

Shoplifters will lose Exchange privileges

By Capt. Aaron L. Lancaster (U.S. Army)
 USAG Stuttgart Legal Center

Shoplifting continues to cost the garrison time, money and manpower.

According to Darrell Robertson, Chief of Military Police Investigations for U.S. Army Garrison Stuttgart, the USAG Stuttgart Military Police have investigated 60 shoplifting incidents at Stuttgart Exchange facilities since Jan. 1, and 75 percent of these incidents involved juveniles under the age of 18.

“We’ve identified it as a fairly serious issue for the community,” said Col. Carl D. Bird, USAG Stuttgart commander. “Not only is it stealing from the Exchange, but it’s stealing from the community, as we receive a percentage of the sales.”

In the past, those caught stealing from any Exchange facility would automatically have their Exchange privileges suspended for at least six months as required by Army Regulation 215-8.

See *Shoplifting* on page 4



Tanya Fogg Young

An Exchange employee monitors feeds from video surveillance monitors inside the Panzer Exchange as part of the Exchange loss prevention program. A new shoplifting policy implemented in U.S. Army Garrison Stuttgart this month states that non-military members caught stealing from Exchange facilities will have their ID card confiscated and Exchange privileges revoked for six months. Military members will be ordered not to enter Exchange facilities for six months.



USAREUR commander visits USAG Stuttgart

U.S. Army in Europe Commanding General Lt. Gen. Mark P. Hertling (left), discusses the U.S. Army Garrison Stuttgart Comprehensive Fitness Program with Amy Cates (center), the garrison health promotion officer, and Col. Carl D. Bird (right), the garrison commander, during Hertling’s first official visit with garrison leadership Sept. 14. Hertling toured Stuttgart’s wellness center, physical therapy clinic, the Patch Fitness Center and Patch Arts and Crafts Center.

Susan Huseman

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ASAP PT event ‘tires’ out Soldiers

U.S. Army Garrison Stuttgart’s Army Substance Abuse Program hosted a Warrior Pride Challenge pentathlon for Suicide Prevention Month — with some wild events.



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Fitness gets its day(s) in Stuttgart

Sept. 17 was declared Fitness Day by Installation Management Command Europe. USAG Stuttgart took it a step further, offering free fitness classes Sept. 14-17.



Suicide Prevention Month: watching out for each other

By Lt. Gen. Rick Lynch

Installation Management Command commander

... great leaders get the message out that is it a sign of strength to ask for help.

When I talk with garrison professionals who work in suicide prevention, they all have stories about the person who really made them realize the importance of what they do. There was the Soldier who seemed to have it all together until one day he asked a course instructor, "When you're driving home, do you think about wrapping your car around a tree?"



Lt. Gen. Lynch

And the civilian supervisor with a stressful, high-visibility job who did not want to attend the mandatory suicide prevention training because he did not want to admit to himself his own thoughts about suicide. And the family member who felt desperately alone and overwhelmed during another deployment.

Most of the stories have happy endings — the people received the help they needed. When they didn't, it was

a hard, hard loss. Losing someone to suicide is doubly painful and confusing, as those left behind not only deal with the absence of their friend, loved one or co-worker, but also with guilt and questions of what could have been done.

September is Army Suicide Prevention Month, coinciding with National Suicide Prevention Week Sept. 4-10. Suicide prevention is an institutional Army program focused on this urgent issue year-round, but this month the Army intensifies its efforts to make sure every Soldier, civilian and family member knows what resources are available to help those in need.

The Army has developed Ask, Care, Escort (ACE) training to equip everyone to take care of a person at the point of crisis until a professional can assist. It is available through the Army's Suicide Prevention website at www.armyg1.army.mil/hr/suicide/default.asp.

A number of other resources provide help with those issues that can

put a person at risk for suicide. These resources include the Army Substance Abuse Program, Army Community Service's Financial Readiness Program, the Family Advocacy Program, Military and Family Life Consultants, Behavioral Health, Soldier and Family Assistance Centers, and unit and garrison chaplains.

Looking at the bigger picture, the Army has expanded the resources aimed at strengthening the overall resilience and well-being of our Army family. More training is now available through the Comprehensive Soldier Fitness Program, which focuses on physical, emotional, social, family and spiritual strength.

The Army's commitment to suicide prevention has resulted in some real policy and program changes that have reduced the number of people at risk. But as long as any member of the Army family views suicide as a viable option, we still have work to do. From the Installation Management side, we are strengthening programs that provide

critical support. This includes hiring more ASAP counselors and Suicide Prevention Program managers for installations worldwide, and revising the Total Army Sponsorship Program to help transitioning Soldiers, civilians and families build stronger connections with their new communities.

One key component to successful Army prevention efforts is fully engaged, committed leadership from top to bottom. Great leaders create a culture in which people observe standards and discipline, and also get to know and care about each other. They make sure everyone gets the training they need to watch out for those around them.

Most critically, great leaders get the message out that it is a sign of strength to ask for help. We will keep repeating that every which way — in formations, during stand down days, on Facebook, in print, on radio and TV, at Family Readiness Group meetings, at community events — until we have no more cause for saying it.

Every positive outcome starts with one person reaching out to another and finding strength and hope. We are the Army family and we take care of each other.

THE CITIZEN

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ON THE STREET

What fall activity are you looking forward to?



Senior Master Sgt. Peter Chevalier
(U.S. Air Force)

"Hiking ... with the autumn leaves falling. It's a real relaxing time."



Spc. Derek Kujat
(U.S. Army)

"Baseball post-season. The Tigers [are] going for the best record in baseball."



Cpl. Jade Carter
(U.S. Marine Corps)

"To get out more and travel."



Sgt. Matthew Lane
(U.S. Army)

"The new Call of Duty — destroying people on X-box."



Lance Cpl. Marcus Elwood
(U.S. Marine Corps)

"American football, [watching] the Denver Broncos. I want them to build a team."



Pfc. Ramesh Gautam
(U.S. Army)

"Staying inside, warm ... [and] reading some novels."



Chief Petty Officer John Robinson
(U.S. Navy)

"College football. The Arkansas Razorbacks [will be] national champions ..."



Amy Hasenyager
(Spouse)

"We're going to ... Berchtesgaden with Cub Scout Pack 324."



Stuttgart military community cancer warriors Liz Cruickshank (from left), Alma Fowler, Dena Taylor and Kirstan Mathison walk the "survivor" lap during last year's Run4Life cancer awareness relay. This year's event, hosted by the garrison Religious Support Office's Cancer Support Group and Equal Employment Opportunity Office, is set to take place Oct. 1 from 10 a.m. to 2 p.m. on Husky Field.

'Run4Life' to honor cancer warriors

Story & photo by **Brittany Carlson**
USAG Stuttgart Public Affairs Office

Community members will have the opportunity to raise awareness about cancer and honor cancer "warriors" during U.S. Army Garrison Stuttgart's second "Run4Life" on Oct. 1 from 10 a.m. to 2 p.m.

Participants — individuals and teams — are invited to walk or run laps on the Husky Field track in a symbolic stand against cancer and other disabilities. The team with the most laps will be recognized at the end of the event.

The Run4Life relay, co-hosted by the garrison Religious Support Office's cancer support group, part of the Panzer Contemporary Service, and the garrison Equal Employment Opportunity Office, is being held in conjunction with National Disability Employment Awareness Month. Cancer is considered a disability under the Americans with Disabilities Act of 1990.

This year's theme is "Relaying for the Cure."

"We want to show that this is a community that cares," said Eshe Faulcon, USAG Stuttgart EEO specialist. "We're fighting back against the disease."

Besides walking or running laps, participants can also honor or remember a cancer warrior — defined as anyone who has fought or is fighting the disease — by registering to have that person's name printed on a "hope flag," one of 300 six-inch flags that will line the track during the event. Each individual remembered on a hope flag will have one of the event laps dedicated to them, Faulcon said.

The relay is also a chance to show support for the many cancer warriors in the community, added Liz Cruickshank, a member of the Cancer Support Group who is fighting the disease herself.

"We need to raise overall awareness about cancer," Cruickshank said. "Cancer kills a lot of people" she added: one in two men and one in three women will have cancer in their lifetime.

With the numbers of cancer cases out there, "it's impossible for someone not to know someone touched by cancer in some way," Cruickshank said.

'We want to show that this a community that cares. We're fighting back against the disease.'

Eshe Faulcon
USAG Stuttgart EEO specialist

She expects 50 other cancer warriors to attend the event and walk the first "survivor" lap with her, while carrying a banner that reads "No one fights alone."

During the opening ceremony, members of the cancer support group will also share some of their personal stories.

"Showing people who are living with cancer and surviving it is showing that we are really close to a cure," she added.

Besides the relay, the Run4Life event includes entertainment provided by local bands and the USAG Stuttgart Child, Youth and School Services SKIES program, and food sales provided by local organizations.

Run4Life is a free, non-profit event, and not a fundraiser. However, "if teams want to raise funds on their own, they can donate them directly to the organization of their choice," Faulcon said.

The advance deadline to register is Sept. 27. The first 300 registrants will receive an event T-shirt. However, registration will be open through Oct. 1.

Volunteers are needed on Oct. 1 from 8 a.m. to 2 p.m. to help set up and work the event.

To sign up to volunteer, contact Liz Cruickshank at LizTeck1@aol.com.

For more information on how to register, participate in the survivor lap or honor a cancer warrior, e-mail usagstuttgarteeo@eur.army.mil.

U.S. Africa Command participants can contact Yasmin Rosa, EEO manager for AFRICOM, at 421-4587/civ. 0711-729-4587 or yasmin.rosa@africom.mil.

News & Notes

AFRICOM presents 2010 CFC-O check to garrison

U.S. Africa Command Headquarters Chief of Staff Maj. Gen. H. D. Polumbo Jr. presented a check for \$10,553.81 from last year's Combined Federal Campaign-Overseas to U.S. Army Garrison Stuttgart Commander Col. Carl D. Bird Sept. 8.

The check represent donations that AFRICOM service members and civilians made to CFC-O throughout 2010 that were specifically allotted for garrison programs.

2011 CFC-O to start

The 2011 Combined Federal Campaign-Overseas will run Oct. 3 through Dec. 2.

The CFC-O is a voluntary program that provides all federal employees with the opportunity to donate money to charitable organizations through payroll deduction.

In 2010, the CFC-O raised more than \$13.8 million for those in need, according to the CFC-O website, www.cfcverseas.org.

