

New USO lounge opens door to G-A community

RB celebrates inauguration with 3 days of festivities

by Lionel R. Green
Stuttgart Citizen staff

Life in the Greater Stuttgart Military Community is good; now it just got better.

A new lounge of the United Service Organizations was officially inaugurated in a ceremony at the Robinson Barracks shopping mall June 2.

Maj. Gen. James B. Allen, the Greater Stuttgart Military Community commander, stepped aside to allow seven enlisted servicemembers — two from the Army, Navy and Air Force and one from the Marine Corps — to have the honor of cutting the ribbon proclaiming the lounge's official opening.

"This is for you," Allen said to the servicemembers as the ribbon was being cut.

Prior to the ribbon-cutting, World USO President, Charles Hagel, presented Stuttgart's Lord Mayor Manfred Rommel with the USO's highest honor, the "USO World Distinguished Service Award," in recognition of his contributions to German-American friendship.

"I do not deserve this award," Rommel stated modestly.

The groundbreaking for GSMC's new lounge began in February. The 350-square-meter facility cost about DM 400,000 to construct and furnish. Ger-



Gen. Thomas Richards speaks to local dignitaries at the opening of the USO.

man business, government bodies and associations bore most of the cost.

Following the ribbon-cutting, a three-day celebration began in honor of everyone who assisted in getting the project off the ground and for everyone the lounge will benefit for years to come.

A beer tent located in the shopping mall parking lot was the focal point of the celebration providing food and prizes, as well as a musical extravaganza

with talents ranging from Kentucky Carl's country solos to Ray Martin's Elvis Presley improvisations.

The lounge, however, was the featured attraction.

"The new USO lounge is more than the traditional 'home away from home,'" said Gen. Thomas Richards, Deputy Commander-in-Chief of U.S. European Command, "because of its new emphasis on providing services for

the entire military family while continuing to promote understanding through German-American inter-cultural events."

The new facility boasts a spacious interior with two club rooms, an information counter, offices, a multi-purpose conference room and a teaching kitchen.

There's one room set aside for mothers with infants, providing a space to feed their babies while the mother gains "an oasis of peace away from shopping," said the Director of GSMC's USO, Charles Howell.

Another area is open to servicemembers and family members who want to break away from the confines of the barracks or the rigors of shopping to watch television or a movie on a video-cassette recorder. Long-distance telephone lines to the States are also available. If someone wants to make a call back home, but doesn't have the change, the new lounge offers a telephone service where the user just calls directly home and pays in cash at the counter after the call is made.

The teaching kitchen will hold the USO's language course in basic German and provide translation services for minor transactions. The USO's schedule of tours will continue, but with the added benefit of being organized out of a larger, easier-to-locate information counter.

The lounge will be open Monday-Friday from 9 a.m.-8 p.m., Saturday from 9 a.m.-9 p.m., and Sunday from noon-8 p.m.

news briefs

TC conference

The 1989 European Transportation Corps (TC) Conference and ball will be held July 7 and 8. This year's theme, "NCOs — the spirit of the Corps," is in line with the 1989 Army theme, the NCO.

The conference will be held at the Schwetzingen Conference Center July 7 from 8:30 a.m. to noon; the ball is scheduled for July 8, beginning at 6 p.m. at the Heidelberg Officer's Club at Patrick Henry Village.

Both events are open to Transportation Corps officers, noncommissioned officers (E-7 and above), civilian personnel (GS-7 and above), and guests. The attire is formal.

Persons interested should contact Maj. Lee at 325-2608/2733 or 06171-61608.

Meal coupons

Effective this year, all unused school meal coupons may be held and used for the next school year. Refunds are still available, but not required.

For more information, contact your local AAFES office.

LES registration

Registration and preregistration at the Ludwigsburg Elementary School (LES) will be held from June 19 through 23 from 9 a.m. to 3 p.m.

All returning students must be re-registered every year. If the dependent travel orders have expired, you must bring in a copy of the extension orders.

Kindergarten students and new students must have their passport or birth certificate, updated shot record, and dependent travel orders to register.

For details, contact 07141-002636 or 4282-636.

STUTTGART Citizen



Vol. 18, No. 23

GREATER STUTTGART MILITARY COMMUNITY

Monday, June 12, 1989

USO lounge provides shopping respite for GSMC servicemembers and families

by Lionel R. Green
Stuttgart Citizen staff

Enlisted servicemembers, family members and shoppers have a haven to go to in the Robinson Barracks shopping mall now that the new United Service Organizations lounge is open.

The lounge will give shoppers a place to rest and catch their breath before merging back out into the consumer traffic. It will also make those 20 minute, fast-food lunches more enjoyable by catching the Final Jeopardy question or the latest MTV video on the lounge's satellite television.

"It makes you feel like you're back in the States," said Barbara Gould, a family member whose husband works for the 307th MI Bn. at Kelley Barracks. "It's the next best thing to being home."

One important feature of the new lounge is the telephone system.

No more scrounging for an extra ten-pennig piece, or running from door-to-door in the barracks looking for change for a twenty-mark bill. The six phones in the USO lounge offer an option.

Three of the phones are strictly for making stateside collect calls. Not much of a difference, except no hassle with

coins, and instead of being confined in a German telephone booth on post, you can be surrounded by the comfortable, warm atmosphere of the new lounge.

There are also three Bundespost booths with phones that allow you to make a call and pay for it in either DMs

"It makes you feel like you're back in the States. It's the next best thing to being home."

or dollars at the information counter after you're through talking. All you have to do is fill out a form at the counter prior to making the call.

Mothers with infants and small children will have a room that will get them away from the crowds at the mall. Mothers can feed their babies and tend to other needs without blocking mall aisles or trying to hold on to ten other things at the same time.

The USO lounge will continue its language courses in basic German. You can sign right up at the counter. These

courses give students a means to work on conversational German and expand their vocabulary. The course costs \$25 and is held at a teaching room in the lounge two nights a week for a month.

The popular USO tours will also continue with two Rhine River cruises coming up in the next month and a trip to Paris this weekend. Lake Constance is on the agenda June 25 and in July, trips to Nuernberg, Strassbourg and Heidelberg are scheduled along with several other excursions.

The lounge itself is full of brochures and magazines in both American and German languages.

"This is a great place to relax while waiting for your bus," said Christine Baillargeon, a Canadian visiting military friends here in GSMC. "Plus it's just a nice place to have a rest from all the shopping."

From making a call home a little easier to making a day in the mall a little less frantic, the USO is here to serve the American military servicemembers and their families.

"This is by far the best improvement I've seen in the three years that I've been here," said Gould who left to go back to the States last Tuesday.

The U in USO stand for YOU. Stuttgart's USO, one of the eight in Germany, is your USO.

Commander's comment

Army and flag: Partners in freedom



This week we will be celebrating the birthdays of two great symbols of our nation, the Army and the flag. The United States Army is 214 years old this Wednesday, while our country's banner, the Stars and Stripes, is celebrating 212 years of flying high.

The Army has been able to exist and thrive for more than 200 years because of the personal commitment and professionalism of soldiers. The development of a strong well-trained army has been a process in which all of you have participated. People make today's all volunteer Army the best it can be.

Over the past two centuries, our Army has always risen to the challenge of defending our flag and the principles for which it stands.

But the Army is more than a fighting force needed in times of conflict. Throughout its history the United States Army has stood as a force for the progress and development of our nation, as well.

During peacetime, Army heroes have done their fair



share to help our country grow. The western United States was, to a great extent, explored and mapped by soldiers.

The expedition of Lewis and Clark, who explored the territory from modern day St. Louis to the coast of Washington state in 1804, helped expand our country to the Pacific Ocean. During peacetime and war, Captain Merriweather Lewis and Lieutenant William Clark served their country valiantly.

In the field of medicine soldiers of the United States Army have also helped advance our country's development. From the challenges of yellow fever one hundred years ago medical research has contributed significantly in the battles against disease.

Army technological research has added substantially to knowledge and rapid advancement within the fields of engineering, aviation, communication and others. While successfully defending our nation the Army has also helped Americans achieve a better life.

The Army was founded in 1775 as a vehicle through which America could gain her independence. However, the actual mandate for the existence of military forces came a dozen years later, in a document known as the Constitution.

Military forces were deemed necessary to provide for the "common defense" of the colonies. Using the new American system of balancing governmental power, the Constitution granted Congress the power to

raise and support armies while the President serves as the Commander-in-Chief.

Two hundred years later the Constitution stands as the legitimate authority for our government and all its facets. That's why even today every soldier takes an oath to support and defend the Constitution.

Our Army has a proud tradition of doing exactly that. As citizen soldiers, citizens who voluntarily choose to defend our nation, we share in the benefits of liberty and freedom ensured by the Constitution. As we celebrate the bicentennial of the seating of the first U.S. government, let's remember that the men and women of our Army have contributed significantly to our nation's progress in reaching this historical point.

Today's soldiers share the patriotism and enthusiasm of the nation's founders. The difficulties you face and the sacrifices you have made on behalf of the United States are appreciated by Americans and lovers of freedom throughout the world.

The American flag, like the Army, stands for the ideals and principles of our country. It can still fly freely because of the dedication of patriots willing to serve the nation in the Army and other services. The star spangled banner is proudly flying at military installations throughout the world. Its striking design and red, white and blue colors remain as a symbol of our commitment to the Constitution and our country.

Take care of soldiers.

