

Officials praise NCO evaluation report

Local personnel offices have sustained for months has been confirmed as promotion boards gave a thumbs up to the new NCO Evaluation Report.

The report, nearly a year old, has the support and enthusiasm of board members who evaluate them, personnel service workers who screen them, and supervisors who write them.

Year of the NCO

Master Sgt. Charles Furbay, acting Sergeant Major at VII Corps, Kelly Barracks, has written nearly 30 NCO-ERs and thinks it is a "fair system."

The new rating system takes off where the old point system left off," he said. "We now are dealing with measurable quantities. If we say the soldier is superior in an area, we can support it with specifics."

"Two strong points," says Furbay, "for both the rater and endorser, is that the new system lacks the possibility for inflated evaluation and the soldier's chances for promotion do not depend on how well the boss can write."

The new NCO-ER is vastly different from its predecessor, the enlisted evaluation report, or EER. It uses two forms: the NCO Counseling Checklist/Record (DA Form 2166-7-1) which is used by the rater to assist in counseling subordinate NCOs and the NCO Evaluation Re-

port (DA Form 2166-7) which replaces the Enlisted Evaluation Report (EER). Numerical scores, with a maximum of 125, have been eliminated in favor of boxes and short comments called "bullet points" that make specific notations about a promotion candidate.

The system uses three kinds of ratings — "excellence," "success" and "needs improvement." A "success" rating is considered the performance standard, and raters must justify every "excellence" or "needs improvement" notation with bullet statements.

The NCO-ER was implemented in phases, according to rank. Sergeants major, first sergeants and master sergeants received their first quarterly counseling under the new system last June. Sergeants major, therefore, were among the first to have their annual evaluation report based on the quarterly counseling sessions required under the program.

Army personnel officials say the new system will minimize the inflation that was so prevalent in the EER system that those forms were often of little use to promotion boards.

Administratively, the transition has been smooth.

SGM Clyne Goode, chief of PERSCOM enlisted evaluation policy, says the NCO-ER error and late submission rates also reflect the field's acceptance.

A 53 percent error rate in the early

months under the system was slashed to 3.5 percent by January; late reports are averaging about 4.6 percent. Goode called both figures "tremendous," saying "it took years" to reach those levels after the last rating change.

"Whenever there's a change, it's tough to get the word out," he said. "But we've had a lot of help from SMA (Julius W.) Gates, who's been behind us all the way. He's regularly updated command sergeants major throughout the Army on the progress of the transition, and he's challenged them to become experts on the system."

"We also have to credit a lot of professional, dedicated (personnel workers) in the field, without them, it couldn't have been done."

SSgt. Jerry Arnold, NCOIC of the NCO-ER Section with the 198th Personnel Service Center in Ludwigsburg is one of those dedicated workers. He handled nearly 200 NCO Evaluation Reports last month, screening them for errors before they were sent to promotion boards.

He feels that even though it takes a little longer to review some of them, it's only because "everyone hasn't gotten used to the new form yet." "Things like avoiding personal pronouns in the comments section will eventually be understood," he said. "The more we do, the better we'll get."

The E-9 board completed its selections last month after reviewing 10,000 re-

cords of candidates eligible for promotion to sergeant major or appointment to command sergeant major.

The board was the first real measure of the report because more than half of the records reviewed contained at least one NCO Evaluation Report and some had two, wrote Maj. Gen. John Shalikashvili, commander of the 9th Inf. Div. (Motorized) at Fort Lewis Wash., and president of the board.

"The new report is clearly a winner," Shalikashvili said. "Where present, the NCO-ERs served their intended purpose very well. They enabled board members to select the very best" for advancement to the top enlisted grade.

Shalikashvili also praised the form's detailed duty descriptions that enable the board to promote candidates excelling in the most demanding jobs.

"The duty description is key," Shalikashvili said. "When properly completed (it) gives the board a good idea of how tough the job is."

PERSCOM distributes a quarterly "NCO-ER update" to command sergeants major, military personnel offices, and key adjutant general sections. Designed to promote the new rating system, the "NCO-ER update" contains rating tips, examples of common submission errors, and feedback from selection boards. Compiled from reports by Chuck Finch, S/S Washington Bureau; J.C. Mathews, Army News Service; and Bob Crockett, Editor, Stuttgart Citizen.

news briefs

Summer hires

The Family Member Employment Assistance Program, in coordination with the Civilian Personnel Office and AAFES, will be offering application assistance to youths 14 through 21 years of age, for the 1989 Greater Stuttgart Summer Hire Program. Announcements and applications are available at every Family Member Employment Assistance Program, located in subcommunity ACSs. Parents may also pick up applications for students attending school in the States. All appropriated funds applications must be turned in by Friday. POC is Margaret Moody, who can be contacted at 420-7404/6693.

Gussy Goose

The Gussy Goose will be closed from April 27 to May 5 for inventory. For more information, call 420-6222.

Z-rock broadcasts

AFN's contemporary music format Z-rock is now being broadcast on AFN Stuttgart at 102.3 FM. Z-rock is the most modern radio music format currently broadcast in Europe, being a mix of album-oriented rock, urban hits, and classic rock cuts. Z-rock is broadcast on AFN Stuttgart FM, Monday-Friday from 6 p.m. until 5 a.m., and around the clock on weekends. For more information, contact AFN station manager Paul Macko at 420-6434.

Holocaust service

On May 4 at 4:30 p.m., soldiers and chaplains will conduct a half-hour observance for the victims of the Holocaust. The theme will affirm "For the dead and the living we must bear witness." The service will conclude with memorial prayers for Protestant, Catholic and Jewish civilians and soldiers who died between 1933 and 1945. Following this, taps will be sounded.

