



Bree Walker

MaxFracas will entertain the crowd at USAG Stuttgart's Fourth of July celebration, to be held from 4 p.m. to midnight on Husky Field.

Band, fireworks to light up July 4 fest

By Susan Huseman

USAG Stuttgart Public Affairs Office

There's going to be a loud commotion at U.S. Army Garrison Stuttgart's Independence Day celebration — and it won't necessarily be the fireworks.

MaxFracas ("max" meaning the greatest possible quantity or degree; and "fracas" meaning rowdy noisemaking), a "hometown" rock 'n' roll band, will headline at Family and Morale, Welfare and Recreation's Fourth of July celebration.

"For Oktoberfest you probably want an Oompah band. For the Fourth of July you really need an American band. If

Bruce Springsteen is too busy, we'll do it," said Vic Jarrett, MaxFracas' lead singer and U.S. European Command employee.

"We" is Jarrett and fellow Stuttgart military community members Tracy Sharp and Geoff Maasberg on guitar, Whit Taylor on drums and David Ward on bass.

Simon Coffin rounds out the American contingent as sound technician and part-time bassist. Florian Tekale, a German professional musician, is the band's keyboard player.

The band has been around the community in various forms since 2002.

Back then, however, band members

were active duty military. These days, only Maasberg wears the uniform.

When Jarrett and Sharp met in 2001, they originally had plans to form a duo. "We tried that for a while until we realized it took far more talent than we had," said Jarrett, his self-effacing humor showing.

"That's when we got Whit Taylor," he added. "And we're still together — since early 2002. I think that's pretty amazing."

The band covers a huge range of music, from Elvis to The Beatles to the Red Hot Chili Peppers.

"I'm the oldest guy in the band, so

See *Fourth of July fest* on page 4



Birgit Thompson

'Out for summer, out till fall'

After finals, field days, award ceremonies and report cards, students at USAG Stuttgart Department of Defense Dependents Schools were "finally" released for summer vacation on June 17. [Above] Böblingen Middle School eighth-graders (and members of the class of 2014) jump for joy at the prospects of summer and high school. [Right] Patch Elementary School students Brennan Schroeder (from left), 8, and Garrick Huggins, 8, discuss their report cards immediately following dismissal from school June 17.



Patch High School sophomore Thomas Trevino can hardly contain his glee as he wraps himself around Kevin Andrus, junior, after the last bell June 17.

Susan Huseman



Susan Huseman

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A chance to remember

Service members representing various SOCEUR components traveled to France to help commemorate the 66th anniversary of D-Day.



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See Dick and Jane run, pass, serve

Children in the U.S. Army Garrison Stuttgart community are learning life-long healthy habits, thanks to CYS Services' Sports and Fitness Program.



AFAP seeks to continuously improve Army QOL

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

As the Assistant Chief of Staff for Installation Management, one of the most important duties I have is overseeing the Army Family Action Plan process.

AFAP is the Army's grass roots effort in that Soldiers, civilians, families and retirees identify and elevate significant quality of life issues affecting the Army community to senior leaders for action.

AFAP is also a key component of the Army Family Covenant because it gives commanders and other Army leaders insight into needs and expectations of the Army community.

Simply stated, AFAP is a voice for the Army community to inform and partner with Army leaders to determine if we're doing the right things, whether we're doing things right and to find out what we're missing.

Here's how it works: AFAP is a year-round process that begins at the installation level. Representatives of the community meet in forums to

AFAP is a voice for the Army community ... to determine if we're doing the right things, whether we're doing things right and to find out what we're missing.

identify, develop and prioritize issues they believe are important to maintain a good standard of living for the Army community. Approximately 90 percent of the AFAP issues that emerge are resolved at the local level and result in ongoing community improvements.

However, some issues require support beyond the local level. Those issues are elevated to mid-level AFAP conferences. Issues that require the attention of higher-level authorities go to the Headquarters Department of the Army AFAP conference, where delegates from across the Army determine which issues will be worked by the Army staff.

The AFAP General Officer Steering Committee, comprised of senior Defense Department officials, Army leaders and field representatives, meets every

six months to provide senior leader direction on action plans, milestones and resolution of AFAP issues.

In the six months since the last AFAP GOSC meeting, functional representatives from the DA staff and I have met for six AFAP sessions, reviewing 86 active AFAP issues.

During those sessions we studied the history and latest developments for each issue, then decided on a recommended status (remain active, complete, or unattainable) to present to the AFAP GOSC for consideration.

I presented our recommendations to the GOSC on June 30. We now must determine the next steps and status for each issue. The results from this GOSC, as well as previous GOSC meetings, are available on the new and improved AFAP website at www.myarmyonesource.com.

www.myarmyonesource.com.

Users can search the status of all 86 active issues using several filter options, such as keywords, issue status, service component, subject, demographic group, command and others.

The Army is dedicated to building awareness of AFAP across the service, ensuring everyone has full access to AFAP recommendations and accomplishments, and knows how to become a partner in the process.

As the ACSIM, I am committed to ensuring all AFAP recommendations are thoroughly analyzed to determine if they are realistically achievable based on factors such as congressional support, cost and other factors.

I am also committed to ensuring that the GOSC provides the Army community with the results of our analysis and decisions as quickly as possible.

I challenge you to become a partner with us in our continuing effort to improve our Army.

Contact your garrison Army Community Service AFAP program manager to become a volunteer, participate in an AFAP forum or submit an AFAP issue.

THE CITIZEN

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ON THE STREET

What are your tips for newcomers?



Jane Minter
(civilian)

"Take the basic immersion classes — they make it easier to shop on the economy."



Sgt. Rebecca Goad
(U.S. Army)

"Get to know your surrounding area. Get out of your comfort zone."



Lt. Col. Gordan Wines
(U.S. Army)

"Pay attention during your in-processing."



Staff Sgt. Curtis Allen
(U.S. Marine Corps)

"Make sure you have someone helping you with housing, VAT forms and USO programs."



Staff Sgt. Melissa Drake
(U.S. Air Force)

"Do your research on the area before you come."



Cmdr. Scott James
(U.S. Navy)

"Be prepared to enjoy the German culture. Get out. Don't stay at home."



Petty Officer 1st Class Mike Klem
(U.S. Navy)

"Pay attention in the newcomers' brief, and learn the transit system."



Katherine Dunn
(retiree spouse)

"Check out the USO."



