



# WARNER WEEKLY

News & Information at Your Fingertips

VOL. 6, Issue 12

www.bamberg.army.mil

Thursday March 24, 2011

## Nutrition program informs, supports community members

By Mindy Campbell,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- With seven children ranging in age from nine years old to seven months, Jennifer Parmer has a big job making sure her family eats healthy, nutritious meals.

That is also compounded by the fact the family is stationed overseas, where many food items cost more than in the states.

To help answer those needs, Parmer and her family joined the Women, Infants and Children Overseas program about nine years ago.

"It is a wonderful, fantastic program," Parmer said.

WIC is a three-tiered program that provides nutritious foods, nutrition education and referrals to participants at no charge, said Beth Danowsky, a registered dietician and certified lactation counselor who works in the WIC Bamberg office. WIC serves low-income pregnant, postpartum and breastfeeding women, and infants and children up to the age of five who are at nutritional risk.

"The WIC program is a supplemental nutrition program developed about 30 years ago state-side to address nutrient deficiencies and substitutes for formula," said Danowsky.

In 1974, when the WIC program was established, 88,000 people participated in the program and congress authorized more than \$20 million to fund the program, the WIC website states. During the 2009 fiscal year, about 9.3 women, infants and children received WIC benefits. In fiscal year 2010, congress appropriated \$7.25 billion for WIC.

Although it has been around for several decades, WIC began overseas in 2001 and is a part of Tricare and the Department of Defense, Danowsky said.

Currently, the local office has about 560 community members enrolled, which is probably well-below the number that could qualify, she said.

"I think that a lot of people are not aware of the program and that people are overwhelmed with new information when they first come into the community," Danowsky said. "At this point in the game, we will not turn anyone away from the program who financially qualifies."

Sarah Poppe, a registered nurse who also works in the WIC Bamberg office, said many community members may qualify for the program because the income guidelines are a little more broad overseas. In addition to income guidelines the WIC staff looks at rank,

other sources of income, length of service and household size to determine who is qualified.

"Many think they don't qualify over here because they don't qualify back in the states," Poppe said. "But, you might very well qualify over here."



**IMCOM**

SOLDIERS • FAMILIES • CIVILIANS

The staff encourages community members to call or stop by the office, located in the Army Community Service building, to assess if they are eligible or not.

### Healthy Eating

Nearly one in three American children or teens are overweight or obese, nearly triple the rate in 1963, according to the American Heart Association. Obesity causes a wide-range of problems.

Healthy eating habits are very important to help ensure proper development for the child, Danowsky said.

"Nutrition from conception and on can affect a child's growth and development well into their adult life," Danowsky said. "So starting them off on the right track early on is going to provide them with a head start into proper development going forward."

(WIC continued on page 11)

## Sustainment brigade Soldiers vie for best warrior in competition

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

BAMBERG, Germany -- In a brigade of approximately 3,300 Soldiers, only 10 from five battalions made it to the most recent 16th Sustainment Brigade Warrior and Warrior Leader of the Quarter competition.

Five junior enlisted and five noncommissioned officers, each the best in their respective battalions, went head-to-head with minimal sleep and the knowledge that one mistake could end their chances of winning.

The brigade had its third WOQ/WLOQ competition for fiscal year 2011 on Warner Barracks March 8-9.

The competition started with an Army Physical Fitness Test. Two-by-two the Soldiers stepped up to be graded on their level of fitness, knocking out as many pushups and sit-ups as they could in a two-minute period in addition to a timed 2-mile run.

"My sponsor helped me out a lot on this competition," said Spc. Jackie Culpepper, a military police officer with the 511th Military Police Platoon, 14th Transportation Battalion and the winner of the 16th Sust. Bde. Warrior of the Quarter competition, "She was always there motivating me to do better."

Sgt. Corey Thompson, a motor transport operator with 1st Inland Cargo Transfer Company, 18th Combat Sustainment Support Battalion and winner of the 16th Sust. Bde. Warrior Leader of the Quarter competi-



Spc. Kevin Alex, 16th Sustainment Brigade

Spc. Jackie Culpepper, a military police officer with the 511th Military Police Platoon, 14th Transportation Battalion, 16th Sustainment Brigade, looks over her grid coordinates before heading out on the land navigation course during the brigades Warrior and Warrior Leader of the Quarter competition at the local training area in Bamberg March 8.

tion, credited a fellow noncommissioned officer, a staff sergeant, for his success as well.

(WARRIOR continued on page 11)

## National Nutrition Month: Replenishing nutrients lost during exercise

By Maj. Vancil McNulty, Physical Therapy Staff Officer, U.S. Army Public Health Command (Provisional)

The old saying "you are what you eat" was popularized (but not originated) by an English nutritionist named Dr. Victor Lindlahr who published a book in the 1940s called "You Are What You Eat: How to Win and Keep Health with Diet."

Lindlahr was a strong believer in the idea that food controls health. The last 70 years of nutrition research has provided ample evidence that Lindlahr was right—good nutrition has a profound positive influence on our health. We also now understand how important "recovery" nutrition is for athletes and how it plays a role in the prevention of injury.

Strenuous exercise such as endurance running, sprinting, or resistance training deplete energy (muscle glycogen stores) and cause muscle damage.

PROTEIN (about 7 grams each)	CARBOHYDRATE (about 15 grams each)
1 egg white	½ cup of fruit juice
1 ounce cheese	Small piece of fruit
1 ounce meat (chicken, fish, beef)	1 ounce cereal
1 cup milk	1 piece of bread
¼ cup nuts	½ cup pasta
2 tablespoons peanut butter	½ cup rice

If depleted energy is not replaced and muscle damage not repaired adequately, injury and reduced physical performance will occur.

Studies of women who exercise show a negative energy balance is a risk factor for stress fractures of the bone. While both civilian and military research have proven that consuming foods that restore energy balance overcomes fatigue, minimizes muscle damage, promotes recovery and protects against heat injury, the timing of the nutritional intervention is critical. Research shows that consuming a combination of carbohydrates and protein within a

60-minute window immediately following very strenuous exercise initiates repair of muscles damaged during the activity and begins the replenishment of muscle energy stores. In fact this is the only recommendation from the Joint Physical Training Injury Prevention Work Group related to nutrition and its effect in the prevention of musculoskeletal injury.

During this time, the body is primed for rebuilding what was used or broken down during the exercise. If the nutrients are consumed more than 60 minutes after the end of the exercise bout, the body is less able to absorb the nutrients, thus diminishing the rate of recovery.

After an hour of exercise, the ideal balance of nutrients needed to allow for the most rapid replenishment of muscle glycogen to optimize and accelerate the recovery process is roughly 12 to 18 grams of protein and 50 to 75 grams of carbohydrate (a ratio of 1 gram of protein for every 4 grams of carbohydrate).

