



« Back 2 School »



*First-grader James Parker explores the new playground at Patch Elementary School during the first recess of the school year Aug. 29.*

*For more back to school photos, see page 4.*

Brittany Carlson

Options

Back

# Battle buddies for life:

*Stuttgart NCO adopts military working dog, former partner*

By Tanya Fogg Young  
 Special to The Citizen

Watching his comrade mature from a green, inexperienced recruit to an accomplished veteran has been one of the highlights of Sgt. 1st Class Richard Cooke Jr.'s 22-year Army career.

But helping Rocky transition from a nearly eight-year "active duty" career as a military working dog to a family pet promises to be even more fulfilling for Cooke and his family, who recently adopted the "retiree."

"He's gone from always being in an Army kennel facility to a house," said Cooke, first sergeant for U.S. Army Garrison Stuttgart Headquarters, Headquarters Company. "He now has free roam of the house and the whole yard."

Cooke was first paired with Rocky — then a year-old pup — when he was a land mine detection dog handler and search supervisor for an engineer detachment out of Fort Leonard Wood, Mo.

"At the end of the day, when I needed motivation and to get my mind off things, I would play with him, and the problems would melt away," said Cooke, reflecting on the pair's eight-month deployment to Afghanistan during their two years of working together from 2004 to 2006.

A job change for Cooke parted the pair, but even after rotating to USAG Stuttgart in 2007, Cooke said he would occasionally touch base with his former unit back in Missouri to check in on Rocky.

Cooke learned about six months ago that the dog's failing vision was bringing his career to an end and that he was under review for possible adoption. Cooke flew back to the States in August to make the Belgian Malinois part of his family.

"I had expressed ... to his handler, the unit and other Soldiers that if the opportunity to adopt Rocky came up, I would be interested," Cooke said. "It was heartbreaking to work with him for so long and then to see him go with someone else, even though I was happy with the handler he was going to."

See *Battle buddies* on page 5

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## Ludwigsburg hosts Pumpkin Palooza!

*The Ludwigsburg Kürbisausstellung, or Pumpkin Festival, celebrates the cucurbit family with more than 400,000 of the gourds on display through Nov. 6.*



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## Feisty Piranhas intent on winning season

*The Stuttgart Piranhas swim team kicks off another season in the European Forces Swim League with the goal of defending its Rheinland Divisional championship.*



**Commander's Column**

*Suicide prevention: encouraging healthy lifestyles, choices*

**Commentary by Col. Carl D. Bird**  
USAG Stuttgart commander



**Col. Carl D. Bird**

**Y**ou may have seen a lot of media coverage last month about the record number of Army suicides in July: 22 suspected suicide cases of active duty Soldiers and 10 from reserve component Soldiers not on active duty.

Every suicide represents a tragic loss to the U.S. military and the nation.

However, I would be remiss if I didn't point out that according to the Army G3/5/7, the total number of Army suicide cases from Jan. 1 to Aug. 22 of this year is eight less than last year's suicides during the same time frame.

The numbers seem to indicate the Army is doing better than last year, but July's numbers are still discouraging.

We've got to do a better job in conveying that care is available and it is effective, and in empowering our service members, civilian employees and families with intervention techniques and ways to seek help.

The uniformed services remain committed to the health, safety and well-being of service members, civilian employees and families.

Here in Stuttgart, we're building resilience across

our military community through a number of established programs: chaplains, behavioral health counseling services, military life and family counselors, various support groups, and financial planning, stress management and parenting classes.

We're also promoting service member, civilian and family well-being through the U.S. Army Garrison Stuttgart Comprehensive Fitness Program, which reinforces the Army's Comprehensive Soldier Fitness program.

While the CSF seeks to enhance the coping skills of warfighters, their families and their communities to successfully adapt to life's challenges, the garrison comprehensive fitness program supports CSF through programs and services aimed at building our inner strengths and resilience. It encourages lifestyles that improve and protect physical, social, family, emotional, and spiritual health.

The USAG Stuttgart Army Substance Abuse Program is a key player in our comprehensive fitness program for the social and emotional health areas.

ASAP touches many populations in our community by providing life skills training to middle school students, suicide prevention training to civilian employees, alcohol awareness training to high schoolers, and alcohol and substance abuse prevention training for military units.

ASAP has also been busy this summer offering Warrior Pride Challenges — paintball, a PT triathlon and

video gaming parties — to service members. The idea is to provide them with alcohol-free recreational activities.

Alcohol is a factor in many suicides, which are also tied to failed relationships, financial problems or pending legal actions.

Warrior Pride Challenges seek to reduce high risk behaviors, foster healthy habits and reduce alcohol related incidents in our community. If you are a military leader, urge those in your unit to get involved with the Warrior Pride activities planned for this month.

ASAP has arranged for a number of activities as part of the garrison's Suicide Prevention Awareness Month: free yoga and circuit training classes, a free hiking trip to Garmisch for service members in ranks E1-E5 and a Warrior Pride Challenge PT pentathlon. There is also a "That Guy" comedy show which as 90 minutes of ASAP required training.

Suicide has a devastating effect on families, friends, communities and units.

It doesn't matter what uniform you wear ... we need to take care of one another.

*Editor's Note: For more information on the ASAP activities, call Marianne Campano or Howard Krout at 431-2530/3233/civ. 07031-15-2530/3233.*

*If you or someone you know has thoughts of suicide, call the USAG Stuttgart Military Police. The MPs will connect you to the appropriate resource. Call 430-5262/civ. 0711-680-5262.*

**CORRECTION**

In the story "Health by stealth" in the Aug. 25 issue of *The Citizen* (page 3), the article referred to USAREUR Commander Lt. Gen. Mark Hertling as the deputy commanding general at the U.S. Army's Training and Doctrine Command in February 2011. It should have read "then deputy commanding general for Initial Military Training at the U.S. Army Training and Doctrine Command."

**THE CITIZEN**

**Col. Carl D. Bird**

*U.S. Army Garrison Stuttgart Commander*

*Public Affairs Officer*

**Mark Howell**

mark.howell@us.army.mil

*CI Chief / Editor*

**Susan Huseman**

susan.huseman@eur.army.mil

*Assistant Editor*

**Brittany Carlson**

brittany.carlson1@eur.army.mil

**Contact Information**

Telephone: 431-3105/civ. 07031-15-3105

Fax: 431-3096/civ. 07031-15-3096

E-mail: stuttgartmedia@eur.army.mil

Web site: www.stuttgart.army.mil

Office Location: Building 2949, Panzer Kaserne

U.S. Army Address: Unit 30401, APO AE 09107

German Address: USAG-S PAO, Panzer Kaserne,

Geb. 2949, 3rd Floor, Panzerstrasse, 71032 Böblingen

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**Free Suicide Prevention Awareness Month classes & activities**

**Kelley Fitness Center**  
Sept. 8 – Yoga class, 6:30-7:30 a.m.  
Sept. 22 – Circuit training class, 6:30-7:30 a.m.

**Patch Fitness Center**  
Sept. 20 – Yoga class, 6:30-7:30 a.m.

**Panzer Fitness Center**  
Sept. 29 – Yoga class, 6:30-7:30 a.m.

*The above classes are open to everyone in the community*

**'That Guy' presents Comics on Duty**  
Sept. 12, 1-2:30 p.m. and 6-7:30 p.m.  
Patch Community Club  
*Must be 18 years old; attendance counts as 90 minutes of ASAP training*

**Warrior Pride Challenge PT Pentathlon**  
Sept. 15, 7-10 a.m.; sign in at 6:30 a.m.

**Free trip for E1-E5 service members**  
Sept. 23-25 – Garmisch hiking trip with B.O.S.S.

For more information, call the USAG Stuttgart Army Substance Abuse Program at 431-2530/0711-15-2530.

*Shoulder to Shoulder*

**NO WARRIOR STANDS ALONE**

# FMWR rec chief remembered

By **Brittany Carlson**

*USAG Stuttgart Public Affairs Office*

The Stuttgart military community is mourning the loss of Ron Paoletti, longtime Family and Morale, Welfare and Recreation employee, thespian, husband and father, who passed away Aug. 29 after suffering a stroke the previous week.

Paoletti, 61, worked for Family and MWR for 37 years.

Col. Carl D. Bird, U.S. Army Garrison Stuttgart commander; Alan Buxkemper, musical director for the Stuttgart Theatre Center, and Max Heidt, a friend and fellow actor, shared memories of Paoletti during a memorial service Sept. 6 in the Kelley Theatre, where Paoletti spent much of his time rehearsing roles and directing scenes for plays. Heidelberg's Roadside Theater, where he acted before coming to USAG Stuttgart, also hosted a ceremony Sept. 8.

Paoletti served as an active duty Soldier in the U.S. Army from 1972-'74 as an information specialist and columnist. After an honorable discharge in December 1974, he began his career as a civil servant working as a psychology technician in the Frankfurt youth center.

He went on to work as a recreation specialist for Family and MWR in Frankfurt; Fort Wainwright, Alaska; Schwetzingen and Heidelberg.

Paoletti retired as an appropriated fund employee in 2007, and was subsequently hired by USAG Stuttgart to work as the Community Recreation officer with Family and MWR as a nonappropriated fund employee.

As the overseer for outdoor recreation, arts and crafts, auto crafts, four fitness centers, the entertainment branch and libraries, Paoletti could be seen at many of the community's special events, from fun runs to chili cook-offs.

"He made work fun for his people and all those who were around him, to include myself," said Gregory Holzinger, USAG Stuttgart Family and MWR director. "The energy he brought to our organization — he came and ... turned us up a notch."

Since Paoletti joined the Stuttgart recreation team, the Arts and Crafts Center was named best in the Army from 2008-2010. In 2008, the Sports and the Fitness program won Best Program for Europe and at the Army level. USAG Stuttgart also won the Outstanding Recreation Program award in 2009 for Europe (large garrison category).

However, "it wasn't just that Ron Paoletti was a supervisor, leader and employee, but he was also a good friend to all in the community," Holzinger added. "It was just always a joy to be around him. He made the environment fun."

In addition to managing the many recreational programs, Paoletti helped train Family and MWR employees along with Christine Charles, the NAF Human Resources officer for USAG Stuttgart. The two taught a class together two days before Paoletti's stroke.

"He was just so full of life and energy," Charles said of her friend and co-worker. "He was just a joy to work with because he was always so positive."

In addition to his official duties, Paoletti was also



Photo courtesy of Stefanie Paoletti

**Ron Paoletti, the U.S. Army Garrison Stuttgart FMWR Recreation Chief, passed away Aug. 29. Community members remember him as energetic and fun, with a passion for theater, cycling and encouraging others.**

an avid cyclist, hiker and mountain climber.