Aaron Grimes, mail clerk, helps the first customer at the Kelley Barracks Postal Service Center, Ishmael Mama, following the ribbon cutting ceremony June 14. The PCS is a "one-stop shop" offering consolidated postal operations.

Postal transformation comes to Stuttgart, brings convenience

Story & photo by Brittany Carlson
USAG Stuttgart Public Affairs Office

Mail room patrons on Kelley Barracks can now check their mailbox and mail items at the same place: the Postal Service Center.

The Kelley PSC opened with a ribbon-cutting ceremony June 14. Before the PSC opened, taking care of mail on Kelley used to require two stops: the post office, on the first floor of Building 3312, and community mail room on the second floor. Now the post office adjoins the CMR.

"Bringing all the services here makes it easier for families to take care of their postal needs expeditiously and get back to operations," said Col. Richard M. Pastore, U.S. Army Garrison Stuttgart commander, during the ceremony.

The Kelley PSC is the first of four scheduled to be opened in the garrison. The Patch Barracks PSC is set to open during 2012, and the Robinson Barracks and Panzer Kaserne PCSs are scheduled for 2014, according to Mark Karraker, USAG Stuttgart postmaster.

The PSCs will save customers time in several ways, Karraker said.

"A PSC is centrally located for customers, [and] hours are standardized," Karraker said. "A post office and a mail room — a lot of times they're in totally separate locations. That's a lot of travel for people. [A PSC] is more convenient."

Steven Carroll, a USAG Stuttgart postal employee for 21 years, likes the fact that customers will be able to return items more efficiently at the PSC.

"When you have something you want to return over at the CMR, [you] can come straight here to the post office and return it," he said.

The Kelley PSC has expanded the post office hours by one hour: it is now open from 10 a.m. to 4 p.m., Monday through Friday.

In addition, it features two customer windows instead of the former single window at the post office, with plans to open three windows during the Christmas season, Karraker added. He expects the future PSCs to have the same features.

"Customers will have to wait less in line," he said.

The Kelley Post Office normally handled about 30-40 customers during the lunchtime rush and around closing time, but they rarely had to wait longer than 10 minutes, and usually much less, Karraker said.

Now that the PSC is open, Karraker expects even less wait time for all.

USAG Stuttgart change of command scheduled for July 19

Col. Carl D. Bird will replace Col. Richard M. Pastore as commanding officer of U.S. Army Garrison Stuttgart during a change of command ceremony scheduled for July 19.

The ceremony will take place at 10 a.m. on the Panzer Kaserne parade field, adjacent to USAG Stuttgart headquarters, Building 2949.

Bird comes to USAG Stuttgart after serving as director of Defense Supply Center Columbus Land Customer Operations, in Columbus, Ohio.

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

News & Notes

Fireworks not permitted in housing areas

U.S. Army Garrison Stuttgart officials remind military housing residents that the use of fireworks is forbidden in accordance with Army Europe Regulation 600-1.

Fireworks include toy cannons, blank cartridges, firecrackers, Roman candles, skyrocketers, sparklers, torpedoes and similar items capable of producing a visual or audible effect by combustion or detonation.

Improv show seeks to help prevent sexual harassment

"Sex Signals," billed as "the real-life funny sort-of-improv show about sex and stuff," comes to the Patch Theater July 21 at 1:30 p.m.

The 75-minute presentation differs from traditional sexual assault prevention programs in that it incorporates improvisational comedy, education and audience interaction to provide a provocative look at dating, sex and the core issue of consent. A discussion follows.

This performance is open to all service members, Department of the Army civilian employees and family members, ages 18 and older.

For more information, call 431-2406.

Tech expo starts July 28 on Patch Barracks

The summer Patch Barracks/Stuttgart Area Technology Exposition will be held July 28 from 1-4 p.m. and July 29 from 10 a.m. to 2 p.m. in the Patch Fitness Center.

More than 70 exhibitors will be on hand to demonstrate the latest in communication technology, cyber security, software and more.

All military, civilian, and contractor personnel are invited to attend.

The event is being hosted by U.S. European Command J-6 and the Stuttgart Armed Forces Communications and Electronics Association Chapter.

52nd Signal conducts change of command July 9

52nd Signal Battalion will conduct a change of command ceremony July 9 at 10 a.m. at Washington Square on Patch Barracks.

The outgoing commander, Lt. Col. James E. Pugh, will turn over the unit's colors to incoming commander Lt. Col. Robert A. Vitt.

For more information, call 2nd Lt. Margaret Kim at 430-4404/civ. 0711-680-4404.

Wandering cub hosts Volksmarch July 31, Aug. 1

The Stuttgart German-American Wandering Club will host its 35th annual Volksmarch on July 31 and Aug. 1.

Seven, 12 and 22 kilometer trails are offered. Starting point is the Turnhalle am-Sportplatz, Kemnater Strasse 50, 70619, Stuttgart-Heumaden, Entry fee is €1.50, €2.50 for entry and medal.

For more information, visit www.sgawc.org 0152-22045399.

Fourth of July fest

Continued from page 1

I like to go all the way back to Buddy Holly," said Jarrett. "But if you had to hang a title on us, classic rock is about right."

These guys aren't simply pals that get together and jam in someone's basement. They play gigs whenever their schedules allow.

"Two shows a month is a happy medium. All of us will readily admit doing five shows a month is too demanding. We all have families, we all have jobs," said Coffin, who is a network engineer for Defense Information Systems Agency-Europe.



Bree Walker

MaxFracas, a band comprised primarily of Stuttgart military community members, will play from 6:30-10:30 p.m. at USAG Stuttgart's Fourth of July celebration, to be held from 4 p.m. to midnight on Husky Field.

For the Fourth of July you really need an American band. If Bruce Springsteen is too busy, we'll do it.

Vic Jarrett

Lead singer, MaxFracas

And yet, the band has seven engagements on the books for July.

"It would kill a younger band," said Jarrett.

U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation will hold a Fourth of July

celebration on Patch Barracks' Husky Field. A free 5K family fun run starts at 10 a.m. Amusement rides, games, children's activities, music, food and beverages are scheduled from 4 p.m. to midnight.

Fireworks begin at 11:20 p.m. For more information, call 421-2889/civ. 0711-729-2889.

