



Photos by Spc. Ashley Keasler

Residents of the communities surrounding Vose Drop Zone near Rottenburg am Neckar watch as jumpers exit a C-130 Hercules overhead, while a German special forces parachutist recovers his chute.

Friendship jump

Nearly 1,200 spectators lined the edges of Vose Drop Zone in Wendelsheim, Rottenburg am Neckar, Nov. 15 to watch a combined U.S. Special Operations Command Europe and German special forces air operation that included more than 100 American and German parachutists. The day was capped off by a wing exchange, where the German soldiers were awarded U.S. parachutist and military free fall parachutist badges, and members of SOCEUR were awarded German jump wings.



An employee of a German eatery serves Maultaschen to waiting customers at the drop zone.



SOCEUR's 1st Sgt. Rob Elliott awards U.S. jump wings to members of the German special forces during a post jump wing exchange.



Dylan Moritz, 15 months, elder son of SOCEUR's Chief Warrant Officer 5 Charlie Moritz and his wife Rhiannon, watches as members of Special Operations Command Europe and German special forces parachute onto Vose Drop Zone.

MFE Marines steady shaken Turkish earthquake victims

Story & photos by
Gunnery Sgt. William Price
 Marine Forces Europe/Africa Public Affairs Office

Marines from Marine Forces Europe returned to Norway, Nov. 12-14, to begin a second round of disaster relief for thousands of citizens in Turkey's Van province, which was recently devastated by two massive earthquakes.

Utilizing the Marine Corps Prepositioning Program in Norway, the humanitarian assistance mission shipped

more than 28,000 pounds of cold weather gear, including 110 sets of 10-man arctic cold weather tents, space heaters and fuel cans.

MCPP-N was first envisioned and began development in the early 1980s as a program to store air and ground supplies for supporting forward deployed forces, cold weather exercises, and training in the European theater. As the program evolved, it was extended to include crisis response through humanitarian assistance.

See Marines on page 4



Sgt. Paul Evans, Marine Forces Europe Embarkation chief, releases the straps on U.S. Air Force pallets and netting at the Vaernes International Airport in Norway Nov. 14 during a humanitarian assistance mission for earthquake victims in Turkey.

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Keeping holiday stress at bay

While holidays are often a time of joy, they can also be stressful, especially for military families. If you find yourself sad, anxious or just overwhelmed, help is available.



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8th-grader heads to All-American Bowl

Kingston Davis, 14, is the first Europe-based athlete to be selected for the Eastbay Youth All-American Bowl to be played Jan. 8 at the Alamodome in San Antonio.



Commander's Column*Making the most of the holidays with your 'family'*

Commentary by Col. Carl D. Bird
USAG Stuttgart commander

The holiday season has arrived in the Stuttgart military community.



Col. Carl D. Bird

My family and I are looking forward to all of the activities that make this a special time of year ... parties, excursions to the German Christmas markets, decorating the house, family gatherings and walks in the snow.

It should be the happiest time of year, right?

Yet for many people, it's the time when frustrations begin to build, and anxiety and depression set in.

Between preparing big meals, shopping for that perfect gift, decorating the house and spending money on others, many people find the holidays are a time of overwhelming stress.

Add to that day after day of gray, dreary skies; being stationed thousands of miles away from families and friends; or a family separation because of a deployment, and suddenly, life can seem very tough.

To combat stress, experts recommend that you should keep up a regular exercise routine, maintain a healthy eating schedule, get plenty of sleep and take a

We must all be aware that heightened stress, relationship problems and impending holidays can trigger inappropriate coping behaviors in vulnerable individuals.

break from a hectic schedule whenever you need to.

They also say you've also got to make sure that holiday goals are realistic and accept that things aren't always going to go as planned.

It's good advice.

But while it may be normal to feel overwhelmed during this time of year, as part of the military family we must all be aware that heightened stress, relationship problems and the impending holidays can trigger inappropriate coping behaviors in vulnerable individuals.

Pay close attention to the personal needs of those around you, and be on the lookout for signs of stress and depression. If you see signs of either in someone you know, don't ignore them.

It doesn't matter what we label ourselves — battle buddies, shipmates, wing men or devil dogs — we need to make sure we are promoting a climate of

mutual "buddy care" among all services and across the entire community.

Reach out this holiday season and invite a single service member into your home.

If you know a spouse who is having a hard time, extend a helping hand ... offer to baby sit or invite her over for coffee.

Help a less fortunate family by participating in the Angel Tree program.

If your celebrations include the use of alcohol, make sure you drink responsibly and don't allow your battle buddies to get into situations that may embarrass or hurt them, their families or their units.

Sometimes we can forget what the holiday season is really about. It's not the presents, elaborate decorations or gourmet food.

It's about family, and that includes our military family.

THE CITIZEN

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Luke Elliott

Lt. Gen. Michael Ferriter receives the U.S. Army Installation Management Command colors from Gen. Ray Odierno, Army Chief of Staff, at the IMCOM change of command ceremony Nov. 17.

Ferriter takes command of IMCOM

By Tim Hips

U.S. Army Installation Management Command
Public Affairs Office

Lt. Gen. Michael Ferriter took the reins of the U.S. Army Installation Management Command from Lt. Gen. Rick Lynch during a change of command ceremony Nov. 17 on Fort Sam Houston, Texas.

Army Chief of Staff Gen. Raymond Odierno presided over the changing of the guard for the command, which relocated from suburban Washington, D.C., to South Texas during the past two years as part of Base Realignment and Closure.

Ferriter, a 1979 graduate of The Citadel, came to Texas from a tour as deputy commander for advising and training for U.S. Forces Iraq, supporting Operation New Dawn. Before that, he commanded the U.S. Army Infantry Center and the Maneuver Center of Excellence at Fort Benning, Ga.

As well as IMCOM commander, Ferriter is now the Army's Assistant Chief of Staff for Installation Management.

All three Soldiers served as "battle buddies" at some point during the war in Iraq.

"Both Rick Lynch and Mike Ferriter, I've known for awhile," Odierno said. "Most important, I got to see them operate in combat. These are two Soldiers who not only understand what it's like to take care of our families, but they understand what it's like being at the tip of a spear. There's no better person to lead us in installation management than somebody who's experienced both."

Ferriter's combat tours include Operation Restore Hope in Somalia and two tours in Iraq.

He and wife Margie have four children who understand Army life: Dr. Meghan Ferriter, Capt. Dan Ferriter, Capt. Paddy Ferriter and 1st Lt. Mary Whitney Whittaker.

"The Ferriters are a great Army family and IMCOM is fortunate to have them," Odierno said. "Always remember that the strength of our nation is our Army. The strength of our Army is our Soldiers.

The strength of our Soldiers is our families. And that's what makes us 'Army Strong.'"

Odierno thanked Lynch, the only commander IMCOM has known, for a career well done, capped by the complex move of an Army command from the nation's capital to the heart of South Texas.

"We thought he was the perfect person to lead IMCOM and transform it into a world-class organization focused on our customers. The customers are our Soldiers and their families and our retirees."

He also cited the 120,000 people who make up IMCOM.

"We are grateful for the dedicated Army civilians and contractors that have made IMCOM such a large success," Odierno said. "In short, the IMCOM team has been and will remain a key ingredient in our ability to protect and sustain combat forces around the world. I thank each and every member of IMCOM for your untiring effort and commitment to our Soldiers, their families and the Army."

Odierno commended Lynch for embodying words like courage, confidence, candor and compassion.

"In your 35-plus years, you have made history," Odierno told Lynch. "You have lived in the arena and you have excelled inside that arena. Thank you for your steadfast dedication and loyal service to our Soldiers and our nation."

Odierno applauded Lynch's wife, Sarah, for her dedication to the mission.

"Sarah has been serving alongside Rick every step of the way," Odierno said. "She's dedicated herself to our Soldiers and families."

"Sarah, you are a true American patriot and hero. We want to thank you for all you've done and sacrificed throughout the years for our Army."

