

The Citizen

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Eric Steen

Chairman of the Joint Chiefs of Staff visits Stuttgart on USO Holiday Tour

Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey, addresses U.S. Africa Command service members, civilians and family members Dec. 17 during an all-hands call in the Kelley Fitness Center. Dempsey, along with Marine Sgt. Maj. Bryan B. Battaglia, the senior enlisted advisor to the chairman of the JCS, was in Stuttgart as part of a seven-day USO Holiday Tour that stopped at bases in Germany, Bahrain and Afghanistan. The tour featured country music singer Kellie Pickler, Washington Nationals pitchers Ross Detwiler and Craig Stammen, Washington Capitals forward Matt Hendricks and comedian Iliza Shlesinger.

Defense Authorization Act signed into law

By Jim Garamone
American Forces Press Service

President Barack Obama signed the \$633 billion fiscal 2013 National Defense Authorization Act into law Jan. 2.

The legislation, which cleared Congress last month, authorizes the department to act in any number of instances. "There are certain things that cannot be done without [the authorization act]," said a senior defense official speaking on background.

The act allows the department to institute pay raises, bonuses and incentive pay for personnel. "All military construction has to be authorized under this act," the official said.

It includes a 1.7 percent pay raise for military personnel, and contains \$527.5 billion for the Defense Department's base budget, \$88.5 billion for overseas contingency operations and \$17.8 billion for national security programs in the Energy Department and Defense Nuclear Facilities Safety Board.

It also extends the Commanders' Emergency Response Program that has been used in Afghanistan and Iraq. It authorizes a one-year extension of the Afghan Infrastructure Fund and extends the Coalition Support Fund and the Pakistan Counterinsurgency Fund. In Iraq, the law authorizes U.S. training activities, the official said.

The law also authorizes changes needed to deter sexual assault in the military.

In addition, it establishes the Military Compensation and Retirement Modernization Commission, which will examine all aspects of military compensation. Officials stress that any possible changes to military retirement benefits that the group recommends will not affect current service members.

See Defense Authorization Act on page 4

'Fiscal Cliff' legislation affects military, civilian paychecks

American Forces Press Service

The legislation that President Barack Obama signed Jan. 2 that postponed the fiscal cliff means changes to military and civilian paychecks, according to Defense Finance and Accounting Service officials.

The legislation increases Social Security withholding taxes to 6.2 percent.

For the past two years during the "tax holiday" the rate was 4.2 percent.

The increase in Social Security

withholding taxes affects both military and civilian paychecks, officials said.

For civilian employees, officials said, this will mean a 2 percent reduction in net pay.

For military personnel, changes to net pay are affected by a variety of additional factors such as increases in basic allowances for housing, subsistence, longevity basic pay raises and promotions.

Service members could see an increase in net pay, no change or a decrease, military personnel and readi-

ness officials said.

For military members, Social Security withholding is located on their leave and earnings statement in the blocks marked "FICA taxes" — for Federal Insurance Contributions Act.

Department of Defense civilian employees will see the change on their leave and earnings statement under "OASDI" — for old age, survivors, and disability insurance.

Reserve component members will be the first to see potential changes in their net pay as a result of the law,

DFAS officials said. Changes will be reflected in their January paychecks.

Active duty military personnel will see pay adjustments in their January mid-month paychecks with the adjustments reflected on their January leave and earnings statements.

DOD civilians will see social security withholding changes reflected in paychecks based on the pay period ending Dec. 29, 2012, for pay dates beginning in January.

DFAS stresses that all personnel should review pay statements carefully.

Commander's Column

Army garrisons key to ensuring 'ready, resilient' force

Commentary by Col. John Stack
USAG Stuttgart commander

Last month, Command Sgt. Maj. Smalls and I, along with 75 other garrison commanders and command sergeants major, attended the annual Installation Management Command Garrison Commanders/Command Sergeant's Major Conference at Joint Base San Antonio.

The conference was aimed at aligning IMCOM and its garrisons with the Army's Ready and Resilient campaign, which rolls out this month.

Ready and Resilient is the Army's holistic approach to total health care for its Soldiers, family members and civilians, both on and off the battlefield, with the goal of increasing readiness and resiliency within the Army family.

At IMCOM, we say we are the

Army's "home," and as such, we must ensure our organizations are poised to help service members, family members and civilian employees maximize their potential and face the physical and psychological challenges associated with work and personal life.

During the conference, Army and corporate leaders gave presentations on Army energy, customer service and the Comprehensive Soldier and Family Fitness program.