Contest inspires youths to step out of comfort zone

Story & photos by Susan Huseman
USAG Stuttgart Public Affairs Office

Move over, Simon Cowell, and make room for the next big thing: U.S. Army Garrison Stuttgart's Teen Idol.

The Family and Morale, Welfare and Recreation Child Youth and School Services-sponsored talent competition for middle and high school students was held June 11 in the Patch Community Club.

Unlike "American Idol," the popular reality television singing competition, there were no votes, no recording contracts and no wisecracking judges.

But there were 15 teens singing and dancing their hearts out in front of families and friends.

It wasn't really about finding the most talented teen, though.

"We wanted to give the Stuttgart kids a chance to shine and to celebrate the end of school," said Julian Bogan, a CYS Services workforce preparation specialist. He and fellow CYS Services staffers Mary Kane and Ali Thomas organized the event.

Preparations began in May, with two rounds of auditions. However, no one was turned away.

Instead, the auditions let the CYS Services staff assess if the musical selections were appropriate. It also gave participants practice in overcoming any nervousness, Bogan said.

Three mandatory practices also allowed the performers to hone their acts. Yet on show night, many admitted they still had performance jitters.



Joseph Viana, Chris Hopkins and Kyler Fingy, all 14, perform an original song during the CYS Services Stuttgart Teen Idol contest held June 11.

"I have a really big fear of being in front of people," said Jessica Osteen, 13, who sang Smash Mouth's "All Star" a cappella. To overcome her fear, Osteen looked for her supporters while she was performing. "My friends were all around the room, and I felt better because they were cheering me on," she said.

Even more experienced performers had butterflies.

Centavia Boney, 17, who sings in church and is used to being in front of a crowd, said she was nervous.

"Being in front of a crowd is pretty tough at first. It's nerve wracking. But once you start singing, you forget about the nerves," said Boney, who sang OneRepublic's "Say (All I Need)."

After each performance, the young contestants bravely faced the judges:

Tanya Young, recruited for her singing ability; Dr. Rena Hall, the USAG Stuttgart School Liaison Officer; and Christopher Holman, CYS Services staff member.

Unlike "American Idol's" Simon Cowell, who is notorious for his blunt and controversial criticisms, the Stuttgart judges offered praise and suggestions.

"It's tough to be a judge," said Young, who has sung in gospel groups most of her life and currently sings with the April Adkins N'spiredVoices, a local group.

Young said judging is a delicate balance. "You want to give them constructive criticism — but you don't want to bruise their egos or discourage them."

"Overall, I've been very impressed



R.J. Weaver's rendition of Oasis' "Wonderwall" not only won over the judges and audience, but also earned him first place in the contest.

with the level of talent. If they keep working on their craft, they can go far," Young said.

In the end, R.J. Weaver, 14, who sang Oasis' "Wonderwall" while accompanying himself on guitar, won first place.

Kyler Fingy, Joseph Viana and Chris Hopkins, all 14, placed second with their original tune, "Heart of Gold."

Third place went to Tyler Matney, 14, who performed a Michael Jackson dance tribute.

My friends were all around the room, and I felt better because they were cheering me on.

Jessica Osteen
Teen Idol competitor



Keep dumpster lids closed

Waylin Owsley, 14, a U.S. Army Garrison Stuttgart Summer Hire employee, takes a moment to close the lid of a dumpster after disposing of a bag of office trash at a recycling island on Panzer Kaserne. Closing dumpster lids helps to prevent rodents from getting into the dumpsters and also keeps crows and other birds from tearing open and scattering waste, according to USAG Stuttgart Directorate of Public Works officials. Community members are encouraged to take the time to close dumpster lids after placing trash in them.

Susan Huseman

Summer adventures begin with Outdoor Rec

By Susan Huseman

USAG Stuttgart Public Affairs Office

If you're looking for adventure this summer, look no further than Outdoor Recreation.

U.S. Army Garrison Stuttgart's Outdoor Recreation offers a wide range of activities for outdoor enthusiasts, whether families or singles.

"We will have a trip every weekend — everything from white water rafting to camping to bike trips," said Jenn Young, the program manager for USAG Stuttgart Family and Morale, Welfare and Recreation's Outdoor Recreation.

Many are day trips, but there are three overnight trips scheduled.

Cyclists can hit the open road July 24 and 25 with a supported bike trip that will take riders from the Karlsruhe area to France and back.

"We'll cover 110 kilometers on the first day — it could be farther depending on the group," said Outdoor Recreation's Steve Dunlap, who will lead the ride. "On the second day, it could be anywhere from 80 to 105 kilometers."

While the first day's ride is fairly flat, the second day will prove more challenging. "There is a really difficult mountain to climb. I've known many good riders who have struggled with it," he said.

If pedaling isn't your thing, perhaps paddling is.

Outdoor Recreation offers a Black Forest camping and paddling weekend July 31 to Aug. 1.

"If you've never had an oar in your hand, we'll teach you," said Young.

Beginners can work on their technique using inflatable canoes on a nearby lake on Saturday. On Sunday, they can advance to paddling on a river, if they feel confident in their abilities.

Outdoor Recreation provides the tents, sleeping bags, camp stoves and other essential gear.

"The only thing the campers need to bring is food, drinks, toiletries and a propane tank, if you want to use one of the [camping] stoves. Just tell us how many folks you're bringing and their ages," said Young.

In August, the recreation crew is headed



File photo

This summer, Outdoor Recreation lets Stuttgart military community members try their hand at climbing at a ropes course, wakeboarding, windsurfing, canyoning, rafting, and other outdoor adventure activities.

to Noordwijk, Netherlands, for a weekend of windsurfing.

About 25 kilometers north of Den Haag, the area features long, sandy beaches.

"There's lots of wind, but you don't have to windsurf — you can hang out on the beach or visit Amsterdam, which is about 45 minutes away," said Young.

And if that weren't enough, there's a Black Forest

The only thing the campers need to bring is food, drinks, toiletries and a propane tank Just tell us how many folks you're bringing and their ages.

Jenn Young

Outdoor Rec program manager

day trip for hiking, a trip to a local ropes course, rafting, wakeboarding and amusement park outings.

There is also an ongoing paragliding program. "We offer paragliding every weekend, but it is very weather dependent," said Young.

Outdoor Recreation offers two options. The first is a beginner or "teaser" course where participants can learn what paragliding is.

"It's designed for people who think they may want to become a pilot," said Young. Participants will learn basic techniques such as inflating the canopy and launching from a training hill.

