

THE CITIZEN

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U.S. Army Garrison Stuttgart

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Serving the Greater Stuttgart Military Community

Social media comes to USAREUR

By Jonathan M. Gray
HQ, 5th Signal Command
Public Affairs Office

Internet-based capabilities, to include social media Web sites, can now be accessed from U.S. Army Europe Nonsecure Internet Protocol Router Network computers.

“Opening up these Internet-based capabilities is an important step to allow users to connect, communicate and research,” said Col. John A. Cox, acting commander, 5th Signal Command.

The USAREUR policy follows on the heels of recent announcements by both Department of Defense and Department of the Army officials allowing access to these sites. Though the policy has been updated, securing the network is still a critical priority.

“We have basic network protection in place and will continue to monitor the network for malicious activity associated with IBC,” said Lt. Col. Kurt A. Schosek, Europe-Theater Network Operations and Security Center director, 5th Signal Command.

Beyond the technological security of the network, users of Defense Department computer systems still have to be aware of the content of sites they visit. Users can better protect the computers and themselves by connecting only with known sites.

Operational security is also a key concern. IBC will only be allowed a limited amount of transfer speed on the network to allow mission critical data to continue.

DPW, community protect endangered wildlife on LTA

Story & photo by Brittany Carlson
USAG Stuttgart Public Affairs Office

Youngsters in U.S. Army Garrison Stuttgart will learn how to care for the earth during the April 22 Earth Day Expo 2010 at the Stuttgart Army Air Field.

However, protecting nature isn't new to the garrison. USAG Stuttgart organizations have worked to preserve the local training area for half a century.

Besides being a training site, the LTA hosts a variety of endangered plants and animals, according to Inga Gebhard, environmental conservation specialist for the USAG Stuttgart Directorate of Public Works Environmental Division.

Last year, the garrison spent \$100,000 from funds allocated for conservation to protect the LTA environment, Gebhard said.

Under DPW's Integrated Natural Resources Management Plan, garrison officials consider land use, military training requirements, natural resources and protection when planning development projects, she added.

In other words, they focus on preserving the environment, while not interfering with training.

The LTA has many types of land — highlands, lowlands, ponds, raw sand, grassland and forest — as a result of U.S. Army tank maneuver training following World War II, Gebhard said.

“The disturbance of ground and mix of use in one area ... creates very small mosaics where all kinds of species can live,” she said.

Some endangered animals living there include the Yellow-bellied Toad, Natterjack Toad and Sand Dune Tiger



Inga Gebhard, USAG Stuttgart DPW environmental conservation specialist, scoops up some Natterjack toad tadpoles from a puddle in the USAG Stuttgart local training area. The toad is one of many endangered species that live in the LTA and make homes in the tracks and craters DPW creates to imitate tank movements. These animals have lived on the LTA since real U.S. Army tanks tore up the ground after World War II.

Beetle, known as “pioneer species” because they can only live in undeveloped areas like the LTA.

The Natterjack Toad lays its eggs in shallow pools, such as the craters made by tanks, Gebhard added.

The variety of land also keeps training realistic for Soldiers, she added.

In order to preserve it, DPW hires contractors to run tracked construction machines through the LTA in lieu of actual tanks.

“We imitate tank training; we remove bushes and mow grass, and create

puddles with excavators,” she said. “We remove the topsoil layer to create openings for pioneer plants and insects.”

Other measures include shrub removal, pond maintenance and clearing the forest to provide more light.

Protecting the LTA environment is also important for the future of Army training here, said Matt Aragon, Training Support Center Stuttgart range and LTA coordinator.

“Our main focus is to preserve the land, basically so it can be used 100

See LTA on page 4

Pages 8-9

Lose to win participants weigh in

Service members, civilians and spouses in the U.S. Army Garrison Stuttgart's Lose to Win Body Challenge describe how they lost a total of 5,400 pounds.



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Teamwork key to unit volleyball victory

Unit-level sports, such as volleyball, help garrison units work together in and outside of the office. See which teams lead the season so far.



INSIDE
THIS
EDITION

Individual resilience vital for Army mission success

Commentary by Lt. Gen. Rick Lynch
Installation Management Command
commander

Resilience is the ability to bounce back in the face of adversity ... it's mental toughness.

Webster defines resilience as, "the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress" and "an ability to recover from or adjust easily to misfortune or change."

The strength of our nation is only as strong as the Soldiers, families and civilians who courageously support and defend it.

Over the last eight years, more than one million Soldiers have deployed to combat, more than 3,900 Soldiers have sacrificed their lives, and more than 25,000 have been wounded in service to our country.

In addition, Army units and families across the globe are relocating in compliance with the Base Realignment and Closure Law.

To remain strong in this dynamic environment, leaders must proactively

Our approach to supporting resiliency in the Army community is to enhance individuals' ability to adapt to stress by supporting, maintaining and developing programs and services that promote total wellness.

maintain and develop resiliency programs and services to enable the total Army community (Soldiers, civilians, families and retirees) to maintain healthy relationships and happy lives.

Our approach to supporting resiliency in the Army community is to enhance individuals' ability to adapt to stress by supporting, maintaining and developing programs and services that promote total wellness.

We will use the Public Health Model of assessment, education, intervention and treatment to integrate and deliver services.

By applying this model before a crisis happens, we will be better able to keep the Army community strong in all dimensions of resiliency.

I am convinced that the Army spends

too much time fixing Soldiers after they break, evidenced by the rise in suicide and substance abuse rates. We should be spending our time, energy and resources to make the Army community resilient, to prevent them from breaking.

Individuals must be fit mentally, physically and spiritually to achieve optimum resilience.

The installation management community will provide the best care, support and services for the Army community through initiatives including the Army Family Action Plan, Army Family Covenant, Army Community Covenants, the Installation Management Campaign Plan and the Comprehensive Soldier Fitness Program.

When I was the senior commander at Fort Hood, Texas, I built a Resiliency

Campus to enable the Army community to become resilient before and during deployments, and to solve many other challenges.

Other IMCOM garrisons are also focusing on resilience.

Fort Bliss, Texas, has a Restoration and Resilience Center that offers a Warrior Resilience Program and a Family Resilience Program.

Fort Jackson, S.C., is opening a Master Resilience Training school to equip leaders to teach coping skills.

At Fort Campbell, Ky., the Family Resiliency Council has teamed up with key organizations to be one of the first installations to publish an online resource guide.

The strain of multiple deployments and other stress factors may continue into the future.

I challenge leaders and personnel throughout the Army community to think of new ideas to enhance installation resiliency initiatives and send them to installation leadership or myself.

I also challenge each of you to take advantage of existing programs and services in your community to remain mentally, physically and spiritually fit.

THE CITIZEN

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ON THE STREET

How 'green' are you?



Sgt. Marquis Hinton
(U.S. Army)

"I live on the economy, so I participate in recycling."



Sallie Jones
(Civilian)

"I water my houseplants with rainwater I collect."



