

Local women honored for innovative efforts

by Donna Walker
Command Information Officer

Showers of praise boost morale, but mixing money with words probably makes a more motivating down-pour. Money and praise were the reward for four women honored for their contributions to the Federal Women's Program as members of the FWP Steering Committee.

Karen Staser, Wendy Jones and Bernadette Carpenter each received Special Act Awards and Charlotte Gibson received a Scroll of Appreciation for voluntarily donating "time and energy to the FWP Program," said Lt. Col. Edward Bailey, Director of Engineering and Housing, who presented the awards.

Five hundred dollars went to Staser, chairperson of the steering committee, who works at Kelley Barracks

as a logistics specialist for VII Corps.

"Karen was solely responsible for the concept of the High School Career Program," said Barbara Manzo, FWP Manager. "In the program, scheduled to start in January at Patch and Stuttgart American High Schools, we'll talk to students about the realities of life in the workforce, where women of today can plan to spend one-third of their lives."

Wendy Jones received \$250 for planning monthly training seminars in her role as FWP first vice-chairperson. Also employed by VII Corps Directorate of Logistics, Jones invited experts to speak on topics like "Women in Management" and "Training Opportunities in Stuttgart, in the Federal Government."

An award of \$200 went to Bernadette Carpenter, support assistant for the deputy subcommunity commander in the Ludwigsburg-Kornwestheim Military Subcommunity, and LK community's primary representative.

"Bernie does things that really matter," said Manzo. "She never hesitates to volunteer and help out with details. She is the kind of person that forms the foundation of the program."

Charlotte Gibson, although not a federal employee, "volunteers her time to the program because she believes in it," said Manzo. As primary representative for the Vaihingen Military Subcommunity, she donated her graphics art expertise in publicity efforts for FWP programs.

FWP exists solely to increase employment and advancement opportunities for women. Members learn how to be competitive for promotion, ways to enter into new career fields and what issues face them in the workplace.

Manzo explains. "It's true women have come a long way. It's also true they have a long way to go and, therefore, must avoid becoming complacent. So a main goal of FWP is to raise consciousness, for both men and women."

briefs

Santa hotlines

Santa Claus is ready to take calls at the following numbers: Vaihingen, 0711-680-8000 or 430-8000; Boeblingen, 07301-15-2110 or 431-2110; Robinson Barracks, 0711-819-7222 or 420-7222.

Safety training

Winter safety driving classes for SF 46 (military driver's license) for new military members are held every Monday, 8 a.m. to noon and 1 to 4 p.m. at bldg 112, 2nd floor, Robinson Barracks.

For information, call SFC Steadman, 420-7250

DRMO retail sale

The Defense Reutilization and Marketing Office Ludwigsburg, located on Osterholzallee, near Coffey Barracks and the commissary, will hold a retail sale of excess personal and government property on Dec. 15, 8 a.m. to noon.

The sale is open to everyone. All items are sold "as is," and all sales are final. Customers need to bring transportation. All sales are for cash and non-U.S. personnel must pay customs on purchases before they may be removed.

For information, call 4282-892/554.

MARS station

The Ludwigsburg-Kornwestheim Military Subcommunity Military Affiliate Radio System sponsored by the 34th Signal Battalion and the 93rd Signal Brigade, is a world-wide radio communication system. Servicemembers may use the system to patch phone calls or send MARS Grams.

The LK MARS station is located in bldg. 1612, room 17, Krabbenloch Kaserne. Operating hours are from 7:30 a.m. to 5 p.m.

For information, call 4282-326.

Bank service

U.S. dollar travelers checks are available at all branch offices of Service Federal Credit Union. The purchase amount is unlimited and there is a fee of 1 percent of the dollar value purchased.

Citizen's last issue

The "Stuttgart Citizen" will publish its last issue for 1989 on Dec. 18. The first issue of 1990 will be published on Jan. 8.

The "Citizen" is always looking for news and feature stories concerning the Greater Stuttgart Military Community. Stories and ideas may be submitted: GSMC Public Affairs office, ATTN: Editor, Stuttgart Citizen, APO 09154.

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GREATER STUTTGART MILITARY COMMUNITY

Monday, December 11, 1989



photo by Lionel R. Green

Christmas Market

Crowds gather around vendors at the Stuttgart Christmas Market which runs until Dec. 23 at the Markplatz, historic Schillerplatz and Hirschstrasse. With 196 booths, Stuttgart's Christmas Market is the largest in the Federal Republic of Germany and was first documented as occurring in 1692. The stalls and stands display an overwhelming number of large and small items, lights shining from thousands of small lamps and a huge, illuminated Christmas tree which captures the spirit of the season.

Wage disputes interrupt bank service

"It's important to insure that we provide as much service as possible based upon demand from our military customers," said Ronald Micuch, assistant district manager for Merchants Bank in the GSMC area.

Micuch's response came in reply to queries concerning the recent shut-down of branches of the bank in Germany, including one-day stoppages at Panzer Kaserne and Kelley Barracks. The shut-down was initiated by a nationwide German Workers Council meeting which objected to wage rates for bank employees and a bank plan that would allow

employees to volunteer for Sunday work.

Micuch emphasized that "servicing the Automatic Teller Machines (ATMs) on Sundays is management's goal" in meeting demands from military customers.

Micuch would not comment upon ongoing wage negotiations between bank representatives and workers. He said that while German labor law generally prohibits Sunday work, the prohibition depends upon whether the service is rendered is considered vital to the business.

According to Robert Lewis, vice presi-

dent in charge of branch administration for Merchants, slightly more than half of the bank's 1,700 employees are Americans and the rest German nationals. Both groups are covered by West German labor law.

Also, according to a recent article in Stars & Stripes, the workers' union is requesting a 6.5 percent across-the-board pay raise and demanding that employees work no more than 10 hours overtime a month. The bank is reportedly offering a 4.6 percent salary increase while simultaneously pushing for voluntary Sunday employment.

Commander's comment

Holiday Classic evokes yuletide spirit

For the past two years, the Greater Stuttgart Military Community celebrated the holiday season by involving young, single and unaccompanied military members in a program of sports competition. In 1987, the Holiday Classic was a new idea meant to fill holiday leisure hours with productive forms of celebration.



If participation is the gauge, the success of the last two years' classics goes uncontested. Some 2,500 military and family members participated in the previous tournaments. Besides that, the bleachers were packed with the enthusiastic supporters of friends, neighbors and family.

This year, Headquarters Company, 6th Area Support Group returns as defending champion in the third annual Holiday Classic to be conducted from Dec. 18 to Jan. 2 at 11 kasernes throughout GSMC.

To coincide with the half-day holiday schedule, all classic events start at noon and continue until 10 p.m. Participation is open to all military and family members, particularly those home from school on holiday break.

Bill Mallon, the community sports director, says the games are "open to anyone interested in the challenge of competition. It also supports the 'Celebrate Sober' campaign, which emphasizes responsible alcohol use during holiday celebrations."

