

Trial by fire

Military families' resiliency tested

By Brittany Carlson
 USAG Stuttgart Public Affairs Office

Military families are known for their resilience. Deployments, war, separation, reunion and frequent moves are regular parts of their lives.

So, when faced with a fire in a German warehouse Oct. 30 that destroyed the household goods of more than 120 families stationed in U.S. Army Garrison Stuttgart, they did what they've done time and time again — pulled together for support.

Garrison officials, organizations and individuals, including some of the victims, revealed a spirit of resilience by finding hope in a tough situation and reaching out to support others.

Sandy Leshinsky and her husband, a Marine Corps sergeant major in the process of retiring, lost items collected from more than 19 military moves and 120 countries visited, along with "30 years and three days" worth of military honors, to the fire.

"I had quite a collection of things," Leshinsky said. "Every scrapbook, every medal, his dress blues ... you can only think of little bits at a time or you would really lose your mind."

However, she was determined to stay positive.

"The good news is, no one was hurt," Leshinsky said. "I think of positive things and I write them down."

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Photo courtesy of Feuerwehr Schwieberdingen

Firefighters work to put out a fire in a warehouse owned by the German company Andreas Christ Oct. 30. The warehouse contained the household goods and unaccompanied baggage of more than 120 families stationed in USAG Stuttgart.

Warehouse blaze incinerates household goods, ignites community support

By Brittany Carlson
 USAG Stuttgart Public Affairs Office

Home is where you hang your hat.

But what makes a home? For military (and government civilian) families who move frequently, it isn't the location of the home but the keepsakes, photos and family heirlooms they bring with them that makes a house a haven.

Those pieces of home are now

sorely missed by more than 120 families in U.S. Army Garrison Stuttgart who lost them all in a fire Oct. 30 at the German-owned Christ warehouse in Schwieberdingen.

Household goods shipments for outbound, inbound and deployed service members were destroyed in a blaze that took days to completely put out.

The estimated loss is valued at \$6 million, according to Christ representatives.

"It's hard to put it into words be-

cause there's so much — things ... that you can't ever get back," said a family member who lost collectibles, yearbooks, and books from her childhood in the fire. "It's hard."

To ease the recovery process, garrison officials hosted briefings Nov. 3 and stood up a Family Assistance Center — a one-stop shop for those affected by the warehouse fire — at Army Community Service.

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Stuttgart Soldier top NCO in Army

USAG Stuttgart's Staff Sgt. Christopher McDougall is the 2010 Army NCO of the Year, but he gives much of the credit to family and friends' support.



Pages 10-11

It's Christmas market time in Germany

Don't miss out on one of Germany's most-treasured traditions this holiday season: Christmas markets. Check out the schedule for markets near Stuttgart.



INSIDE THIS EDITION

Learn why it's important to serve: Ask a veteran

Commentary by

Master Sgt. Scott T. Sturkol

Air Mobility Command

Public Affairs Office

Over the course of my recent deployment to Southwest Asia between December 2009 and June 2010, I wrote more than 400 stories highlighting deployed service members.

Those stories included deployed Airmen as well as U.S. Army Soldiers. While my deployed base held a small percentage of the hundreds of thousands of deployed troops, what I learned from them about why they serve is a direct reflection of how the military veterans of today are proud to follow in the footsteps of veterans past.

The Airmen and Soldiers I was deployed with came from all walks of life and from all areas of the military. It was a total and joint force of people who had many reasons to serve.

Capt. Hillary Wykes, a KC-10 Extender pilot who was deployed from the 9th Air Refueling Squadron at Travis Air Force Base, Calif., decided to serve for personal reasons.

The reasons people serve in the military coincide with the values our country was founded upon: life, liberty and the pursuit of happiness.

"I was working for United [Airlines] on Sept. 11, [2001] when the airplanes hit the World Trade Center towers and the Pentagon, and crashed in the field in Pennsylvania," he said. "The people on those planes were my co-workers. My whole world changed.

"I am incredibly proud to be able to serve in our nation's Air Force," he added. "This is my fourth deployment to the Middle East, and each time I am out here, I am reminded of how good we have it as American citizens."

Senior Master Sgt. Mark Miller of the Iowa Air National Guard not only became a good friend of mine, but reminded me how important each and every service member is to defending our freedoms. He also pointed out how important one's family is to serving.

"I have a great pride in our country," Miller said. "When I told my wife I wanted to volunteer for this deployment,

she asked me why. I told her that I was close to retirement, I would be taking off my first sergeant diamond in June, and I had one last chance to make a difference in an Airman's life. Maybe I could help someone who was having a hard time coping in a deployed environment. She, my two sons and my daughter have supported me ever since and I'm glad I was able to do this one more time."

Senior Airman Larry Syska from the 127th Force Support Squadron at Selfridge Air National Guard Base, Mich., said he considers his service a duty to his country.

"From top to bottom, whether it be here or at home, we all have an important role to play in our nation's safety and security," said Syska. "I choose to do it wherever and whenever my unit needs me. It gives me a great sense of pride and satisfaction knowing that even in the smallest of ways I do my

part to keep our country safe."

The Soldiers and Airmen I have cited here are but a small footprint in the long path of history of those who chose to serve their country.

On Veteran's Day our nation took time to remember all those who have served and serve today. What I'd like you to remember is that it doesn't matter what military service they are from, or whether or not they are Guard, reserve or active duty service members. The reasons people serve in the military coincide with the values our country was founded upon: life, liberty and the pursuit of happiness. They want to defend everything America represents and they do so proudly.

I also must add that we serve successfully only with the extraordinary help of our families, friends and the support of our hometowns. Our values, beliefs, character and courage are often shaped with the help of the people with whom we surround ourselves.

Combining each service member's personal drive and his or her support from loved ones creates quite a formidable force for which every American should be grateful for, and should remember.

THE CITIZEN

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ICE BOX

USAG Stuttgart command addresses ICE comments

DPW Business Operations Division — positive feedback

During the month of October, U.S. Army Garrison Stuttgart customers submitted over 150 ICE comments on services provided by the Directorate of Public Works.

The majority of these comments were related to their customer service experience with DPW Business Operations Division at Kelley Barracks.

Almost all of these comments were positive in nature, which resulted in a customer satisfaction rating of 99 percent for DPW in October.

Based on the October DPW comments, the USAG Stuttgart commander's intent in achieving outstanding customer service results was fulfilled for this service provider. To the DPW Business Operations Division staff: Congratulations for a job well done.

Kelley Barracks CMR — lack of sufficient mail service

Over the last month, the USAG Stuttgart has received numerous ICE comments on the lack of sufficient mail boxes and overall slow service at the Kelley Barracks Community Mail Room.

The lack of sufficient mail boxes and the service backlog are in part due to the growth of Kel-

ley Barracks personnel over the last two years.

The garrison has taken some very strong steps to mitigate these mail service concerns for the customer population on Kelley Barracks.

An additional 280 individual mail boxes were installed at the Kelley Barracks CMR, and by the end of November, another 100 mail boxes will be installed.

Additionally, two new permanent employees for the Kelley CMR and two temporary employees were hired to assist with mail distribution over the upcoming holiday season. Over the next six weeks, two Army Reservists will work in the Kelley CMR.

These actions will eliminate general delivery backlogs at the Kelley Barracks CMR.

Do you have a comment on garrison services?

Submitting ICE comments is an effective and efficient way for community members and customers in garrison organizations to give feedback to the USAG Stuttgart command group.

The garrison commander uses ICE comments to gauge the community's efforts to continuously improve their services to the Stuttgart military community.

To submit an ICE comment, visit www.stuttgart.army.mil and click on the "ICE" logo.



Staff Sgt. Christopher McDougall, the Army's top NCO for 2010, enjoys some family time playing in the fall leaves with his wife, Lesley, and children Isabella, 2 (whom the couple is seeking to adopt) and Landon, 1. McDougall's wife helped him prepare for the Best Warrior competition by quizzing him at night.

USAG Stuttgart Soldier named Army's top NCO

Story & photo by Brittany Carlson
USAG Stuttgart Public Affairs Office

Staff Sgt. Christopher McDougall doesn't draw attention to himself.

A desk sergeant at the U.S. Army Garrison Stuttgart Provost Marshall's Office, McDougall has a calm demeanor and a focused personality.

Those traits — combined with a team of co-workers and a spouse dedicated to his training — helped McDougall make history at the Department of the Army's 2010 Best Warrior Competition, held Oct. 17-22 in Fort Lee, Va.

He surpassed 11 of the Army's best noncommissioned officers to earn the title of Army NCO of the Year, becoming the first Soldier from U.S. Army Garrison Stuttgart not only to win the award, but to compete at that level.

"I just do my own thing — I stay by myself. I stay quiet," he said, during a recent family trip to the Galaxy Bowling Center on Panzer Kaserne with his wife, Lesley, and two children: Isabella, 2 (whom the McDougalls are seeking to adopt), and Landon, 1.

