



Patch set to 'Stallion Shake' things up, Sept. 16

By John Reese
USAG Stuttgart Public Affairs

The garrison is set to conduct its annual force protection exercise, Stallion Shake, at Patch Barracks, Sept. 16.

The exercise is intended to evaluate the garrison's service support emergency response (this includes law enforcement, fire and medical support from USAG Stuttgart and the host nation) in the event of an actual emergency. The specifics about the upcoming exercise must remain vague until after it happens so as not to influence possible responses. However, the Stuttgart military community can expect to see increased activity at Patch throughout the Saturday event. This may include increased wait times at the gate or elsewhere on post, depending on the scenario. In addition to testing the boots-on-the-ground responders, Stallion Shake 2017 is designed to assess various aspects of the garrison's emergency management plan, to include communications, random antiterrorism measures, intelligence information sharing, analysis and the AtHoc emergency mass notification system.

"AtHoc is a notification system that enables USAG Stuttgart to notify our five communities of an emergency incident within the required notification window set forth by the Department of Defense," said Robert Daul, antiterrorism officer, USAG Stuttgart Protection Branch. "It is highly recommended that all community members enroll into the AtHoc system."



File Photo

First responder German firefighters work with U.S. Soldiers to treat simulated accident victims during Stallion Shake Force Protection Exercise, Sept. 25, 2015.

Most of the past exercises revolve around responding to acts of terrorism. For example, Stallion Shake 2016 took place at Stuttgart Airport in conjunction with the airport's own training requirements. Other examples of the garrison's full-scale exercise training incidents have included explosive devices, active shooters, even hazardous mail. It is intended to be as realistic as possible. A force protection exercise can also be in response to a simulated catastrophic accident or natural disaster.

Military and civilian personnel

(Department of Defense civilians and DoD contractors) from the Directorate of Emergency Services are expected to participate. Depending on the scenario, the garrison first responders will be supported by the other directorates such as Public Works, Family & Morale, Welfare and Recreation, Army Community Service, Public Affairs and more.

"We will focus on how multiple organizations respond and work in a unified command system headed by the DES," said Shane Crutcher, director, DES. "We'll strive for collaborative interaction with local

emergency service and the Polizei, and any first aid response.

"We prepare year round in smaller exercises and face-to-face training with our host nation responders. New technology and emerging threats always keep us working to do more," Crutcher said. "Emergency response is something we do every day and this is just another opportunity to test agreements and skills."

Crutcher said that with any exercise, folks tend to get focused on fire trucks, police cars and

See Stallion Shake, p.2

Saving colleagues, family is key to Suicide Prevention Month

By John Reese
USAG Stuttgart Public Affairs

September is Suicide Prevention Month, and with it comes greater awareness that there are friends, comrades and family members who may be considering that irreversible decision.

There are many behavioral indicators to look for if you suspect someone is considering suicide. Some are direct while others are subtle enough to be missed until it is too late. The garrison's Employee Assistance Program and Army Substance Abuse Program have teamed up this month to enhance awareness, beginning with a

resource table at the Panzer Kaserne Exchange to be announced later this month.

"This is a time for sharing and caring to support service members, veterans and civilian families who have lost their loved ones," said Dr. Kaffie Clark, EAP coordinator. "Volunteers will be giving out yellow ribbons at the Panzer Kaserne front gate to remember our loved ones, our Soldiers and those who lost their lives."

Clark and Cinda Robison, ASAP prevention coordinators, have access to the most recent Army suicide statistics, giving them a bigger picture of the severity of military suicides for briefing

commanders.

Robison shared a story about meeting a young Soldier who was behaving in a peculiar manner, allowing others again and again to pass her in a line halfway through a common task. When Robison commented on the Soldier's patience, the person opened up and explained how a recent PCS and other factors had caused extreme exhaustion.

"Sometimes it isn't the usual signs (giving away valuables, putting affairs in order, loss of enthusiasm and hope, etc.) when a person is considering suicide," Robison said.

A scholarly study, sponsored in part by the Department of the Army

and published July 26 in the Journal of American Medical Association, found that previous suicides in a unit increased the chances of a Soldier committing suicide, particularly with smaller units. The study used information from the "Army Study to Assess Risk and Resilience in Servicemembers" and focused on "all active-duty, regular US Army, enlisted soldiers who attempted suicide from January 1, 2004, through December 31, 2009."

During that time frame, the study found that of "the 9512 enlisted suicide attempters ... most were male (86.4 percent), 29 years

See ASIST, p.5

Preparing for emergency situations important to community

By Col. Neal A. Corson
Commander, USAG Stuttgart

As the Stuttgart garrison emergency services and its German partners prepare for our annual force protection exercise on Sept. 16, I thought this would be a good opportunity to talk about how we, as community members, can also prepare ourselves for an emergency situation.

American and German first responders annually practice their emergency procedures for handling a worst-case scenario at any of our installations, such as an airplane crash at the Stuttgart



Col. Neal A. Corson

Army Airfield, an active shooter or an explosive device. These annual training exercises help keep our first responders familiar with what they have to do to ensure an emergency is handled quickly and efficiently.

As the garrison commander, I am responsible for ensuring the garrison team is prepared for any emergency, and we all are responsible to ensure our families are also ready.

September is not only the month in which we will conduct our garrison force protection exercise; it is also National Preparedness Month, a good time to exercise the steps that

our families should take during an emergency situation.

Being newcomers to the Stuttgart community has caused the need for my family to create a number of emergency plans that we must know and practice: evacuating our house to a safe meeting place, communicating with each other during an emergency if we're not all together, and identifying a list of contacts to call.

A common observation made by the first responders during the recent flooding in Texas, especially in Houston, was that few people were prepared for the emergency and even fewer had put together an emergency kit. This includes planning how to survive a prolonged period without utilities and with enough food, water, medicines and

other supplies to last at least three days. This is especially important if you have to leave your home. We often talk about putting together an emergency kit, but how often do we complete the task and then update the kit regularly? (For more information on emergency planning and preparation, visit www.ready.army.mil.)

There are many scenarios that we, as a family, should plan for, and I encourage everyone in the community to sit down with their families to plan how they'd respond in an emergency. As we prepare our garrison first responders during the upcoming full-scale exercise, let's also prepare our families during National Preparedness Month to handle any emergency situation.

Stallion Shake

continued from p.1

ambulance response. However, in a real event, people need to understand the commitment to support and sustain the responders during the incident and the community after as the focus.

"Those tasks do not happen every day," Crutcher said. "Folks from all over the garrison, as well as mission partners and tenant units, support in one way or another during a crisis, all while trying to support normal operations as much as possible. Being a gated community, we have a responsibility to sustain operations for a period of time before we can realistically receive additional help. This is what we were looking for these types of events."