Maj. Gen. James B. Allen, Jr.

chaplain's corner

Multi-Cultural Ministries Week: Each one sharing with each other

by Wendell G. Small
GSMC Director of Religious Education

The dates of June 15-18 have been set aside as Multi-Cultural Ministries (MCM) Week in the Greater Stuttgart Military Community. This week provides an opportunity to look at our roots in "Diversity in Culture — Unity in Service."

The goals of MCM Week are to provide soldiers, family members and civilians an opportunity to learn about one another's culture; to affirm good working relationships among all groups; to foster situations within the community that bring about dialogue and problem resolution; and to break down barriers of exclusiveness.

MCM week fosters these goals by providing small group situations in which participants may interface with one another and build upon their own faith base.

Native Americans have a saying "Do not judge another person until you have walked two miles in his/her moccasins." That is a good thought to keep in mind — not only during this Week — but throughout the year.

Where can one find a greater opportunity to celebrate the rich diversity of our culture than in the Armed Forces. In the States, we can dialogue face-to-face with overseas students (some 500,000 studying in the U.S. and Canada), travel to other lands on vacations as a civilian or join the Armed Forces. We also can attend conventions, assemblies or meetings of various kinds to enter discussions with people of other cultures.

The following old Spanish proverb is a guide for those who travel:

Travel lightly; you are not traveling for people to see you.

Travel expectantly; every place you visit is like a surprise package to be opened. Untie the strings with an expectation of high adventure.

Travel humbly; visit people and places with reverence and respect for their traditions and way of life.

Travel with an open mind; leave your prejudices at home.

Travel with curiosity; it is not how far you go, but how deeply you go that mines the gold of experience.

The Hebrew word SHALOM attempts to tell us that God's will for universal reconciliation is at the heart of all biblical revelation and is especially poignant for MCM Week. SHALOM always retains its sense of wholeness and well-being; envisions a relationship of peace for all creation; and suggests disobedience to God's will when part of His creation is "put down" or "oppressed."

Scheduled events for MCM Week include:
June 15: GSMC MCM Week Luncheon, RB Community Club 11:45 a.m.
June 16: Jewish Sabbath Evening Service — RB Chapel Annex 7:30 p.m.
June 16: Musical Celebration, Pattonville Chapel 7:00 p.m.
June 17: Dachau Trip (Call Area Chaplains Office for Information ETS 420-6461/7319).
June 17-18: Collective Protestant, Catholic Masses & Denominational Services (Call the Chapel of Your Choice).

citizen's profile

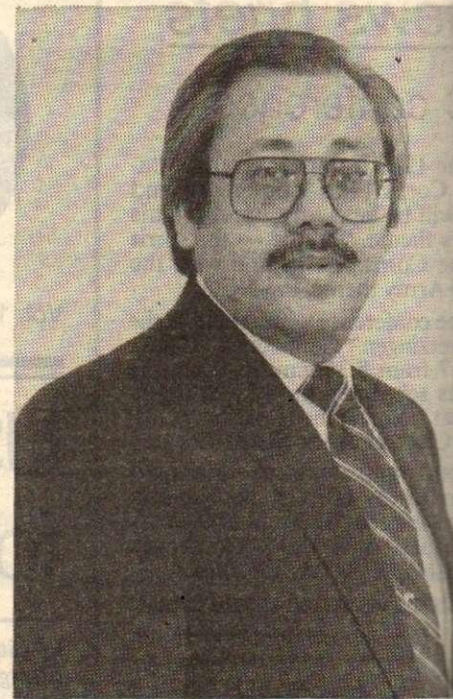


photo by Bob Crockett

Raul Ley-Soto has won the CINC's annual incentive award for Outstanding Contribution to the Equal Employment Opportunity program by an individual. Ley-Soto, an electrical engineer with the Directorate of Engineering and Housing for nearly four years is a collateral-duty EEO counselor. He held a similar position with the Department of the Navy. His in-depth knowledge and considerable experience in handling EEO inquiries has gained the cooperation and respect from in-service military labor counselors management and complainants themselves.



The Stuttgart Citizen is an unofficial publication authorized under the provisions of AR 360-81, published weekly by the United States Military Community Activity, Stuttgart, APO 09154, for the Greater Stuttgart Military Community. Editorial views and opinions expressed in this publication are not necessarily those of the Department of the Army. The Stuttgart Citizen office is located in room 204, building 136 at Robinson Barracks, 7000 Stuttgart 50, Federal Republic of Germany. Telephone number is (prefix Stuttgart military): 7213. Stuttgart Citizen is a letterpress publication printed in 6,200 copies weekly by The Stars and Stripes at Darmstadt, FRG.

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VHA increase

The Variable Housing Allowance (VHA) rate has been increased, the change taking effect June 1. The VHA program is designed to supplement a member's housing allowance to ensure equal out-of-pocket expenses for private sector housing by members in the same paygrade regardless of location within the United States.

The rate increase is designed to maximize the amount that VHA service members receive and still remain within the FY 1989 funding ceiling. The department's FY 1990 budget includes a 3.6 percent increase in VHA to cover housing cost growth.

Language Olympics

The 1989 Language Olympics will be held June 27-29 at Coffey Barracks, Ludwigsburg. Officers and enlisted personnel from VII Corps will use their mission-essential language skills to compete in German, Russian, and Czech. The competition includes 12 different events which test reading, writing, speaking and listening skills; target area knowledge and military knowledge.

For more specifics, contact 2nd Lt. Hanagan or CW2 Rammel at 4282-627/810.

Shipping firearms

If you are going on leave or temporary duty to the States before your overseas tour is over, you may take firearms and ammunition with you without approval from the Bureau of Alcohol, Tobacco and Firearms (ATF). But they must be for legitimate hunting or sporting purposes. You must claim non-resident status on entry and bring the firearms and remaining ammunition back out of the States upon your departure.

"Customs will bond or register these firearms to ensure exportation," said Norman W. Kaucher from the USEUCOM Customs Executive Agency, "and may charge duty if the firearm is imported for the first time and is not obviously entitled to duty-free entry under a non-resident's exemption." Non-resident status, however, affects all other customs exemptions so use it with caution. If you wish to leave a weapon in the States, then the normal procedures requiring ATF approval or proof of prior ownership in the States apply. Civilian employees must, however, get ATF approval through a federally-licensed dealer or wait until they permanently change station on official orders.

Call your local 42d MP Group customs office to find out more.

Auto warranties

Car buyers are urged to review the terms of limited and extended warranties. These often include a clause limiting the application to vehicles registered and normally operated within the 50 United States and District of Columbia. Particularly with the advent of extended warranties lasting up to five years, the obvious impact of such a clause is to terminate warranty protection once the buyer ships the car overseas. Therefore, do not assume that your warranty is still in force in Europe.

Army celebrates 214th birthday

June 14 marks soldiers' march for peace

America faced a crisis in the spring of 1775. After the New England militia clashed with British soldiers at Lexington and Concord, Mass., the 13 colonies found themselves at war with England — one of the strongest military powers in the world — with no American Army available to fight that war.

There were armed men available in all the colonies. Each had a force of loosely-organized militia whose main mission was protecting the settlers against hostile Indians. But in a conflict against the well-trained and well-equipped British Army, the militia wouldn't do.

America needed an Army of its own.

This issue caused hot debate in the Continental Congress. Many members of the Congress were distrustful of standing Armies. In Europe, armies were used to suppress liberties as much as to uphold them, and the stationing of British troops in America to enforce the law was one cause of the present conflict. Opponents in the Congress reasoned that the government couldn't use the Army against its citizens if it didn't have an Army.

Others in the Congress sincerely believed they had no authority to task the separate colonies to provide men to fight under officers not from their own districts.

But there were those who correctly saw that America couldn't survive a war with England without a trained regular army, equipped by the government and led by officers of the government's choosing.

After weeks of debate, Congress on June 14 passed a simple resolution calling for the formation of "10 companies of expert riflemen; six from Pennsylvania, two from Maryland and two from Virginia." With the adoption of that resolution, the United States Army was born.

From that humble beginning, the U.S. Army has fought and grown and earned the respect of the world on hundreds of battlefields on this continent and around the world.

On Breed's Hill (near Bunker Hill), it withstood repeated British charges and retreated only when forced to do so by lack of ammunition.

At Yorktown it overcame England's best and assured independence for the fledgling United States.

In 1813, at the Battle of Chippewa, it



forced a foreign army to acknowledge it as an equal. The British commander, observing the order and discipline in the advancing American ranks, proclaimed to his men, "Those are regulars, by God."

In Mexico in 1846, it earned public praise from its own. As the 3rd Infantry passed in review before him, Gen. Winfield Scott told his staff to "take off your hats to the old guard of the Army," and again commended the mounted rifles as "Brave rifles, veterans, you have been baptized in fire and come out steel." Today, the 3rd Infantry still proudly bears the name "The Old Guard," and the 3rd Armored Cavalry regiment patch proclaims its heritage as "brave rifles."

When America plunged into the Civil War, it was the regulars who stood at Bull Run and allowed the untrained volunteers to escape to fight another day. Later, Abraham Lincoln would "Thank God for these men; they have saved our Army." There were regulars, too, standing on Snodgrass Hill with Gen. George Thomas, "The Rock of Chickamauga," while the rest of the Union Army retreated in disorder.

