

The Franconian News

Serving the Franconia Military Community in Ansbach, Bamberg and Schweinfurt

Vol. 9, Issue 37

www.ansbach.army.mil • www.bamberg.army.mil • www.schweinfurt.army.mil

Thursday Oct. 4, 2012

Racers covered in mud faced grueling obstacles to claim victory

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Claiming victory was no easy feat on Sept. 28 at the Local Training Area for participants in the U.S. Army Garrison Bamberg's first garrison-level Spartan's Race.

Facing 10 grueling obstacles that tested racers' speed, endurance and physical strength proved challenging for all 30 teams that participated. Pushing a Humvee, scaling six-foot walls, crawling through mud and facing the Mountain of Despair, were only a few of the challenges faced leaving one team to prevail in less than 37 minutes across five kilometers of rugged terrain to claim victory.

Victory was claimed by a team of Soldiers from the 4th Battalion 319th Airborne Field Artillery Regiment. "We thought it would be a good break from our regular workout routine," said 2nd Lt. Adam Porritt, a member of the winning 4th Bn. 319th AFAR team. "We were all pretty excited about taking on the course and competing against the other teams."

"There were several key factors to our team's success," Porritt said. "First of all, we're Airborne, it's what we do. Secondly, we were pretty motivated to go out and represent our unit, especially when Pfc. (Azizul) Ahmed brought out the war paint. Lastly, we just wanted to challenge ourselves and have a good time."

Conquering second and third place were teams



Leah Luher makes her way across the rope pull with the help of her teammate Sgt. John White during the Spartan's Race on Sept. 28. Faced with 10 grueling obstacles, the team of three spouses and one Soldier completed the race and earned themselves the Team Spirit award for their strong teamwork in helping each other complete the obstacles.

Jessica Lipari

of Soldiers from 541st Engineer Company and Headquarters and Headquarters Company 54th Battalion respectively.

Not all teams were U.S. Soldiers. Spouses and civilian employees from the community also participated, along with soldiers from the

German Armed Forces. There was a total of 14 German soldiers from the 467 Logistic Battalion and an additional team of four soldiers from the German Reserve unit in Oberfranken West that competed in the race.

(RACE continued on Page 6)

Just for Kicks



Courtesy Photo

Teams from U.S. Army Garrisons Schweinfurt and Grafenwoehr face off during an Installation Management Command Europe soccer mini-tournament hosted by USAG Ansbach on Saturday. Schweinfurt won the game against Grafenwoehr 2-1 and went on to win the tournament. Cisse Mactar of Grafenwoehr was named the tournament's most valuable player and top scorer with four goals.

Course strengthens combat engineers

By Staff Sgt. Anthony Lewis, 9th Engineer Battalion, and Nathan Van Schaik, USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany -- Combat engineers throughout Europe convened here Sept. 29 to graduate from a leadership class focused on their military occupation specialty.

The graduation ceremony for Class 702 at the Ledward Theater represents the Soldiers' completion of the Advanced Leadership Course through the Noncommissioned Officers Corp Education System.

Soldiers completing the leadership class -- which focused on their specific MOS, 12B Combat Engineer -- took multiple tests

spanning a three-week course covering explosive hazards, combat construction, Bailey Bridge, call for fire, demolitions and urban breaching. The students came from all across U.S. Army in Europe circles. Graduates represented Schweinfurt's 9th Engineer Battalion Schweinfurt, the 54th Engineer Battalion out of Bamberg, 4-2 Cavalry Regiment from Vilseck and the U.S. Defense Attaché Office out of Kyiv, Ukraine.

At the ceremony, Staff Sgt. Samuel N. Jerome of the U.S. Defense Attaché office in Kyiv, Ukraine, was announced as the winner of the Sapper Spirit Leadership Award, which is given to one student in each class who best exemplifies what a leader

(COMBAT continued on Page 4)

Save a life, donate blood at upcoming blood drive

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Donating a pint of blood can save up to three lives.

On Oct. 10 from 9 a.m. to 1 p.m. the Bamberg American Red Cross will be hosting a blood drive at the Freedom Fitness Facility.

The Armed Services Blood Program from Landstuhl will be conducting the blood drive here, while the American Red Cross provides volunteers, support and snacks for the event.

Blood collected will go to help injured Soldiers from downrange at Landstuhl, along with other Soldiers and their Families that get medical attention at the facility.

The drive will be set up so that seven people can donate at one time and it is recommended to come at the beginning or the middle of the drive to avoid lines.

Donating blood takes approximately 30-45

minutes, including the screening process. Individuals can make appointments if necessary to ensure they do not have to wait in line. There will be volunteers at the commissary on Oct. 9 providing information about giving blood and taking names for appointments.

"Our goal is to get 100 people in the door to donate," said Samantha Wudel, Bamberg American Red Cross station manager. "Any blood type is welcome. O negative blood types are universal donors and are always encouraged to donate. However, we highly encourage all community members to come out."

The American Red Cross will have various giveaways on a first-come, first-serve basis for donors, and all donors will be entered into a drawing for raffle prizes.

The blood drive is open to all community members 18 and over.

In preparation to donate blood it is recommended to be well hydrated and to eat prior to coming.

It is recommended to not plan any strenuous physical activity for the day.

Also, remember to bring a piece of identification for the screening process.

The ASBP has several restrictions that prevent one from donating blood.

Individuals that have lived in Europe for more than five years after 1980 cannot donate blood to the ASBP, but they can still donate blood to the German Red Cross.

Also, if a Soldier has been deployed in the past year they cannot donate either. Although there are other restrictions to donating blood it is best to get screened if you are unsure.

"If you were not told in the past that you can't give blood then you are encouraged to come down and be screened by professionals to see if you are eligible to donate," Wudel said.

For more information about the blood drive, call 0951-300-1760.

Theater Sustainment Command hosts air assault course in Schweinfurt

By Staff Sgt. Michael J. Taylor, 21st TSC Public Affairs

SCHWEINFURT, Germany --The 21st Theater Sustainment Command, for the third-consecutive year, hosted a 10-day Air Assault School that was attended by approximately 260 Soldiers and Airmen from various units throughout Germany on Sept. 10 here at Camp Robertson.

By hosting the course, the 21st TSC paved the way for European assigned service members to become air assault qualified without extensive traveling back to the United States.

Air Assault School qualifies Soldiers to conduct air mobile and air assault helicopter operations, to include aircraft orientation, sling-load operations, proper rappelling techniques and fast-rope techniques.

Separated into three phases, the training is rigorous and fast-paced. However students meet their first challenge with an obstacle course before the classroom phase begins.

This year's class lost 39 students after the obstacle course.

"The obstacle course challenged me since I don't like heights, and there are a few obstacles that are very tall," said Pfc. William X. Ogara, a



Staff Sgt. Michael J. Taylor

An Air Assault student swings from a rope onto a ledge, as he navigates through the obstacle course on day zero of the 21st Theater Sustainment Command-hosted Air Assault course, which took place on Camp Robertson in Schweinfurt.

plumber with the 15th Engineer Battalion, 18th Engineer Brigade, and a (COURSE continued on Page 3)



Col. Kelly J. Lawler
U.S. Army Garrison
Ansbach, Commander

Lt. Col. Michelle L. Bienias
U.S. Army Garrison
Bamberg, Commander

Renate Bohlen
USAG Bamberg, Public Affairs
Officer

Lt. Col. Michael Runey
U.S. Army Garrison
Schweinfurt, Commander

Nathan Van Schaik
USAG Schweinfurt, Public
Affairs Officer

Ansbach Staff
Thomas B. Hamilton III, Bianca
Sowers, Connie Summers

Bamberg Staff
Simon Hupfer, Jessica Lipari,
Heidi Sanders (Editor)

Schweinfurt Staff
Spc. Latoya Dallas, Margaret
Gotheridge, Nathan Van Schaik

The Franconian News is an unofficial publication of the U.S. Army Garrison Ansbach, Bamberg and Schweinfurt, IMCOM-Europe and the U.S. Army authorized under the provisions of AR-360-1. Contents of The Franconian News 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 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 Franconian News submissions is two 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 Garrison

Bamberg website at www.bamberg.army.mil or the U.S. Army Garrison Ansbach website at www.ansbach.army.mil.

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

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

Chaplain's coffee shop provides respite for Soldiers

By Pvt. Brett Quiggle, 391st Combat Support Sustainment Battalion

BAMBERG, Germany -- October in Germany may bring cold weather that is expected of a European autumn, but the Soldiers of 391st Combat Sustainment Support Battalion have found a safe haven in the chaplain's office.

"We just wanted to create an environment that disseminates the typical fears of coming into the chaplain's office", said Chaplain (Capt.) Darin Mitchell, the 391st CSSB chaplain. The common view for many Soldiers of entering the chaplain's office creates a vision of a weak Soldier, but the chaplain and the command staff of the 391st have been working hard to prove that the office is a great place to hang out, get issues off of your chest and to maintain a mental readiness needed for a high quality Soldier.

The Soldiers of the 391st responded well to the invitation from Mitchell. Sgt. Janet Sonntag, schools clerk in the S3 in the 391st CSSB, said when asked of the morning coffee gathering, "The coffee was great, and the environment was really fun."

Spc. Malcolm Lonnie, a petroleum supply specialist, was thoroughly impressed by the opening of the coffee shop, and said, "My last unit in Korea definitely needed something like this."

The atmosphere was extremely comfortable, with coffee, water, espresso and some music in the background. Mitchell said he and his chaplain assistants did most of the work to get the coffee shop ready, including painting the office. He said the garrison chapel provided some funding for coffee shop. The coffee is free, although donations are accepted.

"I had a really good time. In my prior units that I've been in, the chaplain team rarely has fun events, and it makes walking into the office kinda awkward", said Spc. Ian Kennedy, a motor transport operator.



Spc. John Perez
Chaplain (Capt.) Darin Mitchell, 391st Combat Sustainment Support Battalion chaplain, serves pumpkin bread to Soldiers during the grand opening of the Holy Grounds coffee shop.

Mitchell has been busy planning many events for the battalion, including trips to go spelunking, also known as cave crawling, which was featured on an Armed Forces Network commercial and on the AFN website. Overall, events have created a much stronger bond between the Soldiers and the chaplain's team.

Mitchell said he hopes to reinstitute the Duty Days with the Chaplain in January with some snowboarding trips.

Known as Holy Grounds, the chaplain's coffee shop is open from 8 a.m. to 5 p.m. Monday through Friday, so feel free to stop by, say hello and grab a big cup of joe.

Additional information provided by Heidi Sanders.

(COURSE continued from Page 2)

Vancouver, Wash., native.

All the training was conducted by air assault-qualified Soldier instructors from the Army National Guard Warrior Training Center, Fort Benning, Ga.

During the first phase, the combat assault phase, the service members were introduced to the Army's rotary wing aircraft, pathfinder hand and arm signals, helicopter landing zones and markings and aero-medical evacuation operations.

The second phase was sling-load operations, in which service members were taught about standard sling-load equipment, sling-load ground crew operations, and how to properly prepare, rig and inspect various pieces of military equipment.

The third and final phase of air assault training was the rappelling phase where students were instructed how to tie the conventional hip rappel seat in less than 90 seconds and how to properly hook themselves up to a set of rappel ropes in 15 seconds or less. They also conducted numerous rappels from a 55-foot tower and performed rappels from a UH60 Blackhawk from the altitude of 80 feet.

