

Emergency exercise tests German-American cooperation

By Carola Meusel

USAG Stuttgart Public Affairs Office

All over the world, the U.S. military provides support in emergency management, including during the recent flooding in Pakistan and earthquake in Haiti.

But if a disaster struck here in U.S. Army Garrison Stuttgart, the military would have to rely on host nation emergency first responders and catastrophe management teams, in addition to American personnel.

To give both groups a chance to practice for emergencies, a biological attack was staged on Kelley Barracks Sept. 18, as part of the garrison's annual force protection exercise, Stallion Shake.

"It is all about the cooperation with the host nation. We have to work side by side in order to respond to an emergency on the military installation and to

See Stallion Shake on page 4



German Red Cross Stuttgart first aid providers "treat" a U.S. Soldier at the Red Cross' triage section during Stallion Shake, the annual USAG Stuttgart force protection exercise, held Sept. 18 on Kelley Barracks.

Photos by Birgit Thompson



Photos by Martin Greeson



[Left] Spc. Vashaan Johnson is lowered into a manhole on Patch Barracks during Confined Space Entry Training Sept. 23. [Above] Pvt. Angel Diaz uses special equipment to check oxygen levels and ensure that no toxic gas is inside the manhole before being lowered into it.

52nd Signal Soldiers train for confined space entry

USAG Stuttgart Public Affairs Office

Soldiers in the 587th Signal Company, 52nd Signal Battalion, stationed in U.S. Army Garrison Stuttgart, along with civilian personnel from the garrison safety and office and fire department, practiced entering a manhole on Patch Barracks as part of Confined Space Entry Training Sept. 23.

This training was the first in a series of events required for personnel who fall under Occupational Safety and Health Administration guidelines and enter confined spaces as part of their job, according to Justin Archbold, 52nd Signal Battalion safety officer.

"The Signal Battalions are kind of the driving force because we have so many confined spaces with all of our manholes and cable vaults," said

Archbold, a civilian. "The ability to safely accomplish the mission in these spaces is critical."

There are 200 manholes in USAG Stuttgart alone, he added.

"They contain hazardous gases sometimes. There can be physical hazards like standing water. There can be environmental hazards like snakes, bugs, anything that can find its way into a hole," he said.

But the most dangerous part is the lack of oxygen, which can be depleted below the required level for human survival (20 percent oxygen).

The training and equipment was provided by 5th Signal Command, which recently spent \$160,000 equipping every signal battalion in Europe with confined space entry kits (enough gear for three people, including harnesses and helmets).

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Children and reintegration

When Mom or Dad come home after a deployment, children need extra support and reassurance. Take a look at how some military families reconnect.



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Who won FMWR's 'Amazing Race'?

Find out which team changed a tire, biked five miles and solved a puzzle of Europe (and more) first in the Stuttgart military community's first-ever "Amazing Race."



Commander's Column

October offers opportunities to give back to community

Commentary by Col. Carl D. Bird
USAG Stuttgart commander

The Combined Federal Campaign-Overseas and Make a Difference Day are two programs occurring in October that allow us to give something back to charitable agencies and our local German community.

During this time of year, we are provided with an opportunity to donate to more than 2,000 CFC-O charitable organizations, and each year members of the Stuttgart community have answered the call and really helped to make a difference.

We officially kicked off the 2010 CFC-O during the Oct. 6 tenants meeting at the Swabian Special Events Center on Patch Barracks.

During that ceremony, key leaders from all of our tenant units participated in the annual CFC-O cake-cutting ceremony, and then made personal dona-



Col. Bird

tion pledges to the CFC-O.

I encourage everyone to donate to a CFC-O charity of their choice. It's not only the right thing to do, but during these tough financial times when many families will not be able to donate, it's the least that those of us who are employed can do to help.

The funds raised through the CFC-O support many national and international participating charities, and those of us stationed in Stuttgart even have the option of enhancing the quality of life in our community by donating to Family Support and Youth Programs-Stuttgart, which receives 100 percent of the donations made.

The garrison has appointed two community and area project officers to manage the campaign for all units geographically located here: Elia Harris and Brian Richter.

Through the CFC-O program, we can support agencies around the world. The Make a Difference Day events on Oct. 22-23 allow us to support German agencies in the greater Stuttgart area.

This outstanding program provides us with an opportunity to do something

I encourage everyone to donate to a CFC-O charity of their choice. It's not only the right thing to do, but during these tough financial times ... it's the least that those of us who are employed can do to help.

for many off-post agencies, such as animal shelters, half-way houses, clothing closets and soup kitchens.

Nearly 15 private organizations, such as the American Red Cross, Girl Scouts, Boy Scouts and the Kontakt Club, as well as military units including U.S. European Command, U.S. Africa Command and Marine Forces Europe, have signed up to help make a difference to others.

This event is part of the National Day of Service, a day focused on helping others that is observed around the world. MADD is being hosted by U.S. Army Garrison Stuttgart Army Community Service.

The MADD program was received

so well by the agencies receiving (and providing) the services last year that the number of agencies involved has doubled.

I encourage everyone to donate some time on Oct. 22-23 and work with the various private organizations in support of the MADD program.

For more information on the CFC-O campaign, call Elia Harris at 431-2406/civ. 07031-15-2406, or Brian Richter at 431-2055/civ. 07031-15-2055.

For more information on MADD, call Army Community Service at 431-3362/civ. 07031-15-3362.

See page 3 for additional details on both programs.

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www.stuttgart@army.mil

ON THE STREET

Which charity do you support and why?



Lawanda Newell
(Spouse)

"If I were to support one, it would probably be breast cancer research."



Senior Airman Brandon Wurth
(U.S. Air Force)

"The Knights of Columbus. They support a lot of charities."



Sfc. Keshia Dingle
(U.S. Army)

"The March of Dimes and one for kids with cancer ... because I love kids."



Petty Officer 1st Class Jeff Scott
(U.S. Navy)

"The Navy Relief Society ... [because it] helps Navy families."



Sgt. Christopher Cluts
(U.S. Army)

"The USO, because they're always there for Soldiers, no matter where you go."



Cpl. Matthew Westberry
(U.S. Marine Corps)

"The VFW. I donate to them every now and again."



D.C. Coleman
(Civilian)

"Polycystic kidney disease research because they don't have enough funding."



Staff Sgt. Stacey McCarty
(U.S. Army)

"The American Heart Association. A lot of people in my family have heart disease."



Rachel N. Clayton

Lance Cpl. Matthew Bradford waits on a pier before meeting the crew of USS George Washington to deliver a motivational speech last year. Bradford sustained injuries from a roadside bomb during a tour in Iraq, losing both of his legs and his eyesight. During his recovery, Bradford received support from a CFC charity.

CFC-O: *improving quality of life around the world*

USAG Stuttgart Public Affairs Office

Matt Bradford, a 23-year old Marine, was injured in Iraq and lost both of his legs and his vision.

When he returned to the U.S., a Combined Federal Campaign-supported charity helped him to get his life back in order.

The charity provided financial assistance for Bradford's immediate needs, helping him to participate in hope and morale trips and complete several road races on a hand cycle. The group also helped to take care of his mother, who had moved to be by his side during his many surgeries.

"These are great people. They keep in touch with me, and they are always just a phone call away," said Bradford of the charity.

For people such as Bradford, donations to the CFC, the only authorized solicitation of federal employees in their workplaces on behalf of an approved charitable organization, can help make "a world of difference" — the campaign theme.

Every fall, CFC-Overseas allows uniformed and civilian personnel in five combatant commands to contribute to help those in need in their own overseas

community, at home and around the world.

The 2010 CFC-O season will run through Dec. 3.

In 2009, the CFC-O raised over \$15.6 million to reach out with life-saving and life-enriching services, benefiting millions of people.

The Stuttgart military community donated more than \$83,000.

This year's charity listing contains more than 2,300 charitable organizations working to address the many critical needs throughout the world.

Contributors can also elect to support a cause closer to home: U.S. Army Garrison Stuttgart's Family Support and Youth Programs.

