

The Citizen

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First-class service, first-class facility

By S. J. Grady
USAG Stuttgart Public Affairs Office

The Army Dental Command's new slogan, "You deserve to go first class," has an added meaning for service members in the U.S. Army Garrison Stuttgart area. As of this month, they will now get first-class service — a dental exam, cleaning and initial treatment in a single visit — in a first-class facility.

After months of anticipation, the Stuttgart Dental Activity opened its doors to patients in its new home on Panzer Kaserne Sept. 17.

The newly renovated facility in Building 2996 provides patients with a bright, comfortable, spacious environment where they will receive the latest in comprehensive dental care.

"With this move we've almost doubled our space and have increased our personnel by 40 percent. We now have 11 dental providers, and a minimum of three dental hygienists," said Col. Michael Craddock, the dental clinic commander.

Along with practitioners of general dentistry, Craddock said the staff will include specialists in

orthodontics, prosthodontics, endodontics, periodontics, pediatric dentistry and advanced general dentistry, adding that the clinic gained several specialists after the Heidelberg clinic closed this summer.

The new facility features twenty dental treatment areas, a prosthetics lab, X-ray room, instrument sterilization facilities and support offices.

The clinic is furnished with \$3 million of new equipment, including 20 dental chairs, a cone-beam computed tomography system for 3D imagery, and a state-of-the-art dental lab, according to Craddock.

In addition, each treatment area is equipped with a digital X-ray machine and a 22-inch flat screen monitor for viewing X-rays and discussing treatment plans, giving patients a greater understanding of the status of their oral health.

"All this state-of-the-art equipment means we'll be able to increase our efficiency and access to care for our patients, and convert the patients over to a state of wellness," said Sgt. 1st Class Michael Cordova, the clinic renovation noncommissioned officer.

See *First-class facility* on page 4



Sgt. Dan Maffett

Dental Assistant Weleska Garcia preps Maj. Gen. Charles Hooper, the director of AFRICOM's J-5, Strategic Plans and Programs, before he sees a dentist Sept. 5. Hooper was one of the first patients treated at the new dental clinic on Panzer Kaserne as part of the transition to the new facility, during which the new equipment was tested.

Responder demystifies calling Military Crisis Line for help

By Terri Moon Cronk
American Forces Press Service

When someone is in crisis and feeling despondent, reaching out for help is a stronger step to take than doing nothing, which can lead to a worsening state, according to a Military Crisis Line responder.

Tricia Lucchesi of Canandaigua, N.Y., said she encourages service members, families, veterans and friends to feel comfortable calling the crisis line.

She said people contact the crisis line to discuss a variety of issues, from feeling suicidal, depressed or anxious to feeling pressure from finances or relationships, among a wealth of other concerns.

"I want to encourage people to reach out, day or night, any day of the year," Lucchesi said. "Our veterans and service members [who] do the best are the ones who make those calls."

To reach skilled responders who are knowledgeable of military culture, in Germany dial 00800-1273-8255 or DSN 118. The crisis line also is available

through online chat at www.veteranscrisisline.net/ActiveDuty.aspx.

Lucchesi said callers can expect a live person and not an electronic menu to answer their calls.

People can call the crisis line to speak with trained professionals about their problem safely, anonymously and confidentially, "which is really important," Lucchesi said.

"We stay on the phone for as long as it takes. We'll do whatever we need to do to get that person the help that he needs," she added.

Callers receive a follow-up call from a suicide prevention coordinator the next day, or another professional who is linked into the crisis line team. A "compassionate callback," follows about 10 days after, Lucchesi said, to make sure the callers connected with the services they needed, and so responders can make sure callers are feeling better.

While some service members hesitate to seek help because they fear it will have a negative impact on their military careers, Lucchesi advised them to make the call to the crisis line before matters worsen.

"Military people do worry about [career impact], but if they're getting to the point where they're so much in crisis, they need to call us," she said. "It becomes imperative for us to get them help, [and] if they don't call, their military career could be at risk."

The Military Crisis Line, also known as the Veterans Crisis Line at the same phone and text numbers, is a joint effort between the Defense and Veterans Affairs departments. It provides worldwide services for active duty troops, veterans, family members and concerned friends of those in crisis, Lucchesi said.

"Suicide has become such a prominent issue, the [departments] are working closely together to create a system to assist our members without them having to worry about their careers or confidentiality," she said.

As the nation observes Suicide Prevention and Awareness Month, Lucchesi said she wants people to know they will find a welcoming environment of helpful responders who will stay on the phone with a caller until a "safety plan" is in

place. A safety plan varies by individual, she explained, but can typically involve callers committing to seeking the suggested help and taking other actions, such as securing weapons and pills that could be used to take one's life.

"Just agreeing with somebody that they can do that, and knowing they're going to get some help takes away some of the hopeless feelings they have," she said. "Isolation is an issue for many of our veterans, service members and

their families. We're here 24/7, and we never want anyone to feel alone. They don't have to sit in emotional turmoil all by themselves."

Responders don't want veterans or military personnel to become suicidal, Lucchesi said. "We much prefer that they call us when they're in crisis so we can point them to services. We don't want to risk losing any of them," she added. "Any person who calls the crisis line has the choice about how much information they want to share."

See *Responder* on page 4



Ready and Resilient: Eliminating suicide takes committed leadership

Commentary by
Lt. Gen. Donald M. Campbell Jr.
U.S. Army Europe commander

This past March, the Army launched the Ready and Resilient campaign; this campaign integrates and synchronizes multiple efforts and programs to improve the readiness and resilience of the Army family — Soldiers, civilians and families. Ready and Resilient

creates a holistic, collaborative and coherent approach to increase individual and unit readiness and resilience.

The tools and programs the Army has developed improve methods for leaders, peers and family members to understand high-risk behaviors and intervene early; thereby preventing suicide, sexual harassment and sexual assault, bullying and

hazing, substance abuse and domestic violence.

I expect leaders to engage their subordinates and re-familiarize themselves with the various resources available at www.army.mil/ready-andresilient, and take advantage of them. At the end of the day, being ready and resilient is all about leadership and personal responsibility.

As September is Suicide Prevention Month, I would like to take

this opportunity to focus on this difficult topic. Suicide is a serious challenge facing the Army family; combating this challenge requires everyone in the unit to be aware of the risk factors for suicide and understand how to respond. Leaders must be at the forefront of this effort, but

it must also involve friends, peers, families and co-workers. The success

Leaders must be at the forefront of this effort, but it must also involve friends, peers, families and co-workers.

of the Army suicide prevention program rests upon proactive, caring and courageous people who, recognizing the imminent danger, take immediate action to save a life.

Eliminating suicide from our ranks is no small task; it is a mission that takes committed leadership and Soldiers who care about those around them.

The way to get ahead of this challenge is for leaders at all levels to get to know their Soldiers, peers, co-workers, and families individually, and understand the personal and professional stressors that are affecting them. This allows us to identify risk factors early and find ways to help someone in need work through these stressors by getting them the help they need. A command climate of trust and accountability is the key

to establishing an environment where this is possible.

I encourage you to focus on the continuous education and training of identifying risk factors, resources available, and the steps to help someone in need. Understanding these will allow our suicide prevention efforts to be successful.

The Ready and Resilient campaign and suicide prevention both fall in line with one of my imperatives: comprehensive fitness. When leaders demonstrate care and compassion through dignified, fair and respectful treatment of Soldiers and families, their sense of self-worth soars and increases their ability to handle the challenging and demanding situations they are placed in day in and day out.

Be an engaged leader. It will make a difference.



Lt. Gen. Campbell

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Navy Reserve chief visits Sailors supporting EUCOM missions

Story & photos by

U.S. Army Staff Sgt. Rick Scavetta

U.S. European Command Public Affairs

Sailors from the U.S. Navy Reserve serving at U.S. European Command and other military organizations in Germany got the chance to chat with a senior leader about training, medical readiness and the future of their careers.

Vice Adm. Robin Braun, chief of the Navy Reserve, held a Sept. 13 town hall meeting in the chapel on Patch Barracks. Dozens of Sailors from EUCOM, U.S. Africa Command and local special operations units took part. Afterward, Braun attended the chief petty officer's pinning ceremony at the Patch Community Club and met with senior EUCOM leaders, to include Vice Adm. Charles Martoglio, EUCOM's deputy commander.

