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The Citizen

Thursday, June 26, 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



Motorcycle Personal Protective Equipment: regulations and common sense demand it - PAGE 8

Staff Sgt. Antwon Shade, with the 554th Military Police Company, rides his motorcycle on Panzer Kaserne June 20 just before a safety training ride. His brightly colored jacket meets the standards outlined in the U.S. Army in Europe's regulations concerning required motorcycle safety equipment. Inset: Left to right Spec. Ian Martin, Staff Sgt. Antwon Shade, and Sgt. 1st Class Tammy Tillman all with the 554th Military Police Company, as well as family member Mark Tillman, display a wide variety of personal protective gear that meets the standards outlined in Army in Europe Regulation 190-1. - Photos by Greg Jones, USAG Stuttgart Public Affairs

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Col. John P. Stack
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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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

Seconds count more than you know

By **Col. John P. Stack**
USAG Stuttgart commander

June 2014, is national safety month. I think this is a great time to focus on safety as we are right in the thick of the 101 critical days of summer; the period from Memorial Day to Labor Day, during which we need to be especially aware of safety.

From heat concerns, to motorcycle and bicycle riding, to a multitude of outdoor activities, summer is a time when accidents or injuries can come along and ruin all of that fun you've been planning throughout the dreary winter months.

One thing that might come as a surprise to many, considering the dangers of our chosen profession of arms, is that most military personnel are not actually injured while on duty, but during off-duty hours. Despite all of the risks in our line of work, we are still more likely to hurt ourselves at home trying to enjoy time with the family.

This issue of the Stuttgart Citizen is full of summer safety information. From new more stringent motorcycle safety requirements, to tips on beating the summer heat, and avoiding other summer hazards, this issue should have useful information that may help you reduce your risk of becoming a statistic in a briefing somewhere.

As schools have let out for the summer, children have more time on their hands, and often, we as adults, don't have any more time than we did when they were in school. So I want to take a few moments to focus on proper supervision of children.

As parents we are the safety net for our children. Now that school is out for summer, most children are focused on one thing; summer fun. They're not so focused on summer safety. That's why it is important for us as parents to be attentive to our children. Make sure they are being supervised properly, and make sure you are protecting them from those summer hazards that can so quickly ruin all of that fun they are focused on.

The U.S. Army in Europe has published a supervision policy that outlines the ages (sorted by grade level) at which children may be unsupervised, or even supervise others. These guidelines are enforceable through the chain of command and are meant to make sure that younger children are getting the close supervision they really need.



Col. John P. Stack
USAG Stuttgart commander

It always tears me up when I hear of a small child drowning because they were left unsupervised for just a few minutes. It's sad, but this kind of thing does happen, and is often preventable with proper supervision.

In a memorandum about safety month 2014, the Command Sergeant Major of the U.S. Army Combat Readiness Center, Command Sgt. Maj. Leeford C. Cain, related an incident in which his own 5-year-old daughter suddenly jumped into a pool, knowing she couldn't swim. Luckily the sergeant major was right there supervising her, but these kinds of things happen all too often when the proper supervision isn't there.

"It still gives me chills to think about what could've happened if we hadn't been right there," he said "Moments matter, and in safety, seconds count more than you know."

I think that's what we need to make sure we understand as parents; seconds count more than you know. It takes just a few seconds for children to inadvertently put themselves into a dangerous situation. It takes just a few seconds for an ill-intending stranger to pull up in a van and try to grab a child off the playground. But it takes a long time to get over the guilt of knowing that your child was seriously injured, or worse, because they weren't

supervised.

Because a few seconds can be so critical, we have to make sure that our children have age-appropriate supervision by a responsible person. I urge all of you to familiarize yourselves with the supervision policies, which you can find here: <http://www.wiesbaden.army.mil/sites/services/CYSS/ArmyinEuropeChildSupervision.pdf>

The other thing that goes hand in hand with the kids being out of school for the summer, is the summer vacation trip. This is the time of year when many of us take advantage of the opportunity we have being stationed in Europe, and get out to see the wonderful sites here in Germany and beyond. If you're going to be out on the road, keep your eyes on the road, and not on your cell phone, or cup of coffee, or navigation system.

Distracted driving is one of the most significant traffic risks to service members and their families. Make no mistake about it; distracted driving is just as dangerous as drunk driving. If you get a call, if you have to change directions on the GPS, if you need to grab a bite to eat, don't do it while driving, this will get you or your family

As parents we are the safety net for our children. Now that school is out for summer, most children are focused on one thing; summer fun. They're not so focused on summer safety. That's why it is important for us as parents to be attentive to our children.

hurt, sooner or later. Make it a hard and fast rule to pull over when it's legal and safe to do so, do what you have to do, then get back on the road. And if you're the passenger, don't let the driver do it either. Remind your battle buddy (whether that battle buddy is a colleague, close friend or spouse) not to drive distracted.

So, whether you are planning a long trip, just

heading out to the local pool, or even just lounging around in the backyard grilling, follow the tips found in this issue of the citizen, and make sure you're watching out for the little ones who don't always look out for themselves. It may not seem like as much fun devoting this much attention to safety, but nothing will ruin the fun of summer more quickly than an accident or injury.

It's shaping up to be a great summer, so get out there and enjoy it safely!



WORKFORCE AWARD

For the sixth year in a row, U.S. Army Garrison Stuttgart won the Army Morale Welfare and Recreation Exemplary Workforce Award. Left to right, Lt. Gen. Donald Campbell, U.S. Army Europe Commander, Gregory Holzinger, U.S. Army Garrison Stuttgart director of Family and Morale Welfare and Recreation, and USAG Stuttgart Commander Col. John P. Stack, pose with the award.

— Photo by Greg Jones, USAG Stuttgart Public Affairs

COMBINED FEDERAL CAMPAIGN BRINGS FUNDS TO EUCOM, USAG STUTTGART



Constance Baker, the Combined Federal Campaign manager for the U.S. European Command area of responsibility presents a symbolic check to the U.S. Army Garrison signifying the \$16,500 in CFC funds that were designated by donors for this community. Receiving the award on behalf of the USAG Stuttgart leadership is Maj. Paul Goynes, USAG Stuttgart Director of Emergency Services.



Constance Baker, the Combined Federal Campaign manager for the U.S. European Command area of responsibility presents a symbolic check to EUCOM representing the \$239,000 in CFC funds that were designated by donors for the EUCOM area of responsibility. Accepting the check is EUCOM J1, Col. Tom Quinn. — Photos by Greg Jones, USAG Stuttgart Public Affairs

News & Notes

TKS Service outage June 27

A one-time TKS service outage will occur at Robinson Barracks on Friday, June 27 2014 between midnight and 6:00 a.m.

The outage will impact Robinson Barracks only, other housing areas within the garrison will not be effected. Services that will be interrupted include TKS easyConnect (cable telephone/Internet service), TKS easyTV, AFN television programming, and Exchange Connect wireless Internet service.

The interruption is due to the ongoing Stuttgart 21 construction project currently underway at the Stuttgart Hauptbahnhof. This public works project will require the relocation of several major utility lines that intersect in its vicinity, and it is this 6-hour relocation process that will temporarily impact

TKS network services at Robinson Barracks.

When the work is completed all services will automatically restart with full functionality, local users can begin using their services immediately. A reset or device reconfiguration is not required.

Should Robinson residents experience any type of persistent technical issues on Friday morning, the situation should be immediately reported to the 24-hour TKS Customer Service Hotline: 0631-3522 499.

High visibility vests required by Germany July 1

A new regulation will make it mandatory to have a high-visibility vest in vehicles in Germany, according to a release by German automobile association Allgemeiner Deutscher Automobil-Club.

The policy, which takes effect July 1, will require 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.

The regulation brings Germany in line with many other European nations where the vests are already a requirement. While the German policy requires one vest per vehicle, in some countries a vest must be available for any person who leaves a vehicle during an incident, such as a breakdown or accident. Fines are generally higher outside Germany as well; ADAC reports that in Belgium, for example, fines span from €50 to €1,300.

Avoid fines when packing out kitchens

Personnel shipping household goods to the U.S. this summer should be careful when packing the contents of their kitchen. The Bureau of Customs and Border Protection issues fines of \$100 to \$1,000 to first-time offenders who

ignore the strict rules that apply to sending food products stateside.

