





'Wardawgs' at home on the range

By John Reese USAG Stuttgart Public Affairs

Soldiers of the 554th Military Police Company, 709th MP Battalion "Warriors," 18th MP Brigade, 21st Theater Sustainment Command, conducted M-4 rifle training during a live-fire qualification course, Oct. 17, on the Panzer Kaserne range. The 554th "Wardawgs" serve as the police force for the USAG Stuttgart's military community and are the MPs who patrol the garrison to keep it safe.

Photos by visual information specialist Rey Ramon (1, 2), and Jason Johnston (3, 4 and 5), 7th Army Training Command.

- 1. The Wardawgs approach the firing line as the day begins.
- 2. Sgt. Amore Archer, 554th range safety officer, provides marksmanship guidance to Pfc. Christopher Smith.
- 3. The view as you approach the range.
- 4. Clips of 5.56 mm rifle rounds await the firing line.
- 5. Staff Sgt. Brian Shipway gives directions to the Wardawgs.





Retirees offered one-stop shop of services and appreciation at RAD

Story and photos by Bardia Khajenoori USAG Stuttgart Public Affairs

USAG Stuttgart welcomed retired U.S. military personnel from all services to its annual Retiree Appreciation Day held on October 25 at Patch Barracks.

The event brought together a variety of different agencies and organizations to provide information and services under one roof, with participants ranging from the Veterans Administration to the American Legion. The Stuttgart Law Center and Dental Clinic were on hand to arrange appointments (with some dental patients being seen within hours), and the Health Clinic even offered flu shots on site. Attendees were also treated to briefings from Mark Overberg and Stacy Hendrix, retiree services chiefs of the Department of the Army and IMCOM Directorate-Europe, respectively. New to this year's agenda was a presentation on host nation tax implications for active and retired service members in Germany.

Coordination for the gathering took nearly five months and involved

24 agencies, according to organizer and garrison Retiree Services Officer Gus Norvel.

"Retiree Appreciation Day is meant to pay tribute to retirees who have honorably served in our military and to show them that they have not been forgotten," Norvel said. "It's important to have all these agencies here at one time because many retirees in Europe are in remote areas or far from their old post."

Norvel said that participants came from as far away as Augsburg—a



Phil Masterson, of the garrison Directorate of Human Resources, looks up state ballot information for Emily Valles at the Voter Assistance table at Retiree Appreciation Day.

nearly two-hour drive in the best of traffic conditions.

Emily Valles, an Air Force retiree who has been in the Stuttgart region nearly twenty years, agreed that convenience is a major factor in a community whose members and installations can be so geographically dispersed. "It's really hard to keep track of so many changes, from Tricare policies to postal availability, so the one-stop shop is very helpful to stay connected," said Valles.

Col. Neal Corson, garrison commander, pointed out in his opening remarks that retirees play an important ambassadorial role—not only at home, to areas and people who may have little connection to the armed forces, but also to the German communities in which many are now integrated. For that reason and others, "retirees are an extremely important population for us to support," said Corson.

To that end, the garrison is actively recruiting members to its Retiree Council, which gives voice to the needs and concerns of local retirees of any service. Interested candidates should contact the Retiree Services Office at 07031-15-2641 for more information.

Classified document destruction facility just got more destructive

Story and photo by Larry Reilly USAG Stuttgart Public Affairs

After nearly two months of being closed for some upgrades to its destructive capability, the 405th AFSB Logistics Readiness Center-Stuttgart Classified Document Destruction Facility (CDDF) on Patch Barracks reopened its doors, Oct. 15.

The facility added some new teeth to its bite with an upgraded hard drive shredder that literally chews up laptop computers and spits the pieces out in a matter of moments. The destructive metal shredder also chews up lap top computers and cell phones, and discharges the shredded metal pieces into a bin for easy disposal.

"The shedder's ability to quickly dispose of laptop computers and cell



Petty Officer 3rd Class Sara Jacobs is one of the first customers in Europe to shred classified documents using the CDDF's new system, Oct. 15.

phones is a nice added feature," said Curtis Burgess, facility manager.

One of the two large paper shredding disintegrator machines housed in the facility also received some upgrades that now enable it to shred classified paper documents in bulk

instead of piecemeal shredding.

"Being able to shred our classified documents in large bulk quantities really saves us time," said intelligence specialist Petty Officer 3rd Class Sara Jacobs, Special Operations-Europe. "We would spend up to six hours at a time shredding our classified documents. With the upgrades, we are done in half that time."

Stronger and faster chewing capability weren't the only improvements to the destructive power of the CDDF. A new system that processes the shredded documents to its final product has earned praise from environmental-friendly folks.

"In the past, after the documents had gone through the entire process, the final product was nothing more than a fine powdery pulp, and all we could do was dispose of it, which was not always so easily done," said Burgess. "The upgraded machine produces good-sized combustible briquettes that can be burned to create fuel. The briquettes are so much more environmentally friendly than the pulp."

Along with the destructive upgrade capabilities of the facility, the following new operating hours were established.

How to make your CDDF appointment

Use of the CDDF is by appointment only, Monday—Thursday, 7:30 a.m.—3:30 p.m.

The facility is closed on Fridays and American holidays. Call 430-5500 or 0711-680-5500.

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Pumpkin 5k and Harvest Fest heats up Patch on a cold fall day

Story and photos by John Reese USAG Stuttgart Public Affairs

A bitterly cold Saturday morning didn't dissuade costumed runners, walkers, babies in strollers and a half-dozen dogs from participating in the Great Pumpkin 5k, or keep hundreds of community members, especially little ones, from enjoying the garrison's annual Harvest Festival, Oct. 27.

The day began with runners doing laps around Patch Barracks' Husky Field just to stay warm before loudspeakers heralded the start of the 5k with Michael Jackson's "Thriller."

"This race is not timed, so no elbowing, no tripping and no fighting to the finish," said Cait Oblaender, USAG Stuttgart Family & Morale, Welfare and Recreation facility manager. "Today everybody is a winner."

She added a warning that the course might be a little slippery due to earlier light rain that later became a dusting of snow.

"It's freezing!" Oblaender said with a shiver. "But it's not raining, so I'm not complaining."

The course, all on post and clearly marked with signage, was safely navigated by the 95 runners, about half of those Child and Youth Services cross country runners. Since the familiar race clock was for personal best only, names and times weren't recorded.

May Siegrist, herself a marathoner, didn't run, but endured the cold to cheer on her 16-year-old daughter, Isabella.

"We came from Hawaii," Siegrist said, noting she was born in the warm Philippines but grew up in Germany. "This weather is a very big difference from Honolulu. We just got here last summer."

By the time the 5k was done, the Harvest Fest was in full swing. Costumed kids went down a lane of 15 decorated cars for trunk-or-treat, played assorted games or made crafts, and a popular new addition, pony rides, were all busy. Many parents wore costumes.

A highlight of the morning was the reading of the children's book "The Bear and the Piano" by deputy to the garrison commander Kathryn McNeely. The Hub was packed with families, with more continuing to join as McNeely read the story. All of the children in attendance received a copy of the book, with many of them turning the pages following the narrative.

The well-attended fest drew to a conclusion shortly before the snow began to fall.



Garrison celebrates Hispanic Heritage

Story and photos by John Reese USAG Stuttgart Public Affairs

The USAG Stuttgart and U.S. African Command Equal Opportunity Offices joined forces with the Special Operations Command Europe senior enlisted leader to bring the community the Hispanic Heritage Month observance at the Panzer Exchange, Oct.13.

Held within the Exchange mall at the 4-way intersection near the entrance, the event featured a salsa dance performance by the team of Claudia and Chico, a cake cutting and food sampling of Mexican cuisine.

"We have taquitos, beans, rice, guacamole and salsa," said Wendy Webster, who dished up generous samples along with other volunteers, including Carolyn Becks, manager, USAG Stuttgart Equal Employment Opportunity. Webster noted that samples were very popular with attendees, especially the fresh guacamole.

Guest speaker Command Sgt. Maj. Bruce Holmes, SOCEUR, who came to Stuttgart about four months ago from Fort Bragg, North Carolina, said he felt honored to be personally invited to speak by the garrison installation command

team because of his Latin-American origins. It was the first time he'd been asked to speak as such an event in Germany.

"I think it's strikingly interesting that you would have somebody of Hispanic descent make opening remarks. I was graciously asked by Command Sgt. Major Toese Tia," Holmes said. "I was proud to do it and I think its absolutely important that we embrace not only the ethnicity of Hispanic origin, but ethnicities of the international world, because we have people from many countries who serve in the United States military. I think it's important that we take time to reflect that and thank them for their service."

Master Sgt. Deonda M. Clarke, AFRICOM EO, kept the celebration moving as emcee.

A few partners took to the dance floor after the performance, swirling to Hispanic music by DJ Anjo Marte, a native of the Dominican Republic. Marte has been spinning records in clubs and at events in Germany for 30 years, specializing in salsa.

"Right now in Germany, dancing is cool," Marte said. "The Stuttgart community can participate on Latin nights every fourth Saturday of the month in the Patch Community Club. We have salsa,



A complimentary sampling of Mexican food is served up for the garrison's Hispanic Heritage Month observance by Wendy Webster.