After enduring the three phases, the service members still weren't safe from failing the course. On their final day prior to graduation, they had to complete a 20-kilometer ruck march in three hours, while carrying 45 pounds of gear.

"We lose most of our students in phase two during the sling load test," said Staff Sgt. Ammon S. Blair, an air assault operations noncommissioned officer, and a Sandy, Utah,

native. "But we have the most success in phase three during rappelling operations, and I believe that is because it is the most fun part of the training."

Of the 260 service members who began with Air Assault Class 308-12, 193 graduated.

"It takes a lot from host units to prepare for our course, because there is a lot of equipment that we need in order to conduct the course properly," Blair said.

"Air Assault is very vital in today's current theaters of operations, especially in Afghanistan, where a lot of places you have to utilize helicopter assets," Blair stated. "So it is always good when units like the 21st TSC decide to host the course in places where Soldiers would not normally have the opportunity to attend it."

Oct. 21 last day to claim stop-loss special pay

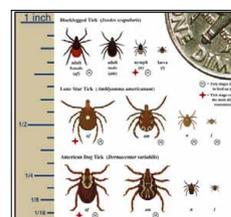
WASHINGTON -- Soldiers, and veterans held under stop-loss authority between Sept. 11, 2001 and Sept. 30, 2008, and their legally designated beneficiaries qualify for \$500 for each month held in a stop-loss status.

The last day to submit claims for the special pay is Oct. 21, 2012.

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



Army's new ACUs combat insect-borne diseases



WASHINGTON -- Beginning this month, Soldiers in the United States can purchase new fire-retardant, Army Combat Uniforms treated with insect repellent that will help fight insect-borne illnesses such as Lyme disease and West Nile Virus.

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

Top 10 things you should know about the SAT, ACT

By Margaret Gotheridge, USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany -- High school students and their parents will want to know a thing or two about the standardized tests used in the college admission process. That is, if they're interested in furthering their education after high school.

The PSAT, SAT and ACT are exams being administered here in Germany now through the spring of 2013. But what are they? Why should you care? And what should students and parents know about these tests?

"Parents and students should be aware of registration deadlines for students looking to take these exams," said Amy Matney, Schweinfurt High School guidance counselor.

"Also one of the important things for students and parents to do right now is to sit down and talk about post-secondary education options with their child," Matney said.

Matney and Vince Diaz, Schweinfurt High School principal, were able to sit down and explain the importance of these exams and how parents can work with their child so the student is better prepared for the exams.

1. What is the PSAT, SAT and ACT?

The PSAT is the Preliminary Scholastic Achievement Test. The test is available and free to all juniors, sophomores and Advancement Via Individual Determination (AVID) 9th grade students. The test measures your critical reading, math and writing skills. It also helps prepare you for the SAT so you can become familiar with the types of questions and format of the SAT.

The SAT stands for Scholastic Achievement Test, offered by College Board – an association of more than 6,000 schools that standardize tests, according to their website. The SAT measures a student's aptitude regarding reading, writing and math skills and that are generally thought to be critical for success in future educational plans.

The ACT stands for American College Testing, but it is a test that measures a student's achievements or what the student has learned in school.

2. Why are these tests important to students?



Margaret Gotheridge
Parents and students can prepare today for the PSAT, SAT and ACT.

These tests are mainly geared toward students who are looking to attend a post-secondary education institution.

"Taking the SAT or ACT allows certain opportunities in the future to remain available even if the student doesn't enroll into a university or college right after high school," Matney said.

Diaz also added that although SAT and ACT scores are only one part of what's submitted, they are still a major factor in the application process. The scores help colleges assess your ability to understand concepts that are a part of the college curriculum.

3. How can parents of students help their child prepare for tests?

According to Matney, the best thing that parents can do is remind their children of the deadlines for taking the tests. Parents should also have their child sign up for the question of the day available through the College Board page and the ACT page.

This allows the student to spend only a minute or two everyday preparing for the exam, rather than sitting down for several hours and doing a practice exam.

4. What are the differences between the SAT and ACT?

The ACT measures what a student has learned in school and the SAT is an aptitude test that measures test reasoning and verbal abilities.

(TESTS continued on Page 5)



Staff Sgt. Anthony Lewis

Combat engineer leaders graduated Sept. 29 from an advanced leadership course specific to their military occupation specialty, 12B combat engineer. Students came from Schweinfurt, Bamberg, Vilseck and as far as the Ukraine.

(COMBAT continued from Page 1)

should be and do. He was among a group of three others recommended for the award.

The 9th Engineer Battalion's Command Sgt. Maj. Jason W. Stewart, who spoke at the ceremony, was instrumental in the Soldier's success. Stewart was responsible for getting a Mobile Training Team to Schweinfurt to assist with the leadership course. Typically, combat engineers in training must go to Fort Leonard Wood, Mo. to complete the course.

Sgt. Kyle A. Becker, of the 9th Engineer Battalion, was recognized during the ceremony for being the class's Distinguished Honor Graduate. Becker was honored during the ceremony for maintaining the highest grade point average of 96.95 percent.

Command sergeant major of Bamberg's 54th Engineer Battalion, Command Sgt. Maj. Shawn M. Lowenthal, was the event's guest speaker. Lowenthal was chosen by the students to speak.

BOSS dodgeball tournament draws teams from across Europe

By John O'Brien, USAG Ansbach Directorate of Plans, Training, Mobilization and Security

ANSBACH, Germany -- Ansbach Better Opportunities for Single Soldiers President Spc. Shellan Francois had the idea to get soldiers together from all over Europe through a fun sporting event. Her thought was to get soldiers out of the barracks and traveling while having an opportunity to win awards and have fun.

On Sept. 29 at the Storck Barracks Fitness Center, Soldiers, family members and civilian employees all came together in the spirit of friendly competition in what is shaping up to be an annual dodgeball tournament.

Five teams were present, two from Ansbach, one from Bamberg, and two from Vicenza, Italy.

After a much heated battle, the victorious team was Bamberg's Spartans, who also took awards for having the best team uniform, togas.

"Not only were their costumes cool and comfortable, but clearly it gave them a playing advantage," said Capt. Travis Oscarson, who played on the last-place team, Ansbach's Flying Eagles.

The event was sponsored with prizes that were provided by Culligan and Exchange Car Sales. Included among the prizes was the MVP award, a Harley Davidson leather jacket which was awarded to the Bamberg Spartans' Pfc. Andrew Pruche.



Courtesy Photo
Members of the Spartans team from Bamberg receive awards after winning the dodgeball tournament on Saturday in Ansbach.

Equally as creative as the Spartans' toga uniform, were the names of the other teams who competed: Vicenza Dodge Stars, Vicenza's BOSS Team, Ansbach's Flying Eagles and arguably the most creative, Ansbach's Purple Headed Yoghurt Slingers.

After the tournament was completed, the event transitioned into a Last Person Standing dodgeball free for all. The winner of this event was Bamberg's Jaimie Baccus. A traveling trophy was awarded to the Spartans, and Ansbach team members vowed to see it return next year. Medals were awarded to the second- and third-place teams.

(TESTS continued from Page 4)

The ACT tests English, mathematics, reading, science and has an optional writing test. The SAT tests reading, writing and math skills.

5. Where do students take these tests?

Students can take the SAT at the Schweinfurt High School, which received confirmation as an official test center earlier this fall. If students are interested in taking the ACT they can only take the exam at the Ansbach or Vilseck high school testing centers.

Students who would like to take one of these exams will need to register online. Matney said if students or parents need any assistance with this process that she would be more than happy to assist them.

For a complete list of locations both here in Schweinfurt and throughout Germany, and for details on how to register, go to http://www.schweinfurt.army.mil/info/education/documents/SAT_ACT_12-13.pdf.

6. What tools are available to students and parents to prepare for these tests?

According to Matney, the best preparation for the SAT or ACT is going online and registering with College Board or the ACT. This will give the student endless test preparation tools like the question of the day, word of the day and practice exams.

All junior, sophomore and AVID freshmen have the opportunity to take the PSAT for free through the Department of Defense Education Activity. The PSAT allows the child to take the test with the same testing restrictions as the SAT. College Board has designed the exam so that the results of the exam can be used

to assist students in preparing for the actual SAT exam. The high school is scheduled to administer the PSAT Oct. 17.

Diaz said students have the opportunity to enroll in the college prep course that is designed to help students navigate the college admissions process and teach them the skills needed to become acclimated to a college setting.

If students need additional tools to prepare for the exam, practice tests are available at the guidance counselor's office. For test preparation books students should check out the Ledward Library, which also has study guides.

Students and parents who would like more information can talk to Matney directly. Schedule an appointment at the Schweinfurt High School front desk or email her at Matney@eu.dodea.edu.

7. When should a student take the exams?

According to Matney, there isn't a set time that students should take the exams. The SAT has Algebra II level questions, so students would be better prepared for the exam if they have taken that class.

Juniors in high school should aim to take the May test because most students at that time have taken Algebra II and have had the additional year of English that has expanded their vocabulary, Matney said.

8. How often can or should you take the tests?

Diaz said that students can take the exam as many times as they are willing to pay for the exam, but students and parents should be

aware that college admission offices can have access to all of the student's tests scores if they have been designated to receive them by the student.

Parents and students should also be prepared for the testing fee for both exams. Students can take the SAT or ACT as many times as they would like, but will have to pay the fee each time they sign up to take the exam.

9. How much does it cost to take the SAT or ACT?

The fee associated with the ACT can cost up to \$50.50 which includes a writing test portion. For other fee and service amount information associated with taking the ACT, visit the ACT fees and services page at <http://www.actstudent.org/register/actfees.html>.

The SAT costs \$50 but, like the ACT, it depends on the type of test taken. Visit the SAT fees and services page, <http://sat.collegeboard.org/register/intl-services-fees>, for details.

The PSAT is offered free of charge to all junior, sophomore and AVID freshman students through DODEA.

Some students can apply and may be able to receive fee waivers, but this depends on the testing institution's requirements.

10. What are the dates for the next SAT and ACT?

For a printable version of test dates and registration deadlines, go to http://www.schweinfurt.army.mil/info/education/documents/SAT_ACT_12-13.pdf.

Social worker available in Schweinfurt offers strength

A message from Schweinfurt's Behavioral Health Consultant

What is the Behavioral Health Consultation service?

The Behavioral Health Consultation service is a new program available to you in our primary care clinic. Our goal is to assist you in improving your overall physical and mental health. The service offers help when stress or worry about your physical health, or other life problems, interfere with your daily life.

What problems can the BHC help me with?

The Behavioral Health Consultant, or BHC, can help you develop plans for stress management or other lifestyle changes. She can also help you with emotional or behavioral problems such as difficulties with your family or other relationships, grief, depression, anxiety or anger. She can help you reduce or cope better with symptoms of various medical conditions such as migraine and tension headaches, fibromyalgia, diabetes, asthma, chronic obstructive pulmonary disease (COPD), hypertension and irritable bowel syndrome.

How is this service different from Schweinfurt Health Clinic's Mental Health team?