## America's last Doughboy

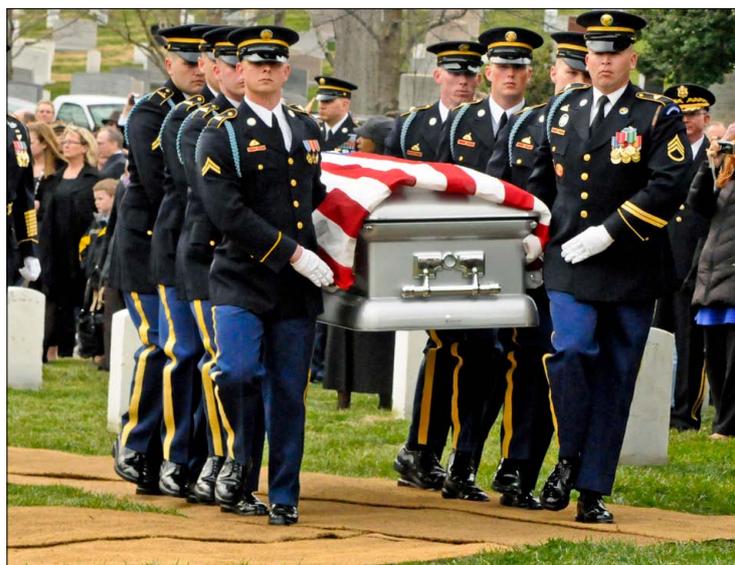


Photo by Staff Sgt. Adora Gonzalez

U.S. Army Soldiers with 3rd U.S. Infantry Regiment The Old Guard carry the casket of Army Cpl. Frank Woodruff Buckles, the last American World War I veteran, for his funeral ceremony at Arlington National Cemetery March 15. To read more, click [here](#).

## Memorial ceremony set for two fallen Engineers

KAISERSLAUTERN, Germany – A memorial ceremony is scheduled for March 30 at 3 p.m. at the Bamberg Community Chapel on Warner Barracks in Bamberg, Germany, for two Soldiers assigned to the 541st Engineer Company (Sapper), 54th Engineer Battalion, who died in Afghanistan March 22.

Staff Sgt. Joshua S. Gire, 28, of Chillicothe, Ohio, and Pfc. Michael C. Mahr, 26, of Homosassa, Fla., died in Logar Province of wounds suffered when enemy forces attacked their unit with an improvised explosive device, rocket propelled grenades and small arms fire.

"Our heartfelt condolences and deepest sympathies go out to the families and friends of Staff Sgt. Gire and Pfc. Mahr," said Lt. Col. Anna Friederich, a 21st Theater Sustainment Command spokes-



person. "Our priority right now is ensuring all the families' needs are taken care of and these two Soldiers are appropriately honored for their sacrifices."

Gire and Mahr were assigned to the 21st TSC's 18th Engineer Brigade and stationed in Bamberg, Germany.

At the time of the incident, they were both deployed with their company to Afghanistan in support of Operation Enduring Freedom.

The incident is under investigation.



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

USAG Bamberg, Public Affairs Officer  
Renate Bohlen

Warner Weekly Staff  
Sina Kingsbury, Douglas DeMaio

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

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

To subscribe to the Warner Weekly please send an email with 'SUBSCRIBE' as the subject to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil)

#### Contact Information:

Office Location: Bldg. 7089, Warner Barracks  
U.S. Army Address: Unit 27535, APO AE 09139  
Telephone: DSN:469-1600, Fax: DSN:469-8033

German Address:  
Weissenburgstrasse 12, 96052 Bamberg  
Telephone: (+49) 0951-300-1600, Fax: (+49) 0951-300-8033

## Engineers ensure safety, quality assurance of Afghan worksites

By U.S. Army 2nd Lt. Michael Chigbrow, Task Force Dolch

LOGAR PROVINCE, Afghanistan -- Soldiers of the 54th Engineer Battalion partnered with personnel from the U.S. Army Corps of Engineers to go out and inspect two construction projects in Pul-e Alam, Feb. 13.

The team first inspected a construction project at the Afghan National Army recruiting center in Pul-e Alam. The Afghanistan Engineer District-North is spending nearly \$200,000 to install new guard towers and gates at the facility.

Additionally, all recruiting centers are also required to update and standardize their exterior facade. The estimated finish date for this project is July.

While conducting the inspection, USACE personnel spoke with local on-site quality control personnel, ensuring all of the work is conducted in a safe manner and checking to make sure the quality of the workmanship is up to par with the contract standards.

"The biggest thing we look for is safety violations," said Philip Kielhurn the project engineer and contracting officers' representative for the district's Forward Operating Base Shank office.

"We want to make sure that the local contractors are operating in a safe fashion," said Kielhurn. "After that, it's negating any deficiencies."

Kielhurn had previously worked for USACE in Iraq and said there are several differences between the types of projects he has worked on in the two countries.

"In Iraq, the focus seemed more concentrated on infrastructure, i.e. water projects, hospitals, power and schools," said Kielhurn. "In Afghanistan, we are currently focused on building Afghan army and Afghan National Police compounds."

While AED-N personnel were conducting the site inspection, Soldiers from the 54th Engineer Battalion were on hand providing security. They were stationed around the perimeter to ensure no unauthorized entry to the site occurred. As usually happens in Afghanistan, the locals and children came up, waved and talked with the Soldiers.

U.S. Army Spc. Zachary Bradely, Headquarters and Headquarters Company, 54th Eng. Bn., Task Force Dolch Soldier from Asheville, N.C., said, "It was good to get my feet on the ground and interact with the local populace."

The second and much larger project the team inspected was the construction of the Afghan National Police provincial headquarters for Logar Province, located just outside of Pul-e Alam. The cost of the project is \$7.2 million, and when complete, the site will provide quarters for 250 to 300 ANP officers. The site will be completely self sufficient with its own medical, lodging, dining and training facilities.

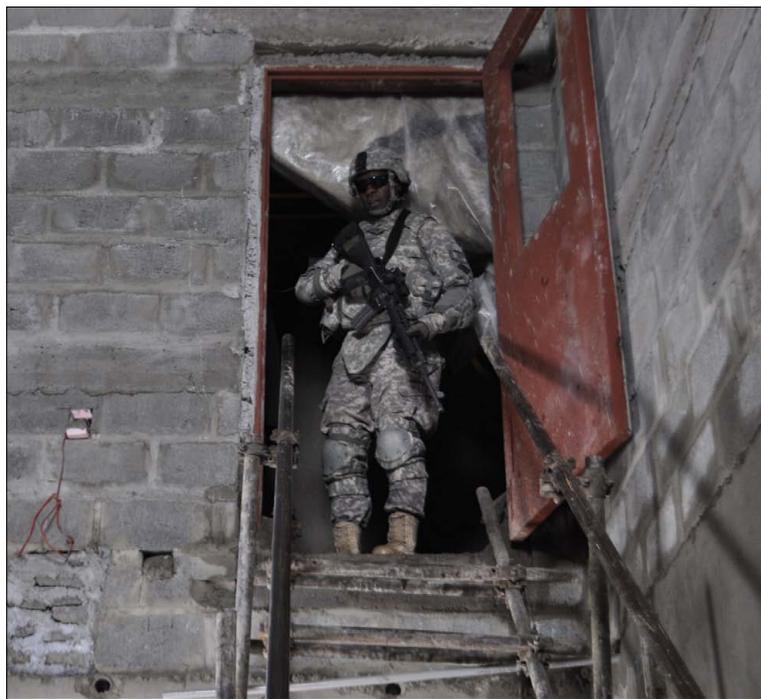


Photo by 2nd Lt. Michael Chigbrow, Task Force Dolch  
Staff Sgt. Crispin Quintana with Headquarters and Headquarters Company, 54th Engineer Battalion, Task Force Dolch, from Miami, stands at the top of a stairway after ensuring the building was secure for U.S. Army Corps of Engineers Afghanistan Engineer District-North personnel to conduct quality-control and safety inspections.

"I think that when you have the headquarters and training facilities located right next to the town, it will help increase the stability of the area," said Kielhurn.

In addition to looking at the safety and quality-control parts of the project, district personnel have to ensure local contractors are meeting their obligations and completing the work in a timely manner.

"We have to verify the percentage complete of the work," said Kielhurn. "The government does not pay for work that is not yet complete."

