

THE CITIZEN

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U.S. Army Garrison Stuttgart

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Serving the Greater Stuttgart Military Community

Stuttgart NCO named IMCOM's 'Best Warrior'

By Susan Huseman

U.S. Army Garrison Stuttgart Public Affairs Office

Staff Sgt. Ronald White, a U.S. Army Garrison Stuttgart Military Policeman, is Installation Management Command's top noncommissioned officer for 2009.

White represented IMCOM-Europe at the five-day National Capital Region Best Warrior Competition at Fort A.P. Hill, Va., July 18-23, beating out the top NCOs from IMCOM's six other regions.

He also took second place in the National Capital Region competition as IMCOM's representative, and will serve as alternate at the Army-level competition to be held at Fort Lee, Va., Sept. 28 to Oct. 5.

He narrowly missed winning the top title. "I imagine I lost by half a point," said White.

During the competition, White and his fellow NCOs underwent a comprehensive evaluation of skills, ranging from physical fitness to warrior tasks.

"I never knew I could accomplish something like this, or go as far as I have," said White, a traffic ac-

cident investigator for the USAG Stuttgart Provost Marshal Office.

Preparation is the key to his success. White spent months studying, drilling, appearing before mock boards and training physically. "It took a lot of late nights burning the midnight oil," he said.

He credits Staff Sgt. Edmund Whipple, Master Sgt. Gary Cryder and Command Sgt. Maj. Mark Q. Barbary as mentors and trainers. "Without these three, I would not be as far as I am now," he said.

While White is headed to the Army-level contest as an alternate, he is not resting on his laurels.

The Stockton, Calif., native is running four to six miles a day, hitting the gym for daily muscular endurance workouts, doing a 12-mile road march every week, and taking Spin classes. As far as his Army knowledge goes, "I've got all the books down," he said. "I just need to work on the boards a little, now."

He is prepared to represent IMCOM, should he be given the opportunity. "There's a chance I could compete," he said, "and I'll be ready."



Melissa Wolff

Staff Sgt. Ronald White, a USAG Stuttgart traffic accident investigator, is the Installation Management Command NCO of the Year.

Housing market crisis assistance offered to military families

Installation Management Command-Europe Public Affairs Office

Persistent stateside economic problems are hammering the U.S. real estate market. And many people within the Army community — troops and their families, along with civilian employees — are finding themselves unable to make monthly payments, rent homes, or they have loans where the appraised value of the house is less than the mortgage.

In a recent memo to senior leadership, Lt. Gen. Robert Wilson, commander of Installation Management Command, wrote: "The current housing situation continues to affect Soldiers who have purchased homes, those living in rentals, and (those making) government-directed moves for permanent change of station and Base Realignment and Closure relocations."

Consequently, various federal orga-

nizations, including the Department of Defense, and private sector agencies, "are aggressively working programs to provide help, information and support during these challenging times," Wilson stated.

In fact, the American Recovery and Reinvestment Act of 2009 has two such programs to assist people, including those affiliated with the military: the Homeowner's Assistance Program and the Making Home Affordable Program.

HAP is a DoD initiative with the Army as the executive agent, operated by the Corps of Engineers. Since 1966, HAP has assisted service members and civilian employees whose home values dropped because of BRAC announcements.

In February, President Barack Obama signed the American Recovery and Reinvestment Act of 2009, which

contains funding of \$555 million. Additionally, ARRA authorizes the expansion of HAP to three homeowner groups to provide them partial reimbursement for home-sale losses. The groups are:

Warriors in Transition: Wounded service members relocating for treatment or medical retirement, and for surviving family members of those who have died while on deployment.

BRAC05: Military and DoD civilian employees impacted by BRAC, without the need to prove whether the base closure or then general housing market decline caused the loss.

PCS: Normal permanent change of station moves, but only on a retroactive basis that covers PCS moves that occurred from July 1, 2006, through Dec. 31, 2009.

"We are in the middle of a credit crunch and housing crisis, and we

recognize that military families cannot generally choose when to move," said Vice President Joe Biden during a May 14 speech in San Diego. "We've used the Recovery Act to dramatically expand what was once a fairly small program, assisting families forced to relocate due to base closures or normal assignment rotations."

The other initiative boosted by the Recovery Act — the Making Home Affordable Program — might fill the gap for people who are affiliated with the military but are not eligible or do not qualify for HAP. MHAP helps homeowners with refinancing.

For more information on specific program criteria or to apply online if eligible, visit www.myarmyonesource.com/SoldierandFamilyHousing/ for links to HAP and MHAP.

(Additional information from American Forces Press Service)

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Learn to speak German

Members of the U.S. Army Garrison Stuttgart community can learn to speak German in a variety of classes offered on almost every installation.



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Local Scouts travel world and beyond

While Stuttgart Girl Scouts can earn patches for exploring Europe, Boy Scouts visit 'outer space' at Twilight Camp.



INSIDE
THIS
EDITION

Commander's Column

Preventing suicide with awareness



Col. Pastore

By Col. Richard Pastore
USAG Stuttgart garrison commander

Suicide prevention has become a major topic of concern for the U.S. Army as it approaches the century mark of active duty Soldiers who have died as a result of suicide this year. Throughout September,

the Army will observe Suicide Prevention Month.

This year's theme is "Improving our Soldiers and Families' Health: A Healthy Force Combating High-Risk Behaviors." Such a theme surely demonstrates the Army's commitment to a holistic approach to improving the physical, spiritual and behavioral health of its Soldiers, their families and Department of the Army civilians.

I believe the theme also highlights the importance of focusing on all aspects of health necessary for a Soldier's overall fitness. We have the responsibility to help fellow Soldiers, family members and civilian employees who need and can benefit from the strength of our support.

During the week of Sept. 6-12, the U.S. Army Garrison Stuttgart will conduct a series of activities

and events that address high-risk behaviors associated with suicide.

Events such as Tai Chi classes and mindfulness workshops can help everyone relieve a little stress, and training sessions such as Suicide Prevention for First Responders can provide good guidance on the overall indicators of suicide.

The main event of the week will be the Health Fair on Sept. 11, in the Patch Barracks Wellness Center, where a host of knowledgeable professionals will be on hand to provide insight into the various assets and resources available in the Stuttgart community.

Being aware of the indicators of suicide is important, but knowing the programs and resources available in the community can truly aid in preventing suicides.

Most service members know that military chaplains are here to provide counseling and guidance, but they may not know that the Army Substance Abuse Program also has professionals who can provide counseling in areas such as alcohol and drug abuse, or that help is available through Alcoholics Anonymous and Adolescent Substance Abuse Counseling Service.

I encourage everyone to become aware of the signs that a friend or co-worker may be contemplating suicide; but more so, I encourage you to learn what resources are available in Stuttgart to ensure your buddy gets the help that could save his or her life.

Letter to the Editor

I would like to comment on the article in *The Citizen* August 20, 2009, titled "Why shouldn't the Pentagon ban smoking in the military?" I will not argue with the points made for why people should not smoke. I recognize that the military has greater influence over a member's habits than the balance of society. I do question the extent to which we want our government, or their representatives, to be engaged in our lives.

Based on the reasoning provided for banning smoking, should the Pentagon also ban fatty foods and makeup? Yes. Makeup can cause problems for those who come in contact with it or its odor. What else should the Pentagon ban?

As for the argument that service members "gave up their personal rights when they joined the service," I cannot even begin to comprehend the reasoning behind such a comment. Did I give up my right to think, to have children, to ride a motorcycle without my commander giving me permission? What else have I given up? And, did I spend 40 years associated with the Army so others could decide what was good for me?

