



Garrison firefighters attack a car fire in a dramatic demonstration.



Patch Elementary School student Cadence Sherwood, age 7, takes her first ride into the sky on a ladder truck. "It wasn't at all scary. I think it was really good. I could see all of the buildings."

## Open house demonstrates garrison FD capabilities

Story and photos by John Reese  
USAG Stuttgart Public Affairs

Black smoke billowed from a fully engulfed car fire, ladder trucks reached skyward and sirens howled as the firefighters of USAG Stuttgart Fire Department raced to the Panzer Exchange parking lot, May 18. A large crowd gathered near the entrance of the Exchange, reacting to the many explosive pops and crackles the car made in its death throes. The intense heat was felt 20-30 yards from the four-wheeled inferno until the firefighters flaked out a hose line, attacked the fire and quickly turned the black smoke into white steam clouds.

Before lighting it up, two MPs from the 554th Military Police Company did some impromptu hands-on training by smashing the driver and passenger windows at the peril of 100 push-ups if they failed to break the window on the first swing.

Garrison Fire Chief Karl Doersam addressed the crowd on scene and across the greater Stuttgart area on the air with AFN hosts Sgt. Lawrence "El Boogie" Holmes and Spc. Alexis "Lexie-G" Gonzales.

"The importance of today's fire safety demonstration is that the real thing can be so much worse if you're not paying attention to it. To talk about risks, and promote means of mitigating those risks is the major intent of this event," Doersam said.

This was just one of the many scenes at the USAG FD open house. Included were numerous static displays of firefighting apparatus of the garrison and supporting fire departments from Boeblingen and Leonberg. The German auto club ADAC had a life-sized driving simulator, and the emergency/disaster relief agency THW brought displays of their equipment and a bouncy house for the kids. Some of the events were focused on teaching moments for community children, with toy fire helmets and a visit by fire safety mascot Sparky.

"This open house is to show our capabilities with realistic demonstrations. It kind of brings it home when you see a livingroom set on fire—it makes it personal for you, that it could be your house if something happens," said garrison fire inspector Anthony Fornicola, a firefighter of 10 years.

As in previous years, the Boeblingen Fire Department's ladder truck lifted community children high above the roof of the Exchange, rising to 3-4 stories high.

Another car was cut and pulled apart in a demonstration of how to rescue a victim from a wrecked car using a combination of hydraulic and other tools.

As for the car fire demonstration, Doersam said most car fires are from a technical failure, usually in the engine, and take about 10 minutes



Austin Bail, 22 months old, checks out the driver's seat of an immaculate 1966 fire ladder, courtesy of the Leonberg FD.



A future firefighter learns the proper use of a fire extinguisher.

for the vehicle to be enveloped in flames.

"A car fire takes a lot of time to reach the passenger compartment. Unfortunately, many people think of

a burning car exploding, like in the movies. Instead of trying to help people get out or extinguishing it, they stand back," Doersam said. "They almost never explode."

# Eight reasons to celebrate Independence Day with USAG Stuttgart

By Joel Wasko  
Family and MWR  
USAG Stuttgart

The Stuttgart military community annually comes together to celebrate the most exciting event of the year, the Independence Day Celebration.

This year, some might be enticed to use the long federal holiday weekend and training holiday to travel to places outside of Stuttgart. However, here are eight reasons you should delay any trips and join the festivities on Thursday, July 4, starting at 3 p.m. on Husky Field, Patch Barracks.

**1** Nowhere in Europe will you find as many Americans joined together to celebrate their independence. Between 4,000-5,000 people attend the Independence Day Celebration, giving the event a small town feel and providing a piece of Americana far away from home.

**2** Not one, but two headliners. Thanks to Armed Forces Entertainment, USAG Stuttgart



will be rocking to the bands "Lit," known for their song "My Own Worst Enemy," and "Fastball" with their musical highlight "Out of My Head." It will bring back memories for those who rocked in the 90's.

**3** The food. Get a real American burger, pulled pork or hot dog, but don't stop there; get your fish plate, street tacos, cotton candy, Filipino ice cream, horchata and more! Anybody else getting hungry?

**4** Kids will love it. The kids can see Europe another time—the Fourth of July should be celebrated with bouncy castles, the CYS Water World, carnival games and tons of other kids who they can play with.

**5** The Patriotic Parade. Kids can decorate their bikes from noon until 3:30 p.m.—for free—at the Patch Arts & Crafts Center, then join the parade at 4 p.m. The Schoenaich Musikverein will be leading the parade once again. Enjoy the homemade floats and cute children on their bikes showing off their patriotism. Want to

participate? Register through Parent Central Services and get a chance to win prizes worth up to \$300.

**6** Sports is King. So, let us find out who is king at this year's warrior challenge. Mind you, it's not for the weak-hearted.

**7** Celebrate Army Community Services birthday. Grab some ice-cold treats, paint a rock and enter to win prizes by playing some fun games.

**8** Going out with a bang. Enjoy a fireworks performance by an internationally renowned firework artist that brings you an up close and personal show for the grand finale.

Stuttgart Family and MWR is the main event organizer and use its entire organization—ACS, CYS, Community Recreation, and Business Operations, as well as partners with many other garrison organizations, to bring you the best Independence Day Celebration, on Husky Field. For more information, go to [stuttgart.armymwr.com](http://stuttgart.armymwr.com).



