



# WARNER WEEKLY

News & Information at Your Fingertips



VOL. 6, Issue 6

www.bamberg.army.mil

Thursday Feb. 10, 2011

## Tournament, clinic preps Soldiers for upcoming fight

By Douglas DeMaio,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- Twenty service members stationed throughout Germany competed to see who among them was the best grappler in their weight class during a combatives tournament here Saturday.

Fighting in front of more than 168 spectators, participants battled one another in a submission grappling-style tournament.

"With these types of competitions, you come and compete on equal ground," Steve Van Fleet, a retired professional mixed martial arts fighter and Level IV combatives instructor.

Most competitors in the tournament were stationed in Bavaria, but some came to Bamberg from as far away as Spangdahlem Air Base.

Van Fleet said attracting competitors from through Germany provides a benefit to the fighters because they get to learn how to compete against opponents with different ability levels, fighting styles and skills.

"You get use to that strange environment fighting a strange guy," he said.



Photo By Douglas DeMaio  
Sgt. James Ellis locks in a triangle choke on Spc. Gregory Flint during a combatives tournament in Bamberg Saturday at the Freedom Fitness Facility.

Sgt. James Ellis, a heavy equipment operator with the 42nd Clearance Company agrees that tournaments help to improve service members understanding of combatives, MMA and hand-

to-hand combat. Ellis, who placed first in the tournament's (FIGHT continued on page 12)



Photo Illustration

## Intersection sign changed, crosswalks adjusted

By Douglas DeMaio,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- The intersection of John F. Kennedy Boulevard and 16th Street was altered this week to alleviate traffic congestion.

The crosswalk at the west end of the intersection, which goes across the priority road on JFK Boulevard, was eliminated. The other crosswalk that connects the post the-

(SIGN continued on page 12)

## Thrift Shop opens in new location

By Mindy Campbell,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- The Bamberg Thrift Shop opened its doors this week in a new location.

The store, which used to be located across from Community Bank, is now located in building 7117, the location of the old post office.

The store relocated to its new site for several reasons, the main one being space, said Angela Yurek, the store manager.

"We needed a bigger area," said Yurek, who mentioned that the new facility is about one-third bigger than its old location.

In addition to the increase in space, the newly renovated shop will also offer a photocopying service and will now take credit cards as payment, she said.

The new shop is also in a wonderful location, said Yurek.

"It is right next to the PX," she said. "There is plenty of parking in the commissary/PX parking

lot and consigners can pull right up behind the building."

The new store location has a higher visibility for the community, said Shaunette Sellers, president of the Bamberg Spouses and Civilians' Club, which owns the shop.

"The new location is a marvelous place," Sellers said. "It provides a convenient place for Families to shop when moving into the community as well as providing a place for them to donate unwanted items."

Having a larger store will also allow the shop to take in more items, which directly benefits the community, Sellers said. The store made more than \$44,000 in profits in the 2010 calendar year.

"Every dollar goes right back to the community in the form of grants and scholarships the club gives out," she said.

Earlier in the week, Luciano Boaselli, an Army retiree, was browsing the new shop.

"It is really great," he said about the new (SHOP continued on page 12)

## Army committed to eliminating sexual assault from ranks

By Gen. Carter F. Ham, commander,  
U.S. Army Europe

In Iraq and Afghanistan, a Soldier will place himself or herself in danger to protect a comrade in harm's way. We need to apply that same instinct at our home stations and provide aid to a Soldier in the fight against sexual assault.

We have a unique opportunity to build on this culture through our bystander intervention programs and capitalize on this instinct to protect our fellow Soldiers, friends and families from becoming sexual assault victims.



Gen. Carter F. Ham

are held accountable.

We must continue working as a team to eliminate sexual assault from our ranks. Everyone, not just leaders, Sexual Assault Response Coordinators and victim advocates, has a responsibility to rid the Army of this crime.

It's important that we keep our focus on prevention. Our team must have an ingrained, values-based "gut reaction" against sexual assaults, sexually offensive language, comments and gestures that may create an environment of abuse. This reaction must compel all to act immediately to prevent a potential assault.

Our goal is elimination of sexual assault but until that happens we will continue treating victims with dignity and respect and providing quality care.

Sexual assault is contrary to Army values and we won't quit until it's gone from our ranks.

CARTER F. HAM  
General, U.S. Army  
Commanding

## Net Zero is 100 percent benefit

By Lt. Gen. Rick Lynch, commander,  
Installation Management Command

The Army has a bold vision for managing natural resources on its installations: they will become net zero. That is, as we go about the complex business of living, working and training on installations, our use and production of resources will balance out, so that in the end, we do not over-consume or waste. The most exciting part of the Army Net Zero vision is this: we all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force that grew out of a 2008 joint initiative of the Departments of Defense and Energy studied the possibility of net zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army Net Zero goes beyond energy, though, to also include water and waste.



Lt. Gen. Rick Lynch

Army Net Zero's holistic approach increases our ability to achieve the larger goal of sustainable installations. With an eye to all three, energy, water and waste, we are more likely to move beyond isolated projects, which carry the risk of succeeding in one area at the expense of another, to an integrated plan that balances benefits and costs across our operations.

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery, and disposal. To achieve net zero energy, garrisons start with aggressive conservation efforts, to reduce the amount of energy being used in the first place.

Then they repurpose energy, or find secondary uses for building exhausts, boiler stack exhausts and other thermal energy streams, and recover heat from the electricity generation process. Once they have reduced their load through conservation and efficiency measures, they can meet their remaining requirements through renewable or alternative energy projects.

A net zero water installation limits the consumption of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or quality. Similar to the process with energy, installations aiming for net zero water begin with rigorous conservation efforts. Then they repurpose the water used in showers, sinks, washing machines and cooling towers, capture rainwater for on-site use, and treat wastewater.

(ZERO continued on page 9)



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## American Heart Month: Improving Cardiovascular Health

*Danielle Martin, Program Evaluator,  
U.S. Army Public Health Command (Provisional)*

Cardiovascular disease is the No. 1 killer of both men and women in the United States. Almost 2,300 Americans die every day from cardiovascular diseases—that's one person every 38 seconds. Cardiovascular diseases claim more lives each year than cancer, chronic lower respiratory diseases and accidents combined. Every year, approximately 785,000 Americans have their first heart attack. Another 470,000 Americans who have already had at least one heart attack will have another one.

Because of these high statistics, Congress since 1963 has required the President to proclaim February "American Heart Month." This effort is led by the American Heart Association.

In 1999, the AHA set impact goals to reduce cardiovascular disease and risk by 25 percent by 2010. Despite the above statistics,

the impact goals for 2010 were met, with a 27.8 percent decline in the cardiovascular death rate.

However, statistics have also shown an increase of 27 percent in the total number of inpatient cardiovascular operations and procedures.

A new impact goal has been set for 2020. This goal is aimed at improving the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular disease by 20 percent.

There are many steps that you can take to increase your overall cardiovascular health. Know the risk factors for cardiovascular disease:

- **High cholesterol**
- **High blood pressure**
- **Diabetes**
- **Tobacco use (within the past year)**
- **Diets high in saturated fats,**

**cholesterol, high salt and high sodium**

- **Physical inactivity**
- **Obesity**
- **Excessive alcohol use**
- **Family history**

Lower your risk of developing cardiovascular disease:

- **Eat a healthy diet.**
- **Maintain a healthy weight.**
- **Exercise regularly.**
- **Don't smoke.**
- **Limit alcohol use.**
- **Have your cholesterol checked.**
- **Monitor your blood pressure.**
- **Manage your diabetes.**
- **Take your medicine.**
- **Talk with your healthcare provider.**

For more information, visit the American Heart Association at [www.americanheart.org](http://www.americanheart.org) or the Centers for Disease Control and Prevention at [www.cdc.gov/heartdisease](http://www.cdc.gov/heartdisease).

## Parents need to know facts about treating kid's illnesses

*By Jennifer Walsh Cary, BMEDDAC Public Affairs*

VILSECK, Germany --- With cold and flu season in full swing, Bavaria Medical Department Activity pediatricians are encouraging parents to have all the facts when it comes to treating their sick child.

"Every day, I see parents who are worried that their child has yet another cold," said Dr. Renata Lukezic, Vilseck Army Health Clinic pediatrician. "The average cold is two to three weeks and kids have about six to eight colds per year. They're sick all the time, but that's normal."

If your child starts displaying cold symptoms such as: sneezing, coughing, sniffing, a sore throat or chest congestion, Lukezic – and other government organizations such as the Food and Drug Administration -

recommend treating the symptoms without over-the-counter cold medication, especially in children under the age of 4.

"It turns out there is no data that over-the-counter cold medicines work and there may be a risk associated with them," she said. "This is the reason over-the-counter cold medicines were removed off store shelves several years ago."