When will people realize that many of us serve to defend their rights, as well as our own? I, for one, did not serve so that others could have their opinions usurp my judgment.

Robert J. Nichol
U.S. Africa Command

THE CITIZEN

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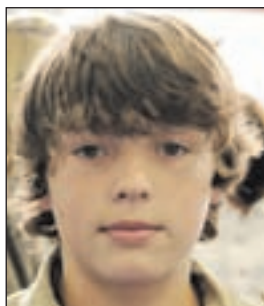
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ON THE STREET

What was your most valuable lesson from Scouting?



Logan Watkins, 12
Boy Scout

"How to survive in the wilderness."



Kathy Watts
Girl Scout Troop Leader

"We always were told to be very nice and courteous."



Matthew Cass, 12
Boy Scout

"To remember the Scout law and oath, and be kind to people."



Marah Campbell
Girl Scouts Overseas Committee Chair

"The value of the volunteer."



Cindy Merchant
Cub Scout Camp Director and Webelos Den Leader

"It's hard to say one thing. Everything is about learning."



Joshua Green
Boy Scout Assistant District Commissioner

"Integrity. Scouting taught me how to deal with ethical decisions."



Nicole Werner, 18
Girl Scout Ambassador

"It can help with speaking in front of people."



Todd Watkins
Assistant Scoutmaster

"As long as safety is not compromised, Scouts can learn a lot from making mistakes."

Command Sgt. Maj. Mark Q. Barbary (from left), outgoing senior enlisted advisor for USAG Stuttgart, Command Sgt. Maj. Tracey E. Anyiba, the command sergeant major for Installation Management Command-Europe, and Command Sgt. Maj. Anthony M. Bryant, the incoming command sergeant major for USAG Stuttgart, return to the dais during the change of responsibility ceremony Aug. 21 on Panzer Kaserne.

Eric Steen



Command Sgt. Maj. Bryant takes reins as Stuttgart garrison senior enlisted advisor

By Susan Huseman

USAG Stuttgart Public Affairs Office

Command Sgt. Maj. Mark Q. Barbary handed over responsibility as U.S. Army Garrison Stuttgart Command Sergeant Major to Command Sgt. Maj. Anthony M. Bryant in a change of responsibility ceremony Aug. 21.

After four years as the senior enlisted advisor to three garrison commanders, Barbary now moves on to serve in the same capacity at Fort Huachuca, Ariz.

Bryant comes to Stuttgart from Mannheim, having last served as the garrison command sergeant major there.

Command Sgt. Maj. Tracey E. Anyiba, the command sergeant major for Installation Management Command-Europe, presided over the ceremony, held at the parade field adjacent to the garrison headquarters building on Panzer Kaserne.

“Command Sgt. Maj. Barbary and Command Sgt. Maj. Bryant have steadfastly set the example for our Soldiers and NCOs during their respective tenures with IMCOM-Europe the past years,” she said. “It is a special privilege for me to be here to honor both of these outstanding NCOs as they prepare for future

challenges.”

Anyiba pointed out that Soldiers from the Stuttgart garrison have won IMCOM-Europe’s Noncommissioned Officer of the Year competition three years in a row. “I’ve always believed you can tell the quality of a leader by the quality of their Soldiers,” Anyiba said. “I believe the quality of the Soldiers here are a reflection of the quality of Command Sgt. Maj. Barbary.”

Barbary addressed the guests, saying that taking care of Soldiers has always been his top priority, and mentoring and training them were the best ways to do so.

He pointed to the success of Staff Sgt. Ronald White, this year’s IMCOM and IMCOM-Europe NCO of the year; Staff Sgt. Edmund Whipple, the 2008 IMCOM-Europe NCO of the Year, and the USAG Stuttgart Better Opportunities for Single Soldiers and service members program as three of his proudest achievements during his tenure here.

Bryant, a 22-year Army veteran and father of two sons, kept his remarks brief. “To all the Soldiers and the civilian employees of United States Army Garrison Stuttgart — it’s an honor to serve as your command sergeant major. I look forward to meeting and talking to each and every one of you in the very near future.”

Washington Square opens with historic flag-raising

Liz Moore, government relations advisor, explains the differences between the newly-opened parade field on Patch Barracks’ Washington Square, and its predecessors, displayed in photos. The new field opened Aug. 26 with a flag-raising ceremony. The field, which is lit at night, includes two new flag poles displaying the German and American flags. The project, planned and executed by the garrison and U.S. European Command, also created space for 61 additional parking spaces.



Brittany Carlson

News & Notes

Vehicles to be towed to SAAF

Privately Owned Vehicles registered as non-operational because of mechanical defects must be parked in the non-operational lot on Panzer Kaserne.

If a non-operational vehicle is parked in any other location, it will be towed to the impound lot on Stuttgart Army Air Field at the owner’s expense.

Only vehicles legally registered with U.S. Army Europe are authorized to be left on the installation. If a vehicle is found without license plates, the vehicle will be ticketed, and an abandoned vehicle sticker will be placed on it. The vehicle will be towed to the impound lot at SAAF at the owner’s expense 72 hours after it is tagged.

For more information, contact the Panzer Kaserne Installation Coordinator at 431-2806/07031-15-2806.

Local range program named as Army’s best

Regional Training Support Center Mannheim, Training Support Activity Europe, 7th U.S. Army Joint Multinational Training Command, won the U.S. Army’s Sustainable Range Program 2009 Tier 3 Award for the best program Army-wide.

RTSC Mannheim, comprised of Training Support Center Heidelberg, TSC Mannheim, and TSC Stuttgart, provides the command and control of all ranges and training lands within these military communities, as well as visual information support and training aids, devices, and simulators.

Military Police target drunk driving on Labor Day holiday

U.S. Army, Europe will once again conduct the “Booze it and Lose It” and “Click It or Ticket” campaigns during this year’s Labor Day long weekend.

“U.S. Military Police will target drunk driving and seat belt violations on military installations and in housing areas at various times between Sept. 4-7,” said Maj. Vincent Amerena, deputy chief of law enforcement operations at the USAREUR Office of the Provost Marshal. “The aim is to prevent the deaths and serious injuries that result from people driving under the influence of alcohol or without seat belts.”

Avoid diploma mills

Soldiers who knowingly purchase a fraudulent degree from an unaccredited college or university, and attempt to have it placed in their official military personnel file for military reasons such as a promotion or assignment consideration, may be punishable under the Uniform Code of Military Justice, according to the Army Human Resources Command.

To find out if a school is accredited, visit www.goarmyed.com or the Council for Higher Education Accreditation Web site, www.chea.org. The Department of Education also maintains a database of accredited postsecondary education institutions and programs at <http://ope.ed.gov/accreditation/>.

DISA-E welcomes new commander, says farewell to Fraley

By Susan Huseman

USAG Stuttgart Public Affairs Office

Army Col. Michelle Fraley, the commander of Defense Information Systems Agency-Europe, relinquished her command to Army Col. Elizabeth Bierden Aug. 14, in a change of command ceremony on Patch Barracks' Husky Field.

Fraley, who assumed command of DISA-Europe in July 2007, will now move on to become the chief of staff for U.S. Army Network Enterprise Technology Command/9th Signal Command at Fort Huachuca, Ariz.

DISA-Europe manages the European portion of the Global Information Grid, provides information systems and services to operational NATO components and supports U.S. interests in Europe, Africa, the former Soviet Union and the Middle East.

"The Army got it right," said Army Lt. Gen. Carroll F. Pollett, the DISA director, who presided over the ceremony, referring to Fraley's selection to lead DISA-Europe. "Michelle Fraley has performed an extraordinary, outstanding job over the last two years in command."