Mexican music and more."

Hispanic Heritage Month goes back to 1968, explained Sgt. 1st Class Pierre Boynton, garrison EO adviser.

"We recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate their heritage and culture," Boynton said. "The observance is celebrated during this timeframe due to the many significant events for various Hispanic communities which fall within the observance period."

What's coming up next

The next EO event coming up in November will be the National Native American Heritage Month observance. Details will be provided as they become available, or contact the garrison EO at 431-3756.

The garrison EEO office's new location is in rooms 408 and 409, Bldg. 2948, Panzer Kaserne. Call 431-3355 for more information.

Energy resilience enables Army readiness

By Melanie Chaballe, Mark Fricke and Corinna Fritz

USAG Stuttgart Directorate of Public Works Operations & Maintenance

The Army is working hard to secure critical missions on our installations by providing necessary energy and water. This will not be easy, nor free, but every one of you can help lowering the implementation cost. How? By decreasing our needs. The less we consume, the less we pay of course, but also the less backup we will need.

There are many things you can do on a daily basis that will help decrease the energy and water consumption, both at work and at home.

First of all, stop the waste!

Every little thing you save will decrease our overall consumption and so will decrease our backup needs. Following these tips will give you the

opportunity to help us reduce the overall energy consumption and increase the garrison's resiliency.

Increase energy resilience

Energy is a mission enabler and a force multiplier for a ready and resilient Army. Make sure you are not wasting energy by turning off everything you are not using. Turn lights off when you leave the room, turn TVs and monitors off when you are not watching them, turn off or even unplug any appliance that is not being used. Most of appliances will continue to use electricity in standby mode.

Water conservation

The first step in reducing our water footprint at work and at home is to be watchful for potential water leaks. Dripping water taps will not instantly have a big effect on the bill but will gradually increase the consumption, which can add up to thousands of gallons/liters within a year. Last but not

least, also keep an eye on your appliances (e.g. dishwasher) to highlight leaks as soon as possible.

Use energy wisely!

Ensuring energy and water supply to mission critical facilities is one of the Army's top priorities. Living, working or accomplishing a mission without energy or resources can be hard or even impossible. By reading this you start thinking of backup solutions such as backup generators, batteries, renewable energy, etc. True, but it all starts with energy and water conservation. Why? Because the less you consume, the less backup you will need to accomplish the mission.

There are so many things you can easily do to save energy and water with very little impact on your daily routine and comfort, both at work and at home.

As winter arrives, a lot of savings can be done with heating. Close doors and windows and check the seals around them. Program your thermostat to 68 degrees Fahrenheit (20 degrees Celsius) in occupied working and living spaces and check that the unoccupied times have a lower temperature set point. If you decrease your set point by 2 degrees Fahrenheit (or by 1 degree Celsius), you will decrease the energy consumption by about 8%!

When you purchase new appliances, look for Energy Star or European Label A (or better) products. They sometimes cost a little bit more but they can save up to 30% compared to conventional equipment. They will also use less power in standby mode. And even if you have energy efficient appliances, use them wisely and wait to have full loads of laundry or dishes for example.

Millions can be saved by reducing the energy and water consumption at the garrison level. The less we consume, the lower the bills, but also the less backup infrastructure we will need to implement and pay for.

Community awareness tested for domestic violence

"Our lives begin to end

the day we become

silent about the things

that matter."

Dr. Martin Luther King

Photo, story and poem by Nicole Staples

Domestic Violence Victim Advocate Family Advocacy Program

Are we, as individuals, so self-absorbed that we don't notice another person's suffering?

During October's Domestic Violence Awareness campaign, the Army Community Service's Family Advocacy Program put this question to the test during its "Dare to Ask" campaign, conducted to see how garrison community members would respond to individuals who had significant visible bruises.

With the help of Stuttgart High teacher Brandi drama Johansen, three volunteers were transformed into battered spouses. Once the make-up was applied, the volunteers ventured out into the community; the first volunteer, a male, had a handprint on his right cheek; the second, a female, had a black eye and grab marks on her left forearm; and the third, a female, had a black eye and cut above her lip. As they went into the community, the first thing they noticed was how self-conscious they felt. Making eye contact and being surrounded by people felt awkward and uncomfortable. Completing simple tasks felt distressing. Their worldview through the eyes of a survivor became very different. The reaction from the community was mixed.

"Nobody wanted to engage with me and people looked away," the male volunteer observed. When he ordered food, his food was in hand before the receipt ever left the machine. "They just wanted me out of there." When he went shopping, he said "the cashier never looked at me."

The second volunteer entered the

food court and a man almost fell over himself because he couldn't stop looking at her in disbelief; a young man did a double-take and couldn't get away

fast enough. While at Patch Barracks, she met an acquaintance and they engaged in conversation, but she was never asked about her what happened to face; two people who did inquire about the bruising were friends.

The third volunteer said that when she greeted a young child, the mother pulled the child away. She then went to lunch where she was surrounded by several community members. One person asked her about her soup but didn't question the marks on her arm

> and face; a friend simply asked what her grandchildren had done to her.

The community's responses weren't surprising-we live in a world

where everyone is preoccupied with their personal electronic devices. Communicating with one another is no longer a priority.

Can we promise one another to make a change?

Bruised and battered
I struggled through my day
Did you see me?
Or did you look away?
Did you notice the bruises?
The black and the blue
Did you question their origin
Or was it too hard for you?
Did you want to ask
Or did you shy away?
You could have been
My HERO today!



Volunteer #3 displays her black eye makeup for the Domestic Violence Awareness Month social experiment during October.



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APO announces holiday mailing deadlines

By USAG Stuttgart Public Affairs, Army Postal Service and USPS.com

The holidays will be here before you know it. With that in mind, the U.S. Postal Service and the Army Post Office have the mailing deadlines for the expected delivery of cards and gifts to your loved ones this holiday season. Also, remember to pick up your parcels from your community mail rooms as soon as they arrive, as the sheer volume of packages swamps the CMRs.

2018 Holiday Shipping Deadlines

The garrison Army Post Office recommends the following mailing and shipping deadlines for expected delivery by Dec. 25 to domestic U.S. addresses:

- Nov. 27 SAM/USPS Retail Ground*
- Dec. 11 Priority Mail and First-Class Mail
- Dec. 17 USPS Priority Mail Express[®]

To get them there in time for Hanukkah, which starts on Dec. 2 this year, subtract 23 days from the deadlines.

Delivery by the holiday is not a guarantee unless otherwise noted; dates are for estimated delivery before Dec. 25. Actual delivery date may vary depending on origin, destination, Post Office acceptance date and time and other conditions. Some restrictions apply.

Busiest Mailing and Delivery Days

Thanks to more people shopping earlier and shopping online, the Postal Service's "busiest day" notion



Photo by U.S. Postal Service

is now a thing of the past. Instead, the Postal Service now has a busiest time, and it starts two weeks before Christmas. Beginning the week of Dec. 10, customer traffic is expected to increase and the Postal Service expects to deliver nearly 200 million packages per week during these two weeks. The week of Dec. 17-23 is predicted to be the busiest mailing, shipping and delivery week. During this week alone, the Postal Service expects to process and deliver nearly three billion pieces of First-Class Mail, including greeting cards.

Online

The Postal Service anticipates

Dec. 17 will be the Postal Service's busiest day online with more than eight million consumers predicted to visit usps.com for help shipping that special holiday gift. It's predicted that nearly 105 million consumers will visit the USPS website between Thanksgiving and New Year's Day. And usps.com is always open. It's estimated nearly 400,000 consumers will use the Click-N-Ship® feature and other online services on Dec. 17 to order free Priority Mail boxes, print shipping labels or purchase postage.

New for this Year

More USPS holiday news and information, including all domestic,

international and military mailing, shipping deadlines and Santa mail can be found at usps.com/holidaynews.

Avoid prohibited items to or from the APO

The USAG Stuttgart Customs Office in Bldg. 2915, Panzer Kaserne, is open weekdays (except holidays), 7:45 a.m. –

noon, and 1 – 3:45 p.m. Call 431-2731 or 07031-15-2731. More advice to mail questions and information is also available at:



tp://bit.lg/2Pk

'Operation Angel Tree' begins at Panzer Exchange, Nov. 21

Story and photos by Army Community Service USAG Stuttgart

With the 2018 holiday season approaching, a feeling of joy is in the air. For some community members, this time of year can bring stress, especially if they are experiencing financial hardship.

Operation Angel Tree gives the USAG Stuttgart military community an opportunity to highlight its motto, "I'm glad I live here," by sharing holiday happiness with those families needing assistance in providing gifts for their children.

During the month of November, units, tenant and private organizations can nominate deserving junior enlisted families in grades E1-E5, and civilians in grades GS 6/NAF equivalent or below, for Operation Angel Tree. Exceptions to eligibility are made on a case by case basis. Nomination forms can be obtained from unit/organizational



representatives, Army Community Service, and the Family & Morale, Welfare and Recreation website. A supervisor/command team designee will need to sign-off on the nomination before submission.