Commanders say they appreciate the program which helps soldiers channel their energies into physical training and readiness. What better way to combine celebrating during holiday leisure hours than with athletic competition?

Under the direction of local sports directors for Coffey, Flak, Krabbenloch, Wilkin, Ludendorff, Nelligen, Kelley, Echterdingen Airfield, Panzer, Patch, and Robinson Barracks, classic events include a variety of recreational sports. They are: basketball, volleyball, racquetball and handball, fun runs, billiards (8-ball and 9-ball), table tennis, and, weather permitting, golf and tennis.

Each GSMC company/battery/troop level team earns points as the classic progresses. Points are awarded for team and individual competition based on

order of finish. On each installation, competitors finishing between first and sixth place are given points with the largest number of points going to first place finishers. Points are awarded for participation of both teams and individuals.

The Holiday Classic trophy is awarded to the championship team who compiles the most points. Runner-up units are also awarded.

Last year, Headquarters Company, 34th Signal Battalion, was the runner-up overall. But every kaserne had a first-place winner and, if truth be told, all unit teams that participated were the real winners. Commanders and team members saw their units transformed into more cohesive organizations filled with comradery.

Individuals or units desiring more information about the Holiday Classic should contact their kaserne sports director or their local physical fitness center manager.

The broad range of interesting and exciting activities of this year's Holiday Classic are waiting for you. Take advantage of what the community offers during the holidays. You'll be sure to enjoy the season in the spirit of competition.

Take care of soldiers,
Maj. Gen. James B. Allen, Jr.

chaplain's corner

Christmas symbolizes the spirit

by Chaplain (Col.) Theodore W. Hepner
GSMC Chaplain

Symbols of all kinds are scattered all around us. The most common are the traffic symbols that tell us where to park, how fast to drive, where to turn and where we are not allowed to drive.

A symbol is a sign or object used to represent something else, many times values or truths that are abstract. The symbols of Christmas are many and varied.

The Christmas tree is not only a sign of the Christmas season but, for some, it is also a reminder of everlasting life.

The Christmas bells have become a symbol not only as a call to worship but also to announce the birth of the new-born King.

The Angel on top of the Christmas tree is a symbol for the angels and messages they delivered about the birth of Christ.

The star is another symbol of the Christmas season. It is a reminder of the heavenly star that led the wise men to the birthplace of Christ in Bethlehem. It enabled them to deliver their gift to the new born King.

Candles are used year around in worshipping

communities. They are reminders of the light of Christmas coming into a darkened world on that first Christmas day.

Even the candy cane has become a symbol of the Christmas season. However, the candy cane did not start as a Christmas symbol.

Hundreds of years ago, a priest noticed how restless the little children became during the long Christmas worship services. He began giving them straight whole peppermint sticks to help them keep quiet during the services. He then thought it might be nice to include some symbolism of Christmas.

He decided to bend the stick in the form of a shepherd's crook. The shepherd's crook was already a recognized symbol for Christ, who was called the good shepherd. They added the red stripe to add to the festivity of the season. Thus, we have a popular symbol of the Christmas season that is common today.

The giving of a gift is another symbolic act of the Christmas season. It is a reminder of the acts of love and charity which we have been called to in our journey of faith. It is also a reminder of God's great gift of love to us. As we enjoy the many symbols of Christmas, let us also remember the truths and values they represent. Let this Christmas season be a festive time and a time for spiritual growth.

Vision brings our goals into focus

by Luke Bairan

"When you don't know where you're going, any road will get you there."

Gen. Bill Creech, U.S. Air Force Air Command, was given command at a time when sortie — tactical air missions — success rates were at an all-time low. He decided improving the success rate wasn't good enough — it had to be the best. And a few short years later, it was the best ever.

It's all so obvious. If you're going to be a leader, you need to know where your troops are going. But all too often there is no focus, and if there is, the troops don't know about it. If the troops don't know the focus and aren't living the vision, it may as well not exist.

A vision must be something used to measure everything, from long term goals to the daily

maintenance of vehicles.

A person in charge, at any level, without a vision is less than useless — he's counterproductive. His office is a junkyard of dead ideas and wasted energy, but he continues on, like a car without a steering wheel.

A brief study is called for to understand some of the more subtle, but imperative, aspects of vision.

A vision should be to the point, but not specific. No, I'm not crazy. Read it again.

If a vision is too specific it becomes a goal. When Creech set down his vision of the best rate of successful sortie completion ever, it's important to note that he didn't set a number. If the best rate of successful sorties for a year was 95 percent, when the organization reached 96 percent, they had a new goal to shoot for. In this case the vision is to the point — the best success rate, but not specific — no numbers were mentioned.

Finally, a vision should place almost unreasonably high demands on all people in the organization. (ARNews)

citizen profile



photo by Lionel R. Green

Soldier's helper

Jane Harris, a staff support clerk at the Krabbenloch Installation Coordinator's office, prepares menus and collects money for the 93rd Signal Brigade's dining facility which serves about 1,200 people. The Hampshire, England, native plays an instrumental role in holiday meals as well. She also helps soldiers in the community to understand rent contracts and assists them with information about the German economy.

If you know of someone in GSMC who deserves recognition for their effort, contact the Citizen staff at 420-6067/7213. All recommendations should include a daytime phone number, brief biography of duties and accomplishments, and must be typed and mailed to GSMC Public Affairs Office, ATTN: Editor, Stuttgart Citizen, APO 09154.



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World AIDS Day focuses on facts about virus

by Lionel R. Green
Stuttgart Citizen

Imagine dying slowly over a period of 10 years, and there's nothing you can do but wait. Imagine during that time, your friends abandon you. Your own relatives fear you. No one wants to share pain. Whispers of "You deserved what you got?" echo through your mind.

You're not gay. You're not an intravenous drug user. You just had sex once with the wrong person.

With AIDS, that's all it could take.

The Acquired Immune Deficiency Syndrome, known worldwide by the familiar AIDS acronym, was given special notice on Dec. 1, during World AIDS Day. The day is set aside to remind everyone all over the world that AIDS can't be ignored.

"The main focus of World AIDS Day is to educate people about the facts on AIDS, and the HIV virus," said Jewel Czuchta, Community Health Nurse of Preventive Medicine.

And what are the facts?

One fact is the HIV virus can be spread only three ways: sexual intercourse, blood, and from infected mother to infant.

HIV can be spread by sexual intercourse — from man to woman, from woman to man, and from man to man. It can also be spread through blood in two major ways: by receiving a transfusion of contaminated blood; or if needles are used more than once without being properly sterilized after each use, as with intravenous drug users. Finally, HIV can spread from infected mothers to their infants, either before, during or after birth.

Another fact is the HIV virus cannot be spread by sneezing or coughing, by insects, in swimming pools, by sitting on a toilet seat, by eating food or drinking after someone who has AIDS, or touching a person who has AIDS.