However, much of his time after hours was devoted to his passion, theater.

"He loved doing shows," said Richard Roberts, fellow actor and director with the Stuttgart Theatre Center. "Like everyone, theater for him could be a release. It was fun to watch his day melt away."

Since 2007, Paoletti directed "Resident Alien" and "Rumors," and played a variety of roles, including con artist Lawrence Jameson in "Dirty Rotten Scoundrels."

For his "dream" role as Don Quixote in the 2010 production of "Man of La Mancha," Paoletti received the Army Festival of Arts Award.

"He would light up in rehearsal, whether he was directing or acting," said Roberts, who met Paoletti at the Heidelberg Roadside Theater in 2001.

Paoletti also received several Topper Awards, including Best Sound Design for Comedy for "Rumors" in 2011 and Best Sound for Drama for "The Mouse Trap" in 2009. But Paoletti's impact reached far beyond his technical expertise; he was a mentor, an inspiration and a close friend, Roberts said.

"There's a memory or funny story from every other day just because he was that kind of guy — he was incredibly memorable," Roberts said. "I still expect him to walk in the door."

What Roberts will miss most about Paoletti is "the fact that you could be having a bad day and you would spend five minutes with him, and you'd feel better."

"He was always there when you needed him. He was incredibly supportive of everyone and everything."

Paoletti leaves behind his wife of 31 years, Stefanie, and daughters Jacki, 25, and Robin, 23, and twin grandsons Ronan and Colt.

Stefanie is the fitness coordinator for USAG Heidelberg; Jacki works for USAG Ansbach with the Family and MWR recreation program, and Robin is a student at the University of Northern Colorado.

## News & Notes

### Alumni wanted for college fair

The U.S. Army Garrison Stuttgart School Liaison Office is seeking college alumni to support its second annual college fair scheduled for Oct. 4 from 10 a.m. to 2 p.m. in the Patch Community Club on Patch Barracks.

Represent your alma mater and let college-bound high school students know what your school can offer them. The deadline to volunteer is Sept. 21.

For more information, contact Wayne "Joe" Holder at wayne.holder@eur.army.mil or 430-7465/civ. 0711-680-7465.

### MacArthur Leadership Award nomination period begins

U.S. Army Europe is accepting nominations for the Gen. Douglas MacArthur Leadership Award through Nov. 1.

The award promotes and sustains effective junior officer leadership in the Army. Ranks include second lieutenants to captains, and warrant officer to chief warrant officer 2.

Officers selected at the USAREUR level will move forward to the Department of the Army level.

For more information on eligibility and nomination requirements, contact your unit's personnel office. For questions on the GD-MLA program, send an e-mail to glmacarthur@conus.army.mil.

### Job site schedules downtime

USAJOBS, the federal government's official website for posting vacancy announcements and hiring information, will be unavailable Oct. 6-12 to job seekers. During this time, no searches can be conducted and no applications can be submitted.

This will allow for the transitioning of all data as the Office of Personnel Management assumes control of USAJOBS. Previously, content management of USAJOBS was provided by a contractor.

All job seekers must establish three secret questions associated with their USAJOBS account before Oct. 6 to ensure any uploaded documents and stored resumes will be available after the transition.

### Navigating MEB/PEB process

Service members new to the Medical Evaluation Board and Physical Evaluation Board process can request help through the MEB Outreach Counsel in the Wiesbaden Legal Center. For more information, call 337-4738/civ. 0611-705-4738.

### Comprehensive Soldier Fitness extended to family members

Family members now have the opportunity to participate in the Comprehensive Soldier Fitness program by taking the Revised Family Global Assessment Tool and self-development modules.

The GAT is available to family members registered in DEERS at www.sft.army.mil/SFTFamily. As an incentive, the Exchange will honor a coupon for a free sandwich at installation Subway Restaurants for six months past its Aug. 31 expiration date.

**It was just always a joy to be around him. He made the environment fun.**

**Gregory Holzinger**

*USAG Stuttgart FMWR director*

## Ask a JAG

*Editor's Note: Do you have a legal question you would like to see answered in a future edition of The Citizen? If so, contact "Ask a JAG" at [jason.mckenna1@eur.army.mil](mailto:jason.mckenna1@eur.army.mil).*

**By Capt. Jason McKenna (U.S. Army)**  
Stuttgart Law Center

**Q:** *I left my previous employer to follow my spouse to Germany. I am licensed for a particular craft. Can I open my own private business at my residence on post?*

**A:** Yes. However, opening a home-based business, or HBB, on post in Germany is not as easy as one might guess. Individuals properly residing in government-owned or government-leased quarters may request permission from the garrison commander to operate a HBB. First, the request should be initiated by sending all requisite documentation to Army Community Service. Once the application is complete, it will then be reviewed for legal sufficiency by the garrison legal office.

The HBB may involve the sale of goods (such as homemade wreaths), or the provision of services (such as tutoring). Please note that the request must be provided by the individual who will operate the HBB, not the non-owner sponsor. The request must include the proposed name of the business, address, telephone number, service or goods offered for sale, and proposed methods of advertising.

Now, here is the tricky and unfamiliar part of the equation. Garrison property located in Germany belongs to Germany. Thus, although the HBB will operate on post, the owner must comply with host-nation law. As such, your first stop should be the German Rathaus. There, you will obtain instructions for registering your business. The Rathaus will help coordinate with the German Finance Office. You must obtain a German tax identification number and may be asked to also provide a copy of any professional licenses required for the operation of your particular business. Other licenses, such as the Reisegewerbekarte and/or Fuhrungszeugnis, may be required to prove good standing with the German authorities. All business-related income must be reported to both the German and American tax authorities.

It is very important to remember that, once approved by the garrison commander to conduct business, your business is prohibited from using tax-free gasoline or a U.S. Army Europe-plated privately owned vehicle. Furthermore, the military postal service may not be used to support your business, you may not use the Post Exchange or equipment purchased at the commissary or PX, and your business may not use Value Added Tax relief forms.

All potential owners of HBBs are advised to consult with an attorney. Regrettably, Legal Assistance Office services are not available to commercial businesses or HBB owners. For more information, see AER 210-70 and AR 27-3.

*This column is not intended as individual or specific legal advice. If you have specific issues or concerns, you should consult a judge advocate at 421-4152/civ. 0711-729-4152.*

# BACK TO SCHOOL



Susan Huseman

**Jasmine Gutierrez (left), 6, and Sara Putnam, 6, both in Tracy Koebler's first-grade class, enjoy the first lunch of the school year in the Böblingen Elementary/Middle School cafeteria Aug. 29. For Gutierrez, lunch came with an encouraging note from her mother.**



Brittany Carlson

**Patch High School Principal Danny Robinson (right) chats with Ian McAtee, a senior, following a back-to-school briefing Aug. 29.**

**Michael Taylor, 14, a freshman at Patch High School, takes a eye exam during a health screening on the first day of school Aug. 29.**



Brittany Carlson



**BEMS first-grader Maria Spencer, 6, draws a picture corresponding to the story her teacher, Barbra Poe, read to the class following their lunch break on Aug. 29.**

Susan Huseman



Carola Meusel

**Logan Geikowski (from left), Annaliese Fulgencio and Tanaya Jones, all in Martha Gregg's second-grade class at Robinson Barracks Elementary School, wait for the first bell to ring Aug. 29.**



Tanya Fogg Young

*Sgt. 1st Class Richard Cooke, first sergeant for U.S. Army Garrison Stuttgart Headquarters, Headquarters Company, plays tug-of-war with Rocky, a retired military working dog that Cooke adopted last month as a family pet. Cooke was Rocky's handler in 2004-2006, and they deployed to Afghanistan together. Now, they're still a pair in a new phase of Rocky's life.*

### How to adopt a military working dog

- The adoption process starts when an interested family sends an application request to MWD. Adoptions@us.af.mil. Once the completed application is submitted, it will be kept on file by the date of receipt. The current wait to adopt a retired military working dog is currently 12 to 18 months.
  - Priority is given first to civilian law enforcement agencies, then to prior handlers, and finally to the general public.
  - All adopted dogs are required to be neutered or spayed.
  - Adopted MWDs must not be used for illegal purposes, police- or security-related activities, private business activities, substance detection or sold to anyone with the intent of doing any of the previously mentioned things.
  - The cost to adopt a MWD is free; however, owners are responsible for their transportation costs.
- For more information, e-mail MWD.Adoptions@us.af.mil.

## Battle buddies

*Continued from page 1*

The Robby Law, enacted in 2000, allows MWDs to be adopted following completion of their military careers.

Officials say that most MWDs serve long, useful careers, working for the Department of Defense for at least 10-12 years.

Dogs nearing the end of their military careers are carefully screened for their potential to be adopted as pets or transferred to other government law enforcement agencies, according to the Department of Defense Military Working Dog Program website. The program runs out of Lackland Air Force Base in San Antonio, Texas.

When military working dogs' fitness or age keeps them from being considered for civilian law enforcement duties, more than 90 percent are adopted by their handlers at field units, officials say.

Most of the dogs that become available for adoption at Lackland Air Force Base, however, are relatively young dogs that have failed to meet training standards, according to the website. Others are older dogs that have completed their service. Still others are medically retired from service due because of an injury or sickness that will preclude them from performing the mission.

Officials say more than 1,000 MWD adoption applications are processed each year.

Once an appointment is made to meet a dog, prospective adopters can expect to make at least two visits. The first visit is spent reviewing the appli-

**“It’s really rewarding to see him grow from a pup ... to an accomplished veteran who has done amazing things for our country ...”**

**Sgt. 1st Class Richard Cooke**  
*HHC first sergeant and former MWD handler*

cation and greeting the dog. Once the dog is selected, it has to be prepared for adoption, which includes a referral to the veterinary clinic for a departure physical. Then, after signing a legally binding contract that transfers the dog from the Defense Department to its owner, adopters are free to take their new family members home.

“When we first reunited, Rocky showed little interest or recognition of me because his handler was there,” Cooke said of his reunion with Rocky in Fort Leonard Wood for the adoption.

“When I sat down on the floor, he cautiously came up to me and smelled me. But then he finally recognized me, it clicked, and he went hyperactive.”

While the Cooke family was excited about the prospect of adopting Rocky,

they admitted that there was some apprehension about adding to their family of two children and three cats.

Cooke took a week of leave from work to acclimate Rocky to their house and the other pets. Cooke’s wife Renate said she was concerned about how Rocky would fit in, having always lived in a kennel instead of a home.

