

FEATURE

EVERY VOTE COUNTS,
but only if you cast it.
Find out more about the FVAP – **PAGE 5.**



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Scouts help maintain
historic trail in France – **PAGE 4.**



CULTURE

LICHTENSTEIN CASTLE:
A fairy-tale castle makes
for a perfect day trip – **PAGE 8.**



The Citizen

NEWS

Navy volunteers provide
upkeep for American
military cemetery in
Luxembourg – **PAGE 3.**



Thursday, July 10, 2014 Sustaining & Supporting the Stuttgart U.S. Military Community Garrison Website: www.stuttgart.army.mil Facebook: [facebook.com/USAGarrisonStuttgart](https://www.facebook.com/USAGarrisonStuttgart)

stuttgartcitizen.net

Independence Day the Stuttgart way

Thousands gather for food, fun and fireworks – **PAGE 12**



Thousands gathered on Patch Barracks July 4 to celebrate Independence Day in the traditional American way: with barbecue, music, family fun and fireworks. – *Photo by R. Slade Walters, USAG Stuttgart Public Affairs Office.*

**COMMENTARY:
MENTAL HEALTH**

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USAG Stuttgart
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Sexual Assault Support for the DoD Community

Safe Helpline



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SafeHelpline.org



Removing the stigma of mental health care

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United States Army Garrison Stuttgart
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Col. John P. Stalk
U.S. Army Garrison Stuttgart Commander

R. Slade Walters
Director of Public Affairs

S.J. Grady
Command Information Chief/Managing Editor

Greg Jones **Carola Meusel**
Writer Writer

USAG Stuttgart Public Affairs Office
Building 2949, Panzer Kaserne

Army Post Office Mailing Address:
Unit 30401, APO AE 09107

German Mailing Address:
Panzer Kaserne, Geb. 2949, 3rd Floor, Panzerstrasse,
71032 Böblingen

Telephone: +49 (0)7031-15-3105, DSN 431-3105
Fax: +49 (0)7031-15-3096, DSN 431-3096
Email: editorial@stuttgartcitizen.com

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Publisher:



AdvantiPro GmbH
www.advantipro.com

The Citizen is a biweekly offset press publication published by AdvantiPro GmbH and printed by Oggersheimer Druckzentrum. Circulation is 7,000 copies.

Handelsregister: Zweibrücken, HRB 1824 Z
Gerichtsstand Kaiserslautern
Ust-IdNr.: DE 229812354

John Thompson
Managing Director
Telephone: +49 (0) 631-3033-5530
Email: john@advantipro.de

Corinna Emser
Production Manager

Newspaper Layout/Designer
Alexander Pütz
Dipl. Designer (FH/University of applied sciences)

Display Advertising Contact
Jaqueline Samad
Telephone: +49 (0) 631-3033-5537
Email: ads@stuttgartcitizen.com

Classified Advertising Contact
Janina Wuttke
Telephone: +49 (0) 631-3033-5531
Website: www.class-world.com

Mailing Address:
AdvantiPro GmbH
Europaallee 3
67657 Kaiserslautern

Commentary by Maj. Gen. Jimmie O. Keenan
Commanding general, Southern Regional
Medical Command and Chief, U.S. Army
Nurse Corps

The human brain is an extraordinarily complex organ. The brain is the seat of our personality; it's what makes us uniquely ourselves.

Our minds are amazingly adaptable and resilient, and the Army has tapped into this trait to help Soldiers and families prepare for and adapt to whatever adversity they may face, either on deployment or in their daily lives.

Determined to decrease the stigma of seeking behavioral health treatment, the Army is in the process of a cultural change to encourage Soldiers and their families to come forward and get the help and the behavioral health care they need.

Former Army Sgt. Kyle J. White, who received a Medal of Honor May 13, has encouraged others to seek help.

"There's no shame in going and getting help. These service members need to realize that they went to war and they made it back, but they might have some scars remaining," White said. "Reach out to your chain of command, and they will help you to get the treatment that you need. If I can do it, then there's no reason they can't as well."

White was diagnosed with post-traumatic stress disorder prior to his discharge from the Army, and is the



Maj. Gen. Jimmie O. Keenan
Commanding general, Southern Regional
Medical Command and Chief, U.S. Army
Nurse Corps

Southern Regional Medical Command and the market manager for the San Antonio Military Health System, my daily duties allow me the privilege to ensure the care and treatment of our nation's sons and daughters.

I can't emphasize enough the need to be open and encouraging to anyone, Soldier or family member who is struggling with a behavioral health diagnosis.

White's insight into what it's like to accept, treat and overcome PTSD gives me hope that it is an achievable goal for behavioral health patients to manage their illness.

However, it takes a village, so the Army is encouraging leaders, Soldiers,

first Medal of Honor recipient to publicly encourage Soldiers to come forward and end the silent suffering of so many who harbor emotional and mental scars.

He said that although there are treatment programs available, "... it's just those first steps - that service member who needs help coming forward and actually admitting, 'Hey, I need to go see somebody,' - that's the issue that needs to be addressed, I believe."

As the commanding general of the

"There's no shame in going and getting help. These service members need to realize that they went to war and they made it back, but they might have some scars remaining."

families, civilians and communities to start talking about it, engaging with each other, take personal responsibility, learn appropriate interventions, and build safe and supportive communities

where help can be sought out and received by those who need it.

America's sons and daughters are depending on everyday people like you and me to make healthy behavioral health conversations a normal part of daily life. Stand with me, San Antonio, and let's TALK about it!

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LOYALTY DUTY RESPECT SELFLESS SERVICE HONOR INTEGRITY PERSONAL COURAGE

Sailors honor fallen by volunteering



Sailors and family members from the Stuttgart military community spruce up the Luxembourg American Cemetery and Memorial in Hamm, Luxembourg, June 21. The cemetery contains the remains of over 5,000 American service members, most of whom died during the Battle of the Bulge in the winter of 1944-1945. — *Photo courtesy Stuttgart Petty Officers Association*

By Petty Officer 1st Class D. Keith Simmons
Stuttgart Petty Officers Association

More than 40 enlisted Sailors and families from the Stuttgart military community spent the day volunteering at the Luxembourg American Cemetery and Memorial in Hamm, Luxembourg, June 21.

The cemetery is maintained by the American Battle Monuments Commission and with coordination from the Stuttgart Petty Officers Association, the volunteers performed various upkeep tasks at the site, such as washing headstones and doing minor landscaping.

The cemetery contains the remains of over 5,000 American service members, most of who died during the Battle of the Bulge in the winter of 1944-1945.

"It was a humbling experience

for me, in all honesty," said Petty Officer 2nd Class Shelby Hart, a reserve management coordinator for Joint Intelligence Operations Center Europe. "Saturday, 21 June, was actually my four year anniversary in the Navy. To know that so many people fell to not only protect our lands, but [also] those in Europe, so far away. I will always remember that I had the opportunity to clean the headstones of fallen Soldiers from World War II, on my anniversary date."

Sailors and families also spent time learning about the history of the region, listening to historical narratives from cemetery staff and reading informational brochures from the visitor's center.

"I was struck by the fact that even though there were upwards of 5,000 graves, this was only 40 percent of the American men and women who

died during and after the Battle of the Bulge," said Senior Chief Petty Officer Angela Tilley, U.S. Special Operations Command Europe. "The scale of loss from World War II was made real to me at that cemetery, and I spent a great deal of time wondering about the survivors of that battle and how they coped with so much loss."

Partnerships and outreach events such as this are imperative to the future of these historically important places.

"The trip was well planned and inspiring," said Petty Officer 2nd Class Chad Cabral, U.S. European Command. "From the moment we walked onto the grounds we were happily greeted by the acting superintendent, Joy DesRosier. She gave us her undivided attention as we were treated with not only a history lesson about the Battle of the Bulge and defining moments World War II,

but she shared stories by participants ... she met through the years of service at the Luxembourg Cemetery."

As the realism of the bravery and sacrifices that were made for freedom set in, emotions ran high and many participants had to take a moment to reflect on the fact that many of those who gave their lives were barely old enough to benefit from the liberties they were sent to fight for.

"Between knowing the facts, hearing the stories, seeing the results of the sacrifices made and being there alongside so many others who I know were feeling the same way, nobody in the group, not one single participant, young or old, was not feeling a sense of pride and accomplishment ... The trip, the lesson, the service, the duty, call it what you will; the experience was that which I will never forget," Cabral said.

News & Notes

FAREWELL TO EDUCATORS

Six University of Maryland Europe Collegiate professors who have taught in the Stuttgart area for over 25 years will be leaving University of Maryland Europe at the end of July.

