

The STUTTGART Citizen

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Serving the Greater Stuttgart Military Community

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Garrison welcomes new commander

By John Reese
USAG Stuttgart Public Affairs

Col. Neal A. Corson assumed command of U.S. Army Garrison Stuttgart from Col. Glenn K. Dickenson in a ceremony on Washington Square, Patch Barracks, July 12.

Corson comes to the garrison after serving as chief of the Joint and Army Concepts Division, Army Capabilities Integrations Center, at Fort Eustis, Virginia.

"I'm very honored and humbled today to be taking command of a great joint community, the Stuttgart garrison — a garrison that has demonstrated a dedication to the readiness of the unit's that reside here," Corson said, adding that part of what makes Stuttgart a great community is its family members.

About 250 guests in bleachers and another 90 VIPs on the stage, including the incoming and outgoing commander's family members and senior military and civil service officers, observed the

ceremony. Three color units (a German-American joint service color guard, a U.S. forces color guard and a guard of local unit flags) rippled in the cool, breezy wind. A company-sized element of Soldiers from the 1st Battalion, 10th Special Forces Group and martial music performed by the U.S. Army-Europe Band's Brass Quintet supported the ceremony.

The ceremony was officiated by Michael D. Formica, director, Installation Management Command-Europe. Formica also presented Dickenson with the Legion of Merit at a farewell ceremony held prior to the change of command.



Photo by Kevin S. Abel
Col. Neal A. Corson accepts the garrison flag, signifying his assumption of command, from Michael D. Formica, director, Installation Management Command-Europe, as outgoing garrison commander Col. Glenn K. Dickenson observes.

Both the outgoing and incoming commanders read a portion of their remarks in German, receiving a warm response from

the assembled burgermeisters, senior German military personnel,

See Change of Command, p.2

USAG-Stuttgart implements new Service Culture Initiative

By Holly DeCarlo-White
USAG Stuttgart Public Affairs

U.S. Army Garrison Stuttgart's new commander, Col. Neal A. Corson, addressed the Panzer Kaserne garrison workforce during the first of three town hall meetings, July 25.

After providing a personal introduction to his background, Corson recognized a number of garrison employees for their outstanding service to the garrison and community, and then outlined his initial priorities to continue to grow the garrison's strategic plan over the next two years of his term.

He congratulated the garrison team for winning the Army Community of Excellence gold medal this year for being the best Army garrison worldwide. Corson



Photo by John Reese

Col. Neal Corson, USAG Stuttgart commander, signs the Service Culture Initiative pledge to customers during his first workforce town hall, July 25, 2017.

said he plans to continue the focus on improving processes, logically, focusing first on on-boarding, performance and employee

recognition.

"We take care of people. In this community, it is one big garrison family, and I am here to take care

of you and our mission partners," Corson said.

The garrison command team of Corson, Heidi Malarchik, deputy to the garrison commander, and Command Sgt. Maj. Mariano Alvarez also dedicated a portion of the meeting to introduce and sign the Installation Management Command's new Service Culture Initiative campaign pledges for leadership and for customer service.

"It's about leadership and what it means to be a leader or a supervisor, and to take care of your people," Corson said.

Malarchik compared the IMCOM pledge to what the U.S. Pledge of Allegiance meant, "to reinforce some things we sometimes forget."

See Service Culture Initiative, p.2

Honored to serve the Stuttgart Community

By Col. Neal A. Corson
USAG Stuttgart commander

I am honored and humbled to be joining the U.S. Army Garrison Stuttgart team. It is a true privilege to be given the opportunity to command, especially here in Germany where I was born and raised as a military family member.

I can't thank the community enough for the gracious welcome you have all given my family and I. Upon arriving we were able to participate in the community's Fourth of July celebration and immediately felt right at home.

It's not every day that you get to inherit the Army Community of

Excellence winner. The standards have been set high, but I know the dedicated IMCOM professionals of the garrison will ensure that we continue to meet and exceed the standards they establish by improving our aging infrastructure and providing critical services and programs.

The garrison team supports a diverse joint-service community which includes service members, civilian employees and family members from every service component, many government agencies, and a strong retiree population. I look forward to meeting with all our mission partners as well as with the many family readiness support organizations and groups to

create a community that supports unit readiness and provides a robust and thriving community for us all.

While I continue to learn about the various aspects of garrison operations and its people, I have learned we have a strong relationship with our German hosts. I look forward to meeting with the surrounding city officials and strengthening the relationships that we have with our neighboring communities.

A large percentage of the personnel who make up our military community here in



Col. Neal A. Corson

Stuttgart live off-post, so maintaining open communications and a strong and positive dialogue with our host nation dignitaries and their communities will be a very important part of my job.

As the Garrison Commander I intend to be your advocate within the surrounding German communities and ensure that the garrison continues to deliver vital support programs.

My family and I are glad we live here and are looking forward to being an active and contributing part of the U.S. Army Garrison Stuttgart community.



Photo by John Reese

A joint German-American color guard stands ready to begin the U.S. Army Garrison Stuttgart change of command ceremony, July 12.

Service Culture Initiative

continued from p.1

"Everyone in here is a professional, but also a leader," Malarchik continued. "If you are in a room full of people, you can be a leader by your actions and by your words."

She then highlighted a line of

the pledge: "IMCOM Leaders will provide our team members the same concern, respect and caring attitude that we expect them to share with our customers - service members, families, civilians and retirees."

Both the leadership and customer signed pledges will be displayed throughout garrison facilities as a

Change of Command

continued from p.1

Polizei, firefighters, forestry officers and other VIPs on stage, as well as Corson's German aunt and uncle in attendance along with his parents.

"Stuttgart is a community that is recognized for its excellence," Corson said. "I hope in the future to continue to build on that legacy that Col. Dickenson has started and make the community even better."

Dickenson, a military intelligence officer who commanded the garrison since assuming command Feb. 27, 2015, leaves for Fort Belvoir where he will be the executive officer to the commander of the Army's Cyber Command.

The legacy Corson referred to is

reminder to leadership, the workforce and customers of the expectation of the two pledges.

From customers, Alvarez and Corson noted the importance of soliciting and receiving customer feedback.

"Feedback is a gift," Corson said.

The Interactive Customer

how the garrison took top honors as IMCOM's best garrison worldwide with the Army Communities of Excellence gold medal, followed by the 2017 Commander in Chief's Annual Award for Installation Excellence. Dickenson implemented a number of infrastructure initiatives, such as an aggressive water and energy efficiency program that generated almost \$2 million in cost savings, and advanced major efforts to improve quality of life for the assigned personnel.

At recent events and on his farewell radio address on AFN Stuttgart, July 5, Dickenson said how much he'll miss the Stuttgart military community because it truly is a place where service members and DoD civilians say "I'm glad I live here."

Evaluation (ICE) system will remain the primary portal for customer comments, praise and suggestions reviewed by the command team.

Corson opened the floor to employees for their feedback, suggestions and challenges they felt he should be aware of as he settles into the role as the garrison commander.

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CARE Fair to help newcomers transition in

By USAG Stuttgart Public Affairs

Meet and get information from more than 70 organizations in one place. The annual CARE Fair takes place Aug. 26, 10 a.m. - 2 p.m., at the Patch Barracks Fitness Center. The fair is an event where service providers and organizations of the Stuttgart military community come together in one place to provide information and assistance to new and current community members.

Fairgoers will find private organizations, garrison directorates, schools and other quality-of-life services; they can speak to representatives face-to-face and pick up the latest, greatest and most important information. Organizations provide information on everything from healthcare, school and youth activities, to installation services, and programs available to all members of the Stuttgart military community.