The BHC simply adds another option for your complete health care. You are seen directly in the primary care health clinic. The BHC provides consultation and brief intervention — not traditional psychotherapy. If you request it, or if the BHC thinks you would benefit from it, she will refer you to specialty mental health



Margaret Gotheridge
Kimberly A. Summers is a social worker and a Behavioral Health Consultant for the Schweinfurt community.

services. Your appointments should last about 30 minutes or less and will take place in this clinic. Your BHC will provide brief, solution-focused skills and techniques. The BHC has a close working relationship with your primary medical provider and will keep them updated on how you are doing. Remember: Your primary medical provider and you are still the leaders of your health care team. The BHC's main job is to help develop and implement the most helpful health care plan for you.

Who is the Behavioral Health Consultant (BHC) in Schweinfurt?

The BHC is a clinical social worker trained to work as a member of your primary care team.

The team approach allows us to consider physical, behavioral and emotional aspects of your health.

The clinical social worker in Schweinfurt is Kimberly A. Summers. Her office is in Room 210 of the Schweinfurt Health Clinic. Her phone number is 09721-96-6562

Who is eligible to use the Behavioral Health Consultant in Schweinfurt?

Anyone who has a Primary Care physician at the Health Clinic. Self-referrals are also accepted.

What should I expect when I see the BHC?

Your BHC may ask you questions about your physical symptoms, the emotional concerns you are experiencing, your behaviors and how all of these might be related.

Although every effort will be made to protect your privacy, the BHC has the same reporting obligations as all providers and must report situations that involve risks to self or others, such as when a person is suicidal, homicidal or when child abuse is suspected.

How do I schedule an appointment?

To schedule an appointment, call the appointment line at 097721-96-7901. Visit the Primary Care desk at the Schweinfurt Health Clinic and ask for an appointment with the Behavioral Health Consultant. Ask your Primary Care Manager during your next primary care visit if this service is appropriate for you.

(RACE continued from Page 1)

Alex Ulrich, of 4th Company 467 Logistic Battalion of the German Armed Forces, participated on a mixed team with another German soldier and two U.S. Soldiers. "It was not planned to make a mixed team," Ulrich said. "We joined up this morning and I was proud to run with them."

Ulrich said he enjoyed the chance to race alongside the American Soldiers, some of whom he has trained beside for the past five years.

"It was nice that everyone completed the race and I am glad to be here," Ulrich said. "The hill and the mud holes were the most challenging. In the German army we have military fitness but no mud holes."

Porritt not only enjoyed the race but the opportunity it provided to interact with other units and the German Armed Forces.

"The race was a blast, and it was awesome getting to interact with the different teams from other units and our German counterparts that showed up as well," Porritt said.

For Porritt and his team, a favorite obstacle along the race was the tunnel under the building that they had to low crawl through.

"It was pitch black other than the light on the other end and of course, had plenty of mud and water, like something out of a Left 4 Dead video game or The Shawshank Redemption," Porritt said.

The aptly named Mountain of Despair proved to be the most dreaded and challenging obstacle competitors faced. Teammates had to run up and down both sides of a large hill while carrying either a five-gallon water jug or two ammo cans.

"I love the course. The hardest obstacle was the mountain hill," said Staff Sgt. Kamba Cilumba, 391st Combat Sustainment Support Battalion.

Cilumba participated in the race to support his unit and the community. He shared the secret to his team's success to complete the course: "Teamwork and being each other's motivator."

One team embodied the word teamwork and earned themselves the Team Spirit award. The team members were three spouses and one Soldier. "We worked together to complete the obstacles," said Leah Luher, a member of the Team Spirit award winners. "Actually, we had to work together because we couldn't do a couple of them on our own. For instance, I couldn't scale the six foot concrete wall by myself like most of the guys could so my teammate helped. Sgt. (John) White let us girls stand on his back to help reach the top of the wall."

Luher is used to being physically active, running half marathons regularly prior to getting pregnant with her second child, but the Spartan's Race proved to be a different challenge for her.

"The course was much more difficult than I thought," Luher said. "It was tough and really muddy. It tested every muscle group I had and challenged me to do things that I never thought I could do."

The Spartan's Race was organized by 391st CSSB in partnership with Family and Morale, Welfare and Recreation. Plans are already in the works to have another race in the spring.

To view pictures of the race, visit <http://www.flickr.com/photos/warnerweekly/sets/72157631666988300/> or <http://www.flickr.com/photos/391cssb/sets/72157631644107842/>.

Barons defeat Dragons, look forward to Baumholder, Rota



Andrew Reed, in blue, carries the ball to score a touchdown for the Barons during Saturday's home opener against Alconbury.

Heidi Sanders

By Heidi Sanders, USAG Bamberg Public Affairs

BAMBERG, Germany -- The Bamberg Barons High School football team easily defeated the Alconbury Dragons 46-6 on Saturday's home opener. The Barons extended their record to 3-0 in Department of Defense Dependence Schools Europe nine-man Division Three football.

Bamberg got off to a quick lead, scoring the first touchdown within the first few minutes of the game.

David Dickens, who along with Ethan Engel coaches Bamberg, said he is pleased with the team's performance so far this season.

"We are very excited to continue to put out a successful team for our

school and our community," Dickens said. "We have been blessed with athletes."

Dickens said this year's team is comprised mostly of new players. He said returners include Andray Gibson, who is the team's leader and captain.

"He is a very important piece of our team," Dickens said.

Tracy Crockett, a running back and cornerback, is another familiar face on the field. "He is an excellent player," Dickens said. "He has had 100 yards a game last two games."

"We feel offensively we are very talented that is the strength of our team," he added.

Also returning this season is Kaleb Flammang, a key defensive player, Dickens said. The quarterback duties are shared by first-year players Andrew Reed and Leontae Lockett. "They are a two-headed monster there at quarterback," Dickens said.

Dickens said he is looking forward to the last two games of the regular season. The Barons head to Baumholder on Saturday, and will take on Rota on Oct. 13 for the homecoming game. The game starts at 1 p.m. Dickens said both Baumholder and Rota will be a challenge for the Barons. "We are lucky to play Baumholder and Rota at the end of the season," he said. "We have great respect for them."

Rota is the defending Division Three Champion and both teams have a lot of great athletes, Dickens said. "A couple of our boys transferred to Baumholder," Dickens said. "We know they have athletes. We are expecting a terrific challenge. We are looking forward to the challenge of their quarterback."

Faces of Schweinfurt – Dillon Welliver: Helping Kids Who Use Drugs

By Spc. Latoya Dallas,
USAG Schweinfurt Public Affairs Office

SCHWEINFURT, Germany — This school year, U.S. Army Garrison Schweinfurt welcomes Dillon Welliver as the counselor for Schweinfurt High School's first permanent Adolescent Substance Abuse Counseling Service offered to middle and high school students.

"Primarily, the ASACS provides intervention," said Welliver. "Our number one goal is identifying adolescents aged 12-18 who have been identified through the school, their parents, a self-referral or anyone in the community to have an alcohol or drug problem. We then intervene through individual, family or group counseling. We also promote drug prevention and work with kids who have identified risk factors."

Welliver began working in substance abuse and mental health counseling right after graduate school in 2004 and has been dedicated to the field every since. As a licensed mental health counselor and certified addictions professional, his resume boasts a plethora of various experiences with troubled children — including work at a day-treatment center for adolescent girls and as a child and family therapist for a children's home.

All of Welliver's tireless efforts with troubled children earned him the title of Employee of the



Dillon Welliver is Schweinfurt High School's first permanent Adolescent Substance Abuse Counseling Service counselor. Welliver sat down to discuss the real deal on drug use, alcohol abuse and how he can help both students and parents.

Spc. Latoya Dallas

Year for 2010 at the Vince Carter Sanctuary and Drug Court Counselor of the quarter in 2011.

The Florida native, who has an appreciation for travel and living overseas, has spent time teaching English in Chile and South Korea, and now for the past several months regards Germany as home.

"This position is a unique challenge," said Welliver. "First, I had to come to understand

military culture, which I'd not known about at all. Now, understanding military culture is one thing, but understanding German culture is a whole other thing. We have a sub-group of kids who grew up 'German' — 'third culture kids.' This means that they aren't quite American and they aren't quite German, but they've lived most or all of their life overseas."

When Welliver isn't inside playing the four-foot didgeridoo and very loud djembe drum, he can be found out and about with his wonderful wife — also a professional of the counseling field — exploring Europe.

Dillon Welliver's office is located in Schweinfurt High School on Kessler Field in Room 110 and his office hours are Monday through Friday from 7:45 a.m. to 4:00 p.m. He can be reached via email at dillion.welliver@eu.dodea.edu or by calling 09721-804301.

I sat down with Welliver to gather information about teenage drug usage. Here's what he had to say.

Explain the standards of entering ASACS.

If the kid is 14 and under, we must have parent consent before I can even talk with the kid. If they are 15 and over, they can come in without parent consent, but we do encourage them to let their parents know and involve the parents in their counseling. It is a non-compulsory

(FACES continued on Page 8)

(FACES continued from Page 7)

program. No one can force the kid to come in and see me, and there is no disciplinary action if they don't. It's very confidential. What they say in here, stays in here.

What services are offered to parents?

We can do parenting groups on parenting skills and alcohol and drug trends in military culture. I don't have to be seeing their kid. If parents would like to come in and meet or have questions about what to do in certain situations, I am available for that.

What is the most difficult aspect of this kind of work?

As a counselor, I've heard quite upsetting stories, but I have to separate that from my personal life.

... And the most rewarding aspect?

Interacting with the kids. Seeing them get better. Seeing them do better. Discovering their great personalities.

What is seen in the classroom that may be due to drug use?

If the teacher has known the kid, he or she will look for major changes in behavior — a drop in motivation or who the kid is hanging out with. It's a small community. So, with time, teachers come to know which students are within the different cliques, including who the drinkers are. Physical signs that the kid is intoxicated or high in class.

What behavioral changes are suggestive of a drug abuse problem?

The reality is that a lot of these kids are drinking just because the age limit on post is 18 and off post, it's 16. So, it's not difficult for them to

go off post and drink. Again, you want to look for the change in behavior. Typically, they are less social and less connected. These kids who internalize and become quieter don't stand out like the obvious drug users who act out or misbehave.

How does a parent approach a kid they think is doing drugs?

Don't be afraid to confront the child directly by opening up a dialogue and make them take a drug test. You always want to remain calm, be without an audience and be sensitive. Yelling, demanding or giving orders doesn't really help. I'm a big fan of drug testing these kids, which can be purchased from a pharmacy or some clinics.

How do students typically feel about being in ASACS?

They are always a little shocked at first. They'll say, "I'm not crazy. I don't need counseling," but once I explain the confidentiality, they like it. They like coming in and talking. They find that this is the one place they can come and express themselves — how they're feeling, what's troubling them, have an honest conversation about drugs and alcohol — without worrying about if I'll tell on them and get them in trouble.

What's the worst type of addiction?

Someone on crack will say that crack is the hardest. Someone on heroine will say that heroine is the hardest. An alcoholic will argue that alcohol is the hardest. Someone addicted to nicotine will say that quitting smoking is the hardest. So, I think it's all the same process, even with self-mutilation behaviors — those addicted to cutting. There's relapse, cravings and so on. Some of the worst cases I've seen would be methamphetamine and then the opiates.

What's the deal with bath salts?

There are new ways that people are finding to get high. Spice, or K2, is like synthetic marijuana. Bath salts are along those lines. It's a different way to get high without it testing positive. So, it's supposed to imitate cocaine.

What have you learned overall about substance abuse?