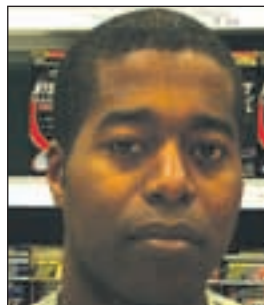
Lt. Col. Brian Mead
(U.S. Air Force)

"Moderate ... I recycle and conserve electricity."



Marci Boswell
(Civilian)

"I use reusable shopping bags."



Spc. Harold Jackson
(U.S. Army)

"After my car broke down, I've been taking the bus, so pretty green."



Andreas Hittl
(Civilian)

"My house exceeds the current environmental standards."



2nd Lt. Keara Dombrowski
(U.S. Air Force)

"I conserve electricity by turning off lights when I leave the room."



Maria Lubambo
(Civilian)

"I always buy used cars — it's like major recycling."

IMCOM campaign plan looks to support warriors now, in future

Installation Management Command
Public Affairs Office

Soldiers. Civilians. Families. For nearly nine years, these three pillars of the Army community have made history during their support of U.S. military operations in Iraq and Afghanistan.

But the resulting wear and tear is evident — even on those not serving on the front lines.

Indeed, “The Army will not break because of its Soldiers, but the wear and tear on families is almost unbearable,” said Lt. Gen. Rick Lynch, commander of Installation Management Command.

Lynch speaks from experience; his family has faced their own separation of war. The general, who served as commander of the Multi-National Division-Center in Iraq, and his wife of almost three decades, Sarah, have been apart for four of the last seven years.

During a recent visit to garrisons in Europe, the IMCOM commander noted that the couple’s relationship has stood the test of time. “But while being apart is a strain in our relationship, can you ... imagine the strain ... in a family that’s newly married with newborn children?” he asked.

Accordingly, Lynch unveiled the Installation Management Campaign Plan last month. He called the IMCP a “road map for supporting the warrior now and in the future,” along with civilians and Army families.

The plan is also just a beginning. The general said the installation management community’s challenge now is to determine, “How can we do a better job of taking care of Soldiers and families? That’s why we exist; that’s the essence of our being.”

He called the plan an overall strategy for the installation management community.

His intent? To execute the IMCP along six lines of effort: Soldier, family and civilian readiness; Soldier, family and civilian well-being; leader and workforce development; installation readiness; safety, and energy efficiency and security.

As part of the campaign plan roll-out conference, Lynch invited Chief of Staff of the Army Gen. George W. Casey Jr. to share his assessment of where the service stands, and his thoughts on how the installation management community will continue to provide a vital role, not only in supporting the Army family, but in operating installations more efficiently and effectively.

As part of a one-hour presentation, Casey touched on his 2010 objectives, including this trio: continue efforts to restore balance; refine the Army of the 21st century, and sustain Soldiers, families and civilians.

The Army will not break because of its Soldiers, but the wear and tear on families is almost unbearable.

Lt. Gen. Rick Lynch
Commander, Installation Management
Command



D. Myles Cullen

Chief of Staff of the Army Gen. George W. Casey Jr. addresses the audience at the AUSA 2010 Army Installations Symposium and Exposition in San Antonio, Texas, March 29.

The Army’s top officer said the service has made significant progress in rebalancing itself from the demands and stresses of more than eight and half years of combat — and is moving aggressively to further support the Soldiers and families of the all-volunteer force in the expected decade of conflict ahead.

Casey, now in his third year as chief of staff, believes the most important element for putting the Army back in balance is increasing dwell time. As he told a Senate panel in February and the approximately 1,000 people in the San Antonio audience: “What we continue to see ... is the cumulative effects of these deployments.”

Studies show, he noted, that two to three years of dwell time is needed to recover from one year of serving downrange.

Therefore, the Army has increased dwell time from 12 to 18 months, and plans by the end of 2011 for all Soldiers to have two years at home following a year of deployment.

Casey candidly told conference participants that in 2007 the Army was out of balance and could not meet the demands placed on it. To rebalance the force by 2011, the Army embarked on a plan based on four imperatives: sustain Soldiers for success in current conflicts; prepare for future challenges; reset the force and transition to the Army of the future.

But while there has been obvious progress, the general stressed that outcomes of more than eight years of conflict “will be with us for some time to come.”

Looking ahead, Casey said the Army is placing special emphasis on two specific initiatives designed to further strengthen the resilience of Soldiers and families — the Risk Reduction and Suicide Prevention Program and the Comprehensive Soldier Fitness Program.

Following up on Casey’s speech, Lynch told those in audience that as “unforeseen challenges arise we must ask ourselves three fundamental questions: Are we doing the right things? Are we doing things right? What are we missing?”

As Lynch stated in the campaign plan, “Effective leaders and responsible leaders at all levels must ask these three questions so that we can better focus our resources.”

News & Notes

New law affects Puerto Rican birth certificates

The Puerto Rican government has enacted a new law to combat fraud and protect the identity of all people born there. This law — effective July 1 — will invalidate all birth certificates issued by the Puerto Rico Health Department before July 1, 2010.

Soldiers, civilian employees and family members who were born in Puerto Rico will need to request a new birth certificate.

It is recommended that those who reside overseas do so by filling out a birth certificate application form from the Puerto Rico Vital Statistics Record office on or after July 1, 2010. Application forms can be obtained online at www.salud.gov.pr/Programas/registroDemografico/Pages/Requisitospara-solicituddeNacimiento.aspx.

USAREUR converts from NSPS to GS system May 23

Almost 2,000 National Security Personnel System employees in Headquarters, U.S. Army Europe, and its major subordinate commands will transition to the General Schedule personnel system May 23.

The preservation of pay encompasses all transitioning employees. For instance, NSPS employees who are paid a salary that exceeds the highest step in their pay grade, Step 10 under the GS system, will retain their pay upon conversion.

Classification specialists will determine the transitioning employee’s grade using GS system criteria.

As part of the transition, employees will be placed under the Army’s Total Army Performance Evaluation System for performance management upon conversion.

For more information, visit the Department of Defense’s NSPS transition Web page at www.cpmosd.mil/nsps.

Some items cannot be shipped in APO system

Some items may not be mailed to an Army Post Office address from countries outside Germany, U.S. Army Europe customs officials said, and recent checks by U.S. and German authorities have resulted in seizures of banned items, including those listed below.

- Counterfeits of trademarked goods
- Medications and supplements
- Food products
- Firearms and ammunition, including some types of paintball guns
- Endangered species products
- Coffee, tobacco products and alcoholic beverages
- Any item for resale, a business, or a volunteer organization

Sending items via the APO system without paying tax and duties is tax evasion, and tax exemption certificates cannot be issued for rationed items or goods not intended for personal use.

For more information, visit the German customs Web site at www.zoll.de/english_version/b0_prohibitions_and_restrictions/index.html.

Ask a JAG

Editor's Note: Do you have a question you would like to see answered in a future edition of *The Citizen*? If so, contact "Ask a JAG" at sean.marvin@eur.army.mil.

By Capt. Sean A. Marvin (U.S. Army)
Stuttgart Law Center

Q: I am a civilian living on post with my military spouse. We had a loud argument the other night, and one of our neighbors got the wrong idea and called the Military Police. The Provost Marshall's Office filed a report. Do we need to worry about anything?

