

Zayden Carter Spradley, 2, practices waving the flag during the early hours of June 22 in anticipation of the return of his father, Spc. Micah Spradley, from a year-long deployment to Afghanistan. Following a short welcome home ceremony and a safety briefing, the Soldiers of Fourth Platoon, 554th MP Co., were released to join their families and friends.



Martin Greeson

Family members cheer as their Soldiers enter the Panzer gym during the early morning hours of June 22.



Martin Greeson

Return of the 'Zombie Hunters'



Susan Huseman

Soldiers of Fourth Platoon, 554th Military Police Company, turn their heads to watch a slide show summarizing the platoon's deployment during their welcome home ceremony June 22 in the Panzer Fitness Center. The platoon deployed July 2011 in support of Operation Enduring Freedom 11-12. During the deployment, they conducted more than 150 mounted and dismounted combat patrols, in addition to planning, organizing, and executing the Police Combined Action Program, in which the MPs taught, mentored and trained hundreds of members of the Afghan police force.

All you need to know before signing a rental agreement

When looking to rent on the economy, you don't have to be an expert in landlord-tenant law to protect yourself. Understanding German law and the terms of your lease are your best guarantees against future problems.

By Capt. Andrew Rouchka and
 Capt. Aaron Lancaster
 Stuttgart Law Center

Being stationed in Germany offers service members and their families a wonderful opportunity to experience German culture.

It also exposes them to unfamiliar hazards, especially when it comes to renting.

Service members and civilian employees should be aware that they are bound by the contracts that they enter, whether written in English or German.

The Stuttgart Law Center offers the following tips to help Americans better protect themselves while living in Germany.

Inspection of off-post housing

Under German law, when a tenant moves out of a rented apartment or house, any damage is presumed to have been caused by the tenant.

See Rental agreement on page 4



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A tenant may request that the rental contract contain a clause that allows he or she to withhold rent if the landlord cannot show proof that the security deposit has been handled properly in accordance with German law.

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France requires breathalyzers

Effective July 1, if you're driving in France, you'll need to carry a breathalyzer test kit in your vehicle. The new law applies to anyone driving in France.

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Summer in Stuttgart means fests, fun

With Germany's festival season in full swing, it's time to explore! We highlight some of the best of what the area has to offer, to include a theme park primer.



Act of kindness inspires 'pay it forward' attitude

**Commentary by
Dawn Desjardins**
Special to the Citizen

I inserted a quarter to release a shopping cart at the Patch Commissary.

With the Fourth of July quickly approaching, I wanted to get a head start on my shopping.

The lock popped out, and I began to pull. My momentum slowed as I tried to pry the cart from the connected string of others.

Soon, a kind lady began helping me. "I'll lift, you pull," she said, rescuing the moment.

We worked together until it was apparent to us both that we simply could not get this cart free.

The problem was not the coin,

the chain or my cart; it was the other cart, which held on tightly.

With this realization, we smiled, sighed and I moved on to another — this time with success.

"Don't sweat the small stuff" spun through my mind as I said thank you to my comrade and went on with my shopping.

I gathered up enough barbecue fixings to feed a small army, paid and proceeded to the exit door with my cart. Returning to the cart station to drop the cart off and retrieve my quarter, I noticed a small group of folks about to take a cart.

"Pay it forward" quickly ran through my mind.

"Do you want this one?" I asked.

The family of four all looked at me with confusion. Trying to be clearer, I said, "Can you use this cart? Don't worry about the quarter — really, no problem."

Thank yous were exchanged. I helped them, they helped me, and the call to action behavior that I had learned earlier felt good as it settled into my bones.

The little things that we can do as "strangers" have the possibility of igniting a greater happiness: a friendly smile to someone you walk past, the gesture of holding the door for the one behind you.

We can be so wrapped up in our own thoughts that we may not consciously notice someone else's need, but when we do notice and

The little things that we can do as "strangers" have the possibility of igniting a greater happiness ...

act ... what a difference we can begin to make.

Now, each time I dig to find a quarter as I enter the commissary, I will remember the lesson of kindness taught to me by a courteous stranger, a 25 cent piece ... and the cart-hand-off.

THE CITIZEN

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CORRECTION

Air Force Lt. Col. Matt Vincent of U.S. Africa Command, politely let us know that the Memorial Day "missing man" formation photo we ran on page 4 of the June 14 edition was not of Dutch F15s, but F16s.

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Maj. Dan Kolva (#43), a U.S. Army officer assigned to U.S. Africa Command, was among more than 60 Americans who took part in the Liberty Trail Ride this year in Normandy, France. The ride coincided with memorial observances of the 68th anniversary of D-Day.

Liberty Trail Ride offers U.S. cyclists glimpses of World War II history

Story & photo by Rick Scavetta

U.S. European Command Public Affairs Office

Pedaling up Rue Havin, Ron Rasch told fellow Liberty Trail riders of World War II's devastation on this Norman town.

Rasch, the deputy foreign policy advisor for U.S. Army Europe, was among more than 60 Americans who took part in the three day ride that began June 1, passing through many towns and villages that withstood the horrors of war during the summer of 1944. Several riders were from the Stuttgart military community.

"This town was flattened during the war by Allied bombers," Rasch told them, as they rode into the Place du General de Gaulle, to crowds of clapping French people. "And still, they are so grateful for the liberation that it brought them."

Of the 400 cyclists, more than 60 riders were Americans who serve with the U.S. military in Belgium, Germany and Italy.

Routes took the cyclists though the Cotentin Peninsula countryside, beautiful farmlands that were once the scene of brutal fighting.

The ride began in Périers, a town that was liberated by 2nd Battalion, 359th Infantry Regiment, 90th Division, on July 27, 1944.

Each day the cyclists rode more than 70 miles, returning to the starting point where riders slept on cots in a local gym or in "gites" (holiday accommodations).

On the first leg, cyclists made their way down the long straight road from Périers to Saint Lo, the very line where in July 1944, U.S. and Allied troops launched Operation Cobra — the breakout from Normandy's hedgerow country that led to the liberation of Paris.