The other option is a tandem flight. This is for those who "don't want to be a pilot, but want to fly 1,000 feet in the air and gets some great photos," said Young.

Germany offers many great outdoor opportunities, according to Young.

"There's a lot to see and do here. We try to offer a variety of activities, so that there is something for everyone," she said.

A complete summer schedule is available at Outdoor Recreation, Building 2953, on Panzer Kaserne. For more information, call 431-2774/civ. 07031-15-2774, or visit www.stuttgartmwr.com.

Summertime scams: *All that glitters is not gold*

By Robert Szostek

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

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

“With the onset of summer, we again expect to see cases of people trying to defraud Americans on the road in Europe,” said Lt. Col. Shawn J. Kelley, USAREUR OPM law enforcement chief.

Officials said one type of common scam involves someone in a vehicle flagging down other vehicles to get money by falsely claiming to need help.

This kind of approach often happens close to a barracks gate, at a highway rest stop or on a road outside a town where vehicles must move slowly.

Sometimes the scammers offer drivers what appears to be gold jewelry as “collateral” so they can pay a “loan”



Photo illustration by Susan Huseman

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

back later, OPM officials said, but the rings and chains turn out to be brass imitations, and worth much less than what the victim paid the scammers.

OPM experts warn of a second scam that involves a con artist stopping an

intended victim, and claiming to have run out of money at a trade fair. The scammer then offers to sell the victim his expensive goods — often jackets or coats — at a huge discount so he can buy gas to get home.

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

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

- Offers that sound too good to be true, usually are. Articles with fancy brand names can easily be cheap fakes and gold jewelry can be plain brass.

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

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

Kelley also advises that anyone approached by a scammer write down the person’s license plate number, and contact the nearest military police station.

Social networking may endanger your security clearance

By Felice Procaccio

Special to The Citizen

Social networks have redefined friendship and the way we connect to each other. Face-to-face meetings have given way to Facebook.

In fact, if you have a Facebook account (only one of 3,750-plus social networking sites) you are a citizen of the fourth largest “country” in the world. According to Army Europe Information Technology training, Facebook has over 350 million subscribers.

One of the many benefits to social networking sites is making new friends. That benefit is also a great danger because these “friends” could inflict damage by way of data theft or viruses.

The danger is compounded when you automatically accept friends without verifying their identities.

According to a Federal Times article posted Nov. 2, 2009, by Greg Rinckey, online associations

could put your security clearance in jeopardy. In Rinckey’s article, a subject befriended another gamer in a gaming chat room. Unsuspectingly, the “friend” was actually a foreign intelligence agent working out of China. The result was the revocation of the subject’s clearance.

If you are one of those social networking users with a large “friends list,” you should rethink your popularity, especially living overseas. Review your associations, especially foreign contacts, and keep your personal information controlled. Utilize the “ignore” and “block” features, and verify identities before accepting friends.

Moreover, Question 14 of the National Agency Questionnaire (SF-86) asks for the names of your foreign relatives and associates.

The term “associate” is defined as any foreign national that you or your spouse “are bound by affection, obligation, or close and continuing contact.” Continuing contact usually means visits, mail, phone calls or e-mail.

Therefore, giving a foreign national access to

your social networking page as a “friend” could be considered close and continuing contact, even if you never directly message them.

Remember, investigators can look at your social networking site pages and ascertain your friendships. Therefore, an accurate disclosure of foreign contacts is your best course of action.

Finally, you can mitigate the chances of being wrongfully targeted by foreign intelligence agencies by taking a proactive approach to your privacy settings. Follow these useful tips found in Army Europe Information Technology training:

1. Allow your closest and trusted friends, by invitation only, to view your SNS page.
2. Always vet potential friends, and ensure they are who they say they are.
3. Do not automatically accept mutual friends.
4. Always be mindful of what personal information you place on your profile page. Government or military affiliation, as well as birth dates, should not be shared publicly.



BETHEL BAPTIST CHURCH
MAKING MUCH OF JESUS

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Morning Worship 11 a.m.
Sunday Evening Service 6 p.m.
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HOMES FOR RENT
www.stuttgartrealtors.com
Contact 0179- 39 36 835

For more community photos, visit www.flickr.com/photos/usagstuttgart

Facilities to close for July 4 holidays

In observance of the Independence Day and training holidays, many garrison facilities, to include the Stuttgart Army Health Clinic, will be closed July 2-5. It is advised to call ahead before visiting.

ASAP training re-scheduled

The Army Substance Abuse Program training for civilians scheduled for July 15 has been rescheduled for July 30 in the Kelley Theater.

Employee training sessions will be offered from 9-10 a.m., 1-2 p.m. and 2:30-3:30 p.m. Supervisor training will be held from 10:30-11:30 a.m.

For more information, call 431-2530/civ. 07031-15-2530.

Register for Women's Career Workshop

A Women's Career Development Workshop will be held July 15 from 9-11 a.m. in the Army Community Service conference room, Building 2915, Panzer Kaserne. The workshop will focus on personal and professional development/mentorship.

Register by July 12. For more information, call the Equal Opportunity Special Emphasis Program Manager at 430-5256/civ. 0711-680-5256.

Garrison news now available via e-mail

Would you like to learn about garrison events through e-mail news briefs and flashes?

Send an e-mail to stuttgartmedia@eur.army.mil with "add me to your mailing list"

in the subject line.

Sports physicals

The Stuttgart Army Health Clinic will conduct sports physicals for students and Child, Youth and School Services sports participants on July 24 and Aug. 28.

To schedule an appointment, call the clinic at 430-8610/civ. 0711-680-8610.

RB Sunday brunch on hold for summer

The Robinson Barracks Club has put Sunday Brunch on hold for the summer.

For more information, call 0172-790-9859.

Do you have an announcement?

The Citizen is the perfect place to get information out to the Stuttgart community.

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

Support group meets July 21

The Panzer Chapel Contemporary Service hosts a cancer support group on the third Thursday of every month from 11:30 a.m. to 1 p.m. in the Panzer Chapel Fellowship Hall (downstairs).

The group provides spiritual and emotional support to cancer patients, survivors and their family members.

All community members are welcome.

Get recall, product safety news

Consumers can stay up-to-date on recalls and product safety news by visiting the U.S. Consumer Product Safety

Commission's website at www.cpsc.gov.

Current recalls include mouth wash, cribs, children's toys and baby walkers.

