

THE CITIZEN

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U.S. Army Garrison Stuttgart

February 25, 2010

Serving the Greater Stuttgart Military Community

1-214th Soldiers mourned in memorial ceremony

By Sgt. Anna K. Perry

12th Combat Aviation Brigade Public Affairs Office

Hundreds of mourners gathered in the Panzer Kaserne community chapel Feb. 11 to honor the memory of three Soldiers who sacrificed their lives in service to America.

Chief Warrant Officer 3 Gary M. Farwell, Chief Warrant Officer 2 Clayton M. Hickman and Cpl. Matthew E. Clark perished in the crash of a UH-60 Blackhawk helicopter during an evening training mission northeast of Mannheim Feb. 3.

The Soldiers were assigned to G Company, 52nd Regiment, 1st Battalion, 214th Aviation Regiment, 12th Combat Aviation Brigade.

"The accident that led to the deaths of these three Americans blindsided us all. It was a kick in the gut. The men killed were among the future stars of Army aviation," said Lt. Col. Richard Watson, commanding officer of 1/214th.

A close friend of each man came forward to share special memories of their fallen brothers.

"I love Gary Marc Farwell, as does everyone who had the privilege of knowing him. Speech cannot contain our love, but what I can say is there was and there is no greater, stronger, manlier man than Gary Farwell," said Chief

An Airman plays taps during the memorial ceremony held on Feb. 11.



Photos by Martin Greeson

Chief Warrant Officer 3 Gary M. Farwell, Chief Warrant Officer 2 Clayton M. Hickman and Cpl. Matthew E. Clark are remembered by family, friends and battle buddies during a memorial ceremony held in the Panzer Kaserne Community Chapel Feb. 11. The Soldiers died when their UH-60 Blackhawk helicopter crashed northeast of Mannheim on Feb. 3.

Warrant Officer 3 Michael Tobin.

"You see, Gary had something in his genetic makeup that can never be cloned. He excelled at everything he did. Gary was an Eagle Scout, an Army Ranger and one hell of a Blackhawk pilot; however, his greatest achievements were as a husband to Tawnya and a father to Ashlyn, Ethan and Bella; a son, a brother and a friend," Tobin said.

"I speak for all of us when I say we love your face, Gary Farwell. Now go and show them how to fly up there, Gary, because you showed us all how to live down here," Tobin said.

Farwell, a Redding, Calif., native,

enlisted in the Army in 1996 and spent his first two years of service as an infantryman. In 1998 he was accepted into the Warrant Officer Corps and Army aviation. As a UH-60 aviator, Farwell deployed twice in support of Operation Enduring Freedom and twice in support of Operation Iraqi Freedom.

Chief Warrant Officer 2 Frank Jenkins stepped up to the podium next to fondly recall his friendship with Clayton Hickman.

"I was fortunate to have him as one of my best friends for almost three years. When I suffered heat stroke in flight school, Clayton was there for me.

When he was struggling to get through dunker training, I gladly returned the favor," Jenkins began.

Jenkins described the tight, but competitive, bond he shared with Hickman.

"During our downtime on the flight line at Lowe Army Airfield, we would talk about how awesome or humbling our flight experiences were. We always had to one-up each other. We had to prove whose flight skills were more impressive — no matter how much either of us had to embellish it," Jenkins said.

See 1/214th Soldiers on page 4

Page 5

Black History Month celebrated

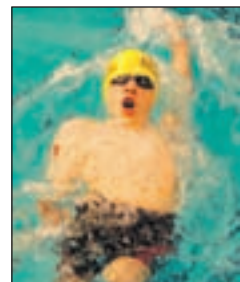
Soul food, music and special movie screenings were among a slew of activities hosted during USAG Stuttgart's African-American/Black History Month.



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Piranhas take a bite out of competition

At the European Forces Swim League Championships, the Stuttgart Piranhas team swam away with several medals in freestyle, backstroke and other events.



INSIDE
THIS
EDITION

Haiti relief: Airman discovers every little bit helps

**Commentary by Airman 1st Class
Marissa Tucker**
4th Fighter Wing Public Affairs Office

Soon after the earthquake rocked Haiti Jan. 12 and changed the country forever, the reaction among many Airmen was the same: "How can I volunteer to go?"

Like them, I wanted my chance to be a part of the relief effort. After all, how many people get that kind of experience? Thinking I probably would not be tasked because of my rank and an upcoming deployment, I thought all I could do was donate money to a charity and pray for the survivors.

Quicker than I thought, people, including those in my office, began getting tasked for temporary duties. I thought they were lucky to be the ones on the ground in Haiti because they would really get to help.

Throughout the next week, I learned that, in situations like this, helping the relief effort goes much deeper than being on the front lines.

On Sunday afternoon, following the quake, I got a call to pack my things.

I was going to Pope Air Force Base,

N.C., and on to Haiti. I was excited that I would actually get a chance to see the place that had been all across news stations and that I could do my part to help.

Then when I found out I would "only" be going on air delivery missions, where the supplies were dropped out of the back of the plane while in the air, I did not feel like I would be helping the citizens of Haiti as much.

I later learned that what I was a part of was an invaluable, tireless effort by thousands of people to provide relief to a country that had been devastated by a natural disaster.

My job was to augment the Pope AFB public affairs office by escorting media on air deliveries. While we facilitated the media getting their stories, I noticed there were people who always seemed to be working to help, whether it was creating flight plans or guarding the entry points.

Even volunteers, including those with the Red Cross and the USO, worked every day until there were no more people to feed.

More than 500 Soldiers from the 82nd Airborne Division at Fort Bragg,

... I thought all I could do was donate money to a charity and pray for the survivors.

N.C., slept in the terminals for two days before leaving for Haiti.

I learned they were given a very short amount of time to prepare for the trip and they did not know when they were coming back.

Even people who deploy to the desert know when they are coming back, I thought to myself. They were definitely stepping into an unknown situation.

I thought about the families. I thought about how the families probably helped the Soldiers pack their bags, running out to the stores to get things they forgot and how they take care of the things at home, so that the service members can focus on the mission.

Out on the flight line, there were aircraft from many different bases waiting to load supplies and people to take to Haiti. Pope's aircraft maintainers and other flight line personnel worked

around the clock to support the missions with more than 70 aircraft from other bases arriving and leaving daily. No, they never went to Haiti, but neither the supplies nor the personnel could have made it there without them.

My job is to help tell the Air Force story and through my experience, I learned that many times, it reaches beyond us. The many family members, Department of Defense civilians, USO, and Red Cross volunteers, and even a pizza man who bravely maneuvered his way through the base to provide pizzas for the Soldiers, all took part in the Haiti relief efforts.

As the saying goes, Airmen are the heart of the Air Force because we are the worker bees. Although we may not always see or understand how our job is helping, our actions span further than we know.

THE CITIZEN

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ON THE STREET

Who is your favorite for an Oscar?



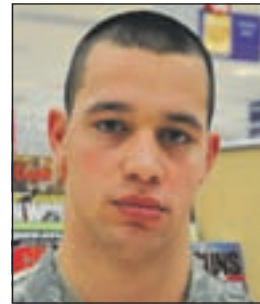
Staff Sgt. Brandi Dunlap
(U.S. Air Force)

"Blind Side" — it was sad, but at the same time, it was real life."



Master Sgt. Phillip Bailey
(U.S. Air Force)

"Avatar.' The sci-fi and live action are years ahead of anything out there."



Pvt. Phillip Siregar
(U.S. Army)

"Inglourious Basterds.' It kept me entertained."



Carmen Salzsieder
(Civilian)

"Inglourious Basterds.' I enjoyed Brad Pitts' bad southern accent."



Sgt. Jonathan Johnson
(U.S. Army)

"Avatar.' I was impressed by how it was made and the special effects."



Tech Sgt. T.J. Wollert
(U.S. Air Force)

"The Hangover' should win everything."