Due to contract changes, Collegiate Professors Ronald Taubitz, Teri Weiss and Deborah Tevis-Noelting, and Collegiate Associate Professors Brian Cann, Warren Johnson and Richard J. Powers will either retire or

opt for severance packages.

A farewell/retirement party for the six educators will be held July 18 from 5-8 p.m. in the Patch Community Club. All members of the Stuttgart community are welcome.

Farewell cards and email from former students should be sent to the Education Center or the University of Maryland Field Office on Panzer Kaserne.

NO CITIZEN JULY 24

The Stuttgart Citizen will not publish an issue July 24 because of

standard contract requirements. The Citizen will resume publication with its Aug. 7 edition. In the meantime, readers can find important community updates online at www.stuttgartcitizen.net, or on U.S. Army Garrison Stuttgart's Facebook site.

ADAC CAR CHECKS

The U.S. Army Garrison Stuttgart Safety Office has arranged for the German automobile club, Allgemeiner Deutscher Automobil-Club e.V., or ADAC, to offer vehicle safety checks for community

motorists July 21-24.

The free checks include brakes, shock absorbers and speedometers.

A mobile inspection site will be on Kelley Barracks July 21-22 at the parking lot across from the commissary, and at the Patch Barracks gas station July 23-24.

Safety checks will be available from 9 a.m. to 1 p.m. and from 2-5 p.m.

For more information, contact the U.S. Army Garrison Stuttgart Safety Office at 431-3134/civ. 07031-15-3134.



Jake Whitten (from left), Gabriel Sutton, Bill Brown, Kai Wetzel and Brent Furman take a break while repairing a bridge on the Sgt. York Trail outside Chatel Chehery, France, May 10.



Sgt. Alvin C. York was a Medal of Honor awardee and one of the most decorated U.S. Soldiers of World War I. — *Photo courtesy of the Library of Congress*

Scouts build paths to the past maintaining Sgt. York Trail

Story and photos by Lance E. Milsted
Special to The Citizen

“Down, set, hut ... hike,” yelled Zachary Sutton. The senior patrol leader for Stuttgart Boy Scout Troop 154 was playing quarterback during a pick-up game of football at the troop’s campsite May 10. It had been raining most of the day and into the evening, so everything was slick with water.

Zachary dropped back to his right and hurled the ball in the air. The “ball” was a double-wrapped bag of marshmallows; it’s what the Scouts had and was working quite well.

Nobody caught the pass, but the Scouts of Troop 154 were in rare form and having a great time after a day of service in the Muese Argonne forest. They were winding down after a long day of repairing and cleaning up the historic Sgt. York Trail just outside Chatel Chehery, France.

A hundred years ago, young men just like Zachary may have been scrambling and lofting things through the air, but they would have been scrambling through a muddy trench in a barren battlefield and tossing hand grenades.

This summer marks the 100th anniversary of the start of World War I. It will be another four years until the 100th anniversary of the heroics that took place in this patch of rolling

hills in Verdun will be celebrated.

The Sgt. York Trail is named for Sgt. Alvin C. York, a Medal of Honor awardee and one of the most decorated U.S. Soldiers of World War I. The trail was dedicated on Oct. 4, 2008, after years of research, preparation and planning by trail founders Col. Doug Mastriano and Kory O’Keefe.

“Sgt. York’s platoon was hit by the enemy machine gun fire. Six men died and three more were wounded, including Sgt. [Bernard] Early — he was killed in combat — which left Sgt. York in charge, and he stopped a six man charge with his .45 automatic pistol,” said Scout Jacob Brown.

Those seven men marched 132 German prisoners out of the woods that day. Capturing that machine gun nest was part of the efforts that broke through the German lines and ended World War I.

“I find it hard to believe that seven men captured 132 German soldiers,” said Scout John Scrivener. “I feel good, because soon millions of people will be walking the trail, and thanks to Troop 154, it’s a nice trail to walk on.”

Boy Scouts carry out service projects on a regular basis. It’s a part of the requirements to advance in rank. But this three-day service project over Mother’s Day weekend was unique in that it allowed the

Scouts to be a part of restoring a precious part of history.

Assistant Scoutmaster Tom Vanzant said he was impressed with the amount of work the boys got done in their time on the trail. He was equally excited about the opportunities Scouts have while in Europe. “Just two weeks ago we were in Normandy. We were able participate in a ceremony on Omaha Beach and lay a wreath at the American Cemetery. Scouting in Europe is a great thing,” he said.

The York project consisted of restoring a bridge that had been partially washed away, fixing a set of steps and replacing rotted timbers along the trail. When it was finished, the trail was well marked, safe and ready for tourists.

The benefits run far deeper than just fixing a trail, according to Rick Mard, an adult leader with Troop 154. “I’m pretty adamant about trail repair and things that help out not only the heritage of a site like the Sgt. York Trail, but what it means to the Scouts in terms of their exposure to historical sites and truly the meaning of why we do the work we do for the community,” Mard said.

Most of the work was completed in steady rain. “Not the best of conditions in terms of weather, but the boys always forge through it,” added Mard proudly. His son

David was part of the crew that cut and staked in new timbers along the route.

Others worked on repairing a bridge that was originally built as part of a Stuttgart Eagle Scout project in July 2010. Due to heavy rain and flooding, the bridge was washed out.

“I was part of the bridge group. We shoveled gravel onto the bridge to level it out and shore it up so the gravel wouldn’t go back in the stream. We made a pretty big impact and it looks a lot nicer. It’s also a part of remembering the Soldiers and respect[ing] their sacrifice,” said Brent Furman, a first-year Scout with Troop 154.

The Scouts were invited to raise the flags at the American Cemetery in Romagne Sous Moutfaucon. Following the flag raising, they went on a three-hour hike and tour of the battlefields around the town of Romagne.

It was a memorable weekend for the boys.

“I got to use power tools, and I had a ton of fun. I’m used to doing smaller parts of trails; this one was bigger and harder,” said Zachary Sutton.

Jacob Brown may have summed the weekend up best. “It makes me feel like I’m making a difference in the world and that’s just huge to me. I’ve never done anything like that before,” he said.

Official emphasizes early action for timely voting

By Sgt. 1st Class Tyrone C. Marshall Jr.
American Forces Press Service

With six states and one territory about to hold elections, residents who need to vote absentee should register and request absentee ballots using the Federal Post Card Application now.

Hawaii, Tennessee, Kansas, Michigan, Missouri, Washington and the U.S. Virgin Islands will hold primary elections next month.

The federal postcard application, or FPCA, is available online at Federal Voting Assistance Program website at www.fvap.gov.

"You can download the FPCA or use our online assistant to actually fill out the form. It walks you step by step through the process," said Matt Boehmer, the director of the Federal Voting Assistance Program.

The Federal Voting Assistance Program works to ensure service members, their eligible family members and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so - from anywhere in the world.

But the key, according to Matt Boehmer, is to get started. "You need to register early," he said.

Those who vote absentee will not have to figure out the process alone — more than 13,000 unit voting assistance officers are on the job throughout the military services in every unit, both stateside and overseas. They are there to provide in-person help as a "first line of defense for voting assistance,"

Boehmer said.

If a voter thinks an absentee ballot will only count in a close election, Boehmer wants to set the record straight.

"This is absolutely not true," Boehmer said. "Every valid and timely cast ballot is counted — no matter how close the election is."

There are a number of new FVAP initiatives for the 2014 election cycle, Boehmer said, including a redesigned website and a digital toolkit for voting assistance officers.

"The initiative I'm most excited to talk about," he said, "is for our younger, first-time voters in the military."

Because military members who use FVAP resources are more likely to vote, Boehmer said, officials want these younger, first-time voters to be aware of the tools and resources FVAP has in place to make voting easy.

"We created an entire section on our website at FVAP.gov of outreach materials," Boehmer said. "And we simply ask people to share them. You share them with members of your unit [and] you share them with family members," he said. "Simply getting the word out about the absentee voting process and how easy it would be a big help to our program."

Voting is a personal choice, Boehmer said, and FVAP wants to make sure those military members and their families who want to vote have the tools and resources to do so.

For more information on absentee voting, visit www.fvap.gov.

send your vote home

Be Army strong on election day.

Go to FVAP.gov to learn more about absentee voting and request your ballot, or contact your Voting Assistance Officer for more information.

U.S. DEPARTMENT OF DEFENSE
FVAP.GOV
FEDERAL VOTING ASSISTANCE PROGRAM

On the Blotter

June 20

A service member reported that his military gear was stolen from the storage area of his on-post quarters.

June 22

A civilian employee failed to remove the gas nozzle from her vehicle after refueling her vehicle on Patch Barracks. When she pulled away, the nozzle and hose were pulled from the pump.