Fraley is known as a change agent, team builder and mentor for her organization, according to Pollett. "She's tough, she's smart. She knows getting

the correct information the in right place at the right time is the key to dominating 21st century battle space," he said.

After acknowledging all of the dignitaries who attended the ceremony, Fraley outlined many of DISA-Europe's success stories during her tenure, to include bringing communications support to U.S. Africa Command's Combined Joint Task Force-Horn of Africa and a theater-wide Defense Message System consolidation effort.

She also spoke on the agency's involvement in the Stuttgart Military Community, such as volunteering to teach information technology to Patch High School students. "Our partnership with community organizations to develop our youth remains a top priority for DISA-Europe, whether it is in a classroom or at a local swimming pool, coaching the Stuttgart Piranhas," Fraley said.

Upon assuming command, Bierden, who recently graduated from the National War College with a master's degree in national security strategy, said she was honored to join the DISA-Europe team. "I see this command as a tremendous responsibility, but I am ready for the challenge of enabling information dominance in the defense of our nation. I will do my best to live up to the challenge and to your high expectations."



Eric Steen

Col. Elizabeth Bierden (from left), the new DISA-Europe commander, takes the guidon from Lt. Gen. Carroll F. Pollett, DISA director, as outgoing commander, Col. Michelle Fraley, observes during a change of command ceremony Aug. 14.

Stuttgart community mourns loss of colleague, friend

By Larry Reilly

USAG Stuttgart Public Affairs Office

Dozens of Stuttgart community members gathered Aug. 20 in the Panzer Kaserne Chapel to reflect and remember a friend and comrade who died Aug. 7.

Jimmy D. Faist, an installation property book officer for the U.S. Army Garrison Stuttgart Directorate of Logistics since 2006, was diagnosed with incurable cancer last summer, but vowed to battle the disease.

"True to his nature as a fighter, Jimmy fought the cancer, and throughout

his battle, kept in touch with me and his co-workers," said Uwe Siemers, DOL director. "Jimmy was a quiet person who had a very infectious humor about him, for which he will be remembered and truly missed."

A full military honors memorial service was held for the 22-year Army retiree in Worms, which Faist called home with his wife of 40 years, Anne, and their children, Patrick and Tammy.

Anne, who is an employee of USAG Mannheim, said that although he lived in Worms and commuted home daily, her husband loved working in Stuttgart, and talked highly of

those he worked with.

"In the short time that Jimmy worked in Stuttgart, he had grown to really appreciate his fellow workers, as well as the many customers he served while doing his job," she said.

"Jimmy Faist was not only known for his unique sense of humor, but also for his intense dedication to his career and his job," said Tony James, a DOL employee. "But, his insistence on putting others first was a trait you noticed quickly about him. He recently told me that the worst part of his whole ordeal with cancer was that Anne had to go through it as well."

Jimmy Faist was not only known for his unique sense of humor, but also ... his insistence on putting others first.

Tony James
USAG Stuttgart DOL
employee

IPOD docking station defect causes electrical fire, \$39,000 in damages

By Susan Huseman

USAG Stuttgart Public Affairs Office

An electrical fire broke out Aug. 12 at approximately 11:15 a.m. in Building 2310, a single Soldiers' barracks, on Patch Barracks. Residents were evacuated without any injuries; however, two Military Policemen were treated for smoke inhalation after they attempted to clear the building.

The small fire was contained within a bathroom area of a double occupancy room, according to Len Fagan, the U.S. Army Garrison Stuttgart assistant fire chief for prevention. Nevertheless, the fire caused the apartment and adjacent hallway to be engulfed in smoke.

An investigation pointed to an electrical defect in an IPOD docking station, which had been placed in the bathroom, as the suspected cause, resulting in an estimated \$39,000 in damages to both Department of Defense and privately-owned property, said Fagan, who was first to respond to the fire alarm.

Electrical fires in homes claim the lives of 485 Americans each year, and injure 2,305 more, according to the U.S. Fire Administration, an entity of the Department of Homeland Security's Federal Emergency Management Agency.

While some of these fires are caused by electrical system failures and appliance defects, many more are caused by the misuse and poor maintenance of electrical appliances, incorrectly installed wiring and overloaded circuits and extension cords.

To help prevent the loss of life and property resulting from electrical fires, the USAG Stuttgart Fire Department offers these suggestions:

- Routinely check electrical appliances and wiring.
- Frayed wires can cause fires. Replace all worn, old or damaged appliance cords immediately.
- Use electrical extension cords as a temporary measure and don't overload them.
- Keep electrical appliances away from wet floors and counters.
- When buying electrical appliances, look for products evaluated by a nationally recognized labora-

tory, such as Underwriters Laboratories or German/European equivalents.

- Don't allow children to play with or around electrical appliances, such as space heaters or irons.
- Keep clothes, curtains and other potentially combustible items at least three feet from all heaters.
- If an appliance has a three-prong plug, use it only in a three-slot outlet. Never force it to fit into a two-slot outlet or extension cord.
- Immediately shut off, then professionally replace, light switches that are hot to the touch and lights that flicker. Use safety closures to "child-proof" electrical outlets.
- Check your electrical tools regularly for signs of frayed or cracked cords. Replace any tool if it causes even small electrical shocks, overheats, shorts out or gives off smoke or sparks.

For more fire safety tips, call the U.S. Army Garrison Stuttgart Fire Department at 431-3246/civ. 07031-15-3246.



Brittany Carlson



Larry Reilly

[Above] Second-graders Linda Severino, Zoe Huffman, and Sofia Ruiz enter Böblingen Elementary/Middle School [Right] Rachel Dudley, 9, sharpens her pencil while David Clark, 9, waits his turn at Robinsons Barracks Elementary/Middle School.



Susan Huseman



Larry Reilly

Back to School

The USAG Stuttgart Department of Defense Dependent Schools opened up for the first day of school Aug. 31. [Above] Patch Elementary students line up with their classmates before heading inside. [Left] High school students exit the buses and make their way to class at Patch High School.

CYS youth fitness program focuses on health that lasts lifetime

By **Brittany Carlson**

USAG Stuttgart Public Affairs Office

This fall, children and teens can learn what it means to stay fit and practice healthy habits with the Child, Youth and School Services Youth Fitness Program.

The free program will focus on teaching youth about lifetime fitness through education and community-wide events.

"We want kids to know that being active is a part of being fun and being cool," said Jeff Carpenter, youth sports and fitness director.

The program will kick off with

Sports are something they can only do for so long, but fitness and healthy habits are things they can practice forever.

Caitlin Smith
Youth Sports and Fitness Specialist

the "Laufen Sie Über Deutschland" (Walk Across Germany) event in October. Any child enrolled in School Age Services and Middle School Teen programs, and registered with CYS Services, can participate by enrolling at Central Enrollment and Registration, located on Patch Barracks.

The virtual hike requires students to wear a pedometer to count their steps and keep track of how many miles they walk each day. Middle- and high-school children will walk the distance from Berlin to Munich, earning prizes at each major "city" they reach. Younger, School Age Services children will take a shorter walk, equal to the distance between the four U.S. Army Garrison Stuttgart installations. Registration for the walk begins this month.

The point of the event is to help get children in the habit of walking, said Caitlin Smith, youth sports and fitness specialist. "Walking is something you can do your whole life. You just need a new battery every once in a while for your pedometer," she added.



Caitlin Smith

CYS Services staff members also plan to conduct special fitness-focused classes.

"As a society, our youth are less active," she added. "There's an obesity epidemic. We'd like to take a proactive role in combating this."

Smith plans to teach a "how to pack a healthy lunch" class. In the class, fitness staffers will look at the lunch selections children bring to school and discuss which choices are nutritious, and which items have a healthier alternative.