There are opportunities to sign-up for activities or classes, and capitalize on community resources to build readiness and resilience as newcomers transition to life in Stuttgart. **Other activities happening that day:**

A community flea market starting at 10 a.m. and will be located in the HUB parking lot. To participate, visit: <https://stuttgart.armymwr.com/programs/flea-markets>.

The 4th annual USO Sun & Fun Day at 11 a.m. to 3 p.m. event on Patch Husky Field, Patch Barracks featuring food, sports, games and prizes. To volunteer for the event, email

programs.stuttgart@uso.org.

The Chapel on the Green Christian Concert from 5-7 p.m. This free concert is hosted by the Religious Support Office on Husky Field and open to all ID cardholders and their guests of all ages.

All Stuttgart military community members and families are encouraged to attend the CARE Fair to get better connected with everything the garrison has to offer.

Participating Agencies

- USAG - Military Personnel Division (MPD)
- USAG Stuttgart Public Affairs Office (PAO)
- Civilian Personnel Advisory Center-APF&NAF
- Family and MWR - Outdoor Recreation
- Family and MWR - Arts and Crafts Program
- TRICARE
- Stuttgart Army Wellness Center
- Family and MWR - Sports & Fitness
- VAT/UTAP (Tax Relief)
- AFRICOM Family Readiness Group
- EUCOM Family Readiness Group
- Army Community Service (ACS)
- Army Substance Abuse Program (ASAP)
- Stuttgart Area Home School (SAHS)
- MARFOREUR/AF Family Readiness Team
- Family and MWR - CYS Services
- Stuttgart Piranhas Swim Team
- Stuttgart Education Center



Photo by Steve Roark, Stuttgart Family and MWR

Representing Central Texas College, Texan Jennifer Oswalt (center), helps guide community members on the path of higher education, Aug. 27, 2016.

- Stuttgart Veterinary Clinic
- American Red Cross
- Patch Thrift Shop
- Religious Support Office
- Navy-Marine Corp Relief Society
- DeCA Commissaries
- Cub Scouts
- Boy Scouts
- Girl Scouts

For a complete list of clubs and organizations at the CARE Fair visit the Stuttgart Citizen online at www.stuttgartcitizen.com



Chaplain Corps observes 242 years service to Army

Story and photo by John Reese
USAG Stuttgart Public Affairs

The garrison chaplaincy celebrated the 242nd U.S. Army Chaplain Corps anniversary with a luncheon, guest speakers and birthday cake, in the Panzer Chapel annex July 28.

The anniversary gathering was an opportunity for Ch. (Lt. Col.) James R. Boulware and Ch. (Maj.) Luis Kruger, two new garrison chaplains, and the new garrison commander, Col. Neal Corson, to introduce themselves to the community.

Corson, who spoke first, noted the birthday party was joined by several Army chaplains and their families. He recognized the pastors of two off post churches and Rick Beigler, the garrison's Jewish distinctive religious group leader. Ch. (Col.) Richard P. Lasley and Master Sgt. Meaghan B. Davis, Installation Management Command-Europe, made the long drive from Sembach Kaserne near Kaiserslautern to support the garrison's Religious Support Office.

Corson said he attended to



Neal Corson; Pfc. Robert Dixon; and Master Sgt. Meaghan B. Davis make the first cut of the Chaplain Corps 242nd birthday cake, July 28, 2017.

support the chaplains and civilian religious leaders, encouraging them to spread their arms and help as many families and friends as possible.

"I appreciate the opportunity to come here. I'll give you as much support as you need," Corson said. "I'm here for you."

In consideration of everyone's

busy Friday schedules, the saber to make the ceremonial cutting of the big birthday cake was brought out early. The oldest, youngest and visiting members of the Chaplain Corps joined Corson to make the first cut.

"I'm here, showing support for the garrison," said chaplain's assistant Pfc. Robert Dixon, 52nd

Signal Battalion. Dixon, being the youngest chaplain's assistant in attendance, was asked to help cut the cake along with the senior noncommissioned officers and officers.

A buffet lunch was served, followed by a reading, a prayer for the Chaplain Corps, a historical video and guest speaker Lasley.

"It's important for us to pause as a Corps and to be able to see where we are, and to look back to where we've come from," Boulware said. "And then to be able to speak to our community, and thank them not only for what we are called to do, but for the support they've given us."

"I think it's important for our community to understand that the corps has been part of the army throughout battles, redeployments, waiting for future battles," he continued. "We walk alongside the Soldiers and family members, so each year, we're pausing to celebrate our ability — and our freedom that we have, to support those Soldiers and family members who serve in our Army."

Hundreds participate in Run to Remember 5k, Half Marathon

Story by Larry Reilly
USAG Stuttgart Public Affairs

More than 400 people gathered at the Panzer Kaserne Parade Field to participate in or to support the 10th annual Run to Remember 5K and Half Marathon races July 29.

Although the sun was shining and the runners' spirits were high, the reality and somberness of the event was quickly realized when the names of 150 fallen heroes were read off and a bugler played Taps prior to the start of the two races.

"We gather to remember those who lost their lives in the defense of our country and these types of events ensure they are not forgotten," said Lt. Col. Andrew R. Ries, commander, 1st Battalion, 10th Special Forces Command (Airborne). "Although we read 150 names prior to the start, unfortunately there are many more names that could have been read."

The co-hosts of the event, the 1st /10th and the USAG-Stuttgart, Family Morale Welfare and Recreation (FMWR) team were able to recognize additional fallen heroes by listing their names just under this year's slogan: "They gave their Today for our Tomorrow" on the back of the shirts all registered runners received and giving each runner a dog tag baring the name and unit of a fallen hero to wear during their race.

"The Run to Remember is an excellent way for us to pay tribute to our fallen comrades and the wearing of the dog tag truly helps us not to forget them," said Maj. Geoffrey Washburn, Special Operations Command, Europe, who took first place overall in the half marathon race with a time of 1:22:02.4.

"The Run to Remember was established as a way to support and



Photo by Eric Steen, 7th Army Training Command

Runners of all ages take off during the start of the Run to Remember 5k Race.

recognize the Gold Star Spouse program and today, we have a Gold Star spouse who will start the races," said Ries.

With the firing of the start gun by Gold Star spouse, Michelle Martell, both the 5K and Half Marathon races started and also finished at the Panzer parade field; however, the majority of the course for both races followed along twisting and hilly trails in the woods of the Panzer Training Area.

"The trails the race followed were excellent for running. It was a great course," said Julia Huffman, who took second place overall in the half marathon race with a time of 1:28:55.7. Julia's husband, Tim

Huffman, took first place in the male's category of the half marathon race with a time 1:29:55.4.

In the 5K race, 14-year-old McKinley Fielding took the lead from the start and never looked back, until the final 50 yards when she had to kick it in to take first place overall with a time of 22:32.6; edging out a hard-charging Colin Whitten, who took second place overall with a time of 22:35.6.

"My time was okay, though I have had better; however, the course was fun to run," said Fielding, who will showcase her running talents as a member of the Stuttgart High School's cross country team.

According to Felicia Hanes, event

coordinator from the USAG-Stuttgart FMWR, Sports Office, this year's event was one of the most successful in the number of runners who participated and those who came out to support the event.

"It was truly a team effort between the garrison and the 1/10. We could not have been successful if it was not for all the volunteers who gave their time and effort, the FMWR team who spent many hours and days getting the course, the gym and the parade field set up, and the Soldiers from the 1/10 who were there for us throughout the process," said Hanes. "We look forward to doing it again next year."



Photo by Eric Steen, 7th Army Training Command

McKinley Fielding and Colin Whitten, took first and second place overall respectively in the 5K race.