June 23

A service member punched a local national outside a bar in downtown Stuttgart. The service member's blood alcohol content was .22 percent.

June 24

Military police patrolling Panzer Kaserne saw a 1986 Volkswagen with license plates that appeared to be expired. Police verified that the registration was expired and removed the plates.

A civilian employee reported that she struck a deer while driving on the autobahn. The collision caused significant damage to her vehicle.

June 25

Military Police and emergency medical technicians responded to a report that a service member was having trouble breathing. The EMTs provided CPR until an ambulance arrived to transport the service member to the hospital.

June 26

Several military dependents were questioned by Military Police after they were observed trying to print fake backs to their military ID cards.

A fight broke out between three family members around 11:30 p.m. in the family housing area on Patch Barracks. Two of the family members were drunk. One was detailed for obstruction of justice when she refused to identify herself to Military Police. One family member suffered a broken finger. The others suffered various minor injuries.

A service member reported that he accidentally left his wallet in his vehicle when he turned it in for service and that his wallet was stolen from the car.

A service member was stopped by German police and given a roadside breathalyzer in downtown Stuttgart.

Customs police questioned a civilian employee whose employment was terminated but who continues to use individual logistical support in U.S. Army Garrison Stuttgart.

A civilian employee reported that her car was damaged when it was hit with a shopping cart in the parking lot of the commissary on Patch Barracks.

A service member reported two fraudulent transactions on her debit card.

A civilian employee driving in France was struck by another vehicle, causing dents and scratches to the right side of his vehicle. The

other driver fled the scene and could not be identified.

June 28

Military Police on Panzer Kaserne saw a vehicle with expired U.S. Army in Europe plates. The plates were removed on the spot.

A civilian employee failed to engage the parking brake of her rental car when she parked it on Panzer Kaserne. The car rolled and eventually flipped over, causing serious damage to the vehicle.

PMO Note: The Provost Marshall's Office continues to see a large amount of traffic accidents both on and off the installations. These accidents cause needless damage to private and government property. PMO urges the community to drive carefully and attentively.

On the Blotter is compiled by the U.S. Army Garrison Stuttgart Directorate of Emergency Services and the Stuttgart Law Center.

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Holding Forth the Word of Life Phil. 2:16



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VEHICLE REG CLOSES EARLY JULY 31

The U.S. Army Garrison Stuttgart Vehicle Registration office will close at noon July 31 in order to conduct its monthly inventory.

TAKE ACS SURVEY

Army Community Service is conducting a needs assessment in order to deliver effective programs and services to the Stuttgart military community. Service members, retirees, civilian employees and family members are asked to complete the confidential survey.

The survey takes less than 20 minutes. The results will enable program managers to identify and respond to the needs and issues that are important to community members.

To take the survey, go to www.armymwr.com/ACS-survey.

MI DET. RELOCATES TO KELLEY

The Stuttgart Military Intelligence Detachment recently moved to Building 3312, Kelley Barracks. The detachment announced the following new phone numbers:

Commander — DSN 591-5000; Special Agent in Charge — DSN 591-5009/5010; TARP Training Manager — DSN 591-5001;

the 24-hour Duty Agent cell phone number remains civ. 0162-296-7230.

JOIN THE STUTTGART PIRANHAS TEAM

The Stuttgart Piranhas youth swim team is accepting applications from swimmers ages 6-18 for the 2014-15 swim season that will run from August through February.

Candidates 12 and under must be able to swim freestyle and backstroke for 50 meters without stopping; those 13-18 must be able to swim freestyle for 100 meters and backstroke for 50 meters without stopping. Tryouts are scheduled for July 28 and Aug. 15, and must be scheduled through the head coach.

The team also needs volunteer coaches.

For complete details, visit www.stuttgartpiranhas.org.

KIDS IN THE KITCHEN JULY 25

Children ages 3 to 5 and their parents are invited to join the Women, Infants and Children program for a morning of storytelling, prizes and "cooking" July 25 from 10-11 a.m.

Kids in the Kitchen will be held in the United Service Organizations kitchen in Building 2915 on Panzer Kaserne. Participants do not need to be WIC recipients to

attend. Space is limited.

For more information and to reserve a spot, call civ. 07031-15-3351.

ESTATE CLAIM NOTICE

Anyone having claims on or obligations to the estate of Lt. Col. Michael Price of Headquarters, U.S. European Command, should contact the Summary Court Officer at 430-8397/civ. 0711-680-4443.

CAREER DEVELOPMENT

U.S. Army Garrison Stuttgart's Equal Employment Opportunity Office Special Emphasis Program and the Leader and Workforce Development Program will host a career development workshop, "Playing to Your Strengths: Your Wisest Career Development," July 17 from 9-11 a.m. in the Patch Chapel fellowship hall. The free workshop is open to all Department of Defense ID cardholders.

Registration is required, and the deadline is July 15.

To register, visit www.stuttgartwlf.eventbrite.com. For more information, send an email to stuttgart_wlf@yahoo.com.

CEREMONIES MAY IMPACT PARKING

Several major units in the Stuttgart area will be holding

Local Contact: Evelyn Morales TEL 0152-3872-8324

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JG2014England@gmail.com
www.solidrock.co.uk

* Transportation available between London Stansted and Letton Hall England Students - Contact Pastor Tom & Julie Lepa at 01842 338 967

COVENANT FELLOWSHIP CHURCH

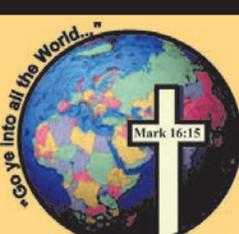
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Sunday School 10:30
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changes of command on Kelley and Patch Barracks in the upcoming weeks.

Motorists are advised that this may mean tighter parking, traffic redirection, and longer wait times to access those installations.

VOLKSMARCH IN STUTTGART

The Stuttgart German-American Wandering Club will host its 39th Annual International Volksmarch July 26-27 at the Heinz-Glauner-Halle, Kemnater Strasse 50, Stuttgart. The Volksmarch is a German-American event open to all and offers healthy exercise for young and old at one's own pace. There will be live music and an American food menu.

Participants can sign up on the day of the event. Sign-ups for July 26 will be from 10 a.m. to 3 p.m. for the 6/12k and 10 a.m. to 1 p.m. for the 21k. The July 27 sign-up will be from 8 a.m. to 1 p.m. for the 6/12k and 8 a.m. to noon for the 21k.

Participants will be issued start cards that, when stamped at the control points along the trail, enable walkers to build up points to earn patches or pins. For children, there will be a youth table where children 16 and under may pick up answer sheets to questions posted along the

6/12k trails and turn them in for a prize.

For costs and other information, visit www.sgawc.org.

DUE TO PCS?

For those who plan to relocate to a new duty station this year, the U.S. Army Garrison Stuttgart Central Processing Facility will host permanent change of station/preseparation briefings on July 16, Aug. 20 and Sept. 17.

The briefings will be held at 1 p.m. in Building 2913 on Panzer Kaserne.

Service members and civilians departing should register to attend a briefing as soon as they know they are PCSing.

Information will be provided from agencies such as transportation, customs, health and dental clinic, Tricare, vehicle registration, housing and Army Community Service. Army personnel will also receive a briefing on finance issues.

All separating Army personnel must attend this briefing to receive preseparation information. Advance registration is required.

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

FALL SPORTS REGISTRATION

Child, Youth and School Services Sports and Fitness will

hold registration for soccer, cheerleading, tackle football and flag football through Aug. 1 at Parent Central Services, Building 2347, Patch Barracks. All activities may be subject to limited registration based on team capacity.

For more information, call 430-7480/civ. 0711-680-7480 or visit www.stuttgart.armymwr.com.

CYS SERVICES MOBILE REGISTRATION

Child, Youth and School Services brings registration to you during several mobile registration events where you can register/re-register your children for summer camp, SKIES, Sports and Fitness, EDGE, and more. Mobile registration teams will be available from 10 a.m. to 2 p.m. at the School Age Center on Kelley Barracks July 24, at the Panzer SAC July 17 and Aug. 7, and the Robinson Barracks' SAC July 22 and Aug. 5.

Appointments are required and must be made two days before the scheduled mobile registration date. To make an appointment, call 430-7480/7488 or email stuttgartcys@googlemail.com.

DONATE, VOLUNTEER FOR PFENNIG BAZAAR

The German American Women's Club of Stuttgart is

preparing for its 46th annual Pfennig Bazaar to be held in Sept. 30 and Oct. 1 in downtown Stuttgart.

The bazaar is the club's main fundraising activity. For the last several years, an average of €40,000 per year has been donated to both German and American charitable causes, including local schools, athletic groups and youth clubs.