2018 4th of July photos by John Reese, USAG Stuttgart Public Affairs

## The Citizen

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# 'Kaleidoscope' going to 2019 AACT National Festival in Gettysburg

Public Affairs  
USAG Stuttgart

The Stuttgart Theatre Center's production of Ray Bradbury's "Kaleidoscope" will be the AACT Region X entry to the 2019 American Association of Community Theatre (AACT) National Festival in Gettysburg, PA, June 17-22.

AACTFest is held every two years with theaters from every US state and overseas theaters participating. One other US Army IMCOM Europe Entertainment program, Ansbach Youth Theater, will also participate in the national festival. Army Entertainment shows have competed at the national festival since 1999, winning several awards. The AACT "Kaleidoscope" was directed by Tracy Coffey and includes two active duty service members. It was selected as

best show at the annual US Army One Act Play Festival held in October.

AACT provided some funding to help finance the cast members travel to and participation in the National Festival. The theaters also raised additional funds and some participants are paying their own way to the festival.

Army Entertainment has been part of AACT since 1997. Army Entertainment represents the US Army in this national organization. Membership in AACT provides Army Entertainment professional-level accreditation; a voice in the national theater community; theatrical resources; and educational and learning resources. AACT offers free membership to active duty military members.

*(Editor's note: Information for this article was provided by Recreation/G9, IMCOM-Europe.)*



Photo by Larry Reilly, USAG Stuttgart Public Affairs

A chorus of friends console Donna Sheridan, played by leading lady Emily Sherwood, during one of the many Abba songs adapted for "Mamma Mia!" The popular musical is now playing at the Kelley Theatre. This is the last production of the season; the first three shows played to a full house. Call the box office at 421-3055 or 0711-729-3055.

## Asian-American, Pacific Islander Heritage event teaches, entertains, nourishes garrison

Story and photo by  
Holly DeCarlo-White  
USAG Stuttgart Public Affairs

Asian-American and Pacific Islander Heritage Month was celebrated at the Main Exchange on Panzer Kaserne, May 23, with live entertainment and food for all Stuttgart military community members.

The 2019 theme was "Unite Our Mission" by engaging with each other, in recognition of the contributions, service and sacrifices of Asian and Pacific Islanders across the United States.

USAG Stuttgart Equal Opportunity Advisor Sgt. 1st Class Pierre Y. Boynton emceed the ceremony. Boynton described how the "Asian-American and Pacific Islander" designation



The Mi Amiga Groups perform a cultural dance at the Panzer Kaserne Exchange in celebration of Asian-American Pacific Islander Heritage Month, May 23.

encompasses an array of languages and cultures with more than 50 ethnic or language groups and subgroups, including native Hawaiians and other Pacific Islanders.

To enable community members to experience a few of the traditions first-hand, Jessebel Fischer and Deanna Ruth Ulbricht of Mi Amiga Groups entertained an audience of

all ages with dances from various cultural genres, and vocalist Lynn Lueder sang peaceful, traditional songs from Thailand. In addition to entertainment, food samplings were prepared by Cherry's Kitchen Catering.

No military community event would be complete without a ceremonial cake. Provided by the Exchange, the cake was cut by Capt. Carlie Wilson, commanding officer, Headquarters and Headquarters Company, USAG Stuttgart, 1st-Sgt. Lisa Zoechbauer and the event performers.

*(Editor's note: View more photos on StuttgartCitizen online and see clips of the dancers on the garrison's Facebook page.)*

## Stuttgart military community gathers to remember, honor the fallen

Story and photo by Larry Reilly  
USAG Stuttgart Public Affairs

The Patch Chapel carried a somber note of remembrance as dozens of community members participated in a Memorial Day ceremony, May 27, to honor and remember those who paid the ultimate sacrifice while serving in the U.S. military.

Active duty, retired and former service members, representing various military branches, as well as civilians and family members, listened to guest speaker Fleet Master Chief Crispian D. Addington, senior enlisted advisor, U.S. European Command, and veteran Doug Clemence, commander, American Legion Post 6, speak about the significance of Memorial Day.

"This year, Memorial Day is especially meaningful as we mark the 75th anniversary of D-Day. Between 1939

and 1945, the devastating warfare of World War II raged across Europe, the Pacific and North Africa," Addington said. "Even seven decades later, the numbers are staggering. In all, 16 million Americans served in World War II and more than 405,000 made the ultimate sacrifice."

Addington spoke about the tens of thousands of Americans laid to rest in many overseas military cemeteries who were never returned to American soil.

"These numbers are truly humbling. They represent people who were brothers, sisters, fathers, mothers, and friends. They left un-fillable holes in families, communities and hearts across the nation. They were loved. They were mourned. And they are missed," Addington said.

Both Addington and Clemence shared stories of service members who

gave their lives to save their comrades or chose to lead the way when they knew doing so may cost them their lives.

"From the American Revolution to our current operations against terrorism, one million American men and women have made the supreme sacrifice while serving in wars and conflicts. We honor all of them, not just those with the highest medals or the heroes who fought in the most famous battles," Clemence said. "They all died so we can continue to cherish the things that we love: freedom, country and family."

The speakers' reiterated the reason for gathering on Memorial Day, that being to honor and reflect on the memory of the fallen warriors who gave everything.

Addington concluded the somber ceremony with his closing remark from a well-known military leader.

"In the words of a great American



Veterans attend the USAG Stuttgart Memorial Day observance in the Patch Barracks Chapel. Many arrived by motorcycle.

hero who rests for eternity on European soil, Gen. George S. Patton, 'It is foolish and wrong to mourn the men who died. Rather, we should thank God that such men lived,' Addington said. "On this Memorial Day and every day, we ensure they are never forgotten."