“I wasn’t sure how he would fit in, but things have been great,” she said. “He’s one of the family members, like the cats are, now. He’s such a sweet dog.”

Daughter Kimberly Cooke, 15, laughed as she said she wondered whether Rocky would get along with cat Sasha, who she described as “22 pounds of pure attitude.” However, Sasha wasted no time “putting Rocky in his place,” she said.

“He’s such a great dog, and I know it makes my dad happy to have him,” said Kimberly, a sophomore at Patch High School. “Things are different because before, Rocky was like a family friend, but not truly part of the family. But now, I don’t know what it would be like without him.”

Kimberly said that several of her close friends know that Rocky is a former military working dog, but don’t really understand what that means.

“People have a fear that they’re attack dogs,” Richard Cooke said. “But that’s not the case. So many dogs could go to great homes, but people are unaware that the adoption program exists or that many are not attack trained. They’re really carefully assessed and

very safe to adopt.”

The adoption screening process includes a medical exam and an assessment of the dog’s temperament. Potential owners are also screened by the military working dog unit commander.

Renate Cooke described Rocky as “high-energy, but mellow in character.”

Son Jesse Cooke, 12, said that he really likes having an older dog. “He’s not like a six-month-old puppy — he always listens,” he said. “He’s very obedient. It’s great having him around.”

Still, there are challenges in having Rocky as a pet. The family avoids walking him in the evening because of his vision problems, and they try to always make sure there’s ample lighting for him to see by, especially on the stairs.

Everyone follows Richard Cooke’s lead on how he corrects and rewards Rocky because of their history together.

“It’s really rewarding to see him grow from a pup one year of age — fresh and green — to an accomplished veteran who has done amazing things for our country and the overall mission in Afghanistan,” Cooke said. “It’s like watching a kid grow up and do great things.”

But Richard and Renate Cooke agree that the chapter of Rocky’s life with the military is closed and he is now getting some much-deserved rest.

“I feel like we’re giving him a type of retirement home,” Renate Cooke said. “He’s not under the constant stress of working and deploying anymore.”

Richard Cooke echoed his wife’s sentiments. “I just want to give him the best and fullest life I can.”

# Waste not, want not with garrison reuse center

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

When it's time for military community members to move, the last things left in the house are usually cleaning supplies. These are needed for last-minute touch-ups before the final housing inspection.

But afterward, since they cannot be shipped, those supplies are often thrown away or dumped outside, becoming an environmental hazard and a waste of money and materials.

This waste can be avoided, if community members take advantage of the Hazardous Material Reuse Center on Panzer Kaserne.

The reuse center, part of the U.S. Army Garrison Stuttgart Directorate of Logistics' central receiving point (opposite the Panzer Commissary), is a warehouse full of cleaning supplies, paint, toner for printers, oil and other similar products — all free of charge.

"People in family housing about to go back to the States have extra cleaning products — [they] could be used by other people," said Mike Lansdale, Reuse Center manager.

Materials include cleaning spray, ink cartridges, oil and even plant food.

"This is an ideal place for this sort of stuff to be," Lansdale said. "It's safe here."

The center prevents environmental hazards; it has a sealed floor, absorbent material for spills, an eye wash station, safety equipment and fire extinguishers.



*Mike Lansdale, manager of the Hazardous Material Reuse Center on Panzer Kaserne, points out symbols on the back of a spray can that indicate the item is hazardous. At the reuse center, units and individuals can drop off excess hazardous materials, such as cleaning supplies, ink toner, plant food and paint, so that they can be reused by another unit or individual.*

It also provides a place where units and community members can drop off or pick up excess toner, lubricants, batteries, adhesives, fuel, paint or acid.

"It saves money [and] reduces waste," Lansdale said.

Single items dropped off by moving families — such as a bottle of glass cleaner — can be picked up by individuals. These items are not tracked.

However, excess supplies ordered by tenant units, which can only be reused by other units, are tracked in

the worldwide Hazardous Material Management System.

Based on their prices when they were first issued, items given to other units to be reused (free of charge) saved the garrison \$39,667 over the past eight months, or about \$5,000 per month, according to Lansdale.

Paul Manu, a civilian in charge of cleaning the kitchens at the 1st Battalion, 10th Special Forces Group (Airborne), Dining Facility on Panzer Kaserne, said the reuse center has

helped him accomplish his mission.

Due to fiscal constraints, it isn't always possible to buy every product he would like, Manu said, but since other units send their excess cleaning supplies to the reuse center, he can usually get what he needs there.

"If they don't need it, we can go for it," he said. "It helps us a lot."

Lansdale encouraged units that have not already done so to check out the reuse center and add to the savings.

"Before [units] start to order things, they should really come here ... and save the government a lot of money," Lansdale said.

The reuse center is not only friendly to the economy; it is good for the environment, as well.

When community members leave their supplies at the reuse center, those that are expired or contaminated will be disposed of properly, Lansdale said.

He personally takes unusable materials to the Hazardous Waste Collection Point, across the street.

Normally, individuals would need to make an appointment with the installation coordinator to dispose of hazardous waste.

It's just one way the reuse center is "saving the world," Lansdale said.

*The Reuse Center is located in Building 2956 on Panzer Kaserne. Hours of operation are Monday through Friday from 7:30 a.m. to 4 p.m.*

*For more information, call 431-2498/civ. 07031-15-2498.*

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## Help Stop Suicide

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# Donations, volunteers still needed for Pfennig Bazaar

Story & photo by Susan Huseman  
USAG Stuttgart Public Affairs Office

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 is considered Stuttgart's largest flea market, according to club officials, and the club's major fundraising activity. "Last year we raised over €94,000 for charity," said Jennifer Kiwus, the American bazaar chairperson.

Fifty percent of the funds are used to support organizations that foster German-American and international relations, such as student exchange programs, Kiwus said. The rest is divided between German and American projects and organizations.

Last year, 21 service and private organizations in the Stuttgart military community, to include Scouting groups, school organizations and athletic teams, received financial support.

The club's sorting room on Patch Barracks has been a hub of activity, with members and volunteers organizing donations amidst a mound of bags and bins filled with clothing, toys and other items.

Unlike previous years, there is no cutoff date for donations of used house wares, 220 volt electronics, baby items, sporting goods, art, antiques, books, clothing and toys. "We are not going to stop taking donations. We're going to keep the sorting room open year round. The donation bins will be out 24/7," Kiwus said.

Donations may be dropped off at any time to 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.

But the club needs more than just donations.

"We need heavy muscle to help us set up in the



Kim Diemer (from left), Jennifer Kiwus, Mary May and Beth Manning sort through donations Sept. 1 in preparation for the upcoming Pfennig Bazaar, a charity fundraiser hosted by the German American Women's Club Stuttgart. The bazaar will be held Oct. 14 and 15 in downtown Stuttgart. Donations are still being accepted.

Liederhalle on Oct. 12," Kiwus said. Volunteers will work alongside active duty German military members in unloading and carrying bags and boxes of donations to the appropriate stand inside the Liederhalle.

Volunteers are needed on Oct. 13 to unpack the merchandise and set up the selling stands, and on Oct. 14 and 15 to man the stands during the bazaar.

"We're also looking for drivers with government licenses to drive our shuttle vans," Kiwus added. The vans will provide transportation for volunteers to and from Patch and Kelley Barracks to the Liederhalle.

On selling days, volunteers can select which shift and what stand they wish to work at. "The shifts are set up specifically to accommodate moms with school children," Kiwus said. The vans will leave the installations after children have reported to school and will return volunteers before school lets out, she said.

"It's really a fun experience," Kiwus said of

volunteering at the bazaar. "It's a great way to meet GAWC members and learn what we do," and with each stand manned by both Germans and Americans, "you make German friends, and learn your German numbers really fast."

Community members should not pass up the opportunity to shop at the bazaar, either, according to Kiwus. Because donations also come from the German community, Dirndls, the traditional dresses of Bavaria, and other items of interest to Americans can be found at the bazaar.

Selling days for the Pfennig Bazaar will be Oct. 14 from 9:30 a.m. to 8 p.m. and Oct. 15 from 9:30 a.m. to 4 p.m. in the Stuttgart Liederhalle, Berliner Platz 1-3, D-70174 Stuttgart.

To volunteer for the Pfennig Bazaar, send an e-mail to [gawcvolunteer@yahoo.com](mailto:gawcvolunteer@yahoo.com) or call Jennifer Kiwus at civ. 0711-2805-5591.

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# Free books for active duty under G.I. Bill changes

By C. Todd Lopez  
Army News Service

Active duty service members and their spouses will soon be able to get funding for books and supplies as part of the Post-9/11 G.I. Bill.

Beginning Oct. 1, active duty members and their spouses can receive up to \$1,000 for books and supplies, per academic year, as part of the Post-9/11 G.I. Bill. Active duty members were not previously eligible for the books and supplies funding.

Additional benefits to service members and veterans include reimbursement of fees for exams used for admission to colleges. Such exams include the ACT, GMAT or SAT. Changes to the bill also mean reimbursement for more than one licensing or certification examination. Additionally, there are expanded benefits for non-college degree programs, on-the-job training, apprenticeship training, flight programs and correspondence training.

"I think the great thing about these changes [is] that it brings a lot more training options under the umbrella of this already robust program," said Keith Wilson, director of education service at the Department of Veterans Affairs.

New enrollees in the program will also find that if they are entitled to the housing allowance (active duty and their spouses are not) they can receive that benefit while enrolled in certificate or other non-college degree programs or even long-distance learning.

Those enrolled in distance learning could receive up to 50 percent of the housing allowance provided to those who enrolled in on-campus education programs. The housing allowance for those in resident training is now pro-



Courtesy graphic

Changes to the Post 9/11 G.I. Bill include funding for books and supplies, and reimbursement for exams.

rated based on a student's course load. A student taking a course load that is approximately 80 percent of what a school deems full time would receive 80 percent of the housing allowance. Housing allowance for an in-resident student taking a full load is equivalent to the basic housing allowance for an E5 with dependants.

Additional changes to benefits under the bill include elimination of housing payments for even short gap periods between enrollments. In the past, during the less-than-one-month breaks between semesters, beneficiaries could continue to receive housing pay-

ments. But that is no longer the case, Wilson said.

While Wilson said VA is working to keep students informed of the changes, students will have to practice some "sound financial management" on their own to make rent payments during the short non-enrollment periods between semesters. Wilson pointed out that under the Post 9/11 G.I. Bill, beneficiaries have never received housing allowance during the three-month summer break.

