

The Franconian News

Serving the Franconia Military Community in Ansbach, Bamberg and Schweinfurt

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Thursday, Jan. 17, 2013

Professionals gather to reflect, reaffirm commitment

By Stephen Baack,
USAG Ansbach Public Affairs

“I am an expert and I am a professional” – so says the Soldier’s Creed. Although it may not be the first statement therein, historical leaders such as Gens. George S. Patton Jr., Douglas MacArthur and J.

Lawton Collins, and modern leaders like Gen. Martin Dempsey, understood and preached the importance of what it means to be a professional during conflict and peace.

In the spirit of professionalism, members of the Franconia Military Community gathered Friday at Bismarck Theater in

Katterbach to collectively reflect on what it means to be a professional and to reaffirm their commitment to their service.

Col. Kelly Lawler, U.S. Army Garrison Ansbach commander, said now is the right time to reflect and re-examine because the Franconia Military Community is entering a year of transition. The goal aligns with that of the Army as the drawdown of troops from Afghanistan continues and the force evolves.

About 200 people – including enlisted Soldiers, officers, family members, Department of the Army civilians and local nationals – comprised the audience, who each recited a creed or narrative respective to their role as members of FMC. Working with other members of the garrison, John Strader, of the USAG Ansbach Directorate of Plans, Training, Mobilization and Security, coordinated the event, served as master of ceremonies and presented an official Army video that provided a history of the force as a Profession of Arms. Lawler then served as the event’s keynote speaker.

“The Army, collectively, is making an effort to re-energize the focus on Army Values by asking all members of the force

(Professionals, on [Page 2](#))



Stephen Baack / USAG Bamberg Public Affairs

Officers of U.S. Army Garrison Ansbach recite a “commissioned officer narrative” during the “I Am a Professional” ceremony Friday at Bismarck Theater in Katterbach.

2012: A year in review at USAG Schweinfurt

USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany – How will the history books remember the year 2012?

For one thing – at least for the roughly 55,000 permanent residents who live here – the most memorable event will be the Defense Department’s official announcement of the U.S. Army’s drawdown in Schweinfurt.

But much more has happened, and despite the closure not slotted until October 2014, the community here has thrived. Soldiers returned home, the high school’s first

senior class graduated, and many garrison facilities continued to shine.

“Just because we’re closing doesn’t mean we’re dying,” said Garrison Commander Lt. Col. Michael Runey, at a community celebration held in May.

Click [here](#) or on the photo below to view some of last year’s memorable events.



Heidi Sanders / USAG Bamberg Public Affairs

Staff Sgt. Enrico Bassett, left, and Spc. Matthew Shannon pay their respects to Sgt. 1st Class Kevin E. Lipari and Sgt. Enrique Mondragon during a memorial service on Jan. 10. For more on this story, see “Memorial” on [Page 2](#).



Stephen Baack / USAG Ansbach Public Affairs

Maj. David Markiewicz participates in the "I Am a Professional" ceremony at Katterbach's Bismarck Theater Friday for Soldiers, Department of the Army civilians and local national personnel assigned to U.S. Army Garrison Ansbach to reaffirm their commitment as professionals.

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– Soldiers and civilians – to reconsider what it meant when they took the first oath of office upon entering the military or federal service," Lawler said during the "I Am a Professional" ceremony. "Why is it so important to reflect on these creeds and see if the words we say match our deeds? Because the words reflect our values, and our values determine our actions. ... These values define who we are and how we treat each other."

He continued by talking about his three characteristics of leadership: using common sense, treating others the way you want to be treated and using effective communication. Lawler focused on the second on his list, the commonly

referred to as the Golden Rule.

"I'm convinced that after 25 years of active military service, that as human beings – not Soldiers, not DA civilians, not local nationals – we're a greater pool of human beings if we can just treat each other in the manner in which we would like to be treated, that we would all be better human beings. That is part of being a professional."

Lawler asked that, as each person departed the ceremony, each would continue to reflect on "how you personally are a professional and how you use the Army Values to guide you in your everyday life."

"Consider how you can make a difference," he added. "You can make life better for yourself and for others and for all in this community."

Families members, Soldiers honor two fallen Sky Soldiers during memorial

By Heidi Sanders,
USAG Bamberg Public Affairs

BAMBERG, Germany – The U.S. Army Garrison Bamberg community gathered on Jan. 10 to remember the lives of two Soldiers from the 173rd Airborne Brigade Combat Team.

Sgt. 1st Class Kevin E. Lipari, 39, of Baldwin, N.Y., died Dec. 14 in Logar province, Afghanistan. He was assigned to Headquarters and Headquarters Company, 173rd ABCT. The incident is under investigation, according to a Department of Defense press release.

Sgt. Enrique Mondragon, 23, of The Colony, Texas, died Dec. 24 in Baraki Barak, Afghanistan, from injuries sustained when his unit was attacked by small arms fire while on dismounted patrol, according to a DOD press release. He was assigned to Headquarters and Headquarters Detachment, 173rd Special Troops Battalion, 173rd ABCT.

Friends and colleagues remembered both

men as dedicated Soldiers whose lives were cut short.

"Kevin and Enrique lived their lives well," said Chaplain (Lt. Col.) Joanne Martindale during the memorial service. "This nation should be most proud of them."

Sgt. 1st Class Kevin Lipari

Staff Sgt. Enrico Bassett said Lipari took his job seriously but also took care of his Soldiers.

"Sgt. First Class Lipari really cared about the Soldiers and NCOs around him" Bassett said.

Bassett described Lipari as a "class-act comedian," always joking around or making up songs.

"These things would help us get through these difficult field problems," Bassett said.

Martindale said Lipari was dedicated to his job and his country.

"When the time came, he showed his dedication to others again and again through

numerous deployments during combat," she said. "His enthusiasm for his job was contagious."

Lipari is survived by his wife, Jessica, and his mother, Kathleen.

Sgt. Enrique Mondragon

Spc. Matthew Shannon said Mondragon was a kind, brave and selfless man.

"He was small in stature but had the heart of a lion," Shannon said.

Martindale said Mondragon was an encouragement to his fellow Soldiers.

"His smile and love of life were contagious," Martindale said.

Mondragon and his wife, Katie, had a 2-year-old daughter, Beverly.

"He was a family man at the age of 23 and loved it," Martindale said. "Everything he did, he did for them (his wife and daughter)."

In addition to his wife and daughter, Mondragon is survived by his parents, Sergio and Barbara MartinDelCampo.



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U.S. Army Garrison
Ansbach, Commander

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U.S. Army Garrison
Bamberg, Commander

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

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Completed surveys improve Schweinfurt Health Clinic

A message from the health clinic commander

By Lt. Col. Chadwick A. Bowers,
U.S. Army Health Clinic, Schweinfurt

Have you received a survey in the mail after your appointment at the Schweinfurt Health Clinic? Fill it out and mail it in, or complete online. Here's why.

The Army Provider Level Satisfaction Survey, or APLSS (pronounced as "Apples"), is your chance as a patient to rate the services you've received during your visit.

Your completed survey identifies areas the clinic can improve to continue to provide world-class military medicine. What's more, your responses of "excellent" and "very good" can earn the clinic as much as \$800 per survey. With this money the clinic is able to improve facilities and increase the number of service providers for you, our patients.

Administered by the Office of the Surgeon General, patients are randomly selected, and the surveys are typically sent out within 48 hours of their appointment. The survey is a

confidential and simple and consists of 10 to 25 questions. It only takes about 10 minutes to complete.

APLSS asks the patient about certain aspects of their visit, and most importantly, their level of overall satisfaction with the entire visit. Our goal is to earn high praise and very good feedback.

If you receive an APLSS in the mail, you can either mail it back in the pre-addressed envelope, or go online to complete the survey.

All questions are important for you to answer because they allow us to see where improvements can be made. Each month the answers are calculated and the total percentage is multiplied by the response rate, dictating the amount of money the MEDDAC will receive. The bottom line: The greater the number of responses, the more money we can collect.



Courtesy of B-MEDDAC

After your appointment at the Schweinfurt Health Clinic, you may receive a survey in the mail. Fill it out and return. You feedback improves the clinic and can help earn it money that goes toward hiring more caregivers, says

Schweinfurt, we value your feedback. So please, if you receive the APLSS in the mail, fill it out and help us improve the clinic for you.

AER scholarships available for families of Soldiers

David Vergun,

Special to The Franconian News
Army Emergency Relief scholarships for the academic year 2013-2014 will be available starting Jan. 2 for spouses and children of Soldiers, retired Soldiers and reserve-component Soldiers on Title 10 orders. The application deadline is May 1.

The Maj. Gen. James Ursano Scholarships are for unmarried children younger than 23.

"Scholarship awards for children are based on financial need, grade point average and leadership and activity roles – like sports, scouting and student council – held over the last four years," said Tammy LaCroix, AER Scholarship Program manager. "A student could qualify under one, two or all three of the criteria."

The Spouse Education Assistance Program Scholarships are based solely on financial need, LaCroix said.

Applicants of both scholarships must be pursuing their first undergraduate degree at an accredited college or university. All

applicants must maintain a GPA of 2.0 on a GPA scale of 4.0.

Transcripts need to be included in applications, along with a "Free Application for Federal Student Aid" form and report. Children who have not attended college should submit their high school transcripts instead.

Scholarship funds can be used for tuition, fees, books, supplies and room and board.

This year there has been a change in the application procedure.

"Instead of mailing, emailing or faxing the forms, transcripts and other paperwork, all submissions must be submitted online," LaCroix said.

The new procedure should make the process more efficient and will eliminate problems like forms getting lost in the mail, she added.

According to LaCroix, 5,218 applications were received for the Maj. Gen. James Ursano Scholarship for the 2012-2013

academic year. Of those, 2,614 scholarships were awarded, with an average award of \$2,550. For the same academic year, more than 2,200 applications were received for the Spouse Education Assistance Program, with 757 scholarships being awarded. The average award was \$3,205.

AER is a private, nonprofit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided around \$1.4 billion to more than 3.4 million Soldiers, families and retirees.

Forms and instructions for both scholarships can be found here.

To request more information, applicants can call 866-878-6378 or email scholarships@aerhq.org.

Anyone interested in making donations to AER can visit their website at aerhq.org for instructions.



Nathan Van Schaik / USAG Schweinfurt Public Affairs

AER scholarships for the academic year 2013-2014 are now available for spouses and children of Soldiers, retired Soldiers and reserve-component Soldiers on Title 10 orders. The application deadline is May 1.

Army aviation facing 'exciting, uncertain future'

WASHINGTON -- The current fiscal environment poses significant challenges for Army aviation, as well as the rest of the Army and the Defense Department, said Lt. Gen. James O. Barclay III, deputy chief of staff, G-8.

Looming budget battles, likelihood of more continuing resolutions, the coming debt ceiling debate, a possibility of sequestration, lack of a 2013 budget and an already tight budget were some of the challenges ...

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



President to award Medal of Honor to Soldier

WASHINGTON (Army News Service, Jan. 11, 2013) -- President Barack Obama announced today that former Army Staff Sgt. Clinton L. Romesha will receive the Medal of Honor Feb. 11 for his actions in Afghanistan.