STUTTGART Citizen



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GREATER STUTTGART MILITARY COMMUNITY

Monday, April 24, 1989



photo by Bob Crockett

The road to Nijmegen

Second Lieutenant Ryan Kivett leads his team from RB back to Ludendorff Kaserne. The 18 volunteers (four females) from the 1st Maintenance Bn at Boeblingen are among ten teams competing for two spots to the Nijmegen March. Part of their month-long training has been weightlifting, running, calisthenics, classroom study, as well as endurance. To be selected for the trip, they're judged on cadence calling, inspections, break area procedures, and the performance of the bicycle orderly. They've averaged 15 miles a day, but have marched nearly 30 on one occasion. This international event which started in 1908, is held in Holland, and attracted 28,000 marchers last year from 46 countries. USAREUR sent 50 teams totalling 800 soldiers to the festive gathering. The march, which is not a race, is divided into four 25-kilometer stretches.

Commander's comment

GSMC Youth Services adapts to community needs

During the Month of the Military Child we have been concentrating on programs specifically designed for these youngsters. Youth Services is another key player, along with Child Development Services and the Department of Defense Dependent Schools System, in our effort to provide quality activities, developmental programs, and educational opportunities for today's military children.



The Greater Stuttgart Military Community Youth Services (YS), a program geared for youngsters aged 6-19 years, offers before and after school activities as well as sports and recreation. Your child may participate in structured activities or simply drop in to the local Youth Services Center to participate in those activities scheduled on a daily basis.

According to recent statistics, GSMC has over 5,700 children eligible to join in the Youth Services program. Our current enrollment in community YS is above 3,100. This figure indicates that about 55 percent of GSMC youths participate in YS, well above the average for USAREUR communities which shows 42 percent of eligible youths participating.

Our program is successful because it adapts to the changing needs of military parents and children. Programs such as after school activities, sports training

camp, holiday camps, and summer camps represent the cutting edge of recreational/developmental activities for school age youngsters.

The School Age/Latch Key program was developed at the Department of the Army level in order to provide before and after school activities for children of working parents. Prior to the development of School Age/Latch Key, these so-called latch key children usually went home alone and let themselves into an empty house.

By the start of the next school year (1989-90) the program will be administered by Youth Services throughout the Stuttgart area. YS will offer the After School Bunch program at all area YS centers. The program provides directed activities for children aged 6-12, including arts and crafts projects, field trips, time to do homework and more, on a weekly basis.

Since the youngsters are actually enrolled and under direct supervision, parents may be certain that their children are at the center during those hours. In most cases parents are only required to pay a nominal fee of \$15 per week. As demand warrants, similar programs of before school care may be implemented in GSMC.

YS current and future plans call for a variety of summer programs such as day camps, team sports, supervised high adventure camps, and regularly planned daily activities. The YS camps, like its programs, are staffed by trained personnel who understand first aid, CPR, nutrition, and the type of recreational activities needed for physical and social growth.

GSMC Youth Services has also been instrumental in developing a program specifically for teenagers. Using the recommendations of the GSMC Teen Task Force, YS has

been striving to translate these suggestions into action.

YS is developing a three-pronged program to meet teen needs. The first aspect involves finding a separate space to be used by teens exclusively. One such teen lounge is already operating at Patch Barracks. Two more, one at Robinson Barracks and one at Pattonville, are scheduled to open at the end of June. These new lounges are being realized through a self-help program which combines the efforts of teens and parents, with soldiers from sponsoring units within the subcommunity. The joint efforts of this winning team make this program a success.

In turn, these lounges facilitate the development of a forum for expressing teen concerns to the community and the command. Teen councils composed of volunteers (teens, parents, interested individuals) will plan and program activities for teenagers. Should an issue be raised which cannot be solved locally, this forum may elevate the issue through the appropriate chain of command.

The last element is a teen resource guide, the GSMC Youth Support Teen Booklet. This booklet is scheduled to be available in early June. It will cover three fundamental areas of concern for local teens: support agencies, employment opportunities, and scholarships. The special youth support booklet will be particularly valuable for youth who are just arriving in GSMC.

From infant to high school senior, this community has a full slate of care and activities for military children. We are committed to taking care of soldiers and their families.

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

chaplain's corner

Holocaust: days of remembrance

By Ch (Capt.) Stanley Schwartz, Ch (Maj.) Hanson Boney & Lois Giovacchini

In June 1942 Adolf Hitler, dictator of the Third Reich, speaking about World War II, said, "The result of this war will be the complete annihilation of the Jews." Perhaps some people still did not believe it, even then. However, historical documents and eyewitness accounts reveal that by 1942 the Nazi extermination of the Jewish people was already an efficient operation, institutionalized within German-held territory and well-documented in official memoranda and reports. This state-sponsored murder program has subsequently become known as the Holocaust.

The days of remembrance are a one week period set aside annually in which to contemplate the Holocaust, this systematic execution of literally millions of people, primarily Jews, by the Nazis and their collaborators during the second world war. This year we are commemorating the Holocaust during the first week in May. Remembering is vital to our history; past, present and future.

During this week we will remember for all those who cannot be with us today, the victims of the horror. We must ask ourselves how did this happen, and what can be done to prevent it from ever happening again.

The Nazi annihilation of the Jews differed greatly from other crimes recorded in the history of western

civilization. The Holocaust was unique due to the sheer magnitude, actual numbers killed, and the modern method. Never before had a "legitimate" national government perpetuated a policy of genocide using all the means at its disposal. In other words, the German bureaucracy, industrial base and scientific and technological developments were all utilized efficiently to murder millions of men, women and children.

Holocaust historian, survivor and novelist, Elie Wiesel writes, "Not all victims were Jews, but all Jews were victims." This statement refers to two separate phenomena. Firstly that while Jews were singled out in the beginning, others were also swept away in the storm of hatred.

The second phenomena is the virulent hatred of the Jewish people and the Jewish faith, anti-Semitism, which fueled the annihilation. A heritage of anti-Semitism paved the way for the Final Solution. This rampant prejudice allowed the majority of the German people and other nations throughout the world, to turn a blind eye and a deaf ear to death camp screams.