In U.S. Army Garrison Stuttgart, the CFC-O kickoff ceremony will be held Oct. 5 at the tenant's meeting at 9 a.m. in the Swabian Special Events Center on Patch Barracks.

For more information, call USAG Stuttgart Community/Area Project Officer Elia Harris at 431-2406/civ. 07031-15-2406.

Retiree pay dates to change

Paydays for military retirees and those who receive portions of retired pay are changing for the months of September and December, as the Defense Finance and Accounting Service changes its pay schedule to comply with the 2011 National Defense Authorization Act.

This year, payments normally scheduled for Oct. 3 will be issued on Sept. 30, and payments normally scheduled for Jan. 3, 2012, will be issued on Dec. 30, 2011.

The thirteenth payday on Dec. 30 falls within the 2011 tax year, which could affect the tax liability of some retirees and those who receive portions of their retired pay. Customers should speak with a tax advisor, the Internal Revenue Service or their state tax authority to determine if their tax withholding will satisfy federal and state income taxes when they file returns next year.

For more information, visit www.dfas.mil/retiredmilitary/forms.html.

Prepare for e-mail migration

On Sept. 28, beginning after 5 p.m., Army e-mail users will transition to an Army Enterprise E-mail Service managed by the Defense Information Systems Agency. The migration will provide significant capability improvements for e-mail users.

All users should complete the steps outlined in the Enterprise E-mail Pre-Migration User Responsibilities checklist, available online at the 119 Enterprise E-mail Portal, at <https://eep.army.mil/119/ee/default.aspx>. Click on "Enterprise Email Migration Tri-fold" under Shared Documents.

Once the accounts are migrated, users should complete the post-migration checklist.

Using wrong passport leaves travelers stranded

Story & photo by **Brittany Carlson**
USAG Stuttgart Public Affairs Office

Using a government-issued or “no fee” passport for leisure travel — or a tourist passport for duty assignments — may not seem like a big deal. However, it can lead to hefty fines, delays and even being stranded at the border of another country.

Government-issued passports are distributed to active duty military members, command-sponsored military family members, Department of Defense civilians and their family members, stationed overseas “specifically for execution of government orders and travel associated with those orders,” according to Edmund Snead, passport and visa specialist for the U.S. Army Garrison Stuttgart passport office. They are not designed for leisure travel.

While travelers may have gotten away with vacationing on a government passport in the past, many countries have tightened passport restrictions. As of Feb. 1, 2010, several countries, including most African countries, France, Egypt and Great Britain, will not allow anyone on leisure travel to enter with an official (red), diplomatic (black) or official (blue) passport.

“Only recently, a service member stationed in Stuttgart attempted to cross the German-French border into Strasbourg using only a military ID card. Although the service member was allowed to enter France and then return to Germany, he was charged a €350 fine for traveling without proper documents,” Snead said.

For similar reasons, a tourist passport used for duty or business travel can also cause issues, added Tracee Quinn, Chief of the Military Personnel



Edmund Snead, right, passport and VISA specialist at the U.S. Army Garrison Stuttgart Passport Office, instructs Jordan Raukin on how to complete his tourist passport renewal application Sept. 9. Maintaining a tourist passport is vital for service members, family members and civilians stationed overseas. In 2010, more than 40 community members were detained by airport officials for attempting to use a no-fee (official) passport for leisure travel, or vice versa.

Division for USAG Stuttgart.

“Recently, a service member returning to the Middle East from R and R entered on his tourist passport. When his tour ended a few months later, he tried to leave the country on his official passport, only to be detained for hours for violating the country’s visa laws. The service member was eventually released to his unit by authorities, but had to pay a \$4,000 fine and was not able to return home until a few days later,” she said.

The service member wasn’t alone.

In 2010, more than 40 people from the Stuttgart community were detained by airport officials attempting to use the no-fee (official) passport for leisure travel or the fee (tourist) passport for official travel, according to Snead.

Applying for a blue tourist or “fee” passport, in addition to having an official passport, can prevent problems like these from arising.

A tourist passport is recognized internationally and entitles the bearer to receive protection and assistance from the diplomatic and consular offices of

other countries while they are visiting.

Community members should not wait to obtain a tourist passport, Snead said. Tourist passports normally take eight to 12 weeks to process in the U.S. and cannot be expedited overseas.

SOFA requirements

Travelers can also run into problems for not having a valid Status of Forces Agreement stamp or certificate in their passport, or for leaving their SOFA certificate at home.

A SOFA certificate or stamp is required for all military dependents, contractors and DoD civilians and their dependents while assigned to Germany.

The SOFA certificate/stamp serves as proof to German customs officials that a traveler has the right to legally enter and stay in Germany beyond the normal 90 day visitor restriction.

Community members must have either a tourist passport with a SOFA certificate attached, or an official passport with a SOFA stamp. If they have the official passport with a SOFA stamp, they must use a tourist passport to depart Germany and the official passport to return to Germany.

Service members do not receive a SOFA certificate or stamp; they must carry their military ID card and assignment orders as SOFA validation.

Up-to-date travel information and country requirements for official and leisure travel are available in the Department of Defense Foreign Clearance Guide at www.travel.state.gov.

For more information on applying for or renewing a passport or SOFA card, call the USAG Stuttgart Passport Office at 431-2539/civ. 07031-15-2539.

Shoplifting

Continued from page 1

In addition, AAFES would usually impose a \$200 civil recovery fee for shoplifting. At the conclusion of the suspension period, the ID cardholder would again be allowed to use Exchange facilities.

Starting Sept. 1, the garrison implemented a new program designed to combat shoplifting.

Under the new program, if a civilian/dependant/retiree is caught shoplifting and/or wrongfully passing bad checks at any AAFES facility, they will have their identification card confiscated by the Military Police immediately after the incident. A voucher will be provided to the shoplifter. The shoplifter must then report to the DEERS/ ID Card Section in Building 2915 on Panzer Kaserne to have a new ID card issued. In a case involving a juvenile, the sponsor must accompany the family member. The new ID card will have Exchange privileges omitted.

The suspension of Exchange privileges will be for at least six months, and during this period, the shoplifter will be prohibited from entering and/or using the Exchange and other Exchange facilities, including food courts, shoppettes and movie theaters.

In most cases, AAFES will continue to impose a \$200 Exchange administrative fee under the AAFES Civil Recovery Program.

“The new policy looks to enforce the high standards all military personnel and their families are supposed to uphold,” Bird said.

At the conclusion of the suspension period, the ID cardholder will have to request a reinstatement of his or her Exchange privileges through the USAG Stuttgart Assistant Civilian Misconduct Action Authority. The request must be in writing and state why reinstatement of Exchange privileges is appropriate.

In addition, the request must explain how the six month Exchange suspension has served its intended purpose. The suspension will remain in effect until this request has been approved by the garrison commander, the CMAA.

Exchange privileges will no longer be reinstated without a written declaration by the shoplifter that reinstatement is the proper course of action for the individual concerned and for the command.

If the shoplifter is on active duty, the service member will not have their ID confiscated. The gar-

ison is not allowed to confiscate their ID cards; it is the unit’s responsibility to ensure the service member complies with orders from the garrison commander.

Service members will be notified that they are not to enter any Exchange facility for at least six months. After six months, the service member’s first line commander (O3 and above) may request reinstatement and the CMAA will determine whether to reinstate the service member’s privileges.

These actions will be taken in addition to any potential Uniform Code of Military Justice action the service member’s command may take.

Bird encouraged community members to do their part to stop the stealing trend. “I would just ask that the community be aware that there’s an issue here and help us curb incidences of shoplifting in our facilities,” he said.

The policy is available on the garrison website at www.stuttgart.army.mil. Click on “Leadership,” then “Command Policy Letters...” then “Policy Letter #41.”

Editor’s Note: Brittany Carlson, USAG Stuttgart Public Affairs Office, contributed to this article.

More than just another PT session

By Brittany Carlson

USAG Stuttgart Public Affairs Office

Springboarding off the success of the Warrior Pride Challenge triathlons in July and August, U.S. Army Garrison Stuttgart's Army Substance Abuse Program hosted an even bigger athletic event this month: the WPC pentathlon.

Thirty-three service members representing the Army, Navy and Air Force arrived at the Panzer Local Training Area Sept. 15 at 6:30 a.m. for some physical training with a twist: a 25-meter grenade throw, a one-mile run, a 50-meter water can carry, a second mile run, a 50-meter tire flip and 10 shots on a laser firing range.

"We held the pentathlon to bring people together for a fun, engaging and challenging experience," said Marianne Campano, ASAP prevention coordinator. "It also helps meet our overall goals to reduce negative incidents associated with high-risk drinking, foster wellness, and build community and social ties."

The premise of WPC, Campano's brainchild, is that if service members are involved in alcohol-free activities, they are less likely to make poor decisions. Since young adults ages 18-24 are the most at-risk group for alcohol-related incidents, ASAP is offering those in ranks E5 and below free recreational activities.

The event was also part of September's Suicide Prevention Month activities in the garrison.

"The physical health benefits of exercise are well known, but exercise also provides many mental health benefits. It has been shown to reduce stress, improve self-esteem and ward off feelings of anxiety or depression," Campano said.

It also helps service members create social ties, another protective factor against suicidal behaviors.

"Engaging them in events ... helps them to build resiliency," said Bala Fischer, USAG Stuttgart ASAP manager. "This is where they're able to socialize and engage with other people, and they engage with us. It's a win-win situation for all of us."

"Just this one event exemplifies all the Comprehensive Fitness Program dimensions: physical, emotional, spiritual, social and family."

Air Force Capt. Christopher Wiley of U.S. European Command J6 took first place, followed by Pfc. Justin Stephens and Pvt. Fabian Rodriguez, of 1st Battalion, 10th Special Forces Group (Airborne), Headquarters Support Company. Navy Petty Officer 1st Class Karen Williams took first place in the Women's Division.

For more information, visit the USAG Stuttgart Warrior Pride Challenge Facebook page. More photos are at the garrison Flickr site at www.flickr.com/photos/usagstuttgart.



[Above] A service member fires on a laser firing range as part of the Sept. 15 Warrior Pride Challenge Pentathlon, hosted by U.S. Army Garrison Stuttgart's Army Substance Abuse Program. WPC is a pilot program that provides free activities to service members in ranks E5 and below — the most at-risk group for alcohol-related incidents.



[Right] A competitor in the Warrior Pride Challenge Pentathlon Sept. 15 concentrates as he prepares to throw an empty grenade.