Romesha will be the fourth living recipient to be awarded the Medal of Honor for actions in Iraq or Afghanistan. He and his family will join the president at the White House for the award.

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



Starless, starless night: Astronomy is still available when stargazing is not an option

By Bryan Gatchell

USAG Ansbach Public Affairs

The weather in the Franconia region is not conducive to good stargazing during the winter. When the low-hanging clouds disappear from the night sky, there is still the problem of light pollution to prevent viewing some dimmer celestial objects such as galaxies, nebulae, star remnants and star clusters. For a dedicated amateur astronomer, there are, however, many alternatives, some of which can prove useful to the ever-burgeoning field of astronomy.

Purchasing a telescope if you live in a city is not very practical, but ordinary binoculars, those that may also be used during sporting events or wildlife watching, can prove serviceable even in poor light conditions. Within city limits, even the Galilean moons of Jupiter can be spotted with a decent pair of binoculars on a clear night.

The moon itself, which in its proximity outshines many stars, can be a fascinating subject for observation. With a high-resolution camera, a good lens and photo-imaging software, a steady, uncompressed image of the moon can be saturated to show its ocularly non-apparent colors. These colors help indicate the mineral composition of the lunar surface.

But what of the other six nights of the week when the clouds do not relinquish their monopoly of the sky? For children, there are home planetariums that can transform the ceiling of dark bedrooms into the night sky. Through home planetariums, children and adults can gain an understanding of where different celestial objects are within different constellations.

One form of astronomy that does not rely on a lack of cloud coverage is radio astronomy. Radio waves, unlike light particles in the visible spectrum, pierce through clouds. Building a radio telescope involves knowledge of electronics, but for

the beginner (from middle school student and older), NASA has the Radio Jove program, which is a radio telescope kit able to receive signals from the sun, Jupiter and the Milky Way and record them on a computer. The project requires a little yard space for the antenna array, but the project provides useful learning insight into electronics and radio telescope operation. To learn more, visit <http://radiojove.gsfc.nasa.gov/telescope>.

For a good understanding of what objects are where, there are also night sky applications for electronic tablets and smartphones. On a cloudy or clear night, or even during a bright, sunny day, these apps, thanks to the gyroscopic and

(Astronomy, on [Page 5](#))



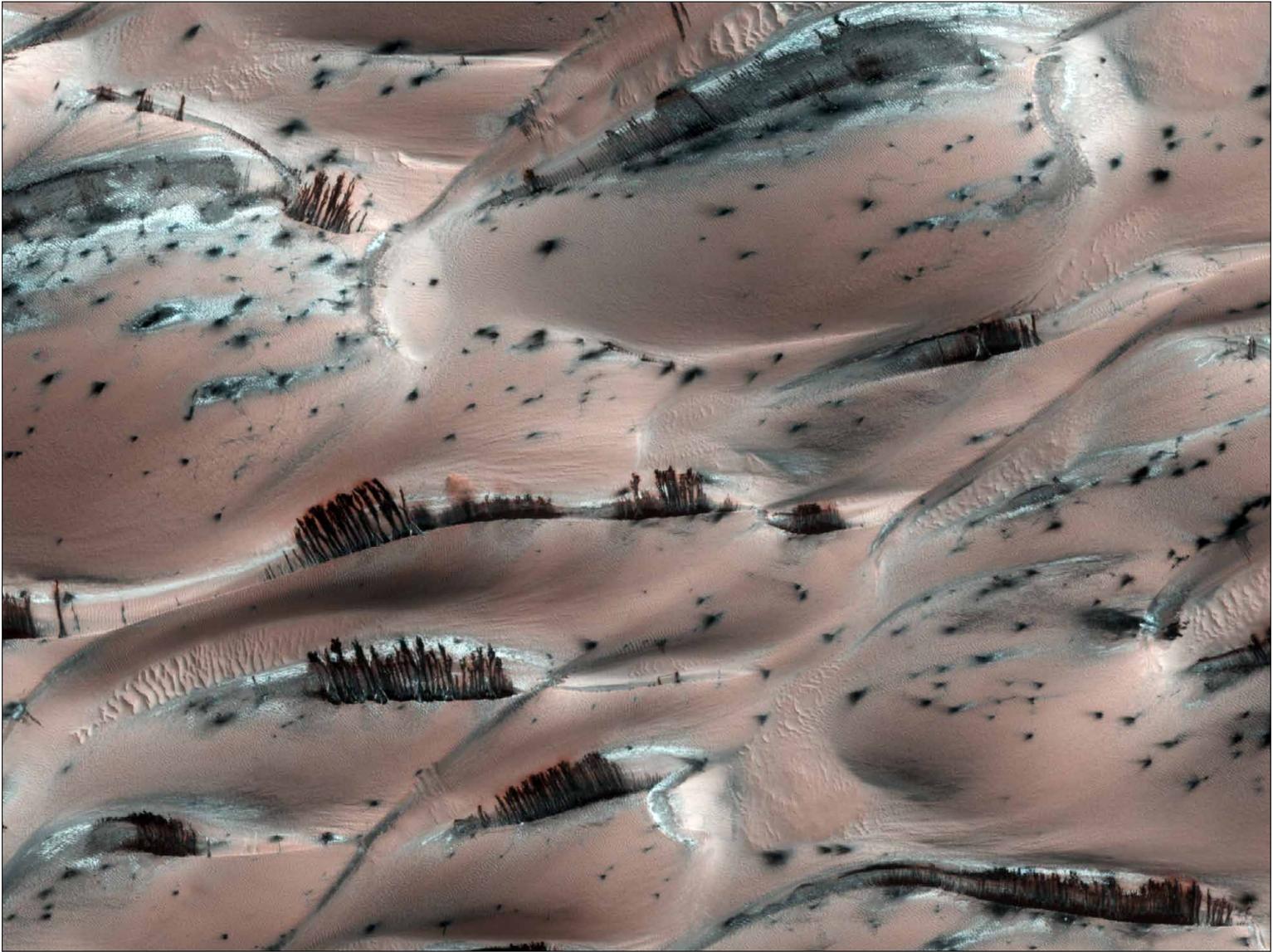
Cassini Imaging Team, Cassini Project, NASA

Jupiter is seen through the lens of spacecraft Cassini as it takes a parting photograph of the planet in 2003.



NASA, JPL-Caltech, Spitzer Space Telescope

Zeta Ophiuchi, the star in the center of the picture, creates a shockwave ahead of it as it travels through space at an estimated 24 kilometers per second. The shockwave is apparent in the bow of the dust cloud through which the star is traveling. The star's speed is likely the result of its ejection from a binary star system by a companion supernova.



HiRISE, MRO, LPL (U. Arizona), NASA

The Mars Reconnaissance Orbiter took this picture of dark sand cascades near the Martian north pole. Anyone with an Internet connection can help map the red planet by visiting NASA's "Be a Martian" interactive site at <http://beamartian.jpl.nasa.gov>. The site provides a gaming-like experience to Martian cartography.

(Astronomy, from [Page 4](#)) geo-locating apparati, can show where in the sky celestial objects are located. The interactivity of many of these programs provides a plethora of data on thousands of stars.

For those interested in the more scientific side of stargazing, many college courses offer their lectures on video on the Internet for free. Unless you are actually enrolled in the course online and do the coursework, these classes provide no actual college credit. Also, finding and working through the mathematical coursework may be more difficult yet.

Astronomers and astronomy students are not the only people who can study the heavens. Ordinary citizens have a number of options for working in the field. Much of scientific progress occurs through analyzing large amounts of data.

SETI@home, or the Search for Extra Terrestrial Intelligence at home, lets ordinary home computers sift through an enormous quantity of stellar data to find any non-random radio signals from beyond the Solar System. Given the highly improbable nature of finding a communicative signal from outside the Solar System, computers run the program in the background. Rather than the computer user being an active participant, the user is merely lending his computer. To learn more, visit <http://setiathome.berkeley.edu>.

There are other active websites that give users the opportunity to make scientific discovery in the comfort of their study room. Stardust@home gives anyone with an Internet connection the opportunity to look for microscopic interstellar particle impacts through thousands of

electron-microscope "movies" of aerogel. Interstellar particles are extremely rare, so sifting through the thousands of microscopic images of aerogel for the particles' tell-tale "tracks" is extremely time-consuming. Although the task might sound onerous, the group has made the interface relatively navigable and fun. Those who do find scientifically confirmed particles get naming rights and a co-authorship credit on any scientific paper on that particle. To learn more, visit <http://stardustathome.ssl.berkeley.edu>.

Perhaps one of the more active and various citizen science astronomy resources available is Zooniverse. Among its various projects are efforts to catalogue thousands of galaxies taken by orbiting telescopes, a solar storm spotter to help forecast space weather, a project to study Martian weather, an attempt to discover

extra-solar planets, and more. Planet Hunters, Zooniverse's extra-solar planet program, displays light data of stars taken by the Kepler Space Mission. Armchair astronomers look through the data points for small dips in light. These small dips in lights could possibly be planetary transits, which occur when a planet passes directly between the star and the Earth, thus blocking some of the star's light. The Planet Hunters has confirmed the discovery of two such planets, one of which is in a four star system circling binary stars. To learn more, visit www.planethunters.org or www.zooniverse.org.

For a sense of universal proportion, very few things beat using a telescope or binoculars in an unlit meadow on a cloudless, moonless night, but for the ability to go on regular, dark, rural outings, there are still many fun, useful astronomic alternatives.

New resource helps troops, families plan deployments

By Karen Parrish,
American Forces Press Service

WASHINGTON — The Defense Department has launched a new resource to help troops and their families plan for the “before, during and after” of deploying.

Barbara Thompson, director of DOD’s office for family policy, explained “Plan My Deployment” during an interview with the Pentagon Channel and American Forces Press Service.

“This is a new, interactive, online tool that supports service members and their families as they prepare for the different stages of deployment,” she said.

The new resource guides users through the “ins and outs” of deployment, Thompson said: from power of attorney and legal assistance considerations to financial and emotional

issues. Other tips and tools address education and training benefits, she added.

“We modeled this after the very, very popular ‘Plan My Move,’ which helps with [permanent change of station] moves,” she said. “It’s the same kind of approach: We look at providing the tools and information, and you tailor it to your individual family’s needs.”

Plan My Deployment saves the user’s information, she said, so people can exit the site and return at their convenience, picking up where they left off.

Though other deployment planning guides and resources already exist, Thompson said, DOD leaders wanted to offer family readiness assistance to the entire active duty, National Guard and Reserve force and their families.

While the pace of deployment across

the services has dropped since U.S. forces left Iraq and will continue to decline as the combat mission in Afghanistan draws to an end, Thompson said, service members always will face the possibility of deploying for duty.

“Let’s face it: Military members deploy all the time. ... We’ve learned a lot of lessons during this long-term conflict, and we want to make sure that our service members and their families are prepared for what’s in the future,” she said.

Plan My Deployment is available at DOD’s Military OneSource website, which also offers a range of other services for military families, she said. Thompson pointed out the site is “outside the gates” in the public domain, so it is available to extended family members who don’t have access to military facilities.

