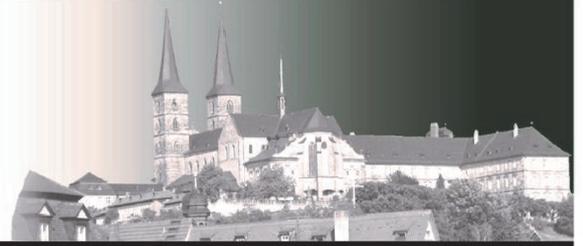




WARNER WEEKLY

News & Information at Your Fingertips



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Thur. Oct. 7, 2010

Kris Allen, band rock out for Soldiers, Families in Europe



Ashley Bateman

Kris Allen and his band perform at the Warner Barracks' Basics Building Oct. 3 as part of a United Service Organizations tour.

By Ashley Bateman, USAG Bamberg Public Affairs

American Idol 2009 winner Kris Allen took to the stage in U.S. Army Garrison Bamberg's Basics Building Oct. 3 wearing a white T-shirt and black jeans, sporting a pin near the left pocket. For more than an hour Allen and his band entertained crowd members with a mix of original material, classic rock and arrangements on current pop songs. The pin, a gift from Bamberg's Special Troops Battalion, 16th Sustainment Brigade bearing the unit crest, was presented to Allen before the show. The pin emphasized the reason for the concert, something Allen repeated throughout interviews and on stage.

"It's such an honor to be here," Allen told the audience of Soldiers, family members and Army employees. "This is our thank you to you."

Warner Barracks was just one stop on Allen and his band's United Service Organizations' tour, which began in the Netherlands and ended in Bamberg after several Germany installation concerts. Though no stranger to crowds and seemingly comfortable on stage, Allen said it took years of performing musically to become comfortable in front of an audience.

"I've sung since I was a little kid," Allen said. "The singing in front of people and the songwriting thing didn't happen until probably my senior year of high school. I was always a really shy kid and it was hard for me to showcase that for people; it was a little weird for me."

Allen said that as he grew older he gained confidence and overcame that timidity- somewhat.

(ALLEN continued on page 11)

In session: Numerous counseling services offered on post

By Mindy Campbell,
USAG Bamberg Public Affairs

Deployments can be a confusing and tumultuous time for some children.

When Braxton Rogers' dad returned to Afghanistan after his two-week Rest and Recuperation, the preschooler had a hard time adjusting to his absence.

"Braxton was acting out and even faking an injury," said Angel Rogers, the three-year-old's mom.

Braxton, who attends the Child, Youth and School Services' part-time morning preschool program, received some help from the Military and Family Life Consultants, licensed health-care professionals, who observe and play with the children on a daily basis.

"The MFLCs are available to answer questions and offer suggestions on dealing with

behavior and deployments," Rogers said. "After talking to them, they gave me suggestions on how to talk to Braxton about his feelings and encourage him."

Roger's experience with the MFLC is just one of several counseling options available to Soldiers, family members and civilians on Warner Barracks.

With suicide rates escalating, divorce rates rising and constant deployments for the past few years, many Soldiers and family members are struggling with professional and personal stress, said Army officials in the "Health Promotion, Risk Reduction, Suicide Prevention 2010" report.

"The challenges of serving in today's Army have tried our leaders, tested our Soldiers and exhausted our Families," said Gen. Peter W. Chiarelli, the Army's vice chief of staff, in the report. "While most have remained resilient through these challenges, others have been pushed to their breaking

point."

To answer that call, the Army has increased its efforts to reach out and offer multiple avenues for counseling.

"The good news is that Soldiers are seeking behavioral health care in record numbers with over 225,000 behavioral health contacts, indicating that our efforts to emphasize the importance of behavioral health are working," Chiarelli said.



(COUNSELING continued on page 13)

Commander cautions of threats against U.S. citizens

The Department of State issued a Worldwide Caution on Aug. 12 to update information on the continuing threat of terrorist actions and violence against U.S. citizens and interests overseas. Although there is no specific threat to USAG Bamberg, I and my staff are acutely aware of the ever present threat posed by terrorism to the Army's mission and the American way of life around the world.

With that in mind, I have the responsibility to ensure that the safety and security of this community remains my number one priority; my team and I are constantly evaluating the threat of terrorism, implementing the appropriate security and anti-terrorism measures to safeguard our community and our facilities. I will make every effort to take pertinent and prudent action to fulfill my command responsibilities regarding the safety and security of this community, but I need your

help. In the coming days, as in the past, you may see increased random force protection measures on this installation and I solicit your understanding, especially as you may experience slight inconveniences or delays. I'd ask for your patience and courtesy as we work to safeguard this community. I would also ask for the support of every Soldier, family member, civilian, and contractor who calls USAG Bamberg home by continuing to practice sound personal protection members by staying vigilant, being aware of your surroundings, never traveling alone, and avoiding large crowds off post, especially in uniform.

Continue to enjoy beautiful Bamberg, Germany, Europe and all it has to offer. Do not let this worldwide caution keep you from enjoying life. But if you see something suspicious or out of place, report it! It may just be your awareness reported to police that

can help predict and prevent attacks before they happen. For more information on what to report and to whom you report it, please visit <http://www.bamberg.army.mil/directorates/dptms/at/iwatch.asp>.

Commanders, Directors, and Managers are reminded that Department of Defense personnel traveling, unofficially or officially, in the EUCOM areas of responsibility must comply with DOD 5400.54-G. The DOD foreign clearance guide available online at www.FCG.pentagon.mil and the Department of State travel warnings are available at travel.state.gov.



Lt. Col. Steven L. Morris
Commander, U.S. Army Garrison Bamberg



Garrison hosts annual fall cleanup to improve community

By Command Sgt. Major Daniel Ocanas, USAG Bamberg

This is a reminder to all Soldiers, Families, Department of the Army Civilians and German workforce employees regarding this year's fall cleanup Oct. 12 - 15.

The fall cleanup is a time for us to improve our community.

It's a time for us to come together as a team to enhance the appearance of our installation and to show we take pride in community. Fall cleanup will give residents of our community the opportunity to dispose of some of those unwanted household items.

Disposing of these items properly is the most important thing you should be aware of during the fall cleanup. Each year the Army spends an enormous amount of money on waste disposal. Recycle what you can at the Community Recycling Center.

Throwing trash into recycling bins meant for paper, metal, glass or plastic makes the material inside useless for recycling, and the material will be considered waste. The reason for this is because it is not cost effective to separate the material after it has been mixed. To have an effective fall cleanup this year, everyone in our community needs to contribute and we need to place material in the proper containers. Placing material in the proper container is your responsibility.

One person's mistake can ruin the community's recycling efforts.

Hazardous Waste

<ul style="list-style-type: none"> Acids Aerosol Cans Air Freshener Anti freeze Car Batteries Dry Cell Batteries, Mercury Batteries Brake Fluid Car Wax/Polish Chrome/Furniture Polish Detergent Disinfectant Drain Cleaner Fabric Softener Fuels Glues and Adhesives Hobby Chemicals Insecticides Lighter Fluid Lithium Batteries 	<ul style="list-style-type: none"> Metal Cleaner Mildew Remover Mineral Oil Motor Oil Oil Filters Oven Cleaner Paint Remover Paints Paint Thinner Photochemical Rust Remover/Protection Scale Remover Scotch Guard Solvents Stain Remover Turpentine Toilet Cleaners Window Cleaners Wood Preservatives
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Use reasonable judgment when disposing of all material, so items aren't mixed in the wrong container.

Cleanup will begin throughout the installation beginning Oct. 12. All [\(CLEANUP continued on page 3\)](#)



Lt. Col. Steven L. Morris
U.S. Army Garrison
Bamberg, Commander

USAG Bamberg, Public Affairs Officer
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Barons rally from 21-point deficit to beat Naples



By Douglas DeMaio, USAG Bamberg Public Affairs

The Bamberg Barons football team showed their teams resilience this past Saturday when they rallied from 21-point deficit during their homecoming game to seal a victory over the Naples Wildcats.

Trailing 21-0 at halftime, the Barons came alive in the second half and scored 26 straight points to edge past the Wildcats 21-26.

"I told them that they were a better team than this and that they had to go out there and prove it," said Coach Jim Davis, Bamberg Barons. "These games definitely build the confidence that we never think that we are out of the game."

The Wildcats capitalized on the Barons' mistakes in the first two quarters and controlled the field position during the entire first half.

A few penalties extended Wildcats' drives and a fumble by the Barons in its own red zone helped the Wildcats build a seemingly comfortable lead.

"We have been not coming out well all season," Davis said. "We haven't scored in the first quarter in any of our games."

Even when the Barons looked to get something going in the first half, the team struggled.

Douglas DeMaio
Barons Senior running back Javonte Knuckles carries the football through a herd of Wildcat defenders in the final drive of Bamberg's 21-26 comeback victory over Naples.

(FOOTBALL continued on page 12)

(CLEANUP continued from page 2)

units and civilians will clean up their designated work areas. This includes all office buildings and unit headquarters, in addition to assigned areas designated by the garrison.

Oct. 15 is the day for cleanup in the government quarters area. This will take place from 9 a.m. - 4 p.m.

Each housing unit has an assigned building coordinator. They will assist in the cleanup effort by providing additional instructions regarding what is expected of residents during the cleanup.

If you wish to dispose of bulk items like old furniture, place them neatly near the curb of your house for collection so the items do not obstruct any driveways, parking spaces, roads or walkways in your neighborhood. Housing residents can be proactive by setting items near the curbs beginning the evening of Oct. 14. Items will be picked up throughout the weekend.