Donations of gently used, clean items may be dropped off at any time at collection bins located at the sorting room on Patch Barracks (next door to the Patch Thrift Shop in Building 2332) and on Kelley Barracks in Bay 3, next to the Kelley Theatre. Volunteers are needed to sort donations. Sorting at Patch Barracks takes place every Tuesday from 9 a.m. to noon and at Kelley on the second Thursday of every month from 9:30 a.m. to noon.

For more information on volunteering for the Pfennig Bazaar or joining the GAWC, send an email to PB-US@GAWC-Stuttgart.org or visit www.gawc-stuttgart.org.

HI-VIS VESTS NOW REQUIRED

A new German regulation makes it mandatory to have one reflective vest carried in each car, truck or bus registered in Germany.

The vest can be red, yellow or orange, but must comply with German or European standards. A driver found without a vest in the vehicle may be fined.

TECH EXPO COMES TO PATCH BARRACKS

The Patch Barracks/Stuttgart Area Technology Exposition will be held July 29 from 9 a.m. to 2 p.m. at the Patch Barracks Fitness Center. More than 60 exhibitors will demonstrate the latest in cloud computing, digital imaging, encryption devices, cyber security and more.

To pre-register for this event, visit www.FederalEvents.com, click on "Patch Barracks/USEUCOM HQ" link and click the Pre-Register link.

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A fairytale castle on the edge of a cliff



In addition to offering a great place to take a photo of the castle itself, the overlook on the castle grounds provides an expansive view of the valley below.

Story and photos by R. Slade Walters
U.S. Army Garrison Stuttgart
Public Affairs Office

Just a short drive from the Stuttgart area, perched almost impossibly atop a rocky cliff face, rests a castle that looks like it jumped right off of the pages of an old fairy tale.

The imposing tower of Lichtenstein Castle near Honau in the Swabian Alps looks as if one could reasonably expect to find Rapunzel letting down her hair from an upper window, or a dragon sitting on the roof.

A castle of one form or another has been on the site since about 1200, but the original castle was seriously damaged during a regional conflict in the early 1300s and later destroyed by the city-state of Reutlingen in the late 1300s.

After falling into ruin and changing hands a few times, the existing neo-gothic castle was designed by architect Carl Alexander Heideloff and built in the early 1840s for Duke Wilhelm of

Urach, Count of Württemberg.

The Duke was inspired by a novel entitled *Lichtenstein* by author Wilhelm Hauff and is still owned today by the Dukes of Urach.

One of the main rooms open to visitors contains an impressive collection of historic European armor and weapons, which surprisingly includes a complete set of antique Japanese Samurai kabuto (armor) and katana (swords).

The castle grounds are also quite impressive with a good picture location that allows visitors to get a postcard-ready shot of the castle and an impressive view of the valley below the castle.

The castle is a short drive from Stuttgart on route 312/313, not far south of Reutlingen.

The castle is open 9 a.m. to 5:30 p.m. every day from April through October and 10 a.m. to 4 p.m. weekends and holidays February, March, and November. The castle is closed in December and January.



This High Dynamic Range photo was taken on a slightly overcast day from an ideal photo location that is easily accessible on the castle grounds. HDR images are made by taking multiple exposures of the same subject and then merging the best-exposed parts of the image with software.



Part of the castle grounds, which are quite expansive and largely open to the public, are surrounded by a stone wall and what looks to be an old moat.



The buildings on the castle grounds include many interesting sculptures.

Sugar is the new tobacco



By Col. Georgia Rogers
U.S. Army Dental Command

Sugar is being called “the new tobacco.” Its many forms have been linked to the increasing rates of diabetes, heart disease, non-alcoholic fatty liver disease and other chronic diseases in the U.S.

Army dentists have been fighting on the front lines against sugar for decades. Despite their best efforts, tooth decay continues to be the main cause of dental disease and non-battle injuries among deployed Soldiers.

From 2000 to 2008, the oral health of Department of Defense recruits worsened. The 2008 Tri-Service Oral Health Survey revealed that Army recruits have higher numbers of untreated cavities compared to other DOD recruits. A study at the largest Army installation showed that about one third of Soldiers develop new treatment needs every year.

Military communities often have better access to education about oral hygiene and proper nutrition, fluoridated water, fluoride toothpaste and dental care than many American communities. But Army dentists report that these defenses can't compensate for frequent snacking habits and the popularity of soft drinks, sports drinks, energy drinks, sweetened coffee, sweet tea and coffee boutique drinks (frappuccinos, etc).

Army dentists are all too familiar with the rampant decay that results when a Soldier sips on sugary drinks throughout the day. Drinks that contain high amounts of sugar, caffeine and citrus flavors often cause extensive tooth decay, likely due to the combination of high sugar content and organic acids.

Young Soldiers often don't pay

attention to the sugar, calories or caffeine in their drinks. One large iced coffee can have 11 teaspoons of sugar. But even if they check the label, looks can be deceiving. The amount of sugar, caffeine and carbohydrates per serving listed on a single can of an energy drink may not seem that bad, but the can actually contains two servings so you must multiply by two.

The most popular energy drink purchased at Exchange stores, 16 oz Monster, has 13 teaspoons, and the most popular soda, 20 oz Mountain Dew, has over 18 teaspoons of sugar.

Caffeine and sugar have both been shown to be addictive, and Soldiers are just as vulnerable to the caffeine rush and sugar high as other Americans. During deployment or intense training courses, Soldiers can come to depend on these drinks to stay awake and alert, or to relieve boredom. They return home with souvenirs that they would rather not have — a mouthful of new cavities.

Col. Johnette Shelley, director of Health and Wellness at U.S. Army Dental Command, recommends people practice the following to protect their teeth from decay:

- Replace sugared beverages with sugar-free alternatives, plain water, mineral water or unsweetened coffee or tea.
- Fruit juice contains sugar and acid also, so limit juice to six ounces of

calcium-fortified juice per day. Eat fresh fruit to meet daily fruit intake goals.

- Drink sugary or acidic drinks quickly, within 15 minutes, rather than sipping on them for an extended period of time.
- Limit meal, beverage and snack intake to no more than five times per day. Combine sugary beverages or juice with a meal, ideally near the beginning of the meal.
- Try to drink sugary, erosive drinks cold to minimize the acidic effects.
- Use a straw that reaches to the back of the tongue to keep the drink away from your teeth.
- Drink plain water immediately following the sugared drink to “wash” it off of the teeth and neutralize the acid from the drink.
- Chew sugar-free or xylitol gum to help neutralize acid.
- Wait at least 20 minutes after drinking sugary beverages or 100 percent fruit juice before brushing teeth with fluoridated toothpaste.
- Do not rinse your mouth after brushing. Just spit several times to remove the excess toothpaste. Also, don't eat or drink anything for at least 20-30 minutes after you brush so the fluoride will stay on your teeth as long as possible and protect them better.
- Remember, sip all day, get decay!

How much sugar is in...?

20 oz. cola: **65 grams**



20 oz. Fruit Punch: **73 grams**



20 oz. Sports Drink: **36 grams**



6 oz. fruit pouch or box: **25 grams**



Pure Water, any size: **0!**



Safe sizzlin'

By Brenda Donnell

U.S. Army Combat Readiness/Safety Center

Outdoor gatherings are the perfect place for grilling hamburgers, hot dogs, kabobs and any number of foods, but accidents can happen.

"It is important to be careful around outdoor grills, because you can seriously burn yourself or other people, and you can start a fire and burn up property," said Chief Warrant Officer 4 Joseph Reese, senior maintenance officer, Ground Task Force, U.S. Army Combat Readiness/Safety Center.

Fire departments responded to an annual average of 7,700 outdoor grilling fires from 2004-2008, according to the National Fire Protection Association. These fires caused 13 civilian deaths, 120 reported injuries and \$70 million in direct property damage per year.

In half of home fires caused by home outdoor grills, the first thing ignited was flammable or combustible gas or liquid, according to NFPA's latest statistics. In 51 percent of the home outdoor fires in which grills were involved, the fire started when a flammable or combustible gas or liquid caught fire.

Reese recommended the following precautions for outdoor grilling:

- Never use a charcoal grill in an enclosed space, because deadly carbon monoxide is a byproduct of the charcoal fire.
- Only use an approved charcoal lighter fluid to start up a charcoal-fired grill.
- Follow the instructions for lighting your gas grill.
- Grills need to be kept away from houses, fences, trees and anything else with a propensity for burning.
- Perform a thorough safety inspection before lighting the grill.
- Don't wear loose clothing. Non-flammable short-sleeved shirts and form-fitting clothes are best attire.
- Keep all other flammable materials far away from the grill.
- Never add lighter fluid or any flammable liquid to a burning fire.
- When lighting a gas grill use the 10 to five rule. If the grill does not start within 10 seconds, turn off the gas, leave the lid open and give it 5 minutes before you try again.