Even antibiotics, which are often viewed as a cure-all, don't make the cut when it comes to colds.

"Parents often think that colds can be 'cured' by antibiotics. Colds are caused by viruses and viruses cannot be treated with antibiotics," Lukezic said. "The only treatment we have for viruses is to support the patient while his or her body fights the infection."

Instead, she recommends giving your child a little TLC, or tender loving care.

"Some things you can do for your child include lots of love, lots of hugs and lots of fluids," Lukezic said. "Keep your child comfortable with ibuprofen or acetaminophen if they're in pain or have a fever. If they're older than age 1 and they have a cough, honey has been shown to be helpful. Honey should not be used under age 1 because of infant botulism."

In some cases, symptoms can take a turn for the worse. Parents should contact their child's doctor if the child: refuses to drink anything for a long time; has a stuffed or runny nose that gets worse or does not get better after two weeks; has red eyes or yellow goop coming out of his or her eyes; has ear pain, pulls at his or her ears or shows other signs of having an ear infection; or has a fever higher than 101 F for more than three days.

However, parents may be surprised to learn that in most cases green snot is normal, not a reason to race to the emergency room.

"It is not a sinus infection. Green snot is your body sending white cells to fight an infection," Lukezic said. "I would say if there's green snot for more than two weeks the child should be evaluated, but two or three

### On the spot training



*Photo by 1st Lt. Edward Perrin, 16th Sustainment Brigade Public Affairs*

Pfc. Marie Blaise, a native of Dayton Beach, Fla., and a medic with Headquarters and Headquarters Company, 16th Special Troops Battalion, 16th Sustainment Brigade, and Spc. Chelsea Adams, a human resource specialist with Headquarters Detachment 106th Finance Company, 16th STB, treat a simulated casualty on the battlefield during a field training exercise in Grafenwoeh Jan. 29.

## Community Announcements

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

### SKIES is now enrolling

Check out Webtrac to see the newest SKIES Unlimited classes that are currently taking enrollments: Taekwondo, ballet, fine arts, kinder German and tutoring. Need more information? Contact Archie at 0951-300-7452.

### Volunteers, Issues Needed for AFAP

U.S. Army Garrison Bamberg officials are seeking volunteers and soliciting input from community members for the 2011 Army Family Action Plan conference Feb. 22-24 at the Warner Conference Center. AFAP is a grass-roots effort that allows community members to identify and elevate quality-of-life issues to senior Army leadership. Issues addressed at AFAP conference can be either local issues or Army-wide policy changes. Child care is provided for conference volunteers. For more information, contact Vanessa Holland at 0951-300-7777 or 0951-300-7594.

### Tax Center

The Bamberg Tax Center is now open. The Tax Center is located in Building 7000 on the fourth floor. Appointments and walk-ins are available. Operating hours are Monday – Friday from 9 - 11:30 a.m. and 1 - 3:30 p.m. Saturdays during the month of February the office will be open for appointments only from 9 a.m. - noon. For more information, call 0951-300-8261/8262.

### Deployment Yearbook

Order your 173rd Brigade Support Battalion commemorative deployment book for Operation Enduring Freedom X by Feb. 20. All orders are handled online and can be shipped to any U.S. address. Visit <http://military.entourageyearbooks.com>, enter '173D BSB' in the search window and place your order. The link is also available on the BSB Facebook homepage. For more information, e-mail [michelle.m.ramos@gmail.com](mailto:michelle.m.ramos@gmail.com).

### Chili Cook Off

Do you want to see if your chili ranks supreme? Give it a shot at the 3rd Annual U.S. Army Garrison Bamberg Chili Cook Off at the Community Activity Center Feb. 23 at noon. Prizes will be awarded to the winners. Sign up by Feb. 18 at the CAC. For more information, call 0951-300-8659.



### Newcomer's Class

People Encouraging People, or PEP, is a five-day orientation course for newly arrived spouses and family members. The course covers German language and culture, customs, courtesies, food and a walking tour of Bamberg's historic downtown. PEP classes are scheduled for March 14-18 and April 11-15. Call 0951-300-7777 to reserve a spot.

### Mardi Gras

Get ready for the U.S. Army Garrison Bamberg's Carnival and join the Mardi Gras parade starting at Memorial Park Feb. 25 at 4 p.m. All community groups are invited to be a part of the parade and have a chance to win prizes for their floats. The parade will end at Birchview Lanes Bowling Center where a costume party will be held. The party kicks off at 5 p.m. with lots of family-friendly carnival entertainment, including a best costume contest, entertainment and food. Children's activities will be from 5-7 p.m. and kids movies will be played from 7-10 p.m. Please come in costume. Admission is free. If you want to be part of the celebration with a skit or any other performance, call Brad Cline at 0951-300-8659 or contact him by e-mail at [Bradley.cline@eur.army.mil](mailto:Bradley.cline@eur.army.mil) or contact Juergen Hagemann at 0951-300-7885.

### School Town Hall

Come to Bamberg Middle/High School for a special town hall meeting at 6 p.m. March 1. The special assembly will help to address issues and concerns of the community. Parents, teachers, commanders and school administrators are coming together to build a community school partnership. All who want their voice heard with regard to school related issues are welcome and encouraged to attend this meeting. New decisions may be based on comments made at this meeting. The meeting is scheduled to take place in the School's Multi-Purpose Room. In addition, special arrangements have been made to provide free child care for all attendees from 5:45 – 8 p.m. Children must be registered with Child, Youth Services and vouchers will be handed out to parents after the meeting. Reservations for child care must be made by Feb. 22 at your garrison Parent Central Services Office or online through <https://webtrac.mwr.army.mil/sites/eu.html>. For more information, call 0951-300-8035 in Bamberg and 09721-96-6414 in Schweinfurt.

### Parent's Night Out

Enjoy a couple's night out to dinner or a movie by enrolling your children into the next Parent's Night Out. The next Parent's Night Out is scheduled for March 4 from 6:30-9:30 p.m. Cost is \$12 per child and Army Family Covenant deployment benefits can be used if eligible. Visit Parent Central Services or Webtrac to sign up.

### Bazaar Volunteers

The Bamberg Spouses and Civilian's Club is looking for volunteers for the 2011 Bazaar with Heart, which brings furniture, antique and food vendors to the Bamberg community and is supported by Family

and Morale, Welfare and Recreation. The event will be at the Freedom Fitness Facility from April 15-17. If interested in volunteering, e-mail [bazaar.volunteer@yahoo.com](mailto:bazaar.volunteer@yahoo.com). For regular updates on the upcoming Bazaar with Heart check the MWR Bamberg website and Flickr website or e-mail [BambergBazaarwithHeart2011@yahoo.com](mailto:BambergBazaarwithHeart2011@yahoo.com).

### Fitness Trainer Certification

The U.S. Army Garrison Heidelberg is hosting a Personal Fitness Trainer Certification workshop March 25-27 in Heidelberg. The three-day certification workshop, which is sponsored by the Aerobic and Fitness Association of America, includes lectures, practical demonstration and written and practical exams. The curriculum includes anatomy and kinesiology, fitness assessment testing procedures, nutrition fundamentals and weight management, special populations and medical considerations, wellness programming and screening guidelines, and exercise programming in the weight room. Course Includes: Study guide, workshop including lectures and practical demonstrations, written and practical exams, one-year AFAA membership and a subscription to American Fitness magazine. The cost of the workshop is \$415. For more information or to register, contact Steffanie Paoletti at [steffanie.paoletti@eur.army.mil](mailto:steffanie.paoletti@eur.army.mil).

### AWAG Conference

Registration for the annual AWAG Conference this year will start on Feb. 4 and will run through to March 25. Register by going to the AWAG website [www.awagonline.org](http://www.awagonline.org). The conference is scheduled for May 15-19. This will give you a link to the Edelweiss Hotel and Resort where you can register yourselves, as a group, as a unit or as a club. A tentative list of classes will be available on or about Feb. 21, which should give you some idea of what will be offered this year. Online registration for classes will run from April 27-29. Single supplement at the hotel will be about \$53. AWAG is looking for Conference Assistants for this year's 55th Anniversary celebration in May. If you feel you have the energy, enthusiasm and a sense of humor, please go to the AWAG website to fill out the CA application. Conference CA's are necessary for the smooth running of the entire event and we could not do without them. If you would like to join the CA team, fill out an application.

## Weekly Reminders

### DFAC Feedback

Dining Facility council meetings are at 2 p.m. at Nieves Webb every last Thursday of the last month of each quarter. The remaining meetings are scheduled

For any question about this class, please contact:  
CPL BORTON (COLE.BORTON@AMEDD.ARMY.MIL)  
09662-83-2041/2138



USAG Bamberg  
Freedom Fitness Facility

U.S. ARMY  
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MORALE, WELFARE & RECREATION

U.S. Forces  
**Combatives  
Tournament**

Feb. 25-26, USAG Bamberg Freedom Fitness Facility  
Sign up by Feb. 23 by contacting FFF at DSN 469-8890/9086 or  
(0951) 300 8890/9086.  
Awards for the top 3 winners in each weight class

Email: Ernest.Johnson@eur.army.mil

to take place March 31, June 30 and Sept. 29. For more information, call 0951-300-7130.