How can the spread of HIV virus be stopped?

Sexually, remaining with a faithful, uninfected partner is effective. But, the only sure way is to not have sexual intercourse at all. Otherwise, people should reduce their number of sexual partners and be more selective about who they are with. A condom, if used properly, provides about 85 percent protection against the spread of the virus.

Infection through blood has been reduced drastically through the recent screening of blood used for transfusion. Drug users need to stop injecting drugs. If they continue, they should only use sterile needles and not

share them with anyone.

Almost 178,000 cases of AIDS have been reported to the World Health Organization's Global Program on AIDS (GPA) from 152 countries. GPA estimates the actual number to be over 500,000, or about three times the number officially reported.

Over 100,000 cases have been reported in the United States. This represents over half of the worldwide reported AIDS cases, and 85 percent of the cases reported in the Americas (North, Central, and South). About 65,000 people have died of AIDS since June 1981 in the United States.

The Federal Republic of Germany has over 3,600 reported AIDS cases.

Soldiers Army-wide must attend an AIDS discussion at least once a year and are tested at least once every two years. Soldiers who test negative receive the results by mail within 30 days.

Soldiers who test positive get the news from a doctor who then arranges a second test. If that test is also positive, then a third more sophisticated test called the Western Blot is taken.

If that test is positive, the soldier is sent back to the States, after several counseling sessions and psychological evaluations. There he receives the proper medical treatment and support, and in some circumstances can continue serving the Army.

Military Justice

'You have the right to remain silent . . .'

Editor's note: This is one in a series of articles by U.S. Army Trial Defense Service, Europe.

In our last article, we discussed the Article 15 process. Now, we will explore one of your most important rights under the U.S. Constitution and the Uniform Code of Military Justice (UCMJ): the right to remain silent. We will discuss when someone is required to advise you of your right to remain silent, your options, and the possible effects of a violation of your rights.

When the U.S. Constitution was written, many people were concerned that it did not fully protect the rights of the people. The Bill of Rights was written to answer their concerns. The Fifth Amendment, found in the Bill of Rights, guarantees that no one may "be compelled in any criminal case to be a witness against himself . . ." This also means that no one may be forced to make a statement which incriminates him.

Both Article 31 of the UCMJ and the Fifth Amendment protect a soldier's right to remain silent. Article 31 required, long before the famous Supreme Court *Miranda* decision, that soldiers who were suspected of an offense be advised of the right to remain silent. Later, the military courts and the President also required that a soldier be informed of his right to talk to an attorney. Because soldiers are trained to obey their superiors, Congress feared that soldiers might feel ordered to confess when questioned about an offense.

What are your Article 31 rights? Article 31 and decisions of the Courts provide that any time you are suspected or accused of an offense, and a military law enforcement official or someone in a position of au-

thority wants to question you about that offense, you must be read your rights. The questioner must tell you:

1. What you are suspected or accused of.
2. That you have the right to remain silent.
3. That anything you say may be used against you.
4. That you have the right to talk to an attorney, and to have an attorney present during any questioning.
5. If you begin answering questions, you may stop answering them at any time.

What happens if someone suspects you of an offense, but questions you without advising you of your rights? You may still be charged and prosecuted for the crime, but there will be limitations on how the statement — or information derived from it — can be used against you. The rules apply to UCMJ proceedings and may not be applicable in administrative actions. These rules also apply if you asked for a lawyer, and didn't get one. One important "rule" you should always remember: Assume that whatever statement you make to anyone — except your defense lawyer — can be discovered and used against you. Whatever you tell your friends or roommate could later fall into the hands of the prosecutor or law enforcement authorities.

If you choose not to make a statement, your refusal to talk can't be used against you. Of course, that does not mean you can't be prosecuted. It simply means you choose not to provide statements which might be used against you. Police agencies or your chain of command can ask you if you have changed your mind. This is called a "re-initiation" of questioning, and you have the same right to remain silent.

What happens if you ask for an attorney? By law, if you ask for an attorney, all questioning must stop, and you may not be questioned about that offense again. When you say "I want a lawyer," you are telling your questioners that you want either a free Trial Defense Service attorney, or a civilian attorney you pay for, to help you decide if you should answer questions or make a statement.

If you want to talk to a lawyer, how do you find one? If you are a soldier and have been advised of your rights, you are entitled to talk to a Trial Defense Service attorney. You may ask your chain of command or the investigator involved in questioning you to contact the local defense counsel, or you may call yourself. If you think you might want to hire a civilian attorney, and do not know how to contact one, the Trial Defense Office usually has a referral list.

Won't asking for a lawyer mean they'll think I'm guilty? No! Asking for a lawyer is your right. Your chain of command and police agencies all have lawyers who advise them. Having a lawyer to help you may simply even up the odds. After your lawyer has had an opportunity to learn about the facts of the case, then you and your lawyer can discuss your options. In some cases, the best option may be to make a statement. In others, your attorney may advise against that. The choice is always yours. You can make that choice more confidently if you seek legal advice first.

Whether you make a statement or not, the judicial process may continue.

updates

Banking service

If you're in the States, either for a visit or permanently, you still have access to the balances in your Community Bank accounts simply by contacting Merchants Bank Liaison Office (MBLO) in Indianapolis, Indiana.

MBLO can move your funds for you. All you need is a few hints to help you get through on their busy telephone lines, and an information checklist to enable them to process your request faster when you do finally get through.

Avoid calling the MBLO the week before or after payday when the toll-free lines are busiest. If you've already called and were promised that something will be done for you, you need not check on the status.

VA loans

The Veterans' Home Loan Program Improvements and Property Rehabilitation Act of 1987 restricts the assumability of VA guaranteed loans for which commitments were issued on or after March 1, 1989.

Under the new law, a lender may allow a buyer to assume a VA loan only if the loan is current and the buyer is found creditworthy and obligated by contract to purchase the property and assume full liability for repayment of any unpaid balance. If the residential property secured by a guaranteed VA loan is transferred without notifying the lender, he may demand immediate and full payment of principal and interest.

The new law contains provisions for appealing to the VA loan Administrator a determination not to allow a buyer to assume a loan.

"No accident party"

It is no news to anyone that a drunk driver is a serious hazard, yet each holiday season untold numbers of drinking or drunk drivers are on the road. For that reason, it is difficult to approach the subject in a manner which is acceptable to both the drinker and the non-drinker.

If you're the host:

- Make sure to provide adequate non-alcoholic beverages and encourage their use.
- Make sure alcoholic beverages are measured in each drink.
- When a guest appears to be showing the effects of too much alcohol, help him or her out by cutting off drinks.
- Encourage the consumption of solid foods to the drinkers. Close the bar one hour before the party ends.
- If a guest shows the effect of alcohol consumption, make every effort to see that he/she/they get home without driving. Call a taxi.
- Use the "buddy system" to insure a safe return of each service member.
- If you're drinking and want to drive, remember "drunk driving leads to a dead end."



