



# WARNER WEEKLY

News & Information at Your Fingertips

VOL. 7, Issue 10

www.bamberg.army.mil

Thursday March 8, 2012



## Quilts honor, comfort Soldiers affected by war

By Sina Kingsbury,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- For the past nine years, women and men across the United States are covering those touched by war.

Quilts of Valor foundation, established by military mom Catherine Roberts in 2003, has donated more than 61,000 quilts to honor and comfort combat service members and veterans throughout the world.

Community members and Bamberg Middle High School's Junior Reserve Officers' Training Corps cadets presented 33 Soldiers with quilts for their deployed service during a ceremony here at the Bamberg Chapel Feb. 29.

"Any time an American chooses to put on the fighting uniform of their nation, they make a choice," said Chaplain (Capt.) Terri King during the ceremony. "They choose to lay down some of their basic freedoms guaranteed under the constitution to life, liberty and their own personal desires for happiness so that others may enjoy them to the fullest."

"The men and women here today represent the best of our nation and QOV is living out their calling to love us and remind us that we truly did make a sacrifice to serve and that our Nation



Sina Kingsbury

Soldiers, who recently returned from deployment, sit with their quilts during a Quilts of Valor ceremony at the Bamberg Chapel Feb. 29. During the ceremony, 33 Soldiers were presented with quilts donated by The Beachlovin' Grannies of the Carolinas. Today, Quilts of Valor fountain has donated more than 61,000 quilts to combat service members and veterans throughout the world.

and our God have not forgotten that service," King said.

The quilts presented at the ceremony were made and donated by a quilting guild out of South Carolina called The Beachlovin' Grannies of the Carolinas.

"There are roughly 24 active members," said Barbara Browd, a member of The Beachlovin' Grannies, in an email.

While some members do piece work, sew presentation cases or embroider, a few members contribute without the help of a needle.

"We have a lady that prints our cards that accompany every quilt that is given," Browd said. "We then have people that don't quilt or sew, but love to iron."

"Basically, our quilts come from many hearts and hands and we hope they show the love, respect and appreciation that we have for our troops," she said.

Today, The Beachlovin' Grannies of the Carolinas have donated 638 quilts in the past seven years.

"We have sent our Quilts of Valor to many veterans hospitals; including, Walter Reed,

(QUILT continued on Page 3)

## Bargain shopping begins



File Photo

Warner Barracks residents check out items a community member is selling during the Community Flea Market in front of the Community Activities Center last year. Beginning March 10, community members will be able to buy and sell items every second Saturday of the month from 10 a.m. - 1 p.m. at the Community Flea Market. Upcoming flea markets are scheduled for April 14, May 12, June 9, July 14, Aug. 11, Sept. 8 and Oct. 13. Items for sale at the event ranged from small household appliances to clothes to DVDs. Sign up is free at the CAC. Tables can be reserved in advance for \$5 per table at the CAC. For more information, call 0951-300-8837.

## Country band to perform free concert at Warner Barracks

By Sina Kingsbury,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- The wait is finally over...C-O-U-N-T-R-Y is coming to Warner Barracks!

The contemporary country duo, LoCash Cowboys, is touring military bases throughout Germany courtesy of Armed Forces Entertainment.

Warner Barracks community members will have a chance to rock out with LoCash Cowboys when they perform a free concert March 13 at the Basics Building. Doors open at 6 p.m. and the concert will begin at 7 p.m. The concert is open to all ages.

About four years ago, Preston Brust and Chris Lucashad were traveling across the country, playing gigs

and selling thousands of copies of their homemade CD. By the end of the year, Stroudavarious Records signed the band.

Today, the LoCash Cowboys have shared the stage with performers like Charlie Daniels and ZZ Top, performed during NBA and U.S. Olympic half-time basketball games and have written theme songs for reality television shows Tuckerville and Pageant School: Becoming Miss America.

For more information about LoCash Cowboys, visit [www.armedforcesentertainment.com](http://www.armedforcesentertainment.com) or <http://www.facebook.com/LoCashCowboysFans>.



**ARMED  
FORCES  
ENTERTAINMENT.**

# Behaviors likely causing lack of sleep

By Douglas DeMaio, Bavaria Medical Department Activity Public Affairs

VILSECK, Germany -- Health professionals here recognize a common theme they see among Soldiers.

"We live in a sleep deprived society," said Brian Olden, Behavioral Health service chief for Bavaria Medical Department Activity. "I have read research that in the United States that maybe as high as 60 or 70 percent of people have sleep problems at sometime in their adult life."

Proper and enough sleep is important to healing injuries and having a healthier, more enjoyable life. Life challenges seem greater than they are when sleep deprived. Many people choose to stay up late to watch TV, play video games versus sleeping.

While Olden and his colleague, Maj. Joseph Dougherty, acknowledge sleep problems among Soldiers appear on par with the civilian sector, the cause can easily be explained.

"Not all sleep problems in Soldiers are related to deployment or combat," Dougherty said, who is the psychiatry consultant for BMEDDAC and an adult and child psychiatrist at the Vilseck Health Clinic. "If you take a fairly large percentage of young, otherwise healthy, active duty Soldiers with a high op tempo, alternating training cycles and alternating sleep and wake cycles, we can expect a designated number of those individuals will have what we consider sleep problems. A sleep problem does not equate to a mental health issue or mental health diagnosis. There should not be a presumption that if someone is having a hard time sleeping that they necessarily have a mental health issue; it is often something that can be addressed by changing the environment with sleep hygiene principles."

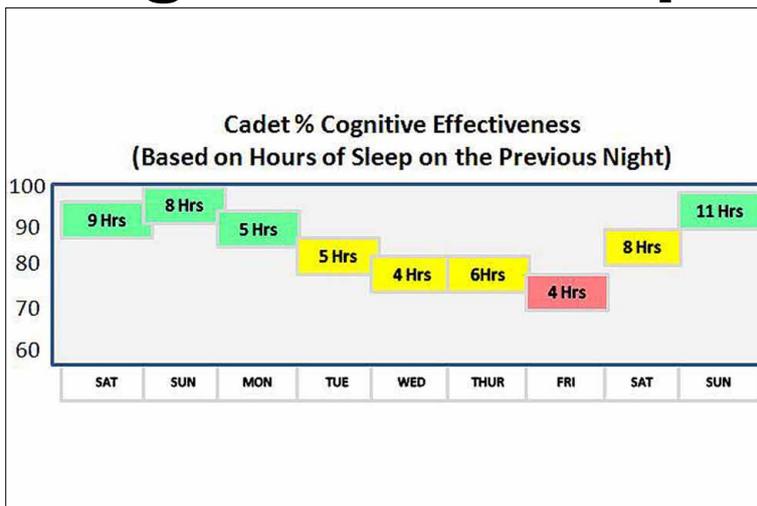
Sleep hygiene is a practice of establishing good sleeping habits, Olden said, who has more than 20 years of experience working with military personnel as a clinical social worker.

"I would say 80 to 90 percent of the issues can be resolved with improving sleep hygiene," Olden said. "Make the sleep environment conducive to sleep."

To make an environment conducive for sleeping, sleep deprived people should do something relaxing and enjoyable before bedtime; make the bedroom quiet, comfortable and dark. Remove the clock from eyesight of the bed and exercising regularly, except in the late evening, are other recommendations for sleep treatment.

"Exercise regularly, though not late at night, and do something relaxing just before bedtime. Reading is a good idea," he said.

Using over-the-counter medications is not a good sleep treatment remedy for sleep deprivation, Dougherty said.