# What to know if you get pulled over in Germany

By Emily Jennings  
USAG Wiesbaden Public Affairs

Driving on the roads in a foreign country where you don't speak the language fluently can be very intimidating. Now imagine getting pulled over on a traffic stop where some of the laws are very different than what you might be use to in the United States.

That is exactly what recently happened when David Wilson, a civilian spouse living in Boblingen, was on his way back to his residence from downtown Stuttgart. Wilson was pulled over on Panzerstrasse by an unmarked police car that pulled out from a side street, with blue lights flashing along with a hand sign that read "Polizei" and "Bitte folgen" (please follow). He understood right away what to do and found a safe place to stop. Wilson said the officers who pulled him over were very polite and spoke English.

"They asked me a few general questions, such as where I was coming from and where was I traveling to, how long have I been in Germany, and if this was my vehicle," Wilson said.

Police also asked to see his first aid kit, warning triangles and his reflective safety vest, which are mandatory items in all vehicles in Germany. Once he followed their instructions and a review of Wilson's vehicle registration, USAREUR license, stateside driver's license, DOD ID card and passport, he was sent on



Photo by mattomedia Werbeagentur/Shutterstock.com

his way.

Law abiding drivers who are pulled over by police in Germany should have no problems and will likely be sent on their way promptly, as was the case with Wilson. But it pays to know what to expect and what documents to have on hand to make the process go as smoothly as possible, USAG Stuttgart police said.

"A lot of people see the blue lights and panic," said Sgt. Evan Lloyd, a traffic officer with the garrison Directorate of Emergency Services. But police officers want to emphasize the importance of slowing down and focusing on safety. "We want people to stop at the next possible safe location."

Polizeihauptkommissar Thorsten Beck, Stuttgart Polizei, said that while getting pulled over in Germany is a bit different from the U.S., what drivers should do once they stop is the same; turn off the engine, remain inside the vehicle, keep hands visible/on the steering wheel and wait for the instructions before looking for documents or taking any action. Polizei officers will identify themselves and state the reason for the traffic stop. It is important that drivers let the officer know right away if they do not understand German. The vast majority of officers will be able to communicate in English, Beck said.

It may be helpful, however to keep the USAG Stuttgart garrison

military police phone number on hand (07031153095) in the rare case that communication is limited or a driver feels his/her rights are being violated.

All police in Germany have their respective contacts at each garrison. Polizei can contact the Military Police, if necessary.

"If a person identifies themselves as a police officer, but is dressed in civilian clothes, drivers can ask for identification to show proof that they are who they say they are," Beck said.

"Keep the proper documents with you in your car, and as long as you follow the proper rules of the road, there's really nothing to be worried about," Lloyd added.

Another thing to note about traffic stops in Germany is that two officers typically ride in a car.

"One officer will communicate with the driver and the other will stand watch to keep the situation secure—and may have a machinegun," Beck said.

Certain routes are known criminal routes, so drivers may be pulled over simply for being on that route, and Polizei may use drug or explosive detection dogs as part of their operations, Beck said.

*(Editor's note: This article was modified from the original by Chief of Police Ruben Santiago, USAG Stuttgart Directorate of Emergency Services.)*

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# How to receive compensation when your possessions get damaged

By Capt. Robert Webster Duffie Jr.  
*Judge Advocate*  
*Legal Assistance, Claims Officer*  
*Stuttgart Law Center*

It is PCS season again at USAG Stuttgart! This means that on-top of all the out-processing, flights, and other things to do, you have to prepare to ship your property to your new home.

Unfortunately, property is sometimes damaged during the shipment process. Thankfully, there are ways to receive compensation for those losses. Before you embark on this exciting journey, take some time to read the helpful tips below on how to ensure that if this happens to you, you will receive just compensation for the damage.

## HHG shipment

Before the movers come, create a photo inventory of all of the property that will go into your household goods shipment. If you later need to make a claim, a photo is hard to dispute. Also, photograph the condition of your home on moving day before the packers arrive, just in case the moving company causes any damage. This will allow

your landlord to file a claim against the moving company and help you keep your security deposit.

During the move, make sure high-value items are listed on high-value inventory. Don't sign the mover's inventory until you understand and agree with everything listed. If you disagree with what is listed on the inventory, make sure you write it in the remarks section. Furthermore, it's advisable that you invite family, friends and neighbors to your house to keep an eye on the packers. It's impossible for one or two people to keep track of everything going into the boxes and onto the truck. Finally, have the packers show you the inside of each box before they tape it. You can make additional notes on the outside describing exactly what's inside.

When you receive your HHG shipment, document any pre-existing damage of the property and plan where you might want your furniture to go. Make sure to check all the walls and floors of your new home for damages caused by the movers before they leave. Once again, this will allow your landlord, or in case you own the home, yourself, to file a claim for these damages.

Lastly, document any visible damage to your household goods on the Notice of Loss or Damage at Delivery Form as they come into the house. This form will be signed by both parties before the movers leave, however, do not let the movers rush you into signing this document, make sure you have thoroughly checked all of your property and annotated any damages on the form before signing.

Remember, in order to file a claim for damages to your HHG, you must file a notice of loss or damage to the Transportation Service Provider (TSP) within seventy-five (75) days. You then have nine months from the date of delivery to submit the actual claim to the TSP for full replacement value. If you wish to file a claim for depreciated value with the Military Claims Office, you have two years from the day of delivery to do so.

