

# THE CITIZEN

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U.S. Army Garrison Stuttgart

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Serving the Greater Stuttgart Military Community

## Chili cook-off promotes education on domestic violence

By Larry Reilly

USAG Stuttgart Public Affairs Office

The month of October is National Domestic Violence Awareness Month, and a number of events and activities have been scheduled in the Stuttgart community to help educate residents on the severity of this nationwide issue.

One such event was the Domestic Violence Awareness Month Chili Cook-off, hosted by Army Community Service's Family Advocacy Program on the Patch Barracks Husky Field Oct. 3.

The cook-off offered community members an opportunity to sample some unique chili recipes from all areas of the United States and receive literature about domestic violence and

its effects on American families.

"We started the chili cook-off event a couple of years ago, and it really offers us an unique venue from which to share information on domestic violence and educate community members on the many programs that the Family Advocacy Program has," said Monica Sadler, victim advocate coordinator for USAG Stuttgart Army Community Service.

"This year's cook-off drew 13 participants, who cooked up 16 different chili recipes that could be sampled. Most importantly, the event attracted dozens of community members, who were able to leave with information on domestic violence," she added.

See *Violence Awareness* on page 4



Serena DeFilippis

Bradley Moore serves up some of his homemade chili, which won first place at the Domestic Violence Awareness Month Chili Cook-off Oct. 3. Moore spent 30 hours creating his chili concoction, which has been a family recipe for 25 years.

## Service members can affect their COLA pay with survey

By Staff Sgt. Patricia Deal

U.S. Army Europe Public Affairs Office

U.S. Army Europe Soldiers and their families in select communities will have the chance to directly affect part of their paychecks this year by taking part in the Living Pattern Survey.

Results from the online survey help determine the amounts of Overseas Cost of Living Allowance paid to service members stationed overseas, according to William Gordon, finance policy specialist from the USAREUR personnel directorate.

Overseas COLA is designed to allow service members outside the United States to maintain the purchasing power they would have if stationed in the U.S.

From Oct. 1-31, eligible Soldiers will be able to access the survey via the "Hot Topics" link on the USAREUR home page, [www.hqusareur.army.mil](http://www.hqusareur.army.mil).

"It is so important that all Soldiers and Family members who are eligible ... participate in the survey ... so we can have the most accurate data possible. The LPS is one of the 'building blocks' of COLA, and the key to an accurate determination of the rates is to have maximum participation and good data," Gordon said.

The LPS survey is normally done every three years, he added, but the last survey conducted was in 2005. "We're back on schedule now and need to be sure to get 100 percent participation."

According to the DTMO directive, Soldiers required to complete the LPS are all those who are not living in the barracks, on permanent duty orders to Germany and who have been in country for at least three months, assigned to one of the following communities: Ansbach, Bremerhaven, Garmisch, Geilenkirchen, Heidelberg, Hohenfels, the Kaiserslautern Military Community (Kaiserslautern, Landstuhl, Ramstein and Sembach), Kalkar, Spangdahlem, Stuttgart, Vilseck, Grafenwoehr, and Wiesbaden.

"Typically, the LPS is used to identify shopping patterns, such as how much the Soldier buys on the economy versus from the post exchange and commissary," Gordon explained.

Gordon encouraged service members within those communities to fill out the survey with their spouses or other family members who do the shopping in their households.

The survey covers most common purchases such as groceries, personal care items, appliances, recre-

ation, transportation and day care.

"It really is a chance to make an impact without a lot of effort," said Sgt. 1st Class Luis Lopez, non-commissioned officer in charge in the USAREUR command sergeant major's office. Lopez participated in the last survey, and said he is already gathering his information for the new survey.

The results of the survey are used to form the retail price survey, or Market Basket Survey, which takes place Nov. 1-30. Retail price schedules are conducted annually in overseas and stateside locations to collect approximately six to nine prices at on- and off-base sources for items on a list of 120 goods and services identified in the LPS.

"The DTMO uses results compiled from the Germany Market Basket Survey and the data collected from the stateside Market Basket Surveys to help compute COLA index rates," Gordon said. "Economic conditions in the States obviously have a direct impact on overseas COLA rates, but we don't anticipate any major increase or decrease in the overseas rate in the near future."

For more information, visit [www.defensetravel.dod.mil/perdiem](http://www.defensetravel.dod.mil/perdiem).

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### Sesame Street comes to Stuttgart

More than 1,650 Stuttgart community members listed to Elmo, Cookie Monster and their friends talk about deployment Oct. 2 when the Muppets paid a visit.



### Daylight Saving Time ends

Most of Europe will move their clocks backward by one hour when daylight saving time ends on Sunday, Oct. 25. In Germany, daylight saving time ends at 2 a.m. (set clocks to 1 a.m.)



INSIDE  
THIS  
EDITION

# Another flu shot? Why it's important

Commentary by Lt. Col. (Dr.) Brad S. Winterton  
1st Air Force Epidemiologist

Two hundred years ago, the average life expectancy was about 40 years. Today, it is nearly 80 years. That doubling of life expectancy can be attributed almost entirely to just two things: improved sanitation and immunizations.

Only the very oldest Americans have seen family members die of diphtheria, measles, mumps, smallpox, tetanus or whooping cough. I remember my father telling me that his greatest childhood fear was contracting polio and spending the rest of his life in an iron lung; however, we no longer see children or adults die or become crippled from polio in our country.

Thanks to vaccines, we are insulated from most of the illness and death that were part of everyday life for almost the entire history of mankind (and

**‘ I believe in immunization. I believe vaccines are a great blessing to those who live in our day, allowing us to avoid many of the things that routinely killed our ancestors and their children. ’**

still are, in many parts of the world).

Immunization is largely an individual choice. Those who do not wish to be immunized can refuse based on religious or philosophical objections. However, such individuals are still protected by the very vaccines they refuse by being surrounded with people who are immunized; it's called "population immunity."

This year, we face a new influenza virus circulating across the globe. We know it as H1N1, novel, or "swine" flu. It spreads easily from person to person but, gratefully, causes mostly nonlife-threatening illness, similar to seasonal flu. Still, seasonal flu sickens about 10 percent of the population and causes an estimated 36,000 deaths in the U.S. every year.

The H1N1 virus is expected to sicken more than 100 million Americans over the next two years, and could take the lives of 100,000.

In response to this new flu, government agencies and vaccine manufacturers have partnered to prepare a vaccine against it.

The H1N1 flu vaccine should begin to be available by mid-October; however, because there may not be enough for everyone, health officials have identified those groups who should receive first priority for the vaccine.

Officials from the Centers for Disease Control and Prevention strongly recommend the H1N1 vaccine for pregnant women, parents of infants less than six months old, children and young adults six months to 24 years, and adults under 65 with an underlying illness that places them at higher risk for flu complications.

I believe in immunization. I believe vaccines are a great blessing to those who live in our day, allowing us to avoid many of the things that routinely killed our ancestors and their children.

Vaccine-preventable illnesses have caused unimaginable suffering and death; now, most of them seem like ancient history.

I will be in line, with my family in tow, to receive our shots as they become available, including the H1N1 vaccine.

## CORRECTION

In the story "German-American center promotes cultural awareness through lecture series, art" in the Oct. 1 issue of *The Citizen* (Page 9), we wrote that the state of Baden-Württemberg began to up the bill for its facilities. The story should read "the state of Baden-Württemberg began to pick up the bill for its facilities."

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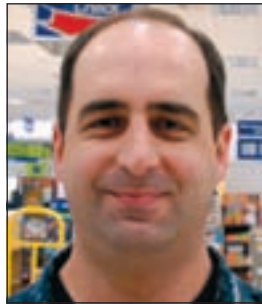
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## ON THE STREET

### What is your favorite fall activity?



**Petty Officer 1st Class  
Larry Beach** (U.S. Navy)

"Astronomy, looking at the stars."



**Sgt. Latasha Mahdi** (U.S. Army)

"Football season."



**Cpl. Kurtis Mezack** (U.S. Marine Corps)

"Halloween"



**Grace DeMayo** (Civilian)

"Thanksgiving and shopping."