Smith also plans to give students tips for shopping in the commissary, such as sticking to the perimeter of the store, for foods that will help them stay fit.

"I would love for them to learn that they can take this fitness and do it throughout their lives," Smith added. "For the majority of our population, sports are something they can only do for so long, but fitness and healthy habits are things they can practice forever."

The program will also teach older children how to use the fitness centers, which can pose health and safety risks unless used properly, Smith added. Teens will learn basic gym etiquette, equipment know-how and safety, and how to create a personalized workout.

Another program for teens in the works, called "Gym Rats," will offer incentives to students who work out

in the gym on their own, similar to the adult sports and fitness program, 'Fit for Life.'

Home-schooled co-op students will also receive weekly fitness training.

The new program will provide opportunities for children and teens to be more involved in community runs as well, such as the Great Pumpkin Run (Oct. 24) and America's Kids Run Day.

Registration for the Youth Fitness Program begins this month and ends in December.

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



T-shirt design for 'Walk Across Germany,' part of the fitness program.

Sprechen Sie Deutsch? If not, here's where to learn:

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

If you'd like to know the difference between schnitzel and Schweinfurt, start to panic when a German waiter or waitress approaches you, or consider "Sprechen Sie Englisch?" your favorite German phrase, it may be time to consider taking a German language course.

The garrison offers several options for learning German, from a free conversational class to college courses.

"As Americans, I think we should try a little harder to understand different cultures," said Abel Villarreal, resources director for U.S. Africa Command, who is currently enrolled in a beginner conversational course through the United Services Organization. "I think a way to learn that is to engage in something like this."

USO

The USO classes, formerly taught through the U.S. Army Garrison Stuttgart Education Center, feature five levels of conversational German courses.

The cost is €100 per class and €20 for a book, which covers two courses. Payment must be made in person, upon registration.



USO course instructor *Edith Hoffman* converses with students during class.

Each class has two, 2.5-hour sessions per week at one of the four garrison installations, either Monday and Wednesday or Tuesday and Thursday, and from either 9-11:30 a.m. or 6:30-9 p.m., depending on the teacher. The most advanced class meets for three hours once a week.

The classes run for five-week terms throughout the year. The next term begins Sept. 14.

"It's not an immersion. It's not a college course," said Alma Fowler, USO operations coordinator. "It's for people who just want to be able to communicate in a community ... to speak with their German neighbors and feel comfortable going to market."

For more information, call 431-3505/civ. 07031-15-3505.

Army Community Service

The Directorate for Family and Morale, Welfare and Recreation's Army Community Service offers a free German Language and Culture class every Monday from 6-8 p.m. in the garrison Religious Education Center (Building 2332) on Patch Barracks.

"You can miss two weeks [or] two months in a row," said Daniel Adams,

Relocation Readiness Program manager at ACS. "If you don't do the assignments, [the teacher] wants you to come back, regardless."

Gudrun Kaper has volunteered to teach the class for the past 15 years. "[I teach] learning by eating, by doing, by memorizing," she said. "You can learn by eating German chocolate. It's ... the all-senses approach."

During holiday weekends, Kaper often takes students on field trips to German cities, such as Worms, where they can learn about German history.

Kaper plans to offer another German language class on Kelley Barracks for AFRICOM, beginning in January.

For more information, call 431-3330/civ. 07031-15-3330.

CYS Services SKIES

Child, Youth and School Services offers a German language course for children ages 5-15 through the after-school program, the School of Knowledge, Inspiration, Exploration and Skills.

Classes meet Monday at the Patch Library, Building 2342 on Patch Barracks, from 3:45-4:30 p.m. for ages 5-11 and

4:30-5:45 p.m. for ages 12-15; Tuesday at CYS Services Sports, Building 3162 on Panzer Kaserne, from 4-5 p.m. for ages 5-11; Thursday at CYS Services Youth Services, Building 151 on Robinson Barracks, from 3:15-4:15 p.m. for ages 5-11 and 4:15-5:15 p.m. for ages 12-15; and Friday in the Kelley Hotel conference room, Building 3301 on Kelley Barracks, from 4-5 p.m. for ages 5-11.

Each class covers German language and culture, including holidays, songs and traditions.

"German language skills are important for children to feel comfortable in their host country," said Kristy Lutz, SKIES instructional program specialist.

Classes run throughout the school year for two-month sessions. The cost per each class is \$100.

The current session runs from early September to the end of October.

To register, visit CYS Services Central Registration and Enrollment in Building 2347 on Patch Barracks. For more information, call 430-7480/civ. 0711-680-7480.

University of Maryland

The University of Maryland University College offers German language, history and culture classes through the education center in Building 2915 on Panzer Kaserne.

Language classes include Elementary German I and II, offered each semester, and Intermediate German I and II, if enough interested is generated.

Classes are \$654 for a 3-credit class. They meet either weekdays during lunch, or two nights per week for three hours.

Students can use the classes to obtain German language certificates or to work towards a degree (with up to a German concentration).

For more information, or to register, call 431-2303/civ. 07031-15-2303.

As Americans, I think we should try a little harder to understand different cultures.

Abel Villarreal
U.S. Africa Command
Resources Director

International Baptist Church of Stuttgart

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Sunday 9:30 AM & 11:30 AM • Wednesday 6:30 PM

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C.A.R.E. Fair offers facts, fun



Ted 'Merlin' Barlock offers a young girl a balloon animal from the Population Health booth during the annual Community Activity, Registration and Education Fair. More than 60 organizations were present to share information with newcomers and hand out goodies. For more C.A.R.E. Fair photos, visit www.flickr.com/photos/usagstuttgart.

Brittany Carlson



BETHEL BAPTIST CHURCH

MAKING MUCH OF JESUS

Independent Baptist Church Serving the Stuttgart area

Learn about Stuttgart

Learn about German culture, language and public transportation at the Stuttgart Newcomers Orientation. Classes will be held Sept. 8 and 10 and Sept. 22 and 24. Future class dates include Oct. 6 and 8 and Nov. 3 and 5. Tuesday classes are held from 8:15 a.m. to 4 p.m. Thursday classes are from 8:45 a.m. to 5 p.m. Participants must register with Army Community Service.

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

Health fair on Sept. 11

The Stuttgart Army Health and Dental Clinics, in association with the Wellness Center, will host a Health Fair Sept. 11 from 11 a.m. to 3 p.m. in the Wellness Center on Patch Barracks.

The Wellness Center and Physical Therapy Department will also host open houses during this time.

Representatives from the health and dental clinics, Optometry, Educational and Developmental Intervention Services, Physical Therapy, Wellness Center, Dietician Services, TRICARE, Suicide Awareness, Case Management, Behavioral Health and Public Health offices will be on hand. For more information, call the Wellness Center at 430-7322/civ. 0711-680-7322.

Take the AFC survey

Military members and their families are encouraged to take the Army Family Covenant survey to gauge how well the needs and expectations of Soldiers and families in Europe are being met. The survey takes a few minutes to complete, and can be accessed from any government or home computer at www.armymwr.com/fmwr/AFC/survey.htm.

Women's career development workshop set

A women's career development workshop in resume building will be held Oct. 14 from 9-11 a.m. in the Army Community Service conference room in Building 2915 on Panzer Kaserne. Registration is required. For more information, call the U.S. Army Garrison Stuttgart Equal Employment Opportunity Office at 430-5256/civ. 0711-680-5256.

Commissaries open on Labor Day

The Patch Barracks Commissary will be open Labor Day, Sept. 7, from 8 a.m. to 7 p.m. The Panzer and Kelley Commissaries will be open from 9:30 a.m. to 6 p.m.