#### MWR Guide

Bamberg's Family and Morale, Welfare and Recreation Guide for the month of February is now online at <http://issuu.com/BambergMWR/docs/brochure>.

#### Sweet Dreams Project

As part of U.S. Army Garrison Bamberg's Child Youth and School Services Deployment Support Initiative, community members can send pictures to the School Age Center in a jpg. format with the location of the recipient and contact information to be made into a pillowcase. The project is for deployed Soldiers or those away from home for training and family members back home. Send e-mail to [michelle.mcclelland@eur.army.mil](mailto:michelle.mcclelland@eur.army.mil). For more information, call 0951-300-8698.

#### Library Events

The library hosts weekly events. There is storytelling for children ages 3-5 years old every Thursday at 11:30 a.m. There's also a Gamers' Challenge that meet every Saturday at 5 p.m. For more information, call 0951-300-1740.

#### Instructor's Course

People interested in becoming a Health and Safety Instructor for the American Red Cross should call 0951-300-1760 or e-mail [RedCross.Bamberg@eur.army.mil](mailto:RedCross.Bamberg@eur.army.mil).

#### Army Suggestion Program

The Army Suggestion Program encourages Soldiers, civilians and any concerned individuals to submit ideas regarding how the Army can increase efficiency and cut costs. Approved suggestions are assessed on how much they save the Army and can earn individuals thousands of dollars. For more information, or to submit an idea, Army Knowledge Online registered users can visit the ASP website at <http://asp.hqda.pentagon.mil/public/>. Those unable to access AKO can submit a DA Form 1045 to their installation coordinator. The U.S. Army Garrison Bamberg coordinator Norbert Roth can be contacted at 0951-300-8001 or [norbert.e.roth@us.army.mil](mailto:norbert.e.roth@us.army.mil).

#### AWANA

Come join AWANA, the weekly children's Bible Club on Sundays from 3:30-5:30 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.

#### 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, contact Bonnie Kellm, EFMP manger, at 0951-300-7777.

#### Postal Service

U.S. Army Garrison Bamberg has updated its Postal Service Center webpage to include 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 visit <http://www.bamberg.army.mil/directorates/dhr/psc.asp>.

#### Utility Tax Relief Services

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.

#### 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



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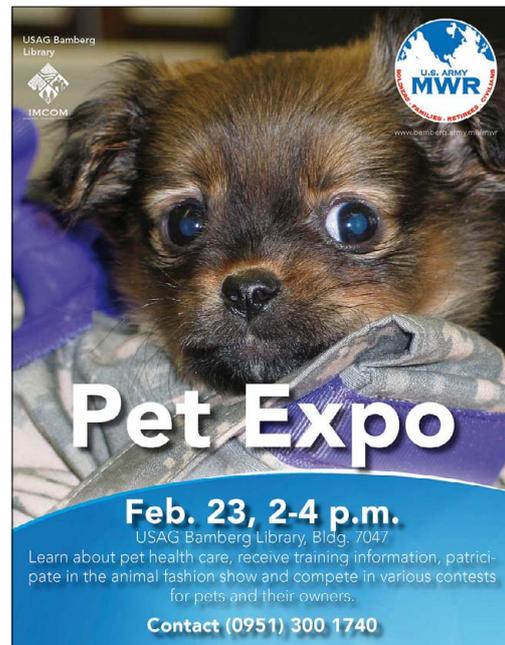
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New Telephone Numbers



USAG Bamberg  
Library

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MORALE, WELFARE & RECREATION

**Pet Expo**

Feb. 23, 2-4 p.m.

USAG Bamberg Library, Bldg. 7047

Learn about pet health care, receive training information, participate in the animal fashion show and compete in various contests for pets and their owners.

Contact (0951) 300 1740

more information, call 0951-300-7777.

#### 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.

#### 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 call with your military care provider.

#### 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 about PWOC, 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.

#### 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 about any of the ACS programs, call 0951-300-7777.

**BLACK HISTORY CELEBRATION**

**Feb. 18**  
9:30 – 11 A.M.  
AT BAMBERG POST THEATER

Keynote Speaker: Colonel Debra D. Daniels  
Commander, 409<sup>th</sup> Contracting Support Brigade (CSB)  
Expeditionary Contracting Command - Europe

Fun Food Fellowship

A Taste of Soul

Please join us after the program for the savory tastes of Soul Food cooking in the Bamberg Middle High School lobby from 11:30 a.m. – 1 p.m.

**Did you Know?**

**Making a ton of paper from recycled paper saves up to 17 trees and uses 50 percent less water.**

**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. For information about any of these classes, call 0951-300-7777.

**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 and help visiting family members get permission to drive USAREUR-plated car or 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.

**Sports, Health and Fitness**

**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](mailto:kravmagaisrael@yahoo.com).

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

**Continuing Education**

**Student Aid**  
Learn what resources are available to help fund your higher education, visit <http://studentaid.ed.gov/POR-TALSWebApp/students/english/index.jsp>.

**Study Overseas**  
University of Maryland University College Europe Field study courses provide students with an opportunity to travel and explore Europe while earning university credit. Two upcoming courses are Northern Renaissance Art in Brussels and Paris from March 12-19 and Expatriate Writers in Rome from March

12-19. The registration deadline for both courses is Feb. 20. For more information, e-mail [fieldstudies@europe.umuc.edu](mailto:fieldstudies@europe.umuc.edu) or call 06221-3780.

**University of Phoenix**  
The University of Phoenix is open Monday through Friday from 8:30 a.m. - 4:30 p.m. It is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Your local field representative can help you start your master's program. Online and on-site courses are available and degrees can be achieved in 15 - 24 months. For more information, call 0951-300-9280 or 0951-208-5350.

**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](http://www.ed.umuc.edu).

**Youth and Teens**

**Youth Sports Sign-ups**  
Sign-ups are now being held for baseball, softball, T-ball and track and field. Ages for sports include: baseball – 6-15 years old; softball – 10 – 15 years old; Start Smart baseball – 3 – 5 years old; and track and field – 9 – 14 years old. Check out Webtrac or visit Parent Central Services to sign up.

**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 [michael.mouritsen@eur.army.mil](mailto:michael.mouritsen@eur.army.mil).

**Veterinary Facility**

The veterinary office's 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.

**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.

**Family Advocacy Programs**

Army Community Service's 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 Anger/Stress Management classes.

**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.

**3rd Annual Chili Cook-Off**  
**Feb. 23, 12 p.m. CAC**

See if your chili ranks supreme at the 3rd Annual USAG Bamberg Chili Cook-Off! Prizes will be awarded for the Best Soldier Chili and Best All-Around Chili. Sign up is free and closes Feb 18th at the CAC front counter.

Contact (0951) 300 8659

**PARENT EDUCATION CLASSES**  
at Child, Youth and School Services

**Parents' Advisory Meeting**

**PAC Meetings**  
Location: Parent Central Time: Noon  
Feb. 16  
Topics: Parent and child communication  
Question and Answers

This is your time to state your concerns or issues with CVSS programs-all program managers will be in attendance.

Light refreshments provided.  
Keep info med about all CVSS Services Programs  
Reserve a table for your family at the meeting.

**BOSS**  
**Brussels Trip**  
**Feb. 18-20, \$369**

Departure 1 a.m. at Chapel Parking Lot  
Includes: Roundtrip transportation, 2 nights in 3 star Holiday Inn Hotel in Brussels, 2 breakfast buffets, city tour of Brussels, visit to "Koninklijke Museum and Chocolate Museum in Brussels", lunch at the Grand Cafe in Brussels and tour guide services. Valid passport or ID Card and DA Form 31 required for this trip.

**Contact (0951) 300 9086, DSN 469-9086 or email: mail.bam.dfmwr.boss@eur.army.mil**

for youth ages 7-18. For more information, e-mail [Archie.Johnson1@eur.army.mil](mailto:Archie.Johnson1@eur.army.mil) or call 0951-300-7452.

**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 Betty Bullard at 0951-300-8874 or e-mail [Betty.bullard@eu.dodea.edu](mailto:Betty.bullard@eu.dodea.edu).

**Closures / Changes**

**Bamberg Thrift Shop**

The Bamberg Thrift Shop is now located in Building 7117, where the former Post Office was located and near the BookMark. The store will hold a grand opening ceremony Feb. 16. For more information, call 0951-32408.

**Car Care Center**

The Army and Air Force Exchange Service Car Care Center will be closed Feb. 24-25. It is scheduled to reopen Feb. 26.