Braun's trip allowed her to speak directly with Reserve Sailors, learn the challenges they face and see what tools, training and assistance they need.

"Through town halls, we hear about the great work being done, but also about what we can do for them back in Washington," Braun said.

Braun, a naval aviator with more than three decades in uniform, became the Navy Reserve's senior officer in August 2012. But, she knows EUCOM's missions well, having previously served in Stuttgart as deputy director of

the European Plans and Operations Center. Navy Reservists support EUCOM during both exercises and contingency operations.

"The skills they bring from their civilian jobs, in many ways, compliment what that they do in the military," Braun said.

After Stuttgart, Braun travelled to Sembach Kaserne at U.S. Army Garrison Kaiserslautern, where the Navy's Warrior Transition Program is located. The WTP supports Sailors returning shore assignments in combat zones. She then met with Navy Reservists supporting operations at Landstuhl Regional Medical Center and a group of Seabees returning from Afghanistan.

"We have so many dedicated Americans who volunteer their service as Navy Reservists," Braun said. "Working on their behalf is a real honor and a privilege."



During her visit to U.S. European Command, Vice Adm. Robin Braun, chief of the U.S. Navy Reserve, met with several senior EUCOM leaders, to include Vice Adm. Charles Martoglio, EUCOM's deputy commander.



Vice Adm. Robin Braun, chief of the U.S. Navy Reserve, holds a Sept. 13 town hall meeting in the Patch Chapel on Patch Barracks. Sailors from EUCOM, U.S. Africa Command and local special operations units attended to discuss training, medical readiness and the future of their careers.

News & Notes

Have your say in quality of life issues with AFAP

Have ideas on how the Department of Defense can improve the quality of life for service members, civilians and families?

If so, now is the time to submit them for the next U.S. Army Garrison Stuttgart Army Family Action Plan conference to be held Oct. 28-29.

Issues are due by Oct. 18. Issue forms can be found under Hot Topics at www.stuttgart.army.mil and www.stuttgartcitizen.net, and should be emailed to lisa.g.ordukaya.civ@mail.mil.

In addition to submitting issues, active duty service members, reservists, retirees, civilians, family members and youth can participate in the AFAP conference by applying to be delegates.

Delegates discuss the issues submitted, select those they believe are the most important, and propose a local solution or submit it to a higher-level conference.

Volunteers are also needed to be conference facilitators, recorders, transcribers or issue support personnel.

For more information on AFAP issues submitted to the Department of the Army for action, visit www.myarmyonesource.com, and click on "Family Programs," then the AFAP issue link. For more information on the USAG Stuttgart AFAP conference, call 431-3362/civ. 07031-15-3362.

USAREUR Band, Chorus to perform locally Sept. 22

The United States Army Europe Band and Chorus will perform at Böblingen's Kongresshalle open-air stage Sept. 22 at 12:30 p.m. during the "Big Sounds Music Festival" Sept. 20-22. The USAREUR performance is free of charge.

For the festival program and more information, visit www.big-sounds.com.

DAZ hosts Consular Outreach Day Oct. 29

The U.S. Consulate General Frankfurt and the Deutsch-Amerikanisches Zentrum/James-F.-Byrnes-Institut e.V. will host a Consular Outreach Day in Stuttgart Oct. 29 from 10 a.m. to 2 p.m. at the DAZ German-American Center, Charlottenplatz 17, 70173 Stuttgart.

The consulate staff will process passport applications and reports of birth abroad, and provide notary services. Representatives from the Social Security and Veterans Administrations and the Immigrant Visa Unit from the U.S. Consulate General will also be on hand.

Appointments are required for all services. To schedule an appointment, send an email with "Stuttgart" in the subject line to FrankfurtPassports@state.gov.

Officials advise that the necessary application forms should be completed before a scheduled appointment. Forms can be found at www.travel.state.gov and <http://germany.usembassey.gov/acs>.

On the Blotter

Sept. 2:

• A civilian employee who was driving off post was struck by a local national, causing dents and scratches to his vehicle on the driver's side and bumper.

• A military spouse who was driving off post merged improperly and struck the vehicle of a local national.

Sept. 3

• A parent reportedly violated U.S. Army Europe child supervision guidelines by leaving his child unattended in a vehicle outside the Patch post office.

• A civilian employee who was parking his vehicle in Vaihingen was struck by an inattentive local national.

• Two Soldiers reported that their vehicles were scratched and dented while parked off post in Frankenthal and Ehningen, respectively.

• A civilian employee was stopped by German police for speeding and administered a breathalyzer with results of 0.083 percent blood alcohol content.

• Military police issued citations for four moving and 26 non-moving violations.

Sept. 4:

• A family member reported that \$147 was taken from her wallet when she left it unattended at the Exchange on Panzer Kaserne.

• A service member reported that another service member exposed his genitals, groped and sexually assaulted her while on duty in a government vehicle.

• Military Police issued citations for 3 moving and 21 non-moving traffic violations.

Sept. 5:

• Military Police issued citations for six moving and 37 non-moving traffic violations.

Sept. 6:

• A Soldier admitted to stealing and wrongfully using Ketamine, an anesthesia and Schedule III controlled substance.

• Military Police responded to two minor traffic accidents on Kelley Barracks and issued citations for 38 moving and nine non-moving violations.

Sept. 7:

• A civilian reported that someone cut the brake lines on his car while it was parked on Kelley Barracks.

• A senior non-commissioned officer reported that his bicycle was stolen on Patch Barracks.

Sept. 8:

• An inattentive driver on Patch Barracks struck a pedestrian in a crosswalk.

• An officer reported that his mountain bike was stolen on Patch Barracks.

• A civilian employee was apprehended by German police after crashing his vehicle in Waldenbuch. German tests showed a blood alcohol content of .10 percent and the presence of THC.

• Military police issued citations for one moving and 12 non-moving traffic violations.

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

First-class facility

Continued from page 1

He explained some of the improvements. "In the old clinic, there was one X-ray room. You could have 20 people lined up, waiting to get X-rays. Here, the patient does not even need to leave the chair, and the dentist will get instant images."

The clinic's new digital scanners and computer-aided design and manufacturing equipment will eliminate the need for taking physical impressions, thereby speeding up the production of dental prostheses such as crowns and bridges. For less complicated cases, the patient will wait in the chair while the bridge or crown is being made . . . no more temporaries.

The digital scanners are also on the clinic's medical network. "This means we can digitally send whatever we can't make in-house directly to Fort Gordon, the area dental lab, and they will make it. This will shave off, at a minimum, two weeks in shipping alone," Cordova said.

These improvements will go a long way in improving dental wellness for service members. Army-wide, more than 50 percent of Soldiers have cavities, according to Army Dental Command data, and 33 percent of Soldiers who were cavity free last year were diagnosed

with cavities this year.

Since the inception of the Army-wide Go First Class program this summer, service members now receive a cleaning, annual dental exam and cavity treatment in one visit.

"We're trying to get as much done on a patient to save time away from work," Craddock said.

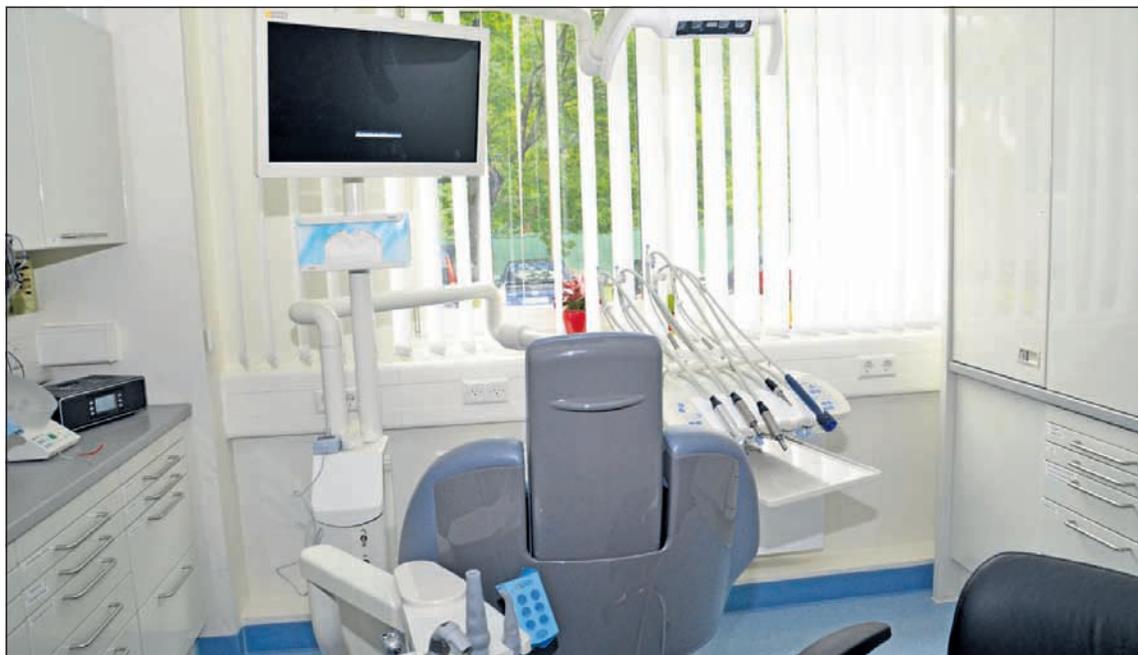
As a result, the clinic has seen an increase in service members' wellness by 18 percent. "We're at 50 percent, but our goal is in the 60s," he added.