The ceremony also marked the passing of the responsibility of IMCOM command sergeant major from Command Sgt. Maj. Neil Ciotola to Command Sgt. Maj. Donald Felt. Felt, top noncommissioned officer for the IMCOM Central Region, will serve until the scheduled arrival of Command Sgt. Maj. Earl L. Rice.

News & Notes

See Army chorus perform

The U.S. Army Europe Soldiers' Chorus will perform at the Stuttgart Christmas market Dec. 6 from 6-7 p.m. in the Altes Schloss on the Schillerplatz in downtown Stuttgart. The free performance will be held in the courtyard.

Piranhas devour competition

Almost 200 swimmers competed a European Forces Swim League meet held in Heidelberg Nov. 20.

Stuttgart finished first with 753 points, followed by Heidelberg (413), Brussels (338) and Geilenkirchen (222).

Top scorers among the 75 Stuttgart swimmers, with first place finishes in three events each, were Austin Sojourner, Isabella McIlvene, Marina Zielinski, Katie Oldham, Savion Porterfield, Joseph Viana, Hayden Kasavicha, and Edward Arrington.

Santa to visit family housing

Thanks to American Legion Post 6, Santa Claus will tour the U.S. Army Stuttgart family housing areas Dec. 13-16, beginning at 6:30 p.m.

Residents can expect to see Santa touring the streets of family housing in a fire truck on Robinson Barracks Dec. 13, Kelley Barracks Dec. 14, Panzer Housing Dec. 15 and Patch Barracks Dec. 16.

For more information, call Gary Miller at 430-4500/civ. 0711-680-4500.

Time for snow tires

German law states that motor vehicles, including motorcycles and four-wheel drive vehicles, must have clearly marked winter or all-season tires when there is black ice, snow, slush, ice or frost on German roads.

All-season tires, whether European or U.S. manufactured, are stamped with an "M+S" symbol. Tires that meet the highest standards for winter driving bear a snowflake logo.

The minimum legal tire tread depth for Germany is 1.6 millimeters, although ADAC, the German automobile association, recommends 4 mm for winter driving.

Drivers caught using summer tires in ice, snow or slush will be fined €40, and those who cause an accident or obstruct traffic because of inappropriate tires during winter conditions will be fined €80. Some insurance companies may deny coverage to motorists driving with summer tires on wintery roads.

Local DFAC tops in Europe

Soldiers and dining facilities from across Europe were recognized for their achievements during the Installation Management Command-Europe and U.S. Army Europe 44th annual Food Service Awards ceremony on Campbell Barracks Nov. 18.

The 1st Battalion, 10th Special Forces Group (Airborne) Dining Facility, representing U.S. Army Garrison Stuttgart, was the top winner in the USAREUR/IMCOM-E Phillip A. Connelly Awards military dining facility category. The DFAC will go on to compete in the Department of the Army Phillip A. Connelly competition.

Ask a JAG

Editor's Note: Do you have a legal question you would like to see answered in a future edition of The Citizen? If so, contact "Ask a JAG" at jason.m.mckenna4.mil@mail.mil.

By Capt. Jason M. McKenna (U.S. Army)
Stuttgart Law Center

Q: *I recently received a letter, written entirely in German, from an attorney representing a local business. The business accuses me of illegally downloading music and requests payment of €1,000 — or risk being taken to court. What should I do?*

A: Immediately visit the Legal Assistance Office at the Stuttgart Law Center. Do not initiate communication with the law firm without consulting an attorney. Downloading music or movies from the Internet is easy and popular, but may be illegal.

Internet providers in Germany are required to disclose the identity of anyone whose Internet Protocol address facilitates illegal downloading. It is important to protect your wireless local area network because you may be legally responsible for the illegal downloading activities of another person using your network. Recently, several members of the Stuttgart community received similar letters from German law firms. Typically, the letter asks the recipient to sign a "statement of forbearance." By signing the document, you agree to secure your WLAN router and refrain from committing another violation.

Letters such as the one you received often request monetary damages — which are intended to compensate an injured party. Companies often request between €800 and €2,000 to settle this type of grievance. Indeed, illegally downloading music may cause the owner a loss of revenue. However, in these scenarios, their actual loss is often overstated. An attorney at the SLC will assist in your attempt to persuade the company to withdraw, or significantly reduce, the amount of their claim. There are no guarantees of success, but clients often receive positive results.

The letter may also seek reimbursement for attorney fees. A party who is successful in court may be eligible to recover the cost of their attorney fees from the opposing party. There exists, however, a German law whereby you may limit recovery of attorney fees to a flat rate of €100. That law applies mainly to first time offenders and minor downloading activities.

In addition to contacting an attorney, protect your network. Frequently change your WLAN password — and never use the default password issued by your internet provider. Disable the server set identifier to prevent broadcasting your network. Use a different password and user name to change configuration settings, and ensure they can be changed only via cable, not wireless. Download cautiously, and keep your network secure.

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

Marines

Continued from page 1

The MFE team based out of Stuttgart overcame logistical challenges of coordinating the latest humanitarian assistance mission through a concerted effort by U.S. European Command, Blount Island Command, Headquarters Marine Corps, the U.S. Embassy, the Government of Norway, and the Norwegian military.

"These two recent HA missions for Turkey show the quick response of MCPP-N in partnership with the [Norwegian Defense Logistics Organization/Marine Expeditionary Brigade]," said Neil Hagen, HQMC, Prepositioning Analyst and CGI contractor, stationed in Oslo. "The close relationship we've built over the years enabled it to occur as effectively as it did. Knowing what we had in the caves, determining what could support the need in Turkey, and doing it over a weekend, twice in two weeks, showed the effectiveness of our ashore prepositioning program here in Norway."

When the Marines from MFE landed at the Vaernes International Airport, in Trondheim, Norway, Nov. 12, they were met by Hagen. From there, their plan was put into action. The team wasted no time.

With the gear already being staged at the prepositioning caves, Marines arrived at the Tromsdal Cave, early the morning of Nov. 13. Navigating treacherous iced-over roads, they met with the Tromsdal Cave inspector, who loaded the trailer truck with space heaters to combat plunging temperatures in eastern Turkey, currently well below freezing nearly every night.

"When there is a catastrophe, we will do whatever it takes to help," said Einar Tromsdal, who has been running the cave since the inception of the MCPP-N program in 1988. When asked if the weather has ever been a factor throughout his tenure, he joked, "All Norwegians are born with skis on their feet."

With the space heaters loaded, the prepositioning team from MFE drove to the Frigaard cave to oversee the loading of the tents and fuel cans. The Marines and their Norwegian counterparts ensured the gear was meticulously weighed, measured and secured on palettes.

"We work closely with the Marine Corps, specifically Blount Island Command. We are in daily contact," said Maj. Kjell Mathisen, NDLO/MEB, executive officer. "For this joint partnership to be effective, it is important for us to be like a family. While we are normally closed on the weekends, to help the Turkish, we pulled the trigger and everyone was on deck to help."

Once all the equipment was loaded, it was shipped to the airfield in Vaernes, where all the parties involved would meet the following morning for loading on a U.S. Air Force C-130, from the 37th Airlift Squadron, based out of Ramstein.

With a pressing deadline to meet, the Marines

“For this joint partnership to be effective, it is important for us to be like a family.”

Maj. Kjell Mathisen
Norwegian Defense Logistics Organization/Marine Expeditionary Brigade



Gunnery Sgt. William Price

Maj. Kjell Mathisen (left), Norwegian Defense Logistics Organization/Marine Expeditionary Brigade, executive officer, and Gunnery Sgt. Wesley Key, MFE Strategic Mobility Chief, prepare netting to cover one of five U.S. Air Force pallets at the Vaernes International Airport in Norway, Nov. 14. Marines with MFE and Norwegian soldiers with the Marine Corps Prepositioning Program in Norway, would later load more than 28,000 pounds of relief supplies to help provide shelter and warmth to more than 1,000 Turkish citizens left homeless by recent earthquakes.

and Norwegian soldiers assembled five standard Air Force pallets for embarkation, and prepared load plans. When the C-130 arrived, the pallets were neatly aligned, netted, weighed and ready to load for an on time and on target C-130 bound for Erzurum, Turkey, to be distributed to the areas most heavily impacted by the earthquake.

