

# THE CITIZEN

Vol. 39, No. 6

U.S. Army Garrison Stuttgart

March 25, 2010

Serving the Greater Stuttgart Military Community

## USAG Stuttgart artists win top Army-level honors

Story & photos by Brittany Carlson  
USAG Stuttgart Public Affairs Office

Four Stuttgart military community members took top honors in the Army-level 2009 Family and Morale, Welfare and Recreation Arts and Crafts Contest.

In order to compete at the All Army level, all four artists first entered and placed at the U.S. Army Garrison Stuttgart local competition.

In the accomplished division, James Washburn won third place for his oil-based painting, "Near Waldenbuch."

Debra Burt, Kaitlyn Worsham and Staff Sgt. Erin Reed all won awards in the novice division.

Burt, a civilian spouse and regular watercolor painter, entered a ceramic piece for the first time and earned an honorable mention.

"It's a nice opportunity to demonstrate what you've been doing, because, in the novice category, anybody has a chance," she said.

Worsham, a freshman at Patch High School, took second place for her mixed media 2-D piece, "Metamorphosis."

For Worsham, creating art is therapeutic. "It's kind of just a natural thing — how I calm myself down," she said.

Reed took first place for her "Jungle Vines" jewelry in the metal and jewelry category.

Reed pieces jewelry together during her 2-year-old son's nap time, and was shocked to win the top Army-level prize. "It has really given me more confidence in my work," she said.

"Knowing that other people like your creations as much as you do really makes you look at things differently," she added.

There's not much time for the winners to enjoy the victory, however, if they want to enter new art in the 2010 contest, which opens for entries April 1 through May 1.

See *Artists* on page 5

## Officials devise ways to combat energy costs

By Larry Reilly

USAG Stuttgart Public Affairs Office

Rising energy costs and a declining fiscal budget have caused U.S. Army Garrison Stuttgart leaders to take a closer look at the community's energy usage.

Numerous community organizations participated in an energy symposium last month.

"We came away with very viable energy-saving ideas that the community as a whole is employing to help reduce energy consumption and costs," said Steven Raymond, chief of the operations and maintenance division for the USAG Stuttgart Directorate

of Public Works.

The symposium, which is similar to the Army Family Action Plan process, brought subject matter experts together to develop ideas to make the garrison more responsible for and responsive to energy conservation and environmental sustainability concerns.

Ideas included reducing the temperature of hot water, turning off lights and installing motion light sensors.

"We've already made adjustments to the hot water through the heating system, installed many motion light sensors, and we are conducting a test

See *Energy* on page 4



Photos by Susan Huseman

## New shoppette opens on Kelley

[Left] Jack Morris, AAFES senior vice president for Europe, (from left); Col. Cheryl Harris, AFRICOM assistant chief of staff; Frank Niccoll, AAFES general manager; Col. Richard M. Pastore, USAG Stuttgart commander; and Heidemarie Harrison, shoppette manager, officially open the new Kelley Shoppette March 8. [Right] AAFES employee Eric Talley (right) rings up the shoppette's first customer, Erich Melcher, seconds after the doors open for business March 8. The new shoppette offers the Kelley Barracks community 2,800 square feet of basic groceries, convenience items and on-the-go food options, along with four gas pumps. The facility is open Monday through Friday from 6:30 a.m. to 8 p.m., Saturday and Sunday from 9 a.m. to 6 p.m.

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INSIDE  
THIS  
EDITION

## Special Forces Soldiers brave Arctic

Special Operations Soldiers from throughout Europe endured the cold of the Arctic Circle during exercise Cold Response 2010 in Norway.



## Daylight Saving Time begins

Most of Europe will move their clocks forward by one hour when daylight saving time begins on Sunday, March 28. In Germany, daylight saving time begins at 2 a.m. Set clocks to 3 a.m.



# Camaraderie keeps troops warm during winter exercise

Commentary by Master Sgt. Donald Sparks  
*Special Operations Command Europe*

One thing I have learned through my personal interactions with soldiers of other nations is that we all share universal traits, dislikes and jargon. We hate being in the field in cold weather and other austere climate conditions.

While taking photos of Norwegian army engineers during a pause in their maneuvers as part of the Cold Response 2010 exercise, I had a chance to exchange dialogue about things that only troops discuss when we “close ranks” among ourselves, away from our officer counterparts.

Obviously, as I approached the crew of seven troopers, they knew I was an American. Trying not to appear as a member of the paparazzi with two cameras draped around my neck, I figured that if I was going to break the ice (no pun intended), I’d better say something funny.

“So, today’s a great day at the beach,” I said.

I drew a chorus of laughter. As they were preparing their field rations for a quick bite of chow, this is where I knew I could relate to their suffering.

“Who got stuck with the Royal Thai?” I asked. This concoction of a meal is the one field ration the Norwegians avoid like the plague — it’s comparable to the old ham and cheese omelet American Soldiers dreaded to eat in “Meals Ready to Eat.” I had them going now.

During my first five days in Norway, my fellow service members of U.S. Special Operations Command

*These troops are outside in the elements, training rigorously in temperatures as low as -35 degrees Celsius. They gripe. They complain ... but they also serve.*

Europe and I had to eat the Norwegian field rations, and my curiosity got the best of me as I tried the Royal Thai selection. It’s not that it’s horrible — I even tried to enhance the fish and curry with hot sauce — but that the aftermath hurts you for hours on end.

“If there are 10 of us and there are only 10 rations, if one of those is Royal Thai, it stays in the box,” said the grenadier (a Norwegian rank for enlisted soldiers).

I asked another grenadier how many cups of coffee she consumed during their break in “the fight.” She admitted to two cups (while pouring her third), but another suggested that coffee alone wasn’t enough — he needed a couple of energy drinks.

“Word, those got me through Iraq,” I said sharing a war story. “There is nothing like drinking two Red Bulls, listening to some Jay Z, and you’re ready to get right back in the action.”

As a senior noncommissioned officer, it was natural for me to ask the troops about their morale and how were they holding up in the cold. I wanted to make sure they were checking each other for cold weather injuries.

After experiencing Norway’s extreme freezing con-

ditions, South Korea has been bumped to number two on my list of the coldest places I’ve been on Earth. And these troops are outside in the elements, training rigorously in temperatures as low as -35 degrees Celsius.

They gripe. They complain. They ... well, I can’t write what I’d normally say. But they also serve.

They serve their nation just like my fellow American battle buddies, despite the conditions on the ground and environment we find ourselves in. So, I listened, took photos and politely honored their requests not to mention their names — something I experience frequently with Special Operations Forces.

Moments later, our informal session was over as they received word they’d be maneuvering to their next location. They thanked me for stopping by, we exchanged fist-bump handshakes and hugs, and we did what Soldiers do — we acknowledged each other as brothers in arms.

“Stay away from the Royal Thai, my friend,” the grenadier I spoke with earlier said. “If we don’t eat it, neither should you.”

*For more on Cold Response 2010, see page 10.*

## THE CITIZEN

**Col. Richard M. Pastore**  
*U.S. Army Garrison Stuttgart Commander*

*Public Affairs Officer*

**Larry Reilly**  
lawrence.reilly@eur.army.mil

*Editor*

**Susan Huseman**  
susan.huseman@eur.army.mil

*Assistant Editor*

**Brittany Carlson**  
brittany.carlson1@eur.army.mil

### Contact Information

Telephone: 431-3105/civ. 07031-15-3105  
Fax: 431-3096/civ. 07031-15-3096  
E-mail: stuttgartmedia@eur.army.mil  
Web site: www.stuttgart.army.mil  
Office Location: Building 2949, Panzer Kaserne  
U.S. Army Address: Unit 30401, APO AE 09107  
German Address: USAG-S PAO, Panzer Kaserne,  
Geb. 2949, 3rd Floor, Panzerstrasse, 71032 Böblingen

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## ON THE STREET

*What does your cell phone say about you?*



**Spc. Kelly Wilkerson**  
*(U.S. Army)*

“I don’t know — it’s usually in German.”



**David Roach**  
*(Civilian)*

“It says that I work too much.”



**Gina Baker**  
*(Army spouse)*

“That I don’t use it often.”