Photo by Lawrence Holmes, AFN Stuttgart

No child was left home as even those children too young to walk got to participate in the 5K race via their four-wheel buggy and dad's assistance.



Photo by Eric Steen, 7th Army Training Command

Julia Huffman races toward the finish line as the second place overall winner of the Half Marathon race.

Garrison policy for public lactation rooms outlined

Compiled by Holly DeCarlo-White
USAG Stuttgart Public Affairs

August marks National Breastfeeding Awareness Month, which is a movement to promote, protect and support women, empowering them to commit to breastfeeding.

For new mothers, breastfeeding a baby in public may be a daunting task.

Federal law permits the ability to breastfeed in public, including anywhere on-post. However, some mothers and infants require a private setting due to medical reasons or simply prefer a private setting to feel more at ease.

The U.S. Army Garrison Stuttgart New Parent Support Program, in conjunction with the Community Health Promotion Council, opened public facilities in 2016 designed specifically for mothers needing a private space to feed their babies.

Community members can visit the reception areas to request access to the lactation rooms. Each room is outfitted with a seating area and toys for accompanying siblings, electrical outlets for pumps, reading materials and other resources for parents.

All lactation rooms are available for use at any time during the facilities' regular hours of operations.

All Child Development Centers



Photo by Chrystal N Smith, Installation Management Command

Amy Gurule nurses her son as her older son John sits nearby in the park during a New Parent Support Program Play in the Park outing Aug. 8 in Crestview Housing in Wiesbaden, Germany.

accommodate breastfeeding mothers of currently enrolled participants of CYS on Panzer Kaserne, Patch Barracks and Kelley Barracks. (Note: The areas within the CDC are not privately designated lactation rooms.)

Prior to going on maternity leave, personnel expecting children should speak with leadership to identify a private space within the workplace to breastfeed or pump upon return to work. Commanders will designate a private space with locking capabilities, an electrical outlet, and access to a safe water source

(In accordance with Army Directive 2015-37 Breastfeeding and Lactation Support Policy, dated September 29, 2015). Read more about the guidance, as well as other resources on the U.S. Army Public Health Center Website.

Breastfeeding FAQ:

Q: Do I have to use the lactation rooms? No, Federal law permits public breastfeeding and applies on Army garrisons.

Q: Is breastfeeding welcome off-post? Yes. There are lactation/family rooms in airports, malls and stores for mothers to sit, relax and feed their baby.

Q: If I need to pump, where can I store my breastmilk?

Unfortunately no space to store breastmilk is available in any garrison facility.

The New Parent Support Program provides one-on-one support as well as hosting free classes for parents on a variety of subjects including "Baby Boot Camp" which encompasses breastfeeding, basic baby care, and comfort measures for labor and delivery.

For more information, contact the New Parent Support Program at 431-3362 or 07031-15-3362, or visit the New Parent Support Program offices at Bldg. 2915, 2nd Floor, Panzer Kaserne.

Designated lactation rooms

- Panzer Kaserne - Army Community Service, Bldg. 2915, 2nd floor, Room 214
- Patch Barracks - Fitness Center and Commissary
- Kelley Barracks - Jamii Community Room, Bldg. 3312 (next to the Stuttgart Law Center, closed during building construction through Feb 2018), the Kelly Club and Fitness Center
- Robinson Barracks Fitness Center

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August is AT Awareness Month

U.S. Army Office of the Provost Marshal General

August 2017 marks the 8th year of the Army observing Antiterrorism (AT) Awareness Month.

Every August, the Army reinforces its AT strategic plan through heightened awareness and vigilance to prevent and protect its communities and critical resources from acts of terrorism.

U.S. Army-Europe joins the Department of the Army in this effort.

Violent extremism poses a threat to the Army, both within the homeland and military operations overseas. Acts of violent extremism undermine the rule of law and the protection of human and civil rights.

The threat is not limited to a single political, religious, or ideological background. A wide variety of violent extremism movements pose a threat, such as: white supremacists, eco-terrorists, antigovernment, or radical separatist groups. Regardless of its motivation, violent extremism can have devastating effects on civilian and military communities alike (as evidenced by the attacks at Fort Hood and Washington Navy Yard, among others).



Photo by Eric Steen, 7th Army Training Command

Firefighters take part in the USAG Stuttgart annual force protection exercise Stallion Shake at Stuttgart Army Airfield, Oct. 22, 2016.

"Our Soldiers and their families know what they've signed up for, and they know the type of business we are in, but we can all help watch each other's back," said antiterrorism officer Robert Daul, U.S. Army Garrison Stuttgart. "AT Awareness Month focuses on training; this is critical in protecting our people and enabling our missions. Awareness is our most certain defense against an act of terrorism. If you see something - say something."

What the Army has done

All members of the Army community can play an important role in preventing vulnerable individuals from entering a path to radicalization and violence.

Education, promotion of awareness, and dialogue are important tools for prevention.

Advice and assistance from legal counsel, law enforcement, health service providers, and other community service providers can help complete a picture of a concerned individuals' behavior or actions.

What the Army is doing

The Army's AT Division continues to explore ways and means to inform and educate the community on the risks and preventive measures to counter violent extremism. The Office of the Provost Marshal General has planned quarterly themes and

special events through the remainder of fiscal year 2018 (FY18) to raise awareness and educate the community:

- Antiterrorism Awareness Month (August 2017)
- Empowering Antiterrorism Coordinators (1Q/FY18 theme)
- Continual Evolving Threat (2Q/FY18 theme)
- Annual Antiterrorism Training Conference (Feb. 18, 2018)
- Leveraging the Combatting Terrorism Center (3Q/FY18 theme)
- Expanding Community Outreach (4Q/FY18 theme)

Why this is important to the Army

With the rapid changes in online communications, violent ideologies and propaganda are now more accessible and difficult to identify and stop the extremists before they act. The threat of violent extremism is growing, as is the number of extremist attacks (since 2009) linked to the military.

All members of the Army community need to understand the extremist threat and duly report any alarming activity or behavior for timely and appropriate intervention and action.

(Editor's note: For links to information about AT awareness, visit www.army.mil/standto/2017-07-05.)

Womens Equality Day to be observed at Kelley Theatre

In commemoration of the 19th Amendment to the Constitution, the granting of a woman's right to vote in 1920, a Women's Equality Day observance will take place, 11:30 a.m. - 1 p.m., Aug. 25, in the Stuttgart Theatre Center, Kelley Barracks.

Hosted by the U.S. Army Garrison Stuttgart's Equal Opportunity office and U.S. Africa Command, the event theme will be "Celebrating Women's Right to Vote" with guest speaker Maureen A. Shauket, AFRICOM senior development advisor.

All garrison community members are welcome. For more information or to volunteer, call 421-3388 or 0711-729-3388.





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School begins Aug. 28 on-post in Stuttgart

Not sure which school your child will be attending? Contact the garrison School Liaison officers for information.

Students and parents can attend the following events to meet faculty to take a look inside the schools they will be attending.
Patch Elementary School, Panzer Kaserne

New Families' Orientation Aug. 17 — Receive a brief overview of programs, Aug. 17 at 10 a.m. and 1 p.m. at the Patch Elementary School Gymnasium.

Class lists are posted Aug. 24 on doors in front of marquee after 5 p.m.

Family Preview Aug. 25 - Meet your child's teacher and drop off school supplies Aug. 25 between 1:30-2:15 p.m. in the child's

classroom.

Open House Sept. 7 — Visit your child's classroom and receive brief overview from the teacher Sept. 6 from 4:15-6 p.m. in the child's classroom.

