



During a Sept. 7 visit of Kelley Barracks, USAG Stuttgart Commander Col. John Stack (from left) and Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment, listen as Carl Pritchard, the Public Works director, discusses a monitor in the DPW building that provides instant energy-output data on solar photovoltaic panels installed on the building's roof. Since their installation in 2010, the panels have produced more than 112 megawatt hours of energy.

Garrison hosts Army energy leader

Story & photo by Mark J. Howell
USAG Stuttgart Public Affairs Office

The Honorable Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment, visited Stuttgart Sept. 7 as part of a Europe-wide trip to learn about energy and cost-saving initiatives across the theater.

During her visit, she took the opportunity to speak to U.S. Army Africa Command staff and went on a walking tour of Kelley Barracks with the U.S. Army Garrison Stuttgart director of Public Works.

During the walking tour, Hammack learned about a variety of garrison projects that aren't just "green" in nature, but also save taxpayers green.

Some of the initiatives highlighted were the addition of light-emitting diode, or LED lights, in office spaces and installation of motion sensors that automatically shut off lights after a short amount of time when there is no movement in the area. The lights and sensors located across the Stuttgart installations lower energy costs around \$210,000 per year.

DPW officials also highlighted the solar photovoltaic panels installed atop their building in 2010, which offset almost half of the building's electrical energy consumption, generating almost 57 megawatt hours of electricity last fiscal year. Use of these panels also effectively eliminates 53 tons of carbon dioxide emissions annually.

The garrison and DPW have another \$3 million

earmarked for additional solar projects on other buildings which will continue to chip away at energy costs in the future.

Winters in Germany can be bitterly cold at times, which can lead to high annual heating bills; however, USAG Stuttgart is working on ways to cut those costs as well.

The garrison is partnering with host nation utility companies to modernize the heating supply system on nearby Panzer Kaserne, which will cut the need for heating oil on that installation by more than 70 percent.

Along with that initiative, some of the garbage that the garrison produces will also be incinerated, producing heat that will warm buildings on Panzer.

Also discussed during the tour was the future installation of water faucet aerators, designed to conserve water by limiting the flow that comes through them.

The current water flow within the garrison is almost nine liters per minute. Once the aerators are installed, that number will decrease to 1.7 liters.

Hammack was impressed with Stuttgart's goals to become greener and save on energy costs, according to Kathleen Cole, deputy to the USAG Stuttgart commander.

"USAG Stuttgart is committed to conservation — both fiscally and environmentally," said Cole. "Ms. Hammack's visit was a great opportunity for us to show that to our higher headquarters."

Army begins final phase of child care fee changes

By Evan Dyson
U.S. Army Installation Management Command

To coincide with a Defense Department policy to standardize the cost of child care across the services, the Army will institute new fees for child and youth programs beginning Oct. 1.

The change affects users of Child Development Centers, School Age Care, Family Child Care, Middle School and Teen Programs, Youth Sports and Fitness, and Army community-based programs.

This year will mark the final phase of the Army's three-year transition to comply with the DOD Child and Youth Fee Policy.

Depending on location, some families may see an increase in their child care fees, while others will see a reduction. In some cases, families may not see changes.

The new fees are based on total family income, not rank or civilian grade. By 2014, DOD plans to have fully implemented consistent fees for each of the nine total family-income categories. The intent of this policy is to create predictable and consistent child care fees across all of the services.

The U.S. Army Installation Management Command, through its Family and Morale, Welfare and Recreation programs, continues its commitment to affordable child care and youth programs by striving to keep fees lower than comparable community programs and by paying a portion of the cost for child and youth programs.

Families affected by the new fees will receive information about their specific changes through Child, Youth and School Services.

For more information, contact USAG Stuttgart Parent Central Services at 430-7480/civ. 0711-680-7480.

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EDITION

'Driven' to ensure safe, timely transport

It's a challenge getting more than 2,000 students safely to and from school in a timely manner. The Stuttgart School Bus Office staff is there to make sure it happens.



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Are you prepared for an emergency?

Celebrate the ninth anniversary of the National Preparedness Month campaign by "being informed, making a plan, building a kit and getting involved."



Commander's Column

Away from home, voting easy with absentee ballot

Commentary by Col. John P. Stack
USAG Stuttgart commander

As we approach the U.S. presidential election on Nov. 6, it's important to remember the importance of participating in the most fundamental task associated with democracy — voting.

As Americans, we can be proud of the fact that we have one of the oldest democratic governments in the world today.

Of course, this was achieved and maintained in large part by the men and women in uniform. We serve to defend and protect the Constitution and to uphold our American way of life.

We can never take our great system of government for granted. It takes active participation by all, including service members, to ensure that our democracy, as well as our electoral process, remains vibrant, fair and representative of the will of Americans.

Whether we were there on the ground or somewhere else in the world watching TV, most of us



Col. Stack

can remember the images of Afghan and Iraqi citizens braving gunfire and bomb blasts for a chance of a better government and a better future.

For Americans, our challenge is not overcoming gunfire in order to vote, rather, it's apathy.

If you have not yet requested your absentee ballot for the election and would like to do so, take a minute to stop by one of the locations during the garrison's Voters Assistance Week, Sept. 26-30.

You can also go to www.FVAP.gov and use the online registration and absentee ballot assistant.

The Military Postal Service Agency provides free expedited ballot delivery and ballot tracking to your local election office for military and their family members. Service members may go to the post office and use the Label 11 DOD form on their absentee ballot envelope and mail it in to request an overseas absentee ballot.

Once completed, overseas personnel may visit www.usps.com to track the status of their ballot.

If you haven't received your ballot by Oct. 6, use the Federal Write-In Absentee Ballot as your back-up ballot. To do so, visit www.FVAP.gov and use the automated assistant. For each office for which you vote, write in either a candidate's name or their party designation.

I challenge everyone to take an active part in

Whether we were there on the ground or somewhere else in the world watching TV, most of us can remember the images of Afghan and Iraqi citizens braving gunfire and bomb blasts for a chance of a better government and a better future.

this year's election. Make your vote count. Get your absentee vote in time to have your voice heard!

Editor's Note: For more information on voting, visit www.fvap.gov, or call the installation voting assistance officer at 431-2745/civ. 07031-15-2745.

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USAG Stuttgart

VOTERS ASSISTANCE WEEK

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Sept. 26 11 a.m. to 2 p.m.
Broadway Cafe, Kelley Barracks
Sept. 27 11 a.m. to 2 p.m.
Kelley Commissary
Sept. 28 11 a.m. to 2 p.m.
Robinson Barracks Post Office
Sept. 28 11 a.m. to 2 p.m.
Panzer Exchange

Sept. 29 11 a.m. to 4 p.m.
Panzer Exchange
Sept. 29 11 a.m. to 4 p.m.
Patch Commissary
Sept. 30 11 a.m. to 4 p.m.
Patch Commissary

For more information, visit www.fvap.gov



Joe Bertz, a transportation specialist for the DoDDS Stuttgart School Bus Office, greets a bus attendant as Patch High School students disembark the bus before school starts Sept. 11.

Rolling out buses takes year-round effort

Story & photo by Susan Huseman
USAG Stuttgart Public Affairs Office

Timing — it's everything — especially when you're charged with the responsibility of getting more than 2,000 students to school punctually.

That's why Joe Bertz can be found every morning at the school bus unloading zone on Patch Barracks, annotating the exact minute a bus rolls in.

It's something the transportation specialist has done — like clockwork — for the past 17 years that he has worked for the Department of Defense Dependents Schools Stuttgart Bus Office.

"We log the times and review them weekly to see if there are any problems, and if there are, we act accordingly," Bertz said.

For a bus with a spotty arrival record, that could mean moving up the pick-up times by a few minutes. "Five minutes can do a lot," he said.

The school bus office is charged with the mission of "providing safe, timely transportation for the kids to get to school and back home," Bertz said.

DoDDS Europe does not own buses or employ drivers. In Stuttgart, bus service is contracted out to a host nation company, who in turn subcontracts out to transportation companies with fleets of varying sizes.

The buses travel over an area that extends from Weil der Stadt to Herrenberg to Walddorfhäslach to Denkendorf to Ludwigsburg.

With 91 routes for almost 2,100 students, the staff of four is kept pretty busy.

Bertz and co-workers Steve DiMundo, Chris Ferguson and LaToya Davis monitor the buses throughout the school year, not just as they arrive and depart the schools, but even while they are on the road.

"We'll pick a route and follow it. We make sure the bus is at the stop on time and that it does not depart until a set time," Bertz said.

They also notify the schools of any disciplinary issues, schedule field trip and sports competition transportation, issue bus passes, arrange for installa-

tion passes for drivers and bus attendants, and field phone calls.

When summer rolls around, one might think they take a break, but that's when the real work begins.

"By the first week of July, we've started planning the school bus routes for the next school year," said Steve DiMundo, whom Bertz calls the "route guru."

When DiMundo began the route design process this past July, 1,500 students had registered for transportation. The following month, another 500 students registered.

"In August, we're working our tails off," DiMundo said, fine-tuning the routes before school starts.

The bus routes are built according to where students live, and for the most part, use city bus stops.

Stateside, many school districts use school bus routing software to create and optimize their routes, but according to DiMundo, the best tools for his office are not as sophisticated. The transportation specialists use maps and drive the routes in person.

"We have to decide the safest and best place to pick up a child. I don't know of any software that does that," he said.

But even a map doesn't tell the whole story.

What can appear to be a road on a map can turn out to be stairs, or a road may be blocked to vehicular traffic, and then, there's always unexpected road construction. "I don't know of another German city that has this layout," DiMundo said.

The 14-year bus transportation veteran likens the whole process to an intricate challenge. "It's a great big Chinese puzzle."

When it comes to solving the puzzle, the staff is ready and willing.

"With 2,000 kids on the road, even on a good day, something can go wrong. We do our best to fix it," DiMundo said.

To contact the Stuttgart School Bus Office, call 430-8493/8497 or civ. 0711-680-8493/8497 or email stuttgart.sob@eu.dodea.edu.

News & Notes

Stallion Shake 2012 gets underway Sept. 22

U.S. Army Garrison Stuttgart will conduct Stallion Shake 2012, a full-scale, all-hazards exercise, on Patch Barracks Sept. 22 from 10 a.m. to 2 p.m. The exercise validates the garrison's ability to respond to a crisis situation.

Motorists can expect traffic delays when entering all USAG Stuttgart installations from 8 a.m. to 4 p.m. on the day of the exercise.

Starting at 8 a.m. on Sept. 21, concrete barriers will be put in place, restricting some vehicle traffic and selected parking areas.

Community facilities will maintain their normal operating hours, except for the Patch Library, which will open at 2 p.m. on Sept. 22.

Patch High School's on-post sports events scheduled for Sept. 22 will be unaffected.

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

2012 CFC-O underway

The 2012 Combined Federal Campaign, the annual workplace giving campaign for the Department of Defense, officially kicked off Sept. 17.