Each military member and Defense Department civilian employee serving overseas should receive a 2010 CFC-O paper pledge card from his/her unit campaign representative. They also have the option of using an electronic pledge card or making a donation via credit/debit card or electronic check.

For more information on the USAG Stuttgart CFC-O, contact Elia Harris at 431-2406/civ. 07031-15-2406 or elia.harris@eur.army.mil.

For a complete list of charities, or to donate online, visit www.cfcoverseas.org.

Help our German neighbors during Make a Difference Day

Make a Difference Day is a national day of helping others — a celebration of neighbors helping neighbors. In U.S. Army Garrison Stuttgart, the theme is "do something for your neighbor" — your German neighbor — during the Make a Difference Day weekend, Oct. 22-23.

Volunteers are needed to participate in garrison projects such as assisting in a soup kitchen, caring for animals at pet shelters or picking up litter along a designated road. Volunteers can also create their own project.

Get involved as an individual, group or unit. Sign up online at www.mwrfirstchoice.com/stuttgartmwr.

For more information, contact the USAG Stuttgart Army Community Service Army Volunteer Coordinator at 431-3330/07031-15-3330.

News & Notes

Military retirees can shop at thrift shops in Germany

U.S. military retirees can now shop at on-post thrift shops in Germany, according to the U.S. Army Europe Office of the Provost Marshal. The policy also allows widows and widowers of U.S. military members whose sponsors died on active duty or as retirees; 100 percent disabled U.S. veterans; certain unaccompanied dependents, and surviving minor children of U.S. military members to buy items at community thrift shops. The policy applies only to purchases, and does not authorize these patrons to sell items on consignment through thrift shops.

Military retirees will need the German Customs Certificate to buy items at a thrift shop. They must also pay duties and taxes to German customs authorities, just as they do for purchases from exchanges and commissaries.

For information on how to get a retiree pink card for Germany, visit the customs section of the USAREUR OPM website at www.hqusareur.army.mil/opm/custom4.htm.

Civilian sexual assault reporting pilot program extended

Civilian beneficiaries of the military health care system in U.S. Army Europe now have the option to file a restricted report for sexual assaults, thanks to an extension of a USAREUR pilot program.

Restricted reporting allows victims to confidentially report a sexual assault and seek appropriate medical care and advocacy services without triggering a criminal investigation.

Unrestricted reporting allows victims to seek appropriate care and services while immediately initiating an official investigation of the sexual assault.

A six-month pilot program expired Aug. 31. New approval allowed USAREUR to reinstate its pilot program Sept. 15, with an end date of Feb. 28, 2011.

Turn-in your old prescriptions

Get rid of outdated prescription and over-the-counter medications (pills, ointments, sprays and syrups) the safe way on Oct. 15 at the Panzer Main Exchange. The U.S. Army Garrison Stuttgart Army Substance Abuse Program and the Stuttgart Army Health Clinic Pharmacy will host the turn-in site at the mall entrance from 1-4 p.m. Note: Narcotic medications must be turned in to the Health Clinic Pharmacy because of special handling requirements.

For more information, call Dr. Howard Krout at 431-2530/civ. 07031-15-2530.

PHS students win Suicide Prevention Month contest

Kudos to Patch High School students Nicole Barton and Leron Massey, who won first place in U.S. Army Garrison Baden-Württemberg's "Shoulder to Shoulder" Video Contest, for their public service announcement, titled "Prevent a Suicide — Be a Friend." The contest was sponsored by USAG-BW in support of the Army's S2S suicide prevention campaign.

Ask a JAG

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

By Capt. Sean A. Marvin (U.S. Army)
Stuttgart Law Center

Q: I recently received a 20-page letter, written entirely in German, from an attorney representing a local business. According to my German friend who reviewed it, the letter says that I illegally downloaded music and must pay the company €1,000 or risk being taken to court. What should I do?

A: Visit the legal assistance office immediately. Although downloading music and movies from the Internet is easy and popular, it can be illegal.

In Germany, Internet providers are required to disclose the physical address and identity of anyone whose IP address is involved in illegal downloading. Even if your Wireless Local Area Network was used by someone else to download the material, you can be legally responsible.

Recently, the Stuttgart Law Center has seen many letters like the one you received. The letter usually asks the recipient to sign a statement of forbearance. By signing the document, you agree that you will no longer leave your WLAN router unsecured. Should you sign the document and then commit another violation, or allow another violation to be committed by not securing your WLAN, you will be required to pay a penalty — possibly as much as €5,000.

Letters like the one you received often ask for monetary damages and attorney fees. Monetary damages are intended to compensate an injured party. Companies like the one that wrote you sometimes ask for €500 or more. Although illegally downloading music may have caused the owner to lose revenue, owners often overstate their actual loss. An attorney can sometimes help convince such companies to either withdraw or significantly reduce such claims.

The letter that you received also likely asks for attorney fees. In Germany, an aggrieved party who is successful in court can sometimes recover such fees from the opposing party. Again, the company that wrote you may have exaggerated the cost of the work performed by its attorneys. If you visit the legal office, an attorney can advise you concerning the costs.

Along with contacting an attorney, you can take steps to protect yourself from similar problems in the future. Regularly change the password to your WLAN and never use the default password your Internet provider gives you, as these are sometimes leaked and published online. If you are using a wireless router, you can disable the server set identifier in order to prevent your network from being broadcast. Use a different password and username to change configuration settings, and ensure that they can only be changed via cable, not wirelessly.

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.

Stallion Shake

Continued from page 1

resolve all issues," said Col. Carl D. Bird, garrison commander.

Karl Dörsam, USAG Stuttgart fire chief, explained the scenario. "We dealt with a sabotage of the water system," he said. "The drinking water and water for domestic use was contaminated with a substance called sodium cyanide, a highly toxic chemical that interferes with the body's ability to use oxygen.

"The victims show different forms of poisoning, but an exposure to sodium cyanide can be rapidly fatal," he added.

At first, the incident was reported as a medical emergency, but shortly after, the scenario made it clear that the military installation was attacked by terrorists.

"Experts refer to this as a CBRN: a chemical biological radiological nuclear incident," said Ronald Kirkemo, USAG Stuttgart emergency manager.

Minutes after the incident was reported, the first responders (fire rescue personnel and military police) arrived on the scene at the Kelley Fitness Center and the Kelley Child Development Center.

"This exercise is a multi-echelon and combined effort. Besides host nation agencies, almost every garrison directorate is participating, not only on site but also in the Emergency Operations Center," said USAG Stuttgart Director of Emergency Services Maj. George Self. "[Practicing] hands-on is necessary to consider yourself trained for a real world scenario."

In the case of an emergency, the military police are the first ones to call the garrison fire department. The fire department then calls the Information Coordination Center in Stuttgart, which requests and mobilizes necessary host nation support units.

Upon the arrival of the firefighters (German and U.S.), the transition of the incident command took place and the Stuttgart fire chief, acting as German incident commander, took over for the military police. As DES, Self was the U.S. incident commander.

"This is where the unified command comes in. German and U.S. first responders have to team up in



Maj. George Self, USAG Stuttgart director of emergency services (right), listens as Sfc. Jose Ayalacardona gives him a situational report during Stallion Shake, the annual force protection exercise, held this year on Kelley Barracks Sept. 18.

order to work their resources best," Kirkemo said.

"This year, we utilized our decontamination equipment, which was operated by both German and U.S. fire rescue personnel. The exercise was a bilateral cooperation," he added.

Guidance and policies for this year's Stallion Shake were provided by the Homeland Security Exercise and Evaluation Program. The program's exercise policies constitute a national standard for exercise scenarios.

"The United States Army Garrison Stuttgart was the first garrison in Europe to fully implement the HSEEP as the guideline to conduct our exercises," said Kirkemo.

Besides U.S. rescue personnel and garrison directorates, many German first responders, including the Stuttgart firefighters, Technisches Hilfswerk (technical support unit), German Red Cross Stuttgart, Malteser Hilfsdienst (support unit) and the Polizei, participated in Stallion Shake.