Outside agencies such as Deutsches Rotes Kreuz (German Red Cross or DRK), Stuttgart International Airport and Esslingen County Fire Departments and German law enforcement personnel participated in Stallion Shake 2016. Other medical services will be supporting Stallion Shake 2017 in addition to the DRK, Crutcher said, adding "Support for this year's

Stallion Shake will be from the Stuttgart City Fire Department."

Last year's exercise also involved a variety of additional German and American participants, including the 66th Military Intelligence Criminal Investigation Detachment, the District Government Stuttgart, the Stuttgart Airport Fire Department, Esslingen County and City of Stuttgart fire departments and the Reutlingen Polizei.

"The intent will be to exercise our emergency plans, identify deficiencies and adjust operational procedures accordingly" said Chief Karl Dörsam, USAG Stuttgart Fire Department. "Another focus is on joint incident command and communication."

Along with the hundreds of U.S. and German professionals participating will be an unknown number of role players, some acting as casualties in response to whatever the scenario calls for.

"A benefit of this exercise is to keep strong relations with the civilian fire departments and other emergency responders; that also helps us to understand the capabilities of local emergency responders," Dörsam said.

September is also National Preparedness Month. For 2017, the NPM theme is "Disasters Don't Plan Ahead. You Can," with each week featuring a different aspect of preparedness. The idea of preparedness works well with the garrison's force protection exercise, helping community members of all backgrounds and ages plan for whatever may come. The website Ready.gov features 28 different situations to prepare for, from biohazards to volcanoes.

"When disaster strikes, emergency responders address the most critical needs and may not be able to get to an area until it is deemed safe," Daul said. "While they work on behalf of the entire community, it is your responsibility to ensure your family's well-being during times of crisis."

Daul said that emergency kits are essential tools for meeting that challenge. Community members can learn more about the "Army Ready" program by visiting the Army's preparedness website at www.ready.army.mil.

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

supplies to meet your essential needs for at least three days. Suggested basic items to consider for a home emergency kit can be found at the Ready Army website," Daul said.

In 2011, the Centers for Disease Control put out guidance on how to deal with a zombie apocalypse. The response was so great that the CDC's website crashed. However, the point wasn't that there could actually be walkers among us, but to call attention to being prepared for almost any contingency. The information it provided, tongue in cheek, could be used with any of the scenarios listed on Ready.gov. The example of Hurricane Harvey displacing tens of thousands of people due to flooding Aug. 21 is a stark reminder to be prepared, and September is a good time to work on family assembly points during an emergency, food, medicine and other necessary supplies, and other possible issues in Stuttgart, like language differences. The site offers a considerable amount of resources and handy printouts, such as a wallet-size emergency communications card.

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August into September: What was and what will be

By John Reese
USAG Stuttgart Public Affairs

August was a busy month, and September stands to be equally active.

The garrison recognized Women's Equality Day with two events to commemorate the ratification of the 19th Amendment on Aug. 26, 1920, granting women the right to vote; the first was an informational table on Aug. 16 by Sgt. 1st Class Mark Quintanilla, garrison Equal Opportunity adviser, and guest speaker Maureen A. Shauket, AFRICOM senior development adviser, who spoke at Kelley Barracks Aug. 25.

Additionally, the garrison Voting Assistance Officer, Debra Peake, helped register voters at a Federal Voting Assistance Program table in the entryway of the Panzer Kaserne Exchange.

The sunny last Saturday of the month, Aug. 26, saw multiple events at Patch Barracks. The day began with the annual Community Activities, Registration and Education (CARE) Fair in the Patch Fitness Center and on the parking lot, where hundreds of USAG Stuttgart residents circulated through dozens of garrison services



Photo by Holly DeCarlo-White, USAG Stuttgart Public Affairs

The CARE Fair, shown moments before it began in the Patch Fitness Center, attracted hundreds of community members, and private organizations.

Adjacent to the gym was a large Family & Morale, Welfare and Recreation flea market. Scores of shoppers took advantage of the clear, warm day to hunt for bargains among the many sellers.

Across the street on Husky Field, the USO sponsored a Sun & Fun event with complimentary hot dogs and burgers, big inflatable attractions such as kid-friendly pugil stick battle and a slingshot horizontal slide, games and

contests.

To round out the day, the garrison Religious Support Office sponsored a "Chapel on the Green" Christian music concert that evening. Families brought their blankets, lawn chairs and coolers to enjoy an evening of live music.

A number of upcoming events for September will keep the community active and engaged (see two stories in this issue about the force protection exercise at Patch Barracks, p.1, and Suicide

Prevention Month, p. 5).

Community members and guests are invited to attend a 9/11 commemoration ceremony at noon on Sept. 11, on Washington Square, Patch Barracks (in the event of inclement weather, the ceremony will be held inside the Patch Chapel). The guest speaker will be Col. Sean M. McBride, chief of staff, Marine Corps Forces Europe & Africa.

Halfway through the month and into the first half of October is Hispanic Heritage Month, when the contributions made to the nation by Hispanic and Latino Americans is recognized and their heritage is celebrated.

The 1st Battalion, 10th Special Forces Group dining facility will offer a Hispanic Heritage lunch menu Sept. 19. The Baila Mexico Folkloric dance group will perform, noon - 2 p.m., Sept. 30 at the Panzer Kaserne Exchange. There will also be cultural food samplings and displays.

An event at AFRICOM and a possible Hispanic cooking class were still being coordinated by the EO adviser at presstime; watch for an announcement on www.StuttgartCitizen.com and the garrison's Facebook page.



Photo by Greg Jones, USAG Stuttgart Public Affairs

A dancer with the Adelitas Tapatias Dance Group performs at the garrison's 2015 Hispanic Heritage Month celebration. On Sept. 30, the Baila Mexico Folkloric dance group will perform at the Panzer Kaserne Exchange.



Photo by Larry Reilly, USAG Stuttgart Public Affairs

Above: Community members relax on Patch Barrack's Husky Field while listening to a variety of religious groups and speakers during the first Chapel on the Green concert sponsored by the USAG Stuttgart Religious Services Office Aug. 26.



Photo by Holly DeCarlo-White

Left: The German and American flags fly from the ladder of a fire truck during the Patriot Day Ceremony held, Sept. 9, 2016 on Panzer Kaserne.

Visiting VA rep serves Stuttgart military community



Photo courtesy of Alicia Depp

Alicia Depp, VA OMSC, makes a presentation, April 23, at the 61st Annual Leadership and Training Seminar at the Edelweiss Lodge & Resort in Garmisch, sponsored by Americans Working Around the Globe.

By John Reese
USAG Stuttgart Public Affairs

The local military community veterans are served by monthly visits from the Department of Veterans Affairs Overseas Military Service Coordinator (OMSC).

The OMSC, based in Grafenwoehr, visits Stuttgart every other week, meeting with veterans or their family members by appointment. The current OMSC for Stuttgart, Alicia Depp, also serves Vilseck and Ansbach.

“My mission is to provide Stuttgart veterans, widows, and service members a direct point of contact with the Department of Veterans Affairs,” Depp said.