Ensure all household hazardous waste is brought to the Community Recycling Center located at Building 7134. Family members needing assistance in transporting larger hazardous items can contact their building coordinator or area zone coordinator for assistance. DO NOT PLACE THESE ITEMS IN THE REGULAR TRASH; doing this can harm the environment. Please see the list of household hazardous waste that should be taken to the recycling center. Scrap metal, glass, paper and plastic should also be taken to the Community Recycling Center.

The Self-Help Store is a source available to you for cleaning leafs and other landscaping cleanup projects, so please make use of this valuable resource.

I would like to thank you in advance for helping to keep Bamberg a clean and beautiful place. I look forward to seeing each one of you do your part in making this installation the best in Europe.



Homecoming Bonfire Oct. 1

Mindy Campbell

Bamberg students celebrate homecoming weekend with a bonfire and home team introductions Oct. 1.

CYS Services promotes environmental awareness in youth



Photos by Szilvia Ascencio-Csapó

Children from Child Youth and School Services experience how nature prepares for winter at U.S. Army Garrison Bamberg's Engineer Lake Sept. 29; Beate Bugla, doctorate in biology, pictured left, explains to children why water striders stay on the water surface and why water lily leaves float on water. Children attending the exploration tour were fascinated by the variety of species in and around the lake.



Beate Bugla, pictured right, shows children a frog caught in her net. The children learned how an amphibian, like an aquatic frog, can survive winter time at the lake and how nature prepares itself in fall for the winter time to come.

Former pro athlete turned recruiter inspires, informs students

By Mindy Campbell,
USAG Bamberg Public Affairs

The statistics paint a harsh picture.

Most student athletes will not reach the top levels of their respective sports and get paid to do what they love.

Super Bowl Champion Derrick Mayes, a Notre Dame University all-time leading receiver and former Green Bay Packer, bucked those odds.

"I was one in 17 million," Mayes told student athletes during the "College Recruiting Simplified" seminar yesterday at the Bamberg Middle High School cafeteria. "I am one of only 750 (Super Bowl champions) in the world. I was that guy."

Representing the National Collegiate Scouting Association, a commercial recruiting service, Mayes spoke to the students about the realities of becoming a professional athlete and the importance of getting an education.

"It is great to dream and I would never stomp on that dream," he said.

However, he said that while many of the students in the room might have dreams of playing professionally, the reality is that very few will succeed. Those that do succeed



Mindy Campbell
Students from Bamberg Middle High School listen to Derrick Mayes speak on the realities of college recruiting Oct. 3.

either athletically or academically rely not just on their talent but on hard work.

"It took a whole lot of things to work out for me to get that far," he told students. "What I could control was my education."

That education, he said, is what separates the athlete from the pack.

"I was never the biggest, never the strongest," he said. "I had a little bit of talent and a whole lot of character."

During the seminar, Mayes provided the students with several ideas on how to suc-

ceed in getting an athletic recruiter to notice them and how to obtain a scholarship. He said that this is particularly important not just for the athletes who play the more high-profile sports such as basketball and baseball but for those that play all sports.

"Statistics prove all of you can't be me," he said. "However, there are 1,800 colleges in America where you can play the sport that you love while getting a degree."

Both the parents and students in attendance seemed impressed with the presentation.

Spc. Audrey Hargraves, 240th Quartermaster Co., 16th Sustainment Brigade, attended the seminar. Her son, Brian, who plays football and basketball, is a senior.

"He put out a lot of good information," she said. "I like how he emphasized that getting an education was the most important thing."

Edward Ozuna, a junior basketball player, said the information was good to hear.

"This will help me to work harder in life," Ozuna said. "What he said will help me get into a better college and know the steps I need to take to get into college."

For more information about the National Collegiate Scouting Association, visit www.ncsasports.org.

Community Announcements

Please send all announcements to Bamberg Public Affairs via the following website:
<http://www.bamberg.army.mil/mobi/form.asp>.

Scrapbook Class

Get out your favorite photos and join us for the monthly scrapbook crop sponsored by Family and Morale, Welfare and Recreation. "Making Military Memories" is on the first Friday of every month and will be this Friday from 5 - 10 p.m. at the Community Activity Center classroom. The cost is \$10, which includes the class, dinner and hourly door prizes. Child care is available on site at a cost of \$2 per child per hour. For more information, call Wendy Sledd at 0951-300-7308 or wendy.sledd@us.army.mil.

Bake-Off Competition

Think you are Bamberg's top baker? Test your skills during the Community Activity Center's dessert Bake-off Oct. 11 at 2 p.m. Sign-up by Oct. 8 to participate. Prizes awarded for taste, appearance and creativity. For more information, stop by the CAC front counter.

Open Season

There will be a federal employee open season briefing Oct. 13 in Building 7055 from 1-2 p.m. Attendees will receive information on federal employee health benefits and program, dental insurance and long-term care insurance. For more information, e-mail AFSPA@AFSPA.org.

AWAG Area Conference

Members of the military communities are invited to attend the annual American Women's Activities Germany Franken area conference Oct. 14. The conference, which will be at the Warner Conference Center from 8 a.m. - 2:30 p.m., will provide a variety of professional development workshops to volunteers from the local community. For more information about the conference, log on to the Franken Area Page at www.awagonline.org. Registration and \$20 registration fee for the conference is taken electronically from the website. The conference will include a light breakfast, lunch and door prizes in addition to the classes and keynote speaker. AWAG is a non-profit, private organization established in 1946 to help serve the U.S. military communities across Europe. For more information about the conference, call 0931-299-5648 or e-mail franken@awagonline.org.

Community Breast Cancer Awareness Run

On Oct. 23 at 9 a.m. there will be a Breast Cancer Awareness Run open to all community members. The 5-kilometer course is open to runners or walkers. The aim is to raise awareness for cancer research, counseling and outreach programs. Participants may pre-register at the Freedom Fitness Facility prior to race day or the day of the race starting a 8:15 a.m. For more information, e-mail Ernest.Johnson@eur.army.mil.

4-H County Fair

The third annual 4-H County Fair will be Oct. 23 at the Warner Conference Center from 1 - 5 p.m. The event is open to the community, but is targeted for students in sixth - 12th grade. Nearby garrisons will also be invited to participate. The event will include many events including: 4-H project displays, demonstrations, art and photog-



raphy exhibit, college information, health fair, games and food and drinks. For more information, contact Rizza Asuncion at 0951-300-8950.

Workshop for Digital Storytelling

"Getting Digi Wit It" is a week-long digital storytelling workshop that challenges students to claim youth culture as a valid and powerful medium to share stories and lessons learned across the boundaries of race, class, gender, generation, religion, class, gender and orientation. It will be hosted by Stephen "Seed" Lynn at the Bamberg Middle High School Oct. 25-29. The final presentation will be held Oct. 29 in the multipurpose room at Bamberg High School. The workshop offers three different tracks to participants including digital literacy, storytelling and facilitation. Each track can hold a maximum of 20 participants per session. For more information, contact Jonathan Delong at 0951-300-1770.

Get EFMP registered

Is your Soldier coming back from downrange? If your Soldier is receiving orders to another location, it is not too early to start your Exceptional Family Member Program paperwork. Family members can start the paperwork now. Your local Army Community Services EFMP manager can assist in determining what you need to do. Remember, if you have someone registered in EFMP, the registration has to be updated every three years or when the condition changes. For more information about EFMP or about registration, contact Bonnie Kellem, EFMP manger at 0951-300-7777.

Weekly Reminders

Seeking Information

Two individuals believed to be U.S. Soldiers were observed on the night of Aug. 16 around 11:30 p.m. climbing on the Kunigunde Statue at the lower bridge in downtown Bamberg and are thought to have caused damage to the scepter. The Bamberg Provost Marshal's Office requests the assistance of any individual having knowledge of this incident to contact 0951-300-8700.

Postal Service

U.S. Army Garrison Bamberg has updated its Postal Service Center webpage. The page now includes instructions and links to the U.S. Postal Service for filing online postal claims and a new Temporary Mailing Instructions form that customers may use to submit holding or forwarding instructions for their mail online. For more information about the website, visit <http://www.bamberg.army.mil/directorates/dhr/psc.asp>.

Got Horror?

Bamberg needs your most gruesome and horrific concepts to make this year's Haunted House the most frightening yet. The Haunted House runs from Oct. 29 - 31. For more information, call 0951-300-8659 or 0951-300-8647.

AWANA

Come join AWANA, the weekly children's Bible Club on Sundays from 4-5:30 p.m. at the high school gym. This free club is for 4-year-olds - 6th grade students. The club runs from September-May. For more information, call the Bamberg Chapel at 0951-300-1570.

NAF 101

Bamberg Non-Appropriated Funds Civilian Personnel Advisory Center will be conducting employment workshops for all eligible individuals interested in learning how to apply and write a resume for a NAF position. This is not a general class on how to write a resume. It is specifically tailored for NAF vacancy announcement applicants. The workshop will be in the Bamberg CPAC Conference Room in Building 7486. All

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workshops are on Fridays from 10 - 11:30 a.m. The next date is Oct. 22. Sign up the Tuesday prior to each scheduled workshop as there is a maximum of eight slots available. For more information regarding training or eligibility, call 0951-300-8027.

Utility Tax Relief Services

The Family and Morale, Welfare, and Recreation Tax Relief Office now offers a new service for U.S. Army Garrison Bamberg customers. With the implementation of the Utility Avoidance Program customers can sign up locally and save 19 percent tax on their electricity, gas and water bills if these utilities are provided by Bamberg Stadtwerke. Other energy and utility providers can also be used, but customers will have to register through the USAG Schweinfurt UTAP. For more information, call the Bamberg tax relief office at 0951-300-1780 or the Schweinfurt tax relief office at 09721-96-1780.

Volunteers Needed at the Chapel

U.S. Army Garrison Bamberg Community Chapel is looking for volunteers to fill the following volunteer positions: musician for the Protestant service, musician for the Catholic service, Catholic religious education coordinator, Protestant religious education coordinator and Catholic clergy. If interested in volunteering at the chapel, call 0951-300-8879.

