



WARNER WEEKLY

News & Information at Your Fingertips

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Trail at Engineer Lake has technology-enhanced signs

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- New technology has made its way to Engineer Lake, with the addition of 15 new signs along the nature trail that incorporate the use of Quick Response codes.

The signs were updated this year to better inform community members of U.S. Army Garrison Bamberg about the ecosystem that exists at Engineer Lake. The project to create new signs was coordinated by the Department of Public Works, Environmental Management Division "to enhance the quality of the nature experience," said Isabelle Fahimi, EMD.

This enhancement was achieved through QR codes added on each sign. QR codes, commonly referred to as mobile tags, have been around for over a decade in Asia, and are now making their way into advertisements, magazines, signs and other media in Europe and North America.

"It's simple and easy to use," said Beate Bugla, a biologist and designer of the new signs.

To use QR codes, one must first have a smart phone, and then download the appropriate software. Most of the newer model smart phones have this software preinstalled. Then



Photo by Jessica Lipari
A community member checks out the Quick Response code on one of 15 new signs along the Nature Trail at Engineer Lake. The signs teach residents about the area's ecosystem.

the smart phone user would take a picture of the QR code on the sign, which looks like a barcode. Once the picture is taken, the user would then start the software to decode the QR code and it would bring up the relevant information.

QR codes can provide a link to digital content on the web, activate phone functions (e-mail and instant messaging), provide contact information, or connect to a web page. All the instructions to use this technology can be found on the first sign, located near the gazebo, at

the start of the nature trail at Engineer Lake.

The signs' QR codes were created by Eva Daferner of MagList Online Management. They are encoded to link the user to a web page. On this web page, users will get additional pictures, information, videos and sound clips all relating to the ecosystem at Engineer Lake.

This allows users to enhance their experience immediately on the nature trail or they can take the information home and use it over again and again, said Bugla.

Once one of the QR codes has been decoded by the user's smart phone software and linked to the web page, the user can view the information for the other signs without having to take pictures of the other codes.

Additionally, they can take a picture and send the information to other phones to spread the knowledge around the community, Daferner said.

The decision to use this technology on the signs at Engineer Lake has allowed them to become timeless and versatile, Bugla said. They can change and update information daily

(SIGNS continued on Page 10)

Brigade troops participate in Warrior Leader competition

By Spc. Kevin Alex, 16th Sust. Bde. Public Affairs

BAMBERG, Germany -- The 16th Sustainment Brigade, 21st Theater Sustainment Command, held its fourth and final Warrior and Warrior Leader of the Quarter competition for the year at its headquarters, April 5-6.

Each of the battalion's best Soldiers competed in several events over two days that challenged each one's mental and physical abilities.

The events consisted of an Army Physical Fitness Test, an M16 qualification range, a written exam, a day and night land navigation course, a road march and a formal board.

"I didn't think it was going to be this hard," said Sgt. Kareem Jones, a multiple launch rocket systems repairer with the 317th Maintenance Company, 391st Combat Sustainment Support Battalion, 16th Sust. Bde., and winner of the WLOQ competition. "It was harder this time because our rucksacks had to be 25 percent of our body weight for the land navigation course and then we did the road march the next morning with just as much weight."

"The road march was the hardest part because of the land navigation the night before and the route was a lot harder than the last time I competed," said Pfc. Kevin Repass, a truck driver with the 1st Inland

(COMPETE continued on Page 2)

The hunt is on



Photo by Jessica Lipari

Children race up a hill attempting to gather Easter eggs in search of the golden egg to win an additional prize at the annual Warner Barracks Easter Egg Hunt Saturday at Friendship Park. This year the Easter egg hunt at Warner Barracks was held in conjunction with the Spring Fling. The day's events included booths with games, face painting and activities as well as a free barbecue lunch. More than 1,200 community members attended the event. Check out Page 3 for additional pictures of the day's events.

Nieves Diner recognized as most nutrition conscious in USAREUR

By Staff Sgt. Lynne Lantin, 16th Sust. Bde. Public Affairs

BAMBERG, Germany -- Food service professionals from the 16th Sustainment Brigade, 21st Theater Sustainment Command, won top honors at the European Regional Medical Command, U.S. Army Europe, Installation Management Command-Europe National Nutrition Month Competition in March.

The Nieves Webb dining facility on Warner Barracks here, operated by Soldiers from both the 16th Special Troops Battalion and 391st Combat Sustainment Support Battalion, won first place in the small garrison category.

The competition highlighted and identified facilities and food service



Photo by Spc. Kevin Alex

Food service professionals from 16th Sustainment Brigade nervously await the announcement of the winners of the cook of the quarter competition, April 13, at the Nieves Webb dining facility on Warner Barracks.

professionals who are bringing attention to the importance of proper nutrition.

The National Nutrition Month is an information campaign designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. The campaign's theme, Eat Right with Color, encourages consumers to choose foods from all food groups.

The staff at Nieves Webb started preparing for the competition two months ahead by picking out a menu, reviewing its nutrition and calorie content and keeping within the 700 calorie limit to include dessert.

"The only challenges were being creative, because part of the competition was the appearance and taste and so being creative and keeping within the calories was really challenging," said Chief Warrant Officer 2 Ruth Caraway, a food service advisor for the 16th Sust. Bde.

The competition was a learning experience for the cooks and unique to the customers who came in to get their usual deep-fried favorites.

"I think one of the biggest things we learned was how to take the normal recipes that we use every day and make them a green product by taking the vegetable oil out and substituting it with a low fat or low calorie intake or salt substitute. That was a challenge for the cooks; we've never done that before," said Caraway. "That day (the cooks) didn't fry one single thing. They put everything in the oven and baked it, so it was an experience for the customers too."