American Institute for Cancer Research's DIETARY GUIDELINES TO LOWER CANCER RISK

"Cancer Risk... You Can Change the Odds"

1. . . . Reduce the intake of dietary fat—both saturated and unsaturated—from the current average of approximately 40% to a level of 30% of total calories.
2. . . . Increase the consumption of fruits, vegetables and whole grain cereals.
3. . . . Consume salt-cured, smoked and charcoal-broiled foods in moderation.
4. . . . Drink alcoholic beverages only in moderation.

For a free copy of the American Institute for Cancer Research booklet, "Dietary Guidelines to Lower Cancer Risk," please send a self-addressed, stamped envelope to:

American Institute for Cancer Research
Dept. DG
Washington, D.C. 20069

Mental health

Stress increases for soldiers during holidays

Stress assumes many guises in military life.

Much training is designed to be stressful because combat situations are, by their nature, filled with pressure. Performing well in military job specialties while simultaneously keeping up with the minutiae and major aspects of the daily routine — the "get it done yesterday" syndrome — sometimes drains the sturdiest psyche.

Stress is a fact of military life.

And it gets worse during holidays, according to Dr. Felice Iapalo, Chief of Psychiatry at 5th General Hospital.

"Single soldiers, especially, suffer stress during holiday periods because they lack the support system available to married soldiers," Iapalo said. A roommate in the barracks is no substitute for being at home with the family far away in the States.

As in any large organization, soldiers face organizational complexities, administrative trivia, pressures to conform, an influx of data generated by computers, tight competition for advancement, deadlines, minimal budget support, increased work loads, and reduced manpower. All of these factors contribute to stress.

Stress can be defined as feelings of threat, discomfort, and pressure leading to a state of mental confusion or an aura of hopelessness.

Viewed from another angle, stress is the way people

repond negatively to change. Understanding the dynamics of stress can help individuals react to it in positive ways, handling change as a challenge instead of a threat. Experts recommend various strategies for dealing with stress. Among them:

Deep breathing: Simply closing your eyes and breathing in slowly prior to exhaling for a count of five to 10 seconds can relieve stress, according to a published report by Capt. Richard J. Schouder, health promotions coordinator at the Air Force Regional Medical Center in Wiesbaden.

Stretching exercises: Any of the stretching exercises routinely performed in PT workouts are good antidotes to stress. The neck roll or reaching for the sky can loosen up the body, especially back muscles.

Other exercises: Running, hiking, walking, bicycling, swimming, bowling, weight-lifting, etc. Almost anything done vigorously enough to forget about stress-inducing factors.

Diet: You are what you eat and if you insist on stuffing your body with junk food your body will retaliate. Reduction of caffeine (coffee, black tea, chocolate) is vital for soothing the nerves. Consuming too much sugar isn't good, either.

Social activities: Talking, laughing with friends, anything, in fact, other than brooding about problems is healthy.

Pauses that refresh: Stopping activity to get organ-

ized or simply taking a rest break to clear the mind are intelligent ways to avoid hang-ups.

Hobbies: Doing something enjoyable, even if it does not take great physical effort, is a valuable relaxation tool.

Accepting reality: Realizing that life contains stress and that stress, kept within reasonable bounds, is normal.

Building confidence: Having confidence in your ability to solve problems will eliminate the damage stress can impose during the problem-solving process.

Sleeping on it: Some problems are best delayed. All problems are better dealt with when an individual is fresh and rested.

Developing perspective: Getting outside yourself by working with community or social groups helps avoid excessive brooding about problems. Recognition comes, too, that one's problems are not unique or earth-shattering traumas.

Controlling emotions: The old adage that emotions are good servants but poor masters applies here.

Humor: Avoiding taking life or yourself too seriously is an intelligent tactic in the war on stress.

Being happy means coping with what longshoreman-philosopher Eric Hoffer called "the ordeal of change." Stress comes with change. It's no big deal — or shouldn't be. (Information compiled from various news services.)



photo by Michele R. Hammonds

Tree Lighting

Students and scouts gather beneath a Christmas tree at Kelley Barracks last week during an annual lighting ceremony. VII Corps Commander, Lt. Gen. Frederick M. Franks Jr. and other guests listened to music provided by the 84th Army Band. Other subcommunities which plan lighting ceremonies are: Bad Cannstatt-Zuffenhausen (Robinson Barracks), Dec. 14, 4:30 p.m., near building 3503; and Boeblingen-Sindelfingen (Panzer Kaserne), Dec. 14, at 4 p.m., near community headquarters.

Preventive measures avoid dangers of holiday fires

According to Greater Stuttgart Military Community Fire Chief Edward Berger, the chief fire hazards during the holiday season are the same ones causing most damage throughout the rest of the year.

"Children playing with matches and careless smoking (of cigarettes)" are the main causes of fire in GSMC, Berger said.

Still, Lt. Col. Edward Bailey, Director of Engineering and Housing, emphasizes safety measures appropriate to the holiday season. Some of them include:

Never leaving the kitchen stove unattended when preparing holiday (or any other) meals.

Buying Christmas trees fresh, if using real ones, and placing them in stands with ample support. Refilling water daily is necessary to prevent the tree from drying

out. When needles begin falling out, take the trees down.

Locate trees in cool spots, away from space heaters and radiators. Keep them away from traffic areas.

Lit candles on trees are prohibited. Electric lights which are U.L. or of the German "VDE" label should be used. Insure that lightbulbs are not loose and wires unfrayed. Do not overload transformers or circuits with too many lights.

Insure that decorations and artificial trees are flame-resistant.

Dispose of wrapping papers and boxes promptly to avoid paper clutter and thus a fire hazard.

Be careful with candles!

Do not use prohibited items such as fireworks and pyrotechnics.

Merry Christmas!

GSMC chapel Christmas programs

Dec. 12: Pattonville — GSMC-wide Penance Service, 7 p.m.

Dec. 16: Panzer — Decorating of Chapel & Caroling Fest, 4 p.m.

Dec. 17: Krabbenloch — Special Christmas Music Program, 10 a.m.; Coffee — Christmas Service & Potluck, 10:30 a.m.; Kelley — Catholic Community Advent Celebration with German-Americans, 4 p.m.; Patch — "Christmas Story in Art" with Andrew Stangel, 6:30 p.m.

Dec. 19: Patch — GSMC-wide Penance Service, 7 p.m.

Dec. 22: Pattonville Chapel Grounds — Live Nativity, 6 p.m.

Dec. 23: Flak — Adult Christmas Party, 5 p.m.