West Point courtesy graphic

The graphic represents a typical cadet sleep pattern derived from the Fatigue Avoidance Scheduling Tool software. Note that the previous night's sleep has a major impact on the next day's cognitive abilities. By Friday, this cadet is operating just below 75 percent effectiveness. It is also worth noting that trying to 'catch up on sleep' takes multiple nights.

"An over-the-counter approach is used by some Soldiers," Dougherty said.

Non-prescription sleep aids are used by some. This approach does not solve the root of the problem, which is getting enough undisturbed sleep, he said. Nor does alcohol.

"What I tell the Soldiers is that alcohol is not the solution to your sleep problems; it's not the solution to any of your problems really, but especially not sleep," Olden said. "Alcohol will disrupt your sleep cycle later in the night."

The challenge for people using alcohol on a nightly basis is tolerance, Dougherty said. While one drink or two drinks might initially be perceived as effective, people will find that as they become more tolerant of the alcohol; it is no longer effective in helping them fall asleep.

"When you take a look at the effects of alcohol on what we call the sleep cycle, the effects can be rather short-lived," Dougherty said. "There are different phases of the sleep cycle that people go through once they fall asleep and the Rapid Eye Movement phase tends to have a variety of physiological changes that occur."

According to the American Sleep Association, there are five phases of sleep. One through four and the last phases known as Rapid Eye Movement sleep. The phases progress in a cycle from stage 1 to REM sleep, and the cycle starts over again at stage 1. A complete sleep cycle (SLEEP continued on Page 9)



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

USAG Bamberg, Public Affairs Officer  
**Renate Bohlen**

Warner Weekly Staff  
**Jessica Lipari (Editor), Sina Kingsbury, Simon Hupfer**

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](http://www.bamberg).

[army.mil](http://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 [usarmy.bamberg.usareur.mbx.pao@mail.mil](mailto:usarmy.bamberg.usareur.mbx.pao@mail.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

# Strong athletics displayed at youth basketball tournament

By Jessica Lipari, USAG Bamberg Public Affairs

BAMBERG, Germany -- Teams from across Europe traveled to Warner Barracks on Saturday to compete in the Installation Management Command Europe eastern junior coed basketball championship tournament.

This year eight teams from Bamberg, Schweinfurt, Grafenwoehr, Hohenfels, Ansbach, Aviano, Vicenza and Livorno competed in the two-day event.

"All the teams that came to participate played with good sportsmanship," said DeWayne Gamble, Child, Youth and School Services Youth Sports and Fitness director.

In a close match-up Grafenwoehr clenched the win over Bamberg with a 40-36 win.

Grafenwoehr did not suffer a loss throughout the entire tournament.

Leading scorers in the final game were Jowan Morris from Grafenwoehr with 13 points and Mustafa Stewart from Bamberg with 8 points.

Bamberg lost a game placing them in the loser bracket of the tournament and through a strong display of athletics they made their way out to come back and compete in the championship game.

Schweinfurt claimed third place when Bamberg defeated them 31-25.

Schweinfurt had the smallest team in the tournament with only six players.

Teams are made up of six to 12 players ages 12 to 15.

"Each player is required playing time in CYSS sports," Gamble said. "It is a good opportunity for the children to hone their skills."



Jessica Lipari

A Schweinfurt team member defends against Bamberg from shooting a basket during the semi-final game of the Installation Management Command Europe eastern junior coed basketball championship tournament. Schweinfurt claimed third place while Bamberg won second place. Grafenwoehr won the tournament sponsored by Child, Youth and School Services Youth Sports and Fitness program. Eight teams from across Europe competed in the tournament.

Vicenza made a strong showing this year in the tournament claiming fourth place, Gamble said. "This is the best they have finished."

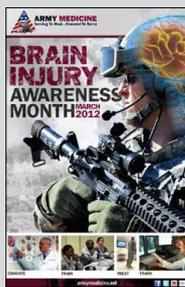
The tournament is sponsored by CYSS Youth Sports and Fitness program and has been hosted by Bamberg since 2008.

Gamble said that the basketball season and tournament could not take place without the help of volunteers.

"The season cannot be successful without the volunteer coaches and the hard work they put in to make it to the championship," he said.

## March: Brain Injury Awareness Month

FORT SAM HOUSTON, Texas -- According to the Centers for Disease Control and Prevention, nearly 1.7 million people suffer a traumatic brain injury, or TBI, each year.



Of those, 52,000 people die. TBI is also a contributing factor to a third of all injury-related deaths in the U.S.

During March, in recognition of Brain Injury Awareness Month, the Army is ...

To read more on this story, click [here](#).

## Army to field more 'double-V hull' Strykers

WASHINGTON -- The Army expects final delivery of additional Stryker double-V hull vehicles, the Stryker DVH, by year's end and expects to then have a total of about 760.



The vehicle has been effective in theater, Army acquisition officials said at a media roundtable Friday.

To read more on this story, click [here](#).

(QUILT continued from Page 1)

Womack Army Medical Center at Fort Bragg, White River Veteran Hospital in Vermont and the Naval Hospital at Camp Pendleton as well as The Wounded Warriors Battalion at Camp LeJeune," Browd said. "More recently we have been sending them to Liz and Mac Petty there in Bamberg."



Courtesy Photo

A quilting guild out of South Carolina called The Beachlovin' Grannies of the Carolinas made and donated quilts to 33 Soldiers here at Warner Barracks.

"Together they have seen that our quilts have been given to our wounded and war weary heroes there with our love," she said.

Browd said she has always had strong patriotic feelings.

"Being involved with QOV is the least I can do, since these young men and women are in harm's way to protect our country," Browd said. "God Bless America and those who have protected it. Thank you from the bottom of my heart."

For more information about the Quilts of Valor fountain, visit [www.qovf.org](http://www.qovf.org).

ARMED FORCES ENTERTAINMENT PRESENTS  
**LOCASH COWBOYS**  
USAG Bamberg Stable Theater / Entertainment

**MARCH 13**  
7 P.M. - BASICS BUILDING  
FREE ADMISSION!

Doors open 6 p.m.  
Contact Tel. (0951) 300 8647

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

\$315 for ages 3 to 11 and \$79 for under 3. Sign up at the Freedom Fitness Facility with a \$100 deposit per person, payable in full by March 12. For more information, call 0951-300-8890.

**Hairspray**

Stable Theater presents the Broadway musical Hairspray March 22-24 and March 29-31 at 7:30 p.m. There will also be matinee performances March 25 and April 1 at 3 p.m. Reserve tickets in advance, \$11 for adults and \$9 for children, students and E4 and below. For more information, call 0951-300-8647.

**Free Tax Preparation**

The Bamberg Tax Center is open. The Tax Center is located in Bldg. 7000 on the fourth floor. Appointments and walk-ins will be available. Operating hours will be Monday to Friday 9 to 11:30 a.m. and 1 to 3:30 p.m. The office will be closed daily at noon to 1 p.m. for lunch. For more information or to make an appointment, call 0951-300-8261/8262.

**Red Cross Volunteer Orientation**

Come and learn how you can become a volunteer with the American Red Cross April 6 from 10 a.m. to 12 p.m. at Army Community Service building. Please call and RSVP no later than the day before each scheduled orientation. For additional information or questions, stop by the Red Cross office, Building 7029 or call 0951-300-1760.

**Military Council of Catholic Women**

The Military Council of Catholic Women meet on Thursdays at the Chapel. Mass begins at 12 p.m. followed by fellowship, lunch and study group from 12:30 to 2 p.m. For more information, email [Andrea.lands@gmail.com](mailto:Andrea.lands@gmail.com).