Spc. Daniel Cukrynski
(U.S. Army)

"Avatar.' It was visually stunning and awesome."



Roger Hernandez
(Civilian)

"Hurt Locker.' It was very suspenseful and intense."



The USAG Stuttgart singing group, "April Adkins-N'spiredVoices," made up of Thereasa Burnette (from left), April Adkins, Chasity Meadows and Tanya Young, raise their voices in song at the annual National Prayer Breakfast held Feb. 9 at the Swabian Special Event Center on Patch Barracks.

Prayer Breakfast

Speaker says trials are key to growth

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

Why do bad things happen to good people? It's not an easy question to answer, but one that author, pastor and international business strategist Ron Archer shed light on during the U.S. Army Garrison Stuttgart National Prayer Breakfast in Feb. 9.

While today, Archer is a leadership consultant to four star generals and National Football League players, his life did not start out so successfully. He grew up in a single-parent house, struggled with a learning disability and stuttering disorder, and even tried to commit suicide at the age of 10.



Ron Archer

However, life's struggles can help people, like himself, to grow stronger, Archer said at the annual breakfast, sponsored by the garrison Religious Support Office.

"True heroes and true leaders are like tea bags," he said. "You don't know how strong they are until you put them in some hot water."

In addition to providing personal growth, Archer said trials can be a catalyst for positive influence. He compared hardship to an olive press, crushing olives to produce olive oil.

"Without the crushing, without the pressing, without the process, there would be no liquid gold," he said.

The U.S. Armed Forces have unique opportunities to positively influence others in the world, he added. "You are those spiritual tea bags, dropped in Afghanistan, dropped in Africa."

Before influence, however, there must be prayer,

Archer said. After all, he believes it was the prayers of his grandfather and fourth-grade teacher that set him free from a painful past.

"Prayer moves the heart of God," Archer said. "That's why we pray, in the midst of our difficulties."

It's a sentiment echoed by history and emphasized during this month, which is also African-American/Black History month. African-American civil rights leaders, including Rosa Park and Dr. Martin Luther King, Jr., emerged at a time when they were persecuted for the color of their skin.

"He spoke on the past and he spoke on the future," said Beatrice Springfield, a contractor in attendance. "Prayers [show] how far we have come and the mission and road we have ahead."

Her husband, Brian, added that prayer unites people of all backgrounds. "There are not just African-Americans here," he said. "Prayer changes [people]."

So, on the day set aside specifically for this, close to 200 heads bowed in a prayer for the community, led by Chaplain (Maj.) David Santiago Cruz, the garrison family life chaplain.

"I was encouraged to know that we're not in despair, in spite of what situation we find ourselves in," said Tonia Osaigbovo, a civilian and Army spouse, following the event. "That's what this community needs: to come together in unity and pray."

“ True heroes and true leaders are like tea bags. You don't know how strong they are until you put them in some hot water. ”

Rev. Ron Archer

Pastor; author; business strategist

News & Notes

FMWR WebTrac update

Family, Morale Welfare and Recreation customers are now able to register and make payments online for Child, Youth and School Services programs.

Beginning March 8, customers will also be able to register and make payments for recreation programs.

To register, go to <https://webtrac.mwr.army.mil/sites/eu.html> and select Stuttgart from either Morale and Recreation (left of the screen) or Child, Youth and School Services (right of the screen).

The initial registration requires completion of only the fields in red. An automatic response with a username and password will be generated within 48 hours. Users are then able to register for programming immediately upon receipt of a username and password.

If you wish to use the online system for both MWR and CYSS programs, the registration process must be completed in both areas.

For more information, call FMWR at 421-2089/civ. 0711-729-2089.

Library and publishing Web sites to merge

On March 1, the Army in Europe Electronic Library and the Army in Europe Publishing System will merge to form a new and improved Web site — the Army in Europe Library and Publishing System.

If you are looking for official policy or information on topics such as registering privately-owned vehicles in Germany, deployment and reunion, birth registrations, educational entitlements, or details on obtaining ID cards or passports, you'll find it at <https://aepubs.army.mil>.

For more information, e-mail customer.service.aepubs@eur.army.mil.

IMCOM-Europe rolls out sport bike rider safety course

An Army-wide safety campaign to "Fight the Risk" is behind the handlebars of a new motorcycle safety course being held in Europe to increase safety knowledge of military sport bike riders.

The Military Sport Bike Rider Course is specifically designed for sport bike riders to raise their awareness of risks in Europe and in general.

Trainings in Germany have been scheduled for Heidelberg Army Airfield, March 5; Hohenfels' Albertshof Hardstand #3, March 25; Kaiserslautern (Vogelweh), April 27; Ansbach's Illesheim Army Airfield, May 12; and Grafenwöhr's Camp Kasserine, May 27.

Other trainings dates will become available throughout the year.

For more information on training or motorcycle and vehicle safety, visit the IMCOM-Europe Safety Web site's traffic safety page at www.imcom-europe.army.mil/sites/management/so_atstp.asp.

Riders must register via the Army IMCOM Registration System at <https://airs.lmi.org/home.aspx>.

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. Aaron L. Lancaster (U.S. Army)
Stuttgart Law Center

Q: I am finishing up a bachelor's degree and plan on going to law school. I am interested in the Army Judge Advocate General Corps, but don't know much about it. What benefits does the JAG Corps have, and how does one apply? Do you like being in the JAG Corps, and if so, what have been some of your favorite experiences?

A: While many new attorneys can spend years compiling research in the back room of a mid- to large-size firm, being in the JAG Corps gives you hands-on experience starting on day one.

With the guidance and help of more senior attorneys, new JAG attorneys are allowed the opportunity to engage in and excel at a wide variety of legal areas such as legal assistance; criminal law; administrative law; claims; civil litigation; labor law; international law and operational law. For more information on the benefits of the Army JAG Corps, visit <https://www.jagcnet.army.mil/8525769A00495E0D>.

To apply to the Army JAG Corps, go to www.goarmy.com/jag/index.jsp (other branches will have their own Web sites) and click on "Applications and Procedures." You can then apply and enter your information online. In addition to the application, applicants must schedule an interview with a field screening officer (found by clicking on the "Locate a Recruiter" tab on the right side of the screen).

The Army JAG Corps has two selection boards each year. For the spring and fall boards, all information must be submitted by March 1 and Nov. 1, respectively.

For me personally, being in the JAG Corps has been one of the most rewarding experiences of my life. Each day presents new challenges, especially here at USAG Stuttgart, home of U.S. Africa Command and European Command.

The legal experiences I have had in the JAG Corps have put me exponentially ahead of most of my law school classmates. In addition, as an officer in the Army JAG Corps, I have had the opportunity to assist and represent fantastic Soldiers, Sailors, Airmen, Marines and civilians.

The JAG Corps allows me opportunities that I would be unable to find anywhere else. It has provided me with rewarding personal challenges and excellent professional development.

Finally, the JAG Corps offers the opportunity to deploy downrange and provide legal services in support of our country's ongoing battle against terrorism. I myself will soon be deploying to Afghanistan to assist the people of Afghanistan in rebuilding their legal system.

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.

1/214th

Continued from page 1

Hickman was also blessed with a superb sense of humor and was known for his practical jokes, Jenkins continued.

"Clayton was quite the practical joker. I remember one Saturday night, Clayton called me from a bar in Dothan, Ala. He informed me that a group of pilots were being extremely friendly to my girlfriend, and that I might want to come down and assess the situation," Jenkins said.

A wave of laughter followed as Jenkins wrapped up the anecdote.

"I did not want to go out before receiving this information, but I needed to find out what was going on with my girlfriend. When I saw Clayton, he said 'Just kidding, bro. I didn't want to party alone.'"

Jenkins choked back tears as he closed his remarks. "Clayton was a professional who strived to do better, was always upbeat and could always be counted on. He was a great Soldier and damn good friend. You will be missed, Clayton."