**Ballet Class**

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

**Teen Stress**

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. To obtain a copy of the tool kit and learn more, visit <https://www.myarmyonesource.com/News/2010/07/OperationPurple>.

**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, e-mail [bambergaquabarons@yahoo.com](mailto:bambergaquabarons@yahoo.com).

**Youth Lessons**

Child, Youth and School Services SKIES Unlimited is offering lessons for tennis, racquetball and dance

**Freedom Fitness Facility**

The Freedom Fitness Facility will have a change in its operating hours on two days in February. On Feb. 18, it will be open from 8 a.m. – 7 p.m. for the training holiday. On Monday, Feb. 21 it will be open from 8 a.m. – 4 p.m. for President's Day. For more questions, call 0951-300-8890.

**Vehicle Registration**

Vehicle Registration office will be closed Feb. 21. For further information, call 0951-300-7580.

**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. For more information about the airport shuttle, call 069-695973816.

**Entertainment and Leisure**

**Broadway Hit**

Don't miss the legendary Broadway hit "Cabaret" at the Stable Theater. There are three stories of love and intrigue set in the early 1930's amid Berlin's flamboyant cabaret scene, superimposed against the surging Nazi rise to power. The show contains mature material and sexual themes. Show runs March 10 - 12 and March 17 - 19 at 7:30 p.m., and March 13 and 20 at 5:30 p.m. Tickets are \$9 for adults, \$7 for students and Soldiers E4 and below if reserved in advance. Tickets are \$11 for adults and \$9 for students

**Martius Toga Celebration**  
March 12, 6 p.m.  
Warner Conference Center

Come dressed in your Best Toga Costume! Open to the community 18 and over, free admission. Enjoy music, food and fun!

**Contact (0951) 300 7596 or DSN 469-7596**

and Soldiers E4 and below at the door. Ask about group specials. To purchase a ticket in advance, call the Stable Theater at 0951-300-8647.

**Audition Workshop**

Join acting teacher, actress, writer and producer Mona Lee Fultz for her audition workshop March 21 at Bamberg's Stable Theater at 6 p.m. Sign-up is free but space is limited. Fultz is a working actress whose 35 years of experience includes theater, film and television. Fultz runs BriteLite acting studio in Austin, Texas. The upcoming cold reading workshop at Bamberg's Stable Theater is simulating audition scenarios by role-playing casting directors, readers and auditioning actors who learn to compete with vitality, create a personal win, stand out at auditions, sell themselves and win callbacks and bookings. For more information, e-mail [jack.austin@eur.army.mil](mailto:jack.austin@eur.army.mil) or call 0951-300-8647.

**Outreach KONTAKT Club Events**

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship overseas. For more information, contact the German president Klaus Kirchhof by phone at 0951-24378 or by e-mail at [b.k.kirchhof@web.de](mailto:b.k.kirchhof@web.de) or contact the American project officer Capt. Carlos Rivera by phone at 0951-300-1610 or send an e-mail to [Carlos.rivera2@eur.army.mil](mailto:Carlos.rivera2@eur.army.mil).

**Climbing & Mountain Biking**  
for 6-12 Graders

**Climbing the EDGE!** **Mountain Biking over the EDGE!**

Wed. March 2, 4 p.m. at JFK Multiplex  
The program is open for youth in grades 6-12. Program runs Wednesday, March 2 and 16, 4-6 p.m. at the JFK Youth Center climbing wall. Youth must register at Parent Central Services or through MWR Online Services. Program is free.

Wed. March 9, 4 p.m. at Outdoor Recreation  
open for youth in grades 6-12  
Program runs Wednesday, March 9 and 23, 4-6 p.m. Attendees will learn about mountain biking, Bike Maintenance and just have some fun riding through the forest. Program is free.

**Contact The EDGE at (0951) 300 7405**  
**Email [tony.puskorius@eur.army.mil](mailto:tony.puskorius@eur.army.mil)**

**Did you Know?**

The Warner Barracks community recycled more than 46 tons of paper in November.

**Mona Lee Fultz**  
March 21, 6 p.m.  
Stable Theater

Workshop with Actress, Writer, Producer

Mona Lee Fultz is running BriteLites, an acting studio in Austin, Texas. She has been in over 50 film, TV, and commercial roles. Recently she has had costarring TV roles in The Chase, Friday Night Lights, My Generation and Drop Dead Diva. Workshop Title: Stand out at auditions, sell yourself, win callbacks and bookings, 16 slots, free

**Contact Stable Theater: (0951) 300 8647**

## Bamberg Movie Schedule

AAFES Reel Time Theater is closed  
Tuesdays and Wednesdays

Thur.	Feb. 10	The Next Three Days (PG-13)	7 P.M.
Fri.	Feb. 11	Love and Other Drugs (R)	7 P.M.
Sat.	Feb. 12	Tangled (PG)	3 P.M.
		The Rite (PG-13)	7 P.M.
Sun.	Feb. 13	Tangled (PG)	3 P.M.
		The Rite (PG-13)	7 P.M.
Mon.	Feb. 14	The Rite (PG-13)	7 P.M.
Thur.	Feb. 17	Love and Other Drugs (R)	7 P.M.
Fri.	Feb. 18	The Tourist (PG-13)	7 P.M.
Sat.	Feb. 19	Tron: Legacy (PG)	3 P.M.
		The Roommate (PG-13)	7 P.M.
Sun.	Feb. 20	Tron: Legacy (PG)	3 P.M.
		The Roommate (PG-13)	7 P.M.
Mon.	Feb. 21	The Tourist (PG-13)	7 P.M.
Thur.	Feb. 24	Little Fockers (PG-13)	7 P.M.
Fri.	Feb. 25	Little Fockers (PG-13)	7 P.M.
Sat.	Feb. 26	Yogi Bear (PG)	3 P.M.
		Just Go With It	7 P.M.
Sun.	Feb. 27	Yogi Bear (PG)	3 P.M.
		Just Go With It	7 P.M.
Mon.	Feb. 28	Just Go With It	7 P.M.

(ILL continued from Page 3)

days of green stuff coming from the child's nose is completely normal." To keep your child as healthy as possible, Lukezic also encourages parents to teach their children good hygiene habits, such as frequently washing their hands and using a tissue when they sneeze or cough. A healthy diet filled with lots of vegetables and plenty of sleep can also help prevent colds. She also stressed that vaccines remain important.

"We've done a tremendous job at vaccinating people and we're already seeing the benefits," she said. "If they haven't already, I recommend people come in and get the flu vaccine."

The seasonal influenza vaccine is available for children ages 6 months and older. In some cases, children under the age of 9 may also need an influenza booster vaccine. Parents should check with their local immunization clinic or health care provider.

Finally, when in doubt parents should ask questions. Registered nurses are available 24 hours a day, seven days a week as part of the Tricare Nurse Advice Line. Call toll-free 00800-4759-2330. To make an appointment with a health care provider, call your local Army health clinic appointment line.



## New fuel coming to Exchange pumps

MAINZ-KASTEL, Germany -- A change is on the way for Exchange gasoline customers in Germany. Currently all gasoline sold in Germany, including Exchange facilities in Germany, contains up to 5 percent ethanol, also known as "E5" fuel.

In compliance with a German law amending the German Federal Pollution Control Act, the Army and Air Force Exchange Service is required to add another type of gasoline to its facilities in Germany. This new formula will be designated as "Super E10," which contains up to 10 percent ethanol.

While all makes and models of gasoline-fueled automobiles are able to use E5 gasoline, there are some vehicles that can't use E10 gasoline. According to Ruth Wagner, the Exchange-Europe ESSO Fuel Card manager, "Customers must check with their car manual or manufacturer to determine if 10 percent ethanol gasoline is safe to use in their car. If in doubt, don't use E10." Both Exchange and ESSO gas stations in Germany will clearly label their pumps dispensing E10 fuel.

Some ESSO stations have already started selling E10, and customers can purchase it using their Germany Fuel Ration Card. All Exchange gas stations in Germany plan to offer Super E10 starting early February, and most will continue to offer E5 gasoline in the grades of Super and Super Plus where possible. The Exchange price for Super E10 will be based on the current weekly U.S. Department of Energy average price of regular fuel, plus incremental costs associated with providing gasoline overseas.

## Children also need help

*Tonya R. Hancock,  
Army Substance Abuse Program*

Children need to trust the adults in their lives and to believe that they will support them.

Children in families experiencing alcohol or drug abuse need attention, guidance and support.

Children living with alcohol or drug abuse in the family can benefit from participating in educational support groups in their school student assistance programs.

They may be growing up in homes in which the problems are either denied or covered up. These children need to have their experiences validated.

The Adolescent Substance Abuse Counseling Services representative here on Warner Barracks is Nicole Harder.