While at Saint Lo, riders dismounted for a ceremony at a gate in the square, the only remnant of

a prison where Germans kept 150 French citizens, some who were resistance fighters. On June 6 and 7, 1944, as U.S. and Allied troops moved inland from the D-Day beaches, Allied bombs destroyed the prison, killing everyone inside.

Officials laid wreaths as somber music played and church bells tolled in the distance. Frenchmen in military berets, some veterans of French conflicts in Vietnam and Algeria, stood with their unit flags. When "La Marseillaise" played, their soft baritone voices sang proudly as the crowd joined in.

Two Army lieutenant colonels, Chris Dillard, 42, of Kentucky, and Jeff Pannaman, 46, of Pennsylvania, were among the Stuttgart contingent.

They took the TGV train to Paris from Stuttgart, where they serve with U.S. Africa Command.

Dillard and Pannaman rode bikes across the French capital to catch another train to Carentan. They then rode into Périers. The ride offered more than what the average tourist sees, Dillard said.

"It's an amazing experience," he said.

The two were about to have even more adventures.

After the conclusion of the Liberty ride, on the return trip through Paris near the Gare de l'est (East Station), Pannaman heard a woman calling after a thief running with a bag in his hands.

Although Pannaman was carrying a 30-pound backpack and had cycled more than 275 miles during the previous three days, the Special Forces officer chased the man down on his bike, tackled him without unhooking from his pedals and held him until the French police arrived.

Modest about his efforts, Pannaman said he just did something when no one else appeared to move.

"There was a person in distress, asking for assistance," Pannaman said. "He was a bad guy. It just happened."

News & Notes

Alcohol ration policy changes

After a legal review and acceptance by U.S. Customs officials, the total number of liters of alcohol that can be purchased per person per month by U.S. Forces personnel in Germany, Greece, the Netherlands, Spain and Turkey is changed from 6.5 liters to 6 liters.

Additionally, liqueurs with more than 33 percent alcohol by volume are now rationed, along with distilled spirits (liquors). Five or more miniature bottles (.05 liters) purchased together are now also rationed.

The U.S. Forces ration card has been revised, and ration card holders will be issued new cards when their old ones expires. (This information was provided by Installation Management Command Europe.)

Breathalyzers needed in France as of July 1

Effective July 1, all drivers in France will be required to carry breathalyzer test kits in their vehicles. The new regulation will apply to anyone driving in France.

According to the German automobile club, Allgemeiner Deutscher Automobil-Club e.V. (ADAC), any driver who does not have a test kit in the car will be fined €11 on the spot, beginning Nov. 1.

One-time-use breathalyzers can be purchased in Germany at apothecaries or via the Internet, according to ADAC. In France, they can be purchased for as little as €2 at supermarkets, gas stations and apothecaries.

For more information on driving regulations in Europe, visit www.travel.state.gov. (This information was provided by U.S. Army Europe.)

This summer, don't be a victim

U.S. Army Europe law enforcement officials urge those who will travel by car this summer to avoid becoming victims of car break-ins.

- Always lock vehicles while driving, getting gas, at rest stops and when parked. Locking or securing your car is a requirement in most European countries.

- Keep baggage and valuables out of sight, preferably locked in the trunk. (This information was provided by U.S. Army Europe Office of the Provost Marshal.)

USAG Stuttgart change of command to be held July 23

Col. John P. Stack Jr. will replace Col. Carl D. Bird as commanding officer of U.S. Army Garrison Stuttgart during a change of command ceremony scheduled for July 23.

The ceremony will take place at 11 a.m. on the Panzer Kaserne parade field, adjacent to USAG Stuttgart headquarters, Building 2949.

Stack comes to USAG Stuttgart after serving as deputy commander for Special Operations Command (Forward), Pakistan.

In the event of inclement weather, the ceremony will be held in the Panzer Fitness Center, Building 2990.

Ask a JAG

Editor's Note: Do you have a legal question you would like to see answered in a future edition of The Citizen? If so, contact "Ask a JAG" at andrew.j.rouchka.mil@mail.mil.

By Capt. Andrew Rouchka (U.S. Army)
Stuttgart Law Center

Q: I am preparing to deploy. What legal documents should I have prepared before I go?

A: Individual needs for legal documents will vary. In most cases, service members can prepare for deployment by executing just a few legal documents. This column will describe the most common estate-planning documents, but service members should consult an attorney to determine their individual needs.

A will, or last will and testament, controls your estate at death. It can be revoked at any time and has no effect as long as you are alive. It can control the disposition of your property, appoint a personal representative to settle your estate, and express your wishes about guardianship of your children and disposition of your remains. If you were to die without a will, then a court would distribute your property and settle your estate under the laws of "intestacy," the default rules for these situations.

An advanced medical directive, or "living will," makes known a person's wishes regarding life-prolonging medical treatments. For example, the document could express your desire to terminate life support in the event that you had a terminal, incurable medical condition.

A medical power of attorney appoints someone to make medical care decisions for you in the event that you cannot make them for yourself. It applies to more situations than a living will. Essentially, a medical power of attorney allows a trusted family member or friend to manage your care if you become incapacitated.

A power of attorney is simply a written authorization for someone (your "agent") to act on your behalf. A special POA allows your agent to do only specific things that you identify (e.g., ship household goods). A general POA gives your agent complete authority to make any and all non-medical decisions for you. It can be very useful, but it is also a potentially dangerous legal document, as it allows your agent to do almost anything in your name (e.g., take out a loan or empty your bank account). Before executing a POA, you should carefully consider the scope and effectiveness of the document.

Ordinarily, a POA expires if you become mentally disabled — perhaps the time when you need it the most. However, a durable POA remains effective as long as you are alive or until you revoke it. A springing, durable POA takes effect only when you are unable to manage your own affairs.

This column is not intended as individual or specific legal advice. If you have specific issues or concerns, you should consult a judge advocate at 421-4152/civ. 0711-729-4152.



Your landlord could be entitled to payment for every crack, dent, chip and scratch that you did not document when you moved into the unit. Protect yourself by being very thorough at move-in and by documenting all damage.

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Rental agreement

Continued from page 1

To avoid being charged, the tenant must have proof that the damage existed before the lease began.