Garrison leaders exchanged ideas and opinions with IMCOM headquarters teams on key policies and regulations, and programs.

During conference working groups, we engaged in candid discussions on the Sexual Harassment and Assault Response Prevention, and Army Substance Abuse Program policy requirements.

The group consensus was that we should continue to provide the service, educating our service members and leaders while taking the time to "see" ourselves and connect the dots; we must also understand the impor-

ance and impact that sponsorship has on reducing high-risk behavior.

To mitigate this behavior, we also need to take a proactive role in working with units to provide alternative activities for service members.

Also on the agenda — service member sponsorship during permanent change of station moves.

It is vital that we ensure units have sound sponsorship programs in place to make certain that all service members will be assigned trained and knowledgeable sponsors as soon as they receive PCS orders.

The sponsorship program is in keeping with the Army Family Covenant's commitment to "providing families a strong, supportive environment where they can thrive," and with that in mind, many units are moving to incorporate female-to-female sponsorship, as well as sponsorship for spouses and youths through Family Readiness Groups, Defense Department-run schools and Child, Youth and School Services.

Another important area of discus-

sion covered career transition services.

As many are already aware, the Veterans Opportunity to Work to Hire Heroes Act of 2011 provides seamless transition for service members, expands education and training opportunities for veterans, and provides tax credits for employers who hire veterans with service-connected disabilities.

What this means for service members is that the revamped six-day transition program includes specialized training designed to better prepare service members who transition out of the military to civilian life.

Our discussion at the conference focused on the importance of job fairs and hiring events, with garrison commanders and command sergeants major on board 100 percent.

I'm excited to bring what I learned at the conference back to U.S. Army Garrison Stuttgart.

Yes, there will be challenges, but I look forward to doing my part in helping shape the garrison, IMCOM and the Army to confront the challenges of the future.



Col. Stack

THE CITIZEN

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Thorns and Roses



Roses to:

- The garrison fire department and military police, and especially to CX employee Robert and the kind lady parked next to us in the CX parking lot. On the first snow of November we accidentally locked our van keys inside the van, along with our two little boys. We want to thank everyone who gave us their kind support and helped us to break into the van.

- The Patch Barracks Community Mail Room for being open on Dec. 24, even after it was declared a federal holiday (and for being downright jolly to boot).

- The very nice man and his family who helped me sort through the dumpsters on Panzer Kaserne for some needed receipts mistakenly tossed out with the holiday wrapping paper. They went above and beyond that whole good samaritan concept. While I didn't find what I had lost, I was most certainly reminded of something far more important. Thank you for your kind assistance.

- The Kelley Fitness Center manager and all the gentlemen who helped me search for my prescription glasses Dec. 28. They looked through every locker in the dressing room.

Thorns to:

- And shame to whom ever took my prescription glasses from the Kelley Fitness Center locker room on Dec. 28. It's like taking someone's false teeth.

- The people who use our fitness centers and refuse to follow proper gym etiquette, like returning equipment to its proper place, changing into clean, dry shoes before entering the exercise areas, and returning towels. Where's your common sense and common courtesy?

Thorns and Roses is about recognizing those who do a good job or make life a little easier. It's also about people who need to be a little more considerate of others.

This column is not about institutions, units or agencies. It's not about situations that could result in legal action under military or German law. Nor is it a place to air management-employee problems or slander anyone. While we are happy to identify stellar service providers, we can't and won't identify under-performers by name.

Submissions must be brief and emailed to stuttgart-media@eur.army.mil with the subject line: Thorns and Roses. The author's name and valid telephone number must be included for verification. No anonymous submissions will be accepted.

We reserve the right to select submissions and edit for publication. Reader feedback in Army newspapers is authorized by Army Regulation 360-1.

Red Cross offers first-aid, CPR classes for cat, dog owners



Melissa McCaw, a veterinarian and American Red Cross pet first aid instructor, uses a stuffed animal to demonstrate the proper technique for performing CPR on a dog during a pet first aid class held at the American Red Cross Stuttgart Station last month. The next cat and dog first aid class will be held Jan. 19.

Story & photo by Gloria Colon-Buzatu
USAG Stuttgart Public Affairs Office

Knowing how to give first aid could save the life of someone you love — even when that “someone” happens to be a furry, four-legged animal.

Last month, local pet owners learned how to manage urgent care situations involving their pets during the American Red Cross Stuttgart Station’s cat and dog first aid class.

“Our objective is to reach the community with information on how to be prepared for emergencies that involve their pets, and how to protect themselves and the animals from further harm, injury or suffering during emergencies,” said Susan Tipton, Stuttgart ARC health and safety chairman.