Busy flu season on the way

CDC officials say it may be worst in recent years

Europe Regional Medical Command

HEIDELBERG, Germany — While the peak of the flu season hasn’t hit Europe yet, signs from the U.S. indicate it could be one of the worst in recent years.

The Center for Disease Control and Prevention tracks influenza activity year-round and publishes a report weekly on Fridays. According to this surveillance, the proportion of people seeing their health care provider for influenza-like-illness (ILI) in the United States has been elevated for four consecutive weeks, climbing sharply from 2.8 percent to 5.6 percent during that time. Last season, which was relatively mild, ILI peaked at 2.2 percent.

“While we can’t say for certain how severe this season will be, we can say that a lot of people are getting sick with influenza and we are getting reports of severe illness and hospitalizations,” said Dr. Joe Bresee, who is Chief of the Epidemiology and Prevention Branch in the CDC’s Influenza Division.

Influenza is rampant across the United States with 41 states reporting widespread flu activity and several have declared public health emergencies. With the busiest part of the season — typically February and March — still ahead, Europe Regional Medical Command officials expect to see cases of influenza

ramping up here in the near future.

The geographic spread of influenza activity in Europe was reported as widespread in five countries (Belgium, Denmark, France, Norway and the United Kingdom) and nine countries reporting increasing trends, according to the European Centre for Disease Prevention and Control.

The H3N2, or Type A, flu strain that is prevalent this year tends to be more severe than others, medical officials said. Children, older people and pregnant women are especially susceptible to the disease, ERMCC Force Health Protection officials said.

Proper hand washing and covering your coughs and sneezes are also effective in helping prevent the spread of influenza, but the flu vaccine is the best way to prevent the disease or, if a person does catch it, to help minimize the effects, officials explained. This year’s vaccine is effective against Type A, Type B and Swine Flu variants of the disease.

Full protection against the flu takes about two weeks after receiving the vaccine, so people should get it as soon as possible. Eligible beneficiaries should contact their local military treatment facility or host nation health care provider to receive the vaccine.



Heidi Sanders / USAG Bamberg Public Affairs

Lily Markey, director of U.S. Army Garrison Bamberg’s Child, Youth and School Services, receives a lucky Pfennig from a local chimney sweep at the garrison New Year’s Reception Jan. 11. More than 150 host nation dignitaries as well as local military and garrison leadership attended the annual event at the Warner Conference Center.

Think BIG and stay focused

By Chaplain (Lt. Col.) Chul W. Kim,
Garrison Chaplain

Year 2013 is here! Each year I learn that my grandmother was right when she said, “Your age indicates how fast your life[time] is being driven.” What would like to accomplish in this fast moving year 2013?

Personally I want something different in 2013. If I keep doing the same thing over and over, it is guaranteed that I will keep getting the same results repeatedly. So I will try something different: thinking BIG and staying focused. When Alexander Graham Bell presented the telephone for the first time to President Rutherford B. Hayes in 1876, he replied, “That’s an amazing invention, but who would ever want

to use one of them?” As nearly everyone agrees, we cannot imagine our life without a telephone, either wired or wireless. I can easily fill up a page with remarkable inventions that have made huge differences for humanity.

All differences in our life have been possible by those who did think outside the box and stay determined. No matter what you have decided to do throughout this year, I am sure you can make differences in your life and in community through thinking BIG, staying dedicated for you, your family and your community.

May God satisfy all your faithful desires.

USAG Bamberg consolidates, relocates services in preparation for closure

By Heidi Sanders,
USAG Bamberg Public Affairs

BAMBERG, Germany – As U.S. Army Garrison Bamberg prepares for closure, various offices around post are relocating to better utilize facilities and serve the community more efficiently.

Capt. Petero Lole, commander of USAG Bamberg Headquarters and Headquarters detachment, said consolidating facilities will allow the garrison to prepare better for closure.

“The overall objective of space management is to look at the facilities that have low usage,”

Lole said. “It doesn’t make sense to keep them open so we will move them into an enduring building. That will allow DPW (Directorate of Public Works) and DOL (Directorate of Logistics) to clear those buildings.”

Lole has been tasked with overseeing the consolidation of services to ensure the community is supported and to assist the garrison in meeting closure requirements.

The Regional Contracting Office, which was located in Building 7108 next to Gate 1, is in the process of moving to

the fifth floor of the Garrison Headquarters, Building 7089.

The Installation Access Control Office that shared building 7108 with the Regional Contracting Office will move to Room 422 on the fourth floor of the Garrison Headquarters on Jan. 22.

There will still be two IACS offices in Bamberg, Lole said, as the IACS office in the Central Processing Facility, Building 7290, will remain open.

The POND Security Office, also in Building 7108, is in the process of moving in to Building 7011 with the Military Police and Directorate of Emergency Services.

The First Sergeant Barracks Program, which oversees the assignment of barracks housing to single Soldiers, will move from Building 7104 to the Central Processing Facility on Jan. 23-24.

Lole said the program previously was managed by a contract but now is run by Soldiers. He said it makes sense for the office to be located in the same building as other services frequented by Soldiers during out processing. The new location will be more convenient for Soldiers.

“Most of them (single Soldiers) don’t have cars,” he said. “They used to have to walk across post (to the First Sergeant Barracks Program office.)”

Lole said the VFW, which also

is in Building 7104, will move to the Community Activity Center, Building 7047, in February.

Lole said the garrison has already begun consolidation of the barracks and will continue to do so as more Soldiers move to other locations.

He said Soldiers living in Building 7004 were recently moved to Building 7005. These barracks were primarily used by the 391st Combat Support Sustainment Battalion, and the battalion’s units have already begun moving to Baumholder.

“Those two agencies (the First Sergeant Barracks Program and VFW) are very happy with the future moves,” he said. “They will be more visible, and it will be easier for them to close.”

Once more tenant units begin leaving in the summer, Lole said he expects more services to move.

He said Army Community Service will relocate to the first floor of the Garrison Headquarters in late summer.

Lole said he has been pleased to see units working to turn in government equipment and furniture. He encourages units to continue to take accountability and the appropriate steps regarding equipment that is no longer needed.

“We owe to it our government to make sure equipment is turned in properly or disposed of properly,” he said.



Heidi Sanders / USAG Bamberg Public Affairs

Soldiers move furniture into the Regional Contracting Office’s new location on the fifth floor of the U.S. Army Garrison Headquarters Building on Wednesday. Several offices around post are relocating in preparation for the garrison’s closure in 2014.

Triad Health Fair slated for Jan. 26 to focus on effects of life choices

By Douglas DeMaio,
Bavaria Medical Dept. Activity Public Affairs

BAMBERG, Germany – The Bamberg Health Clinic wants to do everything it can to help beneficiaries live a healthier and happier life.

The clinic will have a Triad Health Fair in Building 7334 here from 9 a.m. to 3 p.m. Jan. 26.

“This health fair affords beneficiaries the opportunity to enroll in a six week Triad program that empowers individuals to adopt better sleep, nutrition and activity habits,” said Lt. Col. John Melton, who is the clinic commander.

Enrollment times for the event start are 9 a.m., 10 a.m., 11 a.m., 1 p.m. and 2 p.m.

“The program’s goal is to improve four key indicators of overall health,” Melton said.

Body Mass Index (BMI), blood pressure, blood sugar and blood cholesterol are the four areas of focus, he said. The Triad program includes education on action plans, recurring diagnostic lab tests, a focused wellness examination and

follow-up appointments with the beneficiary’s primary care team to coach and provide feedback on their efforts.

Program participants will be registered for secured messaging to receive lab results and feedback online.

“Sleep is vital to your daily physical, mental and emotional restoration,” Melton said, “but how often do you get enough sleep?”

In the short term, a lack of adequate sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents or injury, he said. In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, heart disease, and even early mortality.

“What we choose to put in our mouths clearly has an impact on our health and well-being,” Melton said, “but how informed are our choices?”

Foods provide energy, nutrients and other substances needed for health. Optimal nutrition

promotes healthy metabolic function, reduces stress, enhances immunity, affects longevity and improves a person’s outlook and the quality of life.

“We all know we need exercise,” he said, “but what activities will keep us healthy and how often do we need to do them?”

Activity such as walking daily prevents disease, Melton said.

“As an active person, you are less likely to develop heart disease, type two diabetes, and breast and colon cancers,” he said. “Physical inactivity degrades your overall health and increases your risk for many chronic diseases.”

Understanding how to affect BMI, blood pressure, blood sugar and blood cholesterol with better sleep, nutrition and activity habits can lead to better health, he said.

“Live better longer or not,” Melton exclaimed. “It’s your body; it’s your choice.”

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 U.S. due to influenza infections. Annual flu vaccinations are the most effective method for preventing influenza virus infections and its complications. For more information, visit <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 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 smartphone browsers. The launch of a mobile device version will optimize Army OneSource the mobile experience for visitors. Visit www.myarmyonesource.com today.

ARMY MEDICINE
Serving To Heal...Honored To Serve

TRIAD HEALTH FAIR

LIVE BETTER LONGER OR NOT. YOUR CHOICE.

SATURDAY JANUARY 26, 2013

FOR: Soldiers, Civilians, Contractors, Retirees & Family Members ages 16-64.
EVENT START TIMES: 0900, 1000, 1100, 1300, 1400
LOCATION: B7334, Health Clinic, Warner Barracks

Your Bamberg Health Clinic wants to do everything we can to help you live a healthier and happier life. This Health Fair affords beneficiaries the opportunity to enroll in our six week TRIAD program that empowers individuals to adopt better sleep, nutrition and activity habits. The goal is to improve four key indicators of overall health: Body Mass Index (BMI), Blood Pressure, Blood Sugar and Blood Cholesterol.

YOUR BODY, YOUR CHOICE.

Your Bamberg Army Health Clinic

Recycling Idea

Do you have a new phone and want to dispose of the older one? Don't throw it away or let it collect dust. You can send it to one of many nonprofits, including www.cellphonesforsoldiers.com.

Get EFMP Registered

Is your Soldier coming back from deployment? 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 Service 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. To learn more, speak with a free trial defense attorney.

Teen Stress

The National Military Family Association has 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, 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. To learn more, visit 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-9/11 GI Bill

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

Edelweiss Resort

Ongoing specials and packages are available for 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 information, visit www.edelweisslodgeandresort.com.

Utility Tax Relief Services

The 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. To learn more, 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 Service's Family Advocacy Program is here to provide help and support by offering 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 a 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 www.youtube.com/watch?v=s7VeUlyTMa4.



This Health Clinic Offers

e-Healthcare

Now you can...

- E-mail a Doctor or Nurse
- Request Appointments
- Request Medication Refills
- Get Your Lab Results

It's Easy To Get Started

Ask Us About Secure Messaging

Just give your e-mail address to our staff.

ARMY MEDICINE
Serving To Heal...Honored To Serve

Ansbach Community Announcements

Send all announcements to Ansbach Public Affairs at usarmy.ansbach.imcom-europe.list.webmaster@mail.mil.