The landlord could be entitled to payment for every crack, dent, chip, and scratch that the tenant did not document when moving into the unit.

You can protect yourself by being very thorough and picky at move-in and by documenting all damage in writing, with photographs or videos. Service members should also use the free help provided by the U.S. Army Garrison Stuttgart Housing Office, who will send a representative to conduct a walk-through with the tenant and landlord, and help identify and document all damage upon move-in.

Termination of housing lease

Unlike the U.S., German law states that only written termination notice is valid.

Tenants should pay careful attention to the termination clauses in their leases. This can be problematic, as service members often get permanent change of station or deployment orders on short notice.

By law, the tenant's notice period cannot exceed three months, but the tenant is free to negotiate a shorter termination clause in the rental agreement.

Most commonly, service members include a "military clause," which allows the tenant to terminate the contract within 30 days due to a PCS move, forced move into the barracks, or an approved early return of dependants. Protect yourself by including a similar clause and having the Housing Office review any contract before you sign it.

Security deposits

Under German law, landlords may ask for a deposit not to exceed three months rent. However, the tenant has the right to pay this deposit in three equal monthly shares.

The landlord must keep the rental security deposit apart from his other assets in an interest-accruing account. Service members should require that the landlord provide them with proof that he or she has complied with this.

Otherwise, the tenant's security deposit could be lost if the landlord files bankruptcy or squanders the money. Tenants may also request that the contract contain a clause allowing the tenant to withhold rent if the landlord cannot show proof that the security deposit has been properly handled.

Insurance

There are several types of insurance that Americans should consider carrying while living in Germany.

Third-party liability insurance covers claims against the insured by third parties for personal injury or property damage. For example, if your neighbor slipped and fell on your sidewalk and claimed that your negligent failure to clean debris caused his injury, this insurance could cover your liability and legal fees.

Pet insurance is much more common here in Germany than in the U.S.

German law imposes "strict liability," or liability without the need for fault or negligence, for all incidents associated with your pet.

For example, you could be held liable, regardless of fault, if your dog ran out into the street and caused a motorist to swerve into another car.

Strict liability makes it much more likely that you could be held personally responsible for injury or damage associated with your pet.

Finally, many Germans carry legal expense insurance. As the name suggests, these policies cover legal expenses incurred in accordance with the terms of the policy.

Beware, however, that many insurers charge an additional premium for policies covering landlord-tenant or family law disputes, as these areas of law often create disproportionately large legal fees.

You might also consider joining the tenant protection agency, or "Mieterschutzverein," which provides legal representation for tenants in many circumstances.

Editor's Note: This article provides legal information but is not intended to give individual legal advice. The Housing Office can review any prospective agreement and the Stuttgart Legal Assistance Office provides advice on landlord-tenant law.

Arm yourself with knowledge

Attorneys from the Stuttgart Law Center will discuss German landlord and tenant law and some of the common legal problems that have been faced by Stuttgart military community members, during in-processing briefings scheduled for July 12, 19 and 26, and every Thursday in August, at 10 a.m. at the Central Processing Facility, Building 2913, Panzer Kaserne.

For more information, contact the Central Processing Facility at 431-2599/07031-15-2599 or the Legal Assistance Office at 421-4152/0711-729-4152.

Holiday schedule

Most organizations and facilities in U.S. Army Garrison Stuttgart will be closed July 4 in observance of the Independence Day federal holiday.

Patrons are advised to call ahead before visiting any facility.

Holiday closures include:

- The **POV inspection station** on Panzer Kaserne will be closed **July 4** for the holiday and on **July 6** for an employee organizational day.

- The **Stuttgart Army Health Clinic** and **Dental Clinic** will be closed July 4 and 5. For immediate health care needs, call the Nurse Advice Line at civ. 00800-4759-2330. Contact the Military Police in case of a medical emergency.

- The **Patch Commissary** will be open from 8 a.m. to 4 p.m. The **Panzer Commissary** will be open from 9:30 a.m. to 1:30 p.m. The **Robinson Barracks Commissary** will be open from noon to 8 p.m. The **Kelley Commissary** will be open from 9:30 a.m. to 6 p.m.

Fireworks prohibited on installations

U.S. Army Garrison Stuttgart Fire Department officials remind family housing residents that private fireworks of any kind are not authorized on garrison installations.

For more information, contact your building coordinator or the Assistant Fire Chief of Prevention at 430-2065.

Dining facility news

- Customers are reminded that June 29 marks the last day that civilians will be allowed to eat in the **Black Stallion Inn Dining Facility**. As of July 2, only active duty service members will be allowed to eat in the facility. All personnel in civilian clothes will be required to show an active duty ID card.

- On June 29, the **1st Battalion, 10th Special Forces Group (Airborne), Dining Facility** on Panzer Kaserne will open for breakfast only. Lunch will not be served.

- The 1-10th SFG(A) DFAC will serve an **Independence Day meal** July 3 from 11:30 a.m. to 1 p.m. The menu will include burgers, chicken and ribs.

AFRICOM Olympics

The second annual AFRICOM Olympics will be held on Kelley Barracks Aug. 10.

Members of U.S. Africa Command, Special Operations Command Africa and Marine Forces Africa, are invited to bring their families to participate in sporting events, children's activities and a free barbecue.

For more information, visit www.africom.mil/lync.asp.

ADAC car checks

The German automobile club, Allgemeiner Deutscher Automobil-

Club e.V., or ADAC, will conduct free vehicle checks July 16-17 at the AAFES gas station on Patch Barracks and July 18 on Kelley Barracks, behind Building 3360 on Birch Strasse. On all three days, checks will be available from 9:30 a.m. to 1 p.m. and from 2-5 p.m.

Three checks are offered: brakes, shocks and speedometer. ADAC members may choose two out of three checks, and non-members may choose one.

For more information, contact the U.S. Army Garrison Stuttgart Safety Office at 431-3134/civ. 07031-15-3134.

Join SGAWC in 37th annual Volksmarch

The Stuttgart German-American Wandering Club will host its 37th annual Volksmarch on July 28 and 29. This year, the club will offer 6, 13 and 23 kilometer walks through the hilly terrain of Stuttgart. Organizers say about six km. of the trails are stroller friendly.