"It is crucial that all the gear is loaded properly, and done so the first time," said Sgt. Paul Evans, MFE Embarkation chief, and Bakersfield, Calif., native. "We don't want to overload the aircraft, or load it unbalanced, otherwise it will either leave late, or even worse, gear would have to be left behind."

The Marines and Norwegians worked expeditiously that morning to palletize the gear efficiently, knowing they had to get it right the first time. With minutes to spare, the U.S. Air Force Europe aircraft was loaded and "wheels up," on its way to provide housing and warmth for thousands of Turkish citizens in need.

"This mission was a varsity effort all around," said Maj. Tim Robertson, an MFE logistics and planning officer, and Corcoran, Calif., native. "Special thanks to the Norwegians who worked so hard over the weekend to ensure this mission was a success. The timely actions by all involved have eased some of the suffering in Turkey. Our hearts and prayers go out to the victims of this recent disaster."

"Overall, I felt it was a very successful operation," Paul Evans added. "Normally we conduct training exercises, but taking part in a real-world effort and to help people in need makes me even prouder of what I do."

Holiday travelers urged to be sensitive to environment

By Shay Edwards

USAG Stuttgart Antiterrorism Office

On the afternoon of Jan. 24, 2011, 35 people were killed and 150 injured when two suicide bombers detonated at a crowded arrival gate in a Moscow Airport. On the morning of March 1, 2011, a man shot and killed two Air Force personnel outside of a Frankfurt Airport terminal. And in April, an attempt was made to hijack Alitalia Flight 329 from Paris to Rome and divert it to Libya.

Although no one likes to think about it when they travel, airports and planes are frequently targeted by terrorists.

Terrorists will continue to attack them because of the media attention that they receive.

For this reason, know what to do to protect yourself when traveling, especially during the holidays when airports and aircraft are operating at full capacity. Consider these measures during your next trip:

Upon arrival to the airport, proceed through security checkpoints as soon as possible. The further you are embedded in the security system, the less likely you are to be attacked.



Stay alert for unattended luggage or backpacks and bags that seem out of place. If you see any, notify an airport employee.

photos.com

Look for nervous passengers who maintain eye contact with others from a distance. Observe what people are carrying. Note behavior not consistent with that of others in the area.

Stay alert for bags, backpacks, paper or plastic bags, briefcases, and packages that seem out of place. If you see one, tell an airport employee, and don't remain any closer than you would want to be if the device exploded. You wouldn't leave your carry-on items unattended, what reason would anyone have

to do the same?

Stay away from crowds. Observe the baggage claim area from a distance and retrieve your bags after the crowd clears. When passing customs, stay at the edge of the crowd. Those in the middle are more likely to be targeted.

If you use a tourist passport, place your official passport, military ID, travel orders, and related documents in your checked luggage, not in your wallet or briefcase.

If your plane is hijacked, remain calm, and evaluate the situation. There may be more hijackers than you see. Your response to the situation should depend on your judgment of whether or not the airplane is being skyjacked for purposes of holding hostages or creating a weapon of mass destruction.

Surrender your tourist passport if asked for identification. Do not offer any information; but confirm your military status if directly confronted with the fact. Explain that you always travel on your personal passport and that no deceit was intended.

In a rescue attempt, lie on the floor until told to rise. Jumping in the air or overpowering terrorists may get you accidentally shot.

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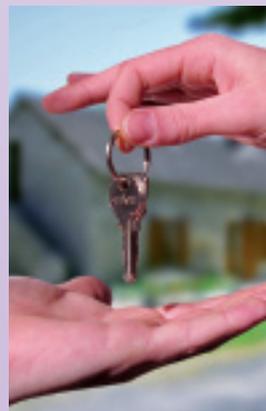
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Create a holly, jolly environment with safety in mind

Make your homes merry and bright using the following tips as a guide for safe decorating.

Trees and decorations

- When purchasing a live tree, check for freshness. A fresh tree is green, its needles are hard to pull from branches, and its needles do not break when bent between your fingers. The bottom of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

- When setting up a tree at home, place it away from heat sources, such as fireplaces, vents and radiators. Because heated rooms rapidly dry out live trees, be sure to monitor water levels and keep the tree stand filled with water. Place the tree out of the way of traffic,

and do not block doorways.

- When purchasing an artificial tree, look for the label, "Fire Resistant." Although this label does not mean that the tree will not catch fire, it does indicate that the tree is more resistant to catching fire.

- In homes with small children, take special care to avoid sharp, weighted, or breakable decorations. Keep trimmings with small removable parts out of the reach of children who could swallow or inhale small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.

Lights

- Indoors or outdoors, only use lights that have been tested for safety by a nationally-recognized testing laboratory.

- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Throw out damaged sets. Don't

use electric lights on a metallic tree.

- If using an extension cord, make sure it is rated for the intended use.

- When using lights outdoors, check labels to be sure that the lights have been certified for outdoor use, and only plug them into a ground-fault circuit interrupter protected receptacle or a portable GFCI.

Candles

- Keep burning candles within sight. Always extinguish all candles before you go to bed, leave the room, or leave the house.

- Keep candles on a stable heat-resistant surface where kids and pets cannot reach them or knock them over. Lighted candles should be away from items that can catch fire and burn easily, such as trees, other evergreens, decorations, curtains, and furniture.

Source: Consumer Product Safety Commission. For more information, visit www.cpsc.gov.

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Get fresh holiday wreaths from Scouts

Boy Scout Troop 44 will sell fresh holiday wreaths at the Panzer Exchange Dec. 2 from 10 a.m. to 8 p.m., Dec. 3 from 10 a.m. to 6 p.m., and Dec. 4. from 10 a.m. to 3 p.m.

The hand-decorated wreaths are \$30 each, and all profits will support the troop's Scouting activities.

For more information, call civ. 0170-237-3343.

Troop 324 to sell Christmas trees

Boy Scout Troop 324 will sell Christmas trees Dec. 3-4 on Patch Barracks. Get your tree Saturday from 10 a.m. to 6 p.m. and Sunday from noon to 6 p.m. at the Husky Field tennis courts on Patch Barracks. Supplies are limited, so stop by early.

Check out SCSC holiday luncheon

The Stuttgart Community Spouses' Club will host a luncheon Dec. 13 at 10 a.m. in the Swabian Special Events Center on Patch Barracks.

To register, send an e-mail to scsc4reservations@yahoo.com or visit the SCSC website at www.stuttgartspousesclub.org.

Free ice skating

The Stuttgart Community Spouses Club and Stuttgart Military Community Eishockey Club will sponsor a family ice skating night on Dec. 10 from 5:15-6:45 p.m. at Eisstadion Wernau, Sta-



Mekyle Fernandes hands off a 10-pound turkey to Jacob Andrus during the first heat. Team Charmander Balls of Fire took third place in the Nov. 19 relay.



Jake Camacho (left) races toward the finish line with Logan Sullivan on his heels.



Meghan Slavick of Team Turkey Legz is all smiles as she runs the relay.

Turkey trot — Stuttgart style

Eleven teams competed for top honors during the 2011 U.S. Army Garrison Stuttgart Family and MWR 4X4 Turkey Relay Race held Nov. 19 at Patch Barracks' Husky Field. The top four teams took home turkeys as their prizes: 1. Flyin' Turkeys, 6:29; 2. Team Camacho, 6:44; 3. Charmander Balls of Fire, 6:46; 4. The Turkeys, 8:18.

Photos by Joe Mancy

dionweg 12, 73249 Wernau. Admission is free, and skates can be rented.

For more information, contact smchockey@ymail.com or call civ. 0711-680-8304.

Party with Patch Ski Club Dec. 7

The Patch Ski Club will host a semi-formal holiday party Dec. 7 from 6:30-8:30 p.m. in the Patch Community Club.

Sign up for ski trips, join the ski club, and socialize with new and old friends. There is a small fee for nonmembers.

For more information,

visit www.patchskiclub.com.

AFRICOM to host holiday party Dec. 10

U.S. Africa Command will host a holiday party Dec. 10 from 5 p.m. to midnight in Sindelfingen.