Inclement Weather Info

For up-to-date information on weather conditions, visit our new "What You Should Know when Inclement Weather Comes to USAG Ansbach" at www.ansbach.army.mil/web%20pages/InclementWeather.asp. You can find the link to the website under the Weather Information menu item on the left side of the homepage and, when the popup menu shows, select "What you should know."

Tax Center

The grand opening of the Katterbach Tax Center will be Feb. 4 at 10 am. It is located in the Katterbach ACS building on the third floor next to the Legal Assistance Office. You can begin calling Feb. 4 at 09802-83-3847 to make appointments. The first week is set up to handle walk-in single Soldiers and families with the easy returns (only W-2s).

Diversity, justice class

Join University of Oklahoma professor Dr. David Tan for the Human Relations graduate course "Diversity and Justice in Organizations." This course focuses on cultural and cross-cultural diversity and relations in various organizations with application to problem solving, human resources development, leadership development and organizational development. The course runs from Feb. 19 to 22 from 6 to 9:30 p.m. and Feb. 23 and 24 from 8:30 a.m. to 4:30 p.m. The add/drop deadline is Jan. 21. To learn more, call DSN 467-3325 or 09802-83-3325 or email apansbach@ou.edu.

Praxis test

The next test date for the Praxis series of tests, which measure teacher candidates' knowledge and skills for licensing and certification processes, for the Education Center on Katterbach Kaserne will be April 12. The deadline to request an exam is Feb. 26. To learn more, call DSN 467-2730 or 09802-93-2730.

Upcoming closures

The Katterbach Community Bank will close for training Jan. 18 from 9 to 11:30 a.m. for training. The Ansbach

commissary will close Jan. 22 in addition to its normal Monday closure in observance of the birthday of Martin Luther King Jr.

Volunteers needed at Arts & Crafts

Seeking volunteer and contract teachers one to two times per month for sewing, cake decoration, felting, general crafts and more. Open to all ID cardholders. No experience needed – just a happy personality and a creative idea to share. Send an email to AnsbachArtsCrafts@eur.army.mil.

Research Assistant Opportunity

An energetic, dynamic and knowledgeable person is required to fill the new health promotion research assistant position that will be assigned to assist the Health Promotion Operations responsible for the Franconia Military Community area. The HPRAs are responsible for the day-to-day administrative support of the program as well as researching trends, statistics and collecting existing data necessary to track the impact of the HP program on the local installation. The HPRAs support the mission of HPO by developing strategies and protocols and managing, coordinating and producing research that supports and invigorates the installation health promotion process. These activities directly respond to the health promotion strategic and operational plans as they relate to continuous quality improvement of the health of the installation. The project will involve developing research methodologies, collecting, organizing, analyzing, interpreting, reporting, communicating and disseminating high-quality data and information regarding installation characteristics, activities and operations. Completion of a bachelor's or equivalent work experience is required with associated research knowledge. Minimal travel is required. This is a contract position equivalent to a GS-7. Anyone interested in applying should email their resume to darrel.d.kniss@us.army.mil.

Eagle's Nest Recreation Hall

The Barton Barracks Eagle's Nest Recreation Hall, next to the Duggan Gym, offers a full kitchen with an area to seat more than 30 people. The Eagle's Nest is open to all community members. To learn more or to reserve, call 0981-183-7848 or send an email to usarmy.ansbach.imcom-europe.mbx.ioc@mail.mil.

ISCC Thrift Shop Needs Volunteers

Looking for a fun and rewarding way to help others and give back to your community? Look no further than the Illesheim Spouses & Civilians Club Thrift Shop. Volunteer openings include sorting donations, organizing clothes, tagging items and general housekeeping. Volunteers will receive \$5 store credit for working a full shift. Profits from the Thrift Shop are given back to the Illesheim community in the form of welfare grants and scholarships. Thrift Shop hours are as follows: Tuesdays from 11:30 a.m. to 3:30 p.m., Thursday from noon to 3 p.m., Friday from 9 a.m. to noon, and the first Saturday of each month from noon to 3 p.m. For more information, send an email to illesheim.iscc@gmail.com.

Bowling Membership Club Card

Join the Katterbach and Storck Bowling Center club for \$25. The membership is valid for one year and members will receive \$1.50 games, free shoe rental, a free T-shirt and a few bowling towels. To learn more, call Katterbach Bowling Center at 09802-83-2638 or Storck Bowling Center at 09841-83-4530.

Movie Night

Enjoy a movie free at the Storck Library every Friday at 3 p.m. To learn more, call 09841-83-4675.

Stress and Anger Management

Don't be an angry bird! Help is available through a stress and anger management class. The class is offered on the

ACS* new parent support program welcomes you!
Expecting & new moms
January 25 2:00 P.M.
Community Baby Shower
Von Steuben Community Center
Games! Fun!
Information from EDIS, Community Health Nurse,
Housing, American Red Cross,
Child, Youth and School Services
New Parent Support Group
CIV 09802.83.2516 • DSN 467.2516

first Wednesday of the month from 2 to 4 p.m. at Katterbach Army Community Service or on the fourth Tuesday of the month from 2 to 4 p.m. at Storck ACS. Sign up by calling the ACS Family Advocacy Program at 09802-83-2516.

Health Clinic Improvements

The Katterbach Health Clinic has a new front entrance just in time for the 2013 flu vaccine campaign. Stop by the Katterbach Health Clinic for your flu shot and experience the renovations, which are designed to improve the patient experience.

Brown Bag Lunch

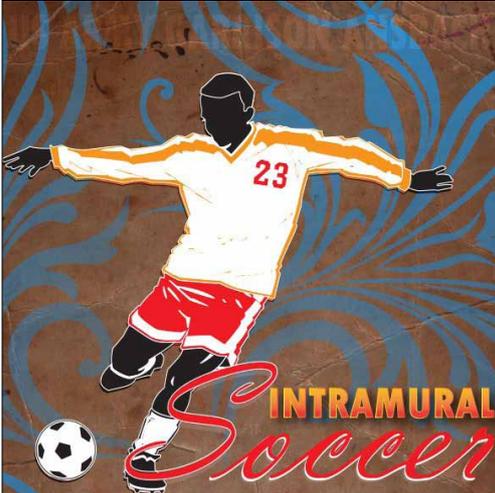
Bring a lunch and explore a new town with Army Community Service. The meeting place is ACS on the first Wednesday of every month at Katterbach and the fourth Wednesday of every month at Storck Barracks. Meet at 10:30 a.m. Cost is 10 to 15 Euros. To learn more, call 09841-83-4555.

Closures and Changes

Storck Child Development Center
Full Day
Part Day
Part Time
Hourly Care
Choose a program designed to meet YOUR child care needs.
Spaces available!
Sign up now at
Storck Parent Central Services
Storck Barracks, Bldg 6510
Mon-Thu 10 a.m.-1 p.m. / 2-5 p.m.
Fri 11:30 a.m.-1 p.m. / 2-5 p.m.
US Holidays: Closed
CIV 09841.83.4880 • DSN 467.4880

BARTON BARRACKS
EAGLE'S NEST
RECREATION HALL
The Barton Barracks "Eagle's Nest", located next to the Duggan Gym, offers a full working kitchen with an area to seat 30 plus people. The "Eagle's Nest" is open to all Community Members. For more information or to reserve please contact the IOC at 09811837848 or send an email to: usarmy.ansbach.imcom-europe.mbx.ioc@mail.mil

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



INTRAMURAL Soccer

Fri, 18 Jan @ 6 p.m.
Ansbach High School Gym
 Military community members 18 years and older
 CIV:09802.83.2771 DSN: 467.2791

Resurfacing of B-14

Resurfacing is ongoing for state road B-14 along Urlas and Shipton Kaserne. The speed limit is reduced to 50 kilometers per hour. Access and exit to and from Obereichenbach will remain the same. During phase one, two lanes going toward Katterbach will be resurfaced. Entering from Katterbach and exiting toward Ansbach will remain possible. There will be a detour exiting toward Katterbach and entering from Ansbach, offering two possibilities to turn around: One at Hotel Windmühle and one at Obereichenbach. During phase two, two lanes going toward Ansbach will be resurfaced. The current access near the traffic light will be blocked and drivers coming from Katterbach toward Ansbach will be detoured by Soldiers Lake. The detour for exiting toward Katterbach and entering from Ansbach will remain in place.

Sports, Health and Fitness

Sweat Shop

Sweat Shop is a new class at Katterbach geared toward customers that need a cardiovascular component as a mode of physical fitness. Unlike some classes that are high intensity, this is a full class of cardiovascular activities aimed to boost the body's maximal ability to utilize

oxygen. The class takes place Mondays from 10:30 to 11:30 a.m. and Thursdays from 5:30 to 6:30 p.m. The cost is \$3 per person per class.

TRX Training

This new mode of training is offered at Storck Barracks Bunch Physical Fitness Center on Thursdays from 12:30 to 1:30 p.m. TRX is core-based training that has benefits not achieved from other modes of training like traditional weight training. The class is limited to eight people and will be first come, first served. The cost is \$3 per person per class.

R.I.P.P.E.D. Season 9 Launch

R.I.P.P.E.D. has recently taken the community of Ansbach by storm. With its unique activities and instructions, R.I.P.P.E.D. aerobic classes attract more than 30 people per class; the highest participation was 50 people in one class. Season 9 elements will be part of the new activities for the next three months. The fee per participant is \$3. To learn more, call 0151-1157-0210.

New Aerobic Class at Katterbach

A new aerobic class called "Power XTREME" is offered Tuesdays and Thursdays at 9 a.m. at the Katterbach Fitness Center. This class includes a variety of fitness components for optimal health and fitness improvements. To learn more, call 09802-83-2771.

Youth and Teens

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 to 8:30 p.m. To learn more, call Parent Central Services at 09841-83-4880 or 09802-83-2533.

Ansbach Girl Scouts

What is green, almost 100 years old and hip and cool as ever? Girl Scouts! Come be a part of the adventure and fun that is Girl Scouts. Any girls kindergarten through 12th grade are welcome. To join or learn more, email gsansbach@yahoo.com or call 0151-445-12471.

Weekly Reminders

Safety Hazard on B-13

A safety hazard exists on B-13 between Ansbach and Illesheim north of Oberdachstetten, where there is a steep decline that goes under a railroad overpass. One lane of traffic goes down the hill and two lanes of traffic go up the hill. Do not pass.

Pet Reminder

Remember that all pets at U.S. Army Garrison Ansbach installations need to be on leashes when outside. Also, pick up after your pets.