On Saturday, walkers may start from 10 a.m. to 3 p.m. for the 6 and 13 km. walks; and from 10 a.m. to 1 p.m. for the 23 km. walk.

On Sunday, the start times for the 6 and 13 km. walks are from 8 a.m. to 1 p.m.; from 8 a.m. to noon for the 23 km. walk.

The start hall is located in Heumaden, at Kemnater Strasse 50, 70619 Stuttgart.

For more information, including GPS coordinates, visit the club's website at www.sgawc.org.

Young women invited to learn self-defense

Martial Arts Program instructors from Marine Forces Europe and Africa will teach a self defense class for young women ages 15 to 19 on July 18 from 10 a.m. to 1 p.m. in the Panzer Fitness Center. Register by July 13.

For more information, contact Family Readiness officials at Katherine.nelson@mfe.usmc.mil or Christopher.Terrell@mfe.usmc.mil.

Save with UTAP

The Utility Tax Avoidance Program allows authorized customers tax-free utilities with participating utility companies.

Community members are invited to learn how they can save money through UTAP by visiting an information table at the Panzer Hotel July 5 from 3-6 p.m. and at the Kelley Hotel July 26 from 3-6 p.m.

For more information, call 431-3451/civ. 7031-15-3451 or visit www.stuttgartmwr.com.

Annual TARP briefings scheduled next month

U.S. Army Garrison Stuttgart will hold Threat Awareness and Reporting

Program briefings July 17 at 9 and 11 a.m., and 1 and 3 p.m. in the Patch Theater. On July 23, briefings will be held 9 and 11 a.m., and 1 and 3 p.m. in the Kelley Theater

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

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

Learn 'Scream Free' parenting at ACS

The U.S. Army Garrison Stuttgart's Army Community Service will offer "Scream Free" parenting classes July 10, 17, 24 and 31 from 11:30 a.m. to 1:30 p.m. at Army Community Service, Building 2915, Panzer Kaserne.

To register, call 431-3362/civ. 07031-15-3362.

Due to PCS soon?

If you are relocating within the next three or four months, it's time to begin preparing for the move.

Permanent change of station/pre-separation briefings will be held July 18 and Aug. 15 at 1 p.m. in Building 2913 on Panzer Kaserne.

Information will be provided from various agencies, to include transportation, customs, medical and dental clinics, Tricare, vehicle registration, housing and Army Community Service. Army personnel will also receive a briefing on finance issues.

All separating Army personnel must attend this briefing to receive pre-separation information.

Advance registration is required. For more information and to sign-up, call 431-2599/civ. 07031-15-2599.

Register for fall sports

Registration for Child, Youth and School Services fall sports will run through July 13. Sports include cheerleading, flag football, tackle football and soccer.

Register with Parent Central

Services in Building 2347 on Patch Barracks or call 430-7480/civ. 0711-680-7480.

Volunteer coaches and officials are also needed. To volunteer, call 431-2616/civ. 07031-15-2616.

Get youth sports physicals at health clinic

The U.S. Army Health Clinic Stuttgart will offer sports physicals for school age children July 14, and Aug. 3 and 17.

Appointments will be available 28 days from the event date. If you are not a Tricare Prime beneficiary, bring a copy of your insurance card with you to the visit.

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

Squash money troubles

The Financial Peace University education series will bring peace into your life by teaching you how to reduce debt and focus on savings and investments.

The U.S. Army Garrison Stuttgart Religious Support Office will sponsor the 13-week class on Kelley Barracks that begins July 10 from 6:30-8:30 p.m. in the Kelley Club.

For more information, e-mail FPUSuttgart@yahoo.com or visit FPU Stuttgart on Facebook.

USO happenings

- USO Stuttgart-sponsored conversational German language classes will begin July 9 on Patch Barracks and Panzer Kaserne.

- USO Stuttgart offers entrance tickets for Europa Park, Tripsdrill, Holiday Park and Legoland.

The USO is located in Building 2915 on Panzer Kaserne.

For more information, visit <http://affiliates.uso.org/stuttgart> or call 431-3505/civ. 07031-15-3505.

Send community-wide announcements to stuttgartmedia@eur.army.mil

Barbecuing: Are you prepared?

Barbecuing is a popular summer event. Here are some tips for making sure your barbecue event is environmentally friendly and safe.

- Keep your grill and its accessories in good working order.
- Use a quality standing grill, and place it on a nonflammable surface.
- Barbecue at a safe distance from forests, fields and flammable materials.
- Keep a fire extinguisher on hand.
- Keep your distance from fat or grease drippings; they can ignite easily.
- When using a charcoal grill, use only a designated charcoal lighter. Dispose of leftover ashes after the grill has cooled.
- When using a gas grill, keep the gas cylinder and hose away from the heat. Gas can still be released without a flame.
- Never store gas cylinders indoors, including in garages, stairways and basements.



Going green

USAG Stuttgart Directorate of Public Works
Environmental Division

Beyond the finish line: a cancer survivor's story

By Donte Gordan
Special to The Citizen

With over 800,000 spectators looking on, 16,000 runners alongside him, and 40 kilometers of European countryside to conquer, Gregory Cheek, a Department of the Army civilian at U.S. European Command, had no one to impress but himself, as he ran in the 27th annual Haspa Hamburg Marathon this past April.

With each stride, Cheek "stepped on cancer," a phrase he used to describe his fight against stage three throat cancer.

And yet, despite the bravado that the phrase implies, at around the 35 kilometer mark, Cheek was flooded with emotion.

"I was so choked up because of how close I was to finishing yet another challenge in my life," Cheek said.

At the time of his diagnosis, Cheek worked at the Army's Combined Arms Center at Fort Leavenworth, Kan. The day his life changed is etched in his mind.

"It was the tenth of May, 2010, 9:18 a.m. The doctor walked into the room with 'that look' on his face.

"After he broke the news to me, my only response was 'What do I have to do?'" Cheek recalled.

While many people who experience a life-altering event must work through feelings of shock, anger and denial, Cheek found clarity.

"The second I walked out of that office, everything in my life gained so much more appreciation than what [I] already possessed," he said.

