



Martin Greeson

Diane Devens, the IMCOM Europe regional director (right), passes the colors to Col. Carl D. Bird, the incoming USAG Stuttgart commander, in a ceremony held July 19 on the Panzer Kaserne parade field.

## Col. Bird takes command of U.S. Army Garrison Stuttgart

By Susan Huseman

USAG Stuttgart Public Affairs Office

Col. Carl D. Bird received the U.S. Army Garrison Stuttgart guidon — and command of the garrison — from Col. Richard M. Pastore during a ceremony held July 19 on the Panzer Kaserne parade field.

USAG Stuttgart is responsible for providing the joint Stuttgart military community with safe, secure and quality working, training and living environments,

while developing and maintaining good working relationships with local host nation governments.

Under clear, blue skies, Diane Devens, the Installation Management Command Europe region director, presided over the ceremony, passing the garrison colors from Pastore to Bird, as more than 250 invited guests observed.

“Changes of command are not sad occasions. They prove out our song — that the Army goes

See Col. Bird on page 4

## Local NCO heads to Army-level ‘Best Warrior’ contest

Installation Management Command  
 Public Affairs Office

A military policeman assigned to U.S. Army Garrison Stuttgart became the U.S. Army Installation Management Command and the National Capitol Region Noncommissioned Officer of the Year during the National Capitol Region Best Warrior Competition, held July 12-16 at Fort Belvoir, Va.

Staff Sgt. Christopher M. McDougall represented IMCOM-Europe and outscored his peers to earn both titles of top warrior.

McDougall won outright, placing first among 14 competitors from six Army commands vying for the right to move on to the Army Best Warrior event, scheduled for Oct. 17-22 at Fort Lee, Va.

While two previous Stuttgart NCOs have won the IMCOM title in the past three years, only McDougall has made it to the Army level.

“It’s an honor to get to compete at that level,” said McDougall. “Only a handful of NCOs make it to the Army level. It’s nothing I expected to achieve when I started this process.”

McDougall has about two months to prepare for the Army competition. “I have a lot more training to do,” he said. “I’ll focus on the oral board piece, combatives and my overall fitness level — basically I’ll continue to build on where I am at now.”

IMCOM Command Sgt. Maj. Neil Ciotola outlined the skills required for a Soldier to win at this level.

“To have been selected as such, the NCO and Soldier must have exhibited superlative ability in marksmanship, fitness, tactical operations and cognitive ability,” he said.

“Their success is a reflection of not only their commitment, self-discipline, tenacity and inherent abilities; it is an example of the command that sponsored them ...,” he added.

Pages 8-9

### Runners pay tribute to fallen heroes

Gone but never forgotten: USAG Stuttgart community members honored service members and civilians killed in the War on Terror during the Run to Remember.



Page 12

### Up, up and away: paraglide with ODR

They may not be Red Bull, but the USAG Stuttgart Outdoor Recreation staff can give you wings during tandem paragliding flights.



INSIDE  
 THIS  
 EDITION

# AFAP General Officer Steering Committee improves QOL

**Commentary by Lt. Gen. Rick Lynch**  
*Installation Management Command commander*

I have always said that you can either read history or make it.

Many of you in our workforce have made important history by providing valuable feedback on their communities. Because of your voice and the Army's commitment to taking care of Soldiers, civilians and families, the Army Family Action plan has improved quality of life for the past 27 years.

One of the greatest achievements of the recent AFAP General Officer Steering Committee was resolving 27 of 40 quality of life issues. The GOSC, composed of Department of Defense officials, Army leaders and field representatives, reviewed some tough issues that require resources, legislation, and policy changes. In the end, the resolutions expanded Soldier entitlements and civilian employment, enhanced medical and family support, and improved facili-



**Lt. Gen. Lynch**

ties and relocation services for Soldiers, civilians and families.

The AFAP is a year-round process that begins at the installation level and is the preeminent means for commanders at all levels to learn about community concerns and seek solutions.

Because of your voice, the Army is able to dedicate child and youth spaces to accommodate our special needs children at Child, Youth and School Services facilities. Garrison commanders now have the authority to designate areas within their community for immediate special needs child care.

Our pledge to improve family readiness is evident in the resolution of issue No. 562, an efficient and seamless delivery of family support services with Army One Source. Information about Army Family programs, health care benefits, education and recreation is available online at [www.myarmyonesource.com](http://www.myarmyonesource.com).

We are also ensuring excellence in schools through an online, one-on-one tutoring service for Army-affiliated students. Family members in grades kindergarten through 12 can receive live assistance with school work 24/7 at [www.tutor.com](http://www.tutor.com).

Providing additional support to sur-

ving families with enhanced survivor family dental benefits was also attained. Surviving children can now maintain coverage in the TRICARE Dental Plan through age 21 — or age 23, if they are full-time college students.

Additionally, an issue requesting around-the-clock child care was resolved. The Army funded 24/7 child care facilities at 11 installations, based on installation missions and projected demand. Remaining installations receive this service through Family Child Care homes.

We have made great strides, but the committee agreed that six AFAP recommendations cannot be resolved because of resource constraints, lack of legislative support or other factors. However, we decided to continue pursuing seven agenda items, such as increasing weight allowances for relocating families and

boosting medical retirement pay for some disabled Soldiers.

As the Assistant Chief of Staff for Installation Management, I am committed to ensuring all recommendations are thoroughly analyzed to determine if they are realistically achievable. I will be meeting with the Army staff proponents monthly to analyze eight to 10 issues.

To stay informed, visit the Army One Source website and select the Family Programs and Services menu to activate the AFAP active issue search feature. I will also keep you informed by publishing monthly updates and postings to my Facebook page.

If you think we are missing something, get involved and become part of the solution. Reading history is educational, but getting involved is an exceptional way to make history and support the Army Family.

*The Citizen staff will take a short publication break. We will return to print on Aug. 26. We wish all of our readers a safe end of summer.*

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## ON THE STREET

*What force protection tip would you pass along?*



**Paul Griffen**  
*(Civilian)*

*"Vary your driving routes."*



**Jennifer Brown**  
*(Civilian)*

*"Report suspicious behavior."*



**Chief Warrant Officer 4 Andy Knight**  
*(U.S. Army)*

*"Stay alert to things around you when you're walking downtown."*



**Sgt. Nery Granillo**  
*(U.S. Army)*

*"Never talk about things you do inside post."*



**Master Sgt. Windle Riles**  
*(U.S. Marine Corps)*

*"Blend in."*



**Mary Kane**  
*(Civilian)*

*"Be careful about what you put on the Internet."*



**Ingrid Kolb**  
*(Civilian)*

*"Keep your ID in a safe place."*



**Andrea Bellmann**  
*(Civilian)*

*"Be alert, and if you see something [unusual], keep an eye on it."*



Birgit Thompson

*In the heat of competition: Robert D. Shamberger (center), a judge representing U.S. Army Europe, keeps the cooks on their toes during a visit to the 1/10th Special Forces Group (Airborne) Dining Facility during the 2010 Philip A. Connelly Awards Competition. Staff members are (from left) Roma Meskel, cook; Sgt. Federail Walker, chef lead; Sgt. John Dale, first cook, and Spc. Jamicka Elliott, rations noncommissioned officer-in-charge.*

## Panzer DFAC named best in Europe

By Brittany Carlson

USAG Stuttgart Public Affairs

If you are what you eat, then diners at the 1/10th Special Forces Group (Airborne) Dining Facility are the best in Europe.

The U.S. Army Garrison Stuttgart DFAC on Panzer Kaserne took first place for small garrisons in the Installation Management Command and U.S. Army Europe 2010 Philip A. Connelly Awards Competition, part of the Army Food Service Program. The staff will go on to compete for the Department of the Army award in December.