Used Clothes and Shoes Container

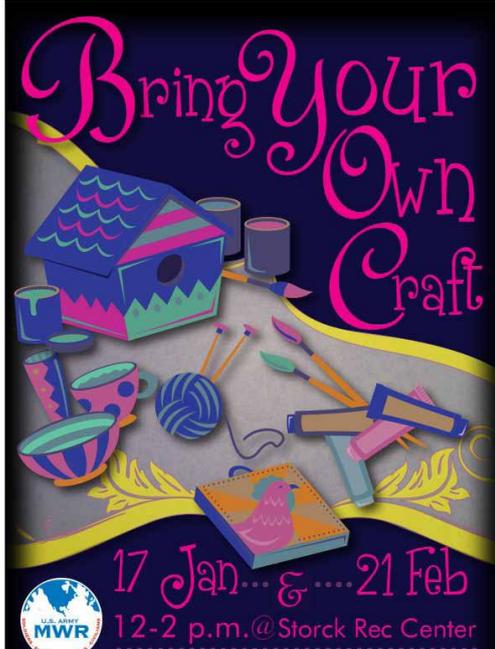
We need your help! The used clothes and shoes containers are provided to the community at no cost. Unfortunately, they are often mistreated as garbage bins. Please be sure that only clothes and shoes are placed in these containers. Please also ensure neighbors are aware of the purpose of these containers. If these containers are continued to be misused, the respective contractor will be unable to continue to provide this service.

Safety Training and Information

The U.S. Army Garrison Ansbach Safety Office recommends this [website](#) containing many safety topics, in both English and German, which can be used for information and training in your organization throughout the year. As time goes by, more will be added, but there is a vast volume of workplace and off-duty subjects; including videos and slide shows.

Reserve Space

Did you know? You can use the Von Steuben Community Activity Center at Bismarck Kaserne for your official



Bring Your Own Craft

17 Jan... & ... 21 Feb
 12-2 p.m. @ Storck Rec Center

Family readiness group meeting, unit meeting or official use training conference area. The space is available for no cost for official usage Monday through Friday from 7:30 a.m. to 4:30 p.m. Call for reservations today at 09802-83-2930, or stop by the concierge in the Von Steuben Community Activity Center.

Java Time

Come to Java Cafe for warm drinks and free Internet access at Storck Barracks' Bowling Center. The cafe is open Monday to Friday from 8 a.m. to 5 p.m. The cafe is now open Sundays from 10 a.m. to 2 p.m. For more information, call 09841-83-4530.

Spouses and Civilians' Club

The Ansbach Spouses and Civilians' Club is a great way to meet people, develop new interests and get involved with your community. For more information, email ascegermany@googlemail.com.

Taxi Service

Ask for a driver with a U.S. installation pass and provide the following information: pickup point, number of passengers, destination, name and number, and time of pickup. If traveling to the airport, notify the driver of number of passengers and bags. For a taxi in the Ansbach area, call 0981-5005 or 0981-19410; in Illesheim, call 09841-7200.



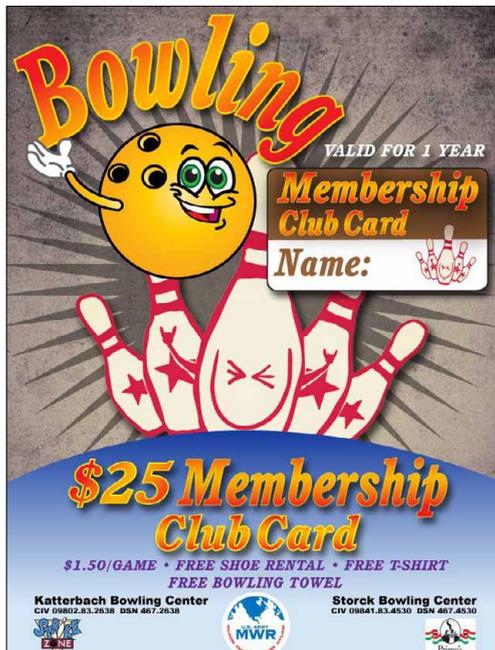
Don't be an angry bird!

Help is available.
 Stress and Anger Management Class

KATTERBACH ACS
 1st Wednesday of the month • 2-4 p.m.

STORCK ACS
 4th Tuesday of the month • 2-4 p.m.

Sign up today!
 ACS Family Advocacy Program
 09802.83.2516 • 467.2516



Bowling
 VALID FOR 1 YEAR
Membership Club Card
 Name: _____

\$25 Membership Club Card

\$1.50/GAME • FREE SHOE RENTAL • FREE T-SHIRT
 FREE BOWLING TOWEL

Katterbach Bowling Center
 CIV 09802.83.2638 DSN 467.2638

Storck Bowling Center
 CIV 09841.83.4530 DSN 467.4530

Bamberg Community Announcements

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

Estate Claims

Anyone having claims on or obligations to the estate of Sgt. 1st Class Kevin E. Lipari of the Headquarters and Headquarters Company, Special Troops Battalion, 173rd Airborne Brigade Combat Team, should contact the summary court officer, 2nd Lt. Allison P. Erickson, at 0951-300-9158.

Martin Luther King Jr. Observance

U.S. Army Garrison Bamberg and Bamberg Middle High School will host a Martin Luther King Jr. Birthday Observance at 2 p.m. today in the post movie theater. The community is invited attend and individuals and organizations may participate as well. For more information, call the Bamberg Equal Opportunity office 0951-300-8624 or send an email to bamberg.eo@eur.army.mil.

CYSS Parent Advisory Council Meeting

Child, Youth and School Services will host a Parent Advisory Council Meeting at noon on Jan. 31 at Parent Central Services. Learn the latest news in CYSS. There will be an opportunity for parents to ask questions. Lunch will be provided.

AAFES to Reduce Operating Hours

Due to decreasing sales at Bamberg concession shops and services, The Exchange is reducing hours for some of their facilities, effective now. To encourage contractors to serve the Bamberg community as long as possible, even with the declining troop strength, allowing reduced hours will assist The Exchange's efforts to serve the community.

- The Cleaners/Stripes will be open Tuesday through Friday from 11:30 a.m. to 5:30 p.m. and are closed Saturday, Sunday and Monday.
- The Day Spa will be open Tuesday through Friday from 10 a.m. to 6 p.m., Saturday from 10 a.m. to 4 p.m., and will be closed Sunday and Monday.
- The Optical Shop will be open Tuesday through Wednesday and Friday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 4 p.m. The shop will be closed Thursday, Sunday and Monday.
- The Car Care Center will be open Monday through Friday from 9:30 a.m. to 5:30 p.m., Saturday from 10 a.m. to 2 p.m. and will be closed Sunday.

USAG Bamberg Arts and Crafts Bldg. 7047, 2nd Floor

U.S. ARMY MWR

We are on Facebook

Woodshop Safety

Safety Classes are held every first Saturday of the month, 10 a.m. and the following Thursday, 6 p.m. The class is a pre-requisite to use the equipment of the shop.

Contact Arts and Crafts at Tel. (0951) 300 8659

FOR SOLDIERS FOR FAMILIES FOR RETIREEES FOR CIVILIANS

Reduced operating hours may extend to the rest of the concessionaires in the near future. For more information, call 09721-47592051.

Martin Luther King Jr. Day Meal

Ray's Diner will have a special menu from 11:30 a.m. to 1 p.m. today to celebrate Martin Luther King Jr. Day. The standard price is \$4.60, \$3.95 discounted. The menu will include beef steamship round, lobster tail, baked chicken, garlic mash potatoes, chicken rice pilaf, seasoned broccoli, seasoned cauliflower, potato frittata, brown gravy, cream of potato soup, coleslaw, pasta salad, potato bar, salad bar, assorted pastries and assorted beverages.

Taco Tuesday Buffet Bar

Come enjoy the Taco Tuesday Buffet Bar at the Community Activity Center Feb. 19. The taco bar is \$6 per person and includes either two hard tacos, two soft tacos or nacho chips with your choice of toppings. Toppings include cheese, tomato, lettuce, sour cream, refried beans, salsa, corn, beans, guacamole, onion, rice, peppers, etc. The buffet bar will be open from 11:30 a.m. to 1:30 p.m. For more information, call 0951-300-8837.

Super Bowl Party and Texas Hold-Em

The Birchview Lanes Bowling Center will host a Texas Hold-Em Poker Tournament beginning at 5 p.m. Feb. 3. There is a \$25 entry fee for the poker tournament with rebuys the first two hours. The poker tournament will go into the Super Bowl with a \$10 cover charge. With entry to the Poker Tourney persons will receive free cover charge to the Super Bowl event. Super Bowl will be played on giant blow-up projector screen. Cover charge will provide a buffet and great door prizes. For more information, call 0951-300-7722.

Emergency Placement Care Program

The Emergency Placement Care Program, which provides a safe and caring environment to children in crisis, is looking for Emergency Placement Care Providers who will open their homes to children in need. For more information, call Army Community Service at 0951-300-8397/7777

English as a Second Language Classes

English as a Second Language classes will take place each Monday and Tuesday Beginning Jan. 22 in the Family Advocacy Program classroom, Building 7487 on Armor Drive behind the flower shop. ESL Level 1 will meet from 9 to 10:30 a.m., Level 2 from 10:30 am. to noon and Level 3 from 12:30 to 2 p.m. All U.S. ID cardholders are eligible to attend. For more information, contact Jeffrey Card at jeffrey.p.card.civ@mail.mil or 0951-300-7777.

Parenting Skill Builder Classes

The first three Tuesday mornings of each month from 9 to 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 learn practical tools and techniques to build respectful, healthy relationships with children and help prepare children for the real world. For more information, call 0951-300-1570/8141.

Closures and Changes

Changes for Bamberg CDC

Through the end of January, hourly care services at the Bamberg Child Development Center will be temporarily reduced to 8 a.m. to 2 p.m.

Vehicle Registration Closure

The Vehicle Registration office will be closed Jan. 21. For more information, call 0951-300-7580.

AAFES Closures for Inventory

The Army & Air Force Exchange Service will be closed for annual inventory. The Shoppette will be closed 4 p.m.

MY STRENGTH IS FOR DEFENDING.

So when that guy tried to cross the line with my battle buddy, I GOT HER OUT OF THERE.

PREVENTING SEXUAL ASSAULT AND SEXUAL HARASSMENT IS MY DUTY.

Military OneSource 1-800-342-8647

24/7 Bamberg Sexual Assault Hotline: 0162 510 2917

I AM STRONG

Loyalty Duty Respect Selfless Service Honor Integrity Personal Courage

to 2 a.m. Jan. 17 and 18. The Main Exchange, PX, PXtra, Powerzone and Bookmark will be closed Jan. 19. The Car Care Center and Military Clothing Sales will be closed Jan. 20.

Youth and Teens

Applications sought for the Military Youth of the Year

The Military Youth of the Year is a Boys & Girls Club of America recognition program that partners with the Military Child and Youth Services. Local clubs recognize members ages 14 to 18 as Youth of the Month winners and select a Youth of the Year, who then participates in state competitions. State winners each receive a \$1,000 scholarship and participate in regional competitions. Five regional winners each receive a \$10,000 scholarship and compete on the national level. The National Youth of the Year receives up to an additional \$50,000 scholarship and is installed by the president of the United States. Stop by the JFK Youth Center Bldg. 7663 to pick up an application or call 0951-300-8871 and ask for Destiny Cilumba for more details.

Kids-On-Site Child Care

USAG Bamberg - www.bamberg.army.mil/eur

ZUMBA!

Ditch the workout, join the party!
\$5 per class - or 5 for \$20

Tuesdays & Thursdays, 10:30 a.m.
Wednesdays, 6 p.m.