Faced with his own mortality, Cheek, a native of Sacramento, Calif., and a retired Army officer, elected to take a closer look at what was most important in his life.

"Wanting to watch my children grow and become successful, going through with self-made promises and goals, and living life to its fullest until my time comes ... that's my motivation," Cheek said.

He would use everything within himself to get through the abrupt, blind-sided attack on his life. It wasn't easy.

"Eight weeks of radiation was very difficult. Treatment was painful," Cheek said.

To get through the radiation treatments, his doctors recommended that he find a "happy place."

For Cheek, that meant focusing on getting well and reminiscing about the years he spent in Stuttgart as a second lieutenant in the early 90s.

After the radiation therapy, he was inspired to return to Stuttgart and started job hunting. A year later, in August 2011, with the blessings of his doctors, he reported for work at EUCOM's J5 directorate.

For those who know him, this willful determination was "classic Cheek."



Susan Huseman

Cancer survivor Greg Cheek and daughters Stefanie, 17, (left) and Nicole, 19, enjoy some family time near the Sindelfingen Marktplatz June 22. Less than two years after his diagnosis of throat cancer, Cheek ran in his first marathon, completing the Hamburg Marathon on April 29.

"He attacks every day with a positive attitude and a youthful vigor many of us wish we had," said Col. Tony Layton, Cheek's former boss at the Combined Arms Center. "Greg Cheek's ability to attack his cancer with an unending barrage of positive energy was what allowed him to win his fight."

But Cheek will be the first to admit that there were some low points.

At times he said he found himself wondering, "Why me?"

"But after realizing who I was as an individual and the faith I had in God, it quickly turned into 'Why not me?'"

"Bottom line is it's in God's hands. I [went] into treatment sessions highly motivated, faithfully charged, ready to fight more and more," he said.

As Cheek focused on staying physically fit, he turned to running.

During his time in the Army, Cheek ran, but he said he was never a fan. However, with his thyroid gland affected by the radiation therapy, he needed some sort of exercise regime to combat weight gain.

In October 2011, Cheek completed a half marathon in Munich. Months later, he completed the full marathon in Hamburg.

"Before running the Hamburg marathon, I'd run up to 40 miles a week; running, biking, and hitting the gym to train for that specific race. I continue to

run because it's become something I love," he said.

Cheek's enduring spirit has not only helped himself, but has also impacted many of his colleagues and close friends in more ways than one.

"His stories of hope and inspiration after his bout with cancer have been amazing," said Steven Owsley, an adaptive planning specialist for EUCOM.

"It allows us all to take a step back and realize that no matter what you've gone through, somebody probably has it worse than what you do.

"When you talk to him about his situation, and look into his eyes, you really see someone who has a renewed vigor for life and understands that you shouldn't take anything for granted," Owsley said.

Cheek said that anyone who is battling cancer needs to keep a positive attitude and stay focused.

"You have to give yourself goals and dreams ... something to accomplish, Cheek said." If not, he added, "Things will begin to fall apart."

He points to his own life.

"There's been so much I've been able to accomplish and enjoy with a whole new outlook on life," he said.

Editor's Note: Greg Cheek just celebrated the two year mark of being "cancer free." He said he will continue with follow-up care until he reaches the coveted five year cancer-free mark.

For the most current, up-to-the-minute information

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Summertime scams prove all that glitters is not gold

By Robert Szostek
U.S. Army Europe Office of the
Provost Marshal Public Affairs Office

People can run into bad luck while they are on the road and become legitimate candidates for charity. Unfortunately, others are simply up to no good, warn officials at the U.S. Army Europe Office of the Provost Marshal.

“With the onset of summer, we again expect to see cases of people trying to defraud Americans while traveling in Europe,” said Patrick MacKenzie, USAREUR OPM law enforcement chief.

Officials said one type of common scam involves someone in a vehicle flagging down other vehicles to get money by falsely claiming to need help. This kind of approach often happens close to a barracks gate, at a highway rest stop or on a road outside a town where vehicles must move slowly.

Sometimes the scammers offer drivers what appears to be gold jewelry as “collateral” so they can pay a “loan” back later, OPM officials said, but the rings and chains usually turn out to be worthless brass imitations.



Be aware of con artists who target Americans by flagging them down and then offering what appears to be gold jewelry as “collateral” for an “emergency” loan.

Photo illustration by Susan Huseman

OPM experts warned of a second scam that involves a con artist stopping an intended victim and claiming to have run out of money at a trade fair.

The scammer then offers to sell the victim his expensive goods — often jackets or coats — at a huge discount so he can buy gas to get home. But the fancy brand-name articles are nothing but cheap fakes.

To avoid being conned, MacKenzie recommends that members of the U.S. forces community in Europe keep these tips in mind:

- Beware of distractions if you are in your car alone. Someone talking to you on the driver’s side of the car could be trying to divert your attention while a buddy steals your purse or wallet from the other side.

- Offers that sound too good to be true, usually are. Articles with fancy brand names and gold jewelry are most likely cheap imitations.

- Always consider the relationship between the trouble a person claims he is in and what he is asking for. People in real need rarely ask for more than

what is absolutely necessary.

- Never give large amounts of money to anyone on the road. The most anyone should need is enough to fill a tank with gas.

Officials also noted that Allgemeiner Deutscher Automobil-Club e.V., or ADAC, the German automobile association, reports that travelers should also be aware that in some regions gangs may be involved in trying to scam motorists on main highways.

The crooks, they say, generally drive large, dark sedans and try to get drivers to stop with hand gestures, flashing lights or a raised gas container.

When their victim stops, they demand financial help for their families or try to sell fake jewelry. If the victim gives up little or no cash, the solicitation can turn into a robbery.

ADAC advises drivers who encounter such situations to not stop, but continue driving.

MacKenzie also advised that anyone approached in this manner write down the person’s license plate number and contact the nearest military or civil police station.

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Firecracker Fun Run
9 a.m.
Celebration Starts
4 p.m.
Patch Husky Field

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- ✓ Fireworks (around 11 pm.)
- ✓ Giveaways
- ✓ and much more!