The class may also help pet owners reduce vet bills by teaching them how to catch problems early, and improve their pets’ quality of life.

Melissa McCaw, a doctor of veterinary medicine, taught the four-hour class, covering topics such as knowing what’s normal for a specific breed, treating injuries and illnesses, handling medical emergencies, breathing and cardiac emergencies, and building a first aid kit.

McCaw demonstrated first aid techniques using life-size stuffed animals, and engaged the students in role play while offering tips and other information that pet owners may need in an emergency.

The students practiced various techniques, from how to safely approach an injured dog to administering CPR to cleaning and bandaging a wound.

Caring for a wounded pet can be nerve wracking, but a bit of knowledge can go a long way toward healing the injury and preventing unnecessary pain and illness.

“Wounds are like icebergs ... and being prepared is better than not having an idea what you’re doing,” McCaw said.

“It’s really great to have a vet teach the program,” said Rayna Samples, who attended the class to learn how to make initial assessments and care for her dog, Sweet Pea. She said the highlight was the realism of the CPR training.

“I really liked using the stuffed dogs and having a variety of sizes of dogs to do CPR on ...you could

choose the stuffed dog that was most like your own [pet]. She said she also appreciated learning how to restrain an animal with a towel.

The ARC Stuttgart Station intends to offer the pet first aid class every month this year.

The next class is scheduled for Jan. 19 from 9 a.m. to 12:30 p.m. in the ARC center on Panzer Kaserne. Registration is required. Participants will receive an ARC cat or dog first aid book and a DVD home reference guide.

For more information, call 431-2251/2812, civ. 07031-15-2252/2812, or visit the American Red Cross Stuttgart Station Facebook Page.

Emergency preparedness also applies to pets

Make a plan, be informed

When preparing for an emergency, be sure to include arrangements for your pets, including pet-oriented first aid and emergency supply kits.

Know in advance how you will handle your pets if you need to evacuate. Locate pet-friendly hotels or shelters in advance for use in an emergency.

If you must leave your pets behind, make sure they have access to food, water and shelter.

What’s in a pet first aid kit?

A first aid kit contains almost all of the supplies you may need for your pets, including:

- Assorted bandages, compresses, adhesive tape
- Hydrogen peroxide, rubbing alcohol, antibiotic ointment
- Tweezers, scissors, penlight, grooming clippers
- Blanket, towel, disposable gloves, medications

Emergency preparedness kit

- Pet identification
- Pet first aid kit
- Medical records, phone number of your veterinarian
- Food for a three-day evacuation, one gallon of water
- Can opener, food and water bowls
- Bedding, toys
- Leash, harness, carrier
- Cat litter/pan
- Garbage bags
- Newspapers
- Paper towels
- Bleach

News & Notes

2012 volunteer hours due

U.S. Army Garrison Stuttgart will recognize its volunteers during National Volunteer Week, April 21-27, in a ceremony scheduled for April 25 in the Patch Community Club.

In order to ensure all volunteers receive the recognition they deserve, community volunteers should submit their volunteer hours through the Volunteer Management Information System by Jan. 31.

Special nominations for Youth Volunteer of the Year, Civilian Volunteer of the Year, Military Volunteer of the Year, Military Retiree Volunteer of the Year and Volunteer Family of the Year must be submitted to Army Community Service by Feb. 25.

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

Be safe: remove decals, stickers from POVs

U.S. European Command anti-terrorism officials remind U.S. personnel stationed in Europe to remove decals and stickers that may identify a privately owned vehicle as belonging to an American.

Army in Europe Regulation 190-1 (Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany), which applies to forces stationed in Germany, states that installation and Department of Defense decals not issued in Europe, such as installation access stickers issued at bases in the U.S., must be removed from vehicles before they are registered in Europe.

Displaying decals, stickers or banners on U.S. Army Europe-registered vehicles other than those authorized may result in cancellation of a vehicle’s registration, failure of the mechanical inspection, or both. Additionally, displaying license plates or decals in violation of AER 190-1 is a traffic violation that can result in a driver having two points assessed to his license.

The only authorized emblems eligible to display on USAREUR-registered vehicles are:

- Installation verification decals issued to employees of non-DOD agencies who work on or have routine access to U.S. military installations;

- German environmental emissions control decals;
- Handicap parking permits;
- European highway vignettes indicating that highway fees have been paid;
- Expiration decals issued with initial and renewal registrations;

- An oval international “USA” decal purchased by the owner is required if the vehicle crosses international borders using U.S. Forces “non European-style” license plates.