A: Possibly. If there is any evidence of physical abuse, the Civilian Misconduct Action Authority and the Case Review Committee both have jurisdiction to take action.

The CMAA is authorized to respond to misconduct by civilians and contractors who receive individual logistical support from the U.S. military in Europe. Although Germany would have primary jurisdiction over criminal misconduct, the CMAA is authorized by U.S. Army Europe regulations to take administrative action.

When misconduct is reported, the CMAA — the garrison commander — will collect information and interview the parties involved. If the evidence shows that the alleged offender committed the misconduct, the CMAA will notify the offender of the planned corrective action. While that action is normally related to the offense (for example, someone caught shoplifting may be barred from shopping at the Post Exchange), he can also issue a letter of warning; recommend a counseling; suspend Army Air Force Exchange Services, commissary, and/or Family and Morale, Welfare and Recreation privileges and/or require an early return of the offender or the offender's family members.

The Case Review Committee has jurisdiction when there is an alleged domestic dispute involving a military member, civilian or contractor who receives individual logistical support from the U.S. military. The CRC is composed of social workers, a physician, a chaplain and a Judge Advocate, among others. While the CMAA is particular to overseas assignments, the CRC also exists at military installations in the U.S.

After investigating the facts of a given case, if the CRC determines that the allegations of physical and/or emotional abuse are substantiated, the committee may recommend certain treatment. It is critical to understand that the CRC makes a clinical determination, not a legal finding. In a case involving a married couple, it could recommend, for example, marital counseling or as much as an early return of the offender or the offender's family members.

Both the CMAA and the CRC processes provide for good order and discipline on a military installation. The CRC further focuses on the health and welfare of the family. Both processes have limitations and due process requirements that provide recourse for those individuals who come to the attention of command officials.

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.

LTA

Continued from page 1

years from now, while currently enabling training," he added. "We plan and conduct numerous projects a year and work with regional TSC Mannheim Forestry, Environmental Division and Range Control to provide the foundation to sustain training and land."

To further protect the area, a fence was installed around the LTA in 2009, excluding public hiking areas such as the main access road, Musberger Weg.

In addition, the Federal Forestry Office and local Naturschutzbund Deutschland e.V. group, or NABU, help fund efforts to conserve the area, Gebhard said. Baden-Württemberg's state nature protection agency also pays for a sheep-grazing area in the LTA.

A conservation partnership

Conservation partnerships between local German and military communities to care for training areas are rare, Gebhard said. "This is a really positive effort that is really unique to the Army in Europe," she added.

In fact, the partnership in Stuttgart was formed in response to controversy.

"There was a critical situation 15 years ago,"

Gebhard said. German environmentalist groups in the Stuttgart area protested that the U.S. Army presence on the LTA was harming the environment, she said.

However, after several round table-style discussions, the protests turned into a positive working relationship, Gebhard said.

"[The environmentalist groups] actually developed a conservation concept for the area, and the Army agreed to implement it as long as the efforts do not interfere with the training mission," she said. "The private groups learned that the Army is not about destroying nature."

Fifteen years later, the LTA conservation plan presents a valuable Earth Day lesson for garrison community members: Care for nature in the state it is in.

"A lot of people think 'nature' is being in a park, having nice greens, mowed [lawns], bushes cut in straight lines," Gebhard said. "Nature is more about chaos and dynamics. This is what training creates: woods not totally cleared, branches left in the woods to rot.

"It doesn't look very nice ... [but] this is what it should look like," she added.

1/10th SFG(A) officer selected for MacArthur Leadership Award

By Maj. James Gregory
Special Operations Command Europe
Public Affairs Office

The U.S. Army recently selected Capt. Erhan Bedestani of 1st Battalion, 10th Special Forces Group (Airborne), headquartered at Panzer Kaserne, as one of 13 company grade officers to receive the 2009 Gen. Douglas MacArthur Leadership Award.

With more than 22,000 captains in the active duty force, the selection places him among the most elite who demonstrate the ideals for which MacArthur stood: duty, honor and country.

Bedestani said his leadership style involves treating people with respect, not being afraid to ask questions and trusting in his NCOs to lead.

"Leaders are created as the by-product of the time, effort and energy NCOs put into their development," Bedestani said. "It's pretty tough not to be a successful leader when you have a team of all-stars."

Bedestani commands the 1/10th SFG Battalion's Headquarters and Support Company.

Before his current command, Bedestani deployed three times to Africa and twice to Afghanistan as a detachment commander.

During the second deployment to Afghanistan, Bedestani and his team made an impact on local citizens. In the Kapisa Province, where they were based, security and governance emerged as primary concerns, especially since the provincial governor had recently been removed.

Bedestani and his team began to talk to the local people. During one visit, an Afghan man approached the Special Forces detachment.

"He was a pomegranate farmer and just wanted information about how to better cultivate his crops," Bedestani said.

Several other U.S. organizations were already working to improve the plight of Afghan pomegranate farmers, but none of them had been to the Kapisa Province because of security concerns. Bedestani and



Photo courtesy of SOCEUR

Capt. Erhan Bedestani of the 1/10th Special Forces Group stationed in Stuttgart, seen here in Afghanistan's Kapisa Province, is one of 13 company grade officers to receive the 2009 MacArthur Award.

his team organized and provided security for a massive "shura," or consultation, in Tagab that included Department of Defense Agribusiness Development Teams and expert from the State Department and U.S. Agency for International Development.

The ADT provided training on improving cultivation, the State Department coordinated with a juice factory in Kabul that would purchase the pomegranates, and USAID set up export visas for growers to showcase their products in India. Growers were able to put their products back on the national and international markets for the first time after more than thirty years of conflict in Afghanistan.

"Kinetic operations show the enemy that we can hit them hard, but in the long run, they are of limited value," Bedestani said. "There has to be proof to the people that you're doing something for them."

Bedestani credits the men he has served with and the support of his family for his successes. However, it is his hard work that has catapulted him to the very top.



Troop 324 Boy Scouts take part in Carsten Wulff's Eagle Scout service project last fall. The boys spent six hours clearing away overgrown grass and shrubbery at the Panzer Local Training Area.

Appreciation for environment helps Boy Scout earn highest rank in Scouting

Story & photos by Larry Reilly
USAG Stuttgart Public Affairs Office

A service project that helped preserve the natural habitat of the Panzer Local Training Area also helped Carsten Wulff achieve what only four out of every 100 Boy Scouts ever achieve: the rank of Eagle Scout.



Carsten Wulff

With help from nearly a dozen of his fellow Scouts from Stuttgart Boy Scout Troop 324, Wulff spent more than six hours on a damp and cold day last fall cutting down small trees and clearing away overgrown grass and shrubbery to help breathe new life into scores of endangered species and plants on the LTA.

"I choose the environmental clean-up project at the Panzer Local Training Area as my Eagle Scout service project because I'm very interested in the preservation of our natural habitat. I had

learned quite a bit about the ecological system at the Panzer LTA and thought my service project could really have an impact there," said Wulff, who is a senior at the International School of Stuttgart.