"The cooperation and instruction on site went extremely well. We have to train back and forth in order to be prepared for an emergency like this," said Markus Hauser, incident commander on site from the Stuttgart fire department.

While the firefighters set up the weapons of mass destruction container — which houses shower units for decontamination procedures and equipment to register all contaminated items — the military police arrived with "Big Blue," the Emergency Operation Center on site. In addition, the German Red Cross, Technisches Hilfswerk and the Malteser Hilfsdienst set up their triage area with tents and equipment to conduct first aid procedures.

"We have a flexible tent and all the necessary medical material based on hospital standards. We take care of the injured until they are ready to be transported to a hospital," said Alexander Schlaich, a German Red Cross employee who manned the triage section.

Overall, this year's force protection exercise emphasized the importance of effective coordination between host nation and garrison rescue personnel, resources and equipment, according to Bird, the garrison commander.

"The cooperation was first rate. Our unified incident command worked closely together. Our residents that live here in the Stuttgart area don't have anything to worry about because they are getting the best care," Bird said.



A German firefighter gives instructions to an emergency aid worker, in full protective gear, during Stallion Shake Sept. 18.

Kelley Commissary delivers world-class service

By **Brittany Carlson**

USAG Stuttgart Public Affairs Office

While there are fewer American grocery stores overseas, that doesn't mean military communities suffer any decrease in service.

In fact, shoppers in U.S. Army Garrison Stuttgart's Kelley Barracks receive some of the best commissary service in the world.

The Kelley Commissary took second place (runner-up) for the Defense Commissary Agency's annual Best Small Commissary Overseas award last summer.

The award was based on accountability, unit cost, the annual customer service survey and sales.

The reason why the Kelley Commissary did so well — during its first year of competition — is because it has a great team of employees and high level of customer satisfaction, according to Store Director Frank Hart.

"We have a team that communicates well together ... and works hard at taking care of customers," he said.

Hart ensures that his employees are satisfied at work, so that they can provide quality service to customers.



Birgit Thompson

Col. Cheryl Harris (right), assistant chief of staff for U.S. Africa Command, purchases groceries during the grand re-opening of the Kelley Commissary May 1. The commissary recently took second place for DeCA's annual Best Small Commissary Overseas award.

"I really stress mutual respect ... and a lot of communication," he said. "[We do] a lot of team building, keep things enthusiastic and fun, [and] address problems immediately. Our employees are happy."

Employee job satisfaction, in turn, affects the customers.

"We know people by name. We are in tune with their needs. We try our best

to give them the things they are asking for," Hart said.

For example, one woman recently wanted to make "beef bulgogi," a Korean dish, for a party, and ordered eight pounds of meat. The commissary not only ordered the meat but had it delivered sliced, so that it was ready for cooking.

The staff has also continued to

respond to customer requests received through the Interactive Customer Evaluation (ICE) System online, Hart added. For example, the commissary began offering pre-made salads Sept. 28, based on customer requests.

On April 1, the commissary became its own store, after being a Patch Commissary annex. On May 1, it reopened after nine months of renovations and a store reset, which increased the overall store size.

With continued praise for its customer service and several improvements to the facility, Hart believes the Kelley Commissary will do even better in next year's competition.

New products, manager at Panzer Commissary

The Kelley Commissary isn't the only store in USAG Stuttgart with new improvements.

The Panzer Commissary has revamped its selection since a new manager, Carl Rawls, came on board in April. It has brought in between 200 to 400 new products, including crab legs, lobster pieces, new detergents, fruit cups, teas and snacks, Rawls said.

Plans are in the works to bring in more portable freezers as well, to offer customers an even wider selection.

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."

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"Show Us Your Ink!"

The Citizen is looking for USAG Stuttgart community members with military-inspired tattoos who would like to be part of a photo essay on tattoos in a future issue of The Citizen.

Suggestive or inappropriate tattoos will not be considered.

To apply, e-mail stuttgartmedia@eur.army.mil, and describe why your tattoos are important to you. Please include your contact information.

RBEMS students re-enact revolutionary history

By Tanya Fogg Young
Special to The Citizen

The four handwritten pages of the U.S. Constitution were the result of nearly four months of almost daily preparation cloaked in secrecy behind locked, guarded doors in 1787.

In observance of Constitution Day, students at Robinson Barracks Elementary/Middle School recently re-enacted the Constitutional Convention in a "reader's theater" for about 100 students and parents.

Openly reading scripts and clad in partial patriotic costumes, students in Doreen Weinberg's fifth-grade class breathed life into the centuries-old event in which the founding fathers hammered out the bedrock of America's government between May and September 1787.

"We really learned how people behaved with each other while they were working on the Constitution," said Rosa Benson, 10, who played the role of George Washington, convention president. "That George Mason was angry a lot," Benson said of the Virginian who was passionate about individual rights.

Betty Roberts, RBEMS gifted education teacher, said Constitution Day was an opportunity for the students to look back in history and also see how the amended Constitution — though signed 223 years ago — continues to be a work in progress.

Weinberg said the observance was an opportunity for students to see their connection to the country's past. "Understanding where we came from and what our founding fathers thought was important in this living, breathing document is an essential part of being an American," she said.

Mary Jo Driscoll, a parent who was on hand to see her son Peter pull double duty as Thomas Jefferson and a narrator, said her 10-year-old's study of the U.S. Constitution has made for some meaty dinner table discussion.

Driving the Driscoll dinner dialogue was the



[Above] Jared Pease (left), 10, in the role of James Madison, and Rosa Benson, 10, in the role of George Washington, re-enact the Constitutional Convention of 1787 at the RBEMS Constitution Day observance Sept. 16.

[Left] Marissa Ballou, 10, (left) and Kate Bowman, 10, play the part of two gossips discussing the Constitutional Convention Sept. 16.

Photos by Birgit Thompson

headline-making controversy surrounding a Muslim group's proposed construction of a mosque and Islamic cultural center near the site of the Sept. 11 terrorist attacks in New York City.

"We talked about religious freedom and the issue about the mosque at ground zero. It's interesting how you can study history and apply it to current events," Driscoll said.

Even before Constitution Day, students in RBEMS teacher Lori Lerner's combined class of fourth- and fifth-graders created a classroom constitution. Upon

reading the class's document, however, fifth-grader Jackson Gilbert at first refused to sign the constitution, opting instead to author a bill of rights that he believed more clearly outlined the students' individual freedoms. Fourth-grader Tyrese Powell, 9, who edited Gilbert's proposed amendments, said he supported the bill of rights because without it, the constitution "just wasn't specific enough."

"This can be abstract for this age group, but they've really grasped it," Lerner said. "Now they're desperate to learn about the American Revolution."

Up for debate: PHS to host international debate team tourney this fall

By Tanya Fogg Young
Special to The Citizen

The pressure is on as Patch High School's debate team prepares to compete on an international scale in a tournament to be hosted in Stuttgart in November.

On Nov. 7, Patch High will host the first day of competition of EurOpen 2010, formerly called the European Open, welcoming up to 40 debate teams from different countries. In the past, participating countries have included Korea, Romania, South Africa, Greece, Czech Republic, Turkey and Canada, according to the schools' debating competition website, www.euroopen2010.com. The tournament will conclude Nov. 12.

Patch High is the only native English-speaking member of the Debating Society Germany, according to Virginia Dugan, team sponsor.

Dugan said there is much work to be done in preparation of not only

competing in, but also hosting, the international debating championship. The competition will require about 40 classrooms for debate teams to use in preparing their arguments, half of which will be used to conduct three different rounds of debates, she said.

"We are getting support from the [Parent Teacher Organization] and a wide variety of help from PHS organizations such as the Ambassadors, Student Council, the National Honor Society, the JROTC and various members of the faculty," Dugan said.

The EurOpen tournament will consist of eight preliminary rounds, quarter-finals, semi-finals and a grand final.