The win is the third in a string of accolades for the DFAC's food service in recent years: It also won second place in the Department of the Army level in 2008 and first in the IMCOM-E level in 2007.

All of this success comes from having supportive leadership and a motivated staff, according to Staff Sgt. Reece Zunino, DFAC assistant manager.

"It's a good atmosphere," said Zunino, who has worked at the DFAC for four years.

He added that staff members instill confidence in each other, encourage teamwork, and work long and continuous hours to get the job done.

The DFAC is operated mainly by Soldiers in the Headquarters, Headquarters Company, 1/10th SFG(A), and HHC, 554th Military Police Company HHC.

For the competition, they were evaluated in categories including facility cleanliness, administrative organization, customer service, and food quality. The winning menu included stuffed trout, ratatouille and wild rice.

While the staff worked hard to impress the judges, both staff and customers say the food service quality is the same year-round.

"I have never missed an opportunity, when I'm on Panzer, to eat here," said Angel Marte a retiree and patron of the DFAC for two years. He listed a few reasons why: "The quality of the food, the friendliness of the dining facility personnel ... I hope they keep it up."

Hyun Caban, a civilian and Army spouse, visits the DFAC two or three times each week because it offers cost-saving and healthier options to other dining choices on post.

She also feels appreciated as a customer. "I like how they actually ask us if we like it or not," she said.

This kind of customer satisfaction is a reflection of the staff and facility management, according to DFAC Officer-in-Charge Capt. Garrett Slaughter.

"They're self-improving and hard workers," Slaughter said. "They have a sense of pride in serving the garrison community."

Slaughter added that the DFAC manager, Sgt. 1st Class Javier Gonzalez, has also contributed to making the 1/10th SFG(A) Dining Facility a popular meal destination for the community. "He's committed to excellence and [to] consistently improving the facilities we have."

Gonzalez has participated in the Connelly competition as a part of other units; however, this was his first year competing as a manager.

To be ready for competitions like Connelly, Gonzalez keeps the cooks' skills as sharp as their knives by allowing them to get creative in the kitchen.

"We're always adding something ... trying something different," said Gonzalez, who joined the staff in June 2009. "I always give the Soldiers the opportunity to experiment."

Mainly, Gonzalez added, he wants staff members to feel that they're part of the dining facility community and be able to realize their goals — whether it's winning the next food service competition or making customers happy with a batch of French pastries.

"We're family," he said. "We really take care of each other ... We empower our own Soldiers, regardless of rank."

*The Philip A. Connelly Awards Program is co-sponsored by the International Food Service Executives Association and the Department of the Army.*

## News & Notes

### USAREUR implements new computer security program

All personnel using government computers within the U.S. Army in Europe will be taking part in the installation of a new "data at rest" protection software for their systems: Microsoft's BitLocker security program.

In the coming weeks, Army in Europe personnel will receive a notice with the information needed to install BitLocker. Each user will be responsible for initiating the BitLocker encryption process, which is mostly automated.

It is always recommended to back up any critical files prior to drive encryption.

For more information, visit the BitLocker help folder on the USAREUR enterprise portal at <https://eep.army.mil/119/user/BitLocker/default.aspx>. BitLocker installation and other support documentation is available at <https://eep.army.mil/119/imo/BitLocker/default.aspx>.

### Update DEERS

To receive information from TRICARE, beneficiaries of Army medical facilities should keep their DEERS address current. Update or verify your mailing address in DEERS by completing one of the following options:

- Visit the U.S. Army Garrison Stuttgart ID Card Office in Building 2915 on Panzer Kaserne.

- Visit the DEERS website, [www.dmdc.osd.mil/appj/address](http://www.dmdc.osd.mil/appj/address). Select "Non Registered Users" and logon with a Common Access Card or DFAS/MyPay logon.

- Call the Defense Manpower Data Center toll-free from a DSN line at 99-001-800-538-9552.

### Special documents required for official travel to, through France

Civilian personnel traveling to or through France and other applicable countries on their official passports may need to meet additional requirements for clearance.

Official travel forms must include all countries on the orders, even if they are only a stop at an airport. Check the requirements at the Foreign Clearance Guide website, [www.fcg.pentagon.mil/fcg.cfm](http://www.fcg.pentagon.mil/fcg.cfm).

Any personnel intending to enter France on a no-fee passport must obtain a visa prior to arrival. Military personnel transiting France to a third country must have France listed on their military or NATO orders or have a passport. No transit visa is required.

### New suicide prevention video, resources now online

The U.S. Army G-1 has produced a second video in the "Shoulder-to-Shoulder" suicide prevention series. The video encourages Soldiers to seek help when feeling distressed and to help others who are at risk.

There is a short separate module focused on Department of the Army civilians.

The "Shoulder-to-Shoulder" video, instructor guides and graphic training aids are available online at the G-1 website, [www.preventsuicide.army.mil](http://www.preventsuicide.army.mil), or at [www.us.army.mil/suite/page/503094](http://www.us.army.mil/suite/page/503094), with an Army Knowledge Online login.

# Col. Bird . . . . .

*Continued from page 1*

rolling along — but, it's never easy to say farewell ...," said Devens.

She reminded the audience that as one great commander departs, another steps up.

"In Col. Bird, the IMCOM-Europe region gains a commander with an astute personal insight into what it takes to effectively support an Army Family and the war fighter," Devens said, as she welcomed Bird and his family.

She added that Bird, who comes to Stuttgart following an assignment at the Defense Supply Center Columbus, where he was the director of Land Customer Operations, brings logistician skills that will be "handy in this ever-evolving community."

Bird's two deployments to Iraq give him firsthand knowledge of the support that commanders, service members and families need from a garrison, said Devens.

The new garrison commander kept his remarks brief. "We are excited to be here at this great place and look forward to working with the families, Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and units assigned here," Bird said.

In her farewell to the outgoing commander, Devens said Pastore and his wife, Morgan, made a great command team and their teamwork helped to improve the Stuttgart military community.

Pastore, who took command in July 2007, led the garrison through a significant transformation, according to Devens, by standing up a Tiger Team to provide critical infrastructure and service support to ensure that U.S. Africa Command met its initial operating capabilities.

He met the challenge of housing 1,500 AFRICOM families, orchestrated over \$150 million in renovation projects, set the IMCOM Europe record for energy conservation and led the first IMCOM-Europe energy symposium, Devens added.

Pastore's relationships with 16 German communities was equally impressive. "The goodwill he created enhanced understanding and fellowship that translate into absolutely fantastic stationing support that U.S. Forces enjoy from our hosts here in the Stuttgart area," Devens said.

When Pastore took the podium, he said that serving in Stuttgart was "the singularly most rewarding, edifying and humbling experience of my military career."

After outlining the accomplishments of the



Martin Greeson

*Col. Carl D. Bird (from right), the incoming USAG Stuttgart commander; Col. Richard M. Pastore, the outgoing commander; and Diane Devens, the IMCOM Europe regional director, render honors during the playing of the U.S. and German anthems during the garrison change of command ceremony on July 19.*

workforce during his tenure, he complimented the employees.

"You should ... be exceptionally proud of what you do every day, what you've accomplished individually and as part of the most incredible team of professionals I have been associated with," he said.

Pastore then addressed his replacement. "Col. Bird, welcome to the finest Army community — in the world," he said.

Pastore now heads to Iraq as a senior advisor to the Iraqi Forces.