The Eagle Scout service project is usually the final requirement a Scout must complete before going in front of a scoutmaster conference and board of review.

However, Wulff still needed to complete 10 of the required 21 merit badges — some of which can take weeks to finish — before his 18th birthday, the ultimate deadline for earning the Eagle Scout badge, only two months away.

"It seemed like an impossible task to have to finish so many merit badges

in such a short period of time, but after the LTA service project, I set my mind to completing the requirements and knock off one merit badge after another," said Wulff, the son of Martin and Ellen Wulff.

Troop 324 leader John Cass also saw Wulff's goal as a daunting task.

"Even I had my doubts that he could pull this one off, but the fact that he stayed with it to completion is a testament to his determination and desire to be an Eagle Scout," Cass said.

"Every project that Carsten (Wulff) has done as a Boy Scout has always been planned out and executed well," Cass added.

Achieving the rank of Eagle Scout is not easy, but, according to Wulff, it is an accomplishment that he will benefit from for years to come.

"I will reflect on the challenges I faced and overcame to become an Eagle Scout whenever I have similar challenges in the future," Wulff said. "I encourage all Scouts to take the extra effort to earn the rank of Eagle. It may not be easy, but if you set your mind to it, you can achieve it."

It may not be easy, but if you set your mind to it, you can achieve it.

Carsten Wulff
Eagle Scout

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K2: Synthetic marijuana use dangerous, illegal in Germany, violates Army regulations

By Jessica Wehrman

American Association of Poison Control Centers

Doctors and clinicians at U.S. poison centers say that a synthetic version of marijuana that is frequently sold as incense has spurred symptoms, including a fast heart rate, confusion and nausea.

K2, an herbal marijuana substitute also known as "Spice," is a blend of herbs sprayed with a synthetic marijuana-like drug, and has spurred at least 112 calls to U.S. poison centers since 2009, including 59 calls since March 1 of this year.

Poison centers in Arkansas, Colorado, Delaware, Georgia, Idaho, Indiana, Iowa, Kentucky, Louisiana, Maryland, Missouri, North Carolina, Texas, Virginia and Wyoming have been among those reporting calls regarding synthetic marijuana.

Among the states that have seen the highest number of calls are Missouri, which Missouri Poison Center Medical Director Anthony Scalzo says has received approximately 40 calls about the substance since last November.

In response to the calls, the state of Missouri issued a health alert about the products, and the St. Charles County Council recently passed an emergency ordinance banning the sale of such products, which are sold in gas stations, convenience stores and "head shops."

Scalzo said the reactions being reported — including agitation, anxiety, an extremely fast, racing heartbeat and elevated blood pressure — are the op-

Scalzo said the reactions being reported — including agitation, anxiety, an extremely fast, racing heartbeat and elevated blood pressure — are the opposite of what would be expected of marijuana, which is a source of concern.

posite of what would be expected from marijuana, which is a source of concern.

"This is not what we'd expect from these compounds," he said.

The product is marketed as incense or potpourri and has been sold since 2006 for about \$30 to \$40 per three-gram bag.

Scalzo said parents should be on the lookout for what looks like incense in their child's room and watch to see if their children seem more anxious than usual.

No deaths have been reported, but symptoms have also included agitation, dizziness, nausea, vomiting, tremors and chest pain, in some cases.

Last month, Kansas became the first state to ban the substance when Gov. Mark Parkinson signed a

bill outlawing the substance on March 10.

Missouri, Nebraska and Georgia are also considering measures that would ban the sale of such products.

Here in Germany, host nation laws affect the legality of K2. K2 contains several synthetic cannabinoids which are illegal in Germany. Therefore, use or possession of this drug is a violation of Army Regulation 600-1, paragraph 30.

It is also a violation of AR 600-85, which states that the use of Spice for producing a physical high is prohibited.

In addition, synthetic cannabinoids JWH-19, CP47, 497, HU-210 and HU-211, though legal in the U.S., are illegal in Germany.

Jim Hirt, executive director of the American Association of Poison Control Centers, urged those with questions about K2 to call their local poison center.

"Poison centers are available 24 hours a day, seven days a week, to answer questions about K2 or any other substance that could be harmful to your health," he said. "These poison centers are staffed with medical professionals who are trained to know the impact of a substance and how to treat a poison exposure."

The Poison Control Center at Landstuhl Regional Medical Center can be reached at 486-7070/civ. 06371-86-7070.

Editor's Note: Some information for this article was provided by the 202nd Military Police Group Criminal Investigation Division.

STD awareness: Talk to your doctor, get tested

U.S. Army Medical Department
Activity Heidelberg

Sexually transmitted diseases can be an uncomfortable topic of discussion for some people. But the truth is, while STDs are becoming more common in the U.S., they're treatable and preventable if people are careful.

April is STD Awareness Month, and health experts with the Heidelberg Medical Department Activity urge military community members to take some time to learn about the most common STDs and how to prevent them.

"Many STDs have no symptoms at all," said Capt. Rosemary Wosky, public health nurse at the Stuttgart Army Health Clinic. "This means that many people are infected and don't know it. The only way to know for sure is to get tested."

The Centers for Disease Control and Prevention estimates there are approximately 19 million new cases of STDs each year in the U.S. Almost half of those cases are among young people ages 15 to 24.

"Don't be afraid to discuss STDs with your health care provider," Wosky urged. "We're not here to reprimand you for being infected. We're here to help you get the testing and treatment you need."

"Most importantly, talk about STDs with your partner. You should be able to have an open and honest conversation with each other, and that will help prevent STDs in the future," she said.

Vaccines offer protection against two of the most common sexually transmitted viral infections: hepatitis B and human papillomavirus, better known as HPV, which has been linked to cervical cancer.

"STD testing should be part of your routine medical care if you are sexually active with more than one partner," Wosky said. "As your health care team, we can provide the appropriate counseling, vaccinations, testing and treatment, if needed."

For more information on the prevention and treatment of STDs, call the Stuttgart Army Health Clinic at 430-8610/civ. 0711-680-8610.

HURTS ONE. AFFECTS ALL.

PREVENTING SEXUAL ASSAULT IS EVERYONE'S DUTY.

To report an incident, call 431-3342/civ. 07031-15-3342.

MyDuty.mil

READINESS = RESPECT

Swim coach needed

The Stuttgart Piranhas Swim Team is seeking a head coach for the 2010-2011 swim season. The team consists of approximately 70 swimmers (ages 6-19) and is a member of the European Forces Swim League.

For more information, e-mail stats@stuttgartpiranhas.org, or visit stuttgartpiranhas.org.

Clinic conducts sports physicals

The Stuttgart Army Health Clinic will conduct sports physicals on May 15, June 26, July 24 and August 28. For more information, call 430-9261/civ. 0711-680-9261.

Diversity Day set for May 6

U.S. Army Garrison Stuttgart will celebrate Diversity Day May 6 from 11 a.m. to 6 p.m. on Husky Field. The event includes cultural performances, ethnic music, food samples and a fashion show.