Debate coach and retired teacher Michael Pates spoke recently to Patch High's debate team, cautioning them not to rely too heavily on the perceived advantage of being native speakers in a German league — even if English is the debate language.

"You have to be prepared," Pates

said in his explanation of the German league's format. "Being native speakers is not enough. It's a game — a savage game of tooth and claw — and you want to leave your opponent bloody on the floor without touching them or speaking rudely directly to them, but with arguments."

Debate team member and senior Annea Brown said that she is not underestimating the competition that Patch will face as members of the German league. Brown, 17, said they need to avoid procrastination in their debate research because it is often difficult to find the resources they need in English for the German-related topics.

The team will face its first two rounds of debate in this year's Senior German League competitions on Oct. 9 at the Albert-Einstein-Gymnasium in Böblingen.

Junior Matt Lindman said he is looking forward to the start of the debate team's season and Patch High's

hosting role in the November international competition, despite any challenges they will face. "Debates are a lot harder than what I thought," said Lindman, 16, who said he has debated in most of the dozen or so debates PHS participated in last school year. "Filling the time and then managing it is the hardest part."

Junior James Pritchard said the team should focus on not feeling intimidated by the competition. "We competed against a No. 1 team last year," said Pritchard, 17, who last school year convinced Dugan to revive the team that had been dormant for about a year. "Personally, my biggest challenge will be keeping focused and not getting caught off guard."

For more information on the PHS debate team, or to volunteer to assist with hosting EurOpen 2010, e-mail Virginia Dugan at Virginia.Dugan@eu.dodea.edu.

Home again: children and reintegration

Editor's Note: This is the third and final installment in a three-part series addressing how reintegration affects families in the military.

Story & photo by Brittany Carlson
USAG Stuttgart Public Affairs Office

Children often experience a myriad of emotions when their mothers or fathers return from a deployment.

Teens can have a hard time adjusting to changes in house rules. Young children can be hurt or confused by changes in their returned parents.

"...the kids are very excited," said Dr. (Lt. Col.) Eric Leong, chief of behavioral health for the Stuttgart Army Health Clinic. "[Then], they wonder why [Mom or] Dad is so distant."

How children handle their reactions during this time depends on the support they receive from both parents.

It takes time

The redeployed mother or father often needs time to adapt to having children again, Leong said.

"Most service members, when they come back, can only take the family in doses," Leong said. "This doesn't mean that the service member does not love them; it just means that they have a low tolerance for things they aren't used to."

The "U.S. Army Deployment Cycle Readiness: Soldier's and Family Member's Handbook" advises both parents to prepare children for the challenges they may face, including "changes in routine, responsibilities, roles, parent-Soldier relationship, emotional reactions and physical appearance ..."

Young children

Young children expect to play with their returned mother or father right away. But a redeployed service member might react violently or speak

sharply to their child, if taken by surprise, Leong said.

"They developed combat reflexes," he said. "You don't think — you just 'do.' You don't mean to be mean or anything."

Even sudden noises or movements can put them on guard.

This jumpy or irritated behavior can be especially hard on children who fear that their returned parent will leave again.

Air Force Senior Master Sgt. William Muldoon, an intelligence support noncommissioned officer for U.S. European Command, who deploys for four to six months at a time, finds that when he comes home, his 7-year-old son doesn't want to separate from him.

"When I come back, he's almost clingy," Muldoon said.

Even when children are not clingy, they still seek reassurance from their returned parents in a variety of ways.

For example, some children run and hide when a parent returns, said Chaplain (Col.) Randall Dolinger, U.S. Army Garrison Stuttgart command chaplain.

"They will hide because they want Dad or Mom to come find them, because that means they care," he said. "The child fears rejection. [They think] 'They've been gone all this time — if they really loved me, then would they be gone?'"

Staff Sgt. Greg Hatfield returned from a 12-month deployment to Afghanistan with the 554th Military Police Company in May, and his 7-year-old daughter, Brianna, still needs him to tell her that he loves her and didn't want to leave her.

"She's got fear when I go away for a short period," Hatfield said. "Anytime Daddy goes to training, it's 'Is Daddy coming back?' She has a real hard time, and she's clinging to my leg."

"She was very angry at times while I was deployed," he went on. "I missed events, and she'd tell me how hurt she was."

To reassure his daughter, Hatfield takes her on father-daughter outings.

"She's got a lot of questions: 'Who did you see?,' 'What are the bad guys like?,' he said. He tries to answer all of the questions, while keeping his answers age-appropriate.

Teenagers

Unlike their younger counterparts, teenagers are old enough to understand why their deployed parent had to leave, and the danger they were in down range.

In order to protect themselves from feeling fear and pain, they sometimes try to mentally separate from the parent that deploys, then act as if they don't care when he or she returns, Dolinger said.

"It's especially rough in the adolescent years," said Dolinger, remember-



Sgt. Humberto Hernandez, who returned from a year in Afghanistan with the 554th Military Police Company in May, shares a laugh with his daughter, 15-year-old Fernanda. Both say adjusting to life together again is great, but has its challenges. For Fernanda Hernandez, it was tough getting used to stricter rules with her father. For Sgt. Hernandez, it was hard to come home and see that rules had changed.

ing when his sons were teens during one of his deployments. "Older children are more aware of the real threat that's out there, more aware of how they feel.

"If you really love something and you can't have it, you start telling yourself that you don't want it," he continued. "It's a way they kind of mask the pain."

However, Dolinger warned parents not to be fooled by a teen's tough exterior.

"Don't mistake: teenagers look like they don't care, but deep down, they really do," he said. "You may think they really don't appreciate all you do, but give it some time they'll come around. Don't try to rush it."

Parenting

Another challenge, for teens especially, arises when a redeployed parent changes the house rules.

Fernanda Hernandez, 15, says it has been tough getting used to the way her father likes to run things at home since he returned from a year in Afghanistan with the 554th Military Police Company in May.

"He was a little more strict than my mom," Hernandez said. For example, while her mother usually let her go to sleepovers, her father is less inclined to say yes.

"It was hard — you're not used to it anymore," she added.

It was also hard on her father, Sgt. Humberto Hernandez, who left an environment where he gave the orders to return to one in which his wife made the decisions.

"Being in that area where you didn't deal with family — it's a different atmosphere. The way you talk to people is totally different than the way you talk to family," he said. "It was hard to adapt to

family because their set of rules ... were new rules I never have seen before."

After a few months, Sgt. Hernandez started letting his wife, Maria, make those decisions again, but with input from him. He appreciated that his family gave him time to adjust and let him know when they thought he was being too tough.

"Communication is key," he said.

The Hernandez family's decision to agree on house rules is a great way to help children readjust to their other parent at home, according to the Army Deployment Cycle Readiness Handbook. It recommends that parents "keep discipline routine and rules as consistent as possible."

Now, the Hernandez children ask both their mother and father for permission to do things.

"They agree — they say what's OK, what's not OK," Fernanda Hernandez said.

And, while there are fewer sleepovers, she says it's a small price to pay for being able to have her dad around.

"It makes me happy [that] I can talk to him," she said. "It's a feeling of home."

Reconnect

Showing interest in a child's life, as Sgt. Hernandez does through "girl talk" with his daughter, is the best way for redeployed parents to build new connections with their children, according to Dolinger.

"Learn to spend time with children on their terms," he said. "They'd rather you come to a soccer game than tell them everything you did last year."

"What kids want is for you to get excited about what they're doing."

Most service members, when they come back, can only take the family in doses. This doesn't mean that the service member does not love them ...

Dr. (Lt. Col.) Eric Leong
Chief of Behavioral Health
Stuttgart Army Health Clinic



It's a bird, it's a plane, it's Edward Hale! Edward, 7, suspends himself from a cargo net play structure during morning recess on Sept. 15.



Sydney Vores (foreground), 7, negotiates a set of trapeze rings while Kylie Wolfinger, 7, waits her turn.



Jackson Gaudette, 7, is caught hanging around the Patch Elementary School playground.