Hickman, a Columbia, Tenn., native, spent more than nine years in the Marine Corps before finding his niche as a UH-60 Blackhawk pilot. In 2006, Hickman enlisted in the Army as a sergeant and graduated from the Warrant Officer Candidate School a short time later. He completed flight school in 2009. He is survived by his son, Brett, daughter, Brenna, and their mother, Janita.

Like Hickman, Matthew Clark was remembered for his candid humor and competitive nature.

Clark would often remind his battle buddies "how better-looking or stronger he is than you are," said Sgt.

James Hills, before describing his friend as a natural athlete and expert marksman.

Hills recounted a VIP mission in Oslov, Norway, where the confident young corporal approached the commander in chief's Secret Service agents and asked, "Do President Barack Obama's friends call him Barry?"

Hills had to pause for a moment to hold back his tears as he recalled his friend. "He was the first crew chief I trained and progressed. He excelled, was good at everything. He was always a little better than everybody else."

The high-speed Blackhawk crew chief's dream was to earn the green beret of the Army Special Forces, Hills said. His first attempt was just a bit shy of successful, but Hills spoke of Clark's great determination to go back and try again, saying his friend "would have made it with another chance."

Clark, a Searcy, Ark., native, enlisted in the Army in 2007 and completed his training as a helicopter mechanic in 2008. During his time with G Co., Clark progressed to the position of crew chief. He is survived by his mother, Betty, brother John and sister Rachael.

As tales of the men hung in the air, 1st Sgt. Anthony Patronas conducted the final roll call, and then, little by little, the family, friends and battle buddies of Farwell, Hickman and Clark stepped forward to render a final salute and say personal goodbyes to the fallen heroes.

Watson shared his send-off with the audience, simply saying, "Crew of Duke 27, you will not be forgotten. Be at peace."

Citizen writer takes top honors in IMCOM-Europe journalism contest

USAG Stuttgart Public Affairs Office

The *Citizen* Associate Editor Brittany Carlson took top honors at the Installation Management Command Headquarter's 2009 Gen. Keith L. Ware Journalism Awards Competition.

Her story series, "The Long, Dark Tunnel," which focused on the emotional effects of deployment on military families, took first place at the HQ-level competition, and will be forwarded to the Army-wide competition in March.

Carlson took three first place awards at the IMCOM-Europe region in the HQ competition in commentary, news article and story series categories.

"I'm so excited the story series has made such an impact on the community. It's important that military families realize they are not alone and support is available," said Carlson.

"On a personal level, this series helped me to learn about all the programs the Army offers to family members, since my husband is on his first deployment," she said.

Carlson also earned honorable mentions for her sports article and in the Moss-Holland Civilian Journalist of the Year category at the IMCOM-E competition.

Before joining *The Citizen* in May 2009, Carlson worked as a general reporter for *The Springfield News-Leader* in Springfield, Mo., and as a freelance writer for the *Guidon*, the Fort Leonard



Susan Huseman

Brittany Carlson (left), Citizen associate editor, interviews Jennifer Braun in the Panzer Chapel.

Wood, Mo., Army newspaper.

Susan Huseman, *The Citizen* editor, earned honorable mentions for her feature article and art/graphics in support of a publication.

The Keith L. Ware awards are designed to recognize both military and civilian journalists whose work enhances the Army's internal command information program.

Maj. Gen. Keith L. Ware received the Medal of Honor for actions undertaken in France in December 1944, when he was then a lieutenant colonel. Forty-four years later, Ware became the highest-ranking U.S. service member to be killed in Vietnam.

Garrison celebrates Black History Month

By **Brittany Carlson**

USAG Stuttgart Public Affairs Office

“United we stand, divided we fall.”

That centuries-old sentiment was especially felt in U.S. Army Garrison Stuttgart this month, as different commands came together to commemorate the achievements of African-Americans whose struggles ultimately helped unify the nation.

In a series of activities hosted by U.S. Africa Command, European Command, Marine Forces, Europe, and Department of Defense Dependent Schools in Stuttgart, the garrison celebrated African-American/Black History Month.

The variety of events hosts fit with the garrison’s theme for the month: “Strengthening Our Community Through Unity.”

“We were thinking about Black History Month and the civil rights era, and how communities would come together, as far as marches and other things,” said Sgt. First Class Chrysti Lassiter-Jones, garrison equal opportunity advisor. “It wasn’t just black persons, but a collaborative effort.

“We [in the garrison] came together, even though we’re from different units, and that’s what makes this community so great,” she added.

The AFRICOM-sponsored kick-off for the month on Feb. 5 included



Brittany Carlson

Coast Guard Capt. Craig Lloyd (from left), Air Force Maj. Van Thai and Army Lt. Col. Don Walker serve themselves some award-winning shrimp gumbo at the AFRICOM-sponsored Soul Food Cook-Off Feb. 5, which kicked off African-American/Black History Month.



Gen. Ward

“We were thinking about Black History Month and the

civil rights era, and how communities would come together, as far as marches and other things,” said Sgt. First Class Chrysti Lassiter-Jones, garrison equal opportunity advisor. “It wasn’t just black persons, but a collaborative effort.

“We [in the garrison] came together, even though we’re from different units, and that’s what makes this community so great,” she added.

The AFRICOM-sponsored kick-off for the month on Feb. 5 included

special music, a soul-food cook-off and remarks from Gen. William E. “Kip” Ward, AFRICOM commander.

Ward applauded the Stuttgart military community for commemorating the achievements of African Americans.

“Not all Americans, having contributed to the greatness of this nation, have been recognized by the nation,” added Ward, the fifth African-American to be promoted to the rank of four-star in U.S. Army history. “To the degree that we have a greater awareness, understanding and regard for these contributors, we are all better served.

“It is indeed the richness of diversity that causes our nation to be great,” he continued. “I stand [before you] a plain old American guy, recognizing that I have been able to achieve things that are really special.”

Community members then listened as April Adkins, civilian, and Army Staff Sgt. Tedria Martin sang gospel-style hymns before sampling the cook-off entrants’ prized soul-food recipes for collard greens, sweet potato pie and others.

“I got [the recipe] from my mom, who got it from her mom,” said Velma Nwafor, a military spouse who entered her banana pudding in the cook-off. “[People] seem to just love it. They are scraping the bowl.”

The Marines sponsored a second soul food cook-off on Feb. 16.

AFRICOM and EUCOM also hosted free screenings of two movies: “The Wiz” and “The Princess and the Frog.”

“We chose [The Princess and the Frog] because it’s the first [Disney] film where the leading character is an African-American princess,” said Sgt.

1st Class Ramon Garcia, equal opportunity leader for EUCOM J3.

Patch High School students expressed their views on how the Civil Rights movement helped strengthen and unify their community in an essay contest. They were also visited by Ron Archer, international business strategist, who spoke on Black History Month.

EUCOM Chief of Staff Maj. Gen. John W. Morgan spoke to younger students at Patch Elementary School.

Lassiter-Jones and Col. Cheryl Harris, AFRICOM assistant chief of staff, also read books on African-American culture to community children.

To cap off the month, USAG Stuttgart residents can participate in a symbolic Unity Walk Feb. 26 at all garrison installations, along with community members in Camp Lemonnier, Djibouti, and Molesworth, England. All participants will begin walking at 4:30 p.m. Central European Time.

Like all equal opportunity observances, this month’s events were provided to help garrison residents celebrate. However, the many hosts brought the community together.

“Talk about diversity,” Lassiter-Jones said. “When we’re united with our collaborative units, we’re always stronger.”



Susan Huseman

Sgt. First Class Chrysti Lassiter-Jones, equal opportunity advisor, reads to children Feb. 18, during Black History Month.



A group of judges samples and grades the food at the AFRICOM-sponsored soul-food cook-off Feb. 5. Food was judged by its taste, texture, overall appeal and presentation.