After several hours of walking up and down snow-covered paths, through buildings and meeting with local quality-control personnel, the district personnel completed the inspections. Because these projects are not scheduled to be finished until July, however, there will be more inspections to ensure the contractors remain on track.

The Soldiers of the battalion will continue to partner with USACE to ensure the safety and quality-control requirements are met.

"I really enjoyed the opportunity to support the USACE personnel and would like to help them out in the future as well," said U.S. Army Staff Sgt. Crispin Quintana, HHC 54th Eng. Bn., TF Dolch Soldier from Miami.

## Stable Theater to have casting call for 'Crimes of the Heart'

Tragic comedy also needs supporting cast, crew to provide community performance

By Sina Kingsbury,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- Open auditions will take place at the Stable Theater March 30 - 31 at 6:30 p.m. for Beth Henley's award winning play "Crimes of the Heart."

The play is a black comedy that tells the story of three sisters who, after reuniting, begin to

confront their own misgivings and family dysfunction.

"Auditions begin with icebreaker games," said Jack Austin, Stable Theater's entertainment director.

Warm-up exercises are a fun way for the participants to get to know other actors and allow them to relax before an audition begins, Austin said.

Actors will be given a script to look over and perform.

"I encourage actors to take a chance," Austin said. "Don't hesitate to have fun with the role and give the character energy."

Parts in the play are limited to one male and five female roles. There are also several behind the scenes positions needed to be fulfilled.

"The play still needs a stage manager, a costume designer, a lighting designer, set builders, just to name a few," Austin said.

For more information on "Crimes of the Heart," call 0951-300-8647.

## Community Announcements

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

### Prayer Vigil for the Earthquake Victims in Japan

The Bamberg Community Chapel will be open for prayer during the hours of 11:30 a.m. - 1 p.m. Monday-Friday until April 15.

### Career Opportunity

A team of recruiters from The Asymmetric Warfare Group will be visiting Bamberg March 30-31 from 10:30 a.m. - 1:30 p.m. to give a briefing at the education center in room 413 to operational and combat veterans on career opportunities within the organization.

### Commissary Patrons

A new installation policy will not allow for unauthorized persons to enter the commissary beginning April 1. Authorized patrons will not be allowed to escort or sign in any visitor in to the commissary. Commissary staff currently performs a 100 percent identification-card check and allow visitors to accompany the authorized patron, but that policy will be more restricted beginning next month. Commissaries authorize the purchase of groceries to military personnel, retirees and their families, along with Department of Defense employees who work overseas within a Status of Forces Agreement.

### Starting School

Bamberg Elementary School in partnership with Child Youth School Services will have an information session at Preston hall April 1 from 11:30 a.m. to 12:30 p.m. to inform parents about students beginning their first year. Representatives from transportation, school registration and the Parent Teachers Association will be an attendance to answer questions and provide information to make the transition from preschool to school easier. If you have a child who turns 5, no later than Sept. 1 and is entering kindergarten this fall, please join us.

### Live Music

Operation Acetylene will play live music at the Birchwood Lane Bowling Center April 1. The band, which is a punk band with rock influences, will play cover songs that include; Rancid, Jimmy Eat World, MxPx, Blink 182, Green Day, SR 71, The Police, The Cranberries, The Clash, Johnny Cash and Weezer.

**2011 TEXAS HOLD'EM**  
Play Big! Win Big!

**Online Winners:**

1st Place: Ultimate Home Theater System (with Blu-Ray and BOSE Surround Sound)	4th Place: iPad
Texas Hold'em Title Bracelet!	5th Place: Xbox 360 with Kinect
2nd Place: 3D Home Theater	6th Place: Nintendo Wii
45" HDTV Blu-Ray Player, Glasses - 2 Pair	7th Place: Flip Ultra III Camcorder
3rd Place: 21.3" Touch Screen Computer	8th Place: Nintendo DSi XL

**Garrison Winners:**  
Up to \$500 Cash and advance to the online finals plus other great prizes!

**Bamberg Birchview Lanes Bowling Center**  
every Sunday, 12 p.m. starts May 1  
Contact: (0951) 300 7722, DSN 469-7722  
Phillip.ray.brown@us.army.mil  
Or sign up through [facebook](#)

### Scrapbooking

Learn how to use distressing ink, a distressing machine, and use tea to dye tags at the monthly scrapbooking April 1 from 6 p.m. to midnight at the 173rd Brigade Support Battalion Family Readiness Group Center. The cost is \$15. All crops include dinner, hourly door prizes, and a free instructional class. Childcare is available at the FRG center play room with child care providers at a cost of \$2 per hour per child. Reservations for childcare must be made in advance as space is limited. For more information, call 0951-300-7308 or [wendy.sledd@us.army.mil](mailto:wendy.sledd@us.army.mil).

### Waist Whittlers

Bamberg community members are invited to participate in a women's weight loss support group beginning in April. The group, for those looking for support to help them with their weight loss goals, will be held the first and third Thursday of each month in the Army Community Service building from 1-2 p.m. For more information, contact Beth Danowsky at 0951-300-7913 or by e-mail at [elizabeth.a.danowsky.ctr@eur.army.mil](mailto:elizabeth.a.danowsky.ctr@eur.army.mil).

### Basket Drawing

The Bamberg Elementary School Parent Teacher Association will have a drawing for two beautiful baskets on April 1. Tickets are \$1 and you may buy as many as you would like. Tickets will be on sale every Friday in March from 10:45 a.m. - 12:30 p.m. in the multipur-

pose room and the night of the talent show.

### Frankfurt Benefits Office Change

The Federal Benefits Unit in Frankfurt will have a new telephone number to call starting April 4 if you need assistance with Social Security, Medicare or Veterans Administration issues. The new number is 069-95551-110. All previous extensions and phone numbers will be discontinued on April 4. The Federal Benefits Unit, Frankfurt may also be reached at FBU. [Frankfurt@ssa.gov](mailto:Frankfurt@ssa.gov) or by FAX at 069-749352.

### Health Clinic

Beginning April 4, Army health clinics in Bavaria will be open full days on Fridays. As a result, the clinics will no longer schedule appointments after noon on Thursdays to accommodate staff training. For more information, contact your local Army health clinic.

### Month of Military Child events

Throughout the month of April the U.S. Army Garrison Bamberg will host several events in honor of the Month of the Military Child. The kick-off celebration will be held Saturday, April 2 at Friendship Park at 9 a.m. The event will include a 5K Family Run/2K Kinder Volksmarch, a performance from Strong Beginnings and a 4-H Pet Expo. On Saturday, April 23, the garrison will host an Easter egg hunt/Spring Fling event at Friendship Park at 10 a.m. Following the egg hunt, the Spring Fling will include field games, arts and crafts and lunch. Stop by the Community Activity Center's portrait studio April 24 from 11 a.m. - 1 p.m. and take a picture with the Easter Bunny. Pictures are \$5.

### Parent's Night Out

Enjoy a day or night out by enrolling your children in the next Parents Day Out or Parents Night Out programs. Dates for Parents Day Out will be April 2, June 4, Aug. 6, Oct. 1 and Dec. 3 from 11:30 a.m. - 3 p.m. Dates for Parents Night Out will be May 6, July 8, Sept. 9 and Nov. 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. For more information, call 0951-300-8660.

### Edelweiss Resort

Did you know Edelweiss Resort has vacation cabins as well? From now until April 8 a three-night stay in a rustic cabin is only \$130. How is that for an affordable base camp to ski and snowboard in the Alps?

