

MPs crackdown on traffic violations

Story & photo by Susan Huseman
 USAG Stuttgart Public Affairs Office

The U.S. Army Garrison Stuttgart Directorate of Emergency Services has declared war on illegal parking and abandoned vehicles.

In the first 10 days of 2012, Military Police issued 342 parking citations, predominately on Patch and Kelley Barracks.

MPs have tagged 84 vehicles with yellow "abandoned vehicle" stickers since Thanksgiving. Eight have been towed.

The crackdown is meant to enforce regulations, reduce traffic congestion and improve safety.

The most frequent violations include parking in a no parking zone, overnight parking and parking on a sidewalk.

See *Crackdown* on page 4



Spc. Jonathan Mullis, a Military Policeman with the USAG Stuttgart Provost Marshal Office, tickets an illegally parked vehicle Jan. 17 on Kelley Barracks. The MPs are cracking down on illegal parking in an effort to improve safety and reduce traffic congestion.

Do you know how to handle a medical emergency?

By Army Capt. Jennifer Gates
 Stuttgart Army Health Clinic

It's 2 a.m. and you have a medical emergency. Do you know what to do?

Time is an important factor when emergency care is required, so who do you call first? Where do you go? How do you get to the hospital?

The Stuttgart Army Health Clinic on Patch Barracks is not staffed nor equipped to respond to an emergency and does not provide an ambulance service.

If you or a family member are in a true emergency situation, here's what to do:

Call DSN 114 or 116, or civilian 0711-680-114/116

You can call the German ambulance service, but to guarantee an English speaker, call the Military Police at DSN 116 or 114. They will contact the German ambulance service and a Host Nation Patient Liaison. If your emergency is on an installation, the MPs will

also meet the ambulance at the gate and escort it onto the installation.

German first responders will triage and transport a patient to the nearest emergency room that can treat their injury or condition.

Use Host Nation Patient Liaisons

Newly admitted patients can expect a visit from a patient liaison.

The patient liaisons are fluent in English and German, and their primary duty is to help facilitate a community member's stay in a German hospital.

They serve as a conduit between the patient and the medical staff to provide the patient and his or her family with updates on the patient's medical condition and treatment plan.

If a patient requires follow-on care or transportation to another health care facility, the patient liaisons will help in the planning process.

When a patient is ready to be discharged, the patient liaisons will explain how to obtain medications from

German pharmacies.

Emergencies while traveling

A prudent traveler will find out which host nation hospitals at their destination offer emergency care.

Tricare beneficiaries can contact International SOS, the company that administers the Tricare Overseas Program, at 0800-181-8505 (toll-free from Germany) or at their international line at 0044-20-8762-8133 for a list of emergency rooms in their travel area.

If medical guidance is required, travelers can call the Nurse Advice Line toll-free at 00800-4759-2330 or 0800-825-1600. A registered nurse will review your signs and symptoms to help determine the severity of the injury.

If you have an emergency and are not located near a military community, call 112, the European emergency services number.

The U.S. Army Europe Crisis Action Center can also be reached 24 hours a day at DSN 377-4906/civ. 06221-39-4906.

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Post offices, mail rooms to cut hours

Effective Feb. 13, U.S. Army Garrison Stuttgart Army Post Offices and community mail rooms will begin to operate with reduced customer service hours.



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Looking for snow this winter?

In search of snow, an alpine experience or simply a change in scenery? Schopernau, Austria, offers patrons skiing, snow boarding and full-spectrum winter fun.



INSIDE
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 EDITION

Message from Army leadership

Army pros urged to guard against hazing

Secretary of the Army John M. Hugh, Army Chief of Staff Gen. Raymond T. Odierno and Sgt. Maj. of the Army Raymond F. Chandler III recently issued a memorandum outlining every Army professional's obligation to prevent hazing.

You should be aware of recent allegations of hazing within the ranks of our armed forces, and we want to take this opportunity to clearly address these troubling reports. We echo the emphasis that Secretary of Defense [Leon] Panetta and Chairman [of the Joint Chiefs of Staff Gen. Martin] Dempsey have placed on this matter. Every Army professional has a personal obligation to prevent hazing and ensure that we treat all of our comrades in arms with dignity and respect.

Hazing is not compatible with Army values. The very foundation of what we do depends on

trust, and trust depends on the treatment of all Soldiers with dignity and respect by fellow Soldiers and leaders.

Without this, our profession is placed in jeopardy, our readiness suffers and our mission success is at risk.

Hazing, in any form, has no place in our Army and will not be tolerated.

This applies at all levels to all active, guard and reserve Soldiers, civilians and contractors. This is not new.

Hazing has been explicitly prohibited by Army Regulation 600-20 and the Uniform Code of Military Justice for many years. Individuals who participate in, allow or condone hazing may be subject to disciplinary action that may include non-judicial punishment or court martial.

We recognize that leaders must enforce standards and exercise strong leadership and that this may include organizing team-building activities. This does not, however, allow for any activity that crosses the line and results in an abuse of power and deliberate humiliation.

Effective leaders must never participate in, allow or condone hazing. We expect every member

The very foundation of what we do depends on trust, and trust depends on the treatment of all Soldiers with dignity and respect by fellow Soldiers and leaders.

of the Army — military and civilian — to vigilantly guard against any form of hazing and to report any incident of hazing to the chain of command.

As stated by Secretary Panetta, this has a direct impact on force readiness. At this point in our nation's history, the stakes are simply too high for us to fail.

Our professional values are one of the essential components that make us who we are — the best Army in the world and the strength of the nation. Army strong!

THE CITIZEN

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ON THE STREET

What's your favorite TV show?



Jackie Choice
(Spouse)

"I like 'Desperate Housewives' because of the drama. I'm happy it's not my own."



Chief Warrant Officer 3 Randall Rogers
(U.S. Marine Corps)

"'King of the Hill.' I like the ideal American neighborhood."



Tech. Sgt. Liz Arbjohn
(U.S. Air Force)

"Football. My husband and I are Jacksonville Jaguars fans."



Sgt. 1st Class Verneecia Harris
(U.S. Army)

"'Love and Hip Hop.' It's entertaining."



Sgt. Matt Lyman
(U.S. Marine Corps)

"'How I Met your Mother' because of the dynamics between the characters."