Robinson Barracks Elementary School, Robinson Barracks

Open House Aug. 25 — Meet the principal, teachers, and school staff, as well as a school tour and overview Aug. 25 from 1:30-3 p.m.
Stuttgart Elementary School, Panzer Kaserne

Open House Aug. 25 - Meet the principal, teachers, and school staff, as well as a school tour and overview, Aug. 25, from 1 — 3 p.m.

Patch Middle School, Patch Barracks

Campus Tours — Tour the school with the principal. Ask

questions about programs, visit classrooms and get acquainted with the building August 3, 8, 10, 15, 17, and 22 from 3—3:45 p.m.

Student Schedules: Student schedules are sent to sponsor's email Aug. 24. A schedule will be given to students on first day of school.

New Student Orientation and PTA Drive Aug. 25 — Orientation, campus tour, meet the principal, assistant principal, and counselors Aug. 25 at the following times:

- 9 a.m. for 7th — 8th graders
- 10:30 a.m. for 6th graders

A BBQ will follow at 11:30 a.m. at the Patch MS Cafeteria.

Mini Schedule Night Sept. 14 Parents are invited to follow their child's schedule and meet

their teachers Sept. 14 at 5 p.m. Arrive 15 minutes early to get your child's schedule.
Stuttgart High School, Panzer Kaserne

Open House Sept. 6, meet the principal, teachers, and school staff, as well as a school tour and overview, Sept. 6, 5 — 7 p.m.

New Student Orientation Aug. 24 — Student ambassadors, faculty, and staff are hosting a two hour orientation for all new students and 9th graders, Aug. 24 from 11 a.m. to 1 p.m. There will be an informational meeting in the auditorium followed by guided tours and our annual "brat burn" cookout.

Visit: <https://stuttgart.armymwr.com/programs/school-liaison-officer-slo>

Practice safety during the school year

Compiled by John Reese
USAG Stuttgart Public Affairs

Community students go back to school Aug. 28, and it's important to watch out for their safety near traffic. As pedestrians, children are at even greater risk of injury or death from traffic crashes due to their small size, inability to judge distances and speeds, and lack of experience with traffic rules. One in five traffic deaths among children ages 14 and under are pedestrian deaths.

Drivers should exercise extra caution when school begins, especially during the morning commute from 7:15-8:30 a.m. and the afternoon dismissal period from 2:30-2:45 p.m.

Walking to school

Ensure the student's walk to a school is a safe route. Be realistic about his or her pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.

Students should always walk on a sidewalk or path whenever one is available. If there is no sidewalk or path, they should walk on the shoulder on the left side of the road facing traffic, as far away from traffic as possible. They shouldn't be distracted by electronic devices that take their eyes and ears off the road environment, and should instead try to make eye contact with drivers as they approach make they're seen and never assume a driver sees them.

As summer turns to fall and the days grow shorter, students should be cautious by being visible at all

times. Wearing bright clothing and reflective materials (or use a flashlight) at night, and using a crosswalk or intersection whenever possible while being predictable as a pedestrian helps. Drivers expect pedestrians at crosswalks, and if a crosswalk or intersection isn't available, locate a well-lit area, wait for a gap in traffic that allows you enough time to cross safely.

Biking to school

Always wear a bicycle helmet, no matter how short or long the ride. Ride on the right, in the same direction as auto traffic. Wear bright color clothing to increase visibility. Wear reflective materials when riding during limited visibility. Know the "rules of the road." That includes no talking or texting on the phone while you are riding.

Going to school by car or bus

All passengers should wear a seat belt and/or an age-and size-appropriate car safety seat or booster seat. Children under 13 years of age should ride in the rear seat of vehicles. If you must drive more children than can fit in the rear seat (when carpooling, for example), move the front-seat passenger's seat as far back as possible and have the child ride in a booster seat if the seat belts do not fit properly without it.

Students using a school bus should use lap/shoulder seat belts if available. They should wait for the bus to stop

before approaching it from the curb and make sure to always remain in clear view of the bus driver.

For students riding on school busses, parents are required to sign up for the AtHoc Emergency Notification System. AtHoc alerts users by computers pop-ups, voice calls to landlines and mobile phones, emails and text messages. Sign-up is available online (common access cards required) at <https://warnings1.army.mil/selfservice/2026328>. If you need assistance, email the garrison school bus office at StuttgartSBO@eu.dodea.edu.

Driving, student pedestrians and crosswalks

Drivers should follow slower speed limits in school zones and in neighborhoods where children are present and look out for students (and other pedestrians) everywhere at all times. Very often, pedestrians aren't walking where they should. Be especially vigilant in hard-to-see conditions, such as at night or in bad weather. Slowdown and be prepared to stop when turning or otherwise entering a crosswalk. Always stop for pedestrians in crosswalks and stop well back from the crosswalk to give other vehicles

an opportunity to see the crossing pedestrians so they can stop too. Never pass vehicles stopped at a crosswalk; cars may be stopped to allow pedestrians to cross the street.

The Panzer Kaserne back gate reopens in the mornings when school resumes on Aug. 28. The gate hours may vary based on the school hours and days.

(Editor's note: USAG Stuttgart Safety Office, the National Highway Traffic Safety Administration's Safety Countermeasures Division and the National Safety Council were sources for this article.)

School sports fields use, parking not permitted

Reminder to all community members, DODEA schools' tracks and fields are not open to the community.

Units, registered garrison organizations and mission partners that wish to schedule training on school grounds may request field space by completing a request form available from school administration. Individuals are not permitted to enter school grounds at any time without prior permission.

Parking is not permitted at the field on Panzer Kaserne's Stuttgart High School. The road behind the school is for emergency vehicles and deliveries only.

Food is not permitted on the turf/track. Keep the area clean of water bottles and trash.



Monica Hansen

Attorney at Law

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March across Germany

By the Stuttgart German-American Wandering Club

Wandering or volksmarching (people's march) can be described as travelling without any clear destination, to ramble without a definite purpose or objective, to roam, rove or stray. Wandering in this context is about walking or hiking.

Volksmarching actually does have a goal or destination, although sometimes the marchers do find themselves lost or deviating from the path to visit a nearby castle, a waterfall, a Christmas market, or a beer or wine festival.

"On the Bad Rappenau-Grombach walk near Sinsheim, many of us happily spent time off the trail and in the Auto and Technik Museum, enjoying its collection of historical planes, trains and automobiles," said Ann Kathy Reed, president, Stuttgart German-American Wandering Club (SGAWC).

Wandering is noncompetitive and one of the safest, most popular internationally recognized sports.

The sport was founded in Germany in the 1960's to meet the needs of a community event that required no special level of fitness and incorporated all ages.

By the end of the 1960s, the IVV (International Federation of Popular Sports) was formed, covering all volksports: walking, biking, swimming and cross-country skiing. In 1972, the SGAWC was formed. Since

Upcoming volksmarches

Updates will be posted in the September edition and at www.stuttgartcitizen.com.

- Aug. 12: Weissach-Flacht / Baden-Württemberg - Stammtisch, Trails: 6/10/15 km, starting 7 a.m. - 2 p.m., ending at 6 p.m.
- Aug. 13: Filderstadt-Plattenhardt (SGAWC) Pre-Walk, Trails: 20 km, starting at 9:30 a.m.
- Aug. 13: Weissach-Flacht/Baden-Württemberg - Stammtisch, Trails: 6/10/15 km, starting 7 a.m. - 1 p.m., ending at 5 p.m.
- Aug. 13: St. Peter/Glottental/Baden-Württemberg, Trails: 5/10/20 km, starting 7 a.m. - 1 p.m., ending at 5 p.m.
- Aug. 16: Stuttgart-Glemswald/Baden-Württemberg - guided volksmarch, Trails: 6/14 km, starting at 9 a.m.
- Aug. 19: Crailsheim/Baden-Württemberg, Trails: 5/10/21/30/42 km, starting at 5:30 a.m. - 1 p.m.
- Aug. 20: Filderstadt-Plattenhardt (SGAWC) - Pre-Walk, Trails: 5 km - Starting at 9:30 a.m.
- Aug. 20: Crailsheim/Baden-Württemberg, Trails: 5/10/21/30/42 km, starting at 5:30 a.m. - 1 p.m., ending at 5 p.m.