**Sgt. Luis Ortiz** (U.S. Army)

"Playing soccer."



**Mary Clien** (Army spouse)

"Corn maze."



**Maj. Jon Eisberg** (U.S. Army)

"Hiking."



**Sgt. Nicole Lindsay** (U.S. Army)

"Picking out the pumpkin for Halloween."

## Soldiers across Europe meet at annual fest

Story and photos by Carola Meusel  
USAG Stuttgart Public Affairs Office

Soldiers, Sailors, Airmen and Marines from the Stuttgart military community celebrated the 35th Soldaten Wasen — the ‘Soldier’s Fest’ — along with their German and French counterparts Sept. 28 at the Stuttgarter Volksfest in Bad Cannstatt.

The Soldier’s Fest, also known as the NATO Beer Maneuver, has been a tradition since 1974. International Soldiers are invited to the fest each year to not only eat and drink, but make friends with service members from other countries and exchange pieces of their uniforms.

This year, 3,000 Soldiers from Baden-Württemberg, Rheinland-Pfalz, Bavaria and the German/French Brigade in Mülheim attended. The Stuttgart military community was represented with 175 service members, including Soldiers from Heidelberg, Mannheim, and Ansbach.

The event took place in a new location this year — the Fürstenberg beer tent.

“I’m honored to continue the tradition of camaraderie between the armed forces,” said Peter Brandl, fest tent owner.

Col. Richard M. Pastore, commander of the U.S. Army Garrison Stuttgart, personally thanked Brandl for helping to host the historic event.

“The Soldier’s Wasen is a celebration of camaraderie, friendship, and partnership. We are proud to be here,” Pastore said.

The Soldiers soon started enjoying themselves over chicken and beer.

“The interaction with the German Soldiers is very important, and we’re having a great time,” said Sgt. James Kaus



Cpl. Daniel Schmid (Sigmaringen), wearing his new American Army jacket, laughs with Sgt. Andreas Cramer von Clausbruch (EUCOM), in a German uniform.

from 1/10th Special Forces Group.

The camaraderie between the German, French, and American Soldiers was reflected in their numerous exchanges of name tags, patches, flags, and even entire uniforms during the event.

“It’s always good and very interesting to meet other Soldiers,” said Private 1<sup>st</sup> Class Constantin Krause, currently stationed with the Transport Battalion for the German Armed Forces in Aschaffenburg.

The Joe Schwarz Orchestra band from Stuttgart created a festive environment with classic German folk music, country and rock tunes.

“Coming together to celebrate the Soldier’s Wasen creates a special bond between the Soldiers and our allied forces,” said Col. Franz Arnold, commander of state command Baden-Württemberg. “It is very important to stand together and support each other.”



American Soldiers Capt. Timothy Mitchell (second from right), enjoys a beer with Master Sgt. Richard Gillespie, along with several German Soldiers at the Soldier’s Fest Sept. 28.

## DoD civilians to receive equal salary increases

By Fred W. Baker III

American Forces Press Service

Defense Department employees paid under the National Security Personnel System will receive the same base salary increases this year as their General Schedule counterparts, a Defense Department official said.

The move comes as senior Defense Department, Office of Personnel Management and White House officials work to determine the future of the troubled pay-for-performance system.

Most employees under the NSPS last year actually received about the same pay increases as they would have under the general schedule, said Brad Bunn, the Defense Department’s executive officer for NSPS. But a report this summer by the Defense Business Board said the employees found the system’s “pay pool” process complicated and confusing.

Employees questioned the assessment and evaluation process and didn’t

understand the pay pool process, Bunn said in an interview at the Pentagon.

Last year, a portion of the money allotted for base salary increases was placed into the overall pay pool, which was then divided among those in the pool, based on performance ratings. This year, no money allotted for base salary increases will go into the pool, Bunn said.

Employees under the NSPS system who receive a satisfactory performance rating of 2 or higher will receive a salary increase equal to their GS counterparts. Those who receive an unsatisfactory rating of 1 will not receive a base salary increase.

Defense officials felt this was the most “prudent course of action,” given the problems reported with the NSPS, Bunn said.

Because most employees in the NSPS received about the same raise as they would have otherwise, this move will not significantly reduce the amount of funds used to reward performance, Bunn said.

“Most employees were getting [an

equal pay increase], so paying it out as an across-the-board increase would not have a huge impact on our ability to still recognize and reward those high performers,” he said.

Those funds come from pots that were used for step increases, promotions between grades, and cash bonuses under the general schedule. No changes are planned this year in how performance-based awards are paid.

Future changes to the NSPS need to tie an employee’s performance rating more clearly to any subsequent salary increase, Bunn said.

“It’s about making the system better — making it more credible for the employees,” he said.

About 205,000 of the 865,000 Defense Department civilians are in NSPS. The department stopped the conversion of GS employees to NSPS in March.

The amount of the base salary increase will not be known until the president signs an executive order implementing the 2010 pay adjustment.

## News & Notes

### Beware education counseling scams

Some civilian companies are using the Veterans Affairs logo and military images on their Web sites to induce Soldiers to pay up-front for education counseling or advocacy.

These organizations claim participating colleges and universities are fully accredited and recognized by the U.S. Department of Education and the Council for Higher Education Accreditation when they are not. Other companies boast reduced rates to attract service members.

For more information, visit [www.goarmyed.com](http://www.goarmyed.com).

### DoD expands assistance for homeowners

The Department of Defense has announced details for the temporary expansion of the Homeowners’ Assistance Program.

Using \$555 million in funds from the American Recovery and Reinvestment Act (ARRA), this program is designed to partially reimburse eligible military personnel, surviving spouses, and federal civilian employees whose service to the nation has required them to relocate and sell their primary residence at a loss.

Eligible personnel include active duty and former service members; civilian and non-appropriated fund employees, and surviving spouses of both fallen service members and civilian employees.

ARRA funding allows the DoD to temporarily expand HAP to partially reimburse losses from the sale of a primary residence in the following priority order:

1. Homeowners wounded, injured, or ill in the line of duty while deployed since Sept. 11, 2001, and relocating in furtherance of medical treatment;
2. Surviving spouse homeowners relocating within two years after the death of their spouse;
3. Homeowners affected by the 2005 BRAC (Base Realignment and Closure) round, without the need to prove that a base closure announcement caused a local housing market decline
4. Service member homeowners receiving orders dated on or after Feb. 1, 2006, through Dec. 31, 2009, for a permanent change of station move.

For more information, visit <http://hap.usace.army.mil>.

# Ask a JAG

*Editor's Note: Do you have a question you would like to see answered in a future edition of The Citizen? If so, contact "Ask a JAG" at aaron.lancaster2@eur.army.mil.*

**By Capt. Aaron L. Lancaster (U.S. Army)  
Stuttgart Legal Center**

**Q: I sometimes see service members physically disciplining their children in public areas on base and it makes me uncomfortable. Where is the line between acceptable parental discipline and abuse? If I see conduct that is abusive, what should I do?**

A: A child's discipline is first and foremost a parental responsibility. However, parents do not have an unlimited amount of discretion in disciplining an unruly child.

Under the Uniform Code of Military Justice, parents are allowed to physically discipline their children, as long as certain conditions are met. These conditions are identified in U.S. v. Brown, a U.S. Army Court of Military Review case, which allows physical contact for disciplinary purposes when: (1) the action is taken for a parental purpose; (2) the action is to safeguard or promote the welfare of the child; and (3) a reasonable degree of force is utilized.

Since issuing *Brown*, the Court has clarified the scope of these three prongs. To determine whether a parent's conduct constitutes a UCMJ violation, the Court examines the age of the child, with what the parent struck the child, and whether the parent used an amount of force known to create a substantial risk to the child.

For example, the Court has found that excessively squeezing the cheeks of a three-year-old, followed by striking the child in the face with a fist, is not a reasonable degree of force. The Court has also found that binding a twelve-year-old child's hands and feet and placing a plastic bag over the child's head was beyond the reasonable amount of force that a parent could use to discipline their child.