The affair is open to all members of the Stuttgart military community.

Designated drivers (E7 and below) will receive Stuttgart Warrior Pride Challenge Points and a chance to win a \$100 Outdoor Recreation gift certificate.

To purchase tickets, send an e-mail to holidayparty@africom.mil.

Limited service at the vet clinic

While the Stuttgart Veterinary Treatment Facility is in the process of relocating to its new location adjacent to Building 2996 on Panzer Kaserne, it will be open with limited hours and services.

The vet clinic will be open Wednesday through Friday from 8 a.m. to noon and 1-4 p.m. for over-the-counter sales, pet registration and medical record pick-up only.

For other pet needs, contact an off-post veterinarian or the Heidelberg VTF at 388-9470/civ. 06221-338-9470.

The Stuttgart VTF expects to resume normal operations in December.

RB Furniture Store hours to change

Effective Dec. 18, the Robinson Barracks Exchange Furniture Store will be open Tuesday through Friday from 11 a.m. to 7 p.m., and Saturday and Sunday from 10 a.m. to 6 p.m. The store will be closed on Monday.

For more information, call civ. 0711-699-45880.

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

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Help Stop Suicide

If you or someone you know has thoughts of suicide, call the USAG Stuttgart Military Police at 430-5262/ civ. 0711-680-5262.

Visit www.flickr.com/photos/usagstuttgart

Kelley Barracks improvements



Carola Meusel

Construction workers lay pavers for a new parking area along Spruce Strasse on Kelley Barracks Nov. 25. The project is expected to be completed by Christmas.



Susan Huseman

The new running track at Cooper Field is now ready for use.



Susan Huseman

Zach Hutchinson, 8, pumps water while Dakota Sears, 5, waits for his chance to do the same Nov. 18 at one of two new playground on Kelley Barracks.

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Civilian employees reminded of election-season rules

Editor's Note: This is the final installment in a two-part series addressing what service members and Defense Department civilian employees can and can't do in regards to political activities.

By Capt. Aaron Lancaster (U.S. Army)
Stuttgart Law Center

The Hatch Act, first passed in 1939, is a federal law which establishes rules for federal employees in the executive branch of the federal government who wish to engage in partisan political activity. The act was originally passed after numerous members of the Works Progress Administration abused their governmental positions in order to win votes for the Democratic Party in 1938.

The Hatch Act continues to make news today as the Office of Special Counsel, an independent federal investigative and prosecutorial agency, released a report earlier this year that found widespread violations of the Hatch Act occurred by "the entire staff" of the Office of Political Affairs for President George W. Bush in 2006.

While the Hatch Act may seem complicated, complying with it is actually relatively easy. The first step is determining whether the Hatch Act applies to you. Generally, all non-military Defense Department employees in Stuttgart will be covered by the Hatch Act.

The second step is to figure out if you are a "Less Restricted Employee" or a "Further Restricted Employee." The difference between the two dictates what political activities one can and cannot engage in.

In Stuttgart, most people are characterized as "Less Restricted Employees."



www.photos.com

According to the Hatch Act, "Less Restricted Employees" can participate in political rallies and can manage a political candidate's campaign.

The "Further Restricted Employees" in Stuttgart include members of the Senior Executive Service and those in intelligence agencies such as the Defense Intelligence Agency. If you believe that you are a "Further Restricted Employee" and wish to engage in political activities, contact the Stuttgart Law Center for specific restrictions, as they are much stricter than those for "Less Restricted Employees."

"Less Restricted Employees" engaging in political activity while on duty, in a federal room or building, while wearing an official uniform or insignia, or while using a government vehicle will almost always be prohibited. Examples of violations would be placing a campaign banner in one's office or wearing a partisan button or shirt while on duty or in a government building.

Official photographs of President Obama, such as the traditional photo of the president found in all federal buildings and photographs of the president conducting official business, are allowed.

Almost all other photographs of any political candidate, including the president, are prohibited and cannot be displayed in a federal room or building.

Further, using one's official authority or influence to interfere with the results of an election, or to solicit, accept or receive political contributions, is also in violation of the Hatch Act. This includes using one's name and/or duty position in an attempt to solicit money for a campaign.

As long as "Less Restricted Employees" comply with these guidelines, then they will generally be able to take an active part in a partisan election.

This means that they could put campaign signs in their own yards; create and distribute to almost any source pamphlets, letters or blogs (including Facebook and Twitter) that advocate or oppose a political party or member; attend and be active at political rallies and meetings; and take an active part in managing a political candidate's campaign.

Failure to comply with the Hatch Act mandates a punishment of not less than 30 days suspension without pay and can result in being fired from one's job.

Military personnel are covered by DOD Directive 1344.10. See page 5 in the Nov. 3 Citizen.

The above guidelines are not an all-inclusive list of allowed and disallowed activities. For specific questions, contact the Stuttgart Law Center's Administrative Law section at 421-2817/civ. 0711-729-2817.

Are you prepared for winter?

Forecasters are again predicting another cold one for Germany and Central Europe, the fourth in a row, with temperatures plummeting in January to as low as -25°C.

Everyone should be prepared for loss of heat, power and communications services in their homes.

The time to prepare is now!

Be informed

Know what the road conditions are before you start your trip to work. For the local weather forecast and road conditions, go to www.stuttgart.army.mil and click on the "Weather" link.

Get a kit

For your Home

- Snow shovel
- De-icing compound
- Sand to improve traction
- Water — one gallon per person per day for at least 72 hours
- Food — for at least 72 hours that doesn't require refrigeration or heating
- Can opener for food (if kit contains canned food)
- Pet food and additional water for household pets
- Flashlights and extra batteries
- Battery-powered radio
- First aid kit
- Medicines
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Cell phone with emergency charger
- Tool kit

For your Car

- Winterize your car now and ensure that you maintain fluid levels
- Keep the gas tank near full to avoid freezing water in the fuel lines
- Stock your car with a bag of sand, road salt or kitty litter for weight and traction, if you get stuck, as well as:
- Jumper cables
- Small shovel
- Ice scraper
- Flashlight with extra batteries
- Cell phone with charger
- Knife
- First aid kit, warning triangle, and reflective vests
- Blankets, coats, warm clothing
- Water, food and snacks

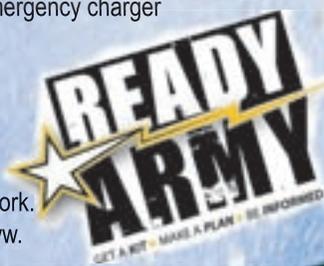
Make a plan

Your family might not be together when a storm hits, so it is important that everyone knows how to contact one another, what to do in case of an emergency and how you will get back together.

Ensure that your family knows where you will meet, if separated. Choose a place near where you live and another away from your neighborhood.

Ensure that the entire family carries emergency contact numbers to include out-of-town or stateside contacts.

Inquire about emergency plans where you spend time: work, school and child care.



For more information, call the USAG Stuttgart Installation Emergency Manager at 431-2035/civ. 07031-15-2035.

www.photos.com



Talking turkey

Dorthea Robinson is served a plate of food by 52nd Signal Battalion's Chaplain (Capt.) Brandt Klawitter (from right to left) as Chief Warrant Officer 3 Edward Mendez, Command Sgt. Maj. Nathanil Jett, Capt. Aamea Lago and Lt. Col. Robert Vitt stand at the ready. These 52nd Signal Soldiers were only a few of the many unit leaders who showed their support for the Stuttgart military community by serving 720 community members Nov. 24 at the Black Stallion Inn Dining Facility on Patch Barracks.

Photo by Joe Mancy

Put a gift under the ACS Angel Tree

Help less fortunate Stuttgart families celebrate the holidays through the Army Community Service Angel Tree gift program.

Select an angel off one of the trees located in the Patch, Kelley and Robinson Barracks Commissaries, the Panzer Exchange or the ACS lobby, and purchase a gift for the age and gender of the child indicated on the ornament.

Gifts should be dropped off at ACS by Dec. 16.

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

Get into the holiday spirit at USO

United Service Organizations Stuttgart will host photos with Santa along with Time 4 Tots reading Dec. 13 from 9 a.m. to noon. Children will receive a gift from the

USO, listen to Santa tell a story and decorate cookies.