Dec. 24: Patch — Lutheran Service, 8 a.m.; Catholic Mass, 9:30 & 5:30 p.m.; Collective Protestant Service, 11 a.m.; Patch United Fellowship, 2 p.m.; Coffey — Eastern Orthodox

Service, 3 p.m.; Robinson Barracks — Catholic Christmas Vigil, 5 p.m.; Pattonville — Children's Christmas Mass, 5 p.m.; Nellingen — Christmas Eve Mass 5 p.m.; Candlelight Services: Panzer, 6 p.m.; Krabbenloch, 6 & 7:30 p.m.; 5th General Hospital, 7 p.m.; Kelley, 7 p.m.; Nellingen, 7 p.m.; Coffey, 7:30 p.m.; Pattonville — Protestant Christmas Eve Service, 7:30 p.m.; RB — Christmas Eve Service, 7:30 p.m.; Kelley — Episcopal Service, 8:30 p.m. & Midnight Mass, 23:30 p.m.; Patch — Catholic Service & Midnight Mass, 23 p.m.

Dec. 25: Coffey — Eastern Orthodox Divine Liturgy, 9 a.m.; Nellingen — Christmas Day Mass, 9:30 a.m.; Panzer — Christmas Day Protestant Service, 10 a.m.; RB — Catholic Mass, 10 a.m.; Patch — Christmas Day Mass, 12:30 p.m.; Panzer — Christmas Day Mass, 11:30 p.m.

For regularly scheduled Morning Services on Dec. 24, contact the chapels for further information, call 420-6461/7319.



story and photo by Steve Snyder
Stuttgart Citizen

Comebacks are the stuff of sport legends and, for 1st Lt. Ronald Ross, Headquarters, Headquarters Detachment, 4th Transportation Battalion, Flak Kaserne, playing ice hockey in Germany represents a singular triumph.

Playing for the Skating Club Bietigheim-Bissingen-Kornwestheim, Ross has averaged two goals a game and was a catalyst for the team as they copped the championship of the Bomberlae League last season by wracking up a 30-1-1 log.

"It's great to get back to hockey," Ross confided, adding that, "I've lost my fear of playing." Admittedly, his approach to the game, now, is a little more cautious. But his youthful enthusiasm has returned.

The cause of Ross' caution can be traced back to his high school playing days. During a game in his senior year, he hit the ice. Hard. Another skater swerved towards him, unable to stop. Swivelling blades slashed across his throat. He "almost died" and, 260 stitches later, his zest for hockey suffered a similiar fate.

"I lost it," recalled Ross. "The injury was a freak accident," he said, but took the starch out of a promising career. Although playing on mainly because "my father (a former semi-pro) wanted me to continue," Ross's game suffered.

When it came to ice hockey, he chilled out.

Ross' ardor for the sport was sparked early. Born in Boston in 1962, he began playing in the "Squirts" at the tender age of six and continued skating in organized competition throughout high school. In addition to playing for his high school team, Ross hit the ice in "Junior Hockey," which serves as a feeding ground for semi-pro teams and the minor leagues in hockey's hierarchy.

Ross faced off against Wayne Gretzky and a few other future stars in Junior Hockey games. He's proud of that accomplishment.

Arriving in Stuttgart in March, 1987, Ross heard about the local amateur clubs and found his curiosity aroused. Competition was open to Americans and anyone else who could cut the mustard on the ice so Ross joined the team in October of that year and discovered that hockey in Germany held rewards.

"Fans go wild" at games, Ross said. "We get close to 2,000 per (home) game" at the Bietigheim Ice Rink. Local groups spent approximately DM 200,000 in renovating the arena, according to Ross.

Aside from crowd reactions and the opportunity to "meet a lot of nice Germans," Ross enjoys the organized mayhem on ice. As the center, he takes all face-offs, sets up the wings for passes and is free to roam around, "scrapping for the puck." He notes that "they don't hit as hard here (in Germany) as at home and it's not as physical a game."

The team has employed enough muscle, though, to compile a 10-0-2 record this season which currently puts them in second place. Described by team goalie Eggerl Joachim as a great competitor, Ross' hustle spurred on teammates before he suffered torn knee ligaments in October. But he's back now.

Four games remain before the playoffs, including one home game on Dec. 14 which starts at 7 p.m. The Bietigheim Sports Halle can be reached by following Route 27 north of Ludwigsburg to its end. Depending upon the intensity of traffic, the drive takes about a half-hour.

Fans making the effort can witness the comeback of one soldier on ice.

Ice warrior

Soldier makes comeback on frozen battlefield



Stallions rattle Wuerzburg in season opener

story and photos by Lionel R. Green
Stuttgart Citizen

The Wuerzburg Lady Rattlers need to learn how to ride Stallions because for the third time in one week, the Stuttgart Lady Stallions bucked the defending USAREUR champions, 65-42, in VII Corps basketball action Dec. 3 at Panzer Kaserne.

Meledy Bland scored 18 points, 10 in the decisive second half, and Lisa White netted 17 in the regular season opener for both teams.

Bland and White combined for 17 second half points, almost half their team's 36 point total, to provide the push the Lady Stallions needed to route Wuerzburg.

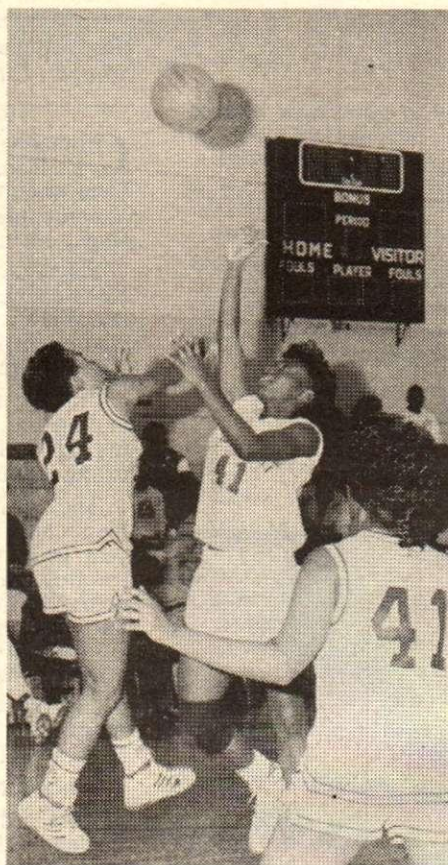
Bridget Benson, Necole Dunn, and Ametrius Watson added eight points apiece to contribute to the victory.

In the men's season opener, Tony Green won his first regular season game as Stallions coach, but it didn't come easy as the Stallions held off a furious Wuerzburg rally to win, 83-79.

Stuttgart led Wuerzburg throughout the first half holding onto a precarious four-point lead at halftime, 48-44.

The second half was much the same as the first with Stuttgart building a lead only to see Wuerzburg wittle it down. In the end, the Stallions held on and won 83-79.

Anthony Glaude netted 24 points and Tony Gibson popped for 16 to lead the Stallion attack. Teddy Moore added 11 points.



Lady Stallion Lisa White (center) drives in for a lay-up against a Wuerzburg defender. White scored 17 points to help Stuttgart trample Wuerzburg, 65-42.



Stuttgart's Lorenzo Baxter (31) lofts a short left-handed jumper over Wuerzburg's Cleatis Trotter (41). Baxter's attempt missed, but the Stallions held on to victory, 83-79.