Photo by Harald Helmlechner

According to the legend told to American service members stationed in Franconia back in the day, the leaning tower Kitzingen, or Falterturm (Crooked Tower), got its tilt when the locals had to substitute wine for water during its construction. A volksmarch will take place in Kitzingen Sept. 9-10.

then, it has been on trails all over the world. SGAWC is the oldest German-American wandering club in the country. Comprised of military and civilian Germans and Americans, it's where participants always find themselves amongst a great social group of companions. The club offers a way to see Germany and other countries, meet new friends, and have a lot of fun. SGAWC members range in age from 5 to 85 years old. This very social club takes part in events throughout the year all over Europe, including its own annual Wandertag (club sponsored hiking event) held in Stuttgart.



Photo by Bryan Gatchell, Installation Management Command
Volksmarch enthusiasts help each other find the correct trail along a forested road at the Ansbach-area volksmarch.

SGAWC second vice president Ron Jones said he and a friend were recently walking to a restaurant in a tiny town in the Swabian Alps. He was amazed when a couple drove up and said "Hi Dennis!" to his wandering friend. It was a chance encounter that led to lunch together.

Wandering is a great way to see the real Germany. Service members are encouraged to join early in their tour to take advantage of the club's great members-only bus trips and to wander local walks with members every weekend. One of the biggest advantages of the club is German-American friendship. It's a good vehicle for learning about our host nation. You don't have to be a

& Europe with SGAWC



Photo by Daniel Leclercq

The small town of Creglingen will host volksmarches Aug. 26-27. The town was founded by Celts sometime between 200 and 100 B.C. Creglingen is a small and attractive town with access to some spectacular countryside of vineyards.

member to participate, although being an SGAWC member has many advantages: bus trips to IVV walks in and out of Germany at reduced prices, pre-registration at walks, group raffles at monthly meetings and purchases of club merchandise at reduced prices.

What to expect at a volksmarch

Volksmarches begin at the Starthalle (starting point). Depending on what time participants

arrive (usually 7 – 9 a.m.), there may be cars parked on the streets; sometimes there are parking areas and sometimes parking is a little way off. It's here participants check-in, meet friends, chat a while and eat and drink a bit. This is also the place where you usually end your walk (there are exceptions). The Starthalle can be small or huge with live music and a real party going on. Sometimes there are so many people you can

Expect to find shady trails like this one near Filderstadt-Plattenhardt during the annual SGAWC volksmarch, Oct. 1. The distances to wander will range from 6 to 10 to 20 km.

but you get a prize or medallion (mit Medaillen). These prizes can be anything. If you do not see them on the table, just ask the person at the table and they will show you. Sometimes the prizes are mugs, plates, fuzzy bunny rabbits, model trucks ... you just never know. Once you pay for your start card you can find your friends, eat/drink or just head out and hit the trail. You may want to take your camera as the scenery can be worth capturing.

(Editor's note: Next month, learn some volksmarching vocabulary and read more about what to expect along the trail.)



Visit www.stuttgartcitizen.com for more information on volksmarching.

Garrison gates update

Through Sept. 18, construction continues on the side of Katzenbachstrasse up to the pedestrian crossing at the Patch Barracks main gate, in front of the footpath on the right side. The footpath will be closed through completion in September.

The Panzer back gate will re-open Aug. 28 when school resumes.

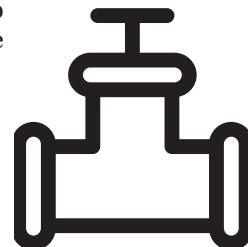
Kelley sewer construction update

The construction phase that began July 31 will continue to mid-September.

• Spruce Street near the gas station will close.

The gas station is only to be used for fuel available in one-way traffic.

• The Child Development Center (Bldg. 3368) drop off will be blocked with temporary reserved parking for parents.



• Spruce Street between Bldgs. 3369 and 3433 will be two-way traffic up to the work area.

• Pine Street will be two-way traffic and the parking spaces will be blocked.

• Detours and blocking signage will be marked on Kelley Barracks to complete a 3-year sewer line project by 2019.

USYS 3 vs 3 soccer jams

Youth ages 9-18 can show their talent and technical skills during the US Youth Soccer Stuttgart summer nights 3 vs 3 soccer jams, 5:30 to 8 p.m., Aug. 16, on Patch Barracks' Husky Field. Enjoy fast-paced competition at this soccer tournament. For more information, visit www.stuttgartselectsoccer.com or email stuttgartsoccer@yahoo.com

**Stuttgart soccer official clinic**

Become a CYS soccer official during a 3-day course, Aug. 15 at the Child and Youth Services Sports Office (Bldg. 3162), and Aug. 16-17 at Bldg. 2915, Panzer Kaserne, 6-9 p.m. No experience necessary to learn about volunteer and paid positions. Must be at least 18 to pursue a contract and 15 or older to volunteer. Call 431-2616 or 07031-15-2616.

Flea Market and USO Sun & Fun Day at Patch Barracks

A community flea market takes place at 10 a.m., Aug. 26, in the parking lot across

from the Patch Car Wash and fitness center. Visit <https://stuttgart.armymwr.com/programs/flea-markets> to participate.



On the same day, the 4th annual USO Sun & Fun Day family fun event takes place on Husky Field, 11 a.m. to 3 p.m. The event features food, sports, games and prizes. To volunteer, email programs.stuttgart@uso.org or call 07031-15-3345.

Golf Championship set Aug. 18-20

The Stuttgart Golf Course at Kornwestheim will hold a golf championship, Aug. 18 - 20. The cost is \$45 for annual fee cardholders, \$75 for U.S. ID cardholders, and \$60 for reciprocal annuals; includes green fees, two lunches, tee prize, range balls, contests, and prizes. Register by Aug. 17 at noon. Must be 15 years of age or older. Call 07141-879-151.

Panzer Kaserne Paintball

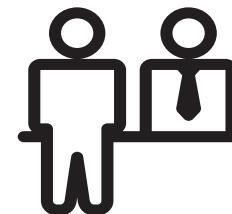
Enjoy paintball, 9:30 a.m. - 4 p.m., Aug. 19. A shuttle to the field departs Outdoor Recreation at 7:45 a.m. and returns 4:30 p.m. Price includes marker and mask rental, field fee and 500 paintballs. \$25 for ID cardholders and \$45 for non-ID cardholders. Call to reserve markers at 431-2774 or 07031-15-2774.

Toddlers in the Park Playgroup

Parents and children can socialize and connect with other community members, 10 a.m. - noon, Aug. 21, on the Patch Playground, Vermont Street, Patch Barracks. Open to parents with children ages 0 - 5 (older siblings are welcome to attend). Developmentally age appropriate games and activities available. Call 431-3518 or 07031-15-3518.

Learn interview skills

Take part in the Employment Readiness Lunchtime Series 11:30 a.m. - 1 p.m., Aug. 22, at Army Community Service, Bldg. 2915, Panzer Kaserne. Open to all US ID cardholders. No registration required. Call 431-3362 or 07031-15-3362.