The organizing committee is looking for groups to sponsor the continents of Australia and South America.

To participate, contact Yasmin Rosa at 430-5256/civ. 0711-680-5256 or e-mail Yasmin.a.rosa@us.army.mil.

NAF positions available through CPAC

The Nonappropriated Fund Human Resources Office at the Civilian Personnel Advisory Center is accepting applications for various NAF positions in Child, Youth and School Services, business operations and recreation areas.

For vacancy announcements, visit <http://cpolrhp.belvoir.army.mil/eur/cpac/stuttgart/index.htm>. For more information, call 431-3126/civ. 07031-15-3126.

SSSC closed April 26-27 for inventory

The U.S. Army Garrison Stuttgart Self-Service Supply Center will close for its annual inventory April 26-27.

Help Soldiers by donating to AER

Help the Army take care of its own by donating to the Army Emergency Relief campaign.

For more information on the campaign, call Capt. Timothy Mitchell at 431-2086/civ. 07031-15-2086.

Students register for school at DoDDS Jamboree



Brittany Carlson

Sandra Patrinicola (left) discusses school registration with Lacey Elliott (far right), a kindergarten teacher at Böblingen Elementary/Middle School, while Maddox Rife (center), 5, focuses on coloring the back of his kindergarten placement test during the U.S. Army Garrison Stuttgart Department of Defense Dependents Schools registration day and Teddy Bear Jamboree, held in the Panzer Mall April 6-8. A total of 1,755 children registered for school next year.

For information on AER assistance, call Faith Barnes at 431-2085/civ. 07031-15-2085, or visit the AER Web site at www.aerhq.org.

Retiree Appreciation Day set for April 24

Military Retiree Appreciation Day is scheduled for April 24 from 8 a.m. to 3 p.m. in the Patch Community Club on Patch Barracks.

Representatives from the United Service Organizations, Survivor Outreach Services, American Red Cross, and Stuttgart Army Health Clinic and Dental Clinic will also be available.

For more information, call 431-3442/civ. 07031-15-3442.

Kelley Commissary to close April 28-29

The Kelley Commissary will be closed for business April 28-29 for a store reset. The commissary will re-open April 30 at 9:30 a.m. For more information, call 421-2366/civ. 0711-729-2366.

Improve GT score with FAST Class

A Functional Academic Skills Training class is scheduled for May 3-21 from 8 a.m. to 12:15 p.m. in Building 2915,

Panzer Kaserne.

The FAST class is designed to improve Soldiers' General Technical scores or math and reading skills.

For more information, call the education counselor at 431-2684/civ. 07031-15-2684.

Earn MBA degree

The University of Phoenix Overseas Military Division now offers a Master of Business Administration. Classes start in May in the Education Center, Building 2949, Panzer Kaserne.

For more information, or to register, call 431-3428/civ. 07031-15-3428 or e-mail Erin.Lipton@phoenix.edu.

Peer to Peer video contest still open

A Peer-to-Peer video competition is being hosted by the Army Better Opportunities for Single Soldiers program and U.S. Army Combat Readiness/Safety Center to promote off-duty safety awareness.

The competition is open to active duty, Army Reserve, and National Guard Soldiers. The ongoing competition ends April 30.

Details and rules of the competition are available online at: <https://safety.army.mil/Default.aspx?alias=safety.army.mil/peertopeer>.

Hand receipt holder training scheduled

The next garrison hand receipt holder training is scheduled for April 29 from 9:30-11 a.m. in Room 108, Building 2953, Panzer Kaserne.

The training is mandatory for new hand receipt holders.

For more information, or to reserve a seat, call Aaron Reagan at 431-2917/civ. 07031-15-2917.

Summer hire applications due May 7

Unmarried family members of active duty service members or Defense Department civilian employees ages 14-22 can apply through May 7 for summer employment in the 2010 Summer Hire program.

The program, which runs from June 21 through July 30, provides jobs in clerical, labor and child development areas.

For more information, call 431-3139/civ. 07031-15-3139.

HIRED! program to start summer term

The HIRED! Apprenticeship Program is now accepting applications for its summer term, set for June 14 through Sept. 4.

The program is free.

Participants must be registered with Child, Youth and School Services. Application packets are available online at www.mwrfirstchoice.com or at the Patch Hub, Building 2337 on Patch Barracks.

For more information, call 430-7204/civ. 0711-680-7204.

Wellness Center News

The Stuttgart Wellness Center on Patch Barracks (next to the gym) offers free metabolic testing by appointment, as well as several educational classes.

Metabolic testing indicates a person's appropriate caloric range necessary to lose, maintain or gain weight. Individualized meal plans are provided based on metabolic requirements.

An educational class titled "Upping Your Metabolism" is also available.

An "Exercise Fundamentals" class is scheduled for April 27 from 11:30 a.m. to 12:45 p.m. at the Wellness Center.

For more information, or to sign up for a class, call 430-4658/civ. 0711-680-4658.

Military Spouse Day is May 7

The U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation and United Service Organizations will host a Military Spouse Appreciation Day social May 7 from 10 a.m. to 1 p.m. inside the foyer of Building 2915 on Panzer Kaserne.

Service members, civilians, retirees and all respective spouses are invited.

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martin.sattelberger@mlp.de
Tel: 06 21 - 15 03 00 58

By Susan Huseman
USAG Stuttgart Public Affairs Office

Lose weight or lose your career ... it was an easy choice for Petty Officer 2nd Class Oscar Garcia.

The 10-year Navy veteran failed a unit-administered body fat test last November.

"I was told I needed to meet Navy standards or my career was going to end," said Garcia, an administrative specialist for Naval Special Warfare Unit 2.

Sailors can receive an administrative separation if they fail a physical fitness assessment three or more times in four years. The November test was Garcia's second time at failing.

"It's three strikes and you're out," he said. Garcia was determined to fight for his career. "All that I've been through — my career — it's not just for me, it's for my family too," he said.

He decided to sign up for the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's Lose to Win Body Challenge.

The challenge, in its third year, is designed

Petty Officer 2nd Class Oscar Garcia lost 25.2 pounds and 10.6 percent body fat in the Lose to Win challenge, saving his Navy career. He has dropped an additional 10 pounds since the competition ended.

Susan Huseman



Dave Carr, a retired Air Force senior master sergeant and forward air controller, lost 32.8 pounds and 5.9 percent body fat in the 12-week USAG Stuttgart FMWR 2010 Lose to Win Body Challenge. He took fourth place in the men's category.

Susan Huseman



Brittany Carlson

Staff Sgt. James Baker and his wife, Gina, known as the "Bakery Busters," use the elliptical trainers in the Patch Fitness Center on April 9. The Bakery Busters lost a total of 56.4 pounds and 13 percent body fat in the Lose to Win challenge.



[Above] Some of the winners pose for a photo during the awards ceremony in the Patch Fitness Center on April 6. [Left] Master Sgt. Natasha Sanford-Carr said setting small goals helped her to lose more than 15 pounds.