Wilson added that when beneficiaries did receive housing payment between enrollments, they were actually burning up part of their benefits. The

bill provides for 36 months of benefits. If a student was getting just housing benefits for the nearly one-month period between the fall and spring semesters, for instance, that would burn up a month of benefits.

The new change in law also affects payment eligibility, and now accounts for active duty service performed by National Guard members under Title 32.

A summary of recent changes to the Post-9/11 G.I. Bill can be found at [http://gibill.va.gov/benefits/post\\_911\\_gibill/Post911\\_changes.html](http://gibill.va.gov/benefits/post_911_gibill/Post911_changes.html).

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## Send family holiday greetings

A Joint Hometown News Service team will be in U.S. Army Garrison Stuttgart this month to tape holiday greetings.

The team will be at the Exchange on Panzer Kaserne 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, civilian employees, contractors and family members are eligible to participate. Military members must be in uniform. Greetings can be recorded in English and Spanish. Most greetings will air from Thanksgiving Day through New Year's Day.

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

## GAWC to host welcome event

The German American Women's Club Stuttgart will hold a welcome event for prospective and returning members Sept. 22 at 10 a.m. in the Swabian Special Events Center on Patch Barracks. Cost is €10. RSVP by Sept. 12 by contacting Helen Werum at werum@arcor.de or calling civ. 0711-9979407. For more information, visit [www.GAWC-Stuttgart.org](http://www.GAWC-Stuttgart.org).

## ACS to close Sept. 14 for inspection

Army Community Service will be closed Sept. 14 to prepare for its accreditation

inspection, which occurs once every three years. Customers are encouraged to schedule their appointments in advance.

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

## Vehicle Reg to close Sept. 14, Oct. 3

The U.S. Army Garrison Stuttgart Vehicle Registration Office will be closed Sept. 14 for an organizational day. The office will also 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? Don't wait until the last minute.

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

## Are you PCSing?

The next scheduled permanent change of station/preseparation briefing will be held Sept. 21 at 1 p.m. in Building 2913 on Panzer Kaserne.

All service members and civilians departing within the next four to five months should attend. Information will be provided from various agencies including transportation/customs, medical, Tricare, dental, vehicle registration, housing and Army Community Service. Army personnel will also receive a briefing on finance issues.

All separating Army personnel must attend this briefing to receive presepara-

tion information. Advance registration is required.

For more information and to sign up, call 431-2599/civ. 07031-15-2599.

## Submit issues, volunteer for AFAP conference

The next Army Family Action Plan conference will be held Nov. 8-9 in the Swabian Special Event Center on Patch Barracks. It will run from 8:30 a.m. to 4:30 p.m. Nov. 8 and from 8:30-11:30 a.m. Nov. 9.

Community members can participate by identifying issues in which they see room for improvement in the military community and submitting them online at [www.stuttgart.army.mil](http://www.stuttgart.army.mil) (click on "Submit 2012 AFAP issues") or [www.stuttgartmwr.com](http://www.stuttgartmwr.com) (click on "Army Community Service," then "Army Family Action Plan").

Hard copies of the issue forms are located in AFAP issue boxes throughout the garrison in facilities such as post offices, and Exchange facilities.

In addition to submitting issues, active duty service members, reservists, retirees, civilians, family members and youths 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.

## BOSS September meetings scheduled

The U.S. Army Garrison Stuttgart Better Opportunities for Single Soldiers program is comprised of single service members of all ranks and services, both active and reserve. Unaccompanied service members are also eligible to participate.

This month, BOSS meets Sept. 17 and 27 from 3-5 p.m. in the BOSS Lounge, Building 2331, Patch Barracks.

For more information, contact the BOSS president at 430-7135/civ. 0711-680-7135.

## 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](mailto:Navy_Ball_11@eucom.mil).

## Ramstein Welfare Bazaar Sept. 15-18

More than 140 vendors from across Europe will be at the 47th Annual Ramstein Welfare Bazaar Sept. 15-18 at Ramstein Air Base.

Stroller-friendly days are Thursday and Friday. Stroller parking will be available outside the hangars on Saturday and Sunday. A Kinder Korner will also be available for parents with infants and toddlers. Pets are not allowed. Only U.S. dollars, checks and credit cards are accepted. Euros are not accepted.

For more information, visit [www.ramstein-bazaar.org](http://www.ramstein-bazaar.org).

## Join Spouses' Club

The Stuttgart Community Spouses' Club will host a welcome event Sept. 20 at 6 p.m. in the Swabian Special Events Center on Patch Barracks.

Community members are invited to the event to discover what SCSC has to offer.

For more information, e-mail [scsc.memberships@gmail.com](mailto:scsc.memberships@gmail.com) or visit [www.stuttgartspousesclub.org](http://www.stuttgartspousesclub.org).

## ACS classes

Army Community Service has something for everyone.

• **Stress management for women:** Learn to beat stress caused by tension, frustration and fatigue, and techniques to relax. The class is offered Sept. 15 from 2-3:30 p.m.

• The ACS Family Advocacy Program sponsors a **post natal fitness group** that meets every Thursday from 10 a.m. to noon in the Patch Fitness Center family room.

• Learn about local public transportation, German culture and practice useful German phrases during the two-day **Stuttgart Newcomers Orientation** offered Sept. 13 and 15, and Sept. 27 and 29.

• If you need help in understanding German correspondence, such as a phone bill, ACS offers an **unofficial translation service**.

For more information, or to reserve a spot in a class, call 431-3362/07031-15-3362, stop by Army Community Service in Building 2915 on Panzer Kaserne, or visit [www.stuttgartmwr.com](http://www.stuttgartmwr.com).

## Patch Ski Club holds fall picnic

The Patch Ski club will hold a fall picnic Sept. 18 from 1-4 p.m. at Husky Field on Patch Barracks. The picnic is free for all new or renewing members, with a nominal fee for non-members and guests.

For more information, visit [www.patchskiclub.com](http://www.patchskiclub.com) or friend the club on Facebook.

## Eliminate debt with Financial Peace U

The U.S. Army Garrison Stuttgart Religious Support Office will offer Financial Peace University, a 13-week program designed to help families manage money more effectively. The class starts Sept. 13 and will meet every Tuesday from 6:30-8:30 p.m. in the Religious Education Center, Building 2332, on Patch Barracks.

To sign up, or for more information, call civ. 0711-680-5193 or e-mail [FPUstuttgart@yahoo.com](mailto:FPUstuttgart@yahoo.com).

## ASAP training

The U.S. Army Garrison Stuttgart Army Substance Abuse Program will conduct civilian ASAP training for garrison supervisors Sept. 15 from 1-2 p.m. and for employees from 2:30-3:30 p.m. in Building 2948, Panzer Kaserne.

For more information, or to schedule on site training, call 431-2530/civ. 07031-15-2530.

*Send community-wide announcements to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil).*

## Barbecuing: Are you prepared?

**Barbecuing is a popular summer event. Here are some tips for making sure your barbecue event is environmentally friendly and safe.**

- Keep your grill and its accessories in good working order.
- Use a quality standing grill, and place it on a nonflammable surface.
- Barbecue at a safe distance from forests, fields and flammable materials.
- Keep a fire extinguisher on hand.
- Keep your distance from fat or grease drippings; they can ignite easily.
- When using a charcoal grill, use only a designated charcoal lighter. Dispose of leftover ashes after the grill has cooled.
- When using a gas grill, keep the gas cylinder and hose away from the heat. Gas can still be released without a flame.
- Never store gas cylinders indoors, including in garages, stairways and basements.



USAG Stuttgart Directorate of Public Works  
Environmental Division

## National Cholesterol Education Month

# Living 'heart healthy' means making smart choices

By **Tamiris Centeno**

U.S. Army Health Clinic Stuttgart

Since September is National Cholesterol Education Month, community members in U.S. Army Garrison Stuttgart may encounter the phrase "heart healthy" more frequently, especially at the U.S. Army Health Clinic Stuttgart.

What they may not know is what living heart healthy looks like. Looking after heart health involves maintaining cholesterol, blood pressure and weight levels appropriate for an individual's age and height. Wise food choices and consistent exercise help to achieve and maintain heart health.

It is important to depend on fruits, vegetables and grains to fill the majority of one's diet. A healthy goal would be to eat five or more servings of fresh fruits and vegetables per day, and avoid fried and processed foods.

Community members should choose fish, skinless poultry and lean cuts of meat for their protein sources and consume non-fat dairy products two to three times a day. They should also replace "bad" fats (saturated and trans fats) with healthy fats (monounsaturated and polyunsaturated fats and fish oil).

To maintain a healthy weight, individuals should

exercise daily and follow a healthy diet. Exercise is the central ingredient of good health. It tones the muscles, strengthens the bones, makes the heart and lungs work better and increases physical reserve and vitality. Exercise aids in every activity of daily life and is known to decrease depression, improve bowel function and ease sleep. Exercise also helps prevent heart disease, high blood pressure, stroke and many other diseases.

The human heart is a muscle. Muscles need exercise to work their best. To keep their hearts pumping strong, community members can:

- Use the stairs instead of the elevator;
- Park a little farther from a destination and walk the extra distance, or
- Take a pet for an extra walk.

Before starting any exercise regime, community members should first consult their physician.

Also, individuals can help their heart and overall physical health by refraining from smoking and using other tobacco products. Smoking is devastating to an individual's physical health and adds to his or her stress level. Cigarette smoking kills over 393,000 people in the U.S. each year, according to the American Lung Association. Lung cancer and emphysema (chronic lung disease) are the best known and among

the most miserable outcomes.

In addition, smoking causes atherosclerosis to develop faster. Atherosclerosis results in heart attacks, strokes, angina pectoris (heart pains), intermittent claudicating (leg pains) and many others problems.

Pipe and cigar smoking don't have the pulmonary consequences associated with cigarette smoking, but can lead to cancer of the lips, tongue and esophagus. Nicotine in any form negatively affects on the small blood vessels and thus increases the chance of having a heart attack.

Community members should also get regular check-ups. Those who are over 40 or have heart trouble should have a checkup at least once a year. The exam should include cholesterol, glucose levels and a blood pressure check for most adults.

Finally, prescription drugs can also make a difference in keeping hearts healthy, and there are many tested drugs that can help control blood pressure, cholesterol, diabetes and most other chronic diseases.