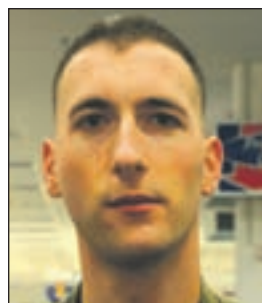
**Col. Glenn Connor**  
*(U.S. Army)*

“It doesn’t say anything. It’s merely a device.”



**Audrey Harangozo**  
*(Contractor)*

“My cell phone says that I’m a very busy person.”



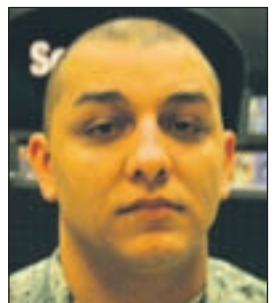
**Cpl. Kurtis Mezack**  
*(U.S. Marine Corps)*

“It’s just a point of contact.”



**Tech Sgt. Adrian Johnson**  
*(U.S. Air Force)*

“My cell phone would say that I’m off the chain.”



**Sgt. Danny Edwards**  
*(U.S. Army)*

“It relates to my style — down to earth.”

# Illegal U-turns to be fined

By Susan Huseman

USAG Stuttgart Public Affairs Office

Some early morning commuters headed eastbound on Plieninger Strasse to Kelley Barracks are apparently impatient with the long line of cars waiting to turn left at the traffic light for the main gate.

To avoid the bottleneck, the drivers proceed straight through the light, past the congested left turn lane, make a U-turn at the bus stop before the helipad, back track, and make a right-hand turn to the main gate.

“We get 12 to 13 people doing that in the morning and it’s pretty dangerous,” said John Cable, a traffic investigator with U.S. Army Garrison Stuttgart Directorate of Emergency Services.

Cable said Plieninger Strasse is a high-volume traffic road, especially between 7 and 8 a.m., with bus stops on both sides of the street.

Making a U-turn hinders the bus flow and the regular commuting traffic, he said. If the motorist is waiting for oncoming traffic to pass before completing the illegal U-turn, buses arriving at the bus stop have to wait, and traffic backs up.

The drivers’ actions also create potential traffic hazards, he added.

“Farther down, the road curves. An oncoming car travelling at 70 kilometers an hour [westbound] may not be able to react to avoid someone making an illegal U-turn,” said Cable. “That’s why there is a solid white line painted on the street.”

In the near future, the Military Police and German police will start issuing citations. “Our citations will cost drivers points. The German police will issue monetary fines,” he said.

The fine for an illegal U-turn is €30, according to DES officials,

To avoid traffic tickets, Cable said there is only



Steve Roark

**Kelley Barracks commuters are advised to be patient when waiting at the traffic light in the left-turn-only lane on Plieninger Strasse. Driving past the light and making a U-turn is illegal.**

one solution: “Have patience — wait in line.”

On another note that pertains to all USAG Stuttgart installations, DES officials want to remind motorists that vehicles are required to yield to pedestrians and bicyclists in a crosswalk.

According to Maj. Mike Self, the USAG Stuttgart Director of Emergency Services, the MPs and their Polizei partners have investigated a number of vehicle accidents involving pedestrians and bicyclists.

“Failing to yield to pedestrians or bicyclists is one of our greatest traffic-related force protection vulnerabilities,” he said.

Motorists involved in a traffic accident while failing to yield to pedestrian or bicyclist in a crosswalk, will result in a €120 fine, command involvement, and potential medical bill liability, Self said.

## News & Notes

### Infant deaths prompt warning about sling carriers

The U.S. Consumer Product Safety Commission is advising parents and caregivers to use caution when using infant slings. CPSC identified and is investigating at least 14 deaths associated with sling-style infant carriers from the past 20 years.

The sling’s fabric can press against an infant’s nose and mouth, blocking the baby’s breathing, and keeps the infant in a curled position, restricting the baby’s airway.

To report incidents or injuries, visit [www.cpsc.gov/cgibin/incident.aspx](http://www.cpsc.gov/cgibin/incident.aspx) or call CPSC’s hot line at (800) 638-2772.

### Registration open for Liberty Trail Ride in Normandy

Registration is now open for the Liberty Trail ride in Normandy, France, June 4-6. The ride coincides with D-Day memorial observances, and the event is an annual pilgrimage for cyclists throughout U.S. Army Europe.

Registration is limited. The deadline to register is April 15.

For more information, visit [www.voiedela-liberte.fr](http://www.voiedela-liberte.fr), or e-mail [ron.rasch@eur.army.mil](mailto:ron.rasch@eur.army.mil).

### European newspapers shine in DA journalism competition

Europe region newspapers and journalists earned top honors in the Department of the Army Keith L. Ware journalism competition:

- First place for “Story Series — Civilian”: Brittany Carlson, “The Long, Dark Tunnel” series, U.S. Army Garrison Stuttgart Public Affairs Office
- First place for “Programs”: Benelux World War II Commemorative Community Program, USAG Benelux Public Affairs Office
- First place for Tabloid-Format Newspapers: *Herald Post*, USAG Baden-Württemberg PAO
- Second place for Special Events: USAG Schinnen PAO
- First place for Special Achievement in Print Media: *Benelux Edge 65*, USAG-Benelux PAO
- Second place for Web-based Publication: Warner Weekly, USAG Bamberg PAO
- First place for Contribution by Stringer (Writer): Traci Bolyard, “Seeing Beyond a Disability,” USAG Baden-Württemberg PAO
- Second place for Special Events: Joint 40th Anniversary/65th Liberation Fest, USAG Schinnen PAO.

### Employment program to resume for enrolled spouses

The Military Spouse Career Advancement Accounts program, commonly known as MyCAA, resumed March 13 for spouses who already have established an account, following a temporary halt in the program that began Feb. 18. The halt was initiated due to a spike in enrollments, which overwhelmed the system.

New MyCAA accounts or financial assistance applications will not be accepted yet.

Free career counseling is available for spouses through a MyCAA counselor or the Military One-Source Web site <http://militaryonesource.com>.

**USAG Stuttgart Religious Support Office**

## Seasonal worship services

<p><b>Protestant</b>                  April 1, 5:15 p.m.                  Maundy Thursday Service                  Patch Chapel</p> <p>April 2, 7 p.m.                  Good Friday Service                  Robinson Barracks Chapel</p> <p>April 4, 6:30 a.m.                  Community Sunrise Easter Service                  field adjacent to Robinson Barracks CX                  Regular Sunday worship services scheduled</p> <p><b>Lutheran</b>                  April 1, 6:30 p.m.                  Maundy Thursday Service, Panzer Chapel</p> <p>April 2, 6:30 p.m.                  Good Friday Service, Panzer Chapel</p> <p>For more information, call                  431-3079/civ.07031-15-3079</p>	<p><b>Catholic</b>                  April 1                  7 p.m. Holy Thursday Mass followed by                  Adoration, Patch Chapel</p> <p>April 2, Good Friday Liturgy                  noon, Panzer Chapel                  3 and 7 p.m., Patch Chapel</p> <p>April 3                  8 p.m. Easter Vigil Mass, Patch Chapel</p> <p>April 4                  Regular Sunday Mass scheduled</p> <p><b>Jewish</b>                  March 29 and 30, 6 p.m.                  Passover Seder, Panzer Chapel</p> <p>Panzer Chapel, Building 2940                  Robinson Barracks Chapel, Building 115                  Patch Chapel, Building 2305                  Patch Religious Education Center, Building 2332</p>
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## Ask a JAG

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

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

**Q:** Does living in Germany, and serving in the military in general, affect whether I am required to pay state income tax?

**A:** Unless you are domiciled in a state that has no income tax or does not tax military income, you must pay state income tax, even though you live abroad.

Each American is a domiciliary, or legal resident, of a particular state. A person becomes a domiciliary of a state when he or she is both present there and intends to remain indefinitely. A person does not lose domicile until he or she establishes it in another state.

Courts and state tax agencies cannot, of course, read minds and must therefore look for evidence of one's intent to remain somewhere indefinitely. Various factors can provide proof, including where a person owns a home, holds a driver's license, and is registered to vote.