The Indian campaigns of the West saw

one company of the 27th Infantry hold off 1,500 Sioux and Cheyenne Warriors in the "Wagon-Box fight."

As a new century dawned, the Army found itself reinforcing America's position as a world power in such diverse places as Cuba, in the Philippines and in China, where the 9th Infantry earned and adopted its nickname, "Manchus."

During this time, the newly-established National Guard was integrated with the active regiments, further broadening and strengthening America's landpower capabilities.

When America entered World War I, America sent almost a million fighting men, both regular and National Guard, "over there" in 1917-18. Some of them, individuals and units, returned as legends.

There was Cpl. Alvin York, the pacifist who captured 132 Germans and earned the Medal of Honor. There was the all-black 369th Infantry of the New York National Guard, which fought so ferociously the Germans called them "hell-fighters." And there was the 38th Infantry, which stood fast and became known as "The Rock of the Marne."

In World War II, the Army — now including reserve units as well as the National Guard — pushed through the deserts of Africa, the mountains of Italy, the forests and plains of Europe and the jungles of the Pacific islands to break the Axis.

It faced Communist aggression for the first time in Korea, in a war which even today is halted under a fragile cease-fire, backed up by soldiers of the 2nd Infantry Division who serve with their South Korean counterparts to maintain that uneasy peace.

The Army opposed another Communist threat in Vietnam. Fighting and dying in a war which many Americans didn't understand or support, American soldiers maintained their honor and the tradition of doing their duty.

And in the tiny Caribbean island nation of Grenada, American soldiers helped restore order after a Communist-backed coup threw its nation into chaos.

Today, as at all times throughout its 214-year history, the Army stands as the main guarantor of this nation's independence and ideals. It stands as well as a guardian of those who share our ideals, and remains committed to combatting any threat to our freedom or that of our neighbors and allies. (ArNews)

Society gains from Army research

Military advances reach beyond soldiers' needs

The Army's accomplishments in war are well-documented and familiar to most Americans. Not as many are aware of the Army's peacetime contributions to the growth and development of the nation.

Since the earliest days of its existence, the Army has been involved in such fields as medicine, education, engineering, exploration, and science. Numerous Army accomplishments have benefited all Americans.

At Valley Forge in 1777, Army surgeons compiled and published America's first pharmacopeia, or "dictionary of drugs." Today, no pharmacologist would be without this reference work.

Major Walter Reed, an Army surgeon, isolated the mosquito as the carrier of yellow fever and paved the way for control of that deadly disease.

Meriweather Lewis and William

Clark, who led the expedition to map the Louisiana Purchase, were both Army officers. Thirty-six soldiers accompanied them on their trek to the Pacific.

Zebulon Pike, who discovered the Colorado peak that bears his name, began his Army career at age 15 and died as a brigadier general fighting in the War of 1812.

A young captain of engineers named Robert E. Lee designed a system of levees to protect St. Louis, Mo., from Mississippi River floods. His design still forms the basis for flood control all along the Mississippi.

Although best known as dam builders, the Army Corps of Engineers also built the U.S. Capitol, the Washington Monument, the Lincoln Memorial and dozens of other monuments and public buildings.

The Signal Corps established the first network to collect and report weather data. Those efforts foreshadowed creation of the National Weather Service.

An Army Jupiter-C rocket carried America's first communications satellite into orbit, bringing the country into the space age.

The Army remains a partner in America's growth and development, guarding the freedom which guarantees the right of all men to progress and adding its impetus to improvements which make the quality of life in a free nation so much the better. (ArNews)

ADCO helps soldiers win battle over bottle

Summer Sense '89 campaign kicks off

by Steve Snyder
Stuttgart Citizen staff

Our mission is the soldier, said Rosa Vaughn, Clinical Director at the Community Counseling Center (CCC) at Panzer Kaserne, one of the five centers operating under the aegis of the Alcohol and Drug Control Office (ADCO) located at Robinson Barracks.

That mission is intertwined with USAREUR's Summer Sense '89 Drunk Driving Awareness Campaign, which begins July 1 and runs until Sept. 6. In addition to the emphasis on preventing drunk driving, ADCO's campaign will hold open houses, exhibitions, and "give classes to all segments of the community about substance abuse," according to John Smith, Alcohol and Drug Control Officer for GSMC.

Smith notes that "alcohol abuse is not a disease you can wait for — you have to go out and take preventive measures." Summer Sense '89 is an educational effort directed precisely to that end.

The staff of the counseling centers (the center at Kelley Barracks is considered a satellite office) consists of 32 people; including highly-trained military counselors, as well as civilian counselors with professional education and experience in social work, psychology, and family counseling. They serve over 500 clients per month, bearing the responsibility to service all of GSMC. ADCO's centers, furthermore, "are one of the few organizations in the community which can give long-term treatment," Smith said.

The program at Panzer Kaserne's CCC, which covers the Boeblingen/Sindelfingen subcommunity, can serve as a good example of the challenges facing the centers and the methods they employ to meet them.

During May, Panzer's CCC treated 154 patients; 131 with alcohol problems, 14 abusers of other drugs, and nine co-dependents (spouses of soldiers going through the program with them).

"The majority of our problem involves alcohol because it's a legal substance," Vaughn confirmed. That problem is dealt

with "by looking at the entire person" because "we can't treat a person in a vacuum," she said. Entering patients are given in-depth psycho/social evaluations by the staff to determine the severity of their problem. Family backgrounds, drinking history, and other relevant data are scrutinized in order to "develop an individualized project plan" to help the patient recover.

Once the extent of the problem is determined, patients are placed into one of three tracks. Track one is for soldiers whose problem can be solved in 30 days or less. According to Vaughn, track one patients are taught that alcohol abuse is a disease and there are ways to overcome it. Counselors and patients discuss, in groups of up to 15 people, how alcohol affects the body and the devastation it can wrack upon families.

"We teach them the differences between a healthy family and a dysfunctional one," Vaughn said.

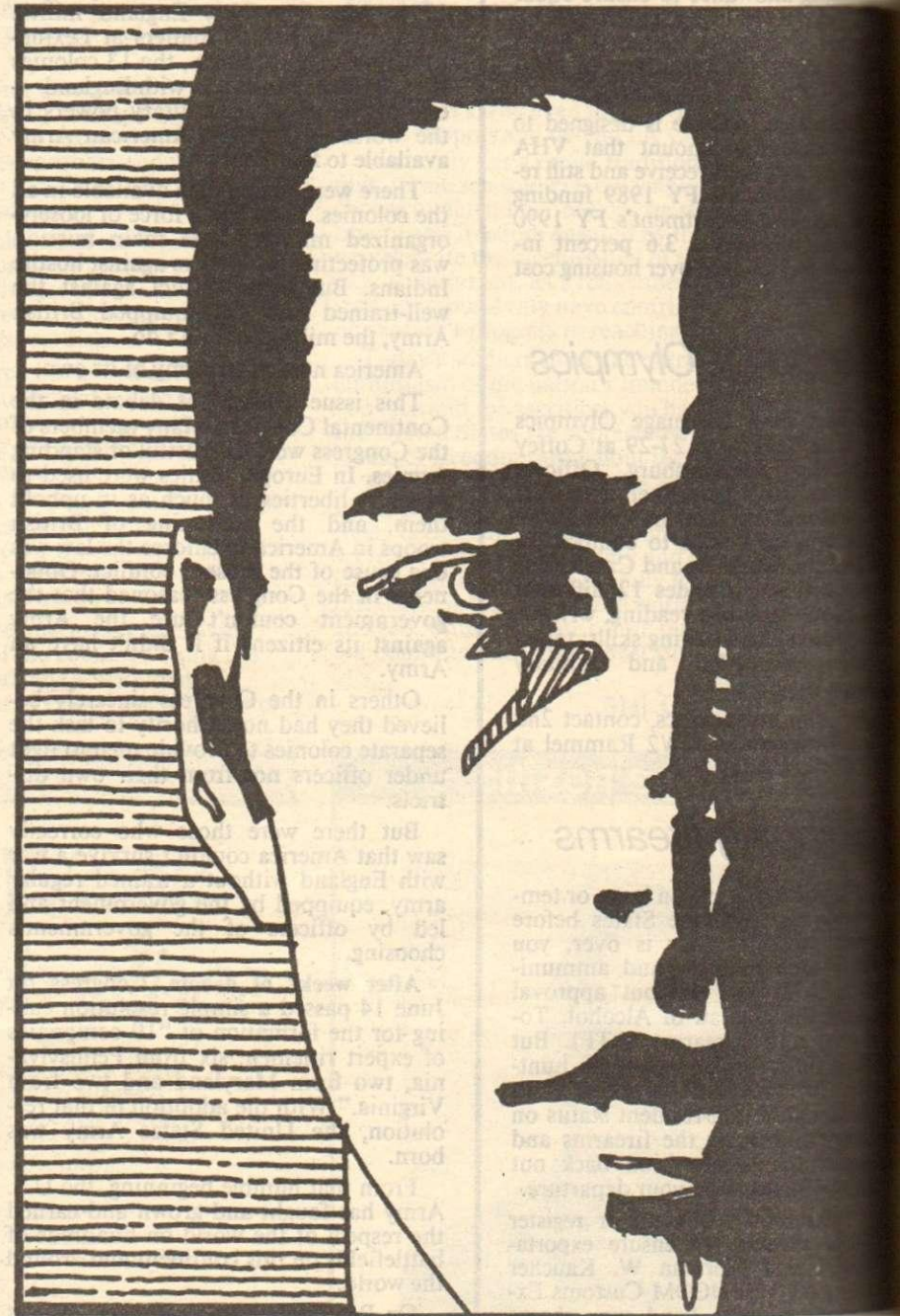
Patients are also thoroughly educated in how better to use their time. They are introduced to the educational center, recreation center, arts and crafts shop, and other worthwhile endeavors. Group outings to locales as exotic as Zurich are also part of the learning environment.