DES/Vehicle Registration Office

Bamberg license plates are available for motorcycles and trailers. Everyone that is due for renewal and still has the old U.S. Army Europe plates has to change to the new Bamberg plates. To renew plates, customers must bring a new insurance card (not older than 120 days). For more information about vehicle registration, call 0951-300-7580.

German Classes

Army Community Service, Relocation Readiness Program, offers free German classes every month. Beginner classes are scheduled Tuesdays from 10 a.m. to noon and Wednesday from 6-8 p.m. Intermediate classes are Tuesdays, noon to 2 p.m. and Wednesdays, 2-4 p.m. Advanced classes are Tuesdays, 2-4 p.m. and

Wednesdays, 4-6 p.m. Classes are held at the ACS building in classroom 118. For more information, call 0951-300-7777.

Passport and Immigration Fees

The rates for Consular Reports of Birth Abroad and Passports have increased. The new rates are the following:

- Adult Passport Book Renewal: \$110
- Adult Passport Book Initial: \$135
- Child Passport Book: \$105
- Consular Report of Birth Abroad (CRBA): \$100
- Visa Pages: \$82

Additional Information on other consular rate increases is available at www.bamberg.army.mil/directorates/dhr/passport.asp. Look for the rate increases link, which will be located near the top of the page. If you are the spouse of a deployed Soldier, you can still apply for your child's Consular Report of Birth. You can also apply for your child's passport with the proper paperwork. Failure to do either of these can result in you not leaving Germany on schedule. For more information, stop by the Passport Office located in Building 7290 between 8 a.m. and noon or call 0951-300-8928.

Passport Office

The Bamberg Passport Office has upgraded its website. You can now access all the informational handouts at <http://www.bamberg.army.mil/directorates/dhr/passport.asp>. For assistance in filling out the Passport Application, download the Application Wizards User's guide.

Lutheran Worship Service

The U.S. Army Garrison Bamberg Community Chapel now sponsors a liturgical church service every first and third Sunday at 9 a.m. in the Bamberg Chapel Family Life Center. All Lutherans or other liturgically-minded people are welcome to attend. For more information about the service, call 0951-300-8141 or e-mail david.jacob@eur.army.mil.

Chapel Meeting

The Bamberg Protestant Women of the Chapel has weekly meetings on Wednesdays from 9-11:30 a.m. at the Bamberg Chapel. Free childcare is provided. For more information, call 0951-300-1570.

Pre-Separation Briefing

Planning to move from Soldier to civilian? Take advantage of the transition services offered by the Army Career and Alumni Program, such as a Department of Labor two-and-a-half day job assistance workshop, resume preparation assistance and information about veterans' benefits. Make an appointment to attend the mandatory ACAP Pre-Separation Briefing; held weekly and about an hour long. Separating Soldiers can start the ACAP process one year before separating. Soldiers who will be retiring can start two years out from their projected retirement date. For more information, call 0951-300-8925.

Community Activity Center Hours

Bamberg's Community Activity Center operational hours are:

- Monday - Thursday: 8 a.m. - 8 p.m.
- Friday: 8 a.m. - 6 p.m.
- Saturdays: 11 a.m. - 6 p.m.
- Sundays: 11 a.m. - 6 p.m.
- Free Wi-Fi is available around the CAC (Building 7047).

Family Readiness

Classes for Family Readiness Group volunteer positions are every first and third Tuesday of the month from 10:30 - 11:30 a.m. in Building 7354. Learn the duties of an FRG. For more information, call 0951-300-7777.

Franken Area AWAG Conference



Warner Conference Center

Oct. 14

8 a.m. - 2:30 p.m.

(Registration starts at 8 a.m. Conference starts at 9 a.m.)

Some of our classes:

- Social Networking Sites for Your Organization
- Women's Self-Defense
- Advocating for your Soldier to Congress
- Becoming a Better Speaker
- How to Publicize & Market Your Event
- Marketing Your Volunteer Service
- Recognizing Your Volunteers
- International Tea Party

For more information or to register, contact June Janssen at franken@awagonline.org

Sexual Assault

Your Sexual Assault Response Coordinator is available 24 hours a day. Call 0951-300-8397 for your local office or 0162-510-2917 for the 24-hour hotline.

ACS Hours of Operation

Army Community Service is open Monday through Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays. For more information, call 0951-300-7777.

Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday through Thursday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Fridays, sick call is from 7 - 8 a.m. and full service from 7:30 a.m. - noon; closed on Friday afternoons for mandatory training, federal holidays and weekends. For more information or if you need to make an appointment, call 0951-300-1750. In case of a medical emergency, call the Bamberg Military Police at 0951-300-114. The TRICARE Nurse Advice Line, a toll-free number 00800-4759-2330, is available 24 hours a day, seven days a week to talk to a nurse about health care concerns, get self-care advice, schedule appointments or arrange a phone call with your military care provider.

Veterinary Facility

Veterinary Office hours are Monday through Wednesday from 8 a.m.-4 p.m., closed Thursday and open Friday 8 a.m.-noon. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory and on all American and training holidays. Over-the-counter products and prescriptions may be purchased during regular business hours. For more information about the clinic or to schedule an appointment, call 0951-300-7972.

Family Strengths and Stresses

Army Community Service, Family Advocacy Program is here to provide help and support by offering a New Parent Support Program, Newborn Network, Play Group, Parenting Classes, Communication Classes, Victim Advocacy and Stress and Anger Management Classes. For information, call 0951-300-7777.

- **Family Advocacy** - Need assistance in learning how to manage a life full of stress or ambivalence? Come every Thursday to

Building 7487 from 1:30 - 3 p.m. for Anger/Stress Management Class.

- **New Parent** - Being a new parent can be a challenge. Join the New Parent Support Group every Friday from 10-11:30 a.m. in Building 7487.

Customs Office

The Bamberg Customs Office is located in Rooms 124 and 125 in Building 7011 across the street from the movie theater. Customer service hours are from 8 a.m. to noon and 12:30 - 3:30 p.m. Monday through Friday, and closed on German and American holidays. For more information, call 0951-300-7460 or 0951-300-9312. The fax number is 0951-300-8665. Office personnel can assist with importing items, selling items to non-ID card holders, help visiting family members get permission to drive USAREUR-plated car or get permission to have an ESSO card for rental vehicles by filling out a 175L form. Personnel can also help retirees and widows get permission to go shopping on post if they visit for more than 30 days or live in Germany.

Service Office

The U.S. Army Garrison Bamberg Retirement Services Officer/Casualty Manager is located in Building 7290, Room 208, next to Burger King. For more information, call 0951-300-7514.

Youth and Teens

Bamberg Jaguars Schedule

The Bamberg Jaguars are a middle school-age football team. The upcoming games for the team will be against Grafenwöhr Oct. 16, 1 p.m. at Bamberg; against Ansbach Oct. 23, 1 p.m. at Hohenfels; against Hohenfels Oct. 30, 9 a.m. at Bamberg. The Eastern Championship will be Nov. 6 at Ansbach and the Super Bowl will be Nov. 13 at Bamberg. Teams for these two events will be determined as the season progresses.

Bamberg High School Football Schedule

The high school's football team, the Barons, will be playing Oct. 9 in Hohenfels; Oct. 16 in Ansbach; Oct. 23 and 30 game locations are To Be Determined; Nov. 6 in Baumholder.

Ballet and Dance

Bamberg Performing Arts Club will have the following ballet and dance classes at the elementary school multipurpose class:

- Monday:** 4 - 4:55 p.m. Beginners (third grade and up); 5 - 6 p.m. Adult Thai Chi & Ballet
- Tuesday:** 3:30 - 4 p.m. four year olds; 4 - 4:45 p.m. Kindergarten; 4:45 - 5:45 p.m. Intermediate & Advanced; 5:45 - 6:15 p.m. Pointe
- Thursday:** 3:30 - 4:15 p.m. first and second grade; 4:45 - 5:45 p.m. Intermediate & Advanced; 5:45 - 6:15 p.m. Pointe

The fee for once a week sessions is \$35 per month and \$30 per month for each additional child. Twice a week sessions for 60 minutes or longer is \$60 per month and \$55 per month for each additional child. The registration fee is \$15. per child. For more information, call 0951-297-2336 or 0160-264-4153.



Cub Scouts

There is a Cub Scout Pack here in Bamberg with four active dens: Tiger Cubs (1st grade), Wolves (2nd grade), Bears (3rd grade), Webelos (4th and 5th grade). There are three meetings per month. There are one-hour activities to accomplish steps toward rank advancements. Pack meetings are once a month (Camp Out, Pinewood Derby, Bowlarama, etc). Volunteers are needed to assist with den meetings and committee planning. Come and join in the fun of Cub Scouts. For more information about Cub Scouts, call 0162-234-0906 or e-mail mi-chael.mouritsen@eur.army.mil.

Ballet Class

Registration is now open for Child, Youth and School Services SKIES Unlimited ballet classes. The ballet program is for ages 3-8 and classes are on Thursdays from 2 – 4:30 p.m. at Building 7669. Check the class brochure for specific times and holidays. For available slots, e-mail Archie.Johnson1@eur.army.mil or call 0951-300-7452.

Youth Lessons

Child, Youth and School Services SKIES Unlimited has instructors for tennis, racquetball and dance for youth ages 7-18. For more information, e-mail Archie.Johnson1@eur.army.mil or call 0951-300-7452.

Aqua Barons

Meet new people and become a part of the Aqua Barons team. Get into shape and stay in shape by swimming. Earn awesome rewards like trophies, medals, ribbons and even a varsity letter. Travel around Europe for swim meets to places like Italy, Spain, Belgium, England and many more. For more information about the team, e-mail bambergaguabarons@yahoo.com.

