

THE CITIZEN

Vol. 38, No. 18

U.S. Army Garrison Stuttgart

October 1, 2009

Serving the Greater Stuttgart Military Community



Richard Hoke (from left), Clair Oja, Catherine Blanton and Susan Mizgala work up a sweat during Theresa Michael's 6:15 a.m. Sunrise Cycling class Sept. 24 in the Patch Fitness Center. The USAG Stuttgart FMWR Sports and Fitness program recently won the Outstanding Sports and Fitness Program Award for a large installation in the IMCOM-Europe Recreation Awards program.

USAG Stuttgart rec programs take top IMCOM-E honors

Story & photos by Susan Huseman
USAG Stuttgart Public Affairs Office

The Installation Management Command -Europe Recreation Award winners were announced Sept. 11, and it was more than a win-win situation for U.S. Army Garrison Stuttgart.

It was win-win-win-win, as the USAG Stuttgart Family and Morale, Welfare and Recreation professionals collected top honors in four areas.

Competing in the large installation category, the garrison won Outstanding Installation Recreation Program and three Outstanding Recreation Program awards for Arts and Crafts, Entertainment and Sports and Fitness. All move on to the Army-level contest.

"The key part in winning the garrison category is not only the teamwork we've established in the recreation division, but throughout the other divisions," said Ron Paoletti, the FMWR Recreation Division chief. Paoletti said the garrison recreation team part-

See *Stuttgart Rec Programs* on page 4

Charitable contributions easy, transparent with CFC-O

By Susan Huseman

USAG Stuttgart Public Affairs Office

The Combined Federal Campaign-Overseas officially starts this month in the Stuttgart Military Community.

The federal workplace charity fundraiser will kick off Oct. 7 at 9 a.m. in the Swabian Special Events Center on Patch Barracks, with leaders from U.S. Army Garrison Stuttgart, U.S. Africa Command, U.S. European Command and their subordinate commands joining in a cake-cutting ceremony.

Last year, federal employees raised more than \$275 million for charitable causes across the globe.

More than 97,000 U.S. service members and Department of Defense

civilian employees serving overseas participated, donating more than \$15.8 million for people in need, according to the Combined Federal Campaign-Overseas Web site.

Local campaign managers want to ensure all federal employees are given a 100 percent informed opportunity to give to the charities of their choice. "This means someone personally is going to come to you, give you a booklet listing the charities and hand you a pledge form," said Lt. Col. Victoria Swank, who heads up the campaign for AFRICOM. "Our goal is for everyone to have the information."

More than 2,300 charities are participating this year. The CFC-O charity listing describes each charity and gives its annual fundraising and adminis-

trative costs as a percentage of total revenue. This percentage is important to know, according to charitynavigator.org, an independent charity evaluator, because the most efficient charities spend less than 25 percent on fundraising and administrative fees.

Those stationed in Stuttgart again will have the option of enhancing the quality of life in the Stuttgart community by donating to Family Support and Youth Programs. One-hundred percent of the donations are returned to the community in which they were donated.

Gifts to FSYP are used to support a range of activities, from playground and youth sporting equipment to child care programs. Last year, the U.S. Army in Europe received more than \$92,000

in donations from FSYP.

Donations can be made through payroll deduction, check, cash and credit card. The minimum gift via payroll allotment is \$1 per pay period. There is no maximum.

The CFC-O also offers an electronic pledge card for contributors to fill out online at www.cfcoverseas.org.

For more information, contact your local campaign manager. For USAG Stuttgart, call Capt. Timothy Mitchell at 431-2086 or Master Sgt. Richard Gillispie at 431-2032; for AFRICOM, call Todd Rust at 421-4754 or Lt. Col. Victoria Swank at 421-3635; for U.S. European Command, call Anthony Stoneking at 430-8426 or Staff Sgt. Thomas Rice at 430-8714.

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How spouses handle deployment

When service members deploy, their spouses must take on new roles and become more independent. (This is the second article in a three-part series.)



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Military moms an icon for Americans

For people in other countries, women in uniform may seem like a shock. For Americans, however, they are a symbol of freedom of choice.



INSIDE
THIS
EDITION

Donating to CFC-O 'makes a world of difference'

By Robert M. Gates
U.S. Defense secretary

It is a privilege and an honor to serve again as the chair of the Department of Defense Combined Federal Campaign-Overseas. The CFC-O is your annual opportunity to support the charities that are meaningful to you.

United States service members, DoD civilians and family members

have answered our nation's call, serving every day in defense of the freedoms we enjoy as Americans. You have seen firsthand the hardships people endure around the globe. In addition to your committed service, many of you gave generously to the 2008 campaign, raising more than \$15.8 million for people in need.

The funds raised through the CFC-O support many national and international participating charities, as well as your own overseas Family Support and

Youth Programs. Funds given to FSYP totaled nearly \$700,000 in 2008 and support quality of life programs in your local military community.

This year's CFC-O charity listing contains more than 2,000 participating organizations that support important causes that are close to our hearts. I know that, at one time or another, some of these charities may have helped you, your family or a friend. The CFC-O theme, 'Make a World of Difference,' underscores that

our shared contributions can make the world a better place.