Last year, the CFC-O raised more than \$14.2 million.

This year, contributors can support one or more of over 2,500 national and international organizations or support their local overseas military community.

For more information, visit <http://cfcov-seas.org>.

See something, say something

All Stuttgart military community members are reminded that any suspicious activity, such as unauthorized photography, strangers asking to be signed in, vehicles sitting outside of gates for extended periods of time or anything else unusual, should be reported to authorities.

To report by phone, contact the U.S. Army Garrison Stuttgart Military Police Desk at 430-5262/civ. 0711-680-5262.

To make a report online, go to the USAG Stuttgart website at www.stuttgart.army.mil and click on the iWATCH/iSALUTE tab on the bottom of the page.

Remember, sooner is always better. See something, say something.

Reward offered for information

The Stuttgart Criminal Investigation Division announced that it is offering a reward for information leading to the apprehension and conviction of the person or people responsible for breaking into the Stuttgart Golf Course and stealing merchandise.

Anyone with information pertaining to this incident is urged to contact the Stuttgart CID office or Military Police at 430-2976/2973/5262 or civ. 0711-680-2976/2973/5262.

Army's master fitness trainers make comeback

Story & photo by David Vergun
Army News Service

The Army's Master Fitness Training Course, discontinued in 2001, will soon be back.

The pilot course for the new Master Fitness Training Course, or MFTC, which began Aug. 27, is underway at Fort Jackson, S.C., and the class of about 30 Soldiers will graduate Sept. 21.

The MFTC rebirth was announced at the same time U.S. Army Training and Doctrine Command, known as TRADOC, decided to retain the three-event Army Physical Fitness Test. TRADOC also emphasized that Training Circular 3-22.20, published August 2010 to prepare troops for combat-specific tasks, will remain the physical readiness training program for the Army.

"The objective of the MFTC is to target [mid-level] NCOs (noncommissioned officers) and junior officers and teach them the fundamentals of exercise and nutrition science, using TC 3-22.20, Physical Readiness Training, as the foundation," said Capt. Donald Maye, operations officer, Physical Readiness Division, Fort Jackson. "When they return to their units, they will have the skills and expertise to tailor a comprehensive physical readiness training plan for their unit."

Upon graduation, the master fitness trainers will return to their units to provide fitness mentoring, in consultation with their commanders, according to Maye.

Maye explained how fitness programs should be customized for each commander's mission requirements. He said the MFTC instruction — taught by subject-matter experts with backgrounds in exercise

science and physical therapy — "is broad and flexible enough to accommodate the specific requirements of the unit mission to which they are assigned. For example, a program for engineers who do a lot of heavy lifting might be different from one at a medical treatment facility."

In addition to consulting with their commanders, Maye said the eventual goal of the MFTs will be to collaborate regularly with medical personnel, physical therapists, nutrition experts and even those involved with Comprehensive Soldier Fitness and Family, or CSF2.

"The goal of the program is not to train Soldiers to improve their physical fitness test scores," he emphasized. "It is to train to doctrine, which itself is based on exercise science principles."

He added that improved PT scores and injury rate reduction would be byproducts of a fitness plan based on the doctrinal principles found in TC 3-22.20.

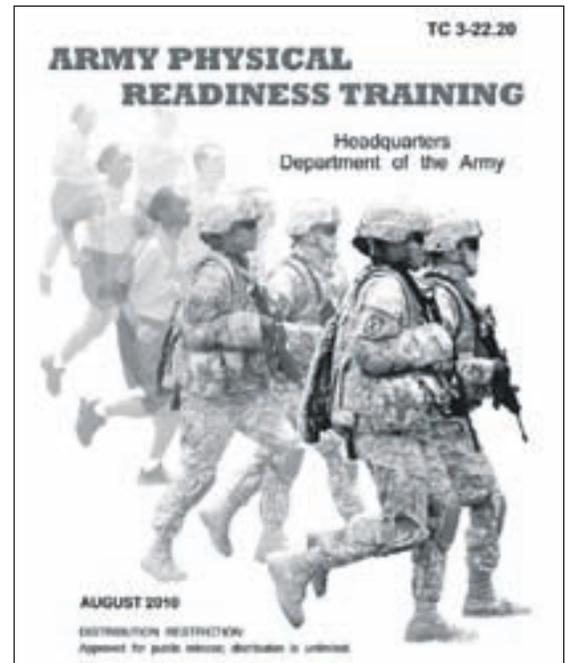
Although all Soldiers are expected to benefit from the MFT once they arrive at their units, the ones who will see the most improvement are those at the lowest levels of fitness.

"Our goal is to provide leaders the tools to safely and effectively train Soldiers," Maye said, adding that the program advances at a slow enough pace to prevent injuries from over training or from progressing too quickly to allow the body to recover and rebuild.

He also said those with injuries will benefit from MFT supervised fitness and reconditioning programs.

Maye said the MFTC is progressing "exceptionally well" and the trainees are providing constructive feedback for further improvements in the course.

Once they graduate, they will retain their primary



The new Master Fitness Training Course will be based on exercises in TC 3-22.20, designed to prepare Soldiers for combat-specific tasks.

military occupational specialty and will receive the Army skill identifier as MFT certified. He said the goal is to eventually provide one MFT per company-level command.

Also, TRADOC is working on changing the designation of TC 3-22.20 to Field Manual 7-22. "We hope to make the change as early as next month," Maye said, adding that the change will not affect any of the content.

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Troops should be at ease seeking help

By Army Sgt. 1st Class Jim Greenhill
National Guard Bureau

Service members facing behavioral health challenges should feel comfortable asking for help, Defense Department leaders said this month.

Speaking during Suicide Prevention Month, senior leaders attending the 134th National Guard Association of the United States General Conference urged a continued emphasis on a culture in which it is OK to seek help.

During a Sept. 10 question-and-answer session, Army Chief of Staff Gen. Ray Odierno characterized suicide among service members as one aspect of a range of health-of-the-force issues.

"The most important thing is about creating an environment, a culture, where people feel comfortable, [and] can come forward and get the help that they need," Odierno said.

The Army has increased its requirements for behavioral health specialists, he said.

"We're working very hard to fill those. ... Our nation has a shortage of behavioral health specialists," he added. "We have to continue to expand

the capability to deal with behavioral health issues."

Odierno cited screening people before, during and after deployments as one of a plethora of programs aimed at helping service members. "We take this issue extremely seriously," he said.

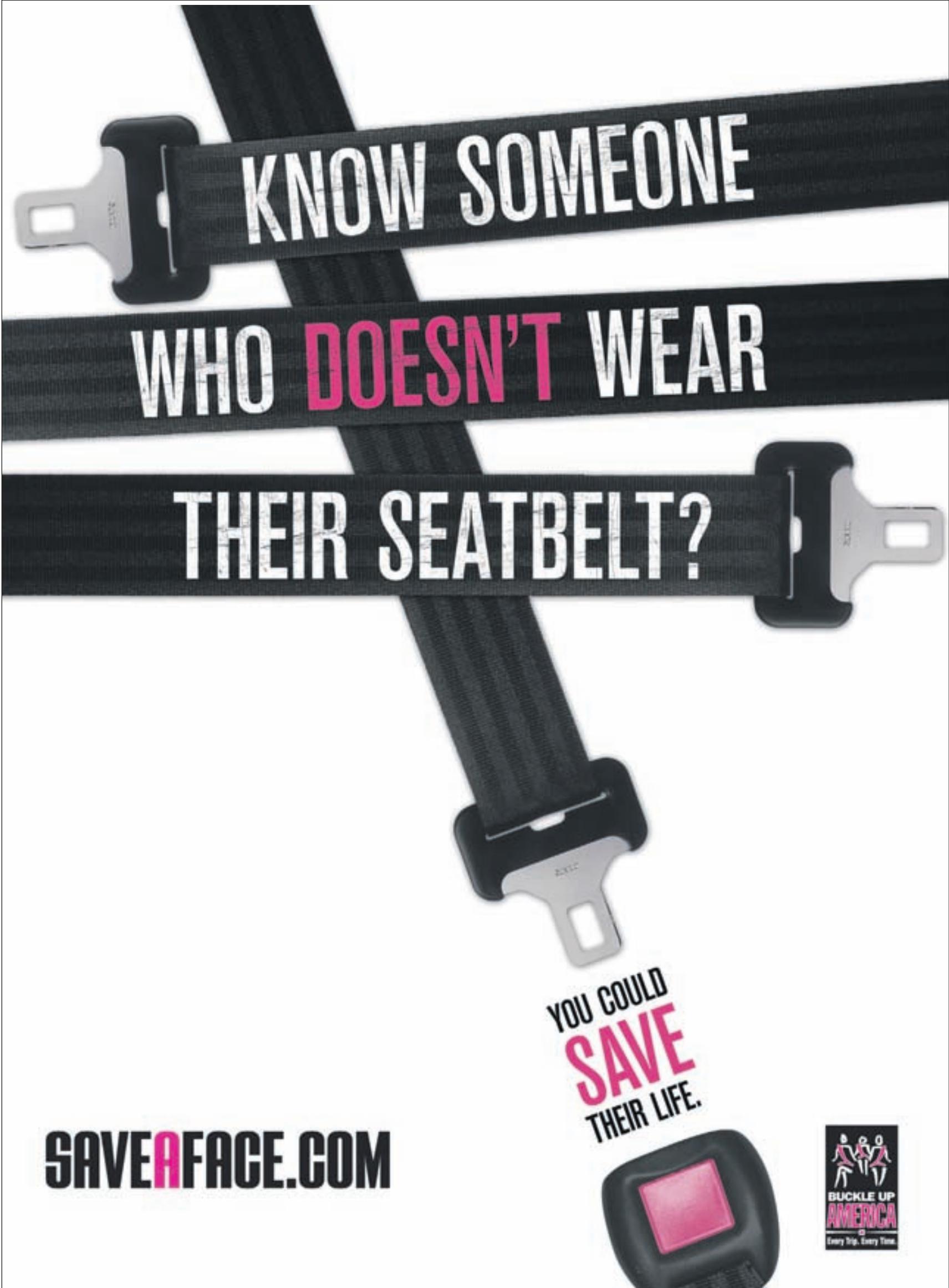
The key, Odierno said, is vigilance to identify the signs that a service member may need help and to provide that help he or she needs.

Army Gen. Frank J. Grass, chief of the National Guard Bureau, said people are the priority of the National Guard and the Defense Department.

"Exposure to combat, multiple deployments and personal stress have all contributed to a disturbing rise in issues like post-traumatic stress, unemployment, hopelessness and suicide," Grass said.

"These problems are not self-correcting," he continued. "They will not just go away. They require the collective action of leaders across the Department of Defense and the Department of Veterans Affairs and the private sector."

Grass, who assumed the chief's responsibilities Sept. 7, pledged his support to National Guard warrior and family programs.