Spc. Kory Jamison
(U.S. Army)

"'Dexter.' It gives you the other side and its darker reality."



Lt. Col. Susie Lewis
(U.S. Air Force)

"'Extreme Makeover.' It's about people helping people in need."



Sgt. George Martinez
(U.S. Army)

"'UFC' because the fighting is entertaining and real."



Lt. Gen. Dennis J. Hejlik, MFE commanding general, speaks to more than 50 Marine spouses and 20 U.S. Army Garrison Stuttgart community leaders during a Family Readiness town hall meeting held at Panzer Chapel Jan. 11. Hejlik discussed the downsizing of the Corps, and the importance of education.

Top Marines talk 'family readiness'

Story & photo by Gunnery Sgt. William Price
Marine Forces Europe/Africa Public Affairs Office

Lt. Gen. Dennis J. Hejlik, Marine Forces Europe commanding general, and Lt. Gen. John M. Paxton, Marine Forces Africa, commanding general, spoke to more than 50 Marine spouses from the Stuttgart military community during a Family Readiness town hall meeting held in the Panzer Chapel Jan. 11.

Brig. Gen. Charles Chiarotti, the Marine Forces Europe/Africa, deputy commanding general, opened the forum by thanking all attendees, to include more than 20 members of the U.S. Army Garrison Stuttgart community leadership.

Hejlik, who spoke candidly and from the heart, addressed various Marine Corps issues to include the downsizing of active and reserve components, and the importance of education.

"By educating our Marines, both officers and enlisted, we are going to have a better Marine Corps. The better educated we are, the better we take care of our family," Hejlik said.

He should know.

Hejlik, who rose from the ranks as a private to a three-star general in his 40 years of service, accepted an honorable discharge in 1972 to pursue an education and returned to the Corps in 1975 as a second lieutenant.

Paxton, who also heads the Family Readiness Committee for the Marine Corps, talked about the history of the Family Readiness Program, available services and the impact of financial restraints.

"The days of 'if the Marine Corps wanted you to have a wife, they would have issued you one' are over. While the Marine Corps Community Service program faces cutbacks, Family Readiness and the [Family Readiness officer] programs are here to stay," said the 37-year veteran and II Marine Expeditionary Force commanding general.

He also discussed the morphing of mass communication into the new "E-Marine" website as the way forward.

E-Marine, at www.emarine.org, was created in

early 2011 as a secure website for Marines and spouses to receive up-to-date information on community and command events, and local resources. The MFE/MFA E-Marine page is scheduled to debut Jan. 26.

Following the information briefings, the forum was opened for a question and answer session with MFE/MFA and USAG Stuttgart leaders. The discussed topics ranged from the future of tuition and transition assistance, pensions, to health care, the welfare of junior Marines, and the Post-9/11 GI Bill.

During the town hall meeting, Kathleen Cole, deputy to the garrison commander and daughter of a former Marine colonel, stressed the importance of community and teamwork.

"Don't be shy about using all our resources and 'talking purple'," said Cole, referring to the joint service environment within the Stuttgart military community.

Town hall organizers were quite satisfied with the results.

"Having this many spouses in one place with the commanders was a huge step forward for our Marine Corps family," said Kathy Nelson, the MFE/MFA family readiness officer and event organizer, who is also responsible for every Marine family within U.S. European and Africa Commands, and Special Operations Commands Africa and Europe.

"With more than 300 Marine families spread throughout the greater Stuttgart area, as well as Europe and Africa, opportunities to meet like this can be hard to come by," Nelson said.

"It was wonderful to see all the spouses together. It was a great turn out from all the Marine commands," said Joan Chiarotti, wife of the MFE/MFA deputy commanding general. "A lot of great information was shared and best of all, many new friendships were made."

Hejlik closed the forum by covering the word "Marine" on his name tape with his hand as he asked "What does this leave you with?"

"It leaves you with U.S. or 'us.' Same thing for the Army, Air Force and Navy uniforms. After all is said and done, like a family, it is all about, 'one team, one fight!'"

News & Notes

Mandatory TARP briefings

U.S. Army Garrison Stuttgart will hold Threat Awareness and Reporting Program briefings for military and civilian personnel. Family members are also encouraged to attend.

Briefings in English are scheduled in the **Patch Theater** Feb. 13-16 at 9 and 11 a.m., and 1 p.m.; and at 3 p.m. on Feb. 14 and 16 only. On Feb. 17, briefings will be held at 9 and 11 a.m.

The **Panzer Chapel** will host English-language briefings Feb. 21, 22 and 24 at 9 and 11 a.m., and 1 p.m.

In the **Kelley Theatre**, English briefings will be held Feb. 27 through March 1 at 9 and 11 a.m., and 1 p.m.; on Feb. 28 and March 1 a 3 p.m. briefing is also scheduled.

Briefings in German will be held Feb. 13, 15 and 17 at 3 p.m. in the Patch Theater; Feb. 21, 22 and 24 at 3 p.m. in the Panzer Chapel; and Feb. 27 and 29 at 3 p.m. in the Kelley Theatre.

All military and civilian personnel, regardless of branch of service, are required to receive a TARP briefing at least once a year.

For more information, contact your unit's security manager.

(This information was provided by the Stuttgart Field Office.)

Career snapshot now available for Army APF employees

Army U.S. appropriated fund employees are now able to view their Civilian Career Brief at the Army Civilian Personnel website employee portal. The CRB, found under the employee tab, is a one-page snapshot of an employee's official data and provides employees an opportunity to review and correct vital information in several Army databases.

For more information, visit <https://acpol.army.mil>.

New DISA senior enlisted leader

The Defense Information Systems-Europe held a change of responsibility ceremony Jan. 6 on Patch Barracks.

Command Master Chief James Barnes turned over the duties as senior enlisted leader to Command Master Chief Richard P. O'Rawe, who O'Rawe hails from the USS Barry.

Barnes and his family will transfer to the Navy Information Operations Command in San Antonio, Texas.

(This information was provided by Defense Information Systems-Europe.)

Volunteer hours due

Stuttgart military community volunteers must log their 2011 hours by Jan. 31 to receive credit at the Volunteer Recognition Ceremony scheduled for April 5.

To log hours in the Volunteer Management Information System system, visit www.myarmyonesource.com and click on "Volunteer Tools" in the top right corner.

For more information, contact Army Community Service at 431-3362/civ. 07031-15-3362.