### BOSS Trip

Take a trip with Amsterdam with Better Opportunities for Single Soldiers April 8-11. The trip includes: motor coach transportation, two nights in a 3-star hotel, two breakfast buffets, walking tour of Amsterdam, visit to cheese and clog farm, entrance fee to Anne Frank's house, Holland Tour in Volendam, Edam, Monnickendam. There is an English speaking tour guide throughout the trip. The price is \$339. For more information, call 0951-300-9086/8890 or e-mail [bam.dfmwr.boss@eur.army.mil](mailto:bam.dfmwr.boss@eur.army.mil).

### 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. The next PEP class is scheduled for April 11-15. Call 0951-300-7777 to reserve a spot.

### Retiree Counsel

There will be a Retiree Counsel meeting April 14 at 2 p.m. in the permanent change of station conference room We will be voting for Retiree Counsel members. The positions that are open are president, vice presi-

USAG Bamberg  
Community Activity Center

U.S. ARMY  
MWR

**Community Flea Market**  
Every second Saturday (March-October)  
March 12, April 9, May 14, June 11,  
July 9, Aug. 13, Sep. 10, Oct. 8  
10 a.m.-1 p.m. at CAC, Building 7047  
Contact CAC at (0951) 300 8659

**Food Handlers Classes**

Bamberg

March 31  
1 - 2 p.m.  
Building 7029 room 118  
(ACS)  
Warner Barracks

Food handlers certification is a requirement if you are serving any prepared foods to the public. Classes are being held in Bamberg on the above dates. Space is limited to 30 people per class.

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

dent, secretary and three voting members. For more information, call 0951-300-7514.

### 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).

### AWAG Conference

Registration for the annual AWAG Conference will run through 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. 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.

### Science Fair

Bamberg Elementary School is scheduled to have a Science Fair on May 4 in the multipurpose room. The fair begins at 3:30 p.m. and finishes at 5 p.m.. Bamberg community members are invited to come, enjoy, and talk with our students about their experiments.

### Weekly Reminders

#### Boy Scouts

Boy Scout Troop 40 in Bamberg is looking for boys ages 12 and older who are interested in becoming Boy Scouts. The troop meets every Monday from 6:30 - 7:30 p.m. except on holidays. The boys work on requirements for advancement and earning merit badges. The troop is also looking for adult volunteers and Eagle Scouts to assist with troop activities. Don't delay; become a Boy Scout today. For more information, call 0160-158-5894.

**SUMMER HIRE 2011**  
June 20 - July 29

Applications Accepted Online  
**March 27 - May 22**  
<https://injobs.army.mil/sh/staffing/summerhire/>

**Type of Work**  
Labor, Clerical, Child Care

**Eligibility**  
Family Members (FM) between the ages of 14 to 22 years old, with valid FM ID Cards. This includes spouses under 18 years of age who are still in High School.

**0951-300-8812**

1. APPLY ONLINE  
2. COMPLETE INPROCESSING PACKET  
3. SUBMIT INPROCESSING PACKET TO YOUR LOCAL SPAC WITHIN 8 DAYS AFTER APPLYING ONLINE

### 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. For more information, call 0951-300-8261/8262.

### Hey Volunteers

The end of the volunteer year is fast approaching. Please remember all of your volunteer hours from April 1, 2010, through March 31 need to be logged into [myarmyonesource.com](http://myarmyonesource.com). Plans for your Annual Volunteer Recognition Ceremony are underway, so please make sure you are registered and your volunteer hours have been documented. Remember the cutoff is March 31. For more information, call 0951-3007777.

### 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 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. For more information about the project, 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 meets 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. For more information, call 0951-300-8001.

### 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.

### 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.

### 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.

**Bamberg School Age Center**  
**"Awesome Tech Explosion"**  
**Spring Break Camp 2011**

April 18-22  
Hours of Operation  
SAC hours 5:45 a.m. - 5:45 p.m.  
Camp Hours 8:30 a.m. - 5:30 p.m.

Daily Themes  
Monday: "Robotics and more"  
Tuesday: Field Trip to Sinsheim Technology Museum/Park  
Wednesday: Ultimate Space Journey  
Thursday: Creative Inventions  
Friday: "Tech" Extravaganza

Ages:  
Kindergarten - 5/6th Grade youth  
No cost for youth who turned 11 before the start of the school year.

For more information or to reserve a space, call Parent Central Services at 0951 300 7716.

MWR U.S. Army Child, Youth & School Services

USAG Bamberg  
Freedom Fitness Facility

Spring Into Fitness  
**5k Fun Run**  
March 26, 9 a.m.  
at Freedom Fitness Facility

Contact (0951) 300 8890, DSN 469-8890

### 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 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.

### 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.

### 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

## Recycling Progress ▲

**There were 8 tons of metal recycled in February. Four tons more than in January.**

are available. The clinic is closed on the last week-day 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.
- **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

### 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, call 06221-57-6489.

### Youth Golf Tournament

Whispering Pines Golf Course is hosting a nine hole golf youth tournament Saturday, April 16 at 9 a.m. Cost is \$25. Prizes will be given for first through third places in three age categories: 6-9 year olds, 10-15 year olds and 16-18 year olds. A barbecue will be held at the end of the event. For more information, call 0951-300-8953 or e-mail [darcey.n.shepard@eur.army.mil](mailto:darcey.n.shepard@eur.army.mil).

### 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.

## Youth and Teens

### 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 0951-300-1570.

### Cub Scouts

There is a Cub Scout Pack 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, call 0162-234-0906.

### 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. For more information, 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).



**Amsterdam**  
with BOSS, Training Holiday Weekend  
April 8 - 11

Trip costs \$339 and includes:

- 2 nights in a 3-star hotel,
- 2 breakfast buffets,
- walking tour of Amsterdam,
- visit to a cheese and clog farm,
- visit to Anne Frank's house, entrance fee incl.
- tour of Volendam, Edam, Monnickendam
- visit to Delftse Pauw in Rijswijk.
- English speaking tour guide throughout trip.

Sign up at the Freedom Fitness Facility. \$100 deposit per person to reserve your seat. Payable in full no later than April 5

Contact (0951) 300 9086/8890 / E-mail [mail.bam.dfmwr.boss@eur.army.mil](mailto:mail.bam.dfmwr.boss@eur.army.mil)

### Youth Lessons

Child, Youth and School Services SKIES Unlimited is offering lessons for tennis, racquetball and dance for youth ages 7-18. For more information, 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 0951-300-8874.

## Continuing Education

### Term IV

Central Texas College Europe Term IV registration continues through the first day of class. Term IV starts March 28 and ends May 20. Courses being offered this term include: Automotive Suspension and Steering Systems on Monday, Wednesday and Thursday from 5:30 - 9:30 p.m.; Educating Young Children on Tuesdays and Thursdays from 6 - 8 p.m.; Fundamentals of Criminal Law on Tuesdays and Thursdays from 6 - 9 p.m.; Emergency Medical Technician-Basic Certification Course on Monday, Wednesday and Thursday from 6 - 10 p.m.; and Introduction to the Hospitality Industry on Tuesdays and Thursdays from 6 - 9 p.m. For more information, contact the Bamberg Field Representative at 0951-300-7467 or stop by the Education Center, Room 311.

### Study Overseas



**CALLING ALL CRAFTERS!**

The Hohenfels Community and Spouses Club is looking for crafters to sell their handmade goods during

**CELEBRATION OF THE ARTS**

Art Exhibition    Craft Fair    Gala

April 9, 10 a.m.-3 p.m.