**Youth volleyball official clinic set**

Become an official for youth volleyball, 6 - 9 p.m., Aug. 22, at Army Community Service, Room

222, Panzer Kaserne. No experience needed and the clinic is free. Learn about volunteer and paid youth sports positions. Volunteers must be at least 15 or older to volunteer and 18 to pursue a NAF contract. Call 431-2616 or 07031-15-2616.

Frankfurt Consulate Outreach Day

Consular officials will be available to process tourist passports and Consular Reports of Birth Abroad, 10 a.m. - 1:30 p.m., Aug. 23, in the Central Processing Facility Classroom, Bldg. 2913, 1st Floor, Panzer Kaserne. Appointments are mandatory and must be booked with the Stuttgart Passport Office in advance by calling 431-2767 or 07031-15-2767. Instructions on what to bring and how to fill out the applications can be found on the passport page of the official Stuttgart garrison website and are emailed to the applicants when booking.



A representative from the Federal Benefits Unit will be there to answer questions concerning Social Security. Appointments are not necessary to talk to the FBU.

Patch Library roofing project begins

A construction project to replace the roof on the Patch Library has begun and will continue until October.

During this time, parking will be very limited in the front of the library.

In addition to reduced parking, the noise levels inside the library will be louder Monday - Saturday from 7 a.m. to 6 p.m.

Looking for a noise free day, Sundays will be construction-free days at the library.

JAMII Room closure

The Kelley Barracks community room is inside the Kelley Club is closed for construction through Feb. 2018.

Panzer Housing Heating Line Project

A multiple-phase project expected to continue through 2018 will ultimately connect Panzer Housing to the district heat lines from the City of Böblingen has begun. Residents will be advised of any impact two weeks in advanced and work shouldn't affect traffic.

RBES gym closed until September

The Robinson Barracks Elementary School gymnasium is currently closed. The gym is scheduled to re-open in September.

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Physical therapist makes swim across frigid English Channel

By John Reese
USAG Stuttgart Public Affairs

American forces began arriving in Europe in 1918. By the time the armistice was signed later that year to conclude "the war to end all wars," approximately four million U.S. service members had served on the continent.

To commemorate the 100th anniversary of U.S. forces in Europe, 12 relay swimmers braved dark, bone-chilling waters overnight, between storms, to cross the English Channel from Samphire Hoe, England to Sangatte, France, June 21-22.

Six of the swimmers were from the U.S. and six were from France. Of the American team, five of the swimmers came from Ohio. Two of the dozen swimmers were women, one French and the other American living and working in the Stuttgart community.

"The reason for the swim was to commemorate our relationship with our allies," said Dr. Michelle Sanders.

The sports medicine and orthopedic physical therapist for the Kelley and Patch Barracks health clinics swam a relay with the 11 other swimmers and had the distinction of completing the final stretch and to walk ashore in France.

A former Peace Corps volunteer (Togo, West Africa, 1994-1996),



Sanders moved with her husband, retired Army Lt. Col. John G. Sanders during his 25 years as a Medical Service Corps officer (he currently serves as the executive director for the U.S. Africa Command Surgeon Office). Arrived in 2007 in Heidelberg, then moved to Stuttgart in 2012. She is a triathlete and US Masters swimming coach in the Stuttgart military community. When she's not healing injured service members and their families, swimming or riding her bike 45km round-trip to work, Sanders coaches

the youth of the highly successful Stuttgart Piranhas Swim Team. Her son Jordan, an 8th grader at Patch Middle School, and her daughter Mia, a 10th grader at Stuttgart High School, are both Piranhas.

Sanders was invited to participate in the team swim by John Boyd, a fellow athlete at NATO. Boyd had made the channel swim before and was going to do so again, but had to cancel due to an injury. He asked if he could give John Kulewicz, a mutual friend and channel relay team captain, her name to take his place. Kulewicz had been swimming with Sanders for three years and she was immediately onboard.

"We did the Amsterdam City Swim in the canals," she said. "Nasty water, fun event; we swam for ALS (amyotrophic lateral sclerosis, also known as Lou Gehrig's disease).

In addition to Amsterdam, Sanders and Kulewicz had done the



Photo courtesy of Dr. Michelle Sanders

Ashore, dry and back in Dover, England, the combined team of French and American swimmers show their colors. Except for Dr. Michelle Sanders (front, left), the American team came from Ohio. Sanders and Eve Gaillard of France were the only two women out of a dozen swimmers.

5K Defi de Monte Cristo (of the Count of Monte Cristo fame) at Marseilles.

Swimming the English Channel is similar to climbing Mount Everest in that one cannot simply jump in and tread water. Applications have to be made a year in advance for a one-week window. There are eight boats permitted to escort swimmers and teams across the channel.

Before she arrived at the white cliffs of Dover, Sanders trained hard to swim the channel. An avid cyclist, she rode her bike to work one or two times per week in addition to strength training three days a week at the gym. And of course, she swam. Sanders did some of her cold water training near in the Edersee near Marburg, Germany.

"The coldest swim I did during this training was 10 C (50 F), and that was really cold," she said.

Since the other American members of her team were in Ohio, Sanders trained mostly by herself.

"Cold water training is similar to altitude training; you don't do it for long periods of time. It's a short swim," she explained. "In cold water training, swimmers stay in the water for 30 minutes maximum."

She swam three days a week, 9-12 km per week. She also trained with other cold water swimmers at a special camp in Majorca, Spain. The

training on Majorca was done in even colder waters.

"That was my biggest fear: the cold. The training temps in Majorca were 12 to 15 C (53 - 59 F) she said. "I met a lot of veteran Channel swimmers at that point who gave me a lot of information and advice on how to do it."

Sanders met up with the other French and American swimmers at the beginning point in Samphire Hoe, a beach park made up from 4.9 million cubic meters of chalk marl excavated for the "Chunnel", the tunnel under the channel between England and France. The 12 swimmers were broken into two groups. However, after the team had waited a year for their turn, a storm threatened to cancel the weeklong window of opportunity.

Fortunately, the weather broke long enough for the team to begin. Sanders swam her three one-hour legs in water about 14-16 C, with temps dipping overnight in the middle of the channel. One of the rules about swimming the channel is that swimmers cannot wear fins or wetsuits; just swimsuits, caps and goggles. After each stint, team members immediately changed into warm, dry clothes until their next turn in the water. Even after changing, Sanders said she shivered for about an hour.

"I got out cold," she said. "Really cold."

By the time she swam ashore after sunrise in France, the water temperature was up to 19 C (66 F), which felt "almost too hot." It was markedly warmer than the rest of the crossing.

See Swimmer, p.15



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Open Tryouts
September 8th & 10th at Husky Field/Patch Barracks

Find us on Facebook: [Facebook.com/USYSStuttgart/](https://www.facebook.com/USYSStuttgart/)

For more information email StuttgartSoccer@yahoo.com

What's happening in August around Stuttgart

By Therese Weiss
Special to the Citizen

In Germany, August is high summer and the traditional time for outdoor events, music festivals, fairs, expositions and family vacations.

NASA experts predict that this summer, meteors from the annual Perseid meteor shower called Sternschnuppen (shooting stars, or in German folklore, Laurentius' tears), will be visible in the northern hemisphere until August 24 as the Earth passes through the densest, dustiest area of the comet Swift-Tuttle's path. The shower's peak occurred on the night of Aug. 12 and early morning of Aug. 13. For potential sky-watchers who plan to see the Perseid meteor in the Stuttgart area, choose a dark place, bring a blanket or cushion, then relax and watch the celestial show.

The Hundstage (dog days of summer) that began in July and end August 23 may bring the hottest days of the year, droughts or frequent strong thunderstorms. By definition, the dog days are the steamiest part of summer. It is the meteorological period when Sirius, the Dog Star, rises around the same time as the sun. Best advice: Stay in the shade and drink lots of cool water.