Teen Stress

Each summer, the National Military Family Association's Operation Purple program provides a free week of camp for thousands of military youth who have a parent serving in the Uniformed Services. The National Military Family Association created a kit to give the people in military teens' lives a way to help them manage stress and affirm the positive aspects of military life. The messages in the tool kit summarize what the military teens said over the past few years at the camp. To obtain a copy of the tool kit and learn more, visit <https://www.myarmyonesource.com/News/2010/07/OperationPurple>.

Volunteers Needed

The Bamberg Middle High School is seeking volunteers for tutoring students in any subject at the middle and/or high school level. If you would like to help out, call Celeste Rush 0951-300-8874 or e-mail celeste.rush@eu.dodea.edu.

Sports, Health and Fitness**Running of the Herd**

The 173rd Airborne Brigade Combat Team's annual Running of the Herd 24-hour relay will start at noon on Nov. 8 and go until noon on Nov. 9 on Warner Barracks. The run is open to all. Registration deadline for correct T-shirt sizes is Oct. 8. Late registration is accepted day of race. For more information and race packets, e-mail Robert.b.mullins@us.army.mil.

Pilates Class

The Freedom Fitness Facility is now offering Pilates classes. Classes will be held Monday and Wednesdays from noon to 1 p.m. and Tuesday and Thursdays from 5 - 6 p.m. Classes are \$4 per person. Sign-up at the FFF or online at www.bamberg.army.mil/mwr. To learn about

private Pilates lessons, e-mail abuch-wald87@gmail.com or call 0151-1751-2699.

Krav Maga Self-Defense Class

The Freedom Fitness Facility is now offering Krav Maga Self-Defense and a women's self-defense classes. Classes will be held Fridays. The women's class will be held from 5:30-6:30 p.m. The Krav Maga class will be held from 7-8 p.m. Classes are \$10 per lesson or \$40 a month. For more information, stop by the FFF, call 0951-300-9086 or e-mail kravmagaisrael@yahoo.com.

Bowling Lanes

The Birchview Lanes Bowling Center is located in Building 7690. For more information, updates and events, visit the Family and MWR website <http://www.bamberg.army.mil/directorates/dfmwr/bc.asp> or call 0951-300-7722.

Closures / Changes**Military Fuel**

Due to construction, the gas station at Building 7916 will be closed through Oct. 8. Please make sure that tactical vehicles are filled-up prior or use the gas station at Building 7102 near the Transportation Motor Pool.

Gate Closure

Gate 5, near the Bamberg Middle High School will be closed beginning Oct. 8 at 10 a.m. to allow delivery of a new guard house. The gate will remain open the weekend of Oct. 9-11 for normal exit traffic. Gate 5 will close on Oct. 12 and remain closed until all construction work is completed. The gate is estimated to re-open to vehicle traffic Oct. 15 no later than 5 p.m. School buses will enter using Gate 4 while Gate 5 is closed Oct. 12-15. Pedestrians can continue to use the smart gate located next to Gate 5 during the down time.

Photo Services

The Bamberg Training and Support Center's Photo and Graphic Studio will be closed on Oct. 8 for annual training for all visual information specialists.

Freedom Fitness Facility Closure

The Freedom Fitness Facility will be closed Oct. 8 – 11 for the gym's annual deep cleaning. The FFF will re-open Oct. 12 at 5 a.m. For more information about the closure, contact Ernest Johnson at 0951-300-8890.

Airport Shuttle

The Frankfurt Shuttle Bus has modified hours. The shuttle departs from the Bamberg Army Community Service building Monday-Friday at 6:20 a.m. and arrives at the airport at 10 a.m. The first return shuttle departs from the airport at 11 a.m. and arrives in Bamberg at 3:15 p.m. The second shuttle departs from the airport at 2:50 p.m. and arrives in Bamberg at 6:30 p.m. The drop-off point is at the ACS building. The shuttle is not available on American and training holidays.

Finance Hours

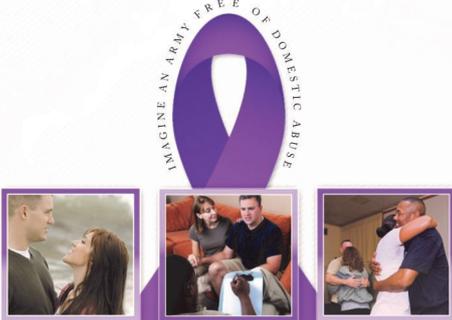
The Bamberg Finance Customer Support Team has extended our hours of operation to better serve the community. The new hours are Monday - Friday 8:30 a.m. - 4 p.m. The office is closed for lunch from noon - 1 p.m.

Foot Lockers

Foot lockers are no longer delivered to customers through the customer service window at the mail room, located in Building 7116. If a customer receives a notice for a foot locker, they will be given the card and a strip map to the new mail annex facility located in Building 7103,

OCTOBER 2010
**DOMESTIC ABUSE
 PREVENTION MONTH**

IMAGINE AN ARMY FREE OF DOMESTIC ABUSE



PREPARE: Identify problems early on

PREVENT: Stop! Recognize the signs of abuse

PROTECT: Report, advocate, take responsibility

DOMESTIC ABUSE! CONTACT YOUR LOCAL FAMILY ADVOCACY PROGRAM FOR HELP.

USAG Bamberg: 0951-300-8397 Building 7487



Bays 21 - 24. The mail annex facility is open Monday through Friday 10 a.m. - 3:30 p.m. for foot locker pick up. This will alleviate wait time at the mail room window. Customers will be able to back-up to the annex doors and load foot lockers directly into their vehicles. Pick-up appointments may be made outside of normal hours based on availability of staff. For more information, call 0951-300-8572.

Dental Clinic

Preparing Soldiers for deployment and reintegration is the primary focus of the Bamberg Dental Clinic until early 2011. These priorities result in diminished access to space-available dental care for family members greater than 18 years of age. Care for children up to and including age 18 and access to orthodontic care should be minimally affected. All beneficiaries will continue to be able to access sick call for treatment of dental emergencies. During this time, family members can receive care from TRICARE's preferred providers. Call TRICARE Dental Program customer service in the U.S. toll free from Germany between 8 p.m. Sunday and 8 p.m. Friday Eastern Standard Time; first dial 0800-225-5288; after the AT&T prompt dial 1-888-418-0466. Or, contact the TRICARE Area Eurasia-Africa Dental Office at 0630-267-6358.

Continuing Education**CTC Registration Begins**

Central Texas College Europe Term II registration has opened and continues through the first day of class. Term II starts Oct. 25 and ends Dec. 17. Courses being offered this term include: Automotive Brake Systems on Monday, Wednesday and Thursday from 5:30 - 10 p.m.; Educating Young Children on Tuesdays and Thursdays from 5:30-8 p.m.; Legal Aspects of Law Enforcement on Tuesdays and Thursdays from 6-9:30 p.m.; and EMT-B Refresher on Tuesdays and Thursdays from 6-8:45 p.m. For more information, contact the Bamberg Field Representative at 0951-300-7467 or stop by the Education Center, Room 311.

University of Phoenix

The University of Phoenix is open Monday through Thursday from 7:30 a.m. - noon. UOP is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Leah



**USAG BAMBERG
HISPANIC HERITAGE
MONTH 2010**

Oct. 16 - Hispanic Heritage Month Celebration
Warner Conference Center, 3-6 p.m.
Guest Speaker: USAG Bamberg
Command Sgt. Major Daniel Ocanas
An afternoon of food, music, dancing, education and
fun for the whole family!!!

The Hispanic Heritage Month Planning Committee
meets every Tuesday @ the Bamberg Health Clinic
starting at 5 p.m. If you have a talent,
love to cook, or just want to be part of a great
event...come join us!

For more information, contact the USAG Bamberg
EO at 0951-300-8624 or eo.bamberg@eur.army.mil

Gransbery, University of Phoenix field representative, can assist in starting a master's program. Online and on-site courses are available and degrees can be achieved in 15 - 24 months. Call 0951-208-5350.

German 101

A free Introduction to German class is offered every Monday at noon at the library. Participants will learn some German words and phrases. For more information, call 0951-300-1740.

Federal Aid

Students are encouraged to explore the many financial aid opportunities available while enrolled in UMUC Europe, including grants, low-interest loans and monthly payment plans. The 2010-2011 Free Application for Federal Student Aid application is now available for students to begin applying for 2010-2011 federal financial aid. Grants may be used along with Veterans Affairs benefits, scholarships, military Tuition Assistance and military spouse tuition assistance. For more information on registration, financial aid and services, contact a local UMUC Europe field

representative, call 314-370-6762 or 06221-3780, or visit www.ed.umuc.edu.

Entertainment and Leisure

Rock Ball

Get ready for the Halloween Rock Ball featuring "Matthew JC and the All-Stars" Thursday, Oct. 28 at 7 p.m. at the Warner Conference Center. Admission is free and is for adults age 18 and older. Enjoy drink specials, karaoke, food and prizes for the scariest, sexiest and silliest costumes.

Outreach KONTAKT Club Events

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship. The club bowling team meets Fridays at 7 p.m. at Birchview Lanes. On Thursdays the music group meets at 8 p.m. at the clubhouse on the airfield. For more information, contact the German president Klaus Kirchhof at 0951-24378 or at b.k.kirchhof@web.de or contact the American project officer Capt. Carlos Rivera at 0951-300-1610 or e-mail Carlos.rivera2@eur.army.mil.

Soldiers train for exercise in Latvia

By Spc. Kevin Alex, 16th Sustainment Brigade Public Affairs

The 16th Sustainment Brigade held a Rehearsal of Concept drill at the Warner Conference Center Sept. 9 in preparation for its upcoming mission. The 16th Sust. Bde. will take the lead in a joint training exercise in Latvia called Operation Saber Strike 11.