Flag football clinic set for July 27-30

Installation Management Command-Europe will host a flag football officials clinic July 27-31 at the Center for Workforce Development in Schwetzingen.

A flag football tournament is scheduled for July 31. The free tourney is open to the first six community-level teams that register.

For more information, call 373-8032/civ. 06221-17-8032.

Learn CPR

The Stuttgart American Red Cross will offer first aid/ CPR courses on July 10 and 17 from 8 a.m. to 5 p.m. Cost is \$40.

To register, stop by the American Red Cross office, Room 314, Building 2915, Panzer Kaserne.

For more information, call 431-2812/civ. 07031-15-2812.

New to Stuttgart? Sign up for SNO

Stuttgart Newcomers Orientation is a two-day German language and culture orientation to Stuttgart and the military community.

Classes are scheduled for July 6 and 8, July 27 and 29, Aug. 3 and 5, and Aug. 24 and 26.

Class runs from 8:15 a.m. to 4 p.m. on Tuesday and from 8:45 a.m. to 5 p.m. on Thursday.

To register, or for more information, call Army Commu-

nity Service at 431-3362/civ. 07031-15-3362.

Sessions for youths in grades six to 12 are also available. Contact Child, Youth and School Services at 430-7480/civ. 0711-680-7480.

American Legion to host golf tourney

American Legion Stuttgart Post 6 will host a golf tournament July 11 at the Stuttgart Golf Club.

Participants can sign up as a team (up to four members per team) or as individuals. Individual participants will be assigned to a team on tournament day. Entry fee includes meals and golf cart.

For more information, call Derek VanDyne at civ. 0151-582-14383 or James Moss at civ. 0152-0258-6917.

Play Texas Hold 'em like the pros

Play Texas Hold 'Em July 16 at 7 p.m. in the Patch Community Club. Registration opens at 6 p.m. Participants must be at least 18 years old.

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

Get information on adoption process

Adopting a child while overseas can be a challenge.

If you're considering adopting or are in the process of an adoption, you're invited to join the Stuttgart military community adoption support group.

The group meets on the third Thursday of every month from 6:30-7:30 p.m. in the basement conference room in Building 2949 on Panzer Kaserne.

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

German immersion for children

Child, Youth and School Services offers two German immersion classes for children ages 5-11. Sessions will be held July 12-15 and July 26-30 at the Patch Hub.

For more information and to register, contact Central Enrollment Registration office at 430-7480/civ. 0711-680-7480.

AAFES is hiring

The Army and Air Force Exchange Service in Stuttgart is now hiring for regular part-time and temporary positions.

Applicants must successfully complete a background check and be available to work weekends and evenings.

For more information, call the AAFES Human Resource Office at 07031-4395-104/105. Applications are available online at www.aafes.com.

Join Kontakt!

The Stuttgart German-American Outreach Kontakt Club is looking for new members to join their many activities such as dining-outs, ladies night out, city tours and more.

Visit us online at www.kontakt-club-stuttgart.de or call 431-3113/civ. 07031-15-3113.

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The U.S. Army Garrison Stuttgart Safety Office and ADAC offer free mechanical checks of shock absorbers, brakes and speedometers for privately owned cars. ADAC members can choose two checks, while non-members are offered one.

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Remembering D-Day

Story & photos by Master Sgt.
Donald Sparks

Special Operations Command Europe
Public Affairs Office

More than 50 service members representing the various components of U.S. Special Operations Command Europe took part in numerous ceremonies and events commemorating the 66th anniversary of D-Day in the Normandy region of France June 2-6.

Elements of 1st Battalion, 10th Special Forces Group (Airborne), Naval Special Warfare Unit 2 and SOCEUR Signal Detachment proudly stood in formations throughout the region where Allied forces fought to repel German troops at famous battle sites such as Pointe du Hoc, Montebourg, Saint Mere Eglise, and Utah Beach.

As part of the nearly week-long event, the Soldiers, Sailors, Airmen and Marines visited the Brittany American Cemetery and Memorial, the Normandy American Cemetery and Memorial and the German War Grave in Mont-de-Huisnes.

During the week, a special staff ride was coordinated by Col. John Lazaro, SOCEUR Deputy J3, to give the service members a unique and introspective look of what happened during the D-Day time period from a special operations aspect or contribution at each of the locations they visited.

"A staff ride, or battlefield terrain walk and study, is an essential part of the study of the science and art of war," Lazaro said. "We would have missed the opportunity to gain an understanding of what occurred in Normandy had we not physically touched these sites and walked the ground."

From a SOF perspective, Lazaro mentioned specifically how specialized forces contributed and impacted conventional operations.

"Studying the actions of the 2nd Ranger Battalion at Pointe du Hoc opened the eyes of some when we talked about both the Allied deception, information

and psychological operations prior to the 6 June landings, as well as the mission of naval underwater demolition teams on the beaches before the landings," said Lazaro.

At each of the staff ride sites, the troops were given historical facts about the fighting that took place and how the strategy of war is relevant even today.

During the visit to the Normandy American Cemetery and Memorial, Staff Sgt. Reynaldo Cruz walked along Omaha Beach shore and collected sand from the beach to take home with him as a reminder of his experience. Staring out at the English Channel, he was taken aback of what the same scene looked like 66 years earlier.

"Before coming, I watched the entire series of 'Band of Brothers,' movies 'Saving Private Ryan' and 'The Longest Day' so I can get a feel of what really took place here," Cruz said. "It's amazing how peaceful it is today. I can't imagine how those Soldiers fought up this terrain as Germans opened fire on them."

The highlight of the commemoration was the airborne operation in which nearly 300 paratroopers jumped and landed on the "Iron Mike" Drop Zone outside of the town of Saint Mere Eglise, France.

Exiting the drop zone, the paratroopers were greeted by thousands of Normandy residents as they applauded and stopped them for photo and souvenir opportunities. Soldiers gave away their skill badges, unit and combat patches freely to the children who pleaded in English with their French accents, "souvenir, souvenir." It was a simple gesture of thanks from paratroopers to the residents in recognition of what took place 66 years ago on the same soil.

Reflecting on the overall event, Lazaro summed up the experience.

"This final point sets the conditions for their (SOCEUR service members) future return, hopefully with their families, with whom they can pass on the story of America's greatest generation."