Red meats, sausages, pates and salami can harbor animal viruses, even if canned, and are barred from import, as well as pasta or soup mixes that contain dried meat. The rules are intended to keep animal diseases such as foot-and-mouth disease and bovine spongiform encephalopathy out of the U.S.

Fresh fruits and vegetables may also not be sent to the U.S. because they can contain the eggs or larvae of voracious pests.

However, processed fruit and vegetable products such as canned fruit, olive oil, mustard and canned or processed sauces can be shipped. There are no restrictions on fish or mushrooms either. Commercially produced dried herbs and spices, tea, roasted coffee, cured cheeses, cakes, candies, cookies and roasted nuts are also OK.

To find out more, visit the CBP website at www.cbp.gov.

Fire departments forge partnership in live-fire annual training



Story and photos by Greg Jones
USAG Stuttgart Public Affairs Office

The U.S. Army Garrison Stuttgart Fire Department trained with the Stuttgart Airport Fire Department at the Stuttgart Airport June 2 to 6 as part of annual joint training requirements.

The fire department trains annually with the Stuttgart Airport Fire Department to ensure effective interoperability and to continue to hone their skills in the specific types of fire responses needed at airports.

“Since the airport has both military and civilian aircraft here, and we use the same flight-line, it’s important for us to train together with the airport department so we can work well together,” said USAG Stuttgart fire chief Karl Dörsam. “We do a full week of joint training with them at least once annually, and we have a very good working relationship with them.”

The training equipment included an airplane mock-up built of shipping containers, and a special piece of equipment that simulates a spilled fuel fire. Using these devices and other aids, the fire departments trained together on tasks ranging from rescuing passengers from the inside of a burning aircraft, to extinguishing a burning engine, to battling a raging fuel-spill blaze.

Training with actual fires instead of just conducting regular drills and other tasks, is known as live-fire training and gives the firefighters a much more engaging experience, providing realistic training that helps hone their skills.

“The training equipment we have here simulates a lot of different types of fire,” said Dörsam. “Live fire is much different than just doing drills. You have the heat, the smoke ... It makes much better training.”

Clockwise from top: A fire crew with the Stuttgart Airport Fire Department battles a simulated fuel-spill blaze at the Stuttgart Airport during joint annual training with the USAG-Stuttgart Fire Department June 2 to 6. Fire fighters Markus Bissinger and Michael Gissinger, of the USAG Stuttgart Fire Department extinguish a simulated engine fire. Gissinger recovers a hose.

For safety's sake beat the summer heat

Directorate of Communication and Public Affairs
U.S. Army Combat Readiness/Safety Center

Outdoor activities are one way to enjoy the warm weather of spring and summer, but it is important to be mindful that high temperatures pose a significant risk for heat injury. Although temperatures in Germany are generally moderate, the lack of air conditioning in most buildings means the heat can be an ever-present adversary.

According to the U.S. Army Public Health Command, first prevention, then early recognition and treatment of heat injuries, are critical to curbing weather-related injuries and even deaths.

Many service members have been trained to prevent and identify heat injuries on duty, and that same knowledge applies at home with family members as well.

The following practices can help prevent heat injuries in the first place:

- Acclimatize to the environment so your body adapts to the heat. Also, remember that with very few

buildings air conditioned here in Germany, the heat is slowly sapping away at the body's hydration level constantly, even when you may not sense it.

- Hydrate with water or sports drink before & during exercise. Although the specific amount of water needed can vary by temperature and activity, the United States Army Research Institute of Environmental Medicine recommends fluid intake for adults of about one half quart (roughly equal to the half-liter bottles commonly available in Germany) every hour during physical activity on temperatures from 78 to about 85 degrees Fahrenheit. Even more water, and regular breaks, are needed as temperatures rise, and with more demanding physical activity. Once temperatures top 90 degrees, the recommended intake is two quarts per hour, and only 20 minutes of physical activity for every 40 minutes of rest.

- Avoid exercising during hottest part of the day.

- Wear light, loose clothing & use sunscreen.

- When prevention has failed, the following signs, symptoms and first aid practices are outlined in Technical Bulletin Medical 507/Air Force Pamphlet 48-152 (I), which describes the symptoms of and treatment protocols for the three most common heat injuries:

Heat cramps:

Symptoms: spasms in the arms, legs or stomach. Treatment: sip water, massage cramping areas and replace lost salt through food. Never take salt tablets unless directed by a physician.

Heat exhaustion:

Symptoms: head-aches, paleness, clammy skin, excessive sweating, difficulty breathing, loss of appetite, nausea and exhaustion. Treatment: sip water, lie in a shaded area and rest, and loosen or remove clothing.

Heat stroke:

Symptoms: headache, dizziness, delirium, nausea, vomiting and body temperature of 106 F or higher. Treatment: Heat stroke is a medical emergency and can be fatal. Immediately call 911 and follow the dispatcher's instructions for treatment you can perform before help arrives.

Reducing body temperature is paramount in rescue efforts, and the most effective cooling strategy entails removing the victim's clothing and immersing him or her in cool or iced water while massaging the skin (ice sheets or ice packs are acceptable if immersion isn't possible). Anyone suspected to be suffering from heat stroke should be transported to a hospital immediately, preferably by trained medical professionals such as paramedics.

How much water should I drink?

Normal day with normal activities:

2-3 liters per day

Hot days up to about 85 degrees:

½ quart (or ½ liter) per hour of physical activity.

Very hot days of 90 degrees and above:

2 quarts (roughly 2 liters) of water and 40 minutes of rest every hour.



Ask a JAG

By Capt. Austen Swaim (U.S. Army)
Stuttgart Law Center

As the permanent change of station season gets into full swing, many may be right now unpacking those long awaited boxes only to find items damaged, or missing. Unfortunately, it happens.

The military claims system is designed to help Department of Defense personnel recover such losses. It is also designed to ensure that the carrier responsible for the loss and damage is held accountable.

Here's the process for submitting a claim to a transportation service provider and, if you're unsatisfied with the transportation service provider's offer, how to file a claim with the Military Claims Office in Stuttgart.

When household goods are broken or missing

When the movers make their delivery, try to unpack as much as possible before they leave. If there are damaged or lost items, annotate them on the "Notification of Loss or Damage" form before signing for the delivery.

The movers are always in a hurry to have their documents signed so they can get out – don't be intimidated. By noting all damaged or lost items, you have provided what is called notice to the transportation service provider, that is, there are damages and you will file a claim.

But for those who don't fully unpack everything or don't discover damage until later, they have 75 days from the date of delivery to file notice by logging into the Defense Personal Property System at www.move.mil. List all the damaged or missing items under the "Claims" tab.

It is your duty to prove the claim so take photos of the damage. Make sure the photos are up-close, as well as at a distance so the transportation service provider's claims adjuster can tell not just what the damage is, but what the damaged item is; details such as brand, model, and purchase year are all important.

If you log into the Defense Personal Property System and can't find your shipment, contact the Military Claims Office at the Stuttgart Law Center. The staff will assist in manually filing notice of a claim.

Filing the claim

After providing notice, you have nine

months from the date of delivery to file a claim. However, do not delay.

Submit the claim through the Defense Personal Property System website by clicking the "Submit Claim" button. You should receive a notification of receipt from the transportation service provider within a few days. However, if you do not, call the Military Claims Office for assistance in figuring out where the claim stands.

Why 75 days and nine months?

Following this timeline makes you eligible to be reimbursed for repair costs, a replacement item of like-kind or quality or full replacement value. On the other hand, failure to follow this timeline may result in a decreased claim pay-out or even a complete denial of the claim. However, claimants who were delayed in filing due to a tour of duty or hospitalization should inquire with the claims office about timeline waivers.

The Military Claims Office

If 30 or more days have passed and the transportation service provider has not been timely in processing a claim or is simply being uncooperative, use the Claims portal of the Defense Personal Property System website to transfer the claim to the Military Claims Office.

Click "Transfer to MCO" and notify the claims office that you have transferred the claim.

It's important to note that the MCO does not pay full replacement value, but rather determines the amount of the claim based on statute and regulation, and applies depreciation. If the recovery team recovers the difference between the full replacement value and what the MCO pays you, the difference will be passed on to you.

Bottom line: Before accepting or refusing an offer from the transportation service provider, check with the Military Claims Office at the Stuttgart Law Center. The staff may be able to assist in determining whether the offer is reasonable or if claimants may be entitled to more.