Photos by Martin Greeson



A service member gives the 50-meter tire flip event his all during the Warrior Pride Pentathlon Sept. 15, hosted by the USAG Stuttgart Army Substance Abuse Program. The top three winners from the event, and top unit winners, received an ASAP medallion and other ASAP prizes.



[Above] Service members start the first of two one-mile runs during the WPC Pentathlon Sept. 15.



[Left] A competitor in the WPC Pentathlon Sept. 15 carries two water cans for 50 meters. The pentathlon was also a Suicide Prevention Month activity.



Howard Krout, ASAP Employee Assistance Program coordinator, explains the WPC Pentathlon events to participating service members Sept. 15.

Berg bids PHS 'Auf Wiedersehen' after 17 years

Story & photo by Tanya Fogg Young
Special to The Citizen

Classroom walls lined with posters of yearbook photos of his students from over four decades of teaching are the backdrop for German language class as teacher Timothy Berg skillfully weaves homespun humor and life lessons into his review of verb tenses and conjugations.

Berg has spent the last 17 of his 42 total years in teaching at Patch High School in U.S. Army Garrison Stuttgart. He estimates that at the 11 different schools he has taught at in Germany and in his home state of Minnesota, more than 4,500 students have been under his tutelage.

"The walls are covered with my former students," said Berg, as his eyes swept over hundreds of photographed faces. "From memory, with all the yearbooks, I tried to remember which students I taught. I sometimes left out some, but have the bulk of them.

"I wanted to remember those images," he added.

As he prepares for retirement at the close of the 2011-12 school year, Berg will draw on those memories and others as he says goodbye to teaching. He has taught German for 27 years in Department of Defense Dependents Schools and for 15 years in Minnesota.

"Sure, German has been a huge part of my life, but I can turn it off and let it go," said Berg, 63, who plans to retire



Timothy Berg, who has taught German for 17 years at Patch High School, interacts with students Damien Babington (from left), Claire Levitt and Stephanie Trujillo during a German III class Sept. 14. Berg, known for decorating his room with photos of former students, plans to after retire this year.

to Texas. "I have been tremendously graced by the Lord that he's let me teach his children and has trusted me. I've accomplished professionally what I wanted to do."

While PHS Principal Danny Robinson, new to the school, hasn't known Berg long, he said the teaching veteran has already made an impression as a passionate professional.

"...He gave me a tour of his classroom — to include the posters — and as he spoke about many of the students

displayed, I could tell that (he) was extremely proud of his teaching career," Robinson said. "He does what is right for kids every day."

Describing himself as an "old-schooler and grammarian," Berg said he stresses the fundamentals of speaking, reading, writing and listening.

"I seriously love teaching as much now as the first year I taught," said Berg, whose first teaching job was in 1969 at Upsala High School in Minnesota. "These kids love me, and I

love them. No one cares how much you know until they know how much you care."

Berg described his teaching style as a bit unorthodox and said that the hardest part of his job is doling out "firm, but not too hard-nosed" discipline.

"He's firm, but it's a jolly firmness," said Emily Zimmerman, a sophomore in Berg's Advanced Placement German class. Berg also taught her German III last year.

"He's pretty phenomenal and really clarifies a lot of things. I walk away from his class learning more than German," she added.

German III student Gabi Putnam, taking Berg for the first time this school year, described him as a "life teacher."

"He speaks firsthand from experience, and a lot of kids respond to that," Putnam, 15, said. "He's a moral teacher and brings important aspects of life into his teaching."

Zimmerman and Putnam agreed that they feel honored to be among the last students that Berg will teach.

"When I'm in here, I feel like I'm carrying on the legacy of all these students," Putnam said, glancing around at the posters lining Berg's classroom walls.

Berg said he has no regrets about his decision to retire.

"It's going to be sad when I retire, very sad, but nobody is indispensable. I plan to spend my time serving the Lord through my church in whatever capacity the parish needs me," he said.

Have a comment on garrison services?

Want to thank an organization for a job well done?



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Retiree Affairs

Take steps toward good records management

By **Dave Gouin**

USAG Stuttgart Retiree Council

How quickly can you, your spouse or a designated survivor access a copy of your DD Form 214, retirement orders or marriage certificate?

All of these documents should be at one's fingertips in a simple, but well organized, record-keeping system. Stashing documents in various drawers, in a shoebox under the bed or in a manila envelope somewhere in the hall closet can create headaches when they are needed in a hurry.

Even worse, many people inadvertently toss out important records that should be safely filed away. Upon the death of a military retiree, missing documents and lax record-keeping can prove costly and emotionally draining to the retiree's survivors.

The U.S. Army Garrison Retiree Support Center can provide retirees with a Retiree Casualty Assistance checklist that can serve as an at-a-glance guide to the management of their affairs. It can also be an invaluable resource for family members should their retiree die or become incapacitated.

The Retiree Support Center, located in Room 307, Building 2915, Panzer Kaserne, is open on Tuesday and Thursday from 10 a.m. to noon and 1-4 p.m., and by appointment. For more information, call 431-3510/3052 or civ. 07031-15-3510/3052.



Photos by Susan Huseman

Spc. Jonathan Sanchez (from left), Pvt. Adan Gonzales and Spc. Dustin Barnard, 554th Military Police Company Soldiers, bust out in laughter at a joke delivered by comedian Danny Villalpando during a Comics on Duty performance Sept. 12 in the Patch Community Club.

Comedian Tom Foss entertains Soldiers with a joke during a Comics on Duty performance Sept. 12 in the Patch Community Club.



A laughing matter

Comics on Duty comedians Paul Ogata, Danny Villalpando, J.R. Brow and Tom Foss gave two free performances for U.S. Army Garrison Stuttgart audiences Sept. 12 in the Patch Community Club as part of the That Guy campaign. That Guy is a Defense Department initiative aimed at reducing binge drinking among 18- to 24-year-old service members.

**On-post emergency numbers:
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Motorcycle mentors teach rules of road

SOCAFRICA launches motorcycle safety program

By Maj. James Rawlinson

*Special Operations Command Africa
Public Affairs Office*

While the allure of motorcycle riding may be evident, the risk of being seriously injured in an motorcycle accident is well-documented and a clear detraction from the thrill of riding in the open air.

According to the National Highway and Traffic Safety Administration, in 2008 alone, 5,290 motorcyclists were killed and another 96,000 were injured.

As a direct comparison, the chances of serious injury or death are severe when compared to the automobile.

In 2007, motorcyclists were approximately 37 times more likely to die in a crash and nine times more likely to be injured. Additionally, the fatality rate for motorcyclists that same year was six times higher than those involved in a car crash.

Despite the risks, however, the popularity of motorcycles among U.S. military members is on the rise.

Service members already face risk in combat and in dangerous training activities. However, risk can be mitigated by commanders to allow for the successful completion of the mission, whatever it may be.

Riding a motorcycle is no exception.

Special Operations Command-Africa launched a Motorcycle Mentorship Program in July to partner more seasoned riders with less experienced ones in an effort to demonstrate proper motorcycle safety and supplement standard instruction programs that also teach motorcycle safety.

"We're not trying to replace the training riders get," said U.S. Army Chief Warrant Officer 4 Eddie Ricord, a 35-year motorcycle riding veteran who developed SOCAFRICA's program.

"This is intended to provide new and inexperienced motorcycle riders a chance to learn directly from seasoned motorcycle riders who can



Lori Ricord

Motorcycle riders assigned to SOCAFRICA participating in the command's first Motorcycle Mentorship ride near Stuttgart Aug. 24.

build and pass on potentially life-saving experiences," he added.

No stranger to hazard, Ricord is also an Army Special Forces warrant officer with over 450 airborne jumps logged in his 33-year career.

He describes riding a motorcycle as a lifestyle and takes pride in his safety record. Despite significant experience, he continues to take motorcycle safety training courses at least once every two years.

"I've had more broken bones from jumping than from motorcycle riding," he said.

SOCAFRICA's first motorcycle mentorship ride took place Aug. 24, on a route that covered nearly 100 miles in and around Stuttgart.

Riders were organized into small groups with veteran riders leading less experienced riders.

Before departing, each group received a map with scheduled rest breaks, emergency procedures, contact information and even pre-arranged hand signals to allow the riders to communicate non-verbally.

"The greatest concern I found was the nagging thought of injury [while] trying to increase my skill level safely," said Senior Airman Louis Hernandez, the youngest and least experienced rider participating in the ride.

Improving riding skill was a clear objective of Hernandez's in getting involved with the MMP. As a member of a family of avid riders, Hernandez also had the foresight to stock up on safety gear to avoid serious injury, should he be involved in an accident.

"If I fall while riding within my limits, I now know I have greatly improved the odds of standing up and being upset about my bike, as opposed to a trip to the emergency room," he said.

“Experience level is the main reason troops get into accidents, not necessarily age. It’s all between the ears.”

**Chief Warrant Officer 4
Eddie Ricord**
*SOCAFRICA MMP
developer*

According to the U.S. Army, which developed the MMP, the troops at greatest risk are between 18 and 25 years old. However, in the last several years, riders ages 23 to 33 years old have seen an increase in motorcycle mishaps.

While the majority of accidents either directly or indirectly involve excessive speed, the real culprit is poor decision-making.

"Experience level is the main reason troops get into accidents, not necessarily age," Ricord said. "A rider 25 years old who has been riding for eight years has more experience than a 40-year-old riding [for] two years."

According to Ricord, it's the choices riders make that put them in peril. A stressful day, being late to work, not accounting for poor weather conditions, being too tired to ride but doing it anyway — these and other similar choices often lead to mishaps.

"It's all between the ears," Ricord said.

These intangible factors are the driving force behind the MMP. According to the U.S. Army Safety Center, motorcycle fatalities had risen dramatically from 2004 through 2008, but dropped significantly in 2009.

There are an estimated 60 programs throughout the Army that are now gaining traction among the other services.

While the thrill of riding in the open air is still a pastime enjoyed by a relative few, those few who take their own safety seriously enough to participate in programs designed to reduce their chances of injury — or worse — can go a long way toward protecting themselves.

Exercising foresight, taking precautions and getting prepared may not be exciting, but they can increase the odds of staying out of the emergency room.

“This is intended to provide new and inexperienced motorcycle riders a chance to learn directly from seasoned motorcycle riders, who can ... pass on potentially life-saving experiences.”

Chief Warrant Officer 4 Eddie Ricord
SOCAFRICA Motorcycle Mentorship Program developer

Get tickets to Navy birthday ball

The 236th annual Stuttgart Navy Birthday Ball is scheduled for Oct. 29 in Sindelfingen.