A U.S. Special Operations Command Europe Soldier reflects on the event at Omaha Beach, located at the Normandy American Military Cemetery and Memorial.



Townpeople from Saint Mere Eglise, France, enjoy the festivities as paratroopers march through the town as part of the 66th Anniversary D-Day celebration.

U.S. and German military members salute in a circular formation during a ceremony honoring German Soldiers killed in World War II at the German Military Cemetery at Mont-de-Huisnes, France.



French World War II re-enactors pose on Utah Beach to commemorate the 66th anniversary of D-Day.



Paratroopers from SOCEUR, 1st Battalion, 10th SFG (Airborne), Naval Special Warfare Unit 2 and SOCEUR Signal Detachment make their descent onto "Iron Mike" Drop Zone in France's Normandy region, June 5.



Participants of D-Day while looking at the shoreline of Omaha Beach and Memorial, on June 4 in Normandy, France.



U.S. Army of

An NCO assigned to 1-10 SFG(A) stands near a row of crosses at the Brittany American Cemetery and Memorial located at Saint James, France, June 4.



D-Day veteran Bill "Sully" Sullivan stands near the statue of "Iron Mike," the French memorial dedicated to those airborne troopers killed in the liberation of France.



Lt. Col. Isaac Peltier, the incoming commander, 1st Battalion, 10th Special Forces Group, accepts the unit colors from Col. Sean Swindell, commander, 10th Special Forces Group, Colorado Springs, Colo., during a change of command ceremony held June 25 at Panzer Kaserne.

Peltier takes helm of 1-10 SFG(A)

Story & photo by Master Sgt. Donald Sparks
Special Operations Command Europe
Public Affairs Office

Formations of men wearing green and burgundy berets stood proudly on Panzer Parade Field to welcome 1st Battalion, 10th Special Forces Group (Airborne) new commander, Lt. Col. Isaac Peltier, and bid adieu to out-going commander Lt. Col George Thiebes.

Thiebes, who became commander of 1-10 SFG(A) in May 2008, is leaving to assume duties at the NATO Special Operations Forces Headquarters in Belgium.

Peltier comes to 1-10 SFG(A) after serving the last two years as a joint operations planner at the U.S. Special Operations Command in Tampa, Fla.

After the traditional passing of the unit's colors, in which Col. Sean Swindell, commander, 10th Special Forces Group (Airborne) Fort Carson, Colo., gave Peltier assumption of command, Thiebes was presented with the Meritorious Service Medal for his tenure of leadership.

Thiebes' wife, Raquel, was presented the Commander's Award for Public Service by U.S. Special Operations Command Europe Commander Maj. Gen. Frank Kisner for her support of the Soldiers in the unit and the overall Stuttgart military community.

Kisner then took the podium to say a few words praising the Army Special Forces unit and its outgoing commander.

"First the battalion has provided exemplary support to United States policy and interests, to include strengthening our NATO alliance and our relations with European partners," Kisner said. "Speed, lethality and violence of action are your hallmark, but also patience, dedication and humanity while building capacity for the future and buying time for the present."

Kisner described Thiebes as tough, capable, confident and courageous when reflecting on his helm of leadership as the 1-10 SFG(A) commander.

"To me, his (Thiebes) leadership style and incredibly powerful command climate is personified in the fact that leaders under his command were recognized in two consecutive years with the Douglas MacArthur Leadership Award, and one ODA (Operational Detachment Alpha) was recognized as

the best ODA in the group."

The switch in leadership of the 1-10 SFG(A) gave Swindell an opportunity to give laudatory comments on the battalion under Thiebes' command.

Swindell said whether the battalion was in the close fight of Afghanistan and Iraq or the deep fight of AFRICOM and EUCOM contingency support, it continued to reflect the best of America after the unit's participation in seven years of war.

"Today, we honor an outstanding leader ... a commander who followed that timeless creed of 'mission first, Soldiers always,'" Swindell said. "When you talk about George Thiebes, you hear about the powerful impact of his positive leadership and about the confidence that stems from exacting standards that he maintained. And you hear about the absolute trust that comes from his coolness under fire."

Thiebes took the podium and publicly thanked numerous officers and noncommissioned officers by name from various staff positions for their dedication and professionalism.

In praising his men, Thiebes said, "Your actions have brought honor to this unit. We train hard and hit the ground running in our theaters of operations. We conduct high risk operations, but do so knowing that few are qualified to walk in our shoes and that if we meet our fate, our teammates will always honor us in their thoughts."

He paused as he reflected on his senior NCO leader who'd been by his side in command — Command Sgt. Maj. Jason Krider.

"Thank you for tempering my enthusiasm with your sage advice and counsel," Thiebes said. "You have always been able to approach problems logically and methodically. You brought fresh and calming perspectives to challenges that we have faced in the last two years; more than once you have stopped me from firing off an e-mail at first impulse. Your concern for the regiment and this unit is unsurpassed."

Peltier was the last to take the podium, saying he was honored and privileged to be taking command, especially during time of war.

"We will continue to maintain the high standards, discipline, and courage that have always been the hallmark of the men of the 10th Special Forces Group."

Be aware of ticks, their diseases, symptoms

By Lt. Col. Kenneth R. McPherson
U.S. Army Public Health Command
Region-Europe

Entomologists at the U.S. Army Public Health Command Region-Europe are reporting an early season for ticks this year.

Though the risk of being bitten by a tick during normal outdoor activities on military installations is low, the risk of encountering a tick increases as people and pets get further off paved trails and mowed parks into tall grass and brushy vegetation.

Lyme disease (known as Lyme borreliosis in Europe) is the most frequent tick-borne disease in Europe.

A person with Lyme disease may develop fever, headache, fatigue and a skin rash called erythema migrans. This rash is sometimes referred to as a "bull's-eye" rash because of its red circular appearance. As it continues to grow (up to nearly 12 inches in diameter), it will often lose the redness in the center of the rash.

If left untreated, it can worsen and cause swelling of the brain, facial paralysis, and pain and numbness in the hands, feet or other areas of the body.

In most cases, Lyme disease can be treated with antibiotics.

No vaccine against Lyme disease is currently available, so tick awareness, appropriate clothing in tick-infested areas, and early removal of attached ticks remain the most important prevention measures.

In areas where ticks are prevalent, these precautions are advised:

Avoid waist-high vegetation and wild game trails located in and near forested areas.

Wear light-colored clothing. This makes it easier to see crawling ticks.