*For more information on heart health and other health topics, contact the public health nurse at the USAHC Stuttgart at 430- 6383/6751/civ. 0711-680-6383/6751 Monday through Friday from 7:30 a.m. to 4:30 p.m.*

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## AFCEA hosts golf tourney Sept. 16

The Armed Forces Communications and Electronics Association will hold its ninth annual Golf Classic on Sept. 16 at the Stuttgart Golf Course in Kornwestheim. Proceeds will support the local AFCEA Scholarship Program.

For more information or to sign up a four-person team for this "best ball" tournament, call Joe Page at DSN 434-5244.

## 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.

## Youth skiing, snowboarding club

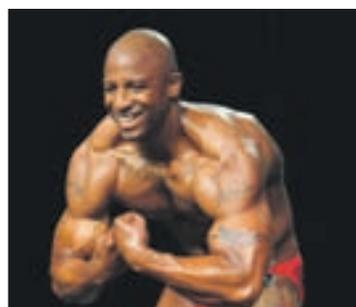
The Sitzmarkers Ski and Board Club will hold a membership and informational meeting Sept. 12 at 5:30 p.m. in the Religious Education Center on Patch Barracks.

Sitzmarkers helps teens in grades seven through 12 learn and develop safe skiing and snowboarding skills, lead and participate in a responsible manner in organized group activities and develop individual responsibility.

For more information, visit [www.Sitzmarkers.org](http://www.Sitzmarkers.org).

## Are you 'That Guy?'

"That Guy" teams up with Comics on Duty comedians Paul Ogata, Danny Villalpano, J.R. Brow and Tom Foss



[Above] Quincy Williams, from Stuttgart, hits a "most muscular" pose for a second place win in the masters division. [Right] Stuttgart's Sofia Diggs poses for the women's short class figure competition. She won first place in the category.

## Bodybuilders bring heat

[Left] Top competitors in the 2011 U.S. Army Garrison Stuttgart European Bodybuilding/Figure competition, held Aug. 27 in the Kelley Theatre, strike a final pose: from left, women's figure overall winner Lateeah Morrell from Ramstein, men's overall winner Sid Lindsey from Ramstein, and women's bodybuilding overall winner Erinn Hardaway from Kaiserslautern.

Photos by Steve Roark

to present a free 90 minute show Sept. 12 at 1 and 6 p.m. in the Patch Community Club.

For Solders, attendance will count as 90 minutes of required Army Substance Abuse Program training.

The "That Guy" campaign uses humor to deliver a serious anti-binge drinking message with the goal of reducing excessive drinking among young service members.

This production is not intended for anyone under 18.

For more information, call 430-2110/civ. 0711-680-2110.

To find out more about the That Guy campaign, visit [www.thatguy.com](http://www.thatguy.com).

## Legal office hours

The Legal Assistance Office on Kelley Barracks has new business hours. Hours of operation are Monday, Wednesday and Friday from 9 a.m. to 1 p.m. and 2-4:30 p.m.; Tuesday from 9 a.m. to 1 p.m., and Thursday from 1-4:30 p.m.

Powers of attorney and notary services are only available on a walk-in basis.

For more information, call 421-4152/civ. 0711-729-4152.

## Meet your School Liaison Officer

Get to know your School Liaison Officer and find out

how he can help you and your family.

Stop by the Panzer Hotel on Sept. 13 from 6-7 p.m. or the Broadway Cafe on Kelley Barracks Oct. 5 from 1-2 p.m.

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

## Save money on utility taxes

By joining the U.S. Army Garrison Stuttgart Utility Tax Avoidance Program, community members can save 19 percent on electricity and gas, and seven percent on water.

For more information,

visit [www.stuttgartmwr.com](http://www.stuttgartmwr.com) or send an e-mail to [UTAPreservation@EUR.army.mil](mailto:UTAPreservation@EUR.army.mil).

For appointments, call 431-3451/civ. 07031-15-3451.

Send community-wide announcements to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil).

## Safety tips for joggers and runners

When running or jogging, always be aware of your surroundings. Instead of sharing roads with traffic, try to use sidewalks, tracks or fields whenever possible. When you do have to run on a road, remember that pedestrian traffic rules apply to runners and joggers. It's always a good idea to run with a buddy. Here are some tips to consider:

### DO:

- Be in good physical condition
- Wear proper footwear
- Begin a running program gradually
- Avoid running on roads with vehicles
- Run facing oncoming traffic
- Wear bright clothing during the day, reflective clothing at night
- During hot weather, run in the early morning or evening

### DON'T:

- Run during peak traffic hours
- Wear headphones when jogging near traffic
- Over-exercise
- Continue to jog or run if you are not feeling well
- Wear plastic or rubber suits
- Run with the flow of traffic
- Run at night, especially near vehicles, when visibility is poor

USAG STUTTGART

**S** **FETY** **CORNER**

# NO WARRIOR S

## *Suicide prevention resources for military families*

**N**o warrior or military family is alone. If you are concerned that a service member or veteran in your family is considering harming or killing him/herself, free resources are immediately available to aid your family in its time of crisis.

To get help for someone immediately, call the Veterans Crisis Line at civ. 001-800-273-TALK and press 1. You can also use the information below to educate yourself about how to tell if a loved one may be experiencing thoughts of suicide, and what you can do to help him or her find the strength to reach out for help.

### **Identify the warning signs**

Experiencing a traumatic event is common among service members who deploy to hostile environments in Iraq, Afghanistan and elsewhere around the globe. Everyone reacts to traumatic experiences differently, and while many service members experience no negative effects, others may feel angry or isolated when they return home. These reactions can be common responses to extraordinary events.

However, for some service members, these feelings may be signs of more serious conditions, including depression or post-traumatic stress disorder. Warriors coping with these concerns may feel like there is no escape from their symptoms, leading them to have thoughts of suicide or engage in high risk behavior.

The following behaviors and feelings can all be signs for concern. It is important to seek professional guidance right away if your loved one is:

- thinking about hurting or killing him/herself;
- seeking access to pills, weapons or other means of harming/killing him/herself;
- talking or writing excessively about death, dying or suicide;
- unable to sleep or sleeping all the time;
- withdrawing from friends, family or society;
- significantly increasing alcohol or drug use;



*If you are concerned that a service member or veteran you know may be considering harming or killing him/herself, actively listening to them can help. Use the ACE framework to “ask” them about their plans, “care” for them and “escort” them to get help.*

MWR Brand Central

- engaging in risky behavior, such as driving recklessly;
- experiencing excessive rage, anger or desire for revenge;
- having feelings of anxiety, agitation or hopelessness;
- repeatedly reliving past stressful experiences;
- experiencing dramatic changes in mood;
- feeling there is no reason for living, or
- feeling trapped, like there is no way out.

### **How to help your loved one**

It can be difficult to know what to do if you think someone may be considering suicide. But you can use the ACE framework to guide your actions:

- “Ask” your warrior if he or she is having thoughts of suicide, but stay calm. Ask the question directly: “Are you thinking of killing yourself?” Know the signs for concern listed above.
- “Care” for your warrior. Stay calm and safe — do not use force. Understand that your loved one may be in pain. Remove any lethal

means, such as weapons or pills.

Actively listen for details about what, where and when your warrior may be planning to kill himself or herself. (If your warrior acknowledges his/her plans, it generally suggests that he/she is accepting your help.) Actively listening without passing judgment can help produce relief for the warrior.

- “Escort” your warrior to get help. Escort your warrior immediately to his/her chain of command, chaplain or behavioral health professional.

If you or someone you know has thoughts of suicide, call the USAG Stuttgart Military Police at DSN 114 or 430-5262/civ. 0711-680-114/5262.

Don’t keep your warrior’s suicidal behavior a secret. Adopting an attitude that you are going to help your loved one will save his or her life.

Never leave your warrior alone — stay until he/she receives appropriate help.

All military families can speak to a trained professional 24/7 for free by contacting:

- the National Suicide Prevention Lifeline (visit VeteransCrisisLine.com or call stateside 800-273-TALK for a 24-hour crisis counselor).

- In USAG Stuttgart, call the Military and Family Support Center through social work services at civ. 07031-15-2676;

- the USAG Stuttgart Military and Family Support Center at 420-6124/civ. 07031-15-2676;

- a Military and Family Support Center (through Army Community Support and Services) at civ. 0170-708-0715 or the U.S. Africa Command at 430-5262/civ. 0711-680-114/5262.

### **What you can do for your warrior**

As you help your loved one, you can encourage your warrior to:

- cut back on obligations and set reasonable schedules;
- consider writing down feelings to express pain, anger, fear or stress;
- avoid isolation — stay connected with buddies, commanding officers, friends or other members of the unit regularly;
- stay physically fit and eat a healthy diet and getting sufficient rest;
- stay motivated by setting goals and keeping personal and career goals in mind;
- use relaxation techniques such as stress management; and
- stay organized by making a list of the schedule of tasks and a calendar.

The stakes in the fight against suicide are the same as in any battle: lives are on the line. Our nation’s warriors can be helped by the support of their families. Encourage your warrior to seek treatment.

Source: Defense Center for Psychological Health and Brain Injury



# STANDS ALONE

*families*

## Maintaining relationships during deployment

Defense Centers of Excellence

**M**ilitary spouses and significant others provide an invaluable source of support to today's service members. Loved ones can play a vital role in offering encouragement during a military career, especially during deployments, when separation often goes hand-in-hand with concern for the safety of service members, coping as a single parent at home or worries about money or legal troubles.

Starting with open communication and a willingness to work together, couples can boost their resilience to manage the strains associated with deployments. This article offers tips on how you and your significant other can persevere through the tough times, lower the stress of separation and maintain a strong relationship throughout the deployment cycle.

### Relationships and deployment

Being apart can be tough, especially when deployments are high risk or household demands build up. However, establishing a strong foundation before deployment can help ease stressors that may develop later.

- Stay connected. Talk about the importance of regular contact. Make plans for how you will keep in touch, and how often. Keep in mind that you may need to plan around deployment assignments and events at home. Try to time conversations about upsetting issues so that they do not pile up all at once.
- Before deployment, establish a support network for the person at home. Find the contact number for resources within your service branch that can help loved ones cope with issues such as medical problems or financial hardships that may cause stress.
- Build trust. Discuss in detail your expectations of each other before the deployment. Maintain honest communication and listen.
- Develop understanding. If you are fighting, get to the bottom of what is really upsetting you so that you can work to solve it.
- Find out if your loved one is feeling



MWR Brand Central

*Military spouses and significant others can provide invaluable support to service members during the deployment cycle by staying connected to them, discussing expectations and seeking help, when needed, to work on problem areas.*

down. Deployments can cause stress for both service members and their loved ones at home that can lead to depression and other conditions. Reaching out for support can help you manage any reactions to stress that occur before, during or after deployment.