**Col. Bird, welcome to the finest Army community — in the world.**

**Col. Richard M. Pastore**  
*outgoing USAG Stuttgart commander*



Brittany Carlson

*The USAG Stuttgart HHC color guard marches across the Panzer parade field as the 380th Army Band, a reserve component band from Richmond, Va., plays a march.*

## C.A.R.E. Fair lets you discover your community

**By Susan Huseman**

*USAG Stuttgart Public Affairs Office*

**I**t's never easy settling into a new community.

That's why, if you've recently arrived to the Stuttgart military community, the C.A.R.E. Fair should be on your list of things to do.

The U.S. Army Garrison Stuttgart Community Activities, Registration and Education Fair, set for Aug. 21 from 10 a.m. to 2 p.m. on Panzer Kaserne, offers community members the opportunity to learn about the various programs and services available to them.

More than 80 agencies and organizations will be represented, from the German American Community Choir

to Child, Youth and School Services, according to Judy Drews, the Outreach Services program coordinator for Army Community Service.

Newcomers can feel "absolutely lost" during a transition to a new community, said Drews.

"You don't know where to go or what the community offers," she said.

The C.A.R.E. Fair brings dozens of military and civilian organizations together in one convenient location to help community members get acclimated. "It's one-stop shopping to find out everything you need to know about living here," Drews said.

The idea is to give agencies and organizations the chance "to tell all about

their services and how they can help your family," Drews said.

"Whether you've been around the area for a long time or this is your first assignment, [the C.A.R.E. Fair] is going to be good for you," she said.

Visitors to the fair will be able to learn about employment and volunteer opportunities through ACS, how to save money with the Utility Tax Avoidance Program, and leisure options such as local Boy and Girl Scout troops, the German/American Kontakt Club and the Patch Ski Club.

They can also visit the Army and Air Force Exchange Service Family Day inside the Panzer Main Exchange, which will include a fashion show,

karoake and children's activities.

They may also pick up a few needed household items.

Family and Morale, Welfare and Recreation will host a tailgate flea market in conjunction with the C.A.R.E. Fair from noon to 4 p.m. on Panzer Kaserne.

*The C.A.R.E. Fair will be held in a fest tent in the AAFES shopping mall parking lot on Panzer Kaserne.*

*For more information on the fair, call Army Community Service at 431-3362/civ. 07031-15-3362. For details on participating in the flea market, call Martha Povich at 430-2110/civ. 0174-248-9940.*

# Antiterrorism knowledge, techniques essential

By Shay Edwards

USAG Stuttgart Antiterrorism Office

In an effort to increase awareness of how terrorists operate, August has been designated as Antiterrorism Awareness Month by the Department of the Army

Every member of the community should know what suspicious activity is, how to report it, and how to protect themselves.

Terrorists come in many shapes, sizes, ages, ethnicities, and speak many languages. They look like everyone else.

The Times Square would-be bomber, Faisal Shahzad; the Fort Hood shooter, Maj. Nidal Hasan; the foiled Fort Dix attackers; the Virginia Tech shooter, Cho Sueng-Hui; and a little-known, but dangerous neurosurgeon on the FBI's most wanted list, Aafia Siddiqui, all spoke English well, dressed like other Americans, lived extensively in the U.S., and still conducted or planned attacks against U.S. citizens.

## Know, report suspicious behavior when you see it

Counting on someone to appear to be a terrorist might be a failed venture.

Instead, identify potential terrorists by their actions, such as:

- People drawing or measuring important buildings;
- Strangers asking questions about security or building security procedures;
- Briefcases, suitcases, backpacks, or packages left behind;
- Cars or trucks left in no parking zones in front of important buildings;



Graphic courtesy of U.S. Army Europe

*Everyone within a military community must do his or her part to defend against ever-changing threats. Be aware — the threats are not always obvious.*

- Intruders in secure areas where they are not supposed to be;
- A person wearing clothes that are too big and too hot for the weather;
- Chemical smells or fumes that worry you;
- People asking questions about sensitive information such as building blueprints, security plans or VIP travel schedules, without a right or need to know;
- Purchasing supplies or equipment that can be used to make bombs or weapons, or purchasing uniforms without the proper credentials;
- Individuals who have isolated themselves or are emotionally withdrawn from friends and community;
- Individuals who are absent from the workplace for seemingly no reason, or
- Individuals with apparent

grievances.

## See something, say something with iWatch

“See something, say something.” This is the calling card of the Army's iWatch program.

iWatch was designed to help to make every member of the military community aware of the threats that terrorists pose and how to identify them. The program encourages community members to take personal responsibility for watching and reporting suspicious behavior.

## Prepare yourself with AT Level One training online

It's prudent to be prepared ahead of time in the event of a terrorist attack.

A good way to do this is to take the online Antiterrorism Level One training at [www.at-awareness.org](http://www.at-awareness.org).

*Every member of the community should know what suspicious activity is, how to report it, and how to protect themselves.*

The training provides basic techniques and strategies to avoid becoming an easy target and also teaches proven survival methods.

## Police can't do it alone

Many people may think that our military, police and intelligence services are the omniscient protectors of national security, and that they are aware of every terrorist or potential terrorist who poses a threat.

While they have done an outstanding job, these agencies cannot be everywhere at once.

They depend on reports from those who have seen something unusual in order to piece together the larger picture. They depend on you.

Take these possibilities seriously, and take the time to learn what to do now. It could help to prevent a successful attack against our families and communities.

*The U.S. Army Garrison Stuttgart Military Police can be contacted 24 hours a day at 430-5261/civ. 0711-680-5261.*

*For more information, visit the USAG Stuttgart Web page, select the blue "Antiterrorism/Force Protection" banner on the right, followed by "Emergency Manager."*

# iWatch: Everyone plays a role in force protection

U.S. Army Europe Public Affairs Office

With August recognized as Antiterrorism Awareness Month, the Army is promoting a campaign to encourage and train communities to become extensions of the service's overall force protection plan.

iWatch aims to heighten public sensitivity to indicators of possible terrorist activity, while encouraging people to report suspicious behavior to military or civilian law enforcement agencies. In addition, it creates a partnership between on- and off-post organizations.

“Such information or cooperation may reveal a piece of the puzzle that thwarts a terrorist plot,” said Brian Crowley, of the Installation Management Command Antiterrorism Branch.

According to Directorate of Emergency Services officials, law enforcement and security assets can't be everywhere at all times.

Consequently, iWatch empowers service members, family members, civilian employees and retirees with

protecting places where they live, work and play.

However, iWatch isn't a neighborhood program with volunteers roaming the streets armed with flashlights and radios.

Instead, it raises community awareness of what to look for and who to call when folks notice something out of place.

The types of activities and behaviors for all to be aware of include:

- Strangers asking questions about security or building security procedures;
- A briefcase, suitcase, backpack or package left behind;
- Cars or trucks left in no-parking zones in front of important buildings;
- Chemical smells or fumes.

Indeed, iWatch works by allowing an individual to report any unusual or suspicious behavior.

“Eighty to 90 percent of the program is raising awareness levels,” said Stanley Andruszkiewicz, deputy director of Emergency Services at U.S. Army Garrison Bamberg.

Through iWatch, officials hope to direct the attention of community members who may be accustomed to being wary of threats only from outside the gate, in other words, “totally focused on the external and not the internal,” said Andruszkiewicz.

When a Soldier at Fort Hood, Texas, opened fire on a crowd Nov. 5, 2009, the military became aware of its vulnerabilities on the inside.

Andruszkiewicz used the metaphor of a clam to describe the focus of installation security before the shooting — a hard impenetrable shell with a soft interior.

Accordingly, everyone plays a key role in force protection.

“Even a minute detail being reported can stop an incident from happening,” said Mike Britton, of IMCOM's Antiterrorism Branch.