"I try not to stress out about things," he added, as Landon found a bag of pretzels in his mother's purse and spilled them on the floor. Unfazed, McDougall picked up his son (and the pretzels) and kept talking.

The family was spending some quality time together before McDougall begins attending a flurry of events as NCO of the Year (including a dinner with Sgt. Maj. of the Army Kenneth O. Preston that evening).

McDougall and his wife showed a knack for teamwork, taking turns watching the children while interviewing for the newspaper, recording a television interview and getting congratulated by Command Sgt.

Major Anthony M. Bryant, the garrison command sergeant major.

Then again, they did have considerable practice this year.

Lesley McDougall helped her husband prepare for the Army-level competition by quizzing him on the NCO creed and possible board exam questions when he came home from work.

"I made him print off all the Army study guide questions. Every night, we were going over questions," she said.

That was in addition to Christopher McDougall's demanding training schedule, which included evenings and weekends.

It was a challenging time for his family, especially since he and Lesley were just married in April 2009. "It's hard because it takes a lot of time away from them ... land nav in the backwoods, staying late at work," he said. "[After] the kids go to bed, I'd want to stay up and watch a movie together, [but I would] just pass out."

However, it was worthwhile, according to Lesley McDougall. "If you want to be happy, you have to make sacrifices," she said. "I want him to really push for things he wants to do."

His perseverance in training also sets an example for his children, she added.

"I want them to look up to him," she said. "Things will be hard later in life, but if they keep trying ... if they're persistent enough, they can get what they want, too."

Persistence was necessary for victory at this year's Best Warrior competition, which included tests on

News & Notes

Patch food court update

The reopening of the Patch Barracks Food court has now been pushed back until summer 2011, as additional improvements and upgrades to the facility require more time to complete.

The project, which was scheduled to reopen this fall, will feature air conditioning, new rest rooms, an open-area dining room concept, handicap accessibility throughout the facility, a mini mall area that will feature numerous service vendors, large walk-in coolers and freezers, administrative offices and a lounge for Better Opportunity for Single Soldiers.

When completed, the food court and mini mall facility will have a combined cost of more than \$3 million, and will offer customers a wide variety of food selections and services in a state-of-the-art facility.

Save money with UTAP

Community members who receive utilities through EnBW (Energie Baden-Württemberg AG) can sign up for U.S. Army Garrison Stuttgart's Utility Tax Avoidance Program and save on VAT and energy taxes.

To take advantage of this benefit, eligible community members must make an appointment online at UTAP-reservation@eur.army.mil.

From now through Dec. 15 the UTAP office (Room 314, Building 2913, Panzer Kaserne) will offer extended hours Monday through Friday, from 8 a.m. to 6 p.m., by appointment.

A temporary satellite office will be available on Kelley Barracks (Building 3300), by appointment only, from 7:30 a.m. to 1 p.m., through Dec. 15.

For more information and a list of needed documents, visit www.stuttgartmwr.com and click on the Tax Relief link, or call 431-3451/civ. 07031-15-3451.

Pfennig Bazaar sets record

The German-American Women's Club's 2010 Pfennig Bazaar raised €112,000, setting a new record, according to GAWC officials.

The funds will be distributed to community organizations in U.S. Army Garrison Stuttgart and the local Stuttgart community in March.

To apply for funds within the garrison, visit the GAWC website at www.gawc-stuttgart.org. The deadline for American applicants is Jan. 1.

DoDEA wants your input

Department of Defense Education Activity is conducting the 2010 customer satisfaction survey through Dec. 15. Completing the survey will assist DoDEA in identifying and addressing areas that need attention.

A link to separate surveys for students and parents can be found at the DoDEA website at www.dodea.edu.

Navigating MEB/PEB process

Service members new to the Medical Evaluation Board and Physical Evaluation Board process can request help through the MEB Outreach Counsel in the Wiesbaden Legal Center. Licensed attorneys are available to advise and represent Soldiers throughout the MEB/PEB process. For more information, call 337-4738/civ. 0611-705-4738.

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Support

Continued from page 1

In opening the briefings, USAG Stuttgart Commander Col. Carl D. Bird noted that losing all of one's belongings is a "significant emotional event."

"I want to say I'm sorry," he said. "I've got my wife here, Hope, [and] we talked about ... what would it have been like if we lost everything we have accumulated in 25 years of military service ..."

"We're going to do everything we can ... to get you through this and get you compensated," he added.

Garrison organizations, including Army Community Service, the Religious Support Office, Housing Office and Legal Center gave presentations on how to navigate the recovery process, from filing claims to applying for temporary furniture.

USAG Stuttgart Deputy Community Chaplain Lt. Col. Ken Bellinger spoke on dealing with the emotional loss of losing belongings, from the perspective of someone who understands.

"My family lost our household goods in the same fire that you did," said Bellinger, who arrived in Stuttgart last month. "I also lost a little over 30 years of [my] professional library and ministry that was collected and came down from various family members."

However, military families are resilient and internally prepared for a crisis like this one, he said.



Carola Meusel

USAG Stuttgart community members whose household goods were destroyed in the Christ warehouse fire Oct. 30, observe the wreckage Nov. 5.

"You might say 'I'm not really prepared for this. How am I going to get through this?'" Bellinger said. "All of us have experienced losses from PCS moves, when we had to say goodbye to people, family, things, stuff that got damaged in the move ..."

"I would suggest to you, if you look at what helped you in the past, you will see some stepping stones to how to get through this," he said.

Affected community members included incoming and outgoing service members and civilians, and one retiree family. The outgoing families' moves were not delayed; information on the

fire was sent to their new duty station.

Incoming families affected by the fire were able to receive furniture from the housing office almost immediately, along with additional items not typically on the loaner list, according to Iris Jones, USAG Stuttgart housing chief.

The Stuttgart Legal Center allotted the week of Nov. 12-18 exclusively to counsel families affected by the fire and help them file individual claims.

Army Community Service set up a Family Assistance Center for three days at the ACS office to offer services such as counseling, a lending closet, crisis intervention and consultation, and Army

Emergency Relief, to name a few.

On Nov. 5, garrison officials provided a bus tour of the warehouse site to families. During the tour, they were able to ask questions of Christ representatives.

"Some people were really upset [and] wanted questions answered," said Spc. Keenan O'Donnell, a lab technician at the Stuttgart Army Health Clinic who lost his household goods in the fire. "For me, it was more of a trip to confirm ... that the fire really happened, to see the site for myself."

What he saw was worse than he had imagined, he said. "Steel beams were burned. Everything was charred black. It still smelled like smoke when we got there a week later," he said.

However, seeing the wreckage helped provide closure for many families, including O'Donnell's. "It helped for a lot of people to see," he said. "I'm trying to get to the point where I just accept the fact that it's gone and move on."

Likewise, Army Maj. David Bradley, another affected community member, said there are positive sides to an otherwise devastating event.

"We have our health still, so we're still good," he said. "We'll pick ourselves up, dust ourselves off and drive on, start rebuilding."

For details on services and how to give or receive donations, visit www.stuttgartmwr.com/ACS or call 431-3362/civ. 07031-15-3362.

Trial by fire

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In preparation for moving to New Zealand, the Leshinskys set aside some belongings for charity, but when they heard that a young Marine lost his belongings in the fire as well, they gave them to him.

Young military families need the most support, Leshinsky said. "They've never been away from home. They don't have as much experience behind them as we do."

She recalled when the community rallied around her while she was going through treatments for breast cancer and her husband was deployed.

"The Marine spouses were there for me," she said. "That's what's happening now. We pulled together and we'll help each other."

Army Sgt. Geoff Gomez, a Soldier in the 554th Military Police Company, also witnessed the com-

munity's ability to support families when his wife and three children lost all of their winter clothes and unaccompanied baggage to the fire.

"We've been here since Oct. 8. [The kids] started school the week after. They've pretty much been wearing the same clothes over and over again," Gomez said.

His platoon immediately took up a donation after learning about the fire. The Family Readiness Group also requested clothing and blankets from other families in the company.

Gomez was touched by the support his unit providing, along with garrison leaders and organizations.

"The quick response that the garrison command has had, I think, is outstanding," Gomez said.

Likewise, the response of organizations and volunteers was surprisingly quick, according to Army Spc. Keenan O'Donnell, a new lab technician at the Stuttgart Army Health Clinic, who lost his household goods in the fire.

Days after the fire, Gomez, his wife and children, ages 5 and 3, moved into their house, with help from the Housing Office.

"I really wanted to get out of the hotel," O'Donnell said. "They put temporary furniture in there for us [and] made sure the basic stuff was there that we didn't have."

He also received help from his team at the clinic. "They handed me some money a couple of days later," he said.

One co-worker gave his family things from her own home. "She gave me a few things like kitchen items," he said. "She gave my wife some clothes. She

The way volunteers and people totally unrelated have pulled together to try to do something is wonderful.

Spc. Keenan O'Donnell
Health Clinic technician

gave us a bed set; we were able to use it."