The OMSC typically schedules appointments weekdays, 8:15 a.m. - 4 p.m., with the last appointments on Fridays at noon before making the long trek back to Grafenwoehr.

Survivors of veterans may also be entitled to VA benefits, Depp said.

“There are multiple programs that are designed for the widow and surviving minor children of veterans or service members who died during active duty service,” Depp explained. “There is Death Indemnity Compensation, which is a benefit paid to widows and minor children of veterans who died from a service-connected death

See VA Benefits, p.15

EU Director of Military Staff visits AFRICOM

By Air Force Master Sgt. Timm Huffman
U.S. Africa Command Public Affairs

A top European Union military leader visited Headquarters U.S. Africa Command in Stuttgart to discuss ways to further strengthen the strategic relationship between the two entities, Aug. 24.

Lt. Gen. Esa Pulkkinen, the Director General of the EU Military Staff and Director of the EU Military Planning and Conduct Capability, spent the

day meeting with top AFRICOM officials, discussing opportunities for increased cooperation on the African continent.

Pulkkinen, a member of the Finnish Armed Forces, sees AFRICOM’s efforts in Africa as complementary to the EU’s missions there. There are a variety of ways the two collaborate, including information sharing and military liaison arrangements.

Africa presents both risks and opportunities, said Pulkkinen, and

the EU is heavily engaged, directly and bilaterally through its member states, to bring stability to the continent.

“Without the security, you can’t have any development,” he said.

Both AFRICOM and the EU work towards stability in Africa by strengthening the security structures, providing support to the militaries and civilian forces, which are critical to the fight against terrorism, he said. As an example, Pulkkinen cited the efforts of the EU and AFRICOM in Somalia.



Pulkkinen

SECDEF asks all to follow ethical standards

By Jim Mattis
Secretary of Defense

Those entrusted by our nation with carrying out violence, those entrusted with the lives of our troops, and those entrusted with enormous sums of taxpayer money must set an honorable example in all we do.

I expect every member of the Department to play the ethical midfield. I need you to be aggressive and show initiative without running the ethical sidelines, where even one misstep will have you out of bounds. I want our focus to be on the essence of ethical conduct: doing what is right at all times, regardless of the circumstances of whether anyone is watching.

To ensure each of us is ready to do what is right, without hesitation, when ethical dilemmas arise, we must train and prepare ourselves and our

subordinates. Our prior reflection and choice to live by an ethical code will reinforce what we stand for, so we remain morally strong especially in the face of adversity.

Through our example and through coaching of all hands, we will ensure ethical standards

are maintained. Never forget, our willingness to take the Oath of Office and to accept the associated responsibilities that even citizens who have never met us trust us to do the right thing, never abusing our position nor looking the other way when we

see something wrong. I’m proud to serve alongside you.

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ASIST

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or younger (68.4 percent), younger than 21 years when entering the army (62.2 percent), white (59.8 percent), high school educated (76.6 percent), and currently married (54.8 percent). Almost three-quarters (72.2 percent) had more than 2 years of service, 40.3 percent had never deployed, and 76.7 percent were assigned to an occupation other than combat arms.”

The highly-detailed study indicated the risk of suicide attempts (SA) among Soldiers is influenced by a history of SAs within a Soldier’s unit.

“Attention to unit characteristics by leadership and service professionals may be a component in SA reduction efforts. Early unit-based postvention consisting of coordinated efforts to provide behavioral, psychosocial, spiritual,

and public health support after SAs may be an essential tool in promoting recovery and suicide prevention in servicemembers,” read part of the study’s conclusion.

Veterans and suicide

Suicides disproportionately affect veterans, Clark and Robison noted. They pointed to a Veterans Affairs statistic from 2013 on the suicide rate among veterans. Four years ago, veterans were committing suicide at a rate of 22 per day, or one every 65 minutes. As shocking as that number was, that study represented only 21 states; the two largest and fifth largest states didn’t provide data to the VA for the survey.

Common knowledge from the 2013 report indicates the number of 22 per day didn’t reflect the actual number of veterans who died by suicide, Clark said.

“It’s huge, the discrepancy,” Robison added. “It could’ve been as high as 35 suicides per day.”

Since 2013, the number of recorded veteran suicides has declined a little. A VA report in 2016 using analysis from 2014 put the average at 20 per day, or one every 72 minutes.

On July 26, the same day the JAMA study was published, CNN interviewed retired Army physician assistant Maj. Marc Raciti, who came very close to hanging himself after five deployments.

“I did lose three medics after coming back from Iraq to suicide, which exasperated my PTSD, but mine is of survivor’s guilt for the ones I could not save,” he said during the interview.

In August, VA Secretary Dr. David Shulkin spoke about a new and disturbing trend of veterans coming to a VA facility to commit suicide.

“There are a number of reasons (for coming to the VA to commit suicide), not all of which I completely understand,” Shulkin said, adding one of the reasons is “they don’t want their families to have to discover them. They know that if they’re discovered at a VA, that we will handle it in an appropriate way and take care of them.”

According to Clark and Robison, helping to prevent suicides in the Stuttgart military community is everyone’s job. As Stuttgart is a joint service community with many

Warning Signs of Suicide

- Changes in behavior
- Increases in drug or alcohol use
- More frequent talk about death
- Mood swings
- Reckless behavior or risky activities
- Anxiety or agitation
- Giving away possessions
- Withdrawal from friends
- Rage, desire for revenge
- Hopelessness
- Feeling trapped
- No reason for living, no sense of purpose

Suicidal intent or behavior often occurs following a number of stressful events and circumstances. There is no magic solution or special indicator to determine when someone is suicidal.

Learning to identify and act on warning signs can be the first line of defense for a battle buddy who may be in need of extra support during a difficult time.

civilians and family members, suicide prevention should be practiced by everyone regardless of branch, age or veteran status.

“To help bring awareness, yellow ribbons will be passed out during September,” Clark said. “After that, there will be an ASIST (Applied Suicide Intervention Skills Training) workshop offered Sept. 26-27.”

Who to call and learning to ASIST

For help, call 431-2530 or the Military Crisis Line at 118 or 0800-1275-8255. Recognize opportunities to prevent suicides by becoming a primary or secondary “Gatekeeper.” Attend an Applied Suicide Intervention Skills Training workshop, 9 a.m. – 4:30 p.m., Sept. 26-27, at Panzer Chapel. Call 431-2743 to learn more about Gatekeepers.

ASIST has undergone extensive evaluation in Australia, Canada, Ireland, Northern Ireland, Norway, Scotland and the United States. Further evaluation information can be obtained on the LivingWorks website at www.livingworks.net.

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TRICARE Online now goes where you go

By Michael K. Beaton
U.S. Army Medical Department Activity
Bavaria Public Affairs

During August, the U.S. Army Medical Department Activity (MEDDAC) Bavaria announced the release of the TRICARE Online (TOL) Patient Portal mobile app.