We need to combat anti-Semitism and all forms of bigotry wherever they may be found. Unchecked racist politics tend to lead to violence and extremism. One of the lessons of the Holocaust is that evil can become commonplace and acceptable so long as the change is gradual, so gradual that none even think to challenge it.

By challenging those beliefs on moral and religious grounds, we establish our strength and humanity. We can then give credence to our pledge, "Never again."



citizen profile

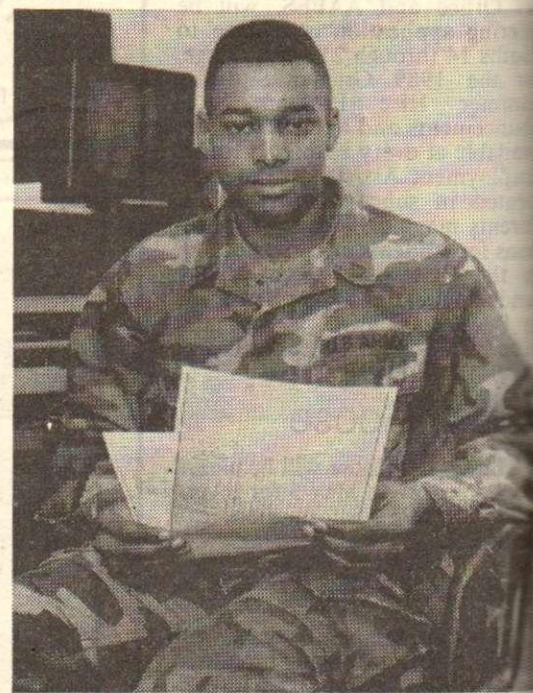


photo by Bob Crockett

PFC Samuel Tyre, administrative clerk with the 207th Military Intelligence Bde at Coffey Barracks is the new Soldier of the year with the Ludwigsburg/Kornwestheim subcommunity. The 22-year-old Pine Bluff, Ark. native faces another challenge soon as he competes for GSMC Soldier of the Year.

STUTTGART
Citizen

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Bad checks are bad news for GSMC soldiers

Life in Stuttgart is expensive. But writing bad checks can make the cost of living rise quicker than you can say "Arbeitslos."

The problem we see here in Germany is that a lot of young soldiers come over here and don't realize how expensive it is," said Capt. Denise R. Lind, VII Corps financial trial counselor, "and in the course of transferring their money and setting up a house, etc., they get themselves buried deeply (in debt)."

There are many different reasons for soldiers writing bad checks according to Lind. Some soldiers have joint accounts and don't inform their spouses when they write checks. Some soldiers write checks knowing that there is no money in their account, but write them anyway. There are soldiers who don't perform their checkbook maintenance.

If a soldier or family member makes a single error in his or her checkbook, it could lead to several dishonored checks. If these checks are considered related to one another and, if not redeemed, will be considered a single offense. The individual, however, must prove that the dishonored checks are related to each other, or each check will be considered a separate offense.

The penalties for writing bad checks can be severe.

"It's up to the commander," said Katherine Davey, a check control program assistant at the Financial Management Division at RB. "A lot of NCOs are getting Article 15's. Some soldiers are getting a slap on the wrist. We request that dishonored check writers have their ID card overstamped."

The Greater Stuttgart Military Community does have its share of dishonored

check writers.

"There were 721 dishonored checks written in the first quarter of fiscal year 89," said Davey. Those dishonored checks totaled over \$86,000. That's an average of almost \$120 per dishonored check.

Who wrote these checks? Everyone from E-1 to O-6 and above including family members, retired military, and DoD civilians, Davey said.

"It's really embarrassing," according to one soldier who was on the dishonored check list. "You can't write a check on post, and I had my ID card overstamped — check cashing privileges not authorized. Everytime I flashed my ID card, somebody saw those words in red ink, on the top and bottom of my ID card. It's embarrassing."

If a soldier or family member writes a bad check and does not redeem it within the grace period allowed — 20 days — the soldier has committed a first offense. A soldier who writes three unrelated dishonored checks and redeems them within the grace period has also committed a first offense.

For a first offense, the penalty is suspension of check-cashing privileges for six months from the date of the suspension memorandum, and required atten-



dance at remedial training. The training places emphasis on checkbook management skills. After completion of the training, the individual is given a test on checkbook maintenance. The training is a prerequisite for removal from check-cashing suspensions. The individual may also have his or her ID card stamped.

A soldier or family member who writes a second dishonored check, unrelated to the first, and does not redeem it in the allowed grace period has committed a second offense. Also, if an individual writes four unrelated checks that are dishonored and redeems them in the allowed grace period, he or she has committed a second offense.

The penalty for a second offense is attendance at remedial training and suspension of check-writing privileges for 12 months from the date of suspension memorandum. If the person is already on the dishonored check list, the suspension is increased by 12 months. The ID card may be overstamped.

If a third unrelated dishonored check is written and not redeemed in the grace period, it is a third offense. If a person writes five unrelated dishonored checks and redeems them all in the grace period,

it is also a third offense.

The penalty for a third offense is remedial training, overstamping of the ID card, and suspension of check-cashing privileges for 18 months from the date of the suspension memorandum if the offender is not already on the dishonored check list. If the person is on the list, the suspension will be increased by 18 months.

A fourth offense is committed if an individual writes a fourth unrelated, dishonored check and fails to redeem it in the grace period, or if an individual writes six, unrelated, dishonored checks and redeems them in the grace period.

The penalty for a fourth offense is attendance at training, overstamping of the ID card, and indefinite suspension of check-cashing privileges from the date of the suspension memorandum.

