

THE CITIZEN

Vol. 39, No. 11

U.S. Army Garrison Stuttgart

June 3, 2010

Serving the Greater Stuttgart Military Community

SOS keeps survivors connected to Army Family

By Susan Huseman

USAG Stuttgart Public Affairs Office

The Army has not forgotten the surviving families of fallen warriors. Survivor Outreach Services, a relatively new Army program, is designed to provide a proactive approach in meeting the needs of survivors, while also helping others prepare in advance for the unexpected.

"The SOS program works with the spouse, children, siblings, parents and loco parentis of the deceased service member, and not just in war time," said Janine Smith, the Installation Management Command Europe Army Community Service SOS coordinator.

Whether the service member was killed in action, suffered a combat-related death, committed suicide or died in an automobile accident, Smith said SOS will provide the surviving families "continuous services, benefits and resources."

Here in Europe, the program encompasses survivors of all service branches and military retirees.

In what can be a very unstable and emotional period of one's life, SOS provides a unified support program, which embraces survivors and reassures them that they are continually linked to the military family for as long as they desire.

"Once the casualty assistance officer goes away, that survivor is left alone — that's where ACS SOS comes in," Smith said.

Whether it is helping to set up child care, or helping a widow to arrange the shipment of household goods back to the States, "We're just a phone call away, a walk through the door, a website away," she said.

Here in U.S. Army Garrison Stuttgart, the local team consists of ACS staffers Lisa Clark, translator; Gina Starrett, Soldier and Family Action Center coordinator; Faith Barnes, financial counselor; Janice Downey, ACS deputy director; and Judy Drews, SOS

outreach coordinator.

"There are 96 survivors in this area that we know of," said Drews. She said the majority of these survivors — elderly German women — have been living on their own for 20 to 25 years.

However, through a survey, many expressed interest in meeting. Hence, the first garrison SOS quarterly forum was held in March. A second is scheduled for June 11.

After a casualty notification, Jodi Motszoko, an IMCOM Europe Human Resources benefits coordinator, meets with the service member's next of kin and assists them in completing all applicable paperwork, such as the Survivor Benefit Plan, Veterans Affairs' Dependency and Indemnity Compensation, and Social Security benefits. She also tracks payments that are made.

Motszoko finds that many survivors are in the dark when it comes to the financial compensation

See SOS on page 4



[Above] 587th Signal Company Soldiers don protective masks in preparation to enter the Panzer LTA NBC chamber. [Right] Pfc. Eric Whitfield pulls the pin on a grenade on the grenade course.



587th Signal: 'Wired for War'

587th Signal Company Soldiers participate in the unit's Warrior Training Exercise May 14-21 at the Panzer Local Training Area. Soldiers trained in warrior tasks and battle drills. [Left] Spc. Anthony Love quickly emerges from the Nuclear Biological Chemical chamber after experiencing CS gas.

Photos by Martin Greeson

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Soldier Show entertains on Patch

From Michael Jackson to heavy metal music, the 2010 Army Soldier Show has it all, and the cast brought their talents to U.S. Army Garrison Stuttgart May 26.



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Patch girls' soccer takes Div 1 title

The Patch High School girls' soccer team capped off an undefeated season when they garnered the Division 1 title 2-1 against Heidelberg May 22.



INSIDE
THIS
EDITION

Prepare for reintegration: talk it out, plan ahead

By **Brittany Carlson**

USAG Stuttgart Public Affairs Office

This week is my husband's last week in Afghanistan. It's been a year. You name the ways — 12 months, 52 weeks, 365 days — I've counted it backward and forward more times that I can remember.

In seven days or so (give or take a few), I'll get a phone call from my husband's unit telling me that his plane has landed at the local airfield, and when the Soldiers will arrive at the gymnasium for a welcome home ceremony.

I'll have three to five hours to be there, ready to welcome him home. Thinking about it gives me an excited — but nervous — feeling in my gut.

I've been making arrangements for weeks for his return, from cleaning the house to making a meal plan with all of his favorite foods. I've gotten a haircut, bought new clothes and purchased a welcome home banner.

However, I know what matters the most will be how we interact with each other, especially after the "honeymoon" phase wears off, about 45 to 60 days from now.

I know that reintegration issues are common, but ... by preparing myself, I can be ready to deflect potential problems and turn them into opportunities for my husband and I to grow closer.

Like other spouses, I've heard stories about reintegration, Post Traumatic Stress Disorder and the many challenges of living together with a spouse after a year of separation due to a deployment.

I don't really worry about building our relationship again, especially since I was able to talk to my husband on the phone during the deployment. However, I want to do everything I can to help us adjust and prepare for anything that may happen in the future.

So, I met with a chaplain to talk about reintegration.

The first thing he told me was that I was already ahead of the game simply by coming and requesting information.

He said it's often the couples who think "It couldn't happen to us" who

end up having reintegration issues down the road, frequently because they are unprepared.

Many redeploying Soldiers may have trouble completely relaxing for the first few months because their minds have not had a break in so long, he said; he called it "nervous energy." His advice to me was to keep a relaxed schedule, especially during block leave, to help my husband unwind.

He also suggested focusing on the positive and, instead of thinking of all of the things my husband and I missed in each other's lives during the past 12 months, work on creating new memories together.

While not everything the chaplain said was new information to me, it was so good to just sit down and talk

with someone about reintegrating. My worries were put into perspective when I said them out loud to someone who truly understood.

It was also helpful to hear from a Soldier who had been downrange, like my husband, and remembered how it felt to return home.

His best advice to me was probably "Be yourself." While time budgeting and staying positive are both important after deployments, Soldiers just want to be with their spouse and family, the chaplain said.

So, instead of getting myself worked up and trying to be the "perfect spouse" for my returning husband, I think I'll take the chaplain's advice and relax.

In fact, since my visit with the chaplain, I don't feel so nervous.

I understand that reintegration issues are common, but I also know that by preparing myself, I can be ready to deflect potential problems and turn them into opportunities for my husband and I to grow closer.

It's also comforting to know that, should there be any problems that we can't solve on our own, there are people in my community who can help.

THE CITIZEN

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www.stuttgart@army.mil **AdvantiPro**

ON THE STREET

What is your ideal vacation?



Sgt. Doug Sweeting
(U.S. Marine Corps)

"Go back to Tokyo."



Capt. Sean Kenney
(U.S. Army)

"Getting away from work."



Lt. Col. Mike Zrostlik
(U.S. Air Force)

"Golfing in the Caribbean."



Donalda Wangel
(Navy spouse)

"A vacation without the kids."



Sgt. Garry Barton
(U.S. Army)

"Somewhere with a beach."



Maj. Shannon Greene
(U.S. Marine Corps)

"In the Bahamas, on my sailboat with my son, watching the sun set."



Spc. Fredrick Hunter
(U.S. Army)

"A cruise in the Bahamas with my family."



Maj. Jason Dougherty
(U.S. Army)

"I like to go on diving trips and surfing trips."



Susan Huseman

'Everybody was kung fu fighting'

More than 80 martial artists from military communities across Germany competed in the third annual European Military World Championship Qualifier tournament, held May 22-23 in the Patch Fitness Center. The tournament allowed beginners to black belts the opportunity to represent the U.S. at the 2010 World Martial Games in Ireland. [Above left] Stuttgart's Mike Cochiolo, 12, earns first place in the beginner weapons form for 12- to 14-year-olds on May 22. [Above right] Stuttgart's Devin Rehwaldt, 13, is on his way to a first place finish in the intermediate weapons category for 12- to 14-year-olds.