For tickets and more information, send an e-mail to Navy_Ball_11@eucom.mil.

College Fair Oct. 4

Get information on international universities, technical schools, scholarships and more at the U.S. Army Garrison Stuttgart College Fair on Oct. 4 from 10 a.m. to 2 p.m. in the Patch Community Club, Building 2345, on Patch Barracks.

For more information, call the School Liaison Office at 430-7465/civ. 0711-680-7465

Vehicle Reg to close on Oct. 3

The U.S. Army Garrison Stuttgart Vehicle Registration Office will be closed Oct. 3 for a German holiday.

Did you know that you can renew your U.S. Army Europe vehicle registration up to 75 days before the expiration date?

For more information, call the USAG Stuttgart Vehicle Registration Office at 431-2833/civ. 07031-15-2833.

AFAP conference needs your help

The next Army Family Action Plan conference will be held Nov. 8-9 in the Swabian Special Events Center on Patch Barracks.

Community members can participate by identifying issues where they see room for improvement in the military community at large.

Submit issues online at www.stuttgart.army.mil (click on "Submit 2012 AFAP issues") or www.stuttgartmwr.com (click on "Army Community Service," then "Army Family Action Plan").

Issue forms can also be found at AFAP issue boxes located in facilities such as mail rooms and the Exchange.

Active duty service members, reservists, retirees, civilians, family members and teens can participate in the AFAP conference by applying to be a delegate.

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

For more information, call 431-3643/civ. 07031-15-3643.

Panzer DFAC closed Sept. 30

The 1st Battalion, 10th Special Forces Group (Airborne), Dining Facility on Panzer Kaserne will be closed Sept. 30.

Patch basketball court renovated

The basketball court at the Patch Fitness Center is scheduled to be renovated Oct. 4-21 and will be closed to the public during that time.

Patch Theater closed Sept. 27-28

The Patch Theater will be closed Sept. 27-28 in order to have the seats cleaned.

Red Cross events

The Stuttgart branch of the American Red Cross will host the following upcoming events and classes:

- Standard First Aid with



Carola Meusel

Send holiday greetings

This month, a Joint Home-town News Service team will be in U.S. Army Garrison Stuttgart to tape community members' holiday greetings to loved ones. The greetings will be aired on local television networks in the States and downrange, from Thanksgiving Day to New Year's Day.

The team will be at the Panzer Exchange Sept. 27 from 11 a.m. to 7 p.m. and at the Patch Food Court Sept. 28 from 11 a.m. to 7 p.m.

Service members (in uniform), civilian employees, contractors and family members may participate.

For more information, call the USAG Stuttgart Public Affairs Office at 431-3099/civ. 07031-15-3099.

A Stuttgart family records holiday greetings during last year's JHNS visit to USAG Stuttgart.

Adult, Child and Infant CPR, Sept. 24 from 8 a.m. to 5 p.m. at the ARC Office in Room 314, Building 2915 on Panzer Kaserne.

• The ARC and Stuttgart United Service Organizations will host a Health and Safety Day for preschoolers and their parents Oct. 4 from 10 a.m. to noon at the Brewed Awakenings Cafe on Robinson Barracks

For more information, call the ARC Office at 431-2812/civ. 07031-15-2812.

USO free lunch

The Stuttgart branch of

the United Service Organizations hosts a free lunch on the last Wednesday of the month at the USO, Building 2915, Panzer Kaserne.

An Italian themed lunch will be held Sept. 28.

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

Pfennig Bazaar seeks helping hands

The German American Women's Club Stuttgart is ramping up for its 43rd annual Pfennig Bazaar to be held Oct. 14-15 in downtown Stuttgart. The bazaar, which sells house wares, 220 volt electronics, baby items, sporting goods, books, clothing and toys, raises funds for charity, including organizations in U.S. Army Garrison Stuttgart.

Donations may be dropped off at any time at collection bins located at the sorting room on Patch Barracks (next door to the Patch Thrift Shop in Building 2332) and on Kelley Barracks at the end of Ash Strasse, one block past the commissary.

Volunteers are also needed to set up the Liederhalle for the bazaar on Oct. 12, unpack merchandise and set up stands Oct. 13, and man stands during the bazaar Oct. 14-15.

To volunteer for the Pfennig Bazaar, send an e-mail to gawcvolunteer@yahoo.com

or call Jennifer Kiwus at civ. 0711-2805-5591.

Hohenfels bazaar

U.S. Army Garrison Hohenfels Community and Spouses Club will host a community bazaar Sept. 23-25. Shopping hours are Sept. 23 from 11 a.m. to 7 p.m., Sept. 24 from 10 a.m. to 7 p.m. and Sept. 25 from noon to 5 p.m.

For more information, visit www.HohenfelsCSC.com.

Health clinic closed Oct. 7, 10

The U.S. Army Health Clinic Stuttgart will close Oct. 7 and 10 for the Columbus Day training and federal holidays. In case of an emergency, call the Military Police at civ. 0711-680-114.

For immediate health care needs, call the Nurse Advice Line at 0800-4759-2330.

See magic show

Family and MWR will host "Where Reality is Magic," starring Ted "Merlin" Barlock, Sept. 23 and 24 at 7:30 p.m. in the new Studio Theatre (above the main theater on Kelley Barracks).

For more information, call 421-2796/2825/civ. 0711-729-2796/2825.

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

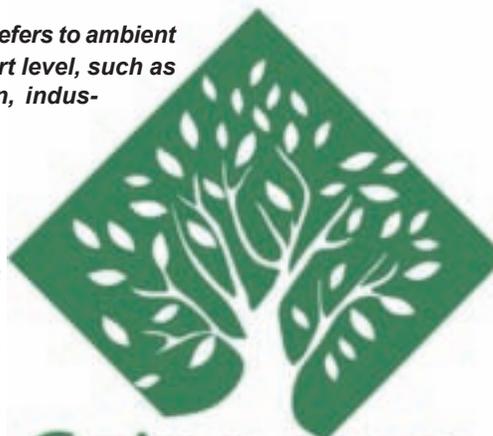
Environmental noise: don't be a victim

Environmental noise "pollution" refers to ambient sound levels beyond the comfort level, such as noises caused by traffic, construction, industrial equipment and some recreational activities.

Noise pollution can have a serious affect on one's health, since it can cause hearing damage and sleep deprivation, or contribute to increased blood pressure.

It is important to know when to take action to mitigate noise pollution.

Whenever a noise is so loud, so continuous, so repeated, of such duration or pitch, or is occurring at such times so that it gives you reasonable cause for annoyance, take action to deal with it.



Going green

USAG Stuttgart Directorate of Public Works Environmental Division

Recognizing the symptoms of ADHD in children

By E. Wayne Combs, Ph. D.

U.S. Army Public Health Command

Most healthy children occasionally have trouble sitting still, paying attention or controlling impulses. But for some children, the problem is so bad that it interferes with their daily lives at home, at school and in social settings.

Attention-deficit/hyperactivity disorder, or ADHD, is characterized by not being able to pay attention, hyperactivity (highly or excessively active) and impulsive behavior.

There are three identified types of ADHD.

A child who has the predominantly inattentive type of ADHD exhibits the following symptoms:

- Fails to give close attention to details or makes careless mistakes
- Has difficulty sustaining attention
- Does not appear to listen
- Struggles to follow through on instructions
- Has difficulty with organization
- Avoids tasks requiring sustained mental effort
- Loses things
- Is easily distracted
- Is forgetful in daily activities

A child who has the predominantly hyperactive-impulsive type of ADHD:

- Fidgets with hands or feet or squirms in chair
- Has difficulty remaining seated

- Runs about or climbs excessively
- Has difficulty engaging in activities quietly
- Acts as if driven by a motor
- Talks excessively
- Blurts out answers before questions are completed
- Has difficulty waiting or taking turns
- Interrupts or intrudes upon others

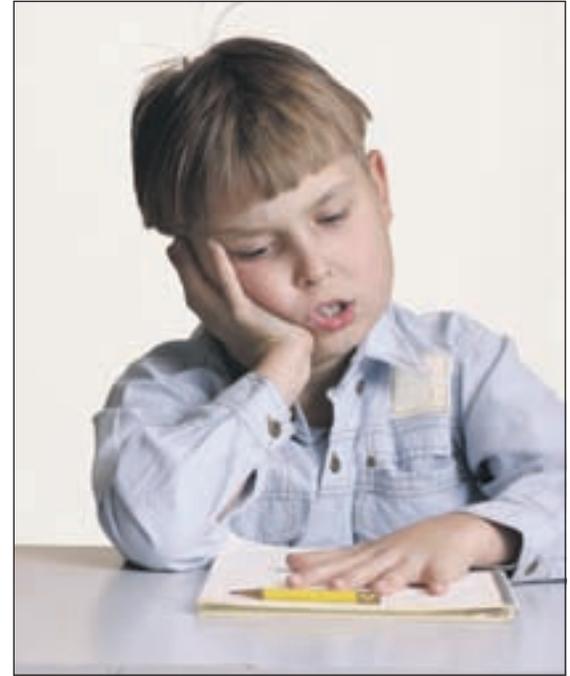
Finally, children who have the combined type of ADHD meet both sets of criteria.

There is no simple test to determine whether someone has ADHD. A diagnosis can be difficult to make and should be made only by an expert, such as a school psychologist or pediatrician after an extensive evaluation. This evaluation should include ruling out other possible causes for the symptoms, a physical examination, and a series of interviews with the individual and key persons in his or her life.

A diagnosis of ADHD can be very scary. However, with early diagnosis and the right treatment, including medication and appropriate counseling and behavior therapy, most children with ADHD grow up to be normal, successful adults. The best results usually occur when teachers, parents and doctors work together.

If you're concerned that your child is displaying signs of ADHD, talk to your pediatrician or primary care manager.

For more information on ADHD, visit the Centers for Disease Control and Prevention website at <http://cdc.gov/ncbddd/adhd> or visit www.adhd.com/index.html.



photos.com

While many children occasionally have trouble sitting still or paying attention, those who consistently have difficulty could be showing signs of inattentive ADHD. Parents who are concerned that their child is displaying signs of ADHD should talk to their child's pediatrician.