On the other side of the spectrum, military courts have consistently allowed parents to discipline their children by spanking them with either their open hand or a belt (so long as any hard belt buckle or clasp has been removed and the spanking causes no evidence of serious injuries). In the middle of these instances is a large grey area in which a parent's conduct may or may not be permissible under the UCMJ.

Community members are not encouraged to spy on one another; however, they are encouraged to report any actions that they suspect go beyond allowable physical disciplining into child abuse to Stuttgart Social Work Services at 431-2676/2677 or to the military police.

All installation law enforcement personnel, including social workers, school personnel, Family Advocacy Program and Child Youth and School Services personnel, psychologists, and medical personnel are required to report any potentially abusive conduct they witness.

*This column is not intended as individual or specific legal advice. If you have specific issues or concerns, you should consult a judge advocate at 421-4152/ civ. 0711-729-4152.*

# After 40 years of service, Patch choir director isn't ready to slow down

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

For Thomas Carter, producing good music is a matter of personal pride.

Perhaps that's why, after 40 years of directing the U.S. Army Garrison Stuttgart Protestant Choir at Patch Chapel, he's still there.

"I never really had a reason that I felt I should quit," he said.

Even after a triple bypass surgery in May, the 75-year-old is back in the chapel on Patch Barracks every Thursday night, coaching singers to perform Bach and Mendelssohn.

"He's just a wonderfully broad and deep resource for our music congregation," said Rick Kuenning, Patch Chapel worship leader and choir member.

Carter was honored for his service to Patch Chapel Oct. 4 with a volunteer appreciation certificate, framed print of the chapel, garrison commander's coin and chaplain's coin.

Besides the Patch choir, Carter directs several community choirs — including the Stuttgart German-American Community Chorus — almost every night of the week.

"I'm supposed to be retired," he said, laughing. "But, not really."

Carter takes his directing job seriously.

"He's demanding, but understand," said Kuenning, who can't read music, but was encouraged to join the chapel chorus by Carter. "He encourages amateurs to really develop their worshipful music talents. He brings out the best in me."

The director's main goal is to to cause a worshipful atmosphere during the Sunday service: "to touch people so that they are part of it," Carter said.

His love for conducting and church music came from a growing up in southern churches and singing his way through college in Texas.



*Tom Carter rehearses with the Patch Chapel Choir during one of their weekly practices.*

"Since I was five, I've been singing," he said. "There was always music in the house."

As an adult, Carter participated in opera companies in New Orleans and Houston, even winning his local Metropolitan opera competition. He came to France in 1965 on a music scholarship, then moved to Germany to practice singing.

His multi-cultural background enriches the choir's musical experience, Kuenning said. "He was born and raised in the American south with all that southern religion. His music career took him to high levels in Europe. We get Fanny Crosby and we get Johannes Sebastian Bach from him."

He started directing the former Kelley Barracks choir in 1978, then moved to the Patch chorus the next year, where he still works today.

The director isn't about to stop now, either, Kuenning said. "I think he intends to keep working for many years."

What keeps him going? Real passion for his work, Carter said — something he believes can work for anyone. "Be real. Believe in what you're doing."

# Violence Awareness . . . . .

*Continued from page 1*

Domestic violence is most often associated with physical abuse among adults, but, according Sadler, it can also refer to emotional suffering, and can affect any family member, to include the hidden victims: the children. For all of the above, there is help.

"We can assist individuals involved in family violence through educational prevention classes, annual training and trauma support groups 24 hours a day, seven days a week," Sadler said.

"When victims can't speak for themselves, or are not aware of their rights, an advocate can be called upon to assist by being their voice and helping them to learn about their rights," she added.

The seriousness of domestic violence was not lost on the community members who attended the chili cook-off; however, the sampling of the chili goods seemed to be on the tip of everyone's tongue.

"I think the chili cook-off is a good idea to help bring awareness to domestic violence, and I was very impressed with the different types of chili presented," said Sandra Vitt, who, along with her son, Conor, sampled nearly all of the 16 entrees. Chili categories included vegetarian, white, meatless and spicy.

Later this month, an informational display on



*Sandra Vitt (center) reacts to the hot chili she is tasting, while Catherine Dickerson (left) and Vitt's son, Conor, look on during the Chili Cook-off.*

domestic violence will be set up at the Great Pumpkin Run on Oct. 24 at Patch Barracks. Also, the annual Silent Victim display will be set up in different areas of the community.

# The long, dark tunnel: *service members and deployment*

**Editor's Note:** This is the final installment in a three-part series addressing the emotional affects deployment has on families in the military.

**Story and photo by Brittany Carlson**  
USAG Stuttgart Public Affairs Office

If deployment is a tunnel, deployed service members are the train. Like a car on a track, they focus on their mission at hand to get through the days away from home. However, when the tunnel is behind them, service members often struggle to slow the train down without derailling.

For a majority of service members, the hardship of deployment occurs mainly when they return home, instead of during the deployment, according to Dr. Eric N. Leong, chief of behavioral health for the Stuttgart Army Health Clinic.

During the "reintegration phase" of deployment, service members are forced to "do a 180" by living in the civilian world again and re-joining family life. At this point, they see differences in their home, family and even in themselves.

How service members deal with these changes can make the difference between a healthy transition and a train wreck.

## Back from the battlefield

Today's technology allows service members to take a flight directly home from the war zone, compared to years past, when they might have had months on a ship before they saw their families.

This can prevent them from taking time to unwind, said Chaplain (Maj.) David Santiago Cruz, family life chaplain for U.S. Army Garrison Stuttgart.

"You're on the battlefield in Afghanistan," he said. "Twenty-four hours later, you're in downtown Stuttgart."

They may find it hard to be in a crowd without

recommend to any Soldier coming back would be acceptance [of this]: it's a possibility you can be affected when you come back," Herrera said. "Nobody is exempt from it ... no matter who you are and how many times you've deployed.

"Don't be afraid to see somebody, a doctor or a chaplain, if you are not adjusting well."

## Part of the family again

In addition to the shock of an entirely different environment, the people and routines that a service member left behind will likely be different.

"One of the biggest problems is that we [service members] think that everything stops on the other side while we are gone. You need to understand that [the spouses] are not going to be the same people; they had a life while you were gone," Santiago said. "I felt more like a visitor when I came home."

A USAG Stuttgart Special Forces Soldier, who wished to remain anonymous and will be referred to as Scott in this article, said one of the biggest changes he had to get used to was the growth of his daughter.

"I was five months in Iraq," Scott said. "I left a baby. When I came back, I remember walking into her bedroom the night I came home. She was this little person. It was amazing to see her transformation."

With all of the growing and changing that takes place during deployments, family activities can provide the catalyst for bonding together.

When Herrera returned from Iraq, he scheduled special days to spend individually with each one of his children and his wife. "We try to do things on weekends together as a family," he added.

He also kept himself busy, so he wouldn't be overwhelmed with changes. He started coaching his kids in sports. "Just being around the kids got me through a lot of little issues," he said.

For service members who had a healthy relationship with their spouse before they deployed, bonding again can be as easy as spending time together.

However, the process can be difficult if there were unresolved issues in the marriage before the deployment, Santiago said.

"Sometimes they come back and find the homecoming is not as expected," he added. "There are issues in the relationship."

The key to keeping a marriage strong through a deployment is to always work on it, Santiago added. "If you put some work in and you have a strong relationship before you deploy, I'm almost positive that you can come back and have a relationship."

## The new routine

During deployments, military spouses and children develop new routines and ways to manage the household.

When service members return, they have two choices in this situation, Herrera said. "You can be a lazy fish and lay on the couch or you can get involved."

However, joining in is not the same as taking over. While it may be tempting to try and change everything back to the way it was before the deployment, Santiago said, the new methods may be better.

"If something is working, don't change it," Santiago said. He used to do the finances, but his wife took over when he deployed. "She was doing it better than me."

In the end, he added, the focus should be on the present, not how things ran during the deployment.

"The key for success is, instead of paying attention to what [the spouse] did wrong or what you can change, focus more on showing appreciation — that you are really glad to be back and that you appreciate the opportunity to be together again," he said.