Brittany Carlson

BETHEL BAPTIST CHURCH
MAKING MUCH OF JESUS

Independent Baptist Church Serving the Stuttgart area

Sunday School 10 a.m.
Morning Worship 11 a.m.

Children’s Church and Nursery Provided

Meeting at the
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Tel: 07032-954314

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Dental Health: *Stuttgart clinic team helps students brush up on oral health know-how*

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

Brushing teeth isn't just about good hygiene.

It's about confidence, according to U.S. Army Garrison Stuttgart dental employees.

That's why a team from the Stuttgart Dental Clinic traveled to every garrison school this month as part of the National Children's Dental Health Month. During the visits, children in kindergarten through fifth grade were individually screened and learned how — and why — they should brush their teeth properly.

"These kids are very aware of their smiles, and [we] want to teach them to protect them as they're growing," said Capt. Martha Mitchell, one of the clinic's dentists, while screening students at Robinson Barracks Elementary School Feb. 10. "You can do damage to your gums and your teeth if you're not brushing and flossing correctly."

The dental team demonstrated the most effective way to brush on a giant model of a tooth.

Jaylen Taylor, 7, finished her screening with a new appreciation for her healthy teeth. "I hope I never have a cavity," she said.

Unfortunately, cavities are quick to spring up in a children's mouths if they have a high sugar intake or don't brush their teeth correctly and enough times per day, Mitchell said. "It doesn't have to be just sugar; it can be potato chips. If you don't get that stuff off, it can be debilitating."

This is why the clinic performs the screenings: to catch any visible problems and notify parents if their child needs to be seen at the clinic, in addition to the recommended yearly check-up. As military family members, children are seen at the clinic on a "space available" basis, after active duty service members.



Capt. Martha Mitchell, a dentist at the USAG Stuttgart Dental Clinic, examines 7-year-old Parker Weedon's teeth during a visit to his second-grade classroom at Robinson Barracks Elementary School Feb. 10.

"[The screening] is a good tool because a lot of times, parents might not be aware of what is going on in their child's mouth," Mitchell said.

Flouride intake is another topic that children and parents overseas especially need to be aware of, Mitchell said, since tap water off-base has no fluoride in it. She suggested either drinking tap water on a military installation (which does have fluoride) or buying bottled water with fluoride.

"Appropriate flouride intake levels vary for differ-

ent individuals, so it is important to ask your dentist before starting a flouride regimen," she added.

While Mitchell and the other dentists at the clinic can help fill cavities and clean teeth, the best way for children to protect their teeth is by practicing good oral hygiene themselves, she reminded RB students.

"We want to teach you guys good enough habits that you can teach your parents how to brush their teeth," she said.

Diet of sugary foods, drinks can affect oral health

American Dental Association

Many parents across the country will issue a common refrain at dinner time tonight: You'd better eat that — it's good for you.

There's another old favorite in the parental arsenal of dietary admonitions: "Don't eat that — it'll rot your teeth."

Now more than ever, kids are faced with a bewildering array of food choices — from fresh produce to sugar-laden, processed convenience meals and snack foods.

What children eat and when they eat it may affect not only their general health but also their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before.

It's clear that junk foods and drinks gradually have replaced nutritious beverages and foods for many people. For example, the average teenage boy in the U.S. consumes 81 gallons of

soft drinks each year.

A steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common activities may contribute to the tendency toward tooth decay. These include "grazing" habitually on foods with minimum nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on the teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating.

But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious



Susan Huseman

A steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day, according to the American Dental Association. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on the teeth. The ADA recommends that sugary foods be consumed with meals, not as a snack.

diet for you and your family.

Here are some tips to reduce your children's risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks.
- If your kids chew gum, make

it sugarless. Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.

• Monitor beverage consumption. Instead of soft drinks, children should choose water and low-fat milk.

• Help your children develop good brushing and flossing habits by scheduling regular dental visits.

Estate claim notification

Anyone having any claims on or obligations to the estate of Spc. Matthew E. Clark of G Company, 52nd Aviation Regiment, should contact the summary court officer, 1st Lt. Albert James, at 421-4268/civ. 0711-729-4268.

Get EFMP respite care

Exceptional Family Member Program respite care provides a temporary rest period for family members responsible for regular care of people with disabilities. Eligibility is based on EFMP enrollment and the exceptional family member's medical or educational condition.

For more information, call Army Community Service, Building 2915, Panzer Kaserne, or call 431-3362/civ. 07031-15-3362.

Sign up for VAO training

USAG Stuttgart will conduct a Voting Assistance Officer workshop on March 16 from 1-3 p.m. Organizations with over 25 military and/or civilian personnel must appoint a primary and alternate VAO. The workshop will be held in Room 118, Building 2913, Panzer Kaserne.

For more information, call 431-2745/civ. 07031-15-2745 or e-mail cliff.heisler@eur.army.mil.

AFTB Level 1 training

Army Community Service will offer Level 1 Army Family Team Building for all services March 8-9, from 10 a.m. to 12:30 p.m.

For more call information, call 431-3643/civ. 07031-15-3643.

Sunday Brunch at RB

The Robinson Barracks Club offers a German-American brunch from 10:30 a.m. to 2 p.m. every Sunday. Seating is limited, and reservations are recommended.

To make reservations, call civ. 0172-790-9859.

Coaches, officials wanted

The U.S. Army Garrison Stuttgart Child, Youth and School Services Sports and Fitness program needs coaches and baseball, softball and soccer officials.

To get involved, call the Sports Office at 431-2616/civ. 07031-15-2616.

Nominate volunteers of the year by March 26

The deadline to nominate volunteers for the U.S. Army Garrison Stuttgart Volunteer of the Year program is March 26. Nomination categories include Military, Retired Military, Civilian, Local National and Military Spouse.

To fill out a volunteer award nomination form, visit <http://stuttgartmwr.com>. Click on the link for Army Community Services, then Army Volunteer Corps. Or visit www.stuttgart.army.mil.

For more information, call the ACS Army Volunteer Coordinator at 431-

3330/07031-15-3330.

New Kelley shoppette to open March 8

The grand opening of the Kelley Barracks Shoppette and gas station will be held March 8 at 9 a.m.

In preparation for the opening, the old AAFES gas station and shoppette on Kelley Barracks will be closed March 6-7.

Bowl to raise scholarship dollars March 12-14

The Germany Alumni Chapter of Kappa Alpha Psi will host the 4th Annual Community Scholarship Bowling Tournament March 12-14 in the Galaxy Bowling Center on Panzer Kaserne. Cash prizes will be awarded in singles, doubles and 9-ball no tap categories. All proceeds will be applied toward the organization's community scholarship program.

For more information, call Michael Morrissette at civ. 0152-03473061.

Space Camp scholarship

The Military Child Education Coalition offers a NASA Space Camp scholarship for sixth- to ninth-grade students with an active duty military parent. The application deadline is March 10.

Applications are available at www.militarychild.org.

Sign up for Women's Leadership Forum

The U.S. Army Garrison Stuttgart Equal Employment Opportunity Office will host the 2nd Annual Women's Leadership Forum on March 25 from 8 a.m. to 2 p.m. in the Swabian Special Events Center on Patch Barracks.

The forum aims to empower participants through discussions on leadership and communications skills, mentoring and career guidance.

Registration deadline is March 18. To sign up, call Yasmin Rosa at 430-5256/civ. 0711-680-5256 or e-mail yasmin.rosa@eur.army.mil.

Blood drive March 23

The Army Services Blood Program will hold a Stuttgart Community blood drive March 23 from 10 a.m. to 5 p.m. in the Kelley Fitness Center. Seventeen-year-olds may now donate.

To make an appointment, visit www.militaryblood.dod.mil. Walk-ins are also welcome.

SCSC Spring bazaar needs volunteers

Volunteers are needed to assist with set-up of the Stuttgart Community Spouses Club Spring Bazaar on March 15-16, and during the bazaar, March 19-21. Volunteers will earn rewards such as VIP shopping. For more information, send an e-mail to scscbazaarvolunteer@yahoo.com.