Time management training helps managers focus on priorities

By Susan Huseman

USAG Stuttgart Public Affairs Office

Time ... it has puzzled scientists and philosophers for thousands of years.

It's no wonder that U.S. Army Garrison Stuttgart managers have their own time mystery to ponder: how to manage it more effectively.

"Managing an Army garrison is much like running a small city — it's a round-the-clock operation," said Ed McCargo, the USAG Stuttgart Plans, Analysis and Integration chief.

"We've got to ensure that service members, their families and the facilities are taken care of. You've got to be a better manager of time and personnel to do that," he said.

That's why Installation Management Command Europe arranged for time management training for management-level employees at Army garrisons in Stuttgart, Grafenwöhr, Heidelberg and Garmisch, and for staff at the Edelweiss Lodge and Resort.

The Stuttgart training was held May 11 with twenty-five employees attending.

Dr. Patricia Tucker, the director of the Family and Morale, Welfare and Recreation Command Academy and a certified time management instructor, taught the class.

"If we focus on our highest priorities, we'll be more efficient and able to provide higher quality services and products to our families and Soldiers," Tucker said.

She went on to say that the key elements of time management include identifying the things that are truly important and avoiding the things that are not,

setting goals, and establishing deadlines to achieve those goals.

"If one of my goals is to learn Spanish, and I never take the steps to actually learn — it just remains a goal," she said. "Planning for, and scheduling time for your priorities turns them into reality."

For an Army garrison, if the goal is to deliver first-class customer programs, this means infrastructure must be correctly managed and maintained, construction and renovation projects planned and scheduled, new programs implemented, the workforce developed, and funding obtained.

The key is managing time, according to PAIO Chief McCargo.

"The emergencies that occur — a fire in family housing or the loss of power on an installation — they are important and urgent. We have to respond to them immediately," he said.

But some "urgent" situations could be avoided "if we managed our time better and were more effective planners," McCargo said.

"Time management drives it home," he added.

McCargo said the majority of a manager's time should not be spent on reacting to crises. Instead, a manager should focus on identifying goals, preparation, planning and relationship building.

For McCargo, a professional planner, "It means sitting down and planning out my days for the next two weeks, so that most of my workday is mapped out," he said.

It won't win him a Nobel Peace Prize for physics, but for this garrison employee, the mystery is solved.

News & Notes

This PCS season, follow protocol for smooth move

U.S. Army Garrison Stuttgart families scheduled for a permanent change of station move this summer should contact the Personal Property Office as soon as they receive orders.

Many of the servicing firms have already reached their capacity well into mid-June. Please be flexible; the PPO will make every effort to get residents scheduled within five days of their requested date. Do not book travel tickets until a confirmed date from the Transportation Service Provider, who will actually conduct the move, has been received. Confirmation will be provided during a pre-move survey.

For more information, call Jerry Reed at 431-2691/civ.07031-15-2691, or e-mail jerry.reed@eur.army.mil.

Stay informed on recalls

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 rechargeable laptop batteries for HP and Compaq model notebook computers.

Free iPhone app helps locate Army OneSource services

Soldiers and family members can find Army programs and services, and get directions to these services, on their iPhone, thanks to a new application developed by the Family and Morale, Welfare and Recreation Command, Family Programs.

The application will allow users to zoom into their location on the map and locate all nearby services. Find out more by visiting www.myarmyonesource.com/about/sitefeatures/whatsnew.aspx, or download the Army OneSource Services Locator from the App Store.

Thank you from 554th MP Company family

The 554th Military Police Company Welcome Committee wishes to extend a heartfelt "thank you" to all of the individuals and organizations who donated items for the 554th MP Company Soldiers' "Welcome Home" bags. The extra help from the community was greatly appreciated.

U.S. Army Europe podcast series aims to educate, engage

The U.S. Army Europe Podcast is USAREUR's latest media initiative.

The podcast features one-on-one interviews with senior leaders and influential figures from throughout the U.S. forces community in Europe. Listeners participate in the discussion by providing feedback and comments or suggesting interview questions, topics or guests via USAREUR's Twitter and Facebook sites.

Free podcasts can be downloaded from the USAREUR home page, www.hqusareur.army.mil. The home page also provides links to USAREUR social media sites.

SOS

Continued from page 1

they are due. "Most family members don't know much about the benefits they are authorized," she said.

The SOS team recommends that all current military spouses educate themselves on the benefits available, and sit down with their service member and discuss the hard questions, such as what happens if the service member is injured or killed.

For example, the Defense Department Form 93 Record of Emergency Data is the legal document that Soldiers use to designate who is to be notified in the case of an emergency, sickness or death. With this form, the Soldier

can also designate who will receive the death gratuity and unpaid pay and allowances, and who should direct the disposition of the Soldier's remains in the event of death.

"Know what the DD93 contains to avoid any conflicts or surprises," Motszko advised.

While no amount of planning can protect a family from all of life's unexpected occurrences, military families, with their frequent relocations and separations, can benefit from planning ahead.

"When we talk about being prepared, you've got to be prepared across the board, not just downrange," said Janice Downey, the ACS deputy director. She mentioned that the unexpected can happen while driving on the Autobahn,

When we talk about being prepared, you've got to be prepared across the board, not just downrange.

Janice Downey
USAG Stuttgart ACS deputy director

taking a train, or picking up one's children from school.

"Military families need to have their affairs in order in case something happens," she said.

Editor's Note: Rob McIlvaine, Family and Morale, Welfare and Recreation Command, also contributed

to this story.
For more information on the U.S. Army Garrison Stuttgart Army Community Service Survivor Outreach Services program, call ACS at 431-3362/3053 or civ. 07031-15-3362/3053, or stop by Building 2915 on Panzer Kaserne. You can learn more online at www.militaryonesource.com.

Cancer support group opens doors, arms

By Brittany Carlson
USAG Stuttgart Public Affairs Office

Mimi Langenderfer was 16 years old when she found out she had Hodgkin's disease.

Liz Cruickshank has a rare form of cancer in her spine, for which there is no treatment.

Claudia Murphy had a mastectomy at 25.

These are just a few of the stories shared during U.S. Army Garrison Stuttgart's first-ever cancer support group meeting, held May 20 in the Panzer Chapel Fellowship Hall.

The group, sponsored by the Panzer Chapel Contemporary Service, was designed to reach out to those currently battling cancer, survivors and family members, along with any community members who would like to get involved. It meets the third Thursday of every month from 11:30 a.m. to 1 p.m.

"As a cancer survivor, I know how much it's meant to me to have people support me," said Alma Fowler, who founded with group with the help of Chaplain (Maj.) David Santiago-Cruz, the contemporary service minister until he transferred at the end of May.

Many community members have been touched by cancer in some way, she said. "I cannot tell you how many people I've met who are struggling."

Nevertheless, their fight with cancer is often private, due to concerns about the consequences. "People are afraid to say it because they're afraid they'll be sent back [to the States]," said group mem-

Part of my hope in coming here is we know how much it hurts. It's OK to cry. You don't have to be superwoman.