The kick-off for the garrison's Angel Tree will take place at 1 p.m., Nov. 21, in the Panzer Main Exchange mall. A tree donated by the



Exchange will be displayed through Dec. 14; during this time, sponsors may select "angels" (display cards noting age, size, and wishes) from the tree and purchase gifts for them. Wrapped gifts need to be turned in at ACS or in the PX customer service area no later than noon, Dec. 14. Unit/organizational representatives are asked to pick up gifts for



their receiving families from ACS Dec. 19–20. Gifts will be distributed to the families in time for the holiday celebration.

In 2017, the Stuttgart military community provided gifts for 83 children

For questions about Operation Angel Tree, call ACS at 431-3362 or 07031-15-3362.

AODC redesigned course now available

By David Howey

Army Management Staff College

Fort Leavenworth, Kan. – Army Management Staff College launched a newly-designed version of its classic Action Officer Development Course. This newly-redesigned AODC has been available for students in the Army Learning Management System since Oct. 1.

"Our goal with the AODC has always been to provide students with a value-added learning experience. This redesign helps us do that more smoothly and efficiently," said Kim Summers, director, Army Management Staff College.

The AODC was completed by countless Soldiers and Army civilians since the early 2000s. The software that was originally used to develop the course became obsolete and the course reverted to what is known as "flat files," or static document files with no interactivity and little student control.

During fiscal year 2018, AMSC put the AODC through a soft revision of both the content and the presentation of the content. This means that students now click through guided screens with graphics and text that



Photo by Chad Cardwell, Army Management Staff College

The new online AODC is available to Soldiers and Army civilians for career development.

lead them through the content. Doctrinal references were updated to insure that students have access to the most current Army sources. The course also contains take-aways in the form of downloadable files with all of the course material.

In August, 27 students, both Army Civilian Corps members and Soldiers from all over the Army completed a group trial, commonly known as a pilot (a group trial helps validate both the lesson content and the technical navigation of the course). After a 12-day pilot period, the newly-designed course was validated.

""The practices throughout this

Action Officer Development Course are vital in any career field and can be applied to day-to-day activities, events and long-range planning. We all work more effectively when we know how to navigate resources, work as a team and plan efficiently," said Holly DeCarlo-White, USAG Stuttgart, one of the students who completed the group trial.

The term Action Officer, while not always part of a formal job description, applies to anyone who takes actions on the part of a senior leader to solve a problem, research an issue, implement a new policy, or coordinate actions with peer, subordinate, or high-level organizations.

The AODC contains topics such as problem solving, coordinating, briefing, professional ethics, time management, meeting management, persuading, negotiating and writing.

"The interactive format and checks on learning were easy to follow. This training provides a foundation that is essential to an everchanging workforce," DeCarlo-White said.

Army interns are required to complete the AODC as part of their intern program according to AR 350-1. Any Soldier or member of the Army Civilian Corps can take the AODC as self-development.

Take action! Become an Action Officer

To register for the AODC, Army Civilian Corps members and Soldiers should go through the Civilian Human Resources Training Application System (CHRTAS) website at www. atrrs.army.mil/channels/chrtas/student/logon.aspx.





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Understanding the Military Justice Act of 2016

By Capt. Nicole A. Oberjuerge Judge Advocate Chief Client Services Stuttgart Law Center

Some members of the Stuttgart military community probably wonder why the Stuttgart Law Center was closed for several days in October; it was because the SLC team was directed to travel to Sembach for mandatory training on the Military Justice Act of 2016.

Congress passed the Military Justice Act of 2016 in December of that year,

which directed wide-spread changes to the Uniform Code of Military Justice. The legislation was the culmination of a directive in 2013 that the Secretary of Defense analyze the military justice system and provide recommendations for reforms and modernization. After years of analysis, a working group provided recommended changes to Congress, which adopted most of the recommendations. The changes go into effect in approximately two months from now on Jan.1, 2019.

The late Sen. John McCain

described the Act as the most significant reforms to the UCMJ since it was enacted. To effectively implement the new "significant reforms," the Army Judge Advocate General Corps created a mobile training team to visit every Army installation prior to Jan. 1 to provide in-person training for all members of the JAG Corps. All judge advocates in the European theater were required to travel to Sembach, Wiesbaden or Grafenwoehr in October for the training.

The Act makes important

structural changes that align the court-martial process more closely with those of federal district courts. Some of these reforms include the following modifications: Military Judges have increased authority to act on cases before referral to a court-martial, and make decisions on requests for investigative subpoenas, warrants, and wiretaps.

Another major change is the creation of a judge-alone Special Court-Martial, in which a judge can adjudge confinement for up to six months. The Act also provides for new panel member sizes, fragmented sentencing similar to federal courts and further restrictions on a convening authority's post-trial powers.

In addition to significant structural changes, the Act also provides for important substantive changes to the punitive articles. Many Article 134 General Article offenses have been codified as substantive articles. Article 120 was amended (yet again).

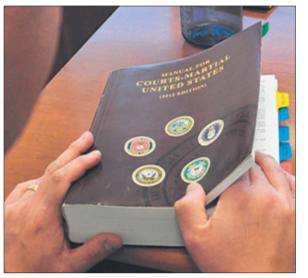
Finally, four new punitive articles were added, including retaliation (Art. 132), prohibited activities with a military recruit or trainee (Art. 93a), offenses regarding government computers (Art. 123), and fraudulent uses of credit cards, debit cards, or other access devices (Art. 121a).



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Thanksgiving meals offered for community, BOSS

Story and photo by John Reese

USAG Stuttgart Public Affairs

Thanksgiving will be celebrated by the U.S. Army Garrison Stuttgart military community at a variety of venues, with volunteers serving the traditional holiday meal to single service members, civilians and retirees.

Beginning the round of feasts is the 10th Special Forces Group (Airborne) dining facility on Panzer Kaserne, traditionally served by officers and senior noncommissioned officers clad in Army Service Uniforms, 11 a.m.-2 p.m., Tuesday, Nov. 20. Although the 2018 menu was not available at press time, the 2017 menu included turkey (of course), slow-barbecued whole pigs, roast beef, king crab, shrimp, and all of the usual side dishes, plus the salad bar and an



Col. Neal Corson, garrison commander, carves ham for Thanksgiving 2017 diners.

extensive variety of desserts. The dining area will be decorated with fall colors and candles on the tables, and the seating rearranged feststyle for. Prices for the special meal, according to the 405th Logistics Readiness Center-Stuttgart, will be \$9.10 for the standard meal and \$6.80 for the family members of enlisted personnel in pay grades E-1 through E-4.

garrison's Better The

Opportunities for Single Servicemembers program, aka BOSS, will host a dinner at the Galaxy Bowling and Entertainment Center on Panzer Kaserne, 6-10 p.m., also on Nov. 20. A complimentary turkey dinner (previous years also featured steak) and a heapin' helpin' of sides will fill up the hungry attendees, and to work it off, there will be free bowling and shoe rentals, and prizes. For more info, talk to your unit BOSS representative or call 430-5270 or 0711-680-5270.

The third and final feast, hosted by the USO and held at the 10th SFG DFAC on Thanksgiving Day (see related story this page). To-go boxes will be prepared for essential personnel who must remain at their duty stations. Guests at the Panzer and Kelley Hotels are invited to be part of the USO family or sign up for a to-go box.



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Celebrate Thanksgiving with the USO Center-Stuttgart internet café consisting of five

By Sarah Kemp

Manager, USO Center-Stuttgart

Thanksgiving dinner is the best meal of the year!

The USO wants the Stuttgart military community to know that the holidays don't have to be spent alone. Our team is excited to pass the butter, tell stories and jokes with each other, and serve and eat (maybe too much-after all, it's Thanksgiving). With the USO "Thanks for Giving" and a lunch on Thanksgiving Day, it looks forward to celebrating the holiday with the community.

Unit points of contact can nominate families for the Thanks for Giving program in late October. Community members can help provide a Thanksgiving meal with all the fixings for nominated families by purchasing a USO Thanks for Giving bag at the Patch Commissary. Last year, the generous Stuttgart community donated more than \$5,000 in grocery items! On Nov. 17, the nominated families can stop by to pick up their bags and frozen turkeys to prepare their own delicious holiday meal at home.

Thanks to our friends at the 1st Battalion, 10th Special Forces Group dining facility, the USO will be serving up all of the turkey day favorites for lunch on Thanksgiving Day, Nov. 22. Last year, the USO served 345 meals Reservations are required (visit the USO Stuttgart Facebook page), and the meal is free. Sign-ups opened Oct. 29 for single and unaccompanied service members; the rest of the community can sign-up Nov. 5-16. The USO team looks forward to celebrating the holiday with its USAG Stuttgart family.

Visit the USO Center on Panzer Kaserne, located on the 3rd floor of Bldg. 2915, and open weekdays 8 a.m.-6 p.m. and Saturdays, 10 a.m.-2 p.m. The Center features a nice lounge area with an customer computers capable of printing and complete with CAC card access. It offers free WiFi, free phone calls locally and to the States, donated maps and brochures of the surrounding area to include the public transportation system. There's also free refreshments (sodas, coffee, bottled water, a variety of snacks and fresh, hot popcorn). Additionally, there's satellite/ cable HDTV with television stations from the States, a children's play area and many tables and comfortable chairs and couches to relax. Call 07031-2019012



'Avenue Q' headlines the 2018 theatre season

Story by Larry Reilly Photos by Kevin Abel USAG Stuttgart Public Affairs

The crew at Stuttgart Theatre Center kicked off its 2018/19 season on Oct. 19 with the performance of "Avenue Q", a three time Tony Award winning musical.