The intent of the ROC drill was to rehearse and synchronize the phases of the operation for all the participating units and supporting agencies. This included representatives from 14th Movement Control Battalion, 39th Movement Control Battalion, 18th Combat Sustainment Support Battalion, 391st Combat Sustainment Support Battalion, 16th Special Troops Battalion and the 405th Army Field Service Brigade. The drill also provided participants a means for open-forum discussion and the ability to identify and fix issues.

The ROC drill consisted of a ground plan laid out on the floor of the club with different areas sectioned off and labeled, which acted as a large visual aid and allowed the command team to see how each part of the operation would come together. The drill was broken down into four phases: preparation, deployment, execution and redeployment.

"Each staff section briefed its role in the four phases, allowing the brigade commander to ask questions as needed to have a full understanding of what operations were going to be conducted at each phase," said Capt. Shannon M. Smart, the brigade's personnel and administration officer in charge.

"We had participation of over 60 people representing six different units, all brigade staff sections and about five supporting agencies," said Capt. Bartosz Rozga, the brigade's assistant operations officer.

In the exercise itself this number will grow to nearly 1,500 when all personnel are present for the execution this October, Rozga said.

"The actual execution of the operation is quite short; it will last just about two weeks," Rozga said. "However, for our brigade, with the theater opening portion, the operation extends to almost two months for a select few."

A well thought out plan can affect operational success and having tools like ROC drills allow units to see that plan through before ever putting boots on the ground.

"The ROC drill was very helpful," Rozga said. "It is a tool that put everyone together in one room to see one common picture. There were plenty of issues discussed and solved on the spot, which definitely gave us a warm and fuzzy on how this exercise will flow."

Army focuses on depression Awareness, help in October

By Jerry Harben, U.S. Army Medical Command

The Army marks National Depression Awareness Month in October, with a theme of "Depression is Treatable – Get Screened – Seek Care."

Clinical depression is a serious medical condition that, if left untreated, may lead to other complicated medical conditions. Seeking treatment for a medical condition is not a sign of weakness. It may prevent a good Soldier from becoming a casualty.

The National Institute of Mental Health has reported that major depressive disorder affects some 14.8 million people in the United States.

Signs and symptoms of depression may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, withdrawing from friends and Family or trouble concentrating or making decisions.

Depression also may produce body aches and pains, irritability, anxiety, over eating or loss of appetite or thoughts of suicide or death.

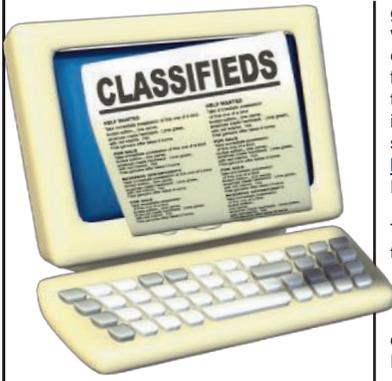
Unfortunately, many people believe their symptoms are a normal part of life. Two-thirds of people who suffer from depression fail to seek the care needed.

The truth is, more than 80 percent of clinical depression cases can be treated effectively with medication, psychotherapy or both.

Often, the first step to recovery is a depression screening.

Anonymous depression screenings are available through the Department of Defense (www.militarymentalhealth.org or 877-877-3647), Department of Veterans Affairs (www.mentalhealth.va.gov/depression.asp) and civilian organizations (for example, mentalhealthscreening.org/programs/military/). The screening sites also provide information about how to get treatment.

For more information, visit www.behavioralhealth.army.mil/, www.resilience.army.mil/, www.army.mil/csf/ and www.militaryonesource.com.



Please call us and tell us when you sell your item so we can remove the advertisement.

Thank you.

EMPLOYMENT

Daily pet sitting services required for one female French Bulldog, Monday through Friday and possibly occasional weekends when out of town. She is house trained and very good with children/dogs, a true joy to have around. If interested, please contact 1st Lt. Troy Shoemaker at 0151-405-21294 or e-mail at troy.shoemaker@us.army.mil.

Central Texas College is looking for qualified criminal justice instructors. Applicants should have a two-year de-

gree from a regionally accredited school with a minimum five years of work experience in the field or a four-year degree from a regionally accredited school with three years of work related experience. If interested, contact the Bamberg representative at 0951-300-7467, e-mail bamberg@europe.ctcd.edu or stop by the Education Center. (7/19/10)

There is an immediate opening for a full-time Wellness Counselor at the Bamberg Women, Infants, and Children Office.

This position requires a Registered Dietitian or a Bachelor of Science degree in nutrition, dietetics, nursing, or Registered Nurse with Associate of Arts degree or home economics with an emphasis in nutrition. Job requirements include computer experience, knowledge of maternal and infant nutrition as well as proven counseling skills. Must have a current driver's license. Travel may be required. Interested persons can send resumes to Jenny.Dietrich@eur.army.mil or 09721-96-8986/6791. (7/19/10)

AAFES Bamberg is accepting applications for entry-level retail and food service positions. Join our team, log on to www.aafes.com today and be part of our new workforce of tomorrow. For more information, call the Human Resources Office at 0951-303159.

AUTOMOBILES

For Sale: 2008 Toyota Tacoma, Pre-Runner SR-5, VR 6 (236 HP). Less than 15.5K miles. Auto Transmission, Class III hitch, oil cooler, limited slip differential, access cab, upgraded interior (CD, etc),

two-wheel drive. Asking \$20,500. For more information, call 0951-300-8901 or 0954-998-8078, or e-mail gibonstr@hotmail.com.

For Sale: Mitsubishi Montero LS 1995 \$2,800 OBO; SUV 6-passenger, Security Alarm. System, CD/MP3 player, Heater/AC, Automatic, Power Windows, Cruise Control, Excellent Condition, No problem with vehicle inspection, Owner PCS'ing, call 0152-285-74842 or e-mail Amber-glen5602@yahoo.com. (8/30/10)

For Sale: For Sale: 2007 Harley Davidson Night Rod Special (US Spec). Gloss black, 9,500 miles, excellent condition (garage kept), new tires, new battery, two sets of mirrors, cover included for \$13,000 OBO. For more information or pictures, e-mail abra-ham.goepfert@yahoo.com or krid-dy43@hotmail.com.

For Sale: Ford Fusion, 2007. Asking \$10,750. 2007 Ford Fusion I4 SE, 4-cylinder, dark blue pearl metallic, charcoal interior, black leather seats. 35,000 miles, regular maintenance, no accidents. Will deliver anywhere in Germany. E-mail becklor@gmail.com for photos and more information. (8/10/10)

FOR SALE

AAFES Bello 60" TV stand black glass and wood face. Purchased three months ago for \$500, selling for \$400. Two cherry wood DVD / CD cases. Each holds 156 DVDs, \$60 for both. Pictures available. For more information, e-mail stacydodson123@yahoo.com or call 0170-328-7496. (8/23/10)

Located in Bamberg, Pier 1 dining room table with 6 chairs. Excellent condition. Two years old. New cost was \$1,300, asking \$600 or best offer. Self pick up. Call Randy at 0160-781-5496 or e-mail riesr@t-online.de.

German single bed, wood head and foot board; matching night stand; large shrank with sliding doors and a 2-door shrank for TV on top and shelves inside. All 4 pieces sold together \$300. Single pieces can be sold separately. Pictures available via e-mail. Contact by phone Monday-Friday 5:30-7 p.m., or 9 a.m.-7 p.m. on weekends at 0919-592-9891, or e-mail corlaurai@t-online.de. (7/14/10)

MISCELLANEOUS

Anyone having any claims on or obligations to the estate of Sgt. Raymond C.

Alcaraz of the 173rd Brigade Support Battalion, should contact the summary court officer, 1st Lt. Rachel Larson, at 0951-300-9118 or e-mail Rachel.larson@eur.army.mil. (9/15/10)

Anyone having any claims on or obligations to the estate of Pfc. James A. Page should contact the summary court martial officer, Chief Warrant Officer Ling F. Chen, at 0951-300-7756. (9/15/10)

Anyone having any claims on or obligations to the estate of Pfc. Matthew E. George should contact the summary court martial officer, 1st Lt. Homar M. Marval, at 0172-445-7909 or e-mail homar.marval@eur.army.mil. (9/15/10)

Garage wanted! Looking for a garage to park a vehicle in Bamberg, preferable on post. Call 0179-763-2766.

PCSing? Can't find a new home for your dog? Please don't abandon him/her, call us first. No questions asked. We are a privately funded non-profit dog rescue. Will give your dog solace and placement with a new, loving family. Located in Bamberg and open from 10 a.m.-10 p.m. Call 0954-532-2881 or e-mail solacedo-rescue@yahoo.com. (8/23/10)

The Bamberg Hospitality House supports the ministry of the Warner Barracks Chapel by offering additional opportunities for discipleship, Bible study, fellowship (that includes food, often!), weekend activities, etc. Join us Friday nights for 6:30 p.m. dinner and Bible study at our home (Sonnenstrasse 7; 96175 Pettstadt; e-mail www.cadence.org/huisjen or call 09502-8037). Join us on Sundays at the 11 a.m. for the Protestant service (post chapel).

AD SUBMISSIONS

When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after three weeks of being published in the Warner Weekly. If you have something you want to advertise in the classified section, please e-mail your submission to the Public Affairs Office at bambergpao@eur.army.mil. We will ONLY accept classified ads by e-mail. 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, call 0951-300-1600 or e-mail bambergpao@eur.army.mil.

Recycle.

Reduce waste and energy consumption – Re-use paper.



For more information on what you can do to Support Recycling, contact the Bamberg Environmental Office at 0951-300-7730.