The upgraded online features can now be accessed with any mobile device, such as smart phones, allowing TRICARE beneficiaries to schedule appointments; access personal health data by using the "Blue Button" feature; refill prescriptions; access service separation and retirement information; send secure messages to their health care team by using RelayHealth; and it provides 24/7 access to registered nurses through the Nurse Advice Line.

At MEDDAC Bavaria, clinics access-to-care improvements directly affect the care delivered to overseas service members, families and retirees.

"We encourage our Stuttgart patients to try out the new TRICARE mobile app as well as the updated online appointment center," said Maj. Lisa Dennis, executive officer at the U.S. Army Stuttgart Health Clinic. "The 24/7 access is now

the most convenient option for enrollees who want to access their health care whenever they want, wherever they want."

TRICARE and readiness

At the direction of Surgeon General Lt. Gen. Nadja Y. West, commander, U.S. Army Medical Command and Army Medical Department (AMEDD), access to care is now one of the top priorities for the AMEDD in its drive to promote Soldier readiness.

"Readiness, without question, remains my number one priority," West said. "Our most promising initiative to bring care closer to our patients is virtual health, ... with services spanning 30 countries and territories over 30 clinical specialties."

Being a joint service community, the Stuttgart Health Clinic provides health care for all service members and their families. TOL provides the ability to schedule appointments 24 hours a day, seven days a week, making it a flexible, convenient alternative to scheduling appointments by phone during normal business hours at the Stuttgart Health Clinic or other medical treatment facility (MTF)

appointment center. TOL gives service members and their families the freedom to manage their time and health care needs. It's a secure Web portal designed to increase access to care for authorized TRICARE beneficiaries, and access to information for designated TRICARE physicians and support staff.

AMEDD encourages greater use of TOL to enhance access to care and patient satisfaction scheduling routine appointments. TRICARE beneficiaries who register for TOL at the Stuttgart Health Clinic (or wherever assigned or enrolled) can use it at any time, from any location, to access health and wellness information, schedule routine appointments, check the status of prescription medications or refill prescriptions online; it includes a link to access the TRICARE mail order pharmacy program.

Registration for TOL also provides real-time access to

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enrollment-related transactions. For example, users can update their address or telephone numbers, review or request TRICARE information, transfer their enrollment between a TRICARE region or MTF. Most important, service members can update and verify their family members TRICARE eligibility in the Defense Enrollment Eligibility Reporting System.

(Editor's note: The quotes from Lt. Gen. Nadja Y. West are from a March 29, 2017 DoD News, Defense Media Activity article by Cheryl Pellerin.)

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Robinson Barracks Elementary School

Photo by Holly DeCarlo-White



Patch Middle School

Photo by Kevin S. Abel, USAG Stuttgart Public Affairs

First day of school year welcomes back students

By John Reese
USAG Stuttgart Public Affairs

Thousands of Stuttgart military community students returned to the five Department of Defense Education Activity Schools, Aug. 28, in a back to school day that went smoothly as planned.

Students living on Kelley Barracks attend Robinson Barracks Elementary School. The arrival of students and the work of three crossing guards was done very efficiently. Visit www.facebook.com/USAGarrisonStuttgart/ to see a clip of RBES students flowing across a crosswalk to class.

At Stuttgart Elementary School, parents in duty uniforms or civilian attire walked their children to school.

"We're excited but a little nervous, because we've only been here for a few weeks and we're starting at a new school, in a new country" said Lisa Bradley, escorting her daughter and two sons. "We get to make new friends."

Her older son, Jack, was a little apprehensive about his new school, but his siblings, Addison and Luke, simply said they were cold in the misty, 58-degree morning.

Drivers dropping off students, unimpeded bus lanes, parking concerns and construction near Patch Middle School were mostly problem free. Military Police from the 554th MP Company directed traffic at key intersections while DoDEA personnel and the School Liaison Officers kept the flow of traffic steady.

"I'm making sure that all of the busses come through the zone and all of the kids get delivered to the school safely," said Shawnon Hester, Bus Transportation Office, as she watched over the bus lanes for Stuttgart Elementary and Stuttgart High Schools on Panzer Kaserne.

Hester, wearing a safety vest and ensuring no privately owned vehicles entered the bus drop-off area, was awaiting the first bus to arrive. "It takes about 20 minutes to a half hour for the buses (to drop off all of the students). They'll come in slow at first, and then a whole bunch at once, and then a few at the end."

Panzer hosts three of the five DoDEA schools for the community. The back gate is open again for inbound morning (6:30-9:30 a.m. with two forms of ID required) and outbound afternoon traffic (2:45-5 p.m., except Thursdays when the outbound gate is open 1:30 - 2 p.m.).

SHS and SES warn that the bus lanes directly in front of the schools are for busses only and the barrier arms are raised for busses only; violations will be reported to the MPs.

At least one driver passed a school bus at Patch Barracks. The Staff Judge Advocate reminds parents that passing a school bus is illegal.

"First, it is always prohibited to pass any vehicle when the lane is marked with a solid white line," said Capt. Keenan Daniels, SJA. "Further, it is illegal to pass a bus that has stopped on a U.S. installation. Put more simply, if you are on post and a bus stops in front of you, then you must wait until that bus continues to move before you can do the same."

These rules can be found in AE Pam 190-34 section 20 paragraph b and AE Pam 550-19-AppE section 20 of the German Road Traffic Ordinance, Daniels said.

Construction near Patch Middle School prevents drivers from dropping students off directly at the school. The school advises parents to drop off students at Washington Square, Bankers Row, the AAFES food court, the commissary, the Community Center or at Patch Fitness Center.



Stuttgart Elementary School

Photo by John Reese, USAG Stuttgart Public Affairs



Stuttgart High School

Photo by John Reese, USAG Stuttgart Public Affairs



Patch Elementary School

Photo by John Reese, USAG Stuttgart Public Affairs

'Wasen' offers festivities and

By John Reese

USAG Stuttgart Public Affairs

Photos courtesy of Cannstatter Volksfest

Germany is famous for its festivals and the biggest funfair in Europe, according to the City of Stuttgart, begins with the ceremonial tapping of the first keg at 10 a.m., Friday, Sept. 22.

Stuttgart's 172nd Cannstatter Volksfest is a family-friendly, 17-day cultural party featuring nine beer tents, dozens of assorted food offerings, multiple carnival rides, including some pretty gnarly ones with high g-forces that should be enjoyed before any serious eating or drinking! Including the beer tents, a total of 330 different venues of food, rides, games and more will be offered.

Founded in 1818 by Württemberg King Wilhelm I, the "Wasen" (the name of the location of the fairgrounds) is an opportunity for Swabians to don their traditional finery and perform regional dances to classic local music.

Beginning a week after its cousin in Munich, the Cannstatter Volksfest attracts between 4-5 million festive folk every year.