They also need safe, reliable adults in whom to confide and who will support them, reassure them, and provide them with appropriate help for their age.

Harder's office is located in the Bamberg Middle/High School, Building 7643.

They need to have fun and just be kids.

There are additional resources available here on Warner Barracks.

Families with alcohol and drug problems usually have high levels of stress and confusion.

For more information contact Tonya R. Hancock at 0951-300-7038 or Harder at 0951-300-8874.

High stress family environments are a risk factor for early and dangerous substance use, as well as mental and physical health problems.

**On-Line Self-Help Groups**  
Al-Anon Family Groups  
[www.al-anon.org](http://www.al-anon.org)  
Alateen (for 11 years and above)  
[www.alateen.org](http://www.alateen.org)  
Alcoholics Anonymous  
[www.aa.org](http://www.aa.org)  
Adult Children of Alcoholics  
[www.adultchildren.org](http://www.adultchildren.org)

It is important to talk honestly with children about what is happening in the family and to help them express their concerns and feelings.

# U.S., German hockey team takes third at USAFE championship

## Team included Warner Barracks Soldiers

By Capt. Jennifer Dyrzcz, 18th CSSB Public Affairs Office

GARMISCH, Germany -- "We were just a bunch of bums out there on the ice having the time of our lives."

No better words could better describe how Staff Sgt. Christopher Sheehan felt when he and his team, the Bayern Rangers, placed third in the 2011 U.S. Air Force Europe's annual hockey championship here recently, taking home the bronze medal.

Sheehan, a native of Boston who works as a section sergeant for the 18th Combat Sustainment Support Battalion's 23rd Ordnance Company, was chosen as the Rangers' offensive all star for the championship tournament, which matched his team up against teams from all over the European footprint.

The Rangers, who are only in their second season of play, are made up of Soldiers and civilians from the military communities of Grafenwoehr, Hohenfels, Bamberg and Ansbach.

According to Sheehan and the rest of his teammates, it was especially great to play in Bavarian mountain resort town of Garmisch.

"It was nice to be in Garmisch for the week," said Pfc. Michael Hamilton, a native of Pleasanton, Calif., who works as a firefighter for the 23rd Ord. Co., 18th CSSB. "It felt good to represent the Rangers, and I was proud to be chosen as the defensive all star for the games, given the skill set of a lot of the players out there on the ice."

"The team really exceeded all expectations," said Brad Huestis, a native of Spring Hill, Fla., who is the Bayern Rangers' coach and works as the chief of client services for the 7th Army Joint Multinational Training



Photo by Capt. Jennifer Dyrzcz, 18th CSSB Public Affairs

**The 7th Army Joint Multinational Training Command commanding general, Brig. Gen. Steven L. Salazar, shakes the hands of some of the players of the Bayern Rangers hockey team during the January Grafenwoehr Community Huddle. The Bayern Rangers took third place during the 2011 U.S. Air Force Europe's annual hockey championship in Garmisch.**

Command. "We pulled together, outworked every team we played and had a fantastic time."

"It was a well run tournament. It was quite professional, and all the teams were very talented," said Capt. Christopher Glascott, a native of Buffalo, N.Y., who works with the Grafenwoehr Training Area's Office of the Staff Judge Advocate. "In general this was a great group of guys with the right attitude. We don't practice often as all of our players come from the Bavarian footprint, but we blend well on the ice as a team."

(ZERO continued from Page 2)

ter for recharging into groundwater aquifers. They achieve net zero water by capturing, repurposing, and recharging an amount equal to what they consume.

A net zero installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill. In other words, a net zero waste installation aims to make disposal an unnecessary step. Garrisons start by reducing the initial amount of waste, and then find ways to repurpose waste with minimal processing. For example, they might crush construction rubble to use on trails. When they cannot reuse waste, they recycle or compost as much as they can or convert it to energy. They achieve net zero waste when they have nothing left to send to the landfill.

During my site visits over the past year, I have seen how our garrisons have taken steps—great strides in some cases—to manage our resources more efficiently. Look at the water projects at Forts Hua-

chuca, Bliss and Belvoir; the waste management projects at Forts Bragg and Jackson and Joint Base Lewis-McChord; and the energy projects at Forts Drum, Wainwright, Carson and Campbell, to name just a few. So I know there will be tremendous interest in an opportunity that the Assistant Secretary of the Army for Installations, Energy and Environment is launching this month. The ASA (IE&E) is asking garrisons to nominate themselves to become Net Zero Energy, Net Zero Water or Net Zero Waste installations, or all three, by 2020. Five will be selected

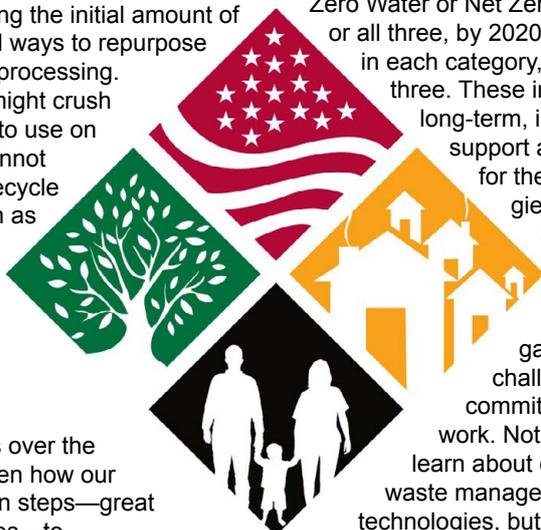
in each category, with one to become all three. These installations will receive long-term, in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

I encourage every garrison to take on this challenge. It will require commitment and a lot of hard work. Not only do we have to learn about energy, water and waste management best practices and technologies, but we also have to learn the business practices that support them. We have to build partnerships with those in the private sector

and in non-government organizations who will join us in investing in the net zero vision. However, this is a prime opportunity to learn lessons we will be required to know in the future.

Everyone, every Soldier, Civilian and Family member, has a role to play in managing our resources. Maybe it seems like a smaller role—turning out the lights, adjusting the thermostat, or separating out recyclables at home. Maybe it is a more direct role, such as running an installation waste management program or writing enhanced use leases or energy savings performance contracts. Regardless, every effort adds up, and what it adds up to is important—our future.

Energy efficiency and security is a critical issue for the Army. The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, Civilians and Families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk. The same can be said of water, or practically any of our resources. If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today. It is the right thing to do.



**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS

## Outside the Gate

Weekend events in and around Bamberg Feb. 11-26.

### Friday, Feb. 11

- 11 a.m. Farmers' Market in Forchheim; Paradeplatz, 91301 Forchheim  
 8 p.m. Scott DuBois Quartet; Jazzclub Bamberg, Obere Sandstrasse 18, 96050 Bamberg  
 10 p.m. DrOsopHila SouNd & special guest; Balkanbeatz; Morph Club, Luitpoldstrasse 17, 96052 Bamberg; visit: [www.morphclub.org](http://www.morphclub.org)

### Saturday, Feb. 12

- 7 p.m. Keep Swinging Big Band; beneficial concert; Haas-Säle, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@haas-saele.de](mailto:info@haas-saele.de), visit: [www.haas-saele.de](http://www.haas-saele.de)  
 9 p.m. Danny & The Wonderbras; Rock'n Roll; Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)  
 9 p.m. Klaus Knöpfung Blue exercise; Jazzclub Bamberg, Obere Sandstrasse 18, 96050 Bamberg  
 9 p.m. Mr. Irish Bastard; Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg  
 9 p.m. morphclublive: The Phenomenauts (USA); New Wave, Punk, Rock abilly; Morph Club, Luitpoldstrasse 17, 96052 Bamberg; visit: [www.morphclub.org](http://www.morphclub.org)  
 10 p.m. Blockrocking Beats; Electro, Fidget, Techno, Breaks; Morph Club, Luitpoldstrasse 17, 96052 Bamberg; visit: [www.morphclub.org](http://www.morphclub.org)

### Sunday, Feb. 13

- 10:30 a.m. Fair at the marketplace; Marktplatz, 91320 Ebermannstadt  
 1 p.m. Hochzeitswelt 2011 (wedding fair); Konzert- und Kongresshalle, Mußstrasse 1, 96047 Bamberg, e-mail: [info@konzert-halle-bamberg.de](mailto:info@konzert-halle-bamberg.de), phone: 0911-415570, visit: [www.hochzeitswelt-info.de](http://www.hochzeitswelt-info.de)  
 5 p.m. Vocal Appearance; music in the style of the King's Singers; St. Stephanskirche, Stephansplatz 5, 96049 Bamberg, phone: 0951-5193235, free admission, donations welcome  
 9 p.m. Steve Reeves; Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)