Mimi Langenderfer
Air Force spouse, cancer survivor

ber Liz Cruickshank, a Navy spouse currently seeking treatment for cancer in her liver and spine.

The group is an ideal starting place for reaching out to those community members battling cancer on their own, Santiago said during the meeting.

"Remember that you're here for a reason," he told the group. "They're out there — either they're survivors or they're going through the process. Let them know: 'There is somebody to hold hand when you're going through a rough, difficult time.'"

Besides providing outreach to the community, Fowler and Santiago also designed the group — during two years of planning — to serve as a forum for people to talk to others going through the same things.

In the May 20 meeting, they realized their goal. Participants spoke out about their struggles.

"It feels like it was just yesterday, but it was 21 years ago," said Mimi Langenderfer, Air Force

spouse, who wiped away tears as she recalled being diagnosed with Hodgkin's disease at 16, and sharing a cancer ward with other children.

"We talked about cancer, chemo [and] radiation as if it was a cold, a cough," she said. "It was our life."

For Langenderfer, being able to talk to others with similar experiences was therapeutic.

"Part of my hope in coming here is we know how much it hurts," she said. "It's OK to cry. You don't have to be superwoman."

Cruickshank also shared some of her story. She expressed her fear of telling her three young children about her fight with cancer. "I don't want them to worry that their mother's going to die," she said.

"Believing in God ... that's brought me through this," she added.

The group, while open to members of all faiths, is based on the Christian faith. Members can request prayer from others and talk about the spiritual aspect of dealing with cancer.

"Cancer is not just about the body; it's the whole package," Cruickshank said. "You cannot just treat your body. You have to treat your spirit."

Fowler agreed. She plans to invite a local doctor, dietician, survivor spouse and a chaplain to speak at future meetings.

She also hopes the group will eventually host an annual cancer awareness walk.

"I know this is a ministry, not just for me, but for all of us ... just to let people know that we're here and can support people in any way," she said.

photos.com



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For more news, visit www.stuttgart.army.mil



HOMES FOR RENT
www.stuttgartrealtors.com
Contact 0179- 39 36 835

See more community photos at www.flickr.com/photos/usagstuttgart/



Photos by Susan Huseman

Uphill climb: A line of community members take on a hill during the Cobblestone Classic five-mile run May 22.



Carley Garcia rounds a bend, followed closely by Jennifer Lloyd, during the seventh annual Cobblestone Classic run May 22. For more photos, visit www.flickr.com/photos/usagstuttgart.

A little history, a lot of sweat

USAG Stuttgart Public Affairs Office

More than 300 runners participated in U.S. Army Garrison Stuttgart Cobblestone Classic May 22.

The five-mile race runs through the historic tank trail between Patch

Barracks and Panzer Kaserne.

The overall winner in the men's category was Douglas Hutcheson with a time of 30:14.1. The overall women's category winner was Jennifer Joyce, with a time of 37:59.7.

The next community race is the 5K/half-marathon "Run to Remember" July 17 on Panzer Kaserne.

Social networking:

Protect yourself, family with good cyber security habits

Compiled by the USAG Stuttgart Directorate for Plans, Training, Mobilization and Security

With the ever-increasing use of social networking sites, everyone needs to understand and recognize all the risks.

Social networking sites like Facebook, MySpace, Twitter and many others are software applications that connect people and information in interactive ways. While social networking sites can be useful and fun, they can provide others — such as terrorists, spies, predators and criminals — with critical information that can harm you or your family members.

Practicing operational security will help you to recognize critical information and protect it.

Social networking sites depend on connections and communications, so they encourage users to provide certain amounts of personal information. When deciding on how much information to reveal, people may not exercise the same amount of caution as they would when meeting someone in person. Because of the lack of physical interaction, the Internet provides a sense of ambiguity, which provides a false sense of security.

Tailor the information and photos you're sharing with your friends online, because hundreds, even thousands, of others may see them. Review the site's privacy settings, and learn how to control the content you share with others.

The default settings for some sites may allow anyone to see your profile and personal information.

A site may often alter privacy settings without notifying users. Check your privacy settings regularly, and go through each setting one at a time. Keep yourself informed of privacy boundaries.

Children are especially susceptible to the threats that social networking sites present because of their natural characteristics — innocence, curiosity, a desire for independence and fear of punishment. Normal safeguards and security practices may not be sufficient.

Online predators present significant threat to children. Because the nature of the Internet is so anonymous, it is easy for people to misrepresent themselves and manipulate or trick other users.

By taking some simple steps, you can dramatically reduce the threats. Teach your child about Internet safety, be aware of their online habits, and guide them to appropriate sites in order to ensure that your child becomes a safe and responsible user.

For more information on monitoring a child's computer access, visit www.cyberangels.org. For more information on preventing a cyber attack, or to report one, log onto www.us-cert.gov.

Editor's Note: Information for this article was produced by the U.S. Computer Emergency Readiness Team.

Soldiers are required to take Army Traffic Safety Program training, per AR 385-10 and TASKORD 07-250.

Register for one of the following courses online at the Army IMCOM Registration System: <https://airs.lmi.org>.

- Intermediate Driver Training for Soldiers under 26 years of age

- Motorcycle Safety Foundation courses (required for USAREUR motorcycle license), including Basic, Experienced and Military Sports Bike Rider courses.

USAG STUTTGART

SAFETY

CORNER

Age-old wisdom: *Greek plays help service members understand war's impact*

Story & photo by Larry Reilly
USAG Stuttgart Public Affairs Office

Suicide, unrecognized loyalty, isolation, revenge and mental anguish are issues that face many service members today.

They also affected warriors and families some 2,500 years ago.

During two performances May 21, the Theater of War group — composed of television, screen and stage actors from the U.S. — introduced Stuttgart military community members to two Greek plays describing the tragedies of war. Following each performance, audience members discussed take-away lessons for today's service members and families in a panel-style discussion.

The two plays, written by Sophocles, a Greek general who often had the plays performed in front of thousands of his soldiers, were performed by cast members of the Theater of War productions.

The first play, "Ajax," was about a warrior who dedicated his life to fighting for Greece, only to be overlooked when it came to receiving deserved recognition. He became so consumed by depression that he contemplated seeking revenge on his commanding officers, but instead took his own life.

The second play, "Philoctetes," was about a soldier who suffered severe mental anguish after being abandoned on a deserted island by his fellow soldiers because he had contracted a debilitating illness.

It takes the cast of four actors about 20 minutes to read each play, with short breaks injected to allow the founder and director of Theater of War, Bryan Doerries, to key the audience in on the readings.



Renowned television actors Reed Birney (from left) and Jamie Hector read from Greek plays during the Theater of War performance in USAG Stuttgart May 21. A panel discussion followed the readings.

Feedback from the audience also impacts how the actors deliver their lines during the performance.

"How the Soldiers react to various aspects of the plays does influence our performance, because we realize that they relate to certain parts of the plays and we [put] emphasis on that point of connection," said Gretchen Egolf, one of the actors.

"Our hope is that Soldiers and their families will realize from the plays' different scenarios that they are not alone and, as far back as the Trojan Wars, the military has been encountering similar issues," Doerries said.

In Stuttgart, Doerries' hopes were realized when

audience members replaced the actors on stage after the readings to share what they took from the plays in relationship to their lives as warriors.