Susan Huseman

I was told I needed to meet Navy standards or my career was going to end.

Petty Officer 2nd Class Oscar Garcia
Lose to Win participant

to motivate and educate participants to adopt healthy lifestyle habits and gain fitness knowledge.

It's also a competition to see who can lose the most weight and body fat in 12 weeks.

Much like the reality television series "The Biggest Loser," which the competition is loosely based upon, participants vie for prizes. Only instead of a \$250,000 cash prize, AAFES gifts certificates in varying amounts are awarded to the top five men, women and teams of two.

This year, from Jan. 7 to April 1, 105 women and 70 men submitted to five weigh-ins and body fat measurements.

Garcia, with a recorded contest weight loss of 25.2 pounds and body fat loss of 10.6 percent, placed third in the men's category.

And he hasn't stopped. "Up through today, I've lost 37 pounds," he said during the awards ceremony, held April 6 in the Patch Fitness Center.

The real news is that he passed the Navy's body fat test on April 7 and physical readiness test on April 8. "It feels real good," he said.

How did he do it? "I watched what I ate. I cut out breads, pastas, German beer — basically my [simple] carb intake. I ate a lot of salads," he said.

Garcia didn't keep a food diary. "I worried about my calorie intake, but I didn't count calories. In the supermarket, I looked at the labels and compared. It took me a longer time to shop because I was really comparing," he said.

He also made sure to get in plenty of exercise.

Garcia cycled to and from work, from Patch Barracks to Panzer Kaserne, once the weather got warmer. "That's six or seven miles each way. During lunch I do the elliptical," he said.

On non-fitness training days, he plays basketball or works out in the Panzer Fitness Center.

Garcia is determined to drop more weight. "I want to see if I can get to 174. That's my Navy standard weight. I figured I've already

lost 30 pounds, I can do 20 more," he said.

After months of hard work and discipline, there's not much Garcia misses from his old lifestyle, except for maybe one thing.

"I miss the beer. I still have it once in a while; just not as much," he said.

Now, when Garcia is out with his friends, he reminds himself that each beer is 300 calories, and considers what he will have to do to burn off the extra calories.

Small goals equal 15 pounds

For Air Force Master Sgt. Natasha Sanford-Carr, setting several small goals added up to losses of 15.8 pounds and 2.8 percent body fat, and earned her fifth place in the women's category.

"I did things gradually, in moderation," said the mother of two small children. "I made little goals for myself."

She kept a food diary for the first several weeks. "When I realized how many calories I was eating, I started measuring my food, looking at labels for fat and calorie content, and started portion control," Sanford-Carr said.

She decided to limit herself to 1,200 to 1,400 calories each day. It meant something had to go.

"I had to cut out chocolate," she said. "That was a big sacrifice. The first week was the hardest. Every time I wanted chocolate, I gulped down water. It helped.

"After two weeks, you'd be amazed at what you don't crave," she added.

As she lowered her calories, she upped her activity. Sanford-Carr went from running two miles three times a week to running five or six times a week.

However, it took a toll. "I pulled a hamstring," she said. She returned to running three times a week, stretched every day and did strength training on non-running days.

It's a family affair

When times got tough, Sanford-Carr only had to turn to her husband, Dave Carr, for motivation.

Carr, now a stay-at-home dad after 28 years in the Air Force as a forward air controller, lost 32.8 pounds and 5.9 percent body fat for a fourth place finish.

"It was about time that I did," he said. "His weight loss methods were simple. 'I went back to the basics,'" Carr said, explaining that he exercised in the fat-burning zone and watched what he ate.

When I realized how many calories I was eating, I started measuring my food, looking at labels for fat and calorie content, and started portion control.

Master Sgt. Natasha Sanford-Carr
Lose to Win participant

"The first 20 pounds came off like that," Carr said. "The next 10 took about six weeks." He resorted to working out twice a day on some days.

"I'm in better shape now than when I was in," he said.

Couple aims for the top

Staff Sgt. James and Gina Baker, aka "The Bakery Busters," lost a combined total of 56.4 pounds and 13 percent body fat and found themselves in the top team slot.

Winning was the objective from the onset. "I'm competitive like that," Gina said.

The couple, a year into their second tour of Germany, fell prey to the lure of German bakeries — the cheesecake, to be specific.

"Now that there is a bakery on Panzer, it's too convenient to stop by and pick something up," said Gina, the team captain.

"Both of us needed to lose weight," she said, adding that even though their youngest son is 2, she still needed to lose her pregnancy weight, and James, assigned to Special Operations Command Europe, struggled to meet Army weight standards.

With their eyes on the prize, Gina said they both made a commitment to work out at least six days a week.

She was up at 5 a.m. to squeeze in an exercise video workout, or would run later in the day.

"I usually tried to get in 40 minutes. That's about as much as the kids would tolerate," she said, explaining that she ran pushing her 2- and

4-year-old sons in a double jogging stroller. James committed to a 45-minute cardio workout. "He prefers the elliptical [trainer]," she said.

On weekends, they took turns going to the gym. "We didn't see much of each other," she added.

Technology helps

Gina said she weighed herself almost daily. She also wore an electronic monitoring system that tracked how many steps she took, how many calories she burned and how many calories she took in.

"It was motivating," she said. Her aim was to burn 3,000 calories a day. "I made sure my activity level was up," she said. "I might take the dog out at 7 p.m. to make sure I hit my mark."

She also kept her calorie intake between 1,400 and 1,800 calories a day, and tracked her husband's calories.

"I kept him at 2,000 calories. He stuck to it 99 percent of the time. When his office celebrated a birthday, he would tell me if he had a piece of cake," she said.

The Bakers tried to stay away from pre-packaged food as much as possible.

"We focused on avoiding processed foods. In the past, I would eat those 100-calorie packs of cookies. Now, I choose an apple," Gina said.

Restaurant dinners were few and far between. "We avoided eating out," Gina said. "Maybe we ate out three times [during

Participants in the Lose to Win 2010 Body Challenge dropped more than 5,400 pounds in the 12-week weight-loss competition. Eager to discuss their new, healthy habits and fitness knowledge, some of the top participants ...

Weigh in



the contest]. It was easier to make good food choices at home, instead of going out."

In addition to exercising, eating clean and keeping a food diary, Gina said sharing the same goals was the key to their success.

"One of us wasn't sitting down eating a piece of pie while the other was eating a carrot," she said.

175 success stories

In the end, there were 175 success stories. "We are so proud of every single participant," said Dena Taylor, the USAG Stuttgart fitness coordinator, who oversaw the weigh-ins.

"This isn't 'The Biggest Loser,' where each contestant has a trainer and nutritionist. These people did it on their own," she said. "We were simply the check and balance."

"The program is not a weight loss or body fat loss program — it's a lifestyle change program," Taylor said.

Her hope is that all the participants will continue on with the changes they have made. "The successes are not measured in pounds or fat ... it's in longevity," she said.

If you are interested in acquiring healthy lifestyle habits, the USAG Stuttgart FMWR Fitness Program will offer "University of Fitness," a free, 10-week educational program focusing on health and fitness. The program starts May 18. For more information, call 430-7136/civ. 0711-680-7136.