### Friday, Feb. 18

- 2 p.m. Farmers' Market; Zehntplatz, Anton-von-Rotengan-Strasse, 91077 Neunkirchen am Brand  
 9 p.m. Fritz Pauer Trio feat. Chico Freeman; Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg  
 9 p.m. The Hazy Heads; Ska, Blues, psychedelic Rock, Funk, Reggae; Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, email: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)

- 10 p.m. morphclub Class6 – Vol. 5, Soul, Funk, BigBeat, NuJazz, Swing-Hop, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, visit: [www.morphclub.org](http://www.morphclub.org)

### Saturday, Feb. 19

- 7 a.m. Volkwandertage (hiking) in Hallerndorf; 6K and 11K; fees: €1.50 for IVV stamp, €3.80 for stamp and award; starts at the gymnasium, Schulstrasse 2, 91352 Hallerndorf, contact: Ms. Marga Strickroth, phone: 09543-5150, fax: 09543-222736, e-mail: [m.strickroth@gmx.de](mailto:m.strickroth@gmx.de); also on Sunday  
 8 p.m. acoustic blues jamboree; Galerie am Stephansberg, Unterer Stephansberg 5, 96049 Bamberg; tickets: 0951- 56000  
 9 p.m. Funk Projekt, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)  
 9 p.m. Loaded, Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg  
 9:30 p.m. Salsa Party, El Puente, Jäckstrasse 35, 96052 Bamberg, visit: [www.salsarueda-bamberg.de](http://www.salsarueda-bamberg.de)  
 10 p.m. Beat Virus, Morph Club, Luitpoldstrasse 17, 96052 Bamberg; visit: [www.morphclub.org](http://www.morphclub.org)

### Sunday, Feb. 20

- 8 p.m. Wulli & Sonja, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)

### Friday, Feb. 25

- 8 p.m. Black Metal Festival; Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)  
 9 p.m. The Offenders; Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg  
 10 p.m. Schwarzweiss Musik; House, Disco, Techno; Morph Club, Luitpoldstrasse 17, 96052 Bamberg; visit: [www.morphclub.org](http://www.morphclub.org)

### Saturday, Feb. 26

- 2 p.m. Flea market; Hauptsmoorhalle, Hauptsmoorstrasse 2, 96129 Strullendorf, admission €1.50  
 7 p.m. Iphigénie en Tauride, opera by C.W. Gluck; live from the MET; Cinestar Bamberg inside the Atrium near the railway station; admission €27; phone: 0951-3028880  
 7:30 p.m. Fashion show; Pilipp furniture store, Nürnberger Strasse 243, 96050 Bamberg; admission € 10 includes fingerfood, for infos call 0951-18040  
 8 p.m. Bem-vindo Brasil N 21; Brazilian carnival; Morph Club, Luitpoldstrasse 17, 96052 Bamberg  
 8 p.m. Keller Steff; Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)

## Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in February - March

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>.



### Feb. 10 Tour Under Bamberg \$20

This unique trip through the tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, so please wear appropriate clothing and bring a flashlight. Trip departs from ODR at 5 p.m. and returns at about 7:30 p.m.

### Feb. 12 Learn to Ski \$50

Glide down the slopes and learn the basics of skiing with us! Trip includes transportation, lift pass, rental and approximately two and a half hours of lessons. Departs from ODR at 9 a.m. and returns at about 5 p.m.

### Feb. 18-21 Dolomites, Italy, Ski & Snowboard \$325

Partake in the adventure of a lifetime with the opportunity to ski and snowboard at 12 separate ski resorts in the Italian Dolomites. Trip includes transportation, lodging at double occupancy for three nights with breakfast and dinner. The price does not include lift pass. Single rooms are an additional

\$60. The bus departs the Chapel parking lot on Feb. 18 at 2 a.m. and returns Feb. 21 about 7 p.m.

### March 5-6 Lermoos Ski & Snowboard \$130

Breathtaking panoramic views will captivate you as you traverse the slopes! Although it is best suited toward beginners, Lermoos also offers intermediate, expert and cross-country trails. Trip includes transportation, one-night lodging at double occupancy and breakfast. Price does not include lift pass. Transportation departs from ODR March 5 at 3 a.m. and returns March 6 about 9 p.m.

### March 10 Tour Under Bamberg \$20

This unique trip through the tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, so please wear appropriate clothing and bring a flashlight. Transportation departs from ODR at 5 p.m. and returns about 7:30 p.m.

### March 12 High Ropes Course \$35

Grab your family and friends for a wonderful opportunity to explore the outdoors in a way you haven't seen it before—from up above—and on an equal level with your child (minimum age of 12). There are five different courses geared toward every skill level and age. The sky's the limit with a day filled of action. Children cost \$28. Transportation departs ODR at 11 a.m. and returns about 5 p.m.

### March 18-21 Stubai Ski & Snowboard \$275

With 110 km of slopes, there's something for everyone, including the Stubai Zoo for snowboarders that features banked cross, rails and other obstacles. Trip includes transportation, three-nights lodging at double occupancy and breakfast. Price does not include lift pass. Transportation departs ODR on March 18 at 2 a.m. and returns March 21 at about 9 p.m.



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

## EMPLOYMENT

**Child & Youth Program Assistants:** working with children in the Child Development Center, School Age Center or the Youth Sports and Fitness Program. Will be responsible for planning age-appropriate activities; supervising and monitoring children to ensure that they are safe and healthy; follow the guidelines to prevent and identify child abuse. Salary: \$10.89 - \$12.84. Related education and experience will affect salary. (2/3/2011)

**Assistant Director for the Youth Sports and Fitness Program:** Assists director with the operation, integration, coordination and oversight of installation CYS Services Sports and Fitness Program (Team Sports, Individual Sports, Fitness and Health and Nutrition Counseling/Education and Health Promotion/Events). This is a full-time position. Qualifications: requires 12-months of experience working in Sports/Fitness and/or youth Programs equivalent. Must be able to work until early evenings and week-ends. Salary: \$29,899-\$34,881 annual salary. (2/3/2011)

US Army Garrison Bamberg has a non-personal service contractor for journalism services available. Please visit the Contacting Office's website at <http://www.ecc-e.army.mil/bavaria/index.htm>, and click on Bid Board Franconia. The solicitation number is W912PG-11-T-0013. The job announcement closes Feb. 28 at 12 a.m. (1/27/2011)

US Army Garrison Bamberg is looking for a Family Advocacy Program Assistant as a non-personal service contractor. Please visit the Contacting Office's website at <http://www.ecc-e.army.mil>, and go to "Bid Board Franconia". Solicitation number and amendment number is W912PG-11-T-0019 and W912PG-11-T-0019-0001. Job announcement closes Feb. 17 at 6 p.m. (1/20/11)

MEDPROTECT, a wholly owned subsidiary of SAIC is currently seeking a qualified Global TRICARE Service Center Ben-

eficiary Service Representative for their Bamberg location. Specific responsibilities include processing registration of TRICARE beneficiary within the Composite Health Care System, maintenance of electronic system/paper files and data integrity, verifying eligibility information for remote beneficiaries and providing phone coverage and assistance for walk-in enrollment traffic within the TRICARE Service Center, to name a few. Required education skills include a high school education or GED although a degree is preferred; desired skills include three years cumulative experience in the following areas: two years experience in U.S. military health care delivery system or civilian managed care medical/administrative environment; two years experience in a medical or clinical environment; one year experience with the CHCS or other Civilian Health care Computer System and in processing medical claims. Candidates will need to submit resumes online at [www.saic.com](http://www.saic.com). To contact the position recruiter e-mail [leo.j.faneuf.iv@saic.com](mailto:leo.j.faneuf.iv@saic.com). (12/21/10)

Vendor/stocker position available for night stocking in the Bamberg Commissary. For more information, call Customer Service at 0951-300-7650. (12/8/10)

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](mailto:troy.shoemaker@us.army.mil).

AAFES Bamberg is accepting applications for entry-level retail and food service positions. Join our team, log on to [www.aafes.com](http://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: '95 White 4WD Mitsubishi Montero. Passed inspection- Great Condition. Power windows, power locks, cargo rack, cloth interior, brand new winter tires- great family SUV. Call Daryl for more details at 015224123655- make an offer! (2/10/11)

For Sale: 2010 Red Dodge Avenger still new condition, Automatic, \$15,500 less than 5,000 miles and has been in our possession since August 2009. Only serious inquiries. Christina Gonzalez 0171-777-9328 [wgonzalez001@yahoo.com](mailto:wgonzalez001@yahoo.com). (1/20/11)

For Sale: Red 2002 Dodge Stratus R/T, \$6,000, 4-door, 2.7 liter, V6 automatic transmission, leather seats, 4 disc CD changer, auto-start, alarm, A/C, power seat, rear spoiler, all season tires, alloy 17" rims, new brakes, rotors, and battery, single owner. Call Liz at 0170-907-9377 for more

information. (10/25/10)

For Sale: Toyota RAV4, 2003. Asking \$9,000. Toyota RAV4 is a 4-cylinder, gold, leather seats, 78,000 miles, regular maintenance, no accidents. E-mail [dinie76@hotmail.com](mailto:dinie76@hotmail.com) for photos. (12/1/10)

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. Call 0951-300-8901 or 0954-998-8078, or e-mail [gibbonstr@hotmail.com](mailto:gibbonstr@hotmail.com).