Avenue Q is a unique play that addresses issues and concerns people experience as they enter adulthood and are forced to accept the fact the teachings they learned from children's television shows about being special or that they could do anything they wanted were a little misleading.

The musical is notable for the use of puppets, animated by unconcealed puppeteers, to address adult topics such as racism, sexuality and pornography to name a few.

Saying that the show is filled with adult material and not suitable for the little monsters, which is the warning on the program, is an understatement as a slew of sexual innuendoes and naughty four letter words bombard the audience's senses throughout the performance.

That said, once theatergoers adjust to the fact the play actually centers on the puppets and not the humans who tote the little guys and gals around the stage, the 20 varying adult topic skits brought on much laughter from the audience.

The challenge for the cast is to learn the lines, recite them flawlessly and do so while trying to convince the audience that the puppets are doing the talking instead of the humans..

The cast does a great job of being the puppets, and the humans, who actually play human roles, do a great job of interacting with the puppets as if they were real.

As Avenue Q is a musical and not a puppet show, the cast's rendition of the numerous songs sung throughout the two-hour performance were right



A dejected Princeton (right) collapses into a pile of pizza and takeout boxes as the Bad Idea Bears arrive to lead him further astray.

on key, and often sung with great emotion via the mouths of puppets.

The cast includes some of the core STC actors such as Nathan Dehnke, who hasn't found a role he could couldn't perform well, and as the puppeteer of Princeton, a naïve young man who is just searching for his purpose, Nathan shines in the role even if it is second fiddle to a puppet.

Another cast member who graced the STC stage a couple of times during the last year's performances is Sarah Watson, whose talents as an actress and singer are highlighted in her puppeteer role as Kate Monster, a young lass looking for that elusive guy.

Other favorites of the STC stage include: Kira Dominique Lenz, who puppeteers Lucy, the lady of the night and any other time of the day; Axel Schwaigert, who puppeteers Trekkie Monster, who makes known the true value of the internet; Jovone' Lewis, who plays the role of Gary Coleman, yes *that* Gary Coleman; Dennis Austin, who puppeteers Rod, who reveals he is a gay puppet.

A couple of newcomers to the stage include, Major Manley, who puppeteers Nicky, Rod's roommate; Danny Kelleher, who plays one of the three human roles and shows his talents as an actor with a sense of humor; Christina Crowder, who literally lends a hand to Nicky and lends her voice to teacher Mrs. T.; Joan Luu, who plays another of the three human roles as Christmas Eve, a feisty Japanese immigrant trying to find work as a therapist; with "him" (her husband), and Autumn Mann, who puppeteers Ricky, one of the bad idea bears.

Avenue Q may not be right for the faint of heart or for the young in age, but the talents the cast displays in this performance proves once again why the Stuttgart Theater Center is the best in the land.

The remaining Avenue Q performances will be held on Nov. 2 and 3 at 7:30 p.m. and the finale Nov. 4 at 3 p.m.

To reserve seats, call 421-3258 or 0711-7293258.



Cast members watch as housemates Rod (far left) and Nicky argue about Rod's relationship status after attending Christmas Eve and Brian's wedding.

A Christmas Carol: Nov. 30–Dec. 16

"A Christmas Carol," the 1843 novella by Charles Dickens, is one of the celebrated British author's best-known works. It is the story of Ebenezer Scrooge, a greedy miser who hates Christmas, but is transformed into a caring, kindly person through the visitations of four ghosts. The classic work has been dramatized and adapted countless times for virtually every medium and performance genre. Tickets cost \$17 for adults and \$15 for students.

Madagascar: Feb. 2-10

"Madagascar" is a youth production that is not part of the theatre's season ticket package. The cast will include up to 30 members ages 8–18. It's a musical adventure that follows all of your favorite animal friends as they escape from the New York's Central Park Zoo and find themselves on a journey to Madagascar. Lots of colorful customs and young talented actors and actresses will fill the stage on this limited show production. Tickets cost \$10 for adults and \$8 for students.

Witness for the Prosecution: March 15–31

The theatre cast gets serious with this courtroom drama that has roots dating back to 1957 as a film. A master barrister in ill health takes on a client accused of murdering a rich, older widow, despite the objections of his private nurse. Strong circumstantial evidence points to the client as the killer, but the barrister believes his client is innocent. The plot takes the audience on an unlikely ride of what is and what isn't, with an interesting ending. Tickets cost \$17 for adults and \$15 for students.

Mamma Mia: May 17–June 17

"Mamma Mia" is a jukebox musical written by British playwright Catherine Johnson, based on the songs of ABBA composed by Benny Andersson and Björn Ulvaeus. The title of the musical is taken from the group's 1975 charttopper hit "Mamma Mia." The musical includes such hits as "Super Trouper," "Lay All Your Love on Me," "Dancing Queen," "Knowing Me, Knowing You," "Take a Chance on Me," "Thank You for the Music," "Money, Money," "The Winner Takes It All," "Voulez-Vous" and "SOS." More than 60 million people have seen the show since its released in 2008. Tickets cost \$17 for adults and \$15 for students.

What can you do to fight the flu?

By Ashley Patoka

Regional Health Command Europe

The weather is getting cooler and noses are starting to run-all the telltale signs of the beginning of flu season. With these tips from Regional Health Command Europe, you won't need to hibernate all winter to fend off the flu.

According to the Centers for Disease Control and Prevention, flu activity begins to increase in October, peaking between December and February and diminishing by May.

Tip #1: Get your flu shot!

"The first and most important step in protecting against the flu is to get vaccinated," said Col. Kerry LeFrancis, RHCE Force Health Protection Officer. "Getting vaccinated helps to reduce the severity and spread of the disease and improves community immunity."

It is still possible to get the flu even with the vaccine.

Tip #2: Take every-day preventive action!

Hand hygiene is key in stopping the spread of germs, LeFrancis said. In addition, always cover your mouth when you cough or sneeze and avoid touching your eyes, nose and mouth.

"That keeps the germs off of your hands," LeFrancis said.

If you're sick, the CDC recommends staying at home for at least 24 hours after a fever is gone.

Tip #3: If you think you have the flu, see your doctor!

Your doctor can test you for the flu, and if the test comes back positive, you may be prescribed antiviral drugs, which can make the illness milder and shorten the course of your illness, LeFrancis said. These medicines have been shown to work best when started as soon as possible after getting sick, but for high-risk individuals, starting later can still be helpful.

"People who are at high risk of developing complications from the flu include children younger than 5, adults over 65 years old, pregnant women, and people with certain medical conditions like asthma or heart disease," LeFrancis said.

Tip #4: The flu shot is for you!

"Nearly everyone six months and older can get the vaccine," LeFrancis said. "The more people who get vaccinated against the flu, the lower the chance of it spreading to those who have a higher risk for severe symptoms."

For example, a young healthy person contracts the flu but doesn't get severely sick from the virus -- but they can spread it, unknowingly, to people who are higher risk, and who may not be able to fight the virus as easily.

Each year the effectiveness of the flu vaccine varies. And while it is still too early to predict how effective this season's flu vaccine will be in Europe, the vaccination is still recommended as it may make the illness milder and prevent hospitalization if the flu is contracted.

It's the new flu revue, coming right to you

The Army Health Clinic-Stuttgart is currently providing annual flu vaccinations. Community members don't need to make an appointment; just walk in weekdays during to get your shot, 8 a.m.-3:45 p.m. The clinic will also be open 9 a.m.-1 p.m. on special vaccination Saturdays, Nov. 3 and Dec. 1.. For more information on influenza and the vaccination, visit www.cdc.gov/flu.

RHCE defines MTF priorities of care

Regional Health Command Europe Public Affairs

News Release

Regional Health Command Europe provides high quality health care for active duty service members and their families, and ensures service members are medically-ready to support their mission.

Additionally, Army Military Treatment Facilities in Europe provide care to retirees, family members enrolled in TRICARE Select and non-TRICARE beneficiaries on a space-available basis. However, availability of these appointments varies widely across the region based on clinic staffing and support to operational units.

Space-available care simply means that if an appointment is available and not already booked, then a retiree or civilian may be seen in that appointment slot. If all appointments are booked or are otherwise unavailable, then space-available patients must seek treatment in a host-nation facility.

Priority is given to active duty family members to make it easier for active duty members to perform their military service without worrying about health care for their families.

MTFs provide health care to beneficiaries according to the following basic priorities-as determined by DoD and TRICARE policy:

Priority 1: Active-duty service members

Priority 2: Active-duty family members enrolled in TRICARE Prime

Priority 3: Retirees, their family members and survivors who are enrolled in TRICARE Plus

Priority 4: Active-duty family members who are not enrolled in TRICARE Prime

Priority 5: All other TRICARE eligible persons

Priority 6: Non-TRICARE eligible persons (e.g. general schedule federal employees, AAFES and DODDS civilian employees)

In an overseas assignment, DoD civilian employees and their family members may receive medical care in a military treatment facility, on a space-available basis. Available services are determined based on location of assignment.