What about my POV?

The process for claiming damage to a privately owned vehicle is different than the household goods claims process. Upon picking up the vehicle, inspect it on the spot, note any damages on the Vehicle Inspection Form, and point out the damages to the contractor before signing the form. Any damage must be reported the same day that the vehicle is picked up; if not, it is presumed the damage did not happen in transit.

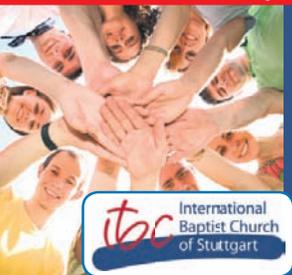
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Ceremonies may impact parking

Several major units in the Stuttgart area will be holding 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.

Volunteers needed for Stallion Shake 2014

Stallion Shake, U.S. Army Garrison Stuttgart's annual full-scale, all-hazards exercise, will be conducted July 12 from 8 a.m. to 3 p.m. at Kelley Barracks.

The exercise helps assess the response of garrison personnel, tenant units and host nation first responders in a crisis situation.

Volunteers are needed as role players: casualties, evacuees and as part of the "White Cell."

Role player training will be held June 26 from 1-3 p.m. on Cooper Field, Kelley Barracks.

Those interested in volunteering, can sign up in the Volunteer Information Management System at www.militaryonesource.com.

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

Register for VBS

The U.S. Army Garrison Stuttgart Religious Support Office will sponsor Vacation Bible School July 28 through Aug. 1 at the Patch Elementary School.

Volunteers are needed to make VBS a success. The RSO seeks adults and students who have completed at least sixth grade to share their talents and time.

Volunteers can register through July 7. Due to longer processing times for background checks, the RSO asks that volunteers commit as soon as possible.

All volunteers working with children will need to submit a USAG Stuttgart Installation Background. Check no later than May 28 in order to be processed in time for VBS.

Registration for participants will run through July 7; VBS is for children who are entering first to sixth grade.

To register, go to the announcement at www.stuttgartcitizen.net/?p=3175 and follow the registration link.

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 each person's own pace. There will be live music and an American food menu.

There will be same-day sign up for each of the events. Sign-up June 26 will be 10:00 a.m. to 3 p.m. for the 6/12k and 10 a.m. to 1 p.m. for the 21k. June 27 sign-up is 8 a.m. to 1 p.m. for the 6/12k and 8 a.m. to 12 p.m. 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 the kids, 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 prices 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/preparation briefings on July 16, Aug. 20 and Sept. 17.

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

STUTTGART MILITARY COMMUNITY CHURCH



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*Please contact us for times and locations or visit our website



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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 pre-separation 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-age Services, Sports & Fitness is offering registration for soccer, cheer-leading, tackle football and flag football June 23 – Aug. 1, from 8 a.m. to 5 p.m.

Register at Parent Central Services on Patch Barracks. All activities may be subject to limited registration, based on team capacity.

For more information, call 430-7480/civ. 07116807480

CYSS mobile registration

Child, Youth and School-age Services will provide the opportunity to register/

re-register for CYSS programs including summer camp, SKIES, Sports & Fitness, EDGE, and more during mobile registration dates on Kelley, Panzer and Robinson Barracks 10 a.m. – 2 p.m. at the below listed dates and locations. An appointment is required to utilize this service and must be made two days prior to any scheduled mobile registration date. To make an appointment, call 430-7480/7488 or email stuttgartcys@googlemail.com.

July 3, 17 & Aug. 7, Panzer SAC; July 10 & 24, Kelley SAC; July 8, 22 & Aug. 5: RB SAC

Donations, volunteers needed for GAWC 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.

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.

Send your announcements to editorial@stuttgartcitizen.com.

Independence Day activities

Firecracker Fun Run

Patch Fitness Center will kick off Independence Day with the annual Firecracker 5K Fun Run/Walk on July 4 at 9 a.m. This is a free event and no pre-registration is required. The route will leave the Patch Fitness Center and run the inner-perimeter of the barracks. Registration is 8 – 8:50 a.m. First 200 runners receive a free t-shirt. For more information, call 430-5386/civ. 07116805386

Independence Day the Stuttgart way!

Bring your picnic basket and lawn chairs and enjoy the celebration on Husky Field, Patch Barracks on July 4 starting at 4 p.m. Highlights include free amusement rides, live entertainment, children's activities, food, beverages & sweets, giveaways, and much more! Fireworks will begin around 11 p.m. For more information, call 421-2809/civ. 07117292809

Craft on Independence Day

Arts & Crafts booth on Husky Field, Patch Barracks will offer a variety of fun crafts during the Independence Day celebration on July 4 from 4 p.m. Partake in ceramic painting, rainbow looms, painting projects, and balloons. Price will vary by craft. For more information, call 430-5270/civ. 07116805270

A wet, wild Independence Day weekend in Interlaken, Switzerland

Outdoor Recreation will be going to Interlaken, Switzerland for canyoning and basic white water rafting July 4-6. The trip includes transportation, lodging in Balmer's hostel, breakfast, beginner canyoning/basic white water rafting, recreational gear, and guide. Patrons must be 14 years old to participate in canyoning or rafting. For more information, call 431-2774/civ. 07031152774

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Personal Protective Equipment: what to wear from head to feet



Head: Helmet approved by ANSI, SNELL or German equivalent.

Eyes: Protective eye wear that meets VESC or EU standards.

Top: High-visibility, bright fluorescent color, reflective.

Hands: Full-finger gloves.

Bottom: Full-length trousers.

Feet: Over-the-ankle footwear.

PPE Requirements according to AE Regulation 190-1

By Greg Jones
USAG Stuttgart Public Affairs Office

Motorcycle Personal Protective Equipment includes gear that is meant to protect motorcycle riders and reduce the risk and the severity of injuries in case of an accident. While some of the gear is intended to protect the rider in an accident, much of it is also intended to help prevent the accident in the first place.

Not only is wearing the right PPE good common sense, it also is required by regulation. U.S. Army in Europe Regulation 190-1 is the governing regulation for all U.S. military forces in Europe on matters of vehicle licensing and traffic law. This regulation, in conjunction with the USAREUR commander's policy letter dated June 27, 2013 comprise the policy for the operation of motorcycles by all USAREUR license holders and applies to active duty service members of all four services, Department of Defense civilian employees, and family members. Both the policy letter and the regulation are available online at aepubs.army.mil.

The following PPE is required:

Head: A helmet properly fastened under the chin. Helmets must meet

the standards set by the American National Standards Institute, the Snell Memorial Foundation Standards, the Institut für Zweiradsicherheit e.V. (Institute for Two-Wheel Safety), or the Economic Commission of Europe for bicycle helmets.

Eyes: Eye protection must meet the Vehicle Equipment Safety Commission Regulation standards or the European equivalent. Eye protection must be impact- or shatter-resistant goggles or a full-face shield properly attached to the helmet. A windshield or eyeglasses alone are not proper eye protection.

Hands: Full-fingered gloves.

Upper Body: There are two requirements for the upper body. A high visibility bright fluorescent colored garment must be worn to meet visibility requirements, and long sleeves must be worn for protection. Riders may wear a jacket or other garment that is long-sleeved and made of bright fluorescent colors and reflective material, or may instead wear a bright fluorescent reflective vest over a long sleeve shirt or jacket.

— See PROTECTIVE EQUIPMENT, Page 9

Frequently Asked Questions

“I’m in the Navy/Marines/Air Force (or family member or civilian), does this Army regulation really apply to me?”

- YES. AE Regulation 190-1 is the governing regulation for all U.S. Army in Europe license holders.

“Why is the military making us wear so much stuff?”

- The Department of Defense and USAREUR requirements are actually based on recommendations by the Motorcycle Safety Foundation, widely recognized as a source of best practices in motorcycle safety.

“I can just wear a road guard vest or PT jacket right?”

- NO. The USAREUR policy specifically states that orange mesh PT vests, and reflective PT jackets do not meet the upper garment requirement, however, solid material European highway safety vests do.

“Great, so now I have to buy a \$300 jacket?”

- NO. Options that meet the standards start at around \$12 at the Exchange. For around €70, riders can get purpose made motorcycle jackets that offer more protection in a crash.

“Can I wear my military boots for riding?”

- YES. Military approved boots meet the requirements for footwear, and usually meet all MSF recommendations as well.