Yet, an 18-year-old man who enlists and leaves his home in Indiana to serve in the Army for 20 years might spend very little time in the Hoosier State until retirement at 38. Thanks to the Servicemember's Civil Relief Act (SCRA), however, he may maintain his domicile in Indiana as long as he does not abandon his intent that Indiana be his permanent home.

Therefore, he will continue to be subject to Indiana state income tax and receive the benefits of Indiana domicile, such as access to in-state tuition rates at Indiana state colleges. And, thanks to the SCRA, no state that he moves to solely due to military orders will be able to tax his military income.

Further, because of a new law, the same protection now applies to income earned by military spouses. Nevertheless, as service members move from assignment to assignment, it is important that they retain ties to wherever they intend to be domiciled. This will help avoid questions about where they should be paying state income tax.

This does not mean, however, that our example Soldier cannot change his domicile. Although he cannot simply choose any domicile he wants, as long as he is present in the state that he intends to be his permanent home, he may establish domicile there. Along with the steps mentioned above, ways to do so include buying land or a home there, registering a vehicle, and executing a new will that indicates the new domicile.

Please remember that the Stuttgart Tax Center is now open full time and has friendly and well-qualified tax preparers who can help you. You can stop by any weekday or call 421-4588/civ. 0711-729-4588 to make an appointment.

*This column is not intended as individual or specific legal advice. If you have specific issues or concerns, you should consult a judge advocate at 421-4152/civ. 0711-729-4152.*

## Energy . . . . .

*Continued from page 1*

at the Stuttgart Army Airfield, where we changed the street lights from photo-sensor to timers, and are determining if turning off street lights for a set time is feasible," Raymond said.

More traditional energy-saving ideas included using energy-efficient shower heads and light bulbs in housing, and fully opening windows a couple of times a day instead of leaving the windows semi-open for long periods of time.

"Energy-efficient light bulbs and shower heads are available at the Self Help Store, and energy tips such as leaving the windows open for short periods are good ideas that we are hoping to inform people through energy awareness and education campaigns," Raymond said.

"A big plus from the symposium was that people found they can make a difference by practicing energy-saving measures in their offices and in their homes," he added.

The command was recently presented with an Energy Awareness Conservation Assessment conducted by personnel from Installation Management Command Headquarters and a private energy assessment firm.

**"I believe the energy assessment will help us identify a number of areas within the community where we can save energy and money."**

**Col. Richard M. Pastore**  
*USAG Stuttgart commander*

The garrison will benefit from the assessment.

"We can ask community members to be conscious of their energy use and cut back whenever possible, but the garrison command has to take a good look at how we can save energy," said Col. Richard M. Pastore, USAG Stuttgart commander.

"I believe the energy assessment will help us identify a number of areas within the community where we can save energy and money," he added. "Reducing light usage without compromising our safety and security is one area where I believe we can see an immediate reduction in energy waste."

With their focus on reducing light consumption, the assessment team keyed in on high-traffic areas, such as fitness centers, motor pools and even child care centers, as well as housing areas and office locations.

"The team did a great job of assessing our energy usage ... and providing us with many low- or no-cost, energy-saving opportunities," Raymond said.

Some of the cost-saving measures were common-sense ideas, such as turning off lights when they are not being used or just turning them down.

"The assessment team identified various areas within the community where just turning down the brightness of the lights can save us thousands of dollars per year," Pastore said. "The assessment also re-validated the energy losses with our older heating systems on Panzer Kaserne and Patch Barracks."

The symposium focused on the community aspect of energy conservation issues, while the assessment focused on technical improvements, system upgrades and energy control management that the command will evaluate and implement.

"Next, we will take advantage of U.S. Department of Energy resources. We have requested a team of experts to come to Stuttgart to evaluate our work to date and help with the development of a "strategic road map" for near-, mid-, and long-term energy savings," Pastore said.

## Devoted AFRICOM employee, Little League president loses battle with cancer

By Richard Ridgeway

*U.S. Africa Command Inspector General Office*

**A**lbert Rowe, 60, an employee of the U.S. Africa Command Office of the Inspector General, died on March 2 in Sindelfingen after a battle with cancer.

As the chief of IG assessments at the command since its inception, Rowe established the first IG assessment program. This was his third IG assignment within the Stuttgart military community, having served as the Stuttgart garrison command IG and as an IG with U.S. European Command.

"Al Rowe was the gold standard as an IG and a beloved friend to us all," said AFRICOM IG Air Force Col. Ron Baldinger.

Active in the community, Rowe served as president of the Stuttgart American Little League for the past three years.

Friends said his fundraising and personal contributions aided equipment purchases for 42 boys' baseball teams and 15 girls' softball teams. During this time, league participation grew by 20 percent.



**Albert Rowe**

"We were an unorganized group before Al took over," said Kelley Measells, vice president for juniors. "He raised more than \$55,000 in three years that supported more than 1,000 youths. They received bats and gloves, and traveled to Poland and Italy, thanks to Al. He was incredible."

Rowe's wife, Deborah, said people were amazed at his involvement since they were "empty nesters," but her husband loved baseball and wanted to make sure the community's children had the opportunity to participate and develop as young athletes.

Rowe served on active duty in the U.S. Army from October 1968 to October 1988, retiring as a chief warrant officer 3. Rowe's four tours in Germany totaled 19 years, covering parts of each decade since the 1960s.

He is survived by his wife, who is a member of the EUCOM staff; four adult children — daughter Jennifer Smith, and sons John Rowe, James Rowe, and Jason Gaton; four grandchildren — Hannah, James, Lucy, and Santiago; his mother, Thressa Rowe; and brothers Frank and Keith Rowe.

Funeral services were held on March 15 at the South Broadway Christian Church, Denver, Colo., followed by a burial at Fort Logan National Cemetery in Denver. Memorial contributions may be made to the American Cancer Society or the Stuttgart American Little League.

# Artists

Continued from page 1

The 2010 USAG Stuttgart exhibition will be held May 12 at 5:30 p.m. in the Swabian Special Events Center, followed by an award ceremony.

Last year's local competition had 47 artists and 116 pieces of artwork, said Kelly Sarles, USAG Stuttgart FMWR Arts and Crafts program director.

"The contest is a great way for community members to share their talents, be exhibited in public and

**Do what you love, above all. At the end of the day, winner or not, that is something you can truly be proud of.**

**Staff Sgt. Erin Reed**

*First place winner, All Army 2009 FMWR Arts and Crafts Contest*



*Debra Burt describes how she molded her handmade ceramic pot, which won an honorable mention in the All Army 2009 FMWR Arts and Crafts Contest.*



*Kaitlyn Worsham, a freshman at Patch High School, displays her drawing and watercolor piece, "Metamorphosis," which won second place in the novice division for the All Army 2009 FMWR Arts and Crafts Contest.*

have a chance to win prizes for their art," Sarles said. "And, of course, the exhibition is great fun, with awesome art to look at and hors d'oeuvres to enjoy."

All ID cardholders — children and adults — in USAG Stuttgart are eligible to participate.

The contest is divided into novice and accomplished artist divisions, with 11 categories in each: ceramics, drawings, fibers, glass, metals and jewelry, mixed media 2-D, mixed media 3-D, oil-based paintings, prints, water-based paintings, and wood.

Local winners who place first, second or third receive a prize, based on the type of art they submitted.

From each category, the top three winners and

two honorable mentions are eligible to submit their artwork to the All Army competition.

All Army-level winners receive \$300, \$200 and \$100 for first, second and third place, respectively.

However, for 2009 novice winner Reed, the

real prize is the self-confidence that comes with creating art.

"Do what you love, above all," she said, advising new artists in this year's competition. "Don't make something just because you think it's what people want to see."

At the end of the day, winner or not, that is something you can truly be proud of," she added.

*Volunteers are needed to play classical or acoustic music during the awards ceremony May 12.*

*For more information, call the Patch Arts and Crafts Center at 430-5270/civ. 0711-680-5270.*

## Garrison to host Retiree Appreciation Day

USAG Stuttgart Public Affairs Office

Human Resources employee and the event organizer.

president of the Army in Europe Retiree Council, will be available to discuss retiree issues.