USO Stuttgart also invites all single and unaccompanied service members to join them for a special holiday meal Dec. 15 at 6 p.m.

If service members need a lift back to their barracks after the meal, the USO will provide transportation.

For more information, call the USO at 431-3505/civ. 07031-15-3505, or visit www.uso.org/stuttgart.

Resiliency training for high schoolers

The U.S. Army Garrison Stuttgart Religious Support Office will sponsor a free resiliency training weekend for military family members in grades nine to 12.

The training will be held Jan. 13-15 at a conference facility near Panzer Kaserne.

Twenty-five participants will be provided sleeping rooms

and meals. Registration ends Jan. 6, but because space is limited, it is recommended that participants register early.

For more information, call 431-3078/civ. 07031-15-3078, or e-mail james.e.sciegel.civ@mail.mil.

Child Find screening

Parents with concerns about their 3 to 5-year-old child's development in the areas of language, speech, self-help skills, social skills, thinking skills or motor coordination may want to have the child screened for possible delays.

For more information about Child Find or to make an appointment, call the Patch Elementary School at 430-5200/civ. 0711-680-5200; Böblingen Elementary/Middle School at 431-2715/civ. 07031-15-2715, or Robinson Barracks Elementary/Middle School at 420-7112/civ. 0711-819-7112.

civ. 0711-819-7112.

Theater for holidays

The Stuttgart Theatre Center will present holiday performances of Barbara Robinson's "The Best Christmas Pageant Ever," directed by Barb Heidt, in the Kelley Theatre Dec. 2, 3, 9, 10, 16 and 17 at 7:30 p.m. Matinee performances will be offered Dec. 4, 11 and 18 at 3 p.m.

To reserve tickets, go to www.stuttgartmwr.com or call the box office at 421-3055/0711-729-3055.

Have lots to mail?

Postal customers may make appointments for holiday mailings during normal hours or for an hour before the post offices open by calling their servicing Army Post Office.

To make your appointment, call the Kelley Post Office at 421-2542/civ.

0711-729-2542; Panzer Post Office at 431-2563/07031-15-2563 and the Patch Post Office at 430-7226/civ. 0711-680-7226.

Transition training

The U.S. Army Garrison Stuttgart Army Career and Alumni Program will host a Transition Assistance program workshop Dec. 13-15 from 8:30 a.m. to 4:30 p.m.

An advanced resume seminar will be offered Dec. 15 from 1:30-4:30 p.m.

To sign up, or for more information, call 431-2191/civ. 07031-15-2191, or stop by the ACAP office in Building 2915, Panzer Kaserne.

The most important gift this season

The Armed Services Blood program will host a Stuttgart Community Blood Drive on Dec. 20 from 10 a.m. to 3:30 p.m. in the Patch Community Club on Patch Barracks. Blood donors must be at least 17.

Walk in at your convenience or make an appointment at www.militarydonor.com.

Where to get road condition info

To get the latest weather, road conditions and school closure information:

- Visit the U.S. Army Garrison Stuttgart website, www.stuttgart.army.mil, and click on the "Weather" tab or the Facebook icon;
- Tune in to the American Forces Network radio (102.3 FM and 1143 AM);
- Call the weather and road condition hot line at 431-3744/civ. 07031-15-3744.

Send community-wide announcements to stuttgartmedia@eur.army.mil

Recycling batteries

Throwing batteries away in the household trash is prohibited by German law. Batteries are hazardous waste because they contain heavy metals such as nickel, cadmium, lithium, lead and mercury. These metals can contaminate the groundwater and accumulate in the food chain.

Batteries contain a range of metals which can be reused as a secondary raw material, but only if they have been disposed of in the correct manner.

Local shops that sell batteries are required by German law to provide battery recycling information and a collection box for spent batteries. These collection boxes are usually placed at the entrance and are generally for small, dry-cell batteries (AAA, AA, C).

On post, green battery collection containers can be found near the entrances of the commissaries, shoppettes and Exchange.



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Celebrate season with lights, angels at Ludwigsburg's market

By Carola Meusel

USAG Stuttgart Public Affairs Office

Year-round, visitors to Ludwigsburg can enjoy the city's rich culture, including one of Germany's largest baroque castles, as well as two baroque churches and many other historic landmarks.

During the Ludwigsburg Baroque Christmas Market, the city adds a spark to its history by festively illuminating the landmarks and turning the city into a Christmas village.

This year's Christmas market will run through Dec. 22 and is open daily from 11 a.m. to 9 p.m. The market is located at the Marktplatz (market square) in downtown Ludwigsburg.

Four majestic angels greet visitors with their illuminated wings as they enter the Christmas market, which is, according to the Ludwigsburg Tourist Information's website, one of Germany's most beautiful baroque Christmas markets.

"Visitors to Ludwigsburg are mainly impressed by the Christmas market's one-of-a-kind atmosphere," said Meike Wätjen, from Ludwigsburg's press department. "The market square itself, with its two baroque churches, sets the stage for arches and gates which are made of thousands of tiny lights that span across the market and illuminate the Christmas village."

The market features more than 170 festively decorated booths and its layout is modeled after a classic baroque garden.

The roomy passages make it easy for visitors to shop and enjoy the market's offerings: Glühwein, crepes, Schupfnudeln (Swabian potato noodles with cabbage) and Maroni (roasted chestnuts), handmade silk scarves,



Ludwigsburg's market square sets the stage for a baroque-inspired Christmas village that is illuminated by arches and gates made of thousands of tiny lights. The market runs through Dec. 22 and is open daily from 11 a.m. to 9 p.m. Entertainment includes a number of jazz, folk, swing and gospel concerts; the U.S. Air Forces in Europe Five Star Brass Quintet is set to perform Dec. 15 at 4 p.m. Parents will appreciate that free child care is available at the "LuKi-Club" on the market square.

Photo courtesy of Stadt Ludwigsburg

jewelry, antique Christmas ornaments, pottery, angel figurines, wooden Christmas pyramids and smokers from the Erz Mountain region.

Try Swabian pizza

Patrons to the Ludwigsburg market can also indulge in a Swabian delight called "Holzofendinnede," or Swabian pizza, which is typically baked in a wood burning oven. The Holzofendinnede is topped with potatoes, bacon, onions or with sour cream, and is served at several booths throughout the market.

Another highlight is the freshly baked gingerbread or "Lebkuchen" from Konrad Friedmann and Stefan Koch, the market's official gingerbread bakers.

In 2009, Friedmann and Koch set the Guinness Book world record by baking a gingerbread one kilometer in length.

Visitors to the market can also witness the 3,000-year-old art of glass-blowing or stop by the brush maker's

shop to watch the making of various household brushes and brooms.

Since 2010, the market has displayed a "Salcher-Krippe," or nativity scene. Its wooden figurines were hand-crafted in South Tyrol (Grödner Tal) and made exclusively for the market.

The nativity scene is set up in front of Ludwigsburg's Protestant Church at the market square.

According to the press department, the Christmas market features a multifaceted entertainment program with local choirs, orchestras and artists, as well as theater performances, swing, jazz, folk and gospel concerts.

Evening performances will be held daily at 7 p.m. and on weekends at 5 and 7 p.m.

AF Brass Quintet to play

The U.S. Air Forces in Europe Five Star Brass Quintet is also set to perform at the Ludwigsburg Christmas Market

on Dec. 15 at 4 p.m.

The market offers a children's program with clowns, magicians, ventriloquists and a puppet theater. Performances for children will be held daily at 3 p.m.

Children can also enjoy a ride on a Ferris wheel and an antique merry-go-round.

For the Ludwigsburg "Christmas Spectacular," King Friedrich I, the first king of Württemberg, will "reappear" with his royal entourage at the market every Saturday at 1 p.m. to bring Ludwigsburg's baroque past back to life.

Free day care will be available during the Christmas market at the "LuKi-Club" Monday through Friday from 10 a.m. to 1 p.m. and 3-7 p.m., Saturday from 10 a.m. to 7 p.m. and Sunday from 1-7 p.m.