## POV shipment

When you go to pick up your privately owned vehicle at the Vehicle Processing Center (VPC), thoroughly inspect it and annotate all new damages on the Vehicle Inspection and Shipping Form

(VISF). The VPC may make you an offer on the spot as compensation for damages. However, be forewarned; depending on the type of damage, the VPC's offer may be significantly lower than the actual cost of repair, and if you accept this offer, you will not be able to file a later claim for the same damages. Any damage found after you drive off the military installation is presumed not to be shipment related, making it extremely difficult to prove that the damages were shipment-related and thus payable. Therefore, do your due diligence at the VPC and ensure that you note any visible damage on the VISF.

Following the recommendations above will take some of the stress out of your PCS move this summer.

### PCS without the stress

If you have any questions concerning claims or the claims process, please call the Stuttgart Law Center at 0711-729-4152 or email [usarmy.stuttgart.21-tsc.mbx.slcla@mail.mil](mailto:usarmy.stuttgart.21-tsc.mbx.slcla@mail.mil).



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NEWS BRIEFS



Send your announcements for upcoming events to the USAG Stuttgart Public Affairs Office

Run the Ten-Miler

Register for the Army Ten-Miler, coming up June 22 at Grafenwoehr. Open to all US ID cardholders, with the top six male and female active duty Army qualifiers going on to represent USAREUR in the big Washington DC run, Oct. 13. Visit grafenwoehr.armymwr.com to pre-register.

Now run the 1.2-Miler

In celebration of the Army's 244th birthday, June 13, a large formation of 300-plus Soldiers will make a 2k run/march, beginning at 6 a.m. on the Panzer Kaserne parade field. Following the run, the first of five Army birthday cake cuttings will take place. If you're not participating, find a good place to cheer on the largest formation of Soldiers running on the kaserne in recent memory.

"School's out for summer"

June 13 is also the last day of school! School releases at 11 a.m. Reminder, the

Panzer back gate entry hours are dependent on the school schedule, so while school is on break, the back gates will be closed in the mornings. Afternoon gate hours remain through the summer.



Did someone say cake?

There will be Army birthday cake being served at noon, June 13, at the following locations: U.S. Africa Command-Kelley Theater; U.S. European Command-Patch Food Court; 554th Military Police Battalion-Panzer Exchange; "The Originals" Dining Facility, Panzer Kaserne. Also at the DFAC will be the Messlords, a group of celebrity chefs cooking up a special meal for \$9.10 (\$6.80 for junior enlisted and family members).

FMWR closing for a day

All Family & MWR facilities, including child care centers and fitness centers, will be closed on June 14. The hotels and golf course will be open and those with 24/7 fitness center access can use the gyms (to register

for 24/7 access, stop by any fitness center on post).

Speak up

Eligible Army civilians are asked to participate in the 2019 Federal Employee Viewpoint Survey, ongoing until June 25 (a week longer for USACE). If you received an email inviting you to take the survey, please do so. Takes about 15 minutes.

"You kids get off my lawn!"

The grass on Patch's Washington Square is closed off to pedestrian traffic as it and other areas around Husky Field are spruced up prior to Independence Day. The project is expected to be done before the end of June.



Attention single service members!

BOSS meetings are the 1st and 3rd Thursday's of every month, 11:45 a.m. to 12:45 p.m., at the 4th floor lounge

(Education Center) of Bldg. 2915, Panzer Kaserne. Open to all single and unaccompanied personnel of any branch of service, including single parents. Members enjoy free bowling every 3rd Thursday at 6 p.m. at the Galaxy Bowling & Entertainment Center.

On June 14, unwind and enjoy the great outdoors on a camping trip; meet at 9 a.m. on Panzer Kaserne.

On June 22, go go-carting; signup with a \$20 deposit to reserve your spot, refundable at the event to go go-carting, 1-4 p.m.

"Fore!"

Represent your organization and bring a team to the 4-person Commander's Cup Golf Scramble (best ball). Winning low gross team must have two players from the same unit to win the Commanders Cup Trophy. All other prizes will be for net score. Numerous individual and team skills contests held on the course, as well as the annual beat-the-pro contest. The cup is won by the low gross team, all other prizes

will be net. Event is handicap using USGA method to even the playing field. Established handicap is preferred but not mandatory. Register at the golf pro shop by June 21. \$35 for members and \$50 for ID cardholders. Fee includes green fees, CC logo cap, golf cart, range balls, prizes and buffet lunch. Call 0714-187-9151.

"I'm not shocked!"

A power outage is scheduled for 8 a.m.-1 p.m., Sunday, June 23, which includes the shoppette/gas station. Residents should've been notified. For a list

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Experienced Rider courses are required for service members to ride. The training is done on a specially designed course on Stuttgart Army Airfield. The next ERC courses take place, June 27, Aug. 1 and Sep. 26. The remaining BRC date is July 25. Personnel must register online via US Army Traffic Safety Training Program Registration System. Note: Registration is CAC-enabled

for Soldiers; non-Army should contact the USAG Stuttgart Safety Office. The Installation Safety Office is in Bldg. 2948, rooms 302, 301 and 320, Panzer Kaserne. Call 431-3832/3133/3134. Civilians or family members needing training should call the rider mentor coaches at 431-2198 or 430-2226.

**Adventure time**

Spend the morning of morning July 13 running through the forested training area near Panzer Kaserne, solving riddles, completing physical challenges and mental puzzles, with three of your buddies, then celebrate with a free lunch at the end of the USO's 2nd Adventure Challenge. Registration is

already open and its free, plus the USO promises the lunch won't be MREs. The first 20 teams of four to register will receive free USO Adventure Challenge t-shirts. The event takes place at. Participants must be 18 and older. The top three teams will receive prizes.