History Day: *RBEMS students shine at district contest, now set sights on regional, national levels*

Story & photo by Susan Huseman
USAG Stuttgart Public Affairs Office

One paragraph — that's all Dorothea Dix, a pioneer in social reform for the treatment of the mentally ill, rated in Sophie Benson's eighth-grade social studies textbook.

Benson, 14, a student at Robison Barracks Elementary/Middle School, felt that Dix deserved more, so she decided to make a documentary about her for National History Day.

National History Day is an academic history competition for students in grades six through 12.

"This is RB's first year to participate," said Betty Roberts, the RBEMS NHD coordinator.

The students constructed their entries around this year's theme, "Innovation in history: impact and change."

The competition resembles a science fair, only for history. Students enter individually or in a group, in documentary, exhibit, paper, performance or Web site categories.

Sixteen RBEMS students qualified



RBEMS eighth-grader Josh Holt, 14, works on his National History Day exhibit on the modern elevator, under the guidance of teacher Betty Roberts.

for the "state" level contest, held April 19-21, after competing at the Heidelberg District level competition in March.

"We've done very well," Roberts said.

The competition gives students a chance to explore their interests and talents, she said. It also helps students develop research, thinking and communication skills.

Josh Holt and Kyler Tingey, both 14, collaborated in an exhibit on the modern elevator.

Holt, an aspiring engineer, got the chance to put his construction skills to work. "I built a [working] elevator out of Legos," he said.

The motto of NHD is "It's not just a day, it's an experience."

For many of the students, the "experience" allowed them to use their creativity.

Megan Daknis, 13, opted to try her hand at historical fiction, chronicling how the invention of the telegraph led to the end of the Pony Express.

Daknis said she didn't know much about the Wild West before the project, but found it very interesting.

"I learned that even the past has connections to today. It's cool to really see that in action," she said.

NHD gave Adriel Moran, 11, a chance to explore a topic of significant personal relevance: body armor.

"My dad was deploying," he said. "I wanted to know how he would be protected."

AP classes offer PHS students chance to cut college costs

By Levi Smith
Special to The Citizen

Students in U.S. Army Garrison Stuttgart's Patch High School have an opportunity to save money on their college tuition by enrolling in Advanced Placement classes.

Recently, parents, students and PHS faculty members assembled in the school forum to discuss AP courses offered at the high school. AP courses consist of college-level curriculums offered in preparation for college.

Currently there are 12 AP classes offered at PHS. Classes include art history, English literature, biology, calculus AB, chemistry, English, French, German, U.S. history, studio art, statistics and Spanish. Calculus, physics, and computer science A are offered as distance learning classes.

The goals of AP classes are to help students expand their intellectual possibilities, receive college credit after the successful completion of the AP test at the end of each scholastic year, challenge the student through rigorous coursework, and help students with college admissions.

"We want to give our students as many opportunities as we possibly can to help them be successful in college," said Susan Page, PHS principal. "Learning how to work hard is the key."

According to "Trends in College Pricing," a 2008 study by The College Board, students who take AP classes are more likely to graduate college in four years, compared to counterparts who did not take AP classes.

In addition, Cruz Research, Inc., found that colleges look more favorably on students who participated in AP classes in high school when considering potential students for admission, according to www.collegeboard.com.



Brittany Carlson

Grant Petersen, 17 (from left), Brian Williams, 18, and Brianna Heber, 18, observe sea life at the microscopic level during an Advanced Placement biology class at Patch High School April 8.

To get these benefits, students have to put in the work, however.

Students who are interested in participating in the program should be prepared for higher workloads in comparison with regular classes.

"AP classes are all about preparation. You can walk into college and have three to six credit hours completed," said Claire Dickmeyer, AP English literature and composition teacher at PHS. "This will save you money and free up the time for you to take other classes, no longer graduating in four years, but in less time."

Many AP teachers require students to do much of their work outside of class through independent study, sometimes requiring the student to designate up to three hours of their free time to one class.

For Victoria Harvey, PHS senior, the extra time is worth the effort.

"I highly recommend any of the Advanced Placement courses for students who plan on continuing their education on a collegiate level," Harvey said. "Though the work is a bit challenging, it forces the students to reach their full potential and achieve a better work ethic."

Outer space comes closer

Stuttgart Planetarium displays intimate images of universe

Story & photos by **Brittany Carlson**
USAG Stuttgart Public Affairs Office

Most stars and planets are millions of miles away, but inside the Carl-Zeiss-Planetarium Stuttgart, they seem close enough to touch.

The pyramid-shaped planetarium, located in the Schlossgarten in downtown Stuttgart, has a star projector that can recreate an exact replica of the night sky. It also provides educational videos on space and laser shows.

Each year, 140,000 people learn about space here, said Dr. Uwe Lemmer, planetarium director.

Lemmer specializes in German and English school presentations on the night sky and astronomy.

"I give tips on how to find the Big Dipper in the sky, the North Star," said Lemmer, who directed the Nürnberg Planetarium before coming to Stuttgart in 2008. He also explains the stories behind the constellations. "Kids are always interested in these things," he added.

Juanita Harvin, U.S. Africa Command educational liaison specialist, recalled taking a trip to the planetarium with children from U.S. Army Garrison Stuttgart last year. "It was just awesome," she said.

She also enjoyed Lemmer's teaching style. "He



Dr. Uwe Lemmer



The Stuttgart Planetarium video dome displays earth and a satellite from space at a scale that dwarfs the star projector (bottom). Several planetarium programs are available in English.

is a hands-on teaching professor [who] loves teaching about the universe and astronomy, and he is very good at it," Harvin said.

After learning about the stars, school groups are offered a free laser show.

Forty-minute laser shows are open to the public every Saturday at 7:15 p.m.

The planetarium will also offer English-language shows during American Days on May 6, 7 and 21. (See the next issue of *The Citizen* for more information.)

Technology of the future

Next year, the planetarium will improve the video quality further with a €2.5 million grant from the Stuttgart City Council, Lemmer said.

He plans to purchase "full dome technology," which will fill the entire dome with one seamless

video, instead of several pieces of video.

The technology will also provide a databank of videos and images from space, which will allow Lemmer to manually guide groups through the universe.

"Now, I can only play back pre-produced things," Lemmer said. "In the future, we can do things on our own... we can say, 'We would like to go to the Andromeda Galaxy. Let's go.'"

The new technology will also add several English-language presentations to the planetarium's library.

Lemmer still plans to conduct live presentations as well. "I like to do it live. It's easier if there's somebody in the dome that can walk around, explaining," he said.

For more information, visit www.planetarium-stuttgart.de/index.php?id=64, or call civ. 0711-216-89015.

What's happening in FMWR

RB offers free movies

The Robinson Barracks Theater will show the following free movies during the next month. Movie times are 8 p.m. on Thursday and Saturday, 1:30 p.m. on Sunday.