"We try to make sure that we have everything we need to maintain the nutrition standards on a daily basis and not just for the competitions," said Sgt. 1st Class Don Blakely, the 16th Sust. Bde. noncommissioned officer in charge of food service management.

(NIEVES continued on Page 9)

(COMPETE continued from Page 1)

Cargo Transportation Company, 18th Combat Sustainment Support Battalion, 16th Sust. Bde., and winner of the WOQ competition.

Each Soldier who competed was assigned a sponsor to help them prepare for the competition.

"I was a lot more confident this time," said Repass. "I felt like I was going to get a better score than last time because I studied a lot more with my (noncommissioned officer)."

"Repass has one of the biggest hearts I've ever seen," said Sgt. Ian Mitchell, Repass' team leader and a cargo specialist with 1st ICTC, 18th CSSB, 16th Sust. Bde. "It doesn't matter if his body can't take it or his mind

can't take it, his heart will always drive him to the finish line."

"Sgt. Jones found out about the competition at the last minute and ran with it without any hesitation," said Staff Sgt. Brandon McClearly, a radio and communications security repairer with the 317th Maint. Co., 391st CSSB, 16th Sust. Bde. "He's an outstanding Soldier and I'm very proud to work with him."

Photo by Staff Sgt. Lynne Lantin

Command Sgt. Maj. Bryan Witzel, the 18th Combat Sustainment Support Battalion Command Sergeant Major, awards Sgt. Kareem Jones, of the 317th Maintenance Company, 391st Combat Sustainment Support Battalion, with the Army Achievement Medal, April 6, for winning the 16th Sust. Bde. Warrior Leader of the Quarter competition.



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

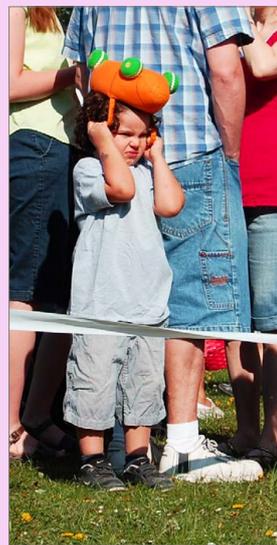
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Easter egg hunt and Spring Fling



There's still time to enter to win a dream vacation

Story and photo by William Bradner,
Family and MWR Command

ALEXANDRIA, Va. -- Imagine attending a luau on Waikiki Beach; golfing in the shadows of the Magic Kingdom; sightseeing in a seventh-century city in The Land of the Morning Calm; sunbathing beneath a famous lighthouse on the Atlantic; or skiing or hiking in the Bavarian Alps.

One of those dream vacations awaits the winner of the Great Getaways Sweepstakes, an Army Family and Morale, Welfare and Recreation Command-sponsored contest that began March 15 and runs through June 15 at www.afrcresorts.com.

The grand prize includes a seven-night stay at one of five Armed Forces Recreation Centers, and \$2,500 for travel expenses. As many as four people may occupy the room.

The AFRCs are the Hale Koa Hotel on Waikiki Beach, Hawaii; Shades of Green on Walt Disney World Resort in Lake Buena Vista, Fla.; Dragon Hill Lodge in Seoul, South Korea; Cape Henry Inn and Beach Club on Fort Story near Virginia Beach, Va.; and Edelweiss Lodge and Resort in Garmisch, Germany.

Armed Forces Recreation Center resorts



provide affordable, wholesome vacation opportunities exclusively to service members, their families and other authorized patrons of the total defense force. The resorts provide world-class service to ensure guests experience the vacation of a lifetime.

By providing high-quality and affordable vacation opportunities for those who serve, the resorts uphold the Army's philosophy that service members are entitled to the same quality of life they are pledged to defend.

Perhaps the most important benefit to staying at any Armed Forces Recreation Center is the fact that all guests are members of the military family. They're people who

serve together and share life experiences.

Because the resorts are owned and operated by the U.S. Military, merchandise and hotel taxes are exempt, and added value to the budget-conscious vacation traveler. All five resorts are family-oriented and offer beautiful interior-designed guest rooms, and a multitude of entertainment and activities for adults and children. The resorts also frequently offer discounts and specials; visit www.afrcresorts.com for the latest information.

Active duty U.S. military personnel from all branches of Service, Reserve, National Guard, retirees, Family members and Department of Defense civilians 18 and older are eligible for the contest.

Eligible patrons may enter online. Limit is one entry per day, per person. The sweepstakes is not open to employees of FM-WRC, USAA, GM Military Discount, Armed Forces Recreation Centers and their Family members, or any other employees of companies providing prizes, products or services used in conjunction with the contest.

For more information about the Great Getaways Sweepstakes log on to <http://www.armymwr.com/portal/travel/recreationcenters>

No Parking



Photo by Achim Ohlenschlager, Directorate of Public Works

Foot traffic at Bamberg Elementary School's pick-up/drop-off point has prompted U.S. Army Garrison Bamberg to change the school's two parking signs. The new signs prohibit cars and pedestrians from stopping and standing in either direction of the roadway. An amendment has been added to one of the signs stating "except one minute pick-up and drop-off."

Women slim down with nutritional support group

By Sina Kingsbury,
USAG Bamberg Public Affairs

BAMBERG, Germany -- When it comes to maintaining healthy eating habits or healthy weight loss, it is convenience foods, oversized servings, and even omitted meals that bring on struggle; one that does not have to be fought alone.

Waist Whittlers is a new women's weight loss support group offered by the Women, Infants, Children Overseas Program. It is every first and third Thursday of the month at Army Community Service from 1-2 p.m.