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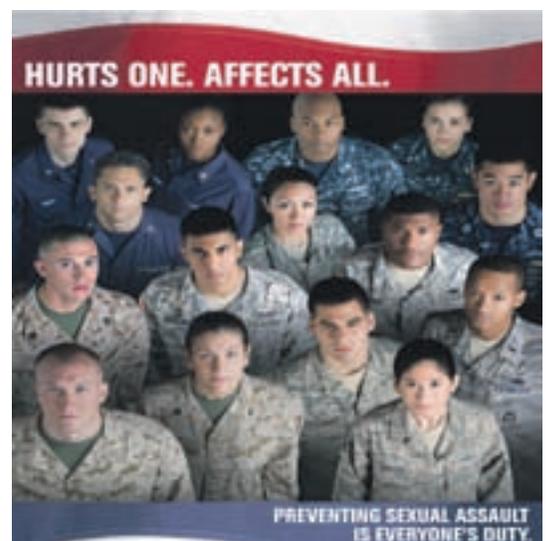
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Program**
DSN 431-3342
civ. 07031-15-3342

24-Hour Emergency Hotline
civ. 0176-262-48894

Welcome to Stuttgart

U.S. Army Garrison Stuttgart's Army Community Service will host a "Culture College" class Sept. 27 and 29 for newcomers to the community.

Culture College includes classroom instruction on basic German phrases, money, transportation, numbers, ordering in a restaurant, and a field trip to downtown Stuttgart using public transportation.

The class is free. To register, or for more information, call ACS at 431-3362/3436/civ. 07031-15-3362/3436.

Get 'Hired!'

The U.S. Army Garrison Stuttgart Family and MWR "Hired!" apprenticeship program is now accepting applications for the fall semester through Oct. 15.

The "Hired" program allows teens ages 15-18 to work for garrison organizations in order to get real-world job experience and earn some extra cash.

All participants must be registered with Child, Youth and School Services.

For more information, call 430-6289/civ. 0711-680-6289.

Check out Post Secret displays

"Post Secret" postcards created by community members will be on display to promote awareness of National Suicide Prevention Month and Depression Awareness Day.

The display will be available for viewing:

- Sept. 26-30 in the Patch Arts and Crafts Center on Patch Barracks;
- Oct. 3-5 at Army Community Service, Building 2915, Panzer Kaserne;
- Oct. 6-7 at the Exchange on Panzer Kaserne.

RSO hosts revival with Ron Archer

The U.S. Army Garrison Stuttgart Religious Support Office presents a "Servant Leadership Power Revival" hosted by Dr. Ron Archer, chairman and chief executive officer of Dunamis Institute International, and Dr. Frederick Massey, chief operating officer of Dunamis.

The event will be held Sept. 29 and 30 beginning at 6 p.m. in the Panzer Chapel. Archer and Massey will speak on transformational servant leadership.



Brittany Carlson

USO fuels force with free hot dogs

Stuttgart community members line up for free hot dogs at the USO mobile canteen Sept. 16 on Patch Barracks. More than 450 hot dogs were served on Friday. If you missed it, the canteen will serve up free hot dogs Oct. 21 from 11 a.m. to 2 p.m. in front of the Kelley Commissary and Oct. 22 at the Robinson Barracks Commissary.

For more information, call the RSO at 431-3079/civ. 07031-15-3079.

Sign up for Soldier Fest by Sept. 26

The annual Soldier Fest will take place Sept. 26 in Bad Cannstatt.

There are 200 allotted spaces for Soldiers. Units should forward their lists of attendees to liz.moore1@us.army.mil.

Limited service at the vet clinic

The Stuttgart Veterinary Treatment Facility will be unavailable for appointments during October while it relocates next door to a new building on Panzer Kaserne. During October, the VTF will be open Wednesday through Friday from 8 a.m. to noon and 1-4 p.m. for over-the-counter sales, pet registration and medical record pick-up only.

If your pet needs to be seen for vaccinations, health certificates, surgeries, sick-call or emergencies, contact an off-post veterinarian or a military veterinarian at another installation.

The nearest military veterinary clinic is the Heidelberg VTF at USAG Baden-Württemberg. The phone number is 388-9470/civ. 06221-338-9470.

The Stuttgart VTF will

resume normal operations in November.

Softball team, fans give back

Softball players and fans from the Stuttgart military community donated more than 100 toys in a toy drive during a softball game played on Husky Field Sept. 3. According to toy drive organizers, the donations

will be sent stateside for the annual U.S Marine Corps Reserve Toys for Tots Program.

No walk-ins at legal center Sept. 28

Because of a mandatory temporary duty assignment, there will be no walk-in appointments with the U.S. attorney at the Stuttgart Legal Center Sept. 28.

Donate items for Soldiers' Angels

The Stuttgart Kontakt Club, a German-American friendship club, is collecting new items for wounded warriors, which will be donated to the Landstuhl Transient Unit in support of the Soldiers' Angels Germany program.

Drop off donations of new hoodies, boxer shorts, socks and personal hygiene items by Oct. 20 to Birgit Thompson at the Public Affairs Office, Room 319, Building 2949, Panzer Kaserne.

For more information, visit www.soldiersangels.org/germany.html.

Hispanic heritage observance set

U. S. Africa Command will host an observance for Hispanic American Heritage Month on Sept. 23 from 11:30 a.m. to 1 p.m. in the Kelley Club conference room, Building 3000, on Kelley Barracks.

Community Banks closed Oct. 3

On Oct. 3, all Community Banks in Germany will be closed in observance of a German holiday.

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

Keep safety in mind at Volksfest

The annual Cannstatter Volksfest in Bad Cannstatt will be held Sept. 23 to Oct. 9. It is one of the largest fests in Europe, with amusement park rides, food and drink. Unfortunately, events like this increase the risk for drinking and driving. If you visit the fest, follow the following tips for safely returning home afterwards.

- Use a designated driver.
- Use public transportation.
- Call a taxi. The two taxi services authorized to come on post in USAG Stuttgart are:
 - Taxi Zentrale Böblingen (civ. 07031-19410) for Patch and Panzer and
 - Taxi Zentrale Stuttgart 8x8 (civ. 0711-8888-8888) for the Stuttgart Army Airfield, Kelley Barracks, Robinson Barracks and Patch Barracks. Call the nearest of the two when off post. Ask for a driver with a U.S. installation pass.

USAG STUTTGART

S F E T Y CORNER





Take 5

... and make the right decisions for safety!

Winte

Get a free veh

By Installation Manag

Every year in October, U.S. Army Garrison Stuttgart community members participate in the U.S. Army Garrison Stuttgart Lighting Equipment Inspection Program. “The reason we participate is to encourage car owners to have their vehicles inspected before winter weather sets in,” said the Installation Management Command Europe. The program includes German garages, Exchange and U.S. Forces Vehicle Inspection stations. The free inspections are courtesy inspections to check headlights, taillights, and tires. The free inspections are encouraged before the winter driving season begins. “The long hours of darkness increase the risk of accidents as conditions begin,” Schwarz said. In addition to the lighting

Stay informed: where to go for road conditions

By Brittany Carlson
USAG Stuttgart Public Affairs Office

When winter weather strikes on an early weekday morning, U.S. Army Garrison Stuttgart community members don't need to be in the dark on cancellations and delays.

By 6 a.m. — and throughout the day in case of early releases — several venues are in place that provide information on garrison cancellations and delays. These include:

- the garrison website, www.stuttgart.army.mil, under the Weather link at the top of the homepage. (The site also has links to a five-day forecast and a chart explaining the road condition colors),
- the American Forces Network on the radio (102.3 FM and 1143 AM) and the AFN Atlantic television station (off-post channel 15), and,
- the Weather and Road Condition Hotline at 431-3744/civ. 07031-15-3744.

The AFN website, www.afneurope.net, also has links that cover road conditions for all garrisons.

The decision to cancel or close operations is made by the garrison commander, after he is informed of the current road conditions by the director of emergency services, based on input from military police patrols.

“Anytime the weather is going to affect the ability to safely operate vehicles, the garrison will take a hard look at the need to reduce operations or close facilities,” said Benjamin Loney, director for the USAG Stuttgart Directorate of Plans, Training, Mobilization and Security.

Community members should keep in mind that only roads on installations and the main routes between installations — not every road — are patrolled for road conditions determination.

USAG Stuttgart Directorate of Emergency Services officials say that 5 a.m. is the point of no return: at that time, a decision is made regarding buses and installation office closures or delays. After that, if the weather worsens, subsequent announcements will be made through all means available (AFN, USAG Stuttgart website, hot line, e-mail, etc.) to keep the community informed.

DES officials remind the community that two-hour work delays are designed to give everyone time to clear their vehicle and make their commute safely. Accidents

often occur when, instead of clearing their vehicles, employees and service members

to clean their vehicle and report the problem. All announcements, including reporting instructions, are based on the commander's decision and should be reported to service members and families. A tenant unit or a family member, should become a part of the notification process.

A plan is also in place for cancelled but parent/guardian. School Services is going to be

In case of extreme weather, all offices are closed, a Change of Command for emergency personnel. For children, he added.

In fact, Loney said, accidents often occur when drivers are not prepared to drive in winter weather.

“Everyone should take the time to safely travel during winter conditions,” he said. “If you have to say your boss to say you are not fast to be somewhat

er... are you ready for it?

Vehicle lighting equipment inspection in October

Command Europe
 October, U.S. Forces in Germany
 International Motor Vehicle
 Campaign.
 late in the campaign ... is to en-
 their vehicles] inspected before
 Michael Schwarz, Installation
 chief of safety.
 Exchange Car Care Centers and most
 Stations will be conducting
 vehicle lighting systems, to
 fog lights and turn signals.
 conducted "to correct deficien-
 g season. This is the time when
 and winter road and weather
 said.
 g inspection, AAFES Car Care

Centers will also inspect windshield wipers, exhaust systems and tires.

"Any repair work to correct deficiencies is, of course, chargeable to the vehicle owner," Schwarz said.

Upon successful completion of the lighting system inspection, a safety sticker (Licht Test '11) will be affixed to the windshield showing that the vehicle has successfully passed the inspection, he said.

The International Motor Vehicle Lighting Equipment Campaign is part of the U.S. Army Europe and Germany Fight the Risk joint traffic safety campaign.

Here in U.S. Army Garrison Stuttgart, the Exchange Car Care Center is located in Building 2935 on Panzer Kaserne. For more information on this facility's courtesy inspections, call 431-2362 or civ. 07031-15-2362.

For more information, check out the Army's Fight the Risk website at www.fight-the-risk.army.mil.