This year, Stuttgart's Lord Mayor Fritz Kuhn will tap the first keg in the Grandls Hofbräu Zelt tent to officially start the party.

The official opening parade will take place at 10 a.m. on Sunday, Sept. 24, featuring bands, horse-drawn brewery wagons decorated with floral garlands, vintage cars and assorted marching units. The parade from the Cannstatter Kursaal to the fairgrounds is always very popular, so plan to arrive early to stake out a good spot.

Every year, the fest offers a couple of discounted family days. This year they will be Wednesdays Sept. 27 and Oct. 4. These days are especially oriented for children.

Two other major attractions are a hot air balloon race on Oct. 7 and a grand finale fireworks show set to music on Oct. 8, the last day of the fest.

If this is the first big fest you've attended since arriving in Germany, be prepared for thousands of revelers, 1970s American Top 40 hits like the Village People's "YMCA" and John Denver's "Country Roads" while standing on benches and swaying to the music. Just taking a complete lap around the fairgrounds is 5 km!

Thousands of Americans stationed in European military communities and visiting as tourists are expected to join the fun. Fest organizers also expect more than 20,000 former Stuttgarters who immigrated to the United States (predominantly to New York, Philadelphia and Chicago) to attend. These German immigrants are members of a volksfest club that regularly returns to attend to reaffirm their Stuttgart roots.

The first Monday of the fest is Soldatenwasen (Soldiers' Wasen Day), a gathering of German and American warriors (and sometimes other nations) to prost and exchange tokens while strengthening the bonds between military forces. This annual tradition began in 1975.

Running concurrent with the Wasen is the Landwirtschaftliche Hauptfest. According to the official Cannstatter Volksfest website, the "LWH" is the biggest agricultural and forestry show in southern Germany, transforming Stuttgart into "Baden-Württemberg's biggest farm." The LWH also began in 1818.

Safety and security are important, especially with the potential to drink a few liters of beer. Keep an eye on the personal

possessions you have with you (a buddy system. Be sure to have your ID with you in the tents and near the entrance fee) at the entrance.

A designated driver is a good idea. Non-alcoholic beverages are available in the tents. As an alternative, the U-Bahn has stopped at the Cannstatter station and will connect to the fairgrounds by drive, the fest organizers advise. Instead of driving, festgoers can have a taxi home in their own cars, paying the taxi fare to the fairgrounds. The taxi stand will be located next to the entrance.

Have a great time at the festivals on Earth!

Pre-fest planning

For the latest news on the Cannstatter Volksfest, visit the Stuttgart for Garrison Facebook page at www.stuttgartcity.com

Getting to the Cannstatter Volksfest

By car

Limited car parking is located in the immediate vicinity of the main entrance. It is signposted from all approach roads and parking stewards will direct you to available spaces. Parking is charged at 6 euro a day for cars. Disabled parking spots are available in which the festival is easily accessible. Parking is free for holders of a disabled person's ID card.

Address: Cannstatter Wasen, Mercedesstraße 50, 70372 Stuttgart

GPS Address: 48.7931, 9.22329

By the "SBahn" system and regional train services

Take either the S1, S2 or S3 SBahn services or respectively the R1, R2, R3 or R8 trains to the Bad Cannstatt station. Following the signposts, the festival site is a 10-minute walk away.

"U-Bahn Stations in the close proximity to the Cannstatter Wasen are

Cannstatter Wasen	U11 (special service)
Haltestelle Bad Cannstatt Wilhelmsplatz	U1, U2, U3, U19
Mercedesstraße	U1, U2, U11 (special Service)

By bus / night bus

Bad Cannstatt station	56
NeckarPark (Stadion)	45, 56, N5
Bad Cannstatt - Wilhelmsplatz	52, N4, N5, N6



Enjoy 600 years of tradition at the 'world's largest winefest,

The Dürkheimer Wurstmarkt in Bad Dürkheim annually welcomes 685,000 visitors. The event is open Sept. 15-16 at 11 a.m., Sept. 17 at 10 a.m., and Sept. 18 at 11 a.m. According to the Bad Dürkheim Tourist Information, it's "open end"

for all four days of the fest. Visitors can indulge in hearty food and sample local wines at historic Schubkärchler wine booths and all throughout the Weindorf (wine village). Fun rides, two large wine tents and a beer tent will feature live music. A firework display set to music will be held Sept. 18 at 9 p.m.



Baden-Württemberg traditions

bring to the fest and use the backpacks are not permitted must be checked (for a small fee) to the fairgrounds.

A self driver is always a good option. Soft drinks are available in the fairgrounds as an alternative to driving, the fairgrounds that offer other rail services. If you do not have a free "drive me home" service, do not drink and drive. If you are of driving intoxicated, have a volunteer drive them home. You can rent your own car in exchange for a fee. The volunteer drivers will be provided by the German Red Cross.

Visit the website at one of the biggest fairs in the world.

More information
 For more information on the Cannstatter Volksfest, listen to AFN updates, check the book page or visit www.citizen.com.



A somber day at Dachau
 Dachau Concentration Camp stands as a memorial to all the victims of the Holocaust. A day trip to Dachau will be conducted by Outdoor Recreation, Sept. 9. Due to the sensitive nature of the concentration camp tour, participants must be over 14 years. The trip departs at 7 a.m. and returns approximately 10 p.m. The fee covers transportation via bus from ODR, guided walking tours, a stop to explore Munich and an escort. Space is limited. Contact ODR to reserve your spot on this historic trip.

Mandatory money meeting
 All garrison Soldiers and their supervisors in the morning, and their senior leaders in the afternoon, are required to attend informational town halls, respectively, in the Panzer Chapel, Sept. 11, about the Integrated Personnel & Pay System for the Army. For more information, call 431-3752.

Customs requires hard copy forms
 The Panzer Kaserne Customs Office reminds customers that hard copy printouts are required of all necessary documentation to receive the appropriate customs documents, i.e. rental contracts, rental vehicle registration, bills of lading, bills of sale, etc. Retirees who need a pink card renewal must bring their ID card, U.S. Passport and Residence Permit. Call 431-2657.

Handbell choir looking for ringers
 The Stuttgart Community Handbell Choir is looking for people who can read music and hold an ice cream

cone. New or experienced, they're looking for ringers. The group meets Mondays (except U.S. holidays) at the Panzer Chapel Fellowship Hall, 5:30-7 p.m.

DES and IOC together at headquarters building
 The Military Police Desk, Fire Dispatch and Installation Operations Center co-located to the garrison command (Bldg. 2949) on Panzer Kaserne. The new MP Desk and physical security service offices officially opened Aug. 9. The non-emergency contact telephone numbers for the MP Desk remain the same as it was on Patch Barracks: 430-5261/2. Read more details at www.stuttgartcitizen.com.

Panzer Housing parking blocked
 Nine parking spaces between Bldg. 3100 and 3101 (Visitor, C2, 4, 6, 8, A1, 3, 5) in the housing area will be blocked through Sept. 29. Residents should use the marked parking lot on Waldburg Str.