Beth Danowsky, a registered dietitian for WIC-O program, provides free nutritional guidance to women who want assistance with their weight loss goals.

"It's a safe environment to share their battles, openly and freely," Danowsky said. "With a support group, peer accountability, people do better with weight loss."

Each week, the group focuses on a topic and set weekly goals, she said. Last week's theme was intuitive eating; eating with awareness and not being distracted by life.

Danowsky supplies whittlers with food diaries and other tools to help them lose weight. As an option, she also sends out weekly e-



mails with sound nutritional information and advice.

The class does not assist with workout routines, exercise support or require weekly weigh-ins, Danowsky said. However, it's a community place to

find a work out buddy or start other partnerships within the group.

"Join anytime," Danowsky said. "No need to sign up, just show up."

For more information, contact Beth Danowsky at 0951-300-7913 or elizabeth.a.danosky@us.army.mil.

Community Announcements

Please send all announcements to Bamberg Public Affairs via the following website:

<http://www.bamberg.army.mil/mobilform.asp>.

Girl Scout Movie Night

The Girl Scouts are hosting a movie night April 29 at the Bamberg Movie Theater at 7 p.m. The movie is "Justin Bieber: Never Say Never." Girl Scouts' signup applications will be available. Come out and see what the Girl Scouts are all about. For more information, call 0951-301-1193 or e-mail christypreston@yahoo.com.

Early withdrawal of students

Provisions for permitting the early withdrawal of students with full semester credit is based consideration of unique circumstances. The policy requires that students present verification of the date for their sponsor's Permanent Change of Station departure or other official orders to school officials in order to receive consideration for full academic credit. Students who withdraw prior to the 20-day limit receive a "withdrawal" grade rather than a final grade. The accelerated withdrawal date for the fourth quarter for Bamberg Schools is May 19. Students must be in school all day on May 18. For more information, visit <http://www.schw-ms.eu.dodea.edu/AcceleratedWithdrawal2010.pdf>

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 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.

Scrapbooking

Bring on the bling and learn different techniques to add sparkle to your pages. at the monthly scrapbooking May 7 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.



USAG Bamberg
Community Activity Center

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



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 Straddle!	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](#)

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 students about their experiments.

Weekly Reminders

Commissary Patrons

A new installation policy will not allow for unauthorized persons to enter the commissary. 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. 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.

Postage Rates Increase

Some postal rates have increased. For more information, visit www.usps.com/prices or contact the Bamberg Postal Service Center.

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.

MWR Guide

Bamberg's Family and Morale, Welfare and Recre-



Hohenfels Mother's Day Bazaar
May 6-8
Shop 'til you drop Mother's Day weekend at USAG Hohenfels!

For more information, DSN 466-3676 or Facebook us at www.Facebook.com/HohenfelsFamilyandMWR

Thank you to our sponsors: [BAVARIAN Motor Cars GmbH](#), [USA](#), [MWR](#)

ation Guide for the month of April is now online at http://issuu.com/bambergmwr/docs/mwr_bamberg_brochure_may_2011

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 p.m. until the end of September. For more information, call 0951-300-8261/8262.

DFAC Feedback

Dining Facility council meetings are at Nieves Webb every last Thursday of the last month of each quarter at 2 p.m. The remaining meetings are scheduled to take place June 30 and Sept. 29. For more information, call 0951-300-7130.

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.

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.

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.

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.

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 Kellern, 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 custom-

SUMMER HIRE 2011

June 20 - July 29



Applications Accepted Online
March 27 - May 22
<https://lnjobs.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

ers 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.

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.

Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday, Tuesday, Wednesday and Friday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Thursday, sick call is from 7 - 8 a.m. and full service is from 7:30 a.m. - noon; closed on Thursday 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.

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.

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 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.

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.

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.

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

Waist Whittlers

Bamberg community members are invited to participate in a women's weight loss support. 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.

Golf Clinic

Community members are invited to attend a golf clinic Monday, May 9-30 at the Whispering Pines Golf Course at 6 p.m. The cost is \$80 for 10 lessons. For more information, call 0951-300-8953.

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.

Fitness/Health Giveaways

Family and Morale, Welfare and Recreation customers have a chance to win fitness and health-related prizes through an online contest in May. The Strong B.A.N.D.S. "Every Day in May" prize giveaway on Facebook will begin May 1 at about 9 a.m. Central Standard Time. A fitness or health question will be posted on The All-Army Sports Facebook page, at www.facebook.com/TheAllArmySports, each day in May. Those who answer the question correctly will be entered into a random drawing for prizes ranging in value from \$15 to \$300.

Youth and Teens

Career Fair

High school and middle school students are invited to attend a Career Fair Friday, April 29 at the JFK Youth Center from 3-5 p.m. Transportation to Schweinfurt will be provided. Permission slip required. The event will feature information on summer employment, SAT testing, scholarships, career opportunities within the military, resume writing, interview skills and banking and financial management.

Youth Sports Coaches Needed

CYS Services is looking for coaches for the fall sports season. Children of coaches play for free. Coaches' clinics are held June 9, July 14, and August 11, 6 p.m. at the School Age Center, bldg. 7669. For more information, call 0951-300-7523 or 0951-300-8698.

Afghan Donations

Jeannette Takahashi, in the main office at Bamberg Elementary School is collecting donations for the school age children of Afghanistan. Staff Sgt. Ramon Mondol, who is helping to coordinate this drive, will be here the first week in May to join in the sorting, packing and distribution of our donations. The goal is to fill between 200 and 300 tote bags with school supplies and learning materials that will go to Afghan school-



USAG Bamberg Freedom Fitness Facility

STRONG

U.S. ARMY MWR

Sports, Fitness and Recreation Expo

May 14, 10 a.m.-2 p.m.