“Can I ride to work in my ACUs (or service equivalent)?”

- YES. But a brightly colored upper garment (reflective at night), eye protection, gloves and helmet are required as well.

“And what if I don’t wear this stuff?”

- Violations can incur 3 points on your USAREUR license, as well as an immediate seven-day suspension of your license.

Where can I find out more about these requirements and motorcycle safety?

USAREUR regulation:

<http://www.imcom-europe.army.mil/webs/docs/safety/aer190-1.pdf> or google “AER 190-1”

Motorcycle Safety Foundation: www.msf-usa.org



The orange mesh road-guard vest often worn during physical training, does not meet the standard for high visibility upper garment. But the solid, European highway safety vest does meet the standard, and can be purchased for less than \$15.

PROTECTIVE EQUIPMENT

Continued from Page 8

The European highway safety vest pictured on Page 8 meets this requirement. For better protection, the MSF recommends sturdy jackets made of leather or reinforced materials. Operators in military uniform may wear bright fluorescent colored approved motorcycle riding jackets with their uniform. The brightly colored mesh vest commonly used for physical training does not meet this requirement, nor does the PT jacket.

Legs: Full-length trousers.

Feet: Over-the-ankle footwear should be made of sturdy leather and have a good oil-resistant sole to reduce slipping hazards. Service boots meet this requirement.

While these policies have been in effect

for some time, a renewed emphasis on motorcycle safety has prompted much more stringent enforcement, including a policy of gate security personnel recording infractions and reporting them to the Military Police.

The penalty for failure to wear the proper PPE is the same violation as not wearing a seatbelt in an automobile, and carries a mandatory USAREUR license suspension of 7 days. The violator's license will also be assessed three points.

The standards outlined in AER 190-1 are actually based primarily on a DOD instruction so they should not be very different than the guidelines in place with the Air Force, Navy and Marine Corps. Also, all of these

organizations have based most of their motorcycle safety policy and education on practices and standards set forth by the Motorcycle Safety Foundation.

The PPE listed above protects the rider in two ways. It makes the rider less likely to be in an accident, and it helps reduce the severity of injuries in the case of an accident.

Bright, fluorescent colored clothing makes the rider more visible, and being seen by motorists is the first step to a motorcyclist avoiding a collision. Also, gloves, eye protection, and sturdy boots can protect the rider from the elements, reducing distraction, fatigue, and the effects of inclement weather. A more focused rider is a safer rider, according to the MSF.

If an accident does occur, a proper helmet can often mean the difference between walking away and being carried away on a stretcher or worse. The MSF, and the USAREUR policy highly encourages sturdy clothing made of leather, or reinforced materials, or purpose-made motorcycle clothing. It protects the skin from abrasions, and can absorb impact, making broken bones and other internal injuries less likely, or less severe, according to the MSF.

Whether it keeps riders from being in an accident, or reduces their injuries, PPE is not only enforceable by military law; it also might just save the rider's life.

Health effects of overexposure to the sun

U.S. environmental protection agency

While the sun provides warmth for summer fun, it also provides Ultraviolet rays that can cause damage to the skin. Sometimes this damage goes unnoticed and years and years of exposure to the sun can cause long-term skin health problems.

SKIN CANCER

Each year, more new cases of skin cancer are diagnosed in the U.S. than new cases of breast, prostate, lung, and colon cancer combined. One in five Americans will develop skin cancer in their lifetime. One American dies from skin cancer every hour. Unprotected exposure to UV radiation is the most preventable risk factor for skin cancer.

MELANOMA

Melanoma, the most serious form of skin cancer, is now one of the most common cancers among adolescents and young adults ages 15-29. While melanoma accounts for about three percent of skin cancer cases, it causes more than 75 percent of skin cancer deaths. UV exposure and sunburns, particularly during childhood, are risk factors for the disease. Not all melanomas are exclusively sun-related — other possible influences include genetic factors and immune system deficiencies.

NON-MELANOMA SKIN CANCERS

Non-melanoma skin cancers are less deadly than melanomas. Nevertheless, they can spread if left untreated, causing disfigurement and more serious health problems.

There are two primary types of non-melanoma skin cancers: basal cell and squamous cell carcinomas. If caught and treated early, these two cancers are rarely fatal.

Basal Cell Carcinomas are the most common type of skin cancer tumors. They usually appear as small, fleshy bumps or nodules on the head and neck, but can occur on other skin areas. Basal cell carcinoma grows slowly, and it rarely spreads to other parts of the body. It can, however, penetrate to the bone and cause considerable damage.

Squamous Cell Carcinomas are tumors that may appear as nodules or as red, scaly patches. This cancer can develop into large masses, and unlike basal cell carcinoma, it can spread to other parts of the body.

OTHER SKIN DAMAGE

Other UV-related skin disorders include actinic keratoses and premature aging of the skin. Actinic keratoses are skin growths that occur on body areas exposed to the sun. The face, hands, forearms, and the "V" of the neck are especially susceptible to this type of lesion. Although pre-malignant, actinic keratoses are a risk factor for squamous cell carcinoma. Look for raised, reddish, rough-textured growths and seek prompt medical attention if you discover them.

Chronic exposure to the sun also causes premature aging, which over time can make the skin become thick, wrinkled, and leathery. Since it occurs gradually, often manifesting itself many years after the majority of a person's sun exposure, premature

aging is often regarded as an unavoidable, normal part of growing older. However, up to 90 percent of the visible skin changes commonly attributed to aging are caused by the sun. With proper protection from UV radiation, most premature aging of the skin can be avoided.

IMMUNE SUPPRESSION

Scientists have found that overexposure to UV radiation may suppress proper functioning of the body's immune system and the skin's natural defenses. For example, the skin normally mounts a defense against foreign invaders such as cancers and infections. But overexposure to UV radiation can weaken the immune system, reducing the skin's ability to protect against these invaders.

HOW TO PROTECT YOURSELF

According to the U.S. Occupational Health and Safety Administration, the following tips can help prevent these long term effects by reducing your exposure to the sun's harmful UV rays.

Cover up. Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.

Use sunscreen. A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.

Wear a hat. A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead,

nose, and scalp.

Wear UV-absorbent shades. Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.

Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.

HOW TO APPLY SUNSCREEN

Use a broad-spectrum sunscreen with an SPF rating of 15 or higher. Apply sunscreen 20 minutes before going out into the sun (or as directed by the manufacturer) to give it time to absorb into your skin. Apply it generously and regularly—about 1 ounce every 2 hours—and more often if you are swimming or perspiring. A small tube containing between 3 and 5 ounces of sunscreen might only be enough for one per-Do not forget about lips, ears, feet, hands, bald spots and the back of the neck. In addition, apply sunscreen to areas under bathing suit straps, necklaces, bracelets, and sunglasses. Keep sunscreen until the expiration date or for no more than 3 years, because the sunscreen ingredients might become less effective over time.

According to the FDA, "water resistant" sunscreens must maintain their SPF after 40 minutes of water immersion, while "very water resistant" sunscreens must maintain their SPF after 80 minutes of water immersion. Either type of water-resistant sunscreen must be reapplied regularly, as heavy perspiration, water, and towel drying remove the sunscreen's protective layer.

Distracted driving: how to break those bad habits

Directorate of Communication and Public Affairs
U.S. Army Combat Readiness/
Safety Center Fort Rucker, Ala.

Distracted driving isn't a man or woman thing. How many times have you watched someone – regardless of gender – eat, shave, do their hair, read, text, talk or play with a cellphone or otherwise find things to occupy their time behind the wheel? Is it that driving has become so boring, or maybe some folks are just trying to be masters of multitasking?

Here are some distracted driving tips from Farm Bureau Insurance to keep you on the straight and narrow.

- Change your ways and recognize the activities that distract you, such as eating, talking on the phone or changing a CD. Once you recognize these distractions, you can work to eliminate them.
- Make a plan. Know your route in advance and make sure you clearly understand your directions. Check the weather and road conditions. If you're

traveling with children, ensure they are properly buckled up and you have items to keep them occupied, such as books on tape or soft toys.

- Manage your time so you don't have to multitask or drive aggressively on the road.
- Don't let your drive time become your downtime. Driving isn't the time to catch up on phone calls, personal grooming or dining.
- Scan the roadway to ensure you're aware of others at all times. Be prepared for other drivers to be unpredictable.
- Concentrate on your driving. Make sure you're not upset or tired when getting on the road. This is not the time to have a serious or emotional conversation with your passengers.
- Pull over in a safe place if you need to do something that will take your eyes and/or mind off the road.
- Use technology sensibly.