It's time to think about your car's winter tires

U.S. Army Europe

Autumn officially gets under way on Sept. 23. So why are we already talking about winter?

It's simple. German federal law mandates the use of winter tires under adverse road conditions, whether icy, snow covered, or snow slush/mud. While there is no specific time period during which winter tires are required, many German drivers use the rule of thumb "von O bis O" — from O to O — meaning snow tires should be put on in October and remain on until Ostern (Easter).

European winter tires have two kinds of markings: a snowflake for snow tires or "M+S" for tires designed to work in "matsch und schnee" — mud and snow. All-season or all-weather tires are also allowed but must have the M+S marking to be acceptable for winter driving. The laws also apply to motorbikes, trucks and buses, regardless of whether the driver is the owner or is renting the vehicle. Winter tires are required by law in several in other European nations.

Only snow tires without spikes or studs are allowed in Germany. Tires designed for snow function better than multi-purpose tires. All tires should have at least 1.6 millimeters of tread depth, but for maximum safety, tires with less than 4 millimeters should be replaced. A one euro coin can be used for a quick "tread check." When placed in the tire's tread, you should not be able to see the golden edge of the coin. If you can, the tire needs to be replaced. Winter tires offer better protection than all-season models, and it's best if all four tires match. The German automobile club ADAC recommends using tires that carry the "three peak mountain" seal, the mark of snow tires that meet the highest standards.

If you get caught driving without the correct tires on your vehicle, you can get a €40 ticket. Causing an accident or creating a road hazard or traffic jam as a result of not having the correct tires can cost €80 and a point against your license. Police can assign blame to a motorist involved in a winter accident whose car does not have snow tires installed, regardless of who caused the accident. In addition, some insurance companies may deny coverage to motorists driving with summer tires on winter roads.

Drivers who are unsure about winter tire requirements can contact the U.S. Army Garrison Stuttgart Vehicle Registration Office at 431-2833/civ. 07031-15-2833 or Safety Office at 431-3134/civ. 07031-15-3134.

ons, weather delays, closures

ead of using the extra time, employ-
 ers leave home two hours later, rush
 and then drive too fast on icy roads.
 ts regarding Soldier and employee
 s are based on the garrison com-
 d apply only to garrison employees,
 support activities. Those working
 agency, such as U.S. Africa Com-
 e familiar with their unit/agency

 place for families when school is
 s must work. "Child, Youth and
 ing to open," Loney said.
 e weather, when most garrison of-
 ild Development Center will open
 nnel to be able to drop off their

 d, the most prevalent safety hazard
 do not give themselves extra time
 ather.
 ld give themselves sufficient
 l, regardless of the road condi-
 your street was not cleared, call
 're going to be late. Don't drive
 ere on time — leave earlier."

Road conditions What those colors mean *
Black Flooding or heavily drifting snow, extreme ice, visibility under 15 meters. Emergency vehicles only.
Red Drifting snow, sheet ice and low visibility (between 15-20 meters).
Amber Wet, slushy roads, patches of black ice, reduced visibility (less than 50 meters).
Green Dry roads, no sheet ice or drifting snow, visibility in excess of 50 meters.
* Note: Conditions must exist on more than 50 percent of examined roads for color level to be declared.

Wine, history unite at Cannstatter Volksfest

By Carola Meusel

USAG Stuttgart Public Affairs Office

The annual Cannstatter Volksfest (People's Fest) is known as a beer festival. However, one fest tent celebrates Swabian tradition with a different locally made libation: wine.

The "Cannstatter Oberamt" wine tent invites visitors to celebrate Baden-Württemberg's rich wine culture throughout all 17 days of the fest: Sept. 23 through Oct. 9 at the Cannstatter Wasen fest grounds in Bad Cannstatt.

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

The name "Cannstatter Oberamt" refers to Bad Cannstatt's former county administration.

"In 1818, the Oberamt Cannstatt was the official administrative district of Württemberg and was in charge of 19 communities," said Thomas Jakob, Bad Cannstatt's district mayor.

"Until 1905, Bad Cannstatt was an autonomous city and therefore also had its own town hall, the Oberamt" he added.

In a historical document, the Cannstatter Oberamt was described as a gathering place where those traveling to Stuttgart would stop for a chat with the district leader.

After Stuttgart incorporated Bad Cannstatt, along with several other Neckar districts, the Oberamt was finally closed in 1923. The historic building, dating back to 1758, was torn down in the 1970s.

To honor the history of the Cannstatter Oberamt, a well-known family of



Courtesy of the Zaissererei

Visitors to the Cannstatter Volksfest enjoy Swabian food and wine at the "Cannstatter Oberamt" wine tent. The tent features the original wooden poles from the historic "Cannstatter Oberamt" (county administration) dating back to 1758.

vintners from Bad Cannstatt, the Zaiss family, decided to represent the former Oberamt at the Cannstatter Wasen, not so much as an official city administration, but more as a wine tent and a place to celebrate Swabian traditions with regional wines and hearty food.

For that reason, the wine tent is called "Cannstatter Oberamt." Wooden poles from the original building are part of the tent's decor. Since the Oberamt was once in charge of 19 communities, all the coat of arms of these districts are displayed inside the tent.

"Visitors to the wine tent can breathe history, besides savoring regional wines," said Jakob, the district mayor.

Regional wines served include Weissherbst and Lemberger rosé wines, Trollinger and Lemberger red wines

and Riesling and Müller-Thurgau white wines. All wines are from the local wine areas known as Cannstatter Berg (Cannstatt Mountain) and Cannstatter Zuckerle (Sugar Mountain), hills that span the Neckar River between Bad Cannstatt, Münster and Hofen.

According to local wine experts, the mild climate at the Neckar gives these wines a mineral component, resulting in a mellow taste.

Pils and Hefeweizen beers are offered as well, to pay tribute to the Volksfest's beer tradition.

Visitors to the wine tent can also sample traditional Swabian food, such as Maultaschen, Zwiebelrostbraten (roast beef with onions and potatoes), homemade Kartoffelsalat (potato salad) and Wurstsalat (sausage salad), accord-

Beer tents at the Cannstatter Volksfest:

- Cannstatter Wasenzelt
- Dinkelacker Festwirte Klauss & Klauss
- Fürstenberg Zelt
- Göcklesmaier (famous for "Göckele," or grilled chicken)
- Grandl's Hofbräu Zelt
- Wilhelmer's Schwaben Welt
- Zum Wasenwirt
- Stamer Hof
- Almhüttendorf (a reconstruction of a typical Bavarian-Austrian alpine village)

ing to Elfriede Zaiss, the organizer from the Zaissererei, a wine cultivator since 1867.

Besides Swabian meals, patrons can also enjoy "Vesper," or cold cuts, cheese and pretzels. For dessert, Apfelstrudel (apple cake) and Topfenstrudel (quark cake) with vanilla sauce are served.

For entertainment, the Oberamt features live bands playing "Volksmusik" (German folk music) and live comedy.

"It is all about celebrating the Swabian tradition; therefore we dance, laugh and simply enjoy our history at the Cannstatter Oberamt," Zaiss said.

The official opening ceremony of the Cannstatter Oberamt wine tent will be held Sept. 23, starting at 7 p.m. For reservations, call civ. 0711-8401-349.

For more information on the Cannstatter Oberamt wine tent (in German), visit www.weinstube-zaiss.de/volksfest. For table reservations, call civ. 0711-5595-111.

"Out & About in Baden-Württemberg" is your guide to German culture. Read the latest issue online at www.stuttgart.army.mil.



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<http://baptist-stuttgart.com>

What's happening in FMWR

Patch Library hosts 'Author, Illustrator Day'

On Sept. 24, the Patch Library will host an Author and Illustrator Day from noon to 5 p.m. for children of all ages. The event is free and no registration is required.

The schedule is as follows:

- Noon: "Learning How to Draw" with Kirsten Carlson, illustrator, for ages 5 and up
- 1 p.m.: "Learning How to Draw" with Daniel Jennewein, illustrator, for ages 5 and up
- 2 p.m.: "How to Write Believable Animal Characters" with Jen Blom, author, for ages 8 and up
- 3 p.m.: "Book Talk" with Julianne Kayser, author, for ages 6-10
- 4 p.m.: "How to Develop Human Characters" with young adult author Angela Cerrito, for ages 12 and up

The Patch Library is located in Building 2343 on Patch Barracks. For more information, call 430-7138/civ. 0711-680-7138.

Enter photo contest

The Family and MWR Patch Arts and Crafts Center is accepting

photography entries through Oct. 1 for the All Army Photo Contest.

Guidelines and entry forms are available at all garrison craft centers, or online at www.stuttgartmwr.com. The award ceremony will be held Oct. 12 in the Patch Library.

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

See 'Mustardseed'

The Stuttgart Theatre Center presents "Mustardseed," a one-act play by Doug Cooney and directed by Annika Wallace, about a teenage girl who earns a role in a Shakespeare play, but isn't prepared for the backstage comedy that unfolds between three other teenage girls cast as fairies.

Performances are scheduled for Sept. 30 at 7:30 p.m. and Oct. 1 at 3 p.m. Tickets are \$5.

To reserve tickets, visit www.stuttgartmwr.com or call the theater box office Tuesday through Friday from 12:30-5:30 p.m. at 421-3055/civ. 0711-729-3055.

For Family and MWR updates, e-mail mwrmarketing@eur.army.mil.



Coming to Patch Theater

Sept. 22 — Harry Potter and the Deathly Hallows Part 2 (PG-13) 6 p.m.

Sept. 23 — Zookeeper (PG) 7 p.m., Captain America: The First Avenger (PG-13) 9 p.m.

Sept. 24 — Zookeeper (PG) 4 p.m., Mr. Popper's Penguins (PG) 7 p.m., Straw Dogs (R) 9 p.m.

Sept. 25 — Zookeeper (PG) 2 p.m., Captain America: The First Avenger (PG-13) 4 p.m., Zookeeper (PG) 7 p.m.

Sept. 26 — Straw Dogs (R) 6 p.m.

Sept. 27 — Theater closed for maintenance

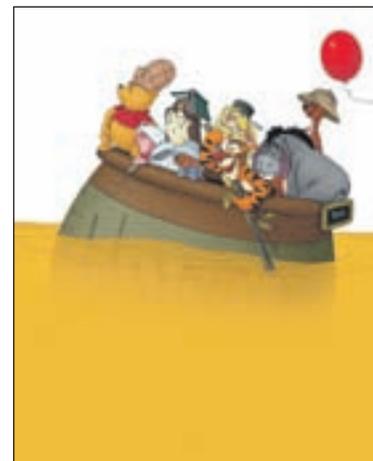
Sept. 28 — Theater closed for maintenance

Sept. 29 — Zookeeper (PG) 6 p.m.