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Serving up adventure

Outdoor Recreation's Bruce Zabukovec (from left) and Beau Jager serve up pulled pork sandwiches to customers during the facility's open house Sept. 13. Members of the Stuttgart military community were invited to the facility on Panzer Kaserne to learn about Outdoor Recreation's adventure trips, rental program and gun club classes.

Megan Clancy



Celebrate Marine Corps birthday in style

Happy birthday, U.S. Marines! Join the Marines of U.S. Marine Corps Forces, Europe and Africa, in celebrating the 237th birthday of the Marine Corps, Nov. 10.

Tickets to the birthday ball celebration, to be held in Stuttgart, are on sale through Oct. 26.

For more information on reservations, child care, and hotel accommodations, call Staff Sgt. Sean Denson at 431-2391/civ. 07031-15-2391.

Put your team together for Stuttgart 'Run4Life'

Teams and individual walkers, joggers and runners, and cancer "warriors" are invited to participate in U.S. Army Garrison Stuttgart's Run4Life on Oct. 26 from 6-10 p.m., in observance of Disability Employment Awareness Month.

Run4Life gives community members a chance to celebrate the lives of people who have battled or who are battling cancer.

Register by Oct. 22. For more information, send an email to usagstuttgarteeo@eur.army.mil.

USO hosts free lunch, trip to Oktoberfest

• United Service Organizations Stuttgart invites the community to a free Mexican-food themed lunch on Sept. 26 from 11 a.m. to 1 p.m. (while supplies last) in Building 2915 on Panzer Kaserne.

• USO Stuttgart offers its assistance to those wishing to register with ADAC, the German auto club. English brochures are available, and USO staffers will fax your application to ADAC.

• Single and unaccompanied service members are invited to the Munich Oktoberfest on Sept.

29, thanks to the Stepping Out program.

The USO will provide transportation, box seats in the Hippodrom beer tent and a meal.

For more information, call 431-3505/civ. 07031-15-3505.

Learn German landlord and tenant laws

Attorneys from the Stuttgart Law Center will discuss German landlord and tenant law and some of the common legal problems that have been faced by Stuttgart military community members, during in-processing briefings scheduled for Sept. 27 at 10 a.m. at the Central Processing Facility, Building 2913, Panzer Kaserne.

For more information, contact the Central Processing Facility at 431-2599/07031-15-2599 or the Legal Assistance Office at 421-4152/0711-729-4152.

Learn about healthy cooking for diabetics

The U.S. Army Garrison Stuttgart's Exceptional Family Member Program, along with the Equal Employment Opportunity Office and the United Service Organizations Stuttgart, will host a cooking class on healthy food choices for diabetics.

The class will be held Oct. 21 from 2-4 p.m. at Army Community Service, Building 2915, on Panzer Kaserne.

Registration starts Sept. 20.

For more information, contact the Stuttgart USO at 431-3505, civ. 07031-15-3505.

Catholic women's conference Oct. 18-21

The Military Council of Catholic Women will host a European Regional Conference, Oct. 18-21, in Ettal, Germany.

Catholic women from 19 chapel communities in Belgium, England, Germany, Holland, Turkey and Italy will participate in the event.

For more information about the conference, go to www.mccweurope.com.

Celebrate Hispanic Heritage Sept. 28.

The U.S. Army Garrison Stuttgart Special Emphasis Program Committee will host a Hispanic American Heritage Month observance on Sept. 28 from 11:30 a.m. to 1 p.m. in the Kelley Club, Building 3000, on Kelley Barracks.

For more information, send an email to usagstuttgarteeo@eur.army.mil.

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

Garbage is a growing problem

Each year, Americans generate millions of tons of trash.

Durable goods such as tires, appliances and furniture, and nondurable goods (paper, certain disposable products, clothing) account for several million tons of the solid waste stream.

Container and packaging waste (glass, aluminum, plastics, steel and other metals, paper and paperboard) is a significant component of the nation's waste stream as well.

In addition, many relatively small components of the national solid waste stream add up to millions of tons. For example, 1 percent of the nation's waste stream can amount to about two million tons of trash each year.

Individual consumers can substantially reduce solid waste by following these basic principles:

- Reduce the amount of trash discarded.
- Reuse containers and products.
- Recycle — use recycled materials, and compost.
- Respond to the solid waste dilemma by reconsidering waste-producing activities and by expressing preferences for less waste.

Source: Environmental Protection Agency



Going Green

USAG Stuttgart
Directorate of Public Works
Environmental Division

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School Talk

More about bullying

According to bullying expert Barbara Coloroso, there are three distinct groups in the bullying cycle: the bully, the bullied, and the bystander. Everyone knows the role of the bully and the bullied; however, the bystander plays an important role in the prevention of bullying.

Since much of the bullying goes on under the radar of adults, a potent force are the children who show that they will not look up to the bully nor condone or tolerate the bully's cruel behavior.

Kids need not be bystanders. They can become active witnesses, standing up for their peers, speaking out against injustices and taking responsibility for what happened among them.

The School Liaison Office has copies of Barbara Coloroso's books, DVDs and CDs for check out.

Free MCEC training

The School Liaison Office will host a Military Child Education Coalition Transition Counseling Institute Oct. 1-4 for school counselors, educators and others who work with students, to help them recognize and address transition concerns that impact the mobile military child.

The free training will be held at the Swabian Special Events Center on Patch Barracks. Enrollment is limited.

To register, go to www.militarychild.org/professionals/programs.

College fair set for Oct. 9

The U.S. Army Garrison Stuttgart School Liaison Office is seeking college alumni to support its third annual college fair scheduled for Oct. 9 from 11 a.m. to 3 p.m. in the Hub, Building 2337, Patch Barracks.

Represent your alma mater and let college-bound high school students know what your school can offer them.

For more information and specific requirements, contact Wayne "Joe" Holder at wayne.j.holder.naf@mail.mil or Brian Pappas at brian.n.pappas.naf@mail.mil or call 430-7465/civ. 0711-680-7465.

Immunizations reminder

The Department of Defense Dependents Schools Europe requires that every student be current on immunizations within 30 days of the start of school. That grace period is rapidly approaching.



The School Liaison Officers work in conjunction with the Child and Youth Services Division and the local school community to address educational issues involving military children.



Helen Hitchcock, a Böblingen Elementary/Middle School guidance counselor, walks Kinder Boot Camp participants through the lunchroom procedure during a tour of the school of Aug. 28.

CYS Services boot camp eases transition to kindergarten

Story & photo by Megan Clancy
Special to *The Citizen*

Get ready. Get set. Go kindergarten! Child, Youth and School Services' Kinder Boot Camp helped 13 kindergarten-bound children get ready for their first day of school.

Starting kindergarten is a major developmental milestone and can create apprehension in children and parents, according to Keith Herman, a University of Missouri expert. Herman recommends that the parents and child visit the school and classroom before the first day.

The U.S. Army Garrison Stuttgart Kinder Boot Camp takes that idea a couple of steps further.

The kindergarten readiness program, held from Aug. 27 to 30 at the child development centers on Kelley and Patch Barracks, and Panzer Kaserne, sought to ease the transition into the classroom setting before school started on Sept. 4, according to Laura Dills, the Panzer Child Development Center facility director.

To be eligible for the free CYS Services-sponsored "camp," children needed to be 5 by Sept. 1, be kindergarten-bound and have not participated in Strong Beginnings, CYS Services' pre-kindergarten program.

Many of the participants had recently moved from the States or from other overseas locations.

"It was decided to really try to target those kids who are brand new to the community, so that they have an opportunity to meet some new friends and get ready for the next big change — school," Dills said.

Kinder Boot Camp was designed to minimize any anxiety by introducing the students to the classroom and a new routine in ways that were "not intimidating or scary," said Dills.

“It was decided to really try to target those kids who are brand new to the community, so that they have an opportunity to meet some new friends and get ready for the next big change — school.”

Laura Dills
Panzer CDC facility director

The "campers" attended a mock kindergarten for four days, complete with circle time, writing lessons, small group activities and outside play, said Natalie McKenna, a Panzer CDC supervisory program specialist.

Students also toured their perspective schools. The Panzer boot camp participants toured the Böblingen Elementary/Middle School on Aug. 28, led by BEMS Guidance Counselor Helen Hitchcock.

Hitchcock showed the children the gym, music and art rooms, nurse's office and their classrooms during the tour. In the cafeteria, Hitchcock explained to the children how they will get their lunches.

Thanks to Kinder Boot Camp, the future BEMS students were more enthusiastic than anxious.

"The kids are excited to come to kindergarten," Hitchcock said.

Army Paralympic shooter helps pioneer prosthesis

Story & photo by
Sgt. 1st Class Tyrone C. Marshall Jr.
American Forces Press Service

A sharpshooter who competed in the 2012 Paralympic Games also helped develop an innovative prosthesis that has helped countless wounded warriors.

Sgt. 1st Class Joshua Olson, a member of the 2012 Paralympic shooting team and the Army Marksmanship Unit, missed qualifying for the finals in the mixed 10-meter air rifle prone competition at the Paralympic Games Sept. 1. He shot 595 points in the qualification rounds, but eight of his fellow competitors shot a perfect 600 score. Then Sept. 4, he shot 587 in the mixed 50-meter prone rifle competition, to earn 12th place.

In October 2003, Olson was wounded in Iraq by a rocket-propelled grenade during an ambush. From there, he was medically evacuated to Landstuhl Regional Medical Center, and was there for about eight days.

After that, he said, he woke up at Walter Reed Army Medical Center in Washington, D.C., where he spent about 18 months.

"In my stay at Walter Reed, there was an outdoor event every day in occupational therapy — shotgun shooting," he said. "I went out and shot sporting clay one day. I hit my first 49 out of 50."

Olson said his shooting acuity caught the attention of the program director at Walter Reed, who put in a call to the Army Marksmanship Unit at Fort Benning, Ga., to see if a position



Sgt. 1st Class Joshua Olson, center, a member of the 2012 U.S. Paralympic shooting team, makes adjustments to his air rifle during a competitive round of shooting at the Royal Artillery Barracks in London, Sept. 1.

was available for a competitive shooter or marksmanship instructor.

"I went down to Fort Benning from Walter Reed, had a tryout and was very successful," Olson said. "[I] got along great with the coaches and the other shooters on the team."

The Army sergeant said he was assigned to the marksmanship unit in June 2005 and "slowly, but surely, started shooting."

"And I'm here today," he added.

Olson noted that been many troops in his position have wished to stay in the military despite their injuries, but were unable to.

"There's a lot of guys [who] have been wounded [who] want to continue

to serve," he said. "I'm very blessed and very fortunate to be able to do that.

I hope I inspire, not even [just] wounded Soldiers, but other Soldiers," he continued, "just to [let them know], 'Hey, you might be going through something tough, such as [post-traumatic stress], but if you work hard and give yourself goals to work on, it helps you get out of bed every day [and] helps you work hard and overcome things in your life.'"

In discussing the origin of the "Olson Socket," the Army sergeant is quick to note he didn't invent the prosthesis himself.