- Take a refresher class. Everyone can pick up bad habits through the years. A driver improvement course can raise your awareness and help you assess your driving behaviors.
- Buckle up, every trip and every time.



MEDAL OF HONOR
Medal of Honor recipient Sammy Davis, who earned the Medal of Honor for his heroic actions in Vietnam in 1967, talks to soldiers from the 554th Military Police Company June 12. Davis visited various locations in Stuttgart speaking to Soldiers about his experiences, including his challenges in returning home to a normal life and dealing with the experiences he went through in combat.
– Photo by Greg Jones, USAG Stuttgart Public Affairs Office

Better driving practices can save the environment and your wallet



As the summer vacation season gets into full swing and families start out on long road trips, it may be tempting to crank up the air conditioning, get on the Autobahn, and put the pedal to the metal. Not only can this be bad for the environment, but it can also be costly as well. With fuel prices topping \$4 a gallon, the following tips from the U.S. department of energy will help reduce the pollution you put into the air while driving on summer vacation, and may help keep some of that hard-earned cash in your pocket for souvenirs of your summer destinations.

Drive sensibly

Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by five percent around town. Sensible driving is also safer for you and others, so you may save more than gas money. Driver feedback devices can help you drive more efficiently. A recent study suggests that they can help the average driver improve fuel economy by about 3 percent and that those using them to save fuel can improve gas mileage by about 10 percent. That's like saving about \$0.11 to \$0.37 per gallon, which can add up quickly.

Observe the speed limit

While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 50 mph. You can assume that each five mph you drive over 50 mph is like paying an additional \$0.24 per gallon for gas. Observing the speed limit is also safer.

Avoid hauling cargo on your roof

Hauling cargo on your roof increases

aerodynamic drag (wind resistance) and lowers fuel economy.

A large, blunt roof-top cargo box, for example, can reduce fuel economy by around 2 percent to eight percent in city driving, six percent to 17 percent on the highway, and 10 percent to 25 percent at Interstate speeds (65 mph to 75 mph).

Rear-mount cargo boxes or trays reduce fuel economy by much less—only one to two percent in city driving and one to five percent on the highway.

If you need to use an external cargo container, removing it when it's not in use will save fuel and money.

Remove excess weight

Avoid keeping unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds in your vehicle could reduce your MPG by up to two percent. The reduction is based on the percentage of extra weight relative to the vehicle's weight and affects smaller vehicles more than larger ones.

Avoid excessive idling

Idling can use a quarter to a half gallon of fuel per hour, depending on engine size and air conditioner use. Turn off your engine when your vehicle is parked. It only takes a few seconds worth of fuel to restart your vehicle. Turning your engine on and off excessively, however, may increase starter wear.

German law prohibits excessive idling, specifically warming up your vehicle in cold temperatures by running it at idle. Shutting off the engine at long stops, and at long train crossings is a common practice in Germany.



What's happening in FMWR

SUMMER READING PROGRAM

Patch Barracks and Robinson Barracks libraries are offering a summer reading program June 26 through Aug. 7, 1-3 p.m. This free program offers fun stories, crafts, writing activities and prizes.

For more information, call 430-5964/civ. 07116805964

FIT FOR LIFE KICK OFF

Stuttgart Fitness Program is starting its annual incentive program again free to the community on July 1. The program will run through 31 Dec. 2014. Participants keep track of their daily fitness activities, which in turn earns them mileage and prizes. For more information, call 430-5386/civ. 07116805386

U.S. VS. GERMANY WORLD CUP VIEWING

Watch the U.S. vs. Germany World Cup game at various locations with big screens, BBQ, and more on June 26 at 6 p.m.

Patch Barracks: Join everyone at the Patch Community Club on June

26 starting at 4 p.m., game starts at 6 p.m. Fest tables in the ballroom, a giant viewing screen, and full service bars will be set up for the right atmosphere. Lots of giveaways, such as t-shirts and more. Enjoy grilled burgers, brats and hotdogs. Free popcorn. Entertainment will be available for the kids, like patriotic face painting. Also, test your skills on the soccer shoot out. For more information, call 430-5433/civ. 07116805433

Kelley Barracks: Come Support the team at the Kelley Club on June 26 starting at 6 p.m. while enjoying some BBQ. The game will be shown on a 6ft x 10ft screen for optimal viewing pleasure. For more information, call 421-4660/civ. 07117294660

Panzer Kaserne: Watch on large TV screens over the bowling lanes at the Galaxy Bowling & Entertainment Center from 6 p.m. The Irish Pub will be open throughout the event. For more information, call 431-2575/civ. 07031152575

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

COMING TO PATCH THEATER

- June 26 — Maleficent (PG) 6 p.m.
- June 27 — Transformers: Age of Extinction in 3D (PG-13) 6 p.m., Think Like a Man too (PG-13) 9 p.m.
- June 28 — Transformers: Age of Extinction in 3D (PG-13) 4 p.m. Jersey Boys (R) 7 p.m.
- June 29 — Transformers: Age of Extinction (PG-13) 4 p.m., Jersey Boys (R) 7 p.m.
- June 30 — A Million Ways to Die in the West (R) 6 p.m.
- July 1 — Closed
- July 2 — Think Like A Man Too (PG-13) 6 p.m.
- July 3 — Transformers: Age of Extinction (PG-13) 6 p.m.
- July 4 — Earth to Echo (PG) 1800, Tammy (R) 9 p.m.
- July 5 — Earth to Echo (PG) 4 p.m., Tammy (R) 7 p.m.
- July 6 — Transformers: Age of Extinction (PG-13) 4 p.m., X-Men: Days of Future Past in 3D (PG-13) 7 p.m.
- July 7 — Jersey Boys (R) 6 p.m.
- July 8 — Closed

July 9 — Tammy (R) 6 p.m.



Warner Bros.

Tammy is having a bad day. She's totaled her clunker car, gotten fired from her thankless job at a greasy burger joint, and instead of finding comfort at home, finds her husband getting comfortable with the neighbor in her own house. It's time to take her boom box and book it. The bad news is she's broke and without wheels. The worse news is her grandma, Pearl is her only option-with a car, cash, and an itch to see Niagara Falls. Not exactly the escape Tammy had in mind. But on the road, with grandma riding shotgun, it may be just what Tammy needs.

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Breaking rocks: digging up ancient German history



Clockwise from top left: Teagan Walters (left), a student at Boeblingen Elementary Middle School, and her sister Kireina Walters (right), use rock hammers and chisels to search for fossils. The *Stenopterygius Quadriscissus* was a type of Ichthyosaur that resembled a modern-day dolphin. These fossils of fairly large ammonites and small shells were found during a short afternoon dig. The museum has a small dinosaur exhibit in the basement.

Story and photos by Slade Walters
USAG Stuttgart Public Affairs Office

For many Americans, a tour of duty in Germany provides an opportunity to see lots of very interesting, very old things that might not otherwise be available to the average person back in the States.

History buffs living in the Stuttgart area can easily find architecture and artifacts dating back to the middle ages, but many Americans in Stuttgart don't know that finding pieces of history from about 190 million years ago is just as easy.

Urwelt Steinbruch Fischer (the Fischer Primeval World Quarry), located about 30 miles east of Stuttgart on A8 in the town of Holzmaden, is a Posidonia shale quarry containing fossil-rich rocks that were originally formed when much of modern Germany was covered by a primeval sea.

The quarry has an on-site museum featuring very high-quality, complete and sizable fossilized remains of crocodiles, ichthyosaurs, fish and ammonites that inhabited the area long before it became the foothills of the Swabian Alps.

Adventurous visitors who want to take home a few fossils of their own can rent a rock hammer and chisel to search for the

next big archaeological find.

Breaking rocks can be time consuming and difficult labor, but visitors say that finding a real fossil makes it worth the effort.

"Cracking open the layers of rock was harder than I thought it would be," said Teagan Walters, a Boeblingen Elementary Middle School student who recently completed sixth grade.

"We found some cool fossilized shells. It was exciting to find our own real fossils," said Walters.

Fossilized ammonites, fish, dinosaur teeth, plants and shells can be readily found in the layers of the Posidonia shale with just a few minutes of effort.