For more information on registration and driving requirements for U.S. forces personnel in Europe check with the U.S. Army Garrison Stuttgart local vehicle registration office.

Ask a JAG

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 J. Rouchka (U.S. Army)**
Stuttgart Law Center

Q: During my move, the movers damaged a wall inside my apartment. They won't respond to me, and the Claims Office says it's not a legitimate claim against the U.S. Government. What can I do?

A: This is a difficult situation because your landlord will hold you responsible for the damage under the terms of your lease.

The Claims Office denied this claim against the government because it is specifically prohibited in claims regulations. Under the doctrine of sovereign immunity, you can file claims against the federal government only if it has authorized that type of claim. Congress authorized certain claims against the government in the Personnel Claims Act, which provides limited protection to Soldiers and Defense Department civilians for loss or damage to personal property that occurs incident to service or employment. The PCA provides for gratuitous payment, but does not waive sovereign immunity or make the government an insurer of personal property. Unfortunately, the PCA and its implementing regulations specifically exclude damage to real property, like the wall in your apartment.

If you've preserved enough evidence, the Legal Assistance Office can probably help you recover from the movers. Our German attorney can draft a letter to the movers demanding payment for the damage. If the movers fail to respond, he will ordinarily write a second letter, warning the company that it may lose U.S. business and be sued if it doesn't pay for the damage. If this fails, you can file an action in German court. The Legal Assistance Program, as governed by Army Regulation 27-3, does not provide in-court representation, so you will have to hire an attorney on the economy.

As with any legal case, your chance of success will depend heavily on how well you have collected and preserved important evidence. Therefore, you should immediately notify the movers and photograph the damage. The movers need your signature on their forms, so you should note the damage on any form you sign. Ideally, you will have taken pictures at move-in to prove that the damage was not there before. Finally, keep all your correspondence with the moving company and do anything else you think will help prove your case.

Make sure to file a formal complaint with the transportation office. Your feedback will help the U.S. government identify moving companies that engage in unfair business practices and ensure other service members won't have to deal with them.

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.



'C is for cookie'

Sanne van Agtmael, 7, a member of Girl Scout Brownie Troop 191, makes a sale to Pfc. Peter Kuerst, 554th Military Police Company, at the Panzer Exchange Jan. 7 during the first day of cookie sales. Community members will find Stuttgart Girl Scout troops selling cookies at the Exchange on Panzer Kaserne, the Kelley shoppette and commissary, the Patch shoppette and commissary, and the RB commissary, from 4-6 p.m. on weekdays and from 10 a.m. to 6 p.m. on weekends, while supplies last.

Susan Huseman

Defense Authorization Act . . .

Continued from page 1

Air Force structure was of some concern to the department going into the process, but officials say they were pleased with the outcome. The Air Force also received 32 more C-130 aircraft than requested.

"But the Air Force is allowed to do everything else. They are allowed to do their divestures and moves," the official said. "The only thing kept out of service's force structure plan was we had to keep the Global Hawk Block 30 [unmanned aircraft]."

The act raises the co-pay for medications under Tricare through 2022. The legislation also limits any annual increases in pharmacy co-payments to increases in retiree cost of living adjustments.

"It is a little bit toward what we need to start paying for how much health care is costing," the official said.

The authorization also provides DOD funds for

service women who need abortions in case of rape or incest. "So they don't have to take leave and come home or go out on the economy," the official said. "This is the first time this has been approved."

Among other programs, the act authorizes the defense biofuel initiative as well as counternarcotic authorities. "We use this a little bit in Afghanistan, but it's mostly in the southern border and Colombia," she said. "It has to get done."

Passage of the legislation is particularly important this year because the department is operating on a continuing resolution through March, which may be continued again through the rest of the fiscal year. The resolution maintains funding at 2012 budget levels. Without this authority, "Things really do shut down," the official said.

"It actually is things that keep the war going and things that ... keep the economy going because it is pay, recruiting, military construction," the official said.



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Free family ice skating

The Stuttgart Military Community Eishockey Club, through the generosity of the Stuttgart Community Spouses Club, will sponsor a family ice skating night Jan. 26 from 5:15-6:45 p.m. at Eisstadion Wernau, Stadionweg 12, 73249 Wernau.

Admission is free, and skates can be rented for a moderate fee.

For more information, contact smchockey@gmail.com or call civ. 0711-680-8159.