U.S. Army Garrison Stuttgart will hold its third annual Retiree Appreciation Day April 24 in the Patch Community Club from 8 a.m. to 3 p.m.

"TRICARE representatives will be located at the health clinic to provide TRICARE-related information," Griffen said. A TRICARE briefing will be held at 11 a.m. in the Patch Community Club, he added.

Retirees can also speak with representatives from the United Services Organization, Survivor Outreach Services, Red Cross, Customs Office, AAFES, Veterans of Foreign Wars, USAG Stuttgart Passport Office, Judge Advocate General and Army Substance Abuse Program.

Retirees of all military branches are invited to attend the benefits and health fair, designed to help keep retirees and their families up-to-date on retiree issues.

The optometry clinic on Panzer Kaserne will offer a limited number of eye exams by appointment only. Appointment scheduling will begin April 1.

The Federal Benefits unit from the U.S. Consulate in Frankfurt will provide Social Security information.

The Stuttgart Army Health Clinic will offer vision screenings, preventive health services, immunizations and wellness exams, while the dental clinic will offer cleanings and minor dental procedures, according to Paul Griffen, USAG Stuttgart

"Optometry exams should be left to those in need of the full examinations. All others should consider using the vision screenings offered by the health clinic," Griffen said.


A Defense Finance and Accounting Service representative will be available to assist retirees and annuitants with pay problems and in updating their records.

Retired Col. Robert Mentell, the

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For more news, visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil)

See more community photos at [www.flickr.com/photos/usagstuttgart/](http://www.flickr.com/photos/usagstuttgart/)

# Stuttgart Girl Scouts celebrate Thinking Day

Story & photos by Susan Huseman  
USAG Stuttgart Public Affairs Office

It took Phileas Fogg 80 days to circumnavigate the world. Stuttgart Girl Scouts did it in a couple of hours.

The Scouts “traveled” to 20 countries, learning facts, playing games and tasting new foods during their World Thinking Day celebration, held Feb. 26 at Panzer Hall in Böblingen.

“World Thinking Day allows Girl Scouts to learn and think about the international aspects of being a Girl Scout,” said Marah Campbell, the Stuttgart overseas committee chair.

The annual celebration allows the girls to not only learn about their sister Girl Scouts across the globe, but helps to expand their cultural understanding, she said.

In preparation for Thinking Day, 20 Daisy, Brownie, Junior, Cadette, Senior and Ambassador troops — almost 300 girls in all — each selected a country of focus and researched its history, culture, music and food to present to their peers.

Junior Troop 26 chose Israel and Hanukkah. While some troop members took turns teaching the other Scouts how to play dreidel, and others offered samples of pomegranate seeds.

Brownie Troop 291 celebrated Brazil and its Carnival season.

The troop was fortunate to have been assigned a separate room away from the main area.

“We were really lucky to get a room. We got to do it up and make it feel like Carnival, with dancing and games,” troop leader Jennifer Ruyle said.

After Scouts listened to a short educational briefing by first-grader McKenna Butler, Ruyle handed out carnival beads and snacks.

“The girls did a lot of research. They even picked out the recipes,” she said, surrounded by plates laden with beignets, cornstarch cookies, macaroons and Easter bread, all made by the troop.

“Welcome to Jamaica, mon,” said Troop 334 leader Jacqui Galik, as she greeted visiting Scouts.



Junior Troop 114 members Natalie Gierat (from left), Kendall Haase, Aiden Klopfer and Isabela Stefanyshyn recite the Girl Scout pledge during the World Thinking Day opening ceremony on Feb. 26.

“This is a multi-sensory experience — tasting, smelling and seeing,” said Galik. “We’ve got Bob Marley playing, coconut toast to eat and coconut palm swaps.”

“Swaps,” which stands for “Special Whatchamacallits Affectionately Pinned Somewhere,” were made and handed out by every troop. They are extremely popular with the girls.

“The swap signifies something about the country — the climate or clothes or food,” said Meaghan Ambelang, 11. “I’ve got feathers, a sunflower, a sun, drums,” she said, as she showed off the latest swaps pinned to her vest.

While Meaghan enjoyed collecting the swaps, 7-year-old Gwyn DeHaven, Daisy Troop 120, appreciated the camaraderie. “I like that all the troops get together and have fun,” she said.



Cate Hennessy, left, and Jillian Gehler, both 10, toast with “Irish” lemonade during Thinking Day.

## Nutrition experts advise on how to shop healthier, cheaper

By Angela Day  
Special to The Citizen

March is National Nutrition Month. The American Dietetics Association’s 2010 theme, “Building Your Nutrition From the Ground Up,” encourages Americans to improve their diet, starting with the basics.

The ADA suggests consuming a wide variety of foods from all the food groups, making calories count with foods low in calories but high in nutrients, and balancing physical activity with healthy eating.

When you walk down the commissary aisles, most of the unhealthy food products are located at eye level, while the more nutritious products are higher on the shelf. It’s easier to grab foods that are right in front of you, rather than having to search for

healthier foods.

Two recent online articles from the Readers Digest and RD411 Web sites discussed ways to navigate the aisles of the grocery store for healthier options, while saving time.

- Shop the perimeter of the store for the bulk of your food items. These foods, such as produce, are healthier and full of vitamins and minerals. If you have to, venture to the inner aisles for staple foods.

- Shop with a list. You are more likely to stay focused and on track when you write down what you need. A list prevents you from buying unhealthy choices and unnecessary items.

- Never shop on an empty stomach. You will end up buying more unhealthy food items than you really need, and your grocery bill will increase.

- Buy produce in season. Produce that is bought close to home is fresh,

tastes better and costs less.

- Choose processed foods that have fewer ingredients. Read food labels, and try to stay away from artificial ingredients, or ingredients that you cannot pronounce, including partially-hydrogenated fats and trans fats.

- Check out weekly grocery advertisements, and cut out coupons. This will help keep you within your budget and save you money over time.

- Incorporate fish into your meals at least one or two times per week. Salmon is a fish that is high in omega-3 fatty acids, a good source of protein, and cheaper than most other fish in the market.

- Buy whole grain cereals that are high in fiber. You want to choose whole grain cereals with at least three grams of fiber per serving or more, and less than 10 grams of sugar per serving.

- Think “lean” when buying meats.

Try to find cuts of meat without fat marbling, and trim off any visual fat. For example, beef loin, extra lean ground beef, pork loin, chicken without skin, turkey and seafood without any breading are healthier choices.

- Skip foods and beverages that contain corn syrup and high fructose corn syrup. These items have little nutritional value and “empty calories” from sugar that can cause weight gain.

In order to make the most of your shopping, you will have to pre-plan before you go. So, plan out your week of meals, write out a shopping list, and read food labels at the grocery store. Be sure to stay away from “empty calories” and shop around the perimeter of the commissary for fresher foods.

These are just some of the many ways to start “Building Your Nutrition from the Ground Up” and changing your everyday lifestyle.

**Estate claim notification**

Anyone having any claims on or obligations to the estates of:

- Chief Warrant Officer 3 Gary M. Farwell of G Company, 52nd Aviation Regiment,
- Chief Warrant Officer 2 Clayton M. Hickman of G Company, 52nd Aviation Regiment, or

• Spc. Matthew E. Clark of G Company, 52nd Aviation Regiment, should contact the summary court officer, 1st Lt. Albert James, at 421-4268/civ. 0711-729-4268.

**Nominate volunteers of the year by March 26**

The deadline to nominate volunteers for the U.S. Army Garrison Stuttgart Volunteer of the Year program is March 26. Nomination categories include military, retired military, civilian, local national and military spouse.

To fill out a volunteer award nomination form, visit <http://stuttgartmwr.com> and click on the link for Army Community Services, then Army Volunteer Corps.

For more information, call 431-3330/civ. 07031-15-3330, or visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil).

**PCS/pre-separation briefing set for March 31**

The next scheduled permanent change of station/pre-separation briefing will be held March 31 at 1 p.m. in Building 2913, Panzer Kaserne. All service members and civilians departing within the next four to five months should attend. Information will be provided from various agencies, including Transportation/Customs, Medical, and Army Community

Service.