Wellness fair to promote resiliency, CFP

By Gloria Colon-Buzatu & Susan Huseman
USAG Stuttgart Public Affairs Office

U.S. Army Garrison Stuttgart's Family and MWR will host its first-ever Health and Wellness Fair on Feb. 3 from 10 a.m. to 2 p.m. in the Patch Fitness Center. The event is open to the entire Stuttgart military community.

A vast number of agencies will attend the fair to publicize programs and services that can lead toward more constructive and healthful pursuits, according to Martha Povich, the fair organizer.

Fair attendees will be able to schedule health care appointments, have their blood pressure screened and body fat measured, get their running shoes assessed, watch a fitness class demonstration every 15 minutes and register their bicycles.

"Our goal is to increase community awareness of the garrison's Comprehensive Fitness Program in an interactive and informative way," Povich said.

The CFP takes the five dimensions of fitness as defined by the Army's Comprehensive Soldier Fitness program — physical, social, family, emotional and spiritual — and links them to garrison programs and services intended to improve the comprehensive health, or resiliency, of the community.

There are many initiatives that people are not fully



The Health and Wellness Fair, to be held Feb. 3, is designed to increase community awareness of the Stuttgart Comprehensive Fitness Program.

aware of, according to Army Maj. Benita Harris, the public health nurse at the Stuttgart Army Health Clinic.

"People may not know that the Wellness Center offers free metabolic testing, that the health clinic's Public Health section offers pregnancy classes, or that the clinic facilitates appointments for mammograms locally," Harris said.

Harris will oversee a team from the health clinic with representatives from Tricare, Educational and Developmental Intervention Services, Public Health, physical therapy and the Wellness Center.

For those interested in the Army's Global Assessment Tool, Tony Garcia, the U.S. Army Europe Comprehensive Soldier Fitness manager, will be on hand to discuss the survey used to evaluate a person's emotional, social, family and spiritual fitness, and the Fitness Tracker.

Representatives from Family and MWR's Army Community Service; Sports and Fitness; Child, Youth and School Services; and Outdoor Recreation; the Stuttgart Comprehensive Fitness Program; Religious Support Office; Directorate of Emergency Services; Army Substance Abuse Program; Better Opportunities for Single Soldiers; United Service Organizations; European Wounded Warrior program and the German-American Wandering Club will also be in attendance.

For more information on the Health and Wellness Fair, call Martha Povich at 430-2110/0711-680-2110.

The Army Fitness Tracker is the gateway to the CSF GAT and is available to Soldiers, Department of the Army civilians and family members. Links to the Army, Airman, Marine, and Navy Fitness Trackers can be found at <http://csf.army.mil/index.html>.

Crackdown

Continued from page 1

Overnight parking is only authorized in residential areas, while illegally parked vehicles pose a serious road safety problem for emergency vehicles.

"As DES, I'm not only responsible for law enforcement, but fire services," said Maj. Paul Goyne, the DES director. "We recently conducted parking lot surveys and found that many of our parking lots are inaccessible by fire emergency vehicles."

He said that emergency vehicles need to be able to maneuver into position, access fire hydrants quickly and that they require space to fully deploy their equipment.

"The patrolmen out there really are looking out for the community's best interest," Goyne said.

That may be, but returning to your car to find a parking ticket is an irritation most people can do without.

Fortunately, unlike in the civilian world where parking tickets are a multi-billion dollar industry, Stuttgart military community motorists won't be hit in their pocketbooks.

But they'll "pay" in other ways.

"A parking citation assesses one point against a driver's U.S. Army Europe driver's license. Licenses are suspended for 180 days when a person reaches 12 or more points in one year," Goyne said.

An abandoned vehicle can also result in a driver losing his or her license for 180 days.

Vehicles that have been stationary for an extended period of time (with the exception of those in authorized deployment holding lots) and vehicles that are missing license plates or other evidence of ownership are considered officially "abandoned" according to USAREUR regulations.

In the Stuttgart military community, most abandoned vehicles are found at the Exchange Car Care Center, the auto skills center and the Exchange parking lots, all located on Panzer Kaserne.

"What we're finding is that a lot of the cars need a replacement part and the owners have chosen not to go through the Car Care Center," Goyne said.

An owner who orders parts through the Exchange Car Care Center and has an appointment for repairs is given an approved placard to display on the vehicle's dash. "If a car doesn't have that placard, it's abandoned," Goyne said.

Once a vehicle is "tagged," MPs make three attempts to contact the owner by phone and e-mail. The owner's command is also notified to make sure he or she isn't deployed or on temporary duty.

After the third notification, the vehicle is towed to the impound lot on Stuttgart Army Air Field.

The owner must reimburse the Army for the towing fee (anywhere from \$85 to \$130) and is also slapped with a six-month mandatory license suspension.

DES officials also said that an expired vehicle registration can result in



Staff Sgt. Michael Moore, left, a traffic accident investigator with DES, oversees the towing of an abandoned vehicle on Panzer Housing Area Jan. 18.

Susan Huseman

a citation for failure to register.

"A lot of people say they don't have time to renew their registration. The fact is that vehicle registrations can be renewed up to 75 days in advance," Goyne said.

The bottom line is that DES enforces the regulations in Army Europe Regulation 190-1 and the USAG Stuttgart garrison commander's Policy Letter 16.

"Our enforcement is to ensure the safety and security of the community. It would be devastating if there was a fire and emergency vehicles could not access the building because we didn't enforce lawful and safe parking," said Goyne.

Army Europe Regulation 190-1 and the USAG Stuttgart garrison commander's Policy Letter 16 are available online at the U.S. Army Garrison Stuttgart website at www.stuttgart.army.mil.

Where to park

If you're looking for a parking spot, DES officials suggest the following parking areas:

Patch Barracks: Swabian Special Events Center;

Panzer Kaserne: Wash rack/concrete area just north of the soccer field, or the Exchange and Galaxy Bowling Center parking lots;

Kelley Barracks: Former Transportation Motor Pool parking lot, new parking area across from the self-service car wash and Pine Strasse;

Robinson Barracks: Commissary/furniture store parking lot.

Patch Ski Club Social at SSEC

The Patch Ski Club will hold a social Feb. 1 from 6:30-8:30 p.m. in the Swabian Special Events Center, Building 2505, on Patch Barracks.