*Additional iWatch information, including posters, brochures and videos, can be found on the Army's Antiterrorism Enterprise Page on Army Knowledge Online at [www.us.army.mil/suite/page/605757](http://www.us.army.mil/suite/page/605757).*

# Sex Signals: Show provides laughs, rape education to Soldiers

Story & photos by **Brittany Carlson**  
USAG Stuttgart Public Affairs Office

On July 21, nearly 300 Soldiers gathered in the Patch Community Club for a briefing on sexual assault — and laughed through the whole thing.

The “briefing” was the traveling show, “Sex Signals,” which uses comedy and audience participation to discuss date rape.

The show, produced by Catharsis Productions, is geared toward young people between the ages of 18 and 25. The U.S. Army Garrison Stuttgart performance and other Army garrison shows are sponsored by U.S. Army Europe G1.

Sex Signals reveals how expectations on men and women can lead to rape, using cultural slang and references commonly heard in the dating scene.

“It opens up conversation, and the style the issue is presented in just allows people to break down barriers they usually have with this issue,” said Amber Kelly, Sex Signals presenter.

During the show, an actor portrayed a service member accused of rape who tells his side of the story on a talk show. Soldiers in the audience had the opportunity to ask him questions, in order to determine whether or not he was truly guilty.

The scene prompted a discussion on what it means to get consent.

“It is about choice, but it’s also about [not] taking away somebody’s choice,” Murrie said. “How do we



*Soldiers in the 554th Military Police Company break out laughing during the Sex Signals presentation July 21.*

get a ‘yes?’ We have to ask.”

The show was entertaining, but also educational, said Cpl. Christopher Altman, a military policeman.

“It was very down-to-earth, comical and realistic — knowing what they do on stage actually does happen out in the city,” he said.

Altman also learned a new fact. “I didn’t know the difference between restricted reporting and non-restricted reporting,” he added.

This kind of feedback is what Mariana Graupmann, USAG Stuttgart Sexual Assault Response Coordinator, was hoping to receive. In previous years, Graupmann presented the date rape material

to Soldiers with slide shows and lectures.

“It presents information in a fun way that they can get engaged in, instead of me just talking,” she said.

Command Sgt. Major Anthony M. Bryant, garrison command sergeant major, also enjoyed seeing a fun presentation that was geared especially toward young service members.

“It’s a very impressive message that, hopefully, [young Soldiers] will remember,” he said. “I hope it does spark something positive.”

To speak to the USAG Stuttgart SARC, call 431-3352/civ. 07031-15-3352.



*Sex Signals presenters Amber Kelly (from left) and Ben Murrie act out real-life dating scenes — with a side of comedy — July 21.*

## SOCEUR leadership passes from Kisner to Repass

By **Master Sgt. Donald Sparks**  
Special Operations Command Europe

On July 26 at the Patch High School Gymnasium, Patch Barracks, Maj. Gen. Frank J. Kisner bid farewell to the Soldiers, Sailors, Airmen, Marines and civilians he led for two years as the commander of Special Operations Command Europe.

In traditional military custom, the unit’s colors were passed from U. S. European Command Deputy Commander Lt. Gen. Jack Gardner to incoming SOCEUR Commander Maj. Gen. Michael S. Repass, ending Kisner’s tenure.

Prior to the ceremony, Kisner was awarded the Defense Superior Service Medal for outstanding leadership during his time as commander. Kisner, who was confirmed on May 5 for promotion to lieutenant general, will serve next as the Commander, NATO Special Operations Headquarters, Supreme Headquarters Allied Powers Europe, Belgium.

“During the last few years, SOCEUR, under Frank Kisner’s command, has had a profound impact on our mission in Europe, U.S. Africa Command’s mission in Africa and the U.S. effort in Afghanistan,” Gardner said. “During this period, SOCEUR was involved in the deployment of over 1,500 personnel in the EUCOM, AFRICOM



*Angeline Hoffmann  
Maj. Gen. Michael S. Repass, new commander for U.S. Special Operations Command Europe, holds the unit colors during the SOCEUR Change of Command ceremony July 26 in the Patch High School gymnasium.*

and [U.S. Central Command] areas of responsibility.”

Gardner added, “Perhaps most noticeable was the command’s impact on

special operations forces across Europe and the great partnerships they have built with many countries, particularly with respect to the key role many of these partner nations’ [special operations] forces have played in Afghanistan.”

Kisner then came to podium and addressed the SOCEUR service members for the final time.

He praised all of the sub-components in particular — 1st Battalion, 10th Special Forces Group (Airborne), Naval Special Warfare Unit 2, 352nd Special Operations Group, and the SOCEUR Signal Detachment, “for what you bring in support of the nation each day,” Kisner said.

Kisner acknowledged the EUCOM directors, the EUCOM Inter-Agency team, EUCOM components, Special Operations Command Africa, U.S. Army Garrison Stuttgart and SOCEUR personnel for their support, leadership and valued commitment during his time in command.

Repass was introduced by Gardner as a Special Forces leader with a wealth of expertise and experience. He joins SOCEUR after serving as the commander of U.S. Army Special Forces Command (Airborne) at Fort Bragg, N.C.

“Throughout his career, Mike has served in a range of conventional, joint and special operations assignments that

make him exactly the right guy for this command, and at a critical time in our nation’s history, an important time in Europe, and an extremely important time in our effort in Afghanistan,” Gardner said. “We are lucky to have him join the U.S. team in Europe.”

Repass is serving his second tour with SOCEUR, where he previously served as the deputy commanding general from February 2006 to June 2008.

“Linda and I are thrilled to be back among you after a two-year absence,” Repass said. “We took the time at Fort Bragg to feed and grow, and to learn a few things about the Title 10 side of Army special operations and how things work on the service-centric side of SOF.”

No stranger to history, Repass mentioned that our nation must be prepared for major contingency response missions and that it is imperative for SOF personnel to be ready for the calling.

“We should not stand idly by while dark clouds grow on the horizon and ill winds blow into our face,” Repass said. “In this regard, there is surely enough work for us all in the next few years.”

He concluded his first remarks as the new SOCEUR commander by saying how honored he was to take command of “such a broadly capable force of battle-experienced warriors.”

## PanzerDFAC closed training holidays

The 1/10th Special Forces Group (Airborne) Dining Facility on Panzer Kaserne will be closed Aug. 6 for a company function and Aug. 13 and 16 in observance of training holidays.

## Girl Scout picnic to be held Aug. 7

The Stuttgart Girl Scouts invites current and future Girl Scouts and their moms to a "bring your own" picnic event Aug. 7 from 11 a.m. to 2 p.m. at Husky Field on Patch Barracks. A \$5 registration fee for non-Scouts includes volleyball, relay races, games and crafts.

For more information, call Christina Fuentes at civ. 0162-297-2562 or e-mail Christina.Fuentes@us.army.mil.

## Girl Scout leaders needed

Girl Scout leaders are needed in the Stuttgart area. For more information, contact Alice Swehla at saswehla@aol.com.

## Sports physicals

The Stuttgart Army Health Clinic will conduct sports physicals for students and Child, Youth and School Services sports participants on Aug. 28.

To schedule an appointment, call the clinic at 430-8610/civ. 0711-680-8610.

## New to Stuttgart? Sign up for SNO

Stuttgart Newcomers Orientation is a two-day German language and culture orientation to Stuttgart and the military community.

Classes are scheduled for Aug. 3 and 5, and Aug. 24 and 26. The class runs from 8:15 a.m. to 4 p.m. on Tuesday, and from 8:45 a.m. to 5 p.m. on Thursday. To register, or for more information, call Army Community Service at 431-3362/civ. 07031-15-3362.