— Photo by Photos.com

Food handling

An associated hazard of outdoor grilling is food contamination from bacterial causes, which occurs quickly in warm weather, especially in the summer, Reese said.

"If the food looks unusual or smells bad, you should trust your senses and don't eat it," he said. "Make sure to wash your hands and keep the cooking area clean."

Other tips include:

- Cover cuts and other injuries using waterproof bandages or by wearing latex gloves.
- Clean all utensils and other food-contact surfaces thoroughly before using them to prepare other food.
- Cook food thoroughly.
- Avoid leaving food at room temperature. Refrigerate food as soon as possible. Reheat food correctly.
- Store raw and cooked foods separately. Tightly wrap all food before putting into refrigerator or freezer.

Cross contamination is another cooking hazard, Reese said. It may be caused directly from poor storage when the juices from raw meat are allowed to come into contact with cooked food or indirectly from a chopping board, work surface or food handler's hands.

Tips include:

- Use different chopping boards for meat, salad and fish.
- Use different plates to serve with and do not eat from the serving plates or chopping boards.
- Areas used for processing should be scrupulously clean or cross-contamination can easily occur, especially with meat products.
- Wash hands frequently. If using gloves, change them when changing the types of food being handled.

For more grilling and food safety tips, visit www.nfpa.org and www.cdc.gov. For more information about composite risk management, visit <https://safety.army.mil>.



Save the landfill, save the environment, save money — recycle printer cartridges



— Photo by Shutterstock.com

USAG Stuttgart Public Affairs Office

Empty printer cartridges still contain residues of toxic, environmental and health-endangering substances and do not belong in regular waste. So what should you do with them? Most cartridges can be recycled. They will be inspected and refilled and then resold to consumers.

The plastic in printer cartridges takes over 1,000 years to decompose. With landfills filling up quickly, printer cartridges that are thrown away as trash instead of being recycled present a real problem.

Consider these important facts, as well. It takes three pounds of resources, including 3.5 ounces of oil, to produce a printer cartridge. Recycled cartridges take much less, usually just replacement ink and a few small parts.

Recycling cartridges can save a ton of money. Recycled cartridges provide the same quality as new cartridges while costing less than brand new ones.

Many companies also offer rebates for turning in used cartridges, meaning that spent cartridge sitting in the home office awaiting disposal may actually

have real cash value.

By disposing of empty cartridges the right way, raw materials and energy needed to produce new products will be reduced. Manufacturers and sellers are required by the German Waste Ordinance to take back cartridges for free. The customer service desk of the Exchange on Panzer Kaserne accepts empty cartridges.

Here are helpful steps to get ink and laser toner cartridges into the recycling system:

- Before you purchase, find an online or local store that will accept your empty cartridges from you.
- Upon receiving the new cartridge, look at the instructions in the box to find out how to recycle your old one. Many companies will provide instructions with a returnable envelope and free postage.
- You should always use the original packaging to ensure that the cartridge is not damaged during shipping.
- Send it back to the store or the manufacturer or take it back to the local store where you purchased it.



What's happening in FMWR

KING OF THE COURT

The Panzer Fitness Center will host a three-on-three basketball tournament July 26 at 10 a.m. The free, double elimination tournament is open to men's, women's and coed teams.

Register at any Stuttgart Fitness Center through July 26. Participants must be 18 or older, and I.D. cardholders.

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

MOUNTAIN BIKE RACE

The IMCOM-Europe Regional Mountain Bike Championship Series comes to the Panzer Local Training Area July 12 at 11 a.m.

Categories include: Men's Open, Men's Senior, Men's Master, Men's 'Clydesdale' Open, and Women's Open.

Participants must be at least 18, or be accompanied by a parent/guardian. Non-ID cardholders may compete but are not eligible to win prizes.

Registration fee is \$25, or \$35 on race day. Sign up at Outdoor Recreation, Building 2953, Panzer Kaserne.

For more information, call 431-2774/civ. 07031-15-2774.

OUTDOOR ADVENTURE

Looking for outdoor adventure opportunities this summer? Outdoor Recreation has you covered.

- Monkey around with Barbary macaque monkeys July 19 at "Monkey Hill" in Affenberg, Germany.

- Challenge your friends to paintball July 19 (and Aug. 2) from 9 a.m. to 3 p.m. Participants must be 16 or older and U.S. ID cardholders, or 18 and over for registered guests.

- Hike to the Bad Urach waterfall and Hohenurach Castle July 23, then enjoy an indoor pool and spa.

- Dive into adventure and go skydiving July 26. Trip includes transportation, equipment, instruction session and a tandem jump.

- Enjoy a day trip to the walled city of Rothenburg ob der Tauber July 30.

- Visit the Wilhelma Zoo, the only zoological botanical garden in Europe, Aug. 6.

For more details on these activities, call Outdoor Recreation at 431-2774/civ. 07031-15-2774.

For more information on these events, call 431-2575/civ. 07031-15-2575.

COMING TO PATCH THEATER

July 10 — Maleficent (PG) 6 p.m.

July 11 — Dawn of the Planet of the Apes in 3D (PG-13) 6 p.m., Deliver Us From Evil (R) 9 p.m.

July 12 — Dawn of the Planet of the Apes in 3D (PG-13) 4 p.m., Deliver Us From Evil (R) 7 p.m.

July 13 — Dawn of the Planet of the Apes (PG-13) 4 p.m., Earth to Echo (PG) 9 p.m.

July 14 — Deliver Us From Evil (R) 6 p.m.

July 15 — Closed

July 16 — Dawn of the Planet of the Apes (PG-13) 6 p.m.

July 17 — Tammy (R) 6 p.m.

July 18 — Planes: Fire And Rescue in 3D (PG) 6 p.m.

The Purge: Anarchy (R) 9 p.m.

July 19 — How to train your Dragon 2 in 3D (PG) 4 p.m., The Purge: Anarchy (R) 7 p.m.

July 20 — Planes: Fire And Rescue in 3D (PG) 4 p.m., The Purge: Anarchy (R) 7 p.m.

July 21 — 22 Jump Street (R) 6 p.m.

July 22 — Closed

July 23 — Deliver Us From Evil (R) 6 p.m.

July 24 — Planes: Fire And Rescue (PG) 6 p.m.



20th Century Fox

In Dawn of the Planet of the Apes, a growing nation of genetically evolved apes led by Caesar is threatened by a band of human survivors of the devastating virus unleashed a decade earlier. They reach a fragile peace, but it proves short-lived, as both sides are brought to the brink of a war that will determine who will emerge as earth's dominant species.

Family and MWR Advertisement

stuttgart.armymwr.com



WATER SPORTS

WAKEBOARDING AT ST. LEON SEE
July 16 • 9 a.m.
Outdoor Recreation, Panzer Kaserne

Want to try something different on the water? Wakeboarding might be for you. A combination of water skiing, snowboarding, and surfing - it is sure to spike your adrenaline and get your heart pumping.

DSN 431-2774 /CIV 07031-15-2774



FITNESS

RUN TO REMEMBER
July 19 • 8:30 a.m.
Panzer Parade Field

They gave their today for our tomorrow. This annual 5K and Half-Marathon, hosted in conjunction with the 1-10th SFG (A), is organized to remember those fallen in battle since 9/11.

8:30 a.m. - Opening Ceremony
9 a.m. - Half-Marathon
9:05 a.m. - 5K

DSN 430-5386 /CIV 0711-680-5386



GOLF

JUNIOR GOLF CAMP
Aug 4 - 7 • 8:30 a.m. - 12 p.m.
Stuttgart Golf Course

Learn one of the greatest games. Individual and group instructions on rules, etiquette, putting, chipping and full swing. Learn with your friends and get into the swing of things. For kids ages 7 - 18. Registration deadline August 2.

CIV 07141-879-151

To follow us on Facebook go to www.facebook.com/familyandmwr and





Greg Lewis works the grill for the Harriet R. Tubman Chapter of the Order of the Eastern Star. The group ran one of the many fund-raising food stands offering pulled pork sandwiches, a traditional southern fish fry, barbecue and other traditional American dishes often associated with the 4th of July. — Photo by Greg Jones, USAG Stuttgart Public Affairs Office.



Live music performances offered attendees a wide variety of renditions of popular American music, from Chuck Berry to Bruce Springsteen. — Photo by Greg Jones, USAG Stuttgart Public Affairs Office.