"Soldiers relate to Ajax not getting recognized for his dedication, as oftentimes our actions and commitment to the mission are overlooked," said Sgt. 1st Class Richard Cooke, assigned to U.S. Army Garrison Stuttgart Headquarters, Headquarters Company.

"The plays were very insightful as they showed that Soldiers and their families' recognized and addressed situations of war back then that are similar to what we experience today," he added.

Prevent, identify, treat mental illnesses

By Kelly L. Forys, Ph.D., and
Maj. Laura Lewis

Behavioral Health Department,
Landstuhl Regional Medical Center

When your foot hurts, it's obvious that you can't walk or run as well. You also know that a visit to a doctor can get you started on the road to recovery.

The methods for prevention, identification and treatment of mental health issues might not be as obvious.

Proper footwear and stretching cannot prevent all injuries to your feet. Neither will self-care prevent all mental health issues. Prevention strategies can make a difference, though.

Take time to practice the tools presented below to improve your mental health, have more energy and live a healthier life.

Sleep

Don't underestimate the power of rest. Sleep helps to regulate physical processes in your body. Sleep is essential for coping with and preventing stress, depression and anxiety. Aim for seven or eight hours of sleep per night to function at your best.

If you have problems with sleep,

consider adjusting the temperature and darkness of the room. Try reducing your caffeine intake, setting a regular bedtime, exercising during the day and practicing a relaxation exercise before bed.

Be positive

A positive outlook leads to a happier, healthier life. Shift your perspective from negative to positive by catching yourself when you worry about things that you cannot control or when your self-talk focuses on the negative details. Keep a gratitude journal to write about the people and events that make you happy each day.

Connect with others

Social support from family, friends and co-workers can provide you with someone to talk to when times are difficult, as well as someone with whom you can laugh and share good times. Surrounding yourself with positive people can enhance your mood and well-being.

Eat well

Food is your fuel. Fuel your body with nutrients and vitamins that support mental and physical health. Focus on natural foods — fruit, vegetables, fish

and nuts. Removing the junk food from your diet and replacing it with healthy foods can create changes in your brain chemistry to improve your mood.

Remember, as you sleep you are burning calories, so start your day off with a hearty breakfast and avoid skipping meals throughout the remainder of the day.

Play

Playing isn't just for children. When was the last time that you did something just for you? Engage in fun activities and laugh. Go for a walk, take a hike, play a game or throw a frisbee with friends. Leisure activities and hobbies can restore and re-energize you.

Identification

Psychological pain can be more difficult to identify than physical pain. Its effects on well-being, however, are every bit as painful. An individual might not be able to say "I am depressed and it is affecting my interpersonal relationships." Rather, the problem is often noticed when important things in life start to suffer. For example, not feeling like going to work, withdrawing from friends and family members, changes in eating

and sleeping patterns, losing interest in activities that used to be enjoyable and worrying more than usual can all be signs of a problem.

If you notice these symptoms in yourself or another person, it is important to seek help. The earlier you get help, the faster the problem can be resolved.

Treatment

What does it mean to seek help and get treatment? Seeking help does not mean that you are "crazy." Unfortunately, there is a stigma in both civilian and military cultures toward seeking help for a psychological issue. This is unfortunate, because seeking help when the problem is first identified can lead to a better outcome.

Skilled professionals are equipped to listen to you and help you utilize coping resources to address the issue. Treatment options include talking to a Military OneSource representative (www.militaryonesource.com), as well as a chaplain or behavioral health professional in your local community.

For more information, visit www.health.mil, www.behavioralhealth.army.mil or www.afterdeployment.org.

DISA conference scheduled

The Defense Information Systems Agency Europe/Africa Regional Conference is scheduled for June 21-25 at the Edelweiss Lodge and Resort in Garmisch. Defense Department and federal employees, DISA customers and industry partners are invited to attend.

For more information, call 434-5176/civ. 0711-686-39-5176, or e-mail EURconference@disa.mil. Visit the conference website at www.disa.mil/conferences/europe.

Scratch and dent furniture sale at CX

The Robinson Barracks Consolidated Exchange will hold a scratch and dent furniture sale June 5, from 10 a.m. to 4 p.m.

BEMS PTA hosts Family Sock Hop

The Böblingen Elementary/Middle School Parent Teacher Association will host a Family Sock Hop for all grades June 4 from 5:30-7:30 p.m. The hop will include games, outfit and hula hoop contests, silent basket auctions, photo opportunities, hot dogs, root beer floats and more.

For more information, contact bulldogpta@gmail.com.

Army Ball tickets now on sale

The Stuttgart Community Army Ball will be held at the Sindelfingen Stadthalle on June 12, beginning at 6 p.m.

For more information, or to register, select meals, indicate seating preference, confirm the bus to/from one of the housing areas and purchase tickets, visit www.MilitaryBallRegistra-

tion.com. Seating is limited to 500.

Clinic to close for training holiday

The U.S. Army Health Clinic Stuttgart will close June 18 in observance of the training holiday. In case of an emergency, contact the Military Police at 0711-680-116. For

immediate health care needs, contact the Nurse Advice Line at 0800-825-1600.

Sign up for Vacation Bible School

The U.S. Army Garrison Stuttgart Religious Support Office will sponsor High Seas Vacation Bible School July 26-30 from 9 a.m. to noon at

Patch Elementary School and August 2-6 from 5:30-8:30 p.m. at Robinson Barracks Elementary/Middle School.

Children 4 years old through grade five are eligible to participate. Register through June 30. Forms are located in all garrison chapels, the Patch Religious Education Center (Building 232) and in the RSO on Panzer

Kaserne (Building 2948).

For more information, call 431-3079/civ. 07031-15-3079.

Piranhas swim team seeks swimmers

The Stuttgart Piranhas swim team is looking for new swimmers ages 6-18 for the fall/winter season.

For more information, visit www.stuttgartpiranhas.org or contact the team registrar at registrar@stuttgartpiranhas.org.

University of Phoenix hosts open house

The University of Phoenix Overseas Military Division European Campus will host an open house June 15 from 11:30 a.m. to 1:30 p.m. at the Kelley Hotel conference room. Field representatives will be available to talk about two new master's degree options and local face-to-face class options.

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

Patch DFAC training holiday hours

Until further notice, when U.S. Army Europe and U.S. European Command training holidays correspond, the Patch Dining Facility will operate under holiday hours, serving breakfast from 8:30-10 a.m. and lunch from 11 a.m. to 1 p.m.

When the training holidays do not correspond, the DFAC will operate under normal operating hours.

Fraternity chapter to host cruise

The Omega Psi Phi Fraternity, Inc., Theta Rho International Chapter will sponsor a Rhein River cruise on June 12 to raise scholarship funds for graduating Department of Defense Dependents Schools seniors. Shuttle bus service is included.

For more information, call Stanley Phillips at 0160-907-03638 or Rodney Anderson at 0151-129-42717.

Help plan Hispanic Heritage event

The Hispanic Heritage event planning committee will meet June 15 at the Directorate of Logistics conference room in Building 2953 on Panzer Kaserne at 1:30 p.m. For more information, call Sgt. 1st Class Chrysti Lassiter-Jones at 431-7945/civ. 07031-15-7945.