However, these facilities will treat only episodic (non-recurring) health issues for space-available patients. Examples of episodic health issues include: minor illnesses, muscle injuries and gastroenteritis. Chronic health problems–such as diabetes, hypertension and other major ailments–must be managed carefully by a primary care

manager for continuity of care and patient safety.

Since treatment on a space-available basis does not allow for continuous management of chronic health problems, Army MTFs in Europe will not treat chronic health problems for space-available patients. Patients who have chronic health problems, but experience an episodic health issue, can be seen at an MTF on a space-available basis for treatment of that specific episodic health issue.

According to the Civilian Human Resources Activity-Europe website, "When a civilian employee is selected for an overseas assignment they are notified that movement overseas may require them to initiate a change in their health benefits plan to ensure coverage, and that in the overseas areas, access for civilian employees and their families to military medical and dental facilities is on a space-available and reimbursable

basis only."

If an appointment is not available at an MTF, local host nation providers can be used for medical care.

Stay healthy

For more information on RHCE services and programs, visit http://rhce.amedd.army.mil/.

The Stuttgart Army Health Clinic TRICARE service center, Bldg. 2211 (behind the Patch Clinic), can provide a list of local host nation providers. Patients should check with their insurance company to ensure the visit will be reimbursed. Call 590-1611 or 06371-9464-1611.

For a list of host nation providers, visit www.tricare-overseas.com/beneficiaries/resources/provider-search

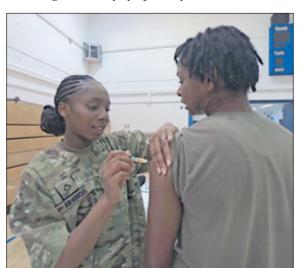


Photo by Bardia Khajenoori



Call for appointments at: 0 70 31 721 79 93

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Using the pharmacy's OTC medication program

By Adrienne McCullough Medical Support Assistant Army Health Clinic Stuttgart Photos by Bardia Khajenoori USAG Stuttgart Public Affairs

The holiday season is upon us, and with the twinkling light and holiday cheer, for many of us also comes coughs and stuffy noses. That's right, cold and flu season is here. But never fear, the Army Health Clinic Stuttgart Pharmacy offers an over-the-counter medication program open to all ID card holders and dependents 3-years-old and older, including contractors and DOD civilians.

Patients can go directly to the pharmacy, fill out the required form describing their symptoms, and the pharmacy will provide over the counter medications to help you battle whatever ails you and get you back on your feet to enjoying the holiday season once again. Many of the medications that patients are prescribed by the doctor, when patients come in with cold and flu symptoms, are available OTC.

Having this program is beneficial





both to the patient and to the clinic because it save the patient time from having to go through a full appointment with the doctor, all the while keeping more appointments available daily.

"The intent is to save the appointment, and use the over the counter program. And if (the patient's) symptoms aren't resolved, then they see the doctor," explained Capt. Danielle Zsido, the chief of pharmacy.

After using the OTC program for

7-10 days, the doctor needs to assess the patient for a more effective course of treatment.

"The program saves the patient time, while keeping appointments open for patients who really need them," Zsido said.

Cold and flu symptoms are not the only ailments that can be treated by the over the counter program though. The pharmacy can also treat upset stomach & diarrhea, constipation, basic pain, yeast infection,

diaper rash, allergies, bug bites, and more. In any case, whatever

Implantology

- Periodontology

over-the-counter medications that are dispensed to the patient will be annotated in their medication history. Therefore, if the treatment does not help within a week, the doctor will have access to see exactly what medications were used in self-treatment and can make an assessment based off the patients' history.

When you enter the Health Clinic, scan your ID card at the kiosk and select "Pharmacy," then "Ask a Question," then start filling out an OTC screening form from the pharmacy to get started. Have a happy and health holiday season!



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www.oxidio.com

History, culture an

Story and color photos by Moneé Luckey

Volunteer, USAG Stuttgart

Situated between the main street and the town center in Grafenwoehr is a quaint side street featuring the Culture and Military History Museum. This is the only museum in Bavaria with an exhibition about Germans and Americans living together from 1945 to almost present day.

The museum's four rooms illustrate how the city and the military training area are both heavily intertwined. Visitors can trace the presence of U.S. and Bavarian soldiers through displays, antiques, documents, oral histories, and photographs. Items ranging from a vintage U.S. Army Willys jeep to German military orders and Hitler Youth uniforms to help tell Grafenwoehr's story.

Housed in its own building, visitors can immerse in the history of the training area. The exhibition catalogs U.S. Soldiers and their relationship with the training area and Grafenwöehr. The gallery presents how the Soldiers and prisoners of war lived, the Allied invasion of the Second World War, and the evolution of the Soldier.

While the museum notably gives visitors an educational look into everyday life and military history in Graf, visitors may also schedule a free guided tour to the training area. The museum offers free monthly tours from April to October that includes stops at the shooting ranges and the new barracks. It also includes a look at where Graf's most

famous U.S. junior enlisted Soldier, Elvis Presley, is believed to have etched his name in a brick of the Bleidorn Tower.

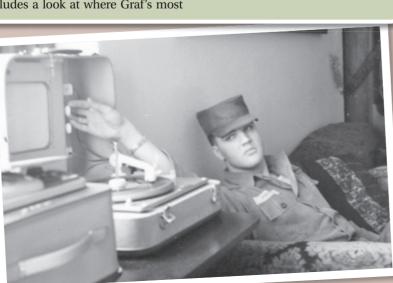
Presley is further remembered at the museum for his time deployed in the Upper Palatinate. The singer was on a maneuver in the military training area in 1958. He was not allowed to give public concerts during his time in the Army. Before his departure, the King of Rock 'n' Roll performed a surprise private concert at the "Micky Bar" in front of his father and bar staff.

Today, the Culture and Military Museum commemorates this legendary performance in a permanent display. The "Elvis Department" recreates the Micky Bar featuring the original baby grand piano and stool from the show. The exhibit also includes an old-school jukebox filled with Presley's most popular music, memorabilia, and autographs.

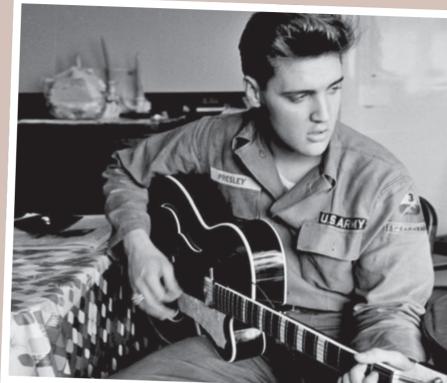
This fall marks six decades since Pvt. Presley's time in Graf. The "60 Years Elvis in Grafenwöehr" special exhibition celebrates this milestone from Nov. 3, 2018–March 31, 2019. The temporary exhibit will add new eyewitness testimony from two hairdressers and a former saleswoman to its existing database of video recordings. Public programming and tours will accommodate the exhibit.

For more information about the museum and the special exhibition, visit www.museum-grafenwoehr.de.

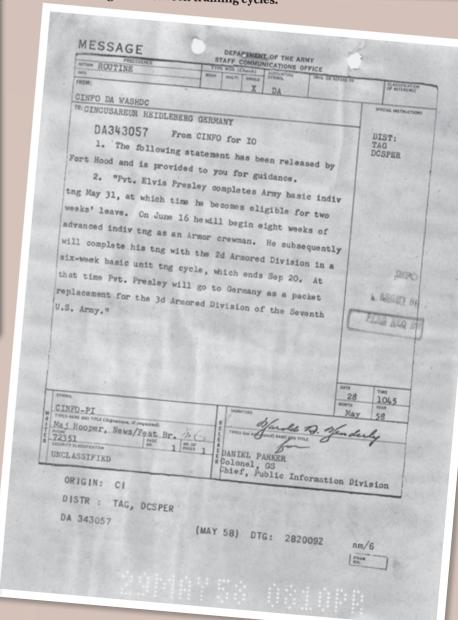
(Editor's note: Moneé Luckey is a talented contributing writer and member of the Stuttgart military community.)



Pvt. Presley listens to a 45 rpm record on a portable player.



Elvis strums his guitar between training cycles.



nd 60 years of Elvis



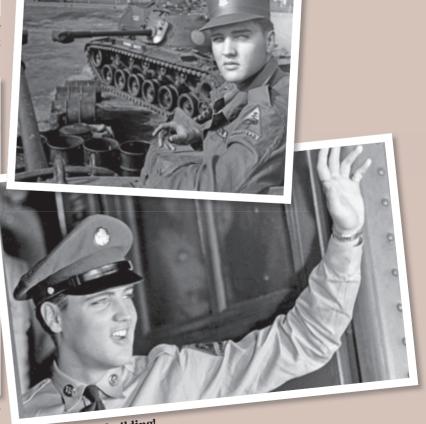
A mannequin resembling Elvis Presley sits on the same stool at the same baby grand piano used during an impromptu and unofficial 1958 performance at the Micky Bar by the King of Rock 'n Roll.



A restored Willys Jeep, the workhorse of the U.S. military for decades, was used by many a service member ... including the "King."