Children's activities, including a jump rope challenge, bouncy castles and a kids' obstacle course, made the event fun even for the younger members of the crowd. — Photo by Greg Jones, USAG Stuttgart

Stuttgart celebrates Independence Day

By Greg Jones
USAG Stuttgart Public Affairs Office

Thousands gathered at Patch Barracks for family fun, food and fireworks to celebrate Independence Day July 4.

The community's festivities began in the morning with a 5k fun run around the perimeter of Patch Barracks. Participants included everyone from serious runners huffing and puffing the 5k in under 20 minutes, to families with toddlers gleefully traipsing across the finish line some time thereafter.

With many participants clad in red, white and blue, and one even sporting an Uncle Sam top hat, the run was clearly much more a patriotic and fun family event than anything close to a competition.

"It's great to see so many people out here celebrating our independence, and starting the day off the right way; with a run," said Col. John P. Stack, the U.S. Army Garrison Stuttgart commander.

At 4p.m. the main festivities began as Family, Morale, Welfare and Recreation and a number of community organizations set up booths offering food and fun for the whole family. Several organizations were offering homemade barbecue and other traditional American foods. Booths offering games and even a German fest candy-trolley added to the fun air of the event.

Family and MWR held contests and gave away several Vespa scooters to contestants who either filled out a survey or provided a short narrative of what freedom means to them.

Crowds gathered and grew as the afternoon went on into evening, with many groups bringing their own grills to cook out and tents to block the sun (and also provide a little bit of shelter from the occasional drizzle that threatened during the evening).

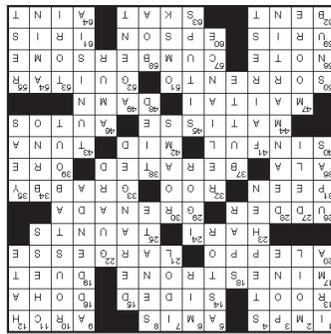
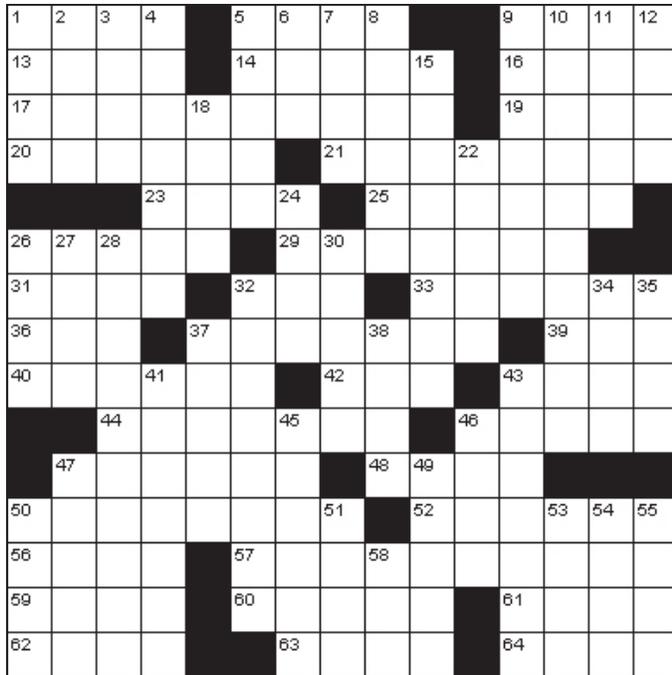
Centered in front of a rambling small city of tents, armchairs and picnic blankets was a stage from which a number of musical performers added to the celebration by presenting a wide variety of renditions of popular American music.

Despite threatening skies throughout the celebration, the rain never really set in, and when dark fell and the sky lit up with fireworks, the crowds were treated to a spectacular grand finale of the day's festivities.



Participants showed their patriotic spirit during the Firecracker 5k Fun Run on Patch Barracks that started off the Independence Day activities the morning of July 4. — Photo by Greg Jones, USAG Stuttgart Public Affairs Office.

Crossword Puzzle



This week's solution.
Courtesy of thinks.com

ACROSS

- 1 Little devils
- 5 Friends in France
- 9 Part of the foot
- 13 Plant anchorer
- 14 Made common cause (with)
- 16 Qatar's capital
- 17 Prelude to pasta, perhaps
- 19 Tune for two
- 20 Syrian city
- 21 Liberality
- 23 Mata ____
- 25 Gibes
- 26 Milk dispenser
- 29 One of the Windward Islands
- 31 Hammer part
- 32 Milne marsupial
- 33 Grasping
- 36 ____ mode
- 37 Dressed down
- 39 Bauxite, for example
- 40 Unrighteous
- 42 Among, in poetry
- 43 Food fish
- 44 "The Dance" painter
- 46 Cars

- 47 Rum cocktail

- 48 Dramatic word for the Yankees?
- 50 Bay of Naples resort
- 52 Six-stringed instrument
- 56 Distinction
- 57 Unwieldy
- 59 "Mila 18" novelist
- 60 Computer printer maker
- 61 Bearded bloomer
- 62 Crooked
- 63 32-card card game
- 64 Isn't informal?

- 12 Can't stand
- 15 Nuts
- 18 Nautical pole
- 22 Protect
- 24 Composer Stravinsky
- 26 Poison-bearing tree
- 27 Cold-cuts emporium
- 28 Rat Pack member
- 30 Gads about
- 32 Trust
- 34 Chief city of Moravia
- 35 Pro votes
- 37 Montana city
- 38 Even

DOWN

- 1 1963 Shirley MacLaine role
- 2 Drudgery
- 3 Corn bread
- 4 Songwriter Sondheim
- 5 Fur-trading tycoon
- 6 Cosmonauts' space station
- 7 False god
- 8 Governing body
- 9 Back-of-the-book list
- 10 Circus hand
- 11 Karpov's game
- 12 Can't stand
- 15 Nuts
- 18 Nautical pole
- 22 Protect
- 24 Composer Stravinsky
- 26 Poison-bearing tree
- 27 Cold-cuts emporium
- 28 Rat Pack member
- 30 Gads about
- 32 Trust
- 34 Chief city of Moravia
- 35 Pro votes
- 37 Montana city
- 38 Even
- 41 Most equitable
- 43 North African state
- 45 Some exercises
- 46 China-Russia border river
- 47 Connery's successor as 007
- 49 FBI employee
- 50 Give the cold shoulder
- 51 City on the Irtysh
- 53 Singer Amos
- 54 Ugandan despot
- 55 Balance
- 58 Powerful snake

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THE COLOR RUN, the world's craziest and most colorful 5-km race series in the world, takes place on Sunday, July 27 in Stuttgart for the first time.

This cheerful run winds through the Neckarpark area and passes the Mercedes-Benz Arena.

Start gleaming white, finish colorful and happy, and then party on - this is the foundation of the global party sporting events where a fun experience is more important than athletic performance. The iconic color run enjoys worldwide popularity and is held in eleven German cities in 2014. Advance sales of the coveted tickets have already begun at www.thecolorrun.de.

Months of preparation? Training and nutrition plans? Forget it! For the participants of **THE COLOR RUN** there is only one rule, and that is: Have fun! **THE COLOR RUN™** - fit with Reebok celebrates health, good mood and individuality. Whether together with girlfriends, buddies, colleagues or with the whole family - this 5 kilometer run is an unforgettable experience and probably the biggest party of the summer.

After a boisterous warm-up at the starting line in the parking lot P9, the runners start in bright white outfits and then pass through a total of four color zones around the Mercedes-Benz Arena in which they are pelted by volunteers with 100% natural rice flour-based color powder.

Each runner determines their own pace - the main aim is fun. At the finish line **THE COLOR RUNNER™** can celebrate with a fantastic Finish Festival: Music and even more color will set the tone!

Starting time is at 12 noon. For those who still need to collect their starter package and want to take part in **THE COLOR RUN™** warm up, come by from 9 a.m.

Anyone can participate, whether young or old, fast or slow, as an individual runner or in a team of at least four runners. Start locations for this unique running event in Stuttgart can be found at <http://thecolorrun.de/en/locations/stuttgart-en.html>.

Admission starts at €28.99 for adults and €15.99 for children (8-13 years). Children under 8 years of age may compete for free. Included in the entry fee is a starter package with a white **THE COLOR RUN™** T-shirt, a headband, the individual start

number and a color powder.

Worldwide, the cult events celebrate a great success story: since the first **THE COLOR RUN** 2012 in the United States, the event has inspired people to run around the world. In 2014, 220 **THE COLOR RUNs** took place worldwide, more than 10 in Germany alone. The next stops are Essen, Vienna and Hamburg.