**Master Sgt. Martel Herrera, Operations NCOIC for the 554th MP Co., gathers his wife, Tracy, and children Winnie, 4, Reilly, 10, and Sydney, 7 together for a photo. He recently returned from a 15-month deployment.**

## Processing the war zone

Depending on the job of the service member down range, they may return from a deployment with issues related to some of the images they saw.

Sometimes service members will not talk about their experiences in war with their families, said Leong, the USAG Stuttgart behavioral health chief. "They have a hard time sharing with their kids and spouse. The horror of war doesn't make sense."

Some service members develop symptoms, including the inability to sleep, irritability, flashbacks and nightmares.

In fact, 75 percent of Soldiers returning from a deployment have sleep-related issues, Leong added.

"A lot of times they come back having to deal with remembering things," said Tracy Herrera, USAG Stuttgart substance abuse counselor (and Martel Herrera's wife). Sometimes, "they try to deal with symptoms themselves by turning to alcohol, which never works."

Instead of using alcohol, Herrera suggests talking to a battle buddy and seeking professional help.

"People need to understand that these guys are seeing things that a normal person on the street will never have to see," she said. "Of course they're going to react. It doesn't mean that they're damaged. It just means that they need help in being able to process those things."

## A few facts on PTSD

Many families worry that their spouse or parent will return from a deployment with post-traumatic stress disorder.

However, a relatively low percentage actually do, said Leong, the behavioral health doctor. In fact, the likelihood of having PTSD is only 30 percent for service members involved in intense daily combat.

When a service member does have PTSD, or some of its symptoms, it is important for families to support them by being patient and involve them, Leong said. "Sometimes seeing movies together or doing sports together can be a very healing kind of thing."

Leong also stressed the importance of seeking professional help from a mental health counselor, even though it is often viewed as something for the weak.

"It's strong to get help," he said.

*It's a possibility you can be affected when you come back. Nobody is exempt from it ... no matter who you are and how many times you've deployed.*

**Master Sgt. Martel Herrera**  
*Operations NCOIC, 554th MP Co.*

looking for threats, added Santiago.

For Master Sgt. Martel Herrera, operations noncommissioned officer in charge for the 554th Military Police Company in Stuttgart, this was especially true.

While he was deployed to Iraq for 15 months, Herrera had to be constantly looking for possible improvised explosive devices along the roads. "There's major anxiety when you're driving," he said. "When I came back, it was an adjustment."

Herrera said going into the Post Exchange was hard, at first. "I stayed extremely alert [to] the different noises coming from different directions," he said. "It kinda made me tired and wore me out."

Herrera also experienced trouble sleeping. "I woke up three or four time a night," he said, and it took him five to six months to get completely used to living at home again.

"One of the most important things that I would

# Sesame Street shows military children they're not alone

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

It's not every day that Elmo, Cookie Monster and their friends visit the Stuttgart military community.

So, when the Sesame Street characters came to Patch Barracks Oct. 2, both children (and their parents) were ready.

A total of 1,650 children and community members attended the two performances, which were part of the Sesame Street USO Experience for Military Families and Sesame Workshop's Talk, Listen, Connect initiative, an outreach program for military children experiencing the effects of deployment.

Before the first show, lines stretched around the Patch Fitness Center, and the gymnasium was full of spinning Elmo toys as children waited for the real one to appear.

When the furry, red monster did come out and begin performing his favorite songs, the children showed their appreciation by dancing and singing along.

Some of them had clearly been practicing at home.

Besides dancing and singing, Elmo talked about the times when his Daddy goes away. "There are a lot of things that can help you feel better," he told them, "like when Elmo's Mommy reads Elmo a story."

His friends joined in helping him feel better — Rosita sang about feelings in Spanish, and Cookie Monster made an instrument from a jar of cookies.

"I loved the part with the dancing and cookies," said Mira Benson, 6. "They were singing about when people go away. I moved away."

The half-hour performance's relevance to military children is what



*[Above] Trista Osgood, 3, and Michelle Cloud, 3, wait excitedly for the Sesame Street show to begin Oct. 2. [Right] Elmo takes time to hug some children.*



makes it such a valuable tool, said USO Stuttgart center manager, Ingrid Bruns. "I'm hoping they get a better sense that they're not alone in this military life they live in [with] deployments, separations and moving around."

The show was part of Sesame Street's first tour of Europe.

"I was blown away by how much these kids participated," said Laura Percy, a member of the Sesame Street outreach team. "They were incredible — this was probably the best crowd in Europe."

Watching the children relate to the characters also made Percy feel that the outreach is helping them cope.

"The best part of the show is seeing those kids getting so excited to see their idols and best friends," Percy added. "It really hits home that Elmo is going through the same things that they're going through."



*[Left] Rosita, the Spanish-speaking Sesame Street character, hugs a young girl during the morning show Oct. 2. [Above] Navid Haddadi, 4, waves his new Elmo toy in the air while the Sesame Street characters perform inside the Patch Fitness Center, part of the Sesame Workshop's Talk, Listen, Connect initiative.*



*Amidst a sea of USO bandanas, 1,100 children and adults watch the first performance of the Sesame Street USO Experience Oct. 2 in the Patch Fitness Center.*

**Trick or Treat hours announced**

This year's Trick or Treat hours on Halloween will take place Saturday, Oct. 31, from 5-8 p.m. on all on-post housing.

**Seasonal flu shots available**

Seasonal flu immunizations will be available for all active duty service members and their dependents, and Department of Defense civilian employees on every installation this month.

Immunizations will be available at the Kelley Fitness Center on Kelley Barracks Oct. 16, 23 and 29, at the Robinson Fitness Center on Robinson Barracks Oct. 15, at the Patch Fitness Center on Patch Barracks Oct. 27 and at the Panzer Fitness Center on Panzer Kaserne Oct. 21.

For more information, call 421-4389/civ. 0711-729-4389.

**German Red Cross celebrates 20 years**

The German Red Cross Furniture Hall in Böblingen will celebrate its 20th anniversary Oct. 14-24 with special events scheduled each day.

The shop, located at Hanns-Klemm Strasse 31 in Böblingen-Hulb, is open from 9 a.m. to 6:15 p.m. on weekdays, and from 9 a.m. to 4 p.m. on Saturday.

**'Moon Over Buffalo' comedy starts Oct. 16**

Be sure to see 'Moon Over Buffalo,' a theatrical comedy by Ken Ludwig, presented by the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's Stuttgart Theatre Center.

Performances will be held Oct. 16-17, 23-24, and 30-31 at 7:30 p.m., and Oct. 18, 25 and Nov. 1 at 3 p.m. in the Kelley Theatre. Tickets cost \$12 for adults and \$10 for students.

For more information, call 421-3258/civ. 0711-729-3258.

**Retiree pay representative to visit Oct. 23**

A retiree pay representative from Defense Finance and Accounting Service-Cleveland will visit Stuttgart Oct. 23 from 9 a.m. to 1 p.m. in Room 307, Building 2915 on Panzer Kaserne.

All retirees who would like an audit of their Retiree

**Stuttgart observes Fire Prevention Week**



*Brittany Carlson  
Steven Swiger, a secretary at Böblingen Elementary School, is "rescued" from a second-story window during a fire drill, part of the Fire Prevention Week activities Oct. 5-10.*

Account Statement, wish to update information or have any pay problems are welcome to attend.

**'HONK' auditions Oct. 19-21**

The Stuttgart Theatre Center will hold auditions for "Honk" Oct. 19-21 at 7 p.m. in the Kelley Theatre, Building 3320, Kelley Barracks. The cast calls for eight to 12 men, eight to 12 women and four to six youths who are 10-14 years old.

A free, pre-audition workshop on acting in a musical comedy will be held Oct. 18 at 6:30 p.m. Performances will be held in December and January. For more information, call 421-3258/civ. 0711-729-3258.

**RB Community Bank to close Oct. 20**

The Robinson Barracks Community Bank will be closed from Oct. 20 to Nov. 5 for renovations. It is scheduled to re-open Nov. 10.