Sept. 30 — Dolphin Tale (PG) 6 p.m.

Oct. 1 — Winnie the Pooh (G) 4 p.m., Dolphin Tale (PG) 7 p.m., Crazy, Stupid, Love (PG-13) 9 p.m.

Oct. 2 — Winnie the Pooh (G)



Walt Disney Pictures

In "Winnie the Pooh," Eeyore loses his tail and his friends hold a contest to get him a new one.

2 p.m., Dolphin Tale (PG) 4 p.m., Friends with Benefits (R) 7 p.m.

Oct. 3 — Dolphin Tale (PG) 6 p.m.

Oct. 4 — Winnie the Pooh (G) 6 p.m.

Oct. 5 — Friends with Benefits (R) 6 p.m.

Family & MWR Featured Events

www.stuttgartmwr.com

COMPETITION

GREAT PUMPKIN RUN

Start training for the 8th Annual Great Pumpkin Run! Registration for 5 & 10K starts October 3, at Patch Fitness Center. **October 29** 9 a.m. Patch Barracks
DSN 430 7136 CIV 0711 680 7136

2011 PHOTOGRAPHY CONTEST

Submit your photos at www.stuttgartmwr.com by October 1
Awards: **October 12** 6 p.m. Patch Library
DSN 430 5270 CIV 0711 680 5270

FAMILY

BERLIN BIKE WEEKEND

Admire one of the greatest cities in Europe while biking with your family. **October 7 - 10** Depart 7 a.m. Outdoor Recreation, Panzer
DSN 431 2774 CIV 07031 15 2774

MUSTARDSEED

Enjoy wildly funny and unexpectedly poignant one act youth play. **September 30** 7:30 p.m. **October 1** 3 p.m. Stuttgart Theatre Center, Kelley To book your tickets go to www.stuttgartmwr.com, or call: DSN 421 3055 CIV 0711 729 3055

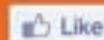
LEISURE

KARAOKE WITH JOKER

Party with your friends and sing your favorite songs at The Irish Pub! **September 29** 8 - 11 p.m. Galaxy Bowling & Entertainment Center
DSN 431 2575 CIV 07031 15 2575

FALL SCRAMBLE

Play and compete at the Fall Scramble before 2011 golf season ends. **October 1** 9 a.m. Stuttgart Golf Course, Kornwestheim
CIV 0714 187 9151





Susan Huseman

More than 60 people move to hypnotic Latin rhythms during the Zumba marathon held outside the Panzer Exchange Sept. 17. The event wrapped up USAG Stuttgart's three day celebration of fitness.

Instructor Brandi Stokes spots April White during a Body Sculpt class at the Robinson Barracks Fitness Center on Sept. 14.



Birgit Thompson



Susan Huseman

Shamia Glover, left, and Cricket Dellinger try a Spin class at the Patch Fitness Center.



Susan Huseman

Jessica Becker does chest rows during a free TRX class in the Patch Fitness Center Sept. 14.



Brittany Carlson

Participants work out with weights during a free Boot Camp class held Sept. 15 at the Panzer Fitness Center.

USAG Stuttgart never quits on fitness

USAG Stuttgart Public Affairs Office

U.S. Army Garrison Stuttgart joined garrison sports and fitness centers across Europe with a variety of health and fitness activities to celebrate Installation Management Command Europe's Fitness Day on Sept. 17.

The USAG Stuttgart Sports and Fitness program took the idea of a fitness day and expanded it to three

days, from Sept. 14-17. More than 35 free fitness classes were offered across the garrison, giving more than 550 community members the opportunity to sample group fitness classes such as yoga, Pilates and kickboxing.

"Fitness Day" culminated on Sept. 17 with an outdoor Zumba marathon and the second annual running of The Amazing Race.

For more information on group fitness classes and a complete schedule, visit www.stuttgartmwr.com.

SPORTS SHORTS

Triathlon clinic set for Oct. 22

U.S. Army Garrison Stuttgart's Family and MWR will host a triathlon clinic Oct. 22 from 9 a.m. to noon in the Patch Fitness Center conference room, followed by a session at the Sindelfingen Badezentrum (pool center) at 2 p.m. Learn to perfect your 1500 meter swim, 40 km bike race time and 10 km run.

Sign up at the Patch Fitness Center by Oct. 19. For more information, call 430-7136/civ. 0711-680-7136.

Register for CYS Services winter sports

Winter sports registration for U.S. Army Garrison Stuttgart Child, Youth and School Services sports will be held Oct. 3 to Nov. 10 at Parent Central Services, Building 2347 on Patch Barracks.

Physicals must be valid through March 15, 2012, for basketball and cheerleading, and valid through March 26 for wrestling.

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

Great Pumpkin Run set

U.S. Army Garrison Stuttgart's Family and MWR will host the 8th annual Great Pumpkin Run Oct. 29 on Patch Barracks. The event includes a 10-kilometer run at 9 a.m. and a 5K at 10:30 a.m.

Pre-register by Oct. 19 or complete late registration Oct. 19-26 at the Patch Fitness Center.

For more information, visit www.stuttgartmwr.com or call 430-7136/civ. 0711-680-7136.

Join 'Fit for Life' program, earn prizes for exercising

It's not too late to join Family and Morale, Welfare and Recreation's "Fit for Life" program, which is open to Stuttgart military community members through Dec. 31.

"Fit for Life," hosted by FMWR's Sports and Fitness division, is a do-it-yourself exercise program that offers community members an extra reason to work out: prizes. The program is sponsored by the American Foreign Service Protective Association.

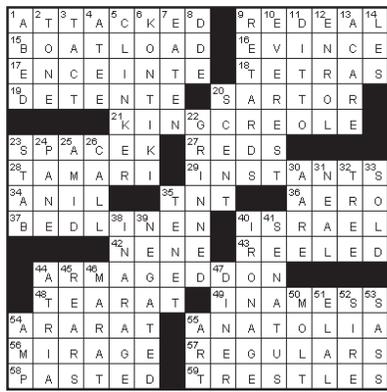
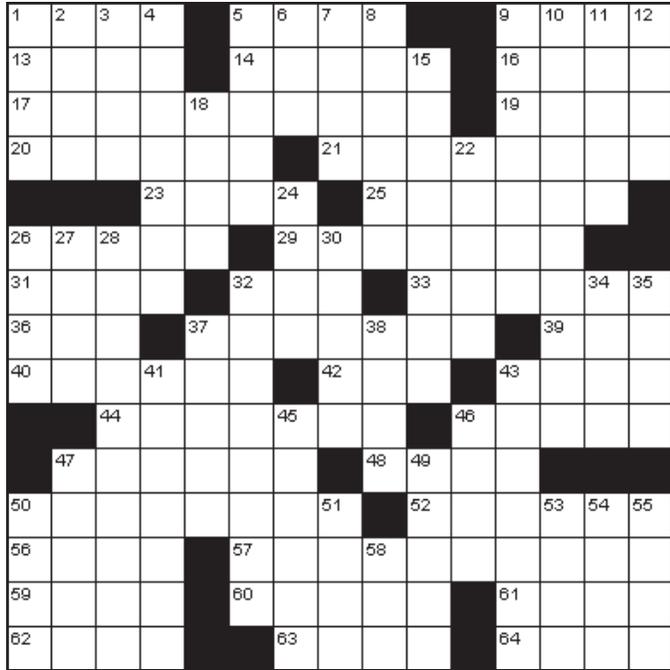
The free program allows participants to track how many "miles" they earn each month by recording the amount of time they exercise. Eligible activities range from walking and running to playing sports, skiing and even stretching.

Each month, participants turn in their tracking card to earn prizes, such as a Fit for Life T-shirt, beanie or fleece blanket.

Community members can start tracking their miles at any time during the program by picking up a tracking card at the Patch Fitness Center, or logging miles online by visiting www.stuttgartmwr.com.

Participants must be at least 16 years old. For more information, or to sign up, call the Patch Fitness Center at 430-5386/civ. 0711-680-5386.

Crossword Puzzle



This is the solution to the crossword puzzle from Sept. 8!

DOWN

1. "Star Trek" speed
2. Greek goddess of discord
3. "Green Gables" girl
4. Leo's brightest star
5. Actor-director Welles
6. Cagney epithet
7. It's not fair!
8. Attack from the air
9. Devotee
10. Circuitous
11. Written commentary
12. Augury
15. Tramps
22. Valentine's Day gift
24. A day in Rome
26. Not just one
27. Dublin's land
28. Estrangement
30. Islamic chiefs
32. Devotion to pleasure
34. Aimless
35. Yemen port
37. Military mission, briefly
38. Feat
41. Expanded
43. New Englanders
45. Gave out
46. Actor McGregor
47. Dining-room furniture
49. Elite squad
50. Gentle
51. Skirt style
53. Author ___ Stanley Gardner
54. Pinball problem
55. Greek peak
58. "Gosh!"

ACROSS

1. Have on
5. Spherical bodies
9. Florentine river
13. Handel contemporary
14. Country singer Bonnie
16. Dire destiny
17. Beatle with the beat
19. Speechless
20. Sham
21. Gateway Arch designer
23. German film director Riefenstahl
25. Norwegian inlets
26. Boyfriends
29. Kind of diver
31. Art medium
32. Skirt part
33. Where Belgrade is
36. Prefix with athlete
37. Lives
39. Anomalous
40. Listened to
42. Legal thing
43. Christmas
44. Salad style
46. Devoured
47. Hooked claws
48. Sunrise
50. Devil worship
52. Become fond of
56. Newspaper notice
57. Unique
59. Seagoing ice
60. Greek sorceress
61. Right-angled extensions
62. Care for
63. "Carpe ___"
64. Biological bristle

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in Kooperation / en coopération



Youth Activities

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



Photo by Ed Thornburg

Recess

Kindgartener Bohdan Andre plays on the playground during recess.



Photo by Ed Thornburg

Hanging around

BEMS kindergarten students Kayla Tropea and Sarah Cruickshank play on the playground during recess.



Photo by Ed Thornburg

Lining up

Mrs. Delgado's Kindergarten class lines up for school.



Photo by Ed Thornburg

Playground

BEMS kindergarten student Leilani Param plays on the playground during recess.