Please join me in donating to the charity or charities of your choice. Giving to the campaign is easy — you can donate via cash, check, payroll deduction or credit card. It is a wonderful feeling to know that you have helped someone in need.

Thank you for your service to our nation and for your support of the CFC-O.

Letter to the Editor

Reader offers some history on Mini Troopers program

I was very excited to read the first article of the three-part series on children and deployment (*The Citizen*, Sept. 17, page 1, 'The Long, Dark Tunnel: children and deployment'), see the photo of Jovanni Addison, read the quotes from my students and see references to the Mini Trooper program.

I helped create the program — with the support of Ligia Steers, former Army Community Service Mobilization and Deployment Readiness Program

Manager. (Steers is now the Marine Forces Europe Family Readiness Officer.)

Here are some facts on the Mini Troopers Club:

- Mini Troopers is a deployment support group that was developed, planned, organized and facilitated by the Patch Elementary School Guidance and Counseling Program;

- This year is the third year of the program;
- Army Community Service managers and employees helped to support the program;

- School officials, parents and community leaders were consulted in the planning stages;
- During the second year, Military Family Life Consultants became involved in the program;
- The program has evolved. In its current state, the MLFCs plan the activities with the PES counselor's review and co-facilitation.

Jan Kuenning
PES Guidance and Counseling Program

THE CITIZEN

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ON THE STREET

What would you do on an ideal day off?



Gunnery Sgt. Robert Carney
(U.S. Marine Corps)

"Anything I can do to help out the community."



Angela Polk-Davis
(Civilian)

"I would eat, sleep, be extremely lazy ... that would be it."



Lt. Col. Brian Wright
(U.S. Army)

"Spend time with my family, usually sight-seeing."



Sgt. Nick Johnson
(U.S. Army)

"Drink cold beer."



Nelly Hernandez
(Air Force Spouse)

"Go and have some breakfast downtown, take a stroll down Königstrasse."



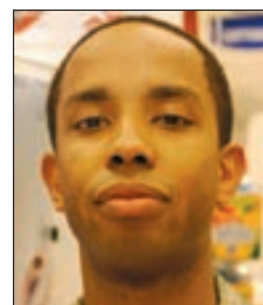
Capt. Scott Ryan
(U.S. Marine Corps)

"I would be spending it on the water — a little bit of water skiing, some fishing."



Ursula Benefield
(Widow)

"Walk in the woods [for] the fresh air and, of course, the change of colors in the fall."



Senior Airman Kenneth McNeill
(U.S. Air Force)

"Sleep all day."

Observance lauds Hispanics' military sacrifices

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

When the salsa band started playing at the Hispanic Heritage Month Observance Sept. 18, even Gen. William E. "Kip" Ward, commander of U.S. Africa Command, and his wife, Joyce, got up and danced along.

The observance, hosted by the U.S. Army Garrison Stuttgart in the Swabian Special Events Center on Patch Barracks, kicked off Hispanic Heritage Month, which runs from Sept. 15 to Oct. 15.

Each year in the U.S., observances such as this one are held to celebrate the culture and traditions of Hispanics — those of any race who can trace



Valenzuela up their heels for a 'Salsa Night,' however, the guest speaker, retired Maj. General Alfred A. Valenzuela, reminded them of the proud history that Hispanic people have had while serving in the U.S. military.

"Hispanics have a lot to be proud of," he said. They have served in every American war. Today, there are 200,000 Hispanics serving in the military. "A lot of folks haven't stood up to be counted, but a lot of Hispanics have," he added.

Valenzuela also encouraged fellow Hispanics to remember their heritage.

"We all dance differently. We all sing differently. We all eat differently,"

their roots back to Mexico and other Spanish-speaking nations of the Caribbean and Central and South America.

Before the guests kicked up their heels

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"We all dance differently. We all sing differently. We all eat differently,"



Gen. William E. "Kip" Ward and wife, Joyce (right), perform the salsa with Sgt. Alex Ruiz and Spc. Sarah Gonzalez during the Hispanic Heritage Month Observance.

he said. "But we are a tremendous ethnicity, and we ought to be proud of who we are."

Valenzuela himself has numerous accomplishments to be proud of; he is the sixth Hispanic to become a general officer. Some of his career highlights include serving as commander of the U.S. Army South, and as a Latin-American politico-analyst at the National Security Agency.

"We are a tremendous ethnicity, and we ought to be proud of who we are."

Retired Maj. Gen. Alfred Valenzuela
Guest speaker

He was recently named one of the "100 Most Influential Hispanics" by Hispanic Business Magazine.

Valenzuela's speech touched Staff Sgt. Johnathan Fuselier. "It shows how rich the USA is, because all different types of people from around the world support one Army," he said.

The food samplings were diverse as well, including dishes such as Arroz con Pollo (chicken with rice) and Puerto Rican Tostones (fried plantains).

Sgt. 1st Class Chrysti Lassiter-Jones, the USAG Stuttgart equal opportunity advisor, said she hoped people left the event with a better understanding of Hispanic people. "It's a whole lot more than music, sports and entertainment," she said. "The culture is so rich and diverse."