The event is free to Patch Ski Club members. There will be a small fee for non-members.

For more information, visit www.patchskiclub.com.

USO hosts Super Bowl Party

The United Service Organization Stuttgart will host a Super Bowl pre-game and viewing party Feb. 5 in the USO Center, Building 2915, on Panzer Kaserne.

The doors will open at 9 p.m. The kickoff for the game will be at approximately 12:25 a.m. Trivia games, raffles and food will be provided.

For more information, call 431-3505/civ. 07031-15-3505.

Swim team looking for coach, swimmers

The Stuttgart Piranhas swim team is looking for a head coach for the 2012/13 swim season. The team's spring training is set to begin March 12.

Applicants should send their resume to registrar@stuttgartpiranhas.org by March 1.

Swimmers interested in joining the Piranhas team can get more information at registrar@stuttgartpiranhas.org.

Salsa night at RB Club on Feb. 10

The RB Club will hold a salsa dance night Feb. 10 from 8 p.m. to 1 a.m.

The event includes free Zumba classes, salsa music



Willy Pete Band rocks the crowd

Lead singer Doug Pierce, left, and guitarist Brandon Roff of the Willy Pete Band rock the crowd with a rendition of "Sweet Home Alabama" during a concert in the Patch Community Club Jan. 19. The band visited U.S. Army Garrison Stuttgart as part of their Celebrating the American Warrior European tour and was sponsored by the United Service Organization.

Mark J. Howell

and entertainment for patrons over 21.

The RB Club is located in Building 168, Robinson Barracks.

For more information, call 420-6037/ civ. 0711-819-6037.

ASAP training

The U.S. Army Garrison Stuttgart Army Substance Abuse Program will conduct annual civilian ASAP training for garrison supervisors Feb. 16 from 9-10 a.m.

Two training sessions for employees will be held from 10:30-11:30 a.m. and 1-2 p.m. in the Kelley Theatre, Building 3320, Kelley Barracks.

For more information, call 431-2743/civ. 07031-15-2743.

CYS Services holds sports registration

Registration for U.S. Army Garrison Stuttgart Family and Morale, Welfare

and Recreation's Child, Youth and School Services spring sports season, which includes soccer, baseball and softball, runs through Feb. 28.

Participants must have a physical valid through June 15.

To register, visit Parent Central Services in Building 2347 on Patch Barracks.

For more information, call 430-7480/civ. 0711-680-7480.

NAF job openings

U.S. Army Garrison Stuttgart's Non-appropriated Fund Human Resources Office is accepting applications for positions within Family and Morale, Welfare and Recreation's Child, Youth and School Services and the Galaxy Bowling Center.

To view online vacancies, visit www.usajobs.gov or stop by the NAF/HRO office, Building 2948, Panzer Kaserne or call 431-3119/civ. 07031-15-3119.

Seek EEO advice

Civilians who believe they have been subject to discrimination in the workplace based on sex, race, religion, color or another protected category are invited to contact the U.S. Army Garrison Stuttgart Equal Employment Opportunity Office to learn more about the EEO process to determine if it is the right course of action for them.

For more information, call 430-5312/0711-680-5312 or e-mail usagstuttgarteeo@eur.army.mil.

AUSA career fair set for Feb. 17-18

The Association of the U.S. Army Stuttgart Chapter and U.S. Army Garrison Stuttgart Army Community Service team up to host a ca-

reer fair Feb. 17-18 from 10 a.m. to 3 p.m. in the Marriott Hotel in Sindelfingen.

The career fair is open to all members of the Stuttgart military community, to include service members, wounded warriors, spouses and civilian employees.

For more information, call 431-3362/civ. 07031-15-3362.

Panzer DFAC to close for training

The 1st Battalion, 10th Special Forces Group (Airborne), Consolidated Dining Facility will be closed for unit training Jan. 30 through Feb. 10.

For more information, call 431-2734/07031-15-2734.

Send community-wide an announcements to stuttgart-media@eur.army.mil.

Feeding birds the right way

Usually bird-feeding stations are wooden boards, tables or small birdhouses.

Sometimes people simply place birdseed on a window sill. For birds, this can be dangerous, since they can catch many diseases from other birds' droppings.

A better option is to hang cylindrical bird feeders or balls containing vegetable fat, seeds and unsalted nuts.

Hang them in nearby bushes or trees out of reach of cats. It's a great way to view birds up close and will allow you to count the different species coming to your house.

For more information, call 421-6288 or 421-6135.



USAG Stuttgart Directorate of Public Works Environmental Division

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Post offices, mail rooms to cut hours

Story & photo by Susan Huseman
USAG Stuttgart Public Affairs Office

As military leaders continue to seek efficiencies across the entire defense enterprise, U.S. Army Garrison Stuttgart is about to restructure its Army Post Offices and community mail rooms.

Effective Feb. 13, the APOs and CMRs will begin to operate with reduced customer service hours.

Last summer, the Army announced that it would reduce the size of its civilian employee workforce by more than 8,700 people by the end of fiscal year 2012.

As a result, Installation Management Command, the Army organization that manages all garrisons, has put into effect strict internal controls for civilian hiring to "properly rebalance the civilian workforce."

The controls include minimizing hiring, reducing the temporary and term workforce, and various other human resources tools.

"We're going to do the best we can, but the reality is that we don't have the employees we used to. This is our 'no kidding' reality," said Kathleen Cole, the USAG Stuttgart deputy to the commander.

The hiring freeze means as employees transfer, resign or retire, their vacated positions are left empty.

"We're losing people and we're not able to replace them," said USAG Stuttgart Postmaster Robert Rauschenplat.

Unfortunately, there isn't a perfect solution.

"In order for us to process all of our incoming mail, we're going to have to limit our [customer service] hours," he added.

Postal customers will no longer have the convenience of a single post office that is open five



USAG Stuttgart employee Thomas Newton assists Hasana Ali at the Panzer Post Office Jan. 19. Garrison post offices will soon cut customer service hours.

days a week.

Beginning Feb. 13, the Patch, Panzer and Kelley Post Offices will be open two days a week with fully staffed stations.

The post office employees will use their "down time" to concentrate on processing incoming mail, according to Rauschenplat.

Processing incoming mail is crucial. "If we can't do that ... there's no reason for a customer to come to the CMR," Rauschenplat said.

