.m. Multicultural Week – opening day event, Maxplatz (behind department store Karstadt), Bamberg
- 10 a.m. Historical hand craft market, Little Switzerland Museum, Pottenstein
- 12 p.m. Street- and yard flea market, Obere Sandstrasse, Bamberg
- 7 p.m. Salsa Night, Haas-Saele, Obere Sandstrasse 7, Bamberg

Sunday, Sept. 28

- 7 a.m. Volks marching in Röhlein (near Schweinfurt), start and finish: TSV Röhlein, Am Sportplatz 1, 97520 Röhlein

- 10 a.m. "Historical trades and crafts market" historical trades brought to life at the Franconian Switzerland Museum in Pottenstein, district Tüchersfeld
- 10 a.m. Historical hand craft market, Little Switzerland Museum, Pottenstein
- 10:45 a.m. Concert in front of the St. Otto Church
- 11 a.m. "Historical trades and crafts market" with demonstrations of glassblowing, ironwon and basketry at Korbflechtei, Am Bahnhof 3, Altendorf
- 11 a.m. "Light and shadow in Bamberg" a theatrical journey through the history of Bamberg at Alte Hofhaltung Domplatz 7 (tickets available at the tourist service Bamberg)
- 12 p.m. Department Store Baur, open for business, Altenkunstadt
- 5 p.m. "Stephansberg fall concert 2008" with the Police choir at St. Stephan's church, Stephansplatz 4
- 7 p.m. "Piano-Live" with Oliver Lederer at Hofbräu Restaurant & Bar, Karolinenstr. 7
- 8 p.m. "Ul ZamZam" musician presenting music of The Beatles, Cat Stevens, Neil Young at Blues-Bar, Obere Sandstr. 18
- 8 p.m. Pink Floyd Show" by "Off the Wall" at Jako-Arena
- 9 p.m. "SCHWOF" the cult disco party, all drinks are half price at Live-Club, Obere Sandstr. 7
- 11 p.m. "Mojow Inscene" mixed club music with DJ Jackson at Mojow-Club, Obstmarkt 8

Friday, Oct. 3

- 2 p.m. "Gummibears in the Middle Ages" (german, for kids ages 6-12 yrs.) Kids learn about living in medieval Bamberg, lower bridge downtown by the "Kunigunden" monument.
- 3 p.m. "From the Bamberg Horseman to Botero" sculptures in Bamberg, Domplatz (cathedral), Fürstenportal(entrance)
- 7 p.m. "Witch hunt in Bamberg", (german) cultural and historical city tour, Alte Hofhaltung
- 7:30 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater, E.T.A.-Hoffmann-Platz 1
- 8 p.m. "Slop" Rockband, Cover band plays rock music from Aerosmith, Led Zeppelin and Bon Jovi at Blues Bar, Obere Sandstr. 18
- 9 p.m. "Choco-Latte" in concert at Club Kaulberg, Unterer Kaulberg 36
- 11 p.m. "you deserve better!" breakhouse/electrohouse with feat. Wiesel and Captain Koma at Morph Club, Siechenstr. 7

Saturday, Oct. 04

- 7 a.m. Volksmarch at Weissenbrunn (B 85 between Kulmbach and Kronach), start and finish: Lessbechtalhall (Gym), Schulweg, Weissenbrunn, distances are 5, 10 and 20 km
- 7 a.m. Volksmarch, Nordic Walking and Marathon, Roettenbach (near Erlangen), start and finish: multipurpose sportshall, Sports field (Norma parking lot) Lohmuehlweg 11, Roettenbach, distances are 5, 10, 20 and 42,195 km
- 5 p.m. "Light and shadow in Bamberg" a theatrical journey through the history of Bamberg at Alte Hofhaltung Bamberg, Domplatz 7 (tickets available at the Bamberg tourist service)
- 7:30 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater, E.T.A.-Hoffmann-Platz 1
- 7:30 p.m. "Winefest" in Oberhaid at Bürgersaal, Untere Str., 96173 Oberhaid
- 8 p.m. "Charly" the American musician Carl Berg presents songs of Cat Stevens, Pink Floyd, Jethro Tull and more at Blues Bar, Obere Sandstr. 18
- 8 p.m. "Concerto Grosso" concert with baroque orchestra Armonia dell'Arcadia at Kaisersaal at the New Residence, Domplatz 8
- 8 p.m. "Pumpkin night in Altendorf" experience the pumpkin decorated town center, enjoy live music and try pumpkin mixed drinks in Altendorf, town center, Egloffsteiner Ring
- 8 p.m. "Pearl—a tribute to Janis Joplin" at Live-Club, Obere Sandstr. 7
- 9 p.m. "Beat night" feat. United Beat Band and FabFive at