Bamberg Freedom Fitness Facility

Come and meet representatives from off-post sports and recreation clubs. Find out what's available for you in Bamberg.

Contact FFF, Tel. (0951) 300 8890

children and their teachers. The students range in age from 5 to 12 years old.

Student Grades

The "You Made the Grade Program" rewards students for above-average academic achievement and inspires them to continue to work harder. Recognizing student's academic achievements offers the Exchange an opportunity to contribute to the military community quality of life and establish loyalty in our younger generation. This program provides an incentive for youth, not only to stay in school but also, to excel. For more information, visit <http://www.shopmyexchange.com/community/youmadethegrade/>.

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.

CYSS summer sign-ups begin

U.S. Army Garrison Bamberg community members can now sign up for Child, Youth and School Services summer programs at Parent Central Services beginning at 8 a.m. Bamberg summer programs include summer camps, youth sports, EDGE!, SKIES and a Kinder Readiness bootcamp. For more information, call Parent Central Services at 0951-300-8660 or visit the Bamberg CYSS Facebook page, or log on to webtrac.

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, Bowlaroma, 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-

Golf & Archery Program
open to grades 6-12

Free Golf Program
every Tuesday and Friday,
4:53 p.m. starting April 26
to July 29 at the
Whispering Pines Golf
Course.

Free Archery Program
every Thursday, 4-6 p.m.
starting April 7 to May 6
with Outdoor Recreation
Course.

Contact (0951) 300 7405
E-mail tony.puskorius@eur.army.mil

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>.

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.

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.

Continuing Education

PTA Scholarships

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

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>.

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. For more information about the book award program, visit www.ed.umuc.edu, or call 06221-3780.

Closures / Changes

Passport Office

The Bamberg Passport Office will be closed May 2-3. For more information, call 0951-300-8928.

The Wash Rack

The wash rack, located at building 7910, will be closed for cleaning and maintenance from Friday, April 29, starting at noon until May 16 at 9 a.m. For more information, call Juergen Engeter at 0951-300-8848.

Frankfurt Benefits Office Change

The Federal Benefits Unit in Frankfurt has a new telephone number to call if you need assistance with Social Security, Medicare or Veterans Administration issues. The new number is 069-95551-110. The Federal Benefits Unit, Frankfurt may also be reached at FBU.Frankfurt@ssa.gov or by FAX at 069-749352.

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.

Vehicle Registration

Vehicle Registration office will be closed April 22 and 25. The office will be closed for lunch from 11:45 a.m. - 12:30 p.m. April 18 - May 4 due to personnel short-



ARMED FORCES ENTERTAINMENT PRESENTS

NO LAUGH TRACK REQUIRED IV
FOURTH TIME'S THE CHARM

No Laugh Track Required is back for a fourth time with a lineup that includes the always hilarious Heather Marie Zagone, Rosie Tran, Justin Wade, Todd Rex and Johnny Cardinale.

BAMBERG STABLE THEATER
MAY 18, 8 P.M.
ADULT SHOW
FREE ADMISSION

ARMED FORCES ENTERTAINMENT

COMING TO A THEATER NEAR YOU.
For more information visit www.armyentertainment.com

USAG Bamberg
Better Opportunities For Single
Soldiers Program (BOSS)

BOSS

Lloret de Mar
SPAIN
May 26-30
(Memorial Day Weekend)

BOSS Trip Getaway to Spain!
Bus departs at 7:30 p.m. on 26 May and returns on 30 May.

Trip includes:
Roundtrip transportation on German Motor coach
2 overnights in 3 star hotel (breakfast & dinner included), tour to Barcelona
Professional Bus Drivers and services of a professional tour guide.
Signup by May 18

only \$219 per person

Call DSN 469-9086, (0951) 300-9086, e-mail mail.Bam.dfmwrboss@eur.army.mil

age. For more information, call 0951-300-7580.

Entertainment and Leisure

Crimes of the Heart

See Beth Henley's "Crimes Of The Heart" at Bamberg's Stable Theater, May 19-22 and 25. The Pulitzer Prize-winning heart-warming tragi-comedy is the story of the McGrath sisters, Lenny, Meg and Babe, who gather at Old Granddaddy's house in Hazelhurst, Mississippi as Babe is paroled after shooting her husband. Their reunion is full of reminiscences as they face their past demons -in love, family and crime - and rediscover home. Tickets can be reserved after May 1 by calling The Stable Theater, or visiting during normal office hours, or on Facebook or through MWR Online Services. The show includes some mature themes. Non-ID cardholders can reserve by sending full names, birthdates, ausweis nr. and auto KFZ at least 48-hours prior to show date. Family, group and deployment discounts apply. Tickets are \$9 for adults, \$7 for students and ranks E4 and below. Call the Stable Theater at (0951) 300 8647 or e-mail jack.austin@eur.army.mil.