**Red Cross offers CPR class**

The American Red Cross Stuttgart will offer a new course, 'CPR made easy' in

recognition of Military Family Appreciation Month. The free class is scheduled for Nov. 2 from 10-11 a.m. or 2-3 p.m. in the ARC office, room 314, Building 2915, Panzer Kaserne. Walk-ins are welcome, but an RSVP is preferred. For more information, call 431-2812/civ. 07031-15-2812.

**Community Banks open later Oct. 21**

The U.S. Army Garrison Stuttgart Community Banks will open later on Oct. 21, because of mandatory training.

The Patch Barracks Community Bank will open from 1-4 p.m., and the Panzer Kaserne and Kelley Barracks banks will open from 1:30-4 p.m.

**Disability Awareness Seminar Oct. 22**

A Disability Awareness Seminar will be held Oct. 22 from 9-11 a.m. in the Patch Theater. Topics to be discussed include special hiring authority, amendments to the American Disability Act and reasonable accommodations.

The seminar is sponsored by the U.S. Army Garrison

Stuttgart Equal Employment Opportunity Office, the USAG Stuttgart Civilian Personnel Advisory Center and the Stuttgart Law Center.

For more information, call 430-5256/0711-680-5256.

**TRICARE Online**

Register for TRICARE Online and book appointments online at <https://www.tricare-online.com>.

The TRICARE Online administrator is available at 371-2768/civ. 06221-17-2768.

**Halloween events scheduled**

The Directorate of Family and Morale, Welfare and Recreation will host several Halloween activities for children. These include a:

- Handmade Halloween Costume Contest at the Patch Multi-Crafts Center, Patch Barracks, from 1:30-3:30 p.m. Oct. 31.

- Halloween story time at the Patch Library at 11 a.m. on Oct. 29.

- Halloween costume party from 6 p.m. Oct. 31 to 2 a.m. Nov. 1 at the Swabian Special Event Center, including a buffet, DJ and prizes. The cost is \$8.

- The EDGE! afterschool program will host three one-day Halloween activities from 3:30-4:30 p.m. for children in grades 1-5. These include ceramic painting a cut-out pumpkin Oct. 15, Halloween mask making Oct. 22 and a pumpkin

carving class Oct. 29.

**Join Parenting Support Group**

The Parenting Support Group meets every other Wednesday from 12:30-13:30 p.m. at the Army Community Service office, Building 2915 on Panzer Kaserne. For more information, call 431-3353/3362/civ. 07031-15-3353/3362.

**Participate in RB Playgroup**

The Robinson Barracks Playgroup, an interactive play time for children ages two months to three years, meet every Thursday (except for U.S. holidays), from 10-11:30 a.m. in the RB Chapel Annex.

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

**UMUC Europe registration, funds available**

The University of Maryland University College Europe will soon begin registration for fall 2009 session 2. Registration for on-site courses is available from Oct. 12-25, with classes beginning on Oct. 26.

Registration for Europe online courses continues through Nov. 8.

UMUC Europe has increased funding for scholarships in amounts up to \$1,000. For more information, visit [www.ed.umuc.edu](http://www.ed.umuc.edu), or call 314-370-6762/civ. (0)6221-3780.

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# Jackal Stone 2009

1,500 Special Forces Soldiers - 10 countries - Two weeks - One exercise.

## SOCEUR co-hosts multinational training in Croatia

By Tech. Sgt. Drew Nystrom  
(U.S. Air Force)

Jackal Stone Coalition Press Information Center  
and Master Sgt. Donald Sparks  
SOCEUR Public Affairs Office

More than 100 service members assigned to the U.S. Special Operations Command Europe took part in Jackal Stone '09, a multinational special operations exercise held Sept. 10 - 27 throughout various locations in Croatia.

SOCEUR personnel provided key logistic, operational, medical, aviation, public affairs and staff support to the host nation and eight other countries participating in the exercise.

Jackal Stone, which is SOCEUR's capstone training event, brought approximately 1,500 members of special operations forces from 10 countries and members of the Croatian Ministry of Interior Special Police together to enhance capabilities and interoperability amongst the participating forces.

"This exercise rotates year to year with different host nations and we're excited that Croatia hosted this very important training event this year," said Command Master Chief Troy Ivie, SOCEUR senior enlisted leader. "It is vital that members of the special operations community know one another and work together to continue enduring friendships, increase interoperability and identify joint training opportunities with each other."

Jackal Stone '09 participants included Albania, Croatia, Hungary, Lithuania, Macedonia, Poland, Romania, Sweden,

Ukraine and the United States.

"Dedicated planning seamlessly brought together representatives from 10 nations and allowed them to effectively execute a myriad of tasks from the air, on land and at sea," said Maj. Gen. Frank Kisner, SOCEUR commander.

Brig. Gen. Drazen Scuri, deputy commander of the exercise and senior host-nation official, said the exercise was a great opportunity for showcasing Croatia.

"The exercise was the most important international exercise for Croatia during this year, the year when Croatia became a full member of NATO," Scuri said.

SOF units conducted fast rope insertion/exertion system training; a naval visit; board, search and seizure training; helicopter aerial refueling; water drop and freefall parachute training as part of improving tactics, techniques and procedures.

The highlight of the exercise took place on Sept. 15, when the Croatian Armed Forces hosted a Distinguished Visitor's Day in which multinational SOF teams displayed their unique skills before dignitaries from the participating countries.

According to Kisner, Jackal Stone '09 successfully improved the ability of the participants to conduct counter-insurgency operations through a demanding and realistic exercise scenario.

"The payoff is a strengthening of the collective security of every nation represented here," Kisner said.

[Right] Special operations Soldiers from Macedonia wear their ghili suits as part of the Jackal Stone 2009 Distinguished Visitors Day exercise, held in Udbina, Croatia.



Tech Sgt. Drew Nystrom

[Left] An U.S. Army MH-47 Chinook helicopter, assigned to the 160th Special Operations Aviation Regiment (Airborne), stirs up yellow smoke as it prepares to land in Kovachevo, Croatia.



Tech Sgt. Drew Nystrom

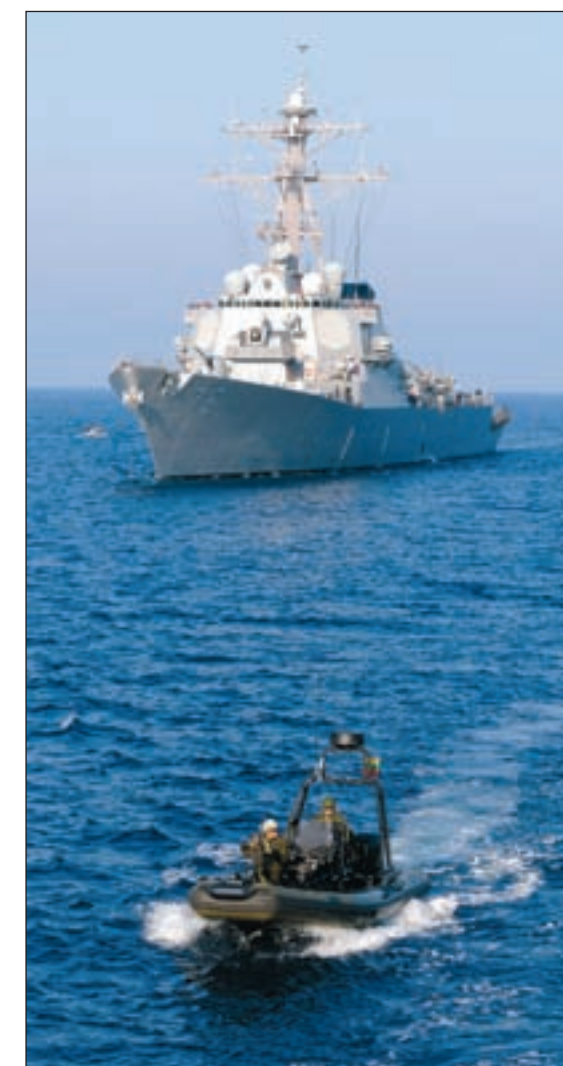
[Left] Ukrainian special operations Soldiers prepare to search a compartment aboard the Croatian search and rescue ship BS-73 Faust Vrancic. [Below] A crewmember assigned to the 67th Special Operation Squadron, based at RAF Mildenhall, England, watches as a U.S. Army MH-47 Chinook assigned to the 160th Special Operations Aviation Regiment is refueled by an MC-130P Combat Shadow airplane over the Adriatic Sea.