The German **THE COLOR RUNs** are organized by Juergen Lange and Thomas Rebsch.

In each city, a share of the entry fees will be donated to a local charity.

Because color makes you happy!



RELOVED

The blog of tips & inspiration dedicated to recycling, upcycling and reusing items.

Homemade English Cake Stands

Nothing makes a party look as elegant as an english-style tiered cake stand, and they are in fact very easy to make yourself. Here's the guide to making one of your very own for under a tenner.

You will need:

- A selection of plates of various sizes + Masking Tape + Tape Measure + Pen
- + Cordless drill + Ceramic drill-bit (a normal drill bit is too strong and will break your plates) + Three-tier cake star fittings (found easily on ebay)
- + Safety goggles + Screwdriver

Find instructions on how to create the cake stands online at: www.class-world.com/homemade-english-cake-stands/



Hanging Words

Take a look at this little recycling project, which is not very difficult yet the results are beautiful. Set aside 2 - 3 hours to complete this project, but be assured, the time will fly as it's great fun and you can see the whole thing coming together very nicely.

You will need:

- Styrofoam balls in different sizes + a book + glue + hot glue gun
- + scissors + packing string + circle compass cutter

Find instructions on how to create the hanging words online at: www.class-world.com/hanging-words/



Have fun with the locals



Volkswagen Lichterfest

Sat, Jul 12

Stuttgart, Höhenpark Killesberg

The biggest festival of lights in Stuttgart, the Volkswagen Lichterfest, will take place on July 12 starting at 4 p.m. with a range of culinary specialties, live bands and more at the Höhenpark Killesberg. The festival takes place annually since 1939 and attracts about 40,000 people of all ages to relax in the illuminated park, while enjoying light shows. For more info see www.stuttgart-tourist.de.

EVENTS

Wine and sekt fest

Fri, Jul 11 – Mon, Jul 14

Ebringen, Winzerhof Erbringen

Come to the culinary wine and sekt festival in Ebringen from July 11 – 14. You will be able to listen to live music, taste the culinary delights that this vineyard has to offer. If you would like to enjoy the 3 course dinner be sure to register soon. Price per person is €40. For more information call 07664-60695, email info@wein-ebring.de or visit www.winzerhof-ebringen.de

International children's festival

Sat, Jul 12 – Sun, Jul 13

Leonberg, Stadtpark

Bring your family to the international children's festival in Leonberg's Stadtpark (city park) on July 12 and 13. While your kids will be busy with games, stage plays and much more, you can enjoy a variety of food, drinks and live bands. The event will take place from 2 p.m. to 10 p.m. on Saturday and from 11 a.m. to 8 p.m. on Sunday. For more info see www.leonberg.de

Mamma Mia! Musical

Sat, Jul 12

Stuttgart, Palladium

The world's most successful musical, Mamma Mia! is back in Stuttgart now until October 5. Based on 22 of the biggest ABBA hits, the musical tells the

story of a young girl who wants to find out who her father is before she gets married. For dates and tickets at the Palladium-Theater visit www.eventim.de

Cultural summer festival

Tue, Jul 15 – Sun, Jul 20

Stuttgart, Marktplatz

This year's 'Sommer Festival der Kulturen' (cultural summer festival) will take place from July 15 to 20 at the Marktplatz (town square) in Stuttgart. Enjoy music acts and culinary dishes from all over the world organized by local migrant associations. Expect markets, movies, lectures and more dealing with interesting international topics. Entry is free! For more info see www.forum-der-kulturen.de

Indian film festival

Wed, Jul 16 – Sun, Jul 20

Stuttgart, Bolzstrasse 10

If you are a Bollywood fan then go to Stuttgart from July 16 – 20. Directors and actors will present their films in person. Here, you will be able to see various Bollywood blockbusters as well as short films. Film tickets are €8, festival passes cost €75 and a day pass €25. For more info visit www.indisches-filmfestival.de

Wein und Hoffest

Fri, Jul 18 – Sun, Jul 20

Ettenheim, Weingut Weber

The wine and courtyard fest in Ettenheim will take place from July 18 – 20. There will be fine foods, yummy cocktails,

cake and coffee as well as a Segway obstacle course and fun activities for children. Dinner starts around 6 p.m. and is followed by a salsa party later in the evening. Entrance fee is €3. For more info visit www.weingut-weber.com

Beer tasting

Sat, Jul 19

Stuttgart, city center

You can taste four different beers in the city of Stuttgart on July 19. You will go on a tour of the city and see all the most important landmarks and then end the tour with a visit to the brewery where you can enjoy music and a small snack. Price for the beer tasting is €16. For more information visit www.stuttgart-tourist.de

Big summer festival

Sun, Jul 20

Böblingen, IBM Club

Looking for something fun to do with the family? Enjoy a family day with various activities for kids and adults, beer garden and BBQ – starting 11 a.m. For more information visit www.ibmclub-bb.de

CONCERTS

Jazz Open

Sun, Jul 13 – Sun, Jul 20

Stuttgart, Ehrenhof

Enjoy Stuttgart's Jazz Open from July 13 – 20 starting at 6 p.m. with a concert by the French singer Zaz at the Ehrenhof. International musicians, including some

Grammy winners, will present their music from genres like jazz, blues, soul and pop. See more at www.jazzopen.com

Foreigner

Thu, Oct 16

Stuttgart, Liederhalle Beethovensaal

See the rock band Foreigner live in Stuttgart's Liederhalle from 8 p.m. The band is presenting their 'Greatest Hits' tour this year. For ticket from €41.80 and more info see www.eventim.de

SPORTS

Mercedes Cup – Tennis Match

Sat, July 8

Stuttgart, Tennis Club Weissenhof

Come and see the world's best tennis players meet for the Mercedes Cup in Stuttgart at the Tennis Club Weissenhof. This event is also famous for the variety of culinary delights, shopping possibilities and much more. Ticket prices start at €16. For more information visit www.mercedescup.de

Traditional run

Sat, Jul 26

Bad Urach, Festplatz

On July 26 the traditional Schäferlauf (shepherd's run) will take place in Bad Urach. Since its origins in 1723, the program has been kept very similar. The election of a new 'royal shepherds couple' and a huge firework display are the highlights. For more info see www.badurach-tourismus.de

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1972 VW Beetle, \$4500, waynelewis@gmail.com. Rebuilt 1500 engine with less than 1000KM on it. Mostly original, drives well, two sets of tires, original German paperwork available. Call 032212285077/01716855943 waynelewis@gmail.com

1995 BMW E34 518iA executive, US-Specs, Automatic, gold exterior, beige velours interior, Car audio JVC MP3/CD with remote control, A/C, Cruise Control, nice condition, sun roof top, 110'tmls, €2800, basket@power.ms

2003 Ford Focus ZTS sedan 4 door, cruise control, AC, auto windows/locks. 94,900 miles Great "runabout" car. German specs. Cash only. rbwalker06@yahoo.com

2003 Nissan Almera Tino - Diesel, \$5000 Dependable car. Diesel engine and standard transmission. The AC is cold and car comes with new winter tires mounted on rims. 131,000 Kmrims. JG2NER@aol.com Or 01628 116 559 (Steve or Jean)

2005 Peugeot 206 CC Convertible, \$6600, Silver w/ black leather interior. Excellent condition. Platinum trim. Hard-top convertible. 136,000 kms (84.5k miles, mostly highway). Alloy/high performance tires, steel/snow tires. Available July 15. legal372000@yahoo.com

2005 Toyota Sienna minivan, \$3800 (Kelley Blue Book \$4000), automatic, seats 8. Ramstein-Miesenbach. Available 14 July. phone 0157-8781-3800, pjkartchner@yahoo.com.

AUTOS

All ads and pics on class-world.com

Caution: Some Classified ads have become a target for scams. Please be cautious if potential buyers offer you payment methods other than cash.

2003 Honda Odyssey LX, 120,000 miles, 7 passenger, American specs, very good condition, tel 015236961303



JULY 26TH AND 27TH

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2008 Hyundai Veracruz Limited, \$18,000, 015115285555, Pwr Windows, Locks, DVD, Stateside NAV, 10yr Stateside Warranty, 87k miles, 7 seater, huge cargo area, trailer hitch, roof rails, new brakes, rotors and pads, xm/sirius

2008 Toyota Corolla Verso, \$10,840, Leungj@t-online.de, AC, 100K KM, Seats 7, Brakes & Battery 1 yr old, 2nd Hand Dealer Maint, Roof Rack, Winter tires, Very Dep, Cheap Maint, Just Serviced, Insp & reg Price Neg, Call Jim Ph 0160-5565670

2010 MercedesBenz C300, €, nillsfloyd@yahoo.com,

2011 Audi A3 TFSI 4-door hatchback, 1.4 litre, 123 hp, 33K miles, gray, non-smoking, AM/FM/CD/MP3, 6-speed manual, heated seats, parking sensors, loaded. Summer/Winter alum wheels and tires. \$17500 OBO. 0611-2405-8077 or Chris310@aol.com

2012 VW Tiguan SE, \$21,000, AWD, all season tires, very low mileage - 16k mi, SE 4Motion Trim and Equipment, great condition. Silver exterior, black interior. American spec. in Stuttgart. modanielstuttgart@gmail or 015142547184

2013 BMW X5M For Sale, \$80,000.00, patlee62@live.com, Delivered Sep 2012. V8 twin turbo 555 HP. Many options. Silverstone II color. Summer and winter tires with alloy wheels. Great combination of power, handling and day to day driving.