Recess — it's child's play

Patch Elementary School's new playground opened for business a couple of weeks into the school year, to the delight of its students. The playground features a soft, rubberized all-weather surface and play areas to accommodate children of varying age levels, and includes seesaws, a climbing wall, swings, slides and all manner of structures to climb over and crawl under.

Photos by Susan Huseman

Fire Prevention Week

Smoke alarms provide a sound you can live with

Installation Management Command Public Affairs

The United States and U.S. military communities around the world will observe Fire Prevention Week Oct. 3-9.

In U.S. Army Garrison Stuttgart, there will be fire drills at local Department of Defense Dependents Schools and firefighters will visit child development centers.

The week concludes Oct. 9 with a fire prevention demonstration at the Army and Air Force Exchange Service shopping mall on Panzer Kaserne from 10 a.m. to 3 p.m.

The event will feature fire trucks, firefighting equipment and activities for all ages.

Although Fire Prevention Week will soon be over, Installation Management Command safety officials say such concerns remain a constant priority.

That's especially true this year as Army installations experienced more than 300 reportable fire incidents in the first three quarters of fiscal year 2010 — resulting in three deaths, nine injuries and \$18 million in damages.

"We are committed in keeping Soldiers and their families prepared

and safe whether deployed or at home ... every day, every week, every month, every year," said Gerald Adams, IMCOM fire protection specialist.

Indeed, "We really emphasize safety and prevention during Fire Prevention Week, but it's something that needs to be a year-round concern," said Steve Collins, fire chief at Fort Rucker, Ala.

This year's theme for the week-long event is "Smoke Alarms! A Sound You Can Live With." The campaign is designed to educate people on the importance of smoke alarms, while encouraging everyone to take the steps necessary to update and maintain their home smoke alarm protection.

And the reason is simple, said Adams: "If you were asleep and a fire broke out in your home, do you think the smoke would awaken you? If you think so, you may be dead wrong. In fact, fire and smoke are sedatives that will only put you into a deeper sleep while the squelching sound of a smoke alarm will awaken you."

Consequently, he made these suggestions:

- Install and maintain a smoke alarm on every level of your home.
- Never remove or disable smoke alarms.



• Test smoke alarms at least monthly by pushing the test button.

• If an alarm "chirps," the battery is low; replace it right away.

• Replace batteries at least twice a year if you own a battery-operated smoke detector(s), such as when you change to daylight savings time.

Army Family Housing leases executed on or after Oct. 1, 2006, and renewals or extensions of existing leases on or after Oct. 1, 2007, require hard-wired smoke alarms throughout the building that are interconnected. Leases executed prior to those years have smoke alarms installed in hallways leading to bedrooms. Occupants can, at their own expense, install additional smoke alarms. Army barracks have smoke alarms installed in all sleeping areas.

Fire Prevention Week was established to remind folks of the importance of fire safety and the lessons learned following the Great Chicago Fire that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and destroyed a business empire. In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and FPW has been observed since 1922.

Army Fire and Emergency Services partners annually with the National Fire Protection Association to promote Fire Prevention Week. For more information, visit www.firepreventionweek.org.

Editor's Note: Russell Sellers of the Fort Rucker Public Affairs Office contributed to this story.

Donate blood

There will be a Stuttgart Community Blood Drive Oct. 14 in the Patch Community Club from 10 a.m. to 4:30 p.m.

To make an appointment to donate, visit www.militarydonor.com. Walk-ins are welcome.

Trick-or-Treat date announced

The U.S. Army Garrison Stuttgart command announced that Halloween trick-or-treating will be celebrated on Oct. 30 from 5-8 p.m.

Pfennig Bazaar volunteers wanted

Volunteers are needed for the 42nd Annual Pfennig Bazaar, hosted by the German-American Women's Club. Set-up will be Oct. 21 from 8:30 a.m. to 8 p.m., and the sale will run Oct. 22 from 9:30 a.m. to 8 p.m. and Oct. 23 from 9:30 a.m. to 6 p.m.

To volunteer, e-mail saxtonpfennigbazaar@yahoo.com.

Are you PCSing?

The next permanent change of station/pre-separation briefing will be held Oct. 20 at 1 p.m. in Building 2913 on Panzer Kaserne. All service members and civilians departing within the next four to five months should attend.

Pre-registration is required. For more information and to sign up, call 431-2599/civ. 07031-15-2599.

Learn about insurance options

Federal employee "open season" insurance briefings will be held Oct. 15 in the Patch Theater, from 10:30-11:30 a.m. and 1:30-2:30 p.m.

Federal employees are also invited to discuss health benefits with representatives from Blue Cross and Blue Shield, Foreign Service Benefit Plan and the Mail Handlers Benefit Plan on Oct. 28 from noon to 2:30 p.m. in the Patch Theater.

For more information, call Anna Colabuono at 431-3129/civ. 07031-15-3129.

Celebrate Hispanic Heritage Month

In honor of Hispanic Heritage Month (Sept. 15 to Oct. 15), the Patch Movie Theater will show a free movie, "Stand and Deliver," at 1 p.m. on Oct. 9. Pre-show entertainment starts at noon. On Oct. 16, the Patch

Kenyan delegation visits Stuttgart military community



Lt. Cmdr. James Stockman

Kenya Defence Force Sergeant Major John Muthoka receives a drawing from a Robinson Barracks Elementary/Middle School student during a visit to the school Sept. 17. The Kenyan defense sergeants major briefed more than 200 students on life in Kenya and answered questions. During their two-day visit to U.S. Africa Command headquarters in Stuttgart, the Kenyan service members also received briefings about the command and took a tour of Kelley Barracks.

Community Club will host Maria Costas' "Macho Men and the Women Who Love Them," a Hispanic adult comedy and dance show.

For more information, call 430-5312/civ. 0711-680-5312.

Ice hockey club starts new season

The Stuttgart Military Community Eishockey Club's 2010-11 season is underway. Players ages 14 and older are invited to participate.

For more information, e-mail smhockey@ymail.com or call civ. 0711-680-7511.

Retiree council seeks president

The U.S. Army Garrison Stuttgart Retiree Council is looking for presidential candidates for a two-year term.

To learn more, e-mail paul.griffen@eur.army.mil.

Become a U.S. Army Warrant Officer

A U.S. Army Warrant Officer program recruiting briefing will be held Oct. 22 from 9:30 to 10:45 a.m. in the Patch Theater. The briefing is open to all service members. For more information,

send e-mail to timothy.clune@us.army.mil.

ACS closed Oct. 14

Army Community Service will be closed for staff development and training from 8 a.m. to noon on Oct. 14. Call 431-3362/07031-15-

3362 for emergencies and appointments.

Train to help military children cope

The Military Child Education Coalition will host a free two-day training, "Living in the New Normal:

Helping Children Thrive Through Good and Challenging Times" Oct. 28-29 from 8:30 a.m. to 4 p.m. at the Education Center, Building 2915, Panzer Kaserne.

Register online at www.militarychild.org by Oct. 20.

Estate claim

Anyone having any claims on or obligations to the estate of Staff Sgt. Lee C. Przytulski of C/1-10 SFG (A), should contact the summary court martial officer, Capt. Bradley R. Ritzel, at 431-2693/civ. 0711-297-3840.

Take free automobile safety training

The U.S. Army Garrison Stuttgart Safety Office is offering free practical automobile safety training courses at the ADAC site near Leonberg on Oct. 21, Oct. 28 and Nov. 4.

Nominations will be accepted on a first-come, first-serve basis by email or fax only. To submit a nomination, provide a full name, unit, e-mail address and telephone number to usagstuttgart-safety@eur.army.mil or fax it to 431-3131/civ. 07031-15-3131.

Panzer DFAC closed for holiday

The Panzer Dining Facility will be closed Oct. 8 and 11 in observance of Columbus Day. It will also be closed Oct. 28-29 for unit training.