Susan Huseman

Hunting for treasures

Miguel Gavilan purchases some children's toys at the community flea market on Panzer Kaserne directly after running in the Cobblestone Classic May 22. The market started the permanent change of station season. For those with more stuff to sell, the U.S. Army Garrison Stuttgart Directorate of Family and Morale, Welfare and Recreation will host a "Neighborhood Wide Yard Sale" event for each installation this summer. The sales will be held from 9 a.m. to noon June 5 for Kelley Barracks, June 12 for Robinson Barracks, June 19 for Patch Barracks and June 26 for Panzer Kaserne. Community members may sell items in front of their building.

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Bands wage war: Patch High School musicians clash in Battle of the Bands competition

Smith
The Citizen

als, screeching guitars, ss lines and crashing operated throughout the rum May 14 as bands e, a day in a recording ng rights.

cranked up to eleven, eaming fans, the bands the table for the annual mpetition.

ad the opportunity to e skills to the judges, ased on stage presence, up unity, vocals, musi- ppeal.

nds gives high school erform in front of their that they really don't ope, which goes on to eir musical pursuits," nt organizer.

nical difficulty, Bring e night's second-place three-song set with a

our band milestone; e killed our alo, we've e men.

Hopkins Call to Arms



Photos by Susan Huseman

Xavier Thomas, lead vocalist for Bring Forth the Messenger, screams to the crowd — close to 300 people — as his band opens up the Battle of the Bands competition May 14 at the Patch High School forum. Bring Forth the Messenger took second place.

cover of Asking Alexandria's "Alerion/I Was Once Possibly Perhaps a Cowboy King," and worked the crowd into a frenzy with their head-banging tempo and crowd interaction.

"I thought we did really well. It was hard because we had so many technical difficulties, such as the trackover not working, the bass drum breaking, the curtains closing on us during [the] performance ... It was rough," said Xavier Thomas, lead vocalist and screamer for Bring Forth the Messenger. "But, we had fun, and we went out there and showed the crowd a newer style of music I'm sure they liked."

Pocket Full of Sunshine, the night's second band to take the stage and third-place winner, started their set of five songs with "Are You Gonna Be My Girl" by Jet. They were welcomed by screams from their fan base, who were holding up signs in the crowd. Their jam style of music was well received, as members

of the audience began to sing along with the band's lead singer, Eddie Eggleston.

"We wanted to have an alternative sound," said Brent Lavodo, lead guitarist for Pocket Full of Sunshine. "Even though we lost, we still had fun."

A Call to Arms, the night's first-place winner, closed the evening with a strong 40-minute set consisting of eight songs. Opening with a cover of Attack Attack's "Stick Stickly," the band quickly took control of the crowd as strobe lights pulsed, and band members thrashed through their first set.

"We melted faces" said David Hopkins, a junior at PHS and bassist for the quintet. "I felt our band has reached a milestone; it's as if we killed our first buffalo, we've become men. We shredded from the heart, and I think everyone in the room knew it and felt it and understood it; we had a blast."



David Hopkins, bassist for A Call to Arms, gets cheered by the crowd while the band closes out the competition. A Call to Arms took first place, winning \$300, a day in a recording studio and, of course, bragging rights.

We melted faces ... We shredded from the heart, and I think everyone in the room knew it and felt it and understood it.

David Hopkins Bassist, A Call to Arms

A Call to Arms also performed an original song, and was cheered for an encore.

"I think they worked the crowd and kept them interested," said John Taves, one of the judges and member of the local metal band, Rift. "They didn't let the energy fade, and, on my score card, that's what counts."

Comedian brings laughs to military community

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

The lights dim, and the crowd grows silent.

A man with round glasses, jeans, loafers and a small piece of paper steps into the spotlight, and for the next 45 minutes, has them roaring with laughter.

He's Bengt Washburn, a comedian and Air Force spouse, and now a resident of U.S. Army Garrison Stuttgart.

Washburn has appeared on Comedy Central and on "The Late Late Show with Craig Ferguson." He is also a winner of the San Francisco International Comedy Competition. Now, he performs free shows — geared toward adults — for the Stuttgart military community.

Washburn gets his material from everyday life, including his Mormon background.

"Growing up Mormon is no different than growing up Amish," he told the crowd during a show May 13 in the Stuttgart United Service Organizations lounge.

Then, after a pause, "That should have been a joke, but most of you were thinking, 'Yea, that's about right.'"

Washburn also talked about the pains of teaching consequences to toddlers.

"Kids — they're kinda dumb," he said. "You'd think they'd be smarter with that really big head."

The chuckles escalated as Washburn described how relationships change after marriage.

He recalled going on a canoe

trip with his wife and another engaged couple.

While the "engaged canoe" happily navigated the water, he reenacted listening to his wife (the "navigator") criticize his steering. He pretended to look at his paddle, then at the back of his wife's head.

"There's no one around," he muttered deviously. "No way to prove anything ..."

One woman in the audience wiped tears of laughter from her eyes. "That was me and my husband a few weeks ago!" she said.

Lorena Eva, civilian, left the show still smiling. "I have not laughed like that in a long time," she said. "It's just funny: his mannerisms, how he looks, the tone of his voice, his imitations."

The USO show was Wash-

burn's fourth free show in the community, and he plans to do more in the future. He also performs in the Mannheim and Wiesbaden military communities, as well in Berlin and Köln, and in the U.S. for several weeks each year.

He said the key to being funny is having a unique perspective on ordinary events. "Really good comedy, to me, should make you see something old in a new way," he said.

Timing, facial expressions and body language also play a part. "We all have a sense of humor; some people just have a sense of humor that their voice and body and face can plug into," he said.

A comedian who masters these areas can make virtually any topic funny, he added: even death. "Humor helps us to confront fears, accept them and move on," he said.



Known comedian in resident in the Stuttgart performs a show May e. Washburn has also Central and on "The Craig Ferguson."

EFMP: Program aids, supports military family members with special needs

By William Bradner

Family and Morale, Welfare and Recreation
Command Public Affairs Office

The sheer volume of information available to family members with special needs can be overwhelming.

The Army wants to make it easier for Soldiers and their family members to navigate the Exceptional Family Member Program, a Defense Department-mandated program to support Soldiers with family members with special needs.

“To do this, we’ve got to fix EFMP so it works better, and we have to get the word out,” said Lt. Gen. Rick Lynch, commander of the U.S. Army Installation Management Command, at a recent conference.

In the Army, the proponent activity for EFMP is the Army’s Family and Morale, Welfare and Recreation Command. FMWRC’s EFMP managers are currently working with the Army Medical Command and sister-service counterparts to strengthen the program.

“Rather than just creating another awareness campaign, we’re staffing an action plan now that

“It’s all about ensuring the Army allows the Soldier to focus on the needs of the military without unnecessary concerns for his/her exceptional family member.”

Marcia Hagood
EFMP Specialist

includes hundreds of steps — both baby steps and sweeping changes — that will help create a seamless flow of EFMP information and resources to Soldiers’ families with special needs,” said Marcia Hagood, EFMP specialist.

“It’s important to note that the program isn’t broken, we’re just making it better,” Hagood added.

The Army’s EFMP currently has 52,573 Soldiers enrolled and 69,493 family members registered. Program managers expect enrollments to increase as program education and awareness is raised.