At the Hohenfels Community Activities Center

Email [PaigeLovesKeith@yahoo.com](mailto:PaigeLovesKeith@yahoo.com) to participate

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 Scotland: Culture, Literature, and History (ENGL 288/388), which will be in historic sites throughout Scotland; and History and Culture of Naples (HIST 217F/317F), which will be in Italy. Both courses meet on May 15-21 and have a registration deadline of April 24. For more information, visit [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy) or e-mail [fieldstudies@europe.umuc.edu](mailto:fieldstudies@europe.umuc.edu).

### Spring Registration

University of Maryland University College Europe announces registration for Spring 2011 Session 2. Registration for Europe online courses continues from now through April 3. Online classes start April 4. Students are encouraged to enroll early. For more information, visit [www.ed.umuc.edu](http://www.ed.umuc.edu), or call 06221-3780.

### PTA Scholarships

Apply for European Parent Teacher Association scholarships. For more information, visit <http://euro-peaceonline.org/EPTAScholarship.aspx>.

### Book Award

University of Maryland University College Europe is pleased to continue the popular book award program for Spring 2011 Session 2. Students can apply for a book award to offset textbook costs, including the \$100 Orkand Military Book Award for enlisted service members and the \$100 Europe Book Award for spouses and family members of service members of all ranks. For information, go to [http://www.ed.umuc.edu/financial\\_aid](http://www.ed.umuc.edu/financial_aid). For more information about the book award program, visit [www.ed.umuc.edu](http://www.ed.umuc.edu), or call 06221-3780.

### Language Initiative

Learn more about the State Department's National Security Language Initiative for Youth. It provides merit-based scholarships to U.S. high school students and recent graduates interested in learning less-commonly studied foreign languages. For more information, visit <http://exchanges.state.gov/youth/programs/nsli.html>.

### Student Aid

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

## Closures / Changes

### Vehicle Registration

Vehicle Registration Office will be closed for lunch March 29 - April 1 from 11:45 a.m. - 12:30 p.m. For more 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

### Poker Tournament

Take part in the Morale, Welfare and Recreation poker tournament every Sunday beginning May 1. This is a five-week event that runs through May 29. The top two seeds of each week will advance to the final table on June 5. The top three prizes will be cash prizes. The first place winner will receive an entry to an online worldwide poker tournament for the U.S. Army. The entry is free. For more information, call 0951-300-7722.

### 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 at 0951-24378 or the American project officer at 0951-300-1610.

## Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in March and April.

Registration for trips begin 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>.



### March 26 Little Swiss Hike \$35

Say goodbye to winter and welcome in spring with our Little Swiss Hike. You will enjoy the calm of the landscape as you deeply inhale the fresh spring air. Please wear appropriate clothing, hiking boots and pack a lunch and hydrating liquids. Transportation departs ODR at 9 a.m. and returns about 5 p.m.

### April 2 Nurnberg Zoo \$ 35

With well-designed paths among the animal enclosures, enjoy a leisurely stroll as you observe the many species the zoo possesses. Observe live animal feedings and shows, and when your legs get tired grab a snack at one of the restaurants located inside the zoo. The trip includes transportation and admission. Children ages 4-12 are \$20, and children 3 and under are \$10. Transportation departs Outdoor Recreation at 9 a.m. and returns at 5 p.m.

### April 7 Tour Under Bamberg \$25

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 Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

### Wednesday Evening Mountain Bike Rides \$15

Enjoy the longer days with a mountain bike ride through the woods. Occurring April 13, 20, and 27, de-stress while breathing in the fresh air and learning new trails. Use your own bike or rent one from ODR for only \$10. Riders must sign-up in advance. Transportation departs Outdoor Recreation at 5 p.m. and returns at 8 p.m.

### April 16 Salzburg, Austria \$65

Visit this charming city which is famous for the Sound of Music, is the birthplace of Wolfgang Amadeus Mozart, and where the Fortress of Hohensalzburg provides breathtaking views. The trip includes transportation and a two-hour city tour. Children ages 4-12 are \$55, and children 3 and under are \$45. Transportation departs the Chapel parking lot at 5 a.m. and returns at 10 p.m.

### April 23 Easter Egg Hunt / Geocaching

Join Outdoor Recreation and U.S. Army Garrison Bamberg as we celebrate the month of the military child. The Easter Egg Hunt this year will have an added twist, as children grades sixth and older will be able to use Global Positioning System to locate hidden gems. Check the Morale, Welfare and Recreation brochure for more information.

### May 5 Tour Under Bamberg \$ 25

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 Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

## Bamberg Movie Schedule

AAFES Reel Time Theater is closed  
Tuesdays and Wednesdays

Thu	March 24	The Dilemma (PG-13)	7 p.m.
Fri	March 25	True Grit (PG-13)	7 p.m.
Sat	March 26	Mars Needs Moms (PG)	3 p.m.
		Country Strong (PG-13)	7 p.m.
Sun	March 27	Mars Needs Moms (PG)	3 p.m.
		Country Strong (PG-13)	7 p.m.
Mon	March 28	True Grit (PG-13)	7 p.m.
Thu	March 31	Country Strong (PG-13)	7 p.m.
Fri	April 1	Paul (R)	7 p.m.
Sat	April 2	The Green Hornet (PG-13)	3 p.m.
		The Rite (PG-13)	7 p.m.
Sun	April 3	The Green Hornet (PG-13)	3 p.m.
		Paul (R)	7 p.m.
Mon	April 4	Paul (R)	7 p.m.
Thu	April 7	The Rite (PG-13)	7 p.m.
Fri	April 8	Sucker Punch (PG-13)	7 p.m.
Sat	April 9	Sucker Punch (PG-13)	3 p.m.
		Sanctum	7 p.m.
Sun	April 10	Sucker Punch (PG-13)	3 p.m.
		No Strings Attached (R)	7 p.m.
Mon	April 11	No Strings Attached (R)	7 p.m.
Thu	April 14	Jackass 3d (2d Version)(R)	7 p.m.
Fri	April 15	The Eagle (PG-13)	7 p.m.
Sat	April 16	The Roommate (PG-13)	3 p.m.
		Jackass 3d (2d Version)(R)	7 p.m.
Sun	April 17	The Eagle (PG-13)	3 p.m.
		The Roommate (PG-13)	7 p.m.
Mon	April 18	The Roommate (PG-13)	7 p.m.
Thu	April 21	The Eagle (PG-13)	7 p.m.
Fri	April 22	Arthur (N/A)	7 p.m.
Sat	April 23	I Am Number Four (PG-13)	3 p.m.
		Just Go With It (PG-13)	7 p.m.
Sun	April 24	I Am Number Four (PG-13)	3 p.m.

## U.S. Army Europe surveying Soldiers on housing expenses

U.S. military personnel stationed in Germany who want to participate in the 2011 Overseas Housing Allowance Utility/recurring Maintenance Survey must provide information about their expenses by April 15.

The Department of Defense will use data from the survey, which began March 1, to determine the utility/recurring maintenance allowance for service members in Germany, USAREUR said in a news release.

All service members who have lived in a private-lease dwelling under the OHA program in Germany for at least the past six months are eligible to take the survey, according to the USAREUR release.

A link to the survey is at <http://www.defensetravel.dod.mil/ss/wsb.dll/s/eg4a>.

Participants may stop the survey at any time, for example to research costs or search for receipts, and resume where they left off. They should use records and receipts to help report the average monthly cost of utilities, as well as the average monthly cost of any routine maintenance expenses, the news release said.

## Construction begins for Boundless Playground

By Sina Kingsbury, USAG Bamberg Public Affairs

BAMBERG, Germany -- A groundbreaking ceremony marked the start of construction March 16 for the Exceptional Family Members Program's new Boundless Playground.

Boundless Playgrounds are unique playgrounds built for families with and without disabilities that allows children and adults the chance to play and learn together.