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

Keep your home safe

- Always stay by your stove when cooking or frying food.
- Keep cleaners, medications and beauty products out of reach of children. The Poison Control phone number is 486-7070/civ. 06371-86-7070.
- Post emergency numbers by your telephone. Emergency numbers can be found online at www.stuttgart.army.mil.
- Never let a candle burn unattended, and keep matches/lighters out of reach of children.
- Regularly check electrical cords and fittings for damage, and repair or replace them immediately. Keep them away from traffic areas to prevent tripping.

USAG STUTTGART

S F E T Y

CORNER



'Amazing Race' showcases FMWR

USAG Stuttgart's version of show kept teams moving for 'Get Fit'

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

It wasn't a race around the globe, but contestants in U.S. Army Garrison Stuttgart's "Amazing Race" did get to explore the world — at least, the world of FMWR.

Family and Morale, Welfare and Recreation hosted its own edition of "Amazing Race," based on the reality television game show, on Sept. 18. But instead of competing for a million dollars, the teams competed for a weekend getaway to Camp Darby, Italy.

The goal of the competition was to showcase FMWR facilities and what they offer. It was also part of Installation Management Command-Europe's "Get Fit Day," themed "Get Fit, Don't Quit."

The theme definitely proved a challenge for the ten teams of two — married couples, friends and co-workers — as they traveled to each challenge on bicycles, including a five-mile stretch between Patch Barracks and Panzer Kaserne.

"The [final] hill was a monster," said Leigh Ann Edwards, who completed the race with her husband, Mark. "It took everything I had — blood, sweat and tears."

And the bike trek wasn't even one of the challenges.

The race started at the Patch Fitness Center, where teams were required to make five free throws on the basketball court before moving on.

Next was what competitors later called the toughest task of the day: putting a puzzle of Europe together at the Patch



Pit stop: Elaine and Jay Vignola change a tire at the Panzer Auto Skills Shop as part of USAG Stuttgart's "Amazing Race" Sept. 18. The couple took first place overall.

Multi-Crafts Center frame shop.

"I thought it was the United States and it turned out being Europe," joked Jeff Call, one of the race participants.

Only one team said the puzzle was easy: Master Sgt. Brian and Ayril Boggess. Master Sgt. Boggess, who works for Special Operations Command Africa, knows European geography well.

"Brian was saying things like 'I need Northern Ireland' and 'Oh, the Balkans are so hard,'" she said, laughing.

Then, teams went to the Patch Library to organize books using the Dewey decimal system, before biking to the Panzer Auto Skills Shop, where they changed a car tire.

The next stop was the Panzer Fitness Center, where a member of each team scaled the rock climbing wall.

In the final challenge in the Galaxy Bowling and Entertainment Center, teams had to bowl two strikes (or four spares) before hitting the check-in mat.

"It's fun to see so many parts of the com-

munity participating added.

Like the television show, USAG Stuttgart's Amazing Race showcased relationships. "We were going to fight [and] get together," said Leigh Ann Edwards.

However, it turned out that the Edwards family, who married for 20 years had it their own kind of event.

"We balance each other out," she said. "She made four children."

"He was 'Spiderman' and she was 'wall,'" she added. "We were [bowling]."

The Edwards family enjoyed the satisfaction of taking a break from a time of one hour and 15 minutes.

Best of all, the two teams enjoyed what it might feel like to win the "Amazing Race" show.

"I thought it was just a joke we were doing it," Leigh Ann said. "That was a blast to win over again."

The top three teams were:

1st: Jay and Elaine Vignola

2nd: Archie DeJesus

3rd: David McPadden

Time: 56:30

60 minutes

The first place team received

along with \$100 Army & Air Force

Service gift certificates.

Place team members were invited to USAG Stuttgart Outdoor

activities.

For more photos, visit photos/usagstuttgart.com.



[Above] "Amazing Race" participants Archie DeJesus (left) and Mark Innes sort books at the Patch Library. [Right] Mary Beth Kluegel (left) and Hope Call piece together a puzzle of Europe at the Patch Multi-Crafts Center.



[Left] Leigh Ann Edwards points her husband's direction while he scales the rock wall at the Panzer Fitness Center during the USAG Stuttgart FMWR "Amazing Race" Sept. 18. [Above] David McPadden (right) and Jeff Call (left) ride the final hill on the cobblestone trail between Patch Barracks and Panzer Kaserne, before heading to the Panzer Fitness Center.

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, Mark, in the right nzer Fitness Center ng Race” Sept. 18. all finish climbing Patch Barracks and Auto Skills Shop.



Carola Meusel

Staff Sgt. Daniel Coggins (left), a U.S. European Command Soldier stationed in U.S. Army Garrison Stuttgart, admires Cpl. Kay Uwe Voß, a German Stabsunteroffizier stationed in Bruchsal, as he tried on a U.S. Air Force captain’s cap, during the Soldier’s Fest, held in the Fürstenberg fest tent Sept. 27. For more photos, visit www.flickr.com/photos/usagstuttgart.

Soldier’s Fest unites international forces

By Carola Meusel

USAG Stuttgart Public Affairs Office

Soldiers, Sailors, Airmen and Marines from the Stuttgart military community met their German and French counterparts in uniform on Sept. 27 in downtown Stuttgart.

Normally, a gathering of allied forces means that a collaborative military training is taking place.

This time, they gathered not to focus on military training strategies, but to celebrate the camaraderie between the armed forces at the 36th Soldaten Wasen, or Soldier’s Fest.

Exercises are often identified by a unique code name — and so was this military operation. The “NATO Beer Maneuver” wasn’t located on a battlefield, but in the Fürstenberg beer tent at the Cannstatter Volksfest.

“It’s all about the great camaraderie with our NATO forces. We are here to intermingle, have a good time and to enjoy the German tradition,” said Senior Master Sgt. Ruel Rafi, who attended the fest with 45 fellow service members from U.S. Africa Command.

This year, 3,200 Soldiers from Baden-Württemberg, Rheinland-Pfalz and the German/French Brigade in Emmendingen attended the event. The Stuttgart military community was represented by 250 service members, including Soldiers from Mannheim and Ansbach.

The Soldier’s Fest has been a tradition since 1974. International soldiers are invited to the fest each year to enjoy hearty Swabian food and German beer.

Service members from the Stuttgart military community, along with their German and French comrades, enjoy beer, chicken, and friendship at the Soldier’s Fest.

Dag Kregenow



Carola Meusel

Pfc. Daniel Böhmer (left), a German soldier stationed in Stetten, enjoys a laugh with Navy Petty Officer 1st Class Nathan Robinette while exchanging badges at the Soldier’s Fest.

As soon as Peter Brandl, fest tent owner, wished the soldiers “Guten Durst” (good thirst), “Guten Appetit” (good appetite) and “einige gute Stunden” (a good time), grilled chicken and beer were served.

Besides enjoying food and drinks, the American Soldiers befriended service members from other countries and exchanged pieces of their uniforms.

“C’est super,” said Adjutant Stephane Labrousse, a French soldier from the German/French Brigade in Emmendingen.

The Fetzenthaler band filled the fest tent with German folk music, along with party, country and rock tunes. Many Soldiers stood on the beer benches to sing and dance with their international comrades.

“The camaraderie with the American Soldiers is simply great. Here, we are able to share our experiences and make new friends,” said Cpl. Niklas Bayer, a German soldier stationed in Hartheim, while exchanging name tags and patches with American Soldiers.

U.S. Army Garrison Stuttgart Commander Col. Carl D. Bird personally thanked Brandl with a garrison coin.

“The Soldier’s Fest is a great event for German-American friendship. It’s important for our Soldiers to engage with their allied brothers and sisters to establish long-term relationships,” Bird said.

Before the fest ended, the service members joined together in saying: “Hip Hip Hurra,” “Hip Hip Hurra,” “Hip Hip Hurra.”

Sharing information may compromise safety, opsec

By Rita Reilly

USAG Stuttgart Antiterrorism Office

Staying in touch with massive amounts of people on a daily and even hourly basis — sometimes discussing the most intimate particulars — has become a reality because of the rapid advancements in communication technology, namely social media.

E-mail, Twitter, Flickr, MySpace, Facebook and chat rooms have revolutionized the way we communicate with loved ones, friends, relatives and even strangers.