Campaign coordinator for AER needed

U.S. Army Garrison Stuttgart is looking for a positive and energetic Soldier — E7 or above, active duty or retiree — to run the 2013 Army Emergency Relief campaign from January through June. AER campaign coordinator reporting requirements include weekly turn-ins, and updates to the garrison commander. Training and campaign materials will be provided.

AER is the Army's own emergency financial assistance organization and is dedicated to "helping the Army take care of its own." AER also provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of Soldiers.

Last year AER provided \$69.4 million in no-interest loans and grants to relieve financial distress to 62,000 Soldiers and their families, and distributed 545 grants for health and comfort items to medically evacuated wounded warriors.

If you have a passion for helping others, this is your opportunity to affect thousands of military lives.

Call 431-2085/civ. 07031-15-2085 to volunteer.

Attend AWAG area conference Jan. 15

Americans Working Across the Globe, in partnership with the Stuttgart Community Spouses' Club, will hold an AWAG Schwaben Area Conference Jan. 15 from 9 a.m. to 2 p.m. in the Swabian Special Events Center, Patch Barracks.

During this personal growth and professional development conference, participants will learn skills that will allow them to reach their fullest potential. A fee of \$20 includes continental breakfast, leader-

ship classes, lunch and door prizes.

To register, contact scsc4reservations@yahoo.com.

Holiday schedule

Most organizations and facilities in U.S. Army Garrison Stuttgart will be closed Jan. 21 in observance of the Martin Luther King Jr. federal holiday.

Patrons are advised to call ahead before visiting any facility.

The Stuttgart Army Health Clinic and Dental Clinic will be closed Jan. 18 and 21. Contact the Military Police in case of an emergency at civ. 0711-680-116. For immediate health care needs, call the Nurse Advice Line at civ. 00800-4759-2330.

The 1st Battalion, 10th Special Forces Group (Airborne), Dining Facility on Panzer Kaserne will be closed Jan. 18 and 21.

New location for Recruiting Office

The Stuttgart Army Recruiting Station office is now located in Room 314, Building 2913, Panzer Kaserne. The office phone numbers will remain the same: 431-3493/92 or civ. 07031-15-3493/92.

Super Bowl pre-game party on Panzer

The United Service Organizations Stuttgart, Better Opportunities for Single Service members, and the Galaxy Bowling and Entertainment Center will host a Super Bowl XLVII pre-game bash with food, games and prizes Feb. 3 from 9 p.m. until kickoff, at the Galaxy Bowling and Entertainment Center on Panzer Kaserne. The kickoff for the game will be at approximately 12:35 a.m.

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

NAF jobs available

If you want to make a positive difference in the lives of service members, families and civilians in the Stuttgart community, consider a career with Family and Morale, Welfare and Recreation.

Family and MWR is recruiting for various positions within Child, Youth and School Services, and for food and beverage attendants at the Galaxy Entertainment and Bowling Center on Panzer Kaserne.

Nonappropriated Fund positions

are open to all qualified candidates eligible for appointment under U.S. employment conditions.

To view vacancies, visit the USA Jobs website at www.usajobs.gov.

MCCW fellowship

The Religious Support Office has announced that the Military Council of Catholic Women will hold a spring kickoff event Jan. 22 from 9:30-11:30 a.m. in the Patch Chapel Annex Fellowship Hall.

For more information, contact mccwstuttgart@googlemail.com.

Gear up for CYS

Services spring sports

Register your children for U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's Child, Youth and School Services spring sports (baseball, golf, soccer, softball, tennis, track and field) through Feb. 15.

The season runs from April 15 to June 8. Participants must have a physical valid through June 8.

Volunteer coaches and officials are also needed.

To register or volunteer, visit Parent Central Services in Building 2347 on Patch Barracks. For more information, call 430-7483/civ. 0711-680-7483.

Start new year with 'Financial Peace'

Crazy economic times can create stress, worries and debt.

Financial Peace University, a financial education series that promotes sound financial planning principles, will teach you how to refocus on savings and investments.

The USAG Stuttgart Religious Support Office will sponsor the 13-week class every Wednesday beginning Jan. 16 from 6:30-8:30 p.m. in the Panzer Chapel annex, Building 2940, Panzer Kaserne.

Foundations in Personal Finance, a class for teens, will be offered from 6-8 p.m.

For more information, e-mail FPUstuttgart@yahoo.com.

VAT/UTAP offices in new location

The Utility Tax Avoidance Program and Value Added Tax Relief offices are now located on the third floor of Building 2915, Panzer Kaserne.

The phone numbers will remain the same. UTAP: 431 3451/civ. 07031-15-3451; VAT: 431-3368/civ. 07031-15-3368.