The bazaar hospitality committee provides meals and snacks to vendors and volunteers from March 11-21 and relies on donations. Contact Heidi Taflan at topplewood@aol.com to donate food items.

NHS hosts 'yard sale'

The Patch High School National Honors Society will host a Spring Clean yard sale March 6 from 10 a.m. to 4 p.m. in the Forum and cafeteria. Proceeds raised from table rentals will go to fight malaria in Africa. Table rental is \$10 each.

To reserve a space, e-mail charles.strobino@eu.dodea.edu.

strobino@eu.dodea.edu.

Apply for scholarships

The Stuttgart Community Spouses Club offers scholarships to Patch High School seniors. The deadline to apply is March 15. For more information, e-mail SCSCScholarship@yahoo.com.

Seniors planning to attend college may apply for the Delta Sigma Theta Sorority Germany Alumnae Chapter scholarship. Packets must be received no later than March 27. The application is available at www.dstger.org.

Army Emergency Relief's Maj. Gen. James Ursano Scholarship is for dependent children of Soldiers, whether active duty, retired or deceased. Applications for the 2010-2011 scholarships will be available online at www.aerhq.org. Online applications must be submitted by March 1.

Skate for free

The Stuttgart Military Community Eishockey club and the Stuttgart Community Spouses Club will host free family skate nights on Feb. 27 and March 13 at 5:15 p.m. in the Wernau Eisstadion, Stadionweg 12, 73249 Wernau. Skates can be rented for €4.50.

Arts and Crafts contest open for entries

The deadline to submit works of art to the 2009 Stuttgart Arts and Crafts contest is May 1. Guidelines and entry forms are available at both the Patch and Kelley Arts and Crafts Centers.

The exhibition will be held in 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.



Garrison leaders celebrate Fasching



Photos by Dag Kregenow

[Above left] Morgan Pastore, spouse of USAG Stuttgart Commander Col. Richard M. Pastore, marches in the Stuttgart Fasching parade Feb. 16 with the Heuler Hexen group, or "crying witches." [Above right] Stuttgart garrison leaders enjoy the best seats in the parade with local leaders. Seated are, from left, Wolfgang Rollinger, president of KG Möbelwagen e.V.; Michael Föll, first mayor of Stuttgart; Command Sgt. Maj. Anthony M. Bryant and Col. Richard M. Pastore.



Boy Scouts reach 100



[Far left] Jacob Whitten, 12, demonstrates one of the knots that Boy Scouts learn to tie during a Scout skills demonstration held Feb. 6 outside the Panzer Main Exchange. The exhibition was held in celebration of the Boy Scouts of America's 100th anniversary. [Left] Cub Scouts cheer on their handmade, gravity-powered wooden cars during the annual Pinewood Derby, held Feb. 6 inside the Panzer Main Exchange.



[Above] Duke Whitten, scoutmaster for Boy Scout Troop 154, assists Christian Martin, 13, with taking a freshly-cooked pizza out of a Dutch oven, as part of the Scouts' cooking demonstration [Left] Jake Penrod, 12, explains how Scouts use a navigational compass to determine what direction they are going during a Scout skills demonstration Feb. 6.



Cub Scouts Jalen Batiste, 9, and Ethan Ong, 9, watch as wooden cars made by their peers race by during the annual Pinewood Derby, held Feb. 6 inside the Panzer Main Exchange.



Nathan Derner, 12, climbs a rope bridge he and his fellow Troop 334 Scouts built outside the Panzer Main Exchange Feb. 6, as part of the Boy Scouts of America 100th anniversary celebration.

“Teaching boys ... to be leaders and to be affiliated with something good ... has worked for 100 years.”

Duke Whitten
Stuttgart Troop 154 Scout Master

Story & photos by Brittany Carlson
USAG Stuttgart Public Affairs Office

Some things aren't made to last. The Boys Scouts of America organization isn't one of them. The organization, known for training boys ages 11-17 to be skilled and helpful members of their community, celebrated 100 years in operation Feb. 8, and Stuttgart area Scouts took the opportunity to put on a Scout show for the community.

“Things haven't changed, [including] the foundations of camping, hiking and cooking,” said Duke Whitten, Stuttgart round table commissioner for the Boy Scouts of America's Transatlantic Council Rheingold District and scoutmaster for Stuttgart Troop 154. “Teaching boys by the patrol method to be leaders

and to be affiliated with something good and wholesome has worked for 100 years.”

To prove his point, close to 150 district Boy Scouts demonstrated the skills they have mastered, including Dutch oven cooking, land navigation and pioneering, in tents pitched outside the Panzer Main Exchange on Panzer Kaserne Feb. 6. They also participated in “Scout Sunday” Feb. 7 by greeting community members in uniform at church services throughout the garrison.

During the Scouting demonstration, Scouts in Troop 324 built a rope ladder, while Troop 154 passed out sausage and biscuit sandwiches (cooked in a Dutch oven). Others shoveled snow from the walkway as a “thank-you” to Army and Air Force Exchange Services for letting them use the facility and gave hot chocolate to passers-by.

Ian Borchert, a 14-year-old Scout in Troop 44, believes the skills are especially useful to

boys who, like him, are growing up in the military community. “Some of us will go into the armed forces,” he said, “and the skills we've learned will be useful in the future.”

Borchert wasn't just talking about the physical parts of Scouting, either. “It's not all about being kind,” he said. “It's a lot deeper, [like] being aware of what's going on, and how to respect other people's beliefs.”

Inside the Panzer Main Exchange, Boy Scouts and Cub Scouts participated in the “Pinewood Derby,” a race designed for small wooden cars, each built and decorated by a Scout. Cars in the derby are released from the top of a slide-like track, and gravity causes them to pick up speed.

While building a car may seem like a simple mechanical skill, Scouts are actually gaining more than hand-eye coordination, Whitten said. “These skills allow them to grow and gain self-confidence. We emphasize

teamwork and we emphasize leadership.”

This, in fact, is what the Boy Scouts of America is designed to do: create leaders in young people by teaching them to make good choices, according to the Boy Scout mission.

A century later, it's still working. “Duty, honor and country mean just as much today as they did 100 years ago,” Whitten said. “We're building citizens of our country [and] citizens of the world.”

There are approximately 300 Boy Scouts in the U.S. Army Garrison Stuttgart community, making it one of the largest scouting hubs in the local Rheingold District, part of the Transatlantic Council. Boy Scouts is for boys ages 11-17, or 10-year-old boys who have earned the Arrow of Light Award.

For more information on Scouting in Stuttgart, call Whitten at 0711-729-4593. For information on the BSA, visit www.scouting.org.

Garrison Boy Scout Troops:

Panzer Troop 44
Troop44Boeblingen@gmail.com
Scoutmaster: Tom McAtee. Phone: 07031-631-0826; e-mail: cwofrog@aol.com
Meets: Thursday from 6:30-8 p.m., Panzer Scout Hut (Building 2312)

RB Troop 113
Scoutmaster: Karim Grajo. Phone: 07031-677-4190; e-mail: kssanapoe2@yahoo.com
Meets: Contact Scoutmaster

Stuttgart III Ward (Latter-Day Saints) Pack and Troop 119
Cubmaster: Gerald Wright. Phone: 0711-729-4751; e-mail: gerald.wright@africom.mil
Pack and Troop meet: second and fourth Tuesday of month at 7 p.m., Deidesheimer Str. 39, 70499 S-Weilimdorf

Kelley Barracks Troop 154
<http://boyscouttroop154.googlepages.com>
Scoutmaster: Duke Whitten. Phone: 0711-729-4593; e-mail: whittend@africom.mil
Meets: Tuesday from 6-7:30 p.m., Building 3309, Kelley Barracks

Patch Barracks Troop 324
www.troop324.de
Scoutmaster: John Cass. Phone: 07031-465-296; e-mail: cassja91@hotmail.com
Meets: Wednesday from 7-8:15 p.m. on third floor of Building 2312, Patch Barracks

There are also Cub Scout Pack 44 and 324 and Venture Scout Crew 44 and 1492. For more information, contact gloria@outlandgames.net. Cub Scouts is for boys ages 6-11, and Venture Scouts is for men and women ages 14-20.