**CPR, AED and First Aid**

Come and learn how to give cardiopulmonary resuscitation, first aid and use an automated external defibrillator with the Red Cross, March 9 and April 13 from 10 a.m. to 4:30 p.m. at the Army Community Service building. The cost of the CPR/First Aid Certification is \$45. You can log onto [www.redcross.org](http://www.redcross.org) to register. Once on the Red Cross site, go to "take a class" and enter your APO zip code to find the course, register and pay online. You can also register in person at the ARC office. For additional information or questions, stop by the Red Cross office, Building 7029 or call 0951-300-1760.

**By Soldiers - For Soldiers**

Alcoholic Anonymous meetings for Warner Barracks take place weekly on Wednesdays from 11:45 a.m. to 12:45 p.m. at the Community Activity Center, Room 409. These meetings are open to anyone. Duty



**Ramstein Shuttle**

	Arrival	Departure
Bamberg, Bldg 7676, Bamberg Inn	1:40 a.m.	1:50 a.m.
Schweinfurt Conn Bks, Bldg 89, Bradley Inn	2:50 a.m.	3:00 a.m.
Ramstein Passenger Terminal	6:30 a.m.	
Ramstein Passenger Terminal		9:40 a.m.
Schweinfurt Conn Bks, Bldg 40, Central Processing Facility	12:30 p.m.	12:40 p.m.
Bamberg, Bldg 7290, Central Processing Facility	13:20 p.m.	

**Every Tuesday**

ANSBACH & ILLESHEIM  
SPOUSES' & CIVILIANS' CLUB

**Spring Fling Bazaar**

**9-11 MARCH 2012**  
KATTERBACH HANGAR 2

Fri: 12-7 p.m. • Sat: 10-7 p.m. • Sun: 11-4 p.m.  
Major credit cards and US dollars accepted, no euros please.

[springflingbazaar@googlemail.com](mailto:springflingbazaar@googlemail.com)  
U.S. ID Card Holders only.  
No pets please.  
Strollers welcome!

uniform allowed. For more information, call Kyle at 0151-1775-3880, Brian at 0172-271-3626 or Justin at 0151-4642-3940

**Woodworkers Roundtable**

Take part in the woodworkers roundtable every Wednesday at the Arts and Crafts woodshop on the second floor of Building 7047. Get tips, tricks and new ideas. The event is free. For more information, call 0951-300-8659 or email [thomas.stenson@us.army.mil](mailto:thomas.stenson@us.army.mil).

**Arts and Crafts**

Take part in the crafter's club at noon every Tuesday at the Arts and Crafts classroom on the first floor of Building 7047. Join the fun. Local crafters get together to share ideas, tips and tricks on a variety of crafts. Learn something new or share your knowledge. The event is free. For more information, call 0951-300-8659 or email [thomas.stenson@us.army.mil](mailto:thomas.stenson@us.army.mil).

**Weekly Reminders**

**Speed Limit**

Please slow down while driving through residential areas on the installation. The speed limit inside a residential area is 20 kph.

**Immediate Appointments**

Are you tired of waiting on hold while scheduling a medical appointment at health clinic? With TRICARE Online, you don't have to wait on hold. You can schedule appointments, refill prescriptions and manage your health needs better. Register today at [www.tricareonline.com](http://www.tricareonline.com). To learn more, visit <http://www.youtube.com/watch?v=s7VeUlyTMA4>.

**Ohio Veterans Bonus**

The Ohio Veterans Bonus is available to veterans who served during the conflicts in the Persian Gulf, Iraq and Afghanistan. For more information, go to [veteransbonus.ohio.gov](http://veteransbonus.ohio.gov) or call 1-877-644-6838.

**Photo Studio**

The Arts and Crafts Photo Studio has reopened. Chandra is available to take your appointments for portraits, balls, sporting events and more. For more information or to make an appointment, call 0951-297-1248.

**Looking for Training Space?**

Earn your certificate. Advance your career. Achieve

**Community Announcements**

Please send all announcements to Bamberg Public Affairs at [usarmy.bamberg.usareur.mbx.pao@mail.mil](mailto:usarmy.bamberg.usareur.mbx.pao@mail.mil).

**Bingo**

Bamberg Spouses and Civilians' Club will have a bingo night March 23 at the Warner Conference Center. Card sales begin at 6 p.m. and bingo starts at 6:30 p.m. The theme for this month's bingo is "Polish Pottery". Wear the colors of the Polish flag and receive a free bingo card. The Polish flag is read and white. For more information, email [marylousolorzano@yahoo.com](mailto:marylousolorzano@yahoo.com).

**Volunteer Opportunities**

Interested in volunteering? Equal Opportunity office is looking for volunteers to help with upcoming observances. For more information, contact the Equal Opportunity and Equal Employment Opportunity offices at 0951-300-8624.

**March Madness!**

For the entire month of March, save 15% on all portrait sheet orders at the Community Activity Center Photo Studio. For more information, call 0951-297-1248 or stop by the CAC Photo Studio.

**LoCash Cowboys**

Armed Forces Entertainment presents the LoCash Cowboys March 13 at 7 p.m. at the Basics Building. Doors will open at 6 p.m. and admission is free. For more information, call 0951-300-8647.

**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 on Saturday, April 7 at Friendship Park at 9 a.m. The event will include The Amazing Race 2K, Easter Egg Hunt at 10:15 a.m., Kinder Fest, Zumba kids demo, Pet Expo and a working dog demo. On Saturday, April 23, the garrison will host an Easter egg hunt/Spring Fling event at Friendship Park at 10 a.m. For more information, call 0951-300-7452 or email [archie.johnson1@us.army.mil](mailto:archie.johnson1@us.army.mil).

**BOSS Trip**

Take a trip to Paris and Euro Disney with Better Opportunities for Single Soldiers March 15-18. The trip includes round-trip transportation, two overnights in a four star hotel in Paris, two breakfasts, local tour guide in Paris and full day pass to Disneyland Paris. Open to Soldiers, family members and authorized ID card holders. The price is \$369 for ages 12 and up,

## Manage Your Medical Needs

### With TRICARE Online

Schedule Appointments  
Order Prescription Refills  
View Personal Health Data

Learn How To Register

<http://bit.ly/xYrUEn>

your goals. The Digital Training Facilities provide Soldiers with a location to access web based, job related and professional courses away from the workplace and distractions of the home. We have three classrooms and each classroom has 17 workstations. In total, we have 51 workstations. Classrooms are linked to the internet. Services are available for individual self development. Stop in to check e-mail, use free internet, take distance learning classes, job search or study. For more information, visit the Digital Training Facility in Building 7055, call 0951-300-8669 or e-mail [esther.j.galletta@us.army.mil](mailto:esther.j.galletta@us.army.mil). The facility is open Monday-Thursday day from 8 a.m. to 5 p.m. and Friday from 8 - 11 a.m.

#### 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 Vanessa Holland, EFMP manager, at 0951-300-7777.

#### DEERS Validation

Soldiers are responsible for ensuring Defense Enrollment Eligibility Reporting System information is updated. Please see the ID card section to update your DEERS information.

#### Prevent Influenza

Getting a yearly flu vaccine is the first and most important step you can take to protect yourself against influenza. Contact your health clinic to get your yearly flu vaccination. To learn more about how you can protect yourself and others from influenza, visit <http://www.cdc.gov/flu/protect/preventing.htm>.

#### Involved Consideration

Missed appointments diminish a medical facility's ability to provide efficient health care. The next time you cannot make your medical appointment, please be considerate and cancel your appointment. We need your involvement to provide better care for our military community.

#### OneSource Mobile

Army OneSource is now available for smart phone browsers. The launch of a mobile device version will optimize Army OneSource the mobile experience for visitors. Visit [www.myarmyonesource.com](http://www.myarmyonesource.com) today.