Send your announcements to stuttgartmedia@eur.army.mil.

Keep medicines out of sight

All medicines and vitamins should be kept out of your child's reach and sight — and put away every time they are used.

- Store medicines in a safe location that is too high for young children to reach or see.
- Never leave medicine or vitamins out on a kitchen counter or at a sick child's bedside, even if you have to give the medicine again in a few hours.
- Always lock the safety cap on a medicine bottle. If it has a locking cap that turns, twist it until you hear the click.
- Tell children what medicine is and why you must be the one to give it to them.
- Never tell children medicine is candy so they'll take it, even if your child does not like to take his or her medicine.
- Remind baby sitters, house guests, and visitors to keep purses, bags, or coats that have medicines in them up and away and out of sight when they are in your home.
- Program the phone number of the poison control center, DSN 486-7070/civ. 06371-86-7070, into your phones.



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Apply for AER scholarships by May 10

By David Vergun
Army News Service

Army Emergency Relief scholarships for the academic year 2013-2014 are now available for spouses and children of Soldiers, retired Soldiers and reserve-component Soldiers on Title 10 orders. The application deadline is May 1.

The Maj. Gen. James Ursano Scholarships are for unmarried children under the age of 23.

“Scholarship awards for children are based on financial need, grade point average and leadership and activity roles — like sports, Scouting and student council — over the last four years,” said Tammy LaCroix, AER Scholarship Program manager. “A student could qualify under one, two or all three of the criteria.”

The Spouse Education Assistance Program Scholarships are based on financial need, LaCroix said.

Applicants of both scholarships must be pursuing their first undergraduate degrees at accredited colleges or universities. All applicants must maintain a grade point average of 2.0 on a GPA scale of 4.0.

Scholarship funds can be used for tuition, fees, books, supplies and room and board.

All applications must be submitted online.

According to LaCroix, 2,614 Maj. Gen. James Ursano scholarships for the 2012-2013 academic year were awarded, with an average award of \$2,550, as well as 757 Spouse Education Assistance Program scholarships. The average award for these was \$3,205.

Forms and instructions for both scholarships can be found at www.aerhq.org/dnn563/EducationalAssistance.aspx.

For more information, email scholarships@aerhq.org.

Aid for other services

Navy, Marines

The Navy-Marine Corps Relief Society assists eligible Sailors, Marines and their families in pursuing their academic goals.

For a complete list of scholarships, visit www.nmcrs.org/education.

Air Force

The Air Force Aid Society offers dependents of eligible Airmen educational assistance through grants, scholarships and loans.

For eligibility requirements and application procedures, visit www.afas.org.

Coast Guard

The Coast Guard Mutual Assistance offers education grants and loans for Coast Guard personnel and eligible family members.

For more information, visit the CGMA website at www.cgmahq.org.



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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 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 the Environmental Division at DSN 421-6288/6135.



USAG Stuttgart Directorate of Public Works Environmental Division



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Speak to an ASAP counselor at 431-2530



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DSN 118

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Rauschenberger Gastro

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 Jan. 16 and Feb. 20 at 1 p.m. in Building 2913, Panzer Kaserne. 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.

To register, call 431-2599/civ. 07031-15-2599.

Take AFTB training

Army Family Team Building, a series of training modules that cover topics such as basic information about the Army, and personal growth and leadership skills, is now available online.

The training is available to service members, family members, Department of Defense civilians and volunteers.

To get started, visit the eLearning Center at www.myarmyone-source.com.

Chill at Warrior Zone

The Warrior Zone, a high tech lounge for service members (and their guests 18 years old and over) features free wireless internet, a



Star power

Country artist and "American Idol" season five winner Kellie Pickler and her band perform as part of the annual USO Holiday Tour at the Patch Fitness Center Dec. 17. More than 400 community members attended the event that also included athletes from Washington D.C. sports teams and comedian Iliza Shlesinger, winner of the "Last Comic Standing" season six.

Mark J. Howell

gaming room, home theater and computer lab.

The Warrior Zone, located in the lower level of the Swabian Special Events Center, Building 2505, Patch Barracks, is open Wednesday and Thursday from 4-9 p.m., Friday from 4-10 p.m., and Saturday and Sunday from 2-9 p.m.

For more information, call 430-

5404/civ. 0711-680-5404.

BOSS meets

Better Opportunities for Single Service members meets every second and fourth Tuesday at 3 p.m. in the Swabian Special Events Center, Building 2505, Patch Barracks.

For more information, call-BOSS at 430-7366/civ. 0711-680-7366.