Sessions for youths in grades six to 12 are also available. For more information, contact Child, Youth and School Services at 430-7480/civ. 0711-680-7480.

## Join Volksmarch on July 31, Aug. 1

The Stuttgart German-American Wandering Club will host its 35th annual Volksmarch on July 31 and Aug. 1.

Seven, 12- and 22-kilometer trails are offered. The starting point is the Turnhalle am-Sportplatz, Kemnater Strasse 50, 70619, Stuttgart-Heumaden.

For more information, visit [www.sgawc.org](http://www.sgawc.org) or call civ. 0152-220-45399.

## Help plan Disability Employment Awareness Month

The U.S. Army Garrison Stuttgart Equal Employment Opportunity Office Special Emphasis Committee invites all community members to participate in planning events for Disability Employment Awareness Month in October.

For more information, e-mail [yasmin.a.rosa@us.army.mil](mailto:yasmin.a.rosa@us.army.mil).

## Improve GT score with FAST class

The next Functional Academic Skills Training

class is scheduled for Aug. 23 through Sept. 14 in the Education Center, Room 402B, Building 2915 on Panzer Kaserne. The FAST class is designed to help enlisted service members improve their general technical scores. The class will run Monday through Friday from 8 a.m. to noon.

For enrollment information, call 431-2684/civ. 07031-15-2684.

## Ed Center hosts grad school night

A Graduate School Night will be held Aug. 11 from 6-7 p.m. at the Education Center, in Building 2915, Panzer Kaserne. Come and speak with representatives about master's and doctorate programs from University of Maryland University College, Oklahoma University and University of Phoenix.

## Transition classes available in August

The Stuttgart Army Career and Alumni Program will host the following workshops:

- Aug. 3: Veterans Affairs Benefits Briefing and VA Disabled Transition Assistance Program

- Aug. 5: Advanced Resume Writing

- Aug. 10-12: Transition Assistance Program Employment Workshop

- Aug. 19: Federal Resume Writing with Resumix

Register online at [www.acapexpress.army.mil](http://www.acapexpress.army.mil).

## Eliminate debt with Financial Peace U

Dave Ramsey's Financial Peace University course

will be taught in Stuttgart, beginning Sept. 7. The 13-week program, sponsored by the USAG Stuttgart Religious Support Office, is designed to help families manage their money more effectively and pay off debt.

The class will meet every Tuesday at the Patch Religious Education Center (Building 2332) from 6:30-8:30 p.m.

A donation of \$50 per family is requested (E-4 and below are free). Child care is available upon request.

To sign up, or for more information, call 0711-680-5193 or e-mail [FPUstuttgart@yahoo.com](mailto:FPUstuttgart@yahoo.com). Or, register on Aug. 7 and 14 at the post exchange on Panzer Kaserne from 10 a.m. to 4 p.m.

## Be a back-to-school fashion model

Models are needed to sport the latest trends in a "Back to School" fashion show, sponsored by the Army and Air Force Exchange Service.

The show is scheduled for Aug. 21 at 5:30 p.m. Parents can sign up children ages 6-8 by e-mailing [kromet@aafes.com](mailto:kromet@aafes.com). Space is limited.

## Become certified in babysitting/CPR

The next two-day Babysitter Training/CPR class at the American Red Cross is scheduled for Aug. 17 from 9 a.m. to 3 p.m. and Aug. 18 from 9 a.m. to 1 p.m. at the ARC office in Building 2915, Panzer Kaserne. The cost is \$40.

To register, visit the ARC office. For more information, call 431-2812/civ. 07031-15-2812.

## AER workshop set

The Army Emergency Relief Commander's Referral Program Workshop for commanders and 1st sergeants is set for Aug. 3 from 10-11:30 a.m. at Army Community Service, Building 2915 on Panzer Kaserne.

For more information, call 431-2085/civ. 07031-15-2085.

## D.L. Hughley comes to Stuttgart Aug. 7

D.L. Hughley, the stand-up comedian and star of the ABC sitcom, "The Hughleys," will perform in U.S. Army Garrison Stuttgart Aug. 7 at 6:30 p.m. in the Patch Fitness Center. The show is for audiences over 16 years of age.

For more information, call Family and Morale, Welfare and Recreation at 421-3154/civ. 0711-729-3154.

## Learn to breastfeed

Army Community Service will host a "Breastfeeding Basics" course Aug. 12 from 9-11 a.m. in the ACS conference room, Building 2915, Panzer Kaserne.

For more information, call 431-3353/civ. 07031-15-3353.

## Kids' German Immersion class starts

Children ages 5-11 can learn about German language and culture in German Immersion classes offered through the Child, Youth and School Services School of Knowledge, Inspiration, Exploration and Skills.

Classes are set for Aug. 9-12 and Aug. 23-26 at the Patch HUB.

For more information, or to register, call Central Enrollment Registration at 430-7480/civ. 0711-680-7480.

## Boot Camp for parents starts

Parents can learn how to care for newborn babies, from feeding them to changing diapers, during the Mommy and Daddy Basic Training class Aug. 6 from noon to 4 p.m. at Army Community Service, Building 2915, Panzer Kaserne.

For more information, call the ACS New Parent Support Program at 431-3353/civ. 07031-15-3353.

## SKIES lets kids dance summer away

Child, Youth and School Services School of Knowledge, Inspiration, Exploration and Skills will host Irish Step Dance camps Aug. 16-19 at the Robinson Barracks Community Building (Building 151) and Aug. 23-26 in the Patch Barracks Community Club (Building 2345).

A Team Dance camp will be held Aug. 23-26 from 9-10:30 a.m. at Panzer Youth Sports, Building 3162 on Panzer Kaserne.

For more information, call CYS Services at 430-7480/civ. 0711-680-7480.

**NOTE: Send your community-wide announcements to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil).**

## Before diving in, review safe swim habits

- Swim only in supervised areas.
- Don't swim alone, even if you are an experienced swimmer.
- Never swim when exhausted, overheated, or immediately after eating.
- Never dive into unknown water.
- Don't depend on a tube or inflated toy for buoyancy.
- Get out of the water when a storm approaches.
- Don't swim in extremely cold water.
- Don't consume alcohol and swim.
- Never leave children unattended near natural water bodies or pools.
- When not in use, empty inflatable pools and store them safely.

USAG STUTTGART

**SAFETY CORNER**

# RUN TO REMEMBER

By **Brittany Carlson**  
*USAG Stuttgart Public Affairs Office*

**M**ore than 400 community members hit the trail running July 17 to honor fallen American heroes.

The third annual U.S. Army Garrison Stuttgart Run to Remember, supported by the 1st Battalion, 10th Special Forces Group (Airborne), brought community

members together to run a half marathon or a five kilometer race in honor of service members killed in action.

“We are here today to race, but we are also here to pay tribute to our fallen comrades,” said Lt. Col. Isaac Peltier, 1st Battalion commander, as he addressed the runners before the start of the half-marathon.

“The course we will run today is symbolic of warriors,” he added. “It is tough. It is rugged. It is hard.”

The half marathon course, which wound through the Panzer Local Training Area, included three successive hills before the finish line.

However, it was a small sacrifice compared to the one so many Americans pay for our country, said Lt. Col. Guy Woodard, who is assigned to Special Operations Command Europe. Woodard ran for Maj. Paul Syverson, a fellow Special Forces team member, who was killed by a rocket in 2004.

Syverson’s name was one of 128 names — of both service members and civilians killed since the events of Sept. 11, 2001, and in support of the War on Terror — submitted by community members during race registration, and printed on the race t-shirt. Before the start of the half-marathon, Dena Taylor, USAG Stuttgart Family and Morale, Welfare and Recreation fitness coordinator, read the list of names to the runners.