Posidonia shale gets its name from the scientific name for the clam-like Posidonia bronni bivalve shells that are very commonly found in the rock.

The Posidonia shale found in the Holzmaden area is famous among archaeologists worldwide for the exceptionally well-preserved, complete skeletons of fossil marine fish and reptiles that have been found there.

The address, opening hours and fees can be found on the German-language website at www.urweltsteinbruch.de.

More prehistoric fun in Stuttgart



In the Museum am Löwentor (Museum at the Lion Gate), visitors can view prehistoric fossils from as far back in time as the earliest dinosaurs to as recent as the last ice age.

The museum has more than 35,000 square feet of open exhibition space, as much as 45 feet high with no partitions, creating a very open and expansive viewing area for the numerous fossils and exhibits.

The museum is part of the Stuttgart State Museum of Natural History, which consists of two museum buildings, Museum am Löwentor and Schloss Rosenstein (Rosenstein Palace), separated by Rosenstein Park.

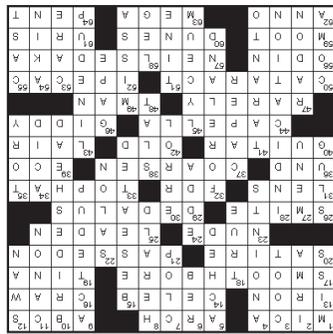
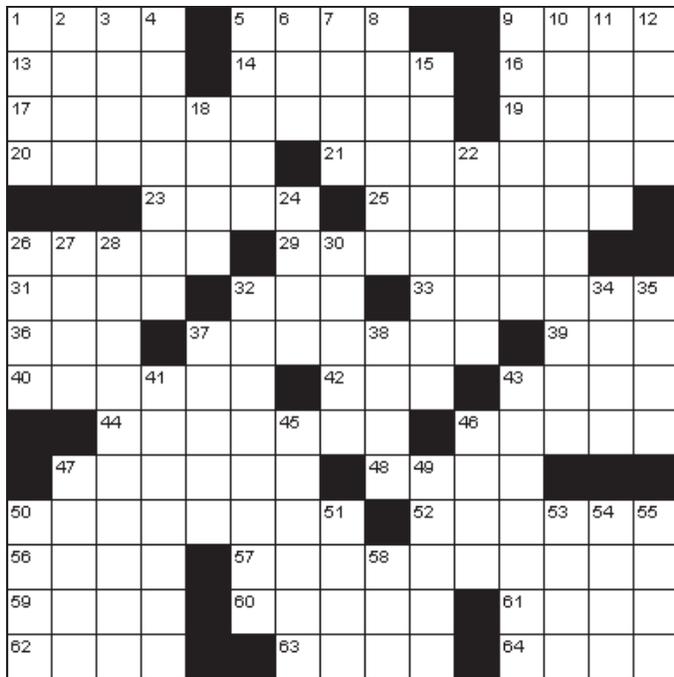
Schloss Rosenstein houses an exhibition on the animal kingdom and the Earth's major ecosystems.

More information can be found online at: www.naturkundemuseum-bw.de.

Visitors to the website can click the United Kingdom flag at the bottom right of the page to see the English-language version of the site.



Crossword Puzzle



This week's solution.
Courtesy of thinks.com

ACROSS

- 1 Flaky mineral
- 5 Roguish
- 9 Fundamentals
- 13 Branding tool
- 14 One in the spotlight
- 16 Animal's stomach
- 17 Not rifled
- 19 Ike's ex
- 20 Swift's forte
- 21 Relayed
- 23 Classic art subject
- 25 Sluggish
- 26 Strike down
- 29 "Ulysses" hero Stephen
- 31 Camera part
- 32 Presidential initials
- 33 Astaire-Rogers classic
- 36 Hamburger's connection
- 37 Get tough
- 39 "Foucault's Pendulum" author
- 40 Fandango accompaniment
- 42 Elderly
- 43 Den
- 44 Bright star in Auriga
- 46 Dizzy

47 Hardly ever

- 48 Federal agent
- 50 Cascade
- 52 Medicinal syrup
- 56 Chief Norse deity
- 57 "Oh! Carol" singer
- 59 Debatable
- 60 Desert mounds
- 61 "Exodus" author
- 62 The A in A.D.
- 63 Metric prefix
- 64 Confined

DOWN

- 1 Overlook
- 2 "___ La Douce"
- 3 Codger
- 4 Applies an unguent
- 5 Hurt
- 6 Graycoat
- 7 Hoofbeat sound
- 8 Harbinger
- 9 Misbehaved
- 10 "___ Revisited"
- 11 Officially accepted works
- 12 Ugly Duckling, eventually
- 15 Take a chair

- 18 Veracious
- 22 Hair-styling emporium
- 24 Classic Icelandic poetry
- 26 Bullet
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- 28 Sign
- 30 Flynn of film
- 32 Promontory
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- 35 British conservative
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- 38 Blind part
- 41 Italian naval base
- 43 In a row
- 45 Name for many a theater
- 46 Open-mouthed stare
- 47 Hazardous gas
- 49 ___ Solemnis
- 50 Senseless state
- 51 Prong
- 53 Concern
- 54 Analogous
- 55 Play group?
- 58 Stage of a journey

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INTRODUCING LOCAL HOTELS



Pullman Stuttgart Fontana

The premium Pullman Stuttgart Fontana Hotel offers the “nomads of today” an efficient working environment and varied free-time activities. The 252 generously sized rooms and suites offer guests an ideal retreat to rest, relax or work. The Pullman Stuttgart Fontana can be your home away from home: all long stays are welcome. Nine well-equipped meeting rooms with a capacity of up to 500 people are at your disposal for meetings, seminars and conferences. Specialists ensure perfect staging and creative accents. Whether with extensive breakfast, a well-balanced lunch or a delicious evening meal, the Fontana restaurant treats its guests to culinary sophistication and the highest-quality products. Enjoy the extensive selection of wines by the glass, including vintage grand crus at the Vinoteca. The bar offers a happy hour from 5 p.m. to 6 p.m. and snacks and classic cocktails into the late hours. The exclusive 1.200 m² Fit and Spa Lounge boasts a large indoor pool, sauna, sanarium, Turkish steam bath, whirlpool, ice fountain and large sun terrace. The large fitness center is open 24/7 with the latest fitness machines and personal trainers. Finally, luxurious massages and indulgent treatments round off the health and wellbeing offering. Pullman Stuttgart Fontana looks forward to your visit!

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IB Hotels

The IB Hotel in Stuttgart-Vaihingen is happy to welcome you to a hotel experience with variety and cost-friendly options to enjoy throughout the year. The hotel has 74 well-kept rooms, some of which are also available for longer stays. They are happy to make an offer for you over the phone with a special package if you need a long-stay room. The IB Hotel shows its international flair by naming each room the name of a different country and decorating that room with cultural accents from that country. The hotel also offers a variety of meeting rooms ranging in size suitable for 4-8 up to 150 persons. The event manager will assist you with all things technical to make your seminar a success. Their specialty restaurant, ‘Maestro’ offers breakfast, lunch and dinner during the week. The restaurant is well-known for its German and Italian cuisine. Many business travellers will enjoy ‘Maestro’ for a business lunch or dinner. The IB Hotel also has an in-house language school offering beginner, advanced or conversation German. These courses are offered to non-hotel guests as well. IB Hotel is happy to offer you a room, a meeting place, a restaurant and a language school all under one roof! Come visit the IB Hotel and they will be happy to show you around. Check out their website www.hotelamwallgraben.de

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Relaxa Hotel

The Relaxa Waldhotel Schatten is described very appropriately in the name of the hotel. Located in the natural green and woody setting in the city limits of Stuttgart-Vaihingen, the hotel has a very central location. With their 138 very comfortable rooms, they provide a modern, fresh and very spacious setting. They can easily accommodate a long stay at their hotel. All guests can enjoy their superb sauna and fitness area. The Relaxa Waldhotel Schatten is an old-world hotel with a modern flair for the business and professional marketplace. The hotel has a variety of 10 meeting rooms to suit all kinds of meetings from small to large up to 100 people. If you have an interest in regional German specialties, the Kamin Restaurant can be enjoyed by non-hotel guests too. It has a beautiful open fireplace that can be enjoyed in the cooler days of the year. In summer, enjoy the open beer garden where you can enjoy a grill party on 3 sunny terraces. Stop by during the World Cup matches to enjoy a cool beer and watch the game. Or enjoy a free glass of champagne for the ladies on Ladies Night at the Solitude Bar. The hotel also offers a cooking class called ‘Grill with the Profis’ on June 28, 2014. Call for details.