#### DFAC Feedback

Dining Facility council meetings are at Ray's Diner every last Thursday of the last month of each quarter at 2 p.m. The meetings are scheduled for March 29, June 28 and Sept. 27. For more information, call 0951-300-7130.

#### 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.

#### 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, Erlanger Stadtwerke, Entega and E-on Bayern. For more information, call the Bamberg tax relief office at 0951-300-1780.

#### New Health Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday, Tuesday, Wednesday, sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Thursday and Friday, sick call is from 7 - 8 a.m. and full service is from 7:30 a.m. - 3 p.m.; closed on US 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 a care provider.

#### 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

**SPIES**
**TERRORISTS**
**INSIDERS**





### THREAT AWARENESS

"It is Your Responsibility to Protect Our Community"

REPORT SUSPICIOUS ACTIVITY

Bamberg Field Office  
CIV: 0951-300-8742  
DSN: 469-8742

24 Hour Duty Cell Phone  
0162-297-6546

Bldg 7000, Room 410  
Warner Barracks



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.

#### Veterinary Facility

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

#### 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.

#### 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.

#### 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.

#### English as a Second Language

Army Community Service, Relocation Readiness Program, offers free ESL classes every Thursday. Level 1 class is scheduled from 8:30-10:30 a.m. Level 2 class is from 10:30 a.m.-12:30 p.m. Level 3 class is from 1-3 p.m. Classes are at the Family Advocacy Program Building 7487. For more information, call

Paris & Euro Disney

March 15-18

Trip includes round-trip transportation, 2 overnights in a 4-star hotel in Paris, 2 breakfasts, local tour guide in Paris and full day pass to Disneyland Paris, \$369 (ages 12+), \$315 (3-11), \$79 (-3). Open to Soldiers, Family members, civilians and other authorized ID card holders. Sign up at FFF with a \$100-deposit per person, payable in full by March 12.

Sign up and infoContact (0951) 300 8890

FOR SOLDIERS
FOR FAMILIES
FOR RETIREES
FOR CIVILIANS

USAG Bamberg  
Stable Theater / Entertainment

www.bamberg.army.mil/mwr

flickr MWR

**hairspray**  
THE BROADWAY MUSICAL

March 22, 23, 24, 29, 30, 31, 7:30 p.m.  
March 25 & April 1, 3 p.m.  
at Bamberg Stable Theater

Reserve/Tickets in Advance: \$11 (Adults), \$9 (Kids, Students, E4 and below)  
Contact Tel. (0951) 300 8647

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

0951-300-7777.

**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.

**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.

**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.

**Trial Defense Services**

If you're a Soldier and you are questioned by law enforcement, Criminal Investigation Division or members of your command about suspected acts of misconduct, you have the absolute right to remain silent. You have the right to refuse to answer any question, even from your commander and you have the right to talk to an attorney. If questioned, you should immediately demand to speak to an attorney. As a Soldier, you are entitled to free consultation and representation by a military defense counsel. All communications with a trial defense attorney are privileged and will not be released to your command. Let a U.S. Army trial defense attorney help you. For more information, call 0951-300-8620 or come to Building 7000 to speak with a free trial defense attorney.

**Closures / Changes****German as a Second Language**

There will be an interruption in German as a Second Language classes for the month of February. During this time, Army Community Service is taking this opportunity to optimize the class schedule for the rest of 2012. ACS would like to offer every member of the community the chance to tell them what their preference is for class hours by clicking on the link below and taking the five question survey <http://www.surveymonkey.com/s/9BCVYPJ>. For more information, call 0951-300-7777.

**Airport Shuttle**

The Frankfurt Shuttle Bus has modified hours. The shuttle departs from the Bamberg Army Community Service building Monday-Friday at 6:25 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 holidays, but is on training holidays. Pets are allowed. For more information about the airport shuttle, call 069-695973816.

**Coffee Change**

The phone number for Community Activity Center and cafe is now 0951-300-8837. The 0951-300-8659 line will only be for Arts and Crafts and be answered during its business hours.

**Library Hours Changed**

The community library, located at building 7047, closes at 6 p.m. on Fridays. The current hours of operation are: Monday-Thursday from 11 a.m.-8 p.m., Fridays 11 a.m.-6 p.m. and Sat 11 a.m.-6 p.m. Closed Sundays and Federal Holidays.

**Customs Office**

The Customs Office is closed every first Thursday of the month for training.

**Continuing Education****Texas Resident**

Are you a Texas resident? Central Texas College offers an in-state tuition rate of \$76/credit hour for Texas residents taking online courses. Take classes online in criminal justice, early childhood, applied management, hospitality management, legal

USAG Bamberg  
Whispering Pines Golf Course and Pro Shop  
Tel. (0951) 300 8993

flickr MWR

**2012 Golf Tournaments**  
Classes & Events

March 31	Course Clean Up Tournament
April 14	Youth Tournament
May 1	Season Opener Golf Club Hauptmoorwald
May 5	Season Opener (American)
May 17	Tournament of Scents
May 26	Memorial Day Tournament
June 7	President's Prize Golf Clinic
June 11	Otto's Golf Cup
June 23	Top 40 II: Homegame
July 4	2 Person Scramble
July 14	German-American Ryder Cup
July 22	Weyermann Cup
Aug. 4	1st Herran Hainstapfel
Aug. 11	Family Day Tournament
Aug. 18	Top 40 I: Homegame
Sept. 1 & 2	Club Championship (American)
Sept. 10	Golf Clinic
Sept. 15 & 16	Club Championship Golf Club Hauptmoorwald
Nov. 18	Turkey Shoot Kick Off (every Sat. until Christmas)
Oct. 3	End of Season Tournament
Dec. 9	Nikolaus Tournament

Information can be subject to change. Please call ahead.

*Women's History Month*

March 22, 2012 4-6 p.m.  
Warner Conference Center  
Featuring Guest Speakers:  
Ms. Beverly Erdmann and Ms. DeFranco,  
Bamberg Elementary School

*Women's Education-Women's Empowerment*

For additional information contact Garrison EEO at 0951-300-8624

assistant and fire prevention. For more information, e-mail [bamberg@europe.ctcd.edu](mailto:bamberg@europe.ctcd.edu) or call 0951-300-7467.

**PTA Scholarships**

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

**Post 9/11 GI Bill**

Take advantage of your military benefits. Earn a degree or skill with your Post 9/11 GI Bill. Find out more about your benefits by visiting <http://www.gibill.va.gov>.

**UMUC Financial Aid**

UMUC Europe introduces the New Student Scholarship for Spring 2012 Session 2. This one-time \$700 award helps students with the cost of tuition and books and combined with the affordability of UMUC Europe's programs, helps make it possible to reach their highest personal and career goals. Starting in January, book awards will be increased to \$150 for active duty enlisted service members and military family members of all ranks. With a quick online application, eligible students can offset the cost of their textbooks this spring. For more information or to download financial aid applications, visit [www.ed.umuc.edu/financial\\_aid](http://www.ed.umuc.edu/financial_aid).

**Travel and Study**

Discover the best of Europe while earning UMUC credit. New field study courses are now offered March through August 2012 in fascinating cities like Venice, London, Berlin, and much more. Field study courses combine the exploration of rich culture and history in famous European destinations with hands-on learning from experienced UMUC faculty. Find out more and plan a week of unforgettable adventure at [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy).