Boundless Playgrounds go beyond the minimum requirements of the American with Disabilities Act by integrating customary designs with child development theories to create a playground that has no exceptions, according to Boundless Playgrounds' website.

"With the Boundless Playground, all children are able to play and have fun without stigma," said Bonnie Kellem, EFMP manager.

The playground addresses the needs of children with different physical, developmental, cognitive and sensory abilities, Kellem said.

Boundless Playground designs include wheelchair access to the highest platform, swings with back support, all over accessible pathways and surfacing, and elevated sand tables and activity panels.

Boundless Playgrounds also give wounded service members and exceptional family members the ability to interact with their children without typical playground barriers.

"The playground is not just for children," Kellem said. "Wounded warriors will now have the opportunity to play with their Families."

The new playground is scheduled to be completed June 26 and will be the third Boundless Playground to be built on a U.S. installation in Germany, she said.

The new playground will be located behind the Army Community Service building and between the health clinic and Child and Youth School Services Parent Central Services building.

For more information on Boundless Playgrounds, log onto [www.boundlessplaygrounds.org](http://www.boundlessplaygrounds.org).



Sina Kingsbury  
Members of U.S. Army Garrison Bamberg break ground on a Boundless Playground March 16 behind Army Community Service.

### Easter Week Services

April 18-24

<u>Catholic Services</u>	<u>Protestant Services</u>
April 18 at 9 a.m. - Mass	April 22 at 5 p.m. - Good Friday Service
April 19 at 5 p.m. - Adoration and Confession	6 p.m. - Good Friday Supper
April 21 at 6 p.m. - Mass of the Lord's Supper	7 p.m. - Movie: "The Passion of the Christ"
April 22: at noon - Passion of our Lord	April 24 at 7 a.m. - Easter Sunrise Service
April 23 at 8 p.m. - Easter Vigil Mass	11 a.m. - Protestant Service
April 24 at 8:30 a.m. - Rosary	1 p.m. - Gospel Service
9 a.m. - Mass	

## Army Family Action Plan conference identifies 16 New Quality-of-Life Issues

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

Earlier this month, I discussed the progress we made resolving 17 of 40 quality-of-life issues at the Army Family Action Plan General Officer Steering Committee held in February. During the same week, AFAP delegates representing Army garrisons and commands worldwide met in our nation's capital to review and prioritize 88 quality-of-life issues that had been identified throughout the year at midlevel AFAP conferences across the Army.

As the Assistant Chief of Staff for Installation Management and the overseer of the AFAP process, I had the privilege to speak to these delegates and impress upon them the great responsibility of identifying the most critical issues for the Army to work. Delegates were comprised of Soldiers, spouses, Department of the Army civilians, wounded warriors and survivors.

Each brought their own ideas, perspectives and experiences to share in the decision making process. The task before them was not an easy one, yet they met the challenge with an overwhelming sense of enthusiasm and energy.

They reviewed, they discussed and they challenged each other on the issues. At the conclusion of the conference, 16 new quality of life issues were identified and reported out to senior Army leadership.

The top five issues identified to senior Army leaders are:

- ID cards for surviving children with an active duty sponsor that annotate both active duty and survivor status
- Wounded warrior caregiver training
- Medically retired servicemembers' eligibility for concurrent receipt of disability pay
- Military Child Development Program fee cap
- Medical retention processing time restrictions for Reserve Component Soldiers.

Currently, there is no way to annotate both dependent survivor status and active duty status on an identification card. This issue affects dependants of dual military parents when one military parent dies or children of a surviving parent who remarries a service member. This may cause undue emotional stress when survi-



vors must justify their survivor status in order to qualify for survivor specific services.

The delegates recommend ID cards annotate both dependant survivor status and active duty status to ensure survivors quickly receive all survivor services available.

Delegates also recommend providing caregivers of wounded warriors formal standardized training on self-care, stress reduction, burnout and prevention of abuse/neglect. Without this training, caregivers may suffer from caregiver fatigue which may ultimately lead to neglect of a wounded warrior or damage to the wounded warrior and caregivers' relationship. The implementation of formal standardized, face-to-face training for designated caregivers of wounded warriors is critical to those who help heal our nation's heroes.

The elimination of the 20-year time in service requirement for medically retired servicemembers to be eligible for Concurrent Receipt of Disability Pay was also identified as an issue to be worked this year. The CRDP eliminates the offset between retirement pay and VA disability compensation. Removal of the 20-year restriction would restore the full retirement pay and VA entitlements to the medically retired servicemembers with less than 20 years of active service.

Some military families using Military Child Development Programs pay greater than 25 percent of their total monthly family income for childcare. The recommendation is to cap program fees at 25 percent of the military Family's

total family income.

Lastly, Medical Retention Processing for Reserve Component Soldiers is limited to six months from their date of release from active duty. However, medical conditions resulting from active duty service are not always visible within the first six months of release from active duty. Extending the medical retention processing to five years would allow Reserve Component Soldiers to receive proper medical treatment.

The remaining 11 issues identified by the AFAP delegates are Survivor, Medical, Family Support and Civilian personnel issues. I encourage you to learn more about these new issues by visiting the Army OneSource website at <https://www.myarmyonesource.com/family-programsandservices/>.

In addition, you can follow the progress on all issues that are currently being worked by selecting "Active Issue Search" at the bottom of the page and then search by issue number or keyword.

The website also allows you to submit a new issue directly to your garrison or unit AFAP process, and provides AFAP brochures, articles and videos to download. You can also download the "HQDA AFAP Issue Search" application for free on your iPad®, iPhone® and iPod Touch®.

As I have said many times before, our Army will not break because of its Soldiers but it will break because of the stress placed upon our Soldiers and their Families.

Never before have we asked so much of our Army Families. Because of this, the Army will continue to fully fund and staff Army family programs and keep our promise of providing Soldiers and Families a quality of life that is commensurate with their service.

In order to ensure the promise is always kept, we must continue to identify inefficient, redundant or obsolete programs and services so we can redirect those resources to where we truly need them.

I challenge each of you to help us in this endeavor. In the near future, I will communicate to you where and how you can help. Moving forward, the AFAP process will not only be the identification of quality-of-life issues, but also the identification of potential offsets to resource those quality-of-life issues.



### STRENGTHENING OUR MILITARY FAMILIES

#### Meeting America's Commitment

Multiple deployments, combat injuries and the challenges of reintegration can have far-reaching effects on not only the troops and their families, but also upon America's communities. These challenges should be at the forefront of the national discourse.



Get the AFN Europe Mobile App

Get the Mobile MWR App



## FACT SHEET: Individual protective measures when 'off-post' in Europe

HEIDELBERG, Germany -- Though living and working in Europe is generally safe, members of the U.S. forces community must always be aware of the potential threat of attack by terrorists, criminals or other enemies of the United States and its allies. What follows are some tips to help keep service-members, civilian employees and their families safe while they are off U.S. installations.

### Q: What are some general ways U.S. Army Europe personnel and their families can avoid becoming targets when outside U.S. installations?

- Avoid wearing military uniforms when off post unless required by your duties or when making brief stops at locations approved by command policy.
- Try to be inconspicuous when using public transportation and facilities. Dress, conduct, and mannerisms should not attract attention and be generally similar to those of citizens of the area.
- Stay away from known trouble areas.
- Avoid spontaneous gatherings or demonstrations.