While the larger facility and staff means more patients can be seen, until the goal is reached, the clinic's focus will be on service members.

"Our priority is the service member for their wellness. But if I have openings, I don't care who it is, I want the chair occupied," Craddock said.

The Stuttgart Dental Clinic is located in Building 2996, Panzer Kaserne. The clinic is open Monday through Friday from 7:30-11:30 a.m. and 12:30-4:30 p.m. The clinic is closed on U.S. federal holidays.

Sick call is from 7:30-9 a.m., but appointments are preferred. To make an appointment, call 590-2800/civ. 06371-94642800.



S.J. Grady

The new dental clinic on Panzer Kaserne features 20 treatment areas, each with a 22-inch monitor to enhance patient education and digital X-ray equipment.

Responder

Continued from page 1

The only time an anonymous call could require more identifying information is when the need for help delves further, but only when the caller gives permission to link to such resources, Lucchesi noted.

Defense Department leadership has for several years worked to remove the perceived stigma attached to seeking mental health help. Lucchesi said she hopes a reduced stigma is why the crisis line has produced an increase in calls, chats and texts. Yet, there are other reasons why contacting the crisis line has increased, she said.

"People who have used the line learned we're not just going to send rescue out to them. They can call here for all kinds of reasons, and if they can [set

up a] safety plan, they don't have to worry about a policeman or emergency services showing up at their door," Lucchesi said.

"We're very aware that [such actions] can cause a financial burden, increase stigma and be a problem for some people," she added, but noted that if crisis line responders are concerned someone is about to take his or her life, emergency services might be necessary.

Lucchesi emphasized the importance of contacting the crisis line – by calling, texting or chatting, whichever is more comfortable for a person in crisis.

"Someone could call here totally hopeless and have no reason at all to live," she said. "And if we're doing our job well, by the time that call ends, they're feeling differently.

Volunteer for GAWC Pfennig Bazaar

The German American Women's Club of Stuttgart is preparing for its 45th annual Pfennig Bazaar to be held Nov. 7-8 at the Liederhalle in downtown Stuttgart.

The bazaar is considered to be Stuttgart's largest and oldest flea market, according to club officials, and it is the club's main fundraising activity. For the last several years, an average of €50,000 per year has been donated to German and American charitable causes, including local schools, athletic groups and youth clubs.

Donations will be accepted on Patch Barracks (Building 2332, adjacent to the thrift store) and may also be dropped off on Kelley Barracks in storage containers at the club's warehouse behind the Kelley Theatre.

Volunteers are needed in many areas including booth set up, logistics, sales and security.

For more information and to sign up as a volunteer, contact Chairperson Maggie Bangston, civ. 0711-50456408 or email PB-US@gawc-stuttgart.org.

Library to hold children's writing contest

Children can choose characters from one of six book selections on display, and write about why that character is their favorite. Pick up entry forms at the Patch Library anytime during the contest. The contest runs Oct. 1-25, with submissions due Oct. 25. Children ages 5 to 9 may enter.

Prizes will be awarded Oct. 28 during a celebration party that starts

at 5 p.m.

For more information, call 430-7138/civ. 0711-680-7138, or stop by the Patch Library, Building 2343, Patch Barracks.

SCSC to hold Oktoberfest Bunco

The Stuttgart Community Spouses' Club will hold an Oktoberfest Bunco Oct. 22 at 6 p.m. in the Patch Community Club, Patch Barracks. The members-only event includes dinner, raffle and prizes.

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

Grad school open house Sept. 25

The Panzer Education Center will hold a graduate program open house Sept. 25 from 11 a.m. to 6 p.m. in the lobby of Building 2915, Panzer Kaserne.

Representatives from Embry-Riddle Aeronautical University, University of Oklahoma and University of Maryland University College will be on hand to discuss their respective programs.

For more information, call the Panzer Education Center at 431-2714/07031-15-2714.

Celebrate Hispanic Heritage

Celebrate diversity at the Stuttgart military community Hispanic Heritage Month observance Oct. 9 from 11:30 a.m. to 12:30 p.m. in the Patch Chapel. The event will include a guest speaker and food sampling.

For more information, call the U.S. Army Garrison Stuttgart Equal Opportunity Advisor at 430-

7945/0711-680-7945.

Family and MWR hold a tailgate flea market

U.S. Army Garrison Stuttgart's first-ever 'Sell your Junk from the Trunk' tailgate flea market will be held Sept. 28 from 9 a.m. to noon in the Kelley Commissary parking lot.

Participants must commit to the entire three hours of the flea market. A participation fee of \$10 will be collected on the day of the event and entitles the participant a vehicle parking space and three spaces to display items.

Tables will not be provided. No advance sign-up is required.

Participation is limited to ID cardholders only.

For more information, call the Family and MWR Special Events Coordinator at 430-2110/civ. 0711-680-2110.

Blood drive Sept. 24

The American Red Cross Stuttgart Station will sponsor an Armed Services Blood Program blood drive Sept. 24 from 10 a.m. to 3 p.m. in the Patch Community Club, Building 2435, Patch Barracks.

While appointments can be made at www.militaryblood.dod.mil, walk-ins are welcome.

Open your hearts and home to a child

Emergency Placement Care provides a child with a temporary, supportive, secure and nurturing home in a situation when the child must be removed from his or her parents' or legal guardian's home.

Army Community Service is recruiting families to provide care for these children.

An orientation to this program will be held Oct. 2 from 1-2 p.m. at

Army Community Services, Building 2915, Panzer Kaserne.

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

Suicide Prevention Month activities

"Together, we stand ready and resilient" is U.S. Army Garrison Stuttgart's theme for Suicide Prevention Month. This month, USAG Stuttgart's Army Substance Abuse Program and Stuttgart Warrior Pride Challenge have teamed up with Family and MWR's Outdoor Recreation to offer alcohol-free activities to promote healthy habits, foster wellness, and reduce risky behaviors.

A subsidized sky diving trip on Sept. 28 and an overnight horseback riding excursion Sept. 28-29 are offered to service members O-5 and below at reduced prices.

For more information and to sign up, call Outdoor Recreation at 431-2774/civ. 07031-15-2774.

The ASAP office will also offer free zumba classes Sept. 21 from 8:30-10 a.m. in the Patch Fitness Center and on Sept. 25 from 9-10 a.m. at the Panzer Fitness Center.

Kelley bank grand opening

The Kelley Community Bank in Building 3312 will celebrate its recent renovation with grand opening festivities Oct. 18. The bank, normally open from 9 a.m. to 4 p.m. Monday through Friday, will open its doors at 11 a.m. that day.

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

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* IN ONE OF THE FAMOUS HiFi-STUDIOS IN GERMANY



EPC providers help at-risk children thrive

By Mark Iacampo

USAG Hohenfels Public Affairs Office

In a perfect world, there would be no need for Emergency Placement Care providers, but as anyone who has ever looked into the eyes of an abused child can attest, the world is far from perfect.

EPC is a program designed to provide temporary 24-hour care for at-risk children when the child cannot be safely cared for by his or her natural parents or legal guardians.