(Continued on page 10)

9 p.m. Bootshaus im Hain, Mühlwörth 18a
 "Hubert Winter quartet" live jazz music at Jazzclub,
 Obere Sandstr. 18
 11 p.m. "Electro delicatessen" electro and house music feat.
 texas bikini DJ team aka de la dope & DJ lupin at
 Morph Club, Siechenstr. 7

As seen in the NEWS ..

As seen in the Frankischer Tag between Sept. 19-26.

Fire fighters save young woman

A 28-year old woman suffered minor smoke poisoning when a fire broke out in an apartment building in Gaustadt. The fire started in an apartment on the first floor due to a technical defect of an electric cable, according to information provided by the local police department. The woman tried to open or close a window in the stair well when she noticed heavy smoke on the lower floor. Fire fighters had to get her out with a ladder since the smoke made it impossible to get out of the building through the stairwell. The damage is estimated at 15,000 Euros.

Cordial reception for Ms. Merkel

Around 5,000 people made it down to the Maxplatz to see German chancellor Angela Merkel on Sept. 19, welcoming her with a warm reception. It had been more than 50 years since the highest representative of the German government had visited Bamberg. The head of the German government arrived right on schedule via helicopter at Kramersfeld airfield which brought her directly from Berlin to Bamberg. After a 40 minute speech, she was escorted by the two Mayors of Bamberg to sign the city's golden visitor's book.

Who's the owner of the "Aufseßhöflein" ?

It's been months since a new owner and investor was found for the small baroque palace, Aufseßhöflein, in Bamberg. The building was declared an historical monument in 1953 and for the last few years has been in a state of deterioration. The new owner claims he never purchased the building, but according to city officials that is not true. "He did buy it and even paid a good amount of money for it", said Dr. Helmut Müller, member of the city council. In Müller's mind, the only explanation for the owner to deny this is that he seems to be a very private person who doesn't want any publicity. Experts estimate the cost of the restoration at around 2 Million Euros.

Visual and culinary delight

The 14th Bamberg multi-cultural celebration will blast off at the downtown Maxplatz with a huge and colorful event on Sept. 27. The event will last several weeks and people are invited to experience a variety of musical performances as well as culinary samples from different parts of the world and a program for kids. "The goal is to boost awareness of the cultural diversity in our city and to contribute to a dialogue on the subjects of intercultural exchange, integration and anti-racism" said Mohamed Hédi Addala, chairman of the migrant and integration council.



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.
Sun.	Sept. 28	Space Chimps (G)	4 p.m.
		The Dark Knight (Pg-13)	7 p.m.
Mon.	Sept. 29	The Dark Knight (Pg-13)	7 p.m.
Thur.	Oct. 2	Hellboy II: The Golden Army (Pg-13)	7 p.m.
Fri.	Oct. 3	Lakeview Terrace (Pg-13)(1strun)	7 p.m.
Sat.	Oct. 4	The X-Files: I Want To Believe (Pg-13)	3 p.m.
		Lakeview Terrace (Pg-13)(1strun)	7 p.m.
Sun.	Oct. 5	The Mummy: Tomb of The Dragon Emperor (Pg-	3 p.m.
		Lakeview Terrace (Pg-13)(1strun)	7 p.m.
Mon.	Oct. 6	The X-Files: I Want To Believe (Pg-13)	7 p.m.
Thur.	Oct. 9	The Mummy: Tomb of the Dragon Emperor (Pg-	7 p.m.
Fri.	Oct. 10	Eagle Eye (Pg-13)(1strun)	7 p.m.
Sat.	Oct. 11	Eagle Eye (Pg-13)(1strun)	4 p.m.
		Step Brothers (R)	7 p.m.
Sun.	Oct. 12	Swing Vote (Pg-13)	4 p.m.
		Eagle Eye (Pg-13)(1strun)	7 p.m.
Mon.	Oct. 13	Step Brothers (R)	7 p.m.
Thur.	Oct. 16	Swing Vote (Pg-13)	7 p.m.
Fri.	Oct. 17	Pineapple Express (R)	7 p.m.
Sat.	Oct. 18	Beverly Hills Chihuahua (Pg)(1strun)	4 p.m.
		The Sisterhood of the Traveling Pants 2 (Pg-13)	7 p.m.
Sun.	Oct. 19	Beverly Hills Chihuahua (Pg)(1strun)	4 p.m.
		Pineapple Express (R)	7 p.m.
Mon.	Oct. 20	The Sisterhood of the Traveling Pants 2 (Pg-13)	7 p.m.
Thur.	Oct. 23	The Sisterhood of the Traveling Pants 2 (Pg-13)	7 p.m.
Fri.	Oct. 24	Body Of Lies (R)(1strun)	7 p.m.
Sat.	Oct. 25	Star Wars: The Clone Wars (Pg)	4 p.m.
		Body Of Lies (R)(1strun)	7 p.m.
Sun.	Oct. 26	Star Wars: The Clone Wars (Pg)	4 p.m.
		Tropic Thunder (R)	7 p.m.
Mon.	Oct. 27	Body Of Lies (R)(1strun)	7 p.m.
Thur.	Oct. 30	Tropic Thunder (R)	7 p.m.
Fri.	Oct. 31	Quarantine (R)(1strun)	7 p.m.