Soldiers slotted into track 2 have more severe problems with alcohol than their track 1 counterparts. They are also more numerous. Of over 500 people treated in the centers each month in GSMC, approximately 450 wind up in track 2, according to Smith.

Track 2 patients are required to spend anywhere from 30 days to a year in the program. Essentially, they receive the same counseling and education as found in track 1. Patients in this track, though, are required to remain "completely abstinent" from alcohol and are "trained to identify stress in their lives" to prevent relapses, according to Vaughn.

Track 3 is designed for drinkers or drug abusers whose addiction is so serious that they require up to six weeks of hospitalization. Antabuse, a drug designed to induce nausea if one drinks alcohol after taking it, is mandated for soldiers on track 3.

Soldiers who can't kick alcohol or drug dependency are eligible for a Chapter 9 discharge. Vaughn emphasizes, though,



that such cases are rare and "we're here for rehabilitation and not for punitive action."

Family members, retirees, and employees with U.S. ID card privileges are eligible for all services from ADCO. Group therapy and marriage counseling are especially valuable aids in helping family members.

For more information, ADCO can be reached at 0711-819-6010 or 420-6010. Local CCCs can be contacted at Panzer

Kaserne, 431-2430/2743; Patch Barracks, 430-5645/7245; Ludendorf Kaserne, 4282-455; Nellingen Barracks, 421-6514/6367, or Kelley Barracks satellite office at 4212-353.

The Adolescent Substance Abuse Counseling Services (ASACS) supercenter is located at 5th General Hospital at 4222-777/893. Counselors are also located at Patch Barracks, 430-1257; Ludendorf Kaserne at 428-2843.



1 of 5 heavy drinkers face major liver damage

Military people know the effects of excessive alcohol consumption. Articles 15 for drunken driving, excessive pain and suffering due to accidents while under the influence, and even promising military careers down the drain because of "the bottle."

In addition to all of that heartache, there is the physical side to alcohol abuse. Cirrhosis of the liver is just one potentially deadly side effect of excessive alcohol abuse.

At just between three and four pounds, the liver is one of the body's most efficient and hardest working organs. But, it too, has limits.

The liver is important because it clears fat soluble toxins from the body, much like the kidneys clear water soluble toxins. It produces bile, the vehicle used for getting rid of waste. The liver regulates energy by synthesizing and metabolizing sugars and proteins in the blood.

But as important and efficient as the liver is, it's not a very good drinker. Just one cocktail can transiently increase the amount of fat in the liver. With continued alcohol abuse, liver cells are irreversibly injured, die and become replaced by scar tissue. This leads to cirrhosis of the liver, an affliction that will develop in 15-20 percent of heavy drinkers.

Moderate drinkers can also get cirrhosis. Maj. (Dr.) Anna Mae Diehl, assistant professor of medicine at the Uniformed Services University of the Health Sciences, the nation's only military medical school, said that alcohol is the main cause of liver injury in alcohol abusers, but not the only contributing factor. "The genetic makeup of the person, inadequate diets, coincident viral infection or drug-induced injury can contribute to cirrhosis," she said.

Once cirrhosis has developed, the liver has fewer functional liver cells than normal and the normal

architecture of the liver has been disrupted by regenerating liver cells and by the deposition of scar tissue. The loss of functional liver tissue and architectural distortion cause the symptoms and signs of advanced liver disease.

Diehl pointed out that the cirrhosis is difficult to detect in its early stages because the liver is so efficient. "The majority of the liver can be damaged and it will still function normally," she said. "However, at some point, a critical amount of liver is lost and symptoms become evident."

Fortunately, some of the injuries to the liver are reversible if people stop drinking. The degree to which you recover is determined by what point you stop abusing the liver, said Diehl. "Once the liver has been scarred," she said, "it will never completely return to normal. Especially once you have abused that critical amount of liver that you need to function somewhat normally." (AFIS)

AFN Stuttgart

Transmitting America's message

and photos by Bob Gonsalves
Stuttgart Citizen assistant editor

In late 1942, the Axis powers are tightening their chokehold on Central Europe, London is devastated by waves of German attacks, and the United States, still furious over its losses at Pearl Harbor, has fully committed itself to World War II as "the arsenal of democracy."

U.S. troop ships are steaming toward European waters as thousands of American fighting men prepare to amass in England's war-torn ports.

Army Chief of Staff Gen. George V. Marshall and Supreme Allied Commander Gen. Dwight D. Eisenhower quickly recognize that you cannot dump thousands of soldiers on a desolate, cold, wet island thousands of miles from home and expect them to be entertained about it.

The two generals came up with what was thought to be a viable idea — build a radio network through an overseas American network for American servicemen serving abroad.

The project was given to Lt. Gen. William Deaver, Eisenhower's chief of staff, who in turn selected a young man with a background in commercial radio to get the job done.

Motivated by 11 stars and orders to be awarded by July 4, 1943, Cpt. John Hayes became the father of today's American Forces Network.

Now, 46 years later, AFN Stuttgart broadcasts as a proud member of the American Forces Radio and Television network, a family bringing servicemen throughout Southern Germany a little closer to home.

Originally, AFN Stuttgart transmitters were repeated programming produced by an affiliate in Munich. However, on March 17, 1948, perched on the top floor of the Graf Zeppelin Hotel, AFN Stuttgart stood on its own two feet by broadcasting the first of its local-produced programming.

Now approaching 41 years of uninterrupted service, AFN Stuttgart, after relocating to its permanent home at Robinson Barracks in 1959, is itself playing a more important role in today's military readiness plan.

Our mission is not only to meet the entertainment and information needs of the community as best we can, but also to meet the command information needs of the community commanders," according to AFN Stuttgart station manager Paul Macko.

Following in the theory that informed troops are more motivated troops,



Army Sergeant Mike Lessens



Army Sergeant Steve Johnston



Army Sergeant Brian Scott

Macko explains that AFN goes a step further than just putting out public service announcements.

"We try to explain the concerns and needs of our local commanders in a manner which relates to the individual," said Macko. "To do this, we keep in constant contact with commanders and public affairs offices throughout the various communities we serve."

Through the use of its two frequencies — 1143 AM and 102.3 FM — AFN Stuttgart keeps its listening audience of over 130,000 entertained, informed, and aware of ever changing command policies.

AFN Stuttgart presently produces seven hours a day of local programming with its morning, afternoon, and

Saturday shows along with broadcasting satellite feeds which feature AFN Z-Rock and Sound Waves formats.

With the advent of television production equipment in 1982, AFN Stuttgart also finds itself venturing away from the studio in order to support AFN's television network headquartered in Frankfurt.

"We contribute regularly to the television network, however manpower and logistic restrictions limit our ability to cover all the events we'd like," Macko said. "We do the best we can with the resources we have."

What AFN Stuttgart lacks in quantity is compensated for in quality.

Macko, who joined the AFN Stuttgart team in 1987, brings with him a unique

perspective. As a former Army broadcaster turned civilian, Macko understands both the need to entertain and the need to disseminate command information.

Army Staff Sgt. Juan Quiros, AFN Stuttgart NCOIC, handles the administrative duties along with filling in on the air when needed. Quiros came to Stuttgart from AFN Headquarters in Frankfurt.

Army Sgt. Steve Johnston may be the first voice you hear Monday through Friday as host of AFN Stuttgart's morning show from 5 to 9 a.m. Arriving in Stuttgart in October, 1986, Johnston has served at Ft. Leonard Wood, Missouri and the American Forces Korean Network in Seoul.

Army Sgt. Brian Scott leads AFN Stuttgart listeners into the sunset as host of the afternoon show from 3 to 6 p.m. Scott studied broadcasting at Western Illinois University prior to entering the Army and has spent time in Honduras entertaining the troops as an evening DJ.

Army Sgt. Mike Lessens keeps the community informed during the week with Local News Update and entertained on the weekend as host of AFN Stuttgart's Saturday show from 8 to noon. Lessens studied music at the University of Michigan and performed with the USAREUR Chorus prior to coming to Stuttgart.

The American Forces Network has come a long way since its maiden broadcast on July 4, 1943, and though times have changed, AFN Stuttgart still holds true to Cpt. Hayes' mission to entertain and inform U.S. servicemen serving abroad.

Jazzercise celebrates 20 fun years

Popular workout in sixth year at Stuttgart

There will be a lot of celebrating to do for Jazzercisers in the Greater Stuttgart Military Community this year. Three milestone anniversaries, including Jazzercise's sixth in Stuttgart, will be reached this year.

Jazzercise, the number-one fitness program in the world, celebrates its 20th anniversary and the 10th anniversary of its presence in West Germany, in 1989. "Having been in business for 20 years means that Jazzercise has contributed to the American fitness trend since its very beginning," says local Jazzercise instructors Christine Charles and Terri McIntyre. "In fact, we've been instrumental in the development of the fitness industry."