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 [abraham.gopfert@yahoo.com](mailto:abraham.gopfert@yahoo.com) or [kriddy43@hotmail.com](mailto:kriddy43@hotmail.com). (10/6/10)

## MISCELLANEOUS

The school is in need of a bus driver who is qualified to drive a 40-passenger bus. If interested, please e-mail [Dominick.Calabria@eu.dodea.edu](mailto:Dominick.Calabria@eu.dodea.edu). (1/27/11)

Gabi's Doggie Daycare, I have space available only on weekends, holidays, and at home care. Daily care is full. Visit [www.gabidoggiedaycare.com](http://www.gabidoggiedaycare.com).

Free to good home. A rabbit with cage and everything that goes with it. If interested, call Steve at 0951-208-5148.

Mariachi Cuatro Caminos band. We are looking for local and newly re-deployed Soldiers or family members to enlarge the mariachi band. Will perform for the community military and civilian, no money will be collected from gigs. Must read music and be able to play by ear. New to the mariachi or an instrument and you are willing to learn, no problem, as long as you can walk and chew gum at the same time. For more information about the Mariachi Cuatro Caminos band, e-mail [puomariachi@hotmail.com](mailto:puomariachi@hotmail.com). (1/3/11)

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 [solacedogrescue@yahoo.com](mailto:solacedogrescue@yahoo.com). (8/23/10)

The Bamberg Hospitality House supports the ministry of the Warner Barracks Cha-

pel 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 Pettstätt; visit [www.cadence.org/huisjen](http://www.cadence.org/huisjen) or call 09502-8037). Join us on Sundays at the 11 a.m. for the Protestant service (post chapel).

## FOR SALE

Dual voltage printer. Wireless HP 4385 Photosmart All-in-one, print, copy, and scan. 3 years old, works perfectly. Software, cords, and ink included. \$50 Contact Brittany or Jonathan at 0170-202-7674 or [bmroberts0731@live.com](mailto:bmroberts0731@live.com). (1/27/11)

220Volt Large freezer, \$250 Jeep jogger stroller- still in great condition. \$50 Low maintenance elliptical- \$20 Lightening McQueen toddler bed with mattress- never used \$60 Kids left-handed golf set - \$80 Large gas BBQ- used once during summer 2010 - \$80 Small gas bbq- free In house small stereo with speakers- \$40. Christina Gonzalez 0171-777-9328 [wgonzalez001@yahoo.com](mailto:wgonzalez001@yahoo.com). (1/20/11)

Big free standing RCA HDTV on rollers 51 1/2in tall 48 1/2 in wide 120 works great \$200 O.B.O. call 015151679661 or e-mail [brikenmar@yahoo.com](mailto:brikenmar@yahoo.com).

Snails for sale: fresh water snails. \$50 each. E-mail [pbbabe24@hotmail.com](mailto:pbbabe24@hotmail.com). (1/20/11)

Weight Bench \$75; Curl Bar \$20; 2 Long Bars \$15 each; 2 Dumbbell Bars \$10 for the set. 4x10 lb plates, 2x5 kg plates, 10x5 lb plates, 4x10 lb plates, 2x10 kg plates, 2x25 lb plates, 2x3 lb plates. All weights are 40 cents per pound and the complete set price can be negotiable. Leg Extender \$50; Computer Desk \$30. Call 0951-300-7044. (11/8/10)

## AD SUBMISSIONS

When submitting a classified ad for publication, include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after an appropriate publication length. 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](mailto: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](mailto:bambergpao@eur.army.mil).

## AAFES Corner



**PRESIDENTS' DAY**  
FEBRUARY 21, 2011  
Hours of Operation  
10:00 - 17:00

**SAVE UP TO 75%**  
ON ORIGINAL PRICE OF ALL FALL/WINTER FASHION CLOTHING AND SHOES

Items will scan at discount price. No additional reductions will be taken at register.

**FINAL Ribs Round-Up of the Week!**

**RIBS**

BUY 1 GET 1 FREE

Click [here](#) to view weekly savings

## Defense Commissary Agency Corner



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

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

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

(FIGHT continued from Page1)

cruiserweight division, trains two of his Soldiers in jujitsu. Both competed Saturday.

"It is good that they are here participating because it gives them a variety of grapplers," said Ellis, who has a background in No Gi Jujitsu. "Both of them have a solid wrestling base, so it's good that they get out here with more jujitsu guys to make their ground game more effective."

Ellis believes the Army and noncommissioned officers should continue to regularly focus on combatives because it teaches Soldiers valuable personality traits like persistence, discipline and poise.

"It would make them mentally and physically stronger," he said. "It would push them to their limits."

Ellis also believes that emphasizing combatives more often during physical training or Sergeant's Time would help improve unit cohesion and respect for one another, he said.

"I think if the leadership, the internal leadership, meaning the first sergeant, company commander up to the battalion commander and battalion sergeant major, I think if everyone pushed their Soldiers to do this more often the unit or element would become better in general, as one." Ellis said.

(SIGN continued from Page1)

ater to Building 7011, where vehicle registration is located, was pushed back 20 meters toward the Shoppette. The stop sign at this corner was replaced with a yield sign and moved up to where the crosswalk once was.

"We're trying something new to see what the feedback is from the community," said Maj. Seamus Garrett, provost marshal for Warner Barracks.

(SHOP continued from Page1)

store. "It is a very convenient location in the shopping area, has more space and is much more modern."

Boaselli said he shops at the store quite a bit.

"I like the fact that the money goes back to community," he said. "It does something good for community."

To celebrate the new location, the staff will host a grand reopening Wednesday, Feb. 16 from noon to 2 p.m. The celebration will include a ribbon cutting ceremony along with food and drinks.

The store's operating and consignment hours will remain the same: Tuesday, Wednesday and the first Saturday of the month 10 a.m. – 4 p.m.; and Thursday 11 a.m. – 5 p.m. Consignment hours: Tuesday, Wednesday and the first Saturday of the month 11 a.m. – 2 p.m.; Thursday 2 – 4:30

### Combatives Results Feb. 5

#### Lightweight

- 1st Place: Sgt. Omar Ramirez, 16th Special Troops Battalion  
2nd Place: Sgt. Luis Gutierrez, 173rd Brigade Support Battalion  
3rd Place: 2nd Lt. Jen Brouillette, 16th STB

#### Cruiserweight

- 1st Place: Sgt. James Ellis, 42nd Clearance Co.  
2nd Place: Staff Sgt. Brain Crawford, 1st Squadron, 91st Airborne Cavalry Regiment  
3rd Place: Sgt. Joseph Gonzales, Bamberg Dental Clinic

#### Light Heavyweight

- 1st Place: Maj. Adam Boyd, 24th Military Intelligence Operations Battalion  
2nd Place: Sgt. Edwin Jorge, Bamberg Dentac  
3rd Place: Spc. Jose Maldonado, 1-91 Cav.

#### Heavyweight

- 1st Place: Cpl. Gabriel Matt, 1-91 Cav.  
2nd Place: Staff Sgt. Jai-san Williams, Bamberg Dentac  
3rd Place: Air Force Staff Sgt. Jeffrey Sanderson, 52nd Civil Engineer Squadron

Van Fleet said he agrees that leaders need to be involved to establish an extensive and enduring combatives program.

"NCOs and officers need to make sure they can ensure their Soldiers get proper training through qualified instructors," Van Fleet said. "They need to check that the guy is certified and make sure it is authentic training backed by the Army."

Van Fleet recognizes that units need assistance from Installation Management Command and Morale, Welfare and Recreation, which have an important role to play the success of building combatives programs.

Many residents in the community did not like the set up of the intersection before it changed and many Interactive Customer Evaluations were submitted reflecting dissatisfaction with the traffic blueprint, Garrett said. Throughout the 18-month period the traffic plan existed, there was only one accident at the intersection, he said.

The new traffic plan should give motorists more visibility and freedom of movement, Gar-

"I think it is important that IMCOM and MWR take a major part in these competitions to provide faculties and mats that a military battalion or brigade doesn't have; they don't have these types of equipment," Van Fleet said.

Van Fleet facilitated the tournament and prepped fighters and referees during a two-day clinic Feb. 3 through Friday at the installation's Freedom Fitness Facility.

"The clinics help out; they are good," Ellis said. "It teaches you good basic submissions. I think in Level 1 they should teach the kimura; it's a very easy submission and a very effective submission."