April 22 — The Tooth Fairy (PG-13)

April 24, 25, 29 — The Spy Next Door (PG)

May 1, 2, 6 — Dear John (PG-13)

May 8, 9, 13 — Invictus (PG-13)

May 15, 16, 20 — Percy Jackson & the Olympians: The Lightning Thief (PG)

Camp, paddle with Outdoor Recreation

Outdoor Recreation will host a camping and paddling trip in the Black Forest April 24-25. For more information, call 431-2774/civ. 07031-15-2774.

Arts and Crafts contest deadline is May 1

The 2010 Stuttgart Arts and Crafts contest deadline for submission is May 1. Guidelines and entry

forms are available at Patch and Kelley Arts and Crafts Centers.

The exhibition will be held in the top level of the Swabian Special Events Center on May 12 at 5:30 p.m., with an awards presentation at 6:30 p.m. For more information, call 430-5270/civ. 0711-680-5270.

Check out Springfest on Patch April 24

This year's Springfest will take place April 24 from 10 a.m. to 2 p.m. in the Patch Hub on Patch Barracks.

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

Learn basic photography skills

A photography day course is scheduled for April 24 from 11 a.m. to 4 p.m. at the Patch Multi-Crafts Center. For more information, call 430-5270/civ. 0711-680-5270.

For more information and pricing, visit www.stuttgartmwr.com. Receive MWR updates by e-mailing mwrmarketing@eur.army.mil.



Coming to Patch Theater

April 22 — From Paris with Love (R) 6 p.m.

April 23 — Valentine's Day (PG-13) 6 p.m., Death at a Funeral (R) 9 p.m.

April 24 — Valentine's Day (PG-13) 4 p.m., Dear John (PG-13) 7 p.m., Death at a Funeral (R) 9 p.m.

April 25 — Tooth Fairy (PG) 2 p.m., Valentine's Day (PG-13) 4 p.m., Death at a Funeral (R) 7 p.m.

April 26 — Death at a Funeral (R) 6 p.m.

April 27 — Valentine's Day (PG-13) 6 p.m.

April 28 — Dear John (PG-13) 6 p.m.

April 29 — Cop Out (R) 6 p.m.

April 30 — Percy Jackson & the Olympians: The Lightning Thief (PG) 6 p.m., The Losers (PG-13) 9 p.m.

May 1 — Percy Jackson & the Olympians: The Lightning Thief (PG) 4 p.m., The Losers (PG-13) 7 p.m., Cop Out (R) 9 p.m.

May 2 — Percy Jackson & the



Warner Bros. Entertainment, Inc.

Olympians: The Lightning Thief (PG) 2 p.m., The Losers (PG-13) 4 p.m., Dear John (PG-13) 7 p.m.

May 3 — The Losers (PG-13) 6 p.m.

May 4 — Dear John (PG-13) 6 p.m.

May 5 — Cop Out (R) 6 p.m.

SPORTS SHORTS

Get ready for Spring Scramble

The Stuttgart Golf Course will host its annual Spring Scramble tournament May 1 at 1 p.m. Register by April 30 for hole assignment preference.

For more information, call the golf course at civ. 07141-879-151.

Commander's Cup Golf set for May 14

The U.S. Army Garrison Stuttgart Commander's Cup Golf Tournament will take place May 14 at the Stuttgart Golf Course. The tournament is open to all ID cardholders.

For more information, call civ. 07141-879-151.

Officials needed for CYS spring sports

Officials are needed for baseball, soccer and softball during the Child, Youth and School Services spring sports season. For more information, call 431-2616/civ. 07031-15-2616.

Cobblestone Classic set for May 22

The 7th Annual Cobblestone Classic is scheduled for Saturday, May 22. This five-mile race runs through the historic Panzer Tank Trail between Patch Barracks and Panzer Kaserne.

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

Free golf lessons offered for beginners

Free "Swing is the Thing" golf classes for beginners are scheduled for April 26-27 from 6-8 p.m. at the Kelley Fitness Center. Participants must be 18 years old or older. The class open to all ID cardholders. Sign up by April 23.

For more information, call 421-2543/civ. 0711-729-2543.

Unit-level sports teach teamwork

Story & photo by **Brittany Carlson**
USAG Stuttgart Public Affairs Office

Three days a week, Soldiers and civilians in six U.S. Army Garrison Stuttgart units trade their uniforms for sweats after work and hit the volleyball court.

They're part of the unit-level volleyball season, hosted by the garrison Family and Morale, Welfare and Recreation Sports and Fitness program, ongoing through April 22. Games are every Tuesday, Wednesday and Thursday from 6:30-9:30 p.m. in the Patch Gym.

Unit-level sports improve a Soldier's quality of life, said Matt Gilliard, USAG Stuttgart sports programmer. "I'm doing it for the Soldiers: for morale, for cohesiveness, for them to have fun."

Other unit-level sports include basketball, bowling, softball and flag football.

Besides improving individual skill, playing on a unit sports team also improves team cohesiveness in the office, said Pfc. Stephen Diel, captain of the Patch Health Clinic volleyball team.

"There's much less stress," he said. "We get to talk about [volleyball] at work, and it kind of eases the day."

The clinic team took on the European Planning and Operations Center team April 8.

In each volleyball match, teams compete to win the best of three games; this match ended after only two.

The first game was a close-shave vic-



Vito Mannara (left), EPOC volleyball team captain, jumps to block a hit by Alana Shultzman, Patch Health Clinic team member, during a game April 8.

tory for EPOC at 25-22. The second game was almost a no-contest win for EPOC at 25-9, mostly from solid serves and keeping up a steady stream of returns.

EPOC team captain Vito Mannara attributes these skills to better organization as a whole.

"You have to play [as] a team,"

said Mannara, an Italian liaison officer working for EUCOM.

Other teams include the Stuttgart garrison, Africa Command, AFRICOM 2 and Naval Special Warfare Unit 2.

As of April 26, both AFRICOM and Stuttgart were tied for first place with six match victories and one loss, followed by AFRICOM 2 with a 3-3 record, EPOC 3-4, NSWU2 2-5 and the Patch Clinic 0-6. AFRICOM also has the longest winning streak at five games in a row.

The last volleyball game of the season is scheduled for April 22, followed by the playoffs. The ultimate winner will compete in the Installation Management Command Europe tournament.

Whether or not they make it to the finals, units have a lot to benefit from signing up to play, Gilliard said.

"It's mostly for fun, competition, bragging rights with units," he said. "Teams play the best [when] they're playing the team they really want to beat."

Throughout the year, units can earn points toward winning the Commander's Cup by participating; finishing a sports season; sending the unit sports representative to meetings; participating in garrison runs, or having member accepted into the All-Army sports program.

To participate in unit-level sports, contact your unit sports representative. Officials are needed for all sports.

For more information, call Matt Gilliard at 430-4512/civ. 0711-680-4512.

A run for their money

More than 300 community members ran in the U.S. Army Garrison Stuttgart Spring Fling 5K run, sponsored by Family and Morale, Welfare and Recreation. The run started on Patch Barracks' Husky Field and wound around the local trails just outside the gate.

Brittany Carlson



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