Rauschenplat said he knows customers will be frustrated, but if they plan ahead, they can minimize the hindrance.

"The key thing to remember is that there's a place available Monday through Friday to mail your packages out," Rauschenplat said.

New USAG Stuttgart postal operating hours Effective Feb. 13

Patch Barracks, Building 2325

Consolidated Mail Room
Monday-Friday

11:30 a.m. to 1 p.m. and 3:30-6 p.m.

Army Post Office

Tuesday and Thursday 10 a.m. to 5 p.m.

Kelley Barracks, Building 3312

Consolidated Mail Room
Monday-Friday

11:30 a.m. to 1 p.m. and 3:30-6 p.m.

Army Post Office

Wednesday and Friday 10 a.m. to 4 p.m.

Robinson Barracks

Consolidated Mail Room (Building 196)
Monday, Tuesday, Thursday, Friday
2:30-6 p.m.

Army Post Office (Building 169)
Wednesday 1-4 p.m.

Panzer Kaserne

Consolidated Mail Room (Building 2953)
Monday-Friday
11:30 a.m. to 1 p.m. and 3:30-6 p.m.

Army Post Office (Building 2915)
Monday and Wednesday, 10 a.m. to 4 p.m.

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Wellness center offers metabolic testing

The Army Wellness Center-Stuttgart offers free metabolic testing by appointment.

Metabolic testing will identify the appropriate caloric range necessary for a person to lose, maintain or gain weight.

Patrons will also receive individualized meal plans based upon the test results.

A class that covers how to increase one's metabolism will be offered every Thursday from 11 a.m. to noon.

The Army Wellness Center-Stuttgart is located in Building 2337 on Patch Barracks.

For an appointment, call 430-2997/civ. 0711-680-2997.

Resilience training for families, civilians

The U.S. Army Garrison Stuttgart Army Community Service will offer resilience training for family members and civilians on the second Wednesday of each month from 11 a.m. to 1 p.m. in Room 222 in Building 2915, Panzer Kaserne.

For more information, or to sign up for a class, call 431-3362/civ. 07031- 15-3362.

Cirque Dreams World Tour

Armed Forces Entertainment and the U.S. Army Garrison Stuttgart's Family and Morale, Welfare and Recreation team up to host the "Cirque Dreams World Tour" Feb. 20 in the Patch Fitness Center, Building 2337, Patch Barracks.

The first show will start at 1 p.m. and a second show will start at 4 p.m.

The doors will open 30 minutes before each show starts.

For more information, call 430-2110/civ: 0711-680-2110 or visit www.stuttgartmwr.com.

ACS seeks care providers

The U.S. Army Garrison Stuttgart Army Community Service Family Advocacy Program is looking for emergency placement care providers.

EPC providers give a child, or children, a temporary home during family crisis situations.

For more information, call 431-3364/civ. 07031-15-3364.

Hours at CPAC

The Stuttgart Civilian Personnel Advisory Center has announced new customer service hours for 2012.

Walk-In service will be available on Monday and Wednesday from 1-4 p.m., however, customers must sign in by 3:45 p.m. Appointments are available Monday, Tuesday, Thursday and Friday from 8 a.m. to noon and on Tuesday, Thursday and Friday afternoons from 1-4 p.m.

The Stuttgart CPAC office is located on the first floor of Building 2948 on Panzer Kaserne.

To make an appointment, call 431-3488 or civ. 07031-15-3488.

'Company' opens at Kelley Theatre

The Stuttgart Theatre Center presents "Company: A Musical Comedy."

Performances at the Kelley Theatre are set for Feb. 10, 11, 17, 18, 24 and 25, and March 2 and 3 at 7:30 p.m., Matinee performances will be held Feb. 19 and 26, and March 4 at 3 p.m.

To make a reservation, call 421-3055/civ. 0711-729-3055 or visit www.stuttgartmwr.com.

Student financial aid workshop

The Delta Sigma Theta Sorority will host a workshop covering the Free Application for Federal Student Aid Information Feb. 12 from 3-4 p.m. in the Patch High School

Forum, Building 2388 on Patch Barracks. The workshop will cover how to apply, deadlines and eligibility.

For more information, call civ. 0172-837-6653 or e-mail RealWorld@dstger.org.

Looking for softball players

The Stuttgart Stallions men's community softball team is looking for softball players. The season will begin in March.

If interested, send an e-mail to miles_jeffrey@hotmail.com or disapromfe@yahoo.com.

Groups sponsor free ice skating

The Stuttgart Military Community Eishockey Club, along with the Stuttgart Community Spouses Club, will host a Family Skate Night on Jan. 28 from 5:15-6:45 p.m. at Eisstadion Wernau, Stadionweg 12, 73249 Wernau.

Admission is free for all military ID cardholders and their families. Skates can be rented for a moderate fee.

For more information, e-mail smchockey@ymail.com or call civ. 0711-680-8304.

Let U.S. visitors drive your POV

Visitors to Germany can drive USAREUR-plated cars if U.S. ID cardholders get customs approval first.

In order to do so, the ID cardholder needs to complete AE Form 550-175D-R at the U.S. Customs office (Building 2913, Panzer Kaserne) and present a copy of the visitor's international driving permit (issued by the American Automobile Association in the U.S.) and passport, along with the ID cardholder's vehicle registration. This process can be completed before friends or relatives arrive.

For more information, call U.S. Customs Office at 431-2657/2731 or civ. 07031-15-2657/2731, or visit www.hqsareur.army.mil/opm/custom3.htm.

Send community-wide announcements to stuttgart-media@eur.army.mil.

Winter safety: Stay injury free on the slopes

According to the Consumer Product Safety Commission, nearly 140,000 snowboarders sought medical treatment for injuries in 2009, with an almost equal number for skiers.

Here are some tips to help prevent snowboard and ski-related injuries:

- Before beginning, perform light exercise for three to five minutes and slowly stretch muscles.
- Never imitate stunts seen on television. If you have children watching these events, make sure they understand the dangers associated with imitating professional athletes.
- Never participate in extreme sports alone. Always have a partner to assist you and a communication device to call for help in case you are injured.
- Wear appropriate protective gear, such as goggles, helmets, gloves and padding.
- Wear several layers of light, loose, water- and wind-resistant clothing.
- Take frequent breaks to avoid dehydration and overheating.
- Avoid alcohol because it can increase one's chances of hypothermia.
- Pay attention to weather warnings.
- Obtain proper equipment. Be sure to have ski or snowboard bindings adjusted correctly at a ski shop.