For more info, contact the Freedom Fitness Facility @ 469-8890 or 0951-300-8890 or check it out on Facebook: Zumba with A-L

FOR SOLDIERS FOR FAMILIES FOR RETIREEES FOR CIVILIANS



USAG Bamberg Community Activity Center

Monthly **Taco Tuesday**

\$6.00

at CAC

Sept. 18, Oct. 23, Nov. 13, Dec. 11, Jan. 15, Feb. 19

11:30 a.m.-1:30 p.m.
Enjoy our Taco Buffet Bar for \$6.00 per person. Choose between 2 hard or soft tacos, or nacho chips with your choice of toppings.

Contact the Community Activity Center at Tel. 0951-300-8837

www.bamberg.army.mil/mwr
flickr facebook

The child care at the gym, Kids-On-Site, is available Monday from 8:30 to 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/bambergcym.html> or call 0951-300-8660.

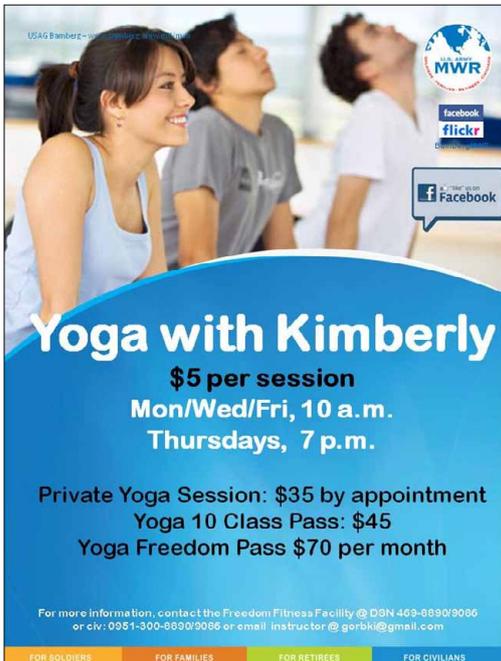
Boy Scouts

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

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 will get your heart pumping and target major muscle groups. This class is free to all ID cardholders 18 and older. The class is Tuesdays and Thursdays from 11:45 a.m. to 12:30 p.m. For more information, call 0951-



USAG Bamberg Community Activity Center

Yoga with Kimberly

\$5 per session

Mon/Wed/Fri, 10 a.m.
Thursdays, 7 p.m.

Private Yoga Session: \$35 by appointment
Yoga 10 Class Pass: \$45
Yoga Freedom Pass \$70 per month

For more information, contact the Freedom Fitness Facility @ DSN 469-8890/3086 or civ: 0951-300-8890/3086 or email instructor@gerbki@gmail.com

www.bamberg.army.mil/mwr
flickr facebook

300-8890 or email tonya.l.williams.naf@mail.mil.

Fitness Classes

The Freedom Fitness Facility offers a variety of fitness classes. To see a complete schedule, go to www.bamberg.army.mil/directorates/dfmwr/docs/fff/FFF-FitnessSchedule.htm.

Running Club

Join the Bamberg Running Club for all levels of runners (but especially targeted for beginners) using the Jeff Galloway training method of running/walking. The Bamberg Running Club meets two times a week for 45 to 60 minutes of training, plus weekend runs. This is a partnership between Freedom Fitness Facility and the Bamberg Health Clinic. To learn more, email kelly.woodruff@us.army.mil or ernest.d.johnson3.naf@mail.mil or call 0951-300-9086.

Weekly Reminders

By Soldiers - For Soldiers

Alcoholics Anonymous meetings for Warner Barracks are Wednesdays from 11:45 a.m. to 12:45 p.m. at the Community Activity Center, Room 409. These meetings are open to anyone. Duty uniform allowed. For more information, call Kyle at 0151-1775-3880, Brian at 0172-271-3626 or Justin at 0151-4642-3940.

Military Council of Catholic Women

The Military Council of Catholic Women meet Thursdays at the chapel. Mass begins at noon, followed by fellowship, lunch and study group from 12:30 to 2 p.m. For more information, email andrea.lands@gmail.com.

Woodworkers Roundtable

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

Arts and Crafts

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

Ray's Diner Hours

Every weekday, Ray's Diner serves breakfast from 7 to 9 a.m., lunch from 11:30 a.m. to 1 p.m. and dinner from 5 to 6:30 p.m. During the weekends and four-day weekends, breakfast is served at 8 to 9 a.m., lunch at 11 a.m. to 12:30 p.m. and dinner at 3:30 to 5 p.m.

Service Office

The U.S. Army Garrison Bamberg Retirement Services Officer/Casualty Manager is located in Bldg. 7290, Room 208, next to Burger King. For more information, call 0951-300-7514.

Youth Lessons

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

Kinder Program

Enroll now for Bamberg's School Age Center Kinder Program before and after school care. The program is from Monday to Friday from 5:45 to 8 a.m. and 2:45 to 5:45 p.m. On school-out days the program is from 5:45 a.m. to 5:45 p.m. SAC offers four free hours of care per month. For more information, call Parent Central Services at 0951-300-8698.

Document Disposal

Burning documents in a burn barrel is not allowed on



USAG Bamberg Community Activity Center

YOGA with Jenn

\$5 per class

Power Yoga : Tues/Thurs/Fri, 11:45 a.m.
50/50 Yoga : Tues, 5 p.m.
Saturday Special Yoga : 1 Sat a month (90 minute session)

Additional discount: Yoga 10 class pass \$45 per month
Yoga Freedom Pass \$70 per month
Private sessions for \$35

WARNING: Bring a towel & bottle of water - you WILL sweat!

For more information, contact the Freedom Fitness Facility @ DSN 469-8890 or email Jenn.ellis.corton@gmail.com.

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

post. All paper that needs to be disposed of must be shredded at the Recycling Center. They have an industrial shredder and accept paper each Tuesday from 1 to 4 p.m. or by appointment. The garrison receives a credit for each kilogram of paper turned in through the recycling program. For more information, call the environmental office at 0951-300-8426.

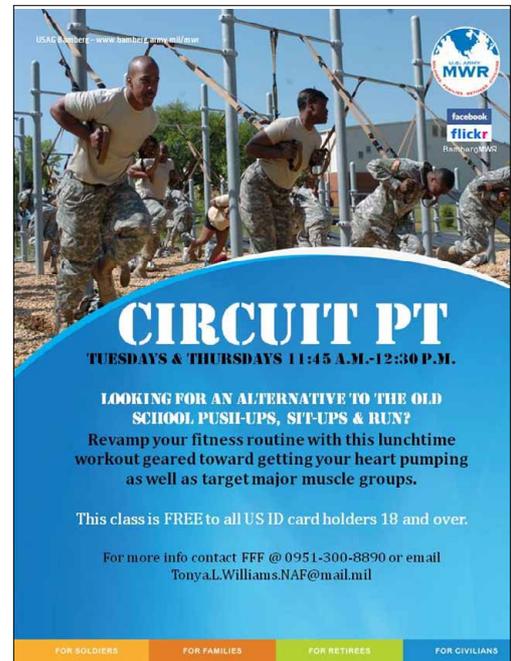
Library Events

There is a Gamers' Challenge that meets every Saturday at 2-3 p.m. For more information, call 0951-300-1740.



IMCOM

SOLDIERS • FAMILIES • CIVILIANS



USAG Bamberg Community Activity Center

CIRCUIT PT

TUESDAYS & THURSDAYS 11:45 A.M.-12:30 P.M.

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



Thursday Night Fun League

Jan 17 - May 16

- Every Thursday, 7 - 10 p.m.
- Open to ID cardholders AGE 18+, 4 person teams
- \$10 per week
- Cash prizes for top bowlers & teams

KESSLERBOWL
KESSLER FIELD, BLDG. 449
09721-966332/DSN 354-6332
TEAMSCHWEINFURT.COM

US ARMY GARRISON SCHWEINFURT MWR

Schweinfurt Community

Announcements

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

Estate Claim

Anyone who has any claims or obligation to the estate of Spc. Bernard Hill Jr. of 15th Engineer Battalion should contact 1st Lt. Victor A. Mathis, the summary court officer, at (DSN) 353-8962 or (COMM) 09721-96-8962.

Winter Wrap-up 2012-2013

This winter find something fantastic for all ages and interests – everything from classes, Alpine retreats, ceremonies, events, trips, camps and so much more. Visit www.schweinfurt.army.mil/infovault/winterwrapup.htm to learn more. Click on each event listed for full

information. No information available yet? Check back as the event nears since the event listings are constantly updated.

Seeking Volunteer Drivers/Phone Operators

Volunteer drivers and phone operators are needed to staff a program aimed at slashing the number of DUIs in Schweinfurt by providing a vehicle pickup service to those Soldiers consuming alcohol on weekend nights. To get involved, call 0173-794-2998 or 0160-987-98955, or visit the Schweinfurt AADD Facebook page at www.facebook.com/SchweinfurtAADD.

Seeking Cake Decorators

The Schweinfurt High School Culinary Club seeks volunteers experienced in cake decorating. Please contact Culinary Club sponsor Hana McWilliams at 09721-96-6812 or Hana.McWilliams@eu.dodea.edu.

Photo Scavenger Hunt: Basic Challenge

The Ledward Library has an ongoing photo scavenger hunt. How well do you know your military community in U.S. Army Garrison Schweinfurt? Check out 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 correct answers wins a prize.

Recycling Education Class

A recycling education course, for trash disposal offenders and anyone who wants to learn about recycling, is offered twice a month Wednesday from 6 to 8:30 p.m. Family members 9 and older are encouraged to attend with a parent. Bring a friend if he or she lives in military housing or military-leased housing. Class space is limited, so call 09721-96-6955 to sign up. Classes will be cancelled if no one signs up by 4:30 p.m. the Tuesday before class.

Closures and Changes

Schweinfurt EEO Services Limited

Schweinfurt community members requiring assistance from the Equal Employment Opportunity office must now contact the Ansbach EEO office at 0981-183-7733/7937. The best way to know how the installation closure will impact you is to stay informed. Go to www.teamschweinfurt.com and click on "Transition 2014."

Youth and Teens

Give Me 20

Looking to get fit? The Youth Center is offering a free fitness program every Wednesday and Thursday from 3:30 to 4:30 p.m. for youths ages 13 through 18. Program facilitators will show youths how to safely work out and stay fit. Dedicated participants will see positive results. Workouts will include sports, spinning, weightlifting and more. Participants must be registered with CYSS and have a permission slip on file. To learn more or to register, call the Youth Center at 09721-96-6732.

Smart Girls

Young ladies, the 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 to 14 and 15 to 18. Smart Girls meets 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.

German Class

Let's talk German! Come learn German one on one every Wednesday from 4:30 to 5:30 p.m. at the Youth Center. This great program is taught by our own education tech who was born and raised in Schweinfurt. This class can

Hunting Class

January 29, 2013 | Schweinfurt ODR

Want to hunt while you are stationed in Germany?

Let ODR help you obtain your German hunting license. This 10-week course is offered to all adult ID Card holders.

Classes will occur on Tuesday and Thursday nights from 6 - 10 p.m. at Schweinfurt ODR. Additional Saturday classes will be conducted at the shooting range.