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Special Operations Command Africa welcomes new senior enlisted leader

Special Operations Command Africa Public Affairs Office

U.S. Army Command Sgt. Maj. David R. Gibbs assumed the role of the Special Operations Command Africa senior enlisted leader during a change of responsibility ceremony at Kelley Barracks June 21.

Gibbs accepted his new role as the senior enlisted leader for SOCAFRICA by saluting U.S. Navy Rear Adm. Brian L. Losey, SOCAFRICA commander, who presided over the ceremony. Gibbs has served in multiple non-commissioned officer leadership roles during numerous operational deployments.

"I am humbled and honored to join this command at such a critical time in our combined effort with our friends and partner nations on the African continent," Gibbs said. "Our efforts will continue to complement and enhance the strategic objectives of the nations of Africa, the United States government and Africa Command."

Like his predecessor, U.S. Army Command Sgt. Maj. Jeffrey Wright, Gibbs will serve as the senior enlisted leader to the command, which includes subordinate units and elements in Europe and in Africa, working to fulfill the



Army Command Sgt. Maj. Jeffery Wright (from left) stands with U.S. Navy Rear Adm. Brian L. Losey, SOCAFRICA commander, and Army Command Sgt. Maj. David Gibbs during a change of responsibility ceremony at Kelley Barracks June 21.

Richard Herman

promise to mentor and lead the enlisted personnel of all the services; no matter which uniform each member wears.

"Our people are our strength. The first SOF [Special Operations Forces] truth is humans are more important than hardware. This truth has left such an indelible mark on me that it is engraved on the edge of the SOCAFRICA senior enlisted leader coin for excellence," said the departing Wright. "The rela-

tionships we build with our African partners will stand the test of time."

SOCAFRICA advises U.S. Africa Command on the capabilities of Special Operations Forces, provides SOF for employment, and integrates SOF fully into theater plans as part of an integrated theater strategy to combat terrorism and advance U.S. AFRICOM's strategic objectives.

Retroactive stop loss special pay deadline nears

American Forces Press Service

Service members and veterans whose military service was involuntarily extended under the "Stop Loss" program between the 9/11 terrorist attacks and Sept. 30, 2009, are eligible for special retroactive pay, and they have until Oct. 21 to apply for it.

Eligible members or their beneficiaries may submit a claim to their respective military service to receive \$500 for each full or partial month served in a Stop Loss status. The average benefit is \$3,700.

While the services have reached out to service members, veterans and their families, not everyone who is eligible has applied.

To apply for the pay, or for more information on submission requirements and service-specific links, go to www.defense.gov/stoploss.

Register at any Fitness Center through July 15

July 21

8:30 a.m. Opening Ceremony
 9:00 a.m. Half Marathon
 10:00 a.m. 5K Run

Panzer Kaserne

For more information call: DSN 430 7136, CIV 0711 680 7136

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MRSA may be transmitted in workplace

By Karla Simon

U.S. Army Public Health Command

Methicillin-Resistant Staphylococcus Aureus is a potentially dangerous type of staph bacteria that is resistant to certain antibiotics. It typically causes skin infection, but can also affect the bloodstream, lungs, heart, bones and joints.

MRSA is transmitted most frequently by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection (for example, towels, used bandages or equipment).

Am I at risk of getting MRSA from someone at work?

Some workplace settings have risk factors that make it easier to transmit MRSA. These factors, referred to as the 5 C's, are as follows:

- Crowding;
- Frequent skin-to-skin contact;
- Compromised skin (i.e., cuts or abrasions);
- Contaminated items and surfaces;
- Lack of cleanliness.

How can I prevent MRSA infections?

Practice good hygiene:

- Wash your hands thoroughly with soap and water or use an alcohol-based hand sanitizer. Shower immediately after working out on gym equipment.
- Cover your wounds. Keep cuts and scrapes clean and covered with a bandage until healed.
- Do not touch. Avoid contact with other people's wounds or bandages.
- Do not share personal items. Avoid sharing personal items that touch bare skin, such as towels, razors, uniforms and personal protective equipment.

What should I do if I think I have a MRSA infection?

See your health care provider and follow your health care provider's advice about returning to work. **I have MRSA, can I go to work?**

Unless directed by a health care provider, employees with MRSA infections should not be routinely excluded from going to work.

Exclusion from work should be reserved for those with wound drainage ("pus") that cannot be covered and contained with a clean, dry bandage and for those who cannot maintain good hygiene practices.

Employees with active infections should be excluded from activities where skin-to-skin contact with the affected skin area is likely to occur until their infections are healed.

What should I do if I suspect that my uniform, clothing, personal protective equipment or workstation has become contaminated with MRSA?

Wash uniforms, clothing, sheets and towels that become soiled in a washing machine set to the hottest water setting (with added bleach, if possible). Dry the washed items in a hot dryer, rather than air-drying.

Cleaning contaminated equipment and surfaces with detergent-based cleaners or Environmental Protection Agency-registered disinfectants is effective at removing MRSA from the environment. The EPA provides a list of EPA-registered products effective against MRSA.

For more information on MRSA, visit the U.S. Centers for Disease Control and Prevention website at www.cdc.gov or the Environmental Protection Agency's website at <http://epa.gov>.



Use host nation facilities for emergency care

Beneficiaries of U.S. Army Health Clinic Stuttgart are reminded that the facility is not staffed or equipped as an emergency clinic.

A medical emergency is one in which life, limb or eyesight may be in immediate danger and time may be a critical factor.

To avoid a delay in treatment, patients requiring emergency care should go to the nearest host nation facility or call for an ambulance.

You can call the German ambulance service direct (civ. 112), but to guarantee an English speaker, call the U.S. Army Garrison Stuttgart Military Police. On post, dial 114 or 116; off post, call civ. 0711-680-114/116.

The MPs 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.

If you are traveling and need to know where to find the nearest emergency room, Tricare beneficiaries can call International SOS at civ. 0800-181-8505 (toll-free from Germany) or their international line at 0044-20-8762-8133.

If you cannot obtain assistance locally, call the U.S. Army Europe Crisis Action Center 24 hours a day. Call DSN 377-4906 or civ. (49) 06221-39-4906 from anywhere in Europe.