“This is for them,” Woodard said. “They gave the ultimate sacrifice and we’re just going for a run. That’s the least we can do.”

Runners represented several military units, tenant units, branch-

es of service and garrison organizations, including the 554th Military Police Company, Special Operations Command Europe, 52nd Signal Company, Army and Air Force Exchange Service, the Stuttgart Wellness Center and the Stuttgart Stallions running club.

The run also brought in nearly 100 volunteers who passed out water or served food at the Run to Remember barbecue, following the races.

The number of participants has increased each year, underscoring the importance of events like the Run to Remember.

“It exposes patriotism in the community,” Woodard said. “People rally. It’s incredible.”

Besides taking on the LTA course, many runners also contributed by attending the 1/10th SFG(A) pasta dinner fundraiser, held the night before the race. The dinner raised \$1,100 for the Special Operations Warrior Foundation, according to Chaplain (Capt.) Charles Gordon, 1/10th SFG(A) chaplain.

Runners in both the half marathon and five kilometer run saw the races as a memorial ceremony, not just a chance to compete.

For Army Sgt. 1st Class Dustin Waggoner, even the date of the event had significance. On July 15, 2005, his gunner in Iraq, Spc. Jared Hartley, was killed while on patrol. Since then, Hartley’s family has hosted a memorial event on that weekend each year. “Today is the five-year anniversary,” Waggoner said.

Navy Lt. Cmdr. Jason English ran for Navy Lt. Michael McGreavy, Jr., a former classmate at the Naval Academy in 1997. McGreavy, a Navy SEAL, was killed during a deployment to Afghanistan.

“It hits home when it’s somebody you knew especially,” English said. “It makes you remember who you’re fighting for. You lose sight of it sometimes and these things bring it back to life.”

Marine Staff Sgt. Scott Thode ran for Cpl. Dallas Kerns and Lance Cpl. Johnathan VanGuizen. “They were in 3rd Battalion, 7th Marines. They died July 4, 2004. I went to boot camp with them,” Thode said.

Marine Lt. Col. Jim Glynn ran for his former sergeant major, Sgt. Maj. Joseph Ellis.

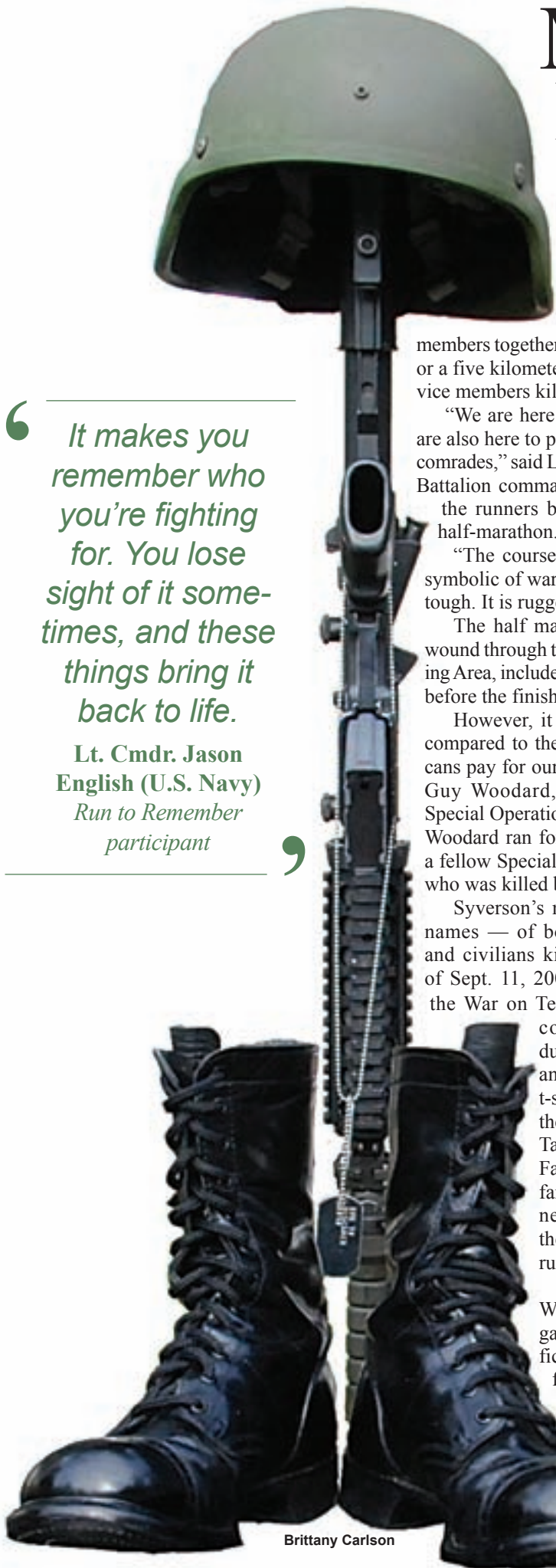
During a deployment to Iraq in 2007, Glynn and Ellis were standing feet apart when Ellis was killed by a suicide bomb attack. Nine other Marines were killed during that deployment as well, Glynn added.

Navy Cmdr. Joe Greary ran for Petty Officer 1st Class Josh Harris, a Navy SEAL who was in Greary’s unit in Afghanistan in 2008.

“He was a great American,” Greary said. “It was his sixth deployment. He probably would have continued to deploy, had he not been killed.”

Although Hartley, McGreavy, Kerns, VanGuizen, Ellis, Harris and the thousands of other service members and civilians are now gone, they live on through events like the Run to Remember.

“It lets surviving friends and families know that we haven’t forgotten about their loves ones,” Greary said.



Brittany Carlson

“It makes you remember who you’re fighting for. You lose sight of it sometimes, and these things bring it back to life.”  
**Lt. Cmdr. Jason English (U.S. Navy)**  
*Run to Remember participant*



[Above] Runners in the five kilometer race make the Panzer Local Training Area. A bugler plays taps with the Run to Remember opening ceremony.



# MEMBER



*Spc. Jake Altman, a member of the USAG Stuttgart Warrior Transition Unit, pulls the trigger on the start gun to kick off the half marathon during the U.S. Army Garrison Stuttgart Run to Remember July 17 on Panzer Kaserne.*

Martin Greeson



*Brittany Carlson leads the Run to Remember through the Training Area. [Right] Scott Shumaker (60), who won his age group, rehydrates during the race.*



Martin Greeson



*Sgt. 1st Class Dustin Waggoner (left) receives some pasta from Katie Merrick, a volunteer with the 1/10th FRG, at the Run to Remember barbecue, after running the half marathon. Waggoner ran the race for his former gunner, Spc. Jared Hartley, who was killed in Iraq in 2005.*

Brittany Carlson



Photos by Jeremy Buddemeier

*[Above] Doug Hutcheson hangs tough during the Europe 10-Miler on July 10, finishing fourth overall. [Left] Scott Shumaker (60), who won his age group, rehydrates during the race.*

## Stuttgart Stallions stampede over competition in Graf

By Susan Huseman

USAG Stuttgart Public Affairs Office

Marty Smith, manager and coach of the Stuttgart Stallion running team, had one goal in mind for the U.S. Forces Europe Army 10-Miler.

"We really wanted to defend the women's championship trophy," said Smith, who also runs on the men's team.

They did that and more.

The men's and women's team each won first place, while four runners won their respective age categories at the Army 10-Miler qualifier, held July 10 in Grafenwöhr.