I've been struck by the amount of people who have a problem that we don't know. A lot of these people can hide it for a long time. We call them functional alcoholics or users, but eventually it does get you in the end.

Some parents will question, "Since kids are going to drink anyway, isn't it better to let them drink at home where it's safe?"

As a counselor, I would say that the adolescent brain isn't ready for alcohol. Considerable damage can be done even with small amounts of alcohol as the brain is still growing and creating neuropath ways. Alcohol inhibits neurons and makes it difficult to learn and remember things.

Habits are also being built. So, if you're teaching them that it's okay to have a drink a day, the kid builds that habit. Drinking isn't bad, but we know it isn't that good for you either. So, no drinking until 21. There is some truth that kids will drink no matter what. So, I'd question if these kids are not drinking while they are out and really only at home.

Why is teen addiction so common?

Kids today are under a lot of pressure and are therefore stressed. Pressure to succeed, to go to college. They live in a fast-paced society with constant change. So, it's a way to cope. Not just military kids, but kids in general.

Picture Perfect



Michael Mehrhoff

Congratulations to Michael Mehrhoff, who won the Schweinfurt Family and Morale Welfare and Recreation's Picture Perfect photo contest with this photo. Soldiers, family members and extended Schweinfurt community members placed more than 3,700 votes or "likes" on photos of the participant's European vacations. We would like to encourage everyone to partake in the next photo contest that will be announced later on this year. To see the photos visit the Picture Perfect Photo Contest album on the Schweinfurt Army Garrison Facebook page, <http://www.facebook.com/media/set/?set=a.522510127763648.137529.165625926785405&type=3>.

Hispanic American Heritage



Jessica Lipari

Performers dance during the Hispanic American Heritage Month celebration to highlight various dances from the Hispanic culture to community members at U.S. Army Garrison Bamberg on Saturday. Community members were left with standing room only at the Warner Conference Center to enjoy the festivities and sample food.

Franconia Military Community Announcements

Flu Vaccines

Flu Vaccines are now available at your local health clinic. An annual average of 36,000 deaths and 226,000 hospitalizations occur each year in the US due to influenza infections. Annual flu vaccinations are the most effective method for preventing influenza virus infections and its complications. For more information, go to <http://bit.ly/flu-shot-video>.

Care Experience

Returning an Army Provider Satisfaction Survey can generate money for the local health clinic. Positive responses to the questions that generate money for the clinic are great, but honest responses about the customer experience is necessary to improve the clinic's quality of service. Beneficiaries who do not receive a survey within six weeks of a visit to a local clinic should ensure their Defense Enrollment Eligibility Reporting System is up to date.

CID Seeks Qualified Soldiers

The U.S. Army Criminal Investigation Command, commonly known as CID, is recruiting qualified Soldiers who are interested in pursuing a career as a federal law-enforcement officer. For more information, visit http://www.cid.army.mil/join_CID.html.

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.

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.

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 today.

Recycling Fact

Glass makes up 6 percent of all the items in a landfill and it takes more than 1 million years to decompose.

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.

Sexual Assault

Your Sexual Assault Response Coordinator is available 24 hours a day. Call 0162-510-2917 for the 24-hour hotline.

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; offered 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.

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, come speak with a free trial defense attorney.

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>.

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.

Scout Program

Each year, the Veterans of Foreign Wars selects three young people — of the Boy or Girl Scouts, Sea Scouts or Venturing Crew — who have demonstrated practical citizenship in school, scouting and the community. The first-place winner receives a \$5,000

award, the second-place winner receives a \$3,000 award and the third-place winner receives \$1,000. For more information, visit <http://www.vfw.org/Community/Scout-of-the-Year-Scholarship/>.

PTA Scholarships

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

Post 911 GI Bill

Take advantage of your military benefits. Earn a degree or skill with your Post 911 GI Bill. Find out more about your benefits by visiting <http://www.gibill.va.gov/>.

Edelweiss Resort

Ongoing specials and packages Garmisch-Partenkirchen, Germany. This full-scale resort and alpine lodge is in the heart of the Bavarian Alps and ski country. The hotel is part of USAG Garmisch with nearby AAFES shopping and gas facilities. There are often deals and package specials available. For more, visit www.edelweisslodgeandresort.com.

Utility Tax Relief Services

Tax Relief Office offers a new service for U.S. Army Garrison Ansbach, Bamberg and Schweinfurt customers. With the implementation of the Utility Avoidance Program customers can sign up and save 19 percent tax on their electricity, gas and water bills. For more information, call the Warner Barracks' Tax relief office at 0951-300-1780, Leward Barracks' Tax Relief Office at 09721-96-1780, Bismark Kaserne's Tax Relief Office at 09802-83-1780 or Storck Barracks' Tax Relief Office at 09841-83-4553.

Family Advocacy Programs

Army Community Services' 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. Contact your local ACS for dates and class schedules.

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. To learn more, visit <http://www.youtube.com/watch?v=s7VeUlyTm4>.

DEBIT CARD NOTICE

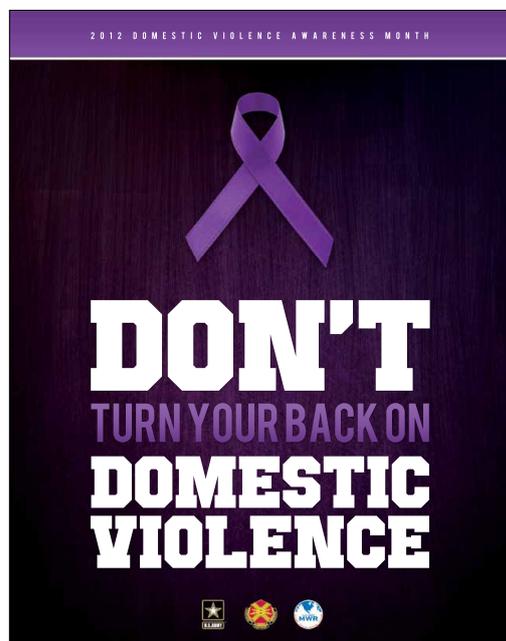
Please activate your new Visa chip enabled debit card. Your old card will no longer be active as of October 15, 2012.

You can activate your card at an ATM with the PIN you were using with your old card or contact customer service at 0800-239-9427.

Thank you for banking with us.

CommunityBank
Bank of America

Operated by DoDCommunityBank.com



Ansbach Community Announcements

Please send all announcements to Ansbach Public Affairs at usarmy.ansbach.imcom-europe.mbx.pao@mail.mil.

Bleidorn Community Library

Good news for book fans! The Bleidorn Library will be re-opening to the public on Oct. 4. Remodeling is complete. The library will be open starting Thursday, Oct. 4 at the regularly scheduled hours: Tuesday-Friday 11 a.m. to 8 p.m. and Saturday-Sunday 11 a.m. - 6 p.m. Closed on Mondays and U.S. Holidays

FRG Child Care Night

Child care is available for mission-related Family Readiness Group meetings on the second and fourth Wednesday of each month from 6:30-8:30 p.m. For more information, call Parent Central Services at 09841-83-4880 or 09802-83-2533.

Purple and White Night

October is Domestic Abuse Prevention Month and on Oct. 11 at the Storck Community Activity Center from 7-9 p.m. there will be a Purple and White Night. There will also be one on Oct. 18 at the Von Steuben Community Center from 7-9 p.m. Let's raise awareness of domestic violence, encourage bystander intervention and increase preventive techniques. For more information, call 09802-83-2516.

Open House and Holiday Sale

Ansbach Arts and Crafts Center will have an open house and holiday sale on Oct. 12 from 1-7 p.m. Giveaways, refreshments and demonstrations for all ages. Shop for holiday custom and handmade crafts and receive 25 percent off all framing and engraving items. For more information, call 0981-183-7627.

Disney's The Little Mermaid

U.S. Army Garrison Ansbach Family and Morale, Welfare and Recreation's Terrace Playhouse will present Disney's The Little Mermaid on Oct. 12, 13, 19 and 20 at 7:30 p.m. There will be matinee performances on Oct. 14 and 21 at 2 p.m. The doors open 30 minutes prior to show time. Tickets are \$10

for adults, \$8 for youth and \$30 for Families. Tickets are available at the Concierge in the Von Steuben Community Center, by phone with a credit card or at the door. For more information, call 0981-183-7636 or 09802-83-2930.

Fourth Annual Soldiers Lake Fishing Invitational

The lake will be stocked with trout on Oct. 13 for the fourth annual Soldiers Lake Fishing Invitational. It starts at 6 a.m. There is no limit to the amount of trout you can catch, two poles are allowed and you must have a fishing license to participate. Entry is 100 Euro. For more information, call 09802-83-3225.

Board Study Groups

Every Tuesday and Thursday from 11:30 a.m. to 1 p.m. beginning Oct. 2, there will be Board Study Groups at the Better Opportunities for Single Soldiers Lounge in the Bismarck Kaserne and Storck Barracks Community Activity Centers. The study groups are designed to help Soldiers E-6 and below prepare for Promotion Boards, as well as Soldier of the Month and Soldier of the Quarter Boards. For more information, call 09802-83-2921.

Urlas Bio Waste Pick-up Changes

Starting in October, the weekly pick-up of bio waste on Urlas will change to every other week. The first pick-up will be Oct. 9.

Hispanic Heritage Month Celebration

There will be a Hispanic Heritage Month Celebration at 4 p.m. on Oct. 13 at Hangar 2 on Katterbach Kaserne. The event will include authentic food, music and dancing

Temporary BOSS Lounge

The temporary lounge for Better Opportunities for Single Soldiers is located at the Storck Community Activity Center. It is open Tuesday to Friday from 11 a.m. to 1 p.m. For more information, visit www.facebook.com/ansbachboss.

Hearts Apart Self-Empowerment Workshops

The fourth Tuesday of every month at Stork and Katterbach Army Community Service from 10 a.m. to 12 p.m. there will be a Hearts Apart Self-Empowerment Workshop. The theme for September is "Let's get to know each other" and for October it is "Basic Car Care." To register, call Storck ACS at 09841-83-4555 or Katterbach ACS at 09802-83-2883.

Help Wanted

The Katterbach Thrift Store is in dire need of volunteers. If you have some time to donate, we would really appreciate it. Our hours are Tuesday and Wednesday from 10-2 and Thursday from 12-6. Any time you have to spare would be helpful.

Closures and Changes

Storck CAC Repairs

Storck Community Activity Center, Bldg 6510, will be getting the roof repaired starting Sept. 24. There will be a small disruption in traffic and parking in the vicinity of the building due to cranes, scaffolding, etc. Access to the building will not be disrupted and it will continue to operate. Repairs may last seven to eight weeks.

Fuel Pump Closure

The Transportation Motor Pool Fuel Pump, Building 6644, at Storck Barracks is closed until further notice due to a malfunction.

HOORAY!

Bleidorn Community Library



REOPENS!

Thursday, October 4

OPERATIONAL HOURS
 Tue-Fri 11 a.m.-8 p.m.
 Sat/Sun 11 a.m.-6 p.m.
 Closed Mon, US Holidays
 468.1740 • 0981.183.1740





Stork Barracks Vehicle Registration Closure

The Vehicle Registration Office will temporarily suspend the Storck Barracks Vehicle Registration Office operations. All vehicle registration operations will be provided at the main office on Barton Barracks, 3rd floor, Room 303, Building 5254. For more information, call 09811-83-7892.