Aerobics class gets physical

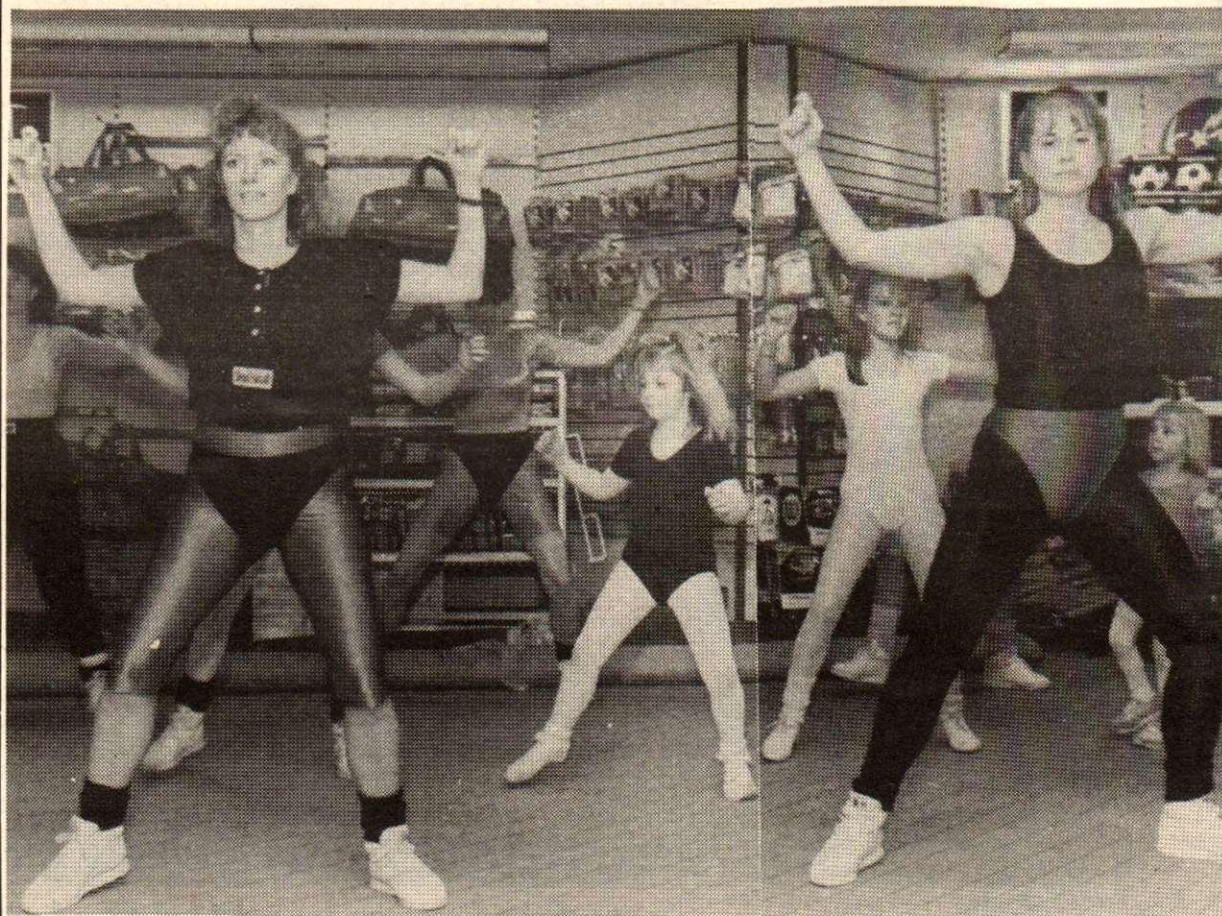


photo by Lionel R. Green

Karen Crawford (left), Wendy Zietkiewicz (center), and Rene Brizuela aerobicize to the beat of the latest pop music during an aerobics demonstration at the Sports Store in the Robinson Barracks Shopping Mall Dec. 1. Crawford who heads up aerobic classes throughout GSMC held the demonstration to get everyone

in the fitness mode for the holidays and to show the benefits of aerobic exercise during the winter season. Her classes stress low and medium impact aerobics and cater to beginners. "Aerobics is good for pregnant mothers, too," said Crawford, who's five months pregnant herself.

sidelines

Holiday Classic

Each installation in GSMC is scheduled to participate in the 3rd Annual Holiday Classic from Dec. 18-31.

The Classic will include a varied recreation program to meet the wide range of interests for all members of the installation with points for team and individual competition to be awarded based on order of finish.

Team trophies will be awarded to the GSMC Champion and Runner-up units based on total points for all events in the Holiday Classic.

For information, call Mr. Mallon, Community Sports Director, 420-6315/7055.

Coaches clinic

The local Youth Services centers have begun the National Youth Sports Coaches Association Volunteer (NYSCA) Coaches Certification for Basketball.

All coaches are required to attend. If this is your first time coaching in GSMC, you must attend the full six hours. If you are a returning coach from basketball/softball or soccer, you must attend the second night or last three hours of certification. The certification is good for one year. GSMC will pay the \$15 fee for all volunteers who wish to be head coaches of a team.

Date and time for the remaining certification class is:

RB YS Center, 420-6140, Dec. 16 from 9 a.m.-noon and from 1 p.m.-3 p.m.

For information on certification, call Mrs. Jung-hans, the GSMC YS Sports Director, 420-6382.

Winter sale

Bring your old winter equipment to the Outdoor Recreation Branch, and we will try to sell it for you on Dec. 16. Anything from your first pair of skis to last year's snow suit. For a bargain, come check out what we've got on Dec. 16. Food and beverages will be available.

You may, drop your equipment off at either Helling-en or Robinson Barracks Outdoor Rec. The sale will be held at Robinson Barracks.

For information, call Outdoor Rec, 420-6202 or 0711-8568904.



Stepping Out with Evi Hofielen

Dec. 11-17
DAILY

CHRISTMAS MARKETS —
STUTTGART: Markt-
platz, Schillerplatz,
Hirschstr., Mon.-Sat. 9:30
a.m.-7:30 p.m., Sun. 11
a.m.-7:30 p.m.; LUD-
WIGSBURG: pedestrian
zone, Mon.-Sat. 10 a.m.-7
p.m., Sun. 11 a.m.-7 p.m.;
FELLBACH: Kirchplatz
near Lutherkirche, Mon.-
Sun. 11:30 a.m.-7:30 p.m.,
Thu. thru 8:30 p.m.;
ESSLINGEN: Mon.-Sun. 11 a.m.-8 p.m.



Monday, Dec. 11

"OLIVER & CO" — feature film in English, Kino Atelier,
Kronprinzstr. 6, 5:45 p.m.
HOLIDAY ON ICE — Stuttgart Killesberg, 7:30 p.m.
SPECIAL CONCERT — Liederhalle, 8 p.m.
BACH-GALA — Schwabenlandhalle Fellbach, 8 p.m.
MIDNIGHT JAM SESSION — Litfass, Schwabenzen-
trum, Eberhardstr. 37, midnight.