If family members use their IDs and their sponsors' social security numbers for check-cashing and write bad checks, the sponsors may be held liable and placed on the dishonorable check list. If the family member uses his or her own ID card and social security number as identification and the check is dishonored, the family member will be placed on the dishonored check list.

To be removed from the dishonored check list: the dishonored check(s) must be redeemed; all charges must be paid; remedial training must be completed; and the individual must have passed the installation checkbook maintenance class; and the installation commander must approve. (Compiled by Nicholas A. Minecci and Lionel R. Green)

Cheney: an inside look at the defense secretary

Dick Cheney, a six-term congressman from Wyoming, is the new secretary of defense.

Cheney has experience in both executive and legislative branches of government.

Cheney was born Jan. 30, 1941, in Lincoln, Nebraska. He moved at a young age with his family to Casper, Wyoming.

He earned BA and MA degrees in political science from the University of Wyoming in 1965 and 1966, respectively.

His public service career began in 1965, when he served as an intern in the Wyoming State Legislature. He served on the staff of the governor of Wyoming and then as an assistant to Wisconsin Rep. William A. Steiger.

From May 1969 through December 1970, Cheney served as special assistant to the director of the Office of Economic Op-

portunity. From then through September 1971, he was deputy to the White House presidential counselor. From September 1971 to March 1973, he was assistant director for operations of the Cost of Living Council.

After that, Cheney left government to become vice president of Bradley, Woods and Company Inc., an investment advisory firm.

He returned to government in August 1974 as deputy assistant to President Gerald R. Ford. In November 1975, he was named assistant to the president and White House chief of staff. He held that post through the Ford administration, leaving in January 1977.

Cheney was elected to Congress in 1978. He served in several leadership positions within the Republican House delegation. In 1981, he was elected chair-



man of the House Republican Policy Committee. He served in this position through the 100th Congress.

In June 1987, Cheney was elected chairman of the House Republican Conference — the third ranking GOP leader. In December 1988, Cheney was elected as House Republican Whip for the 101st Congress — the second highest ranking GOP position.

Cheney served on the House Committee on Interior and Insular Affairs and the House Permanent Select Committee on Intelligence. He also served as ranking Republican on the House Select Committee to Investigate Covert Arms Deals with Iran.

Cheney married the former Lynn Ann Vincent in August 1964. They have two daughters — Elizabeth and Mary. (AR-NEWS)

briefs

POV registration

USAREUR registrations expire as indicated on the registration document (AE Form 190-1a) and not at the end of the month as indicated on the windshield sticker.

Failure to begin re-registration procedures in a timely manner may result in the vehicle having to be registered non-operational and/or obtaining a revoking authority's signature to re-register the vehicle.

It is recommended that re-registration

procedures be started 30 days prior to expiration of the current registration, regardless whether or not the vehicle owner has received the registration provided by the USAREUR Vehicle Registry.

Shipping firearms

"Plan ahead if you have brought firearms in Europe and plan to ship or send them to the States," says Robert Szostek, Customs Public Affairs Officer for the U.S. European Command. Firearms purchased overseas normally need approval from the Bureau Of Alcohol, Tobacco, and Firearms. You can get the application forms from your local customs of-

fice.

Approval of these forms usually take six to eight weeks which is why people need to plan in advance," Szostek added. The only break for military personnel is Revenue Ruling 69-309 which allows them to import up to three long guns without ATF approval. However, Szostek cautioned, "You can't mail long guns under the Revenue Ruling, you can only put them in household goods or hand carry them."

Preclearing request

Unit Personnel Administration Center (PAC) can request preclearing for soldiers who reside in the barracks and have no

active accounts in nine agencies within the Greater Stuttgart Military Community. Preclearing is designed so that certain soldiers can avoid clearing at agencies where they have had no active account. A soldier's unit PAC can request preclearing procedures by calling the Central Processing Facility (CPF) 10 days prior to that soldier's departure date. Preclearing will be accomplished by CPF and the soldier is not required to physically report to the following nine agencies: Army Community Service, Army Emergency Relief, Credit Union, Library, AAFES/DPP, Merchants National Bank, Morale Support Activity/Outdoor Recreation Services, Entertainment Branch and Club, and Community Operations Division.

Week highlights secretarial excellence

by Steve Snyder
Stuttgart Citizen staff

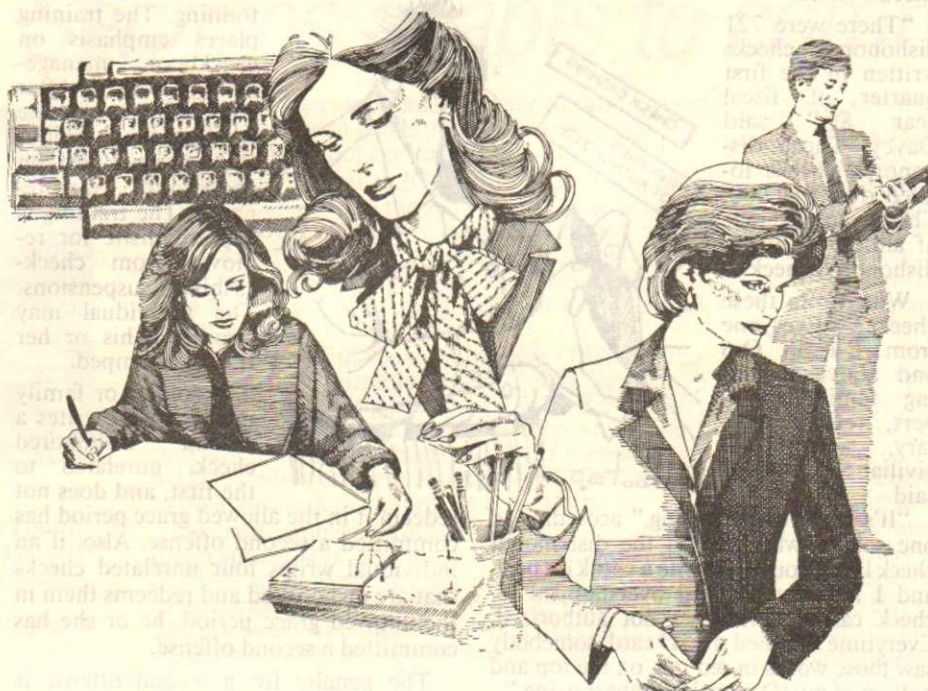
Celestine Holmes is a secretary and proud of it. She works for the Directorate of Civilian Personnel, VII Corps, at Kelley Barracks. "I'm doing exactly what I like," she said and her employers "make me feel extremely important." Still, the status accorded secretaries is not always the highest. That rankles Holmes.