EPC providers offer a temporary safe haven for the children to be cared for while the family risk assessments are being conducted by Social Work Services.

“Child abuse” and “neglect” are powerful words that can instantly evoke graphic images in a person’s mind, but the perpetrators are often not simply “bad” people.

“Lack of knowledge of the developmental stage of a child and high levels of stress are the two most common reasons for child abuse,” said Brandi Stauber, the Installation Management Command Europe Family Advocacy Program manager.

To combat this, when a child is placed with an EPC provider, SWS begins evaluating the parents, assessing both their strengths and weaknesses and developing treatment options designed to help parents provide a safe environment for their children.

“That’s our ultimate goal; to help the family successfully raise their children in a safe environment,” Stauber said.

Stauber said that’s why the program is designed to be temporary, ideally less than 90 days. It’s also why EPC providers are so important and so needed.

“We have 16 locations across Europe,” Stauber said. “What we are hoping for is that at any given moment at any location, if there was an incident to occur where children needed to be temporarily removed from their homes for safety reasons, we would have a home available to provide care.”

EPC providers need to be at least 21 years old and pass a background check, but Stauber said the most important qualification is having a passion for reaching out to a family in need.

Heather Kiplinger had such a passion when she signed up for the program in Wiesbaden a few years ago.



Courtesy of MWR Brand Central

Garrisons across Europe are recruiting for emergency placement caregivers to provide temporary 24-hour care for at-risk children when the child cannot be safely cared for by his or her natural parents or legal guardians.

“I lost my mom very young, so any child that has to be away from their parents saddens me, really,” Kiplinger said. “If I could be a good home for someone else, I would love to be that good home for them.”

She and her family served as EPC providers for a pair of siblings over several months.

“Taking them in at a time when they were scared and afraid of being taken from their mother and giving

them a happy home for a bit was an awesome reward,” she said.

While a daily stipend is provided to reimburse expenses, families such as the Kiplingers get involved for bigger reasons, according to Stauber, the IMCOM Europe Family Advocacy Program manager.

“It’s not going to be about monetary incentives or because it looks good on a resume. It’s really about finding a way to embrace your community and wrap your arms around these families who are in great need. It’s about knowing that you are contributing to your community and strengthening and supporting military families at a level that is difficult but can be very rewarding,” she said.

Stauber also pointed out that the long-term benefits to both the children and their parents can be life changing.

“We all have the opportunity to help each other,” Stauber said. “For this program to work, it really does take a community of individuals to support these families who are in great need.”

EPC tries to match up children with the best possible families, with some homes perhaps being better suited to teenagers while another may be ideal for a child under 3 years. But in order to have that flexibility, the program needs more families trained and certified.

“We have to be very careful about whom we select, and it’s a pretty detailed process to be approved, but the rewards, to be able to provide a safe place for children to thrive during a moment of crisis, are worth it,” said Stauber.

Stauber said that although the training and certification process is quite extensive, the information is invaluable to any parent. In addition to CPR, training can include classes on child development, appropriate disciplinary techniques, and the dynamics of child abuse and neglect.

“Hopefully, a child will never need to be placed with the EPC provider,” said Stauber, “but if they do, then we have that availability.”

The U.S. Army Garrison Stuttgart Army Community Service will hold an orientation to the EPC program Oct. 2 from 1-2 p.m. at ACS, Building 2915, Panzer Kaserne.

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

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Bean Friendly with EFMP

The Exceptional Family Member Program support group meets for coffee from 9-11 a.m. Sept. 25 at the Java Cafe on Patch Barracks. Future meetings include Oct. 23 at the Broadway Cafe, Kelley Barracks; Nov. 20 at Brewed Awakenings, Robinson Barracks; and Dec. 20 at Starbucks, Panzer Kaserne.

Participants are responsible for paying for their beverages.

For more information, call the U.S. Army Garrison Stuttgart EFMP office at 431-3362/civ. 07031-15-3362.

American Red Cross Stuttgart news

The American Red Cross Stuttgart Station seeks volunteers to coordinate publicity, volunteer efforts, youth programs, the crochet corner, and act as Facebook webmaster. The ARC will provide detailed job descriptions, training and guidance.

Adult and pediatric first aid/CPR classes will be offered Oct. 4 and 18 from 9-11 a.m. Students must complete online course work before

attending a classroom session.

The cost for either session is \$55.

For more information on volunteering or first aid course requirements, stop by the American Red Cross, Building 2915, Panzer Kaserne, or call 431-2812/civ. 07031-15-2812.

Parents' Night Out

U.S. Army Garrison Stuttgart's Child, Youth and School Services will provide care for children 6 weeks through grade five during a Parents' Night Out Oct. 4 from 6:30-11:30 p.m. at the Patch Barracks' Child Development/School Age centers. Sign up at Parent Central Services by Oct. 2.

For more information, call 430-7480/civ. 0711-680-7480.

Learn to shop for healthy foods

Join the Exceptional Family Member Program on an educational trip through the Patch Commissary guided by the Stuttgart Army Health Clinic dietitian Oct. 8 from 9-10:30 a.m. This activity is open to the entire community.

For more information, call Army Community Service at 431-3362/civ. 07031-15-3362.

Selling your car?

U.S. identification cardholders who want to sell their privately owned vehicle to a local national buyer must obtain a Permit to Transfer in order to properly de-register their U.S. Army Europe-plated vehicle.

For details, call the U.S. Customs Office at 431-2731/civ. 07031-15-2731.

MFLCs can help you weather bad times

Military and Family Life Consultants are licensed clinicians who provide non-medical counseling services. Consultations with MFLCs are both free and anonymous; no records will be kept. However, they do maintain a duty to warn obligation regarding harm to self or others, domestic violence, child abuse, and current or future criminal activity. MFLCs are available Monday through Friday from 8 a.m. to 8 p.m.

To contact a consultant, call civ. 0160-9574-8279 or 0170-708-0715.

To contact the AFRICOM MFLC, call civ. 0152-2248-3789.

To reach the child and youth MFLC, call civ. 0152-0265-8259 or

0150-499-5260.

HBB guidance

If you are looking to start a home-based business or want to ensure your existing HBB is in compliance with military and German regulations, visit the U.S. Army Garrison Stuttgart Commercial Affairs Office located in Room 105, Building 3307, Kelley Barracks, or call 421-3549/civ. 0711-729-3549.

Support diversity

The U.S. Army Garrison Stuttgart Equal Employment Opportunity Office seeks energetic volunteers to enhance diversity awareness by serving on various Special Emphasis Program committees.

For more information, stop by the USAG Stuttgart EEO Office in Room 205, Building 2307, Patch Barracks, or call 430-5312/civ. 0711-680-5312.

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

Safety tips for pedestrians



Since February, there have been two accidents resulting in serious injuries to pedestrians in the U.S. Army Garrison Stuttgart area.

Pedestrians, be aware of your surroundings and follow these tips.

Cross only at corners or properly marked crosswalks.

Use sidewalks and designated crosswalks when available.

Always stop at the curb, or the edge of the road, look left, then right, then left again, before stepping into the street.

Always establish eye contact with

drivers of approaching vehicles before stepping into the roadway.

A wave or other gesture from you to the driver or vice versa might just save your life.

Continue looking for approaching vehicles as you cross the street, and remember, walk, don't run.

Never step out from behind a vehicle parked on the side of the road.

Never take chances when crossing a street. Wait until the road is clear and there is sufficient time to walk safely across the road.



Dress to be seen. Brightly colored clothing makes it easier for drivers to see pedestrians during the daytime. At night, wear reflective material on shoes, cap or jacket.

Headphones or earbuds are not allowed while walking, running, skateboarding and riding bikes on U.S. Army installations.

Do not walk through any area where heavy equipment is being operated.

Do not bypass detour signs.

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CFC adds online option for donors at 'MyPay'

By Karen Parrish

American Forces Press Service

The annual Combined Federal Campaign adds a new feature for donors this year: an online pledge option available through the Defense Finance and Accounting Service's MyPay website, which most service members and civilians already use to view their leave and earnings statements.

Anthony DeCristofaro, the assistant director of the Defense Department Voluntary Campaign Management Office, which is within the Washington Headquarters Services' human resources directorate, said that the online pledge option offers several advantages over paper pledge forms:

- It's available all the time, from any computer;
- It's more confidential and secure, as no paper forms pass from hand to hand; and
- It's less prone to error.