AUTOMOBILES FOR SALE

2000 Ford Mustang for sale color: white, asking price: \$7000.00-\$6500.00. Vehicle includes: cd/tapedeck, rear window defroster, fully powered driver's seat, power steering, two 500w bass tubes w/ hook-up cording (easy to hook up), floor heating, new battery just installed, currently in the process of adding new smokey black headlight sets, lights are legal for use. Vehicle has 66,000 miles on it. If interested contact me (Jacques Anderson) at 09512974215 or email me westcoasrydah80@hotmail.com

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.

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.gaichik@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.

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, 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, 220 volt 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, 220 volt, Iron \$8, 220 Volt 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_nhoj@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 revesivon-ne07@yahoo.com.

Maya wrap. Purple shades. Has not been used. Comes with instructional DVD. Paid \$50. Asking \$30. Please email casmarid@yahoo.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 newspapers, 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 and Mariet Perez are located at 29 Jäck Strasse, 96052 Bamberg. Circle of Prayer held 6 p.m. Tue., Fri. Services at 7 p.m., Sunday School at 10 a.m. and Sunday Service at 11:30 a.m. For more info visit our web site at www.centro-cristiano-bamberg.com or call: 0160-438-5011 or 0151-524-16221.

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 as we 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.

ATTENTION GAS CUSTOMERS!!

All AAFES gas customers are now required to show, ID card, registration, and ESSO gas card before pumping their gasoline.

How to Talk to Your Doctor or Nurse

Healthcare Benefits series part three

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 is 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. Series three focuses on talking to your doctor or nurse.



Waiting in your doctor's office can make you feel nervous, impatient, or even scared. You might worry about what's wrong with you. You might feel annoyed because you're not getting other things done. Then when you see your doctor or nurse, the visit seems to be so short. You might have only a few minutes to explain your symptoms and concerns. Later that day, you might remember something you forgot to ask. You wonder if your question and the answer matter. Knowing how to talk to your doctor, nurse, or other members of your health care team will help you get the information you need.

Tips: What to Do

- List your questions and concerns. Before your appointment, make a list of what you want to ask. When you're in the waiting room, review your list and organize your thoughts. You can share the list with your doctor or nurse.
- Describe your symptoms. Say when these problems started. Say how they make you feel. If you know, say what sets them off or triggers them. Say what you've done to feel better.
- Give your doctor a list of your medications. Tell what prescription drugs

and over-the-counter medicines, vitamins, herbal products, and other supplements you're taking.

- Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history. Not sharing information with your doctor or nurse can be harmful.
- Describe any allergies to drugs, foods, pollen, or other things. Don't forget to mention if you are being treated by other doctors, including mental health professionals.
- Talk about sensitive topics. Your doctor or nurse has probably heard it before. Don't leave something out because you're worried about taking up too much time. Be sure to talk about all of your concerns before you leave. If you don't understand the answers your doctor gives you, ask again.
- Ask questions about any tests and your test results. Get instructions on what you need to do to get ready for the test(s). Ask if there are any dangers or side effects. Ask how you can learn the test results. Ask how long it will take to get the results.
- Ask questions about your condition or illness. If you are diagnosed with a condition, ask your doctor how you

can learn more about it. What caused it? Is it permanent? What can you do to help yourself feel better? How can it be treated?