**Hear ye, hear ye**

Over the next year, the garrison will conduct four community town halls, 6:30 p.m., to address concerns regarding housing and other issues. The town halls will take place at Robinson Barracks Chapel, June 27; Panzer Chapel, Sept. 23; Kelley Theater, Dec. 11; and Patch Chapel, March 26, 2020. Any changes will be

announced here and online.

**Ahoy, shipmates**

Sailors and community members are invited to commemorate Navy heritage and tradition by attending the 244th U.S. Navy Birthday Ball, Oct. 19, at Stadthalle Sindelfingen. Watch for announcements of events to bring greater awareness about the ball, where to get tickets, etc., as the date draws nearer. Email stuttgartnavyballcommittee@gmail.com.

**PSC offers RBA**

Join the Patch Ski Club for an awesome weekend in and near Munich, June 28-30, riding a bike around Munich to visit Biergartens and floating down a river aboard a giant log raft with a band. The bus departs Patch Barracks at noon, returning Sunday evening. Non-member? No problem. You can still participate in this Rad und Floßfahrt trip. Get the details here or call the trip captain at 0711 7080 0314. Patch Ski Club is a private organization authorized by the garrison.



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# TCLOCS your iron horse before saddling-up

Story and photos by John Reese  
USAG Stuttgart Public Affairs

It always makes for a better motorcycle ride when your bike functions the way it's supposed to, which is why a pre-ride inspection is important for safety and avoiding hassles.

Motorcycle Safety Foundation courses are required prerequisites for military personnel, and MSF created a trademarked system called TCLOCS as a way to check your ride before mounting up. The acronym stands for tires and wheels, controls, lights and electrics, oil and other fluids, chassis, and stands.

"A motorcycle will continue to ride like new if it is properly maintained and routine inspections become part of its maintenance cycle," reads the MSF Rider Handbook (a copy of the handbook is provided to service members who attend the garrison's MSF courses, and a TCLOCS inspection sheet is included).

TCLOCS is fast and easy, not taking more than a few minutes once you get the drill down.

Beginning with the tires and wheels, you check the air pressure, treadwear, cracks and dents, bearings and brakes. Air pressure is easy, but many motorcycles run into a problem using the air pumps at the Exchange gas stations because the newer, longer air nozzles can't get past the disc brakes. The FMWR Auto Skills Center (currently in transition from Panzer to Kelley Barracks, re-opening July 8) has a detachable nozzle head with pressure gauge that fits most motorcycle wheels. If your motorcycle has laced wheels, check the spokes; loose spokes can make the bike's handling feel like you've got a flat tire, causing swerving and a mushy feel.

Different bikes with different controls means maintenance will vary between makes and models, but some controls are universal, such as clutch and brake levers. Check the levers for ease of use and lubricate if your owner's manual calls for it. Flick the assorted switches, such as the horn, high/low beam, kill switch, turn signals and starter. Inspect all



Motorcycle riders participating in a 2018 MSF Basic Rider Course learn how to perform a quick TCLOCS inspection.

they dry and crack over time. Lastly, check your throttle for ease of turning and ensuring it doesn't stick.

Check all of your lights, not just your headlight. If your bike is against a wall, checking the front and rear brake lights is easy from in the saddle. It's slightly harder in bright sunlight, even when checking while

bike is parked for leaks.

For the chassis, you'll want to check your suspension and drive system. Smaller motorcycles usually have a chain drive, while larger modern bikes have a belt or driveshaft. Chains need to be frequently lubricated to avoid rust and sticky links.

Finally, check your kick or center stand. Check the tension and wear on the spring that holds the stand in place; you don't want it dropping when you're moving at speed or failing so your shiny motorcycle falls over. Extra tip: be careful when parking on asphalt on a hot day, as side stands can sink into heat-softened asphalt, causing the bike to fall. Even a parking fall can be expensive to repair as levers, mirrors break easily, paint jobs and chrome get ruined, etc.

"If done before every ride, it can help you identify changes before they become a problem," the MSF handbook reads.

You don't have to be a mechanic to enjoy years of safe riding by regularly inspecting your motorcycle. Preventative maintenance and TCLOCS checks can help to ensure a lifetime of memorable motorcycling adventures.

Not all bikes have an oil warning light, but just like in a car, don't wait for the warning light to come on. Regularly check your oil using the dipstick or viewing window. Also check hydraulic fluid and fuel level. Motorcycle fuel gauges aren't the most accurate instruments. If you do switch to the reserve fuel, you should know how far you can go before you run out of gas. While you're checking the O in TCLOCS, look at your engine and the ground where your

cables to ensure there's no rust, kinks. Look over your hoses, as



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# Get into shape with the garrison FMWR fitness program

Story by Anne-Marie Harcrow  
 Fitness Coordinator  
 Community Recreation Division  
 USAG Stuttgart Family and MWR

The USAG Stuttgart Family and MWR fitness program is rejuvenating with new classes, special events and annual runs. The fitness program offers an array of ways for service members, civilians and their families to unleash their inner athletes, improve mental and physical health all while meeting new people.

The exciting lineup of group fitness classes is ever evolving and caters to a large audience of participants, including cardio-based classes such as indoor cycling, step and Zumba are sure to put a smile on your face and get your heart pumping.