Tuesday, Dec. 12

FEATURE FILM IN ENGLISH — see Dec. 11
JOSE CARRERAS — Liederhalle, 8 p.m.
CHERUBINI QUARTET — chamber music, Liederhalle, 8
p.m.
WIENER SAENGERKNABEN — Forum am Schlosspark
Ludwigsburg, 8 p.m.
BACH-GALA — Schwabenlandhalle Fellbach, 8 p.m.
BLUESGRASS JAMBOREE — "Roehre," Wagenburgtun-
nel, Neckarstr. 34, 9 p.m.

Wednesday, Dec. 13

MOSCOW STATE CIRCUS — Cannstatter Wasen (Bad
Cannstatt festgrounds), thru Fri. 8 p.m., Sat. 4/8 p.m.,
Sun. 5 p.m.

FEATURE FILM IN ENGLISH — see Dec. 11

"GISELLE UND DIE WILLIS" — ballet performance,
Wuerttemberg State Opera House, 8 p.m.
"THE MAGIC FLUTE" — Forum am Schlosspark Lud-
wigsburg, 8 p.m.
THE BLUES BAND — Altes Schuetzenhaus, Burgstallstr.
99, Stuttgart-Heslach, 8:30 p.m.

Thursday, Dec. 14

"ERIK THE VIKING" — feature film in English, Kino
Atelier, Kronprinzstr. 6, 5/7:30/10 p.m.
TOSCA — opera by Puccini, Wuerttemberg State Opera
House, 7:30 p.m.
"AFTER DINNER" — rock from Japan, Scala, Stuttgarter
Str. 2, Ludwigsburg, 8 p.m.
LYDIA AUVRAY & DIE AUVRETTES — live concert, city
hall Leonberg, 8 p.m.
COUNTRY MUSIC — Longhorn-Club, Heiligenwiesen 6,
Stuttgart-Wangen, 8:30 p.m.
JAM SESSION — "Roehre," Wagenburgtunnel, Neckarstr.
34, 9 p.m.

Friday, Dec. 15

DAVIS CUP — Germany vs Sweden, Hanns-Martin-
Schleyer hall thru Dec. 17.
FEATURE FILM IN ENGLISH — see Dec. 14
"THE BEST LITTLE WHOREHOUSE IN TEXAS" —
film in English, featuring Burt Reynolds & Dolly Par-
ton, Amerika-Haus, Friedrichstr. 23A, 6 p.m.
HOUR OF CHURCH MUSIC — Christmas concert,
Stiftskirche, Stiftsstrasse
"STARS OF THE BOLSCHOI BALLET" — ballet perfor-
mance, Forum am Schlosspark Ludwigsburg, 8 p.m.
"TRUCKRIDERS" — Longhorn-Club, Heiligenwiesen 6,
Stuttgart-Wangen, 8:30 p.m.
BARRELHOUSE JAZZBAND — Musikhalle Ludwigsburg,
8:30 p.m.

Saturday, Dec. 16

FLEA MARKET — Karlsplatz Stuttgart, 8 a.m.-3 p.m.
CHRISTMAS MARKET — Goepfingen, pedestrian zone,
Marktstrasse
FEATURE FILM IN ENGLISH — see Dec. 14
"TATERS & PIE" — traditional & modern folk arrange-
ments, Forum 3, Gymnasiumstr. 21, 8 p.m.
"ITCHIE FINGERS" — Scala, Stuttgarter Str. 2, Ludwigs-
burg, 8 p.m.
"STARS OF THE BOLSCHOI BALLET" — ballet perfor-
mance, Forum am Schlosspark Ludwigsburg, 8 p.m.
"THE NUTCRACKER" — ballet performance, city hall
Sindelfingen, 8 p.m.
"TRUCKRIDERS" — Longhorn-Club, Heiligenwiesen 6,
Stuttgart-Wangen, 8:30 p.m.
"ABSTRAKT" — jazz, "Roehre," Wagenburgtunnel, Neck-
arstr. 34, 9 p.m.

Sunday, Dec. 17

CHRISTMAS MARKET — Goepfingen, pedestrian zone,
Marktstrasse
CHRISTMAS ORATORIES — The Philharmonic Choir
Stuttgart, Liederhalle, 4 p.m.; Stuttgart Bach Orches-
tra, Forum am Schlosspark Ludwigsburg, 5 p.m.
ADVENT CONCERT — Stiftskirche, Stiftsstrasse, 7 p.m.
"DIE FLIPPERS" — city hall Sindelfingen, 8 p.m.
CHRISTMAS ORATORY — Liederhalle, 8 p.m.
HAMBURG BLUESBAND — Altes Schuetzenhaus, Bur-
gstallstr. 99, Stuttgart-Heslach, 8:30 p.m.
VOLKSMARCH — Saturday & Sunday: BENNINGEN,
County of Ludwigsburg, POC: Liane Leibbrand, Ke-
plerstr. 18, 7141 Benningen, tel: 07144-6772.

INFORMATION SUBJECT TO CHANGE!

Meet-the-Germans

The Meet-the-Germans program gives an opportu-
nity to get acquainted with German families or individu-
als who are interested in sharing social activities with
Americans.

Contact the Public Affairs Office located at Robin-
son Barracks, bldg. 111, room 215, and fill out a ques-
tionnaire, or call 420-6373 or 0711-819-6373.

Holiday food basket program

Attention all Bad Cannstatt-Zuffenhausen units,
agencies, and private organizations: The BC/Z Army
Community Service desperately needs holiday food,
new unwrapped toys, and/or money donations for its
annual holiday food basket program.

The baskets will be distributed Dec. 18-22; bring
your donations to bldg. 106, basement as soon as pos-
sible.

Call 420-6046/7110 for information.

Christmas visitation program

The GSMC Public Affairs Offices have started a
program called Host Nation Christmas Visitation or
"Operation Good Cheer."

If you are a single, enlisted soldier, or junior officer
and are interested in spending Christmas in a German
family's home, call or stop by your respective PAO for
information and sign-up: Bad Cannstatt-Zuffenhausen,
420-6373/7128; Boeblingen, 431-2710/2612; Ludwigs-
burg-Kornwestheim, 4282-343/665; Nellingen, 421-
6237; Moehringen, 4212-514/834.

FWP meeting

The next Federal Women's Program Steering Com-
mittee meeting will be Dec. 13 from 8 to 11:30 a.m. at
the Robinson Barracks Chapel Annex.

For information, call the GSMC Equal Opportunity
Office, 420-6499.

AIDS class

On Dec. 14, 9 a.m. to noon, there will be an "AIDS
Training Class" from 9 a.m. to noon at bldg. 135, Rob-
inson Barracks.