CPAC to hold Human Resources Open House

The U.S. Army Garrison Stuttgart Civilian Personnel Advisory Center will host a Human Resources Open House Sept. 15 from 10 a.m. to noon in the Patch Theater. The employment application and selection process, Military

CYS summer camps end in children's performances



Mckenzie Luley, 6; Jayson Rhone, 5; Olivia Burns, 5; and Lance Fleming, 6, perform their own version of the song "It's Bananas," as part of the traditional Child, Youth and School Services end-of-summer camp blitz-off.

Brittany Carlson

Spouse Preference, tour extensions and Priority Placement Program registration will be discussed, followed by a question-and-answer period. This event is open to the entire community.

Volunteer organization hosts POC training

Heads of volunteer organizations ("points of contact") are invited to a U.S. Army Garrison Stuttgart registered volunteer training session Sept. 10 at 9 a.m. at Army Community Service in Building 2915, on Panzer Kaserne. To sign up, or for more information, call the Army Volunteer Program manager at 431-3330 or 07031-15-3330.

'Make a Difference Day' planning meeting set

National "Make a Difference Day" is Oct. 24. Anyone who is a registered volunteer or who would like to become a volunteer is invited to attend a planning meeting Sept. 16 at 9 a.m. at Army Community Service, Building 2915, on Panzer Kaserne. To sign up, or for more information, call 431-3330/civ. 07031-15-3330.

Stuttgart community blood drive scheduled

The Armed Services Blood Program will host the Stuttgart Community Blood Drive Sept. 16 from 9 a.m. to 3 p.m. at the Kelley Barracks Fitness Center, and Sept. 17 from 9 a.m. to 5 p.m. in the Patch Fitness Center. To register and schedule a donation, visit www.militarylifeforce.mil. For more information, call 430-4224/civ. 0711-680-4224.

ACS offers unofficial translation services

Army Community Service offers free unofficial German/English translation services Monday to Friday from 8 a.m. to 5 p.m. The ACS office is located on the second floor of Building 2915, on

Panzer Kaserne. For more information, call 431-3007/civ. 07031-15-3007.

Take Red Cross classes

The Stuttgart Red Cross will offer a new volunteer orientation Sept. 8 from 10 a.m. to noon.

It will also offer a first aid and safety class Sept. 19 from 8 a.m. to 5 p.m. The class includes adult, child and infant CPR and first aid. Cost is \$40. For more information, visit the American Red Cross in Building 2915 on Panzer Kaserne, or call 431-2812/civ. 07031-15-2812.

Girls' soccer tryouts held for Disney Showcase

Olympic Development Program-Europe will hold open tryouts for girls Sept. 6 and 20 in Tiefenbach for the 2009 Disney Soccer Showcase in Orlando, Fla. Tryouts will be held for U15-U16 and U17-U18 teams. For more information, e-mail knikicatr@hotmail.com or call civ. 0160-331-5588.

7th annual AFCEA Golf Classic scheduled

The Armed Forces Communications and Electronics Association will hold its 7th annual Golf Classic on Sept. 11 at 8:15 a.m. at the Stuttgart Golf Course in Kornwestheim. Proceeds will support the Stuttgart Chapter of the AFCEA Scholarship Program. Registration will open at 7:15 a.m. The entry fee is \$55 per person and includes a buffet lunch, green fees, golf cart, token for the driving range, balls and a gift bag. For more information, call 434-5244.

Theatre center offers acting, directing workshops

The Stuttgart Theatre Center will host an acting workshop for beginning and experienced actors ages 16 and up every Sunday from Sept. 6 to Oct. 4, from 1-4 p.m.

It will also host a directing work-

shop for beginning and experienced directors ages 16 and up every Sunday from Sept. 6 to Oct. 4 from 5-8 p.m.

The cost for each workshop is \$80. For more information, or to register, call 421-3258/civ. 0711-729-3258.

Bowling center to host Customer Appreciation Day

The Galaxy Bowling and Entertainment Center on Panzer Kaserne will host a Customer Appreciation Day Sept. 5 from 11 a.m. to 6 p.m. with free bowling and shoe rental, and door prizes. Bowlers can also sign up for fall leagues.

For more information, call 431-2719/civ. 07031-15-2719.

Hispanic Heritage Month observed Sept. 18

U.S. Army Garrison Stuttgart will observe Hispanic Heritage Month during an observance on Sept. 18 at 3:30 p.m. in the Swabian Special Event Center on Patch Barracks.

For more information, call Sgt. 1st Class Chrysti Lassiter-Jones, Equal Opportunity advisor, at 430-7945/civ. 0711-680-7945.

EEO comprehensive training offered

The Equal Employment Opportunity office will host comprehensive training sessions Sept. 17 and 22 from 10 a.m. to noon for employees, and from 1-3 p.m. for managers and supervisors.

Training on Sept. 17 will be held in Room 217, Building 2307, on Patch Barracks. Training on Sept. 22 will be held in the Digital Training Facility in Building 2931 on Panzer Kaserne.

For more information, call 430-5256/civ. 0711-680-5265.

Apply for free or reduced school lunch program

The Free and Reduced Lunch Program allows Department of Defense Dependents Schools students from families whose income meets the eligibility criteria to receive free or reduced price meals at the school cafeteria. Application forms for the program are available at local schools, Child, Youth and School Services, Central Enrollment and Registration Office and the School Liaison Office (Building 2347). A Leave and Earning Statement and orders are required with the application.

For more information, call the School Liaison Officer at 430-7465/0711-680-7465.

Try free Tai Chi class

A free Tai Chi class will be offered Sept. 9 at 6:30 a.m. in the Panzer Fitness Center. The class is in support of Suicide Prevention Month.

For more information, call the Army Substance Abuse Program at 431-2530/civ. 07031-15-2530.

Girl Scouts offers 'world' of opportunity for all ages

Story and photo by Brittany Carlson
USAG Stuttgart Public Affairs Office

It takes more than selling cookies to be a Girl Scout.

For almost 100 years, the Girl Scouts of the United States of America program has taught girls to become effective leaders and help the less fortunate in their communities.

Girl Scouts in Stuttgart can add volksmarching, exploring Europe and working with Scouts from around the world to that list.

"I think Girl Scouts gives them a unique opportunity, especially in Germany, to explore many things about themselves, their environment, and their interests in life — anything from learning how to write a letter to rock climbing," said Marah Campbell, Girl Scouts Overseas committee chair.

Last year, the Stuttgart area Girl Scouts chapter had 23 troops and more than 300 registered girls, making it one of the largest chapters in Europe, Campbell said.

Like the program in the U.S., Girl Scouts Overseas teaches girls about leadership, confidence and character through self-discovery, connecting to others and community service.

However, Scouts in Europe have certain special benefits. Here, they have access to two Girl Scout World Houses: Pax Lodge in London and the Swiss Lodge in Switzerland. At the Swiss chalet, girls from all over the world come to learn about Scouting programs in different countries.



Hannah Watts, 8, explains what each "try-it" patch on her Girl Scout Brownie vest means.

ergarten and first grade) to Seniors and Ambassadors (high school), and include students from garrison schools and the International School of Stuttgart, as well as home-schooled students.

As Girl Scouts progress, they earn patches for their uniforms for learning about the program, trying new activities and participating in community service activities. Last year, one troop planted a flower garden at Böblingen Elementary School, and another collected clothes to donate to an orphanage in Poland.

Other patches are just for fun, such as being the best Girl Scout cookie-seller.