Hagood emphasized that it’s important for all Soldiers who have family members with special medical and/or educational needs to enroll in the EFMP. Not only is enrollment mandatory, but enrollment ensures optimum use of permanent change of station money by considering the Army’s requirements, the Soldier’s career and the special needs of family members.

“It’s not ‘big brother’ wanting to know,” Hagood said. “It’s all about ensuring the Army allows the Soldier to focus on the needs of the military without unnecessary concerns for his/her exceptional family member.”

The program was established in compliance with public laws, which collectively mandate that eligible preschool and school-age children with disabilities be provided a free and appropriate education. The Army expanded EFMP to include all authorized family members with special needs (spouse, child, stepchild or adopted child).

If a Soldier is enrolled in EFMP, the Army reviews the special requirements of the family member and confirms the availability of special medical and/or educational resources and required services at the next duty station, prior to orders being released.

The Army Community Service EFMP managers also work with the Soldier’s family members by providing information and referral, advocacy assistance, referral to support groups, medical providers, housing and respite care services.

Once enrolled, the file should be updated by the Soldier every three years, or when there is a change in the family member’s medical condition or educational needs.

“It can be challenging — caring for a family member with special needs and also having to worry about deployments and permanent changes of station every three years,” Hagood said. “Imagine having to start from scratch seeking special medical care every time you relocate.”

The EFMP works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, and educational, medical and personnel services to families with special needs.

The EFMP strategic communication plan is slated to be implemented in the coming months. Information will be disseminated to all levels of leadership, to include new posters, brochures and campaigns, which will be launched to help raise EFMP education and awareness.

For more information on the ACS EFMP office in U.S. Army Garrison Stuttgart, call 431-3362/civ. 07031-15-3362, or stop by the office in Building 2915 on Panzer Kaserne.

For more information online, visit www.imcom-europe.army.mil/sites/news/toolbox_efmp. The site contains checklists and tools for Soldiers and families regarding family travel and links to other resources.

U.S. Army Europe celebrates THE 235TH UNITED STATES ARMY BIRTHDAY. Take our Quiz

- The U.S. Army is planning to replace its aging howitzers with a new mobile artillery system called what?
 - The Peacemaker
 - The Crusader
 - Stryker
 - M60 MAS
- The most highly decorated Army combat unit is the:
 - 1st Division
 - 442nd Regimental Combat Team
 - 82nd Airborne Division
 - 34th Infantry Division
- Who was the last U.S. Army five-star general?
 - General of the Army David Petraeus
 - General of the Army Douglas MacArthur
 - General of the Army Dwight D. Eisenhower
 - General of the Army Omar N. Bradley
- Do you have to be a U.S. citizen to join the U.S. Army?
 - No
 - Yes
- When was the U.S. Army officially formed?
 - June 14, 1775
 - July 4, 1776
 - June 14, 1776
 - July 4, 1812
- What is the highest military decoration the Army awards?
 - Silver Star
 - Distinguished Service Cross
 - Medal of Honor
 - Global War On Terrorism Expeditionary Medal
- When was the Women’s Army Corps (WAC) dissolved, giving women same rights as men to serve in the regular Army?
 - 2001
 - 1945
 - 1978
 - 1992
- Sgt. Alvin York earned the Army’s highest honor for his valor during World War II when he shot and captured hundreds of German enemies.
 - True
 - False
- After 40 years of service, the iconic Army Jeep was replaced by what vehicle?
 - M1 Abrams
 - HEMTT
 - Stryker
 - Humvee
- How many years did the Civil War last?
 - Four
 - Three
 - Five
 - Two
- Who was the first Soldier to be awarded the Medal of Honor during Operation Iraqi Freedom?
 - Sgt. 1st Class Paul R. Smith
 - Pvt. James Ryan
 - Pvt. 1st Class Jessica Lynch
 - Spc. Ross A. McGinnis
- The Army expression “Hooah!” could be translated to mean what?
 - Yes sir!
 - Attention!
 - At Ease!
 - Dismissed!

Answers: 1-3 correct answers: Drop and give us 10!
4-7 correct answers: You’ve earned a stripe!
8-11 correct answers: The Pentagon Channel has nothing on you!
All 12 correct answers: You might want to get a hobby...

Courtesy U.S. Army Europe Public Affairs Office

World-famous Passion Play hits the stage

By Carola Meusel

USAG Stuttgart Public Affairs Office

Most people think of Oberammergau as the typical idyllic Bavarian village. Located about 100 kilometers south of Munich and next to Garmisch, this town is indeed known for wood art and romantically painted houses. However, every 10 years, Oberammergau is one of the busiest places in Germany because of its world-famous Passion Play.

This year's play started on May 15 and will run until Oct. 3, with a total of 102 performances at the Passionspielhaus (Passion Play Theater House), which seats some 5,000 visitors.

The tradition of the Passion Play dates back to the year 1633, when Oberammergau was struck by a plague. The residents pledged to illustrate the suffering, dying and resurrection of Jesus Christ every 10 years in a play to prevent the epidemic from returning to the village.

The first Passion Play took place during Pentecost in 1634. In the year 1700, the decision was made that only residents of Oberammergau were authorized to be actors in the play. This is why the play is so unique: to this day, all actors have to be born in Oberammergau or be residents for at



Photo courtesy of Passionsspiele Oberammergau 2010

Residents of Oberammergau perform the Last Supper scene during the 2010 Passion Play, which is only performed every 10 years.

least 20 years.

The play began gaining fame in 1800, when visitors came from all over Germany. In the year 2000, more than 500,000 visitors from all over the world attended the famous event.

This year's Passion Play will consist of 11 acts, all focusing on the last five days in the life of Jesus Christ. The acts begin with the story of Jesus' entry into Jerusalem before "Pessach" (the Passover), and lead up to Jesus' death on the cross and resurrection.

"The performance focuses on emphasizing the message of Jesus with psalms and prophetic texts, which are used as arguments by the actors. The theological knowledge is factual, and the biblical texts are shining in a new

light," said Dr. Georg Röwekamp, theologian and director of a biblical tour company in Stuttgart, who attended the Passion Play in May.

This year, about 2,000 residents of Oberammergau, including 470 children and 120 choir members, in addition to members of the orchestra, are part of the Passion Play. Besides being a resident of Oberammergau, all actors must abide by the "Hair and Beard Enactment," meaning that they must let their hair and beard grow. For the 2010 play, all participants started to follow this rule on Feb. 25, 2009.

The play's unique cast and history contribute to making tickets some of the most sought-after in the world.

Actors also form "tableaux vivants,"

or "living pictures," in which they appear as part of the background. These tableaux contribute to the play's special feel, said Dr. Röwekamp.

"I found the Passion Play to be a touching and positive experience, and I was really impressed by the performance," he said. "The different forms of action — singing, music and the tableaux — enabled the visitors to be immersed in the performance and also led to a lively play."

Tickets are still available for late August, September and October. For more information on biblical tours in English, call civ. 0711-619-2523. General information is available online at www.passionplay-oberammergau.com.

What's happening in FMWR

Dogs wanted for Bark in the Park competition

Don't miss Bark in the Park, a celebration of man's best friend, June 5 at 1 p.m. at the Hundeverein, the dog training area outside of Patch Barracks, next to the Gaststaette Hondler.