However, they still lost items that can't be replaced, such as wedding photos and the children's favorite toys.

The children still don't know their toys are gone, O'Donnell said. "They keep asking us, 'When are the toys getting here?'"

O'Donnell's children were able to pick out some "new" toys at the thrift shop on Patch Barracks, where volunteers helped the family.

"People who aren't involved in community services [and] spouses came out to work at the thrift store [and] helped us load things into their vans. It's been overwhelming," he said. "The way volunteers and people totally unrelated have pulled together to try to do something is wonderful."

"We'll continue to be part of this community, and look for a chance to give back the same," he added.

The Marine spouses were there for me. That's what's happening now. We pulled together and we'll help each other.

Sandy Leshinsky
Marine spouse

Astronauts celebrate 25th anniversary of historic launch

Story & photo by

Petty Officer 2nd Class Patrick Grieco

U.S. European Command Public Affairs Office

Six American and German astronauts from the 1985 West Germany controlled STS-61-A Deutschland 1 Spacelab mission met with service members and their families at the Patch Barracks Community Club Oct 29.

The astronauts, invited on behalf of U.S. European Command, shared their multinational experience in honor of the 25th anniversary of the mission.

The 1985 mission, the last successful flight of the Space Shuttle Challenger, carried the NASA and European Space Agency Spacelab into orbit, along with eight astronauts from the U.S., West Germany and Holland.

Air Force Col. Hank Hartsfield, the mission commander and retired NASA astronaut, offered EUCOM's commanders a few tips about working with international co-workers during the visit.

"The biggest part of it is trust and showing a good personality," he said. "While conducting this mission with the Dutch and the Germans, we had a few rough spots, of course, but we dealt with them ... Now I can [say] those [are] some of the best friends I have. You have to show them that you trust them — not just say it, but demonstrate it."

Douglas Pittner, a community member, said that meeting the astronauts was a one-of-a-kind opportunity for him and his family.

"Given that fewer than 500 people have been in space, getting to meet a single astronaut is a special and unique experience," Pittner said. "The best part



Retired NASA astronaut and retired Air Force Col. Steven Nagel shares a story with a family member during a visit to the Patch Barracks Oct. 28.

was the opportunity to ask them about the experiments they performed in space and the impact those experiments had, from improving GPS systems to

determining crystal structures in order to understand human bone density loss."

Pittner also said having a multinational crew visit the base demonstrated how nations can work together to advance the human race.

He said he would like to thank the astronauts for visiting with the children and taking time to help answer their questions about space flight.

"It was important for them to speak to us as a reminder of the great scientific advances we have been able to make through the space program and space exploration," Pittner said.

Ulf Merbold, retired ESA astronaut — and the first German on an American shuttle — said he hopes to see more space expeditions in the future and believes space is the ideal environment for scientific advancement.

"Naturally, weightlessness is not entirely feasible on the ground, and only in space can we conduct many of these experiments," said Merbold. "Also, being in space allows us to receive star signals we might not otherwise observe on Earth."

"International cooperation has been a scientific standard for centuries, and I believe the International Space Station is another unique example of how people can combine their potential and forces to accomplish great things," he added.

While in orbit, the team conducted over 76 scientific experiments in many areas including materials science, life sciences, communications, biology and navigation. This was also one of the first space missions in which payload operations were controlled from the German Space Operations Center in Oberpfaffenhofen, instead of NASA.

BEMS Pumpkin Drop 'smashing' success



Curious students examine the remains of a pumpkin that did not survive the 30-meter fall during Böblingen Elementary/Middle School's inaugural Pumpkin Drop held Oct. 29.



Böblingen Elementary/Middle School second-graders look skyward as a pumpkin is dropped during the Oct. 29 Pumpkin Drop.



Photos by Susan Huseman

Airborne! Volunteer Michael Muellner, left, launches a cardboard box with attach parachute — designed to cushion the box's fall and protect the pumpkin inside.

Classes encased their pumpkins in boxes filled with cushioning materials, such as pillows, stuffed animals and balloons.



First-graders Maria Tortorelli, Alyssa Boyer and Olivia Moore, from left, chant "drop it, drop it," as a box is about to fall.

PHS debate team battles international competition

By Tanya Fogg Young
Special to The Citizen

Patch High's debate team recently combated eight different teams from seven different countries in EurOpen 2010, an international debating competition held Nov. 7-12 in Stuttgart.

The six Patch High students who debated in the competition faced teams from Turkey, Czech Republic, Sweden, Ukraine, South Korea, Lithuania and two local German schools. Patch ended the tournament with four wins and four losses.

The Canada-East team won the tournament, beating a Czech Republic team.

Junior Matt Lindman, a second-year debater at Patch, said he thought his team did well in the competition, considering their overall relative inexperience. Going into the EurOpen, Patch's only other debating competition this school year were two rounds on Oct. 9.

"The EurOpen is really a high[er] level of competition from what we are used to, and the fact that we held our own for the most part against such high-ranked teams proves we've come a long way from last year," said Lindman, 16.

"With this experience I have high hopes for reaching the semi-finals, if not the finals, in the German League this year," he added.

Only six of the 11 members on the Patch High team competed in EurOpen — Lindman, Annea Brown, Luke Widmer, April Petersen, Jonas Jones

“... the fact that we held our own for the most part against such high-ranked teams proves we’ve come a long way from last year.”

Matt Lindman
PHS debate team member

and James Pritchard.

The team's wins were in debates with Ukraine, Lithuania, Otto-Hahn Gymnasium in Ludwigsburg and Friedrich-Abel Gymnasium in Vaihingen. The team's losses during EurOpen were to teams from South Korea, Sweden, Czech Republic and Turkey, who were among the top eight in the competition, Lindman said.

Patch High debate team sponsor Virginia Dugan said some 32 teams from nearly as many countries competed in EurOpen. All of the debates were done in English and took place in various area German schools.

Each round of debate included two three-student teams going head-to-head in a war of words, with each

student allowed eight minutes to speak. Some of the rounds of debate were impromptu, meaning students learned of the motion to be debated on the spot, with only an hour to prepare an argument, Dugan said. That preparation, however, had to be done without the use of computers or electronic devices and with only three reference books, she added.

While Patch didn't win any of the three impromptu rounds the team debated, they were victorious in several in which their indepth research and preparation paid off, said Widmer, 17, a senior. Patch's wins included debates in which the debaters argued against scrapping the Euro in one, against repatriating cultural artifacts in another, against abolishing aid to Third World countries in yet another, and for allowing oil drilling in ecologically sensitive areas.

"We did our research, and our arguments were strong," said Widmer, a first-year debater at Patch. "In the one debate, we capitalized on the argument that we couldn't take aid away from countries not developed enough to stand for themselves in a domestic market, let alone a foreign market."

Dugan said she was proud of Patch's participation and hoped the debate team members would walk away from the tournament with additional debating experience and new friends from around the world.

"We learned a lot about style and other cultures from talking with these teams afterwards," Lindman said. "The Swedish team was especially fun to talk with because they were one of the best and very interested in how we set up for debate and also American society ... EurOpen was great."

Army NCO of the Year

Continued from page 3

urban orienteering, detainee operations and casualty evaluation, in addition to traditional weapons qualification and physical fitness.

In one exercise, a firing range was rigged with pyrotechnic effects and even a sound track to distract the competitors. "The DoD set a range up wired with pop-up targets that had fireballs [attached]," Christopher McDougall said.

In addition, competitors represented every major command in the Army, including a couple of Army Rangers.

Nonetheless, McDougall kept his focus on the task at hand. "I don't usually worry about anybody," he said.

“He takes whatever you can throw at him and makes the best of the situation. There’s nothing he can’t do.”

Jerry Harper
friend of Staff Sgt. Christopher McDougall, top Army NCO

"I just ... do my own thing."

While this no-nonsense quality is ideal for being a Soldier, there's more to Christopher McDougall than his combat abilities, his wife said.

"He's goal oriented, but he's also family oriented," she said. "He's focused on things he cares about."

That includes friends and fellow Soldiers, according to McDougall's best friend, Jerry Harper.

Harper, a former Army Soldier who deployed with McDougall to Iraq when they were both assigned to the 560th Military Police Company from December 2007 to March 2009, recalled a time when McDougall was leading a squad and took enemy fire.

"A couple of weeks after he became a squad leader, they were driving down the road, and an EFP [explosively-formed projectile] blew up the lead vehicle," Harper said. "Three Soldiers lost both legs. He just took control of the whole situation and did what he needed to do to take care of himself and his Soldiers."

McDougall also makes it his personal goal to master things he doesn't enjoy, Harper said, including board exams.