PTSA builds family-school partnerships

Story & photo by Susan Huseman
USAG Stuttgart Public Affairs Office

It takes a lot of cupcakes and bake sales to raise \$1,900.

But all it took for the Robinson Barracks Elementary/Middle School Parent Teacher Student Association was a little brainstorming.

The RBEMS PTSA was one of 32 U.S. schools awarded \$1,897 for the National Parent Teacher Association's Take Your Family to School Week, Feb. 7-12. The odd dollar amount commemorates the year the PTA was founded.

"We are the only school in DoDDS-Europe to win," said Sandra Vitt, the PTSA vice president.

The contest asked PTAs and PTSAs to describe how the organizations were celebrating Take Your Family to School Week, which is intended to promote parent and family involvement in the school.

The RBEMS strategy, said Vitt, was appeal to as many people as possible by planning special activities. "The families can then pick and choose what activities they participate in," she said.

Board games and basketball, bingo and chili, and a movie with popcorn were only some of the planned events.

The week kicked off with International Night, and celebrated diversity with a fashion show, art, food and dance performances. Parents could also look at the middle school students' National History Day projects.

"We want to get parents in the school to connect



Tamyla Abraham, RBEMS PTSA president, reads "G is for Galaxy" to Loren Ellett (left), 5, and Candice Jacque, 6, while Candice's mother, Lindsay, watches during the PJ Reading Night Feb. 9.

with it and connect with the community," said Tamyla Abraham, the RBEMS PTSA president.

PJ Reading Night allowed all involved to do just that. Elementary students and their siblings reported to school dressed in their pajamas, ready for an evening of bedtime stories.

While the children listened to stories, parents visited with one another, teachers and the principal.

"Anytime the kids are in school after hours and are here because they want to be, and their parents are here — it's awesome," said RBEMS Principal Michael Johnson.

Stuttgart Community Spouses' Club



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Stuttgart Community Spouses' Club

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Travel: Bavarian king's castle town a site for modern fairy tale vacations

Story & photos by Carola Meusel
USAG Stuttgart Public Affairs Office

Fairy tales, legends, kings and queens evoke images of picturesque castles and a romantic period of life long ago.

However, not all romantic fairytales are just legends, demonstrated by Bavaria's Allgäu region.

Located on the Romantic Road, which leads from Würzburg to Füssen, the region provides a Bavarian winter getaway reminiscent of times gone by.

No German vacation is complete without a castle, and this area has two: Hohenschwangau and Neuschwanstein, which stand guard over lake-studded Schwangau and Füssen areas.

The Schwangau region and both castles are made famous by the legendary "Fairy Tale King" Ludwig II.

King Ludwig II was mainly interested in art, not politics, as reflected by his castle today. He designed and built three castles: Linderhof, Herrenchiemsee, and the most famous, Neuschwanstein.

Ludwig II shied away from both public and political appearances, and spent most of his time escaping in dreamy legends and romanticized operas. Visitors can still see his mystical view of the world at castle Neuschwanstein, where Ludwig II only lived for six weeks before he died. He dedicated this castle to Richard Wagner, a German composer, conductor and stage director and one of his closest friends.

Fourteen of the castle's rooms are open to the public, including the sacral throne hall (Thronsaal), inspired by Byzantine churches, which features an enormous chandelier, symbolizing a Byzantine crown. The hall stands for Ludwig's concept of sovereignty; he believed he was the mediator between God and the world.

The castle also has an indoor grotto

— an artificial stalactite cave — built by a stage designer. Another highlight is the Singer's Hall (Sängersaal), which pays homage to the mystical world of knights, and still hosts concerts, due to the excellent acoustics.

The walls at castle Neuschwanstein are painted with scenes of the medieval Nibelungen and Lohengrin legends in Wagner's operas.

Another significant symbol in both the Lohengrin legend and in Neuschwanstein is the swan, shown on all decorations, sheets, paintings and furniture.

"Since the Middle Ages, the swan was the official symbol for the Schwangau (Swangau) region," explained a tour guide at the Hohenschwangau castle. "The swan is also represented in the coat of arms of King Ludwig II as the sovereign of Schwangau."

Soon after the king's mysterious death in the Starnberg Lake in 1886, along with his psychiatrist, Dr. Bernhard von Gudden, Neuschwanstein opened its doors for the public. However, according to locals, it was the king's last will to tear down the castle after his death to avoid letting the public enter his private hideaway.

Fortunately for us, his last will was never enacted. According to statistics provided by the tourist information Schwangau, about 1.3 million people visit Neuschwanstein every year.

For visitors to the area, the castle itself is never really out of sight.

Both Neuschwanstein and Hohenschwangau are visible from every pool at the local spa area, as well.

The Königliche Kristall Therme in Schwangau offers various saunas, steam baths, a Turkish Hamam, mineral water pools, a saline pool and whirlpools.

For an exclusive view of the Neuschwanstein castle, visitors can reserve a room at the Hotel Maximilian in Schwangau-Waltenhofen.



Nestled on a rocky crag overlooking the Bavarian towns of Schwangau and Füssen, the Neuschwanstein castle is the most famous of those built by the "Fairy Tale King," King Ludwig II of Bavaria. He dedicated this castle to German composer Richard Wagner.

The hotel is also an exclusive wellness option. This family-friendly and traditional Bavarian hotel offers special winter packages.

Vacationers can also see the fairy tale castle from the seat of a horse-drawn sleigh. Group sleigh rides, including a visit to the feeding area for wild animals, are available, as well as a romantic torch ride in the evening. Costs vary between €10-55.

A visit to this fairy tale kingdom is not complete without visiting the medieval town of Füssen, just four kilometers outside of Schwangau. Timbered houses,

old alleys and the Hohe Schloss make up this picturesque Bavarian town.

While the area is no longer a home for kings, it still offers visitors the royal treatment.

The area's history, scenery and unique culture were that important during King Ludwig II's time did not die with him. Today, visitors can take in the same atmosphere while making memories of their own.

For more information, visit www.schwangau.de. Sleigh rides can be booked by calling 08362-8094.



Visitors to the Schwangau area enjoy a sleigh ride through snow-covered paths before entering a wild animal feeding area.



Pedestrians stroll through the cobblestoned streets of Füssen, located just under the watchful eyes of Castle Neuschwanstein. Germany's Romantic Road, or Romantische Strasse, which begins at Würzburg, ends in Füssen.

SPORTS SHORTS

Sign up for School of Marathon by Feb. 28

Learn how to train for a 5 or 10K race, or even a marathon, with the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's School of Marathon.

Students in the three-month program will learn about proper running techniques, nutrition and race psychology, and receive a detailed training schedule.

Interested participants can sign up at the Patch Fitness Center by the end of February.

For more information, call the Patch Fitness Center at 430-7136/civ. 0711-680-7136.

Get ready for bodybuilding contest

The U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation Sports and Fitness program has announced Aug. 28 as the date of its annual bodybuilding and figure competition.

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

Go skiing with FMWR Outdoor Recreation

U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's Outdoor Recreation offers ski and snowboard day trips to a variety of ski destinations in Europe throughout the winter.

Trips are scheduled on Feb. 27 to Wildhaus, Switzerland; March 6 to Oberstdorf, Germany; March 27 to Lech-Zurs, Austria; and April 3 to St. Anton, Austria.

The cost is \$50, which includes transportation. Equipment rental is available from Outdoor Recreation for \$10. Lift tickets are extra.