One of the items on display is a vintage jukebox filled with Elvis' records.



Elvis has left the building!

Photos by U.S. Army

NEWS BRIEFS



COLA survey extended!

This is important-all service members can still make a difference in their paychecks. The end date for the LPS (COLA) survey was extended to Nov. 7, and for the RPS survey until Nov. 30. The extension allows a few more days to take the survey. Read how this affects your pay and the use the link to the survey on www. stuttgartcitizen.com.

Speaking of pay ...

The 266th Financial Management Center Pay Center of Excellence, Bldg. 2325, Patch Barracks, will be closed on Nov. 9 and Nov. 21.

Dodgeball Results

On, Oct. 12, the PTSA sponsored a dodgeball tournament in the Patch Middle School gymnasium. Students from most advisories participated and had a great time. The tournament brought together around 400 students and spectators. The passion and competitiveness at this event were extraordinary and made it enjoyable for students and adults alike. A big thanks goes out to all of those who participated and attended the event.

Blood drive saves lives

The Stuttgart military community donated 104 units of blood at the collection stations on Patch and Panzer, Oct. 23-24, through the Stuttgart American Red Cross. The annual blood drive takes place in October.



Photo by Bardia Khajenoori, USAG Stuttgart Public Affairs Sgt. 1st Class Brad Fields donates blood. Oct. 24.

Kelley construction completion

As of press time, DPW advises that the two construction projects affecting Birch and Oak Streets, Kelley Barracks, should be completed by the time this issue is on newsstands.

SCSC declares Cupcake Wars

Put on your apron, take that Italian dessert you love

and dazzle with a cupcake that's both delicious and beautiful at the Swabian



Special Events Center, Nov. 13. Enjoy a delicious dinner, make new friends, and indulge in a cupcake or

two! Doors open at 5:30 p.m. \$20 per person for shopping and socializing. Visit www. stuttgartspousesclub.org for info about Cupcake Wars and fest tables.

Get educated!

The Panzer Education Center (Bldg. 2915) and on-post schools will host education workshops about all stages of higher education for the Stuttgart military community, 5:30-6:30 p.m., Nov. 13-14. Learn from academic and VA advisers. Refreshments included! No advance registration is required. Read more online. Call 431-2506 or 07031-15-2506.

Take the tour

The next Capital City Visitation Program newcomers tour takes place Monday, Dec. 10. This last CCVP tour of the year is filling up quickly. Read more about it and sign up at www.stuttgartcitizen.com.

"Evacuation complete."

The next Evacuation Coordinator Training will be Thursday, Nov. 29, in the Firehouse (near Panzer at Waldburgstraße 104, 71032 Böblingen. These classes are mandatory in accordance with AR420-1. Preregister per email if you plan to attend. For more information, call 431-3830 or 431-3857.







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November is National Adoption Month — my story about the reemerging of a family

By Tech. Sgt. Nelanie J. Dillard For the USO Center-Stuttgart

National Adoption Month (NAM) is about spreading awareness; it's a month to encourage others to learn about adoption, to hold adoption-related events and to acknowledge the people in America whose lives have been impacted by adoption. The mission of NAM is to celebrate the families who have grown through adoption, and to recognize the many children who are still waiting for forever families.

The first major adoption-related effort occurred in 1976 when Massachusetts Gov. Mike Dukakis

proclaimed the first week of November as "Adoption Week" to promote the need for more adoptive families to care for the large number of children in the foster care system. By 1998, the week had become so widely recognized that

President Bill Clinton extended the weeklong event into National Adoption Month, which is what we observe today.

There are different types of adoption, including foster, infant and independent. NAM is important to my family because we were blessed by relative-adoption on June 12. In February 2018 Jonathan and Jaylee moved with me due to a situa-

> tion with my sister,

their birth mother, who was battling severe mental illness and it had become unhealthy for the children to remain with her. The process was quick. However, the transition from aunt, nephew and niece to mom, son and

> daughter has been a little bit longer, but a true growth experience and blessing. We teach each other so much as I become an overnight parent.

By no means are relative adoptions easier than what some may call traditional adoptions. It's a family developing from within a family. There are emotions, difficulties and struggles like with any other family. However, there is love, care, growth, laughs and joy, and that always out-

weighs anvthing else. The resiliency my children have to overcome anything-the growth, change and openness that they both have to share their story-is amazing to witness each and every day.

Support is very important in this process, whether it's a child the parents know or a complete stranger. For our family, having my mother-their grandmother-with us during the entire process has been a great blessing to myself and the children. She has been a solid support system to us all.

The first time we all fully learned about adoption was during our process. Knowing what we know now and the support that we were given from family, friends, my co-workers, their schools and other agencies, we want to ensure to give back to others who are going through the process, considering the process of adoption and anyone in need else that we can.

November is a great month for giving and caring, from NAM to Thanksgiving. The USO will hold a hot chocolate bar and celebration in honor of NAM, 4:30-6:30 p.m., Nov. 28. Everyone is welcome attend. The USO team looks forward to celebrating with you.

Visit the USO Center-Stuttgart in Bldg. 2915, Panzer Kaserne, weekdays 8 a.m. - 6 p.m., Saturdays 10 a.m. - 2 p.m. Better still, become a USO volunteer!

See more November USO events at www.stuttgartcitizen.com.









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The Citizen, November 2018 Page 16





Black forest movements

Ask About our payment programs



CID launches new Crime Tips app

U.S. Army Criminal Investigation Command

News Release

The Army community American public now have the ability to use their computers and smartphones to submit tips about crimes, suspicious activity or threats to the U.S. Army's Criminal Investigation Command (CID) via a new digital crime tips system.

The CID crime tips system recently transitioned to a web-based and smartphone app submission method.

In addition to the web interface, the app is for submission of tips and is available for free download from the Apple Store and Google Play.

According to CID's implementation project manager, Special Agent Christopher L. Adams, the new system provides users a safe, secure and anonymous method to report

criminal activity and security threats without concerns of retaliation or fear. He explained that whenever a person submits a tip online, the completed form is securely transferred directly to Army CID through a Secure Sockets Layer connection, which means that the tips are encrypted, entirely confidential and completely anonymous. Users can also attach images, videos and documents with their tips.

"This new system is the ideal solution for tipsters to report criminal activities or suspicious activity anonymously. Tips received will be seamlessly assigned to various units for further investigation. Additionally, persons providing anonymous tips will have the ability to communicate with the CID Agents," Adams said. "After submitting a tip, a tip reference/ ID number is created that allows the tipster to create a password to check the status of the submitted tip or check

Get the CID app

CID's new digital Crime Tips app can be downloaded at www. p3tips.com/app.aspx?ID=325.

Tips can be submitted via



the web at www.cid. army.mil; the current methods of reporting a crime to CID

should be phased out by the end of October. Contact your local CID office, call 1-844-ARMY-CID (844-276-9243) or email CID at Army.CID.Crime.Tips@mail.mil.

on the status of a reward, if applicable. So, do not misplace your ID number,

> as it will be needed to check on the status of your tip."

There is also the multi-language feature for global use that allows tips to be auto-converted into English on the backend regardless of what language they were submitted. Tips will be responded to in English and auto-translated

back to their source language during the two-way dialog process.

According to Christopher Grey, CID's spokesman, the previous methods of reporting a crime to CID will remain in effect until the new Crime Tips System is fully implemented.

"It is critical for people to say something when they see something and it literally can mean the difference between someone receiving the justice they deserve or victimizing another innocent person," Grey said. "Although we prefer people with information to use the new digital Crime Tips system, they can still report a crime through our current methods until these methods are phased out."

'Twas the night after Thanksgiving, all the feasting complete. Mom and Dad had visions of sales that can't be beat. Waking early on Black

'Black Friday' returns to

Panzer Exchange, Nov. 23

Manager, Panzer Main Exchange

By Sam Shinault

Friday isn't so strange, For there'll be excellent deals at the Panzer Main Exchange.

It is once again time for (almost) everyone's favorite shopping day of the year: Black Friday. Your Panzer Main Exchange has been in the planning process for the Black Friday season that begins with a huge Veterans Day event at 11 a.m., Nov. 12. What used to be a single, intense shopping day has evolved into a complete season that goes from mid-November through the end of December.

However, the main event-Black Friday-is Nov. 23. The doors to the Panzer Exchange Mall will open at 6 a.m. where there will be food concepts open to offer coffee and breakfast items to those early bird shoppers. As shoppers enter the mall, a line is formed where Exchange managers will be offering "Take a Ticket" for the most desired items that are in limited supply, eliminating some of the mayhem that is seen at retailers in the States. Getting a ticket early for those hot items makes for a much more pleasant shopping atmosphere.

The entrance to the Panzer Main Exchange will open at 8 a.m. and will remain open until 8 p.m. The most sought after items, as in past Black Friday events, will be big screen televisions, laptop computers and computer tablets. However, there will be excellent deals on a larger selection of items throughout the store.

"Exchange associates look forward to Black Friday each year, as it provides the opportunity for us to execute one of our Exchange core values, which is 'Family Serving Family," said Mike Ryan, general manager, U.S. European Command Exchange.

Sales flyers for the Veterans Day event will be available in the Panzer Main Exchange and on Shopmyexchange.com beginning in early November, with sales flyers for Black Friday and Cyber Monday soon to follow.