Magstadter Str. 2-4 • 70569 Stuttgart-Vaihingen • 0711 - 68670
www.relaxa-hotel-stuttgart.de



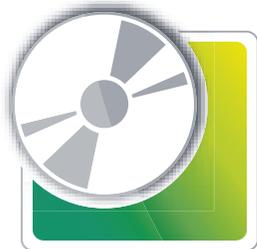


Photo by Ed Thornburg

FUN DAY

Böblingen Elementary Middle School 8th grader Tiera Amos takes her turn at bat in the mixed softball game during the traditional end of year "Field Day".



Photo by Ed Thornburg

SECURITY BRIEFING

The Post Exchange participated in the BEMS "Field Day" by opening up the security department and demonstrating the techniques used in protecting the PX's merchandise from unlawful shoppers. The demonstration was a real educational experience for these young shoppers and they departed with a huge appreciation for the work done by Mr. Young and his support staff.



Photo by AmyRush

AFN TOUR

The Patch Elementary School News Crew, Brooke (from Left), Jayne, Kaylie, Josie, Mikayla, Luci, Troi and Ms. Reichert recently toured the AFN Studios on Robinson Barracks.

Youth Activities

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

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

Youth Activities



Photo by Ed Thornburg

KINDY 500

The BEMS kindergarten classes lead off the school's Field Day with their Kindy 500. It was an early race, poll time was 8:00, and the signal to start your engines was given fifteen minutes later. The field of cars quickly began to spread out as the faster models headed to the front.



Photo by Ed Thornburg

SCAVENGER HUNT

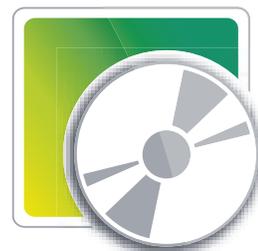
Four middle schoolers on their way to being rewarded for all of their hard work for the scavenger hunt during the recent Field Day.



Photo by Dan L'Esperance

THE TELL-TALE HEART

Kjersti Strong (from left), Caden Bass, Sarah Brown, Kayleigh Cullivan and Caitlin Slater from Mr. L'Esperance's 6th grade Creative Thinking class at BEMS ended their school year by studying the life and major works of the American writer Edgar Allan Poe.



Have fun with the locals



Hamburger Fisch Markt

Thu, Jul 10 – Sun, Jul 20
Stuttgart, Karlsplatz

The Hamburger fish market is a festival for fish lovers from July 10-20. You will be able to find all different kinds of fresh fish from eel to pike perch, and fried fish to scampi. All the culinary delicacies from the sea will be served while you indulge and listen to the sound of jazz. For more information on the fish market see www.stuttgart-tourist.de

EVENTS

Körperwelten der Tiere

Fri, Jun 27
Ludwigsburg, MHPArena
Gunter von Hagen presents his exhibition called Körperwelten der Tieren (body world of the animals) from the 27th of June in Ludwigsburg. You will be able to see the animal body from a different view. You will be informed about the anatomy, health and physiology by viewing these animal body parts. Tickets cost €14. For more information see www.koerperwelten.ausstellungssommer.de

Heusteigviertelfest

Fri, Jun 27 – Sun, Jun 29
Stuttgart, city center
Stuttgart is having a fest from the 27th to 29th of June. This is the 36th time the fest will be held and is in one of the nicest areas in town. This event is great for people of all ages. Live music will be played on five different stages and children will also have something to do. For more information visit www.stuttgart.de

City fest

Fri, Jun 27 – Sat, Jun 28
Reutlingen, city center
The city of Reutlingen is celebrating their festival from 27-28 June. 6 stages, 30 live bands, food, and other activities are planned. Children will also have a fun filled schedule planned. For more information visit www.stuttgart-tourist.de

Segway Tour

Sat, Jun 28
Stuttgart, Jugendhaus Mitte
If you would like to see Stuttgart like never before, join the Segwaytour on June 28 for a great outdoor sightseeing experience. Segway tours are an increasingly popular way of sightseeing in Germany's cities. In Stuttgart you will be passing historic places, parks, the castle and many more without taking one single step. Tickets are €55. For further tour dates and times as well as additional info see www.seg-tour-stuttgart.com.

Sommerfest

Sat, Jun 28 – Sun, Jun 29
Vaihingen, Weingut Sonnernhof
Enjoy the annual summer fest at the Weingut Sonnernhof from the 28-29th of June. Live music, wine, various BBQ specialties and rides through the vineyards are offered. The summer fest begins on Saturday at 4 p.m. and Sunday at 11 a.m. The fest is free of charge. For more info visit www.weingutsonnernhof.de

Mixery Hip Hop Open

Sat, Jul 5
Stuttgart, Reitstadion
If you are a fan of hip hop music then head on over to the Mixery Hip Hop Open festival on the 5th of July in Stuttgart. Various hip hop artists will perform their style of music. Ticket price is €65 and the VIP ticket costs €129. For more information visit www.mixeryhiphoppen.de

Oberderdinger Weindorf

Mon, Jul 7 – Tue, Jul 8
Oberderdingen, Marktplatz
Explore the large variety of wine at the Oberderdinger wine village on the 7th and 8th of July. You can indulge in the various types of wine from the region and taste the accompanying culinary delights. Live music will ensure a fantastic atmosphere. The event starts at 6:30 p.m. on Saturday and 11:30 a.m. on Sunday. For more information visit www.oberderdingen.de

Afrika-Festival

Fri, Jul 11 – Sun, Jul 13
Stuttgart, Erwin-Schoettle-Platz
This annual African festival takes place from July 11-13 and offers pop music from different areas in Africa as well as African food, fashion, concerts and much more. Over the three days, you will be able to see and experience African culture. A variety of activities will keep children entertained throughout the event. For more information visit www.stuttgart.de

CONCERTS

Joe Satriani

Fri, June 27
Karlsruhe, Tollhaus
Joe Striani is performing at the Tollhaus on June 27 in Karlsruhe. The show starts at 8.30 p.m. For tickets from €40.60 and more info visit www.eventful.com

Blink – 182

Mon, Aug 18
Stuttgart, Hanns-Martin-Schleyer Halle
Blink – 182 is back in Germany and performing on the 18th of August in Stuttgart. Ticket prices start at €44.50. Be sure to get your tickets soon as this punk rock band is known to rock the house and sell out fast. For more information on tickets visit www.eventim.de

SPORTS

Stuttgart Lauf

Sat, Jun 28 – Sun, Jun 29
Stuttgart, Benzstrasse
If you would like to take part in a marathon or a walk, join the Stuttgart Lauf on June 28 & 29. There are various running and walking events on both days with different start times and lengths. A 5 km run and optional inline-skating is also offered for children. For more detailed information about the run times, lengths and route profile visit www.runme.de

USA vs Germany public viewing

Thu, Jun 26
Stuttgart, Schlossgarten
Don't miss the qualifier game USA vs Germany to see who will continue in the hunt for the trophy on the 26th of June. Kick-off is at 6 p.m., so be sure to head to the Schlossgarten early to secure a good spot in front of the large screen. For more info and further game schedules visit www.biergarten-schlossgarten.de

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2006 Mini Cooper, \$7000. 104,200 miles. 2-door, 4 seater, sunroof, heated seats. Just detailed and serviced Monday. Manual transmission. Drives great, excellent gas mileage. Recently replaced clutch and exhaust. teamar medforceseeurope@gmail.com

2008 Ford Focus SE for sale \$6,900, \$, riverafamily114@gmail.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

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

4 x Opel winterTires mounted on ENZO 6 1/2 J X 15 EH2+ Alu Wheels. Good Year Ultragrip 7+ 195/65 R15 M+S Reifen. Look New! Around 8-9 mm profile., \$400.00, omarrstanley@aim.com,

BMW 320 d e46, €3400, 015117610336,

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

40-50 MPG, 142K miles, US specs, original owner. Just inspected, 4 new all season tires, 4 winter tires, Navigon GPS included. Scratches and minor dings, no accidents. All scheduled maintenance and every 5K oil/filter changes done. david.estroff@gmail.com

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 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

Cooper Weather Master Snow Tires (205 55R16), \$300, Excellent tires - only used for a few months. The only reason I'm selling is because I have a new car. Can provide other pics "if needed". Email: perfumegirl23@hotmail.com

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 Chyenne Kiel at 01702368505 or via email kielcd@gmail.com

Four snow tires Uniroyal 225/50R17 98H XL FR MS Plus. Only used in winter for three years. In storage of the tire store. Has left 6mil. Used on BMW 525. Also for Audi A-6. Perfect conditioned. Cost \$340 Inf: ruizo@msn.com

Grand Dodge Caravan SE 2009 Automatic, 7 seats, Entertainment Center with Hard Drive, Navigation System, Back up Camera, Stow and Go Seats, Dual Sliding Doors, Keyless Entry, well kept by 1 owner. 89k miles. \$12,490. Contact: 0151-26067460

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Metallic Grey 2012 VW Golf TDI station wagon. Climate control, heated seats, GPS, roof rack, tinted glass, dealer serviced and much more. Great road car and only 42500 km, still under warranty! Call Bill at 0151-511-90027.