Have a comment on garrison services?



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Thrills on wheels: Check out Germany's theme parks

USAG Stuttgart Public Affairs Office

School is out and summer has arrived. So, what now?

Before the boredom settles in with those dog days of summer, check out Germany's take on amusement parks. From an afternoon spent with Shrek to a Lego lover's paradise, these fantasy worlds will satisfy thrill-seekers of all ages and tastes.

Movie Park Germany

Explore Bikini Bottom, take a wild water ride with Dora the Explorer and meet Sponge Bob for an afternoon of fishing at Movie Park Germany. This park, in Bottrop-Kirchhellen, features characters from Nickland, Ice Age and Shrek, as well as other movies and television shows.

In the Wild West section of the park, saloons and barber shops create replica of a Hollywood movie set.

The park also includes several shows, such as the "Shadows of Darkness: The Van Helsing Show" and "Back to the Movies," where visitors can travel back in time to experience movie highlights of the past decade.

Entrance prices run from €28 for children ages 4-11 and €34 for adults.

For more information, including extended opening times and prices, visit www.movieparkgermany.de.

Europa Park

Europa Park, located in Rust, about 175 kilometers southwest of Stuttgart, is divided into 15 different areas, mostly modeled after European countries. Each has appropriate architecture, vegetation, food, shopping and attractions; visitors can ride a London bus ride in England, or face Poseidon on a water ride in Greece.



presse.europapark.de

Visitors to Europa Park, Germany's largest theme park, ride the Alpine coaster "Enzian" in the Austrian-themed part of the park.

The park is home to 10 roller coasters, including one of Europe's highest and largest roller coasters, the "Silver Star." It also has musical, laser and ice shows, and a 4D cinema.

The park's newest addition is the "Wodan Timbercoaster," Europa Park's first wooden roller coaster. There are also carousels, bumper cars, a beach playground and a water world for youngsters.

Entrance prices range from €33 for children ages 4 through 11 to €37.50 for adults.

For more information, visit www.europapark.de.

Tripsdrill

Tripsdrill is the oldest amusement park in Baden-Württemberg. The park is located in Cleebronn, just 30 kilometers from Ludwigsburg.

In the past 80 years of operation, the park has developed into a major tourist destination with 100 different attractions. Tripsdrill contains water slides, carousels, dancing tea cups and more.

The "Vinarium," or wine cellar, and wine museum, where visitors can taste local wines, symbolize the park's main theme: wine production. After tasting the wines, visitors can also take a spin in the "Lustige Weinberg," a vineyard keg ride.

The main attractions, however, are the Mammoth roller coaster, the largest wooden roller coaster in Germany, and a wild water rafting tour.

For those who want to take a break from the crowds, a 47-acre wildlife park is located next to the amusement park.

Entrance fees start at €19.50 for children age 4 to 11 and €24 for adults.

For more information, visit www.tripsdrill.de.

Legoland Germany

More than 50 million individual Lego blocks were used to build Legoland Germany. Rides and attractions, as well as one of the largest Lego stores in Germany, await visitors.

This year's latest attraction is the "Flying Ninjago" dragon ride at Legoland's Little Asia theme park. Visitors can experience the adventurous ride 22 meters above the ground.

Tickets cost €34 for children ages 3-11 and €38 for adults, but visitors can save money by booking online.

For more, visit www.legoland.de.

At your leisure



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"A rose is a rose is a rose is a rose." Roses of all colors, sizes and forms will be on display during the "Tübinger Rosenfest," or rose festival, June 30 to July 1.

Festivals

The **Tübinger Rosenfest**, or rose festival, will run from June 30 to July 1 from 9 a.m. to 7 p.m. at the Bebenhausen Monastery.

More than 70 rose experts and exhibitors will present a variety of roses ranging from wild to old garden to modern, as well as tips and tricks for rose growers.

Rose-inspired decorations, skin care products and foods will also be

available. A children's program will be offered, as well.

The "Tübinger Rose" will be premiered July 1 at 5 p.m.

Tickets to the festival cost €7.

Kloster Bebenhausen is located at Im Schloss, 72074 Tübingen-Bebenhausen

For more information, visit www.rosenfest-tuebingen.de.

The Musikhochschule Stuttgart, or State Music Academy, will host the **Hock am Turm** summer music festival June 30 from 4-11 p.m. at the academy's courtyard.

More than 50 concerts will be held on five stages throughout the evening and will entertain music lovers with rock, pop, classic and jazz tunes.

Guided tours inside the music academy will be offered as well. For a bird's-eye-view of Stuttgart, patrons should also climb atop the academy's 50 meter-high tower.

Entrance is free.

The State Music Academy is located at Urbanstrasse 25, 70182 Stuttgart.

For more information, visit www.mh-stuttgart.de.

Stuttgart will host the **Jazzopen** festival July 5-14 at the Schlossplatz, BIX Jazzclub, Mercedes Benz Museum and the Musikhochschule, or State Music Academy.

International stars, such as Katie Melua, George Benson, Anthony Strong, a popular jazz musician from London, and Roger Cicero, a German pop and jazz musician from Berlin, will entertain the crowd during the annual event.

Tickets can be purchased by calling civ. 0711-9979-9999.

For more information on the program and ticket prices, visit www.jazzopen.com.



Opus GmbH/ Reiner Pfisterer

A jazz band performs at Schlossplatz in downtown Stuttgart during last year's Jazzopen. This year, the jazz festival will run from July 5-14.

The **Hamburger Fischmarkt**, or fish market, will run from July 5-15 at the Karlsplatz in downtown Stuttgart. The market is open Monday through Saturday from 10 a.m. to 11 p.m. and Sunday from 11 a.m. to 11 p.m.

For more information, visit www.in.stuttgart.de.

Stuttgart will host the **Sommerfestival der Kulturen**, or culture summer festival, July 10-15 at the market square in downtown Stuttgart. On July 10-13, the festival will run from 5:30-10 p.m., July 14 from 4:30-10 p.m. and July 15 from 11 a.m. to 10 p.m.

The festival aims to bring people of all nationalities together to celebrate their cultural heritage and will feature live bands, dance performances, comedy and a culture market offering arts and crafts from all over the world.