Prior to the class, each participant is required to attend a mandatory information brief held in Schweinfurt on Jan. 22 or in Bamberg on Jan. 24 starting at 6 p.m.

Cost to participate is \$250 and includes class materials, books, handouts and CDs. Range fees, shooting insurance/range insurance, ammo, targets, and travel expenses are not included in this price. Contact ODR for more info.



Schweinfurt ODR | Conn Barracks, Bldg. 50 | 09721-96-8080/353-8080

US ARMY GARRISON SCHWEINFURT MWR

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

help your German grade go from a C to an A+ and it may even help you make friends in the German community. Test your skills by joining us on a field trip downtown. For more information, call the Youth Center at 09721-96-6732.

SKIESUnlimited

SKIES offers different classes every month for youths 18 and younger. The program is designed to complement, expand and support the academic, life skills and athletic experiences children and youths have within Child, Youth and School Services programs and in schools. For the latest class listings, click [here](#).

4-H Club

4-H is a club designed for middle and high school students. As a club, students will plan field trips, events and activities based on their four core values: head, hands, heart and health. 4-H meets every Wednesday at 4:30 p.m. in the Youth Center. To participate, students must be registered with CYSS. For more information or to get involved, call the Youth Center at 09721-96-6732.



USAG Schweinfurt

INVITATIONAL RACQUETBALL TOURNAMENT

ATTENTION ALL WALL BANGERS!

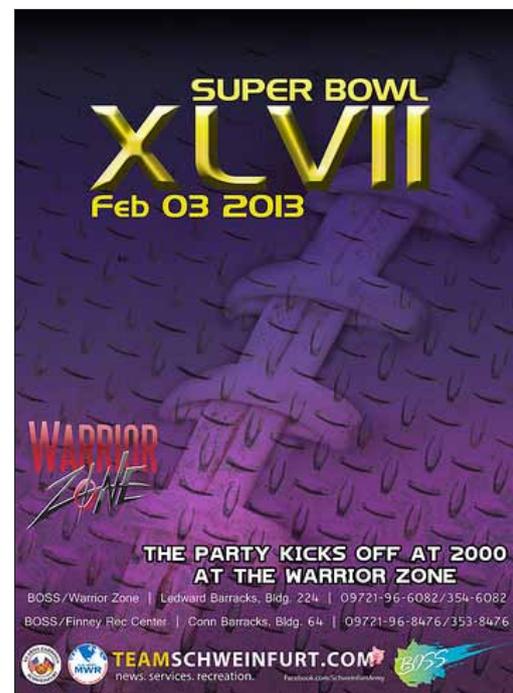
Sat. Jan. 26

Finney Fitness Center
Free to participate
9 a.m. - 6 p.m.

Finney Fitness Center | Conn Barracks, Bldg. 64 | 09721-96-8234 (CIV) / 353-8234 (DSN)

US ARMY GARRISON SCHWEINFURT MWR

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SUPER BOWL XLVII

Feb 03 2013

WARRIOR

THE PARTY KICKS OFF AT 2000 AT THE WARRIOR ZONE

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

US ARMY GARRISON SCHWEINFURT MWR

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

USAG SCHWEINFURT AND THE
72D EXPEDITIONARY SIGNAL BATTALION
INVITE YOU TO JOIN THE
**SCHWEINFURT
MIGHTY DOGS**
FOR A COMMUNITY PARTNERSHIP
&
MILITARY APPRECIATION NIGHT
ON FRIDAY,
FEBRUARY 22, 2013 AT 8 PM
AT THE SCHWEINFURT ICE DOME



TICKET PRICES: ADULTS 10 EUROS & CHILDREN 4 EUROS (FREE FOR CHILDREN 9 YEARS AND YOUNGER)
JOIN THE EXCITEMENT AS HALF THE PROCEEDS WILL BENEFIT THE SCHWEINFURT AER (ENTRANCE FAR RIGHT SIDE OF THE ICE DOME) (ICE DOME ADDRESS: WILLI-KAIDEL-STR. 3, 97424 SCHWEINFURT)

EDIS

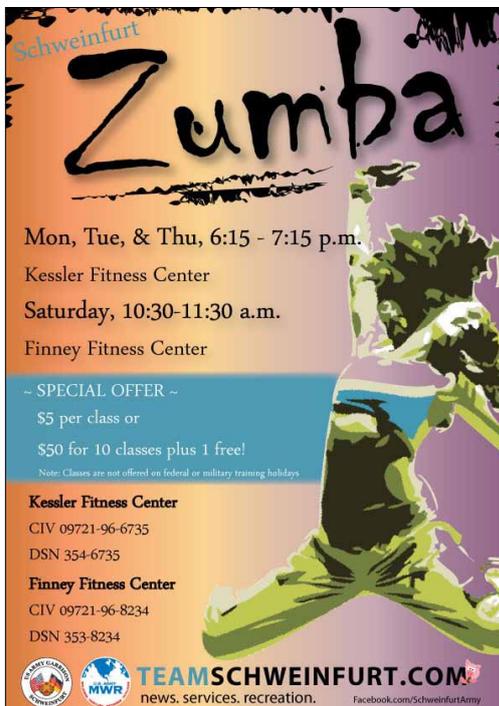
Are you concerned about how your child is developing? If so, call Educational and Developmental Intervention Services to schedule a free screening. Screenings are available to children ages birth to 3 years old. For more information or to schedule an appointment, call 09721-96-6257.

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 and School Services, you will become a certified coach in the National Alliance for Youth Sports. This is a great way to volunteer in the community and earn extra income by officiating. For more information, call 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 a 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 for free. Call 09721-96-6487 for details.



Schweinfurt Zumba

Mon, Tue, & Thu, 6:15 - 7:15 p.m.
Kessler Fitness Center

Saturday, 10:30-11:30 a.m.
Finney Fitness Center

~ SPECIAL OFFER ~
\$5 per class or
\$50 for 10 classes plus 1 free!

Note: Classes are not offered on federal or military training holidays

Kessler Fitness Center
CIV 09721-96-6735
DSN 354-6735

Finney Fitness Center
CIV 09721-96-8234
DSN 353-8234

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Sports, Health and Fitness

Personal Training

Dedicated personal trainers are available to the Schweinfurt Community by appointment. For details, call 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 more information, call 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 getting a strike on the frame 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 to 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, call Army Community Service at 09721-96-6933.

Inclement Weather in Schweinfurt

Know where you can find information on school closures and weather and road condition. To learn more, click [here](#).

Local Flea Markets

Flea markets are a fun way to find a bargain. The Army Community Service 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. The event is intended for single Soldiers but open to the entire community. Adults only. No early sign-ups required. For more information, call 09721-96-6082.

Single Soldiers Christian Fellowship and Supper

The Conn Chapel offers fellowship and supper every Thursday at 6:30 to 8 p.m. The program is for single Soldiers and includes Bible study, worship and a home-cooked meal. For more information, call Donna Hilley at 09721-96-1370.

Children's Story Time

Bring your child in to the library Wednesdays at 11 a.m. for Children's Story Time.

Armed Forces Against Drunk Driving

Prevent DUIs

Volunteer with
Vehicle Pick-Up Service

WANTED: VOLUNTEERS

- ◆ Call Center Operators
- ◆ Drivers

Friday & Saturday Nights
Earn Volunteer Hours
Serve Your Community!

Call 01137942998 or 016098798955

Schweinfurt AADD is a private organization providing support to the local military community. Volunteers provide rides to those service members or civilians who have driven there POV but are too intoxicated to drive. Volunteers can drive their own vehicle for pick ups or a vehicle belonging to AADD. Visit our facebook page at www.facebook.com/SchweinfurtAADD for additional information. To become a volunteer contact Laquenton Pollard at 01737942998 or Janie Black at 016098798955.




**SCHWEINFURT
COMMUNITY**

COMING NOVEMBER FIRST

DO YOU HAVE QUESTIONS ABOUT
CLOSURE?

**SERVICES
MOVING
SCHOOLS
EMPLOYMENT
HOUSING**

DON'T FALL VICTIM
TO THE RUMORMILL

VISIT THE SCHWEINFURT
CLOSUREBLOG

SUBMIT YOUR QUESTIONS
GET REAL ANSWERS
BE INFORMED AND PREPARED

SCHWEINFURT.ARMY.MIL/
CLOSURE2014

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

coming to THEATERS

Jack Reacher
Now Showing | 131 Minutes

When a gunman takes five lives with six shots, all evidence points to the suspect in custody. On interrogation, the suspect offers up a single note: "Get Jack Reacher!" So begins an extraordinary chase for the truth, pitting Jack Reacher against an unexpected enemy, with a skill for violence and a secret to keep.

Rated PG-13 for violence, language and some drug material.

Visit www.aafes.com for more information.



IN THEATERS • Jan. 17-23

BAMBERG THEATER • 0951-297-3934

Jan. 17 - The Expendables 2 (R) 7 p.m.
Jan. 18 - Alex Cross (PG-13) 7 p.m.
Jan. 19 - The Odd Life of Timothy Green (PG) 3 p.m.;
The Expendables 2 (R) 7 p.m.
Jan. 20 - Paranorman (PG) 3 p.m.;
Alex Cross (PG-13) 7 p.m.
Jan. 21 - Lawless (R) 7 p.m.

ILLESHEIM THEATER • 09841-83-4546

Jan. 19 - Parental Guidance (PG) 3 p.m.
Alex Cross (PG-13) 7 p.m.
Jan. 20 - Parental Guidance (PG) 3 p.m.

KATTERBACH THEATER • 09802-83-1790

Jan. 17 - Paranormal Activity 4 (R) 7 p.m.
Jan. 18 - This is 40 (R) 7 p.m.
Jan. 19 - Jack Reacher (PG-13) 4 p.m.
This is 40 (R) 7:30 p.m.;
Jan. 20 - Shrek Forever After (PG) 3 p.m.
Jack Reacher (PG-13) 6 p.m.

SCHWEINFURT THEATER • 09721-96-1790

Jan. 17 - This is 40 (R) 7 p.m.
Jan. 18 - Parental Guidance (PG) 4 p.m.
Jan. 19 - Parental Guidance (PG) 4 p.m.;
Alex Cross (R) 7 p.m.
Jan. 20 - Parental Guidance (PG) 4 p.m.;
Alex Cross (R) 7 p.m.
Jan. 23 - Cloud Atlas (R) 7 p.m.

Eco-Friendly Tips

Water-saving Tips

Run your clothes washer and dishwasher only when they are full. You can save as much as 1,000 gallons a month.

Install covers on pools and spas and check for leaks around your pumps.

Energy-saving Tips

Reduce the heat. Begin cooking on a higher heat setting until liquid begins to boil. Then, lower the temperature and simmer the food until fully cooked. A fast boil doesn't cook faster than a slow boil, but it does use more energy.

Install a timer on indoor lights. Use timers to turn lights on and off to help regulate use.

Recycling

Reuse totes and bags when going to the Commissary or PX – reducing the need for plastic bags.

Recycle your old magazines – give them to doctor or dentist offices, gyms or friends.