### Q: What can I do to stay safe when traveling by automobile?

- Always plan your route and have alternate routes ready.
- Carry a cell phone in your vehicle that can be used in the area in which you will be travelling.
- When renting a car, select a plain, inconspicuous vehicle.
- Avoid using vehicles that are easily identifiable as part of the government fleet.
- Do not display military decals or unit affiliations on your vehicles.
- Do not openly display military equipment or field gear in your vehicles.
- Always keep your vehicles well maintained and in good running condition. Keep their tanks

full of gas.

- Before getting into a vehicle, check around and beneath it for evidence of tampering.
- Travel with companions and avoid isolated roads when possible.
- Park in busy, well-lit areas as much as possible.

### Q: What about when traveling by air?

- Do not discuss your military affiliation, job title or responsibilities with strangers.
- Consider using a tourist passport if you have one, rather than an official passport.
- Look for a place on the plane where you can "ditch" important documents or items that identify you as affiliated with the U.S. military if you are hijacked.
- Use plain civilian luggage. Avoid military-looking bags such as duffle bags and assault packs.
- Ensure luggage tags do not show your rank or military address.
- Travel in conservative civilian clothing when using commercial transportation.

• Do not wear distinctly military items or U.S. - identified items, such as cowboy hats or American logo T-shirts, jackets, or sweatshirts.

- Wear a long-sleeved shirt if you have visible U.S. -affiliated tattoos.

### Q: Are there precautions I should take while I am at the airport?

- Try to arrive early and watch for suspicious activity.
- Look for nervous passengers who maintain eye contact with others from a distance.
- Try to observe what people are carrying. Be wary of suspicious carry-on luggage.
- Locate objects suitable for cover in case of an attack in the airport.

- Do not linger near open public areas. Proceed through security as soon as possible.

- Be aware of unattended baggage anywhere inside the terminal.

- Report suspicious activity to airport security personnel.

### Q: What should I be aware of when using public transportation such as buses, taxis and trains?

- Vary your mode of commercial transportation to avoid establishing noticeable travel patterns.
- Select busy stops, but avoid standing in or near a group while waiting.
- Do not always use the same taxi company.
- Ensure that drivers are licensed and that vehicles have safety equipment such as seat belts.
- Make sure that the driver is the same person who appears on the driver's license posted in the bus or taxi.
- Try to travel with a friend or companion or in a group.

### Q: What are some things that my family can do?

- Your family should know that talking about your military affiliation or duties to people outside the U.S. forces community may place you or them in danger.
- Talk with your family about potential risks.
- Share information you receive regarding public demonstrations and known trouble spots and advise them to steer clear of them.
- Make sure your family knows how to identify and report threats or suspicious activity.

More information and resources on identifying and avoiding risks and reporting suspicious behavior within the U.S. Army Europe region can be found on the USAREUR vigilance web page.

\*Source: Chairman of the Joint Chiefs of Staff Guide 5260: "A Self-Help Guide to Antiterrorism."

## Eco-Friendly Tips

### Energy-saving Tips

1. Instead of depending on electrical equipment for your entertainment, why not try going out for a walk around your local area?
2. Keep tires properly inflated and aligned to improve your gas-line mileage.

### Recycling Tips

1. As the season changes, it's time to get swishing!"Swishing" involves getting your friends together to swap gorgeous clothes and party at the same time.
2. Don't buy expensive gifts. Give exotic home grown plants or bake a cake.

### Water-saving Tips

1. Encourage your school system and local government to help develop and promote a water conservation ethic among children and adults.
2. Teach your children to turn off faucets tightly after each use.

(WIC continued from Page 1)

Because obesity is a big problem for many people, the support and education WIC offers is invaluable, said Sgt. 1st Class Lynda Gueits, Warrior Transition Unit Bamberg. Gueits, who has six children ranging in age from one to 19 years of age, has been in the WIC program since 2008.

"WIC really encourages healthy alternatives," she said. "Many families don't have time to cook decent meals or don't have the money to

buy healthy foods like milk or eggs. WIC is a tool to make healthy decisions for eating."

In addition to the nutrition education, the WIC staff also gives checks for food items that can be purchased in the commissary.

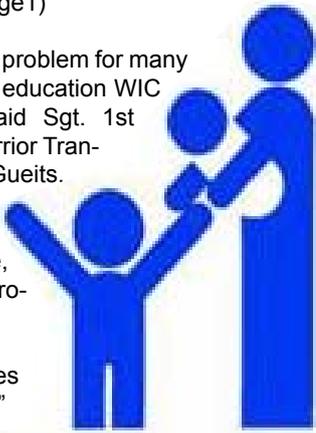
"With the checks participants can buy fresh fruits and vegetables, things such as peanut butter, healthy cereals, cheese and eggs," Danowsky said.

Danowsky emphasized that the food program is a supplemental one – it is not intended to feed a full amount of what children need. However, it provides healthy food on a monthly basis.

"The nutrition education on top of the food just helps you know how to utilize the things you receive from us," Danowsky said.

The program is extremely helpful because some products overseas such as dairy items, are more expensive than the stateside items, Gueits said.

"The extra service that WIC provides helps with



## WIC Overseas

the grocery bill," she said.

In addition to the food, the WIC office also encourages breastfeeding through education and even a pump loan program.

When one of Parmer's children went on a breastfeeding strike, the WIC staff was there to offer support and advice.

"Because the staff in the office is so supportive and encouraging, I was able to get through it and to continue breastfeeding my child," Parmer said.

Gueits echoed that sentiment.

"I was only able to breastfeed my other children for one or two months," she said. "With their help and support, I was able to breastfeed my youngest for eight months."

### A wealth of information

The WIC staff, and their background in the medical and nutrition field, are another benefit to being enrolled in the program, Gueits said.

During one of her visits to the WIC office, Gueits casually mentioned that she was tired and had no appetite, which was surprising since she was pregnant. The staff suggested she get her glucose levels tested at her next doctor's checkup.

"I ended up being diagnosed with gestational diabetes," Gueits said. "I probably wouldn't have asked to get tested if the WIC staff didn't have a background in the medical profession. They are a wonderful asset."

As part of the conditions of the program, the staff must see all the participants in a family at each visit. The staff is also required to provide some kind of nutrition education geared toward

each age-level and the mother's comments or concerns.

The staff is a great tool to utilize, Gueits said.

"They give advice such as creative ways to get children to eat," she said. "It is priceless. They are really awesome."

For Parmer, the people in the WIC office have become much more than just program managers.

"They are very much a part of our family," she said. "I see them so often and have developed relationships with them."

The staff's broad knowledge base is wonderful, she said.

"They help you find solutions," Parmer said. "If they don't know the answer, they will help you find the solution somewhere else. They do follow-up and don't just give you information and send you on your way."

In the beginning Parmer was hesitant to participate in the WIC program.

"I thought we shouldn't buy things if we couldn't afford it ourselves," Parmer said. "I just thought we needed to manage our money better."

For those who are hesitant to participate in the program, Poppe offers this advice.

"Let's think about why the WIC program is here," she said. "It is here to help children to give them the best chance of growing up and growing up healthy."

For more information about the WIC program, call 0951-300-7913 or log onto [www.fns.usda.gov/fns](http://www.fns.usda.gov/fns).

(WARRIOR continued from Page 1)

"If he hadn't been there to push me and keep me motivated, I wouldn't have done as well as I did," said Thompson.

The second event was basic rifle marksmanship, and the third event was a written test.

During the written test, Soldiers were given an exam consisting of numerous questions ranging in topic from first aid to the Army Combat-ives Program to combat tactics.

Once the Soldiers were finished with the written test, it was on to the land navigation portion of the competition. This event had to be done twice, once during the day and once at night.

The objective was to find five points in the woods using a military map and a compass while wearing their Interceptor Body Armor vest, Army Combat Helmet, M16 and rucksack.