The market will be located adjacent to the market square and is open July 13 from 5:30-10 p.m., July 14 from 4:30-10 p.m. and July 15 from 11 a.m. to 10 p.m.

Entrance is free.

For more information, visit www.forum-der-kulturen.de.

What's happening in FMWR

Celebrate July 4 on Patch Barracks

U.S. Army Garrison Stuttgart kicks off its Independence Day celebration at 9 a.m. July 4 on Patch Barracks with the 5K Firecracker Fun Run. No registration is required and there will be a limited number of T-shirts for participants. The race starts at Husky Field.

Then at 4 p.m., Husky Field is the site for a full afternoon of fun. The celebration includes food, beverages, live music, free kids' rides and activities, and when it gets dark, fireworks.

Afterward, two buses will take residents to Panzer Kaserne, Robinson and Kelley Barracks.

For more information, call 421-2809/civ. 0711-729-2809.

RB 'whodunit'

Enjoy a 1920s-themed murder mystery dinner July 14 at 6 p.m. in Brewed Awakenings on Robinson Barracks.

The interactive "whodunit" includes wine and dinner, and costs

\$30 per person, \$55 per couple. Participants must be 18 or over. Register by July 12 to be assigned a character.

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

Get scuba certified

Outdoor Recreation will offer an open water scuba certification class July 3-6. Participants must complete online training before being allowed to dive.

Students under the age of 18 must have a parent or guardian on site during certification.

For more information, call 431-2774/civ. 07031-15-2774.

Play Texas Hold 'Em

Play Texas Hold 'Em July 13 at 7 p.m. in the Patch Community Club. Registration starts at 6 p.m. Participants must be 18 or older.

For more information, call 430-5433/civ. 0711-680-5433.

For more activities, or to join the Family and MWR email list, visit www.stuttgartmwr.com or facebook.com/familyandmwr.



Coming to Patch Theater

June 29 — The Pirates! Band Of Misfits (PG) noon, Brave (PG) 2 and 6 p.m., The Pirates! Band Of Misfits (PG) 4 p.m., Seeking A Friend For The End Of The World (R) 9 p.m.

June 30 — Brave (PG) 2 p.m., The Pirates! Band Of Misfits (PG) 4 p.m., Seeking A Friend For The End Of The World (R) 7 p.m., The Cabin In The Woods (R) 10 p.m.

July 1 — Brave (PG) 2 p.m., Pirates! Band Of Misfits (PG) 4 p.m., Seeking A Friend For The End Of The World (R) 7 p.m.

July 2 — Brave (PG) 3 and 6 p.m.

July 3 — How To Train Your Dragon (PG) 3 p.m., Pirates! Band Of Misfits (PG) 6 p.m.

July 4 — Closed for holiday

July 5 — Tangled (PG) 3 p.m., The Five-Year Engagement (R) 6 p.m.

July 6 — Tyler Perry's Madea's Witness Protection (PG-13) 6 p.m., Raven (R) 9 p.m.

July 7 — The Avengers (PG-13) 4 p.m., Tyler Perry's Madea's Wit-



Walt Disney Pictures

"Brave" starts June 29.

ness Protection (PG-13) 7 p.m., Raven (R) 10 p.m.

July 8 — Pirates! Band Of Misfits (PG) 2 p.m., Tyler Perry's Madea's Witness Protection (PG-13) 4 p.m., Battleship (PG-13) 7 p.m.

July 9 — Tyler Perry's Madea's Witness Protection (PG-13) 6 p.m.

July 10 — The Lorax (PG) 1 p.m., The Amazing Spiderman (PG-13) 4 and 7 p.m.

July 11 — The Amazing Spiderman (PG-13) 6 p.m.

July 12 — Romona and Beezus (G) 3 p.m., The Amazing Spiderman (PG-13) 6 p.m.

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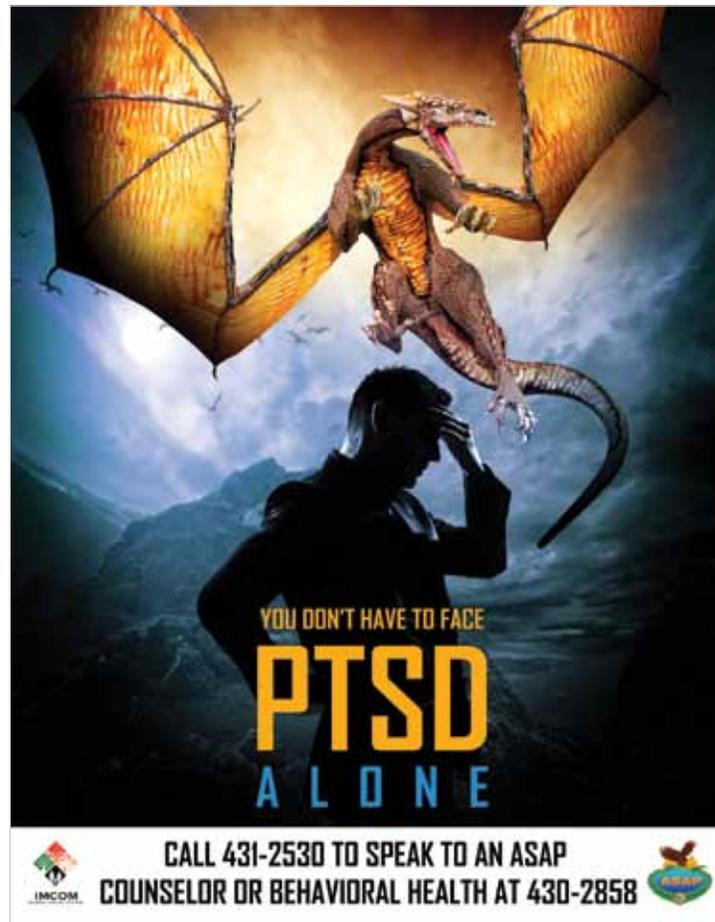
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10:00 a.m. 5K Run
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For more information call: DSN 439 7136, CIV 6711 680 7136

5K RUN & HALF MARATHON

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