Army personnel will receive briefings on personnel and finance issues. All separating Army personnel must attend this briefing to receive pre-separation information. Pre-registration is required.

For more information and to sign up, call 431-2599/civ. 07031-15-2599.

**Register to participate in Diversity Day by March 26**

The U.S. Army Garrison Stuttgart Equal Employment Opportunity Office Special Emphasis Committee will host Diversity Day on May 6.

The theme is "We Are the World: Celebrating Our Continental Diversity." Units and organizations may represent a continent during the event. Groups and individuals may also showcase their talents through performances that demonstrate cultural diversity.

To participate, contact Yasmin Rosa at 430-5256/civ. 0711-680-5256 or [yasmin.a.rosa@us.army.mil](mailto:yasmin.a.rosa@us.army.mil).

The deadline to respond has been extended to March 26.

**Banks to close for Easter holidays**

All Community Banks in the Stuttgart military community will be closed on April 2 and 5 for the Easter holidays. The Community Bank on Panzer Kaserne will be open from 9:30 a.m. to 1 p.m. April 3.

**Earn PhD in Heidelberg**

The University of Oklahoma is accepting applications for the Doctorate in Organizational Leadership Program until Sept. 1. For more information, visit [www.gouou.ou.edu](http://www.gouou.ou.edu) or contact

Rebecca Hansen at DSN 370-6687 or [apeuadmin@ou.edu](mailto:apeuadmin@ou.edu).

**Register for UMUC spring semester**

The University of Maryland University College Europe will hold online registration for Spring Session 2 courses until April 4; classes will start April 5.

For more information on registration, financial aid, and services, visit [www.ed.umuc.edu](http://www.ed.umuc.edu), or call 431-2303/civ. 07031-15-2303.

**Self-Service Supply Center closed April 26-27**

The USAG Stuttgart Self-Service Supply Center will close for its annual inventory April 26-27.

**Register for 2010 European PDI by March 30**

The American Society of Military Comptrollers Heidelberg Chapter will host the 2010 European Professional Development Institute at the Dolce Hotel in Bad Nauheim April 6-8. Certified Defense Financial Manager testing will be available. For more information and to register, visit [www.asmc-heidelberg.info](http://www.asmc-heidelberg.info). The last day to register is March 30.

**Enroll in Civilian Fitness Program March 30**

Civilian employees can enroll in the U.S. Army Garrison Stuttgart Civilian Fitness Program on March 30 from 10 a.m. to 2 p.m. in the Stuttgart Wellness Center on Patch Barracks. Enrollees will undergo a 15- to 20-minute pre-assessment and should wear comfortable, loose-fitting clothing.

Enrollment forms are available at [www.chppmeur.healthcare.hqusareur.army.mil/sites/dhpw/civfit.aspx](http://www.chppmeur.healthcare.hqusareur.army.mil/sites/dhpw/civfit.aspx).

For more information, call 430-2051/civ. 0711-680-2051.

**Attend GPC, Access Online training**

Basic government purchase card and Access Online training will be held April 8 from 9 a.m. to 2 p.m. in Room 215, Building 3307, Kelley Barracks. Expanded GPC training will be held from 2-4 p.m.

To register, e-mail [ethridge.w.lokey@eur.army.mil](mailto:ethridge.w.lokey@eur.army.mil). The training will also be held on April 14 in Schwetzingen. For more information, call 431-3423/civ. 07031-15-3423.

**Help Soldiers by donating to AER**

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

For more information on the campaign, call Capt. Timothy Mitchell at 431-2086/civ. 07031-15-2086. For information on AER assistance, call Faith Barnes at 431-2085/civ. 07031-15-2085, or visit the AER Web site at [www.aerhq.org](http://www.aerhq.org).

**RB thrift shop now hiring**

The Stuttgart Community Spouses Club is now accepting applications for manager and cashier positions at the SCSC Thrift Shop on Robinson Barracks. For more information, or to submit a resume, e-mail [scsc.president@yahoo.com](mailto:scsc.president@yahoo.com).

**Children's Peace Project**

The 4th Annual German/American Children's Peace Project contest is open for entries through April 9. Children in first to 12th grade can enter by answering this sentence in an essay or work of art: "I can contribute to peace by ... ." The project is sponsored by the German/American Women's Club. For more information, call 431-3362/civ. 07031-15-3362, or e-mail [peaceproject2010@googlemail.com](mailto:peaceproject2010@googlemail.com).

**Catering jobs available**

The Swabian Special Events Center on Patch Barracks and the Kelley Club on Kelley Barracks are now hiring for catering team positions. Applicants must be 18 years old or older.

E-mail resumes to [info@swabiancenter.net](mailto:info@swabiancenter.net). For more information, call 431-8205/civ. 0711-680-8205.

**Free official mail procedures class scheduled**

A free official mail procedures class will be held March 29 from 9 a.m. to noon in Room 119, Building 3306, Kelley Barracks. Newly-appointed official mail room managers and alternate managers are required to attend.

Register by March 26 by calling Charles Yeboah or Carlos Negron Jr. at 421-2520/civ. 0711-729-2520.



## Students star in BEMS Talent Night



Photos by Brittany Carlson

[Above left] Eighth-grader Christopher Hopkins plays the acoustic guitar during the annual Böblingen Elementary/Middle School Talent Night March 12 in the school auditorium. [Above right] Fourth-graders Kyarra Carpenter (from left), Amber Perez and Aiden Klopfer sing and dance to the Miley Cyrus song, "Hoedown Throwdown." Other acts included Irish step dance and a Hawaiian song. Approximately 24 students participated.

# PHS students make All-Europe Honor Band, Choir

Story & photo by Brittany Carlson  
USAG Stuttgart Public Affairs Office

Only the best student musicians and vocalists in Europe make up the All-Europe Honor Band and Choir, and this year, more than 10 percent of them come from U.S. Army Garrison Stuttgart's Patch High School.

Seventeen PHS students were selected to join the ensemble, along with 123 other students from Department of Defense Dependents Schools throughout Europe, making PHS the second-most represented DoDDS school in attendance.

The group will perform in concert April 1 at 7 p.m. in the Wiesbaden Kurhaus. The concert is open to the public.

"It's one of the highlights of my year," said Drew Penrod, 16, who will play the trumpet in the honor band for the second

year in a row. "It's fun and exciting."

In order to be considered, the students submitted audition tapes of themselves playing or singing scales and demonstration pieces.

Making the cut is an honor.

"It's nice to be recognized for being able to play the trumpet," Penrod said. "I put a lot of effort into it."

Before the concert, the groups will rehearse for a week at the Oberwesel Youth Hostel, where they meet fellow musicians and singers from other regions and countries.

Penrod is looking forward to seeing old friends and making new ones.

"Last year, my roommate was a percussionist from Naples. There are people from Bahrain, Rota ... Azores — it's cool to see people from all over the place," he said.

When they're not practicing, the students have time to do homework or relax in the youth hostel pool and recreation facility.

They don't expect very much free

time, however.

This year's musical selection is especially challenging, said Gary Kelb, PHS music director. However, he added, being part of the All-Europe ensembles helps students to become better musicians than if they were only in a high school choir.

"It provides a level of education beyond what I can give here," he said.

This year, the choir will learn under the direction of Dr. Craig Jessop, Utah State choir director and former conductor of the Mormon Tabernacle Choir.

Choir selections include several Latin pieces, a traditional hymn and the popular spiritual "Wade in de Water."

The band will perform several international pieces, including "La Belle Helene" by Offenbach/Odom, under the direction of Dr. Anthony Maiello, director of instrumental studies at the George Mason University School of Music in Washington, D.C.

In order to help students prepare for

the rehearsal week and concert, Kelb holds after-school practice sessions.

"I take it very seriously," Kelb said, before helping a group of tenors rehearse March 8. "I'm willing to invest the amount of time necessary."

Kelb isn't the only one making a commitment. Practicing at home is time consuming, said Holly Martin, a sophomore returning to the honor choir.

However, learning to sing well during the week of rehearsals is worth the effort, she said.

"This year, I can hold notes longer and reach higher [notes]," she said. "It makes you progress in your [musical] career."