For more information in English, visit www.ludwigsburg.de.

Did You Know?

Symptoms of Diabetes

If you notice one or more of the following symptoms, see a doctor immediately:

- Extreme thirst
- Frequent urination
- Drowsiness, lethargy
- Sugar in urine
- Sudden vision changes
- Increased appetite
- Sudden weight loss
- Fruity, sweet, or wine-like odor on breath
- Heavy, labored breathing
- Slurp, unconsciousness

To learn more, call 800.533.CUFE or visit jdrf.org.



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<http://baptist-stuttgart.com>

Holiday stress can drive people to drink too much, eat too much of the wrong foods, keep unusual hours, stifle feelings, alter their routines and generally fail to take care of themselves. Knowing some of the pitfalls of the holiday experience can lead to effective defense strategies.



Don't let holiday blues get you

Holiday blues range from mild sadness during the holidays to severe depression. This sadness or depression can be prevented, and if it's already present, it can be eased.

To help prevent holiday blues, follow these tips from the Centers for Disease Control and Prevention, the American Psychological Association, the

National Mental Health Association and the Mental Health Association of Colorado:

If you are experiencing holiday blues:

- Establish realistic goals and expectations for the holiday season, and do not label the holiday season as a time to cure all past problems. The holidays do not prevent sadness or

loneliness.

- Limit your drinking.
- Do not feel obliged to feel festive. Accept your inner experience and do not force yourself to express specific feelings.

- If you have recently experienced a tragedy, death or romantic breakup, tell people about your needs.

- To relieve holiday stress, know your spending limit and stick to it. Enjoy

holiday activities that are free, such as driving around to look at holiday decorations. Go window shopping without buying anything.

- Express your feelings to those around you in a constructive, honest and open way. If you need to confront someone with a problem, begin your sentences with "I feel."

If someone you know is blue:

- Try to involve that

Establish realistic goals and expectations for the holiday season ...

person in holiday activities, but don't be forceful.

- Be a good listener. If people express suicidal thoughts or feel depressed, hopeless or worthless, be supportive. Let them know you are there for them and

are willing to seek professional help. Never issue challenges.

- Familiarize yourself with resources such as mental health centers, support groups, and counseling centers and

Quick tips to reduce stress

- Stay positive.
- Set realistic goals.
- Make a budget and stick to it.
- Don't worry about things out of your control.
- Exercise.
- Eat right by decreasing the fat and sugar you eat.
- Try to sleep for eight hours each night.

Military Health Assessment

There is no question military life is challenging, particularly during the holidays. To help you privately evaluate your emotional well-being, the Defense Department offers the Military Health Assessment at <https://www.military-mentalhealth.org>.

The free, anonymous self-assessment helps to determine if you have symptoms consistent with a condition or concern that may benefit from further evaluation or treatment and tells you where to go for help. It may not solve your problems, but it's a good place to start.

Military OneSource

Military OneSource provides free information and support to active-duty members, activated reservists, and their families. It addresses everyday concerns to

For more information, visit www.militaryonesource.org. Password: OneSource. U.S. access code + 800-372-2637. International access code + 484-530-5900.

Easing holiday, reintegration stress for service members

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

Holidays can be difficult for anyone. For service members coping with invisible wounds, and members of the National Guard or Reserve who return to civilian lives that do not involve those with whom they served, this time of year can be especially stressful.

“Service members may feel isolated following deployment, and large events such as holiday parties can be overwhelming,” said Col. Christopher Robinson, senior executive director of psychological health at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

To help service members and families reintegrate and manage stress, the DCoE-sponsored Real Warriors Campaign encourages service members, veterans and military families to reach out for support.

Reconnect

“When service members re-

turn from deployment, friends and family may want to celebrate their return,” Robinson said. “If large parties feel overwhelming, service members should talk about their anxieties and what friends and family can do to celebrate their homecoming.”

It is common to feel frustrated during the reintegration process, but it takes time to reconnect.

It may help service members experiencing stress to schedule time with their partner, children and parents to learn about new routines and to talk about their experiences during deployment.

Talking to friends and family may ease frustrations.

Mentally prepare for parties and events

People may be curious about deployment, and some of their questions may make service members uncomfortable.

Service members may want to try to anticipate questions and think about their response before events. They can decide what they feel comfortable sharing and should know they do not have to go beyond that.

It is not always possible to anticipate anxiety and emotions, so if a conversation or event becomes uncomfortable, service members should remember that it is OK to excuse themselves.

Limit alcohol

From cider to eggnog, alcohol may often feel like a holiday tradition. It is important, however, to limit alcohol consumption. Studies show that drinking alcohol can cause serious problems that could negatively affect service members’ health and relationships in the long run.

Overcome isolation

“After deployment, service members may feel alone, especially if they are separated from their unit,” Robinson said. “Service members may feel like no one understands how they feel.”

While service members may want to isolate themselves from family and friends, being around others is important to their well-being. It may help to make plans to socialize with friends and family in comfortable places, and to stick with the plans.

The Internet may be a valuable way for service members

to stay connected to their unit, but they should not let online interactions replace socializing with friends and family.

Reach out for help

Service members and their families are encouraged to reach out for support through resources such as Military and Family Life Consultants, chaplains and other counselors.

Service members, veterans and military families can also reach out to trained health professionals at the DCoE Outreach Center for support by visiting www.realwarriors.net and logging onto Real Warriors Live Chat or by calling civ. 001-866-966-1020.

Other resources

- Military and Family Life Consultant in the Stuttgart military community: civ. 0170-708-0715 or 0160-9574-8279.
- Social Work Services: 431-2676/civ. 07031-15-2676
- Suicide Prevention Lifeline and Veterans Crisis Line: DSN 118 or toll free 00800-1273-8255.
- Stuttgart Military Police: 430-5262/civ. 0711-680-5261/5262.

u down Stay healthy: avoid binge drinking

Centers for Disease Control and Prevention

The holiday season is a time to spend with friends and family, enjoy festive meals and celebrate the joy of the New Year.

However, when too much alcohol is in the mix, the celebration can be over before it even starts.

Binge drinking, defined as five or more drinks on a single occasion for men or four or more drinks on a single occasion for women, is a dangerous behavior.

Drinking too much, including binge drinking, causes more than 79,000 deaths in the U.S. each year and is a leading preventable cause of death.

More than 15 percent of U.S. adults report binge drinking. It is most common in men, adults in the 18-34 age range and people with household incomes of \$75,000 or more.

Most people who binge drink are not alcohol-dependent or alcoholics, and often engage in this behavior without realizing the health and social problems of their drinking.

Endangering yourself and others

During the holiday season and throughout the year, individuals can put themselves, their family and their community in danger of experiencing many harmful health and safety outcomes.

Binge drinking increases the chances of:

- Motor vehicle crashes;
- Violence against others and sexual assaults;
- Risky sexual behaviors that can lead to HIV, sexually transmitted diseases, and unintended pregnancy;

- Alcohol poisoning;
- Babies born with fetal alcohol spectrum disorders;
- Over time, binge drinking can lead to liver disease, certain cancers, heart disease, and other chronic diseases.

Taking action

Don’t spend the holidays in the emergency room as a result of binge drinking.

Experience the joy of the holidays by keeping yourself and your family healthy and safe.

- All people can:
- Choose not to binge drink themselves and help others not to do it.
 - Avoid mixing alcohol with energy drinks, which can mask the depressant effects of alcohol.
 - Avoid drinking and driving.
 - Avoid purchasing or serving alcohol to children and teenagers.
 - Choose not to drink if they are pregnant, or may become pregnant.
 - Talk with their health care providers about their drinking behavior and request counseling if they drink too much.
 - Participate in community efforts to prevent binge drinking.



www.photos.com

and day

• If the depressed person is chronically ill, express that you understand that the holidays do not cure the illness.

• Be aware that holidays can be difficult for people, especially when reality doesn’t measure up to their expectations. Help them establish what is realistic and what is not.