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in October

Registration for trips begins the 15th of the month before the scheduled trip and must be made no later than the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, go to Outdoor Recreation, Building 7116 or call 0951-300-9376/7955. All trips depart and arrive from ODR unless otherwise noted. No refund will be given for no-shows. Military duty restraint or illness will be refunded with documentation. For more trips, visit <http://www.bamberg.army.mil/directorates/dfmwr/odr.asp>.



Oct. 9 Outdoor Climb \$30
Come experience climbing first hand in the world famous sport climbing area known as Franken Jura. Beginners are welcome! Equipment and instruction will be provided for a safe and enjoyable climbing experience that will give you breathtaking views of nature below. Departs from ODR at 9 a.m., returns around 5 p.m.

Oct. 16 Auto Museums \$20
Get an in-depth look at German engineering with a trip to the Porsche and Mercedes museums in Stuttgart. Includes transportation and museum admission. Bring money for lunch and personal purchases. Don't forget VAT forms! Departs from ODR at 8 a.m. and returns around 7 p.m.

Oct. 23 Salzburg City Tour \$60
Salzburg is the picturesque city where Wolfgang Amadeus Mozart was born. "The Sound of Music" tour can be enjoyed and the Hohensalzburg fortress provides breathtaking views of the city. The trip includes transportation and a two-hour city tour. Remember to bring your passports. Children ages four - 12 are \$40; children ages three and younger are free. Departs from the Chapel parking lot at 5 a.m. and returns around 10 p.m.

Oct. 23-24 Glacier Ski and Snowboard \$120
We are heading to Stubai for some early season glacier skiing and snowboarding. It is the Moreboards Stubai Premiere weekend, so those who want to test equipment should bring their passports. The trip includes transportation, one night of lodging at double occupancy and breakfast. Get reduced rentals and/or tuning before departing. A lift pass is not included. Departs from ODR at 2 a.m. and returns approximately 10 p.m.

Outside the Gate

Weekend events in and around Bamberg Oct. 8. - Oct. 17

Friday, Oct. 8

- 2 p.m. Book flea market; the Bamberg city library is selling some of its books; Stadtbücherei (city library) Bamberg, Obere Königstrasse 4 a, 96052 Bamberg, call 0951- 981-1912 (also on Saturday)
- 7:30 p.m. Suzan Baker & Dennis Lüddicke live in concert; Helmut's Hof - schänke, Gut Leimershof, 96149 Breitengüßsbach
- 8 p.m. Two in Tune, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail info@live-club.de or visit www.live-club.de
- 9 p.m. Dollhouse (Sweden), Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg
- 10 p.m. morphclublive: DrOsopHila SouNd trifft Vladiwoodst, Balkan Beatz, Russian Mariachi-Polka, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org

Saturday, Oct. 9

- No time Wine fest in Sambach; DJK SV (sports club) Sambach, Sambach 130, 96178 Pommersfelden
- 7:30 a.m. Trip to Frankfurt book fair; meeting point is at the P & R Heinrichsdamm, Heinrichsdamm, 96047 Bamberg; tickets are €27 (includes bus ride and admission to fair), call 0951-980840
- 8:30 a.m. Farmers' Market; regional products sold; market square in front of the city hall, Marktplatz, 91332 Markt Heiligenstadt i. OFr.
- 9 a.m. Oktoberfest at Aventi; entertainment for the entire family; visitors in traditional clothes (Dirndl, Lederhosen) will receive a free-meal ticket; Aventi Automobile Rodezstrasse 2, 96052 Bamberg
- 12 p.m. Organ concert at the Bamberg cathedral (music by J.S. Bach, J. Brahms and M. Duruflé), Kaiserdom Bamberg, Domplatz 5, 96049 Bamberg, visit www.bamberger-dommusik.de
- 8 p.m. 42 years Deep Purple Tribute, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail info@live-club.de or visit www.live-club.de
- 9 p.m. Jacobien Vlasman Quintett; Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg
- 10 p.m. Powder & Louder Label Night, Electro, Min-Maximal, Essential, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org

Sunday, Oct. 10

- 9 a.m. Kirchweih in Lauf; downtown area of Lauf, 96199 Zapfendorf/Lauf
- 10 a.m. Apple market in Reckendorf; arts and crafts and a lot of apples on sale; downtown area, Seitenbachstrasse 1, 96182 Reckendorf
- 10 a.m. Fall and Farmers' market in Strullendorf; food, drink, live music; farms along the Lindenallee are open and host food and drink for the visitors; Lindenallee, 96129 Strullendorf
- 1 p.m. Shopping Sunday in Coburg
- 4 p.m. Shamisen Concert; traditional Japanese music on Japanese string instrument with Norifumi Soga from Kyoto; free admission, donation appreciated; Atelier Q-nst, Untere Sandstrasse 14 (entrance also through Leinritt), 96049 Bamberg, call 0951-519-5851
- 8 p.m. Paul Armfield, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail info@live-club.de or visit www.live-club.de

Friday, Oct. 15

- 3 p.m. Book-signing with Bill Morrison & Sergie Aragonés; meet the Simpsons' drawers in Bamberg; comixart Bamberg, Austrasse 21, 96047 Bamberg, call 0951-21655 or visit www.comixart.de
- 7 p.m. Backstreet voice, A-cappella concert, classical to modern music, admission €8, Spiegelsaal der Harmonie, Schillerplatz 7, 96047 Bamberg, call 0160-803-5083 or visit www.voice-a-cappella.com; for tickets e-mail ba5501@web.de
- 7:30 p.m. Big Band evening; Jazz and Big Band music; admission: €6, school gym, Schulstrasse 2, 96163 Gundelsheim
- 8 p.m. Mywood & Hellride, Pop-Country, Jazz, classical music meets Rock & Pop, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail info@live-club.de or visit www.live-club.de
- 9 p.m. Club Boogaloo, Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg
- 9 p.m. Slartybarfast (Switzerland), Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg
- 10 p.m. Greenclub, Rap, Funk, Deutsch-Rap, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org

- 11 p.m. Mojow Inscene, DJ Errol D, Cocktail Happy Hour - 12:30 a.m., Mojow-Club, Obstmarkt 8, 96047 Bamberg

Saturday, Oct.16

- No time Weekend shopping in Bamberg, includes shopping Sunday and fall market, downtown Bamberg
- 12 p.m. Organ concert at the Bamberg cathedral (music by L. Marchand, V. Rathgeber and L. Vierne), Kaiserdom Bamberg, Domplatz 5, 96049 Bamberg, visit www.bamberger-dommusik.de
- 12 p.m. Bockbeer tapping in Weiher, Brauerei - Gasthof Kundmüller, Weiher 13, 96191 Weiher / Viereth
- 8 p.m. Oktoberfest; admission €5; school gym, Schulstrasse 2, 96163 Gundelsheim
- 8 p.m. Oktoberfest in the barn; Helmut's Hofschänke, Gut Leimershof, 96149 Breitengüßsbach
- 9 p.m. Superskank, Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg
- 10 p.m. Beat Virus: Julietta (Harry Klein / München), electronic dance music, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org
- 11 p.m. Mojow Deluxe, DJ Val De Mossa, Cocktail Happy Hour - 12:30 a.m., Mojow-Club, Obstmarkt 8, 96047 Bamberg

Sunday, Oct. 17

- 9 a.m. Exchange day; possibility for collectors to exchange postcards, coins, stamps and much more, admission €9; Hauptsmoorhalle, Hauptsmoorstrasse 2, 96129 Strullendorf
- 10 a.m. Historical train ride; take a tour on a historical train from the train station in Ebermannstadt to Behringersmühle (also at 2 p.m. and 4 p.m.); DFS Museumsbahn Ebermannstadt - Behringersmühle, Bahnhofplatz 1, 91320 Ebermannstadt; call 0919-479-4541 or visit www.dfs.ebermannstadt.de
- 1 p.m. Shopping Sunday in Bamberg
- 3 p.m. Dances from 1620-1720; learn historical dances; Studio 13, Luitpoldstrasse 40, 96052 Bamberg, call 0951-208-6303, small donations are welcome
- 4 p.m. Church concert, choral music, Kath. Pfarrkirche (Catholic church), Hauptstrasse, 96155 Buttenheim
- 5 p.m. Classical church music concert; music by Fanny Hensel-Mendelssohn, Josef Michel, J. S. Bach, Johannes M. Michel, Joseph Haydn, free admission, donations appreciated, Aula of the University, Dominikanerstrasse 2 a, 96049 Bamberg
- 8 p.m. Blue Sunday, Live-Club, Folk, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail info@live-club.de or visit www.live-club.de

For more Kirchweih festivals, visit www.kirchweihkalender-bamberg.de/plaza/kerwa.neu.

Special exhibits and festivals:

Oct. 6 -10: Frankfurt Book Fair; the world largest book fair's special guest nation this year is Argentina; Argentinean literature and traditions will be presented; another emphasis will be on current development in printing and electronic media; open for general public Oct. 9 - 10 starting at 9 a.m. Admission is €14 per day or €20 for the weekend; the fair can be best reached by public transportation, P&R is available; Messegelände (Frankfurt Fair), Ludwig-Erhard-Anlage 1,60327 Frankfurt am Main; call 069-21020, e-mail info@book-fair.com or visit www.buchmesse.de

Oct. 15 – 24: Fish Days in Nuremberg; entertainment and food focused on the sea and seafood; Jakobsplatz, 90402 Nürnberg

Oct. 15 – 31: Bamberger Herbstplärrer (Bamberg Fall fest); the fest opens at 2 p.m. on Oct. 15 and will include food, drink and entertainment for the entire family; Plärrerplatz at the Breitenau, Zeppelinstrasse, 96052 Bamberg

Oct. 16 – 30: Fall market in Bamberg; traditional market with goods for your daily needs; Maximiliansplatz, 96047 Bamberg

Until Jan. 30, 2011: Was die Welt bewegt – Schopenhauer in Frankfurt am Main (What moves the world); exhibition on one of the significant German philosophers (1788 – 1860). His works left an impression on other philosophers, artists, writers and scientists like Richard Wagner, Samuel Beckett, Albert Einstein and Friedrich Nietzsche. Karmelitenkloster (monastery), Münzgasse 9, Frankfurt/Main; call 069-212-38425 or visit www.stadtgeschichte-ffm.de/veranstaltungen/verhinweise/schopenhauer.html



Ashley Bateman

Performing in Warner Barracks' Basics Building Oct. 3, Kris Allen leaves the stage to mingle with screaming fans. Allen and his band encouraged fans to sing along and spent time after the show chatting with audience members and signing autographs.