"I've read a cartoon recently which told me that society doesn't see secretaries as being as important as they are," she said. This is irksome because Holmes sees secretaries as being vastly underrated.

Others obviously agree because this is Professional Secretaries Week and Wednesday has been designated as National Secretaries Day. GSMC honors its secretaries, clerical staff, and administrative support personnel at a luncheon Wednesday at the Robinson Barracks Community club (bus transportation is being provided from the other subcommunities) from 11:30 a.m. to 13:30 p.m.

Once a year may not be sufficient to do justice to secretaries "upon whose skills, loyalty, and efficiency the functions of business and government depend," according to a proclamation issued in 1952 by the then-Secretary of Commerce Charles Sawyer, whose speech inaugurated celebrations of Secretaries Week.

Helga Decker is a typically skillful, loyal, and efficient secretary who graces the office of Resource Management, 2nd



Corps Support Command, at Nelligen Barracks. Prior to assuming her current position about a year ago, Decker worked at Robinson Barracks and before that labored at the Miesau Army Depot near Kaiserslautern. She's also experienced in German industry.

The German national "likes to take care of appointments for my chief and to take responsibilities to keep this office running." She admits to being "very happy to be in the (Army's) system" and confides that the Army is much more pleasant to work for than German industry, where conditions were hectic and the

workload often overwhelming.

Pvt. 2 Stephanie Donham, 128th Combat Support Hospital, Flak Kaserne, never worked in German industry but definitely believes the Army treats its secretaries better than American industry does. Donham is a 71L, clerk/typist, who was quoted recently to the effect that "I've had a lot of civilian jobs but they (the Army) have more respect for you here."

The Army, apparently, does not draw as sharp a line between clerical and administrative posts as does an often status-conscious American business estab-

lishment.

Staff Sgt. Ella Tye, HHC, 6th Air works at Ludendorff Kaserne, serving the Ludwigsburg/Kornwestheim subcommunity. Her job, a 71L, includes entering the Army's record keeping system, publications and blank forms management, community distribution management, office copier management and handling correspondence. And she's good at it.

The 10-year-veteran is a "firm believer in whatever you do, there's always regulation that governs it." Tye enjoys working with people, enjoys helping people and providing service to people.

"I think it's a good idea that there's Secretaries Day," she said, adding "it's a very stressful job."

Still, some, like Celestine Holmes "love being a secretary." Holmes says she enjoys meeting interesting people, conducting business interactions and even, typing. She's been at Kelley about a year-and-a-half and has spent nearly six years in Germany. "I've had one of the best times of my life here," she said.

Holmes thinks some secretaries are dissatisfied with their jobs because they've attempted to use the position as a stepping stone to supposed better things but "get stuck in it and are unhappy." Her bosses, though, "make you feel they've missed you when you're gone and stress that they need you," she said.

Holmes, being a professional, appreciates the compliments. But for her and her colleagues within GSMC, they do come as a surprise.

Teens evaluate lifestyle: each move has its price

By Steve Snyder
Stuttgart Citizen staff

"Right before a friend leaves, I detest the Army," said Lerah Mitchell, 16, a student at Stuttgart High School. "But a strong part of me has grown," she adds, "because I've learned to accept the consequences of living here."

Weighing the pros and cons of life within the military community, GSMC's best and brightest are, generally, upbeat. Still, the continual upheavals inherent in a typical military career tend to grate upon even mature personalities. In this Month of the Military Child, those irritations are worth exploring.

Mitchell, a member of the National Honor Society and her class' student council, explains that while "having to part from friends is difficult, we discipline ourselves to deal with the burdens of moving." In her third tour in Europe, the articulate young scholar has, in fact, spent more time in school in Europe than in the States. She isn't griping.

The daughter of Col. Charles Mitchell, 5th General Hospital, is fascinated with what she describes as Europe's "diverse scenery". In addition to Germany, she's traveled widely through England, Ireland, France, and Switzerland. It's given her a perspective not available to her peers stateside. She hasn't grown too sophisticated, though, to neglect homespun pursuits. Lerah was a cheerleader for the Stallion football and basketball teams.

One aspiring young athlete she cheered on was 18-year-old Ronald

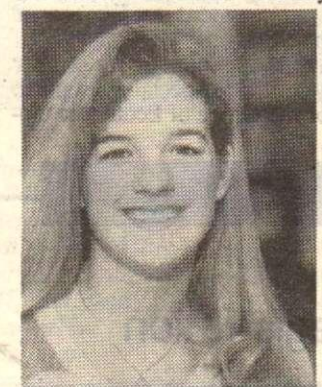
Thomas, star wide-receiver for the Stallion gridiron eleven for three years and dead shot at point guard for the school cage team.

Thomas is the son of Staff Sgt. Ronald Thomas Sr., who works for the 51st Signal Battalion at Wilkins Barracks. The family is on their second tour in Germany.

Young Ronald describes Stuttgart as "a pretty nice area" but "misses things in the States like malls." He says that taking

part sports and sharing the company of good friends lessens, somewhat, the effects of homesickness. Travel takes a toll, though.