He explained that donors directly enter their input online only once, while the information on paper pledge forms is typed and retyped into the system — offering more chances for mistakes to creep in while consuming thousands of total work hours in processing.

He said ease of use is potentially much greater, since donors using the online pledge option can search local, national or international charities. "Here in Washington, we have 4,500

charities," he noted. "But nationwide, there are about 20,000 different charities in this campaign."

DeCristofaro added that donors also are encouraged to use local CFC websites and other resources to research charities before giving DFAS their final instructions.

"I made my gift on Tuesday [and] I was easily matched to my local campaign," he said. DeCristofaro said the process took him 10 minutes, and the next morning he had an email confirming his donation and start date.

The system has been in active development for two years, he said. The Defense Finance and Accounting Service led the effort, with support from the Office of Management and Budget, which has a similar system in its executive agencies.

In its first year, the service is open to employees in 90 of the 160 local CFC areas. Officials said more areas may be added in the future, and ask donors to use paper pledge forms in areas where the MyPay op-

tion is not available this year.

DeCristofaro said use of the system, like participation in CFC, is strictly voluntary. Many employees have asked for and will likely prefer electronic options, he said, although anyone who wants to make a one-time gift or use a paper CFC pledge form still can do so.

The new option is "an example of a collaborative effort that went into increasing our efficiency," he added. DFAS hired computer programmers

and worked with payroll offices to build and test the system, he said.

"You really had to have a lot of collaboration to get to this end product," he said. "So many legacy systems come together here."

In addition to the MyPay option, CFC-O contributors can also donate using the triplicate pledge card and the CFC-O eGiving system for debit/credit card or electronic bank account contributions.



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How to clean up a broken CFL

Energy-saving light bulbs, luminescent screen tubes and compact fluorescent lamps contain small amounts of mercury sealed within the glass tubing. A broken bulb can release mercury vapor. To reduce exposure to mercury vapor, follow these cleanup and disposal steps:

- Have people and pets leave the room.
- Close off the room to the rest of the house and open a window to air the room for 10-15 minutes.
- Shut off fans and the central heating/cooling system, if applicable.
- Wear gloves and scoop up glass fragments and powder using stiff paper or cardboard. Use sticky tape to pick up any remaining fragments and powder.
- Do not use a vacuum cleaner. Vacuuming could spread mercury-containing powder

or mercury vapor.

- Place all materials, including gloves and tape, in bag or jar, and seal it.
- Dispose at the nearest recycling center, if off-post. On-post residents should take the jar to a hazardous waste collection point.

For more information, visit the U.S. Environmental Protection Agency website at www.epa.gov.



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Lower cholesterol to improve health

Centers for Disease Control and Prevention

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke — two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

What is cholesterol?
 Cholesterol is a waxy, fat-like substance that bodies need. But when there is too much in the blood, it can build up on the walls of arteries and form blockages. This can lead to heart disease, heart attack and stroke.

There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called “good” cholesterol. LDL is called “bad” cholesterol. When we talk about high cholesterol, we are talking about “bad” LDL cholesterol.

Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control. September is National Cholesterol Education Month — a good time for everyone to resolve to get their cholesterol screened.

What role does screening play?
 Screening is the key to detecting high cholesterol. Because high cholesterol does not have symptoms, many people do not know that their cholesterol is too high. A simple blood test is all that is needed to check cholesterol levels.

The National Cholesterol Education Program recommends that adults over 20 have their cholesterol checked every five years.

Some people may need to have their cholesterol checked more often if any of the following statements applies:

- Total cholesterol is 200 mg/dL or higher.

- You are a man older than age 45 or a woman older than age 50.
- HDL cholesterol is lower than 40 mg/dL.
- There are other risk factors for heart disease and stroke.

Although the number of people who said they were screened for cholesterol within the previous five years increased from 73 percent to 76 percent from 2005-2009, only a handful of states have met the 82 percent Healthy People 2020 objective, and disparities in getting screened persist.

How can you prevent or treat high cholesterol?

Make therapeutic lifestyle changes by:
 Eating a healthy diet. Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats,

can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.

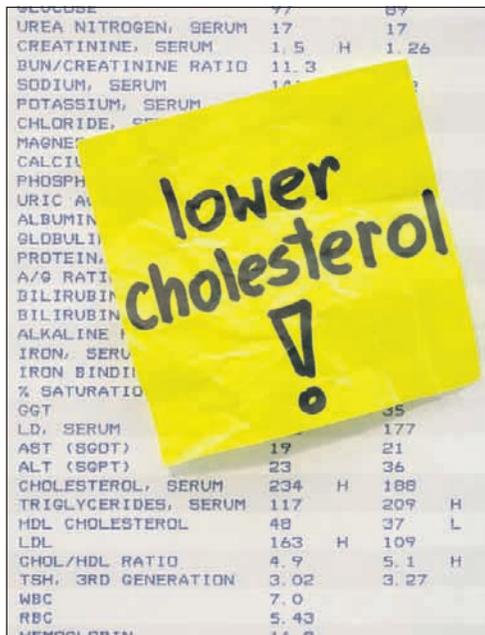
Exercising regularly. Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for two hours and 30 minutes every week.

Maintaining a healthy weight. Being overweight or obese can raise your cholesterol levels. Losing weight can help lower cholesterol.

Not smoking. Smokers need to quit as soon as possible.

Be sure to follow doctor's instructions and stay on medications, if prescribed, to control cholesterol.

For more information about cholesterol and how to prevent high cholesterol or keep it in check, see “Your Guide to Lowering Your Cholesterol with TLC” from the National Heart, Lung, and Blood Institute's website at www.nhlbi.nih.gov.



Photos.com

High cholesterol may increase the risk of heart disease and atherosclerosis, which are both risk factors for stroke.

At your leisure

Exhibitions

Stuttgart's **State Gallery** presents its collection that spans 700 years and includes works ranging from 14th century German, Dutch and Italian artists to 21st century contemporary artists throughout the newly renovated Old and New State Gallery complexes.

According to a State Gallery press release, the newly created exhibition concept utilizes color and light to make for a different appearance and perception of the displayed art.

In addition to the new presentation of the collection, the State Gallery also features an **"Edvard Munch in Stuttgart — From the First Kiss until Death"** exhibition until Oct. 6.

More than 60 paintings by the Norwegian painter and graphic designer will be displayed and will emphasize how the artist reprocessed some of his personal experiences in paintings and sketches.

The exhibition is open Tuesday and Thursday from 10 a.m. to 8 p.m. and Wednesday, Friday, Saturday and Sunday from 10 a.m. to 6 p.m. The State Gallery is closed on Monday.

Tickets to the special exhibition cost €8 and also include access to the gallery's entire collection.

English guided tours can be booked by calling civ. 0711-47040-452.

The State Gallery is located at Konrad-Adenauer-Strasse 30-32, 70173 Stuttgart.

For more information, visit www.staatsgalerie.de.



Photo courtesy of Staatsgalerie Stuttgart

Visitors to the State Gallery Stuttgart get ready for an "artful" journey at "Neue Staatsgalerie," or New State Gallery, earlier this year. The Neue Staatsgalerie was designed in 1984 by the British architect James Stirling. The "Alte Staatsgalerie," or Old State Gallery, is located next to the New Gallery and was built between 1838 and 1843 under the reign of King Wilhelm I of Württemberg.

The **Linden-Museum Stuttgart**, or **State Museum for Ethnology**, will host an **"Inca Kings of the Andes"** exhibition from Oct. 12 through March 16, 2014.

According to a Linden-Museum press release, the exhibition aims to display the evolution of the legendary pre-Hispanic culture spanning from the mid 11th century up to colonial times.

Artifacts, to include jewelry, religious valuables, wooden cups, textiles and reconstructions of archeological findings and sites, will depict the Inca culture and focus on the imperial phase of the Inca empire.

The exhibition is open Tuesday to Saturday from 10 a.m. to 5 p.m., and Sunday and German federal holidays from 10 a.m. to 6 p.m. The Linden-Museum is closed on Monday.

Tickets to the exhibition cost €12. Family tickets (two adults plus children 18 years old or younger) cost €24.

English guided tours can be booked by calling civ. 0711-2022-579.