Martin also enjoys being a part of a group of dedicated musicians.

"Everyone wants to be there; everyone there is focused," she said.

For more information on the All-Europe Honor Band and Choir and concert, e-mail gary.kelb@eu.dodea.edu.



Gary Kelb, PHS music director, leads an after-school practice session for the four tenors who made the All-Europe Honor Choir. The choir and band will perform at the Wiesbaden Kurhaus April 1 at 7 p.m.

## Stuttgart schools to hold registration for next school year

Stuttgart area Department of Defense Dependents Schools will hold a consolidated registration for the next school year on April 6-8 from 8 a.m. to 3:30 p.m. at the Army and Air Force Exchange Services shopping mall on Panzer Kaserne.

Kindergartners and families with last names beginning with A through G can register on April 6. Those with last names beginning with H through O are scheduled for April 7. Families with last names beginning with P through Z are scheduled for April 8.

Parents will also be able to establish their students' lunch accounts, schedule immunizations and sports physicals, and get information on Child, Youth and School Services and DoDDS extracurricular activities and sports programs.

School counselors and administrators will also be present to speak to parents.

### Documents, information needed

- Copy of orders
- Extension of orders (if any)
- Immunization records (must be current)
- Sponsor's contact information
- Birth certificates
- Emergency contact information
- Physical address for bus registration

For more information, call the Böblingen Elementary/Middle School registrar at 431-2923/civ. 07031-15-2923; Patch Elementary School Registrar at 430-5200/civ. 0711-680-5200; Patch High School Registrar at 430-7223/civ. 0711-680-7223; and the Robinson Barracks Elementary/Middle School Registrar at 420-7363/civ. 0711-819-7363. The USAG Stuttgart School Liaison Officer, Rena Hall, is available at 430-7465/civ. 0711-680-7465.



Photos by Susan Huseman  
Patch Elementary School first-grade teacher Jan Lowry serves up green eggs and ham to students Olivia Burns (from left), Stephen Porter and Kate Howe.



First-grade teacher Sherry Straatveit's class makes construction paper "Cat in the Hat" hats. Here, Joshua Mann tries his on for size.



Volunteer Mary Kane reads a Dr. Seuss book to several classes of fourth-grade students in the PES lobby March 2.

## Patch Elementary students get wrapped up in reading

Patch Elementary School students across all grade levels celebrated Dr. Seuss's birthday during the Federal Education Association-sponsored Read Across America Day on March 2.

"The purpose of Read Across America is to motivate children to read. Research has shown that reading is an important factor in student achievement," said PES teacher Michele Winter.

The student council proclaimed March 2 as "Pajama Day" so that students would be comfortable. Teachers scheduled hands-on activities and volunteer readers read to students throughout the day.



A volunteer in Melody Gershkoff's first-grade class, Jennifer Veale, paints the bottom of student Will Vanderneut's foot for a Dr. Seuss "Foot Book" project.

## Month of the Military Child calendar April

5-8: Free babysitter training for teens 13 years of age and older, 3:30-5:30 p.m. in the CYS Services Training Room. Sign up at Parent Central Services.

9-10: Stuttgart Youth Newcomers, Orientation, 9 a.m. to 6 p.m. at the Patch Hub. Registration required.

10: Spring Fling 5K Family Fun Run, 10:30 a.m., Husky Field.

14: CYS Services Movie Day, 1 p.m. in the Patch Theater. EDIS Family Night Rally, 5-6:30 p.m. at the Panzer CDC.

16: Middle school and teen trip to Europa Park. Sign up at PCS.

21: EDIS Family Night Rally, 5-6:30 p.m. at Patch CDC. German-American Friendship Baseball Game, 5 p.m. on Husky Field.

24: SPRINGFest games, activities, free food, and kids' flea market, 10 a.m. to 2 p.m. at the Patch Hub.

29: "7 Habits of Highly Effective Families," 9 a.m. to 1 p.m. at ACS.

30: "7 Habits of Highly Effective Teenagers," 4-8 p.m. at Patch Hub. Parents Night Out, 6:30-11:30 p.m., Patch CYS Services.

3: Egg Hunt, 10 a.m., Husky Field, Patch Barracks, followed by an Egg-stravaganza at Patch Hub.

5 6-8: Teddy Bear Jamboree and tabletop activities, along with DoDDS pre-registration, 8 a.m. to 3:30 p.m. at the Panzer Main Exchange.

12: Family Field Trip: Holiday Park. Sign up at PCS.

13: RB Fun Day, 3-7 p.m. at RB School Age/Youth Center.

15: Kiddie Boot Camp for first to fifth grade, 10 a.m. to 3 p.m. at the Panzer Fitness Center.

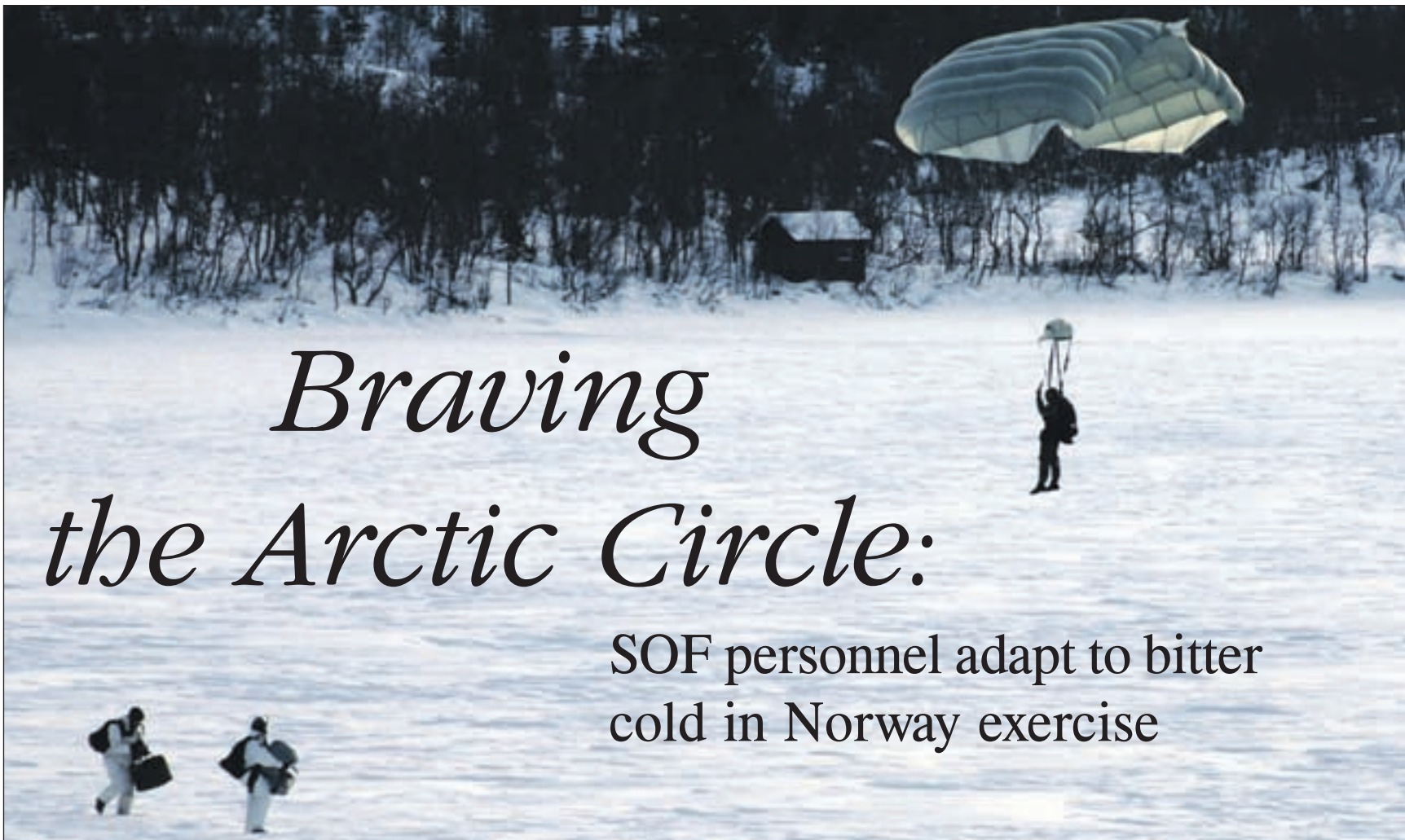
17: Free Youth Sports Baseball Clinic for ages 6-12, 9 a.m. to noon on Husky Field.