Master Sgt. Donald Sparks



Master Sgt. Donald Sparks



Tech Sgt. Drew Nystrom

A Lithuanian special operations rigid inflatable boat provides additional firepower to Soldiers boarding the Croatian search and rescue ship BS-73 Faust Vrancic in the Adriatic Sea as part of the Jackal Stone 2009 exercise. The USS Higgins, an Arleigh Burke class guided missile destroyer, stands by to lend further assistance, if needed.

[Right] A pararescueman from the 321st Special Tactics Squadron carries a victim to safety, away from the wreckage, as part of a mass casualty and personnel recovery exercise held Sept. 21 in Slunj, Croatia.

[Below] A Ukrainian assault team uses charges to gain entrance into a structure containing a terrorist as part of a demonstration in Udbina, Croatia Sept. 15.



Tech Sgt. Gillian Albro

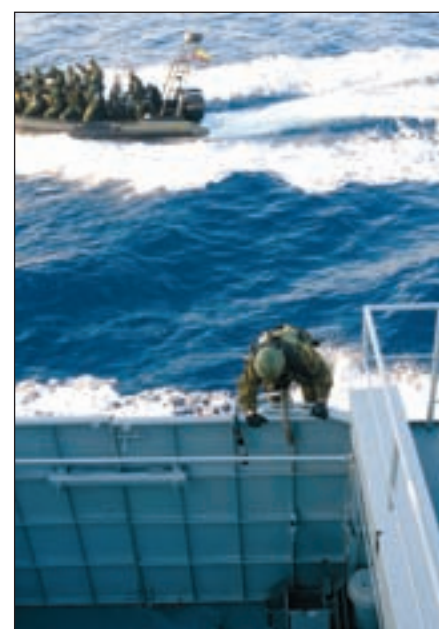


Master Sgt. Donald Sparks



Master Sgt. Donald Sparks

[Above] Victims of a mass casualty and personnel recovery exercise held Sept. 21 in Slunj, Croatia, receive medical attention from pararescuemen assigned to the 321st Special Tactics Squadron before boarding a Croatian helicopter.



Tech Sgt. Drew Nystrom



Tech Sgt. Drew Nystrom

[Above] Special operations Soldiers from Ukraine prepare to assault a target as part of the Distinguished Visitor's Day training scenario highlighting a multi-nation special operations exercise jointly held by the U.S. Special Operations Command Europe and Croatia. [Left] A Lithuanian special operations Soldier climbs aboard the Croatian search and rescue ship BS-73 Faust Vrancic yesterday in the Adriatic Sea as part of the Jackal Stone 2009 exercise.

# SOCEUR aids Croatian school in memory of fallen comrade

Story & photo by Master Sgt. Donald Sparks  
U.S. Special Operations Command Europe

Amidst a sea of Croatian boys and girls smiling and waving miniature U.S. flags, Maj. Gen. Frank Kisner, U.S. Special Operations Command Europe commander, was given a warm welcome during his second visit to the small village of Debeljak.

In a show of appreciation on behalf of the United States, Kisner gave a projector as an educational gift to the village's elementary school in honor of Croatian-born Master Sgt. Ivica Jerak, a U.S. Special Forces Soldier who died in 2005 during combat operations in Iraq.

Jerak was born in the village of Debeljak and his family still resides there. His last assignment was as an assistant team sergeant assigned to the U.S. Army Special Operations Command at Fort Bragg, N.C.

*Special Forces is a combat multiplier, but we also bring people together and it's part of our job ... to give back to the community.*

Lt. Col. Chris Buzatu  
SOCEUR Exercise Planner

"I want to thank you for letting us cause a little excitement in your school today," Kisner said, as he greeted the town's mayor, school principal and elementary students. "It's a privilege to come back and honor a man who is a hero both in Croatia and the United States."

SOCEUR, in partnership with the U.S. Embassy in Croatia and U.S. European Command, previously dedicated renovations to four classrooms, a playground and two basketball courts at the school, as part of a humanitarian assistance mission to honor Jerak in March.

After the initial project was completed, there was some funding left, and the U.S. Embassy in Croatia contacted the school to see what else they needed. The principal requested a projector so the students could watch educational films to enhance their learning.

"I was positively surprised when I was [told], on behalf of America's armed forces, that they wanted to honor our fallen Soldier in this way," said Branimir Pericic, principal of the Debeljak elementary school. "Every gift the Americans have given us has been welcomed, and the children are definitely appreciative, especially since we are a small town."

There was one Special Forces Soldier in attendance to whom the ceremony had a personal significance because he knew and served with Jerak.

"This was an important gesture to honor Ivica. He was born here and went to school here. It's a sign by the United States to show appreciation for his sacrifice and to cherish his memory," said Lt. Col. Chris



Students from an elementary school in the Croatian village of Debeljak wave at U.S. service members prior to a ceremony sponsored by the U.S. European Command and U.S. Special Operations Command Europe, during which they received a new school projector to improve their education.

Buzatu, a SOCEUR exercise planner.

"It gives me great satisfaction because this is what I signed up for," he added. "Special Forces is a combat multiplier, but we also bring people together and it's part of our job to interact with the local population and give back to the community."

## News Service videotapes holiday greetings for TV

When the Joint Home-town News Service team visited U.S. Army Garrison Stuttgart Sept. 29, service members and civilians, along with their families, came out to videotape a holiday greeting for their loved ones. More than 100 greetings were sent out to broadcasting stations around the world.



[Right] Take two! Sgt. Demetrius Kincaid and his family share a laugh as they record a message to send to the United States. [Below] Maj. Jason Vrones and his family wish their loved ones a happy holiday season.

Larry Reilly



Larry Reilly

## CFC-O campaign kicks off in USAG Stuttgart



Larry Reilly

Various Stuttgart senior leaders gathered Oct. 7 at the Swabian Special Events Center on Patch Barracks to officially kick off the 2009 Combined Federal Campaign-Overseas drive. Cutting the CFC-O cake are Col. Richard M. Pastore, USAG Stuttgart commander, James DeAngelis, AFRICOM chief of the integration division, Maj. Gen. Paul Schafer, EUCOM chief of staff, Constance Baker, European deputy director for CFC-O, Rear Adm. Tom Brown, SOCEUR deputy commander, Col. Walter Niblock, MARFOR-Europe chief of staff and Sgt. Maj. Joe Leshinsky, MARFOR-Europe/Africa sergeant major.

# New ARThaus a mixer for aspiring, veteran artists

By Brittany Carlson

USAG Stuttgart Public Affairs Office

The grand opening of the Stuttgart military community's ARThaus, 'Open Sesame,' marked a milestone for Stuttgart garrison and local artists.

For the first time in U.S. Army Garrison Stuttgart, novice artists and veterans of the trade can showcase their work — free of charge — in an on-post art gallery, located on the second floor of the Swabian Special Event Center on Patch Barracks.

"[It] brings artists and generally cool people together to share talents and share ideas and inspire one another," said Hannah Coughlin, ARThaus coordinator. "The juxtaposition of novice and professional — it's such a mutually beneficial thing."

The gallery, which is only open during exhibitions, was also beneficial for the community, giving them a free, local place to see German and American art.

Open Sesame also offered a complimentary bar and appetizer table. Disc



Ron Miyashiro

Leah Luck, a USAG Stuttgart community member, looks at a painting by Ron Miyashiro, a garrison employee, at the ARThaus' 'Open Sesame' event Oct. 2.

jockeys kept up a steady stream of jazz and modern music.

"It's really calming, the music and the art," said Antoinette Pekdemir, 15, a Patch High School student.

The gallery was the first time Levi Smith, 18, showcased his work, a blend of graffiti art and cultural symbology.

"I want it to kind of be that jumping

point [to] something more ... to be an inspiration," he said.

The event meant more to Smith than a chance to introduce his work, however. "Getting to meet local artists is even bigger than that," he said. "I meet the artists, ask questions, and identify with them a little."