**Early Childhood course**

Central Texas College Bamberg is officially open for Term 4 Registration. We are offering the course CDEC 1335 - Early Childhood Development 3-5 years as part of the Early Childhood Professions degree plan. Non-degree seeking students may also take this course! Participate in hands on learning as well as classroom time to complete this course. Registration is open now through March 27. Please visit Nora Sobering in the Ed Center or contact her at 0951-300-7467 or [bamberg@europe.ctcd.edu](mailto:bamberg@europe.ctcd.edu).

Help us better our community by taking a survey about the Bamberg community at

[www.surveymonkey.com/s/Bamberg](http://www.surveymonkey.com/s/Bamberg)

## Recycling Fact Insulating your attic reduces the amount of energy loss in most houses by up to 20%

### Hospitality course

Central Texas College Bamberg is officially open for Term 4 Registration. We are offering the course RSTO 1325 – Purchasing for Hospitality Operations as part of the Hospitality Management degree plan. Non-degree seeking students may also take this course! The classes in this degree plan are perfect for anyone interested in working in or running a business in the Restaurant/Hotel industry. Participate in hands on learning as well as classroom time to complete this course. Registration is open now through March 26. Please visit Nora Sobering in the Ed Center or contact her at 0951-300-7467 or [bamberg@europe.ctcd.edu](mailto:bamberg@europe.ctcd.edu).

### Criminal Justice course

Central Texas College Bamberg is officially open for Term 4 Registration. We are offering the course CJSA 1308 – Criministics I as part of the Criminal Justice degree plan. Non-degree seeking students may also take this course! Participate in hands on learning as well as classroom time to complete this course. Registration is open now through April 2nd. Please visit Nora Sobering in the Ed Center or contact her at 0951-300-7467 or [bamberg@europe.ctcd.edu](mailto:bamberg@europe.ctcd.edu).

## Sports, Health and Fitness

### Healthy Shopping at the Commissary

Do you have diabetes, high blood pressure or overweight? Come to the Commissary on March 9 at 10 a.m. to learn about nutrition and locating healthy choices when shopping for groceries. Two registered dietitians from Vilsek will be here to tour patrons through the commissary showing them the healthy choices to purchase. If you are interested in attending please RSVP to [giulliana.soares@deca.mil](mailto:giulliana.soares@deca.mil) or call 0951-300-8819.

### Running Club

Do you get out of breath running for the bus? Do you

want to lose weight? Do you want to get in shape and stay in shape? Join the Bamberg Running Club for all levels of runners, but especially targeted for beginners using the Jeff Galloway training method of running/walking! The Bamberg Club will meet two times a week for 45-60 minutes of training, plus weekend runs. The first meeting will be March 20, 6:30 p.m. at the Freedom Fitness Facility. This is will be partnership between FFF and the Bamberg Health Clinic. For more information, email [kelley.woodruff@us.army.mil](mailto:kelley.woodruff@us.army.mil) or [ernest.d.johnson3.naf@mail.mil](mailto:ernest.d.johnson3.naf@mail.mil) or call 0951-300-9086.

### Kick the Habit

There is a Smoking Cessation Group every Monday at 4:30 - 5:00 p.m. in the Dental Clinic Conference Room. No registration required. For more information, call 0951-300-8999.

### Pertussis Prevention

Pertussis, or whooping cough, can affect people of any age. It is a highly contagious bacterial disease and without treatment, it can cause illness complications. Protect yourself and protect your children against pertussis. Ask your health clinic personnel about the Tetanus, Diphtheria and Pertussis or T-DAP vaccine and reduce the spread of this common disease.

## Youth and Teens

### Scholarship

In recognition of their service to the nation and in support of the unique demands and sacrifices of military personnel and their families, St. George's School is seeking to provide up to four fully funded scholarships for children of active duty military personnel in the 2012-2013 school year. St. George's School is an independent college-preparatory school serving grades 9 through 12 located just outside of Newport, R.I. For more information on this wonderful opportunity for outstanding students, <http://www.militarychild.org/child-student/st.-georges-scholars-program/>.

### Parents' Night/Day 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 21, June 2, Aug. 4, Oct. 6 and Dec 1 from 11:30 a.m. – 3 p.m. Dates for Parents' Night Out will be May 4, July 6, Sept. 7 and Nov. 2 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.

### Reader of the Month

On the third Wednesday of the each month at 4 p.m., the Bamberg Community Library and School Age Center will recognize and reward children and youth for their accomplishments in reading. A reading log will be maintained at Bamberg Library. The Reader of the Month will have their photo displayed at the library. For more information, call 0951-300-1740.

### Preschool Services

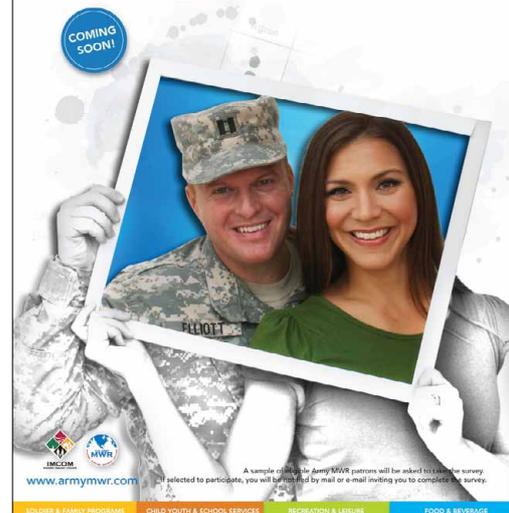
Your child or someone else's may qualify for preschool services for children with disabilities. Screening for children ages 3 to 5 years of age are held once a month at Bamberg Elementary School to locate and identify children who may have developmental delays. Make an appointment if you suspect a delay in language, physical, cognitive, social or adaptive behavior development. Call BES at 0951-300-7616.

### Library Events

The library hosts weekly events. There is storytelling for children ages 3-5 years old every Wednesday 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.

## ARMY MWR SERVICES SURVEY

MAKING WHAT'S GOOD FOR YOU... BETTER.



### Youth Lessons

Child, Youth and School Services SKIES Unlimited is offering lessons for fine arts ages 6 to 12, kinder German with parents ages 6 to 9, gymnastics for various age groups, kickboxing ages 5 to 18 and piano ages 6 to 18. For more information, call 0951-300-7452.

### 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, Bowllarama, 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 0951-222-1903 or e-mail [chad3jsdad@yahoo.com](mailto:chad3jsdad@yahoo.com).

### Boy Scouts

Boy Scout Troop 40 in Bamberg is looking for boys ages 12 and older 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.

# Bamberg Movie Schedule

AAFES Reel Time Theater is closed  
Tuesdays and Wednesdays

Thu	March 8	The Adventures of Tintin: The Secret of the Unicorn (PG)	7 p.m.
Fri	March 9	Act of Valor (R)	7 p.m.
Sat	March 10	The Adventures of Tintin: The Secret of the Unicorn (PG)	3 p.m.
		Mission Impossible: Ghost Protocol (PG-13)	7 p.m.
Sun	March 11	Mission Impossible: Ghost Protocol (PG-13)	3 p.m.
	March 11	Act of Valor (R)	7 p.m.
Mon	March 12	Act of Valor (R)	7 p.m.
Thu	March 15	Joyful Noise (PG-13)	7 p.m.
Fri	March 16	War Horse (PG-13)	7 p.m.
Sat	March 17	Dr. Seuss' The Lorax (PG)	3 p.m.
		War Horse (PG-13)	7 p.m.
Sun	March 18	Dr. Seuss' The Lorax (PG)	3 p.m.
		Joyful Noise (PG-13)	7 p.m.
Mon	March 19	Dr. Seuss' The Lorax (PG)	7 p.m.
Thu	March 22	Contraband (R)	7 p.m.
Fri	March 23	John Carter (PG-13)	7 p.m.
Sat	March 24	Extremely Loud and Incredibly Close (PG-13)	3 p.m.
		John Carter (PG-13)	7 p.m.
Sun	March 25	John Carter (PG-13)	3 p.m.
		The Devil Inside (R)	7 p.m.
Mon	March 26	Contraband (R)	7 p.m.
Thu	March 29	Underworld: Awakening (R)	7 p.m.
Fri	March 30	21 Jump Street (N/A)	7 p.m.
Sat	March 31	Red Tails (PG-13)	3 p.m.
		Haywire (R)	7 p.m.