"I was just the first guy to wear it and help make it work," Olson ex-

plained. "In late 2004, I went down to Orlando, Fla., where Prosthetics and Associates is, and [met] a gentleman by the name of Dennis Clark."

"Those guys got together [with] myself and the actual designers, and originally drew it up on a bar napkin," he revealed. "And we tried it out, and we put it together and made it work."

Olson said as soon as he got back to Walter Reed with the prosthesis, officials there immediately began sending service members down to Florida to be fitted for the same prosthesis and socket system.

"I was very fortunate and very blessed they named it after me, but I just happened to be the first guy to ever have one," he said.

Olson credited his military service for the discipline that got him here to compete in the Paralympic Games.

"Military service has prepared me for the Paralympics by teaching me determination, patience and just overall hard work," he said.

The key to his success, Olson said, is practicing, staying focused and concentrating on the fundamentals of his sport.

"For me, my biggest challenge is the ability to stay focused during the entire match," he said. "So I do some mental exercises, a lot of imagery and some visualization exercises. This sport is 95 percent mental and 5 percent physical.

"I've been training a long time for this," he added. "There's really no shooting drill, no mental exercise or anything you can really do to prepare for actually sitting there."



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Germany celebrates unification Oct. 3

Oct. 3 is German Unity Day, marking when the Federal Republic of Germany and the Democratic Republic of Germany united to create one single, federal Germany on October 3, 1990.

Most post offices, banks and many businesses will be closed.

Community town hall to be held Oct. 10

The next U.S. Army Garrison Stuttgart Town Hall Meeting will be held Oct. 10 at 5 p.m. in the chapel on Panzer Kaserne.

The entire community is invited to attend.

Register now for UMUC fall classes

University of Maryland University College will hold early registration for online and on-site fall Session 2 courses. The courses will start on Oct. 22.

Students can view the class schedule at <http://webapps.umuc.edu/soc/europe.cfm>.

For more information, contact the local UMUC Europe field representative 431- 2303/civ. 07031-15-2303 or visit www.ed.umuc.edu.

Get Navy Ball tickets

Celebrate the U.S. Navy's 237th birthday and the bicentennial of the War of 1812 at the 2012 Stuttgart Navy Birthday Ball on Oct. 27 in Sindelfingen.

For more information and tickets, call 421-5948 for 430-2963.

Volunteers needed for Pfennig Bazaar

The 44th Pfennig Bazaar, hosted by the German American Women's Club, will be held Oct. 12-13.

This large-scale flea market raises money for organizations and individual scholarships for the Stuttgart military community, as well as local German beneficiaries. Last year, the GAWC raised approximately €94,000.

Volunteers are needed to assist with setup Oct. 11, and during the bazaar, Oct. 12-13.

To volunteer, visit www.gawc-stuttgart.org and click on the "Volunteer Spot" link. To volunteer in the Kelley and Patch Barracks sorting rooms, send an email to gawcvolunteer@yahoo.com with the subject line "sorting room."

Meet benefit plan reps

Civilian employees are invited to discuss their health benefit plans with representatives from Blue Cross Blue Shield, Foreign Service Benefit Plan and Mail Handlers Benefit Plan on Oct. 29 from 11:30 a.m. to 2:30 p.m. in the Exchange Shopping Center on Panzer Kaserne.

For more information, call Arlene Ambelang at 431-2310/07031-15-2310.

Panzer DFAC news

The 1st Battalion, 10th Special Forces Group (Airborne), Dining Facility on Panzer Kaserne serves breakfast Monday through Friday from 7:30-9 a.m. and lunch from 11:30 a.m. to 1 p.m.

The DFAC will be closed Oct. 5-8 for training and federal holidays.

Vehicle Reg closures

The U.S. Army Garrison Stuttgart Vehicle Registration Office will close at noon Sept. 28 to conduct its monthly inventory. The office will also be closed Oct. 3 for a German holiday and Oct. 8 for Columbus Day.

For more information, call 431-2833/07031-15-2833.

Sign up for budget for baby class Sept. 24

The Navy-Marine Corps Relief Society will offer a Budget for Baby class for active duty service members and their spouses Sept. 24 from 6:30-7:30 p.m. at Army Community Service, Room 222, Building 2915, Panzer Kaserne. Participants will receive free layettes with baby items valued at \$120.

For more information or to sign up, call civ. 0174-659-2399 or email stuttgartnmcrs@googlemail.com.

Moms, join MOPS!

The U.S. Army Garrison Stuttgart Religious Support Office will sponsor the Mothers of Preschoolers program. MOPS is designed to nurture mothers with children from infancy to kindergarten.

MOPS meets from 9:30-11:30 a.m. on the first and third Wednesday of each month in the Panzer Chapel Fellowship Hall and the Patch Religious Education Center (Building 2332).

For more information about the Patch group, send an email to patchmops@googlemail.com; for the Panzer group, panzermops@googlemail.com.

Permits needed to sell cars to local nationals

U.S. ID cardholders who intend to sell their U.S. Army Europe-plate vehicles to local nationals must get Permit to Transfer forms at the U.S. Forces Customs Office before the sales can take place.

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

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

Have fun at Volksfest, but be safe

The Cannstatter Volksfest will take place from Sept. 28 to Oct. 14.

The Volksfest is always a fun time, with roasted chicken and German beer, lively polka music and amusement rides.

Enjoy the fest, but be responsible enough not to get behind the wheel after drinking. Look out for your friends as well, and consider teaming up with them to assign a designated driver.

A little bit of planning can go a long way toward preventing accidents, injuries and legal consequences.

And remember, German police will be out in full-force looking for drunk drivers.

Keep the following tips in mind:

- Leave your vehicle at home.
- Use a designated driver.
- Use public transportation or a taxi.
- Don't leave your children unattended at any time.
- Always follow the safety instructions posted at rides or instructions given by the operating personnel. If you are in doubt, ask before you take a ride.





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Online medical care option now at clinic

By Chuck Roberts

Landstuhl Regional Medical Center
Public Affairs Office

Technology is bringing back a version of patient-friendly, old-world medicine through the simple use of secure email with your Army health care team.

Certain types of medical care that require a visit to a primary care manager can now be accomplished by email for beneficiaries registered with Secure Messaging, to include:

- Consulting with your medical team about non-urgent health matters;
- Requesting appointments, referrals and prescription renewals;
- Receiving test and laboratory results or guidance from your medical team by email.

Secure Messaging is being introduced at the Family Practice Clinic at the U.S. Army Health Clinic Stuttgart. The Family Practice Clinic includes Primary Care, Pediatrics and Tricare services.

To sign up for Secure Messaging, beneficiaries can provide their personal email at the front desk of the health clinic on Patch Barracks. They will then receive an email invitation to join the service.

Although new to Army medicine in Europe, Secure Messaging is currently in use by more than 2,000 medical providers from more than 50 sites in the U.S., accounting for over 210,000 patient messages over the past six months.

Although beneficiaries receive a personal email letting them know they have information awaiting them on Secure Messaging, they use their personal password to log into the Secure Messaging site.

The secure site, contracted through Relay Health, is in compliance with the Federal Health Insurance Portability and Accountability Act and stringently



Susan Huseman

Sgt. Joann Wilkins (right), the medical records NCOIC at U.S. Army Health Clinic Stuttgart, explains the Secure Messaging system to Sgt. Maj. Martin Doxey Sept. 7.

protects personal information through encryption technology. Information is only accessible by the beneficiary and the health care team.

Secure Messaging is also a valuable tool for the clinics and doctors to communicate with the patients and remind them of preventive services.

Clinics can easily send reminders about immunizations, screenings such as well baby visits, medication recalls and flu vaccine availability.

An example of a typical patient message through Secure Messaging would be a mother concerned about her child who wakes up with a rash on his or her stomach.

Instead of taking the child to an emergency room or trying to schedule a medical appointment, the mother could communicate through Secure Messaging with a nurse or doctor for advice on treating the child at home and/or bringing the child in for a medical appointment.

Secure Messaging is popular with both beneficiaries and medical staffers

because of its usefulness and efficiency.

"Secure Messaging is a win-win for everyone," said Col. Joanna Reagan, the U.S. Army Health Clinic Stuttgart commander.

"The patient can communicate with their care team between scheduled clinic visits without having to go into the clinic," she said.

"The civilian health care delivery sector adopted this concept about five years ago and it had an immediate impact on how doctors interacted with their patients. Communicating with patients between clinic visits allows doctors to focus on the patient's health and not just their health care," Reagan added.

She advised that although the requirement is to reply within 72 hours, the health care team "will try to reply back to patients within 24 hours during Monday through Friday."

The clinic commander emphasized that the system is for non-emergent situations.



Get your flu shot

The U.S. Army Health Clinic Stuttgart will begin to administer the flu vaccine later this month.

Active duty service members will receive the vaccine through their military units over the next several weeks.

From Oct. 1-19, Department of Defense Dependents Schools staff and students will receive flu vaccines at their designated schools:

- Patch High School: Oct. 1, Oct. 15, Oct. 19, 1-2:30 p.m.;
- Böblingen Elementary/Middle School: Oct. 9 and 10, 8:30 a.m. to 3 p.m.;
- Robinson Barracks Elementary/Middle School: Oct. 11 and 12, 8:30 a.m. to 3 p.m.;
- Patch Elementary School: Oct. 17 and 18, 8:30 a.m. to 3 p.m.

All other eligible beneficiaries can receive the vaccine from 8 a.m. to 3 p.m. at the following locations and dates:

- Kelley Fitness Center, Kelley Barracks: Oct. 22, Nov. 2 and 9;
- Brewed Awakenings, Robinson Barracks: Oct. 23, Nov. 1 and 8;
- Exchange Food Court, Panzer Kaserne: Oct. 24 and 31, Nov. 6;
- Patch Fitness Center, Patch Barracks: Oct. 26 and 30, Nov. 7.

Children 6 to 35 months old can receive their vaccine along with their well baby check-up.

For more information, call the Community Health Nurse at 430-6383/civ. 0711-680-6383.

Army prepared for flu season with two million doses of vaccine

By J.D. Leipold

Army News Service

The Army has ordered nearly 2 million doses of vaccine to immunize all Soldiers, their families, civilian employees and retirees for the upcoming flu season.

The vaccinations will be available at most installations in October, but each medical facility will set its own schedule for distribution.

Seasonal influenza can start as early as October and run as late as May, but it generally peaks between January and March, according to the Centers for Disease Control and Prevention.

The CDC cautions that new flu viruses can appear, which could lengthen the season — though that's not expected for 2012-2013.

The Army expects to have 90 percent of the force vaccinated by Dec. 17, according to Col. Richard Looney, director of the Army Military Vaccination Program.

He said vaccinations would be available at installations as soon as they are received and until the supply runs out or expires.

"Regardless of previous vaccination history, routine annual influenza vaccination is recommended for all persons age 6 months and older," Looney said. "Several studies have demonstrated that post-vaccination immunity declines over the course of a year, thus, annual vaccination is recommended for optimal protection against influenza."