23-25: Boys & Girls Clubs of America Global Youth Service Project. Contact CYS Services.

28: Parent Education Workshop: Guide for Helping Children Manage Anger, 10-11 a.m. in Patch Library.

30: Patch and RB SAC lock-in, 6:30 p.m. to 7 a.m. Middle school lock-in, Patch and RB, 10 p.m. to 7 a.m.

"Military Children ... Everyday Heroes in Your Community"



# Braving the Arctic Circle:

## SOF personnel adapt to bitter cold in Norway exercise

U.S. Navy photos by MC2(EXW) Matt Daniels

By Master Sgt. Donald Sparks  
Special Operations Command Europe

More than 100 U.S. active duty and reserve special operations forces personnel, along with military members from around the world, convened in northern Norway from Feb. 17 to March 4 to participate in Cold Response 2010.

Cold Response is a NATO exercise sponsored by Norway to allow military personnel to train in harsh winter conditions. With more than 9,000 military personnel, approximately 1,000 special operations members, and 14 nations represented, it is the largest military exercise in Norway.

Elements from U.S. Special Operations Command Europe, and U.S. Navy forces from Naval Special Warfare Unit 2, SEAL Team 18, and Special Boat Team 20, took part in the exercise.

“Our role was primarily one of coaching and mentoring an already excellent Combined Joint Special Operations Task Force staff on staff functions and roles during joint combined operations,” said Sgt. Maj. Gregory Hayes, SOCEUR Operations sergeant major. “The exercise allowed a unique opportunity to



[Above] U.S. Navy SEALs and German Kommando Spezialkräfte (KSK) free fall parachute onto a frozen lake in northern Norway during Exercise Cold Response 2010. CR10 is a Norwegian sponsored, scheduled and conducted multinational invitational exercise, with more than 9,000 military personnel from 14 countries, focused on cold weather maritime/amphibious operations, interoperability of expeditionary forces, special and ground operations. [Left] U.S. Navy SEALs and German KSK make entry into a building in northern Norway during Exercise Cold Response 2010.

train with the best cold weather soldiers in the world and learn the best tactics, techniques and procedures to not just survive, but to succeed in combat under the harshest conditions.”

Although SOF personnel have been fully engaged in desert and hot weather climates, Hayes mentioned the importance of experiencing training in extreme cold weather conditions as well. Temperatures throughout the three week exercise ranged between 5 and -35 degrees Celsius and often included blistering wind chill conditions.

For the NSWU-2 Detachment and Navy Operational Support Center reserve component Sailors participating in the exercise, learning how to adapt to the elements was critical not just for the fight, but for self-preservation, to include combating cold weather injuries.

When asked how Cold Response helped him, a master at arms from SEAL Team 18 said, “I learned that layering and hydration are critical, that four meals a day increases your metabolism and warms a cold body, and that the cold is nothing to take for granted.

“I also learned the role of SSE [sensitive site exploitation] and how it needs to work hand-in-hand with the SEAL teams and other special operations forces to accomplish one team goal,” he added.

Collaborating with the German Kommando Spe-

zialkrafte (known as the “KSK”) and the Long Range Reconnaissance Patrol (LRRPs, pronounced “lurps”), SEAL Team 18 completed both reconnaissance and direct action missions.

Hayes reveled in the opportunity to train in an environment considered one of the harshest — from being able to navigate terrain on skis, submerge in freezing water or maintaining the ability to fire a frozen weapon, SOF personnel must be able to adapt.

“Certainly, special operations is designed to operate in all environments, and therefore must train on core cold weather tasks to remain proficient,” Hayes said. “The environment in Norway, particularly around the Arctic Circle, is very unique. The cold is unlike most places in the world and requires an in-depth look at equipment and procedures to be effective.

“Because of this, we sometimes relearn lessons we forgot and also learn new procedures and evaluate our preparation and equipment in the harsh conditions of the far north. That’s what’s so great about Cold Response; it provided unparalleled training opportunities,” he said.

Editor’s note: Petty Officer 2nd Class Ashley Myers, SEAL Team 18, contributed to this article.

**I learned that layering and hydration are critical, that four meals a day increases your metabolism and warms a cold body, and that the cold is nothing to take for granted.**

**Master at Arms**  
SEAL Team 18 member at CR10

# Filderado offers unique attractions for all ages

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

**W**alking into Filderado's indoor pool center may feel like entering another world. The sound of rushing water comes from the sea-green toddler area, where fountains spray into wading pools.

In another area, showers of water fall from the ceiling into a pool, which suddenly fills with waves, causing young visitors to run over and jump in.

Filderado is located in Filderstadt, a 10-minute drive from Kelley Barracks. It was completely renovated in 2006, and now has additional pools, a fitness area, upgraded spa facilities and the popular "jumping" slide, which includes a free fall between two slides.

"This is our greatest attraction," said Katharina Hacker-Koelle, staff trainer and customer service manager. "For one moment, you're just in the air ... flying."

About 15,000 visitors come to Filderado each week, with up to 3,000 on a weekend day alone, said Heidi Gohl, sauna and pool area manager.

The variety of activities at Filderado attracts visitors of all ages, Hacker-Koelle added.

"It's the only place where you can have a relaxing area with a spa and also ... big attractions like this slide," she said.

Parents can drop off infants and toddlers in the child care center, which is free to fitness club members. Non-members pay €1.50 per hour.

Alison Elk, a Navy spouse, became a member of



*A guest at Filderado tries out the "jumping slide," which includes a free fall between two slides.*

the Filderado fitness club because of the child care.

"They offer hours seven days a week, which is different than other German gyms," she said. "I can have a break."

There are other benefits to being a member of the

fitness club, as well. Members receive a flash drive containing their workout plan, which they can plug into all of the equipment. The flash drive records each workout session and reminds members when they need to see a trainer.

"It makes it very easy to know a routine," Elk said. "It keeps track of my progress."

Elk also uses the child care to take a break with her husband and visit adult-oriented parts of Filderado, including the sauna and wellness center.

In addition to traditional spa treatments and saunas, Filderado has a "Salounge" — a room filled with salt-infused air to benefit the skin and lungs.

Other unique aspects of Filderado are the solid ice columns in the middle of the indoor pool area, which give visitors a chance to cool off, and absorb humid air from the heated pools, Gohl said.

An outdoor pool area, separate from the rest of Filderado, includes a five-meter climbing tower and areas for volleyball and soccer. The outdoor area is set to open for the summer on May 1.

All of these offerings contribute to Filderado's one-of-a-kind atmosphere, Hacker-Koelle said. "It's the combination of attractions for children and families, and classes for the elderly ... it's special."

*Filderado is open Monday through Saturday from 9 a.m. to 10:30 p.m., and Sunday and holidays from 9 a.m. to 9 p.m. Entrance to the indoor pool area for two hours is €6.80 per adult, €4 for children. Entrance to the outdoor pool area is €4 per adult and €2.40 per child. Children under 4 years of age are free.*

*For more information, visit [www.filderado.de](http://www.filderado.de).*

## What's happening in FMWR

### Youth perform 'Patchwork' play

Young community members will perform "Patchwork" in the Kelley Theatre on Kelley Barracks March 26 and April 2 at 7:30 p.m. and March 27 and April 3 at 11 a.m. and 1 p.m.

For more information, call 421-3258/civ. 0711-729-3258.

### Listen to free jazz

There will be a free Jazz Night at the Patch Community Club's Backlot Bar March 26 from 7-10 p.m. Patrons must be 18 years old or older.

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

### Easter brunch is on

Easter brunch will be available April 4 from 10 a.m. to 3 p.m. at both the Swabian Special Events Center on Patch Barracks and the Kelley Club on Kelley Barracks.