Download the

**U.S. Army Europe App**  
Get Mobile with USAREUR



## Eco-Friendly Tips

### Water-saving Tips

1. Don't let water run when shaving, brushing your teeth or soaping yourself in the shower.
2. Report water leaks to the Service Order Desk at 0951-300-5000.

### Energy-saving Tips

1. Ensure appliances are properly maintained.
2. Shut off coffee pots, radios and other appliances when not needed.

### Recycling Tips

1. Crumpled up aluminum foil is ideal for scouring pots and pans.
2. Cleaning out storage? Try selling your stuff rather than taking it to the dump. Check out online auction sites like eBay where you can donate a portion of your sale to a charity of your choice.

## Trips and Travel Opportunities

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/directories/dfmwr/odr.asp>.



### March 16-19 Ski and Snowboard Stubai \$350

Grab your gear or rent some equipment from us for \$25. With 110 km of slopes, there is a little something for everyone, including the fun park for snowboarders that features banked crosses, rails and other obstacles. The trip includes transportation, three-nights lodging at double occupancy and breakfast. This does not include lift pass. Transportation departs from Outdoor Recreation at 2 a.m.

### March 24 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 (just to name a few). The trip includes transportation and a city tour. Children ages 4-12 are \$55, and children ages 3 and younger are \$45. Transportation departs from chapel parking lot at 5 a.m. and returns at 11 p.m.

### March 31 Little Swiss Hike \$25

Say goodbye to winter and welcome in the spring season 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 and hiking boots. Pack a lunch and hydrating liquids. Transportation departs from Outdoor Recreation at 9 a.m. and returns at 5 p.m.

### April 11 and 25 Evening Mountain Bike Rides \$10

Enjoy the longer days with a mountain bike ride through the local woods. De-stress while breathing in the fresh air and learning new trails. Use your own bike or rent one from Outdoor Recreation for only \$10. Must sign-up in advance. Departs from Outdoor Recreation at 5 p.m. and returns at 8 p.m.

### April 12 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. Please wear appropriate clothing and bring a flashlight. Transportation departs from Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

### April 14 Salzburg, Austria \$65

Visit the 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.

### April 21 Nuremberg Zoo \$35

With well-designed paths among the animal enclosures, enjoy a leisurely stroll as you observe 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. Includes transportation and admission. Children ages 4-12 are \$20 and children 3 and under are \$10.

### April 28 Cheb Shopping, Czech Republic \$35

With some of the most famous flea-markets in Europe, Cheb in the Czech Republic is a bargain shoppers dream come true. Relax and let Outdoor Recreation handle the driving. Children ages 4-12 are \$20 and children 3 and under are \$10. Passport is required. Transportation departs from Outdoor Recreation at 9 a.m. and returns at 5 p.m.

### May 3 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. Please wear appropriate clothing and bring a flashlight. Transportation departs from Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

### May 5 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 swimsuit 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.

# Airborne Brigade Combat Team hosts logistics forum

By Maj. Jeffrey A. Smith, 173rd Brigade Support Battalion

BAMBERG, Germany -- More than 95 logisticians and leaders from the 173rd Airborne Brigade Combat Team and external agencies gathered here recently to discuss key logistical functions, trends and lessons learned as the 173rd ABCT prepares for future operations.

Hosted by the 173rd Brigade Support Battalion, the logistics forum focused on functions that will not only assist the brigade at home station, but also in a deployed environment.

"This event was critical in allowing logisticians and leaders within the brigade to come together in order to achieve a shared understanding and focus on logistical matters that have a direct impact on brigade level operations," said Lt. Col. Luis Velez, 173rd BSB commander.

"Having the 173rd ABCT located in two, separate, geographical areas can be challenging, so, seizing opportunities such as this event to meet as a group not only helps to build vital relationships, but it also has an impact on the support that the 173rd BSB provides to battalions in both Germany and Italy," Velez said.

Attendees were afforded an opportunity to examine static displays built by members of the 173rd BSB distribution, maintenance, medical companies, as well as its rigger platoon.

Interactive static displays were built and geared towards not only habitual logistical support, such as aerial delivery and food service operations, but also specific support the brigade can expect to receive such as Level II medical functions and vehicle-recovery operations.

Representatives from the Defense Logistics Agency, Surface Deployment and Distribution Command (838th Transportation Battalion), U.S. Army Europe and the 405th Army Field Support Brigade also provided valuable reference materials that pertained to all in attendance.

"The deployment logistics training and static displays proved to be a very informative and worthwhile event," said Maj. Robert Hilton, 173rd ABCT S4 officer. "I think it would be a good idea to conduct these logistics events on a quarterly basis to continue to grow our capabilities."



Capt. Michelle Ramos

**173rd BSB Airdrop Systems Technician, Warrant Officer Jeremy Larson, HHC 173rd BSB, demonstrates the deployment of the newly fielded T-11 parachute. The 173rd ABCT will begin to implement this new parachute into airborne operations following its return from deployment.**

The highlight of the event was a logistical professional development briefing by USAREUR Deputy Chief of Staff, Col. Steven A. Shapiro.

"By far, the most informative portion of the forum was the presentation provided to us by Col. Shapiro," said Capt. Ryan Hulse, Bravo Company, commanding officer for 173rd BSB. "It was invaluable to the group in hearing first-hand from one of the senior logisticians in USAREUR where we are currently at, as an Army, and where we are going."

This event served as yet another vital tool in ensuring that logisticians within the 173rd ABCT continue to challenge themselves in providing the best quality of support to paratroopers within the brigade.

As the unit looks to the future, it will continue to review processes, ensuring that newly assigned members to the brigade provide uninterrupted logistics support to current and future operations. The brigade intends to host another logistics forum upon its return from deployment.

(SLEEP continued from Page 2)  
takes 90 to 110 minutes on average.

"REM sleep is very important," Olden said. "That is the type of sleep you have when you are dreaming. There have been a lot of studies that have shown that if you do not have REM sleep that you will not be well rested."

Being well rested and getting at least four cycles of sleep greatly affects a person's attitude, cognitive process and performance, but it has the opposite effect on people who do not get enough rest, Olden said.

Behavioral health experts, Olden and Dougherty are knowledgeable of sleep cycles and sleep problems, but other health care professionals just as capable of addressing sleep related issues, Dougherty said.

"Treatment of sleep problems, at first pass, is a primary care issue and is something that can be addressed by primary care providers, physician assistants, nurse practitioners and physicians," Dougherty said

Soldiers whose dreams are characterized by bad experiences or traumatic events are more likely to be referred to behavior health professionals because it may relate more with psychological matters that affect sleep.

Soldiers experiencing reoccurring dreams related to a tragic or traumatic event may cause people to avoid sleep or seek medication so they can sleep, Dougherty said.

"If someone implements sleep hygiene and still has difficulties with falling asleep and staying asleep, on a case-by-case basis, medications may be appropriate, Dougherty said.