Looney said about two-thirds of the Army's order for 2012 consists of vaccine that's given through intramuscular injection and the remaining third of

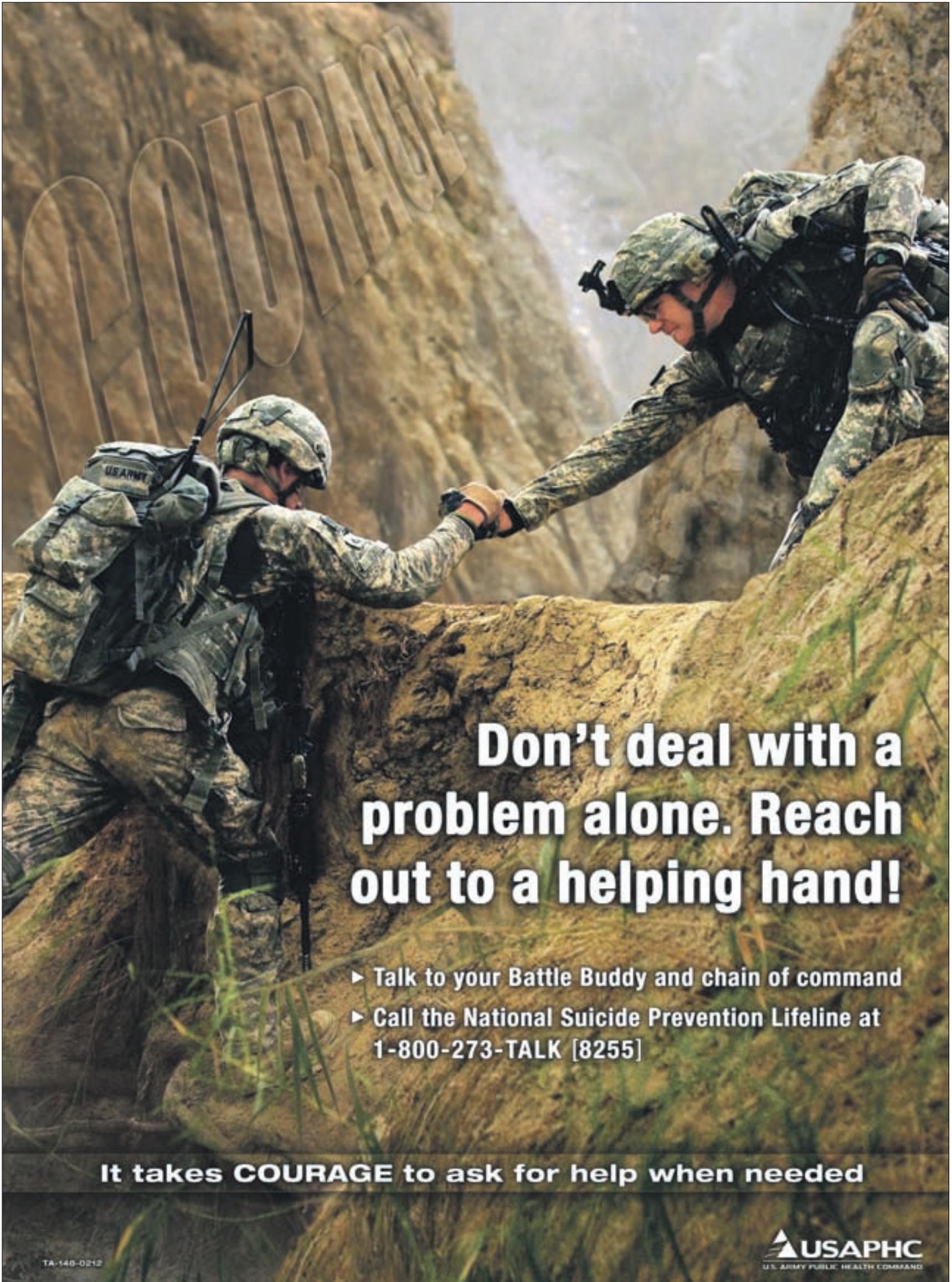
the order is the type administered via nasal spray.

The dominant influenza strain for the upcoming flu season remains the H1N1 strain from 2009, Looney said, adding that due to outstanding efforts and immunization campaigns of the past few years, people are more aware and likely to be adequately protected during the height of flu season.

Immunization rates climb every year, and Looney said he sees no reason why that trend won't continue.

An annual average of 25 million reported cases, 36,000 deaths and 226,000 hospitalizations occur each year in the U.S. due to influenza infections.

"Immunization is the very best protection against disease and related complications," Looney said. "Vaccines are safe and effective, and have saved more lives than any other medical measure in history."



Don't deal with a problem alone. Reach out to a helping hand!

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the National Suicide Prevention Lifeline at 1-800-273-TALK [8255]

It takes COURAGE to ask for help when needed

Four things to do before a disaster strikes

By Ron Kirkemo

USAG Stuttgart Emergency Management Office

Natural disasters can happen anywhere, to anyone. That's why U.S. Army Garrison Stuttgart community members are encouraged to take a few simple steps to prepare for emergencies in their homes and offices, and while traveling.

USAG Stuttgart is a member of the 2012 National Preparedness Month Coalition and joins more than 16,000 private and 450 military organizations who have "Pledged to Prepare."

This year marks the ninth anniversary of the annual National Preparedness Month campaign.

The theme for this year is, "Be Informed, Make a Plan, Build a Kit, Get Involved."



Learn your risks and responses

Be informed about the different types of emergencies that could occur in the Stuttgart area, and their appropriate responses.

Many events can trigger emergency situations with the potential to escalate into disaster. Hazards such as power outages or disease outbreaks can happen anywhere at any time, so you should become familiar with the spectrum of possible dangers and how you will be notified about them.

It is also important to give special consideration to hazards likely to affect your local area, such as hurricanes, tornadoes, flooding, earthquakes or severe winter weather. Living abroad presents additional preparedness challenges and sometimes, less familiar hazards like volcanic eruptions and tsunamis.

While the potential threats can seem overwhelming, keep in mind that most of what you address in your family emergency plan or put in your emergency kits will be useful, regardless of the hazard. And in many cases, the same protective alternatives apply — evacuate or shelter-in-place.



Make a family communications plan

Make and practice a family emergency plan. Consider the range of potential emergencies and all the places you and your family might be.

Some emergencies require different responses than others, but a family communications procedure will be helpful in any case. Knowing how to keep in touch and find one another will help your family stay safe and cope with the confusion and fear that come when emergencies strike.



Build an emergency supply kit

When disaster strikes, emergency responders address the most critical needs and may not be able to get to an area until it is deemed safe.

While they work on behalf of the entire community, it is your responsibility to ensure your family's well-being during times of crisis. Emergency kits are essential tools for meeting that challenge.

To prepare your family for an emergency, get one or more emergency kits that include enough supplies

to meet your essential needs for at least three days.

Think reusable and multi-use. A metal bowl can double duty as a cup and saucepan. A bright poncho can be used as water repellent. A marker and two together can create a temporary shelter.

Keep a kit at home, and consider having one in your car and at work. These kits will enable your family to respond to an emergency more quickly.

Your various emergency kits will be useful if you have to evacuate or shelter-in-place. Consult your local officials for any other specific items that should be included in your kit.

Be sure to rotate your items periodically so nothing is expired when the need comes.



Get involved in community preparedness

Getting involved in the preparedness of your community can be accomplished in many ways. Volunteer to support the community in support of disaster efforts. Start a community preparedness program with friends and neighbors. The whole community participates in ensuring that their homes, families and communities are prepared.

For more information, visit these websites:

- Ready Army: www.readyarmy.mil
- U.S. Army Disaster Personnel Accountability and Assessment System: <https://adpaas.army.mil>
- American Red Cross: www.redcross.org
- Citizen Corps: www.citizen corps.gov
- Family Readiness Group: www.armyfrg.org
- Federal Emergency Management Agency: www.fema.gov
- Ready Campaign: www.ready.gov

**PLEDGE
to
PREPARE**

September is National Preparedness Month

A communication plan protects your family

Your family may not be together when a disaster strikes, so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations.

Ready.gov has made it simple for you to make a family emergency plan. Download the Family Emergency Plan and fill out the sections before printing it or emailing it to your family and friends.

Keep a copy of the plan in your emergency supply kit or another safe place. Cut out the contact information cards and keep them in a readily accessible place such as a wallet or backpack.

Your emergency planning should also address the care of pets, aiding family members with access and functional needs and safely shutting off utilities.

Practice your plan at least twice a year and update it according to any issues that arise.

Source: www.ready.gov

How to build an emergency kit

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.

Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended supplies to include in a basic kit

- Water, one gallon of water per person per day, for drinking and sanitation

- Food, at least a three-day supply of non-perishable food

- Battery-powered radio and a National Oceanic and Atmospheric Administration weather radio with tone alert, and extra batteries for both

- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant

- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton T-shirt, to help filter the air

- Plastic sheeting and duct tape to shelter-in-place

- Wrench or pliers to turn off utilities
- Can opener for tinned food

Clothing and bedding

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat.

Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long-sleeve shirt
- Sturdy shoes
- A hat and gloves

- A sleeping bag or warm blanket for each person

Additional supplies to consider

- Emergency reference materials such as a first aid book or a print-out of the information on www.ready.gov

- Rain gear
- Mess kits, paper cups, plates and plastic utensils

- Cash or traveler's checks, change

- Paper towels

- Fire extinguisher

- Tent

- Compass

- Matches in a waterproof container

- Signal flare

- Paper, pencil

- Personal hygiene items including feminine supplies

- Disinfectant

- Household chlorine bleach — You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

- Medicine dropper

- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.

Source: www.ready.gov

At your leisure

Festivals

This year's annual **Cannstatter Volksfest**, or beer festival, will run from Sept. 28 to Oct. 14 at the Cannstatter Wasen fest grounds in Bad Cannstatt.

The Cannstatter Volksfest is the second largest beer festival in the world and offers eight beer tents and one wine tent. Visitors can enjoy grilled chicken or "Göckele," freshly brewed fest beer and live bands, which will entertain the crowds with "Volksmusik," or German folk music, party, country and rock tunes.

The festival also offers various rides, such as wild water rafting, bumper cars, roller coasters, haunted houses, Ferris wheels, as well as merry-go-rounds and pony rides for children.

Another highlight is the "Almhüttendorf," a reconstruction of a typical Bavarian-Austrian alpine village. Here, visitors will find rustic booths and hearty food.

Special family days will be offered on Oct. 4 and Oct. 10 from noon until 11 p.m. Families are invited to enjoy a day at the fest with reduced entrance fees.

A variety market is offered as well.

The historic Volksfest parade, with decorated horse carriages and traditional costume groups, will be held Sept. 30 at 11 a.m. and will travel from downtown Cannstatt towards the Wasen fest grounds.

The fest is open Monday through Thursday from noon to 11 p.m., Friday from noon to midnight, Saturday from 11 a.m. to midnight, and Sunday from 11 a.m. to 11 p.m.