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

Stuttgart Piranhas attack at Champs

Story & photos by Susan Huseman
USAG Stuttgart Public Affairs

Seven medals in eight events can be considered a formidable achievement.

But Stuttgart Piranhas swimmer Will Viana was modest about his performance at the European Forces Swim League Championships held Feb. 13-14 at the Nationaal Zwemcentrum de Tongelreep in Eindhoven, Netherlands.

"I'm doing well, but most of the times are not my best," he said, following a heat in the men's 17-19 100 backstroke.

Nevertheless, the 18-year-old Viana concluded his EFSL career with five golds and two silvers, and took home the high-point trophy for his age group for the third year in a row.

The Piranhas team captain took first place in the 50, 100, 200 and 400 freestyle, and 100 butterfly. He finished second in the 100 backstroke and 200 individual medley, and placed fourth in the 100 breaststroke.

With the seven-month season now over, most swimmers are looking forward to taking a break. But not Viana.

"Technically, the season isn't over for me. It just means fewer morning practices," he said.

Viana, who started swimming at age 9, will continue to swim for his German club in Sindelfingen.

His 4x200 freestyle relay team took fourth in the German National Championships last year. "We were hoping for a medal this year. Unfortunately I'll miss the nationals," he said.

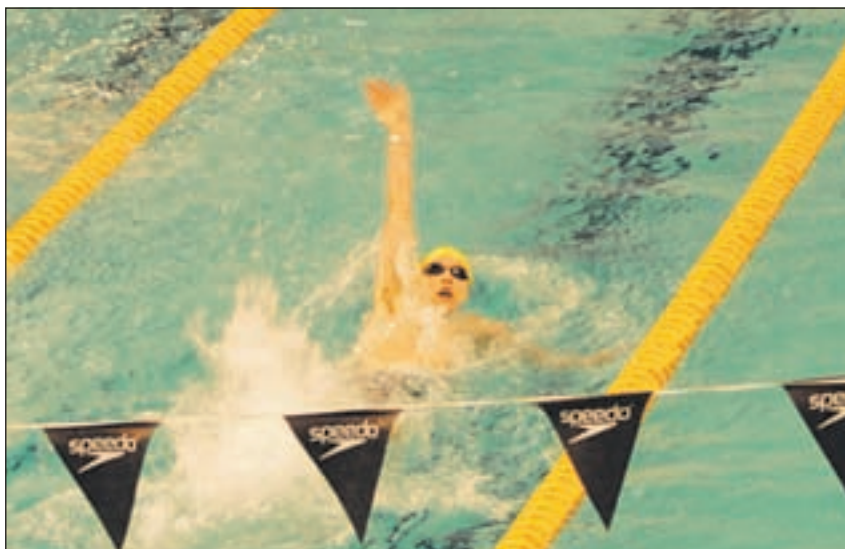
He'll miss it because he intends to swim for either the Air Force Academy or West Point, and has to report the week before the meet.

With all Viana's athletic achievements, he could be considered an icon for the Piranhas. He holds 21 individual EFSL records.

"From the youngest swimmer to his peers, everyone looks up to him. He's a great guy and a great swimmer," said Piranhas coach Brian Filler.

The Patch High School senior led his fellow Piranhas in a "phenomenal" performance, according to Filler.

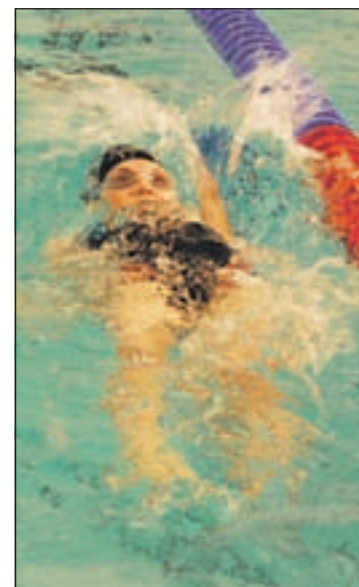
"Almost every single swimmer in



Stuttgart Piranhas team captain Will Viana, 18, takes second in the men's 17-19 100 backstroke with a time of 1:03.87 at the EFSL Championships Feb. 14.



[Above] Brad Nelan, 16, turns in a solid performance in the boy's 15-16 100 backstroke at the EFSL Champs Feb. 14.



[Right] Rachel Plescha, 14, posts a time of 1:26.90 in the 13-14 100 backstroke.

almost every single event dropped time, sometimes by as much as 30 seconds," Filler said. "That's what we want them to do."

Notable individual performances included:

Adriel Moran earned a gold in the 11-year-old boy's 50 backstroke.

Bobby Viana, 16, won a silver in the boy's 15-16 200 freestyle. He tripled in bronze in the 100 and 400 freestyle, and 100 butterfly.

Jun Simmons won silver in the boy's 11 50 butterfly and 200 individual medley. He also won bronze in 100 freestyle and 100 IM.

Edward Crandall earned a silver

medal in the boy's 10 50 breaststroke and a bronze in the 50 backstroke.

Samantha McGonigle, 13, earned a pair of bronze medals in the girl's 13-14 200 and 400 freestyle.

Kyra Mena took third in the girl's 10 50 breaststroke.

Andrew Scougall won a bronze in the boy's 9 200 freestyle.

Robby Busbin took bronze in the boy's 12 200 freestyle.

Celeste Borrás, 15, took home a bronze in the girl's 15-16 100 breaststroke.

The Piranhas placed fifth overall (out of 20 teams) in the medal count.

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HOUSES/APTS FOR SALE

Beautiful Duplex 6BR in Stuttgart Plieningen only few min from Kelly for Sale. Built to suit, 2000 square feet, 3 bathrms. Spacious sunny backyard. US washer, dryer & fridge, 110V incl. Kitchen & garage incl! €489'000, \$3'700 a month, No down-payment, no relator fee. Wolf-Haus, 01577-7284088, 0711-67251122, info@wolfhaus-bw.de

Big 1 Family House for Sale-next to Ruin, 2500sqm. House has 2 Levels & 2 Entrances - Inside was built 2000. More Information over Phone-Private Sale call us at 06362994076 or 015154714567

Brand New Single House 6BR in Weil im Schönbuch only few min from Patch and Panzer for Sale. Built to suit, 200sqm, 3bathrms. Spacious sunny backyard. US washer, dryer & fridge, 110V incl. Kitchen & garage incl! €499'000, \$3'900 a month, No down-payment, no relator fee. Wolf-Haus, Please call: 01577-7284088, 0711-67251122, or email: info@wolfhaus-bw.de

AUTOS

'04 BMW 316i \$14000.00. German Spec, 72K km, grt cond, dealer maint, reg thu 8/10, Man trans, htd seats, Pwr wdws, locks, mirrors, auto A/C, park dist ctrl, stab cntrl, Sunroof, BMW business CD, AM/FM, ski bag, LATCH/ISOFIX, great gas mileage. Snow & Summer tires incl. (Stuttgart) 015122652757

'08 BMW US specs E92 M3; \$49K; 10,500 mls; Graphite; Fox-red leather; 6 spd MT; Navi; 19" whls; carbon fiber trim; Joe: 431-2816 / 0151-5132-6732

2000 BMW 540i (E39) (European Specs), 4-door Sedan, Build date 10/99, 4.4l V8 naturally aspirated (M62), 286hp, 324lb/ft torque, 5-speed automatic, Leather seats, M-sport wheels, 235/40/18 front performance tires, 265/35/18 rear performance tires Miles: 88,000 (141,943 Km) Last service: 18 Feb 2010\$ 13,000.00 Please contact Justin Pothen (Justin.pothen@mfe.usmc.mil or DSN 314-431-2096or Comm 07031 15 2096)

2008 Honda Accord EX Top of the line, fully loaded Black Honda

Accord V6 EX with 7,000 miles. Leather, wood grain, sunroof, automatic Everything.And heated seats!!!! Great for this cold weather. Includes Extended warranty which is transferrable and can be used everywhere! For more info please call Tony @ 01622-932-978 or Karly @ 0711 680 5922. Currently car is parked in garage. Please check out the kbb price, it's listed @ \$26,500!!!! Great car, great gas mileage, super comfortable! Asking \$25,000. Please call or e-mail if interested and want to take a look, we live close to all of the bases!