- Tell your doctor or nurse if you are pregnant or intend to become pregnant. Some of the medicines may not be suitable for you. Other medicines should be used with caution if you are pregnant or about to become pregnant.
- Ask your doctor about any treatments he or she recommends. Be sure to ask about all of your options for treatment. Ask how long the treatment will last. Ask if it has any side effects. Ask how much it will cost. Ask if it is covered by your health insurance.
- Ask your doctor about any medicines he or she prescribes for you. Make sure you understand how to take your medicine. What should you do if you miss a dose? Are there any foods, drugs or activities you should avoid when taking the medicine? Is there a generic brand of the drug you can use? You can also ask your pharmacist if a generic drug is available for your medication.
- Ask more questions if you don't understand. If you're not clear about what your doctor or nurse is asking you to do or why, ask to have it explained again.
- Bring a family member or trusted friend with you. That person can take notes, offer moral support, and help you remember what was discussed. You can have that person ask questions, too.
- Call before your visit to tell them if you have special needs. If you don't speak or understand English well, the office may need to find an interpreter. If you have a disability, ask if they can accommodate you.

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

Tricare retiree dental program begins Oct 1

The TRICARE Medical Activity (TMA) has announced that an Enhanced-Overseas TRDP will begin serving retirees in OCONUS on Oct 1. This has been a long standing request of overseas retirees, and TMA is happy to finally bring this popular program overseas. The dental insurance program for retirees and their families is sponsored by Delta Dental of California.

The specifics of the program can be found at the Web site www.trdp.org or by calling the TRDP toll free number at (888) 838-8737. Most normal or routine dental procedures are covered by the program. If the member joins the program within four months of their retirement date, the normal 12 month waiting period for high cost procedures such as crowns, bridges, implants and orthodontics will be covered at enrollment and not be limited by the normal 12 month waiting period for such benefits.

A listing of host nation providers can be found at the TRDP Web site, or if you are located in a remote country where there is no military dental clinic, you can contact International SOS toll free at 0044-20-8762-8133 for a listing of host nation providers in various countries. If the patient is in the U.S. they may use any of the more than 100,000 participating dentists in the Delta TRDP network.

Enrollment in the Enhanced-Overseas TRDP is open to any Uniformed Service retiree and their family members and to retired members of the National Guard/Reserves and their family members who permanently reside outside of the normal stateside service area. Enhanced-Overseas enrollees can use the TRDP anywhere in the world, whereas stateside enrollees are only eligible for care in the US and emergency care in overseas locations.

Premiums for the Overseas-Enhanced TRDP are listed below. The monthly premium for a single person is \$36.97, for two persons, it is \$71.25 and for a family of 3 or more, it is \$118.30 per month. The contract year for the TRDP goes from Oct 1, 2008 to Sept. 30, 2009. Enrollment in the Overseas-Enhanced TRDP can be done at the TRDP Web site at www.trdp.org, by calling 866-721-8737, or by completing a paper enrollment form and mailing it to Delta Dental of California. Patients need to pay a two-month premium pre-payment in order to get started with their enrollment. If the retiree is receiving military retired pay, the premium will be taken out of the retirement pay. If the retiree is not receiving retired pay, then they will receive a separate billing from Delta.



Football

(Continued from page 4)

back by Barons' nose guard Cortez Lindsey and the Barons pushed the Buccaneers backward.

Barons' Kevin Daniels had a huge blocked punt on special teams and recovered the ball on the Buccaneers 14-yard line.

The Barons' offense was ready to capitalize on the turnover and make the score a one-possession game before going into halftime.

With just 46 seconds remaining in the half, Barons' quarterback Kevin Brown connected with wide-receiver Joshua Robinson to make the score 13 - 6. The Barons did not convert on the two-point conversion and the teams went to halftime with the Buccaneers leading by seven.

Barons' tailback Tyler Cancellor said he felt the team put forth a good effort, but missed key opportunities.

The Buccaneers scored once more in the third quarter to make the score 19 - 6, but a pair of 20-yard touchdown runs by Buccaneers' sophomore tailback, Prince Owusu, put the game out of touch for the Barons.

Davis said the Buccaneers were well coached and that their unorthodox style of play took its toll on his first and second year players.

"We're young," Davis said.

Cancellor, a sophomore, agreed. He felt the team's first home game in more than three years caused a lot of the players to be a bit nervous, but said the team will get better and improve as time goes on.

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Photos by Trecia Wilson