Youth and Teens

Coaches Needed

Child, Youth and School Services Youth Sports and Fitness need coaches for bowling, soccer, football and cheerleading. Head coaches' own children and assistant coaches' first child will not pay during the same playing season. Discounts will be reimbursed mid-season. For more information, call the CYSS Sports and Fitness Barton Office at 09811-83-7866, Storck Office at 09841-83-4849, Parent Central Services Katterbach at 09802-83-2533 or Storck at 09841-83-4880.

US ARMY GARRISON ANSBACH

Raquetball Doubles Challenge

4-31 Oct • 4:30-6 p.m.



Katterbach & Storck Fitness Centers

Register 17-28 September at

Katterbach Fitness Center, Bldg 5805
 Storck Fitness Center, Bldg. 6504

CIV:09801.83.2771 DSN:467.2771



OCTOBER 2012 DOMESTIC ABUSE PREVENTION MONTH

Purple & White Night



October 11, 2012 • Storck Community Activity Center
 October 18, 2012 • Von Steuben Community Center
 7 - 9 p.m.

Let's raise awareness of domestic violence,
 encourage bystander intervention
 and increase preventive techniques.



CIV 09802.83.2516
 DSN 467.2516



For more information on Ansbach community announcements visit,
<https://www.facebook.com/U.S.Army.Garrison.Ansbach>

Bamberg Community Announcements

Please send all announcements to Bamberg Public Affairs at usarmy.bamberg.usareur.mbx.pao@mail.mil.

Berliner Ring/Zollnerstrasse Construction

The intersection at Zollnerstrasse and Berliner Ring will be subject to major construction starting Oct. 8. Entering Zollnerstrasse from Berliner Ring and crossing Berliner Ring using Zollnerstrasse will not be possible for the duration of the construction. Traffic will flow on one lane only in both directions on Berliner Ring. The entire project is scheduled to be finished by Nov. 2. Community members are asked to plan accordingly and follow the signage for an alternative route. Detours will be set up via Seehofstrasse (and then through Gartenstadt) and Weissenburgstrasse. Community members are reminded that gate one at Weissenburgstrasse is open for inbound vehicles from 6-10 a.m. and for outbound vehicles 2-6 p.m. In addition there are traffic disturbances at the intersection at Zeppelinstrasse due to a private construction project. It is recommended to avoid the construction area.

Force Protection Exercise

U.S. Army Garrison Bamberg will conduct a full-scale force protection exercise on Oct. 19. Community members can expect traffic delays on post from 5:30-10 p.m.

Volunteers Needed

The Better Opportunities for Single Soldiers is looking for volunteers to help with the Haunted House set-up at the Warner Conference Center Basement. Set-up is from Monday to Fridays at 5:30 p.m. until approximately 7:30 p.m. Earn volunteer hours in the process. For more information, call Sgt. First Class Jimmy Carswell at 0162-265-7197.

Running of the Herd

Get ready for the Running of the Herd on Warner Barracks Nov. 8 and 9. Come honor the paratroopers of past and present by running in the 24-hour relay event. Seven members (civilian and/or military) compete on each team, and one member is always running along the five-mile loop around Bamberg's training area. The event begins at noon and ends the next day at noon. Teams are encouraged to hang out

and camp out throughout the duration of the event. All participants will receive the 6th Annual Running of the Herd T-shirt. More information about the event is included in the registration packet, which is due to the listed point of contact by Oct. 10. If a team registers after the cut off, they may not be able to receive T-shirts, or if they do, it may not be the correct size. The cost per team is \$90. If you would like to buy just a T-shirt they can be purchased for \$8. For more information, email adam.j.obregon.mil@mail.mil.

Homecoming Parade

The U.S. Army Garrison Bamberg Middle High School will conduct a Homecoming Parade on Oct. 12 at 6:30 p.m. leading from the school parking lot on 15th Street, crossing Brigade Dr. (between buildings 7047 and 7000). The parade will then turn right onto Victory Dr. (behind building 7000) and then left on 16th Street. Finally, the parade will turn right on Zollnerstrasse heading towards the Whispering Pines Golf course where they will exit left into the parking lot to end the parade. Traffic in these areas may be slow during the parade.

BSCC BRA-Auction

The Bamberg Spouses and Civilians' Club will be having a BRA-Auction on Oct. 20 at the Warner Conference Center. Doors open at 6 p.m. for a cocktail hour and hors d'oeuvres. Cash Bar. Auction begins at 7 p.m. All proceeds will be donated to the Breast Cancer Research Foundation. To reserve a spot, email bsccreservations@gmail.com. To design a bra for the auction, email bsccactivities@gmail.com. Applications are due by Oct. 12.

Oktoberfest

The Community Activity Center will host an Oktoberfest celebration beginning at 10 a.m. on Oct. 13. Enjoy a Bavarian "Weisswurst" breakfast, a community flea market, hay rides, a Bavarian Oompa band, Operation Rising Star final and food and beverages. Wear your dirndl or lederhosen. For more information, call the CAC at 0951-300-8837.

Bingo

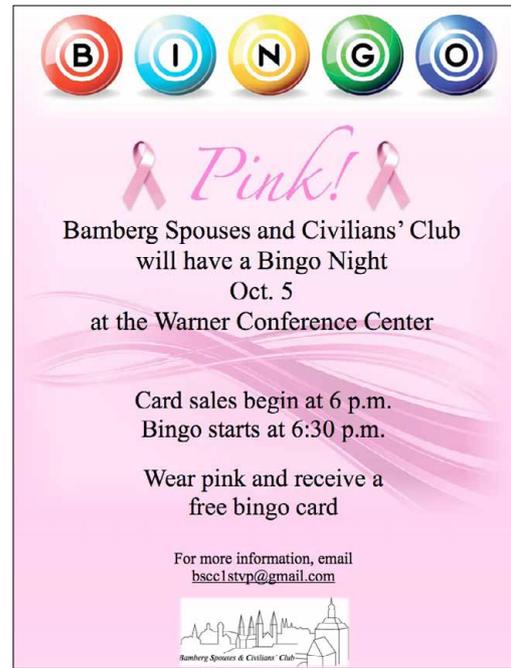
Bamberg Spouses and Civilians' Club will have a bingo night Oct. 5 at the Warner Conference Center. Card sales begin at 6 p.m. and bingo starts at 6:30 p.m. The theme for this month's bingo is "Pink." All prizes are pink in color and majority are in support of breast cancer awareness. Wear the pink and receive a free bingo card. For more information, e-mail bscc1stvp@gmail.com.

Berlin and Tropical Island Trip

Join Better Opportunities for Single Soldiers for a trip to Berlin Oct. 5-8. The cost is \$298 per person or \$349 for single room and includes roundtrip transportation, three nights in a three-star hotel with breakfast, a guided city tour of Berlin and a day at Tropical Island Resort, ticket included. Sign up no later than Sept. 18 with \$100 deposit, payable in full no later than Oct. 2. Trip is open to all community members age 18 and older. For more information, call the Freedom Fitness Facility at 0951-300-8890.

Blood Drive

The Armed Services Blood Program and the Bamberg American Red Cross will be partnering to host a blood drive in the Freedom Fitness Facility on Oct. 10 from 9 a.m. to 1 p.m. Many life-saving medical treatments and procedures involve blood transfusions and would not be possible without a safe and reliable blood supply. All blood donated at this event will go directly to supporting Soldiers and their Families here in Europe. Specifically, a large amount of this life saving blood is used to treat injured service members being



B I N G O

Pink!

Bamberg Spouses and Civilians' Club will have a Bingo Night
Oct. 5
at the Warner Conference Center

Card sales begin at 6 p.m.
 Bingo starts at 6:30 p.m.

Wear pink and receive a free bingo card

For more information, email bscc1stvp@gmail.com



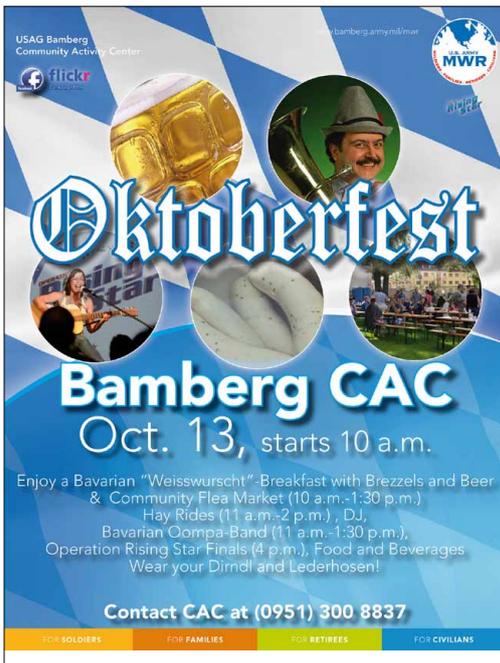
returned from forward deployed locations. With so many of our units currently deployed, we are proud to be able to support our heroes in every way possible. The support of everyone, military and community members, still in Bamberg is essential to the success of this program. The American Red Cross will offer small gifts as tokens of appreciation to blood donors while supplies last. For more information, call the American Red Cross at 0951-300-1760.

Operation Rising Star

The finals will take place on Oct. 13 from 4-6:30 p.m. For more information, call 0951-300-8647.

Red Cross Website

The www.redcross.org site is experiencing technical issues with class participants signing up for classes online. We request that all interested individuals call the station at 0951-300-1760 and sign up until further notice. We appreciate your patience. Alternately, you can search for available course offerings at <https://classes.redcross.org/>; it just isn't quite as user friendly as the main Red Cross website interface. Under the "New Users" link, click on the "View Catalog" link to



USAG Bamberg Community Activity Center

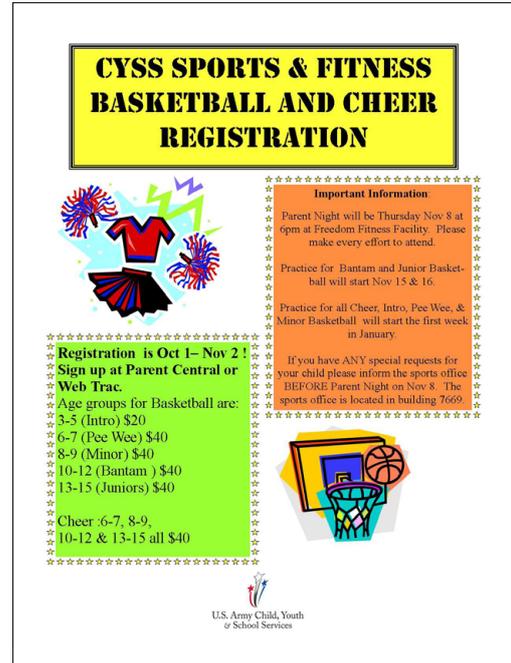
Oktoberfest

Bamberg CAC
Oct. 13, starts 10 a.m.

Enjoy a Bavarian "Weisswurst" Breakfast with Brezels and Beer & Community Flea Market (10 a.m.-1:30 p.m.)
 Hay Rides (11 a.m.-2 p.m.) , DJ,
 Bavarian Oompa-Band (11 a.m.-1:30 p.m.),
 Operation Rising Star Finals (4 p.m.), Food and Beverages
 Wear your Dirndl and Lederhosen!