For the high intensity and strength seekers, the fabulous team of instructors have put together a great mix of high intensity interval training, "Boot Camp," and "Muscle Pump" classes.

Or, catch your breath and carve out time for mindfulness with one of the yoga classes. Think yoga is just



Photo by John Reese, USAG Stuttgart Public Affairs

**And they're off! Hundreds of runners, some pushing baby carriages and about a score with four legs, take part in the 16th Annual Cobblestone Classic, a historic, 5-mile hilly run along the old tank trail from Panzer Kaserne to Patch Barracks, June 1.**

yoga? Think again—yoga comes in numerous styles and the yoga instructors have you covered. Another exciting new addition that began May 1 is a monthly yoga class, 11:30 a.m., at the Robinson Barracks Fitness Center, and continuing the first Wednesday of every month.

Regardless of what they teach, all group fitness instructors do an excellent job at offering modifications and encouraging participants to perform to their own individual ability, making all classes appropriate for all levels of fitness. For those just starting their fitness journey, "Learn to Lift"

is a perfect place to begin. This class that began in April meets at 9 a.m., Tuesdays, at

the Panzer Fitness Center.

If group fitness isn't your thing, a team of expert personal trainers are standing by with individualized training plans and large doses of motivation. They offer training to individuals, partner training or small groups. Some trainers have specialized coaching skills, such as boxing and running.

For sore muscles, achy backs, or just some self-care, let the massage therapists work their magic and make you feel like a rockstar. Whether you need full body or a specific area, the team of certified massage therapists offers a variety of services. Ask for more information on massage therapy and personal training at one of the garrison fitness centers.

With all of these opportunities to be active, get out there this summer and get fit!

**Click for fitness**

For more information on Stuttgart Family and MWR class schedules, cost and descriptions, please check out Sports & Fitness on [stuttgart.armymwr.com](http://stuttgart.armymwr.com).



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# Relocation readiness simplified

By Jeremy Plumley  
 Army Community Service Coordinator  
 USAG Stuttgart

Relocating to a new duty location, whether it be stateside or in a foreign country, can seem like a daunting task. Army Community Service is here to assist you and make your transition from one location to the next as simple as possible. Our Relocation Readiness Program (RRP) covers a variety of services to assist you during the relocation process and will continue doing so even after arriving at your new duty location.

Having an assigned sponsor for incoming personnel and their families is crucial for a successful relocation. Sponsors are the hub for important information and being properly trained to sponsor others is an important responsibility. To ensure each assigned sponsor is fully prepared for their role, RRP offers sponsorship training twice each month at a set time and location. Additional trainings are available upon request. Spousal sponsorship is training is also available by request.

Another important service provided by RRP is the Lending Closet, which provides basic household goods for people who have either shipped their household goods to their next PCS location or for those who are waiting to receive their shipment at their new duty location. These goods include basic kitchenware such as plates, glasses, silverware, pots, pans, etc. Appliances such as coffee pots, microwaves, toasters and irons are available as well. For families with young children, there are strollers, highchairs, pack and plays, and other items available to ensure no family member

has to do without. The Lending Closet is available to all active duty service members and their families, DOD civilians, and contractors. To access the lending closet, simply check in with the front desk at ACS and provide a copy of PCS orders. Items may be borrowed for up to 60 days.

### Sprechen sie Deutsch?

If not, we have you covered! RRP provides German translation services for unofficial translation purposes. Typical issues to be translated are utility bills, phone bills, internet service bills, auto insurance, price quotes, emails and for scheduling appointments on the German economy. In addition to the translation service, there is a Host Nation Orientation, a one-day event that provides an immersion into the German language and culture as well as an afternoon tour of downtown Böblingen and lunch at a local German restaurant.

Want to learn more? RRP offers two German language classes both of which are free and no registration is required. German immersion class provides coaching at various levels. Participants will learn about German culture and language to make their time here more enjoyable and fulfilling.

English as a Second Language is also available for those whose primary language is something other than English. The class offers an immersion into American culture and learning the basics of English language and grammar; no registration is required.

ACS is committed to making the relocation process as smooth as possible for all incoming and outgoing personnel and during your time here in Stuttgart.



Photo by John Reese, USAG Stuttgart Public Affairs

Maximize your tour of duty in the Stuttgart military community with services provided by ACS, located in Bldg. 2915 on Panzer Kaserne.

### Learn more about ACS services and programs

For more information on relocating to Stuttgart and creating a personalized checklist for various tasks associated with moving, visit [www.militaryonesource.mil/](http://www.militaryonesource.mil/). If you'd like to schedule an appointment, call 596-3362 or 09641-70-596-3362 or visit ACS weekdays, 8 a.m.-5 p.m, in Bldg. 2915, 2nd floor, on Panzer Kaserne. Visit us online at <https://stuttgart.armymwr.com>.

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# A letter to the Class of 2019: SHS senior experience in 4 words

By Evonna Moody  
Stuttgart High School

Dear SHS Class of 2019,

As Senior Class Secretary, I would like to share and describe a few words that essentially have defined the senior experience at Stuttgart High School:

**Nostalgia:** A wistful or excessively sentimental yearning for return to or of some past period.

Many seniors, including myself, find themselves reminiscing about simpler times, whether that be last quarter or freshman year. Why is it that as we inch towards the finish line of high school, we look behind us and not forward?

**Adversity:** A state of continued difficulty. In the midst of senior year, one can be overwhelmed by the reality of pending adulthood. The final lap of our high school career is a representation of challenges, whether it manifests itself in the form of nerve wracking college decisions, the long-debated case of senioritis, and imminent life changes that lie ahead after graduation. Trust me, we'll look back on this and realize we underestimate ourselves.