August is also vacation time, with much to do and see this month in and around Stuttgart and Baden-Wuerttemberg. Many towns and villages will be spreading out the welcome mats, flying banners and providing the setting for much fun, culture, sightseeing, entertainment, fests and firework. Hundreds of fabulous open-air and indoor swimming pools beckon.

Dozens of musical events and scores of marvelous street and sidewalk cafes and eateries await your visit. There are also numerous nearby commemorative events, anniversaries, wine tastings and other celebrations scheduled throughout the month.

At the end of August and into the first week of September, the annual Stuttgarter Weindorf takes place Aug. 30 - Sept. 10. In past years, four to five million people from all over the world attended this fun-galore, two-week wine fest event. Plan to join the fun, take along friends and visiting relatives and participate in this truly memorable Swabian summer celebration!

Stuttgart street cafes

Not only Paris, Milan or Rome are rightly famous for their many outdoor wining and dining establishments. Stuttgart has its own reputation in the field of open air cuisine and fresh air relaxation.

A casual stroll up or down Stuttgart's main pedestrian walkway, the famous Koenigstrasse, will lead toward a dozen or more street cafes and boulevard restaurants.

When the weather isn't too hot, windy or

Culture Calendar

Be sure to check out The Stuttgart Citizen's Culture Calendar regularly for the many off-post events in the area. Visit www.stuttgartcitizen.com/events/category/off-post/

rainy but just right, or at least dry and cool, there is nothing better than watching people and the world go by, to refresh oneself, to quench a thirst or satisfy a hungry moment, to rest and simply experience the hustle and bustle of the city, to absorb the atmosphere in leisurely comfort from a bistro chair.

Begin your exploration by walking from the Stuttgart Hauptbahnhof (main train station) through the Klett Passage, the underground shopping center, and take the escalator to street level where you'll find the tourist information office, or "i-punkt," to your left. Just ahead is Koenigstrasse.

On this strolling and shopping mile you can find coffee, tea, drinks, cakes, sandwiches, sausages, pretzels, full meals and more offered practically non-stop. Ice cream stands complement the range of culinary choices, too. You can taste anything and everything or window-shop (or really shop) to your heart's content in the many department stores, boutiques and specialty places.

Many of the boulevard cafes have cover to ward off the elements. Trees, potted flowers and seating along the way offer comfort as you wind your path toward the Schlossplatz.

A few blocks further up and past the Schlossplatz, Calwer Strasse provides yet another colorful microcosm of Stuttgart's shopping, walking and outdoor dining areas, plus there is the recently built Gerber's mall to investigate. Especially

See Culture, p. 15



The flower for August, also Germany's "flower of the year" for 2017, is the bright red Klatschmohn (field poppy, or papaver rhoeas).

August is the eighth month of the year in our modern (Gregorian) western calendar. It has 31 days and was named after the first Roman emperor Octavian Augustus (63 BC to AD 14). The birthstone for this month is the peridot.



By Kim MyoungSung

For sky-watchers the Perseid meteoroid shower is be visible in the Stuttgart area, until August 23.

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Anger management the Proverbs way

By Chaplain (Lt. Col.) James R. Boulware
Garrison Chaplain

At one point during a game, a baseball coach asked one of his young players: Do you understand what cooperation is? What a team is?

The little boy nodded in the affirmative.

Do you understand that what matters is whether we win together as a team?

The little boy nodded yes.

"So," the coach continued, "when a strike is called, or you're out at first, you don't argue or curse or attack the umpire. Do you understand all that?"

Again, the little boy nodded.

"Good," said the coach, "Now go over there and explain it to your mother."

Anger can be destructive if not properly controlled. It is said that "Anger is one letter short of danger."

The book of Proverbs was written by one of the wisest men that ever lived – King Solomon. In it, he writes about anger. Here are four lessons that can keep your anger under control.

First, avoid angry people.

Proverbs 22 states, "Do not make friends with a hot-tempered person, do not associate with one easily angered, you may learn their ways and get yourself ensnared" and do not envy them, Proverbs 3, "Do not envy the violent or choose any of their ways."

Second, don't let others control you.

Proverbs 15 says, "A hot-tempered person stirs

up conflict, but the one who is patient calms a quarrel."

"You make me mad" is an excuse often used by those who want to justify inappropriate behavior. Australian nurse Elizabeth Kenny, a pioneer in paralysis treatment, said: "He who angers you, conquers you."

Third, control yourself.

Proverbs 15 says that "A gentle answer turns away wrath, but a harsh word stirs up anger."

In the words of Civil War veteran and writer Ambrose Bierce, "Speak when you are angry and you will make the best speech you will ever regret."

"If you are patient in a moment of anger, you will escape one hundred days of sorrow." — Chinese Proverb.

Finally, Let God take control of your emotions.

Proverbs 16 says that "When the LORD takes pleasure in anyone's way, he causes their enemies to make peace with them."

Though you cannot always make people do the right things, through prayer, acknowledge your anger to God and ask him to take control of your actions. Unresolved anger can disrupt your relationship with God.

Research suggests that one of the roots of depression is anger. Depression is often frozen rage. It is angry feelings stuffed down, taking itself out on my body in the form of depression. Some of you who are depressed should stop saying to yourself, Why am I depressed? and say, What am I angry about?

Garrison Chapel Worship Services

Protestant Services (Sundays)

8:30 a.m. – Panzer Liturgical bldg. 2940
 10 a.m. – RB General bldg. 115 & 116
 10:30 a.m. – Panzer Contemporary bldg. 2940
 11 a.m. – Patch Collective Protestant bldg. 2304
 12:30 p.m. – Panzer Gospel Service bldg. 2940

Catholic Weekly Mass Schedule

Monday	11 a.m. – Patch Chapel
Adoration	11:45 a.m. – Patch Chapel
Tuesday	11:45 a.m. – Patch Chapel
Wednesday	11:45 a.m. – Kelley Hotel
Thursday	11:45 a.m. – Panzer Chapel
Saturday	4:15 p.m. – Panzer Chapel, Reconciliation 5 p.m. – Patch Chapel
Sunday	9 a.m. – Patch Chapel 12 p.m. – RB Chapel 5 p.m. – Patch Chapel

Jewish Service – 1st & 3rd Friday of each month 7 p.m. – Panzer bldg. 2940 (small side Chapel, enter from the bowling alley side)

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Awareness key to summer safety

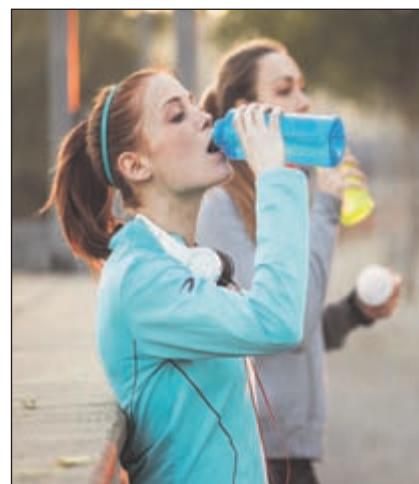
Precautions during summer include keeping cool, hydrated

By John Reese
USAG Stuttgart Public Affairs

Since the days are long and hot, hazards and risks increase across the Army and injury-related statistics often rise.

Spanning from Memorial Day through Labor Day, the Army's 101 Critical Days of Summer safety campaign is intended to remind us that we can't afford to lose focus on safety while either on- or off-duty.

Family barbecues, swimming, hiking, camping and boating are just some of the activities people engage in during the summer.



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According to the Occupational Safety and Health Administration, heat illnesses are a spectrum of symptoms ranging from dehydration to death.