Source: Hooah for Health at www.hooah4health.com

help them

yourself

source

is a 24-hour, seven-day-a-week, toll-free referral service for active duty service guardsmen and reservists, deployed families. It provides information from deployment and reintegration issues. For more information, visit Military OneSource online at [militaryonesource.com](http://www.militaryonesource.com) (enter User ID: Military) or call from overseas (toll free): 001-800-3429-6477 or collect, U.S. access

What's happening in FMWR

Hometown Holidays coming to your neighborhood

Get in the holiday spirit with Hometown Holiday celebrations on Patch and Robinson Barracks, and Panzer Kaserne. Each event will feature holiday music, seasonal drinks, food specials photos with Santa and more.

• Dec. 6, 4-8 p.m., Patch Community Club, Patch Barracks: Arts and crafts sale, holiday bingo, story time with Mrs. Claus, holiday movie showing and more.

• Dec. 10, 4-8 p.m., Brewed Awakenings, Robinson Barracks: Jingle Bell 5K run (at 3 p.m.), sledding, cookie exchange, choir, holiday decoration making, hot drinks and a holiday movie showing.

Dec. 14, 4-8 p.m., Galaxy Bowling Center, Panzer Kaserne: free bowling, holiday band concert, Santa pet costume contest, holiday card making and more.

BGCA fine arts exhibit

The Boys and Girls Club of America fine arts exhibit, to be held

Dec. 5-8 from 4:30-6 p.m. and Dec. 10 from noon to 4 p.m. at the Patch Library, will feature artwork from local artists in elementary, middle and high school. Artwork will be judged by local professionals. Winning pieces will continue to BGCA's European exhibit.

Auditions for musical, "Company"

The Stuttgart Theatre Center will hold auditions for Stephen Sondheim's musical, "Company," Dec. 5, 6 and 7 at 7 p.m. in the Kelley Theatre. The cast will consist of six men and eight women.

A pre-audition workshop will be held Dec. 4 at 6:30 p.m.

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

Pro shop holiday sale

The Stuttgart Golf Course pro shop will hold its annual holiday sale Dec. 10 from 9 a.m. to 3 p.m. All items will be 10-75 percent off.

For more information, call civ. 07141-87-9151.

For more Family and MWR activities, visit www.stuttgartmwr.com.

Coming to Patch Theater

Dec. 2 — Hugo (PG) 6 p.m., Abduction (PG-13) 9 p.m.

Dec. 3 — Hugo (PG) 4 p.m., Abduction (PG-13) 7 p.m., Killer Elite (R) 9 p.m.

Dec. 4 — Hugo (PG) 2 p.m., Hugo (PG) 4 p.m., Killer Elite (R) 7 p.m.

Dec. 5 — Hugo (PG) 6 p.m.

Dec. 6 — Abduction (PG-13) 6 p.m.

Dec. 7 — Killer Elite (R) 6 p.m.

Dec. 8 — Real Steel (R) 6 p.m.

Dec. 9 — Arthur Christmas (PG) 5 p.m., Drive (R) 7 p.m., 50/50 (R) 9:30 p.m.

Dec. 10 — Arthur Christmas (PG) 4 p.m., Tower Heist (PG-13) 7 p.m., Dream House (PG-13) 9 p.m.

Dec. 11 — Arthur Christmas (PG) 2 p.m., Tower Heist (PG-13) 4 p.m., Dream House (PG-13) 7 p.m.

Dec. 12 — Arthur Christmas 6 p.m.

Dec. 13 — Drive (R) 6 p.m.

Dec. 14 — 50/50 (R) 6 p.m.

Dec. 15 — Dream House (PG-13) 6 p.m.

Dec. 16 — New Year's Eve (PG-13)



Universal Pictures

In "Tower Heist," Ben Stiller and Eddie Murphy fall victim to a wealthy business man's Ponzi scheme and conspire to rob his high-rise residence.

6 p.m., Real Steel (PG-13) 9 p.m.
Dec. 17 — Puss In Boots (PG) 4 p.m., New Year's Eve (PG-13) 7 p.m., The Ides of March (R) 9 p.m.

Family & MWR Featured Events

www.stuttgartmwr.com



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 Stuttgart Theatre Center, Kelley

To book your tickets go to www.stuttgartmwr.com or call: DSN 421 3055 CIV 0711 729 3055



CELEBRATION

HOMETOWN HOLIDAYS

All neighborhood celebrations will feature holiday music, seasonal drink specials, food specials, and photos with Santa. Each neighborhood will also feature its own specialties. Check our website for details.

December 6 4 - 8 p.m.
 Patch Community Club

December 10 4 - 8 p.m.
 Brewed Awakenings Cafe, RB

December 14 4 - 8 p.m.
 Galaxy Bowling Center, Panzer

DSN 421 3151 CIV 0711 729 3151



SPECIAL

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PARENTS DAY/NIGHT OUT

December 3 p.m. 10 a.m. - 4 p.m.
 Panzer CDC/SAC

December 9 p.m. 6³⁰ p.m. - 11³⁰ p.m.
 Kelley CDC/SAC

DSN 430 7480 CIV 0711 680 7480



RBEMS student selected for All-American Bowl

By Mark J. Howell

USAG Stuttgart Public Affairs Office

Kingston Davis has big dreams, a big frame for his age, and now because of his hard work and dedication, a big stage to show off his talent.

The talent is football, and the stage is the Alamodome in San Antonio.

Kingston, 14, an all-purpose player for the U.S. Army Garrison Stuttgart Child Youth and School Services' Cowboys, was chosen as the first Europe-based player to play in the Eastbay Youth All-American Bowl set for Jan. 8.

According to Leroy Davis, Kingston's dad, his son was selected thanks to the efforts of James McKee and Angel Dore of Back2Basics, an organization that runs basketball camps for CYSS athletes in Europe. They noticed Kingston's raw talent during a basketball camp and were instrumental in assisting Davis with the nomination process.

"I've told him for as long as I can remember ... you're always being watched," Davis said. "This is his opportunity to show how hard he's worked."

The Youth Bowl, modeled After U.S. Army All-American Bowl, consists of an under-15 USA-Canada Youth Bowl and three East versus West all-star games, one for the top 40 seventh-graders with a 175-pound limit, one for the top 40 eighth-graders with a 185-pound limit and a third game featuring the top 40 eighth-graders with no weight limit.

Kingston will play as a linebacker for the eighth-grade 185-pound East team.

The CYSS weight limit is 180 pounds. Before Kingston could even play in the league, he had to lose 14 pounds to be eligible. Because of his love for the game, father and son hit the



Birgit Thompson

Robinson Barracks Elementary/Middle School Principal Michael Johnson presents Kingston Davis, 14, with a Youth All-American Bowl team jersey Nov. 16 during an eighth-grade awards assembly. Kingston will play for the East team, but was presented with a West jersey due to a mix up, according to officials of the management company that produces the event.

gym, and Kingston adjusted his diet to be able to play.

"He's very disciplined to be able to do that as a teenager," said the elder Davis. "I know it would've been tough for me."

The hard work paid off, and Kingston became the cornerstone of the Cowboys' offense, scoring 45 touchdowns over two undefeated seasons, averaging two to three per game. While he was dominant on offense as a halfback, he

also played on the defensive side as a linebacker, and as the team's kick and punt returner.

"I know how to play most positions on the field, and that helps me prepare for the future," said Kingston, who will be playing the linebacker position at the game in San Antonio.

Kingston's preparing for the future in other ways, too. He currently holds a 3.4 grade point average that he looks to improve upon as he plans to start

“It feels good to be the first overseas player to get invited to the game, so I want to play hard to open up opportunities for other kids in Germany to go.”

Kingston Davis, 14
2012 Youth All-American Bowl player

classes at Patch High School next year. He hopes to share his experiences from the bowl game with his new teammates.

"This game is on the next level." Kingston said. "It's some of the best talent from all over, so it's better competition. It's going to help me prepare."

Kingston knows being chosen as the first Europe-based player comes with a lot of responsibility.

"It feels good to be the first overseas player to get invited to the game, so I want to play hard to open up opportunities for other kids in Germany to go." Kingston said. "My goal is to be the defensive MVP."