The "All You Can Eat" buffet, including scrambled eggs, potatoes, french toast and a carving station, costs \$12.95 per adult and \$7 for children ages 3-12 (children under 2 years old are free).

Table reservations are recommended. For more information, call

430-8205/civ. 0711-680-8205.

The Robinson Barracks Club will also serve Easter brunch April 4 from 10:30 a.m. to 2 p.m. Brunch includes broiled lobster and lamb, followed by a children's Easter egg hunt.

Table reservations are recommended. For more information, call 0172-790-9859.

### Learn "7 Habits of Highly Effective Families"

A "7 Habits of Highly Effective Families" class will be held April 29 from 9 a.m. to 1 p.m. at Army Community Service, Building 2915, Panzer Kaserne. To register, call 431-3362/civ. 07031-15-3362.

### Attend Stuttgart youth newcomers orientation

Stuttgart Youth Newcomers Orientation events are scheduled for April 9-10 from 9 a.m. to 6 p.m., and May 6-8, from 3:30-6 p.m. on May 6-7 and 9 a.m. to 6 p.m. on May 8.

For either orientation, meet at the Patch Hub, Building 2337, Patch Barracks. All participants must be registered through Child, Youth and School Services and in grades six to 12.

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

## Coming to Patch Theater

**March 25** — Precious (PG-13) 6 p.m.

**March 26** — The Bounty Hunter (PG-13) 6 p.m., Daybreakers (R) 9 p.m.

**March 27** — The Spy Next Door (PG) 4 p.m., Nine (PG-13) 7 p.m., The Bounty Hunter (PG-13) 9 p.m.

**March 28** — The Bounty Hunter (PG-13) 4 p.m., Nine (PG-13) 7 p.m.

**March 29** — The Bounty Hunter (PG-13) 6 p.m.

**March 30** — Avatar (PG-13) 6 p.m.

**March 31** — The Spy Next Door (PG) 6 p.m.

**April 1** — Avatar (PG-13) 6 p.m.

**April 2** — How to Train Your Dragon (PG) 6 p.m., Legion (R) 9 p.m.

**April 3** — How to Train Your Dragon (PG) 4 p.m., When in Rome (PG-13) 7 p.m., Legion (R) 9 p.m.

**April 4** — How to Train Your Dragon (PG) 2 p.m., When in Rome (PG-13) 4 p.m., Legion (R) 7 p.m.



Columbia Pictures

**April 5** — How to Train Your Dragon (PG) 6 p.m.

**April 6** — When in Rome (PG-13) 6 p.m.

**April 7** — Legion (R) 6 p.m.

*For more information, check out the Patch Theater movie schedule online by visiting [www.stuttgart.army.mil](http://www.stuttgart.army.mil) and clicking on "Patch Movie Schedule" on the bottom left corner.*

SPORTS  
SHORTS**Pre-natal yoga class available**

A 10-week pre-natal yoga class is now available at the Patch Fitness Center. The class will meet each Thursday from 11 a.m. to noon, beginning April 1. Register at the fitness center March 25 from 11 a.m. to 1 p.m.

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

**Bike through Black Forest**

Bike through the Black Forest with Outdoor Recreation April 11 from 10 a.m. to 3 p.m. Transportation will be provided from Outdoor Rec on Panzer Kaserne. The cost is \$10.

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

**Register for Bowling Championship**

The U.S. Armed Forces Bowling Championship will be held April 21-23 from 10 a.m. to 5 p.m. in the Galaxy Bowling and Entertainment Center on Panzer Kaserne. The deadline to register is April 19.

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

**Join 'Gym Ratz'**

The Gym Ratz Youth Fitness Program for children ages 6-18 will meet each Thursday at 4 p.m. in the Panzer Fitness Center, starting April 1. Register no later than May 28.

For more information, call 431-2616/civ. 07031-15-2616.

**Belly Dancing Day set**

Belly Dancing Day is scheduled for April 3, with a free class from 10:30 a.m. to 12:30 p.m. in the Patch Fitness Center. Bring comfortable clothes, water and a towel.

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

# Nothin' but net

## MWR schools EUCOM in basketball champs

By Brittany Carlson

USAG Stuttgart Public Affairs Office

The U.S. Army Garrison Stuttgart unit-level basketball championship started out neck-and-neck.

But it wasn't long before the undefeated team, Morale, Welfare and Recreation, showed why they haven't lost a game yet, crushing U.S. European Command J6 53-36 in the final game March 4 inside the Patch gym.

EUCOM's larger team dominated under the basket, but was no match for a series of steals and outside shots by MWR.

Eric Jones, MWR guard and the team's most valuable player, attributed the victory to attitude and teamwork. "We expected to win," he said. "It was unselfishness [with shooting]."

That's not to say Jones didn't earn his fair share of points. He scored a total of 18 total points — with four 3-pointers — during the game, the highest-scoring player on the court.

To counter MWR's outside scoring, EUCOM focused on its big players.

Michael Steen, EUCOM center, muscled through more than one set of arms for several power layups, scoring 10 points, including the first basket of the game. Steen's rebounding also gave his teammates a steady stream of second chances to score.

But MWR danced around him.

"The strategy was, we gotta outrun the big guy," Jones said.

**"The guard play is what took us there. Most importantly, we stayed together as a team, and that's how we win."**

**Chris Jackson**  
Guard, MWR basketball team



Susan Huseman

MWR guard Eric Jones soars toward the basket for a layup against EUCOM J6 center Michael Steen (in blue), as Tim Hill (2) looks for a pass during the U.S. Army Garrison Stuttgart unit-level basketball championship game March 4 in the Patch Gym. MWR won the game 53-36.

Halfway through the first half, MWR began grabbing breakaway steals, ending the half solidly in their favor at 30-21.

"The guard play is what took us there," said Chris Jackson, an MWR guard who scored nine points. "Most importantly, we stayed together as a team, and that's how we win."

Meanwhile, EUCOM started throwing passes away.

"In the first couple minutes, we started going down low and it started working for us," said EUCOM team captain and point guard Joel Pollard. "[But] we had too many turnovers and got frustrated."

The loss was a disappointment for the EUCOM team, which made it through

the season 9-3.

However, they'll have another shot at a trophy in the Installation Management Command-Europe championship tournament at Ramstein Air Base March 25-28.

The MWR team is ineligible to play, since most of its members are civilians, but three of its service member players will join EUCOM in the tournament.

For Pollard, the tourney is a chance for EUCOM to show what they can do, despite the recent loss.

"We have some of the strongest players in the league," he said.

The EUCOM players' desire to prove themselves may be just what they need to win the next level.

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**2000 Nissan Altima** GLE Black Sedan with Grey Leather Interior, 153K miles, Automatic Transmission, Sunroof, For Sale at KBB value \$3800. For more information please contact Ryan @ 0162-297-2601 or ryharrington@gmail.com

**2001 Nissan Sentra** GXE (previously registered in Arlington, TX) For Sale: 4000 EUR. 93,000 miles, automatic transmission, only one owner, great condition and excellent maintenance records, brand new Pirelli all-weather tires, CD Player / Radio, A/C, 4 Cylinders, great gas mileage, car accessories included for Free. If interested please call: Andrew 0176-6295-2272 cell (Germany) or email: andjacks@hotmail.com

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### ANNOUNCEMENTS

**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.

**PBUSE Mentoring Conference** Hosted by USAREUR G4, 14 Apr 2010, 0830-1700, Shuh 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. It will be your place of duty for the day! POC Randy Fizer, 481-3480, randy.fizer@eur.army.mil or Martin Leingartner

### JOB

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

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

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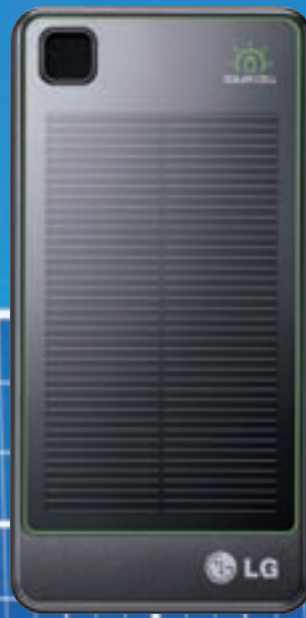
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