Roadwork continues on Illinois
 Construction on Patch Barracks' Illinois Straße has changed the drop-off and pick-up zones for Patch Middle School to Montana Straße. Parents will have to drop their children off at other locations such as Washington Square, Bankers Row, the AAFES food court, the commissary, the Community Center or the Patch Fitness Center. Montana Straße and parts of New York Straße are closed to all traffic except school buses starting at 7:25 a.m. until all buses have left the area, and again in the afternoon starting at 2 p.m. On early release Thursdays, the afternoon closure will

occur at 1 p.m.
Repairs to Patch food court roof
 The Patch food court will undergo a roof replacement beginning this fall. During construction, access to the facility may be adjusted with scaffolding placement and parking against the building will be blocked. Details will follow at stuttgartcitizen.com.

Construction ongoing outside Patch main gate
 Construction on the side of Katzenbach Straße is in progress up to the pedestrian crossing at the main gate, in front of the footpath on the right side. The footpath will be closed through completion in Sept.

Kelley Barracks sewer project continues
 Through mid-September, Spruce Street near the gas station will close. The gas station is only to be used for fuel available in one-way traffic. The Child Development Center (Bldg. 3368) drop-off will be blocked with temporary reserved parking blocked for parents. Spruce Street (between Bldgs. 3369 and 3433) will be two-way traffic up to the work area. Pine Street will be two-way traffic and the parking spaces will be blocked. Detours and blocking signage will be marked on Kelley to complete the 3-year sewer project by 2019.

RBES gym closed
 The Robinson Barracks Elementary School gymnasium is temporarily closed; it is slated to re-open sometime this fall. Watch for announcements at www.stuttgartcitizen.com and on

the garrison Facebook page. Support Service Updates
Be true to your school
 The School Liaison Office is looking for college alumni to support the 2017 Stuttgart Hybrid College Fair, 5:30 - 7:30 p.m., Oct. 11, at the Stuttgart High School. Represent your Alma Mater and inspire teens to pursue college education. Call 430-7465 or 0711-680-7465.

2017 AFAP submissions sought by ACS
 All garrison community members are invited to submit quality of life improvement ideas that affect the military community as a whole. The deadline is Oct. 6. Submit issues and ideas at Army Community Service (Bldg. 2915) on Panzer Kaserne or register online to submit issues at www.mymilitarysource.com/.

Take an inside tour of German government
 Learn about the German government system, German-American history, the "Speech of Hope" and downtown landmarks by joining the Capital City Visitation tour, Sept. 18 or Dec. 11. It is a free tour lead by the garrison Public Affairs Office, departing at 8:30 a.m. in front of the Panzer Kaserne Exchange. Lunch included! RSVP with CCVP in the subject line, names and contact at usarmy.stuttgart.imcom-europe.mbx.usag-stuttgart-media@mail.mil.

Celebrate your right to read
 Check out featured displays of frequently banned and

challenged books, as well as screening of movie versions of these books such as "Extremely Loud and Incredibly Close," "The Dead Poet's Society," "To Kill a Mockingbird," "The perks of being a Wallflower", and more during Banned Book Week, Sept. 24-30, at the Patch Barracks Library. Call 430-5232 or 0711-680-5232.

Who watches the Watchman?
 The Night Watchman leads a twilight journey through the streets of medieval Rothenburg, recounting what life was like in the Middle Ages. Departs 11 a.m. from Outdoor Recreation, Panzer Kaserne. Fee covers transportation in MWR van, the guided tour and ODR escort. Limited seating. Call 431-2774 or 07031-15-2774.

No training holidays for fitness
 The community Fitness Centers hours have been updated. The gyms are now open normal hours on training holidays. Visit <https://stuttgart.armymwr.com/>.

Gold, silver or bronze?
 See the AFRICOM Olympics on Kelley Barracks, 7:30 a.m. - 2 p.m. Sept. 22.

See Announcements, p.15

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Serve your community as a volunteer

By John Reese
USAG Stuttgart Public Affairs

The Stuttgart military community is always looking for new volunteers.

“Volunteering is not a new concept. It is as old as time itself as people help each other in times of need,” said Anna Maria Vestal, USAG Stuttgart volunteer coordinator. “In this community, volunteers are the backbone of many programs and services.”

Volunteer opportunities through Army Community Service (ACS) or with private organizations provide individuals a chance to help the community; in return comes many benefits, including gaining valuable experience on par with employment experience. ACS or private organizations and the volunteers who champion them play a big role in the garrison community, from youth programs, to spouse and unit support like Family Readiness Groups, to veteran care, education, networking and personal growth and readiness. The garrison passport office, youth sports, American Red Cross, USO, the award-winning Stuttgart Theatre Center – even – working for the garrison commander are just a few of the opportunities available.

Establishing an account in the Volunteer Management Information System (VMIS) at www.myarmyonesource.com is

the first step into the volunteer journey, Vestal said.

“After creating an account, a prospective volunteer can explore positions in many agencies and apply for that position after which the organizational point of contact will contact the person and the volunteer journey can begin.”

VMIS tracks volunteer hours for volunteer service medals and the annual volunteer recognition ceremony. It also creates a record of volunteer service that can be accessed after the volunteer transfers to a new assignment or community.

Through volunteering, a person can learn new skills by exploring different careers, make new friends in the community and develop networking opportunities to jumpstart careers, plus adding experience to a resume or scholarship application.

Volunteer hours served and recorded in VMIS can be later used when applying for employment.

Any work experience as a volunteer has to be accepted by a potential employer. However, Vestal notes, one must be able to prove the work was actually done.

“A record in VMIS acts like a personnel file for our volunteers but it’s only as useful as the information a person chooses to input into the record. Thus, it is recommended that volunteers record their hours



Photo by Kevin S. Abel, USAG Stuttgart Public Affairs

A crew of volunteers help make the year's USO Sun & Fun event, Aug. 26, a success. During the event volunteers helped with serving food, running games and entertaining kids of all ages.

document so that this information will be accessible to them in the future.”

Vestal receives requests for volunteers, then she verifies the contacts and works with the organizations for any required training the volunteers need.

“I give the organizations full support on what they need,” she said.

Organization representatives attend the quarterly Volunteer Advisory Council meetings to discuss current volunteer issues, successes, future program plans and events. Until the end of this fiscal year, Vestal said she’s meeting monthly with the POCs to “get the

Volunteer Advisory Council all synched, all working together.”

An annual garrison volunteer recognition ceremony is held during National Volunteer Week (April 15-20, 2018), Vestal said, and more information about the garrison’s ceremony will be announced later. All volunteers receive a certificate of appreciation and many qualify for different awards, including volunteer of the year and the garrison commander’s award. The commander’s award is given for performing a thousand hours or more of volunteer work in one calendar year, and not necessarily with the same organization.