"If he [doesn't] know it, he'll learn it, then he'll be the best at it. He takes whatever you can throw at him and makes the best of the situation. There's



Photo courtesy of Fort Belvoir

Staff Sgt. Christopher McDougall, a military police NCO from U.S. Army Garrison Stuttgart, momentarily gets the best of Sgt. Nathan Regedanz of the Intelligence and Security Command during the National Capital Region Best Warrior competition. McDougall not only became the IMCOM NCO of the Year, but went on to win the Army NCO of the Year title at the Department of the Army 2010 Best Warrior Competition, held Oct. 17-22 in Fort Lee, Va.

nothing he can't do."

However, McDougall himself said that he couldn't accomplish all that he has in the last year without the support of his wife, friends and fellow Soldiers at work, who often took over his daily duties while he was training.

"I want to thank them," he said. He added that while he was honored to be named the 2010 Army NCO of the Year, it was a group effort.

"One person's standing there, [but] it's a teamwork event," he said.

And, he added, while there is only one trophy, it's only because "you can't talk them into making several, I guess."

Visit McDougall's official NCO of the Year Facebook page at www.facebook.com/pages/US-Army-NCO-of-the-Year-SSG-Christopher-McDougall/173692779314321.

USAG Stuttgart honors veterans Nov. 11



Photos by Joseph Nancy



[Above] Air Force Brig. Gen. Barbara Faulkenberry delivers remarks during the ceremony Nov. 11. [Right] Stuttgart VFW Post members Jacob Urban (right) and Jerry Reed render salutes after laying a wreath.



[Left] Members of the Patch High School Junior ROTC present the colors during the USAG Stuttgart Veterans Day ceremony held Nov. 11 on the Washington Square Parade Field on Patch Barracks. Students are (from left) Alec Hubbard, junior; Jarett Vogler, senior; Color Guard Captain Taylor McCall, senior; Lincoln Vogler, senior, and Chaz Gillespie, junior.

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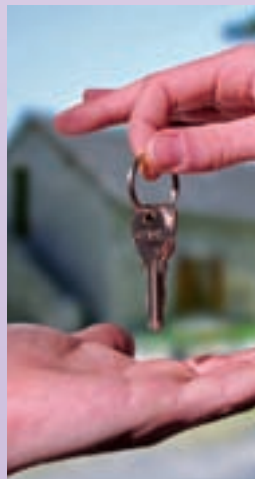
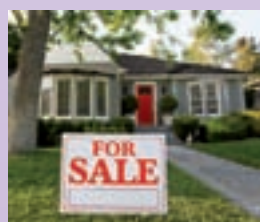
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Stay informed on road conditions, weather delays, closures

By Brittany Carlson

USAG Stuttgart Public Affairs Office

When winter weather strikes on an early weekday morning, U.S. Army Garrison Stuttgart community members don't need to be in the dark on cancellations and delays.

By 6 a.m. — and throughout the day in case of early releases — several venues are in place with information on garrison cancellations and delays. These include:

• The garrison website, www.stuttgart.army.mil, under the 'Weather and Road Conditions' link. The site also has links to a five-day forecast and a chart explaining the road condition colors.

• The American Forces Network on the radio (102.3 FM and 1143 AM) and the AFN Atlantic television station (off-post channel 15).

“The key is, log onto the website, www.afneurope.net; we have links that go to all garrison road conditions,” said Staff Sgt. Chad “The Hitman” Highland, AFN morning show host. “Garrisons update the website before they even call us.”

• The Weather and Road Condition Hotline at 431-3744/civ. 07031-15-3744.

The decision to cancel or close operations is made by the garrison commander, after he is informed of the current road conditions by the director of emer-

gency services, based on input from military police patrols.

“Anytime the weather is going to affect the ability to safely operate vehicles, the garrison will take a hard look at the need to reduce operations or close facilities,” said Benjamin Loney, plans and operations chief for the USAG Stuttgart Directorate of Plans, Training, Mobilization and Security.

However, the announcements regarding Soldier and employee reporting instructions, based on the garrison commander's decision, apply only to garrison employees, service members and support activities.

Those working for a tenant unit or agency, such as U.S. Africa Command, should become familiar with their unit/agency notification process.

A plan is also in place for families when school is cancelled but parents must work. “Child, Youth and School Services is going to open,” Loney said.

In case of extreme weather, when most garrison offices are closed, a Child Development Center will open for emergency personnel to be able to drop off their children, he added. “There's no reason to be concerned for their safety.”

In fact, Loney said, the most prevalent safety hazard occurs when drivers do not leave themselves extra time to drive in winter weather.

“Everyone should give themselves sufficient time to safely travel, regardless of the road conditions,” he

continued. “If your street was not cleared, call your boss to say you're going to be late. Don't drive fast to be somewhere on time — leave earlier.”

Road conditions What those colors mean *	
Black	Flooding or heavily drifting snow, extreme ice, visibility under 15 meters. Emergency vehicles only.
Red	Drifting snow, sheet ice and low visibility (between 15-20 meters).
Amber	Wet, slushy roads, patches of black ice, reduced visibility (less than 50 meters).
Green	Dry roads, no sheet ice or drifting snow, visibility in excess of 50 meters.

* Note: Conditions must exist on more than 50 percent of examined roads for color level to be declared.

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Home safety tips

- Do not cover electrical cords. This can cause the cords to overheat and possibly start a fire.
- Home maintenance: Check power tools for damage before use, and wear protective gear. Before climbing a ladder, check it for cracks and broken joints. Place it on a flat, stable surface and do not climb higher than the third rung from the top.
- Check household products for warning labels and store accordingly. Keep poisons and medications locked away from children.

USAG STUTTGART

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Thanksgiving meals

• On Wednesday, Nov. 24, a Thanksgiving meal will be served at the 1st Battalion, 10th Special Forces Group (Airborne), Dining Facility on Panzer Kaserne from 12-2:30 p.m. Service members in the 1/10th SFG (A) will be given priority from 12-1:30 p.m., followed by 554th Military Police Company, and then other military units and civilians.

• On Thursday, Nov. 25, a Thanksgiving meal will be served to the community at the Black Stallion Dining Facility on Patch Barracks (Building 2386) from 11:30 a.m. to 4 p.m.

• The meal cost is \$7, and \$5.95 for dependents of E-4 and below.

Note: The Patch DFAC will be closed Nov. 24 and 26 for meal preparation and post-meal clean-up.

Boy Scouts selling wreaths

Boy Scout Troop 44 will host a wreath sale Nov. 26-28 outside the Panzer PX. A 45-centimeter wreath with choice of bow will cost \$30.

Shop community flea market Nov. 20

A community flea market is set for Nov. 20 from 10 a.m. to 2 p.m. in the Patch Community Club.

For more information, call 430-2110/civ. 0711-680-2110.

Holiday closures

In observance of the Thanksgiving holiday, most garrison facilities will be closed on Nov. 25. It is advised to call ahead before visiting.

• The POV Inspection Point on Panzer Kaserne will be closed Nov. 25-26.

• The Community Banks on Kelley and Robinson Barracks will be closed on Nov. 25. The Community Banks on Patch Barracks and Panzer Kaserne will be open from 9



Brittany Carlson

A 'shot in the arm' for health

Virginia Cantu-Lacoy, a registered nurse with the Stuttgart Army Health Clinic, administers the flu vaccination to Spc. Brandy Morgan Nov. 3 at the Panzer mall. Approximately 150 people received their flu shots that day. Of 22,000 TRICARE enrollees in USAG Stuttgart, at least half have received a flu vaccination this year, according to Cantu-Lacoy.

a.m. to noon.

• The USO will be closed Nov. 25-28 and will reopen Nov. 29 at 10 a.m.

• Stuttgart Army Health Clinic will close Nov. 25-26. Contact the Military Police in case of an emergency at 0711-680-116.

For immediate health care needs, contact the Nurse Advice Line at 00800-4759-2330.

ACS closed Dec. 16

The Army Community Service main office will close for staff development Dec. 16 from 8 a.m. to noon.

For emergencies or appointments, call 431-3362/civ. 07031-15-3362.

NAF hosts Benefits Open Season

The NAF Benefits Open Season runs through Nov. 30. During Open Season, NAF

employees are able to make certain benefit program elections and changes in programs in which they currently participate.

For more information, visit www.nafbenefits.com, or to schedule an appointment, call the Stuttgart NAF Human Resources office at 431-3119/civ. 07031-15-3119.

Nominate children for Angel Tree

The annual U.S. Army Garrison Stuttgart Angel Tree program is now accepting nominations for names to go on Angel Tree ornaments, through Dec. 10.

Angel Trees will be located on Panzer Kaserne in the PX and Building 2915 at Army Community Service and Service Credit Union;

Patch Barracks at the Service Credit Union (Building 2325) and AAFES Theater; Kelley Barracks at the Broadway Cafe (Building 3320); and Robinson Barracks at the CX.

Community members can choose an ornament and make donations for that child.

For more information, call Danielle Denis at 431-3362/civ. 07031-15-3362.

Donate to CFC-O before Dec. 3

The Combined Federal Campaign-Overseas ends on Dec. 3. To contribute, see your unit representative.

For more information, call the USAG Stuttgart representative, Elia Harris, at 431-2406/civ. 07031-15-2406.