"My experience with my daughter is [that] she used to be really shy and drawn-in," said Kathy Watts, Girl Scout leader and manager of the Girl Scout Hut on Panzer Kaserne. "This has really drawn her out."

As Girl Scouts grow older, they have more freedom

to choose activities and earn badges.

"A lot of people think that when you're older, there's not a lot of stuff to do [in Girl Scouts], but that's when the doors open," said Natasha Werner, 16, an Ambassador. "I was interested in space, so I applied to NASA. I went to space aviation camp."

The highest level of awards includes the Girl Scout Bronze, Silver and Gold awards.

Heidi Martin, 18, earned her Gold Award by hosting a two-day workshop on self-esteem and self-image, called 'Beautiful U,' on Panzer Kaserne. The workshop featured sessions on public speaking, fitness and stress management.

"The girls were enthusiastic," Martin said. "They just seemed to have learned a lot, and that was my goal."

Besides learning leadership and life skills, Girl Scouts is a place for girls to relax and have fun, Watts added. "This is a way for them to have something for themselves. [My daughter] just felt like she was lost in the shuffle. This is her special time to be heard and to make friends."

For more information on the Girl Scout Overseas program in Stuttgart, call Marah Campbell, GSO committee chair, at civ. 0711-7191-7735, or e-mail stuttgartgirlscouts@yahoo.com. To register, e-mail dieterdog@gmail.com.



[Above] A Cub Scout takes aim at his target on the BB gun range. While each day's activities varied at the camp, Scouts got to fire on the range every day. [Below] Tristan McCauley lines up his arrow with the help of volunteer Eli Kraft (in blue), on the archery range.



[Above] Tiger Cub Christopher Bispels, 6, competes in a "moonwalk" race, complete with oven mitts and oversized boots. [Right] Sebastian Saunder, 9, left, shows off his knot-tying skills with Garrett Tompkins, 9, as a model, while Magnus Stanley, 9, looks on.



For more information on Boy Scout of America programs, call the BSA assistant district commissioner at civ. 0711-680-4230 or 01522-999-2205.

Den 2, led by den leader Mike Smith, moves to a station at the Stuttgart Cub Scout Twilight Camp held Aug. 19-20 at the Panzer Local Training Area. The boys wore "intergalactic" passports around their necks, which were stamped at each "planet" they visited.



Camp takes Cub Scouts to 'space and beyond'

Story & photos by Susan Huseman
USAG Stuttgart Public Affairs Office

Chimps and dogs have been a part of the space program for years, but tigers, wolves and bears?

No, it's not a top secret Space Shuttle Discovery mission, but the Stuttgart Cub Scout Twilight Camp.

Six dens of Tigers, Wolves, Bears and Webelos Cub Scouts attended the "space camp" at the Panzer Local Training Area Aug. 19-20 from 4-8 p.m.

"Our theme is 'Scouts in Space,'" said Gloria von Fahnestock, the camp program director. "We tried to put a celestial spin on everything."

"Everything" included crafts, Scout skills, games, fitness activities, archery and a BB gun range.

Sixty-four Scouts in first through fifth grade rotated between four "planets," or stations, to partake in the activities.

While making Alka Seltzer rockets, star spinning tops and constellation maps from soda cans, the Scouts, unbeknownst to them, were learning lessons about Cub Scouting's core values.

"Cooperation is one of the 12 Scout values," said von Fahnestock. The campers learned to work together toward a common goal, whether it was gathering wood for a camp fire, building a shelter or "blasting off" to another "planet."

"Everything they do at camp is team-oriented," she said.

The boys also got a healthy dose of social development. Scouts from Packs 44 and 324 (the local Stuttgart packs) were integrated at the camp, allowing the boys to meet new

people. "It broadens their horizons. A Scout should be able to work with anyone," said von Fahnestock. It also helped parents to get to know one another, she added.

But the camp wasn't all about character building. Scouts learned to shoot BB guns and sharpen their archery skills.

These activities are restricted to day camps and become the highlight of the camp, said Range Master Michael Merchant.

"Every year when we start the camp, we always hear 'we want to shoot bows and arrows, and BB guns,'" he said. "They're boys. If they can make it, shoot, toss or fling it — they want to make it fly."

Safety comes first, however, and it's one of Camp Director Cindy Merchant's main concerns. "The goal of the camp is to provide a quality, fun, educational and most importantly, safe environment," said Merchant, a Girl Scout herself for 27 years.

She is responsible for ensuring that the camp meets 63 standards that deal with administration, sanitation, staff training and programming. If the camp fails the standards, it gets closed down.

When asked whether the hardest job was meeting 63 standards or supervising 64 youngsters, Merchant replied, "Corralling the kids is the easy part."

Scouting in Stuttgart

Pilgrims explore Black Forest along Way of St. James

Story and photos by Carola Meusel
USAG Stuttgart Public Affairs Office

For hundreds of years, curious pilgrims have trekked across Europe to visit the Spanish town of Santiago de Compostela, which, according to legend, holds relics belonging to Jesus' apostle, St. James the Elder.

Today, people from all over the world still walk the historic pilgrim's trail, called "the Way of St. James." The trail winds through Germany's Swabian Alps and Black Forest, eventually ending in Galicia, Spain.

For some, the pilgrimage is a reli-

Pilgrimage means being on the move and, while walking, let[ting] go of old patterns.

Peter Müller

Way of St. James pilgrimage organizer, theologian

gious event meant to be experienced alone.

"Pilgrimage means being on the move and, while walking, let[ting] go of old patterns," said Peter Müller, a theologian and pilgrimage tour organizer. "[It's] a way to focus on your own life by reflecting [on] your personality. It can be described as a travel toward your inner self."

For other pilgrims, it's a way to see several cultural and historical sites in the Black Forest.

In 1987, the Way of St. James was named the official European Culture Route, and became part of the UNESCO World Heritage Site in 1998.

One starting place is in Rottweil, a symbolic town for pilgrims. Here, visitors can see illustrations of St. James at the Heilig-Kreuz-Münster (Gothic cathedral), wearing pilgrim's gear: a hat with a scallop shell, a long cape and a wooden staff.

"The scallop shell was an identification mark for pilgrims and was supposed to protect them during their pilgrimage," said Dr. Winfried Hecht, former registrar for Rottweil.

Today, the scallop shell is the official symbol that identifies various routes and paths on the Way of St. James in Germany, France, and Spain.



Dr. Winfried Hecht, former registrar for the Black Forest town of Rottweil, explains the characteristics of a pilgrim, in Rottweil's city museum.

Modern-day pilgrims also get their "pilgrim's pass" stamped in the cathedral, which they use to receive a certificate of completion upon arrival in Santiago de Compostela.

From Rottweil, pilgrims pass the former rafting and tanners' town of Schiltach. Visitors can still stop by the old tannery.

Today, this picturesque town is known for its timbered houses, built around 1600, with red geraniums flowing from every flower box.

"Schiltach's residents take really good care of their houses in order to keep the city's reputation as one of the most beautiful towns in the Black Forest," said Hana Janecková, Schiltach tourist manager.

Another highlight in Schiltach is the Aquademie of Hansgrohe (Auestrasse 9), which houses an exhibit on bathing customs from the Middle Ages. Visitors can take a bath in Germany's biggest bathhouse, the Shower World.

Following a bath, hungry pilgrims can stop by the the Ritterkeller (knight's cellar) at Gasthof Sonne, in Schiltach's Market Square. Here, guests can enjoy the "Spectaculum," a hearty knight's meal — with jugglers and special entertainment.