On Sept. 28, the fest is open from 3 p.m. to midnight, Oct. 2 from noon until midnight, and Oct. 3 (German federal holiday) from 11 a.m. to 11 p.m.

For more information, visit www.cannstatter-volksfest.de.



Thomas Niedermüller

The Cannstatter Volksfest is the second largest beer festival in the world. This year's fest will run Sept. 28 to Oct. 14 at Cannstatter Wasen.



Werner Kuhnle

An enormous pumpkin is displayed in front of the Ludwigsburg castle during the "Ludwigsburg Kürbisausstellung," held at the Blühende Barock garden area. The event will run through Nov. 4.

The **Ludwigsburg Kürbisausstellung**, or pumpkin festival, will run through Nov. 4 at the Blühende Barock garden area at the Ludwigsburg Castle. The festival is open daily from 9 a.m. to 6 p.m.

This year, the exhibition will focus on Switzerland. The Matterhorn mountain, alphorn blowers and many other Swiss-inspired "sculpture," all made out of pumpkins, will be on display.

More than 450,000 pumpkins and over 500 different varieties from all over the world, ranging from edible to decorative, will be featured throughout the event.

Visitors can also sample pumpkin-inspired foods and drinks ranging from pumpkin risotto, soup and spaghetti to pumpkin "Maultaschen," strudel, pumpkin candy and sparkling wine.

The European championship for the heaviest pumpkin will be held Oct. 14 at 1:30 p.m.

A family Halloween will be held Oct. 27 and Oct. 28 at 2 p.m. Each family will be invited to carve a personal pumpkin. Children (12 years old and younger) dressed in Halloween costumes can enter the fest free of charge and can also participate in a costume contest.

The Blühende Barock/Ludwigsburg Castle is located at Mömpelgardstrasse 28, 71640 Ludwigsburg.

Tickets cost €8 for adults and €3.90 for children 15 years old and younger. Family tickets (two adults and two children 15 years old and younger) will cost €21.50.

For more information, visit www.kuerbisausstellung-ludwigsburg.de, www.juckerfarmart.de, or www.blueba.de.

Family

The **Weltkindertag**, or children's day, will run Sept. 23 from 2-6 p.m. at the Sommerhofenpark garden and park area in Sindelfingen.

Children can participate in arts and crafts activities, face painting and games.

The Sindelfingen youth firefighters will hold demonstrations, and a fairy tale story time (German) will be featured as well.

Toward the end of the event, children will be able to write a wish on a card, attach it to a balloon and release the balloon into the air.

Waffles and cake will be offered, as well.



Photo courtesy of MPS

Celtic reenactors will participate in Hülben's first ever "Keltenfest am Heidengraben," or Celtic festival, Sept. 22-23 at the Hülben Airfield. The event will also feature horse stunt shows with "Haralds," a group of professional stunt men from the Czech Republic.

Hülben will host its first ever **Keltenfest am Heidengraben**, or Celtic festival, Sept. 22-23 at the Flugplatz (airfield) Hülben. On Sept. 22, the event will run from 4 p.m. until midnight, and from 11 a.m. until 6 p.m. Sept. 23.

The Heidengraben is considered a Celtic relict dating back to 100 B.C. when the Celts built an "Oppidum," or fortification settlement in the area.

The two-day festival aims to

recreate the way of life during the Celtic era. Several reenactment groups dressed in Celtic garments will participate in the event and will share historical information.

A typical Celtic tent city will be set up, and a market with arts and crafts and hands-on activities will also be featured.

Another highlight will be horse stunt shows with "Haralds," a group of stunt men from the Czech Republic. The professional stunt men were cast members in the films "Dragonheart," "Gladiator," "Van Helsing" and "A Knight's Tale."

A children's program will be offered, as well.

One-day tickets cost €12. Visitors dressed in Celtic garments will pay €8. Family tickets (two adults and children 11 years old and younger) cost €25. Tickets for children age 6-11 cost €5. Two-day tickets cost €18.

The Flugplatz Hülben is located at Flugplatzstr. 1, 72574 Hülben.

For more information, visit www.keltenfest-heidengraben.de.

This weekend

Sindelfingen will host the **Bauernmarkt**, or farmer's market, Sept. 22 from 7 a.m. to 1:30 p.m. at Planiestrasse in downtown Sindelfingen.

Local and regional farmers will offer their products ranging from vegetables, fruit, meat, cheese, to baked goods, wines and flowers.

The Stuttgart West district will feature **Schätze des Westens**, or treasures of the west, Sept. 22 from 11 a.m. to 7 p.m. all throughout the Stuttgart west area.

The district is known for its small but unique stores, galleries, art studios and coffee shops.

During the Schätze des Westens event, visitors can explore the district and its jewelry, furniture, clothing and home decor stores, participate in hands-on activities, arts and crafts workshops, and indulge in regional food.

Hands-on activities for children are offered as well.

The "Atelier 89" (Seyfferstrasse 89) will present paper art, light installations and handmade jewelry.

The "Vogelsangatelier" (Vogelsangstrasse 28) will feature works of five designers, to include ceramics, cards, porcelain and glass art, as well as clothing and felted accessories.

For more information, visit www.schaetze-des-westens.de.

What's happening in FMWR

Get your open water scuba certification

Join Outdoor Recreation for level 1 scuba certification. Class will be held Oct. 6-8, and 13-16. Sign up early to get started on the classroom work, followed by four days of diving.

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

Sunday bingo

Every Sunday the Patch Community Club offers bingo and a chance to win two guaranteed \$1,000 jackpots every week and over \$3,500 in prizes.

Doors open at 1 p.m., and play starts at 3 p.m.

For more information, call 421-5433/civ. 0711-680-5433.

Arts, crafts happenings

• Submit your photos for the **2012 Army Digital Photography Contest** to the Patch Arts and Crafts Center by Oct. 6. An awards ceremony will be held Oct. 17 at the Patch Library.

Guidelines and entry forms are available online at www.stuttgartmwr.com.

stuttgartmwr.com.

• The Patch Arts and Crafts Center will be **closed for its annual inventory on Oct. 2.**

• **Learn to decorate cakes** from 4-6 p.m. on Oct. 3 or 10. The class fee of \$75 includes most supplies.

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

Bowling Center hosts mixed doubles tourney

The Galaxy Bowling and Entertainment Center will host a mixed doubles bowling tournament on Oct. 6 from 1-4 p.m. The entry fee is \$30.

The winning team members will each receive a bowling ball. Participants must be at least 18 years of age and a U.S. Bowling Congress member.

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

For more activities, or to join the Family and MWR email list, visit www.stuttgartmwr.com or [facebook.com/familyandmwr](https://www.facebook.com/familyandmwr).

Coming to Patch Theater

Sept. 21 — Resident Evil: Retribution (R) 6 p.m., Abraham Lincoln: Vampire Hunter (R) 9 p.m., Resident Evil: Retribution (R) midnight

Sept. 22 — Katy Perry: Part Of Me (PG) 4 p.m., Abraham Lincoln: Vampire Hunter (R) 7 p.m., Resident Evil: Retribution (R) 9 p.m.

Sept. 23 — Katy Perry: Part Of Me (PG) 2 p.m., Abraham Lincoln: Vampire Hunter (R) 4 p.m., Resident Evil: Retribution (R) 7 p.m.

Sept. 24 — Resident Evil: Retribution (R) 6 p.m.

Sept. 25 — Abraham Lincoln: Vampire Hunter (R) 6 p.m.

Sept. 26 — Katy Perry: Part Of Me (PG) 6 p.m.

Sept. 27 — Total Recall (PG-13) 6 p.m.

Sept. 28 — Trouble With The Curve (PG-13) 6 p.m., Dredd (R) 9 p.m.

Sept. 29 — Diary Of A Wimpy Kid: Dog Days (PG) 4 p.m., Trouble With The Curve (PG-13) 7 p.m., Dredd (R) 9 p.m.



Screen Gems In "Resident Evil: Retribution," Michelle Rodriguez is back as Rain.

Sept. 30 — Diary Of A Wimpy Kid: Dog Days (PG) 2 p.m., Trouble With The Curve (PG-13) 4 p.m., Dredd (R) 7 p.m.

Oct. 1 — Dredd (R) 6 p.m.

Oct. 2 — Tyler Perry's Mada's Witness Protection (PG-13) 6 p.m.

Oct. 3 — Total Recall (PG-13) 6 p.m.

Oct. 4 — Madagascar 3: Europe's Most Wanted (PG) 6 p.m.

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SPORTS SHORTS

Golf Course hosts last golf tourney of the season

The Stuttgart Golf Course in Kornwestheim will hold will host the Fall Scramble, the last golf tournament of the season, on Oct. 6. A shotgun start begins at 9:30 a.m.

For more information, call the golf course at civ. 0714-187-9151.

Get fit — for life!

Fit for Life is a six-month fitness training and tracking program designed to motivate community members to stay active throughout the fall and winter.

Participants will track their miles and/or minutes of aerobic, strength or flexibility activity and earn incentive awards when they reach their mileage goals.

The program runs through Dec. 31.

Sign up at any U.S. Army Garrison Stuttgart fitness center.

For more information, call 430-7136/civ. 0711-680-7136.

Register for CYS Services winter sports

Sign your children up for basketball, wrestling and cheerleading with U.S. Army Garrison Stuttgart's Child, Youth and School Services.

Winter sports registration will be held Oct. 1 to Nov. 9 at Parent Central Services, Building 2347 on Patch Barracks. The season will run from January to March, 2013.

For more information, call 430-7480/7483/civ. 0711-680-7480/7483.

Get your game on in community-level basketball league

U.S. Army Garrison Stuttgart Sports and Fitness is looking men and women players and coaches for the community-level basketball program. Participants must be at least 18 years old.

A meeting for all interested players will be held Oct. 9 at 6 p.m. in the Patch Fitness Center.

Coaches should submit their resumes no later than Oct. 2 by email to the following address: matthew.c.gilliard.naf@mail.mil.

For more information, call 430-7136/0711-680-7136.



Navy Lt. Bradley Snyder, left, a member of the 2012 U.S. Paralympic swim team, talks about his experience at the Paralympic Games as his coach, Brian Loeffler, looks on during a news conference in London, Sept. 5. Snyder won a silver medal in the 50-meter freestyle and won gold while setting a Paralympic record of 57.18 seconds in the 100-meter freestyle.

Swimmer shares 'humbling' experience of Paralympic competition

Story & photo by
Army Sgt. 1st Class Tyrone C. Marshall Jr.
American Forces Press Service

The opportunity to compete in the 2012 Paralympic Games and to represent the United States in front of huge crowds has been a humbling experience, according to U.S. Paralympic swimmer Navy Lt. Bradley Snyder.

Snyder spoke during a news conference in London Sept. 5, two days before the one-year anniversary of losing his sight in Afghanistan.