BOSS Loret De Mar Trip

Spend the memorial Weekend in Spain and hop on the bus to Lloret De Mar. Enjoy two overnights in a three-star hotel, breakfast and dinner, a guided tour to Barcelona on a German motor coach. The trip is offered through the Better Opportunities For Single Soldiers program and is \$219 per person. Sign up by May 18 at Freedom Fitness Facility. For more information, call 0951-300-8890 or e-mail to mail.bam.dfmwr.boss@eur.army.mil

Adult Comedy Show

Armed Forces Entertainment presents the "No Laugh Track Required" tour at U.S. Army Garrison Bamberg May 18, at the Stable Theater at 8 p.m. The show features comedians Eric Blake, Heather Marie Zagone, Jefandi Cato, Aurelio Bocanegra and Nick Guerra. Admission to the show is free. The show is designed for an adult audience. For more information, call the Stable Theater at 0951-300-8647 or e-mail jack.austin@eur.army.mil

Night at Engineer Lake

Enjoy campfire, marshmallows and family camping at U.S. Army Garrison Bamberg's Engineer Lake June 10-11. Tents can be set up from 3 p.m. onward. Set-up is free of charge. A music band starts at 5 p.m. and ends at 7 p.m. followed by a family-friendly movie at 8:30 p.m. Barbecue items will be available for purchase at the Morale, Welfare and Recreation imbiss wagon. Breakfast will be served from 8:30 a.m. the next day until 10 a.m. at the MWR imbiss as well. Camping equipment is available for rent from MWR Outdoor Recreation. For more information about the event or renting equipment, call Outdoor Recreation at 0951-300-9376 or e-mail joshua.moore3@eur.army.mil.

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.

Beer Bike

Join Bamberg's Community Activity Center and hop on the beer bike May 26 at 6:30 p.m. Enjoy this very special city tour through Bamberg sitting at a bar mounted on a bike while getting served a fresh beer, but you need to do the pedaling. Contact the CAC to reserve one of the available 16 spots. The cost is \$35 per person, including the fuel - 1.5 liters of beer. Please enjoy responsibly. For more information, call 0951-300-8659.

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 May-June.

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>.



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.

May 7 White Water Kayak \$35

No matter your skill level, our White Water Kayaking trip will have you feeling like a professional. Please wear a swimming suit and pack a towel, lunch and hydrating liquids. Trip includes transportation and equipment. Transportation departs Outdoor Recreation at 8 a.m. and returns at 6 p.m.

May 7 Prague, Czech Republic \$65

Containing one of the world's most pristine and varied collections of architecture, Prague is a vibrant city. Indulge in a Czech beer, while exploring Charles Bridge, Prague Castle, Wenceslas, Lesser Quarter and the Old Town Squares. The trip includes transportation and a city tour. Children ages 4-12 are \$55,

and children ages 3 and younger are \$45. The bus departs the Chapel parking lot at 5 a.m. and returns at 11 p.m.

May 18 Outdoor Climb \$25

Experience climbing in a world famous sport climbing area known as Frankenjura while you observe the world from an angle rarely seen. Beginners are welcome. Trip includes transportation, equipment and instruction. Transportation departs Outdoor Recreation at 5 p.m. and returns at 8:30 p.m.

May 21 White Water Kayak \$35

No matter your skill level, our White Water Kayaking trip will have you feeling like a professional by the end of the day! Please wear a swimming suit and pack a towel, lunch and hydrating liquids. Trip includes transportation & equipment. Departs ODR at 8 a.m., returns approx. 6 p.m.

May 27-30 Austrian Adventure Weekend \$375

Get your adrenaline pumping with some of the coolest spring-time activities in the Austrian Alps! We will kick off our week-end with WW Rafting the first day, canyoning (descending mountain gorges by jumping & rappelling) on day two, & peak bagging by means of klettersteig (ascending mountains using fitted cables for protection) on day 3. There will be plenty of time for self-guided hikes, swimming/sauna, & relaxation! Departs May 27 from ODR at 6 a.m., & returns May 31 at approx. 10 p.m.

June 4 Strasbourg, France \$65

With flavors of both France and Germany, Strasbourg is an ultimate European city. Visit "la Petite France," a picturesque neighborhood resembling a fairy tale and Place Kleber, a bustling square that's always bursting with activity! Trip includes transportation & a city tour. Children ages 4-12 are \$55; children 3 & under are \$45. Departs Chapel Parking Lot at 5 a.m., returns approx. 11 p.m.

Bamberg Movie Schedule

AAFES Reel Time Theater is closed
Tuesdays and Wednesdays

Thu	April 28	Just Go With It (PG-13)	7 p.m.
Fri	April 29	Justin Bieber: Never Say Never (G)	7 p.m.
Sat	April 30	Gnomeo & Juliet (G)	3 p.m.
		Rio (PG)	7 p.m.
Sun	May 1	Justin Bieber: Never Say Never (G)	3 p.m.
		Rio (PG)	7 p.m.
Mon	May 2	Rio (PG)	7 p.m.
Thu	May 5	Gnomeo & Juliet (G)	7 p.m.
Fri	May 6	Unknown (PG-13)	7 p.m.
Sat	May 7	Water For Elephants (PG-13)	3 p.m.
		Take Me Home Tonight (R)	7 p.m.
Sun	May 8	Water For Elephants (PG-13)	3 p.m.
		Big Mommas: Like Father, Like Son (PG-13)	7 p.m.
Mon	May 9	Take Me Home Tonight (R)	7 p.m.
Thu	May 12	Unknown (PG-13)	7 p.m.
Fri	May 13	Fast Five (PG-13)	7 p.m.
Sat	May 14	Prom (PG)	3 p.m.
		Fast Five (PG-13)	7 p.m.
Sun	May 15	Prom (PG)	3 p.m.
		The Adjustment Bureau (PG-13)	7 p.m.
Mon	May 16	Hall Pass (R)	7 p.m.
Thu	May 19	The Adjustment Bureau (PG-13)	7 p.m.
Fri	May 20	Hall Pass (R)	7 p.m.
Sat	May 21	Rango (PG)	3 p.m.
		Thor (PG-13)	7 p.m.
Sun	May 22	Mars Needs Moms (PG)	3 p.m.
		Thor (PG-13)	7 p.m.
Mon	May 23	Red Riding Hood (PG-13)	7 p.m.
Thu	May 26	Red Riding Hood (PG-13)	7 p.m.
Fri	May 27	Priest (PG-13)	7 p.m.
Sat	May 28	Battle: Los Angeles (PG-13)	3 p.m.
		Priest (PG-13)	7 p.m.
Sun	May 29	Battle: Los Angeles (PG-13)	3 p.m.
		Paul (R)	7 p.m.
Mon	May 30	Paul (R)	7 p.m.