From Schiltach, the Kinzigtal Way of St. James leads in to the region of Baden (Badischer Jakobsweg) and passes the town Breisach at the Rhein River. Breisach is referred to as the "bridge to Europe" for two reasons: in 1950, Breisach's inhabitants were the first to vote for a united Europe, and the town itself is located at the Rhein Bridge, which con-

nects the German town of Breisach with the French town of Neuf-Brisach.

Breisach's most famous landmark is its romantic- and Gothic-style St. Stephan's Cathedral, at the Münsterberg, built during the 12th and 15th century.

Visitors can enjoy a great view of the city, along with the Rhein River, Black Forest, Kaiserstuhl and Vogesen mountains, from the Eckartsberg (Eckart's Hill). Since 1826, the Eckartsberg has been well-known for cultivating wines typical to the Baden region, such as Grauer Burgunder, Weisser Burgunder and Spätburgunder. Visitors can sample all of these wines at the Vinothek (Marktplatz 16), which also offers wine hikes and tours to the Eckartsberg.

For fine Baden/Alsatian cuisine and the best chocolate cake in town, visit the Kapuzinergarten Restaurant at the Breisacher Münsterberg.

Cultural and historical attractions such as these keep drawing modern pilgrims from all over the world to follow the Way of St. James.

"Nowadays, mainly for the last 10 years, pilgrimage became a very popular trend for people of all ages," said Bernhard Rüth, Rottweil registrar.

Peter Rissin, a 67-year-old pilgrim, is a prime example. "Walking the Way of St. James takes about 100 days, for 2,770 kilometers," said Rissin, who walked the complete pilgrimage two years ago. "After three weeks [of walking], I felt unbelievably liberated."

For more information, visit www.americanpilgrims.com.



Visitors stroll down a cobble street in Schiltach, a Black Forest town known for its timbered houses — one stop along the Way of St. James.

Experience German culture with wine fests, air shows

• **Through Sept. 13 — Nürtingen — Wine village**

The wine village is at the Kreuzkirche, downtown.

• **Sept. 4-5 — Reutlingen — Tuscan market**

This Italian market is located at the Spitalhof.

• **Sept. 4-6 — Pfullingen — Castle ground festival**

This festival is located at the Schloßlepark.

• **Sept. 4-6 — Trochtelfingen — Augstberg festival**

This festival is located at that the forest at the Augstbergturn.

• **Sept. 4-6 — Freiberg an Neckar — Wine village**

This vine festival is located at the Marktplatz.

• **Sept. 4-6 — Berghülen — Carriage meeting**

This event takes place at the Kutschmuseum in Bühlenhausen.

• **Sept. 4-6 — Kirchheim unter Teck — International antique aircraft meeting**

This event takes place at the Segelfluggelände Hahnweide.

• **Sept. 4-7 — Fellbach — Smidener Kirbe**

This festival takes place at the Festplatz in Schmidlen.

• **Sept. 4-7 — Hirrlingen — Music festival**

This festival is located on



• **Sept. 4 to Nov. 1 — Ludwigsburg — The world's largest pumpkin exhibit**

The annual pumpkin exhibit returns to the gardens of the Ludwigsburg castle. The doors to the exhibit will open daily at 7:30 a.m.

For more information, visit www.blueba.de.

www.nestor-hotel.de

• **Sept. 12-13 — Weinsberg — Wine, street festival**

This event takes place in the city section of Gellmersbach.

• **Sept. 12-13 — Weinstadt — Festival of 100 wines**

This festival takes place at the Brückenstrasse in Grosseheppach.

• **Sept. 12-13 — Weissach im Tal — Wine festival**

This festival is located at the Rathaus.

• **Sept. 13 — Blaubeuren — Open cave festival**

This event takes place in Blaubeuren/Weiler at the "Geissenklösterle."

• **Sept. 13 — Laichingen — Airfield festival**

This festival features helicopters and double wing aircraft at the Flugplatz.

• **Sept. 13 — Bad Liebenzell — Farmer's market**

This market features live music and children's activities at the Marktplatz.

• **Sept. 13 — Schwäbisch Hall — Potato days**

This event features the harvest and production of potato products at the Hohenloher Freilandmuseum in Wackershofen.

• **Sept. 13 — Unterensingen — Cow patty roulette**

This event takes place at the Sportgelände Bettwiesen.

• **Sept. 14 — Bönningheim — Variety market**

This market is located downtown.

• **Sept. 17-20 — Schwäbisch Gmünd — Gmünder culinary days**

This festival takes place at the Johannisplatz.

• **Sept. 17-20 — Tübingen — Umbrian and Provencal market**

Sister cities in France and Italy introduce their regions to visitors at this market.

Bietenhauser Strasse.

• **Sept. 5 — Tübingen — Flea market**

This market is located at the Brunnenstrasse.

• **Sept. 5-6 — Altdorf — Street festival**

This festival takes place at the Marktplatz.

• **Sept. 5-6 — Bissingen Teck — Wine festival**

This event takes place at the Kelter.

• **Sept. 5-6 — Trochtelfingen — Bulldog and antique meeting**

This event features antique trucks and farm equipment. It is located in Wilsingen at the Gemeinschaftsschuppen.

• **Sept. 5-6 — Dettingen an der Erms — Baker's house festival**

This event is located in the center of town at the

public baking houses.

• **Sept. 5-6 — Geislingen an der Steige — Brewery market**

This arts and crafts market is located at the Kaiser-Brauerei.

• **Sept. 5-6 — Filderstadt — Street festival**

This event takes place near the Martinskirche, in the city section of Sielmingen.

• **Sept. 5-6 — Horb am Neckar — Horb Autum**

This wine festival is located at the Mühlgässle.

• **Sept. 5-6 — Walddorfhäslach — Street festival**

This festival is located on Brühlerstrasse in the city section of Walddorf.

• **Sept. 5-6 — Weil der Stadt — City festival**

This festival is located in the downtown area.

• **Sept. 5-6 — Weinstadt — Wine festival and market**

This festival and the variety market are located in the city section of Endersbach.

• **Sept. 5-7 — Bietigheim-Bissingen — Variety market**

This market is located at the Viadukt Bridge.

• **Sept. 5-7 — Beilstein — Wine festival**

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MILITARY MOMS...



...a photographic project which tries to show the situation of female soldiers who also are mothers.

In the US Military, the female career soldier has this option. The way these professional soldiers handle this way of life is just admirable.

The show opens on September 17th at 18:00 at the Deutsch-Amrikanisches Zentrum- James F. Byrnes Institut at Charlottenplatz 17in 70173 Stuttgart (www.daz.org)

Opening hours: Tues-Wed-Thu - 14:00 to 18:00 hrs

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Teens prepare for school sports at summer clinic

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

“Are you ready?”
“Ready!”
“Every day?”

“All day!”
“You are what?”
“Athletes!”

“Show me!” yells Dena Taylor, physical therapy assistant and exercise physiologist, to the 30 high school students lying on Husky Field, sweat dripping down their faces. And the whistle blows.

The students have their legs straight in the air, tilting them to the left and the right to Taylor's commands: “Up! Down! Up! Down!” The drill is part of the new Patch High School Sports Athletic Conditioning Clinic, a free, 12-week summer

program that ended Aug. 14.

The clinic attracted between 20 and 70 students each day for two hours of grueling exercises, designed to make them ready for high school sports and prevent injuries during the sports season.

“The kids say it's brutal,” said Cheri Fields, a parent volunteer. “The first day, they all came out here thinking they were in shape. The second day, they couldn't walk and couldn't move, [and] they realized maybe they weren't in the shape they thought they were.”

Presented by the Physical Therapy and Sports Medicine Clinic, the program's activities can help any type of athlete, Taylor said. The weight, cardio and plyometric exercises help the student athletes to strengthen their muscles and move faster in the game.