Source: U.S. Army Combat Readiness/Safety Center



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Minimalist running shoes need caution

By Maj. Zack Solomon

U.S. Army Public Health Command

Many runners are switching to minimalist shoes that create the sensation of running barefoot.

Changing from cushioned shoes to minimalist shoes is likely to change a person's running style.

Running in a shoe with minimal cushioning will cause most runners to naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a more natural foot motion.

Those interested in making the switch from a traditional running shoe to a minimalist design should exercise caution in doing so. A sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries, such as stress fractures.

The calf muscles will require the greatest adjustment, followed by the muscles of the foot and hamstrings. Running impact forces may also increase temporarily as a runner adapts to a shortened stride and forefoot strike.

The following are a few tips to make a smooth transition:

- Runners should only perform 10 percent

of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a person runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.

- No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some people may take up to six months to get used to running in minimalist shoes.

- Avoid running two days in a row in minimalist running shoes for the first four weeks.

- Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.

- Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.

As with any change in training, a planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

If problems develop from any change in training or equipment, runners should see their medical provider or physical therapist.



Panzer Clinic services are now located on Patch Barracks

The Panzer Health Clinic has completed its move to Patch Barracks.

Behavioral Health, Optometry, Social Work Service and Early Development Intervention Services have relocated to temporary buildings located next door to the Stuttgart Army Health Clinic. The offices have new phone numbers:

Behavioral Health — 431-2751 (civ. 07031-15-2751) or 430-2858 (civ. 0711-680-2858);

Optometry — 431-2002 (07031-15-2002) or 430-2832 (civ. 0711-680-2832);

EDIS — 431-2697 (civ. 07031-15-2697) or 430-2835 (0711-680-2835);

Social Work Service — 431-2676 (07031-15-2676) or 430-2858 (civ. 0711-680-2858)

Because parking is limited, patients are encouraged to arrive as early as possible in order to find parking.

For more information on the move, call 430-4332/ civ. 0711-680-4332.

Clinic offers more appointments

The Stuttgart Army Health Clinic has two new primary care physicians on board. This means the clinic can now accommodate up to 220 appointments each day for primary care.

Civilian employees and contractors are also able to make appointments for same-day visits only.

To make an appointment, call the Europe Regional Medical Command Care Call Center at DSN 371-2622/ civ. 06221-17-2622.

Volunteers needed for Clinic's Patient Family-Centered Care team

The Patient Family-Centered Care Volunteer Program at U.S. Army Health Clinic Stuttgart is looking for patients and family members who have received services at the clinic and who have the desire to use their experience to help other families in a variety of ways.

The main goal of the Patient Family-Centered Care Volunteer Program is to constantly improve understanding and communication between hospital staff and the families that are served.

For more information on the Patient Family-Centered Care Volunteer Program call Capt. Jonathan Wilwayco at 430-4501/civ. 0711-680-4501 or send an e-mail to jonathan.wilwayco2@amedd.army.mil.

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Enjoy full-spectrum winter fun in Schopfernau

Story & photo by Carola Meusel
USAG Stuttgart Public Affairs Office

If you're in search of snow this winter, you may have to travel beyond Germany. The winter has been one of the warmest since 1881, according to the German Weather Service. Your best bet for snow is probably Austria or Switzerland.

A recent trip to Schopfernau, Austria, proved just that.

Schopfernau is located in the Vorarlberg region in the Bregenzerwald (Bregenzer Forest).

According to its tourist website, the chance of snow is good because the Bregenzerwald is situated on the northern edge of the Alps. In fact, a blizzard in early January dumped four meters of snow in only four days.

The Diedamskopf is the Bregenzerwald's highest mountain at 2,090 meters and offers skiers and boarders 40 kilometers of runs.

The "Talabfahrt" run is considered the Diedamskopf's athletic highlight. Skiers can go 10 kilometers nonstop from the mountaintop down to the valley.

"The nice thing about Schopfernau is that it offers skiing for all levels and for the entire family," said Katharina Matt, a Schopfernau resident who also rents apartments to visitors. "Schopfernau really is considered a family-friendly ski area."

According to Matt, free day care is available for children at "Didi's Kinder-Erlebnisland," or children's adventure land, located atop the mountain. The adventure land, for children ages 3-8, offers bouncing castles, slides, climbing walls, and arts and crafts.

For freestyle and ski-jumping enthusiasts, the "Pleasure Diedamspark" is the largest snow park in the Bregenzerwald. Various fun boxes and rails are available for foot jumps and jibbing. The adjacent chill-out area offers sun beds and music for pure mountain relaxation.

The Diedamskopf also features trails for snowshoe hiking and winter tours along the mountaintop.

Schopfernau vacationers can also ski and board in five other well-known Bregenzerwald ski areas: Mellau Damüls, Faschina, Schröcken and Warth. All of them can be reached within a 30 to 45-minute



A skier pauses on the Diedamskopf mountaintop in Schopfernau, Austria, on Jan. 3. The Diedamskopf Mountain, at 2,090 meters, is the highest mountain in the Bregenzerwald region and offers skiers and snow boarders 40 kilometers of runs. The area is also prime for Nordic skiers and snowshoers.

drive from Schopfernau.

According to Matt, another highlight is the seven cross-country trails that lead through Schopfernau and Au along the Bregenzerwald.

"Besides the athletic factor, cross-country skiing also offers visitors the chance to enjoy the winter landscape and see many landmarks, such as baroque churches, along the way," Matt said.

For those who didn't get their fill during the day, the Grunholz Ski Lift in Au offers night skiing and sledding every Wednesday and Friday from 7-10 p.m.

Evening torch hiking tours and group sleigh rides are available from December through March. For detailed information, visitors should stop by the Schopfernau Tourist Information office located at Unterdorf 2.

Those in need a break from skiing can relax at

the Thermal and Wellness World in Bad Reuthe. The spa offers four pools, including whirlpools filled with bubbling thermal water, as well as saunas, steam baths and massage/beauty treatments. Bad Reuthe is only 16 kilometers from Schopfernau.