(ALLEN continued from page 1)

"It's still hard to sing for small groups," he said.

In preparing for the USO tour, the band focused on providing an entertaining "night off" for Soldiers and their Families from the strenuous day-to-day of an Army at war.

"We are here for these people, to entertain them and so hopefully they can have a good time tonight," Allen said prior to the show. "We're not worried about us looking good or anything like that. We're going to try to do as many songs as we can that they would know and that they can really get into."

Band members Andrew Deroberts, Cale Mills, Chris Torres and Ryland Steen agree.

"We're glad to do our part," Deroberts said.

For Courtney Carnes, spouse of a deployed Soldier in the 4-319th Airborne Field Artillery Regiment, 173rd Airborne Brigade Combat Team, the show was the first she had attended since moving to Warner Barracks.

"I was definitely impressed," Carnes said. "Being able to go on post and have a real concert was definitely really nice...it's nice to feel like you're back home for a little while."

Carnes said Allen's graciousness was a good reminder of the support many back home express for men and women in uniform.

"It makes you feel like it's worth it because you don't feel like that all the time," she said. "They came all the way over here to do a free concert and as thankful as they

were for us...you know that you're not forgotten."

While Allen's rise to fame happened quickly once he was selected to perform on American Idol, the road to the Louisville, Kentucky tryout and eventual win was a long one.

After graduating from high school, Allen enrolled in college, but his heart wasn't in it.

"I was a business major and I was like man, I'm not happy doing this, I know what I want to do so why don't I just try it," Allen said. "And so I took a couple years off and made a CD and played a bunch of places and it was great."

Though he was doing what he wanted, Allen knew he couldn't support himself through local gigs. He was also planning to marry his longtime girlfriend Katy.

"I was actually on my way back (to school) when all this stuff happened," Allen said. "I'm glad I didn't have to go back."

Taking a chance on an American Idol tryout proved to be advantageous for the Arkansas-native, who won the title in Season 8.

That risk-taking spirit is evident in Allen's debut single, "Live Like We're Dying." The song, which has risen to the top 10 in three charts (No. 3 on Adult Pop Song, No. 10 on Pop Songs and No. 10 on Adult Contemporary), expounds on Allen's personal take on life, one he thinks resonates in military communities.

"It's about every day and trying to make the most of every day," Allen said. "I think definitely Soldiers and people in the troops

have to do that. Who knows what's going to happen. I think a lot of them take advantage of every day they have. It's tough and I think it definitely means something to them. If it was to mean something to anybody, it would mean something to them."

The American Idol competition and touring the world as a musician has meant Allen and his wife are often apart for weeks at a time.

"We actually had a long-distance relationship for about four years, so we were kind of used to it," Allen said. "It wasn't easy at all, it's not easy. There were plenty of times when I was like, I'm ready to be done with this because I just want to be with her. I can definitely understand that (separation)."

Allen said the couple overcomes the distance through mutual support.

"I have a great wife and she's really understanding," Allen said. "For me to do what I want to do, it involves this. She's happy that I'm happy."

The band played a variety of hits and classics including "Live Like We're Dying," "Truth" and "Falling Slowly," all singles from Allen's self-titled album, "Man in the Mirror" by Michael Jackson and "Come Together" by the Beatles. Allen also sang his original rendition of "Heartless" by Kanye West.

Fans were invited to join in several of the songs and Allen often left the stage to sing in the crowd. After the show audience members were invited to meet the singer for photos and autographs.

To see more concert photos, visit [Flickr](#).

Bamberg Movie Schedule

AAFES Reeltime Theater is CLOSED Tue. and Wed.

Thur.	Oct. 7	Salt (PG-13)	7 p.m.
Fri.	Oct. 8	Charlie St. Cloud (PG-13)	7 p.m.
Sat.	Oct. 9	Legends of the Guardians: The Owls of Ga'Hoole (PG) (1st Run)	3 p.m.
		Cats & Dogs: The Revenge of Kitty Galore (PG)	7 p.m.
Sun.	Oct. 10	Legends of the Guardians: The Owls of Ga'Hoole (PG) (1st Run)	3 p.m.
		Charlie St. Cloud (PG-13)	7 p.m.
Mon.	Oct. 11	Legends of the Guardians: The Owls of Ga'Hoole (PG) (1st Run)	7 p.m.
Thur.	Oct. 14	Cats & Dogs: The Revenge of Kitty Galore (PG)	7 p.m.
Fri.	Oct. 15	Dinner for Schmucks (PG-13)	7 p.m.
Sat.	Oct. 16	Step Up 3D (PG-13)	3 p.m.
		The Social Network (PG-13)(1st Run)	7 p.m.
Sun.	Oct. 17	The Other Guys (PG-13)	3 p.m.
		Step Up 3D (PG-13)	7 p.m.
Mon.	Oct. 18	The Social Network (PG-13)(1st Run)	7 p.m.
Thur.	Oct. 21	Dinner for Schmucks (PG-13)	7 p.m.
Fri.	Oct. 22	Eat Pray Love (PG-13)	7 p.m.
Sat.	Oct. 23	Secretariat (PG)(1st Run)	3 p.m.
		Scott Pilgrim vs. the World (PG-13)	7 p.m.
Sun.	Oct. 24	Secretariat (PG)(1st Run)	3 p.m.
		The Switch (PG-13)	7 p.m.

(FOOTBALL continued from page 3)

Trailing 21-0 before halftime, junior running back Tyler Lewis broke through the line for an 80-yard touchdown run, but a holding penalty negated the touchdown and the Barons went into the second half scoreless.

"We didn't know what it felt like to be disappointed coming in 2-0," said Tyler Lewis of the team's record.

The Barons entered the third quarter determined to win. Barons' senior running back Javonte Knuckles ran in a 63-yard touchdown on the Barons first possession of the second half, which ignited the team. After a missed point after attempt, the score was 21-6.

The Barons' defense forced the Wildcats to punt the ball the entire second half and the Barons offense began to gain momentum as the game went on. Quarterback NaCari Madison found wide receiver Dante Gibson behind the secondary for a 38-yard-touchdown reception. The Barons tried a two-point conversion when Madison and Gibson tried to connect again but the attempt fell short and the Barons trailed by nine points.

Knuckles took it on his shoulders to carry his team to victory and ran in a 36-yard touchdown with about 6 minutes left in the game. The PAT was good and Barons needed the defense to stop the Wildcats.

Trailing 21-19, the Barons were able to get the stop and took over possession at mid-field with 3 minutes, 27 seconds in its final drive. Knuckles carried the ball eight times on the drive before carrying the ball to the Naples' 10, where he sustained an injury that took him out of the game.

Lewis stepped in for Knuckles and, with 55 seconds left in the game, he was able to fight through Wildcat defenders to stick the ball in the end zone.

"We picked our heads up and took it to them," Lewis said.

The Barons are unbeaten in Division II-South and will play in Hohenfels Oct. 9 and in Ansbach Oct. 16.

"We got to figure out a way to come out from the get go and play like we did in the second half because with the teams we have left, we have to play four quarters of football," Davis said.

Dental advice: Preventing tooth decay through lifestyle changes

By Melanie Clary, Bamberg Dental Clinic

Two of the drinks most frequently ingested by our Soldiers are energy drinks (like Monster and Red Bull) and electrolyte replenishing drinks (like Gatorade and Powerade). These drinks all have a very high sugar content, even though some of them do not taste very sweet. When these high sugar drinks are ingested on a daily or frequent basis, they can quickly lead to an increased dental decay rate. It is not unusual to see a Soldier come in for an annual dental exam with four to eight new cavities due to a recently acquired habit of drinking these drinks once they join the Army or are sent downrange.

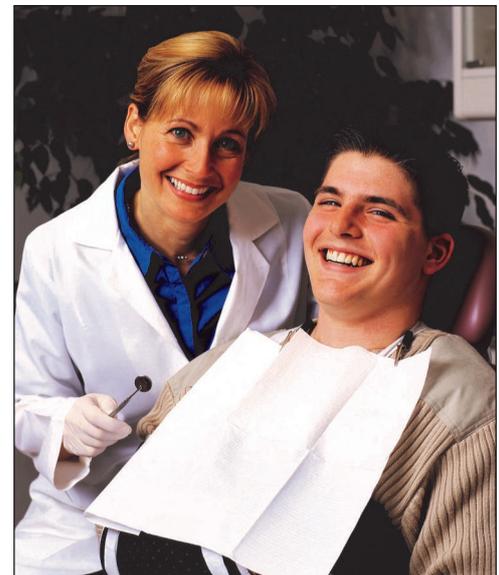
Other staples of a Soldier's diet are carbohydrates, such as pasta, potatoes and white rice and bread. Left sitting in the oral cavity, these carbohydrates ferment quite quickly into simple sugars that can also lead to in-

creased dental decay. All of the above foods and beverages need to be brushed and flossed away from the teeth and out of the mouth as soon after eating as possible to maintain healthy teeth and gums.

If brushing and flossing are not possible, then one should at least swish vigorously with several mouthfuls of water to dislodge and dilute these foods and drinks.