Youth Activities

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



Photo by Ed Thornburg

Play time

BEMS kindergarten student Gabriel Cann plays on the playground during recess.



Photo by Ed Thornburg

School assembly

Principal Dale Moore, Jack Putnam, Thomas Nguyen, Declan Conley, Christian Takaki, Col. Bird and CSM Bryant pose for a photo at the middle school assembly where Col. Bird discussed the new garrison behavior policies.



Photo by Ed Thornburg

First day of school

Kristina Schmitt and her son Gabriel pose for a photo on the first day of school for kindergarten children at BEMS.



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ANNOUNCEMENTS

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Emergency Management Expo and Conference. Munich, 11-13 October 2011. Speakers from APU / AMU and UMUC. www.emec-europa.com

Ivy & Ice Holiday Ball will be held at PHV, Village Pavilion, Heidelberg, GE Dec 10th 6pm - 12am. Food, Music, Formal Attire, Adults Only Henry, 071120708111 or Angela 01622744731

Wanted to thank everyone in USAG Stuttgart for their support of my Wounded Warrior Eagle Project! Also, thanks Scouts, friends, Duke and Gloria!! tristanmccauley@yahoo.com

This is a family newspaper. Ads that advertise products or services related to illicit activities will be removed by AdvantiPro Quality Control personnel, and they will not be put in print.

FOR SALE -- MISC

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

Eita Toaster Oven, 230v, works great! \$5 ryan_mccauley@hotmail.com

14K White gold Teal Green Diamond Ring Round Brillinat cut; Total weight 1.20 cts; Clarity i-1-i-2; Color Fancy Teal Blue Green; Genuine Diamonds €300 beentheredonethat@live.com

AFN decoder; Olympus C-60 Digital Camera; Sony Handycam video Hi 8XR; all in perfect working condition. steerslda@yahoo.com

AFN Decoder with Satellite Dish. \$1850160 928 31676 or 0711 729 5024 (Ask for Stephanie) \$185 sjung91@aol.com

Antique Wooden flower pot with handle, 30 euros. Cast iron frying pan and pot, 15 euros. Email for pics, classicer48@yahoo.com / 01726250663

Big tents, 2, white, excellent condition, each: 114ft. length, 59ft., width, 28ft. height, for sports or shows or exhibitions, made in 1993 - like new 0152-25194313 (David Frank)

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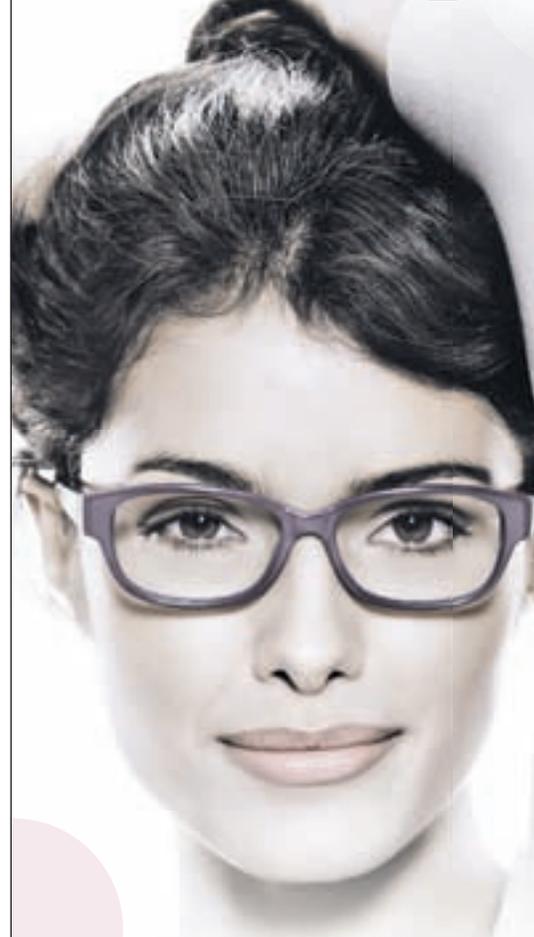
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Hitachi Multisys 32" Flatscreen TV with remote-Great for 2nd TV for kids/spare rm. Dual Voltage. like new 016092831676 or 07117295024 (Stephanie) \$100 sjung91@aol.com

Diamond earrings from AAFES: 1/3 ct /14 k Diamond studs; Independent Gemological Lab certificate states value of earrings in 2002 was \$335 \$200 beenthere-donethat@live.com

Hitachi Multisys 32" Flatscreen TV with remote-Great for 2nd TV for kids/spare rm. Dual Voltage. like new 016092831676 or 07117295024 (Stephanie) \$100 sjung91@aol.com

Picnic basket with dishes, open from top. €20 classicer48@yahoo.com / 01726250663

Twin Girl's Bike 6-Speed, 20 Inch (139.90 Euro New) 2 years old, rarely ridden 071193326605

Two sleeping bags, 40 euros. Picnic basket with dishes, 20 euros. For pics, email, classicer48@yahoo.com / 01726250663

USA and CSA documents, coins of Germany and China, private collection, for sale piece by piece. Call between 4-7pm 0152-25194313 (David Frank)

Whirlpool washer & dryer, 220V, can be sold separately \$60; 07141/879460 / Leo.Palmer@t-online.de

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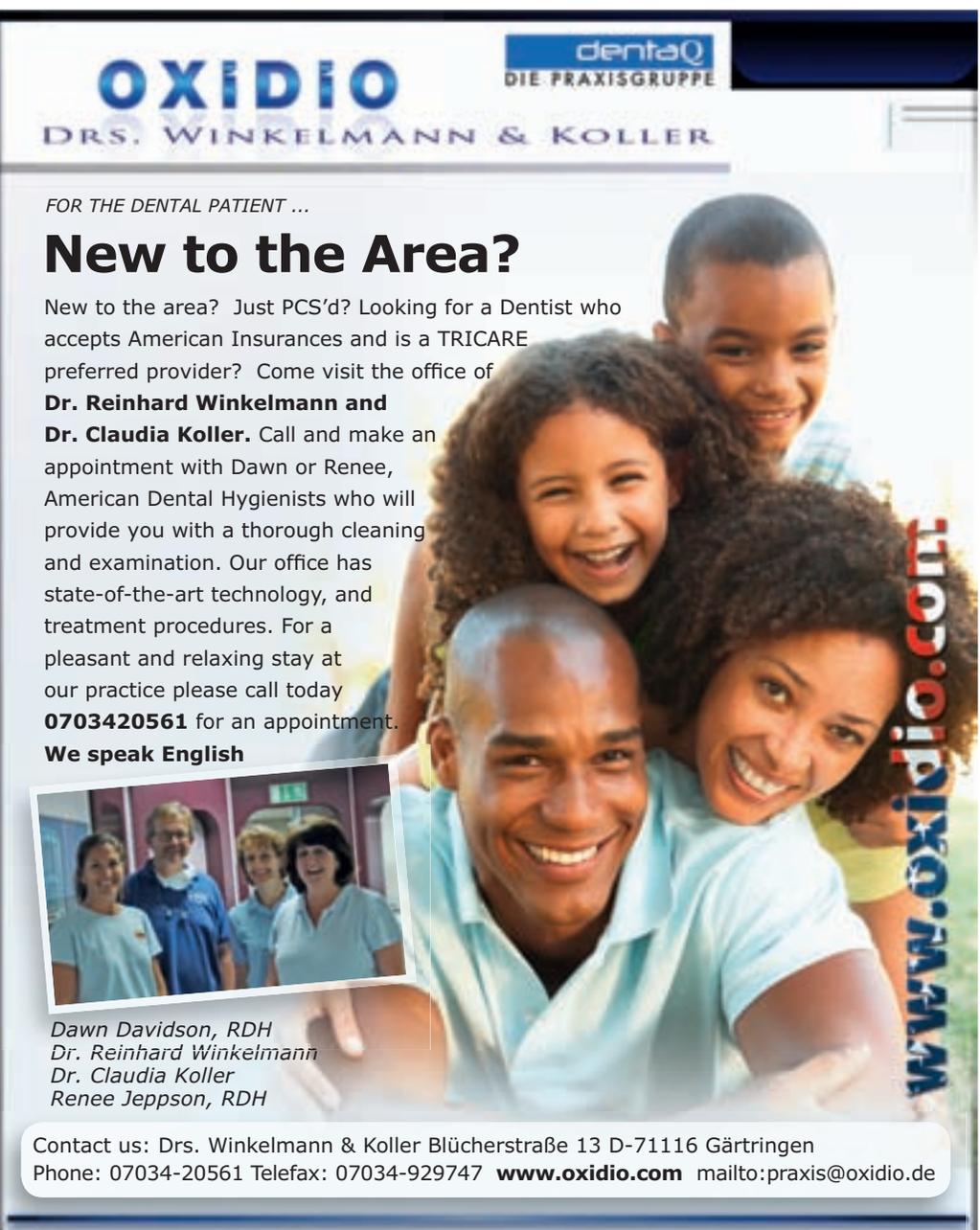
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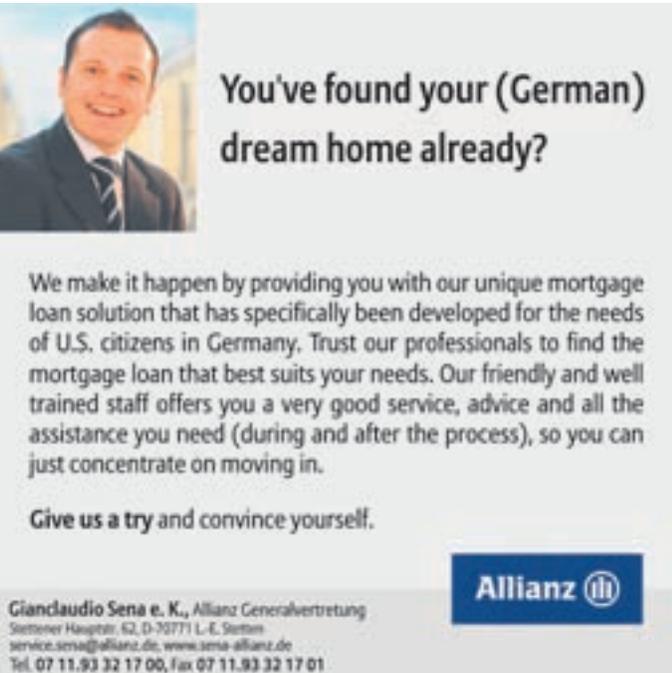
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