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Jewish community celebrates Simchat Torah, dedicates new ark

Story and photos by Bardia Khajenoori USAG Stuttgart Public Affairs

The Stuttgart Jewish Community dedicated a new Torah ark in a ceremony held at the Panzer Chapel and attended by nearly two dozen congregants and guests, Oct. 1. The dedication coincided with Simchat Torah, a holiday marking the end of the annual cycle of Torah readings and the beginning of a new cycle.

Wiesbaden-based Ch. (Capt.) Karyn Berger led the group through a number of songs and prayers before the Torah scroll was removed from the ark, presented to the congregation, and partially unrolled on a set of long tables. Berger, chaplain for the 1st General Support Aviation Battalion, 214th Avn. Regiment, then read and translated different passages of the Hebrew script, explaining their significance and frequently eliciting input from a number of attentive youngsters.

The scroll is an intricate, fragile document handwritten on parchment to strict specifications; it is kept in an ark (similar to a large ornamental cupboard) for safekeeping when not being used



Ch. (Capt.) Karyn Berger (right) uses her yad, or "Torah pointer," to highlight a specific passage on the scroll during the Simchat Torah celebration and ark unveiling on October 1.

"Torah is the most holy object in Judaism, to be treated with respect and reverence," said Eric Posner, Stuttgart Jewish Community lay leader. "It requires (and deserves) a good home where it can rest comfortably, just like a human being deserves a good home." If a person's home eventually becomes worse for wear, Posner explained, "then it's time to find a new home or rebuild," and the same concept applies to an ark.

The process of procuring new arks
— one each for the Patch and Panzer
chapels, so that a single ark no longer
has to be moved for each service —
was complicated and lengthy.

"We've been working on this for a long time," said Ch. (Col.) James Boulware, garrison chaplain.

A replacement couldn't arrive soon enough for Naama Krauz, who leads Shabbat services and weekly Hebrew



Cmdr. Matthew Krauz presents the wrapped Torah scroll to attendees after its removal from the ark.

School for children.

"The old ark was difficult to use and not very functional, especially in the space that we have," she said. "This is a much easier, much more accessible way to access what we need, and it means so much to have it."

The old ark will be donated to the area's civilian Jewish community, which will place it in a synagogue in need of one.

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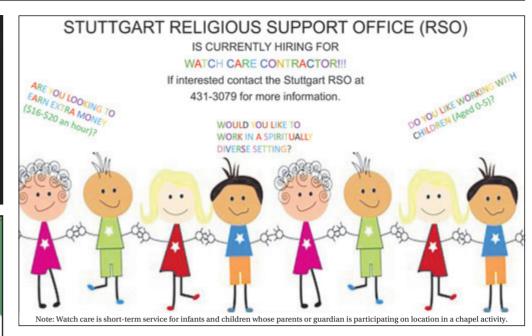


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Thankful for service and healing

By Barbara Cox President, Protestant Women of the Chapel **USAG Stuttgart**

During this month of Thanksgiving, many military families seek to remember the good amidst the stress. For those of who are separated from extended family due to distance and from our spouses due to deployment or temporary duty, communication can be a struggle. Despite the hassles of modern-day military life, there are many blessings. We are grateful for the endings of armed conflicts, and for homecomings of our military members.

Armistice Day is annually observed on November 11th to commemorate the treaty signing that ended World War I. It was renamed Veterans Day in the United States. Volumes have been written about these events, which is beyond the scope of this article.

In Germany, "Volkstrauertag" (People's Day of Mourning) is recognized two Sundays before the first week of Advent, which typically places it in mid-November. I grew up watching my dad march in parades each military-related holiday, and later, my husband marching in Veterans Day parades. During these memorials, we remember those from our military community we have lost due to war. We are thankful for their service and sacrifice, but many of us are left with pain from the void caused by their loss.

Some of our loved ones still deal with the internal and external scars of modern-day war. As an initiative by the Religious Support Office, it is offering **REBOOT Combat Recovery** to help service members who are struggling with pain and grief. REBOOT Combat Recovery focuses on healing the spiritual and moral injuries of war. It is a free, 12-week combat trauma recovery course in the Panzer Chapel Annex, 6-8 p.m., beginning Jan. 10. Created to help service members and their families work through their posttraumatic stress and rejoin civilian life, the course addresses the concept of soul wounds in an effort to heal the mind, body and soul.

The fresh approach offers a unique blend of clinical insight and faith-based support in the form of weekly classes that include topic-based instruction, class discussions, homework, group exercises and a family-style meal. In contrast to traditional mental health treatment options, REBOOT is led by volunteer veterans and provides practical solutions for healing moral injuries, which has led to reduced suicide deaths, increased veteran employment, decreased divorce rates and restored communities.

Childcare and dinner will be provided. Email REBOOTStuttgart@gmail. com with questions, and register at www. rebootrecovery.com.



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SHS junior attends S2S West Point leadership program

Story and photo by John Reese USAG Stuttgart Public Affairs

Stuttgart High School junior Carter Hanes was one of ten students to attend a special Military Child Education Coalition leadership week at the U.S. Military Academy at West Point, Oct. 22 -26.

Hanes was selected to be part of the 2018/2019 class of the Frances Hesselbein Student Leadership Program. Participants were announced Oct. 1.

"Carter Hanes has been with me now at SHS for three years," said Monica Juergens, school counselor and S2S sponsor. "He's a wonderful leader, developing his skills and he's involved in many activities. He's a great kid for our student ambassadors."

Juergens said Hanes knows the S2S program well and reaches out to students to help them acclimate to life in Germany and Stuttgart, even before they arrive at SHS.

"He's here in the summer, sometimes, to help new students acclimate," Juergens said. "He's been a



SHS junior Carter Hanes and Monica Juergens, school counselor and S2S sponsor, discuss Hane's trip to West Point, Oct. 15.

real role model for our younger students in the program."

Hanes returned with newly acquired skills to improve the SHS "Student 2 Student" program. He spent the week meeting with influential leaders, sharing ideas and challenges of the program, and participating in team-building activities led by West Point faculty, cadets and the MCEC student programs team.

"I got into this program through a recommendation by my brother. He said it was a great program that would really help develop my leadership skills and communications with others," Hanes said.

Hanes is a SHS JROTC second lieutenant and company executive officer, so the trip to West Point was a natural fit.

"I'm really excited for this program," Hanes said. "I think it's going to develop my skills even more and make me a better leader than I already am."

With more than 200 active S2S programs globally, being selected was an honor for the participants, SHS and the Department of Defense Education Activity. This year's student leader team were sophomores or juniors active in the S2S programs in Alabama, Georgia, Louisiana, Maryland, Texas, Utah, Belgium and Germany.

S2S is based on five core values: leadership, academics, service, finding the way, and relationships. The program was designed with the military child in mind.

Robinson Barracks students develop an appreciation for unique abilities

By Janis Renninger Special Education Teacher Robinson Barracks Elementary School

Department of Defense Education Activity schools have a new literacy curriculum that focuses on structures of government in the United States and what it means to be a citizen for the first unit of study.

At Robinson Barracks Elementary School, the third through fifth grade students learned about the impact of legislation to protect and support individuals with disabilities under the Americans with Disabilities Act, Oct. 3. This was the second year that the special education team, the principal and the gifted education teacher

put together the "Uniquely Abled Citizenship Day" afternoon for the students. The collaborative team leading sessions included educators and faculty from not only RBES, but many from the other DoDEA schools in the Stuttgart complex.

"I think the Uniquely Abled Day is an important topic for students because it gives them the opportunity to learn about different ways children learn or are able to learn in addition to a safe place to ask questions about more specific learning difficulties," said 5th grade teacher Judi Hurston.

The students rotated through 20 minute sessions learning about a wide variety of topics related to disability rights and awareness. Hands-on

experiences and reflection were a key element of all of the sessions. Topics included learning about autism, ADHD, stuttering and hearing impairment. The students had an opportunity to experience using a wheelchair and what it feels like to have a learning disability.

"They came back to the room and shared lots of interesting tidbits that they had acquired in their sessions," reported 3rd grade teacher Martha Gregg. "I know it takes time to plan and prepare an amazing event like this-but the children took away so much from all of you."

The students made connections about friends and family members that experience disabilities and learned about the diversity that we all bring to our communities.

"We are all special in our own way" said 4th grade student Tiera Austin.

A major goal of the team of presenters was to help prevent bullying and to promote a culture of kindness at the school. Maurice Coln, 4th grader, summed it up well: "Appreciating our differences was what this was all about, and a lot of people can do very impressive things."





Photo by Dorothy Armstrong

RBES Principal Becky Balcer leads an interactive read-aloud with the children's books "It's Your Cloud" by Joe Troiano and "Knees" by Vanita Oeschlager. The books have themes about dyslexia and embracing one's own uniqueness.



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Local Christmas markets opening this month

Compiled by Angelika Aguilar USAG Stuttgart Public Affairs

The time to bundle up against the cold, eat chestnuts and Maultaschen, drink warm beverages and shop for gifts is fast approaching. The following fun-filled fests will bring holiday cheer to all who attend.