**Bittersweet:** Pleasant but including or marked by elements of regret. For many, this year marks our last time getting bruises from the tumultuous Disco Fiber, biting into döner kebabs, and getting drawn on in shades of red, green and blue during Fasching. We'll mull over whether or not we took advantage of our time in the heart of Europe, and hope that in a later life we will find ourselves back here again creating new memories.

**Aspiration:** A strong desire to achieve something high or great. Division 1 athletes. Archeologists. Actors. Researchers. Musicians.

Leaders. These identifiers only scratch the surface of the class of 2019's impact on the world. We are not destined for greatness, greatness is destined for us.

Whenever and wherever you decide to reminisce back to this everything-but-simple time, I urge you to remember that we inhibited the ambition and drive to sprint headstrong past that finish line and make it our new beginning.

**Congratulations to the Class of 2019!**

(Editor's note: Definitions from Merriam-Webster)



Photo provided by Stuttgart High School  
Mortarboard hats reach skyward as the 2019 class celebrates the completion of high school. The class graduated June 5.

# Panther drillers pull off decade of dominance

Story and photos by Larry Reilly  
USAG Stuttgart Public Affairs

Stuttgart High School JROTC cadets achieved a decade of dominance when it won its 10th straight championship trophy during the 2019 JROTC Drill Team competition held in Stuttgart, May 18.

That dominance was more easily achieved during the early years when the drill team fielded 40 to 50 members and had many veterans. However, with the current team having less than 25 drillers, the 10th victory was more challenging. In fact, the squad had to come from behind to pull off the victory,

albeit a 20-20 tie, with the Vilseck High School team.

"We knew it was going to be a very close competition this year as we have a lot of freshman and sophomore cadets," said retired Lt. Col. Norman Matzke, JROTC drill team coach. "Each and every one of them practiced long and hard both during team practices and on their own time."

Seven high school drill teams participated in the competition. The Vilseck Falcons tried to be the villains who would deny the Panthers their 10th victory. The two teams' battled back and forth throughout the seven-event completion, with Vilseck holding a two-point lead going into the final event—team exhibition. Stuttgart needed to win the event to force a first



The Panther JROTC drill team goes through a synchronized move during the team exhibition event.



The color guard performs its routine under the watchful eye of the judge, May 18.

place tie.

The Falcons were prepared and knew they would have to perform flawlessly to take sole possession of the top trophy. They earned a respectable score of 65.67 of a possible 90.

The Panthers took the field with a confidence and swagger that not

only earned them a winning score of 79.67 and a standing ovation from the home crowd, but many thumbs-up from their peer cadets on other teams.

"We put a lot of hard work into the team exhibition routine," said Jonathan Casillas, one of only two seniors on the team and personally contributed to the team's overall score by taking 2nd place in the individual and the two-person exhibit events. "It has been a great experience being part of this team for the past two years, especially this year winning number 10."

(Editor's note: Community members are encouraged to submit high resolution photos and stories about SHS events in the 2019-2020 school year.)

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# Growing Spiritual Muscles: “Don’t Judge Me!”

By Ch. (CPT) Hank Mauterer  
BSC, 1st Battalion, 10th Special Forces Group (Airborn)

Have you ever heard the old saying, “That guy knows just enough to be dangerous!”

When we say that, we’re generally referring to someone who, after having gained only a cursory knowledge on some topic, then acts like an expert, critiquing, correcting and criticizing others. The odds are you probably have known someone like that; you and I have probably behaved like that, too.

At the core of the situation is a judgmental heart. For example, if you’ve ever been a regular at a gym, you probably knew someone new to weight training who was quick to look around the room and criticize others’ form, technique, and meal/supplement choices. Yet, some of those criticized were highly regarded and well-trained competitors. If you can admit to doing this to it, you’re on your way to becoming a ‘spiritual Kung-Fu master’!

You see, this paradigm also holds true to your spiritual faith.

Those who seek to grow in their faith and become holy will inevitably progress through the following three stages of spiritual growth, as discussed in Romans 14: a) when we’re spiritually children, we can expect to find ourselves quickly judging others – especially those who’re more spiritually mature than us; b) when we’re spiritually adolescents, we can expect to find ourselves often regarding others with contempt – particularly those who are spiritually children; and c) when we’re finally spiritually adults, we can expect to find ourselves loving and encouraging others onward in their spiritual faith journey. So, regarding these three stages, where do you most often find yourself?

*“Do not judge so that you will not be judged. For in the way you judge, you will be judged ... Why do you look at the speck that is in your brother’s eye, but do not notice the log that is in your own eye? Or how can you say to your brother, ‘Let me take the speck out of your eye,’ and behold, the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take*

*the speck out of your brother’s eye.” Matthew 7:1-5.*

You see, it is through the arduous process of removing a ‘log’ from your own eye, such as cursing, taking God’s name in vain, adultery, etc., that you learn just how difficult it can be, how long it can take to overcome that sin and how the encouragement of others fueled your resolve. After overcoming something like that, you find it very difficult to either judge or feel contempt towards others who have that same log in their eyes. Rather, you now possess the humility, love, experience, and wisdom needed to help and encourage them in their striving to remove that log from their own eyes, thereby fulfilling Jesus’ command to not judge your brother, but to love

him to holiness.