Country star Ali Dee to perform Feb. 2

Armed Forces Entertainment will bring country singer and songwriter Ali Dee to Stuttgart for a free performance Feb. 2 at 9 p.m. in the Swabian Special Events Center.

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

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Healthy dieting: deciphering fact from fad

By Amy Cowell

U.S. Army Public Health Command

It's the start of a new year and you are determined to make this the year that you stick to your resolution to lose those extra pounds. But with so much information out there, where should you start?

If one does a quick Google search for "weight loss," more than 500,000 results appear, headlined with advertisements for the latest and greatest diets, all claiming to have the new secret to weight loss.

So which do you choose? The Atkins, Baby Food, Cabbage Soup, Caveman and Grapefruit diets promise quick and easy results — not to mention the abundance of weight loss pills, equipment and centers that claim to deliver the body of your dreams (for a small fee).

Would you believe that the best thing you could do to achieve your goals is to avoid all of these fads?

"Don't be fooled into thinking it is because of some magical food, pill or potion. Crazy, unbalanced diets cause weight loss because they are basically low-calorie diets," said Dawn Jackson-Blatner, a spokesperson for the American Dietetic Association.

These diets limit your nutritional



When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit nutritional intake, can be unhealthy and tend to fail in the long run.

Photos.com

Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

Rigid Menus. Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

No Need to Exercise. Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week.

Here's the bottom line: If a diet or product sounds too good to be true, it probably is.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more.

For more information on ways to make realistic lifestyle changes, visit the American Dietetic Association's website at www.eatright.org.

intake, can be unhealthy, and tend to fail in the long run. Follow the ADA's advice and stay away from any diet, pills or products that claim:

Rapid Weight Loss. Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than one-half pound to one pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards.

Quantities and Limitations. Ditch

diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over, and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

Specific Food Combinations. There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss.

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Keep Stuttgart clean.

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What's happening in FMWR

Shakespeare's sonnets come alive

The Stuttgart Theatre Center brings the Bard's sonnets to life in Alan Haehnel's "Will and Whimsy."

Performances will be offered Jan. 15 and 16 at 7 p.m. in the Kelley Theatre.

To reserve tickets, call 421-3055/civ. 0711-729-3055.

Irish Pub party

DJ Crazy T will rock the Irish Pub Jan. 18 from 8-11 p.m.

The pub is located in the Galaxy Bowling and Entertainment Center on Panzer Kaserne.

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

Bowling news

Grab a partner and enter the Galaxy Bowling and Entertainment Center's Scotch Doubles Bowling Tournament Jan. 19.

Sign-ups start at noon with bowling from 1-3 p.m. Entry fee is \$20 per team.

The Galaxy Bowling and Entertainment Center is located on

Panzer Kaserne.

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

Sunday brunch

Enjoy an American-style brunch Jan. 27 from 10 a.m. to 3 p.m. at the Swabian Special Events Center on Patch Barracks.

The cost is \$20 for adults, \$10 for children under 10 years of age.

Reservations are not necessary.

For more information, call 430-8205/civ. 0711-680-8205.

Spin marathon kicks off Tour de Stuttgart

The Patch Fitness Center will host a free three-hour Spin marathon for cycling enthusiasts on Jan. 26 from 9 a.m. to noon.

The event kicks off the Tour de Stuttgart, a 10-month incentive program for indoor and outdoor cyclists.

For more information, call 430-7136/civ. 0711-680-7136.

For more Family and MWR activities, go to the FMWR website at www.stuttgartmwr.com.



Coming to Patch Theater

Jan. 11 — Skyfall (PG-13) 6 p.m., Paranormal Activity 4 (R) 9 p.m.

Jan. 12 — Rise Of The Guardians (PG) 4 p.m., Twilight Saga: Breaking Dawn Part 2 (PG-13) 7 p.m.

Jan. 13 — Wreck-It Ralph (PG) 3 p.m., Alex Cross (PG-13) 6 p.m.

Jan. 14 — Twilight Saga: Breaking Dawn Part 2 (PG-13) 6 p.m.

Jan. 15 — closed

Jan. 16 — Cloud Atlas (R) 6 p.m.

Jan. 17 — Wreck-It Ralph (PG) 6 p.m.

Jan. 18 — Gangster Squad (R) 6 p.m., Zero Dark Thirty (R) 9 p.m.

Jan. 19 — The Lorax (PG) 4 p.m., Gangster Squad (R) 7 p.m.

Jan. 20 — Brave (PG) 3 p.m., Zero Dark Thirty (R) 6 p.m.

Jan. 21 — Gangster Squad (R) 6 p.m.