While there are many outstanding advantages to social media, there are also some drawbacks.

Providing your loved ones with constant updates on your events and activities can be comforting and entertaining, but sharing information with a select group of individuals doesn't mean that the information can't be exploited by unscrupulous people.

Last month, Union Leader Correspondent Kimberly Houghton reported on three individuals who were arrested on charges that they burglarized at least 18 homes in Nashua, N.H.

Houghton reported that authorities continue to warn citizens about the dangers of posting their whereabouts on social networking sites such as Facebook, as the three men arrested viewed these sites and targeted their burglaries accordingly.



www.photos.com

Criminals are now using social networking sites such as Facebook to pick their targets.

By providing personal details on who you are, your location and what you are doing, you could be making yourself a target, and eventually a victim.

Another problem inherent with providing the finer

details of your personal life in a public forum hits closer to home when the information being posted has a military connection and can be used by our enemies.

Many military families use social media to keep in touch with their deployed family members. Sharing information can provide a great sense of comfort and connectivity on a daily basis, in spite of the geographic separation.

However, posting and sharing exact dates of the service members' activities and camp locations can create a threat to the well-being of troops and their missions.

Our military foes continuously collect information to track our military movements in an attempt to develop an operating picture. Additionally, there are many skilled spies and terrorists who will pose as good guys attempting to pull out even more details from you online.

Be alert and practice good personal security by not providing detailed disclosure of personal information online and through social media outlets.

For more information on protecting your personal information, visit the U.S. Strategic Command Joint Information Operations Warfare Center's Facebook fan page at www.facebook.com/JIOWC.OPSEC. Support; or call the U.S. Army Garrison Stuttgart Operational Security Manager at 431-2032/civ. 07031-15-2032.

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Make your vote count

USAG Stuttgart Voting Assistance Office

Senior service voting representatives want to remind military communities in Europe that the 2010 General Election is Nov. 2.

Absentee ballots should be in route to military community members from their state voting office.

Community members are encouraged to return their completed ballot immediately upon receiving it.

Those who have not received it from their state during the first week of October should complete the back-up Federal Write-In Absentee Ballot.

The best place to obtain a FWAB is to go into the Federal Voting Assistance Program website at www.fvap.gov and complete it online or print the PDF form and then complete it. The website has instructions for determining how each state allows the ballot to be transmitted (i.e. fax or e-mail). It also has up-to-date information and resources, including self-guided completion wizards.

If the regular absentee ballot arrives after completing the FWAB, send it in for processing as well, as local election officials will ensure only one ballot is counted.

From now through Nov. 10, all absentee ballots and voting registration forms will be express mailed to their respective state voting offices at no additional expense to the voter.

Ballots can be placed in community mail drop boxes; however, USAG Stuttgart Postmaster Mark Karraker recommends that customers bring their forms into an Army Post Office to receive an express mail receipt.

Those who mail their ballot through an APO will also be able to use the U.S. Postal Service's free ballot tracking program online at www.usps.com.

For additional assistance, see your unit Voting Assistance Officer or visit the Stuttgart Voting Assistance Office in Building 2913 on Panzer Kaserne, or call 431-2745/civ. 07031-15-2745.

National Depression Awareness Month

Don't let depression go untreated

By Jerry Harben

U.S. Army Medical Command

The Army marks National Depression Awareness Month in October, with the theme "Depression is Treatable — Get Screened — Seek Care."

Clinical depression is a serious medical condition that, if left untreated, may lead to other complicated medical conditions. Seeking treatment for a medical condition is not a sign of weakness. It may prevent a good Soldier from becoming a casualty.

The National Institute of Mental Health has reported that major depressive disorder affects some 14.8 million people in the United States.

Signs and symptoms of depression may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, withdrawing from friends and family or trouble concentrating or making decisions.

Depression also may produce body aches and pains, irritability, anxiety,

overeating or loss of appetite, or thoughts of suicide or death.

Unfortunately, many people believe their symptoms are a normal part of life. Two-thirds of people who suffer from depression fail to seek the care needed.

The truth is, more than 80 percent of clinical depression cases can be treated effectively with medication, psychotherapy or both.

Often, the first step to recovery is a depression screening.

Anonymous depression screenings are available through the Department of Defense (www.militarymentalhealth.org or 877-877-3647), Department of Veterans Affairs (www.mentalhealth.va.gov/depression.asp) and civilian organizations (such as mentalhealth-screening.org/programs/military/). The screening sites also provide information about how to get treatment.

For more information, visit www.behavioralhealth.army.mil, www.resilience.army.mil, www.army.mil/csf or www.militaryonesource.com.



Staff Sgt. Antonieta Rico

October is National Depression Awareness Month. This year's theme is "Depression is Treatable — Get Screened — Seek Care." While signs and symptoms of depression vary, the best way to start recovery is to get screened.

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Explore Ludwigsburg's 'water' world of pumpkins

Story & photo by Nicole Karsch-Meibom

Special to *The Citizen*

Cinderella's fairy godmother turned a pumpkin into a carriage with a wave of her magic wand.

But Cindy's fairy godmother has nothing on the Ludwigsburg "Kürbisausstellung," or pumpkin festival, where more than half a million of the gourd-like squashes have been transformed into sea creatures — without all the spells and incantations.

Billed as the world's largest pumpkin fest, the annual exhibit, held on the grounds of the Ludwigsburg palace, features pumpkins arranged into elaborate sculptures.

This year, they are arranged into shoals of fish, a light house, a tropical island, a giant octopus and a mermaid.

More than three million people have come to see the exhibit in the past ten years.

U.S. European Command's Frank Shelly is just one of them.

"It is just a really neat experience to be here, to see both the palace and

this exhibition," he said, adding that his daughter is such a fan that she "has been here six times already."

Each year, the fest has a different theme, according to exhibit spokesperson Miriam Hinner.

"In the past, there were themes like Egypt, Columbus, Noah's Ark," she said.

There's more to do than stroll through the royal grounds looking at colorful pumpkin art, however.

You can browse the booths that offer an array of gourd varieties, from the "Blue Banana" and "Speckled Hound" to the "Little Blue Hungarian" and "Japanese Microwave Pumpkin" — created specially for quick cooking.

A shop offers specialties such as pumpkin seed oil, seeds, cookbooks, carving sets and decorations — almost anything that celebrates pumpkin.

See it, then taste it

While most Americans are familiar with pumpkin pie, the fruit is very versatile and can be used in soups, appetizers and main dishes.

In the kitchen tent, visitors can taste savory specialties and top off their meal with a sweet pumpkin strudel.

"We are enjoying this exhibition,



Visitors to this year's ocean-themed Ludwigsburg pumpkin festival marvel at the life-sized sculptures of an octopus and whale, made entirely out of the gourds.

but we're not just here to see it, but to taste the food," said Greg McVey, a U.S. Army Garrison Stuttgart community chaplain.

"My absolute favorite is the pumpkin soup," he added.

The exhibition runs through Nov. 7. Special events include the European weight championship for super-sized pumpkins on Oct. 10 and a "Pumpkin Slaughter" on Nov. 7, where visitors will

be able to get giant pumpkin seeds.

The Ludwigsburg Kürbisausstellung is open daily from 10 a.m. to 6 p.m. and is located at the Ludwigsburg Palace, Schlossstrasse 30, Ludwigsburg. Entry fee is €7.50 for adults, €3.60 for children.

Editor's Note: Susan Huseman, USAG Stuttgart Public Affairs Office, contributed to this article.

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What's happening in FMWR

Are you a shutterbug?

Submissions are now being accepted for the U.S. Army Garrison Stuttgart Photography Contest, hosted by Patch Multi-Crafts Center. Categories include people, nature and landscape, animals, still life, design element, digital darkroom, military life, or monochrome. Enter by Oct. 31.

For more information, call 430-5270/civ. 0711-680-5270.