Ekhart Bausch, a professional Ger-

man artist, said the feeling was mutual. "It was really great to encourage them to go on with their work," he said. "It [also] gives us new ideas and fresh input."

Bausch's artwork included a miniature tower made of wood. Other featured artwork included photographs, abstract art and even a multimedia show.

"It's very diverse," said Maj. Charmaine Valmonte, one of the DJs for Open Sesame. "You're going from stills and abstract pieces to film and graphic art. It's great to see that in Stuttgart in a military community."

The lack of a gallery on a Stuttgart military installation was what inspired Coughlin to create the ARThaus. With help from the Directorate of Family and Morale, Welfare and Recreation and the crafts center, where she works, her dream became a reality.

Future ARThaus activities include Art & Espresso evenings; 'Art in the Park' and 'Urban Resistance,' an exhibit on today's youth culture.

"I really want people to come," Coughlin said, "to appreciate the art and just the gathering of brilliant minds."

# Visitors discover Stuttgart's treasures during special night

By Carola Meusel

USAG Stuttgart Public Affairs Office

Stuttgart has a lot to offer when it comes to culture and art. However, there are many places that visitors can't see on an average city tour.

That's where the annual Stuttgart Night ("Stuttgart Nacht") comes in.

Stuttgart Nacht is an event for art, culture, music, movie, and entertainment lovers. This year's Stuttgart Night begins at 7 p.m. on Saturday, Oct. 17, and lasts until 2 a.m. Oct. 18.

**Visitors get the chance to look behind the scenes. There will be lots of surprises and a variety of things to discover in the city.**

Corinna Reimold

Event Manager, LIFT Stuttgart magazine

The program includes more than 70 events, located in and around downtown Stuttgart, including theater productions, concerts, exhibitions, lectures, movies, live entertainment, jazz music, dancing, tours and various parties in popular clubs.

"Visitors get the chance to look behind the scenes," said Corinna Reimold, event manager for the Stadmagazin (city magazine) LIFT Stuttgart, the main organizer for Stuttgart Nacht. "Many locations only open their doors for this special night. There will be lots of surprises and a variety of things to discover in the city."

One ticket (€15) includes transportation from the Stuttgart Stadmitte and entrance into every location. Shuttle buses will run for the entire length of Stuttgart Nacht.

This year's program is especially focused on live music acts, ranging from classic concerts to hard rock, jazz, funk and oldies, Reimold said. "We try to create a colorful program and a combination of events that are not happening on a normal night out."

The first Stuttgart Nacht, formerly known as Kulturnacht (Culture Night), took place in 2002. Since then, visitors from not only Stuttgart but all over the world have come to enjoy this event.

"It is the perfect mixture of art and entertainment, and a great opportunity to explore Stuttgart, get to know new places and meet people from the area," said Brandon Beach, a former U.S. Army Garrison Stuttgart employee.

Every year, new establishments participate in the program to keep the participants abreast of the cultural environment. "It's very important for us to be flexible and to always find new and interesting things for people to do throughout the Stuttgart Nacht," Reimold said.

For many locals, Stuttgart Nacht has become an institution.

"I really like the culture mile along the State Gallery, and the Academy for Music and Performing Arts; the lighting is impressive," said Birgit Thompson, a USAG Stuttgart local national employee.

"I participate in the Stuttgart Nacht almost every year," she added. "Even as a native Stuttgarter, there are always new things and locations to be explored."

For more information, visit [www.stuttgartnacht.de](http://www.stuttgartnacht.de). Tickets can be purchased online or, by phone at civ.0711-601-5444, or at all participating locations on the night of the event (Oct. 17).

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**SPORTS SHORTS**

**Sign up for the Great Pumpkin Run**

The U.S. Army Garrison Stuttgart Directorate of Family and Morale, Welfare and Recreation will host the "Great Pumpkin Run," a 5- or 10-kilometer race Oct. 24 at 10 a.m.

Participants must register at the Patch Fitness Center by 9 a.m. on race day. The entry fee is \$12 for individuals and \$30 for families.

For more information, call 430-5386/civ. 0711-680-5386.

**CYS Sports needs volunteers**

CYS Sports and Fitness is looking for instructors who can teach children tennis, track, bowling and other individual sports.

For more information, call 431-2616/civ. 07031-15-2616.

**Aikido classes available**

Aikido martial arts classes for children ages 8-15 are held Mondays from 4-5:30 p.m. at the Patch Fitness Center, and Wednesdays from 4-5:30 p.m. at the Patch Hub.

The cost is \$90 for two months, with a free trial for newcomers. Participants must be enrolled in CYS Services.

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

**'Walk Across Germany' with CYS**

Walk Across Germany is an ongoing fitness program for school-aged kids who want to walk for fitness. For more information, call 431-2616/civ. 07031-15-2616.

**Indoor flag football classic on Oct. 17**

The Baden-Württemberg Indoor Flag Football Classic is scheduled for Oct. 17 at 10 a.m. in the Kelley Fitness Center on Kelley Barracks. Participants must be 17 years old or older.

For more information, call 421-2543/civ. 0711-729-2543.



*Maria Moline, instructor, coaches her Zumba class through the dance choreography in the Patch Fitness Center.*

**Zumba adds Latin dance to fitness routine**

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

For an evening out with Latin music and dancing, all Stuttgart military community members need to do is stop by the gym.

They may want to trade their dancing shoes for trainers, however, and be ready to work up a sweat.

Zumba, the Latin-American dance and fitness class, that has become a global phenomenon in the past 10 years, is now available at the Patch Fitness Center on Patch Barracks. Classes are Tuesday and Thursday from 7-8 p.m. and Saturday from 9-10 p.m.

"What I like about Zumba is [that] it's fun," said Maria Moline, group instructor. "It gives you the feeling that you are going out to dance."

Zumba, which originated in Columbia in the 1990s, incorporates Latin-American dance moves into a cardiovascular workout.

"It's like hip-hop, salsa and merengue all in one," said Sonya Rugumayo, a civilian employee. "You don't have to be coordinated. After three classes, you know how to dance."

While it has been growing in popularity in the United States for a decade,

the class is very new to Europe, Moline said. In fact, the Stuttgart area has only three instructors, including Moline, a former flamenco dancer.

The course not only teaches dance moves, but helps students tone their bodies.

"I've lost 30 pounds since I've taken this class," said Mary Fay, a contractor spouse. "I used to take aerobics — I never got a workout like this."

The reason why students can stick with Zumba and see results is that they are not thinking about exercising, but dancing to the music, Moline said. "Sometimes you're exercising for one hour and when you are dancing, you don't realize it. When you dance, you are exercising the complete body."

Students in the class use their legs to salsa, lift their arms, rotate their hips and kick in time to the music. The class

incorporates interval training, switching from slower to fast-paced Latin and International songs.

"That's what makes it fun," said Lt. Theresa Aderr (U.S. Navy). "I down-load the songs."

Having a teacher like Moline also makes the class enjoyable, said Chief Petty Officer Joseph Carroll (U.S. Navy). "She sets a good atmosphere in class," he said. "She's very friendly."

Moline lets parents bring their children to class if their partner is deployed or they do not have childcare for the evening. "They can participate — it gives them to opportunity to work out also," Moline said.

She also makes sure beginners aren't left behind. The class only learns one new song every 1-2 months. This way, she said, newcomers and Zumba veterans alike can get used to the choreography of the old songs first.

They'll need to focus on breathing, anyway. "You sweat profusely," said Rugumayo of her first couple of classes.

Even though it's challenging, Zumba is addictive, Carroll added. "It's a lot of fun," he said. "I gotta get my Zumba fix."