Categories include Cutest Puppy, Best Tail Wagging, Most Mysterious Heritage and Best Trick. The day also includes a parade, obstacle course demonstration, military dog demonstration and dog race. All dogs must be on a leash.

The Stuttgart Veterinary Clinic will be on site.

For more information, call 430-2110/civ. 0711-680-2110.

Multi-Crafts Center open later on Thursday

The Patch Multi-Crafts Center will now be open later on Thursday. The new hours are from 2 p.m. to 9 p.m.

Regular hours will continue the rest of the week: Tuesday, Wednesday and Friday from 11 a.m. to 6 p.m., Saturday from 10 a.m. to 5

p.m., and closed on Sunday and Monday.

Perfect your running technique

The Patch Fitness Center will host a Running Technique Clinic on the third Wednesday of every month from 11:15 a.m. to 12:45 p.m. and from 4:15-5:45 p.m. Register at the Patch Fitness Center.

For more information, call 430-5386/civ. 0711-680-5386.

Are you a Hub Idol?

The next Hub Idol, the "American Idol"-style competition for children in grades six through 12, is set for June 11 at the Patch Community Club.

The contest is open to all acts: singers, dancers, bands and more. The top three winners will be awarded prizes and trophies. Participants must be registered with CYS Services.

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

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



Coming to Patch Theater

June 3 — The Bounty Hunter (PG-13) 6 p.m.

June 4 — Diary of a Wimpy Kid (PG) 6 p.m., Sex and the City 2 (R) 9 p.m.

June 5 — How to Train Your Dragon (PG) 4 p.m., Hot Tub Time Machine (R) 7 p.m., Sex and the City 2 (R) 9 p.m.

June 6 — Diary of a Wimpy Kid (PG) 2 p.m., How to Train Your Dragon (PG) 4 p.m., Sex and the City 2 (R) 7 p.m.

June 7 — Sex and the City 2 (R) 6 p.m.

June 8 — Hot Tub Time Machine (R) 6 p.m.

June 9 — How to Train Your Dragon (PG) 6 p.m.

June 10 — Diary of a Wimpy Kid (PG) 6 p.m.

June 11 — Clash of the Titans (PG-13) 7 p.m., Why Did I Get Married Too? (PG-13) 9:30 p.m.

June 12 — Marmaduke (PG) 4 p.m., Clash of the Titans (PG-13) 7 p.m., The Ghost Writer (PG-13) 9 p.m.



Warner Bros. Pictures

June 13 — Marmaduke (PG) 2 p.m., Diary of a Wimpy Kid (PG) 4 p.m., Why Did I Get Married Too? (PG-13) 7 p.m.

June 14 — Marmaduke (PG) 6 p.m.

June 15 — The Ghost Writer (PG-13) 6 p.m.

June 16 — Why Did I Get Married Too? (PG-13) 6 p.m.

SPORTS SHORTS

Bodybuilding contest on Aug. 28

The USAG 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.

Stuttgart Open set for June 18-20

The 2010 Stuttgart Open will be held June 18-20 at the Stuttgart Golf Course.

This event is open to the first 100 players with a current handicap index from the U.S. Golf Association or the golf federation of their home course.

For entry forms, visit the Pro Shop or e-mail gary.groff1@us.army.mil. For more information, call civ. 07141-879-151.

Fitness center to host racquetball tourney

The Patch Fitness Center will host a Kill Shot 2 racquetball tournament June 19-20, starting at 9 a.m. Participants must register at the Patch Fitness Center by June 15.

For more information, call 430-5415/civ. 0711-680-5415.

Sign up for Run to Remember

The USAG 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. Fallen heroes' names submitted by June 1 (with registration) will be featured on the race T-shirt.

Register at the Patch / Panzer Fitness Centers until July 15. For more information, call 430-7136/civ. 0711-680-7136.



Michael Abrams (Used with permission from Stars and Stripes. © 2010 Stars and Stripes)

The Patch High School girls' soccer team celebrate winning the DoDDS-Europe Division I title on May 22, after defeating Heidelberg 2-1 in Ramstein. The Lady Panthers were undefeated for the year.

Patch girls' soccer team takes D-1 title, caps off perfect season

By Larry Reilly

USAG Stuttgart Public Affairs Office

The Patch High School Panthers girls' soccer team took on the Heidelberg Lions in a "cat fight" that pushed both teams to their limits during the Division 1 championship May 22 in Ramstein.

The Department of Defense Dependents Schools-Europe game went into double overtime between Patch and Heidelberg, the second- and fourth-seeded teams, respectively.

With five minutes left, the Panthers' Nelly Loney sent a shot into the upper corner of the Heidelberg net, bringing the score to 2-1, securing the D-I trophy for PHS, and keeping its undefeated season intact.

Sixty minutes into the game, Patch scored first, after team captain Brianna Heber scored on a penalty kick.

It didn't take long, however, for Heidelberg to even the score at 1-1,

with a tap-in of a corner kick.

However, goalkeeper Ellie Welton batted away a Lady Lion shot early in the first overtime.

"We have had a strong defense all year, and Heidelberg's defense was able to match up well against us in both the games we played [against] them this year," said Heber, a senior.

As nice as it was to beat Heidelberg, the team's semifinal victory over defending champion Ramstein a day earlier was just as sweet.

"Ramstein beat us (4-0) in the championship game last year, and we used that loss to help motivate us this year," Heber said. "It was sweet revenge, especially knowing that they were undefeated coming into the semifinals game."

Emma Murray led the way to victory over Ramstein with four goals, and was backed up by All-Europe striker Nelly Loney, who scored two goals.

The Lady Panthers' perfect

season was the result of many overall improvements during the year.

"We worked hard this year on our passing game and offensive strategies that enabled us to spread the other teams' defense, which created many scoring opportunities," Heber said.

The Panthers also played half a dozen games against local German girls' soccer teams during the season, she added.

In the past, the Lady Panthers have barely been able to hold their own against their German rivals, but this year, they were undefeated.

"I can't remember ever having a season where we won all our games, especially against the German teams," said Thomas Manuel, team coach and PHS athletic director.

"This year's team really worked together well," he said. "They worked off each other's strengths and played selfless ball, and the results were a championship and a perfect season."

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AUTOS

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2008 Smart fortwo coupe Micro Hybrid Drive, 21,000 km (13,000 miles), Automatic, Rear drive, Power windows/ power locks, Blue metallic, Drives great in snow, (seriously!), Moon roof, Single CD changer, radio, AC/heat. German specs but registered with US. Comes with winter and summer tires. Great car!!! Available mid April. Serious inquires only, please. Email me for pictures-thanks for looking! tickledpinky13@yahoo.com

1994 Ford Explorer XLT, excellent condition, automatic, A/C, 125K miles, runs great, no leaks! \$500. rickandann@earthlink.net 0711-65691613

2000 Ford Ranger Truck, with extended cab, 2 wheeled drive, standard transmission, AC, Rhino Liner. 107,000 miles but looks and runs great. Lists for \$3,400 without Rhino Liner; will sell for \$3000 obo. Contact David at DSN 421-4005, cell 0162.272.9610 or email david.m.ice@mi.army.mil

97 Mercedes E320 wagon \$6600 Loaded: Auto trans, A/C, elec sun roof, ABS, airbags, heated frt seats, hitch. German insp good thru Oct ph 7116807805

2002 A170 Mercedes: black, diesel, 5 speed manual transmission, no clutch, AC, Bose stereo w/ CD, dual airbags, power locks and front windows, heated seats, available in late May/early June, 96,000 miles: \$8,500 gwyn_wischmeyer@yahoo.com mobile: 0160-544-2877, work: 0711-729-2871 or 421-2871 home: 07159-804-9963

BMW 316i Compact 1999, Automatic, Excellent condition, Passed inspection, Leather Heated Seats; Double Airbags, BMW Dealership maintained. 181K, German specs. Quick Sale \$6500 OBO, Test Drive Today at 0151-2131-8359! Pics: catherine.dubosc@eur.army.mil

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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

Range Rover 2001, 2.4 LHD Auto Turbo Diesel, 72k miles, Dk Blue, Grey Leather, Tow hook, Sun Roof, A/C, Elec everything. ABS, Cruise Control. Tel: 01766 5507 345 or email:bond.colin@yahoo.com. \$14,750 o. v. n. o.