The Linden-Museum is located at Hegelplatz 1, 70174 Stuttgart.

For more information, visit www.lindenmuseum.de.



The Linden-Museum Stuttgart, or State Museum for Ethnology, will feature an "Inca Kings of the Andes" exhibition from Oct. 12 through March 16, 2014, focusing on the imperial phase of the Inca empire.

Anatol Dreyer/
Linden-Museum Stuttgart

The Stuttgart **"Kunstmuseum,"** or art museum, features works of art from the late 18th century to present. While the museum's main focus is a collection of pieces from German painter Otto Dix, it also offers multiple exhibitions.

Through Sept. 22, the Kunstmuseum features the **"Cube. Sparda Art Award at the Kunstmuseum Stuttgart"** exhibition, displaying the works of three artists affiliated with the state of Baden-Württemberg: Thomas Locher, Katrin Mayer and Alexander Roob.

The **"Stankowski Foundation. Photographs from the Archive"** exhibition features photographs from Anton Stankowski, a popular German graphic designer, photographer and painter who decisively influenced modern graphic design until Oct. 27.

From Oct. 19 through March 2, 2014, a **"Willi Baumeister International"** exhibition will focus on the works of Willi Baumeister, a Stuttgart painter and one of the most influential post-World War II German artists and an eminent ambassador for abstract arts.

The Kunstmuseum is open Tuesday, Wednesday, Thursday, Saturday and Sunday from 10 a.m. to 6 p.m. On Friday, the museum is open from 10 a.m. to 9 p.m. The museum is closed on Monday.

Tickets for the exhibitions cost between €6 and €10. Admission is free for children 12 years old or younger.

For English guided tours, call civ. 0711-216-1981.

The Kunstmuseum is located at Kleiner Schlossplatz 1, 70173 Stuttgart.

For more information, visit www.kunstmuseum-stuttgart.de.



Photo courtesy of Kunstmuseum Stuttgart

The Stuttgart **"Kunstmuseum,"** or art museum, features works of art from the late 18th century to present. The museum is located in a 26-meter-high glass cube, offering space for six exhibition areas.

The **"Landesmuseum Württemberg,"** or Württemberg State Museum, located in Stuttgart's Old Castle, will feature a **"Reflected Glory: The Romanovs, Württemberg and Europe"** exhibition Oct. 5 through March 23, 2014.

According to the Landesmuseum website, www.landmuseum-stuttgart.de, the exhibition will highlight five legendary women (Maria Fjodorowna, Katharina, Olga, Charlotte and Wera) whose marriages not only shaped the relationship between the House of Württemberg and the Russian Romanov dynasty, but European politics and social systems, as well.

The exhibition is open Tuesday through Sunday from 10 a.m. to 5 p.m. The exhibition is closed on Monday.

Tickets to the exhibition cost €12. Family tickets (two adults plus children 17 years old or younger) cost €21.

The Landesmuseum is located at Schillerplatz 6, 70173 Stuttgart.

For more information, visit www.landmuseum-stuttgart.de.



Photo courtesy of Landesmuseum Württemberg

The **"Landesmuseum Württemberg,"** or Württemberg State Museum, located in Stuttgart's Old Castle, will feature a **"Reflected Glory: The Romanovs, Württemberg and Europe"** exhibition Oct. 5 through March 23, 2014.

What's happening in FMWR

'Amazing Race'

Family and MWR's "Amazing Race" returns Sept. 21 at 9:30 a.m. at the Patch Fitness Center, and ends at the Panzer Exchange. Come out to watch the fun as 20 two-person teams compete against each other through physical and mental challenges.

For more information, call the Patch Fitness Center at 430-5386/civ. 0711-680-5386.

Enter photo contest

The Family and MWR Patch Arts and Crafts Center is accepting photography entries through Nov. 2 for the 2013 Army Digital Photography Contest.

The garrison-level award ceremony will be held Nov. 20 in the Patch Library.

Guidelines and entry forms are available at all garrison craft centers, or online at www.stuttgartmwr.com.

For more information, call 430-5270/civ. 0711-680-5270.

CYS Services home school program

Children who are home

schooled are invited to participate in the Child, Youth and School Services Home School Partnership program. Classes in robotics, fine arts, sports and fitness begin Sept. 25 at the Patch Youth Center.

For more information, call 430-7465/civ. 0711-680-7465.

Seeking adventure?

If you're looking for adventure, look to Outdoor Recreation.

On Sept. 28, live on the edge and try skydiving with a tandem jump. You can even have your experience videotaped.

If you prefer adventure closer to the ground, sign up for a horseback riding trip Sept. 28-29 at a German western-style ranch.

Both excursions are open to service members as part of U.S. Army Garrison Stuttgart's Warrior Pride Challenge.

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

For more activities, visit www.stuttgart.armymwr.com.



Coming to Patch Theater

Sept. 19 — The Mortal Instruments: City of Bones (PG-13) 6 p.m.

Sept. 20 — Insidious: Chapter 2 (PG-13) 6 p.m.,

The Family (R) 8:30 p.m.

Sept. 21 — The Wolverine in 3D (PG-13) 2 p.m., Insidious: Chapter 2 (PG-13) 4:30 p.m.,

The Family (R) 7:30 p.m

Sept. 22 — The Wolverine in 3D (PG-13) 2 p.m., Insidious: Chapter 2 (PG-13) 4:30 p.m.,

The Family (R) 7:30 p.m

Sept. 23 — Insidious: Chapter 2 (PG-13) 6 p.m.

Sept. 24 — Closed

Sept. 25 — Planes (PG) 6 p.m.

Sept. 26 — The Family (R) 6 p.m.

Sept. 27 — Battle of the Year in 3D (PG-13) 6 p.m.,

Prisoners (R) 8:30 p.m.

Sept. 28 — Planes (PG) 2 p.m.,

Battle of the Year in 3D (PG-13)

4:30 p.m., Prisoners (R) 7:30 p.m

Sept. 29 — Turbo in 3D (PG) 2 p.m.

Battle of the Year in 3D (PG-13)

4:30 p.m., Prisoners (R) 7:30 p.m

Sept. 30 — Battle of the Year in 3D (PG-13) 6 p.m.

Oct. 2 — Closed



Walt Disney Pictures

In "Planes" Dusty Crophopper is a cropduster plane who works at a cornfield and practices aerobatic maneuvers in his spare time, dreaming of becoming a racer. Dusty's not exactly built for racing, so he turns to a seasoned naval aviator who helps him qualify to take on the defending champ of the race circuit. Dusty's courage is put to the ultimate test as he aims to reach heights he never dreamed possible.

Family and MWR Advertisement

stuttgart.armymwr.com



GOLF COMPETITION

FALL SCRAMBLE

Sept. 28 • 9 a.m. (shotgun start)
Stuttgart Golf Course

Team competition with on course contests. Golf carts, prizes, and food included in fee. Registration deadline Sept. 25

CIV 07141-879-151



FLEA MARKET

SELL THE JUNK IN YOUR TRUNK!

Sept. 28 • 9 a.m. - 12 p.m.
Commissary, Kelley Barracks

First tailgate flea market! Sellers must commit to the entire 3 hour flea market upon entering the parking lot adjacent to Commissary. \$10 for sellers. No sign-up required!