Wear long pants and tuck them into boots or socks. Shirts should be tucked into pants at the waist. This will help ensure the tick is visible before it gets under clothing.

Wear clothing that is treated with insect repellents. Many outdoor companies now sell outdoor clothing pre-treated with permethrin to repel ticks and other biting arthropods. For all other outdoor clothing, spray with an insect repellent containing DEET. These sprays are sold at most convenience stores.

Apply insect repellents containing DEET to exposed skin as directed by the product label.

Check yourself and your children carefully for ticks after outdoor activities. Pay close attention to warm,



www.photos.com

The risk of encountering a tick increases as people get farther off paved trails and mowed parks into tall grass and brushy vegetation.

moist areas of the body and to your head.

Avoid using tick-and-flea collars meant for animals on people; the

chemicals in these products can cause skin and internal organ damage to humans.

To properly remove an embedded tick, use fine-tipped tweezers to firmly grasp the tick's head as close to the skin as possible, and pull up in a smooth, steady motion.

Avoid jerking, twisting, or pinching off the head, as this may break off the tick mouth parts and cause secondary infections. After removing the tick, clean the area with soap and water, and apply an antiseptic. Always wash your hands after handling ticks.

Avoid home remedies, such as hot matches, fire, fingernail polish or other extreme methods to remove ticks. These techniques may cause the attached tick to regurgitate into the host.

After removing ticks, stay alert for signs of tick-borne diseases. If a tick bite is followed by flu-like symptoms and/or a skin rash, promptly see your primary care provider for evaluation.

Editor's Note: USAPHCR—Europe's Col. Eric Shuping and Lt. Col. Greg Saturday contributed to this article.

To find out more about ticks and tick-borne diseases, visit the U.S. Army Public Health Command website at <http://phc.amedd.army.mil>.

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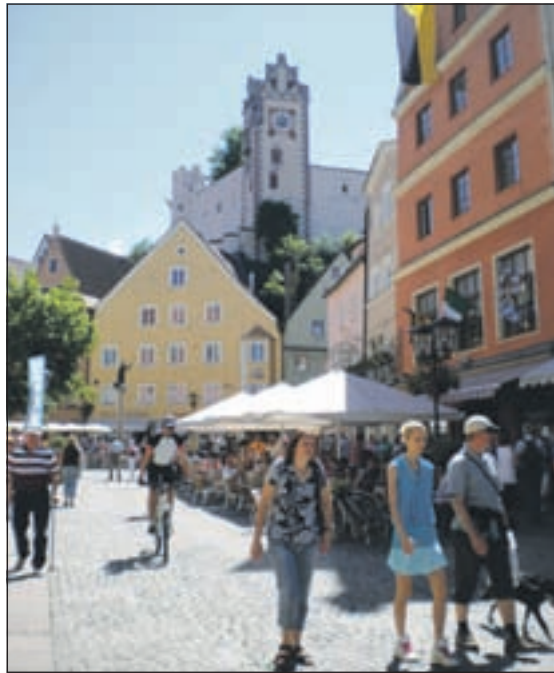
EUROPE

NEWS FOR NEWS MAKERS

Touring Bavaria: searching for castles, kings, churches

Editor's Note: This is the first installment of a three-part series that explores tourist-worthy destinations in Bavaria.

Story & photo by Carola Meusel
USAG Stuttgart Public Affairs Office



Hohe Schloss, a late Gothic castle complex, towers over Füssen's picturesque, historical town center.

Bavaria is famous for its picturesque lakes, hiking trails, idyllic villages, castles, monasteries and Baroque churches.

In this region, there is always something new to explore and hidden treasures to be found, even for natives of Germany

The Romantic Road winds its way across Bavaria from Würzburg and makes its finale in Füssen, a city known for its medieval houses, maze of intriguing side streets and the Hohe Schloss.

Inside the Hohe Schloss gallery, a fascinating collection of paintings and sculptures representing the late Gothic style, and artwork from the Bavarian and Swabian regions, is on display.

Visitors should also stop by the Baroque church Heilig-Geist-Spalkirche, with its colorful facade and cupola fresco.

History buffs will enjoy the "Bavaria-Italy" exhibition, which focuses on the historical connection between the two cultures, on display through October at the former Benedictine monastery, St. Mang.

For those who enjoy more modern pursuits, Fussen offers small, quaint shops specializing in home decor, one-of-a-kind artwork and tasteful trinkets, all meticulously arranged.

Leaving Füssen, on the way to Ettal and

water while looking at the scenery felt like a vacation, and was very relaxing," said Christin Schweizer, from Stuttgart, who visited the Plansee in June.

Only a few kilometers away is Castle Linderhof, one of three castles (Neuschwanstein, Herrenchiemsee) built by the Bavarian "Fairy Tale King" Ludwig II. Linderhof is known as the "royal cottage" and was Ludwig's favorite castle.

All its rooms are designed in the Neo Rococo style, meaning colorful and opulent decorations and paintings on the walls and ceilings.

Visitors will want to pay close attention to the dining room and the table known as "Tischchen Deck Dich" (the magical preset table). A specially-designed mechanical system transported this "magical" table from the royal dining room, on the second floor, directly to the kitchen below. Servants set the table and then sent it back up to the dining room.

Here, Ludwig II was able to enjoy his meals without being disturbed by servants.

Another highlight, reflecting Ludwig's passion for romanticized operas and legends, is the Venus Grotto, an artificial stalactite cave, in Linderhof's royal park area. A shell-shaped boat was designed for the king to paddle on an artificial lake. The cave was also illuminated with a colorful lighting system.

"The Venus Grotto is amazing and very romantic — just out of this world, and therefore typical for Ludwig," said Christine Schaefer of Leonberg.

While Germany has many enchanting locations, Bavaria should be on the top of everyone's list of places to see because of its rich history, distinct culture and soul-stirring scenery.

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[Above] CYS Services Gym Ratz participant Caleb Elliott, 9, expertly negotiates the climbing wall in the Panzer Fitness Center June 25. [Right] Raina Goodlow, left, a CYS Services Sports and Fitness staff member, inspects 9-year-old Daniel McHale's hand position while Jacob Hoeing, 9, and Sara Tingey, 11, look on during the CYS Services Basketball clinic June 24.



CYS Services: making fitness fun for kids

Story & photos by Susan Huseman
USAG Stuttgart Public Affairs Office

Turn off the television, shut down the computer and put that iPod down.