Judi Sheppard Missett built Jazzercise from a one-woman operation. A professional dancer from her childhood, Missett by 1969 was performing with internationally known jazz-dance choreographer Gus Giordano. She also taught classes in his Evanston, Illinois studio, but found that students without professional aspirations were intimidated by traditional dance instruction; the drop-out rate was high. Their only alternative, however, was calisthenics classes. Missett created a new alternative — a blend of easy-to-follow jazz-dance choreography, aerobics, muscle-toning and stretching exercise, and fun.

Jazzercise caught on rapidly: In 1972 Missett moved to northern San Diego County and launched Jazzercise formally. In 1977 she began training other instructors. In 1979 Jazzercise incorporated. Today nearly 4,000 instructors



photo by Lionel R. Green

Christine Charles leads her Jazzercise class during the aerobic segment. Charles started Jazzercise in Stuttgart six years ago.

lead more than 400,000 students in Jazzercise classes throughout the United States, Canada and 30 other countries.

Jazzercise caught on rapidly in Stuttgart as well. Jazzercise was introduced to the area in 1983 by Christine Charles with just two classes and twenty-five students. Currently, instructors Charles and McIntyre offer fifteen classes to over 200 students.

The 60- to 65-minute Jazzercise class includes a warm-up, an aerobic segment followed by a cool-down, muscle toning and flexibility exercises, and a final cool-down; instructors demonstrate both challenging movements and alternative, low-impact Lighter Side movements. All rou-

tines emphasize balance, agility, posture, and stamina. Perhaps more importantly, they're fun.

New routines and music, which instructors introduce every eight weeks, keep the program fresh. The program is non-competitive-designed so that people at all fitness levels can participate, and that fosters a sense of camaraderie. The fun and the dance influence make Jazzercise unique and keep participants coming back for more.

Come celebrate with us in 1989! Classes are offered throughout the community and your first class is free. Call 0711-4570835 or 0711-6877454 for more information.

Track & field

The GSMC Track and Field Invitational Championship scheduled for June 17 at Floschen Stadium, Sindelfingen has been canceled. For more information, contact the GSMC Sports Office, 420-6315/7055.

Golf tourney

The GSMC Military Golf Tournament is coming up. This tournament is a qualifier for the VII Corps Golf Tournament.

On June 27, there is a mandatory meeting at 10 a.m. for participants and a practice round will follow. On June 28-29, the 36-hole tournament will be played.

For more information, call 4282-484.

Aerobics

It's still not too late to get those winter pounds off for the summer. Aerobics can help you burn the fat and have fun too.

Classes are offered Monday, Wednesday and Friday morning at 8 a.m. at the Pattonville YS (child care is available for a small fee), and on Monday, Wednesday and Thursday evenings at 7 p.m. at the Stuttgart American High School gymnasium (a mat or towel is needed at the evening sessions.) The cost is \$15 for three classes per week or \$22.50 for six, or come check it out for \$3 on a walk-in basis.

There are new routines monthly. Low and medium impact are demonstrated. The instructor is Karen Crawford. For more information, call the Pattonville YS, 4282-2550.

GSMC track team

The GSMC Track and Field team is currently conducting practices at the Pattonville High School track on Monday-Friday at 6 p.m.

The team needs participants in all three categories: Men's Open (34 and under), Men's Masters (35 and over) and Women's. All events are open and the team particularly needs females and Men's Masters.

The GSMC Track and Field team have been the VII Corps champs the last two years, so join the winning team.

Practices at the Pattonville track are not mandatory, and no previous experience is necessary.

For more information, contact SFC Fletcher Bailey, 4282-715/524.

Volunteer drivers

We are looking for volunteer drivers to transport community sports teams.

For more information, call the GSMC Sports Office, 420-6315/7055.

Karate classes

Summer will soon be here, when you will be out and your children will be looking for something to do. Wouldn't it be nice if they were already involved in an activity?

The instructor, Lesek Krusinski, is a second degree black belt holder.

Classes are held at the Pattonville YS on Monday and Wednesday, and the RB YS on Tuesday and Thursday. There are classes offered for children 6-12 years of age, and adult classes, also. The cost is \$26 per month.

For more information, call the Pattonville YS, 4282-550, or the RB YS at 420-6140.

fitness center

Evaluations answer body's questions

More Americans are having fitness evaluations to help them develop programs for better overall health, and experts generally agree that anyone starting a new exercise program should take it easy during the first several weeks. The American College of Sports Medicine recommends that anyone over the age of 45 consult a physician prior to beginning an exercise program. This is also true for those under 45 who have heart-disease risk factors, such as high blood pressure.

"Anybody that hadn't been training regularly who's in their mid-30s and up, I would strongly advise them to consult with a physician, said," Freddie Giddens of VII Corps Physical Fitness.

The value of fitness evaluations depends on where it is performed. The three primary sources of fitness evaluations today are the private health club, a local recreation department or a physician, according to Patricia Duester, an assistant professor in the Department of Military Medicine at the Uniformed Services of the Health Sciences at Fort Sam Houston, Tex.

"The number and data provided by the health clubs and recreation departments can usually be trusted; however, physicians can perform additional tests that will provide a more accurate picture of overall health," Duester stated.

A typical fitness test includes evaluations of height and weight, body fat percentage, maximal aerobic capacity and blood pressure.

"The maximal aerobic capacity test determines cardiovascular endurance (the ability to carry on vigorous activity such as running, swimming or cycling for an extended period of time) which is considered the most vital element of aerobic fitness," Duester added.

"A fitness evaluation gives an overall rating of your cardiovascular output, flexibility, endurance and strength," Giddens said.

Health clubs and recreation centers usually conduct this test on a stationary bicycle and is generally sufficient for those who are in good physical condition.

"A physician would use a treadmill to get a better idea of how the heart reacts to increasing levels of activity," said Duester. This would be a benefit to everyone who has been sedentary for a long period of time or who has heart-related disease.

The test to determine one's percentage of body fat is usually performed using skin fold calipers, although other more accurate methods exist. The Army currently uses the tape measure test, conducted at company level. A reduction in body fat is a good indicator of increased fitness.

Fitness evaluations can be dangerous if the right questions aren't asked, noted Duester. "It is extremely important for evaluators to know critical information such as age, levels of activity, prior and current activity, health and nutrition habits, and family health history," she said. "This information will be used to make recommendations about the total fitness program or signal underlying problems that should be addressed by a physician."

Cholesterol is the most recent health topic around the country. In response, more health clubs are purchasing machines that test cholesterol levels, but according to Duester, these tests only tell part of the story.

"They give the total blood cholesterol, but does not break it down into good or bad. Those tests can only be performed in a laboratory."

She provided recommendations to make decisions about fitness. "First, let your body be your guide. Be moderate. Don't be in a hurry to get in shape as it takes time to build up a desired level of fitness."

Secondly, educate yourself. Go to a library and find out what to expect from a fitness program and what the information within an evaluation means. Then tailor your program accordingly."

Giddens advised to consider your present condition, not your past.

"A lot of people go by what they could do in the past," he said. "If you haven't been training regularly, you have to consider your present condition and gradually work up to your best condition."

Compiled by Tom Joyce, AFIS and Lionel R. Green, Stuttgart Citizen.



Stepping Out With Evi Hofielen

June 18
DAILY
Stuttgart State Gallery,
Königsplatz 30-32;
Wed, Fri, Sat,
10 a.m.-5
p.m., Tue, Thu 10
a.m.-3 p.m.

DAY BY DAY
Monday, June 12
"DANGEROUS LIAI-
SONS" — Fea-
ture film in Eng-
lish; Kino Atelier
2, Kronprinzstr.
6, 5:15 p.m., 7:30
p.m., 10 p.m. thru Wednesday, June 14.

BALLET PERFORMANCE — "In the Future", "Three
Pieces"; Württemberg State Theater, 8 p.m., also
Thursday, June 15.

CHRIS DE BURGH IN CONCERT — Hanns-Martin-
Schleyer-Hall, 8 p.m.

ROCK 1 — Rockmusical, Kongresshalle Boeblingen, 8
p.m., also Tuesday, June 13 and Thursday, June 14.

ACANTRAZ — Rhythm, Soul, Blues; Piano im Feuil-
leton, Haussmannstr. 235, 9 p.m.

Tuesday, June 13
MARTHA — Opera Flotow; Württemberg State Opera
House, 7:30 p.m.

WIELAND CRACKERS — Dixieland Hall, Mari-
enstr. 3, 7:30 p.m.

STUTTGART PHILHARMONIC ORCHESTRA —
Special concert; Liederhalle, 8 p.m.

COVER BOYS LIVE — Piano im Feuilleton,
Haussmannstr. 235, 9 p.m.

BLUEGRASS JAMBOREE — "Roehre", Wagenburg-
tunnel, Neckarstr. 34, 9 p.m.

Wednesday, June 14
HAPPY WINE CRUISE ON NECKAR RIVER — De-
parture: Across from Wilhelma Zoo, 6:30 p.m.

ROYAL GARDEN RAMBLERS — Dixieland Hall,
Marienstr. 3, 7:30 p.m.

ROCK STREET STRUTTERS from California — Jazz
Haus, Wilhelmstr. 5, 8:30 p.m.