Visitors can also tour Schopfernau's Franz M. Felder "Bergkäseerei," or mountain cheese factory, to learn about cheese production and sample or purchase mountain cheeses and other local products such as pumpkin seed oil, bread and honey.

Schopfernau's traditional Austrian village atmosphere is preserved through its many picturesque, old-fashioned farmhouses, many that rent apartments and rooms to vacationers.

Whether searching for snow, an alpine experience, or simply a change in scenery, Schopfernau delivers.

For more information in English, visit www.diedamskopf.at or www.au-schopfernau.at.

Have a comment on garrison services?

Want to thank an organization for a job well done?



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Negotiating the tax maze

It's tax time! The Stuttgart Tax Center opens Feb. 1.

Last year, the tax center assisted 2,391 tax filers at no charge, saving them over \$430,000 in preparation and filing fees, and generating over \$6 million in refunds. And, they're ready to help again this year.

What are the major tax law changes for 2011?

Just to name a few:

- This year's deadline for filing tax returns is extended to April 17.
- Capital gains and losses. In most cases, you must report your capital gains and losses on new Form 8949 and report the total on Schedule D. If you sold a covered security in 2011, your broker will send you a Form 1099-S (or substitute statement) that shows your basis. This will help you complete Form 8949. Generally, a covered security is a security acquired after 2010.
- First-time homebuyer credit. To claim the first-time homebuyer credit for 2011, you (or your spouse if married) must have been a member of the uniformed services or Foreign Service or an employee of the intelligence community on qualified official extended duty outside the U.S. for at least 90 days during the period beginning after Dec. 31, 2008, and ending before May 1, 2010.

What's the difference between a tax deduction and a tax credit?

A tax deduction is an amount which reduces the income used to compute tax. A tax deduction only saves you the percentage of the deduction equal to the tax rate. For example, if you are taxed at a rate of 30 percent and you have a deduction of \$100 then you save \$30. While deductions reduce tax liability, they are not directly refundable. A tax credit reduces tax liability after it has already been computed. One dollar of tax credit actually saves you one dollar. Nonrefundable tax credits can only reduce your tax liability to zero. Refundable tax credits can result in payment to the taxpayer from the federal government.

Should I itemize my deductions?

The standard deduction rates were raised for all filing statuses this year. To reap the benefits of itemizing deductions, the taxpayer must have significant expenses in the categories eligible for itemized deductions. Generally speaking, without significant out-of-pocket medical expenses, interest payments on an eligible home mortgage or very large contributions to eligible charities, taxpayers are better off taking the standard deduction. For an individualized determination of the advantages to itemizing deductions, consult with your community tax assistance center.

The 2011 standard deduction are:

\$5,800 for unmarried taxpayers or married taxpayers filing separately, \$11,600 for married taxpayers filing jointly, and \$8,500 for taxpayers filing as head of household.

The additional standard deduction allowed for blind taxpayers and taxpayers age 65 or older at the end of the tax year will be \$1,150 if married filing jointly and \$1,450 if single.

Which tax credits might I be eligible for?

Earned Income Credit — a refundable credit for taxpayers below adjusted gross income threshold. For 2011, earned income and AGI must be less than:

\$43,998 (\$49,078 married filing jointly) with 3 or more qualifying children

\$40,964 (\$46,044 married filing jointly) with 2 qualifying children; \$36,052 (\$41,132 married filing jointly) with 1 qualifying child; or \$13,660 (\$18,740 married filing jointly) with no qualifying children.

Child Tax Credit (Reduced) — In 2011, the child tax credit will be cut in half to \$500 per child and may not even be applicable to all taxpayers. For those filing jointly, the tax credit begins to phase out at \$110,000 (AGI) and for taxpayers completing a single tax return at \$75,000.

Home Buyer Tax Credit for Military or Veterans — If you purchased a home and closed on that home before June 30, 2011, you may be entitled to this credit.

Additional Child Tax Credit — refundable tax credit for individuals unable to utilize the full benefit of their nonrefundable child tax credit.

Child and Dependent Care Credit — nonrefundable tax credit which reduces tax liability by a portion of child and dependent care expenses.

Lifetime Learning Tax Credit — nonrefundable tax credit up to \$2,000 per tax return for 20 percent of the first \$10,000 of eligible education expenses paid for the taxpayer, spouse, or dependent.

Government Retiree Credit — refundable credit of \$250 per taxpayer (\$500 if both taxpayer and spouse are eligible government retirees) for certain federal, state, and local government retirees who receive a government pension or annuity from work not covered by social security.

Retirement Savings Contributions Credit — nonrefundable credit for taxpayers with modified adjusted gross income below certain thresholds depending on filing status who make a contribution to a qualified retirement plan.

Does the Foreign Earned Income Exclusion apply to service members and employees of the U.S. government stationed in Europe?

No, that exclusion does not apply to U.S. service members and other employees of the U.S. government. They must pay U.S. income tax, even if stationed overseas.

My spouse works on the local economy and pays taxes to the host nation. Do I need to report my spouses income on our return?

If your spouse is a U.S. citizen or resident and you are filing a joint return, you will need to report your spouse's income on your tax return. If you are filing separately, she would only need to file if she earned more than \$3,700. If she must file, you then may be able to exclude up to \$92,900 of that income from your taxable income under the Foreign Earned Income Exclusion.

If your spouse is not a U.S. citizen or resident, she does not need to report her income. It maybe to your advantage, however, to elect to treat your spouse as a U.S. resident so you can file a joint return. Consult your tax center for an individualized discussion of these issues.

Do I need to pay state income tax if I live in Europe?

States can require their residents and/or domiciliaries to pay income tax. A state has the authority to tax domiciliaries of that state, even if the domiciliary does not currently live in that state any longer due to military assignment.

Each state's law is different, so to be sure you are complying with applicable state law, stop by your community tax center and inquire about the rules for your state of domicile.

Do I need to report any money I have in my foreign bank account?

Maybe. Any U.S. person who has a financial interest in or signature authority or other authority over any financial account in a foreign country, if the aggregate value of these accounts exceeds \$10,000 at any time during the calendar year.

This report is called an FBAR, and stands for a Report of Foreign Bank and Financial Accounts. The form number is TDF 90-22.1. If you currently have or have had over \$10,000 in any foreign bank account during 2011, you **must** report this to the IRS.

What do I do if my spouse is not available to sign the tax return?