**It's like hip-hop, salsa and merengue all in one.**  
**Sonya Rugumayo**  
*Civilian, Zumba participant*

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## ACC. FOR RENT HOUSES

**3BR exclusive apt** in Stuttgart close downtown & Kelly for rent. 1800 sqft, lg bath, huge livrm. Kitchen, stor in basem & garage are incl! Huge priv backyard only for you! Move in immediately. €2'300 a month +€300 util. Wolf-Haus, 0170-6886723, 0711-67251122, info@wolfhaus-bw.de

**4BR exclusive maisonette** apt in Filderstadt close to Kelly & Panzer for rent. 2700sqft, master bathrm, kids upstairs w/ own bathrm, huge livrm, balc w/ nice view, stor in basem. Kitchen & garage incl! €2.850 rent +300€ util. Brand new renovated. Move in November. Wolf-Haus, 0170-6886723, 0711-67251122

## ACCOMMODATION FOR SALE

**3BR beautiful maisonette** condo in Renningen few min from Patch & Panzer for sale. 1600sqft, 2 bathrms, nice kitchen. 3 spacious sunny balc. Brand new renov. US washer, dryer & fridge. Kitchen & garage incl! Move in November. €299'000, \$2'900 a month, No down-payment, no relator fee. Wolf-Haus, 0170-6886723, 0711-67251122, info@wolfhaus-bw.de

**4BR Luxury Duplex** in Steinenbronn

close to Panzer & Kelly For Sale 1500 sqft, 2.5 bathrm, entertainment & stor rm in basem. Sunny & priv backyard. US washer, dryer & fridge, kitchen incl. 2 parking spaces. Brand new renov. €349'000, \$3'400 a month. No down-payment. No relator fees. Move in December. Wolf-Haus, 0170-6886723, 0711-67251122

**Nice studio apartment** with fantastic view for sale two kilometers from Panzer Bks. Large bedroom/sitting room, separate kitchen and full bath, balcony and external storage room on same floor. Full caretaker(Hausmeister) services. Two elevators. Laundry room and bicycle room in building. Also included is another basement storage room and a full garage with very easy street access. Public transportation, grocery store and swimming pool/sauna within walking distance. Nearby countryside invites long walks or jogging in the fresh air. Asking price is 55,000.-- Euro negotiable. All serious offers considered. If interested or for more information, contact Gil Torbeck, 430-7197 or 07031-678422 (evenings).

**PCSing to Kaiserslautern area?** A+ Immaculate Freest Home for Sale by Owner (no relator fees) €317,000. 16 Km from Landstuhl (15 min via autobahn, 20 min to RAM). Turnkey cond. You will not find a better finished, well built home. It will not be on the market for long. Everything covered by LQA! Mortgage, fire-wood, util are well under LQA limits. Particulars: No Realtor Fees if sold privately (savings of over €12K). Solid, professionally built, finished to highest standards. Exterior 100% newly painted (incl wood finish) July 2009, Good for 15 years! Living Space approx 220 SM, 3-4 very large bedrms, Landscaped Yard approx 800 SM, 100% Fenced (Chain Link). 2car garage (w/one auto maint pit). Landstuhl & Kaiserslautern School

Districts. Floor heat 1st floor w/ fire-pl in open flr plan liv area. Custom hardwood kitchen / cabinets incl! Finished basem, workshop / bedrm (w/wood stove). Quiet loc, great views, easy access to autobahn. Call John @ 015223165851 or e-mail zepley@googlemail.com for viewing appt.

**Single-family house** in Bruckberg (Landkreis Ansbach), close to Katterbach AAF. 4 bedrooms, 1.5 bath, nice yard, 2 car garage. Euro 235,000. Rick (moderier@hotmail.com)

## AUTOS

**2004 BMW 330i**, Light Green, 42k, exc cond, \$16k barbera.vincent@gmail.com

**2006 Volvo XC-90**, exc cond. , \$19500.00, 67k miles, all service records complete, fully loaded: new tires, moon roof, rear sensors, 6-CD Call: 06314118230 / 06303806164

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**BMW 128i, 2008**, alpine white with red leather interior, xenon, winter package, manual, 20000 autobahn miles, must sell, \$24000. Rick (moderier@hotmail.com)

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**FOR SALE**

**For Sale: A high quality German kitchen** complete with cupboards/stove(flattop)/fridge/freezer/dishwasher/sink. Moving - must sell - New 5 years ago,paid over6k euro, will sell for 2,500.00 euro. Also, dining room table andfour chairs, glass tabletop. All in great shape...call to speak with Rob orGabi after 1800hrs at 01721377510. Can send pics if requested.

**Furniture for sale** in Stuttgart Area: 3-drawer chest (solid wood) \$35; six padded chairs (solid wood) \$40; daybed with trundle bed with one twin-size mattress - \$70; German electric lawn mower (for a small yard) \$25;. Pictures available upon request." Please, call Peter between 6-9 in the evening at 07157-705588 or send e-mail to petergg58@yahoo.com."

**German kitchen. 3.6 meters** long, refig, electric stove, dishwasher. Plus 2 meter free-standing separate counter and cabinets. 5 yrs old. Euro 1500, 06332-800884

**New Oakley Gear.** Men's Assault Jacket - Cactus (Green), XXL - \$160. Men'sBrigade Pants - Cactus (Green), XXL - \$140. Wisdom Goggles - Satin Silverframe/Blue Iridium Lens - \$80. Wisdom Goggles - Black frame/High IntensityYellow Lens - \$80. E-Mail: oakley4sale@googlemail.com.

**PC package** - Fujitsu Siemens, 1.5ghz/40GB HD/256mb memory/VGA 64mb/CRW CD/DVD, LG Flatron 17" monitor, Epson Photo 890 printer, 2 Speakers, German keyboard, original boxes/software \$300.00. 07152-764377, DSN: 434-5083 hardesty@gmx.de

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**UMUC Books For Sale:** ACCT 310-311 \$80, MKTG 310 \$20, IFSM 300 (9th ed.) \$50, IFSM 300 (7th Ed.) Free, WTG 288 \$15, GEOL 120 \$30. marengo5223@yahoo.com

**Women's mountain bike** with accessories - \$30; 27" color remote control RCA tv - \$40; chest of drawers, white halogen lamp (110v) - free; small microwave, small 13' JVC tv , RCA DVD player (all 110v) - \$25 each;

ab lounge - \$20; K2 skis with poles - \$40, email for details cptelan@aol.com

**CHILD CARE**

**Holzgerlingen Area Parents** -- Interested in free babysitting? Contact Casey at caseycuciti@yahoo.com or attend an informational meeting at the Stadt Cafe (Turmstraße 6) October 28th at 7pm.

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**Looking for an experienced** mechanic or car shop that can install an new engine into a modified Mazda RX-7. Serious Replies Only! 0175-7914858

**Looking for halloween** costumes (other than what is at the PX) Open to ideas. I have 2 boys (ages 6 and 7) and 1 girl (2 years old). Right now the boys want to be Mario and a Headless Horseman. My little girl wants to be a carebear. Not enough time to order them and can not find anything

like this here. Will settle for other costumes that you might be able to sell. :) Call Amy 373-5139 (DSN) 06221-17-5139 (CIV) Thank You!!!

**Native English-speaking Au pair** in Stuttgart for two kids (1 and 4 yrs) We are a young German family living in Stuttgart. We are looking for a part-time au pair (max. 30 hrs per week) who is a native English-speaker to care for our two girls (18 months and 4 years). We need someone to play with them while speaking English. Especially with the younger one, the older goes to kindergarden in the mornings. It would be good if you had experience with small children and are interested in a long-time commitment (10 - 12 month) As an au pair you have to be between 18 - 24 years, you will get "pocket money" of approx 300 ? per month, will be insured and will get german classes. You are welcome to live with us together inhouse, but this is not a must!If you are interested, please don't hesitate to contact us: rosaca74@web.de

**Wanted a house** for rent. Within 25 km from Patch Barraks, oil heat ok, 2 parking spots, a fenced yard is a plus. Avail. 01-Nov-09. Up to 1500 euros (not incl. utilities).

**Yard Worker Needed** for mowing and hedge trim. 4 hours per month, 40E or \$55, flexible hours, equipment provided. Quick bus ride from Kelley Barracks in Plieningen. Must be responsible and be 18 years of age. Contact jennjeff1@hotmail.com or 0711-933-53001.

**LOST & FOUND**

**Found in rental** van green drawstring purse with hello kitty on front Please contact Bonnie Martin at bonniecrock2003@yahoo.com

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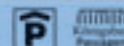
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