Hand receipt training to be offered

Due to the Thanksgiving holiday, there will be no Property Book Office Hand Receipt training in November.

The next training will be held Dec. 16 from 9:30-11 a.m. in the Directorate of Logistics conference room, Building 2953, Panzer Kaserne. Register by Dec. 10.

For more information, call DOL Director Karl Heinz-Mueller at 431-1340/civ. 07031-15-1340, or e-mail karlheinz.mueller@us.army.mil.

Red Cross classes

The Stuttgart American Red Cross will host two standard first aid with CPR/AED-adult and child plus infant CPR classes Nov. 20 and Dec. 11, from 8 a.m. to 5 p.m. in the ARC office, Building 2915, Panzer Kaserne. Both classes cost \$40.

A re-certification course (for those with a Basic ARC certification about to expire) is scheduled for Dec. 7 from 9 a.m. to 1 p.m. The course fee is \$12.

Register at ARC. For more information, call 431-2812/civ. 07031-15-2812, or e-mail redcross.stuttgart@eur.army.mil.

Give to USO Thanksgiving program

The USO Stuttgart's fourth annual Thanks for Thanksgiving Program is accepting monetary donations to help fund meal packages for families in need this holiday season.

For more information, stop by the USO office in Building 2915 on Panzer Kaserne, or call 431-3505/civ. 07031-15-3505.

Send community-wide announcements to stuttgart-media@eur.army.mil.

Christmas markets in

USAG Schinnen Public Affairs Office

Every city, town or village in Germany has at least one Christmas market (called Adventmarkt, Christkindlmarkt, Weihnachtsmarkt or Nikolausmarkt), and some even have four or five. Many of the markets start the weekend of Nov. 27 and close around Dec. 23. Here are some of the markets closest to Stuttgart, as well as several of Germany's most well-known, for those community members who may be traveling during the holiday season.

Local markets

Bad Cannstatt

Dec. 2-24: This city's first Christmas market in eight years will be open daily from 9 a.m. to 6 p.m., and Dec. 24 from 9 a.m. to 2 p.m. at the Marktstrasse. On Dec. 4, a Nikolausmarkt will be open for one day only, from 9 a.m. to 6 p.m. on Marktstrasse.

Esslingen

Nov. 23 through Dec. 22: Esslingen hosts medieval and traditional Christmas markets at several locations in the center of town. The U.S. Air Force Europe Five Star Brass Quintet is scheduled to play at the Marktplatz on Dec. 16 at 6:30 p.m. Open daily from 11 a.m. to 8:30 p.m.

Hohenzollern

Nov. 26-28: This royal Christmas market at Burg Hohenzollern is held in the castle's large Count's Hall, Ancestral Hall, garden area and courtyard. Open Nov. 26 from 2-9 p.m., Nov. 27 from 11 a.m. to 9 p.m., and Nov. 28 from 11 a.m. to 7 p.m.

Leonberg

Nov. 27-28: This picturesque city holds a Nikolausmarkt in the center of town. Open from 11 a.m. to 8 p.m.

Ludwigsburg

Nov. 23 through Dec. 22: This Baroque Christmas market is located in the center of town. The handicrafts on display at the more than 160 festively illuminated stands and the Baroque decorations

make this market simply unforgettable. The town's market square is also transformed into a winter paradise in the weeks before Christmas. The USAFE Five Star Brass Quintet is scheduled to play Dec. 17 at 5:30 p.m. at the Marktplatz. The market is open daily from 11 a.m. to 9 p.m.

Möhringen

Nov. 27: The Möhringer Weihnachtsmarkt, located on Mairerstrasse, next to Möhringen's Martin's Church (near Kelley Barracks), will be open for one day only from 11 a.m. to 6 p.m.

Stuttgart

Nov. 24 through Dec. 23: The Stuttgart Christmas market, one of the largest in Germany, is mainly known for its beautifully decorated booths. The market is located at Schillerplatz and the Marktplatz. An outdoor ice skating rink can be found at the Schlossplatz. Open Monday through Saturday from 10 a.m. to 9 p.m., and Sunday from 11 a.m. to 9 p.m.

Tübingen

Dec. 10-12: The majority of stands at the Christmas market in the beautiful old city center of Tübingen sell handmade articles and goodies. Open Dec. 10-11 from 10 a.m. to 9 p.m. and Dec. 12 from 11 a.m. to 7 p.m.

For more Christmas markets, see the holiday market guide on USAG Schinnen's Facebook page; or check out the Out & About in Baden-Württemberg, at www.stuttgart.army.mil.

If you're traveling

Augsburg

Nov. 22 through Dec. 24: Augsburg's Christmas market has nearly 150 stands, all located around a huge Christmas tree in the center of town. Open Sunday through Thursday from 10 a.m. to 8 p.m.; Friday and Saturday from 10 a.m. to 9 p.m. and Dec. 24 from 10 a.m. to 2 p.m.

Baden-Baden

Nov. 23 through Dec. 26: A trip to this traditional Christmas market is like strolling through a scene from a winter fairy tale. Open daily from 11 a.m. to 9 p.m.; Nov. 23 from 5-9 p.m. and Dec. 24 from 10 a.m. to 3 p.m.

Bonn

Nov. 19 through Dec. 23: This Christmas market presents itself in impressively illuminated storefronts and the festive scenery of the Münsterplatz, the Bottlerplatz, the Friedensplatz. Open from 11 a.m. to 9 p.m. Closed on Nov. 21.

Dresden

Nov. 25 through Dec. 24: Germany's oldest Christmas market is held in the center of town. Open Sunday through Thursday from 10 a.m. to 8 p.m.; Friday and Saturday from 10 a.m. to 9 p.m., and Dec. 24 from 10 a.m. to 2 p.m.

Frankfurt am Main

Nov. 24 through Dec. 22: Frankfurt's Christmas market is located at the picturesque Römerberg, Paulsplatz and Mainkai. Open Monday through Saturday from 10 a.m. to 9 p.m., and Sunday from 11 a.m. to 9 p.m.

Freiburg

Nov. 26 through Dec. 22: This Christmas market at the medieval Obermarkt is open Monday through Thursday from 10 a.m. to 8 p.m.; Friday and Sunday from 10 a.m. to 9 p.m.

Garmisch-Partenkirchen

Dec. 3 through 27: This Christmas market at Richard-Strauss-Platz is open daily from 11 a.m. to 8 p.m. On Dec. 4, a winter fairy tale market on Ludwigstrasse features booths and winter entertainment from 10 a.m. to 8 p.m.

Heidelberg

Nov. 24 through Dec. 22: Christmas markets are held at several locations (including Karlsplatz, Kornmarkt, Marktplatz, Universitätsplatz, Anatomiegarten and Bismarckplatz) in Heidelberg. Open daily from 11 a.m. to 9 p.m.

Kaiserslautern

Nov. 22 through Dec. 23: This Christmas market, in the center of Kaiserslautern around the Stiftskirche, is open Monday through Wednesday from 10 a.m. to 9 p.m.; Thursday through Saturday from 10 a.m. to 10 p.m., and Sunday from 1-9 p.m.

Karlsruhe

Nov. 25 through Dec. 22: This medieval Christmas market, featuring actors and acrobats, is held in front of the Karlsburg in Karlsruhe-Durlach. Open Sunday through Wednesday from 11 a.m. to 9 p.m., and Thursday through Saturday from 11 a.m. to 10 p.m.

Nov. 25 through Dec. 23: A traditional Christmas market is held at Market Square, in the center of town. Open Sunday through Wednesday from 11 a.m. to 9 p.m., and Thursday through Saturday from 11 a.m. to 10 p.m.

München

The capital of Bavaria has many Christmas markets. Here is just a sampling of them.

Nov. 25 through Dec. 23: A medieval winter and Christmas fair is held at Wittelsbacher Platz and is open daily from 11 a.m. to 8 p.m.

Nov. 25 through Dec. 24: This

Light up winter nights

Lighting

A picturesque Christmas market at Weissenburger Platz is open daily from 11 a.m. to 8 p.m., and Dec. 24 from 10 a.m. to 2 p.m.

Nov. 26 through Dec. 24: An enchanted Christmas forest and market at Rosenkavalierplatz is open daily from 11 a.m. to 8 p.m., and Dec. 24 from 10 a.m. to 2 p.m.

Nürnberg

Nov. 26 through Dec. 24: One of Germany's most well-known and famous Christmas markets is located around the Frauenkirche in the center of Nürnberg. Open Monday through Thursday from 9:30 a.m. to 8 p.m.; Friday and Saturday from 9:30 a.m. to 10 p.m.; Sunday from 10:30 a.m. to 8 p.m., and Dec. 24 from 9:30 a.m. to 2 p.m.

Pforzheim

Nov. 25 through Dec. 23: The Christmas market at the center of the Oberer Marktplatz is open Monday through Saturday from 10:30 a.m. to 8 p.m. and Sunday from 11 a.m. to 8 p.m.