"After you move some-



Lerah Mitchell

times," he explains, "you never know when you might have to move again."

The personable teen plans on another move, soon. Thomas intends to enroll in West Georgia College near his hometown of Athens, Ga. While college means being away from his family for two years, basketball and his grandmother probably won't allow him much time to brood about it.



photo by Lionel R. Green

'Here be demons'

No, these are not demons, or aliens from outer space, but dancers rehearsing for the upcoming musical masterpiece, "The King and I." The Rodgers and Hammerstein classic is being directed by Brett Harwood. The musical consists of 52 cast members, 22 of whom are young children, and an elegant stage setting, masks, and costumes. The first production is Friday and continues through the weekend and the following two weekends. Tickets are \$8 for adults, \$6 for students, and \$4 for children 12 and under. Sorry, no children under five will be admitted. For more information, call 420-6148 or 0711-819-6148.

Bicycling: pedaling on the roadway proves a healthy aerobic alternative for those who like to run or sightsee

As the weather in Stuttgart gets warmer, outdoor activities will become commonplace. People keeping fit will look out of the gymnasium windows, and realize it's time to start shaping up — outside. Bicycling offers the best of both worlds. While you shape up, you can look out at some of the beautiful scenery that Germany has to offer.

People can perform any number of aerobic activities to lose weight and increase fitness. Running and jogging are popular, as are swimming and aerobic exercise. And walking is fast becoming the sport of choice among more and more of the world's health-conscious people.

According to Dr. Jack McKenzie, bicycling is also a good aerobic exercise because it can eliminate, or at least reduce, orthopedic injuries. McKenzie is a physiologist with the Department of Military Medicine at the Uniformed Services University of the Health

Sciences, the nation's only military medical school.

"When people run, their feet pound against the running surface and there is a lot of stress on the body, especially on the knees and ankles. That's not a problem with bicycling," McKenzie said.

Anyone thinking about taking up bicycling to get in shape should remember that the most important piece of equipment a cyclist owns is the helmet, not the bicycle. A recent Consumer Product Safety Commission study revealed that 75 percent of all bicycle fatalities are due to brain injuries. Also, the study found that helmet use could have prevented most of those. There are about 1,000 bicycle fatalities each year.

The characteristics of a good helmet include:

- A stiff outer shell;
- Energy-absorbing liner;

- Chin strap and fastener;
- and acceptance by the Snell Memorial Foundation or the American National Standards Institute, two organizations that test bicycle helmets.

Once the head is well-protected, the cyclist needs to be sure the bicycle "fits." Bicycles are more sophisticated today than they were 10 years ago. But basically they fall into three categories. The first is the multispeed, multigeared recreational/touring bike. For years, it has been referred to as the "10-speed." However, today most of these bikes have from 12 to 18 gears.

Jim Fremont of the bicycle institute of America said this is the type of bike the average person buys to explore the bike trails in the neighborhood. He said a touring bike looks similar to a racing bike, but the difference can be dramatic for the uninitiated.

"A racing bike is much lighter and

stiffer," he said. "A pure racing bike has a shorter wheelbase and will not absorb the road shock as well as a touring bike. The body will absorb the shock."

The third type of bicycle available is the all-terrain bike. Originally developed for off-road use, Fremont said 80 percent of those sold today are used on city streets. "The wide tires tend to handle the streets better," he said, noting that the couriers who zip through city streets favor the all-terrain bikes because they handle urban debris better. However, these bikes should not be used for riding distances in excess of 10 miles. "They can be ridden further," said Fremont, "but it will be a more difficult ride."

Although bicycles today are much more sophisticated, the rule of thumb for fit remains the same: straddle the bike with both feet flat on the ground. There should be a one or two-inch clearance between the groin and the top tube.

Fitness evaluations are key to safe training

Test screens for possible trouble

"People are always looking for quick results" when striving to attain physical fitness, said Tony Green, sports specialist at GSMC's Sports Office. But that type of reasoning leads to disaster. Green urges exercisers to "start slow" and avoid "working out every day."

That advice follows the generally accepted wisdom in the latest thinking on sports health issues. As the weather warms up, more soldiers will be jogging and taking part in organized sports. Their exercise is designed to build physical fitness. Guidelines should be followed, though, to avoid both injury and discouragement.

The American College of Sports Medicine recommends that anyone over the age of 45 consult a doctor before beginning an exercise program. This also holds true for those under 45 who have heart-disease risk factors such as high blood pressure.

The value of a fitness evaluation, according to Patricia Deuster, an assistant professor in the Department of Military Medicine at the Uniformed Services University of the Health Sciences (the nation's only military medical school,) depends upon where it is performed. Deuster cautions that comprehensive fitness evaluations can only be performed by physicians and other trained health care professionals.

A typical fitness test includes evaluations of height/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," said Deuster. This is usually conducted on a stationary bicycle and the test is generally sufficient for those who are already in good physical condition.

"A physician will use a treadmill and an electrocardiogram — EKG — to get a better idea of how the heart reacts to increasing levels of activity," said Deuster. "This would be beneficial to anyone who has been sedentary for a long period of time or has heart-related disease."