Thursday, June 15
CHARLY MOPIK — Feature Film in English,
Kino, Atelier 2, Kronprinzstr. 6, 5:45 p.m., 7:45
p.m., 9:45 p.m., thru Wed, Jun 21

JAZZ & CHANSON: Edith Feth (voc) & Hans Volz (p)
& Oldtime Quartett Stuttgart, Dixieland Hall, Mari-
enstr. 3, 7:30 p.m.

INTERNATIONAL COUNTRY MUSIC FESTIVAL
— Hotel Stuttgart International, 7:30 p.m.

REDES — Rhythm, Soul, Blues — Piano im Feuilleton,
Haussmannstr. 235, 9 p.m.

JAZZJOKERS — Mainstream Jazz — "Roehre", Wa-
genburgtunnel, Neckarstr. 34, p.m.

Friday, June 16
HOUSE OF CHURCH MUSIC — Stiftskirche, Stifts-
strasse, 7 p.m.

ROCKTIME COMPANY, STUTTGART — Dixieland
Hall, Marienstr. 3, 7:30 p.m.

ROCK AUROS, Pantomime Fairyale, Makal City Thea-
ter, Marienstr. 12, 8 p.m.

ROTTENKÖNIG — Opera by J. Offenbach,
Württemberg State Opera House, 8 p.m.

ROCK & THE HEMINGWAYS — Rock, Jazz,
Funk, Musikhalle am Bahnhof, Ludwigsburg, 8:30
p.m.

WABLUES AND THE DETAIL HORNS —
Rhythm, Soul, Blues — Piano im Feuilleton,
Haussmannstr. 235, 9 p.m.

Saturday, June 17
ROCK — SV Stuttgarter Kickers vs 1. FC Nuernberg,
Neckarstadion, 3:30 p.m.

BALLET PERFORMANCE — Württemberg State
Opera House, 7:30 p.m.

ROCK FEST in Bietigheim-Bissingen, also on Sun,
June 18.

ROCK FOOT STOMPERS — Jazz at Dixieland Hall,
Marienstr. 3, 7:30 p.m.

ROCK TO LUNCH — Modern Jazz at Jazz Haus, Wil-
helmstr. 5, 8:30 p.m.

ROCK'S ECSTASY — Funk, Jazz — Piano im
Feuilleton, Haussmannstr. 235, 9 p.m.

Sunday, June 18
ROCK CONCERT — HISTORICAL CITY
GARDENS, Esslingen Castle, 11 a.m.

ROCK FLYING DUTCHMAN, Opera by R. Wagner,
Württemberg State Opera House, 7:30 p.m.

ROCK BAND, FREDERIC RABOLD — Jazz at Kur-
park Garden, Bad Cannstatt, 6:30 p.m.

ROCK INFORMATION SUBJECT TO CHANGE!



USAREUR AG Ball

The annual USAREUR Adjutant General Ball will be held June 24 at the Heidelberg Officers and Civil-
ians Club at Patrick Henry Village. Invited to attend
are both active and retired Adjutant General Corps
Officers, Sergeants Major and AG civilians in the
grade of GS-7 and above.

The receiving line for this 214th AG Ball will begin
at 6 p.m. followed by dinner and the formal program
at 6:45 p.m. Cost for the evening is \$24.50 per person.

AG officers who do not receive the material about
the ball may call Maj. Perry at 379-6440/6151.

Vet clinic hotline

The GSMC Animal Care Clinic has available an
emergency on-call listing of area veterinarians for eve-
nings and weekends. Pet owners can pick up a copy at
the clinic, bldg. 138, RB, or call 420-6038, which is a
recorded message of the on-call information.

For details, call or drop by the clinic, 420-
6099/6038.

YS soccer registration

Registration for the 1989 GSMC Youth Services
(YS) soccer season will be held Thursday through Au-
gust 4. All YS ID card holders are eligible. A \$15 fee
will be charged. Volunteer commissioners and coaches
are needed, too.

For more information, contact your local YS.

USC program

The University of Southern California's Certificate
in Information Systems program will provide essential
ingredients to introduce computers and information
technology into management strategy.

For further information, contact your local Educa-
tion Center, or call 430-5441/7113.

Kelley summer dance

Alice R. Matthews #77 presents a summer dance June
24 beginning at 8 p.m. at the Kelley NCO Club. The cost
per person is \$5. For ticket information, call 0711-817191
between 4-7 p.m.; 421-6443; or 420-6008.

Montreux jazz festival

Each summer, for over a fortnight, Montreux wel-
comes over 50,000 jazz enthusiasts. This year, the festi-
val will be held July 7-22. For additional informa-
tion, contact the Montreux Tourist Office, Place du
Debarcadere, CH-1820 Montreux, telephone #0041-
21/9631212.

Vacation bible school

Robinson Barracks Vacation Bible School (VBS)
will be held daily July 10-14 from 9 a.m. to noon at the
Chapel & Chapel center. Preregistration will be June
25, July 2 and 9 from 10:30 to 11:15 a.m. at the RB
Chapel, and June 29 and July 6 from noon to 8 p.m. at
the Main Exchange.

For additional information, contact 0711-859424 or
420-6219/07141-80587.

stuttgart notes

If you would like to learn more about the Gospel of
Luke, join us at the RB Chapel center Tuesday at 7
p.m. For more information, call the center.

4th of July picnic

The USAREUR ATF is hosting its 12th Annual ATF
July Picnic on July 4 from 10:30 a.m. to 6 p.m. on the
grounds of 5th General Hospital, Bad Cannstatt.

All former "Big Steppers" and their families are
invited to have a day of food, fun, and fellowship.

For further information, contact 4222-777/778/851
or 0711-5201-777/778/851.

Patch ACS seminars

Automobile Financing — This free seminar will
take place Thursday from 1 to 2 p.m. at the Patch
Community Rec center. You must sign up to attend,
430-7176.

"Wooden Dutch Couple" — This is June's theme
for the Patch ACS Outreach Craft. It will be held
Wednesday from 6 to 8 p.m. at a cost of \$5. Sign-up
one week in advance is necessary, 430-5270.

"Going Home" — The Patch ACS will be conduct-
ing this workshop June 22 from 1:30 to 4:30 p.m. at
the Patch Rec center, bldg. 2307. This workshop is
recommended to all who will be PCSing or ETSing in
the near future.

For more information, contact 430-5274.

Panzer ACS projects

A trip to the local swimming-pool is planned Thursday,
leaving from the ACS at 2 p.m. Bring DMs for locker and
entrance fees. Space is limited, so sign up today!

A Craft Outreach Project is co-sponsored by Panzer
Arts & Crafts and the ACS June 19. The cost is \$5,
babysitting may be available. Sign up today!

A baby-sitting class will be co-sponsored by the
American Red Cross and Panzer ACS June 20 from 8
a.m. to 12:30 p.m. and June 21 from 1 to 4:30 p.m.
The class is open to eleven years and older, and will be
held in the ACS Lounge. Space is limited to 20 stu-
dents, so sign up today!

For additional information, call 4312-706/524 or
07031-15-706/524.

Canada ballet tour

The National Ballet of Canada will perform June 22
in Ludwigsburg with a serenade, a blue-eyed trek, and
La Ronde.

For further information, contact Gregory Patterson
at 416-368-7443.

Bicycle tour

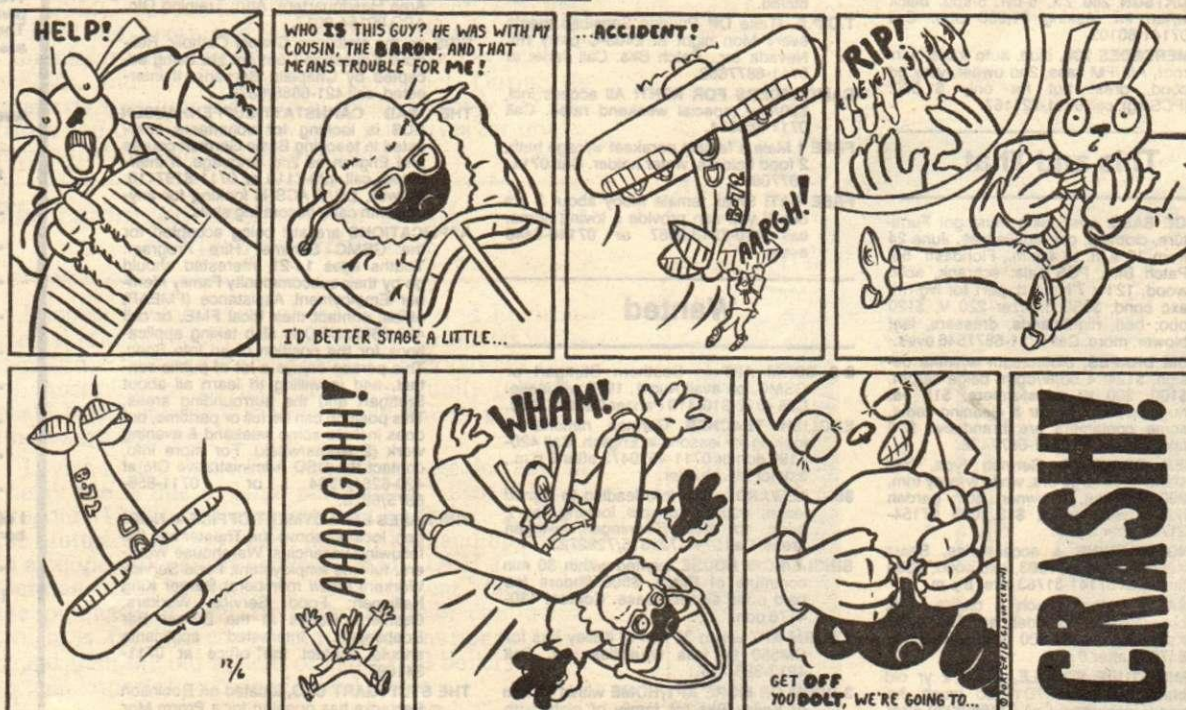
The Association of the Friends of the Liberty Trail
is holding its 4th Annual Bicycle Tour. France organ-
izers have opened 70 slots for the American partici-
pants. Registration is on a first come first serve basis.