Downtown Stuttgart

Nov. 28-Dec. 23: The Stuttgart Christmas market in the downtown area has more than 250 festive booths and attractions, and is considered one of Europe's largest Christmas markets.

The market will be open Monday-Thursday, 10 a.m.-9 p.m., Friday-Saturday 10 a.m.-10 p.m., and Sunday from 11 a.m. to 9 p.m. On Nov. 28, the market will be open from 5-9 p.m. and Dec.15 (long shopping night) from 10 a.m. to 10:30 p.m. The official opening by Lord Mayor of Stuttgart Fritz Kuhn is at 6 p.m., Nov. 28, in the courtyard of the Old Castle.

The Stuttgart Christmas market is one of the most beautiful and oldest Christmas markets in Europe, dating back to 1692. The decorated inner courtyard of the Old Castle offers a perfect setting for the performances of the boys' choir, the "Hymnus-Chorknaben" and brass instruments of the Stuttgart music school, providing a wonderful pre-Christmas atmosphere. A 25-meter-high red spruce tree at the Schlossplatz, one of the tallest in Germany located, is decorated with more than 40,000 lights. Following the official opening, the tree will then be illuminated in a festive setting around 7:20 p.m. Admission is free to the concert at the inner courtyard.

Esslingen

Nov. 27-Dec. 21: Esslingen's medieval Christmas market features more than 180 booths and buts in the city center. Costumed vendors offer arts and crafts, food and drink, plus there's plenty of entertainment, such as jugglers, fire-breathers and jousting. The combination of both of the medieval market life with the cultural treasures of the city, the magnificent half-timbered houses and the historic buildings makes this market unique. The market will be open Nov. 27, 5-8:30 p.m., then Sunday-Wednesday, 11 a.m. to 8:30 p.m., and Thursday-Saturday, 11 a.m.-9:30 p.m.

Vaihingen

Dec. 1 and 2: The Christmas market is located in downtown Vaihingen and spans from the town hall to the "Schwaben Galerie" shopping mall. Dec. 1, the market will be open from 11 a.m.-8 p.m. and Dec. 2, 11 a.m.-7 p.m.



Photo courtesy LenDog64 / Flickr.com

Decorated stalls offering everything from essential oils to vegetable peelers sit in the shadow of Friedrich Schiller's statue during the annual Christmas Market in downtown Stuttgart.

Cannstatt World Christmas Market

Nov. 27-Dec. 23: The World Christmas Market will be held in the historic center of Stuttgart-Bad Cannstatt. The market spans around the Gothic city church and the town hall, along Marktstrasse all the way to Erbsenbrunnen fountain with lots of attractions. The market will be open daily, 11 a.m.-9 p.m. and long shopping night Dec.21 until 10 p.m.

Möhringen

Dec. Möhringen The

Christmas market, located on Maierstrasse next to the Martin's Church, will be open for one day only, from 11 a.m. to 6 p.m. The market offers handmade decorations, jewelry and pottery, as well as hearty food and freshly-made "Glühwein," or mulled wine.

Nov. 28-Dec. 2: Böblingen Lake sets the stage for this traditional Christmas market with entertainment, shopping and food. The market will be open from noon-9 p.m.



Stuttgart's City Hall offers an excellent elevated view of Marktplatz in full **Christmas Market form**

Sindelfingen

Dec. 7-9: The Sindelfingen Christmas Market will be held throughout the downtown area. The market will offer handmade arts and crafts, entertainment, a live nativity scene, a historic merrygo-round, food and Glühwein. The market will be open Dec. 7, 6-10 p.m., Dec. 8, 11 a.m.-9 p.m. and Dec. 9, 11 a.m.-8 p.m.

Ludwigsburg

Nov. 27-Dec. 23: A baroqueinspired village is located in Ludwigsburg's historic downtown area, the market place is open daily from 11 a.m.-9 p.m.

Leinfelden

Dec. 8, 11 a.m.-8 p.m: The "Engelesmarkt" (angel's market) is located at "Neuer Markt" in downtown Leinfelden. The market features a holiday concert and choir performance on Dec. 9.

Echterdingen

Saturdays, Dec. 1, 8, 15 and 22: The "Adventszauber," (Advent magic) will be held at Rathausplatz in the downtown area. Shoppers can enjoy brats and Glühwein, live music and choir performances by local clubs and associations. The market will be open on Saturdays, 10 a.m.-4 p.m. with musical entertainment 11 a.m.-noon.

Tübingen

Dec. 14-16: The market spans Tübingen's historic downtown area and features hundreds of decorated huts and booths. If you are looking for an extraordinary holiday gift, Tübingen is the ideal place-most of the goods offered are homemade: jams, honey, shawls, gloves, ceramics, toys, paintings, candles and Christmas tree decorations. The market will open Friday and Saturday, 10 a.m.-9 p.m., and Sunday 11 a.m.-7 p.m.

Heidelberg

Nov. 26-Dec. 22: The Christmas market will be held in Heidelberg's picturesque downtown area. More than 140 vendors will offer magical presents and souvenirs, Glühwein, holiday-inspired foods and more. The market will be open daily from 11 a.m.-10 p.m.

Fellbach

Dec. 1-19: The market is located in the downtown area around the town hall, featuring music, festively-decorated booths, a fairytale tent and an ice skating rink. The market will open on Dec.1 at 5 p.m.; Monday-Friday, noon-8 p.m., Saturday 10:30 a.m.-8 p.m., and Sunday 11 a.m.-8 p.m.

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- Thursday, November 15th, 2018 (11am to 1pm) @ the Patch Community Club (Patch Barracks)
- Thursday, November 15th, 2018 (5pm to 8pm) @ the Stuttgart Marriott Hotel Sindelfingen (Refreshments will be Served)!
- Friday, November 16th, 2018 (11am to 1pm) @ the Kelley Club (Kelley Barracks)

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Stuttgart boxer Sloan Grey lands a punch on Baumholder boxer Brenden Chernis during a super heavyweight bout of the Oktoberfest Boxing Championships hosted by USAG Stuttgart at the Panzer Fitness Center, Panzer Kaserne.

Stuttgart smokes competition during Oktoberfest boxing championship

Story by Larry Reilly Photos by Kevin Abel USAG Stuttgart Public Affairs Results provided by Tom Hlavacek USAG Stuttgart FMWR Sports

The Stuttgart boxing team defended its title as the top military boxing team in Europe after hosting and capturing first place in the USAG Stuttgart Oktoberfest Boxing Championships held at Panzer Kaserne gym, Oct. 20.

Seven boxing teams from around Europe participated in the boxing championships hoping to dethrone the champs, but the depth and talents of the Stuttgart team were enough to stave off the competition.

The team results were: 1st Place: Stuttgart with 67 points, 2nd Place: Baumholder with 39 points, 3rd Place: Bavaria with 26 points, 4th Place: Kaiserslautern with 9 points, 5th Place: Vicenza with 8 points, 6th Place: Ramstein with 6 points, and 7th Place: Ansbach with 5 points.

The individual categories and bout results were:

Women's Novice Bout:

Ferrell Littlejohn DEC Vida Vetterkind, Bavaria

Men's Open Division:

Nikolas Petrosyan, Bavaria DEC Coutney Wilson, Vicenza

Men's Novice Bouts:

Lightweight:

Dewayne Geddis DEC Jason Rodriguez, Ramstein; Simon Martinez Stuttgart DEC Adam Klakowicz, Baumholder; Rudy Miranda, Stuttgart DEC Tommy Kesterson, Baumholder

Light Welterweight:

Rudy Miranda, Stuttgart DEC Tommy Kesterson, Baumholder; Marion McMllian Dec Govindraman Thulasi, Ramstein; Sherman Buckley, Bavaria DEC Micah Lovely, Kaiserslautern

Welterweight:

Dalton Hogle, Vicenza DEC Steve Benjamin, Baumholder; Antoine Crawford, Baumholder DEC George Purdy, Bavaria

Light Middleweight: Jose Arias, Stuttgart DEC Jormanny Montes, Baumholder Middleweight: Dexter Smith, Baumholder DEC Michael

Light Heavyweight:

Semeniuk, Stuttgart

Neville Patrick, Bavaria DEC Nikolas Jeffers, Stuttgart; Dominique Kitheart, Baumholder DEC Abraham Yang, Stuttgart; Nicholas Moore, Ansbach DEC Angel Serrato, Baumholder; Michael Umhra, Stuttgart RSC'd Malachi Smith, Baumholder, 0:49 seconds, 3rd Round; Xavier Gonzalez, Bavaria DEC Kim Bethelmie, Stuttgart

Super Heavyweight:

Sloan Grey, Stuttgart RSC'd Brenden Chernis, Baumholder, 1:19, 2nd Round; Hector Rivera, Stuttgart RSC'd Tyrone Brown, Baumholder, 0:25 seconds, 2nd Round; Derrick Knight, Stuttgart, RSC'd Joshua Winckel, Kaiserslautern, 1:04, 2nd Round

DEC=Decision in points RSC=Referee Stops Contest

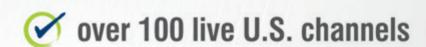


Spectators watch from all sides as the Oktoberfest Boxing Championships took center stage in a transformed Panzer Fitness Center.





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