DSN 430-2110/CIV 0711-680-2110



COFFEE AND PAINT

COFFEE, PASTRIES AND POTTERY

Oct. 1 • 10 a.m. - 12 p.m.
Brewed Awakenings Café, RB

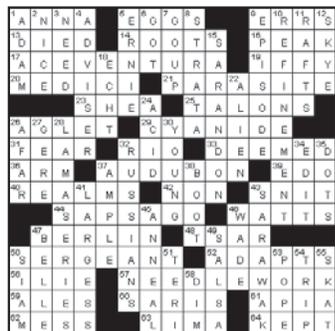
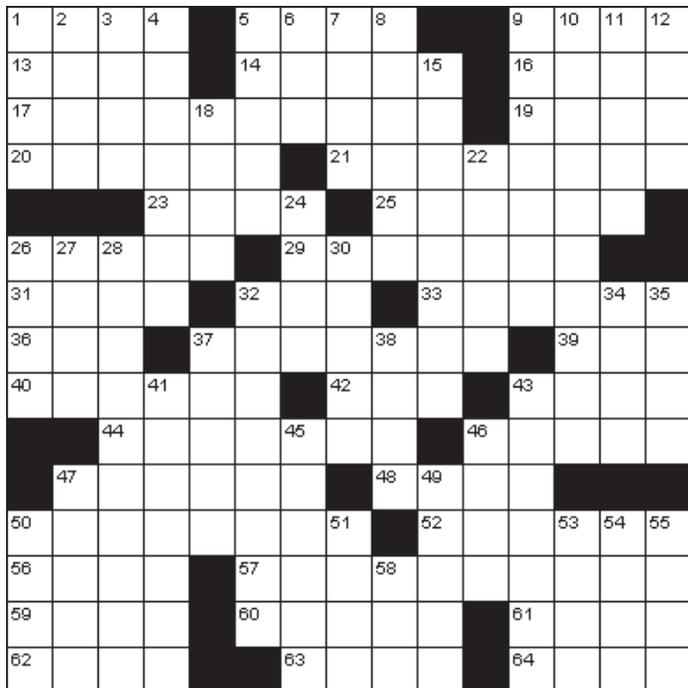
A new art class, pick out a piece of pottery and get creative with paint, brushes and a cup of coffee.

DSN 420-6037/CIV 0711-819-6037

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Crossword Puzzle



This is the solution to the crossword puzzle from September 5, 2013!

Courtesy of thinks.com

ACROSS

- 1 Cutting remark
- 5 Bones, anatomically
- 9 All excited
- 13 Iranian currency
- 14 Capital of Belarus
- 16 Alaska city
- 17 Referee
- 19 Highland valley
- 20 China shop purchase
- 21 Anticipate the evidence
- 23 Pianist Dame Myra
- 25 Bari's region
- 26 River of Rome
- 29 Really, really bad
- 31 Got on
- 32 "Long, Long ___"
- 33 Out of the country
- 36 Sun. follower
- 37 Gorbachev predecessor
- 39 ___ de coeur
- 40 Go for
- 42 Nectar collector
- 43 Veer out of control
- 44 One of the Redgraves
- 46 Mess up
- 47 Refinement
- 48 Highway

- 50 News report
- 52 Sham
- 56 Years and years
- 57 Extirpated
- 59 Betting setting
- 60 Where the Axe and the Exe flow
- 61 Hurtle

- 62 Abbr. on an envelope
- 63 "Auld Lang ___"
- 64 Conductance units

DOWN

- 1 Annoying kid
- 2 Campaign worker
- 3 Indian prince
- 4 Went red
- 5 Leaves out
- 6 [As written]
- 7 Be abrupt
- 8 Off the track
- 9 Lean and bony
- 10 Fairy-tale trespasser
- 11 Alpha's opposite
- 12 Bit of inheritance
- 15 Memento
- 18 Bambi's kin

- 22 Very large
- 24 Palm starch
- 26 Press down
- 27 Borodin's Prince
- 28 Philanthropic
- 30 Flops
- 32 Stopped
- 34 Barren
- 35 Carthaginian queen
- 37 Granter of wishes
- 38 Fiscal period
- 41 Attacks
- 43 Pitching style
- 45 English counties
- 46 Not fem.
- 47 Sound of Washington
- 49 Add one's two cents
- 50 Theda of silents
- 51 Business suit shade
- 53 Beehive State
- 54 Art ___
- 55 Words from Word-sworth?
- 58 Put on

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Youth Activities

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



Grade 7 student Megan Keller signals for quiet on the set as Halaya Foster works the camera.

From left: Gage Stefanko, Zachary Bradley (8th grade) and Jalin Johnson (7th grade) review their video shots during a shoot.

7th grade: Brandon Alvarado rolls the tape as Mario Adams looks on.



Video Production class students from grades 7 and 8 in action at Robinson Barracks Elementary Middle School



From left: 8th graders Kaitlyn Loeben, Robert Massey, Connor Lowery, and Kohl Kraus upload their video onto the computer for editing.



Photo by Ed Thornburg

“Happy Birthday to You...”

The BEMS Blue Ribbon Band is seen here playing “Happy Birthday” for Ms. Albamonte, the BEMS Media Center Specialist. All the teachers whose birthdays occurred during the summer were visited by the traveling band. Mrs. Brashier, the BEMS band director, and the band members love playing before an audience. Announcements for band performances are publicized in the BEMS Paw, the weekly newsletter. Please be on the lookout and don't miss the next performance.

Youth Activities

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



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17" 8-Bolt Rims incl. Tires. Are in good condition, used to be on a 2002 Honda Civic LX Coupe. Located in Heidelberg - asking 450 USD or best offer. \$450 015142307062 / montgomery_eva@hotmail.com

1989 Audi 80, 2.0L, Auto, SR, 162KM, 2 x 4 Tires on Alu Whls, Gar, VG Cd, Well Maint & reliable for Long Dist, Must Sell, ACT NOW! \$1500,07253-6854/ wrw_npn@yahoo.com

1999 Porsche 911 CarreraForest Green/Savannah Beige, 27300mi, always garaged, perfect condition inside and out - often mistaken for brand new! \$30500 pdrisc@yahoo.com

2002Hyundai, Santa Fe, V6 4 WD automatic, brown metallic, AC, Seat heating, Bluetooth Multi Media Stereo, extra set M+S Wheels, brand new Radiator 290000KM, E2000 or \$2500 PH#01629864791

2004 Smart 4Two Passion; red w/ black, Germ. specs, gas, 60K mi, new tires, A/C, CD/radio. Clean! 45+ mpg! Awesome car! Getting another! €4000 Neg. dorothygoff@mac.com or 01609918-5425

2005 Toyota Corolla LE Gold. 4 door, automatic, 71K miles, power windows/locks, only 10000 miles on all weather tires, cruise control, 5 disc CD \$8900 063039258906/ mikeschumacher2012@gmail.com

2006 BMW Z4 roadster. 44,500 M. 3 LTR 6 Sp. Sport package. Montego blue, Blk Int. Pwr top. Winter tires on BBS wheels. selling to buy a Caterham. \$20,000 obo 063067010631/ k12lt@me.com

2007 Ford Escape Limited top condition 54k fully loaded, V6 4WD Auto Leather Tinted Heated Seats & Mirrors Sunroof park sensors, ski box included. \$14,700 01577-20-33308 after 1800

2007 Mustang GT w/Whipple Supercharger, Brembo Brakes, Ford Racing Exhaust, 2 sets 20" American Racing rims and more! 43k miles. \$21999 stuttgartdigital@gmail.com

2008 Ford Edge SEL 73K Miles \$14K, Ford, Edge SEL, 2008, 3.5L V6 engine, FWD, 6-speed Automatic transmission, 18in Whls, Backup Sensor, Lthr Seats, Bluetooth, Rear DVD Player, Tow Package. becklor@gmail.com or 01742161579 for details.

2010 BMW 320D Coupe M Sport Package Top Condition, Garage Car, Interior Black Dakota Leather, Business Navi, Winter tires plus additional Extras. €23000 017623901806/ inahamann@gmx.de

2010 Mercedes GLK 350 4-Matic premium lights, premium sound, factory DVD players, 7 in screen, premium nav system, 4 new all tires, rear camera \$27K 017682111252/ Hankkron@yahoo.com

2010 Mercedes-Benz GLK 350 4-Matic (US Specs) 50K miles, Premium lights, entertainment, navigation, parking systems 4 new tires, 1 owner MB serviced \$29,000 017682111252/ Hankkron@yahoo.com

2010 RAV-4, Excellent Condition, 21,185 miles, Gas City/Hwy 21/27 mpg, Automatic Warranty 3 Yr./36000 Mi. Located in Bad Reichenhall, Seats 5 \$15000 drmillisjr@gmail.com

2011 honda accord 4dr ex-v6 fully equip color is silver int black automatic 24,000 miles dealer maintan. \$18,000 06204919085 email ckvillanueva@arcor.de

2011 Jeep Patriot Latitude 4X4 Bright White US Spec-\$15,900 Firm Excellent condition. Non-smoker. No pets. No scratches. No worries. Garage kept. AUTO, COLD A/C, Heated seats, keyless entry, Alloy wheels. Only 8,500 Miles! Call for test drive today! 0162 297 2604

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Chrome Muffler - never used. Has minor scatches from laying around. Other than that it's in perfect condition. Located in Heidelberg. \$75 015142307062/ montgomery_eva@hotmail.com

Ford F-150 Harley Davidson Edition SuperCrew 4X4 Fully Loaded, Heated and Air Conditioned Seats, AWD and 4WD, Flex-Fuel, Remote Start, much more. \$38,765 0176 3030 5058

Fully Loaded F150 Harley Davidson Edition. 2010 with only 24,000 miles. Power everything, navigation, remote start, bed liner, more 0176 3030 5058 0176 3030 5058

Honda Accord V6, 2003, 4DR \$5,500.00 OBO, 1-Owner, 163,400 mi, passed inspection 1 August 2013, silver w/black lthr inside, VERY reliable car, no accident 071120708537



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ANNOUNCEMENTS

Estate Claims, Anyone having any claims or obligations to the estate of Mr. Arbor Drinkwine of USAREUR, should contact the summary court martial officer, MAJ Scott Chalkley at DSN 314-598-0037

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I am a PhD student of African Diaspora history at New York University. For my dissertation research I am looking to interview black American military women (spouses as well as servicewomen, nurses and teachers) who spent time in Germany between 1945 and 1980. Please contact Felicitas at fr527@nyu.edu.