But the problem isn't just on the road. Even in Baden Württemberg's ever-changing climate of sunny hot and cool rainy days, water-related injuries increase during the summer.

"Injuries can be due to inexperience in a sport, boating or other activity, or by mixing alcohol with water operations," said Anthony Edwards, safety officer, U.S. Army Garrison Stuttgart Safety Office. "Swimming accidents can happen when people swim in areas where there is no lifeguard present or if they go swimming in non-designated areas. Accidents happen to people who can't swim and who are not wearing flotation devices."

Hot days in Germany and elsewhere (for training or leisure activities) account for a large amount of summer injuries. Edwards explained that the sun is the strongest between 10 a.m. and 4 p.m. but it is still harmful outside of that time span. He suggests wearing a wide-brimmed hat to protect the eyes, head and neck, and lightweight clothing that covers the arms, legs and torso when spending long amounts of time in the sun.

"Heat injuries can also be caused due to cumulative days, two to three days, of being exposed to high temperatures," Edwards added. "One way to avoid this is by ensuring you get plenty of rest

Safety tools

Composite Risk Management is one tool Soldiers and Civilians can use to protect themselves both on- and off-duty, according to the U.S. Army Combat Readiness/Safety Center. Summertime should be spent having fun with friends and Family, but most importantly, do it safely. Visit <https://safety.army.mil/>.

Another tool is or more info about keeping your body hydrated, <http://phc.amedd.army.mil>.

To report a safety hazard, call the garrison at Safety Hotline at 430-5472 or visit www.imcom-europe.army.mil/webs/sites/staff_org/safety/unsafe_conditions/index.html



the day before training or working outdoors and by trying not to work outdoors continuously."

During any outdoor activity, drink lots of water. Monitor and enforce frequent hydration, according to the "Fluid Replacement and Work/Rest Guide" (see link above). Hydrate frequently. However, don't exceed 1.5 quarts per hour.

Avoid caffeine and alcoholic beverages, especially when performing intense activity. These liquids make the body lose water and increase the risk of heat injuries. Do not wait until you are thirsty to drink water.

The summer also brings an increase in wildlife and stinging insects, which should always be avoided. Deer were recently seen leaping across "Frog Road" (German highway K1055 between Panzer Kaserne and Patch Barracks),

and wild boars are still around in significant numbers.

Anyone coming across wildlife close up should turn around and walk away from the animals — do not try to pick up any young wildlife because the mother is always close by.

"If hiking in the mountains, be properly outfitted and bring plenty of water," Edwards said. "Be prepared to check yourself for ticks, especially when you're in wooded areas and fields of tall grass."

For more information on summer safety or programs offered on post, contact the USAG Stuttgart Safety Office at one of 430-5472/5473/5471/5434.

(Editor's note: Maranda Flynn, Fort Huachuca Safety Office, contributed to this story.)



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Culture

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here, after all this walking, you might want to pause for a somewhat longer look and another rest while indulging in an invigorating espresso or a rich chocolate concoction before heading back. You've certainly earned it!

Flohmarkt

What comes to mind when you hear "flea market"? Old is beautiful? Jolly junk? Used items, and on rare occasions, real treasures?

European flea markets are usually held in the same places where they occurred in the Middle Ages, and many have a tradition of some 800 years or more. The popular weekly flea market is at the Karlsplatz in downtown Stuttgart, Saturdays, 8 a.m. - 4 p.m.

German flea markets tend to be quaint hand-me-down events. They're fairly quiet, merry places where one can find all kinds of treasures like embroidered shirts, dollhouses, Delft tiles, old model railroad trains (even steam engines!), lace collars and doilies, ancient coins, first editions of famous authors like Schiller, Goethe, Lessing or even Shakespeare, some worse for wear garments, dog-eared paperbacks, flatirons, Dresden china, nicely frames mirrors, and bits and pieces of no value at all. But remember, it's not the things nor the prices that count, but the fun of it.

Admission is free and you might even acquire a real flea or two! You can browse for hours, look, barter, negotiate and buy, and realize how

much fun there can be in open air shopping. No foil-wrapped or mass-produced merchandise and no recommended prices to be paid at some electronic cash register — just a lot of used stuff.

You might see mature, professorial looking gentlemen rummaging around bins of hand-wrought door locks; school kids swapping comic books or games; students selling and bartering college texts and notes; young women parting with dolls, teddy bears or long outgrown dirndl; headscarves, spangle necklaces and earrings. You might find odd-numbered sets of silver cutlery, wooden chests, monogrammed pewter cups, vellum bound books — either very cheap or sometimes wildly overpriced "bargains." The buyer bears the risk; cracks, chips and wrinkles are included in the purchase. Goods aren't new or sterilized, and no exchanges, please!

Fact is, things and tastes come and go, are useful, fashionable and trendy and then go out of style. Property outlives its owners or is tucked away and forgotten. And as things get older, the curve might take a sudden upswing and long written-off flotsam and jetsam is dusted off and offered for sale at a flea market.



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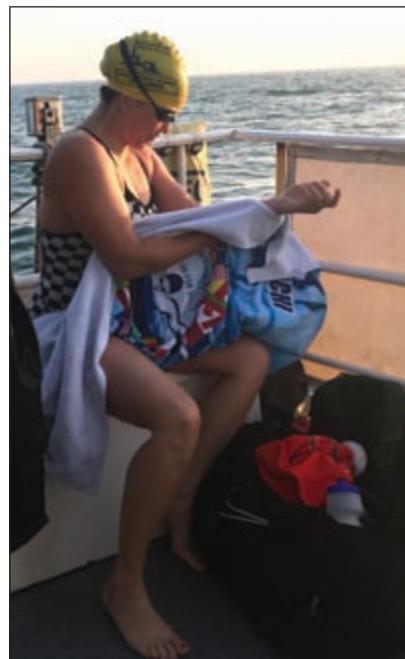


Photo courtesy of Dr. Michelle Sanders

Sanders dries off after swimming one of her portions of the relay with 11 other swimmers.

Swimmer

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A French fisherman was shocked when Sanders and French swimmer Eve Gaillard walked ashore, 14 hours and 20 minutes after leaving England, at Sangatte Beach near

Pas-de-Calais, where he was surf fishing.

"Where did you come from?" he asked, surprised.

"England!"

"How did you get here?" he pressed.

"We swam," they replied.

Sanders' son Jordan accompanied her on the adventure and swam a 30-minute recovery swim with her in Dover Harbor, a popular training point for channel swimmers.

The White Horse Inn in Dover recognizes those who swim the English Channel by having them sign a guest book for completing a relay crossing; those who swim the entire distance solo get the privilege of signing their names on the walls.

"People asked on the day we finished the swim (if I would swim the channel solo), and I said no way!" Sanders said. "Part of my training was to do a six-hour swim, and I passed it without any difficulty. So, I have 30 months to make that decision, and at this point, I'm on the fence."

"It was tough, it was grueling, it was cold and miserable ... but now, I think I could probably do that," she said.



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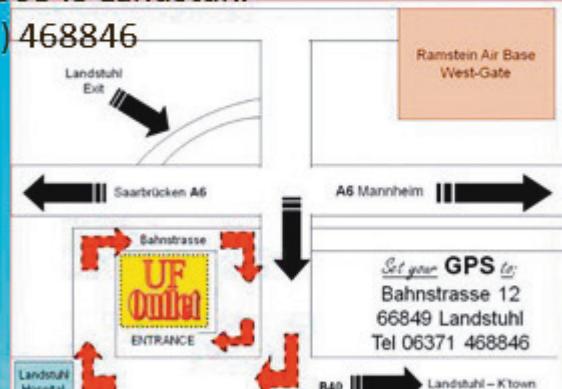
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