Tour dates are August 19 through 26, starting in
Saint-Lo and ending in Strasbourg. Cost is 1000
French francs (approximately \$175), including all ac-
commodation, meals and insurance fee.

Outdoor Recreation has registration forms and let-
ters of information for those seriously interested.

For more information, stop by bldg. 121, or contact
420-6202 or 0711-8568904.

Detective Tails



PRODUCED AT MWR MARKETING AND ADVERTISING

Robinson Barracks

Mon., June 12: "Rainman," R, 7 p.m.
Tue., June 13: "Cocktail," R, 7 p.m.
Wed., June 14: "The Rescue," PG, 7 p.m.
Thu., Fri., June 15 & 16: "Beaches," PG-13, 7 p.m.
Sat., June 17: "Hero And The Terror," R, 6:30 & 8:30 p.m.
Sun., June 18: "Working Girl," R, 6:30 & 8:40 p.m.

Pattonville

Mon., June 12: "Rainman," R, 7 p.m.
Tue., June 13: "Cocktail," R, 7 p.m.
Wed., June 14: "The Rescue," PG, 7 p.m.
Thu., Fri., June 15 & 16: "Beaches," PG-13, 7 p.m.
Sat., June 17: "Hero And The Terror," R, 6:30 p.m.
Sun., June 18: "Working Girl," R, 7 p.m.

Flak Kaserne

Thu., June 15: "Poltergeist III," PG-13, 7 p.m.

1985 NISSAN 300 ZX, blue, 5-spd, gd cond, 4 brandnew tires, 41,500 mi. t-top, AM/FM stereo cass. Asking \$10,500. Call 0711-722837 after 6 p.m. or 420-6013 ddd.

1985 HONDA ACCORD LX, 4-dr, white, air, 5-spd, power steering/brakes/windows, all-weather tires, exc cond, new exh sys, elig for free shipment to CONUS. Priced \$550 below book at \$6,750. Call 430-4164 ddd or 0711-6877886 from 6 to 9 p.m. weekdays, all day weekends

1984 PONTIAC FIREBIRD, red, gd cond, AM/FM, auto trans, power brakes & steering, tilt wheel. Asking DM4,000. Call 07158-63930 after 7 p.m.

1982 BMW 320i, auto, power steering, sunroof, 2 elec mirrors, full spoiler, air rims, met green, German specs, exc cond. Asking \$4,300. Call 0711-456731.

1982 BMW 633 cal, gray, auto, power windows & sunroof, BBS wheels, Blaupunkt AM/FM cass, Recaro leather seats. Asking \$8,950. Call 430-7215 or 0711-6877815.

1982 PONTIAC J2000 STN WGN, white w/gold pinstripes, 90 K mi, AT/AC/PS, luggage rack, shop manual, new tires, rebuilt carburetor, new paint in '86, passed insp May '89. Blue book \$1,975, asking \$1,300. Call 0711-853350 or 420-6275.

1982 NISSAN SENTRA, auto, 4-dr, AM/FM, air, cruise, PS/PB, exc cond in & outside, needs eng. great for mechanically inclined. Call 0711-721196, give offer.

1982 YAMAHA VIRAGO 750, asking \$800 obo. Call 0711-341889.

1981 FORD GRANADA, in perf driving cond, silver, less than 100,000 km. Asking \$1,200. Call 0711-6877546 eves for info.

1980 GOLF VW, alpina white, radio cass auto rev, 70 PS, double light grill spoiler, no rust, new tires & brakes, super cond. Asking \$2,400. Call 0711-456731.

1980 BMW 323 i, rebuilt eng 1987, fuel inj, sunroof, black, no rust, great cond. Asking \$3,400 obo. Call 07146-7634 or 4282-888.

1980 DATSUN 200 SX, blue, must sell. Asking \$2,000 obo. Call 0711-3481182.

1979 OPEL KADETT STN WGN, 4-spd, stereo cass, recent insp, clean, great going to work car, gd gas mi. Asking \$650. Call 07152-54603 after 7 p.m.

1979 DATSUN 280 ZX, 6-cyl, 5-spd, black w/tan int. Asking \$1,800 obo. Call 07141-80102.

1976 MERCEDES 230, blue, auto trans, sunroof, AM/FM cass, 2nd owner, very gd cond, great but for only \$1,300. (PCSing) call 0711-721167.

GARAGE SALE: everything must go! Furniture, clothing, car, appliances, June 24 from 10 a.m. to 4 p.m., Floridastar 53, Patch Bks; PCS sale: schrank, solid wood, 121" x 7" x 2", perf for lgvrm, exc cond, \$950; freezer 220 V, \$120 obo; bed, nightstands, dressers, leaf blower, more. Call 0711-6877546 eves.

CUSTOM DRAPES, blue/cream w/white design, \$124; 4 bd/ly/dgrm beige carpet, \$100; 300 W transformers, \$15 ea; huge assortm or car & cleaning items, some containers are brandnew, \$10 takes it all. Call 0711-6877422.

KITCHEN CABINETS, German tys, free standing, 4 large drs, white w/gray trim, 200 V outlet, 1 owner, \$60; garden hose, never used, \$13. Call 07154-21707 after 5 p.m.

SEWING MACHINE & accessories, Sears Kenmore model 1603, exc cond, \$300 firm. Call 07141-31783 after 8 p.m.

PCS SALE: leather couch & chairs, dark brown, exc cond, sideboard, Grenadier Ksn, 307 B3, \$1,500 obo. Call 0711-857324 after 6 p.m.

AKC MINIATURE POODLE, \$250; 2 yr old black male, I'm TDY too much, he needs company. Call 07158-2239 after 6 p.m.

Fri., June 16: "They Live," R, 7 p.m.
Sat., June 17: "Salsa," PG, 7 p.m.
Sun., June 18: "The Naked Gun," PG-13, 7 p.m.

Krabbenloch Kaserne

Fri., June 16: "Ernest Saves Christmas," PG, 7 p.m.
Sat., June 17: "The Land Before Time," G, 7 p.m.
Sun., June 18: "Twins," PG, 7 p.m.

Kelley Barracks

Tue., June 13: "The Burbs," PG, 7 p.m.
Thu., Fri., June 15 & 16: "Who's Harry Crumb?," PG-13, 7 p.m.
Sat., June 17: "Parents," R, 7 p.m.
Sun., June 18: "Rainman," R, 7 p.m.

Patch Barracks

Mon., June 12: "Working Girl," R, 7 p.m.
Tue., June 13: "Die Hard," R, 7 p.m.
Wed., June 14: "Hot To Trot," PG, 7 p.m.
Thu., June 15: "True Believer," R, 7 p.m.

Fri., Sat., June 16 & 17: "See No Evil, Hear No Evil," R, 6:30 p.m.

Fri., June 16: "True Believer," R, 8:30 p.m.

Sat., June 17: "The Blob," R, 8:30 p.m.

Sun., June 18: "Mississippi Burning," R, 7 p.m.

Nelligen Barracks

Mon., June 12: "Working Girl," R, 7 p.m.

Tue., June 13: "Die Hard," R, 7 & 9:30 p.m.

Wed., June 14: "Hot To Trot," PG, 7 p.m.

Thu., Fri., June 15 & 16: "True Believer," R, 7 p.m.

Sat., June 17: "The Blob," R, 7 p.m.

Sun., June 18: "Mississippi Burning," R, 7 p.m.

Panzer Kaserne

Mon., June 12: "The Naked Gun," PG-13, 8 p.m.

Tue., Wed., June 13 & 14: "Plain Clothes," PG, 8 p.m.

Thu., Fri., June 15 & 16: "Without A Clue," PG, 8 p.m.

Sat., Sun., June 17 & 18: "Tucker," PG, 10
p.m.

Program Synopsis

SEE NO EVIL, HEAR NO EVIL — A rollicking comedy concerning a deaf newspaper proprietor who, along with his blind assistant, is mistakenly implicated in a murder.

TRUE BELIEVER — A brilliant outgrowth attorney who defends the rights of big money criminals, agrees, against the wishes of some crooked city officials, to defend a young man falsely convicted of a gang slaying.

DIE HARD — A New York City cop is trapped in a Los Angeles tower which has been seized by terrorists and discovers he is the only hope for a group of hostages that includes his ex-wife.

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1986 HANSEATIC PORTABLE DRYER, 220 V, exc cond, \$100. Call 0711-854242.

BIKES — Schwinn 10-sp'd, \$35; Peugeot 10-sp'd w/lights & bell, \$75; Kenmore microwave oven (dig) w/temp probe, \$100; ski equip men's K-2 Mid 195 cm w/bindings & poles, \$15; Fisher 164 cm women's skis w/bindings & poles, \$25. Call 0711-701209.