Rothenburg ob der Tauber

Nov. 26 through Dec. 23: While visitors to Rothenburg ob der Tauber, also known as "the Christmas Village," can enjoy Christmas all year long, a visit to this medieval village during the holiday season is especially festive. Open Monday through Thursday from 11 a.m. to 7 p.m.; Friday from 11 a.m. to 8 p.m.; Saturday from 10:30 a.m. to 8 p.m., and Sunday from 10:30 a.m. to 7 p.m.

Ulm

Nov. 22 through Dec. 22: Ulm's Christmas market is located in the center of town. Open daily from 10 a.m. to 8:30 p.m.

Winterfest on Patch Barracks

This year's Winterfest activities, hosted by U.S. Army Garrison Stuttgart Directorate for Family and Morale, Welfare and Recreation, will take place Dec. 3 from 4-9 p.m. next to Husky Field, across from the Patch Shoppette.

Winterfest will include performances by several musical and dance groups from the garrison and the local community.

Free rides will be available, including a carousel, toboggan run and "Buckin' Rudolph."

Food and beverages will be available for purchase.

Santa Claus will arrive in traditional style on a fire truck around 6 p.m., and be available for photos at the Patch Multi-Crafts Center from 7-9 p.m.



U.S., allied special forces train for joint missions

U.S. Special Operations Command coordinated training at the Joint Multinational Readiness Center in Hohenfels throughout the month of October to allow both U.S. and allied special operations forces to work together. The training event included U.S. forces assigned to 1st and 3rd Special Forces Group (Airborne), the 170th Separate Infantry Brigade and allied forces from Lithuania, Czech Republic and Poland.



U.S. Special Forces Soldiers assigned to 3rd Special Forces Group located at Fort Bragg, N.C., give first aid to a Lithuanian pilot as part of a casualty evacuation exercise rehearsal held Oct. 14 at the Joint Multinational Readiness Center in Hohenfels.



Photos by Master Sgt. Donald Sparks

A U.S. Special Forces Soldier assigned to 3rd Special Forces Group, located at Fort Bragg, N.C., yells commands after extracting a Lithuanian pilot from a helicopter platform as part of a casualty evacuation exercise rehearsal held Oct. 14 at the Joint Multinational Readiness Center in Hohenfels.



U.S. and Polish special operations forces troops move across a field to their objective as a Lithuanian helicopter hovers above during a casualty evacuation exercise rehearsal held Oct. 14 in Hohenfels.



[Above] A Polish special operations forces soldier provides security for U.S. Special Forces Soldiers Oct. 14.

[Left] A Polish special operations forces soldier, front, provides security as U.S. Special Forces Soldiers evacuate a casualty as part of a downed aircraft exercise rehearsal.

EUCOM members assist U.S., NATO, Russia water ops talks

By Petty Officer 2nd Class Patrick Grieco
U.S. European Command
Public Affairs Office

Members of the NATO military community and international staff, along with service members from U.S. European Command, met with their Russian counterparts in Prague for a NATO-Russia Council Water Handling Workshop Oct 25-28.

"We're making history here," said Navy Capt. Gregory Zielinski, chief of EUCOM's engineering division. "This meeting was all about interoperability and building cooperation with

NATO and Russia. The purpose was to engage with our Russian partners and share knowledge in the area of water handling."

Co-chairing the meeting was Navy Rear Adm. Andy Brown, director of EUCOM's logistics division, or ECJ4. The Russians also sent a top leader: a major general from their army engineers.

"This shows they are committed and serious about this," said Army Lt. Col. James Sears, EUCOM logistician.

"The water piece is relatively new, and we're still in the planning and sharing phases," Sears added. "We ... discussed the various equipment and

procedures used in water collection and purifying operations. In the future, I see NATO and Russia ready to be called up to help provide clean water in response to a humanitarian or environmental crisis almost anywhere."

Sears said the countries will share NATO's Standardization Agreement, which sets up processes, terms and conditions for common military or technical procedures or equipment between NATO member countries.

"We and our NATO and Russia partners stand ready to seamlessly provide water assistance in a crisis," he said.

Zielinski said this partnership is set to expand into conducting other oper-

ations in the future and even a large scale water and fuel exercise in 2013.

"The ultimate goal of all of this will be demonstrated in the upcoming Capable Logistician 2013 exercise," said Zielinski. "The exercise is a combined, joint, multinational water and fuel handling effort with the U.S., NATO and Russia."

Zielinski compared coming into the Navy during the Cold War at a time when Russia had a more aggressive military approach to the U.S. and NATO, to the peaceful cooperation happening now.

"I feel personally and professionally gratified to be a part of this," he said.

November dedicated to warriors in transition, families

**Europe Regional Medical Command
Public Affairs Office**

November is Warrior Care Month. This year's Warrior Care Month theme is "Army Strong — Family Strong: Caring for Wounded, Ill and Injured Soldiers by Supporting their Families and Caregivers."

"The Army, U.S. Army Europe, the Army Medical Command and many others are grateful for the contributions of our warriors and their families, including local immediate family members as well as extended family members within and outside of Europe," said Lt. Col. Michael Richardson, Warrior Transition Battalion-Europe commander.

The mission of WTB-Europe is to provide command and control, primary care and case management for warriors in transition to establish the conditions for their transition and to promote their timely return to the force or to civilian life.

The job of Soldiers assigned to a warrior transition unit is to transition back to active duty or return with dignity and respect to civilian life with skills during their time in the WTU, which are designed to help in their successful transition.



Fred Baker

Wounded warriors, their families and caregivers are the focus of Warrior Care Month. Here, Spc. Brent "Hoss" Hendrix stretches with the help of Staff Sgt. Sara Sutton, a physical therapy technician at Walter Reed Army Medical Center.

Richardson said the support and assistance of families and caregivers is an essential element of the healing and recovery process for every wounded, ill and injured Soldier.

In addition to the Warrior Transition Battalion-Europe and its four transition units that care for Soldiers in Germany, Belgium, and Italy, families and caregivers are important sources of support for wounded, ill or injured Soldiers.

"Families are so important for the

successful transition of our warriors; they have to be included in every step of our program," Richardson said. "We actively seek ways to give them a voice in warrior care programs and processes."

To support the families and caregivers in their new role, many services traditionally focused on wounded, ill and injured Soldiers are expanding to support and involve families and caregivers as well, including social services, counseling, resiliency training

and transition planning.

"We clearly have an obligation to rehabilitate and support Soldiers," said Maj. Thomas Fulton, WTB-E executive officer.

"The Army also recognizes an obligation to support families and caregivers," he added.

The need for increased family resilience is addressed in the Army's Soldier Comprehensive Fitness Program, and training for spouses and families.

Caregiver legislation providing compensation, training and respite care was signed into law in May 2010 in the Caregivers and Veterans Omnibus Health Services Act.

Additionally, Soldier Family Assistance Centers operate at posts or garrisons throughout the U.S. and Europe as a one-stop source for warriors in transition and their families to find information and coordinate resources.

For more information on warrior care, visit Army Wounded Warrior Program, www.aw2.army.mil; Wounded Warrior Resource Center, www.woundedwarriorresourcecenter.com; IMCOM-Europe Soldier and Family Assistance Centers, www.imcom-europe.army.mil/sfac/information/SFACEurope.htm.

Third-hand smoke: health hazard another reason to kick tobacco

By Karla Simon

U.S. Army Public Health Command (Provisional)

Tobacco smoke has added a new potential danger to its list of hazards: third-hand smoke.

Most people know that first-hand smoke is inhaled directly by a smoker, and second-hand smoke is the smoke passively breathed in by people near someone smoking.

The term third-hand smoke, coined in a study published in the medical journal "Pediatrics," describes the interaction of tobacco smoke with indoor surfaces.

Researchers have determined that third-hand smoke is the residue left on surfaces from second-hand smoke. The pungent scent of smoke that lingers in enclosed spaces long after a cigarette has been extinguished gives away the presence of third-hand smoke.

Parents often smoke when their children are out of the house to try to reduce second-hand smoke exposure. They turn on fans to ventilate the room and let down a window in a car to dissipate cigarette smoke.

However, these actions do not eliminate the health hazards associated with tobacco smoke. A study published in the journal, "Tobacco Control," found that the sticky residue from nicotine and tar can persist in carpets, furnishings, drapes, dust and on skin and clothes for several months after smoking had ceased.

New research has shown that residual nicotine reacts with a common air pollutant, nitrous acid, which is a combustion product generated with the use of gas-powered appliances and vehicle engines. The nicotine and nitrous acid combine to form more carcinogenic compounds. These small particles can enter the body either through skin exposure, dust inhalation or ingestion.

According to the Mayo Clinic, it can take two to three minutes for a smoker to stop exhaling the toxins of smoke after their last puff.

Third-hand smoke can remain on or in the smoker long enough to settle in places considered smoke-free. Babies and toddlers are of particular concern, since they have far greater exposure to contaminated surfaces.