The Freedom Fitness Facility will be used for another combatives tournament Feb. 25-26.

"The second tournament is the actual tournament of importance; the first tournament is mostly to gather the local fighters," Van Fleet said.

The second tournament won't be limited to submission grappling, like in Saturday's tournament. While the first match up of the upcoming tournament will strictly be submission grappling, the second match up and follow on matches will allow limited striking.

For more information about the combatives tournament, call 0951-300-8890 or e-mail [ernest.johnson@eur.army.mil](mailto:ernest.johnson@eur.army.mil).

rett said. The traffic pattern will be reassessed in mid-March to see if any adjustments need to be made.

Garrett said he is interested in hearing what the community thinks of the adjustments made to the traffic pattern and is encouraging people to submit their feedback through ICE comments to the provost marshal at [http://ice.disa.mil/index.cfm?fa=card&sp=82635&s=202&dep=\\*DoD&sc=29](http://ice.disa.mil/index.cfm?fa=card&sp=82635&s=202&dep=*DoD&sc=29).



Photo by Mindy Campbell  
The Thrift Shop is now located where the U.S. Post Office used to be located.

p.m.

For more information about the Bamberg Thrift Shop, call 0951-32408. For more information about BSCC log on to [www.bscc-germany.com](http://www.bscc-germany.com).

## Eco-Friendly Tips

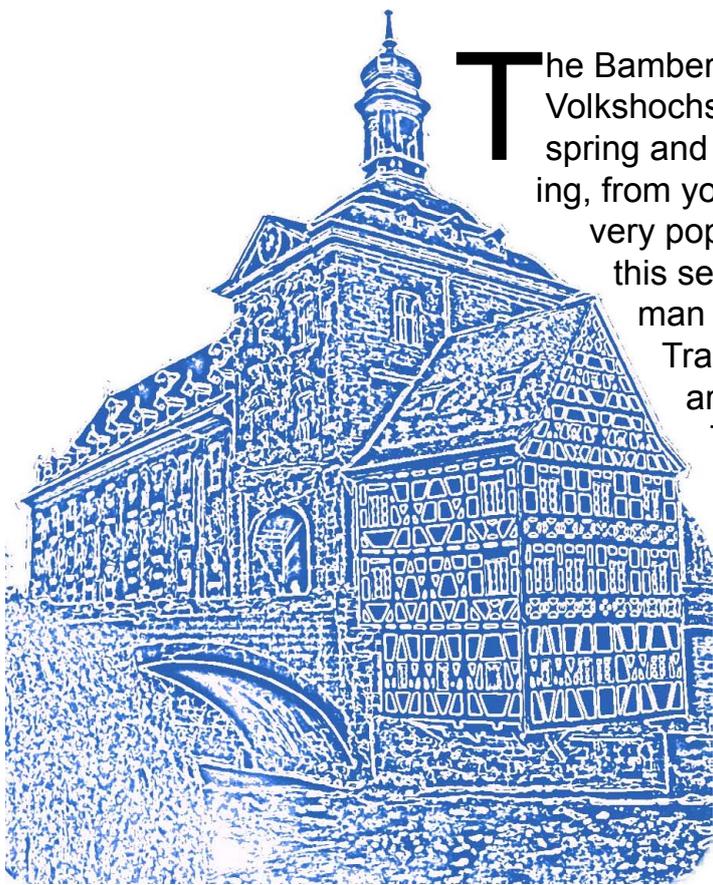
### Recycling Tips

1. Cleaning the kitchen? Use cotton cloths instead of rolls of paper towels.
2. Don't throw away old computers and TVs- recycle them.
3. Save "junk mail" reply envelopes for filing recipes, receipts, etc.

### Energy-saving Tips

1. Daytime reading and working areas should be located where window light is sufficient on all but the darkest, overcast days. This would include the chair with the magazine rack, the play table for the children, the workbench or the sewing machine. Light also means heat, so you'll be warmer as you work or play in this area.
2. When cooking, pot and cooking site diameter should correlate.
3. Put the lid on and use the smallest possible pot.

# Classes in Bamberg



**T**he Bamberg Community Recreation and Learning Center or Volkshochschule (VHS) is offering a variety of classes in the spring and in the fall. Classes range from languages to cooking, from yoga to horseback riding. Some of these classes are very popular and fill up on the first sign-up day, which for this semester is Feb. 2. You can sign up via their German website [www.vhs-bamberg.de](http://www.vhs-bamberg.de), or at their office at Traenkigasse 4, 96052 Bamberg. Their opening hours are Mon. 9:30 a.m. to 12:30 p.m. and 2 to 5 pm., Tue., Wed., Thur. 9:30 a.m. to 12:30 p.m. and 2 to 4 pm, Fri. 9:30 a.m. to 12:30 p.m. There are extended opening hours from Feb. 2 – 18: Mon. 9:30 a.m. to 5 p.m., Tue., Wed., Thur. 9:30 a.m. to 12:30 p.m. and 2 to 5 pm, Fri. 9:30 a.m. to 12:30 p.m. Payment is either in cash, or via German bank withdrawal so have you 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 website for locations.

Course	Start	Time	Price	Location	Comment
Yoga (4262)	Feb. 21	6:20 – 7:50 p.m.	€49.92	Altes E-Werk, room U 10	Classes are always on Mondays
Yoga (4291)	Feb. 22	6 – 7:30 p.m.	€55.91	Altes E-Wert, room 207	Classes are always on Tuesdays
Intensive German language class (3013)	Feb. 22	6:30 – 8 p.m.	€76.80	Graf-Stauffenberg-Schule, room 214	Classes are always on Tuesdays. Additional cost for books: €24.95
German language class for moms (3010)	Feb. 24	9 – 11:30 a.m.	€20	Nuernbergerstrasse 108k	This is a beginners class. Free childcare during class. Classes are on Thursdays.
German language class for advanced beginners (3012)	Feb. 24	6 – 8 p.m.	€60.48	Franz-Ludwig-Gymnasium	Classes are always on Thursdays. Additional cost for books: €23
Yoga (4276)	Feb. 24	8:30 – 10 a.m.	€58.60	Altes E-Werk room 101	Classes are always on Thursdays
Moroccan cooking with chocolate (5425)	Feb. 25	5 – 9 p.m.	€21.80	Altes E-Werk, U16	
Cocinamos y conversamos (5422)	Feb. 25	6 – 9 p.m.	€39.55	Altes E-Werk U-17	Second session on Sat. Feb. 26, 9 a.m. to 4 p.m.
Indian cooking class (5430)	March 17	6:30 – 9:30 p.m.	€73.40	Altes E-Werk U17	Classes are always on Thursdays. Includes €25 for food items
Horseback riding (4980)	March 18	8 – 9 p.m.	€110	Poeldorfer Strasse 196	Classes are always on Fridays. No class on Apr. 22 and 29
Horseback riding (4981)	March 19	10 – 11 a.m.	€110	Poeldorfer Strasse 196	Classes are always on Saturdays. No class on Apr. 23 and 30
Cooking class for men only (5307)	April 1	5:30 – 9:30 p.m.	€29.80	Altes E-Werk U16	Includes €15 for food supplies
Indian cooking class (5432)	April 1	6 – 9:30 p.m.	€34.18	Altes E-Werk U17	Second session on Apr. 2, 10 a.m. – 1 p.m.
Medieval cooking (5309)	May 4	5:30 – 9:30 p.m.	€25.24	Altes E-Werk U17	
Thai cooking (5440)	May 5	6:30 – 9:30 p.m.	€38.72	Altes E-Werk U17	Classes are on Tuesdays; additional cost for food supplies: €18 payable on the first evening
Vegetarian Indian cooking (5431)	May 5	6:30 – 9:30 p.m.	€73.40	Altes E-Werk U17	Classes are always on Thursdays.
Moroccan cooking class (5426)	May 6	5 – 9 p.m.	€21.80	Altes E-Werk U16	
Indian cooking class (5433)	May 6	6 – 9:30 p.m.	€34.18	Altes E-Werk U17	Second session on Sat. May 7, 10 a.m. – 1 p.m.
Inline Skating class for children/teens (4985)	June 8	6 – 7 p.m.	€20	Rollschuhbahn, Stadion	Bring your own gear; helmet mandatory; classes are on Wednesdays
Inline Skating class for children/teens (4986)	June 11	2 – 3 p.m.	€20	Rollschuhbahn, Stadion	Bring your own gear; helmet mandatory; classes are on Saturdays
Inline Skating class for adults (4987)	June 11	3 – 4 p.m.	€20	Rollschuhbahn, Stadion	Bring your own gear; helmet mandatory; classes are on Saturdays

For more classes and information on locations of classes as well as information on refunds please contact the VHS directly at 0951-871108 or visit [www.vhs-bamberg.de](http://www.vhs-bamberg.de). Also, please double check dates and times when you sign up.