Toys, gadgets contest honors military children

By William Bradner, Family and MWR Command

ALEXANDRIA, Va. --The Family and Morale, Welfare and Recreation Command is hosting an online promotion through the month of April.

The "Coolest Toys, Hottest Gadgets" online promotion highlights the Army MWR Library Program and Child, Youth and School Services activities, and coincides with the Army's celebration of Month of the Military Child.

The contest website, reached through www.MWRPromotions.com, showcases world-wide Month of Military Child programs. It also offers family-friendly suggestions to help parents recognize their military kids as "Everyday Heroes" for their heroism, character, courage, sacrifices and continued resilience.



Five winners chosen at random to win: an Apple® iPad™ 2 prize package that includes a 16GB iPad™ 2 with Wi-Fi and a \$100 Apple® gift card; a Microsoft® Kinect™ prize package that includes the Kinect™ sensor, Xbox 360® S console, 250GB hard drive, 360® wireless controller, headset, and Kinect™ games; a Nikon® COOLPIX® S6100 Digital Camera prize package; a Barnes & Noble® NOOK Color™

prize package and a \$100 Barnes & Noble® gift card; or a LeapFrog® prize package that includes the Leapster Explorer™ World Adventurer Gift Pack, carrying case, Tag™ Globe Trotter Gift Pack, Tag™ Learn to Read Super Book Pack, and Tag™ carrying case.

"The prize packages were chosen for their educational benefits," said MWR Marketing Manager Robin Hovey, "and directly correlate to a service or program currently offered by MWR Libraries or Child Youth and School Services."

While registering online, Families are encouraged to seek out library and child or youth service offerings taking place at their garrison.

"While the kids would certainly love to win a prize, it's a safe bet everyone's already a winner if we take a minute to recognize how hard ten years of war have been on our kids," Hovey said.

For information about what's happening Army-wide in celebration of Month of the Military Child, visit www.Facebook.com/ArmyMOMC.

Eco-Friendly Tips

Water-saving Tips

1. If your shower fills a one-gallon bucket in less than 20 seconds, replace the showerhead with a water-efficient model.
2. Shorten your shower by a minute or two and you'll save up to 150 gallons per month.

Recycling Tips

1. Bring organic waste and yard trimmings to the Recycling Center; be sure not to dispose of items in the wrong receptacle.
2. Avoid spending money on "throwaway" items such as disposable razors, flashlights, pens, toothbrushes, paper cups & plates, diapers, cigarette lighters, etc.

Energy-saving Tips

1. Plan to have your (separate) freezer empty during the growing season when you're eating fresh foods from the market. You can then shut it off during the warmest months when it works the hardest and uses the most energy.
2. Get regular engine tune-ups and car maintenance checks to avoid fuel economy problems due to worn spark plugs, dragging brakes, low transmission fluid, or transmission problems.

(NIEVES continued from Page 2)

Scoring was broken down into three categories; nutrition display, fitness menu and food presentation. The Nieves Webb DFAC came away with a near perfect score. According to Caraway, it was their display that put them on top.

We were the only DFAC to have actual themed materials for this year," said Caraway. "No other DFAC had that. I think putting the extra emphasis on the theme helped us out a lot."

The Nieves Webb DFAC won first place for its display and menu, but Caraway proudly says that it can all be attributed to the motivation of its Soldiers.

"It shows a lot in their pride and their willingness to not just do their day-to-day duties but to go way above and beyond and actually compete for something and try their best," said Caraway.

"It means a lot to me as the brigade food advisor that they're not just checking a block and putting a meal out," Caraway added, "but they're trying to do the best they can and that makes me proud."

April is STD awareness month, get informed

By E. Wayne Combs, Health Promotion and Wellness Portfolio, U.S. Army Public Health Command (Provisional)

About 19 million sexually transmitted diseases occur each year in the United States, according to the Centers for Disease Control and Prevention. Almost half are in young people ages 15 to 24. One in two young people will get a sexually transmitted disease by age 25, and many won't know it.

Untreated STDs can cause serious medical complications like chronic pelvic pain, infertility, or passing an infection to an infant during child birth. Individuals infected with STDs are at a much greater risk for HIV infection.

The only way to "know for sure" if you or anyone else has an STD is to get tested. Testing is faster and easier than ever before. You can't assume that your healthcare provider will bring it up. You might feel embarrassed to bring it up, but it's absolutely essential.

You and your health care provider will decide what STD tests make the most sense for you. If you do have an STD, it's important to get treated as soon as possible. Here are some tips for having a talk with your healthcare provider:

Before Your Appointment

- Think of problems or questions you have.



Even if you only have one or two, write them down.

- When you make your appointment, tell the receptionist that you'd like to be tested for sexually transmitted diseases.

The Appointment

It's the day of your appointment. Take a deep breath! Be prepared to ask lots of questions, be honest, and, if you don't understand a question or answer, ask for an explanation.

The Talk

A good sexual health exam begins with a good sexual health history. Here are some common questions that healthcare providers need to ask in order to help you:

- How many sexual partners have you had recently?
- How many sexual partners have you had in your lifetime?
- Do you have sex with women, men or both?
- Do you have oral sex?
- Do you have anal sex?
- Do you use condoms?
- Do you have symptoms now?
- Have you had symptoms in the past?
- Have you ever had a sexually transmitted disease?
- Have you used over-the-counter medications to treat your symptoms?
- Do your partner(s) have any STDs or symptoms of STDs?
- Do you have any drug allergies?
- When was your last menstrual period?