"I don't get nervous very easily," he said. "I kind of pride myself on my stoicism and my ability to utilize my experiences in the Navy to stress-manage.

"But I got incredibly nervous the first time I came out in front of that crowd," he continued. "It's a very, very humbling experience to stand in front of that many people, and try to keep that distraction out and perform the way you want to."

Snyder, who lost his vision Sept. 7, 2011, in an improvised explosive device attack, has won two Paralympic medals here. He set a Paralympic record during the qualifying round of the 100-meter freestyle swim, with a time of 57.18 seconds. Later in the day, he captured a gold medal during the final round of the same event.

"Both times I hopped out from the box, it was definitely a challenge to mitigate that distraction and still do what I wanted to do," Snyder said. "It was really just ... a kind of 'in the clouds' type of experience."

The Navy lieutenant said he was grateful his U.S. Paralympic swimming teammates were there to support him for his inaugural event.

"It was really amazing to have my teammates behind me in my first swim," Snyder said. "It gave me a lot of confidence, gave me a lot of momentum, and it kind of released the burden of the rest of the weeks of competition."

Snyder also credited his military service with providing several skills beneficial to him as a blind swimmer.

"I think that earlier on in the military, you are [learning] a lot of virtues that set you up for success — whether it's initiative, commitment ... [or] just being a regimented person," he said.

Being organized and motivated, Snyder said, were valuable tools he picked up in the Navy that have carried him throughout his military service.

"My entire naval career is all kind of built along this idea that I'm a go-getter," he said. "I want to go out and ... experience success in whatever realm is kind of put in front of me."



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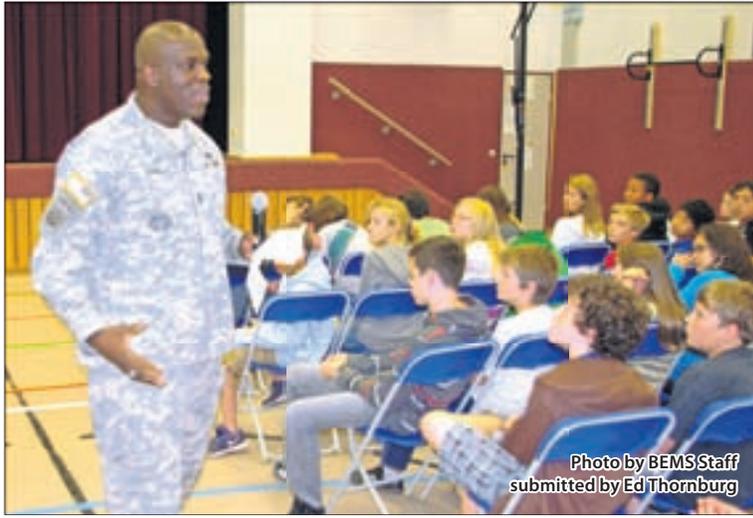


Photo by BEMS Staff submitted by Ed Thornburg

Applause by CSM

Our Stuttgart CSM, Bernard Smalls, visited BEMS on the 12th of September. He applauded the students and administration for their "Blue Ribbon" school selection. Also addressed were the Command's expectations of the students for this school year. Safety was right up front with skateboarding and bicycle riding being stressed. Of course personal conduct was also a topic. The briefing was "right on" and "up-tight" and was appreciated by the staff and student body.



Robotics Club

The BEMS Robotics Club is off to another great year. The initial meeting was held last week and was attended by more than seventy students and parents. Mrs. Jane Bernasconi, the club's sponsor, is shown introducing the program and announcing that elementary students would be accepted as club members this year. Henry Johnston and Emma Patterson demonstrated a program with one the robots being held by Henry. The Robotics Club is sponsored by the PTA and meets weekly. Those interested in joining the club should be present at the club's next meeting.



Photo by BEMS Staff submitted by Ed Thornburg



Photo by PES Staff submitted by Amy Rush

Friendship salad

Ms. Reiling & her kindergarten students at PES prepare and enjoy a delicious friendship salad as they get acquainted with each other.

Creative teaching

Teaching by demonstration is a very valuable creative teaching technique. Here we see Mr. Duane Vigue, BEMS music instructor, instilling the desire to perform in Mr. Ron Moore's 4th grade class. We all have some desire to be creative and for most of us it's nourished in the classroom. The attentive students from left to right are: Kylie Songer, Lauren Fresia and Sofia Ruiz.

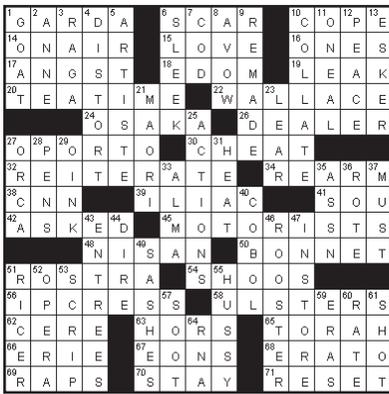
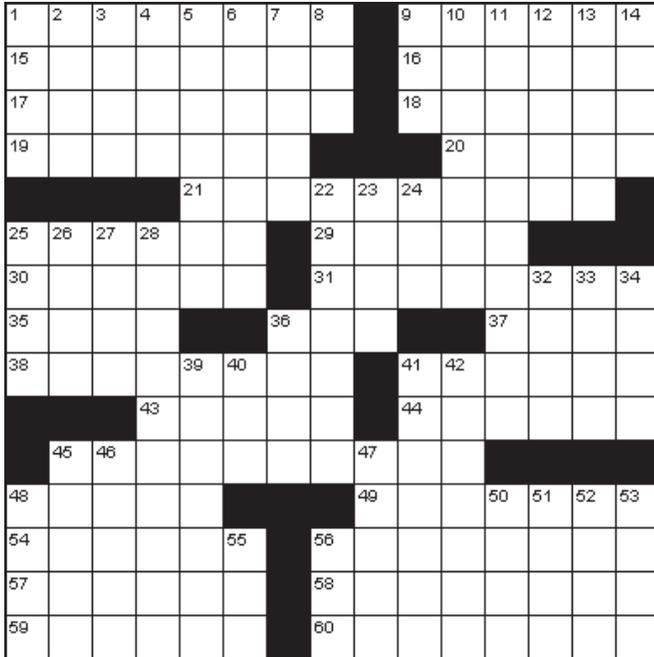


Photo by BEMS Staff submitted by Ed Thornburg

Youth Activities

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

Crossword Puzzle



This is the solution to the crossword puzzle from September 6!

Courtesy of thinks.com

ACROSS

- 1 Mirrors
- 9 Make cryptic
- 15 Cream ingredient
- 16 Didn't suffer quietly
- 17 Canned fish
- 18 Figure of speech
- 19 Moderate in tempo
- 20 Runaway of rhyme
- 21 Keepers
- 25 Pitcher's pitch
- 29 City on the Seine
- 30 Send up
- 31 Preprandial potation
- 35 Middle name at Grace-land
- 36 Bad-mouth
- 37 Prefix with suction
- 38 Lute-like instrument
- 41 Threatening finale
- 43 Greek lyric poem
- 44 Rigid social classes
- 45 Physically fit
- 48 Another time
- 49 Customers
- 54 Bit of finery
- 56 "The Listeners" poet
- 57 Aviator Earhart

- 58 All together
- 59 Soak up again
- 60 Absent-minded

DOWN

- 1 Tabula ___
- 2 Brio
- 3 "Sixteen Tons" singer
- 4 Helen's mother
- 5 Shown plainly
- 6 It's more than most life-times
- 7 Apples and oranges?
- 8 Airline to Stockholm
- 9 German resort
- 10 More clamorous
- 11 Bell towers
- 12 Burger garnish
- 13 Isle on which Apollo was born
- 14 First abode
- 22 Coached
- 23 Cry over spilt milk?
- 24 Anticipated
- 25 Unwanted messages
- 26 "Doctor Zhivago" heroine
- 27 Branding tool
- 28 "Ratner's Star" author
- 32 Fight like a knight
- 33 ___ dixit
- 34 The enemy
- 36 Founder of Carthage
- 39 Alfresco
- 40 High ball
- 41 Eyelike spot
- 42 Beaming
- 45 "It's only ___"
- 46 Bundles
- 47 Boadicea's people
- 48 In the distance
- 50 Arab chief
- 51 Shuttle group
- 52 Enterprise counselor
- 53 Enraptured
- 55 Analysis site
- 56 Accomplished

Family & MWR Featured Events

www.stuttgartmwr.com



PHOTOGRAPHY

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 October 6 - Entries Due to Arts & Crafts
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 October 17 - Awards Ceremony
 6 - 8 p.m. Patch Library

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NATURE

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Lexus LS 400, built 1991, €1500. If you like to include the spare parts: €2500. Call: 07144-9989984

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2001 BMW X5 3.0 Ltr AWD, Sports Pkg Forest Green, Beige Leather, Loaded, One Owner, Runs great, 235,000 miles, Must Sell. KBB \$6,000/Obo 0171-4142312

2001 Honda civic ex, red w/black interior, Manual (5 Speed), approx 143,000 miles, air bags, spoiler, stereo w/CD player/iPod input, sm dent bk bumper ria282003@yahoo.com

2003 Toyota 4runner SR5, black w/grey interior, automatic, approx 131,000 miles, A/C, stereo, airbags, 4 wheel drive \$8800 ria282003@yahoo.com

2003 Buick Century, Silver, less than 104K miles, good mechanical condition, had cosmetic damage, KBB price \$3480 You save. \$1000, guaranteed pass inspec \$2400 015121810520 / kristin_mendrofa@yahoo.com

2003 German Specs PT Cruiser 2.0L Ltd, 160k Km, Unleaded Gas, ABS, Electric windows, Air, Power steering, Seat heaters, Cruise, Winter tires \$4200 obo DSN 421-3118 / theknowbetters@gmail.com

2004 Mini Cooper S One, 130,000 miles, 200hp, winter/summer tires & wheels, extra set of wheels. Extras \$8000.00 01738616407 / kenbland300@yahoo.com

2007 Ford Focus SE, Excellent condition, U.S. specs, 5-dr hatchback with street appearance package, 5 speed, only 37930 miles, contact Tony \$9000 016099696473/ anthony.jernigan@yahoo.com

2007 Mustang GT w/Vortec Supercharger, racing suspension, and GT500 Brake upgrade kit to name just a few of the upgrades installed. Truly unique pony! €24000 aferic@gmail.com

2010 Chevy Camaro 2SS Coupe, 11900mi, 6.2l V8 W/SFI, 426hp, 6-speed manual trans, white/orange, heated seats, 20" polished alu wheels, excellent cond. \$29900 veevabe@yahoo.com, 0176-39040564

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BMW X5, Mod. 2006, 3.0d, 217HP, AWD, perf. cond. 153000km, steptronic, leather seats, GPS, Glass roof, xenon, etc. fully equip. no accid. last BMW insp/svc 2012. \$22400 0173-9025911

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ANNOUNCEMENTS

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Alpha Kappa Alpha Sorority, Inc. Presents 'All Things Tea' Saturday, 8 Sept 2012 in Kaiserslautern. Proceeds to benefit AKA Scholarship Fund and WTU. mupsiomega@yahoo.com or hunter.angela70@yahoo.com

Dodds Volleyball begins soon - Officials required In anticipation of the start of the DODDS fall volleyball season the Kaiserslautern Officials Association is seeking officials for the fall season. Officiating and/or Volleyball experience is not required although desirable. Community volleyball officials are particularly desired. Officiating supports matches conducted at Dodds schools throughout Germany, Italy and Belgium. In addition to game fees officials receive mileage and lodging reimbursement for travel. Certification and training will be conducted at clinics within supported communities. Interested individuals should contact Mr. Dave Lock, E-mail vid.c.lock2.civ@mail.mil or DSN 484-8027 or cell 0151-11670232.