## BED CARE Sleep Tips:

- **Bond.** Do not use the bed for anything other than sleep or sex. The bed should be associated with sleep.
- **Exercise.** Physical activity should be done regularly, but not within three hours of bedtime. A workout keeps the body awake if it has not had a chance to cool down.

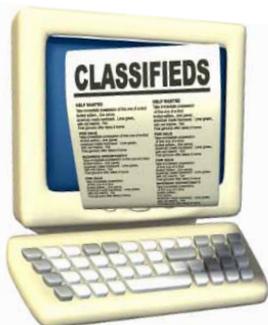
- **Don't stay in bed** tossing and turning. Get up and do a relaxing activity. Don't use this time to solve problems. Do not watch television to fall asleep.

- **Create an environment** to sleep well. It should be safe, quiet, cool and comfortable. While it often helps to sleep in a dark room, if keeping a nightlight on helps bring about a more safe feeling, then consider keeping the room dimly lit.

- **Avoid alcohol, caffeine and nicotine** in the late afternoon and evening, especially close to bedtime. The substances can delay sleep, and alcohol may interrupt sleep later in the night. Do not eat or drink too much before bedtime.

- **Relax.** Read or listen to music. For some people, soaking in a warm bath or hot tub can help. Steer clear of activities that are mentally or physically stimulating, including discussion right before bedtime.

- **Establish.** Have a regular, relaxing bedtime routine that signals the brain that it's time to sleep. Avoid exposure to bright light before bedtime.



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

## AUTOMOBILES

2002 Toyota Camry XLE for sale. AUTOMATIC Dark blue exterior with grey leather interior. Electric windows, seats, sunroof, mirrors, and HEATED front seats. Four door, ample trunk space, and 6-disk cd player. Never been in accident. GREAT family car! BRAND NEW Spec tires. US Spec and mileage is 191K miles. Asking price is \$5200 OBO Make an offer! Call Priscila Solis for more info at 01525-3901479 or email [asolispriscila@gmail.com](mailto:asolispriscila@gmail.com) for pictures or questions.

2005 BMW 118d, 45+ mpg turbo diesel, 6 speed manual, 5 door hatchback, Euro Spec, 98000 miles, snow and summer tires/rims, onboard GPS/computer, heated seats, parking assist, PCSing must sell. Asking \$10,500. Call Robert 01607837935 or email [lucasbmw118@yahoo.com](mailto:lucasbmw118@yahoo.com).

\$3800 OBO 1997 Ford Mondeo, Grey 4 door, Euro Spec, Automatic, sunroof. Passed inspection Sept. 19. New windshield and rear bumper, clean interior, very room. Car runs great on and off the autobahn. Phone:0160-985-45227

\$2200 1998 2 dr. Seat Arosa, Euro Spec, 5-speed manual. Replaced front wheel bearings, new winter tires, new muffler. Passed inspection Oct 11. Excellent gas mileage. Phone:0160-985-45227

1994 Yamaha Virago (XJ600). Chopper configuration in top condition. 535 CC. 16,485 Km. Euro 2,500 German license plate w/TUV. Located In Schweinfurt. Call Douglas or Eva Stewart 09721-749246, 0151-20546748. Want photos? [Stewartorders@hotmail.com](mailto:Stewartorders@hotmail.com).

Opel Astra Coupe, 1999, red, 92000 miles, german specs, MP3 Player-CD, very clean and in good condition, new muffler, new brakes. Asking: \$3000 obo, for more pics or information please contact [e\\_sapper@hotmail.com](mailto:e_sapper@hotmail.com).

## EMPLOYMENT

U.S. Army Garrison Bamberg has a non-personal service contractor for journalism services available. Please visit the Contacting Office's website at, [http://www.409csb.army.mil/Sites/Bamberg/bb\\_Bamberg.htm](http://www.409csb.army.mil/Sites/Bamberg/bb_Bamberg.htm). The solicitation number is W912PG12T0008. The job announcement closes March 24 at 12 a.m.

U.S. Army Garrison Bamberg has a non-personal service contractor for journalism services available. Please visit the Contacting Office's website at, [http://www.409csb.army.mil/Sites/Bamberg/bb\\_Bamberg.htm](http://www.409csb.army.mil/Sites/Bamberg/bb_Bamberg.htm). The solicitation number is W912PG12T0011. The job announcement closes March 29 at 12 a.m.

The USAG Bamberg Community Chapel is currently accepting applications for Watchcare providers for the Watchcare Program. Performance period is expected through 30 September 2012. Interested parties should contact Stacey Berry, the Watchcare Coordinator, at 0152-242-84736.

Central Texas College needs instructors to teach applied management and military science. Requirements include a management based associate's degree and several years of active, Reserve, or National Guard military experience. For more information, call 0951-300-7467 or email [bamberg@europe.ctcd.edu](mailto:bamberg@europe.ctcd.edu).

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 email [sarah.boerner@europe.ctcd.edu](mailto:sarah.boerner@europe.ctcd.edu).

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.

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](http://www.applymyexchange.com) or by calling Human Resources Office at 0951-303159.

## MISCELLANEOUS

Home needed for 2 loving cats. 1 male (8yrs-orange Persian Mix) and 1 female (7yrs-Tabby). Up to date with all shots. ETSing and with deep regret we cannot take cats with us. Great family cats. Please call Alexandra or Doug at 0951-917-1978.

Looking for a loving home for our 2 male guinea pigs. They include 2 large cages, wooden huts, bedding material, grooming supplies, toys, books, pet carrier, and water bottles. They are 2 years old. Asking \$100. We are PCS'ing soon and can not take them with us. If interested please call 0151-1756-0411.

Large Apartment 2 bedroom and studio just 10 minutes away from Bamberg. Pictures available. Call 0152-54229569.

Let me walk your dog! Do you have a high energy dog that needs to go on long walks, but you don't have the time? Let me walk your dog. I will tailor to each dog's needs, but I usually go on 6 mile+ walks. \$10 for each walk. For my personal information please contact me at [erin.cooper@us.army.mil](mailto:erin.cooper@us.army.mil).

Looking for a teacher of the Russian language. Call: 015152050467 or email [mmk09@aber.ac.uk](mailto:mmk09@aber.ac.uk).

Mariachi Cuatro Caminos. Needs violins and trumpet players, along with vocalist male or female We will perform for the community and Middle and elementary schools in the community All serious inquires please email [puomariachi@hotmail.com](mailto:puomariachi@hotmail.com)

Apartment for rent. 1 bedroom apartment. 1 kitchen with built in kitchen furniture, 1 living room, 1 bedroom, 1 bathroom. All lamps and curtain included. Basement, Laundry room (already washer and dryer there), 2 parking lots. 14 km from post. For more info, call 0152-54229569.

## FOR SALE

For sale: Central Texas College textbook, The Core, Larry J. Siegel 4th Edition for Law Enforcement History of America. Like brand new, only a few marks on the first 5 pages. \$ 95. Cost new \$125. On Post Pick up or I can mail it. Email: [hic4chris@aol.com](mailto:hic4chris@aol.com) or cell: 0176-48026658.

For Sale: German solid wood living room shrank with lights: measurements are: 3.28m wide, 2.17m tall; 0.55m deep. The price is negotiable. Pictures available. 0152-54229569.

Kitchen with all appliances- \$700; German king-size solid wood bed - \$430; German bedroom schrank (4 meters long, 220 m high/black&white)-\$570; solid wood round dining room set (w/4 chairs)- \$200; French bed (120X200)-\$150; high board-\$75; bathroom cabinet-\$70; and a solid wood chest of drawers-\$65 / O.B.O. Call 0174-766-3088.