See live comedy at Patch Theater

Family and Morale, Welfare and Recreation will host "Comedy Night LIVE" Oct. 23 at the Patch Theater, featuring Bengt Washburn at 8 p.m. and Dave Goldstein at 9 p.m. Washburn appeared on Comedy Central's "The Late Late Show with Craig Ferguson," and Goldstein on NBC's "Late Night with Conan O'Brien."

Drama about bullying

The Stuttgart Theatre Center presents Linda Daugherty's "The Secret Life of Girls," a look at bullying and finding one's own value. Performances are offered Oct. 22

and 29 at 7:30 p.m., and Oct. 23 and 30 at 1 p.m. and 3 p.m. in the Kelley Theatre. Tickets are \$5. To reserve tickets, call 421-2796/civ. 0711-729-2796.

Get the 'spinsation'

Child, Youth and School Services Sports and Fitness is hosting "Spinsation," a stationary biking and nutrition class for children ages 12-18 every Thursday from Oct. 12 to Nov. 30, from 3:30-5 p.m. in the Patch Fitness Center. The cost is \$20.

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

Join Lasso the Moon Walking Program

The "Lasso the Moon" Walking Program, hosted by Child, Youth and School Services Sports and Fitness for children ages 6-18, meets every Monday through Dec. 17 from 4:30-5:30 p.m. on Husky Field, Patch Barracks. The cost is \$5.

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

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



Coming to Patch Theater

Oct. 7 — Salt (PG-13) 6 p.m.

Oct. 8 — Charlie St. Cloud (PG-13) 6 p.m., The Social Network (PG-13) 9 p.m.

Oct. 9 — Cats & Dogs: The Revenge of Kitty Galore (PG) 4 p.m., Charlie St. Cloud (PG-13) 7 p.m., The Social Network (PG-13) 9 p.m.

Oct. 10 — Cats & Dogs: The Revenge of Kitty Galore (PG) 2 p.m., Charlie St. Cloud (PG-13) 4 p.m., The Social Network (PG-13) 7 p.m.

Oct. 11 — The Social Network (PG-13) 6 p.m.

Oct. 12 — Salt (PG-13) 6 p.m.

Oct. 13 — Cats & Dogs: The Revenge of Kitty Galore (PG) 6 p.m.

Oct. 14 — Charlie St. Cloud (PG-13) 6 p.m.

Oct. 15 — The Other Guys (PG-13) 7 p.m., Dinner for Schmucks (PG-13) 9:30 p.m.

Oct. 16 — Secretariat (PG) 4 p.m., Step Up 3D* (PG-13) 7 p.m., The Other Guys (PG-13) 9 p.m.

Oct. 17 — Ramona and Beezus (G) 2 p.m., Secretariat (PG) 4 p.m., Dinner for Schmucks (PG-13) 7 p.m.



Universal Studios

Oct. 18 — Secretariat (PG) 6 p.m.

Oct. 19 — The Other Guys (PG-13) 6 p.m.

Oct. 20 — Dinner for Shmucks (PG-13) 6 p.m.

*"Step Up 3D" will be shown in 2D at AAFES theaters.

Family & MWR Featured Events

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Getting fit is all about the numbers

By Susan Huseman

USAG Stuttgart Public Affairs Office

Move more, eat less — it's a basic tenet of weight loss.

Yet for many people who exercise and diet, the scales just won't budge.

If you find yourself in this category, the Army Wellness Center Stuttgart offers two tools that will take the guess work out of weight management: metabolic and VO2 max testing.

"Metabolic testing will tell you how many calories your body burns at rest. We can then tell you exactly how many calories you need to take in to lose weight," said Richard Hoke, the Wellness Center director.

VO2 max testing determines the heart rate zone where a person burns the most fat. It is also considered to be the ultimate indicator of cardiovascular fitness, according to Hoke.

"It's the maximum amount of oxygen a body transports and uses during exercise," he explained.

Even physically fit people can benefit from the test. "I can teach them how to maximize or improve their fitness levels by using their heart rate training zones," Hoke said.

Typically, these two tests can cost approximately \$800 combined, Hoke said. At the Army Wellness Center Stuttgart, they're free.

"It's one of the best services offered here," said Leslie Bennett, a Defense Intelligence Agency employee at Patch Barracks. "It's expensive back in the States."

Bennett said after she'd gotten out of the military, she gained 30 pounds.

Using data from the tests to tailor her twice-a-week strength training workouts, she lost the extra weight.

"It's all about the effectiveness of what you're doing. You don't have a



Brittany Carlson

Richard Hoke (left), the Army Wellness Center Stuttgart director, instructs Pfc. William Frank, a Soldier assigned to HHC, 1/10th Special Forces Group (Airborne), on how to use a 2-4 count lifting technique during an exercise fundamentals class held Sept. 14 in the Patch Fitness Center.

lot of time — it's important to maximize your results," Bennett said.

Corey Burden, a Defense Information Systems Agency employee, has had equally impressive results.

On the advice of a personal trainer, Burden made an appointment at the Wellness Center for the metabolic and VO2 testing.

"I'd never heard of the tests before," he said.

Burden bought a heart rate monitor and followed the recommendations that came with the test results.

Over the course of eight months, Burden lost 11 pounds and reduced his percentage of body fat from about 32 percent to about 12 percent.

"I lost three to four inches off my hips and waist. I gained two and one-half inches on my chest," he said.

The Wellness Center's weight management program is not just for

those wanting to lose weight.

"Believe it or not, trying to gain weight is a lot harder than trying to lose it. We can also help those who want to put on weight," Hoke said.

Every month, free classes on the principles of effective weight management are offered.

On Oct. 12, basic weight management principles will be discussed. Exercise fundamentals will be covered on Oct. 19.

The classes are held from 11 a.m. to noon in the Wellness Center classroom.

The Army Wellness Center Stuttgart is open to all U.S. ID cardholders. It is located in Building 2337 on Patch Barracks. To register for a class, or to make an appointment, call 430-2997/civ. 0711-680-2997.

SPORTS SHORTS

Pumpkin Run set for Oct. 30

The 2010 Great Pumpkin Run, sponsored by U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation, will be held Oct. 30 at Husky Field on Patch Barracks. Both the 5K and 10K races will start at 9 a.m.

Participants must be age 6 or older for the 5K, and 15 years old or older for the 10K. No entries will be accepted after Oct. 24.

For more information, call 430-7136/civ. 0711-680-7136.

Baseball clinic

Stuttgart American Little League will host a baseball clinic Nov. 11-14 for youths from 12-18 years of age. If there is sufficient interest, a baseball clinic for children under 12 and a softball clinic may be offered.

For exact times, cost and more information, contact Larry Tannenbaum at tannenbl.ctr@eucom.mil.

3 on 3 basketball tourney on Nov. 6

U.S. Army Garrison Stuttgart Sports and Fitness will host a 3 on 3 basketball tournament Nov. 6 at the Patch Fitness Center. Registration is limited to the first 16 teams (maximum number of players on each team is five).

There is no registration fee, but teams must sign up by Oct. 29.

For more information, call 430-4512/civ. 0711-680-4512.

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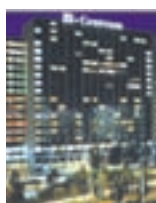
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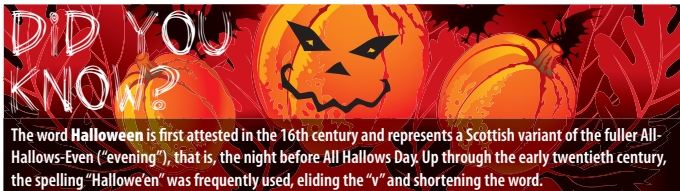
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Misc: small 13' JVC tv, RCA DVD player (all 110v) - \$25 each; ab lounge - \$20; K2 skis with poles - \$40, email for detailscptelan@aol.com / 0711 342 17642

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WANTED
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ASAP Need house 2 rent nmt 25 min from Patch: must have fenced yard and take 2 dogs (good labs). At least 2 bed. cell: 0160-98574360 or ag48e@yahoo.com please leave messages.

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