"The women are definitely fast," said Smith, referring to Michelle Katz (74:170), Michelle Heagney (76:611), Chateau Venable (81:898) and Ellen Canupp (85:939), who all finished in the top 10.

Smith said they "soundly spanked" the runner-up Vicenza Lions women's team by posting an average time of 79:39.27, far outpacing Vicenza's time of 91:39.84.

Katz's time was good enough to earn her fourth place overall and first in the civilian 35-39 group.

The men's team of Doug Hutcheson (62:175), Jimmer Sullivan (64:606), Scott Shumaker (72:866) and Smith (70:297) gave an unexpected performance, their average of 67:486 narrowly beating the 68:14 turned in by the Vicenza men's team.

"I told the team, 'last year, the men's team lost the first place trophy by two seconds — think about that as you're going up that hill on the last mile,'" Smith said.

"We weren't as fast as last year, but we were fast enough to win the trophy,"

he added.

In fact, Shumaker (military, 18-24), Hutcheson (civilian, 35-39) and Sullivan (military, 45 and older) were fast enough to win top honors in their age groups.

Stuttgart's Eloy Campos also earned a first place finish in the civilian men's 45-49 category with a time of 83:012.

The top six male and female Soldiers at the Graf race were named to the Army-Europe team for the October race in Washington, D.C.

Leah Mock, a captain with U.S. Africa Command, turned in a time of 87:401, which not only gave her a berth on the Europe team, but also a second place finish in the military 25-29 women's group.

It won't be her first time competing in the D.C. race. "I ran it a few years ago when it was rerouted because of a bomb threat — 10 miles turned into 11.6 miles," said Mock. "I've been anxious to go back and run the official 10."

While the Grafenwöhr race is the only race the Stuttgart Stallions run in officially as a team, "the rest of the time, it is a very loosely organized running club," said Coach Smith.

For Katz, the Stallions are a great asset. "They reach out to anyone with a proclivity to run, run year-round regardless of the weather, and readily provide training and coaching for all levels and interests," she said.

"The Stallions are an amazingly supportive group," Katz added.

*For more information on the Stallions, visit their website at [http://sports.groups.yahoo.com/group/Stuttgart\\_Stallions](http://sports.groups.yahoo.com/group/Stuttgart_Stallions), or call Marty Smith at 430-7047/civ. 0711-680-7047.*

# Stuttgart Army Health Clinic changes command

**U.S. Army Medical Department Activity-Heidelberg Public Affairs Office**

Col. Lawrence B. Connell assumed command of the Stuttgart Army Health Clinic from Col. Kirk W. Eggleston during a ceremony on Patch Barracks July 9.

"We're expecting big things from Col. Connell as he takes command of Stuttgart Health Clinic," said Col. P.K. Underwood, Heidelberg Medical Department Activity commander. "I have complete faith and confidence that he will continue the great work of his predecessor and lead the ever upward journey of building on and improving the clinic."

Connell comes to Stuttgart from Fort Sam Houston, Texas, where he served as the Command Inspector General, Army Medical Department Center and School.

"We will work together, train together, and provide excellence and value to the Heidelberg MEDDAC and the Europe Regional Medical Command," Connell said during the ceremony.

"Excellence, then, is our aim. During my time here, I shall always keep in mind the words of the great basketball coach, Pat Riley: 'Excellence is the gradual result of always striving to do better.'



Kristen Marquez

**Col. Lawrence B. Connell, new commander for the Stuttgart Army Health Clinic, receives the colors from Col. P.K. Underwood, Heidelberg Medical Department Activity commander, July 9.**

I shall strive always to improve every facet of our organization," he said.

Connell's previous assignments include Chief, Operations Division, Pacific Regional Medical

Command, Honolulu, Hawaii; Deputy Chief of Staff, Medical, U.S. Army Pacific; Executive Officer, 62nd Medical Brigade, Fort Lewis, Wash.; and Commander, 43rd Area Support Medical Battalion, Fort Lewis, Wash.

Under the direction of Col. Eggleston, the Stuttgart clinic achieved many notable accomplishments, becoming the largest Army military treatment facility in Europe in enrolled patients, and adding providers in Behavioral Health, Optometry and Physical Therapy. He was a champion for access to care and the Nurse Advice Line.

Eggleston thanked his staff, friends and family for their perseverance and support throughout his two years as commander.

"You have accomplished all this and more in facilities designed for about half the staff and half the patients that we currently care for," Eggleston said. "Yet you did it with smiles, a positive attitude and genuine concern for every individual who comes through our doors."

Eggleston's next assignment will take him to Fort Leonard Wood, Mo., where he will command the General Leonard Wood Army Community Hospital.

## Stay cool in hot weather: stay hydrated, use sense

### Centers for Disease Control and Prevention

Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. Heat exposure can even kill you: it caused 8,015 deaths in the U.S. from 1979 to 2003.

Several factors affect your body's ability to cool itself during extremely hot weather, including:

- High humidity. When the humidity is high, sweat won't evaporate as quickly, which keeps your body from

releasing heat as fast as it may need to.

- Personal factors. Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.

People who are at highest risk are the elderly, the very young, and people with mental illness and chronic diseases.

But even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather.

Air-conditioning is the number one protective factor against heat-related

illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

You can take these steps to prevent heat-related illnesses, injuries, and deaths during hot weather:

- Stay cool indoors.
- Drink plenty of fluids.
- Replace salt and minerals.
- Wear appropriate clothing and sunscreen.
- Schedule outdoor activities at cooler times in the day.
- Pace yourself.



photos.com

- Use a buddy system.
- Monitor people at high risk.
- Adjust to the environment.
- Do not leave children in cars.
- Use common sense.

*Garrison news is now available via e-mail. To sign up for news flashes and briefs, send an e-mail to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil), with the subject: "add me to your mailing list."*

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# Touring Bavaria: *living history, art, inspiration*

*Editor's Note: This is the third and final installment of a three-part series exploring tourist-worthy destinations in Bavaria.*

**Story & photos by Carola Meusel**  
USAG Stuttgart Public Affairs Office

**T**iny villages, lush green valleys, and proud churches and chapels along winding country roads: these are the images visitors to the Upper Bavarian region can expect during the summer months.

Oberammergau, located next to Garmisch-Partenkirchen, holds many treasures of the Bavarian culture.

Picturesque wooden and romantically-painted houses greet all visitors as they enter the village.

The houses, with their special murals, create a colorful landscape along Oberammergau's petite streets.

This unique painting technique is only found in Upper Bavaria and Tyrol.

The tradition of mural painting came from Italy and originated in Baroque fresco paintings.

One of the most popular mural artists was Franz Seraph Zwink from Oberammergau. He was born and raised at the farm house "Zum Lüftl." To this day, people still refer to mural painting as "Lüftlmalerei."

The paintings on Oberammergau's houses range from landscapes and village sceneries to historical figures, religious images and saints. During the 18th century, most of these houses belonged to the more wealthy families, and the paintings often referred to their professions as farmers, craftsmen and merchants.

The colorful trompe l'oeil painted around windows and doors is another characteristic of Lüftlmalerei and creates a dynamic architectural illusion.

Visitors to Oberammergau should also tour the woodcarving workshops,



*Visitors walk by one of the many houses painted with murals in Oberammergau. In the background, the Passion of Christ is illustrated on the facade of a woodcarving workshop.*

offering specially-shaped figurines, one-of-a-kind artwork and interior decorations.

Another highlight is the world famous Passion Play, which takes place in Oberammergau every 10 years.

"Although Oberammergau is one of the most popular places in Bavaria, this town preserves its cozy character," said Andrea Winter, a U.S. Army Garrison Garmisch employee.