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on a regular basis.” Vestal said. “They can also upload the training and awards information they’ve received, background clearance information, and other

Becoming a volunteer

For more information about the many volunteer opportunities through ACS, call 431-3362 or 07031-15-3362.

“Volunteers are the lifeblood of our schools and shelters, hospitals and hotlines, and faith-based and community groups. From mentoring at-risk youth and caring for older Americans to supporting our veterans and military families and rebuilding after disasters, these everyday heroes make a real and lasting impact on the lives of millions of women and men across the globe.” - President Barack Obama’s comment on www.ArmyOneSource.com.

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Black Forest symbolized by cakes, cuckoo clocks

By Therese Weiss
Special to the Citizen

The Black Forest is, without a doubt, one of the most popular areas in the German southwest. It is a region of lush forests and deep green meadows, picturesque villages with quaint architecture, and renowned far and wide for the rightly famous Schwarzwälder Kirschtorte (Black Forest cherry cake).

Josef Keller, a confectioner near Bonn, claimed to have invented the cake in 1915. The Schwarzwälder Kirschtorte is a chocolate sponge cake layered with whipped cream and cherries, usually topped with more whipped cream, black cherries and chocolate shavings.



Interestingly, the cake is named for an ingredient, a liquor known as Schwarzwälder Kirschwasser and by German law a Schwarzwälder Kirschtorte must contain kirschwasser.

Another Black Forest hallmark is the cuckoo clock, though nowadays the cheeky call of the

actual bird, the *cuculus canorus*, is seldom heard. Many have become victims of industrialization and the ravages of time and modernization. However, millions of manmade cuckoos shout from the millions of clocks that bear the name, and the echo resounds throughout the world.

These hand-carved beauties of quality and precision are a souvenir and timepiece combined have been made in the Black Forest region for around 400 years.

The earliest clocks were apparently produced in the 1730s by a clockmaker from Schoenwald named Franz Ketterer. He chose the cuckoo sound because no other bird call consists of just the two simple harmonious and catchy tones. Today, with several improvements and adjustments to Ketterer's invention, about a half-million clocks are churned out annually, with half of them exported to more than 50 foreign countries and hung decorously throughout

Europe, the USA, South America, Asia and Africa. The center of the German cuckoo clock industry in the Black Forest is the area around Schoenach and Triberg. Hundreds of woodcarvers and assemblers earn their livelihood making many different models. In great demand are clocks that play a trendy song or a little classical Mozart

or Brahms melody.

Cuckoo clocks operate on the same principle as do music boxes with the mechanism set into the clock housing. The true-to-life cuckoo sound is created by little goat-leather covered bellows that coordinates with the clock itself to put out the hourly call.

Clock carvers produce true masterpieces, clocks with watermill facades, trees, birds, animals and little people in traditional garb. They use linden wood rather than Black Forest pine as might be expected, mainly because linden is softer and easier to work with and is light and attractive.

Located just an hour westward from Stuttgart, treat yourself soon to a drive along the Black Forest Highway and visit this beautiful landscape and its many highlights.

Volksmarching Vocabulary

By the Stuttgart German-American Wandering Club

Along the trail, wanderers need to follow the markings for the distance they wish to complete. These markings can vary greatly, even along the same trail. Most marking is with colored tape around poles, on or around trees, or stuck to any surface, including the road. Markings could also vary from signs to sawdust to chalk.

Some clubs will have a sign at the start showing which markings belong to which distance. Trail splits (Streckenteilung or Streckentrennung) are normally marked with indications of which distances go in which direction. Volksmarchers need to pay close attention, as sometimes the split is counter-intuitive (e.g. - the 42-km distance may go with the 5-km instead of going with the 20-km).

At various points along the trails you will find a control point (Kontrollpunkt or Kontrolle or Stempelstelle). This is where participants get their card stamped to prove they did the walk and have an opportunity to sit and refresh (free drink of tea or soup, other drinks and food for purchase). There may also be medical personnel at the control. Once you have your stamp and refreshment, follow the signs for your distance to continue along the route. Trail splits sometimes occur at or near controls).

Eventually, the trails will take you back around to the finish. Here, you will need to present your completed card for credit (distance and/or event books—can be purchased from the club or the DVV Abzeichenwart). If you purchased the mit Medaille card, take the card and proceed

to the Medaille table (after you have your book(s) stamped) in order to get your award. Some clubs will allow you to purchase additional prizes if you find them interesting (Note that some clubs require you to have a control stamp on each card presented for prizes and may limit the number of prizes per person).

Once you have completed the process, sit back and relax at the start/finish hall and partake in the available food, drink and camaraderie!

Before you leave the start/finish hall, look for the Werber area and pick up flyers for future walks (bring some to the monthly club meeting to share with your fellow walkers).

The annual SGAWC/Baden-Württemberg walk through Filderstadt-Plattenhardt takes place Oct. 1, with trails of 6/10/20 km. The start time is 7 a.m. - 2 p.m., with the event ending at 5 p.m. The starthalle is at Weilerhauhalle, Weilerhau 2, 70794 Filderstadt-Plattenhardt.

Visit www.stuttgartcitizen.com for a complete list of upcoming volksmarches

- Sept. 16 -17: Hildrizhausen/Baden-Württemberg - Stammtisch
- Sept. 23: Renningen/Baden-Württemberg - Stammtisch, Trails: 7/13 km, starting at noon - 3 p.m., ending at 6 p.m.
- Sept. 23: Ittlingen/Baden-Württemberg
- Sept. 24: Renningen/Baden-Württemberg - Stammtisch, Trails: 7/13 km, starting 7 a.m. - 2 p.m., ending at 5 p.m.
- Sept. 24: Ittlingen/Baden-Württemberg
- Sept. 30: Crailsheim-Tiefenbach / Baden-Württemberg

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Money, the Dow and scripture

By Ch. (Maj.) Luis Kruger
Deputy Command Chaplain
USAG Stuttgart

On Wall Street, the Dow Jones industrial average is hitting record numbers these days, as I wrote this



Photo by John Reese, USAG Stuttgart Public Affairs
Ch. (Maj.) Luis Kruger prepares remarks before the 242nd birthday of the Chaplain Corps, July 28.

article, the Dow was on the verge of topping 22,000!

Many of us go about our day not really concerned about the Dow, but it affects the U.S. economy and the economies of many other countries.

Over the years, I have profited and have lost money in the Dow. My biggest disappoint was with one particular penny stock. It was a speculation stock, which meant that it was risky, but also had the potential for a high payoff. I invested only a few hundred dollars in it.

To my surprise, this penny stock took off, turning a few hundred dollars into a few thousand dollars. However, as fast as the stock rose it fell, and many people were hurt and upset.

I took my losses as a lesson and moved on, but I know that others couldn't move on as quickly, just like the previous Dow crashes.

Scripture tells us a lot about money, such as the love of money is the root of all evil, and we should strive to be generous. It also tells us that God will provide for all of our needs.