For information, call 420-6075/6282/6281 or 0711-
819-6075/6282/6281.

Patch outreach craft

Patch Army Community Outreach Craft will be held
Dec. 13 from 6 to 8 p.m. at the Patch Arts & Craft
Center.

Free babysitting will be provided by the Patch Girl
Scouts. Call 430-5274 for information.

HOCWC tours

The Heidelberg Officers' and Civilian Women's
Club Tour Committee is offering the following tours in
1990 for any OWC members and their guests: Feb. 2-3
- Belgian rug tour, DM 150, sign-up by Jan. 1; Feb. 15-
19 - Yugoslavia, DM 460 plus DM 30 visa fee, sign-up
by Jan. 8; March 25-31 - Budapest, DM 730 plus DM
30 visa fee, sign-up by Feb. 12; April 20-24 - London,
DM 710, sign-up by March 20; May-20-27 - Soviet
Union, DM 1,800 plus DM 50 visa fee, sign-up by
April 16; May 3-6 - OCW will host an Italian cooking
school for DM 475, sign-up by April 5.

All tours depart from the club. For information, call
06221-390282/761885.

Patch clubs discos

The following disco nights are slated for the month
of January 1990:

NCO/Enlisted Club: Jan. 5 - Nev Humphrey's Rock
Band; Jan. 6 - Atomic Dog (soul); Jan. 12 - Country
Express; Jan. 13 - Master Duke; Jan. 19 - Richard
Head Band; Jan. 20 - USA Sound System (soul); Jan.
26 - TG Sound Machine; Jan. 27 - Easy G; all from 9
p.m. to 2 a.m.

Officers' Club: Jan. 5 - TG Sound Machine; Jan. 12
- Slides Band; Jan. 19 - Kentucky Carl; Jan. 26 - Ron
Brown (Oldies but Goodies); all from 8 p.m. to 1 a.m.

For information, call 430-7248.

USO tours & tickets

USO Stuttgart is offering the following tours in De-
cember: Dec. 11 - Steppin' Out from Patch to Stuttgart
Christmas market; Dec. 12 - Tratex carpet outlet; Dec.
13 - Porsche Museum; Dec. 14 - Steppin' Out from
Kelley to Stuttgart Christmas market; Dec. 15 - pottery
& crystal factories; Steppin' Out from Pattonville to
Stuttgart Christmas market; Dec. 16 - Rothenburg
Christmas market; Dec. 17 - Neuschwanstein (cut your
own Christmas tree); Dec. 18 - Linen outlet/Asta pots

stuttgart notes

& pans; Dec. 19 - Mercedes factory; Dec. 20 - Sala-
mander shoe & paper outlet; Dec. 21 - Steiff & WMF;
Dec. 22 - winetasting; Dec. 23 - Strasbourg (cut your
own Christmas tree); Dec. 30 - Hohenzollern.

Tickets for the following concerts slated for the
month of January are available at the USO Stuttgart:
Jan. 2/3 - Swan Lake; Jan. 7 - one night on Broadway;
Jan. 8 - opera gala; Jan. 9 - Stars of the Bolschoi Ballet;
Jan. 14 - Russian State Ballet; Jan. 16 - Spandau Ballet.

For information, call 420-6261.

Patch book fair

The Patch Elementary School's Parents & Teachers
Association invites you to attend the 1989 Winter
Book Fair Dec. 13, 5-8 p.m. at the Patch School forum;
and on Dec. 14 and 15, 8:30 to 11:30 a.m. and noon to
3:30 p.m. at the Patch Elementary School.

For information, call 0711-6877685.

Thrift Shop news

The Scholarship Council's Thrift Shop at bldg. 113,
Robinson Barracks has opened a new section for crafts.

Hours are from 10 a.m. to 2 p.m. on Tuesdays,
Thursdays, Fridays & Saturdays.

Support the shop by consigning and shopping at the
Craft Corner. Call 0711-854242 for information.

LKYS program

Hey kids! On Dec. 16 the Ludwigsburg-Kornwes-
theim Youth Services is hosting a brunch with Santa,
11 a.m. to 1 p.m. Toddlers to age 12 pay \$2 each. Elves
will be round to take your picture with Santa for \$1.

Bring your whole family down for fun, food and
Christmas cartoons.

Operation North Pole will start Dec. 18 and run
through Dec. 24, 9 a.m. to 5 p.m.

Bring your kids to the LK Youth Center and, with
the help of 51st Signal Bn, 93rd Signal Bde., contact
Santa directly.

On Dec. 23, Santa together with LKYS will be mak-
ing last minute deliveries in the Pattonville, Aldingen,
and Stuttgarter Strasse housing areas.

For \$2 per package, bring your package with your
child's name, address, and phone number to the
LKYS, and Santa comes.

For information, call 4282-550.

Kornwestheim activities

Jazzercise classes are held every Tuesday & Thurs-
day at the Robinson Barracks Elementary School, 5 to
6 p.m.

Cost is \$3 for walk-ins or \$18 for eight classes; first
class is free.

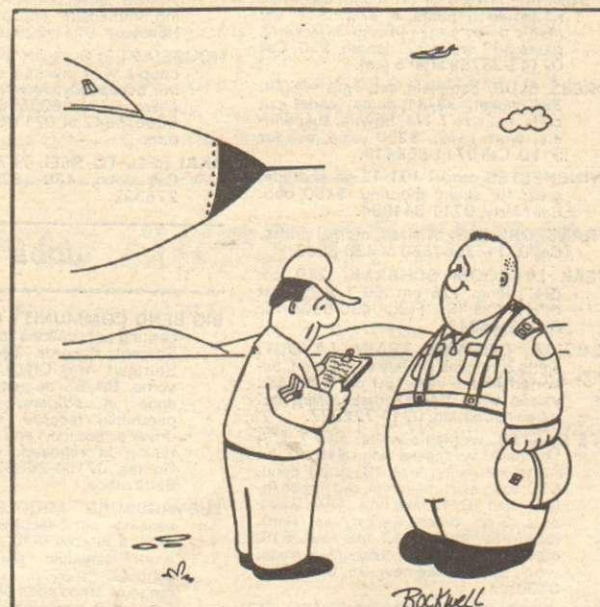
Tae Kwon Do classes are held at the Kornwestheim
Rec Center every Tuesday, 6 to 7 p.m. and every Fri-
day 7:30 to 8:30 p.m. Cost is \$3 per class or \$20 for
one month.

Interested in computers? The GSMC MacIntosh
Group will meet Dec. 17 and Dec. 31 at 2 p.m. at the
center.

Join the Kornwestheim Rec center on a trip to the
Augsburg Christkindl Market on Dec. 16. Bus departs
from the center at 8 a.m. with pick-up points at Krab-
benloch Rec Center and Flak Community Activity
Center.

Cost is \$7 per person; bring DMs for shoppings.

For information, call 07154-29244.



"There's something wrong with your
airplane. It uses twice as much fuel
as the others."