That's what U.S. Army Garrison Stuttgart's Child, Youth and School Services wants kids to do this summer.

With childhood obesity on the rise in America, CYS Services is intent on getting all children — not just the athletic, competitive ones — moving.

"A lot of kids don't want to participate in team sports, so we offer camps and clinics to accommodate them," said Jeff Carpenter, the CYS Services Sports and Fitness program director.

Scheduled sports clinics include tennis, cheerleading, flag football, soccer, bowling and golf.

The idea is to introduce children to the sports, teach them the fundamentals and get them active.

Twenty-seven youngsters participated in a basketball clinic held June 23-25 in the Patch Fitness Center.

Payton Paro, 11, signed up to improve her technique. "I want to work on controlling the ball," she said.

Payton, who has played basketball since she was 4, recommends the clinic, especially for beginning players. "They walk you through everything, and teach you the basics," she said.

Mini-fitness camps are slated

throughout the summer at youth and school-age centers on Patch and Kelley Barracks, and Panzer Kaserne.

The fitness camps will focus on speed and agility drills, according to Caitlin Smith, fitness specialist for CYS Services.

The drills help to promote fitness, and build balance, agility and speed skills. "The program mirrors what you'd do in an athletic training program," said Smith.

Smith is also leading an eight-week summer program for 12- to 18-year-olds called Start Moving' Start Livin'.

Adolescents can take part in weight training, indoor cycling and what Smith calls "boot camp in a bag."

Another program, Gym Ratz, runs through August. "It's an incentive-based program to encourage kids to keep moving," said Smith. Participants earn points for activities such as Frisbee, rock climbing or dog walking. The points can then be redeemed for prizes.

The programs are all part of a CYS Services fitness initiative that began last fall with a virtual "walk across Germany."

"We've been adding new programs ever since," said Smith.

For more information, visit Parent Central Services, Building 2347, Patch Barracks, or call CYS Services Sports and Fitness at 431-2616/civ. 07031-15-2616.

Sports Shorts

Sign up for Run to Remember

The U.S. Army Garrison Stuttgart Run to Remember 5K/half-marathon will be held on July 17 on Panzer Kaserne.

The half-marathon starts at 9 a.m. and the 5K starts at 10 a.m. Register at the Patch or Panzer Fitness Centers until July 15. Entry fee for individual participants is \$12, and \$30 for families. Fee includes commemorative T-shirt.

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

Vilseck to host volleyball camp

A Department of Defense Dependents Schools-Europe and Amateur Athletic Union-sanctioned volleyball camp will be held at Vilseck's Rose Barracks in August.

An elementary and middle school camp is scheduled for Aug. 18-20. A camp for high school players will be held Aug. 21-24.

All campers will be required to have valid physicals to participate.

For more information, contact Camp Director Brian Swenty at brian.swenty@eu.dodea.edu.

Table tennis showdown July 10

The Panzer Fitness Center will host a table tennis tournament July 10 at 10 a.m. for all U.S. ID cardholders, 18-years old and over. Trophies will be awarded to first and second place.

For more information, visit the Panzer Fitness Center or call 431-2724/07031-15-2724.

U.S. Army Europe 10-miler set for July 10 in Grafenwöhr

The U.S. Army Europe 10-Miler race is set for July 10 at U.S. Army Garrison Grafenwöhr.

The top 12 active-duty Soldiers (six each in the men and women's divisions) will be nominated to represent USAREUR during the Oct. 24 Army 10-Miler in Washington, D.C.

To be considered, male competitors must finish in under 68 minutes, while female runners must finish in 86 minutes or less.

While only Soldiers can compete for the USAREUR team, all U.S. Department of Defense ID cardholders (18 and over) may participate.

Register online at <https://webtrac.mwr.army.mil/webtrac/Grafenwoehrrectrac.html>.

For more information, contact the USAG Grafenwöhr Recreation Division at 475-9024/civ. 09641-83-9024.

Those with questions about registration or last-minute sign ups should call 379-7667/civ. 06202-80-7667.

Stuttgart to host bodybuilding, figure contest Aug. 28

The U.S. Army Garrison Stuttgart Third Annual European Bodybuilding and Figure Championship is scheduled for Aug. 28. Forms and rules are available online at www.stuttgartmwr.com.

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



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Mini Cooper Convertible '06, \$16,750, US Specs, 24K easy miles; Excellent Condition; manual trans; English Racing Green, black power top; Harmon Kardon CD-stereo; new front tires; Chrome package & Climate package, heated seats 06371-8020-103; 0151-2130-9917; cjhebner@yahoo.com

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AFN / PowerVu Receiver - American Forces Network Hi - I am looking for a PowerVu receiver with valid subscription. (with valid authorization for afn tv)if you or someone else can help me then please let me know ptech@gmx.co.uk or icq 430974952

For sale: beautiful Simmons honey oak crib, standard size, drop side, great condition. \$100. No mattress. E-mail: movingfromak@yahoo.com

Hard Top Roof stand - BMW 3-series convertible. Original BMW stand/rack to vertically store the hard top for your 3-series BMW convertible for the summer. \$90.00. Write teilp@yahoo.com or call 0177297 3654.

PCS Sale - all 220V appliances: toaster (\$5), toaster oven (\$15), hand mixer (\$5), electric kettle (\$5), food processor (\$10), weed eater (\$30), More movingfromak@yahoo.com

PCS sale: all 220V: fans (\$5-10), floor fan (\$15), telephone (\$10), fi-replace tools (\$5), storage wardrobe (\$15), hoses (\$10), garden fountain (\$15) movingfromak@yahoo.com

PCS'ing--Many 220v appliances: Phillips food processor and blender \$75; Canister vacuum with bags \$75; Mini refrigerator \$75; Braun coffee maker \$15; Tea kettle \$5; Flexa Bunk beds, with ladder, two mattresses and trundle drawers \$250; Transformers; Extension cords; Two floor fans \$10 each; Space heater \$10; Audioline Telephones and Answering System with 3 Handsets \$75. Email CranDrs@aol.com or call 01511 8482404.

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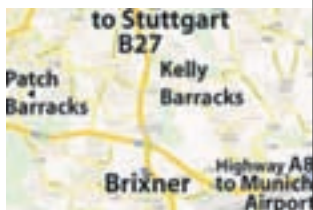


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