Contact CAC at (0951) 300 8837

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS



CYSS SPORTS & FITNESS BASKETBALL AND CHEER REGISTRATION

Important Information

Parent Night will be Thursday Nov 8 at 6pm at Freedom Fitness Facility. Please make every effort to attend

Practice for Bantam and Junior Basketball will start Nov 15 & 16.

Practice for all Cheer, Intro, Pee Wee, & Minor Basketball will start the first week in January

If you have ANY special requests for your child please inform the sports office BEFORE Parent Night on Nov 8. The sports office is located in building 7669.

Registration is Oct 1- Nov 21
 Sign up at Parent Central or Web Trac.

Age groups for Basketball are:

- 3-5 (Intro) \$20
- 6-7 (Pee Wee) \$40
- 8-9 (Minor) \$40
- 10-12 (Bantam) \$40
- 13-15 (Juniors) \$40

Cheer -6-7, 8-9,
 10-12 & 13-15 all \$40



U.S. Army Child, Youth & School Services

Bamberg Spouses and Civilians' Club invites you to a

BRA-Auction

Oct. 20
Warner Conference Center
Doors open at 6 p.m. for a cocktail hour and hors d'oeuvres. Cash Bar.
Auction at 7 p.m.

Reserve your spot BSCCReservations@gmail.com
Design a bra BSCCActivities@gmail.com
Applications due Oct. 12

All proceeds will be donated to the Breast Cancer Research Foundation



search available offerings in your area. To register online for a class, you need to create a user profile.

Parenting Skill Builder Classes

The first three Tuesday mornings of each month from 9-11 a.m. the Bamberg Chapel Family Life Center will have classes. Learning the skills to parent with Love and Logic can help make parenting fun and rewarding, instead of stressful and chaotic. You will be learn practical tools and techniques to build respectful, healthy relationships with children and help prepare children for the real world. To register and sign-up for child care call 0951-300-1570/8141.

Red Cross Volunteer Orientation

Come and learn how you can become a volunteer with the American Red Cross from 10 a.m. to noon Oct. 5, Oct. 19, Nov. 2 and Nov. 16 at the Army Community Service building. Please call and RSVP no later than the day before each scheduled orientation. For additional information, visit the American Red Cross office, Building 7029 or call 0951-300-1760.

CPR, AED and First Aid Certification

Come and learn how to give CPR, first aid and use an automated external defibrillator with the American Red Cross Oct. 12 and Nov. 9 from 9 a.m. to 3:30 p.m. at the Army Community Services building. The

cost of the CPR and First Aid Certification is \$55. You can log onto www.redcross.org to register. Once on the ARC 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 American Red Cross office, Building 7029 or call 0951-300-1760.

Community Flea Markets

The Community Activity Center will host a Community Flea Market from 10 a.m. to 1 p.m. the second Saturday of the month through October at the CAC, Building 7047. The last flea market will be Oct. 13. For more information, call the CAC at 0951-300-8837.

Basic Sewing Application

Arts and Crafts is scheduled to have a Basic Sewing Application class Oct. 13 at 10 a.m. and Oct. 18 at 6 p.m. The cost for the class is \$15. The class will provide instruction on basic sewing techniques and the operation of the Arts and Crafts sewing machines. The class is mandatory for people who want to use the sewing machines. For more information, call 0951-300-8659.

Matting and Framing

Arts and Crafts is scheduled to have a basic matting and framing class Oct. 20 at 10 a.m. and Oct. 25 at 6 p.m. The cost for the class is \$15. For more information, call 0951-300-8659.

Wood Safety

Arts and Crafts is scheduled to have a Woodshop Safety class Oct. 6 at 10 a.m. and Oct. 11 at 6 p.m. The cost for the class is \$15. The class is mandatory for people who want to use the woodshop. For more information, call 0951-300 8659.

Closures and Changes

EFMP Hours Change

The Exceptional Family Member Program Assistance Center has new operating hours to service the needs of the U.S. Army Garrison Bamberg community. The new operating hours are Mondays through Fridays from 1-4p.m. and closed on legal holiday). For more information, call 0951-300-7594 or 0951-300-7777.

Vehicle Registration Closure

The Vehicle Registration office will be closed Oct. 8. For more information, call 0951-300-7580.

Youth and Teens

Kids-On-Site Childcare

The childcare at the gym, Kids-On-Site, will be opening on Oct. 1. The hours will be Monday from 8:30-11:30 a.m. and Tuesdays and Thursdays from 10 a.m. to 1 p.m. Your free hours of deployment hourly care can be used if you qualify otherwise the cost is \$4 an hour. Punch card must be pre-purchased at Parent Central Services. Please stop by Parent Central Services to sign your contract and pick up your punch cards. Reservations can be made on Webtrac at <https://webtrac.mwr.army.mil/bambergcys.html> or call 0951-300-8660.

CYSS Basketball and Cheer Registration

Child, Youth and School Services has registration from Oct. 1 to Nov. 2 for Basketball and Cheer. Sign-up at Parent Central Services or on Webtrac. For more information, call 0951-300-8660

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 5:30-6:30 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

Entry fee \$5 or €4

Costume Party
open to public
2100-0100

Prizes for best costume
• 1st, 2nd, 3rd place

Open bar
DJ Flirt

MONSTER'S BALL

27 Oct 12

WARNER
CONFERENCE
CENTER



Scouts to assist with troop activities. Don't delay become a Boy Scout today. For more information, call Cliff Leach 0160-1585894.

Parents' Night and 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 Oct. 6 and Dec. 1 from 11:30 a.m. – 3 p.m. Dates for Parents' Night Out will be 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.

Sports, Health and Fitness

Circuit PT

Looking for an alternative to the old school push-ups, sit-ups and run? Revamp your fitness routine with Circuit PT, this lunchtime workout is geared toward getting your heart pumping as well as target major muscle groups. This class is free to all ID card holders 18 and over. The class is on Tuesdays and Thursdays from 11:45 a.m. - 12:30 p.m. for more information, call 0951-300-8890 or email tonya.l.williams.naf@mail.mil.

WIVES VOLUNTEERS NEEDED

BOSS

WHERE WARNER
CONFERENCE CENTER
BASEMENT

WHEN: MONDAY THRU FRIDAY
TIME: 1730-UTC

WHAT: BUILD HAUNTED HOUSE
FOR HALLOWEEN
EARN VOLUNTEER HOURS
IN THE PROCESS

CONTACT SFC CARSWELL AT
03622657197 OR CONTACT US
ON FACEBOOK BAMBERG
BOSS

HAPPY HALLOWEEN



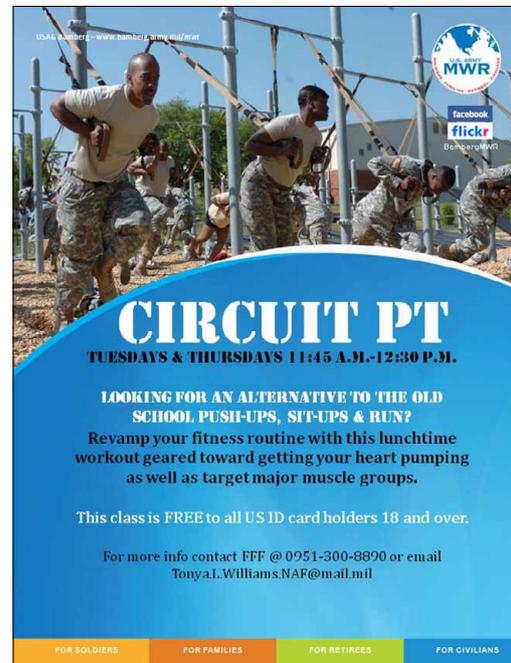
LOOKING FOR AN ALTERNATIVE TO THE OLD SCHOOL PUSH-UPS, SIT-UPS & RUN?

Revamp your fitness routine with this lunchtime workout geared toward getting your heart pumping as well as target major muscle groups.

This class is FREE to all US ID card holders 18 and over.

For more info contact FFF @ 0951-300-8890 or email Tonya.L.Williams.NAF@mail.mil

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS



Schweinfurt Community Announcements

Please send all announcements to Schweinfurt Public Affairs at usarmy.schweinfurt.imcom-europe.mbx.pao@mail.mil.

AAFES Salutes Those Who Served Extravaganza
AAFES expresses its appreciation at the Main Exchange on Ledward. On Oct. 5 there will be free cake and coffee. On Oct. 6, play "Let's Go Fishing" and win a prize from 11 a.m. – 1 p.m. On Oct. 7, save an additional 30 percent on clearance clothing. On Oct. 8, save 20 percent on selected vitamin products. On Oct. 9, receive a free neck massage on the spot. On Oct. 10, save 30 percent on selected exercise machines and clearance sporting goods. Enter to win a beer stein mug. On Oct. 11, enter to win a cuckoo clock and a Clinique "Fall in Love with Color" makeup makeover. For more information, contact the Main Exchange on Ledward at 09721-80880.

Pumpkin Picking

Round up the kids and bring them along for a fun filled morning picking pumpkins from a local patch on Oct. 12, 19 and 26. Bring your own basket and knives to pick and cut your own pumpkin straight from the field. Prices are determined by the size of the pumpkin, an average pumpkin will cost between 3 and 4 Euro. Meet at Army Community Service at 9:30 a.m. for carpooling or meet there at Bamberger Strasse 69, 97359 Düllstadt.

Parent's Night Out

Parent Central Services will be offering Parent's Night Out every other month starting on Oct. 12. The cost is \$16 per child. For more information or to register, please stop by Parent Central Services on Ledward Barracks, Building 224, or call 09721-96-6414.

Breast Cancer Awareness Run

On Oct. 13 there will be a five-kilometer run and walk in support of Breast Cancer Awareness at 9 a.m. at the Kessler Fitness Center. Register on-site beginning at 7:30 a.m. Strollers and pets welcome. For more information, call 09721-96-6735.

Cooking Class

There will be an Ethnic Food cooking class at 4 p.m.

Oct. 18 at the Conn Club. For more information or to register, call Army Community Service at 09721-96-6933.

Zombie Fun Run

On Oct. 27 there will be a Kids Costume Run at 3 p.m. followed by an Adult Zombie 5-kilometer Run at the Kessler Gym. The kids run will include Halloween candy stations placed along the route. The adult run is for adults 18 and over, participants run in costume as Zombies of all speeds attempt to chase you down and turn you into one of their own. Pre-registration is not required to participate. There will be food and drink for purchase, along with surprises and prizes. For more information call 09721-96-6082/8476.

BOSS-O-WEEN

On Oct. 31 at 7 p.m. the Better Opportunities for Single Soldiers will have a BOSS-O-WEEN event at the Warrior Zone. The event is open to ID cardholders 18 and over. There will be a best costume contest, live DJ and haunted punch. For more information, call 09721-96-6082/8476.

Halloween

Team Schweinfurt has something spooktacular planned for everyone this year on Oct. 31. There will be pictures with Frankenstein from 4-6 p.m. at the Main Exchange. The bowling alley will have Disco Bowling starting at 5 p.m. with candy for trick-or-treaters and 1 free game for those in costume. Trick-or-Treat hours will be from 6-8 p.m. in the Askren Manor housing area.

Photo Scavenger Hunt: Basic Challenge

The Ledward Library will be having an ongoing photo scavenger hunt beginning Oct. 1. How well do you know your military community in U.S. Army Garrison Schweinfurt? Checkout the photo gallery in the library and guess where in the community they came from. Submit your guesses about where the pictures were taken and the person with the most right answers wins a prize.