## 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 email your submission to the Public Affairs Office at [usarmy.bamberg.usareur.mbx.pao@mail.mil](mailto:usarmy.bamberg.usareur.mbx.pao@mail.mil). We will ONLY accept classified ads by email. 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.

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

**AAFES Corner** X EXCHANGE



Click [here](#) to view weekly savings

**Defense Commissary Agency Corner**

Bring your own bag

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

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

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



# Outside the Gate

## Events in and around Bamberg

Guided tours are a good way to get to know the place you are living or stationed at. It is a good way to spend time outside, with friends or family. Check this website available in English on guided tours <http://www.bamberg.info/en/stadtfuehrungen/>

For general information on Bamberg's sights, fests, locations and free-time activities check these websites. <http://www.bambergtravel.com/> or <http://www.bamberg.info/en>. The information is available in English and with the nice pictures you will get in the mood for getting out end enjoying yourself.

Insider tips and rating for the coolest pubs, clubs, bars and sights can be found on this website: <http://www.virtualtourist.com/travel/Europe/Germany/Bavaria/Bamberg>. People who have been to these locations before share their insight information and experiences. It is a great resource for all who would like some more information on their favorite destination on Bamberg before leaving base.

Enjoy the good weather with the volksmarching enthusiasts. At [http://www.dvwwandern.de/v\\_vb/10/Wandertage](http://www.dvwwandern.de/v_vb/10/Wandertage) you will find the upcoming dates of the volksmarching activities in Franconia. For general information on events in Franconia you can check [http://www.dvwwandern.de/v\\_vb/10](http://www.dvwwandern.de/v_vb/10). For information on the German-American Volksmarching Club Bamberg (Deutsch-Amerikanischer Wanderclub Bamberg) and information in English you can contact Mr. Wolfgang Keller, Warner Barracks, building 7090, room 103, Monday, Wednesday, Friday, 3-5 p.m.

## Events for March 9-11

### Friday, March 9

6:45 p.m. "Carnage", Engl. Original language movie, at Odeon, Luitpoldstr. 25, 96052 Bamberg  
8 p.m. Bamberg Symphonic Orchestra. Live concert (Borodin, Rachmaninoff, Tschaiowski), at Mußstr. 1, 96047 Bamberg  
9 p.m. Wednesday Project, live concert (rock), at Live Club, Obere Sandstr. 7, 96049 Bamberg  
9 p.m. Culcha Candela, at S. Oliver Arena, Stettiner Straße 1 97072 Würzburg  
9 p.m. DJ Harry (elektro), at Sound'n Arts, Obere Sandstr. 20, 96049 Bamberg  
10 p.m. Dub Spencer & Trance Hill vs. Umberto Echo (dub), at Morph Club, Obere Koenigstr. 39, 96052 Bamberg  
10:30 "Submarine", Engl. original language movie at Lichtspiel Kino & Café, Untere Koenigstr. 34, 96052 Bamberg  
11 p.m. We got soul, (northern soul, blaxploitation), at Morph Club, Luitpoldstr. 17, 96052 Bamberg

### Saturday, March 10

1:30 p.m. "Manege Frei!": Free kids program, circus, climbing, bouncy castles, face painting etc. at Stechert Arena, Forchheimer Strasse 15. ( benefiz gala with Circus Giovanni start 4 p.m., requires tickets)  
8:30 p.m. Salsa, at Haas-Saele, Obere Sandstr. 7, 96049 Bamberg  
9 p.m. Vein (Switzerland), live concert, at Jazzkeller, Obere Sandstr. 18, 96049 Bamberg  
9 p.m. The Blue Onions (blues), live concert at Live-Club, Obere Sandstr. 7, 96049 Bamberg  
9 p.m. Battlefield presents Triangle, Auditiv, El Flo,17w3, at Sound'n Arts, Obere Sandstr. 20, 96049 Bamberg  
10 p.m. Klick Klack Klub (elektro), at Morph Club, Luitpoldstr. 17, 96052 Bamberg  
10 p.m. Wave to the Past (dark, gothic, classX), at Top Act, Hauptstr. 26, 96199 Zapfendorf

### Sunday, March 11

3 p.m. Urmel aus dem Eis, Kids Theater (in German language), at Chapeau Claque, Grafensteinstr. 16, 96052 Bamberg  
5 p.m. Federal basketball League: Brose Baskets Bamberg vs. Walter Tigers Tuebingen, at Stechert Arena, Forchheimer Str. 15  
9 p.m. Jam Session at Sound'n Arts, Obere Sandstr. 20, 96049 Bamberg (every Sunday!)  
10 p.m. Matt Elliot (UK) & Masques (folk, indie), at Morph Club, Luitpoldstr. 17, 96052 Bamberg

## Sports

**March 16** Harlem Globetrotters, Olympic Hall (Olympiahalle), Munich  
**March 18** Harlem Globetrotters, Ratiopharm arena, New Ulm

## National Concert Schedule

All dates, and tickets are available on the following website <http://www.eventim.de/project-pitchwork-tickets.html?affiliate=GMD&doc=artistPages%2Ftickets&fun=artist&action=tickets&erid=637247&includeOnlybookable=true>

**March 16** Maria Mena, Voktoria Tour 2012, Grosse Freiheit 36, Hamburg  
**March 17** Jason Derulo Munich – Tonhalle 8 p.m.  
**March 17** Maria Mena, Voktoria Tour 2012, ASTRA Kulturhaus, Berlin  
**March 18** Maria Mena, Voktoria Tour 2012, E-Werk Cologne, Cologne  
**March 20** Maria Mena, Voktoria Tour 2012, Capitol Offenbach, Offenbach  
**March 21** Bryan Adams, LANXESS arena, Cologne  
**March 21** Maria Mena, Voktoria Tour 2012, Kesselhaus, Munich  
**March 22** Maria Mena, Voktoria Tour 2012, Alter Schlachthof, Dresden  
**March 24** Bryan Adams, ARENA NÜRNBERGER VERSICHERUNG, Nuremberg  
**March 25** Maria Mena, Voktoria Tour 2012, Theaterhaus am Pragsattel, Stuttgart  
**March 28** Bryan Adams, Hanns-Martin-Schleyer-Halle, Stuttgart  
**March 28** Randy Crawford & Joe Sample, Frankfurt, Alte Oper  
**March 29** Bryan Adams, SAP ARENA, Mannheim  
**March 30** Bryan Adams, Olympiahalle Munich, Munich

**April 14** Nightwish and Guests, ISS Dome, Duesseldorf  
**April 23** Nightwish and Guest, Jahrhunderthalle Frankfurt, Frankfurt  
**April 28** Night of Jumps (Motor cross event) Munich – Olympiahalle 8 p.m.

**May 1** Nightwish, Arena Leipzig, Leipzig  
**May 3** Nightwish and Guests, o2 World Hamburg, Hamburg  
**May 5** Nigtwish, ARENA NÜRNBERGER VERSICHERUNG, Nuremberg

**June 1** Rock Im Park tickets start at 164.50

**Aug. 25** Rock Im Pott feat. Red Hot Chili Peppers, Placebo and more  
**Aug. 10** Taubertal Festival feat. Placebo, Beatsteaks etc.

## Visit the city of Bamberg's official website

The screenshot shows the Bamberg official website with a red and white color scheme. At the top, there are navigation tabs for Home, Hotels & accommodation, Guided tours, and Packages. A sidebar on the left contains a menu with categories like Experience, Worth seeing, Culture, Active, For..., Service, and Specialist. The main content area features several articles with images and text, including 'Our tip - your personal delicacy!', 'Bamberg - the beer city', and 'Bamberg - an unforgettable experience!'. There are also social media sharing icons at the bottom.