Another easy way to reduce decay rate is by chewing gum that contains xylitol (like Miradent and some flavors of Trident). Xylitol gum is often found in Meals, Ready-to-Eat and at some dining facilities downrange.

To be effective it is necessary to use a xylitol product 3-5 times per day, but its frequent use can lead to a dramatic and long term lessening of cavities and even remineralization of tooth enamel. Finally, one other easy way to help prevent cavities is the



regular daily use of an over-the-counter fluoride rinse like ACT, found at our commissary and Exchange.

(COUNSELING continued from page 1)

Military and Family Life Consultants

The MFLC program that helped the Rogers family is not just for children.

Started in 2004, the program was created in direct response to the needs of Families after the 1st Armored Division's return from a deployment, said Rickord Gibbons, Army Community Service director, who helped set the program up. The program was so successful that the Army expanded it to all military installations.

"These are licensed and credentialed social workers, marriage and family therapists, counselors or even psychologists," said Gibbons, who noted that the MFLC program is just one way ACS informs and educates community members on numerous topics. "They see everyone from children to adults to family members, Soldiers and even civilian contractors."

The MFLCs, who rotate in and out of the installation every 30 to 45 days, provide short-term situational solutions.

"They provide a kind of triage for problems," Gibbons said. "They try and stop the problem at its lowest level."

The MFLCs offer help in an informal setting, often meeting clients at places such as restaurants, the Community Activity Center or even off post. In addition, the MFLCs do not keep records of the clients they see.

"The information stays with them," Gibbons said. "There are no names taken. That is really important because it takes any stigma away that there may be a client's name on a file somewhere. This can't affect a career."

The only exception to that policy is if the client is threatening bodily harm either to him or herself or to others.

"This is about as anonymous as it gets," she said. "That is a real advantage to this neat program."

In addition, Bamberg also hosts one of the only financial MFLCs in Europe. The financial consultants provide in-depth financial counseling and management to clients.

Behavioral Health Services

Another avenue of counseling is through Behavioral Health Services, located in building 7253. The clinic offers comprehensive services to people of all ages and stages by fully certified and licensed staff, said Maj. Vahag Vartanian, chief of Behavioral Health Services.

Clients can obtain services several ways including through a referral from their primary care manager and walking in, Vartanian said. Common problems that the clinic treats include anxiety, depression, sleeping and legal problems and interpersonal conflict with a Soldier's chain of command, Vartanian said.

About two-thirds of their clients are Soldiers



while one-third are family members, he said.

"While MFLCs come and go, we are more stable and offer long-term care," he said. "We have some patients who have been in therapy for years. Others can be helped in a session or two. We are here for as long as they need us to be here."

Another difference between the two is that while MFLCs don't keep records, Behavioral Health does. However, everything is confidential between the therapist and the client, Vartanian said.

"The only times we break that confidentiality is if there are issues of suicide, homicide or security breaches," he said.

In addition, those records can benefit the client.

"If you retire, the (U.S. Department of Veterans Affairs) can access our records and can pick up the care from there," he said.

It is very important to take preventative measures before issues become big problems.

"We see that a lot of people come when it is too late - after they get into trouble for fighting, abusing illegal substances to deal with anxiety, depression or marital problems," he said. "Seek help before you self-destruct. A lot of problems don't go away by themselves. They are going to be there for the rest of your life if you don't take care of it."

While the stigma of getting help hasn't completely gone away, Vartanian said, the Army is trying to help Soldiers.

"We are doing outreach - going into units and setting up in aid stations to reach more Soldiers," he said. "That really seems to be picking up."

The Behavioral Health clinic is also sending staff into the schools to see students.

"We see students who have anxiety and

depression about parents deploying and that manifests itself in many different ways including academically, behaviorally and sexually," Vartanian said.

Chaplains

Community members also can visit the Family Life Chaplain, located in Building 7040, who is available for counseling.

Chaplain (Maj.) David Jacob, who has a master's degree in family and marriage counseling, works with community members who need either individual or couple's counseling. He also hosts classes for units on topics such as parenting and resiliency.

Community members can either call for an appointment or even walk in.

One way that sets the chaplain apart from other services is that they have a 100 percent confidentiality policy.

"A few years ago, the Army chief of chaplains wanted at least one resource available to Soldiers where they could go with the confidence that the things they would say wouldn't be released to any person," Jacob said. "Sometimes that can be a very important point for Soldiers seeking help."

That however doesn't mean the chaplain will ignore suicidal statements, he said.

"Some people have an issue with the policy," he said. "It sounds like if you say you are going to kill yourself I am going to just let you do it. Obviously that isn't the case."

There is also a misconception, he said, that someone must be a church-going person or that the problem has to be spiritual in order to talk to the chaplain.

"That isn't true," Jacob said. "Most of the people, I would say about 80 percent, I talk to don't go to church or have a really strong faith or any faith at all. I don't necessarily talk about spirituality during a counseling session if that isn't their thing. I am not going to beat them over the head with the Bible. That isn't what the chaplain is about."

What he does is act as a facilitator and provide an environment where the couple can talk about their issues, he said.

"I am not on the husband or wife's side," he said. "I am here for the marriage so that it can be in the best shape it can possibly be in."

Jacob encouraged couples to seek help before the problem gets too big.

"Statistics show most couples wait at least seven years before they get help," he said. "By then, it's too late for a lot of them."

He said the community has lots of resources to help all kinds of issues.

"Take advantage of the different programs," he said. "Don't wait until it's too late."

Bamberg city classes now open for the fall, winter

The Bamberg Community Recreation and Learning Center or Volkshochschule (VHS) is offering a variety of classes in the fall and winter. Classes range from languages to cooking, from yoga to horseback riding. Some of these classes are very popular and fill up early. You can sign up via their German website www.vhs-bamberg.de, or at their office at Tränkgasse 4, 96052 Bamberg. Their opening hours are Monday 9:30 a.m.-12:30 p.m. and 2 - 5 p.m., Tuesday, Wednesday, Thursday 9:30 a.m. - 12:30 p.m. and 2 - 4 p.m. and Friday 9:30 a.m. - 12:30 p.m. There are extended opening hours until Sept. 24: Monday 9:30 a.m. - 5 p.m., Tuesday, Wednesday, Thursday 9:30 a.m. - 12:30 p.m. and 2 - 5 p.m., Friday 9:30 a.m. - 12:30 p.m. Payment must be in cash or via German bank withdrawal so have your bank information ready if you choose this method of payment. The following is only a small selection of classes. The number in parenthesis is the course number. Please check the website for locations.

Course	Day	Start	Time	Ses-sions	Price
(4251) Yoga	Sat.	Dec. 4	9:30 a.m.– 12:30 p.m. and 1:30 – 4 p.m.	1	€ 16.23
(4252) Yoga Intensive course	Tue. to Thur.	Nov. 2 – 4	9:30 a.m. – 12:30 p.m.	3	€ 29.21
(4281) Yoga Beginners	Thur.	Oct. 7	4:30 – 5:30 p.m.	10	€ 39.40
(4833) French Dance	Thur.	Oct. 21	7 - 9 p.m.	3	€ 22.40
(4820) Greek Dance (slightly advanced)	Mon.	Oct. 11	7 – 8:30 p.m.	10	€ 60.24
(4830) Dances from Israel	Sat.	Oct. 23	1:30 – 3 p.m. and 3:30 – 5 p.m.	1	€ 12.04
(4831) Scottish Dance	Sat.	Dec. 4	1:30 – 3 p.m. and 3:30 – 5 p.m.	1	€ 12.04
(4843) Irish Set Dance (Beginners)	Wed.	Oct. 13	6:30 – 7:30 p.m.	3	€ 15.78
(4850) Oriental Dance (Beginners)	Fri.	Oct. 8	6 – 7 p.m.	10	€ 40.16
(4871) Samba Brazil	Fri. and Sat.	Nov. 19 Nov. 20	6:30 – 9:30 p.m. 2:30 – 5:30 p.m.	2	€ 25.00
(5225) Baking - Faschingskrapfen – Helau! (traditional donut)	Sat.	Jan. 29, 2011	10 a.m. – 2 p.m.	1	€ 12.80 (plus € 10 for ingredients)
(5420) Mediterranean Food and Wine (anyone)	Fri. and Sat.	Oct. 1 and 15 Oct. 2 and 16	5 - 9:30 p.m. 2 - 6 p.m.	4	€ 81.20
(5431) Indian – Madras	Fri. Sat.	Nov. 19 Nov. 20	6 – 9:30 p.m. 10 a.m. – 1 p.m.	2	€ 32.18
(5233) German Layer Cakes (Beginners – bring round baking dish, icing bag)	Fri. Sat.	Jan. 21, 2011 Jan. 22, 2011	5 – 9:30 p.m. 10 a.m. – 1 p.m.	2	€ 23.13 (plus € 10 for ingredients)
(4950) Horseback riding – basics (English style)(12 years up)	Fri.	Oct. 15	8 – 9 p.m.	10	€ 110
(4951) Horseback riding – basics (English style)	Sat.	Oct. 16	10 – 11 a.m.	10	€ 110

For more classes and information on locations of classes as well as information on refunds please contact the VHS directly at 0951-871-108, at their office or visit www.vhs-bamberg.de. Also, please double check dates and times when you sign up.



AAFES Corner

The AWAG Dinner Event

Oct. 14




AAFES is supporting the AWAG Event with 150 gift bags and a cake.

Click [here](#) to view weekly savings from AAFES.

DECA Corner

DID YOU KNOW!

You can make your own shopping list online with a selection of the items carried in the commissary near you and speak to a dietitian about your needs!

Go to <http://www.commissaries.com>



Click [here](#) for printable online coupons.

Click [here](#) for recipes from Kay's Kitchen.

For Bamberg commissary news, click [here](#).

Welcome Home!

173rd ABCT

Oct. 2



Photos by Ashley Bateman