“I want to see kids on the field or on the court doing their sport. I don't want to see them on the sidelines or

“I want to see kids on the field or in the court doing their sport. I don't want to see them on the sidelines or in the clinic because they're injured.”

Dena Taylor

Physical Therapy Assistant
and Exercise Physiologist



Luke Wohlford, 13, practices controlling his muscles on a Bosu ball with the help of Dena Taylor, physical therapy assistant, during the Athletic Conditioning Clinic.

in the clinic because they're injured,” Taylor said.

Norm Matzke, Patch High School football and wrestling coach, attended the clinic to support his athletes, and looked forward to seeing those who attended the clinic in action.

“It's a structured, core-specific camp,” he said. “I'm curious to see the comparison to kids who did this stuff on their own.”

A variety of students attended, from cheerleaders and runners to wrestlers and football players.

“The thing that was amazing to me is the children's desire to progress,” Taylor said. “They could be anywhere: the pool, movies ... but instead they're here.”

Of 70 registered high school students, 38 never missed a day during summer vacation.

Emma Murray, 14, came every day

in order to get in shape for the football season; she plans to try out for kicker.

“Miss Dena's been really good about getting you to do it and pushing you — making you go past your normal boundaries,” Murray said.

Parents and coaches alike saw changes in the teens' abilities through the program.

“These were kids that couldn't even stretch,” said Teresa Adderty, parent volunteer. “Now, they can touch their toes, and they're excited about it.”

Taylor also noticed changes in the students' mentality. “It's confidence building,” she said. “They [think], if I can do it here, I can do it anywhere. And that's what sports [training] does.”

For more information, call the Physical Therapy/Sports Medicine Clinic at 430-6149 civ. 0711-680-6149.



High school athletes practice plyometric exercises during the clinic.



Moses Henry, a Defense Information Systems Agency-Europe employee, was one of two featured guest posers at the bodybuilding competition.



Photos by Susan Huseman

Muscle mania

Overall winners (from left) Sandra Griffin, Women's Bodybuilding; Ricky Kranning, Men's Bodybuilding; and Janail Baglia, Women's Figure; strike their favorite poses at the end of the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation Bodybuilding and Figure Competition Aug. 22 in the Kelley Theatre. For more photos, visit www.flickr.com/photos/usagstuttgart.

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Acc. for Rent - Apartments

2Bdrm exclusive Apt in Stuttgart beautif & quiet close to city center. 1800sqft, big bathrm, huge living rm, sep din rm, sep kitch, stor in basem & garage. And the best - huge private backyard w/ 3 patios only for you! Take a look at this place! 2'300€+ util. Wolf-Haus, 0170-6886723, 0711-67251122

Acc. for Rent Houses

Freest SF home 4BR bath 2000sq-ft 2kit w/pantry patio 1650€, Renfrizhausen GE, 06202-409-0575, email: edward.jones9@gmail.com, sylviaajones@gmail.com

Accommodation for SALE

4Bdrm Brand New Condo in Renningen lux, few min from Patch & Panzer. 2000sqft, 3bathrm, open kitch, entertain & stor rm in basem. Spacious sunny & priv backyard perf 4kids & pets, designed for americans - 110V, setup for american washer, dryer & fridge, kitch & lights incl, lrg garage +much more! We are looking forward meeting you! ? 2'750€ per month (LQA of \$47'000 a year). No down-payment needed. Wolf-Haus, 0170-6886723, 0711-67251122

4Bdrm Luxury Duplex In Renningen gorgeous excl duplex min from Panzer & Patch. 2200sqft, 3bath, entert & stor rm in basem. Nice sunny & priv backyard is perf for kids & pets. Huge garage & 2 spacious prkng spaces! We are looking forward to meeting you! 2600€ p/month (LQA of \$45'000 a year). No down-payment needed. Wolf-Haus, 0170-6886723, 0711-67251122

4Bdrm Luxury Duplex In Steinenbronn, gorgeous, min from Panzer & Kelly. 1500sqft, 3bathrm, entert & stor rm in basem. Nice sunny & priv backyard perf 4kids & pets. Amer wshr, dryer & fridge, kitch & lights incl 2spacious prkng spaces! We are looking forward meeting you! 2300€ p/mnth (LQA of \$40'000 a year). No down-payment needed. Wolf-

Haus, 0170-6886723, 0711-67251122

5Bdrm Spacious House In Magstadt quiet, min from Patch & Panzer. 2300sqft, 3bathrm, open kitch, big entert rm in basem & garage +2 parking-lots. Nice quiet & private backyard, good for pets. We are looking forward meeting you! 2900€ per month (LQA of \$48'000 a year). No down-payment needed. Wolf-Haus, 0170-6886723, 0711-67251122

Lg Apartment for Sale: 140sq. meters, 4 rooms with large, remodeled kitchen. 2 bathrooms, both remodeled. Lg storage room. Parkingspot underground. 4th floor walk-up. Boeblingen-Diezenhalde. €240,000 well within allowances. Write for pics: germkelb@yahoo.com or call 430-4748/07031-467519.

Autos

Mazda, MPV, 2000, Very clean and reliable minivan. LX model, Auto, AC, AM/FM/CD, Snow tires with alloy rims, 104,000 mi, \$4900 Call 071591673916 or paulfunk@earthlink.net

Range Rover HSE 2004, Java Black, Tan Interior, Sunroof, HarmonKardonStereo, CD, AM/FM, Cass., Dual power/heated seats, heated windshield, backseats, steering wheel, & side rear glass, Navigation, 41,350 miles. Asking: \$27,000.00 OBO 0711-680-6669 (Stuttgart)

Motorcycles

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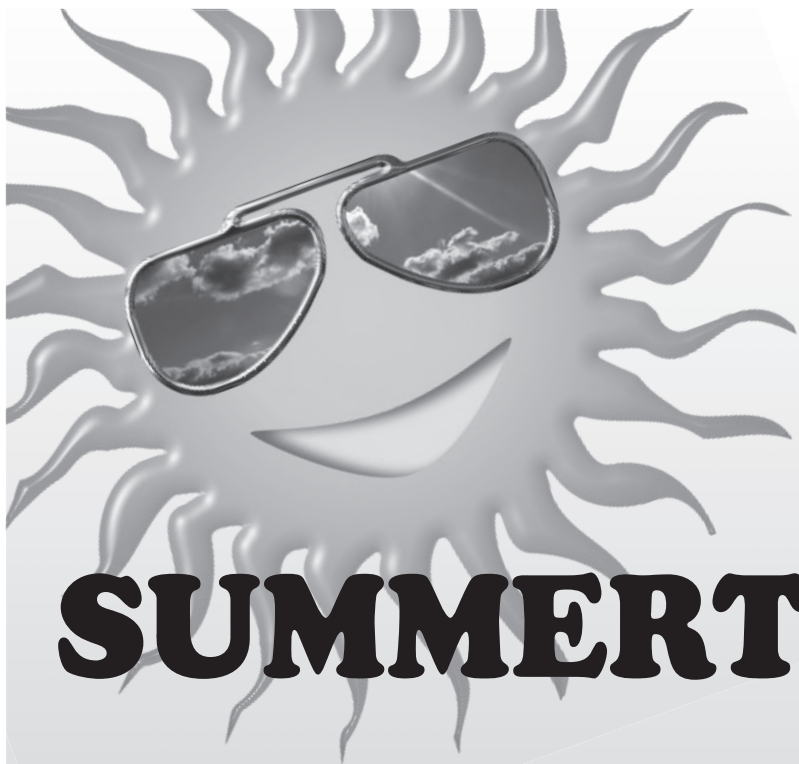
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