If you are married and filing a joint return but your spouse is unavailable to sign the return, you need to get a power of attorney which explicitly grants authority for tax filing. IRS Form 2848 can be found at www.irs.gov/pub/irs-pdf/f2848.pdf. This power of attorney must have the notarized signature of your spouse. If your spouse is deployed, the IRS grants an extension of 180 days from the spouse's return from deployment to file taxes. For more information regarding deployed spouses and extensions on filing deadlines, consult your community tax center.

What resources are available for people who want to prepare their own tax returns?

The IRS offers taxpayers free help on federal tax questions and with filing a return. Assistance is available at any time on the IRS website at www.irs.gov. Help is also available by telephone and in person.

A few publications that are especially useful for U.S. Army Europe community members:

- Publication 17, "Your Federal Income Tax"
- Publication 3, "Armed Forces' Guide"
- Publication 54, "Tax Guide for U.S. Citizens and Resident Aliens Abroad"

If you require additional assistance, contact the Stuttgart Tax Center. In addition to assisting community members with filing taxes, the tax center can assist eligible community members with tax advice and understanding the tax code.

Source: U.S. Army Europe Public Affairs Office

Get free tax assistance at Stuttgart Tax Center

The Stuttgart Tax Center on Kelley Barracks has a staff of four full-time E-Fileers to help you with your tax returns. The tax center opens Feb. 1. Tax assistance is available on a walk-in basis.

Open Monday through Friday from 9 a.m. to 4:30 p.m.

What to bring:

- Valid government issued ID • Social Security cards for all persons listed on your return • Bank routing and account numbers • Power of Attorney if needed • Prior year return if you are a new client • All W-2 and 1099 statements • Lohnsteuerbescheinigung for wages paid by German employer • Winnings reported on forms 1099 or W-2G • All documents related to your mortgage • Complete list of expenses related to any rental property • Statements regarding dependent care expenses

If you are self employed, call the tax center for information regarding the Certificate of Coverage under the German Social Security System.

Stuttgart Tax Center
Room 231, Building 3312, Kelley Barracks
421-4588/civ. 0711-729-4588



What's happening in FMWR

Register for Parents Night Out/Day Out

Child, Youth and School Services will provide child care for a night out on Feb. 10 at the Panzer Child Development Center and a day out on Feb. 11 at the Robinson Barracks School Age Center.

Parents must register by Feb. 9 at Parent Central Services, Building 2347, Patch Barracks.

For more information, call 430-7480/civ. 0711-680-7480.

Arts and Crafts to host Super Bowl sale

The Patch Arts and Crafts Center will hold a Super Bowl Sunday sale Feb. 5 from 1-5 p.m.

All regular-priced merchandise will be 25 percent off. Clearance items will be discounted 50-75 percent (discounts do not apply to consigned items or class fees).

For more information, call 430-5270/civ. 0711-680-5270.

Auditions to be held for "Twelfth Night"

Auditions for Shakespeare's "Twelfth Night," considered to be

his most romantic comedy, will be held Feb. 13-15 at 7 p.m. in the Kelley Theatre.

The cast calls for 10-14 men and three to 7 women. Actors must be at least 15 years old.

A pre-audition workshop will be offered Feb. 12 at 6:30 p.m.

For more information, call 421-3258/3055/civ. 0711-729-3258/3055.

Karaoke at Irish Pub

The Galaxy Bowling and Entertainment Center's Irish Pub on Panzer Kaserne will host karaoke Feb. 2 from 8-11 p.m.

For more information, call 431-2575/civ. 07031-15-2575.

Bowl with BOSS

Better Opportunities for Single Soldiers will sponsor a nine-pin no-tap bowling tournament Feb. 9 at 6 p.m. at the Galaxy Bowling Center on Panzer Kaserne. Prizes and trophies will be awarded.

For more information, call 431-2575/civ. 07031-15-2575.

For more activities, visit www.stuttgartmwr.com.

Coming to Patch Theater

Jan. 27 — Free showings of Act Of Valor (R) 7 and 9:30 p.m.

Jan. 28 — Happy Feet Two (PG) 4 p.m.; Red Tails (PG-13) 7 p.m.; J. Edgar (R) 9 p.m.

Jan. 29 — Alvin And The Chipmunks: Chipwrecked (G) 2 p.m.; Extremely Loud And Incredibly Close (PG-13) 4 p.m.; Red Tails (PG-13) 7 p.m.

Jan. 30 — Extremely Loud And Incredibly Close (PG-13) 6 p.m.

Jan. 31 — J. Edgar (R) 6 p.m.

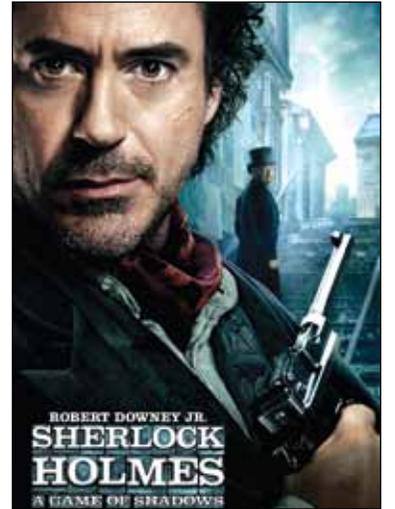
Feb. 1 — Mission Impossible: Ghost Protocol (PG-13) 6 p.m.

Feb. 2 — Alvin And The Chipmunks: Chipwrecked (G) 6 p.m.

Feb. 3 — The Muppets (PG) 6 p.m.; One For The Money (PG-13) 9 p.m.

Feb. 4 — The Muppets (PG) 4 p.m.; One For The Money (PG-13) 7 p.m., Mission Impossible: Ghost Protocol (PG-13) 9 p.m.

Feb. 5 — The Muppets (PG) 2 p.m.; One For The Money (PG-13) 4 p.m.; Sherlock Holmes: A Game Of Shadows (PG-13) 7 p.m.



Warner Brothers

In 'Sherlock Holmes: A Game of Shadows,' Robert Downey Jr. reprises his role as the world's most famous detective.

Feb. 6 — One For The Money (PG-13) 6 p.m.

Feb. 7 — The Muppets (PG) 6 p.m.

Feb. 8 — Sherlock Holmes: A Game Of Shadows (PG-13) 6 p.m.

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