### Knowing when to seek help

Even seemingly perfect relationships often have problems, most of which can be solved by the couple on their own. It's important to realize that relationship problems — if left unresolved for long periods of time — have the potential to impact a warrior's well-being and focus on the job. Don't hesitate to seek help from a support group, counselor or chaplain if:

- the spouse at home feels overwhelmed with the extra responsibilities;
- the deployed service member feels helpless to support family in need;
- problems keep you from getting daily

tasks done;

- one or both of you feels alone or without anyone to talk to;
- there is awkwardness or nervousness between you and your loved one, or
- you want to work on strengthening your relationship.

Some people may not seek help because they fear counseling may make things worse or because they prefer to keep relationship matters private. However, reaching out for support can help you feel more secure and build resilience to cope with stressors during deployment.

The Military Family Life Consultant program offers trained, professional counselors for service members and their families to speak with — and all conversations are confidential and free of charge.

To reach a MFLC in USAG Stuttgart, call civ. 0170-708-0715 or 0160-9574-8279.



# Pumpkins turn into dinosaurs at Ludwigsburg fest

By Carola Meusel

USAG Stuttgart Public Affairs Office

Most Americans are familiar with the "It's the Great Pumpkin, Charlie Brown," a TV classic based on the comic strip "Peanuts" by Charles M. Schulz. Every year, the character Linus faithfully sits in the pumpkin patch waiting for the Great Pumpkin to appear. Every year, he's let down.

If you're like Linus and have a passion for pumpkins, you won't be disappointed at the Ludwigsburg Pumpkin Festival, where some of the biggest pumpkins in Europe will be on display.

This year's 12th annual pumpkin festival will run through Nov. 6 at the Blühende Barock (garden area at the Ludwigsburg Castle) in Ludwigsburg. The festival is open daily from 9 a.m. to 6 p.m.

For 2011, the castle's garden area will transform into an adventurous "Jurassic Park" inspired world, displaying dinosaurs such as the Tyrannosaurus Rex, the Diplodocus and the Triceratops, which are all made out of pumpkins. Every year, the pumpkin festival features a different theme to attract visitors from all over Baden-Württemberg.

According to the castle's Blühende Barock website, Ludwigsburg's festival is the world's largest pumpkin festival. More than 400,000 pumpkins and over 450 different varieties from all over the world, ranging from edible to decorative, will be displayed throughout the event.

"For all people who are into creative displays and themes, the pumpkin festival is a great way to experience all of this," said Charles Howell, an expatriate American living in Ludwigsburg, who visits the festival every year.

Beside pumpkin displays of all sizes, colors and forms, the festival offers patrons the chance to sample various pumpkin-inspired foods and drinks ranging from pumpkin risotto, soup and spaghetti to pumpkin "Maultaschen" (Swabian ravioli), strudel, pumpkin candy and champagne.

"My absolute favorite is the pumpkin Maultaschen," said Howell.

Visitors can also find pumpkin seeds, oil, jam, liquor and decorations at many "Kürbisshops" (pumpkin stores) throughout the fest grounds.



Ludwigsburg's pumpkin festival is considered one of the world's largest, with more than 400,000 pumpkins and over 450 different species from all over the world. This year's fest will run through Nov. 6 at the Blühende Barock (garden area at the Ludwigsburg Castle) in Ludwigsburg. The festival is open daily from 9 a.m. to 6 p.m.

Brittany Carlson

kin stores) throughout the fest grounds.

On Sept. 18, the pumpkin boat race will be held at the Blühende Barock Lake in front of the Ludwigsburg Castle starting at 1 p.m. Pumpkin-canoeists will paddle across the lake in boats made from hollowed out pumpkins.

Another highlight during this year's pumpkin festival will be the European championship for the heaviest pumpkin. The event will be held Oct. 9 at the Blühende Barock starting at 1:30 p.m. Patrons can look at the three heaviest pumpkins until the last day of the festival (Nov. 6), when they will be smashed in an annual tradition.

Since the pumpkin festival is a family event, the organizers also offer a "Family Halloween" on Oct. 22 from 2-7 p.m. Each family will be invited to carve a personal Halloween pumpkin. Children (12 years old and younger) dressed in Halloween costumes can enter the fest free of charge. They can also participate

in a costume contest. The award ceremony for the spookiest costume will be held at 6 p.m. Free Halloween themed face paintings will also be available at the Blühende Barock from 2-6 p.m. that day.

Ludwigsburg's Pumpkin Festival is a great way to channel your inner Linus and enjoy searching for your own "Great Pumpkin."

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) cost €21.50.

For those wishing to visit the castle, there is an English guided tour daily at 1:30 p.m. For details call civ. 07141-1820-04.

For more information about the pumpkin festival and the program, visit [www.kuerbisausstellung-ludwigsburg.de](http://www.kuerbisausstellung-ludwigsburg.de), [www.blueba.de](http://www.blueba.de) or [www.juckerfarmart.ch](http://www.juckerfarmart.ch).

**"Out & About in Baden-Württemberg" is your guide to German culture. Read the latest issue online at [www.stuttgart.army.mil](http://www.stuttgart.army.mil).**

## Bible Church of Stuttgart

*Holding Forth the Word of Life Phil. 2:16*

**Sunday School** . . . . . 9:30 a.m.  
**Fellowship Coffee** . . . . . 10:30 a.m.  
**Sunday Morning Worship** . . . 11:00 a.m.  
**Thursday Prayer Meeting** . . . 7:00 p.m.

Pastor Ron Benzing  
 cell: 0173-415-6886, office: 0711-93388243  
 Schockenriedstrasse 42 · 70565 Vaihingen  
[www.bible-church-of-stuttgart.com](http://www.bible-church-of-stuttgart.com)

**BETHEL BAPTIST CHURCH**  
 MAKING MUCH OF JESUS

Independent Baptist Church Serving the Stuttgart area

**Sunday School** 10 a.m.  
**Morning Worship** 11 a.m.  
**Sunday Evening Service** 6 p.m.  
**Wednesday Evening** 7 p.m.  
 (Prayer and Bible study)

Children's Programs and Nursery Provided

Meeting at  
**Regerstrasse 19**  
 70195 Stuttgart-Botnang  
 Tel: 0152 - 05 78 29 01  
 Missionary Pastor- Steve Nutt

**International Baptist Church of Stuttgart**

Services:  
 Sunday 9:30 AM & 11:30 AM • Wednesday 6:30 PM

Untere Waldplätze 38 • 70569 Stuttgart (Vaihingen)

Phone: +49 711 687 43 65  
 Fax: +49 711 678 80 26  
 E-Mail: [email@ibcstuttgart.de](mailto:email@ibcstuttgart.de)  
 Web: [www.ibcstuttgart.de](http://www.ibcstuttgart.de)

**Victory Baptist Church**  
 Pastor M.E. Thornsley

Independent, Fundamental, KJV  
 Serving the U.S. Military & English speaking community of Stuttgart, Germany since 1998

**Service Times:**  
 Sunday School.....10 am  
 Sunday Preaching.....11 am  
 Sunday Evening..... 6 pm  
 Wednesday (Prayer & Bible study).... 7 pm

\*\*Children's Junior Church Sunday mornings\*\*  
 \*\*Keepers at home & Contenders for the Faith\*\*  
 Children's Program (Monthly)

**\*\*Nursery provided each service\*\***

**Breitwiesen Str. # 13**  
**70565 Stuttgart-Vaihingen**  
 Pastor's Phone: 0177-811-2696  
 Church Phone: 0711-489-3548  
 E-mail: [baptist@pjsnet.de](mailto:baptist@pjsnet.de)  
<http://baptist-stuttgart.com>

## What's happening in FMWR

### Be in 'Amazing Race'

Family and MWR's "Amazing Race" returns on Sept. 17, at 10 a.m. at the Patch Fitness Center and ends at the Panzer Exchange. The race will test community members' athletic prowess and creativity. Participants must be U.S. ID cardholders, ages 18 and over. A bicycle and helmet are required. The race is open to the first 18 teams. Entry deadline is Sept. 12. Register online at [www.stuttgartmwr.com](http://www.stuttgartmwr.com).

### See magic show

Family and MWR will host a Theatre of the Imagination "Where Reality is Magic" show 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.

### Parents' Night Out

USAG Stuttgart Child, Youth and School Services will host a "Parents' Night Out" Sept. 16 at the Kelley Child Development/School Age Center from 6:30-

11:30 p.m. Sign up at Parent Central Services by Sept. 14. For more information, call 430-7480/7483/civ. 0711-680-7480/7483.

### Get to know Stuttgart

The next Stuttgart Youth Newcomers Orientation will be held Sept. 15-17 from 3-6 p.m. on Sept. 15-16 and 10 a.m. to 4 p.m. on Sept. 17. Meet at the Patch HUB.

Register at Child, Youth and School Services Parent Central Services in Building 2347 on Patch Barracks.

### 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](http://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.

*For Family and MWR updates, e-mail [mwrmarketing@eur.army.mil](mailto:mwrmarketing@eur.army.mil).*

Brittany Carlson



## Coming to Patch Theater

**Sept. 8** — Cars 2 (G) 6 p.m.

**Sept. 9** — Monte Carlo (PG) 6 p.m., Larry Crowne (PG-13) 9 p.m.

**Sept. 10** — Transformers: Dark of the Moon (PG-13) 4 p.m., Cars 2 (G) 7 p.m., Monte Carlo (PG) 9 p.m.

**Sept. 11** — Monte Carlo (PG) 2 p.m., Transformers: Dark of the Moon (PG-13) 4 p.m., Larry Crowne (PG-13) 7 p.m.

**Sept. 12** — Monte Carlo (PG) 6 p.m.

**Sept. 13** — Larry Crowne (PG-13) 6 p.m.

**Sept. 14** — Transformers: Dark of the Moon (PG-13) 6 p.m.

**Sept. 15** — Larry Crowne (PG-13) 6 p.m.

**Sept. 16** — Horrible Bosses (R) 7 p.m., Bucky Larson: Born to Be a Star (R) 9:30 p.m.

**Sept. 17** — Transformers: Dark of the Moon (PG-13) 4 p.m., Bucky Larson: Born to Be a Star (R) 7 p.m., Horrible Bosses (R) 9 p.m.

**Sept. 18** — Toy Story 3 (G) 2 p.m., Harry Potter and the Deathly Hallows Part 1 (PG-13) 4 p.m.,



Fox 2000 Pictures

*A young woman is mistaken for a British heiress in "Monte Carlo."*

Harry Potter and the Deathly Hallows Part 2 (PG-13) 9 p.m.