BOSS Olympics and Luau

Better Opportunities for Single Soldiers will host the BOSS Olympics and a Luau celebration on Oct. 5 from 9 a.m. to 11 p.m. The Olympic competition will include such activities as Humvee pull, dodge ball, flag football, basketball and bowling. Unwind after a day of exhilaration at the BOSS luau which will be complete with music, Hawaiian themed food and drink, contests and door prizes. For more information or to register, contact your BOSS representative, or call 09721-96-6082 or 09721-96-8476.

Operation Rising Star

Operation Rising Star is an opportunity for members of the community to highlight our local talent. Cash prizes will be awarded to the top three winners. Performance dates include Oct. 4, 11 and 18. Event details, rules and application can be found online on <http://www.schweinfurt.army.mil/directorates/fmwr/operationrisingstar.htm>. Or visit the Warrior Zone or Finney Rec center for a registration packet. Warrior Zone, Ledward Barracks, Building. 224, 09721-96-6082 or at the Finney Recreation Center, Conn Barracks, Building, 64, 09721-96-8476.

Recycling Education Class

Recycle education course for trash disposal offenders and anyone who wants to learn about recycling. The class is offered twice a month on Wednesday from 6 to 8:30 p.m. Family members nine and up are encouraged to attend with their parent. Bring a friend if he or she lives in military housing or military-leased housing. Class space is limited so please call 09721-



BREAST CANCER AWARENESS
5K RUN/WALK
U.S. ARMY GARRISON SCHWEINFURT

Sat, Oct. 13 | Free
Kessler Fitness Center
Race begins at 9 a.m.

Register on-site beginning at 7:30 a.m.
Strollers and pets welcome!

Kessler Fitness Center | Kessler Field, Bldg. 451 | 09721-96-6735/354-6735

TEAMSCHWEINFURT.COM BAVARIAN
news. services. recreation. Facebook.com/SchweinfurtArmy

96-6955 to sign up. Classes cancelled if no one is signs up by 4:30 p.m. the Tuesday before class.

Closures and Changes

Arts and Crafts Center Closure

The Arts and Crafts Center, Building 203 on Ledward Barracks, will be closed for annual leave from Oct. 1 - 23. Usual business hours will resume Oct. 24.

Tank Trail Closed

The Directorate of Emergency Services must secure the cable beam barriers across the Tank Trail adjacent to Kessler Field beginning June 1.

Cooking Class

DATE 18 OCT 2012

TIME 1600 (4PM)
PLACE CONN CLUB
ETHNIC FOOD



For more information or to sign up contact ACS: DSN 354-6933 or CIV 09721-96-6933

ARMY COMMUNITY SERVICE
ACS
Great Life Solutions for Successful Army Living

TEAMSCHWEINFURT.COM
news. services. recreation. Facebook.com/SchweinfurtArmy



OPERATION Rising Star
Parkside Playhouse
(Conn Brks, Bldg. 82)
7:30 p.m.

Round 1
Thu, Sep. 27

Round 2
Thu, Oct. 4

Round 3
Thu, Oct. 11

Finals
Thu, Oct. 18

Compete to be the next
RISING STAR

Must be a soldier or family member and 18+ years-old to compete. Register by Tue, Sep. 25th. Registration packets available online or at
Warrior Zone | Ledward Barracks, Bldg. 224 | 09721-96-6082/354-6082
Finney Rec Center | Conn Barracks, Bldg. 64 | 09721-96-8476/353-8476

TEAMSCHWEINFURT.COM
news. services. recreation. Facebook.com/SchweinfurtArmy

For more information on Schweinfurt community announcements visit,
<http://www.schweinfurt.army.mil/calendar/google.html>

BOSS-O-WEEEN

- Best Costume Contest
- Live DJ
- Haunted Punch

Open To ID Card Holders 18+

WED OCT 31 @ 1900

BOSS/Warrior Zone | Ledward Barracks, Bldg. 224 | 09721-96-6082/354-6082
BOSS/Finney Rec Center | Conn Barracks, Bldg. 64 | 09721-96-8476/353-8476

WARRIOR ZONE

Youth and Teens

CYSS Winter Sports Registration

Register for Child, Youth, and School Services winter sports Oct. 1-31. CYSS will be accepting registration for wrestling (ages 6 -14), basketball (ages 3 -15) and cheerleading (ages 6 -15). Must have a current sports physical to participate. For more information or to register, contact Parent Central Services 09721-96-6414.

Volunteers Wanted

Schweinfurt Elementary/Middle School needs volunteer crossing guards. Help keep our children safe. For more information, call Volunteer Coordinator David Blakeman at 09721-96-6933.

Fall Sports Physical Appointments Available

Does your child need a physical exam for the fall sports season? Call the Schweinfurt Health Clinic to schedule an appointment at 09721-96-7901. Physicals will only be conducted by appointment, therefore the clinic has reserved slots for participants of high school and Child Youth Services sports.

Smart Girls

Young ladies, we are proud to tell you that your Smart Girls program is up and running again! Topics include:

life skills, healthy eating, fitness, health care systems, positive mentors, respecting yourself, fashion shows, dinner with parents, lock ins and more. Age groups include 11-14 and 15-18. Smart Girls meet every Monday from 4:30 to 5:30 p.m. at the Youth Center. For more information, call the youth center at 09721-96-6732.

Wanted: Youth Sports Coaches and Officials

The Schweinfurt community is looking for coaches and officials for the youth sports program. No experience is necessary to participate. By registering through Child, Youth School Services, you will become a certified coach in the National Alliance for Youth Sports (NAYS). This is a great way to volunteer in the community and earn extra income by officiating. For more information contact CYSS at 09721-96-6822 or email Derek.r.walker.naf@mail.mil.

Family Child Care Providers Needed

Help the community and start a new career as an Family Child Care provider. FCC Providers maintain a happy home-away-from-home atmosphere (in government controlled housing only) for children who can't be with their own parents during the day. You can care for your own children in addition to outside customers. All training and education is provided free of charge. Call 09721-96-6487 for details.

School Registration

Families newly assigned to Schweinfurt can register their children daily in the main office. Please bring a copy of the student's current immunization records and orders assigning you to Schweinfurt which are required to complete registration. Students who are not registered prior to the first day of school could have a delayed start date. Please contact the school at 09721-96-6518 with any questions.

Sports, Health and Fitness

Personal Training

Dedicated personal trainers are available to the Schweinfurt Community by appointment. For details, contact the Kessler Fitness Center at 09721-96-6765 or Finney Fitness Center at 09721-96-8234.

Paintball Field Open

Relieve some stress or have some good old fashioned fun every Saturday from 10 a.m. to 4 p.m. Rental equipment is available at the Paintball Field. For information, contact Outdoor Recreation at 09721-96-8080.

Tuesday Night Cosmic Pin Bowling

Enjoy cosmic bowling every Tuesday night at the Kessler Bowling Center with funky lights and music mixed with colored pins in each lane. Games are \$1.50 each. Win a free game by knocking down a strike with the colored pin as the head pin. Cosmic Bowl also includes specials on food and drink.

Weekly Reminders

Newcomer Meet and Greet

Meet other spouses, learn about the community and get connected here in Schweinfurt every Tuesday from 10-11 a.m. at the Conn Club. The newcomer meet and greet initiative links up incoming spouses with seasoned Schweinfurt residents, offering the warm welcome our community is known for. Coffee and refreshments will be served and children are welcome. For more information or to register, contact Army Community Services at 09721-96-6933.

Inclement Weather in Schweinfurt

Know where you can find information on school closures and weather and road conditions. [More...](#)

Local Flea Markets

Flea markets are a fun way to find a bargain. The

Youth Wrestling Registration

Monday, October 1- Wednesday, October 31

Open to children/youth ages 6-14. Participants must have current sports physical & be registered with CYSS.
Cost: \$45 per child/youth

Parent Central Services
Ledward Barracks, Bldg. 224
Monday-Friday, 8 a.m.-5 p.m.
09721-96-6517/DSN 354-6517

TEAM SCHWEINFURT.COM
news, services, recreation. Facebook.com/SchweinfurtArmy

Army Community Services Information and Referral program provides a monthly list of flea markets here.

Dental Clinic Space Available

The U.S. Army Garrison Schweinfurt Dental Clinic now offers space available stand-by appointments for other-than-active-duty eligible beneficiaries. Appointments can only be scheduled 24 hours in advance.

BOSS Meetings

Better Opportunities for Single Soldiers meetings are on the second (at the Warrior Zone) and fourth (at the Finney Recreation Center) Tuesday of every month. For more information, call the Warrior Zone at 09721-96-6082 or the Finney Recreation Center at 09721-96-8476.

Open Mic Night

Come and share your talent with the Warrior Zone, every Friday at 8 p.m. to midnight. Intended for Single Soldiers but open to the entire community. Adults only. No early sign ups required. For more information, call 09721-96-6082.

GET UP! AND GO OUT!

FOR YOUTH BASKETBALL AND CHEERLEADING!

BASKETBALL
AGES 3-5 \$20 & AGES 6-15 \$40

CHEERLEADING
AGES 6-15 \$40

REGISTRATION
OPEN FROM MON, OCT. 1 - WED, OCT. 31

REGISTER AT CYSS MON. - FRI. BETWEEN 8 A.M. & 5 P.M.
THE COMMONS ON LEDWARD BARRACKS, BLDG. 224

ALL PARTICIPANTS MUST BE REGISTERED WITH CYSS AND HAVE A CURRENT SPORTS PHYSICAL.

FOR MORE INFO, CONTACT PARENT CENTRAL SERVICES AT DSN 354-6414 OR CIV 09721-96-6414

TEAM SCHWEINFURT.COM
news, services, recreation. Facebook.com/SchweinfurtArmy

ZOMBIE FUN RUN

Saturday, October 27

- Kessler Gym - Surprises & Prizes - Food & Drink for Purchase -

- 3 P.M. - Kids Costume Run**
A costume fun run for kids. Halloween candy stations placed along the route. Fun for all ages.
- 5 P.M. - Adult Zombie 5K Run (18+)**
Run for your life from Zombies located throughout the route! Participants run in costume as Zombies of all speeds attempt to chase you down and turn you into one of their own!

Pre-registration is not required to participate in either Fun Run!
Contact the Warrior Zone or Finney Rec Center for more info or questions
Warrior Zone | Ledward Barracks, Bldg. 224 | 09721-96-6082/354-6082
Finney Rec Center | Conn Barracks, Bldg. 64 | 09721-96-8476/353-8476

TEAM SCHWEINFURT.COM
news, services, recreation. Facebook.com/SchweinfurtArmy

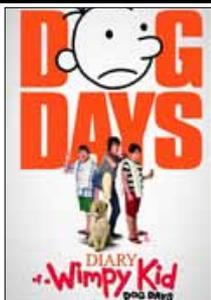
coming to THEATERS

DIARY OF A WIMPY KID: DOG DAYS
September 7, 2012 | 100 Minutes

During his summer vacation, "Wimpy Kid," the hero of the phenomenally successful book series, hatches a plan to pretend he has a job at a ritzy country club which fails to keep him away from the season dog days, including embarrassing mishaps at a public pool and a camping trip that goes horribly wrong.

Rated PG for some rude humor.

Visit www.aafes.com for more information.