NISSAN QUEST SE 3.5, 2005, 71000 miles for SALE. Excellent condition, from the only owner, all services are up to date. New tires (all season), brakes and battery!! Power steering, automatic transmission, 7 power and heated leather seats, power windows, rear parking sensors, cruise control, moon roof, DVD entertainment system, roof rails, splash guards, ABS, Traction Control, Stability Control, Brake Assist System, Traction control and much more. tel. 017663128496 or muaythaieesti@hotmail.com

MOTORCYCLES

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1996 Harley Davidson FLSTF, Fatboy motorcycle 14,500 miles, custom paint (purple/green flip-flop), chrome wheels, 7 gallon tank, 2" Carlini handle bars, fog light kit, alarm, engine guard, highway pegs, saddle bags, detachable windshield, extra seat, sissy bar backrest, cover, helmets, trickle charger, and many, many, other extras, recently service by Stuttgart HD, email for photo and details, asking \$12,000 OBO. cptelan@aol.com. +49 (0)711 342 17642

ANNOUNCEMENTS

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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 Inostuttgart@yahoo.com, our first outing will be in January.

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E-mail: baptist@pjnet.de
<http://baptist-stuttgart.com>

ANNOUNCEMENTS

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The Stuttgart Stallion Community Men's Softball team is looking for players in the Stuttgart Community who have the softball skills to play at a very competitive level throughout Europe. All interested Men softball players who can make a 4-5 month commitment and travel to other military communities to compete, please contact the Team representatives via e-mail or phone. joseph.schenk@eu.com mil dagoberto.serrano@eu.com mil disapromfe@yahoo.com or dsn 430-8392 430-8757

USAREUR G4, PBUSE Mentoring Conference "gathering and sharing ideas" 25 May 2010, 0830-1700, Schuh Theater, bldg 735, Sullivan Bks, Mannheim. Need a break from the office! PBUSE users at all levels are invited to come to share views, knowledge, and discussions on PBUSE functions, and get information on PBUSE direction. No pre-registration required, however, there is a mandatory sign in at the door. It will be your place of duty for the day! POC Randy Fizer, 481-3470, randy.fizer@eur.army.mil or Martin Leingartner, 481-3480 martin.j.leingartner@eur.army.mil Spread the word to other PBUSE users

FOR SALE -- MISC

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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

Antique dining room table with chairs. All in good condition. \$100. Live in Boeblingen-Dagersheim. Contact Dale at 0170 857 1156 during evenings and weekends, DSN 431-2438 during the day. Grampsav8b@earthlink.net.

Dog carriers, XL and L. Once used, great condition. \$65 for the XL, \$50 for the L. Contact Dale at Grampsav8b@earthlink.net or call 0170 857 1156 Evening and weekends, DSN 431-2438 during the day.

Electric Scooter. Razor-type scooter with electric rechargeable-motor by Sharper Image. Goes about 8 MPH on flat surfaces. 110v.\$75.00. Write teilp@yahoo.com or call 0177 297 3654.

Free furniture to anyone who can pick it up! A black dresser and chest with a detachable mirror. Hardly used and free to anyone interested in picking it up ASAP. Call J. M. at 015222007751 to arrange a time for pickup.

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.

I leaving soon and want to sell my AFN reciever. I must sell it this week Contact-Smith 015208401356

Microwave oven for Sale. Caso 23it 900W with grill and water tank for superb cooking for sale. Just bought for 200 euros last week and has 2 yrs warranty. Selling for 155 euros only. Interested person can contact me at 0176 850 87332. I live in Schwieberdingen Stuttgart. See the below link for the pictures. <http://picasaweb.google.com/vkrprabhakaran/ItemsForSale>

Mobile Air Conditioner/Dehumidifier (Galanz); 2 years old, used during hot months of August; 3 fan speeds, remote control, auto-timer. \$200 rickandann@earthlink.net 0711-65691613

Moving out Items for Sale. Drawing room Shelves with TV Stand for 145Euros OBO and Mirror+Coat Hanger for 70Euros OBO. Interested person can contact me at 0176 850 87332. I live in Schwieberdingen Stuttgart. See the below link for the pictures. <http://picasaweb.google.com/vkrprabhakaran/ItemsForSale>

Moving Sale! From furniture (beautiful solid rosewood dining/living room, and IKEA style items) to small kitchen appliances, washer, dryer, refrigerators, transformers, TVs, bicycles, even an artificial Christmas tree. If you are looking for something, we probably have it. Give us a call: Steve or Patricia (07159)084127

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 coffeemaker 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 FS5 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

The Citizen is a family newspaper. Ads that advertise products or services related to illicit activities will be removed by AdvantiPro GmbH Quality Control personnel, and they will not be put in print.

PETS

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2 guinea pigs need a home. PCSing and can't take them with us. Cage comes with them. Email me at Teresa. Krahl@us.army.mil or call me at 0711 207 08610.

Cat Available for Adoption Pedigree Blue Lynx Colorpoint Ragdoll. Born August 31st 2006 Imported from Atlanta, Georgia in Jan 2007. For more information and pictures call 07032-794163 after 5:00 PM or e-mail 23niee@gmail.com

Cat: short-haired Cornish Rex for adoption. Six year old, Baby is very loving and affectionate! Born in Manhattan, she has all documentation and veterinary paperwork. Great with cats, dogs & kids. Cost \$2500, asking \$500. Email for more info! kathlyn.padilla@yahoo.com. K-Town.

WANTED

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Family with 3 teenagers in need of a German freezer. Cheap Cell 015124153323

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Dogsitter wanted \$15/day. Needed for Memorial Day weekend & other weekends/short trips throughout the year. Your house, no cats. Kim 0171 775 1094

Wanted: "CDs for Children, ages 5 thru 12, anything from CareBears (Strawberry Shortcake, Let's Have a Ball, etc.) thru science, math and language learnings, for PC (mainly) or CD recording. R. K. Pollard, 071551-6044578 but better: Unit 30415, Box 94, APO AE 09131"

Wanted: "Usable PC or stand-alone DVD player for use by children. R. K. Pollard, 07151-6044578 or Unit 30415, Box 94, APO AE 09131"

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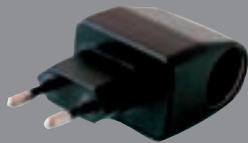
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