**Sept. 19** — Bucky Larson: Born to Be a Star (R) 6 p.m.

**Sept. 20** — Harry Potter and the Deathly Hallows Part 2 (PG-13) 6 p.m.

**Sept. 21** — Horrible Bosses (R) 6 p.m.

## Family & MWR Featured Events

[www.stuttgartmwr.com](http://www.stuttgartmwr.com)



### ARTS

#### ILLUSTRATOR DAY

Meet book illustrators • Listen to the great stories • Draw and learn  
**September 24** Noon - 5 p.m.  
 Patch Library, Ages: 5+  
 DSN 430 7138 CIV 0711 680 7138

#### THEATRE OF IMAGINATION

Spend your evening with magic at the NEW Theatre Studio. Starring: Ted "Merlin" Barlock.  
**September 23 & 24** 7<sup>30</sup> p.m.  
 Stuttgart Theatre Center, Kelley Bldg. 3320  
 Ticket sale starts Sept. 13. To book your tickets go to [www.stuttgartmwr.com](http://www.stuttgartmwr.com) or call:  
 DSN 421 3055 CIV 0711 729 3055



### ENTERTAINMENT

#### EVENING WITH JILL TRENHOLM

Enjoy Jill's bohemian folk & jazz music and enjoy food specials.  
**September 16** 5<sup>30</sup> p.m. Kelley Club  
 DSN 421 4660 CIV 0711 680 4660

#### PARENTS NIGHT OUT

Take advantage of the evening child care for a night out.  
**September 16** 6<sup>30</sup> - 11<sup>30</sup> p.m.  
 Kelley CDC/SAC  
 Must pre-register with CYS Services.  
 DSN 430 7480 CIV 0711 680 7480



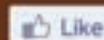
### OUTDOORS

#### PARAGLIDING

Always wanted to try? Now you have a chance with Outdoor Recreation!  
**September 11 & 18** Göppingen, Germany. No transportation provided.  
 DSN 431 2774 CIV 07031 15 2774

#### IMCOM GET FIT DAY

Join FREE Fitness Classes (Sept. 14-17) & Open Air Zumba Marathon.  
**September 17** 11 a.m. - 2 p.m.  
 Panzer Exchange  
 DSN 430 7136 CIV 0711 680 7136



## SPORTS SHORTS

### 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.

### Free fitness classes

Installation Management Command's Fitness Week will be observed Sept. 14-17 in U.S. Army Garrison Stuttgart. Family and MWR will offer the following free group exercise classes:

#### Patch Fitness Center:

- Sept. 14: Sunrise Spin at 6:15 a.m., Bodysculpt at 8:30 a.m., Spinning at 9 and 11:30 a.m., TRX at noon, Vinyasa Yoga at noon, Spinning at 5:30 p.m.

- Sept. 15: Cardio Kickboxing at 8:30 a.m., Abs/Strength Express at 11:30 a.m., Combat Hapkido at 6 p.m., Aikido at 7 p.m., Zumba at 7 p.m.

- Sept. 16: Pilates at 8:30 a.m., Yoga Basics at 11 a.m., Spinning at 11:30 a.m., Vinyasa Yoga at noon.

- Sept. 17: TRX at 8:30 a.m., Spinning at 9:30 a.m., Power Yoga at 11 a.m.

#### Panzer Fitness Center:

- Sept. 14: Zumba at 9 a.m.
- Sept. 15: Boot Camp at 9 a.m., Total Body Training at 3:15 p.m.
- Sept. 16: Zumba at 9 a.m.
- Sept. 17: Open Air Zumba Marathon at 11 a.m. at the Panzer Exchange parking lot

#### Kelley Fitness Center:

- Sept. 14: Spinning at 6 a.m., Vinyasa Yoga at 11:30 a.m.
- Sept. 15: Body Pump at 9:30 a.m., Spinning at 11:30 a.m., Jazzercise at 5:30 p.m.
- Sept. 16: Spin at 6 a.m.

#### RB Fitness Center:

- Sept. 14: Pilates at 9 a.m., Body Sculpt at 3:30 p.m.
- Sept. 15: Body Sculpt at 1 p.m.
- Sept. 17: Spinning at 9 a.m.

For more information, call the Patch Fitness Center at 430-7136/civ. 0711-680-7136.



[Above] Neal Williamson, 6, demonstrates proper technique for the crab walk during a recent dry land training held for members of the Stuttgart Piranhas swim team. The exercise is designed to increase a swimmer's flexibility for the butterfly stroke. Piranhas practice on land several times a week to increase their endurance and strength.

[Right] Assistant coach Michelle Torgersen corrects the plank form of Piranhas swim team members Duncan Kerr, 11 (foreground), and Kurt Huebschman, 11, during a recent dry land training. Swimmers hold the pose for 30-second intervals, about as long as it takes most team members to swim 50 meters.



## Piranhas dive into new season

Story & photos by AnnMary Driscoll  
Special to The Citizen

The Stuttgart Piranhas swim team has kicked off another season of competition in the European Forces Swim League. Coaches and team members look forward to defending their Rheinland Divisional championship title, improving their times and having fun.

"This is the best group in the Stuttgart vicinity," said Kara Louk, head coach. "We have about a hundred dedicated kids who get up at 5 [a.m.] to do an athletic sport. These kids are swimming hard. They attack the water in meets from September to February."

Their commitment alone is impressive. Team members (ages 6 to 19) swim for three to five weekday mornings, beginning as early as 5:30 a.m.

Swimmers ages 13 and older also participate in dry land training three evenings each week. They spend every weekend in the water, either practicing starts, finishes and turns, or traveling to meets.

Coaches quiz team members on the times they need to qualify at the EFSL championships. For example, boys ages 8 and under need to swim the 50 meter freestyle event in 48.13 seconds or less. For boys ages 17 and up, the time drops to a mere 29.29 seconds.

The team will compete in 15 meets in Germany, Belgium, Italy and the Netherlands.

Each family will volunteer at least 30 hours, doing community service, raising funds and hosting meets.

Even during the off-season, 75 team members swam every other morning during spring training, from

“When you’re in the water, it’s just you and the clock. It’s all about pushing yourself and being self-motivated.”

Brenna Cashman, 16  
Stuttgart Piranhas  
swim team co-captain

February to June.

A further 24 team members spent nine days in Mittersill, Austria, at the prestigious Alpineswim summer camp, one of the rare times that the camp's organizers allowed members of a single team to train together.

The early morning training sessions can be a challenge.

Team co-captain Katie Oldham, 17, said "It's hard getting up so early, and I do wish my parents would sleep through their alarm. But once I've finished my workout, it's great. Waking up so early can really create self-discipline. And swimming? It's just what I love to do."

Co-captain Brenna Cashman, 16, added that swimming builds discipline and motivation.

"When you're in the water, it's just you and the clock. It's all about pushing yourself and being self-motivated,"

she said.

Four other co-captains lead the team: Jason Baer, Melissa Call, Daniel Gum and Marina Zielinski.

The hard work has forged bonds among the teammates.

"What's special about the Piranhas is that it's a military team so the kids have learned more flexibility [in facing personal challenges]," said Joseph Viana, 16. "The parents are TDY, or maybe the moms are gone, but the coaches make the best of what we have to offer. And we military kids know how to make friends really easily."

Anthony LoGrande, 15, added "We're all in the same community, so we know each other from school, and from living in the same towns or on base. We're more involved in the same activities together."

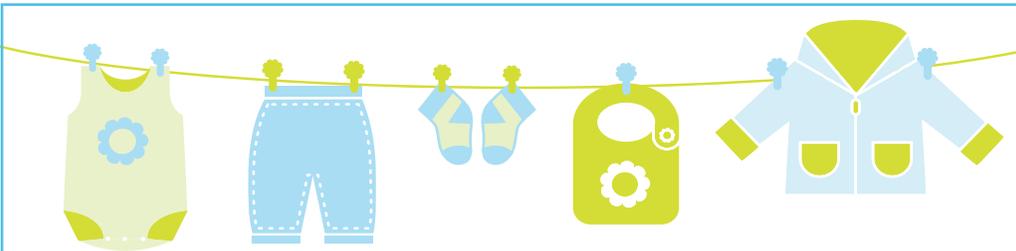
The team cohesion promotes a friendly, comfortable atmosphere, according to Abigail Argo, 13. "We have a big range of ages and swimmers, not like other teams I've been in. But everybody interacts and is friendly."

Throughout the season, coaches encourage team members to develop in swimming ability, as well as maturity.

"I love the transition from the beginning of the season to the end," Louk, the head coach, said. "What you see in the water in September is not what you see at the championships."

"It's like pottery — you start with a little lump of clay, and by the time you're done, it's a beautiful trophy."

The team's first home meet of the season will at the Maichingen Gartenhallenbad on Sept. 24. For more information, visit [www.stuttgartpiranhas.org](http://www.stuttgartpiranhas.org).



## SYDNEY MARIE ABAYAN DIETRICH

Sydney was born at 6:30 a.m. June 15, 2011 at Robert-Bosch-Krankenhaus, Germany. She was 3660 grams and 50 cm long. Sydney was born to Lucas Alan Dietrich and Currene Abayan Dietrich. The family is stationed in Stuttgart, Germany.

# Birth Announcement

Send your birth announcement to the Citizen. Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo. Send information to: [pictures@stuttgartcitizen.com](mailto:pictures@stuttgartcitizen.com)

Read your newspaper online to get the latest news:  
[www.stuttgartcitizen.com](http://www.stuttgartcitizen.com)

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# Youth Activities

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



Photo by Ed Thornburg

## The first day of school

Böblingen Elementary Middle School fourth and fifth grade students line up for the first day of school.

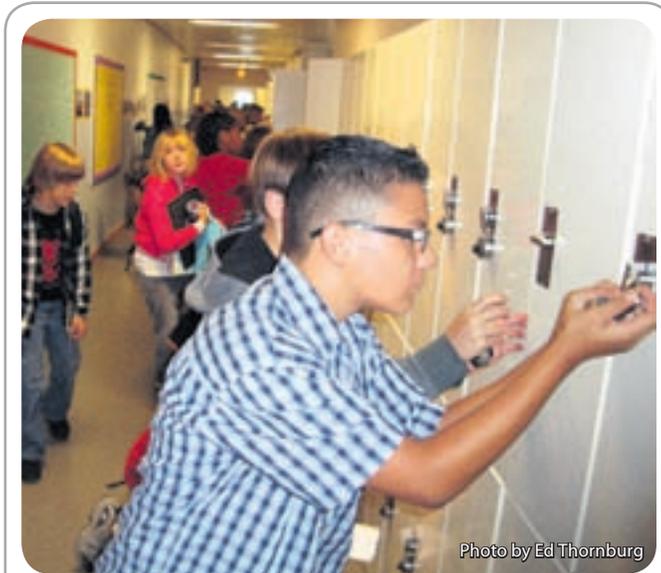


Photo by Ed Thornburg

## New lockers

Böblingen Elementary Middle School students figure out their new locker combinations.