Styrofoam doesn't degrade. Find a substitute if possible. Don't buy styrofoam peanut packaging – but if some comes your way – reuse it.

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

Wednesdays Afternoon Ski/Snowboard \$29

Join the Outdoor Recreation team of professional ski and snowboard instructors and learn to safely slide down the slopes, ride the lifts and enjoy the world's fastest growing winter activities. Depending on the season's snowfall and slope conditions, instruction will be conducted locally at Burgbernheim, between Ansbach and Illesheim. All sessions will depart from Katterbach at 1 p.m., weather permitting. Dates are Jan. 23; Feb. 6, 13, 20, 27; and March 6, 13, 20, 27.

Jan. 18-21 Four-Day Ski/Snowboard Trip Ischgl, Austria \$349

Three overnights in a ski-in/ski-out guesthouse on the mountain side. A snowcat will transport your luggage up the mountain to the guesthouse. Sunday evening we will meet in Ischgl for the best Après Ski fun Austria has to offer. Afterward, the group meets in town for an evening ride up the mountain to the guesthouse in a snow cat. Ski/snowboard lessons are available upon request by certified PSIA and AASI instructors. Price is \$349 for adults and \$179 for children. Departs Storck at 5 a.m. and Katterbach at 6 a.m.

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

BAMBERG

Jan. 18-21 Zillertal Ski and Snowboard \$355

Start the New Year off right with some of the best snow in the Alps. The Zillertal is packed with world-class ski areas, such as Mayerhofen, Hochfuegen and Spieljoch Fuegen. It provides the perfect location for descending the Alps at lightning speed. Cost includes transportation and three nights' lodging with breakfast and dinner. Cost does not include lift pass. Snowboard lessons of 1.5 hours are available for \$25.

Jan. 23 Bad Staffelstein \$35

Need to get away for the evening? Join us for a quick and relaxing time at Obermain Therme thermal pools in Bad Staffelstein. Includes transportation and use of the thermal pools and saunas. Bring a bathing suit, cover-up, towel and shower shoes. Departs Outdoor Recreation at 6 p.m.

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

SCHWEINFURT

Saturdays Night Skiing \$35

Depending on the snow conditions, Outdoor Recreation goes night skiing every Saturday from 4 to 11 p.m. Cost is \$35 and includes transportation and ski or snowboard equipment or \$20 if you bring your own equipment. Lift tickets (which cost approximately 13.50 Euro) are not included. To sign up, call Outdoor Recreation at 09721-96-8080.

Jan. 18-21 Ski & Snowboard Trip to Flachau, Austria \$349

Three days of skiing and snowboarding in Flachau, Austria, and 350 kilometers of well groomed, easy-to-difficult runs are available for \$349. The cost also includes transportation, three overnight stays with breakfast and dinner, ski and snowboard rentals and snowboard lessons on the first day. Lift tickets (approximately 129 Euro for three days) are not included. Transportation leaves from the Outdoor Recreation Center at 11 a.m. Jan. 18 and returns at 11 p.m. Jan. 21. To sign up, call Outdoor Recreation at 09721-96-8080.

Feb. 15-18 Ski & Snowboard Trip to Dolomites, Italy \$349

Visit two ski resorts and experience three days of spectacular skiing or snowboarding in the Dolomites, Italy. Includes transportation, three overnights with breakfast and dinner, free ski or snowboard rental and a free three-hour entrance to the pool across the hotel. Lift ticket, which costs approximately 135 Euros for three days, is not included. Departs Outdoor Recreation at 9 a.m. Feb. 15.

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

Was ist los in Franken?

By Bianca Sowders,
USAG Ansbach Public Affairs

Wedding Fair in Würzburg

The „Hochzeitsmesse Mainfranken“ takes place in the VCC Vogel Convention Center (Max-Planck-Str. 7/9) in Würzburg Jan. 19 and 20. Visitors can find information on almost anything to do with weddings, including bridal fashion, jewelry and locations. The fair is open Saturday from 2 to 7 p.m. and Sunday from 10 a.m. to 6 p.m. To learn more, visit www.les-royales.de.

Wedding Fair in Bamberg

The Wedding Fair „Hochzeitswelt“ is coming to Bamberg at the Konzert und Kongresshalle (Mußstraße 1) Jan. 20 from 1 to 6 p.m. To learn more, visit www.hochzeitswelt-info.de.

Arts and Crafts market in Nürnberg

The „Nürnberger Kunst- & Kreativ Markt“ – an arts and crafts market – takes place in Meistersingerhalle (Münchener Str. 21) Jan 19 from 2 to 7 p.m. and Jan. 20 from 11 a.m. to 6 p.m. Admission fee is 4 Euros per person. Children under 13 years enter free of charge. To learn more, visit www.kunstundkreativmarkt.de.

Magic Flute Musical in Nürnberg

The Magic Flute Musical, a fun musical adaption of Mozart's famous opera, is performed at the "musicalbuehne" (Alberichstraße 9) in Nürnberg Jan. 19 and 27 as well as Feb. 2, 17 and 23.

Art Brunch in Bamberg

The sculpture network is hosting their annual New Year's Brunch at Atelier und Ausstellungshalle Bernd Wagenhäuser (Gertraudenstr.10) in Bamberg Jan. 20 at 11 a.m. To learn more, visit www.sculpture-network.org.

The Original USA Gospel Singers & Band in Rothenburg ob der Tauber

The "OH, HAPPY DAY" Tour 2013 of the Original USA Gospel Singers & Band is stopping at the Reichstadthalle (Spitalhof 8) in Rothenburg ob der Tauber Jan. 20 at 7 p.m.

Kneipenjagd in Rothenburg ob der Tauber

The traditional Kneipenjagd (pub crawl) in Rothenburg involves 15 pubs and live bands Jan. 26. Starting at 8 p.m., the on-time purchase of a ticket for 12 Euros will give you access to all participating locations: Landwehr Bräu am Turm, Zum Pulverer, Guckloch 38, Altes Guckloch, Pa Ba La Pub, Rock Café, Kellermeister, Butz, Wuwi, Zaliclo, Dideldum, Zur Linde, Rappenschmiede, Molkerei and Ballhaus Forum Rothenburg. To learn more, visit www.kammerevents.de.

Talking Strings in Nürnberg

The Talking Strings, who play classic and contemporary folk music, will perform at the Tassilo Theater (Sielstraße 5) in Nürnberg Jan. 26 at 8 p.m.

Symphonic Carnival in Bamberg

Enjoy classic music at the "Symphonischer Karneval" at the Konzerthalle Bamberg (Mußstr. 1) Jan. 27 at 5 p.m. with music by Johann Strauß Sr., Johann Strauß Jr., Carl-Michael Ziehrer, Richard Heuberger, Luigi Arditi, Carl-Maria von Weber, Anton Dvorák and Emil Waldteufel. Tickets can be ordered at 09552-297. To learn more, visit www.ebracher-musiksommer.de.

Lichtmess in Bavaria

Lichtmess on Feb. 2, in English known as Candlemas or "Presentation of Jesus at the Temple," used to mark the end of Christmas time in Germany. It also marked the start of the new farming year, farmers started working the fields and tried to judge the weather for the season by applying traditional 'Bauernregeln' ('farmers' rules'). The

farm helpers were paid their annual wages and either renewed their contract or looked for new employment. The American tradition of Groundhog Day has its roots in this European tradition. Many communities still host a so-called Lichtmessmarkt, a market offering mostly household goods and clothing:

- Windsbach: Lichtmessmarkt, Jan. 27 and Open Shop Sunday Feb. 3 – 10 a.m. to 4 p.m.
- Neustadt a.d.Aisch: Lichtmessmarkt – Feb. 3 – Bahnhofstraße
- Gunzenhausen: Lichtmessmarkt and Open Shop Sunday – Feb. 3 – 11 a.m. to 5 p.m. www.gunzenhausen.info.
- Colmberg: Lichtmessmarkt – Feb. 3 – Marktplatz – 11 a.m. to 5 p.m.
- Schwabach: Lichtmessmarkt – Feb. 4 to 6 – 8 a.m. to 6 p.m.
- Heilsbronn: Lichtmessmarkt – Feb. 6

Bee Gees Musical in Nürnberg

The Bee Gees Tribute Sensation are performing "Massachusetts" - The Bee Gee Musical in memoriam of Robin & Maurice Gibb Jan. 27 at 7 p.m. at the Meistersingerhalle (Münchener Straße 21) in Nürnberg.

Night of Musicals in Gunzenhausen, Bamberg

The Night of Musicals at the Gunzenhausen Stadthalle (Isle-Platz 1) Jan. 30 at 8 p.m. and Bamberger Konzert- und Kongresshalle (Mußstraße 1) Feb. 2 at 8 p.m. features highlights of many popular musicals, like Sister Act, Tarzan, Dirty Dancing, Lion King, Mamma Mia, Rocky Horror Show, Cats and more ...

Scotland Festival in Fürth

The annual Scotland Festival takes place Feb. 2 at 4 p.m. at the Fürth Grüne Halle (Krautheimer Straße 11) in Fürth; watch Highland Dancing, listen to a bag pipe band, taste some whisky or check out the kilt fashion show after enjoying some lamb shoulder, haggis and fish and chips. Admission fee is 6 Euros, children younger than 12 years of age enter free. To learn more, visit www.gruenhalle.de.

Jazz Band Ball in Erlangen

The 41st Jazz Band Ball at the Heinrich-Lades-Halle (Rathausplatz) Feb. 2 at 7 p.m. features nine live bands on three stages, including Butch Miles Quintet, Bill Ramsey, Conexión, Swamp, Jens Wimmers Boogie Trio, Laurel & Hardy's Marching Band, Franconian Jazzband, Uni Big Band Erlangen, Rickbop & The Hurricanes and The Magictones. Tickets are 27 Euros. To learn more, visit www.jazzbandball.de.

Chris Barber & The Big Chris Barber Band in Nürnberg

Chris Barber & The Big Chris Barber Band are coming to Nürnberg with "Best Of Jazz And Blues" Feb. 2 at 8 p.m. at the Maritim Hotel Nürnberg (Frauentorgraben 11).

Magic of the Dance in Nürnberg

The dancers of the Irish step dance show "Magic of the Dance" jump over tables and chairs like whirlwinds and combine music with a pyrotechnical show. Check out their performance at the Meistersingerhalle Nürnberg (Münchener Straße 21) Feb. 2 at 8 p.m.

Fiesta Latina in Nürnberg

The Villa Leon, a culture center in Schlachthofstr. / Philipp-Koerber-Weg 1 in Nürnberg is hosting a Fiesta Latina – Carnival for everybody Feb. 3 at 2:30 p.m. for the whole family. Entertainment includes performances, face-painting, piñatas and more. Admission is free. Participants are encouraged to come in costume. To learn more, call Bürgerzentrum Villa Leon at 0911 - 231 7400 or visit www.kuf-kultur.de/einrichtungen/villa-leon/aktuelles.html.

International Military Music Parade in Würzburg

The annual International Military Music Parade in Würzburg Feb. 3 at 2:30 p.m. takes place at the s.Oliver Arena (Stettiner Straße 1)

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