LARGE KITCHEN UNIT, \$100: 4-pc lv/dgrm schrank, \$160; German washing machine, \$75; transformers; 220 V vacuum cleaner, misc. Call 07141-870145 eves.

SAILBOAT, H-415, fiberglass 14.2 ft w/cover & trailer, well maintained but needs good home and aggressive sailors, currently registered, \$1,500. Call 425-3745, leave message.

SOFA, rust, large pillows w/love seats, gd cond, \$150. Call 0711-3481182 or 421-6651 ddh.

PCS SALE: 5-mr wall-to-wall carpet, beige & light brown short sculptured shap w/pad backing, \$395; large Amana microwave & convection oven, 110 V, 50/60 HZ, \$399 (\$599 in exchange); 1000 W transf, \$50; 300 W transf, \$20; heavy duty water filter, chrome, \$25. Call 0711-6877888.

PROPANE GAS GRILL, Sunbeam Grillmaster, Model 90056, never used, \$70. Call 0711-7975093.

PCS SALE: Everything must go! RB, bldg, 184, apt. C-5; lv/dg/bdrmr set, RCA 25" console TV; IBM PC-400 Computer; June 17-18 from 10 a.m. to 9 p.m.

1500 W TRANSFORMER w/switch, \$50; 300 W, \$20; both for \$65; Minolta SRT 35mm camera, f1.4, 55m lens, f2.8, 35 mm wide angle lens, f3.5 200mm telephoto, books & case, package for \$125. Call 0711-853350 or 420-6275.

LIVINGRM SET, couch, rocker, chair, 2 end tables & coffee table, 2 lamps, all wood w/plaid brown cushions, \$600 oba. Call 0711-6877071.

ENGLISH LESSONS for individuals — all levels, Nellingen/Kelley/Esslingen area. Call 07158-65363.

FCC PROVIDER at RB has one opening for infant during July. For more info, call 0711-853336.

IF YOU NEED a babysitter, I'm willing to babysit on weekends, after school, and school holidays. Call Tamika at 07141-80986.

T.O.P.S. (Take Off Pounds Sensibly) meets every Mon night at 2403-C party rm, Nevada Str., Patch Bks. Call Janet at 0711-6877662.

CAMCORDERS FOR RENT! All access incl. \$20/day, special weekend rates. Call 0711-859511.

FREE 1 Male & female parakeet w/cage bath, 2 food holders, water holder. Call 0711-6877089.

FREE CAT! Small female tubby about 3 yrs old. If you can provide a loving home, call 420-7213.6067 or 07146-6448 eves.

2-3 BDRM APT in Southern Stuttgart or GSMC, be avail Aug 1, 1989 will lease. Call 4312-310/410 Panzer Dental Clinic.

ENGLISH TEACHER German national looking for lessons in English. Call 420-7190 ddh or 0711-4570473 after 6 p.m., ask for Mr. Mueller.

\$500 REWARD — for info leading to signed lease, married couple looking for 2 bdrm apt Kelley/Plenningen/Nellingen areas. Call 0711-721315/7292723.

SINGLE/ROW HOUSE wanted within 30 min commute of Patch, \$500 finders fee paid upon signing lease. Contact 430-4176 ddh.

1 BDRM APT within 30 min of Kelley Bks for DM550 or less w/utilities incl. Call 4212-386/796.

3 BDRM OR MORE APT/HOME within 30 min of Kelley Bks for family of eight with Government Rental Housing Program.

limit of DM1.950 incl util. Call 4212-386/796.

MAN'S GOLD WEDDING RING lost May 24 at 7 p.m. at Wilken Bks ball field by bleachers. Reward offered on return. Call 428-2885/2677 or 428-2680/2419 or 0711-556900.

A SET OF KEYS lost around Pattonville shopping center. Call 07141-80190 anytime.

\$50 REWARD for return of female cat, named Echo, gray w/white spot on under side, she needs medication & special food, last seen Pattonville May 28. Call 07141-80162 or 4282-614 ddh.

ANYONE OWING MONEY to or who are debtors to the estate of Moni Gaoteete, contact 1 Lt Findlay at 421-6354/6345 or 0711-854267.

BIDS are now being received for Religious Education Coordinator for the Nellington Catholic Chapel. Please contact Ch Bernans at 421-6886/6379 if interested.

THE CATHOLIC CONGREGATION at Pattonville Chapel will have an opening for the position of Religious Education Coordinator beginning of Oct 89. Interviews for this position will be held Aug 1-15. We require a resume and although experience is not necessary, the ability to organize and oversee our Religious Education Program is required. Please contact the chapel at 428-2811/320 or 07141-882-811/320.

KELLEY CHAPEL is accepting bids on the NAF contract for organist. If interested, contact Ch Wichner, 421-2396/2518. NLT June 12, at 4 p.m.

THE AMERICAN RED CROSS (ARC) EUROPEAN AREA HQ at McGee Bks is accepting applications for a volunteer position in the Training Ofc. This position requires general ofc & secretarial skills along w/general computer knowledge; knowledge of German is a plus. If interested, send a letter to: ARC, European Area Headquarters, Attn: Training Ofc, APO 09154-0017.

BIDS on the Nellingen Chapel Catholic Religious Education Contract are being accepted by Chaplain Bernans. If interested, call 421-6886/6379.

THE BAD CANNSTATT-ZUFFENHAUSEN
ACS is looking for volunteers interested in teaching Basic German courses and English as 2nd language. If interested, call 420-7110 or 0711-8197110; as well, BC/Z ACS is looking for anyone with cake decorating skills.

APPLICATIONS are still being accepted for the **GSMC Summer Hire Program**. Youths ages 14-21 interested should go by their subcommunity **Family Member Employment Assistance (FMEA)** office, contact their local **FME**, or call **420-6693**. **USO** is also taking applications for the position of an **Info Spec**. This person enjoys a lot of public contact, and is willing to learn all about **Stuttgart** and the surrounding areas. This position can be full or parttime, but does include some weekend & evening work (2 nights/week). For more info, contact the **USO Administrative Ofc** at **420-6261/7364** or **0711-856-6875/6876**.

THE AAFES EMPLOYMENT OFFICE in Nellin-
gen, located above the Theater has the

following vacancies: Warehouse Workers, fulltime employment; Food Service Workers (crew members) Burger King, Neillingen; Food Service Workers, Cashiers, Cooks at the Burger Bar, Boeblingen. Interested applicants should contact the office at 0711-341897.

THE STUTTGART USO, located on Robinson Barracks has opening for a Prgrm Mgr and several Prgrm Assts. General of

skills, plus an exc command of the German language is required. Travel agency experience and knowledge of computers is an asset. This is a fulltime position w/paid vacation, sick leave and tax-free salary.

LN AUTHORIZED POSITIONS open to both currently employed and outside Local Nationals or U.S. citizen family members (applications should be submitted from June 12 thru June 26): Material Sorter & Classifier, C-6912-6a, Ludwigsburg; Warehouse Worker Leader, A1-6907-2+ L 10%; WL-6907-4; Weillimdorf.

US AUTHORIZED POSITIONS — open only to U.S. citizens currently employed or applying for work through our office: none.

ATTENTION: HARD TO FILL POSITIONS: The DoDDS System is recruiting for the following positions: LUNCHROOM MONITOR GS-303-2 (temp) NTE June 16.

1989 at all schools. For further information on this position, please call Mrs. Vaughan at 420-6268 (0711-819-6268. FABRIC WORKER (Tailoring) LEADER 89-132 A, WL-3105-6/A2-3105-5 & L-10%, Ludwigsburg, Call 420-6128 (0711-819-6128) for more information on above positions. 88-565B. DIETITIAN, GS-630-9, location: U.S. Army Hospital, Bad Cannstatt, Stg. Ge. DAC position. Applications will be accepted from Family Members or current employees within USAREUR. Apply under SVA 88-125A. Contact Lou Smith at 420-6128. Sewing Machine Operator, WG-311-4/a2-311-4. Wallace; Laborer, WG-3502-3/a1-3502-2. Wallace; Upholstery Worker, WG-3106-5/7, A4-3106-6, Wallace. Contact Patricia Foshaag at 420-6128.

FOR FAMILY MEMBER ONLY: Licensed Practical Nurse, GS/K-620-4, perm, fulltime, rotating shifts, OCVFA 89-02. Bad Cannstatt. RECREATION ASST., GS-189-5, Kelley Physical Fitness center, involves working evenings & weekends, Ann #89-002. ASST CHILD DEVELOPMENT SERVICES DIRECTOR, GS-1701-7, Panzer & Grenadier Kaserne Child Development center, Ann #88-787B. FOOD SERVICE WORKERS, WG-1, \$6.80/hour, parttime, Stg.

SEE NO EVIL, HEAR NO EVIL — A rollicking comedy concerning a deaf newspaper proprietor who, along with his blind assistant, is mistakenly implicated in a murder.

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Use this coupon to place a classified ad in the Stuttgart Citizen Marketplace. We must have your ad two weeks prior to desired publication. Your ad must be printed or typed (illegible ads won't be published to avoid erroneous information). The Citizen staff reserves the right to edit or reject ads based on their content. We assume no responsibility for any service or object advertised.

Circle the category you prefer for your ad:

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Print your ad here

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I certify that this ad is no way connected with a commercial v
bona fide member of the Greater Stuttgart Military Community.

(Signature, address & phone number (incl. civilian prefix

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