"The hardest part for me was the night land navigation course because I couldn't see very well, and it was hard to get situated and check my map with all the gear I was carrying," said Thompson.

With the land navigation course behind them and a whole four hours of sleep to regenerate them, the Soldiers once again put on their battle

gear, M16s, rucksacks and started out on a six-mile road march.

"For me, the hardest part was the road march. They've always given me problems, and I know I'm going to have to train harder before the Warrior of the Year competition," said Culpepper.

In order to score points in this event, the Soldiers not only had to complete the march but they also had to do it in less than 90 minutes. Only half of the competitors made it in the time allotted.

The last challenge the Soldiers had to face was the formal board. The board lasted 11 hours, taking approximately one hour per Soldier.

"The board is the best part of the competition," said Thompson. "They are all run a little different from one another I couldn't wait to see what they were going to throw at me."

Once everyone had gone through the board, the scores were tallied. The Soldiers were formed up, and each of the board members went through and spoke a few words of wisdom and encouragement to the competitors.

"I just think it was a great competition," said Thompson. "I learned a lot from it and from the other competitors. It showed me I can accomplish anything I put my mind to."



Courtesy Photo

Capt. Jessica Durbin, company commander of 535th Engineer Support Company salutes during the unit's deployment ceremony in Bamberg, Germany, Nov. 12, 2010. The 535th ESC is deployed to Afghanistan in support of Operation Enduring Freedom.

## Engineer support company builds legacy of leadership

By 2nd Lt. Michael Chigbrow,  
Task Force Dolch

LOGAR PROVINCE, Afghanistan – The lights of the gym shone down upon the formation of Soldiers and civilians as they stood watching their new commander march to take her place in front of them in Grafenwoehr, Germany, April 24, 2009. In the audience, an Army captain's proud parents watched their daughter make her way to the front and assume command of a company they knew well.

While a change of command is a scene played out continuously all across the Army, the 535th Engineer Support Company one was special. When Capt. Jessica Durbin from Shippensburg, Pa., assumed command of the 535th ESC, she was taking command of the same company her father, retired Lt. Col. Terrence Durbin, commanded 36 years earlier.

"It was a high honor and a privilege for us to be present when she commissioned, when she graduated EOBC (Engineer Officer Basic Course) and when she assumed command in Grafenwoehr," said retired Lt. Col. Durbin.

"My father was very surprised when I became a platoon leader in the 535th," said Capt. Durbin, "I didn't tell him that I would be taking command of the 535th until it was locked in. I hope that I have made him proud."

The 535th has changed a lot over that time period. From 1972 to 1973, the 535th was stationed at Tompkins Barracks in Schwetzingen, Germany. Primarily, they were tasked to provide support to combat engineer battalions.

When retired Lt. Col. Durbin assumed com-

mand in May of 1972, there was no change-of-command ceremony and not a lot of guidance about what he was going to be required to do.

"I should have known that the challenges would be many," said the retired lieutenant colonel. "The only guidance (I) received was to tell me where the company orderly room was located and, by the way, your company will be travelling by road convoy and train to Grafenwoehr and Hohenfels in 30 days."

Back in the early 1970s, the mission was quite different. The main threat in the world was the Soviet Union.

"We had to be ready to move out of garrison within two hours of a call to meet the Soviet army pouring across the East German border," recalled retired Lt. Col. Durbin.

There was also a difference in the ways they could conduct training. To get Soldiers out to work on construction projects, they had to partner with local villages.

"The village had to agree to house and feed the troops and provide fuel at no expense to the U.S. government," said the elder Durbin. "It was good training and good for the troops to experience the local culture."

When Capt. Durbin took command on that brisk April day, she did not know what trials and tribulations would lay ahead. As soon as she took command, she was tasked with conducting a unit move from Grafenwoehr to Bamberg, Germany.

Their higher headquarters at battalion and bri-

gade were deployed at the time, making the logistics of the move all the more difficult.

"We had a four-month window to move everyone from 'Graf,'" she recalled. "We had to work hard to process all of the personnel actions while conducting change-of-command inventories and turning in 30 years-worth of equipment."

Fast forwarding from the move in April 2009 to August 2010, the 535th ESC was charged with concerting from a construction mission to conducting route-clearance operations. This was a huge adjustment but one that the company was able to accept and eventually excel at.

"I was very impressed with how the company reacted and readily embraced their new mission," commented Capt. Durbin.

When asked what advice he gave his daughter, retired Lt. Col. Durbin said, "Mission first and people always. The golden rule applies. Treat everyone with dignity and respect."

Capt. Durbin took her father's advice to heart and has continued to live by it throughout her time in command. This month, she will be leaving command of the 535th ESC to return to Germany and continue in her Army career.

The 535th ESC has been deployed to Afghanistan since December 2010 and is based in Forward Operating Base Airborne and FOB Ghazni in Regional Command-East. Their Soldiers continue to conduct route-clearance missions with the same professionalism and dedication they always have shown as they look back on their long history with pride.



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

com. (2/24/11)

220 Volt 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 1/2 inch 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 [pbababe24@hotmail.com](mailto:pbababe24@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)

**AUTOMOBILES**

For Sale: 2005 Hyundai Accent, Automatic, Hatchback, only 56k miles, Silver. Super reliable. Exterior has some minor dings, interior in good conditions (non-smokers). Just passed inspection (Feb. 14). New brakes and tires. Asking \$3,000. DON'T BUY A BEATER BMW! CALL 0162-597-1027, [JFredrick\\_swr@hotmail.com](mailto:JFredrick_swr@hotmail.com). (3/3/11)

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. For more information and details, call Daryl at 015224123655- make an offer! (2/10/11)

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: 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: 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

**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)

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.

**FOR SALE**

Dining Room Table Set - Iron and glass table with black wood trim and four iron and wood chairs. Very nice looking. Good Condition. \$150 - e-mail at [Allison.S.Rhodes@gmail.com](mailto:Allison.S.Rhodes@gmail.com).

**0954-532-2881**  
**[solacedogrescue@yahoo.com](mailto:solacedogrescue@yahoo.com)**

**PCSing?**  
Can't find a new home for your dog?  
Please don't abandon him/her, call us first.

**Beware of dog breeding scams**  
Call us before buying.  
We will translate the paperwork.



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

Mariachi Cuatro Caminos band, e-mail [puro-mariachi@hotmail.com](mailto:puro-mariachi@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)

**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).

**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.gabi-doggiedaycare.com](http://www.gabi-doggiedaycare.com).

Free to good home. A rabbit with cage and everything that goes with it. In 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

**See more local classifieds by clicking [here](#).**



**Service hours:** Mon - Fri 7.30 a.m. - 6 p.m.  
Saturday 10.00 a.m. - 3 p.m.

**Maintenance, repair & overhaul**  
Off-warranty service  
Tune-Up Service while you wait

**Master Mechanics** specializing in all foreign & domestic vehicles!

A/C-Service • Tire and Oil Service • Parts  
Engine Repair • Exhaust • Brakes & Rotors

**Meet our friendly and helpful staff**  
New management since March with longer service hours!

**AAFES Corner**

Pictures with Easter Bunny

April 2	11:00 - 16:00
3	12:00 - 16:00
9	11:00 - 16:00
10	11:00 - 16:00
16+17	12:00 - 15:00
23+24	12:00 - 15:00



**GRAND OPENING**  
ALL NEW - JUST FOR YOU

[shopmyexchange.com](http://shopmyexchange.com)

\$5000 IN PRIZES

[shopmyexchange.com](http://shopmyexchange.com)

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.