Photo by Ed Thornburg

## Recess time

Böblingen Elementary Middle School students hang out in the gazebo during recess on the first day of school.



Photo by Ed Thornburg

## Time for school

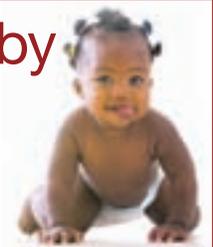
Böblingen Elementary Middle School fourth and fifth grade students line up for the first day of school.

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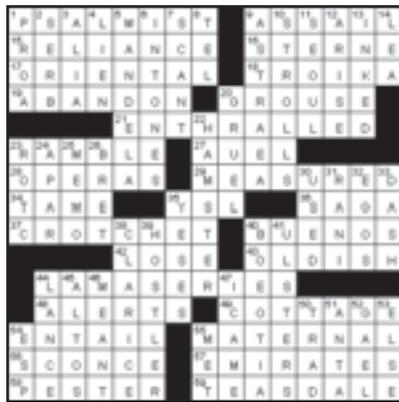
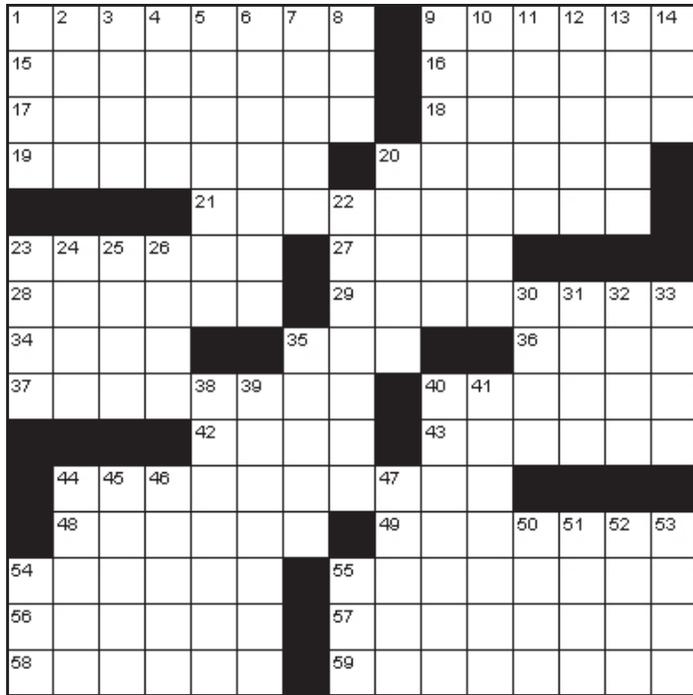
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Send information to: [pictures@stuttgartcitizen.com](mailto:pictures@stuttgartcitizen.com)

Crossword Puzzle



This is the solution to the crossword puzzle from Aug. 25!

DOWN

1. Under cover?
2. Dial sound
3. Delicate use of words
4. To \_\_\_\_ (just so)
5. Sour note
6. Heyerdahl raft
7. Polished off
8. 1950s White House monogram
9. Holds back
10. High point
11. The same
12. Become a member
13. Not \_\_\_\_ in the world
14. French article
20. Fragrance
22. Showed delight
23. Attempt
24. Window division
25. In the thick of
26. Summons
30. Swiss river
31. Oscar-winner Patricia
32. Beech or birch
33. Completely convinced
35. Article of faith
38. Furious
39. Brought to nought
40. Archaeological period
41. The S of SPQR
44. Airy rooms
45. Brings up
46. Bathtub murder victim
47. Eatery

ACROSS

1. Set upon
9. Give new hands
15. Cargo quantity
16. Show clearly
17. Pregnant
18. Aquarium fishes
19. Cold War thaw
20. "\_\_\_\_ Resartus" (Carlyle)
21. Elvis Presley film
23. "Carrie" star
27. Claret and burgundy
28. Japanese sauce
29. Moments
34. Indigo dye
35. Big bang producer
36. Prefix with space
37. Sheets and pillowcases
40. Mideast state
42. Aloha State bird
43. Staggered
44. Decisive conflict
48. Rip into
49. Chaotic
54. Ark berth
55. Asian part of Turkey
56. Illusory sight
57. Habitus
58. Hit hard
59. Bridge supports



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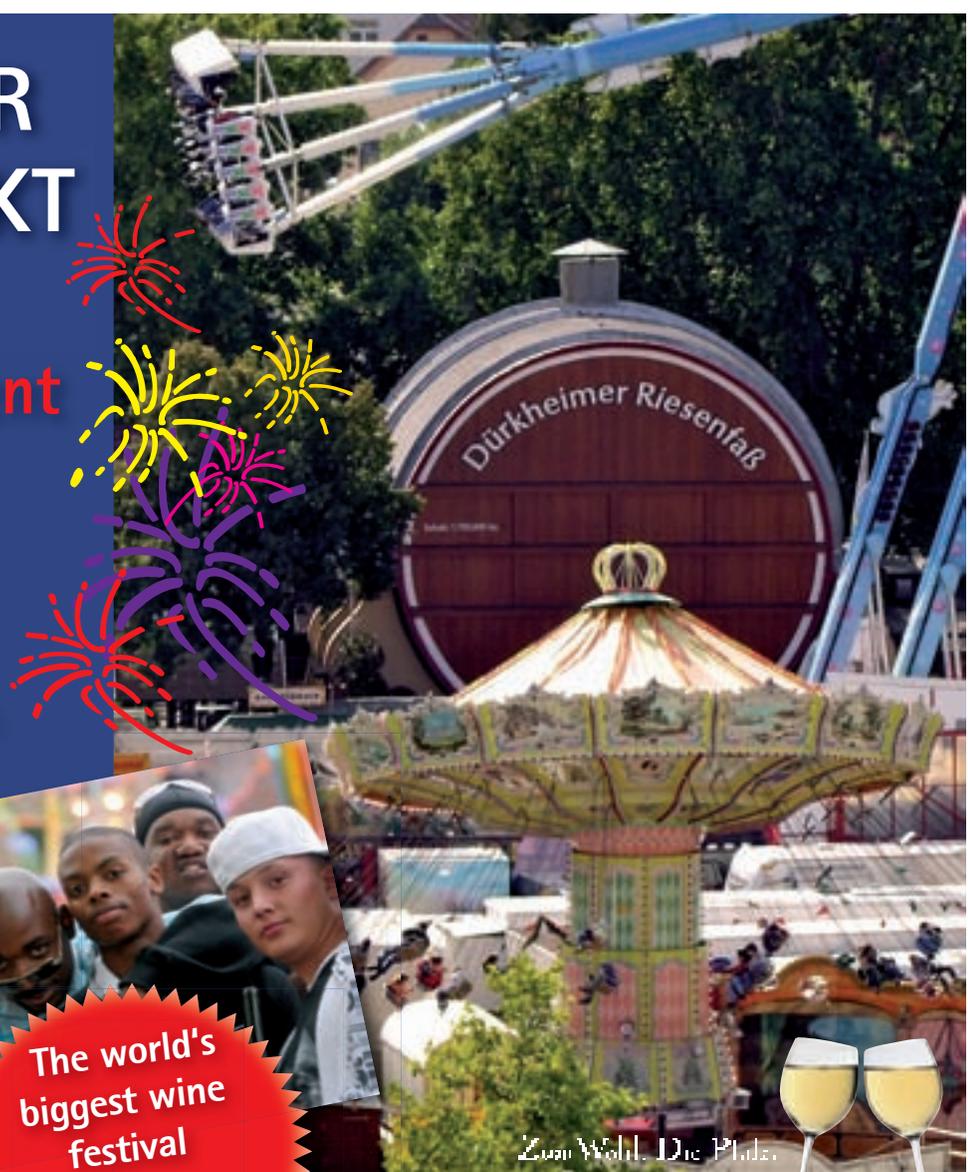
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**1996 Mercedes, C180**, Esprit, silver, 97k km, good cond. and good gas mileage, available Oct 11. 07141-879460 or [Leo.Palmer@t-online.de](mailto:Leo.Palmer@t-online.de) \$5000 07141-879460 / [Leo.Palmer@t-online.de](mailto:Leo.Palmer@t-online.de)

**1998 Nissan Primera** European spec., red, 5-gear standard transmission, sunroof. Good working condition, new transmission. Cosmetic damage below rear bumper, damaged glass over right blinker. \$1,000 OBO. E-mail [Brittree35@aol.com](mailto:Brittree35@aol.com).

**1999 Black BMW**, comes with snow tires, a very powerful motor (8 cylinders), in great condition, 4 doors and CD player. €2000 Cell: 01706109509/ 015121311494

**2001 Jeep Wrangler V6**, Hardtop, 4WD, 5 Spd, Alloy Wheels, 91k Miles, Cd Player and Soundbar, Forest Green, Brand New Heating and Cooling System. 01621659238 [lauren.n.w@hotmail.com](mailto:lauren.n.w@hotmail.com)

**2002 Dodge Caravan\*\*\*** 130K miles, A/C, seats 7, Snow tires incld, luggage carrier incld, Good Shape, JVC DVD player, iPod connection, Ramstein Lemon Lot \$5000 01622-97-1003 or 017663854872 [kcras07@gmail.com](mailto:kcras07@gmail.com)

**2003 Porsche 911 Carrera 4** Cabriolet w/hard top (US Spec). 25k miles, Seal Grey w/blk seats, Alpine Stereo w/Sirius satellite. Excellent Condition. \$39950 0176-7622-4972 or 06371-611267

**2005 Chrysler 300C** Hemi. Automatic Transmission, CD, A/C, Leather, Power Windows/Seats... \$8400 [mrcupollard@googlemail.com](mailto:mrcupollard@googlemail.com)

**2008 Dodge Caravan** in excellent condition with low miles. Front and rear air conditioner. Best offer closest to Blue Book value. [conrep1@terra.es](mailto:conrep1@terra.es)

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**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](mailto:tristanmccauley@yahoo.com)

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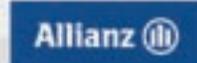
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