IN THEATERS • OCT. 4-Oct. 10

ILLESHEIM THEATER • 09841-83-4546

Oct. 6 - TOTAL RECALL (PG-13) 4 p.m.

RESIDENT EVIL: RETRIBUTION (R) 7 p.m.

Oct. 7 - DIARY OF A WIMPY KID: DOG DAYS (PG) 3 p.m.

KATTERBACH THEATER • 09802-83-1790

Oct. 4 - LAWLESS (R) 7 p.m.

Oct. 5 - TOTAL RECALL (PG-13) 7 p.m.

Oct. 6 - THE COLD LIGHT OF DAY (PG-13) 7 p.m.

Oct. 7 - DIARY OF A WIMPY KID: DOG DAYS (PG) 3 p.m.

THE COLD LIGHT OF DAY (PG-13) 6 p.m.

BAMBERG THEATER • 0951-297-3934

Oct. 4 - TOTAL RECALL 2012 (PG-13) 7 p.m.

Oct. 5 - DREDD (R) 7 p.m.

Oct. 6 - TROUBLE WITH THE CURVE (PG-13) 3 p.m.

END OF WATCH (R) 7 p.m.

Oct. 7 - TROUBLE WITH THE CURVE (PG-13) 3 p.m.

END OF WATCH (R) 7 p.m.

Oct. 8 - DREDD (R) 7 p.m.

SCHWEINFURT THEATER • 09721-96-1790

Oct. 4 - TED (R) 7 p.m.

Oct. 5 - RESIDENT EVIL: RETRIBUTION (R) 7 p.m.

Oct. 6 - DIARY OF A WIMPY KID: DOG DAYS (PG) 4 p.m.

RESIDENT EVIL: RETRIBUTION (R) 7 p.m.

Oct. 7 - DIARY OF A WIMPY KID: DOG DAYS (PG) 4 p.m.

RESIDENT EVIL: RETRIBUTION (R) 7 p.m.

Oct. 10 - RESIDENT EVIL: RETRIBUTION (R) 7 p.m.

Eco-Friendly Tips

Water-saving Tips

1. Are you sure your car needs to be washed every week? Choose how often you wash it wisely: Save water!
2. While waiting for the water to heat up for a shower in the morning, fill up a bucket with the cool water and use it for cleaning.

Energy-saving Tips

1. A cheap and easy method that fixes a drafty window during the colder months is to insulate the window with transparent film that keeps the heat in and the cold out. You can find the film at OBI or Toom stores off post.
2. Ready for vacation or a longer leave? Turn your thermostat to the snowflake. This saves energy and protects your heating system against freezing.

Recycling Tips

1. Don't have a recycling bin for collecting used paper? Just use a large cardboard box. Bring it to the Recycling Center to empty it: That's both cheap and easy.
2. It's time to move? First ask your neighbors and friends if they need something; otherwise, bring things you no longer need to the Recycling Center where you will find a container for everything.

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. 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.



ANSBACH

Oct. 6-8 Berchtesgaden/Salzburg Trip \$199
Travel to Taxenbach, Austria and visit the Rauris National Park then a pool and spa in the nearby town of Zell am See. On to Berchtesgadener Land for a variety of activities such as the salt mines, Jener Mountain, Eagle's Nest or boat ride on the Königsee and Salzburg. Includes transportation and two overnights in an Austrian guesthouse with breakfast and dinner. \$199 for adults, \$119 for youth or \$399 for the entire Family.

Oct. 13 Fall Colors Hike \$45
Experience spectacular mountain scenery on this Alpine hike. \$45 for adults, \$35 for children and \$109 for the entire Family. No cost for children 3 and younger. Includes transportation and entrance to the gorge. Sign up in advance at Outdoor Recreation.

Oct. 20 Hamburg/Miniature Wonderland Trip \$129
Explore Hamburg and the amazing Miniature Wonderland attraction. The cost is \$129 for adults, \$79 for children and \$279 for Families. No cost for children 3 and younger. Includes transportation only.

For more information call, Ansbach Outdoor Recreation at 09802-83-3225.

BAMBERG

Oct. 4 Tour Under Bamberg \$25
This unique trip through 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. Departs Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

Oct. 6 Oktoberfest \$40
This is the last weekend to enjoy the festivities. Drink a liter of beer, while partaking in the largest Bavarian festival. Oktoberfest is a must see for anyone in Germany. Sign-up is at Outdoor Recreation or Webtrac. Departs the chapel parking lot at 8 a.m. and returns at midnight.

Oct. 6 Outdoor Climb \$30
Come experience climbing first hand in the world famous sport climbing area known as Franken Jura. Beginners are welcome. Equipment and instruction will be provided for a safe and enjoyable climbing experience that will give you breathtaking views of nature below. Departs Outdoor Recreation at 9 a.m. and returns at 5 p.m.

Oct. 13 Little Swiss Hike \$25
Delve into the beauty of Little Swiss on a hike through the breathtaking landscape of Germany. Please wear layered clothing, hiking shoes and bring a comfortable backpack with drinks, lunch and snacks. Departs Outdoor Recreation at 9 a.m. and returns at 5 p.m.

For more information, call Bamberg Outdoor Recreation at 0951-300-9376.

SCHWEINFURT

Oct. 6 Amusement Park Geiselwind \$15
Let Outdoor Recreation take care of the driving. Includes transportation cost. Entrance fee not included. Entrance fees to the park are children shorter than 1.10m are free, children taller than 1.10m are €19.50 and adults are €22.50.

Oct. 27 Spa Trip to Palm Beach \$15
Fun and Beach! This trip allows for 4 hours of pool time. The cost per person covers transportation; entrance fee not included. Entrance fees to the pool for 4 hours: Adults €14.50, Youth (6 to 15 years old) €12.50, Children under 6 years old) €5.50. Use of the sauna world is an additional €5.00.

For more information, call Schweinfurt Outdoor Recreation at 09721-96-8080.

Was ist los in Franken?

By Bianca Sowders, USAG Ansbach Public Affairs

Oktoberfest in Munich

The world's largest "Volksfest," the Oktoberfest in Munich ends on Sunday, Oct. 7. Details about transportation, overnight stays and program etc. can be found on the English language website <http://www.oktoberfest.de/en>. Ansbach Outdoor Recreation is offering a trip to the Oktoberfest on Sept. 29. For more information call 09802-83-3225.

Miltenberger Weinherbst

A traditional wine fest with Franconian vintners can be found in Miltenberg until Oct. 7. The fest is open daily 11 a.m. - 10 p.m. at the Engelplatz.

Medieval days in Bad Windsheim

The Freilandmuseum Bad Windsheim, an outdoor museum, is hosting medieval days on Sept. 29-30 and Oct. 2-3 from 9 a.m. to 6 p.m. Amateur actors perform in authentic clothing and illustrate life of the rural population by demonstrating old tools, crafts and work methods. For more information go to www.freilandmuseum.de.

Michaelis Kirchweih in Fürth

The annual Michaelis Kirchweih in Fürth form ends Oct. 10 is Bavaria's largest "street Kirchweih fest;" highlights include the city run, open shop Sunday and Thanksgiving parade at 11 a.m. on Oct. 7. The fair is open 10 a.m. - 11 p.m. during the week and 11 a.m. - 11 p.m. on Sundays and the German holiday on Oct. 3. For more information also check www.michaeliskirchweih.de.

Salsa party at Nürnberg Airport

Dance to Latin-American music on Friday, Oct. 5 at the Airport in Nürnberg, starting at 9:30 p.m. A Bachatango workshop begins half an hour prior. Admission tickets to the dance party at Terminal 90 are 6 Euros, parking in the garage P3 after 6 p.m. is 3 Euros. For more info go to www.salsa-im-airport.de.

Markt der Genüsse in Bad Windsheim

Bad Windsheim is offering a specialty market on Oct. 6-7 at the Fränkisches Freilandmuseum, Eisweiherweg 1, with mostly regional products and produce. Taste fresh "Most" (Cider), steamed potatoes, "Hitzbloutz" (Franconian 'pizza' with onions, sour cream, eggs and bacon baked directly on a hot stone) and freshly baked bread from the wood stove or find out more about Franconian fish and the traditional clothing of the region.

Africa Days in Schweinfurt

The Africa Days in Schweinfurt, Schillerplatz, on Oct. 6-7 present information, booths with arts and crafts, fabrics, jewelry, fashion, exotic culinary specialties and more. Opening hours are Saturday 11 a.m.-9 p.m. and Sunday 11 a.m.-7 p.m.

Meistertrunk in Rothenburg o.d. Tauber

The Meistertrunk of Rothenburg, a historical theater play, describes how a mayor in 1631 saves his town from the Swedish hordes by winning a bet. The play is performed on Oct. 6 at 3, 5:30 and 6:30 p.m. For details and tickets contact the Rothenburg Tourist Office.

Wine harvest and fish fest in Volkach

The annual Weinlesefest Volkach takes place on Oct. 6 at the Marktplatz in Volkach, starting at 11 a.m. The last load of grapes is brought in and the visitors can try the grapes and new wine. At the same time the traditional Franconian Fish Fest, Oct. 6-7, begins in front of the Volkach Rathaus. For

more information, check the town's website at www.volkach.de.

Residenz Night in Würzburg

The Würzburg Residenz (castle) opens its gates for a special night at the museum on Oct. 6; visitors can expect highlights like concerts and singing in the different rooms of the building, as well as guided tours. Admission tickets are 15 Euros, the event begins at 7 p.m. For tickets call 0931- 355170 or go to www.residenz-wuerzburg.de.

Erntedank

Oct. 7 marks Erntedank Fest, a Thanksgiving for the harvest that has a long tradition in Europe, but is not anything like the big traditional family holiday in North America. The German harvest festival of thanks is mostly a religious and rural celebration. Farmers and hobby gardeners bring samples of their harvest to church for the priest to bless the food.

Bird shows in Schillingsfürst Castle

The castle in Schillingsfürst (near Rothenburg) houses a falconry with birds of prey like falcons, vultures, eagles and kites. Bird shows take place on a daily basis until the end of October at 11 a.m. and 3 p.m. there is also a falconry museum and a baroque museum that can be toured. Admission prices are 7 Euros for adults, 4 Euros for children, or 20 Euros for a family. For more details also check www.bayerischer-jagdfalkenhof.de.

Landesgartenschau

You have 5 days left to visit the Bavarian Garden Show in Bamberg! Learn how honey is made and how insects help your garden, enjoy various street games, kids crafts, bouncy castles and more; find new trends for outdoor living, outdoor lounges and modern plants. Visit <http://www.bamberg2012.de/web/en/index.php> for details.

Guided Tours

Guided tours are a good way to get to know the place you are living or stationed. 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/>.

Bamberg Information

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 and enjoying yourself.

Insider Tips

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 post.

National Concert Schedule

All dates, and tickets are available on the following website <http://www.eventim.de/tickets-konzertkarten.html?affiliate=GMD>.

Oct. 8 Lionel Richie, Festhalle, Frankfurt, 8 p.m.

Oct. 23 Lionel Richie, Olympiahalle, Munich, 8 p.m.

Oct. 25 Jennifer Lopez, Olympiahalle, Munich, 8 p.m.

Nov. 24 Jason Mraz, Jahrhunderthalle, Frankfurt, 8 p.m.

AAFES Corner 

Saluting the military retiree

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.