4 new 235/55 R17 103V NEXEN WinGuard Sport(103=Weight Index which is up to 875 Kilograms, V=Speed up to 245 km h). Bought last year, never put on my Mustang. The next winter is coming. Be prepared. Tel.01781687425

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Available immediately, highly reliable 2006 Honda CRV EX for \$7800 obo. 4-WD, automatic, 128K miles, no rust (from Hill), US spec, passed inspection. Call/text 01624261026.

Black Convertible C5 Corvette, \$24900 NEG, 2004 C5 Corvette, Great Condition, Low Mileage, Many Extras. The Vehicle is standing at the US Military Mart in Einsiedlerhof, Kaiserslautern. Come check it out!! Or call 015164419639.

BMW 320 d e46, €3400, 015117610336,

KIA Picanto, \$7200, jfrary@gmail.com,

Red Alfa Romeo 146 For Sale, \$1,000, eagleyeball@yahoo.com,

BMW X1, SUV 2010, diesel, 77500km, 143hp, metallic blue, excellent condition, seat heating, BMW mobility guarantee till 12/2014, TUV till 12/2015, german specs, €17.500, Ph 0172-6855976, dunsboro@aol.com

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For sale is an Automatic Mercedes E200, 1999. Gorgeous blue-green color. German specs, inspections passed. No problems! Good shape - inside and outside. It has 270,000 km. \$3400 cash please. We are in Wiesbaden. sergelana@gmail.com.

For Sale-2008 Hyundai I30, \$7500, Excellent Condition; Just received a 110,000 Km Hyundai Dealer full service & inspection; USAREUR Safety Inspection/Registration valid; Contact Cheyenne Kiel at 01702368505 or via email kielcd@gmail.com

Renault Megane, €2600, 08/2004 105000 km Sport Automatic -ESP -Radio / CD -Key less Entry -Heated Seats -A/C Lots more extras. gilbert.moody@hotmail.de, 06893-4039797, 015228615396

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Mercedes - Genuine Wheels (4), 18 inch (47 cm) original equipment Mercedes rims taken from 2000 C Class (German spec wagon). Excellent condition. 400 euros for all four. joe@apexpsych.com or 017699137578.

Mercedes E 200, Model 2000 Automatic, leather, power steering, breaks, windows, doors. Cruise control, Xenon lights, ABS, Stereo, fully loaded. new oil change & batterie. new winter tires. none smoking car - Garage kept- good condition - only € 3.250 obo call 0172-676 2717

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Opel Astra 2001, runs great, Diesel. 5 speed / manual transmission. Just passed inspection! 390K km. PCSing - must sell! Only \$2000 (or 1500 eu). We are in Wiesbaden. sergelana@gmail.com Tel. 0176-693-50983.

Perfect condition with only 12,500 miles! Spotless black interior and AM/FM/CD/MP3 Stereo with 6 speakers. Factory Sports Package with 18" wheels, tow package, and running boards. Contact jspangler2@yahoo.com for information and pictures.

Volvo XC90 R-Design, \$33,000.7 passanger 2012, 45000 mi, still under warranty, Navigation, Sunroof, 20" wheels, piped leather seats, rear entertainment DVD system, 18 speaker surround sound, luggage rack and cargo protector. 015161212558

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Lookin for Sportster parts or a bike which needs some work, basket case or sittin longer time too. BT Ultra Classic perhaps too. Just make me your offer what you have and we will see. 2wheelmechanic@web.de

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3000v transformer, \$70, Tel. 015122980063 / Ruizo@msn.com,

Cell Phone HTC S1 works world wide no contract required. €150.00, spvendor@gmail.com,

ANNOUNCEMENTS

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LDS Young Single Adults welcome all singles 18-30 for the following activities: Family Home Evening: Mondays @1830. Institute: Wednesdays @1930. Location: Am Lanzenbusch 3, Ramstein 66877. Phone: 017618300841.

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Electronic Keyboard, \$80, james hodgman@outlook.com, keyboard is in excellent condition. Never removed from box. Many features. Call James at 01602289159. Best offer takes it!

SONY S890 Bass Reflex Speakers, 2 Sony Bass Reflex Acoustic Lens 4 way 4 speaker system. Price is negotiable., \$200, omarrstanley@aim.com

Transformer 1000v, \$50, Ruizo@msn.com,

Org.Thomas Sabo Charm, price new was 49€, never used, was a bday present, selling price €20, for pics please see class-world.com, s.vogl75@web.de

Slate coffee table with wooden legs \$10 See classified web site for photo. Call Rex 01602137652

Slate top table \$10 See KA classified web site for photo Call Rex 01602137652

Transformers, Multiple 220 volt transformers. 4 X 300 watt for \$40 each and 1 X 75 watt for \$20. Contact Eric and Mia at 063759949674., \$40, eyates9761@aol.com

Wetsuit - Shorty, Women, black/orange, size small, fast drying, €15, for pics please see class-world.com s.vogl75@web.de

FURNITURE

All ads and pics on class-world.com

Antique wall tree \$175. See KA classified web site for photo... Call Rex at 01602137652

Apollo Amateur Night Tickets! \$15 in advance, \$20 at the door. Ticket Sales Start 29 June! Contact the ticket POC's on the flyer or oo7dizzy77@gmail.com for more details!

Bracelet, gold plated and silver with small stones between. Worn once for a Xmas party. €10, for pics please see class-world.com, s.vogl75@web.de

Electric Hedge Trimmer, \$150, omarrstanley@aim.com, Like new hedge trimmer. Only used 1 season. 710 watt, 60 centimeter blade.

Electric Lawn Mower, \$350, omarrstanley@aim.com, Like new. Used one summer. Has driven rear wheels for those uphill mowing places. 1800watt, 48 centimeter cutting radius.

Long necklace with a heart & butterfly pendant, different stones. For pics please see www.class-world.com, €5, s.vogl75@web.de

Necklace with a cross pendant, color is bronze/brown, for pics please see www.class-world.com, €5, s.vogl75@web.de

Necklace, fashion jewelry, black, different pearls & stones, \$5, s.vogl75@web.de

New Rolex GMT Master II for sale, \$6000, sfgringobw@msn.com. Rare find and in perfect in box condition. Serious inquiries only.

Nice necklace with a leather strap, €10, for pictures please go to www.class-world.com s.vogl75@web.de

Nice necklace with heart-pendant in silver. New, nether worn. For picture please see class-world.com. €5, s.vogl75@web.de

Old German barn ladder \$10 See KA classified web page for photo. Contact Rex 01602137652

One Direction Concert Tickets, €150,00 for 2 seats at the Esprit Arena, Block 24, on July 2nd at 18:00 in Dusseldorf. If interested, email mam13177@aol.com or call 015224650200.

Bedroom shrunk, \$65, Ruizo@msn.com, Size 7ft height/ 6ft wide/ side 27" or tel

Belgium Oak Buffet - Circa 1920. Hand carved, with Brass Handles, Leaded Glass, and Inlaid Tiles. A beautiful addition to any home. Call Bill @ 0151-511-90027.

Black, baby grand piano, Samick Digital Piano model SXPS11, 220V. Am selling due to PCS move. rbwalker06@yahoo.com

Coat rack \$10. See KA web page for photo. Contact Rex 01602137652

Inlaid Wooden End Table. Sorrento style. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €30, eyates9761@aol.com

Sleeper Sofa, Queen size sleeper sofa, must pick up at Luxembourg American Cemetery. \$50.00, cahilldd@yahoo.com or (00352)26361883

Wooden bookshelf. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., \$150, eyates9761@aol.com

FOR SALE

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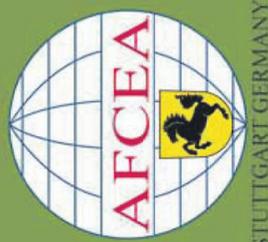
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