Jan. 22 — closed

Jan. 23 — Playing For Keeps (PG-13) 6 p.m.



FilmDistrict

In "Playing for Keeps," Catherine Zeta-Jones joins Gerard Butler in a romantic comedy about a charming, down-on-his luck former soccer star who returns home to put his life back together.

Jan. 24 — Rise Of The Guardians (PG-13) 6 p.m.

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Year in Photos 2012

The men and women of the U.S. military serve in operations around the world. They also are family mem-

bers, athletes and sports fans who embrace life. Military photographers provide a visual record of their activities.

In this review, Year in

Photos 2012, we offer a selection of some of the most compelling pictures they produced.

To see more photos, go to www.defense.gov.



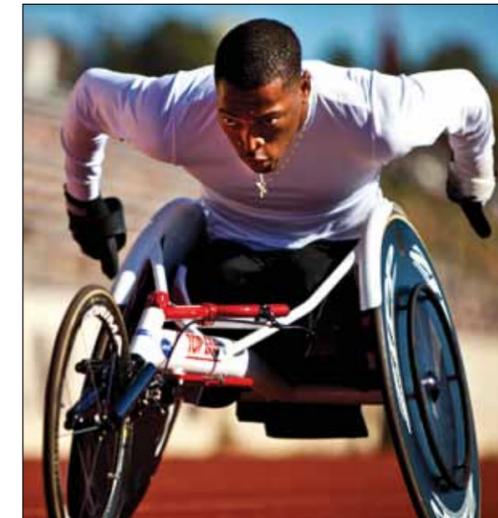
Tech Sgt. Brian Christiansen

Air Force Master Sgt. Rodney Hall walks the wing of a C-130 Hercules aircraft during a pre-flight inspection prior to take off in Charlotte, N.C., Aug. 13, 2012. North Carolina Air National Guard's 145th Airlift Wing sent two C-130 Hercules cargo planes to southern California, where they fought fires at the direction of the U.S. Forest Service.



Courtesy Regional Command Southwest

Sgt. Julie Nicholson, a female engagement team leader with Marine Headquarters Group, 1 Marine Expeditionary Force, shakes hands with an Afghan child during a mission July 8, 2012, in Helmand Province, Afghanistan.



Lance Cpl. Daniel Wetzel

Marine Cpl. Anthony McDaniel races around the track during practice for the 2012 Warrior Games at Colorado Springs, Colo., April 23, 2012. McDaniel suffered a bilateral leg amputation and partial hand amputations from an improvised explosive device in Afghanistan during 2010.



[Photo left] Members of the U.S. Naval Academy Class of 2016 take the oath of office June 28, 2012, during an Induction Day ceremony at USNA's Tecumseh Court.

Petty Officer 2nd Class Alexia Riveracorrea



[Photo right] Wounded Warriors participate in track and field practice at the first Wounded Warrior Pacific Trials at Joint Base Pearl Harbor-Hickam, Nov. 14, 2012, with the goal of securing one of 35 places on the 2013 Warrior Games Navy-Coast Guard team.

Petty Officer 2nd Class Jon Dasbach



Airman 1st Class Matthew Perry, right, a radio operator with the 82nd Expeditionary Air Support Operations Squadron, and Army Sgt. 1st Class Darryl Honick, a joint fire observer with 3rd Battalion, 159th Attack Reconnaissance Battalion, work together controlling a U.S. Navy F/A-18 Super Hornet during Operation Spartan Shield in Southwest Asia Sept. 11, 2012.

Air Force Staff Sgt. Jonathan Snyder



Air Force Master Sgt. Daniel P. Farrell

Lt. Lori Campbell, with the Naval Branch Clinic, Belle Chasse, carries a young girl who was transported via medical evacuation from Port Sulphur, La., to Naval Air Station, Joint Reserve Base, New Orleans, by members of the Louisiana Army National Guard's 2-135th General Support Aviation Battalion on Sept. 1, 2012, during Hurricane Isaac emergency operations.



Army Sgt. Michael J. MacLeod

A paratrooper with the 95th Civil Affairs Brigade exits a UH60 Black Hawk helicopter Sept. 19, 2012, above White Lake near Elizabethtown, N.C. He and fellow paratroopers are practicing water jumps.



Petty Officer 2nd Class Jacob L. Dillon

An AH-64 Apache helicopter shoots flares over a valley to support members of the 8th Commando Kandak and coalition special operations forces during a firefight near Nawa Garay village, Kajran district, Daykundi province, Afghanistan, April 3, 2012.

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