97 BMW 316i Blue Coupe, Automatic, 2 door, power windows + locks, heated seats, CD player, working AC/heater. 2 tires all season and 2 tires winter tires. Mileage: 133Tkm. Passed inspection last week, US specs. Good running car. \$4700/OBO. Call 015224350080

HSE, 21k, US Specs, Santorini Black Exterior and Ebony Interior, Dark Zebrano Wood, Luxury Cold Climate package, dealer main-

tained and detailed, Navigation system, 3 years mile warranty, Road Side assistance Call 0160-97962459

Mini Cooper Convertible '06, \$18,000, US Specs, 24K easy miles; manual trans; English Racing Green, black power top; Harmon Kardon CD-stereo; new front tires; Chrome package & Climate package, heated seats; garage kept on Ramstein - great condition! 06371-8020103; 0151-21309917; cjhebner@yahoo.com

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2005 Toyota Camry LE. Automatic, 61,000 miles, Silver (Grey cloth interior), 4 Door, HUGE trunk, CD player, Radio, AC, Power locks/windows/driver's seat, allseason tires. Good condition, great family car! 10,500. Call 0631.560.02335 or email sara5283@hotmail.com

2007 Model Audi A4 1.8Turbo Automatic w/ Tiptronic, Red, European Spec, Premium Pkg, multi CD player, 65K kilometers (40K miles). All scheduled maint by dealer, still under warranty, excellent condition, summer & winter tires with aluminum alloy wheels, \$19,999. Call 0160-94902946.

2008 BMW 335xi Sedan Barberra Red, 21000km, Nav, Comfort Access, Cold Wx Pckg, Sport Pckg, All-Season Tires, Call Brandon 06374802209 DSN 478-1634 \$34,000 OBO.

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Amenities, if you are interested or would like pictures you can email me at mariah.murdock@us.army.mil or call me at 00310631055932

2008 Mitsubishi Lancer GTS. All Available options including sunroof, Rockford Fosgate sound system, DVD player, Navigation, 6 speed automatic transmission with sport mode, blue tooth phone system, and much more. \$19,000 0151-2051-7067 or e-mail jer3000gt@hotmail.com

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FOR SALE--MISC

“Stand alone Kitchenette, medium size (273 cm wide x 58 cm deep), light wood (Buche) color cabinets, complete with 220v appliances (oven, ceramic stove-top, exhaust hood and duct), and sink. 600 Euro OBO. Phone: 07031-6816694, email: ellisina@hotmail.com

Hi - I am looking for a PowerVu receiver with valid subscription.if you or someone else can help me then please let me know ptech@gmx.co.uk or icq 430974952

Multi-system, multi-voltage JVC 27" TV - works great, comes with sturdy blond wood and metal TV stand. \$60 obo. In Leinfelden - come & get it! chuck_jan@mac.com or home phone: 0711-9975-9469.

Used household items for sale: Black & Decker 3/8" reversible electric drill 110v., \$20; Black & Decker toaster 110v., \$5; Black & Decker Smart Brew 12-cup programmable coffee-maker 110v. \$17; Braun Aromaster 8-cup coffeemaker 110v., \$10; Rival Freedom 70 Steam Iron 110v., \$5; Kenmore Whispertone power mate vacuum cleaner 12 Amps 110v., \$50; Goldstar microwave 110v., \$40; Toastmaster Platinum electric food

slicer 110v., \$35; Brita Aquaview On Tap faucet filtration system, \$15; Labtec Spin-50 PC Stereo Speakers 110v., \$7; Fellowes F55 paper shredder 110v., \$15; Toshiba FT-8930 Cordless Phone w/ digital answering machine 110v., \$20; Funai 9" TV/VCR Combo NTSC 110v., \$45; T'nB CD-Organizer Trays (x4), \$5 ea.; Vicks humidifier 110v., \$10; 2x Holmes 10" Fans 110v., \$10 ea.; Graco baby Rock 'n Bounce, \$15. Phone: 07031-6816694, email: ellisina@hotmail.com

ANNOUNCEMENTS

I am looking to get a group of people interested in running together, even if you have never run before. Would like to meet up a couple times a week to train. Beginners very welcome and encouraged! Please email me at amsterdamlux@gmail.com

New Club Forming - if you are interested in joining a fun group and meeting interesting people from a variety of backgrounds and interests then LNO (ladies night out) Stuttgart is for you...what we do is meet once a month for dinner and conversation at a different restaurant ...we share interesting stories and laugh...on occasion we will do a tour in conjunction with dinner... if you are interested in joining... please send an e-mail to Isabel at lnostuttgart@yahoo.com, our first outing will be in January.

Ski Verbier 26-28 March 2010 with the Patch Ski Club. The winter paradise The Four Valleys is an immense ski resort in the French region of Switzerland. Stay at the 3 star "Le Déserteur" hotel in Nendaz with easy access to all lifts of the Four Valleys - including Verbier. A half double is € 255 and includes transport by motor coach, hotel Room, (2) breakfasts and Saturday dinner. See http://www.patchskiclub.com or email Brian Peterson for more details at lonepeak@mail.com

LOST & FOUND

Found iPod in BX parking lot on

11 Feb. Please call to identify. Paul at 01609-27-88529

Lost Coral and Black leather necklace on Patch Barracks, the morning of 29 January 2010 between parking lot of Fitness center and building 2358 or in mall area. If found please call Sallie at DSN 433-4100 or comm. 0711907204100.

PERSONAL

56 year old widowed woman (Gemini) seeks American, colo(u) red veteran man (Taurus) for a lasting relationship. If you're interested in getting to know me please call me at 06782-981447

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A 4 bdr home in the Nufringen, Ehningen or Gartringen area with at minimum 165 sq meters. Available to move after May 2010 (dates flexible). Please email quinnst@hotmail.com if you know of a home/duplex that will be available.

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Volunteers To Work In The Stuttgart Military Personnel Division (MPD) On Panzer the MPD is recruiting a volunteer to work in our Stuttgart Passport Office for data entry, preparing mail packages and tracking in-/out-going applications. Our other volunteer positions will work in our Joint Central Processing Facility (the face of Stuttgart) to assist and welcome all in-/ out processing personnel to Stuttgart. Our office will provide the training, computer access and work space since you are a member of our team. This is great experience and will contribute to any resume. We are flexible on time and the number of hours available. For additional information contact Ms Quinn, Chief MPD by EMAIL at Teresa.quinn@eur.army.mil or at DSN: 431-2886, Commercial, please call: 07031-15-2886 (No voicemail capability).

Wanted: I am having a wedding party (outside) June26,2010 in Ludwigsburg. I am looking for Gospel singer or choir that can sing at this wedding party. Of course I am willing to pay. Please call 01737144267 or email to

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German/English Translation Subcontractor Needed. 20+ hours/month on Panzer Kaserne. If interested please email resume and statement of interest to: lisa.jayne.clark@us.army.mil

Volunteers To Work In The Stuttgart Military Personnel Division (MPD) On Panzer the MPD is recruiting a volunteer to work in our Stuttgart Passport Office for data entry, preparing mail packages and tracking in-/out-going applications. Our other volunteer positions will work in our Joint Central Processing Facility (the face of Stuttgart) to assist and welcome all in-/ out processing personnel to Stuttgart. Our office will provide the training, computer access and work space since you are a member of our team. This is great experience and will contribute to any resume. We are flexible on time and the number of hours available. For additional information contact Ms Quinn, Chief MPD by EMAIL at Teresa.quinn@eur.army.mil or at DSN: 431-2886, Commercial: 07031-15-2886 (No voicemail capability).

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