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ANNOUNCEMENTS
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FOR SALE -- MISC
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New Facebook Group: Children with Diabetes Type I- Ramstein Germany. Parent run. Meet other families, start playgroups and join a support group. yunuenzimmerer@gmail.com

The Adjutant General's Corps Regimental Association European Chapter Regimental Ball The Adjutant General's Corps Regimental Association European Chapter Cordially Invites you to its annual AG/HR Regimental Ball. Celebrating the 237th Anniversary of the Adjutant General's Corps, 15 September 2012, at the Armstrong Club Vogelweh, Kaiserslautern, Germany, 18:00 - 24:00. Guest Speaker: CSM Christopher D. Culbertson, The Adjutant General School Command Sergeant Major and The Adjutant General Regimental Command Sergeant Major. For more information contact Ms. Marcia Sierra-Williams, DSN 314-483-8062, Comm 049 (0) 631-411-8062, Email: marcia.e.sierra-williams.civ@mail.mil or Mr. John Yesis, DSN 314-496-5401, Comm 049 (0) 6302-67-5401, Email: john.j.yesis.civ@mail.mil.

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

17th C John London of Bristol Brass Lantern Clock Antique John London of Bristol brass lantern clock. \$800 travisbarker33@live.com

300 Watt Transformer - 110v to 220v- good condition \$45 marshall4@happer.com

75 Watt Transformer - 110v to 220v - good condition \$20 marshall4@happer.com

All 11seasons /33 DVD's + 2disc 20year reunion M*A*S*H! Collect in 66885 Altenglan between K'Town and Baumholder. Try phone more than once, €80 0176-96776870

Calculator Texas TI-89 Titanium recommended for High School study. English / instructions. Collect 66885 Altenglan 25KM North of Ramstein AFB €50 0176-96776870

Canon F1 35m/m film Camera kit. F1 Body, Dented Prysm but ok function. FD. 75-200 1:4.5 Canon Zoom lens. FD50m/m 1.8lens. FT1.8/85m/mlens bellows + more! €380 0176-96776870 email later

Coastal oil paintings Thanet Coast. Artist part of Picasso's scene in Spain 1920/30's I knew artist in Thanet in the 1950's He was also Turner fan ! €4000 each obo above 0176-96776870 can Skype views

Craftsman built DJH 00 gauge locomotives, Fine Scale Swiss motors, P2, 282/462 Princes. BLK5, Crab. 264T. 462Britania + Kit Built Rolling Stock. New Points etc €1600 0176-96776870

Crocheted Headpin, polished, leaf formed with sweetwaterpearls in the middle. Not worn. €5 sanjaya@live.de

Danish realist painter signed Brandt. Oil Painting of the Fynsk Nyborg Castle approx 1890's In auction would cost a lot so will take lower price. €18000 Best offer above 0176-96776870 Can Skype view

I have some 1 and 2-day Paris Disney tickets I can sell for 10e/20e off. They are good between may 14th and sep 30th and we can't go any longer. eurotradert@googlemail.com / 015114940668

Large cooler, blue and white, literature said "cool for 5 days" similar and smaller one sells for over \$50 in BX €40 0711 729 4107 aviatornow@hotmail.com

Metal Steamer Trunk; Great condition. 40"high, 30"deep, Little larger than a foot locker. Drawers on one side, hangers on other side. €50 aviatornow@hotmail.com 421-4107, emily.valles@us.army.mil

OO Model Railway. Digital and 4Kit Built Locos + Coaches. 2Boxed sets Hornby Orient and Simplon Venice, 3Bachman + 5Hornby DCC. + more in collection. € 2800 or best offer above 0176-96776870 can Skype views

Padi Scuba Diving Lessons Near PHV Heidelberg Contact Gary aussiebeagle11@googlemail.com

Portable AC unit / dehumidifier \$150 01717454996

Several oil paintings by artist who gained skills with Picasso in 1920's! Spanish costal landscape with Picasso's house. I knew artist as boy in 1950's €16000 best offer above ! Spanish / coastal 0176-96776870 can Skype Views

FURNITURE
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10.5' X 6'. Very good condition. Wool. Professionally cleaned December 2011. The multitude of colors works well with most decors. \$125 eahuffie@hotmail.com

Antique Cabinets from the "Biedermeier Time" 160 years old! 1 big one & 1 small one with a mirror. Pictures on Classified World. €2500 together. Or 1500€ for the big cabinet & 1200€ for the smaller one w/mirrors. amweyrough@googlemail.com

Dresser with mirror and six drawers, dark wood, great condition \$250 ria282003@yahoo.com

Entertainment center with 2 drawers, dark wood, great condition \$300 ria282003@yahoo.com

Ikea 3-Seater, color off white, model Ektorp for sale due to PCS. Only 13 months old, in very good condition. Original price 350 Euro. 0178-4508735 or sternchenbk@yahoo.ho.de

ELECTRONICS
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100 Watt Transformer - 110v to 200v - good condition \$25 marshall4@happer.com

1000 Watt Transformer - 110v to 220v - good condition \$60 marshall4@happer.com

150 Watt Transformer - 110v to 220v- good condition \$35 marshall4@happer.com

37" Panasonic Color TV, multi-System, Multi-Voltage. Like new. \$90 Frank 0171-996-6925

Dirt devil portable (not upright) vacuum cleaner, hardly used, great condition €20 0711 729 4107 aviatornow@hotmail.com

iPhone4 white 32Gb simlock only for T-mobile/Telekom customers. with car-mount and charger, bag and Cover as well as new Display foil €250 ktownboy@hotmail.de

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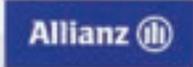
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Oriental "medicine" chest with 6 drawers, 6 open spaces (drawers gone) solid wood, 4 foot high, 20 inches deep. €30 call emily 421 4107, email: aviatornow@hotmail.com

Pino Brand Kitchen (Paid over 2K Euro). Sink, Stove/Oven, Fridge/Freezer, Various kitchen Cabinets. Already apart - pick up in Mannheim. \$1800 nsprtrone@hotmail.com

Solid Oak, original mirror. Made by master carpenter in Weilerbach, late 1800's. 4' X 5' \$435 eahuffie@hotmail.com

Solid Pine High Boy dresser, good condition; medium natural wood stain. One (bottom) drawer pull missing €30 avaiatornow@hotmail.com 421-4107, emily.valles@us.army.mil

Wooden credenza, plain light wood, 2 doors. About 32" high, 15" deep and 2 shelves. Modern, in great condition. €20 0711 729 4107 aviatornow@hotmail.com

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Looking for a place to volunteer as a yoga teacher. Recently received 200-hr yoga teacher certification from Yoga Alliance. \$Free silvamariza@hotmail.com

PERSONAL

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Attractive 35year single black woman is seeking to find a happy relationship. annett.muller@yahoo.de

I am a single RN lady, looking for a male 35+ for friendship. Please email only if interested. dmugee@gmail.com

Is looking for a new man in her life! I'm 28/5'9/blond long hair/brown eyes. I do have a lil one so if thats a problem dont even bother! Only serious!! \$ single white female inkedmel@o2.blackberry.de

Single woman, 46/160/55kg looking for an nice American (caucasian) my age, who can speak German because my English is bad...No games, Only Singles!!!! 0160/6737687 (Text)

South-American lady, 40, brunette, seeks nice, well educated gentleman from 35 to 50 for friendship or a possible bond. vidalinda1971@yahoo.de

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Boxer, English Bulldog puppies are ready for new families. UTD on shots, dewormed and chipped. €600 015115922078, pinkglitter@live.de

Need to get rid of my two Husky puppies! Male and female. Both utd on shots and microchipped! Green and blue eyed! Price for one €680! Sms or email €650 015115922078 jungmi44@yahoo.com

Yorkie, Westi, French Bulldog puppies are looking for new families. UTD on shots, dewormed and chipped. Price dep. on breed. €500 015115922078

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German Telecommunications Provider **TKS** makes \$500,000 Commitment to the **USO**

From left: Dr. Andreas Siemen, CFO Kabel Deutschland; Dr. Jörg Pillath, TKS Managing Director; Walt Murren, Regional Vice President, USO Europe; Karl-Heinz Stahl, TKS Managing Director

Longtime USO supporter TKS Telepost Kabel-Service doubles annual commitment to become USO's first European-based Worldwide Strategic Partner

Arlington, VA. (September 17, 2012) - In a ceremony held at USO Ramstein Air Base Passenger Terminal, longtime USO partner TKS Telepost Kabel-Service Kaiserslautern GmbH & Co. KG (TKS) announced they will be doubling their annual commitment to the USO. Their ongoing support of United States active duty service men and women and their families in Europe moves them to

join only four other companies at the level of a USO Worldwide Strategic Partner. Worldwide Strategic Partner is a title reserved for supporters who give cash or budget relieving in-kind gifts in the amount of \$500,000 annually. TKS is also the only foreign-based corporation to support the USO at the \$500,000 level.

Additionally, TKS CEO Mr. Karl-Heinz Stahl has been a member of the USO Board of Governors since 2007. "We are so grateful for the support that TKS has continually provided to the USO. It has enabled us to make a significant

impact on the lives of those who give so much for our country," said USO President and CEO Sloan Gibson. "TKS is a valued partner



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and their increase in commitment affords the USO the opportunity to continue to provide quality programs and services to our

nation's service men and women, military families and recovering wounded, ill and injured troops." TKS has been supporting the USO for more than a decade and with this generous pledge they are furthering their commitment to help the USO enhance the lives of our nation's active duty military personnel and their families, by providing critical telecommunication services to USO Centers in Germany and Italy. Their support includes free calls to the United States, Internet service and a state-of-the-art cable television movie channel system. "TKS tailors their services to meet the

English speaking needs of NATO and foreign forces," said Walt Murren, Regional Vice President of USO Europe. "Their support of the American military has been unwavering and they have truly been a partner to our European operations."

In addition to providing quality English-language telecommunication products and services to our military, TKS also donates office space to the USO Europe headquarters and hosts an annual Sun and Fun Day for troops and their families at Germany's USO Kaiserslautern.



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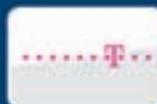
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