These questions might seem really personal, but it's important to be honest with your healthcare provider. Your provider will help you make important decisions about what test(s) and treatment you may need. Finally, be sure to ask about when you'll get the results.

For more information on preventing sexually transmitted diseases: It's Your Sex Life, <http://www.itsyoursexlife.com/>



Photo by Jessica Lipari

School Age Services children participate in a Nature Walk around Engineer Lake. Biologist Beate Bugla, designer of the new signs at the lake, taught the children about the ecosystem at the lake. This was one of several activities SAS children participated in during the past two weeks to learn more about the environment, leading up to the celebration of Army's Earth Day on April 22.

(SIGNS continued from page 1)

or they can add quizzes or activities to use for learning aids, Daferner said. Also it will provide USAG Bamberg statistics on the number of people taking the time to use the nature trail and learn about the ecosystem, which cannot be obtained by having just a regular sign.

"Community members should take the time to walk along the nature trail," Fahimi said. "Utilize what they have put so much work into."

For more information on environmental management and Engineer Lake log on to: <http://www.bamberg.army.mil/dpw/environment/EMS.htm>

TRICARE Online improves data access

By TRICARE Management Activity

FALLS CHURCH, Va. -- New TRICARE Online features give users access to expanded personal health data, including lab results, patient history and diagnoses, and provider visits.

The military health plan's new online features expand the website's "Blue Button" capability, which already allowed beneficiaries to safely and securely access and print or save their demographic information, allergy and medication profiles, officials said.

The level of data available depends on where treatment occurs, officials said, with the most data available to those who regularly get care at military hospitals and clinics.

"These new capabilities are a major step forward in engaging military health system patients as partners in their own health care," said Navy Rear Adm. (Dr.) Christine Hunter, TRICARE Management Activity deputy director. "Personal electronic health records can also improve care by conveying accurate patient information between providers, avoiding duplication of tests and reducing delays in treatment."

The Blue Button was fielded by TRICARE and was made generally available by other federal health care providers last year. With more than 250,000 users, officials said, it is the result of a close inter-agency partnership among the Defense and Veterans Affairs, or VA, departments and the Centers for Medicare and Medicaid Services.

TRICARE Online is the Military Health System's Internet point of entry, giving the health plan's 9.6 million beneficiaries access to available health care services and information through a secure portal. Users who receive their care at a military treatment facility can schedule appointments, order prescription refills and view their personal health data.



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

MISCELLANEOUS

Math tutoring for high school/middle school students available. I am a certified teacher with a Bachelor of Science degree in Mathematics and a Masters in Teaching. Available to tutor on weekdays. Please e-mail me for further information: dorothykim@gmail.com. (4/28/11)

Any person having claims or obligations to the estate of Staff Sgt. Joshua S. Gire of the 541st Engineer Company (Sapper), 54th Engineer Battalion should contact the summary court officer, 1st Lt. Steven Warner at 0951-300-7504. (4/21/11)

Wanted: German King Size Bed Frame. E-mail: rushharry@hotmail.com. (3/31/11)

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. (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.

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 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.

EMPLOYMENT

USAG Bamberg Community Chapel has a non-personal service contract opportunity for a catholic parish coordinator. We anticipate a performance period of June 1, 2011 through May 31, 2012. Interested parties should contact the Bamberg Regional Contracting Office for a copy of the solicitation packet# W912PG-11-T-0057 which will be used for submission. For additional information contact Bamberg RCO commercial call 0951-300-9387 or <http://www.usacce.army.mil/frc/default.htm>; or Kyeyong Thornton at the Chapel at 0951-300-8879. Please submit your application no later than May 16 at 6 p.m. (4/28/11)

Army Community Service / Financial Readiness Program have a non-personal service contract opportunity for a Financial Readiness Specialist with an anticipated pay range of \$19,399.04 - \$24,998.80. We anticipate a performance period of May 2 to May 1, 2012. Applicant must possess previous Army Community Service Financial Readiness Program experience; at least one year of experience in preparing correspondence and maintaining files; knowledge, skills, and demonstrate the abilities to conduct training in consumer awareness and personal financial management; at least one year work experience with computer software programs, specifically: MS Word, Excel, PowerPoint, Access, e-mail and Internet. Interested parties should contact the Bamberg Regional Contracting Office for a copy of the solicitation, packet number WK4TNB1067ACCS1, which will be used for submission. Completed packets/offers will be accepted until April 30. For additional information contact Bamberg RCO, Warner Barracks Bldg 7108, Weissenburgstrasse #10, 96052 Bamberg, Germany, telephone at 0951-300-9400. or <http://www.usacce.army.mil/frc/default.htm>; or Employment Readiness at 0951-300-7787. (4/7/2011)

Central Texas College-Europe is seeking applications for Automotive Instructors who have an associate's degree or higher and a minimum of five years work experience in the maintenance field or a bachelor's degree and a minimum of three years work experience in the maintenance field or A.S.E. Certification. For more information, call 09721-96-8309; or e-mail sarah.boerner@europe.ctcd.edu. (4/7/2011)

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 are available for night stocking in the Bamberg Commissary. For more information about available positions, 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.

Bamberg's Exchange is accepting applications for entry-level retail and food positions. Join a unique organization with the competitive package by applying online at www.applymyexchange.com or by calling Human Resources Office at 0951-303159.