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Retirement Ceremony in honor of MSG Rodolfo "Raven" and Sylke Fuentes On Friday, the Fourth of October, Two Thousand and Thirteen at 1530 hrs Patch Community Club Patch Barracks, Stuttgart Germany Military Guests: Uniform of the Day Civilian Guests: Appropriate Attire For more information, please contact SFC Lupcho, steve.c.lupcho@mail.mil

The Kaiserslautern Photography Club is open to all photo enthusiasts from the area. Join us at www.facebook.com/KaiserslauternPhotographyClub \$Free KaiserslauternPhotographyClub@gmail.com

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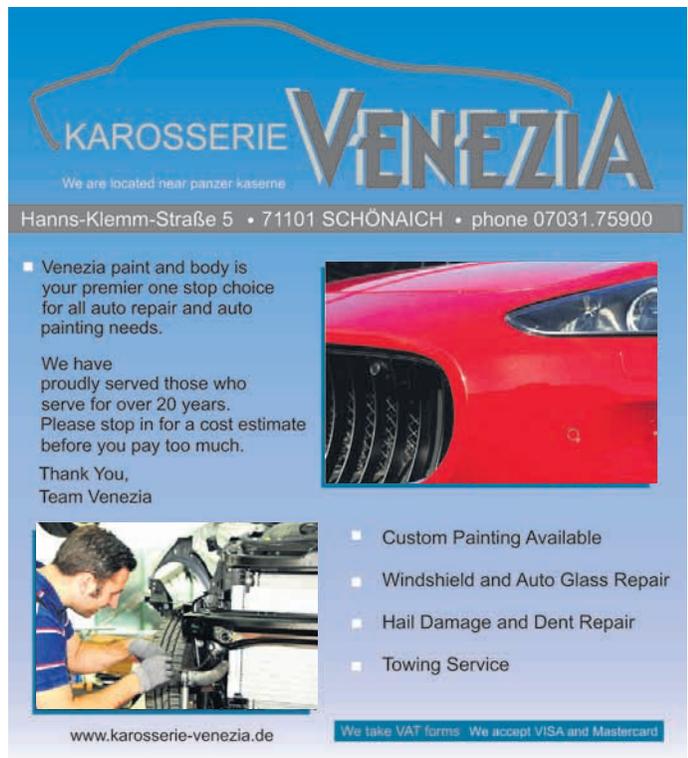
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An African man of 35years looking for a relationship/partner. titanji60@yahoo.com

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WANTED

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PERSONALS

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For more info in German see www.cc-bs.com.

EVENTS

Mamma Mia! Musical

Now – Sun, Mar 30
Stuttgart

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Sat, Sep 21 – Sun, Oct 6
München, Theresienwiese

Celebrate the world's most famous beer festival, the Oktoberfest at the Theresienwiese in Munich from September 21 to October 6. Enjoy special beers from local breweries together with Bavarian specialties as well as a huge variety of rides on a fairground of 31 hectare. At the 200th anniversary in 2010 almost 7 million national and international visitors came to the festival. Although the Oktoberfest is a very traditional family event, it has a party atmosphere at night. For more info see www.oktoberfest.de.

City & Wine after work

Wed, Sep 25
Stuttgart, Tourist Information Bureau
Take part in an English speaking wine tour "City & Wine after work" starting from the Tourist Information Bureau in the Königstrasse Stuttgart at 5 pm. Learn the most important facts about the history of wine in Stuttgart. The

two hour tour will end at the wine restaurant, Stuttgarter Stadtbesen, with a small wine tasting and some typical German snacks. Tickets are €22. For more info and registration see www.stuttgart-tourist.de or contact the Tourist Information Bureau Stuttgart at 0711 - 2228 00.

Pumpkin festival

Thu, Sep 26 – Sun, Sep 29

Nürtingen, Stadthallenvorplatz
Visit the special Kürbisfestival (pumpkin festival) in Nürtingen at the Stadthallenvorplatz from September 26 to 29 starting at 3 pm. Discover worth knowing information, marvel at beautiful pumpkin sculptures and take part in a carving competition. For more info contact city marketing Nürtingen at 07022-75236.

Cannstatter Volksfestival

Fri, Sep 27 – Sun, Oct 13

Stuttgart, Cannstatter Wasen
Celebrate the most famous folk festival in Stuttgart, the 'Cannstatter Volksfestival' at the Cannstatter Wasen from September 27 to October 13. The 168th folk festival starts with the tapping of the barrels by Stuttgart's mayor at 6.30 pm. Enjoy a huge variety of local specialties, beers, parties and concerts. For more info in German and a detailed program see www.cannstatter-volksfest.de.

Sand world exhibition

Now – Sun, Sep 29

Ludwigsburg, Bärenwiese
Marvel at the incredible sculptures made of sand at the Bärenwiese in

Ludwigsburg every day from 10 am to 10 pm. Sixteen artists from all over the world will build figures larger than life in shapes of animals, warriors, fantasy characters and many more. Furthermore, you have the chance to relax in hammocks between palms and sand in the beautiful park with its ponds and enjoy live music by international musicians every Thursday and Sunday. You can also get your hands dirty and build your own sand sculpture. There are even extra workshops for kids. Entry fee is €4 for adults, €2 for children. For more information in German see www.sand-welt.de.

Afrika! Afrika!

Tue, Oct 1 – Fri, Oct 4

Baden-Baden, Festspielhaus

Experience the wonderful show 'Afrika! Afrika!' in the Festspielhaus, Baden-Baden from October 1 to 4. About four million people were already enchanted by André Heller's magical program. The show ranks among the most successful shows in the international show business of the last 20 years. Acrobats, musicians and dancers from all over Africa present an exciting show. For more info and tickets see www.afrikaafrika.de.

Anniversary of German unification

Wed, Oct 2 – Thu, Oct 3

Stuttgart, City center

Due to the German holiday "Tag der Deutschen Einheit" (anniversary of German unification) on October 3, a folk festival will be celebrated in Stuttgart's city center for two days. The family event provides musical entertain-

ment, activities for kids and a variety of info stands about political institutions and local companies and organizations. For more info in German see www.tag-der-deutschen-einheit.de.

CONCERTS

Sunshine Live - Radio nation

Sun, Sep 21

Mannheim, Maimarkthalle

Due to last year's big success the radio station Sunshine Live once again presents an unforgettable party with ten hours of electronic beats. Experience a huge rave party! Sunshine live – Radio nation at the Maimarkthalle Mannheim on September 21 from 8 pm to 6 am. On three floors more than 25 nationally and internationally famous DJs will present their music. See shows by Felix Kröcher, Laserkraft 3D, Moguai, Paul van Dyk and many more together with 6000 other fans. For more info in German and tickets in advance for €26.80 see www.radio-nation.de.

SPORTS

Pool Party for Kids

Sat, Sep 21

Filderstadt, Fildorado

Enjoy a fun day out with your family at the pool party for kids at the Fildorado swimming pool in Filderstadt on September 21 from 2 pm to 5. The mascot 'Juch-Hai' and a special action team will entertain the small visitors with a skill course, music and games. For more info in German see www.fildorado.de.

More events on: www.militaryingermany.com

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