There are ways to minimize the impact of third-hand smoke in residences and automobiles:

- Detoxify your home and vehicle. Tobacco smoke will infiltrate every crevice. Open windows and doors and let in fresh air when the weather permits.
- Wash all clothing, bed linens, drapes and furnishings, including windows, doors, walls, ceilings, kitchen cabinets, wall hangings, light fixtures, blinds and shades.
- Steam-clean carpet, upholstered furniture and car seats with a cleaning agent, not a deodorizer that only masks the smell.
- Remove smoke-infused wallpaper.
- Replace all heating and air conditioning filters regularly.



Phil Tegtmeier

Health care covenant

Brig. Gen. Nadja Y. West, commanding general of the Europe Regional Medical Command and U.S. Army Europe Command Surgeon, and Command Sgt. Maj. Robert Luciano sign the Army Medicine Health Care Covenant Nov. 4 in Heidelberg. The health care covenant is a pledge to provide quality care to Soldiers, families and other beneficiaries in Europe.

Get lost in chocolate at Tübingen festival

By Carola Meusel

USAG Stuttgart Public Affairs Office

Most people have seen the film "Chocolat," and watched Juliette Binoche and Johnny Depp indulge in elegant chocolate creations.

For those who watched the movie and wished that they could taste what was on the screen, the International Chocolate Festival, or chocolArt, in Tübingen offers a chance to do just that.

The festival is the largest chocolate festival in Germany. It offers a variety of fine chocolates from all over the world and runs from Nov. 30 through Dec. 5 in Tübingen's historical downtown area. The market is open Tuesday to Friday from 10 a.m. to 8 p.m., Saturday from 10 a.m. to 11 p.m. and Sunday from 11 a.m. to 7 p.m.

This year's festival features chocolate specialties from 100 chocolatiers and includes delicacies from countries such as France, Columbia, Italy, Austria, Denmark, Ghana, the U.S, the Netherlands, Belgium, Switzerland and Germany.

"People always think about chocolate in a positive way, and there is so much you can do with chocolate," said Sofia Roussou, event coordinator of this year's chocolate festival. "Visitors



Alexander Gonschior

A chocolate vendor sells pralines, doughnuts and other chocolate-inspired treats during last year's International Chocolate Festival in Tübingen. This year's festival will run from Nov. 30 to Dec. 5 in the historic downtown area.

can sample and buy fine and international chocolate right at the festival in Tübingen."

"Normally, people would not be able to see, taste and buy all this chocolate in one location," she added.

The chocolate festival also features chocolate massages, hands-on classes on making pralines and truffles, chocolate art, chocolate menus in restaurants, chocolate tastings, chocolate exhibi-

tions, a seminar on chocolate and wine, and a class on painting with cocoa.

"Chocolate is something for children and adults, and it comes in so many flavors — sweet, bitter, creamy, heavy, spicy," said Roussou. "The possibilities ... are never-ending."

This year's highlight is the "chocolateRoom" at Tübingen's market square. Chocolatiers will create chocolate art in two transparent tents. While watch-

ing the "Maitre Chocolatiers" work on their pieces of chocolate art, visitors can breathe in the sweet smell of cocoa. All of the chocolates can be sampled on the spot.

Tübingen first held its chocolate festival was celebrated in 2006 to bring more visitors to the city, since its annual Christmas market historically only lasts for one weekend in December.

That year, Tübingen earned the title of an official "chocolate city."

Tübingen also has another historical connection to the world of chocolate. According to Tübingen's city archive, the famous Schwarzwälderkirchtorte (Black Forest cake) was invented in 1930 in Tübingen by the confectioner Erwin Hildenbrand.

Therefore, a treat was created especially for this year's chocolate festival: a chocolate praline with a creamy Black Forest cake filling.

While Johnny Depp and Juliette Binoche may not be at the Tübingen gala, chocolates like the ones they shared on the screen with will be there in full force.

For more information on the Chocolate Festival and program in English, visit www.chocolart.de/en/about/festival.

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, with the subject: "add me to your mailing list."

International Baptist Church of Stuttgart



Services:
 Sunday 9:30 AM & 11:30 AM • Wednesday 6:30 PM
 Untere Waldplätze 38 • 70569 Stuttgart (Vaihingen)
 Phone: +49 711 687 43 65
 Fax: +49 711 678 80 26
 E-Mail: email@ibcstuttgart.de
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 December 12, 2010
 5:00 pm
 St. Leonhardkirche
 (near the B14/Charlottenplatz)
 The Christmas story in scripture and song

Christmas Eve Service
 December 24, 2010
 2:00 pm and 8:00 pm
 St. Catherine's Kirche (Katharinenplatz 5)
 A evening of carols, candles and communion

For more info: www.stcatherines-stuttgart.de

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What's happening in FMWR

Multi-Crafts hosts Black Friday sale

The Patch Multi-Crafts Center on Patch Barracks will host a Black Friday Super Sale Nov. 26 from 11 a.m. to 6 p.m.

Customers will receive 20 percent off regular-priced merchandise, 35 percent off clearance items and 50 percent off Christmas merchandise. Pop a balloon for extra discounts.

Take survey, win prizes

Take the Child, Youth and School Services survey now through Dec. 1, and be eligible to win FMWR prizes, such as free greens fees at the Stuttgart Golf Course or an Outdoor Recreation gift certificate. The survey is available online at www.surveymonkey.com/s/89CWZQZ.

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

Instructors needed

Instructors are needed to teach piano, stringed instruments, woodwind instruments, martial arts, swimming, driver's education and other child/youth specialized programs for

the Child, Youth and School Services School of Knowledge, Inspiration, Exploration and Skills in U.S. Army Garrison Stuttgart. Instructors must be 18 years old or older.

For more information, call 430-5606/civ. 0711-680-5606, or e-mail StuttgartCYS@googlemail.com.

See 'A Christmas Carol'

Be sure to see this year's holiday production, 'A Christmas Carol,' presented by the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's Stuttgart Theatre Center. The show is directed by Richard Roberts.

Performances are scheduled for Dec. 3, 4, 10, 11, 17 and 18 at 7:30 p.m., and Dec. 4, 5, 11, 12, 18 and 19 at 3 p.m.

This adaptation of the classic by Charles Dickens takes the audience on the magical journey of miserly Ebenezer Scrooge through Christmases past, present and future. Flooded with songs of the season, 'A Christmas Carol' is a celebration of redemption.

For MWR updates, e-mail mwrmarketing@eur.army.mil.

photos.com



Coming to Patch Theater

Nov. 18 — Machete (R) 6 p.m.

Nov. 19 — Unstoppable (PG-13) 6 p.m., The American (R) 9 p.m.

Nov. 20 — Toy Story 3* (G) 4 p.m., Unstoppable (PG-13) 7 p.m., Resident Evil: Afterlife (R) 9 p.m.

Nov. 21 — Toy Story 3* (G) 2 p.m., Unstoppable (PG-13) 4 p.m., The American (R) 7 p.m.

Nov. 22 — Unstoppable (PG-13) 6 p.m.

Nov. 23 — The American (R) 6 p.m.

Nov. 24 — Resident Evil: Afterlife (R) 6 p.m.

Nov. 25 — Harry Potter and the Deathly Hallows: Part 1 (PG-13) 3 p.m.

Nov. 26 — Harry Potter and the Goblet of Fire (PG-13) 12 p.m. (free); Harry Potter and the Order of the Phoenix (PG-13) 3 p.m. (free); Harry Potter and the Half-Blood Prince (PG-13) 6 p.m. (reduced rate), Harry Potter and the Deathly Hallows: Part 1 (PG-13) 9 p.m.

Nov. 27 — Harry Potter and the Deathly Hallows: Part 1 (PG-13) 4



Warner Bros. Pictures

p.m., Devil (PG-13) 7 p.m., Harry Potter and the Deathly Hallows: Part 1 (PG-13) 9 p.m.

Nov. 28 — Alpha and Omega (PG) 2 p.m., Harry Potter and the Deathly Hallows: Part 1 (PG-13) 4 p.m., Harry Potter and the Deathly Hallows: Part 1 (PG-13) 7 p.m.

Nov. 29 — Harry Potter and the Deathly Hallows: Part 1 (PG-13) 6 p.m.

Nov. 30 — Alpha and Omega (PG) 6 p.m.

Dec. 1 — Devil (PG-13), 6 p.m.

Family & MWR Featured Events

www.stuttgartmwr.com



ENTERTAINMENT

HARLEM GLOBETROTTERS

Come early. Seating is limited!

December 5

Sunday 3-5 p.m. Patch Fitness Center

For more information call:

DSN 430 2100, CIV 0711 680 2100

A CHRISTMAS CAROL

Put yourself in the Holiday spirit!