Michelin Latitude Diamaris - 285/45 R19 107V BMW Tires, set of 4, very good condition. \$1,200 OBO. Contact sandersjn@sbcglobal.net. Must pick up.

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.

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

This is Kahlua. She is a 1979 VW T2 Crew Cab RHD. If you are a VW enthusiast you will know that this model is rare; she also benefits from having a manual transmission. Kahlua is the outcome of a 2-year restoration. Contact 447971237629

MOTORCYCLES
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For Sale: 08 HD Fatboy, \$15,500, bult62@yahoo.com,

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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220 volt iron and ironing board. Contact Eric and Mia at 063759949674., \$30, eyates9761@aol.com

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

Baby Buggy, Baby Buggy in good condition, with additional baby carrier., \$50.00, spvendedor@gmail.com

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

Butcher block -solid wood excellent addition to your kitchen \$95 or OBO See photo on KA classified web site. Call Rex 06371-57570

Cordless Drill 18V, \$15.00, spvendedor@gmail.com

Downsizing Nailpolish Collection, \$2 each or \$45 for all, All are great brands (Essie, Astor, Revlon, Kure, Misslyn, Loreal, Sally Hansen, etc.,) perfumegirl123@hotmail.com,

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.

Hand bag/ copy of Louis Vuitton, brand new / two in one/, \$30, Rui zo@msn.com,

Kitten Heel Leather Pumps (Never Worn), \$65, Size 10 Rockport leather pumps that have never been worn outside of my living room. If bought online they would cost between \$75 - \$110.perfumegirl123@hotmail.com,

Living room curtain/23ft by 45", \$80, Rui zo@msn.com,

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

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FOR SALE

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Made in England Pitcher and bowl.... \$50 or OBO See KA web site Call Rex 06371-57570

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

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.

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

ROTJ Imperial Shuttle, This is a vintage 1983 / 1984 Boxed Unused Complete article. The box has been opened but that's it. NO play use of any kind, its complete. omarrstanley@aim.com

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

Small English coal stand. Can be used as an end table. \$25 See photo on KA classified web site Call Rex at 06371-57570

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

Various size New Gym bags \$10.00 each, spvendor@gmail.com

Washer-Dryer All in One, \$450.00, carenkids1@msn.com/01744103721

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

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TKS SERVICE OUTAGE at ROBINSON BARRACKS, June 27

Stuttgart 21 construction project causes temporary outages. A one-time TKS service outage will occur at Robinson Barracks on Friday, June 27 2014 between midnight and 6:00 a.m.

The outage will impact Robinson Barracks only, other housing areas within the garrison will not be effected. Services that will be interrupted include TKS easyConnect (cable telephone/Internet service), TKS easyTV, AFN television programming, and Exchange Connect wireless Internet service.

The interruption is due to the ongoing Stuttgart 21 construction project currently underway at the Stuttgart Hauptbahnhof. This public works project will require the relocation of several major utility lines that intersect in its vicinity, and it is this 6-hour relocation process that will temporarily impact TKS network services at Robinson Barracks.

When the work is completed all services will automatically restart with full functionality, local users can begin using their services immediately. A reset or device reconfiguration is not required.

Should Robinson residents experience any type of persistent technical issues on Friday morning, the situation should be immediately reported to the 24-hour TKS Customer Service Hotline: 0631-3522 499.

FURNITURE

All ads and pics on class-world.com

Antique 100 y.o. German china cabinet, matching dining table with 4 chairs. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €950, eyates9761@aol.com

Antique Bench, Antique bench with cushion seat, storage space and wheels. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €600, eyates9761@aol.com

Antique corner desk. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €150, eyates9761@aol.com

Antique French armoire with mirror doors. Louis IV style. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €800, eyates9761@aol.com

Antique French buffet. year 1890 Henry II style. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €1000, eyates9761@aol.com

Antique French sofa. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €200, eyates9761@aol.com

Antique secretary desk. See photos on KA classifieds web page. Contact Eric and Mia at 063759949674., €120, eyates9761@aol.com

Bedroom shrunk, \$125, Ruizo@msn.com, Size 7ft height/ 6ft wide/ side 27"

Clock, \$170.00, spvendor@gmail.com,

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

Coffee table, oak, \$50, Ruizo@msn.com,

Dining room table (\$99) and matching swirl bar stools (4), (\$145)Ruizo@msn.com,

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

Mantel Clock, Mantel clock from the 60 era. Key wind chimes on the half and full hour., \$70.00 spvendor@gmail.com

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

PERSONAL

All ads and pics on class-world.com

Harley friends, Lookin for friends, female/male who likes harleys, works on them, who are into Rock music, good food, havin fun, BBQ, beeing outside and enjoying a good time together. Just email me and we will see when we can meet. 2wheelmechanic@web.de

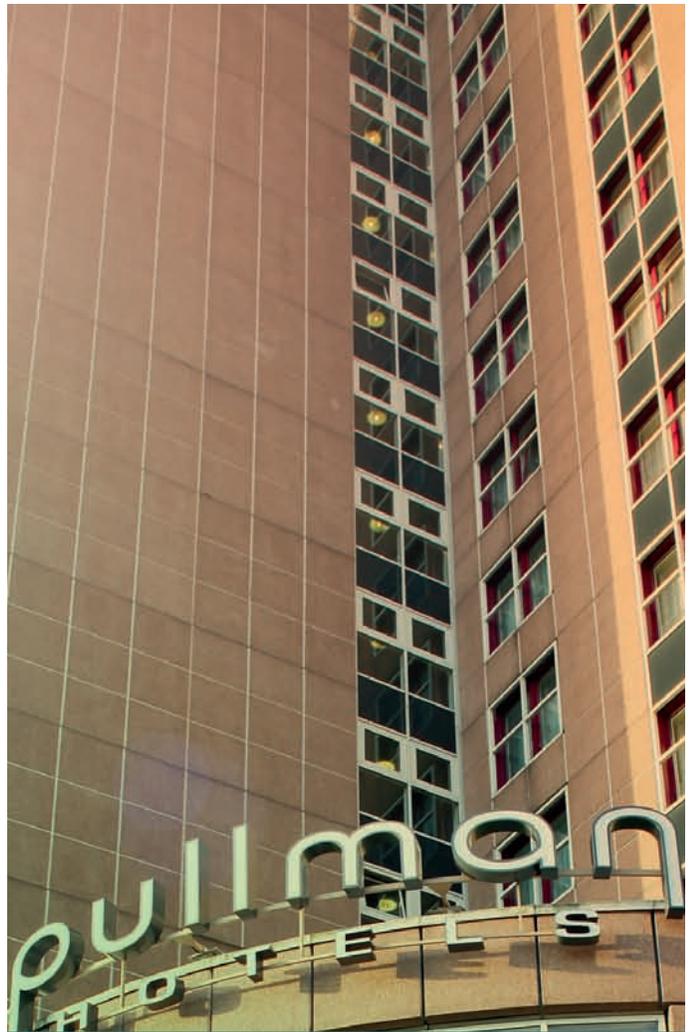
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All ads and pics on class-world.com

Boy Scout Troop (tundratracker@yahoo.com) is looking for donation of new mops, gently used brooms, a cabinet to store cleaning supplies, a fire pit, or gently used water coolers. Please contact via email and I will pick up.

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