FOR SALE

Kitchen for sale! Full kitchen including appliances for sale. Asking price is €2,000 OBO. Kitchen includes refrigerator, stove, oven, and dish washer. All appliances are high quality and fully functional. Lots of cabinet space. Original price for the set was over €4,000. Only used for 1 1/2 years. Contact Holly Matesick at hollydietsel@hotmail.com for more pictures and further details. (3/31/11)

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. (1/20/11)

Big free standing RCA HDTV on rollers. 51 1/2 inches tall, 48 1/2 inches wide, 120v, works great \$200 O.B.O. call 015151679661 or e-mail brikenmar@yahoo.com.

AUTOMOBILES

For Sale: 1995 BMW 318i Sports Package, dark blue, manual transmission, German Specs. Passed Inspection April 15. 230K kilometers. Drives and handles very well. New water pump, rear shocks, stabilizer link and brakes. \$2,300. Call Chris 0152-2428-8428

or 0951-209-99112. (4/21/11)

For Sale: 2006 Ford Mustang. \$11,500. Very good condition. 5 speed. Black exterior with grey interior. Power windows, CD player. 46,000 miles. No accidents, one owner. Services conducted on time. Contact: Sean Wilson at Wilson5054@yahoo.com. (4/21/11)

For Sale: \$3,500 OBO! 1996 Honda Civic Hatch, Euro Specs, Manual, EK9 2000 suspension. Just passed inspection, very good gas mileage, summer/winter tires. Contact: Edward Ablang at edwardablang@hotmail.com or 0152-232-68033. (4/21/11)

For Sale: 1999 Mazda Demio hatchback. Standard; Euro specs. - very good condition, dependable. 3rd owner, owned since 2002. \$1,500 0172-898-3445. (4/14/2011)

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. (3/31/11)

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. (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. (1/20/11)

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. 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.

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Outside the Gate

Weekend Events in and around Bamberg April 29 - May 8.

Friday, April 29

- 9 a.m. Easter and farmer's market in front of the city hall, Marktplatz, 91332, Heiligenstadt
- 9 p.m. Fred n Val play blues at the Live-Club, Obere Sandstrasse 7, 96049, Bamberg, phone: 0951-53304, e-mail: info@live-club.de, visit: www.live-club.de
- 10 p.m. Life gets better when the beats are fatter, Electro-Swing & Funky Breaks, at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

Saturday, April 30

- 9 a.m. Easter and farmer's market in front of the city hall, Marktplatz, 91332 Heiligenstadt
- 8 p.m. Bambaegga at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, email: info@live-club.de, visit: www.live-club.de
- 10 p.m. Klangklubnacht 5 at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

Sunday, May 1

- 9 a.m. Oldtimer meet at the fest tent Am Anger, 96191 Viereth-Trunstadt
- 10 a.m. May festival at Kirchsletten 26, 96199 Kirchsletten
- 2 p.m. May festival at Schloßstrasse, 96199 Unterleiterbach
- 5 p.m. Brose Baskets at Stechert Arena Bamberg, Forchheimer Strasse 15, 96050 Bamberg, (0951) 2 38 37, for tickets call BVD Kartenservice at 0951-9808220
- 6 p.m. Piano concert at Burgellern castle, Kirchplatz 1, 96110 Schesslitz
- 9 p.m. morphclublive: Mobyettes at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

Friday, May 6

- 8 p.m. Classical music concert at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Müssstraße 1, 96047 Bamberg, info@konzert-halle-bamberg.de, for tickets call bvd Kartenservice 0951-9808220 or <http://www.bvd-ticket.de>
- 9 p.m. Bobby Pins & The Saloon Soldiers at Sound'n Arts Club,

- 9 p.m. Sandstrasse 20, 96049 Bamberg
SLOP plays at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: info@live-club.de, visit: www.live-club.de
- 9 p.m. Burdette Becks Quartett at Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg
- 10 p.m. Distoertion-Seminar at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

Saturday, May 7

- noon Bamberg Pre-World Cultural Heritage Run Party with live music performances downtown Bamberg, Maximiliansplatz, 96047 Bamberg
- noon Organ concert at the Bamberg cathedral, Domplatz 5, 96049 Bamberg
- 1 p.m. Traditional Bavarian Trachten market at the farmers' museum, Hauptstrasse 3-5, 96158 Frensdorf
- 9 p.m. Johanna Schneider Quartett at Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg
- 9 p.m. Tango ball with Sexteto Milonguero at Haas-Saele, Obere Sandstrasse 7, 96049 Bamberg
- 10 p.m. uferlos Single Party at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: info@live-club.de, visit: www.live-club.de
- 10 p.m. Damaged goods at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

Sunday, May 8

- 9 a.m. Village fest (Kirchweih) at Oberoberndorf, 96199 Zapfendorf
- 9:30 a.m. Bamberg World Cultural Heritage Run with live music performances downtown Bamberg, Maximiliansplatz, 96047 Bamberg
- 10 a.m. Traditional Bavarian Trachten market at the farmers' museum, Hauptstrasse 3-5, 96158 Frensdorf
- 7:30 p.m. Brose Baskets at Stechert Arena Bamberg, Forchheimer Strasse 15, 96050 Bamberg, (0951) 2 38 37, for tickets call BVD Kartenservice at 0951-9808220
- 9 p.m. Daniel T. Coates Duo at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: info@live-club.de, visit: www.live-club.de
- 9 p.m. morphclublive: Arms And Sleepers [USA] at Morph Club,



Mother's Day Photos and Crafts

WHEN:
May 8

WHERE:
Warner Conference Center

TIME:
10 a.m. - 2 p.m.

Photo Cost:
One - \$5
Two - \$9
Three - \$12
Children's Craft-Free!












TRAINING SUPPORT CENTER (TSC) BAMBERG

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