December 3, 4, 10, 11, 17 & 18

7:30 p.m. Kelley Theatre

December 4, 5, 11, 12, 18 & 19

3 p.m. Kelley Theatre

For more information and to book your tickets call:

DSN 421 2528, CIV 0711 729 2528



FAMILY

FAMILY & MWR WINTERFEST

Come and enjoy rides, entertainment, food, beverages, photos with Santa, Crafters Workshop, tree lighting and more!

December 3

Friday 4-9 p.m. Parking Lot by Husky Field

For more information call Family & MWR:

DSN 421 3152, CIV 0711 729 3152

ZERMATT SKI WEEKEND

Ski and Snowboard weekend with Outdoor Recreation.

November 25 - 28 Zermatt, Switzerland

For more information call ODR:

DSN 431 2774, CIV 07031 15 2774



COMMUNITY

COMMUNITY FLEA MARKET

Buy great stuff at the Family and MWR Flea Market.

November 20 Saturday 10 a.m. - 2 p.m.

Patch Community Club

For more information call:

DSN 421 2100, CIV 0711 729 2100

AFAP CONFERENCE

Make a difference in your community by volunteering at the 2011 Army Family Action Plan Conference in February.

For more information call:

DSN 431 3362, CIV 07031 15 3362





Photos ©Stars and Stripes

[Left] Patch High School freshman Ajdin Tahirovic, 14, is focused as he captures the boys singles European champion title in Heidelberg. [Above] PHS sophomore Morgan Mahlock, 15, leads the pack to take the Division 1 girls' cross-country champion title, and the girls' team to a second place finish. Photos used with permission from the Stars and Stripes.

Panthers make history at Europeans

By Tanya Fogg Young
Special to The Citizen

Patch High's fall sports season this year had a few history-making highlights.

Patch's boys cross-country team ended Ramstein High's decade of dominance as DoDDS European Division 1 team champions by capturing the title in October in Heidelberg.

In tennis, freshman Ajdin Tahirovic's capture last month of the boys singles European champion title is the first time in at least 20 years for Patch High, according to Coach Walter Fritz.

Tahirovic, who described tennis as his life, said capturing the title as a freshman was an "amazing feeling." He said he has played the sport year-round for nine years and knew from the start that he would concentrate on tennis for the rest of his life.

"I feel very happy and proud about the history making," said Tahirovic, 14, who said he plans to go pro.

Cross-country

In Patch High's run to unseat defending team champion Ramstein in both boys and girls cross-country, the Panther boys emerged victorious and the Panther girls claimed second.

James Martin, boys cross-country

team captain, said he was "super stoked" to win the championship in his senior year at Patch, remarking the win made his last season "the best it could ever be." Girls cross-country team captain Alexis Harrison, echoing Martin, described the season as the "best culmination possible of all my years of running — the best group of girls and the best placement in the Europeans."

Cross-country teammates Chris Brown and Thomas Trevino said their team's win was a testament to lots of hard work, training and goal-setting.

"... We had no idea we would end Ramstein's 10-year reign," said Brown, whose finish as the sixth man was the tiebreaker that dethroned Ramstein. "... this win goes to show that even though they glance at the top five runners from each team, the sixth and seventh runners are also important."

While Patch High's girls cross-country team finished second to Ramstein, sophomore Morgan Mahlock gave Patch High its second consecutive Division 1 girls' champion title. Patch sophomore Katherine Castro, 2009 champion, finished third overall this year.

"To be honest, when I crossed the finish line, I was exhausted," said

Mahlock, 15. "It was a gradual incline the whole time. I was extremely happy when I realized I came in first."

Castro said this year she fell about eight seconds short of her winning time last year.

"Morgan was just the competition I needed," said Castro, 14. "Her winning was expected, but still a proud moment. She's a phenomenal runner."

Volleyball

Patch varsity volleyball coach Joshua McCall said the varsity team was seeded seventh out of eight teams this year and finished Europeans in the same position in tournament play earlier in November. Last year, the team finished last after being ranked first going into the tournament, McCall said.

"... We played great defense, but struggled to force teams into bad situations with strong offensive play," he said. "I hope that next year we will incorporate some core training to increase our power. I also hope to keep developing our younger players — we should have some talent coming up from [junior varsity]."

The varsity team finished the season 4-8 and the junior varsity team finished 11-1, according to McCall.

SPORTS SHORTS

Harlem Globetrotters perform at Patch

Armed Forces and Navy Entertainment team up to bring the world famous Harlem Globetrotters to the Patch Fitness Center on Dec. 5 from 3-4:30 p.m.

A brief autograph signing will occur after the game.

Doors will open at 2 p.m. Seating is limited, so come early. Better Opportunities for Single Soldiers will have food and snacks on sale, for those waiting for the show.

For more information, call 430-2110/civ. 0711-680-2110.

Put Lose to Win on your calendar

Lose to Win, U.S. Army Garrison Stuttgart's version of "The Biggest Loser," starts in January.

The Lose to Win Challenge is a 12-week program designed to enhance an individual's overall fitness level and awareness.

Awards will be given to the top three male, female and team participants, who, at the end of program, have the highest "Lose to Win" factor (the average of relative body fat percentage and percentage of weight lost.)

Registration and program briefings will be held Jan. 6-7 in the Patch Theater. The first weigh-in is scheduled for Jan. 10-11 and is mandatory.

For more information, call the Patch Fitness Center at 430-7136/civ. 0711-680-7136.

Winter intramural sports to start

- The U.S. Army Garrison Stuttgart ladies' community basketball team seeks players and coaches. Must be ID cardholder, over 18.

- The intramural basketball season starts Dec. 7. Sign up your team of 15 players by Dec. 1.

- Intramural mixed bowling league starts in January. Spaces are limited, so sign up early.

For more information, call Matt Gilliard, Family and Morale, Welfare and Recreation sports programmer, at 430-4512/0711-680-4512.

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Sindelfingen Begins Pre-Christmas Season

The Sindelfinger Christmas Bazaar, from 13 to 21 November, makes you look forward to Advent and Christmas. ❄️

The bazaar with this year's motto "International Christmas", with its bright program and culinary treats on different days, offers an insight into Christmas traditions from the USA, Italy, Egypt, Croatia, Africa, Latin America and Spain. ❄️

all ages can show their creativity and children can bake their own Christmas cookies in the bakery. The model railroad exhibition will surely amaze everyone, not only the male visitors. Railroad fans can get ideas from the outstanding model train exhibit or obtain supplies for their own model railroad layout. It is no question that the varied program will inspire several visits to the bazaar. A list of all bazaar events can be found at www.messe-sindelfingen.de or in the local German newspaper. Admission to the bazaar is free, and a free shuttle service is available at the Sindelfingen-Goldberg S-Bahn station on all days during the event.

The bazaar visitors can marvel not only at the original arts and crafts from the Erzgebirge, authentic Black Forest cuckoo clocks, toys, Christmas decorations and handicrafts, but also at jewelry, fashion, cosmetic products, health products, bicycles and household essentials. If you are looking for Christmas presents, you will find self-made treasures like jewelry, hand-made clothing, unique fabric bags, cell phone bags, doll clothes, fruit spreads, wooden decorations, pyramids, soaps and bath supplements, beautiful Tiffany glass art and much more. At the "Kreativ-Dörfle" (a crafts workshop) visitors of

For further information please contact:
 Wiltraud Hinz-Hohenstein,
 Public Relations,
 Phone: 07031 791-113
 Fax: 07031 791-101,
 E-mail: wiltraud.hinz@messe-sindelfingen.de

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Vaihingen 3-R Apt, 70sqm, 5 min to Patch, BIK, Bath, Balcony, avlb. 1. Dec. 10, 575€ + util, housing apprvd, contact Steve 0152/23169833. 3seriesforsale@google mail.com

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Herrenberg, Scand. house, 200sqm, firepl., open LR, 3BR, + apt. 2200 € + util, Immobilien Service Bärbel Bahr, Tel. 07031/4918-500, Mrs. Bilfinger 07031/49 18 570 (Engl.)

Huge house with 3 separate apartments Filderstadt-Plattenhardt, built in 1999, ca. 330 sqm living sp., 6 bedrooms, 3 bathrooms, 2 garages, rent € 4.000.- www.engelvoelkers.com/leinfelden 0711 - 99 33 99 0

Maichingen, Townhs, 136sqm, 1 1/2 bath, 4 BR, Parquet, no pets, 1200€ + util, Immobilien Service Bärbel Bahr, Tel. 07031/4918-500 Mrs. Bilfinger 07031/49 18 570 (Engl.)

Open House Nov. 21st, Herrenberg, House, 200sqm, built in 1937, 2010 ren, parquet, kitc, terr, 2000€ + util. Immobilien Service Bärbel Bahr/Tel. 07031/4918-500 - Mrs. Bilfinger 07031/49 18 570 (Engl.)

Renningen / Malsheim, House, 226sqm, fenced yard, 5 BR, 3 bath, fireplace, 1900€ + util Immobilien Service Bärbel Bahr Tel. 07031/4918-500 Mrs. Bilfinger 07031/49 18 570 (Engl.)

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WANTED
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