Kingston will head to San Antonio shortly after New Years Day to meet with his East teammates and practice for the game on Jan. 8. He and his parents will be joined by his sister who will be attending tech school at Lackland Air Force Base in San Antonio.

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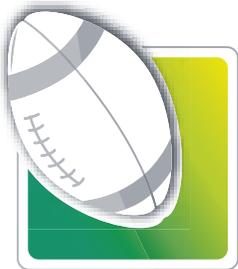
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Have a comment on garrison services?

Go to www.stuttgart.army.mil and click on the "ICE" tab.



Youth Activities

Take a look at whats going on in Stuttgart's schools.



Photos by Amy/Rush

Bingo & Spaghetti Night

The McCall family (Galvin, DJ, Bereket & father Josh) attend Patch Elementary School's 1st Annual Spaghetti/BINGO Night, sponsored by the PES PTA.



Bingo & Spaghetti Night

Sabrina, John, and mother, Michiyo, enjoy their spaghetti dinners before the BINGO games begin.



And the winner is...

PES student, Francesca, is all smiles after being one of the big BINGO winners of the night!



Waiting...

The Phillips' family wait in line for their spaghetti dinners. Mrs. Phillips graciously volunteered to cook and serve the multitude of families that showed up for this 1st annual event..



Courtesy photo

Racing to recess

Mrs. Poe's first grade class racing to recess.



Courtesy photo

The spirit

Westy Piasecki, BEMS first grader shows his Bulldog spirit.

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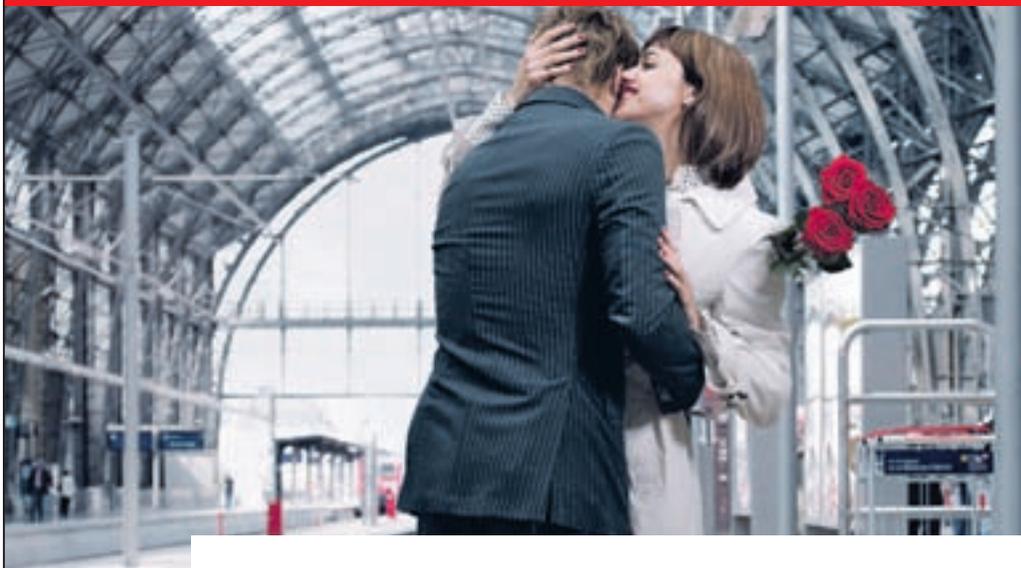
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Biology for the grasping: Action for the big kid at the "Fish & Reptile" Sindelfingen Fair

While observing the fish in the aquarium at the Messe, you will be experiencing the calming effect of nature in as close to natural surroundings as possible.

The calming of the soul and nerves will bring back the childish curiosity of your youth. The "Fish & Reptile Exhibition", begins on the 2nd of December at the Messe Sindelfingen, a large attraction is planned for this Friday afternoon 2. December. The fair makers invite children and youth groups to arrange and to plan with their leaders and/or teachers to take part in an expertly led tour of the aquarium as a group.

The children can tour the finished aquarium on Sunday, after fairs end, with the school group or a standard group arrangement, as a bonus. Cristina Steinfeld of the Messe Sindelfingen: "Here is an opportunity to grasp the workings of biology

and a chance to collaborate in the group.

The children will feel the soothing effect on Friday, and for a longer time afterward, from the calming effect of all the fish swimming and gliding through their aquatic home".

The "Fish & Reptile Exhibition", is one of the most important and most renowned trade fairs for Aquaristik and Terraristik in Germany, it takes place from the 2nd to 4th of December and is open from 10 to 18 o'clock.

The entrance costs for adults €9, for students and retired people €7, and children are admitted free up to age 16. Each ticket enters simultaneously in a drawing for an aquarium, valued at €1000.

Children are looked after free of charge in the Kindergarten at the Fair. This is a Great day for the entire family, don't miss it and See you there!!



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December 2-4

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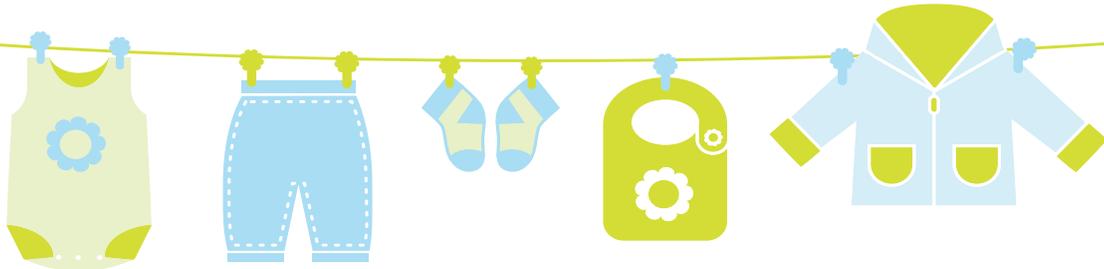
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Send your birth announcement to the Citizen. Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo. Send information to: pictures@stuttgartcitizen.com

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lady's fur coat, black lamb with silver fox trimming, Euro size 36, top condition €850 fuhrmannh@yahoo.com

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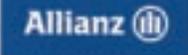


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Kenya! Does anyone know anyone who might know someone with a relative in or near Nairobi who can be my driver/ assistant this February? Will pay! shelleythemermaid@gmail.com

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Wine tasting

Gentile, italian food and wine

Italian cooking is identified with its most popular dishes, pizza and pasta. However, those who travel through Italy notice that each region has different dishes and ways of cooking. The way of making sausage, cheese, bread, wine and even a simple pasta sauce differ from place to place.



The variations in pasta are a good example of the multiplicity of Italian recipes: from the soft egg noodles used in the north to the hard-boiled spaghetti in the south and every conceivable variation in size and shape. Italy is a country of great diversity and cooking is just one aspect of that.



Italian culture variety stems on one hand from the numerous geographical differences: fertile valleys, mountains covered with forests, cool foothills, naked rocks, Mediterranean coastlines and arid plains.

But geographical fragmentation alone can not explain how one country could and can produce such a big variety of food: the rich, baroque dishes of Bologna, based on butter, parmigiano and meat; the light, tasty, spicy cooking of Naples, mainly based on olive oil, mozzarella, and seafood; the cuisine of Rome, rich in products from the surrounding countryside; and the delightful food of Sicily, full of North African influences.



The explanation of this enormous diversification is hidden in the past and results from history, seeing Italy being divided for a long time into many duchies, principedoms, kingdoms, and states: many populations in the last three thousand years have occupied Italian territory bringing all their own traditions.



Besides food, Italy has a glowing wine reputation producing and exporting more than any other country and having the greatest variety of types, ranging through nearly every color, flavor and style imaginable. In the past it was sometimes said that Italians kept their best wines to themselves while supplying foreign markets with tasty but anonymous wine in economy sized bottles. But markets have changed and in recent times consumers and, most importantly, Italian vendors themselves have insisted on quality. The leading producers have kept emphasis firmly on traditional wines taking the authentic treasures of their ancient land and enhancing them in modern wines whose aromas and flavors are not to be experienced anywhere else. No wonder that experts rate Italy's premier wines among the world's finest: getting to know all the unique wines of Italy is an endless adventure in taste.

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