And to this, I can attest in my own life how, after persevering through the difficult struggle to overcome cursing (marked by numerous successes and failures), I no longer had the desire to judge others who struggle in this area. Rather, as a loving father would, I now enjoy encouraging my brothers and sisters in their efforts to overcome sin.

May you find this word encouraging to your faith journey!

*(In my next article, I’ll discuss why that’s the case)*

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# Lady Panthers track team ties for first at finals, boys take 5th



Photos by Larry Reilly, USAG Stuttgart Public Affairs  
Runners begin a race during Patch's home track meet.

By Robert Ryan  
USAG Stuttgart

The Stuttgart High School girls track team tied with Weisbaden for first place, while the boys took fifth at the DoDEA European Finals held at Kaislautern High School, May 24-25.

The SHS track team was coached by Matthew Snoeyink, and assistant coaches Olga Simms and Philip Bailey. The team also had volunteer long and triple jump coach Ros Harrison, sprinting coach Jean Baptiste "E" Edrice, and distance coach Joan Mercier.

The girls performed very well, securing points in every event. The meet came down to the last leg of the last race for the ladies. Stuttgart was up by 10 points going into the 4x400,

while Wiesbaden was in second place with the dominant 4x400 team. As the race progressed Wiesbaden took a commanding lead and on the last leg Stuttgart was in sixth place with less than 200 meters to go, but Linnea Meier running in her eighth race of the weekend dug deep and kicked hard to the finish fourth place in the race and secure the tie for the championship.

McKinley Fielding placed third in the 800m run, first in the 1600 and 3200 (breaking the DoDEA record in both those events), and placed first with the 4X800 relay team.

Jaelyn Page placed in both hurdle races and anchored the second place 4X100 team; she ran on the winning 4X800, placed 5th in the 800m run, and ran on the fourth place 4X400 relay and the second place Sprint Medley team.

## SHS Panthers men's varsity baseball, girls' softball, wrap up winning seasons

Public Affairs  
USAG Stuttgart

Panthers varsity baseball team started off its last doubleheader of the season with a 15-0 start, then finished up the season with a "Perfect Game" 22-0, May 17. Pitcher Wes Conglianese threw a perfect game to shutout the Hohenfels Tigers, pitching four innings with no runs on no hits and no walks, striking out 10 Tigers.

The SHS team continued its successful run, May 25, in a much closer 7-5 win against Lakenheath. As of press time, the

Panthers were slated to take on Ramstein in the championship against Ramstein.

The Lady Panthers decisively beat the Vilseck Falcons, 11-7, May 24, sending them to face the Ramstein Royals in the semifinals for the 2019 DODEA-Europe Division I softball championship tournament.

*(Editor's note: This information was culled from various sources. The Stuttgart Citizen asks SHS students, faculty and parents to submit sports news and photos for online and newsstand editions.)*

Olivia Johnson placed fourth in both shot put and discus and was on the second place 4x100 team.

The meet ended for Stuttgart with a championship effort, and that's the real story of the team's performance. All of the ladies left it on the track and proved they are champions.

The boys team placed fifth overall with great performances in the throws by seniors John "Trip" Carroll and Tim

Hollister, who threw personal bests to place in both shot put and discus. This year the team had four of its six boys qualify in the throwing events.

Gavin Abney placed in 100, 4X100, and 4X400. He was joined on the



McKinley Fielding broke two DoDEA track records during the European Finals.

relays by Carter Hanes, Wade Cooper, Rocco Reyes and Odell Jackson. Ryan Morrow placed fifth in the 800, and Jack Raddatz ran a great race, placing fourth in the 3200. Although the boys placed fifth, their performance and effort was indicative of a championship team.

We look for great things from this team next year.

*(Editor's note: See the stats and more photos*

*at stuttgartcitizen.com. Community members are encouraged to send high resolution photos and stories about SHS events in the 2019-2020 school year. Robert Ryan was a volunteer coach for shot put and discus.)*

## CYS offers 26 sports, fitness activities for 2019 summer

By Tom Hlvachek

Child and Youth Services Sports and Fitness

Summer is here, and CYS Sports and Fitness is currently registering the following programs and activities for the summer: Camps (to include leisure sports); clubs & racquets; softball; lacrosse; volleyball; wrestling; basketball; soccer; golf; boy's and girl's fitness; bowling; cheerleading; and wrestling.

Due to the popularity of "The Hunger Games," the archery league may fill quickly. The league starts June 20 and runs every Thursday until Aug. 1. All equipment and instructions are provided along with a t-shirt for \$65. Registration is for ages 9 to 15.

Dodgeball will be offered for the first time as a 6-week league, beginning June 25 and every Tuesday through July 30. All equipment and instructions are provided along with a t-shirt for \$45. Registration is for ages 9 to 18.

Summer fitness programs designed to reach a wide range of age groups, to include running and weight training, will be conducted-free-from June to August. These include diverse program offers for elementary through high school ages for any child interested in having fun and learning the fundamentals of lifetime activities.

Cheerleading is a fun program and is being offered for the first time as a summer camp. The camps will be in July for both bantam (age 7-10) and junior (age 11-15) age divisions.

Another successful program is wrestling. Two camps will develop grapplers in the fundamentals of this international Olympic sport. The camp in July will be held at the Stuttgart High School for ages 6-9 and ages 10-18. Registration is currently ongoing.

All participating youth must have an active sports physical on file with a current CYS registration. Link: WEBTRAC.MWR.ARMY.MIL

Email inquiries to: usarmy.stuttgart.id-europe.mbx.youthsports@mail.mil or call 07031-15-2616/2597 or 431-2617/2597.



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