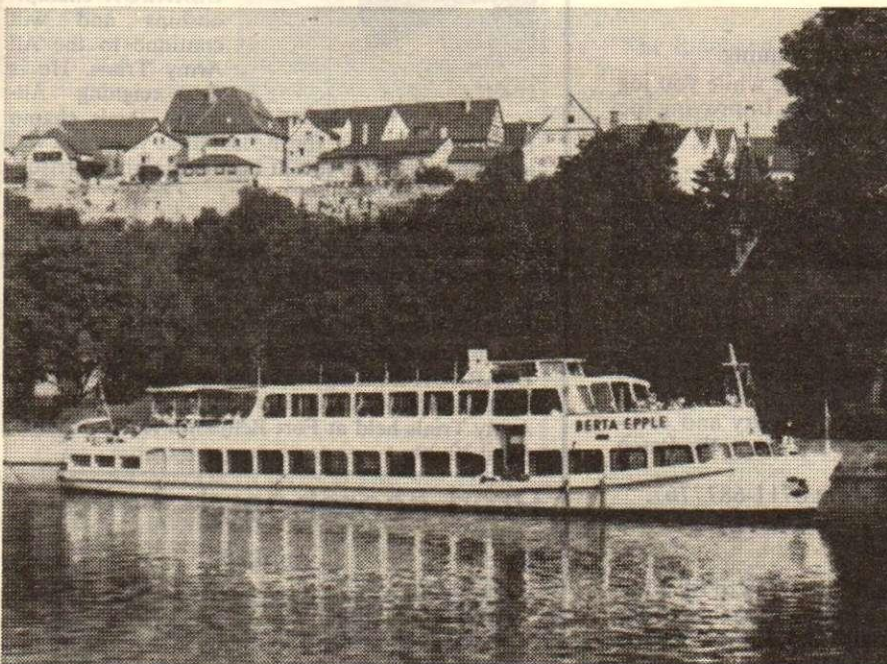
The test to determine one's percentage of body fat is usually performed using skin fold calipers, although other more accurate methods exist. A reduction in body fat is a good indicator of increased fitness.

Cholesterol is the most recent health

topic around the country and more and more health clubs are buying machines that can test cholesterol levels. Information from these tests tells only part of the story, though. Deuster noted that while "they give the total blood cholesterol level and that is good to know, it doesn't break it down into HDL (good cholesterol) and LDL (bad cholesterol). These tests can only be performed in a medical laboratory."

Deuster concludes by offering two recommendations to help people make better decisions about their fitness. First, she said, "be moderate. Don't be in a hurry to get in shape, as it takes time to build up to a desired level of fitness." Secondly, "educate yourself." Read and find out what to expect from a fitness program and "then tailor your program accordingly."

Compiled from reports by Tom Joyce, AFIS and Steve Snyder, Stuttgart Citizen.



Neckar Cruise

The cruise boat "Berta Eppl" winds majestically through the beautiful Neckar river valley. Tickets for daily tours are available at a low price at the ship's dock Wilhelma, Bad Cannstatt.

tours and travel

USO tours

Wednesday

MERCEDES FACTORY — Cost is \$6 to tour famous factory. Bus departs from RB at 1 p.m., returns approximately 4:30 p.m.

Thursday

POTTERY FACTORY OUTLET — Find out how to make pottery and ceramics. All purchases reduced by 10 percent. Departs RB at 9 a.m., Pattonville at 9:15. Returns around 1:30 p.m.

Saturday

ZURICH — Tour the famous Swiss city, haven of wide boulevards, banks, jewelry stores, and a beautiful lake. A stop on the way at the Rhinefalls, one of Europe's most famous waterfalls, is included. Cost is \$31 for adults, \$25 for children. Sign-ups must be four days in advance.

For more info on any of the tours, stop in at the USO booth in the RB Main Exchange and pick up a copy of the Kiosk or call 420-6241 or (0711) 856102.

ITT tours

May 26-29

ITALIAN BEACH PARTY — Soak in the sun at luscious, wave-crested Jesolo Beach. Evening departure from pick-up points on May 26, dinner stop in Ger-

many while riding toward Italy. Next day, arrive at the beach with activities there until early morning departure on May 29. Cost is \$149 for two overnights or \$179 for three.

June 3

TRAIN TOUR & RHINE CRUISE — Take a train ride to Ruedesheim, a wine center, and a two-and-a-half hour cruise on the Rhine River from St. Goarshausen to Ruedesheim. Boat ride passes through castles on the shore, the famous island tower on Kaub, scattered villages and vineyards. Cost from the Stuttgart area is DM60 for adults, DM46 for children.

June 17-24

SPAIN — Three days of varied activities in Lloret de Mar, Spain. Trip includes optional side tours to Barcelona. For five overnights, cost runs \$199 and up.

June 9-11 & 16-19

PARIS AIRSHOW — Includes afternoon airshow and optional late-night show at the famous Moulin Rouge nightclub. Familiar tour includes sights of Notre Dame, Eiffel Tower, Arch of Triumph, etc. cost is \$109 and up.

For more information about any of the ITT tours contact the following offices: at RB, phone 420-6090 or 0711-854034; at Nellingen, phone 421-6558 or 0711-341848; at Patch, phone 430-7189 or 0711-6877756 or stop in at your local ITT office.

Martial Arts tourney hits Nellingen gym

by Lionel R. Green
Sports Writer

The GSMC Invitational Martial Arts Championship was held April 15 at Nellingen Barracks. The tournament attracted 150 participants, American and German. Over 300 spectators watched the event as the participants competed in the kata and kumite categories of Martial Arts.

"Overall, the tournament was a big success with the participants," said Freddie Giddens, the tournament director. "They thought it was super because of the trophies."

The kata, an event that demonstrates the form of an individual, consisted of four competitions — the black belt kata, weapons kata, kata for all other belts, and grand champion kata. A panel of black belt judges determined the winner of the kata competitions basing their decision on balance and control.

The kumite event, or the sparring portion of the tournament, was composed of two competitions: black belt kumite and kumite for all other belts.

Kumite can be extremely physical, but the rules, provided by Giddens, who has run over 10 tournaments in the last two years, stressed control and technique. Points were awarded for form, balance, control, strength, and other technical gamuts. To insure a safe tournament, any excessive contact was dealt with in two ways: awarding the offended contestant with one point or disqualification of the contestant who used the excessive contact. The judges determined what was considered excessive contact.

Nellingen Youth Services helped sponsor the event, and according to Pam DeWitt, the Nellingen YS Director, "this was the first time that such a large-scale event has been held in GSMC with such a wide range of participants." The contestants ranged from five-year old children to adults up to 40.