"The Bavarian way of life mixes with the tradition of mural painting and wood carving, still actively performed by Oberammergau's residents. The easy way of life here is amazing," she said.

Winter visits Oberammergau frequently in the summer to enjoy the cozy atmosphere and "the best ice cream outside of Italy" at the Eiscafe Paradiso, located at Dorfstrasse.

Fifty kilometers from the village, visitors will find the Wieskirche, a church dedicated to the scourged



*The Wieskirche, located in Bavaria's hilly grasslands, was built after a local resident claimed to see tears on a wooden figurine of the scourged savior. The church is dedicated to this statue, which can be found at the church's mercy altar.*

saviour — Jesus Christ, beaten before his crucifixion — located at the Pfaffenwinkel, or priestly corner.

The word "Pfaffe" is an old Bavarian expression for a priest or pastor. The name "priestly corner" was chosen for this area because of the many churches, chapel and monasteries, and a long tradition of pilgrimage.

The Wieskirche is a treasure in the middle of this hilly grassland.

Built between 1745 and 1754 in the Rococo style, the church combines all the characteristics of a pilgrimage church. The graceful structure of the church interior is dominated by the mercy altar, with the statue of the scourged savior in the center.

In 1983, the Wieskirche was named a world heritage site by the United Nations Educational, Scientific and Cultural Organization.

Visitors are deeply touched by the sacrosanct atmosphere that surrounds

the church.

"This area is a peaceful oasis in the middle of Bavaria. Here, people are able to reflect on their inner self and get away from the everyday routine," said Winter, who visits the church on a monthly basis.

This sacred atmosphere can be felt during the early morning hours, when the sunlight illuminates the church, and at dusk, when the angel statues and paintings appear to dance in the evening light.

The locals refer to this as the "miracle of light at the Wies" (grassland).

To this day, Bavaria continues to preserve its rich culture and charming traditions — not for tourists, but for themselves.

Perhaps Marianus II Mayr, one of the Wies church's founding abbots, said it best: "Happiness lives here, and the heart finds its inner peace."

## Guests can drive USAREUR-plated private vehicles in Germany

**By Robert Szostek**

*U.S. Army Europe Office of the Provost Marshal  
Public Affairs Office*

**O**ne advantage of being stationed in Europe is that friends and family can visit and get that real Old World travel experience.

They can also share the burden of driving if you take trips with them, but you must get customs approval first if you want to let them drive your U.S. Army Europe-plated car on their own excursions.

"Just go to your local military customs office and fill out the application form," said Bill Johnson, director of the USAREUR Customs Executive Agency. "If you want to have the paperwork

ready when your relatives or friends arrive, you should bring along your vehicle registration and clear copies of their passports and stateside or international driver's licenses," he added.

Two things to remember are that guests cannot be residents of Germany and they can't be dependents of the person they are visiting. It is also important to make sure that guests are covered by their hosts' automobile insurance policies.

Guests can use this exception to policy to drive a USAREUR-registered privately owned vehicle in Germany for up to 90 days after entering the European Union. The authorization document must be in the car when guests use a vehicle independently, along with their passports, the vehicle registration, proof of insurance and the

guests' international driver's licenses (or official translations of their licenses).

"Driving in Germany is tax- and duty-free for U.S. forces personnel and their dependents," Johnson said, which is why the customs authorization is required for guests.

But he warned that this exception to policy does not let guests buy gas at Army and Air Force Exchange Service gas stations or use their hosts' AAFES fuel cards. Likewise, visitors to Germany who rent a car may not use AAFES stations or fuel cards.

*More information on the policy is available on the USAREUR Customs Executive Agency website at [www.hqusareur.army.mil/opm/custom3.htm](http://www.hqusareur.army.mil/opm/custom3.htm).*

# Sky's the limit with Outdoor Rec's paragliding program

Story & photo by Susan Huseman  
USAG Stuttgart Public Affairs Office

“Fly like an eagle” — you can sing about it (think the Steve Miller Band) or, if you're like Steve Van Fleet, you're actually doing it every chance you get.

Van Fleet is a tandem paraglide pilot for U.S. Army Garrison Stuttgart's Outdoor Recreation program.

“It's flying in its purest form ... the ultimate freedom,” said Van Fleet, who has paraglided for about four years.

The Stuttgart tandem paragliding program is the first in the Army, according to Van Fleet.

“This is cutting edge. We're very proud of it,” he said.

Outdoor Recreation's paragliding destinations are as diverse as Europe itself: Lake Garda and Bassano del

Grappa, Italy; Zillertal, Austria; Garmisch and Baden-Baden in Germany.

“We take you wherever we need to — wherever the weather is nice,” said Van Fleet.

Steve Roark recently had his first paragliding experience through the Outdoor Recreation program.

“There is a moment — as you're on the hill facing the valley — where you think maybe this isn't the smartest thing to do. But after taking three steps you're airborne. You're a passenger at that point,” said Roark.

“It was the closest thing to flying like a bird that I've ever experienced,” he said.

Outdoor Recreation also offers a program where future paraglide pilots can earn their solo license.

“It takes about 20 days — a weekend here, a few days there,” said Van Fleet. “It can be done over a summer.”

The license is good all over the world, he added.

A 20-minute flight costs \$150 and includes transportation. For more information, call Outdoor Recreation at 431-2774/civ. 07031-15-2774.



USAG Stuttgart Outdoor Recreation's tandem paraglide pilot Steve Van Fleet and his passenger, Steve Roark, head into the “wild blue yonder” after launching off a hillside in Baden-Baden on July 15.

“It's flying in its purest form ...”

Steve Van Fleet  
Tandem paraglide pilot

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# RB Fitness Center shapes up with added space

By Waylin Owsley  
Special to *The Citizen*

Life at Robinson Barracks may have just gotten a little better.

Robinson Barracks residents are now able to enjoy an increased array of fitness opportunities, thanks to an expansion project at U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's RB Fitness Center.

The self-help project converted an unused art and photography studio into spaces for group fitness classes and massages.

The fitness center's staff of William Watson, Betty Steisslinger, Tsegay

Negash and Brandi Stokes put more than 200 hours into the renovation, making it easier and more convenient for the community to stay physically fit.

"We did it for the people of RB," said Mack Thomas, fitness center manager.

During a ribbon-cutting ceremony held July 13, Col. Richard M. Pastore, the USAG Stuttgart commander at the time, spoke.

"We've got hundreds of families living out here. We've gone full board to provide them [with] everything they could possibly want ... things you don't normally see in a bedroom community, such as a fitness center or a library," Pastore said.

Each room of the old studio was

renovated for a specific purpose.

The ceramics room is now an air-conditioned aerobics studio equipped with a speaker system and step aerobic equipment. Group classes used to be held in a downstairs room, separate from the fitness center.

"I like the facilities out at Robinson Barracks," said Harvey Davis, a step aerobics teacher at the facility. "It's close to where I live, and it has everything you need to get a good workout."

The photography studio is now an indoor cycling room, providing a new addition to equipment already available at the fitness center.

A darkroom was converted into an office for personal trainers, which allows privacy for one-on-one consultations.

An old office space is now a massage room with a quiet, peaceful environment, something customers didn't exactly experience in the old location — a smaller, confined space.

This all amounts to a facility all RB residents can be proud of, Pastore said. "It's what the people out here at RB deserve — it really is."

*The Robinson Barracks Fitness Center is open Monday through Friday from 6 a.m. to 9 p.m., and weekends and holidays from 9 a.m. to 6 p.m.*

*Step aerobics is offered on Thursday evenings at 7 p.m. and every second Saturday at 10 a.m.*

*For more information, call 420-6317/civ. 0711-819-6317.*

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