"A generous person will be enriched, and the one who provides

Stuttgart Jewish Military Community Events

Shabbat services - First and third Friday at 7 p.m. in the Panzer Chapel (*Please use side entrance near the bowling alley*)

•Friday, Sept 29, 6 p.m. - Erev Yom Kippur services at Patch Chapel (kapporot 5 p.m.)

•Saturday, Sept 30, 10 a.m. - Yom Kippur morning services at Patch Chapel

•Saturday, Sept 30, 5 p.m. - YK ma'ariv, yizkor, neilah & break-the-fast at Patch Chapel

Sunday School takes place during school year, 10-11:30 a.m., at the Panzer Chapel

Upcoming Events:

•Wednesday, Sept 20, 6 p.m. - Erev Rosh Hashanah services and potluck at Panzer Chapel

•Thursday, Sept. 21, 9 a.m. - Rosh Hashanah services at Panzer Chapel (*tashlich to follow*)

•Friday, Sept 22, 9 a.m. - Rosh Hashanah services at Panzer Chapel

Times/locations subject to change.

email:
info@stuttgartjewishcommunity.com or follow/ message on Facebook page at www.facebook.com/stuttgartJMC

water for others will himself be satisfied." Proverbs 11:25.

Stewardship is a guiding principle in God's word, which is being faithful with what's been entrusted to you. This refers to

your time, material belongings and knowledge imparted to you.

So, if things are going well for you economically, you should ask yourself if you are being faithful with what God has entrusted to you.



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Young bowler represents Europe at Ohio tournament

By John Reese
USAG Stuttgart Public Affairs

Stuttgart High School student Kayla Mitchell, 12, bowled in the Official Junior Gold Championships held in Cleveland, Ohio, July 17-22, placing 79th out of 124 girls from her age bracket. Overall, there were 3,500 participants competing for part of the \$320,000 in scholarships.

It was Mitchell's first national championship. She won the European Pepsi Youth Championship of the U.S. Bowling Congress Junior Gold

championships at Spangdahlem Air Base in Vogelweh this past spring for girls in her age group, sending her to the national completion.

LaRona Mitchell, herself a bowler, Kayla's mom and an adult leader with the Stuttgart Youth Bowling League, said the special 20th anniversary Junior Gold Championships had to be spread across seven different bowling centers in the Cleveland area. The competition concluded with six titles in three age divisions.

Bowling the big tournament was nail-biting yet memorable for her,

Mitchell said.

"There were so many bowling lanes, jet lag to overcome, cold air condition, lots of people, food and pro shops," she said. "I went into competition not knowing any of my competitors from all over the United States. Each day, I had to bowl four games at different bowling alleys."

The young bowlers vied for spots on Junior Team USA, and while Mitchell ultimately didn't win the tournament, she'll use the experience to improve her game for future competitions.

"Sportsmanship went a long way for me," Mitchell said. "And I now have a new bowling friend who lives in Anchorage, Alaska."

(Editor's note: Do you have a sports story to tell? Do you participate in Stuttgart intermural or school sports? The Stuttgart Citizen newspaper wants your stories, stats, game highlights and high resolution photos. Visit www.stuttgartcitizen.com.

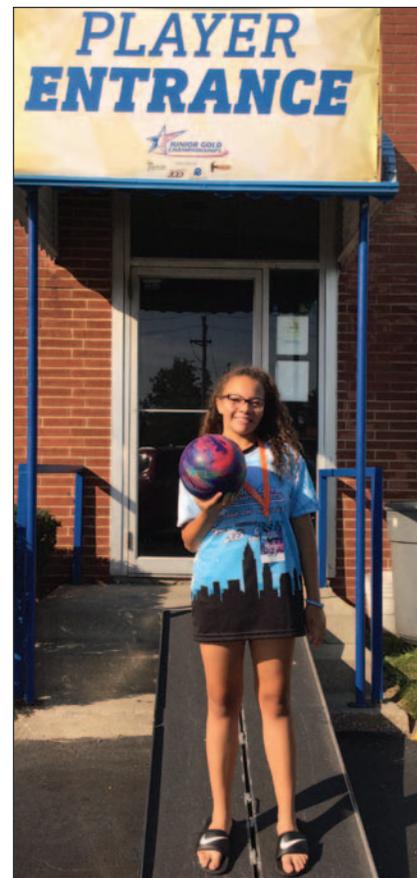


Photo by LaRona Mitchell

Kayla Mitchell, poses with her bowling ball at Wickliffe Lanes in Cleveland, Ohio, July 17, before competing against girls in her age group. It was one of four bowling centers she competed at, July 15-21.

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VA Benefits

continued from p.4

Widows Pension which is an income based benefit for widows of veterans who served at least one day during wartime period for at least 90 days and fall below the income requirement. There is also Chapter 35, Dependent Education Assistance, that is paid to widows and children of veterans who are eligible for DIC or who are dependents of a veteran that is rated permanently and totally disabled at the 100 percent rate.”

While the OMSCs can provide a variety of services, they can't help with DEERS enrollment or TRICARE questions, which should be answered by the Department of Defense.

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veterans living overseas. I get a lot of questions about which doctor should they pick which medications can they get reimbursement for,” Depp said. “All I can do at that time is to tell them to reach out to their friends and co-workers to find providers that they like or enjoy. I advise them to check their insurance company’s website to see if they have preferred providers in the area.”

(Editor’s note: Alicia Depp will transition out in mid-September as the Stuttgart VA

OMSC. She will take appointments Sept. 11-15, after which the mission of serving USAG Stuttgart’s veterans will be continued by Michael Pike. Pike is a military service coordinator out of the Winston-Salem, N.C. VA office. It will be his third overseas tour as an OMSC.)

Services provided by the Overseas Military Service Coordinator

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- Information about Foreign Medical Program
- Education benefit questions
- Getting signed up with eBenefits
- Answer questions about any and all VA programs.

OMSCs are available to provide presentations on specific programs such as Disability and Death Indemnity Compensation, burial benefits, foreign medical programs and more if requested. Call 476-3242 or 0151-63358085. Locally, appointments are made at Army Community Service (Bldg. 2915), Panzer Kaserne. Call 431-3362.

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Announcements

continued from p.10

Doggone waste bins

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Your daily/monthly briefing

Does your agency or organization have a message for the Stuttgart military community? Do you need to know about gate closures and detours on post, or want to know if there’s going to be a protest impacting your day? Send your announcements for The Stuttgart Citizen newspaper and sign up for weekday announcements. Visit www.stuttgartcitizen.com.

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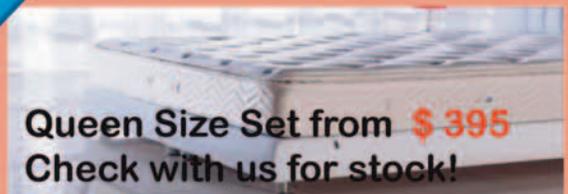
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