No one left the tournament without something to



photo by Bob Gonsalves

L.C. Pope Jr., Karlsruhe, demonstrates his winning form during the kata competition at the GSMC Martial Arts Championship.

show for their achievement.

"We provided every kid with a certificate of appreciation," Giddens said. "Also, the Germans gave the tournament good compliments on the way it was run

and on the trophies."

Giddens and DeWitt both agree that there is a good chance for having another tournament.

"The YS was very supportive in getting things done to promote the tournament," said Giddens. "This was a good event that benefited all communities."

Contestants from the Greater Stuttgart Metropolitan Community that placed were:

Kata competition

Kenon Streeter, 9, third in white belt
John Williams, 14, third in white belt
Jasson Scott, 8, second in orange belt
Spike Sikes, 8, third in orange belt
Bobby Casarez, 9, second in brown belt

Adult Kata

David Smith, third in brown belt
Martina Scott, third in women's white belt

Kumite competition

Steven Whittlesey, 6, first in white belt
Steven Taylor, 8, first in white belt
Jerry Martinez, 8, second white belt
Celeste Bartholomeu, 9, third in white belt
Stanley Whittlesey, 10, first in yellow belt
Phillippe Rauch, 10, second in yellow belt
John Williams, 14, second in yellow belt
Jasson Scott, 8, first in orange belt
David Stutt, 11, third in orange belt
Lance Otto, 12, second in green belt
Bobby Casarez, 9, first in brown belt
Tysly Brown, 10, third in brown belt
Dartamien Brown, 13, first in brown belt

Adult kumite

Denver Martin, first in white belt
Joseph Jones, third in green belt
David Smith, first in brown belt
Bryan Ulmer, Grand Champion in black belt
Martina Scott, third in women's all belts competition
Ann Brown, third in women's brown belt

The tournament was sponsored by Freddie Giddens and Nellingen YS.

Jogging safety

Run to improve health, not to endanger it

by Rolf M. Hetterich
GSMC safety manager

Jogging is one of the cheapest and most efficient ways for people to achieve and maintain physical fitness. About 100,000 Americans were jogging in 1968; today the number of joggers has increased to over 40 million.

Joggers, however need to recognize their personal capabilities and limitations and keep their minds alert while jogging.

Here are some tips on how to make your jog a little safer:

- If you are over 30 years old, overweight, or have a

history of health problems, consult your doctor before starting an exercise program.

- Begin your exercise program slowly and progress gradually.

- Run with others.
- Be able to hear what's going on around you.
- Don't run in isolated areas.
- Know your route.
- Avoid running at night.
- Run defensively and be alert.
- Let someone know where you're running.

Remember. Just apply common sense while you jog to avoid heart attack and other hazards. Improving the quality of life should not endanger life.

Next week: injury prevention.

briefs

Golf clinic

The Stuttgart Golf Course will be offering a one day golf clinic on May 6. This will be a five-hour block of instruction using the latest teaching methods and video cameras.

The class is open to all golfers, beginners to advanced. The size of the class will be limited to 18 students and the first 18 to sign up and pay will be accepted.

The cost of the class is \$40 per student. An additional list of 18 students will be taken May 7 in the event that a second class is held.

For more information, call Rick Massey at 07141-89150 or 4282-484.

Track & field practice

The GSMC Track and Field team will be practicing daily starting April 24 from 6-7:30 p.m. at Stuttgart American High School in Pattonville.

For more information, contact SFC Bailey, 4282-677/741 or the GSMC Sports Office, 420-6315/7055.

Softball practice

Stuttgart Stallions fast-pitch softball team, 1987/88 winners of the European Championship, wants you to come out and practice with them (military and civilian) every Saturday and Sunday at 1 p.m. on the Patch Barracks softball field.

For more information, call Dan at 0711-6877767.

Coaches needed

Head football coach Joe Brant is seeking to fill a few positions as voluntary assistant football coaches in the Stuttgart American High Varsity and Junior Varsity football program.

Any interested person with some experience at the junior or senior level of youth football are encouraged to contact Coach Brant at ETS 4282-843/881.

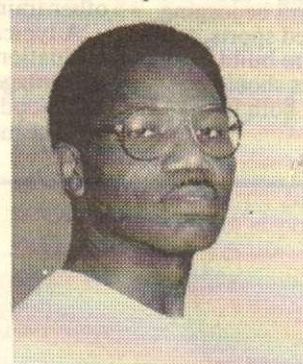
Tennis anyone?

If tennis is your racket... come to Outdoor Recreation and register for our spring classes in building 121 at RB.

Classes begin May 3 and are \$25. For more information, call 420-6202.

news

Lewis Washington won the USAREUR Racquetball Championship again in the 40-and-over men's masters competition defeating Charles Stone of the



Lewis Washington

Lewis in his division for the last three years and will go for a fourth in a row at Fort Benjamin Harrison, Ind., April 20-29.

Velma McDougal finished second in the USAREUR Racquetball Championship in the 30-and-over women's masters division falling in the final to 21st TAACOM's Lynda Jones, 15-9. McDougal, the NCOIC of the DOL Supply Branch at Valdez, has finished second two years in a row at the USAREUR level after coming off back-to-back V Corps championships. She will compete in the Army Trials held at Fort Benjamin Harrison, Ind. April 20-29.

Prep scoreboard

Soccer April 15

Boys Varsity:

Stuttgart 2, Hanau 1

Patch 2, Nuernberg 1

Girls Varsity:

Patch 3, Nuernberg 1

Track and field April 15

Results in the Stuttgart pentagonal:

Boys:

Zweibruecken 88, Wurzburg 72, Hanau 65

Stuttgart 40, Patch 7

Girls:

Stuttgart 8, Wurzburg 70, Hanau 37, Patch 35

Zweibruecken 30