The salsa band, directed by popular artist 'Mambo Kingo' was the highlight for Clara Hayes, civilian spouse. "It's hard to listen to this music and not want to dance," she said.

News & Notes

KMC hosts college night Oct. 8

The Kaiserslautern Military Community will host College Night Oct. 8 from 6 to 8:30 p.m. in the Special Events Center, Bldg. 237 on Rhine Ordnance Barracks.

The largest college night in Europe offers all Department of Defense Dependent Schools-Europe high school students and their parents a chance to get first-hand knowledge about colleges and universities, scholarships and financial assistance.

About 120 accredited colleges and universities are expected to have representatives at the event. There will also be representatives from scholarship and financial assistance agencies, and military recruiters.

Free SAT, ACT software

Free SAT and ACT test prep programs are available to all current and former military service members, Department of Defense civilians and their families, thanks to a group of National Football League and Major League Baseball players, and the eKnowledge Sponsorship Alliance.

The latest test prep software, valued at \$200, includes video instruction, supplemental test prep material, interactive diagnostic tools, and practice tests.

To order the program, visit www.eknowledge.com/nfl, and enter sponsorship code FBEC67159, or call civ. 001-951-256-4076. There is a fee of \$13.84 per program, which covers registration, licensure, processing, handling and shipping.

Soldiers in Europe can schedule photos online

Starting Oct. 1, Soldiers in Europe can schedule their official Department of the Army photography appointments online.

The new, web-based Visual Information Ordering Site, www.vios.army.mil, allows Soldiers to schedule DA photos, location photography, graphic and video production, presentation support services, media and equipment loans electronically.

The VIOS software application requires Common Access Card authentication, and provides Soldiers with the ability to schedule an appointment at anytime, from a military computer.

Volunteer support needed for Pfennig Bazaar

By **Brittany Carlson**
USAG Stuttgart Public Affairs Office

Each year, the German-American Women's Club of Stuttgart generates thousands of euros for community programs — and while helping the less fortunate — in just two days.

The funds come from the club's Pfennig Bazaar, Stuttgart's largest flea market.

However, without volunteers, none of it would be possible, said Lisa Croteau, bazaar chairperson.

"We need 600 to 700 volunteers to make this event a success," she said.

Volunteers are needed to help set up the bazaar on Oct. 15 from 9 a.m. to 7 p.m. and assist customers during the event, Oct. 16-17 from 9:30 a.m. to 8 p.m. in the Liederhalle, Berliner Platz 1-3, Stuttgart.

Throughout the year, the club ac-

cepts donated, used clothing, electronics, household goods, baby items and other necessities to sell at the bazaar.

Customers are mainly underprivileged people who cannot afford store-bought items, Croteau added. "We're helping them to put clothes on their backs and to get goods that they normally could not get."

Even with low prices, the bazaar earned the club €120,000 last year, €92,000 of which was distributed to American and German organizations, such as the Stuttgart Boy Scouts, Red Cross and Fisher House Foundation.

Several programs in U.S. Army Garrison Stuttgart receive funds, including the United Services Organization and Department of Defense Dependents Schools.

For volunteers, "the benefit is, you're giving back to your community, which is going to give back to you," Croteau said.

Another benefit is the social time. "It's fun," Croteau added. "You're going to meet a lot of German individuals, and many, many relationships begin at the bazaar."

Forming friendships between Americans and Germans are the main reason why the club was founded in 1968. "It helps support international relations between the two countries, and that, to me, is worth its weight in gold," she said.

Volunteers do not need to be a part of the GAWC to help out at the bazaar, however, Croteau added.

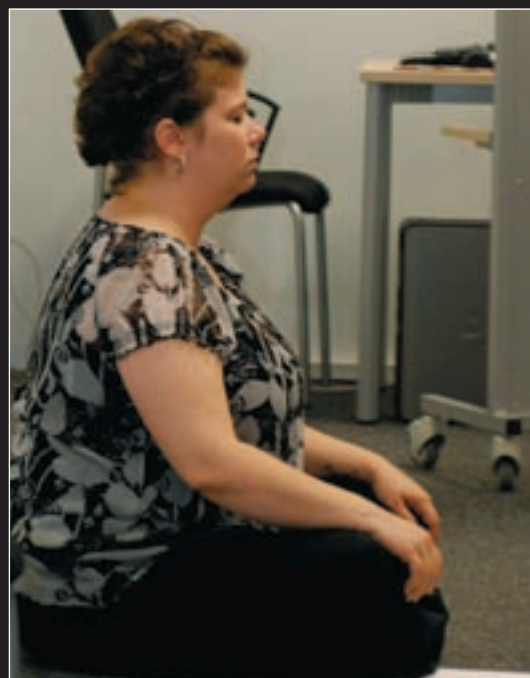
All they need is a desire to make a difference in their community.

"It has had an enormous impact over the years with these organizations, but none of this is possible without the volunteers," she said.

For more information, call civ. 0151-5821-4828 or 0712-795-7235 or e-mail lisa.croteau@yahoo.com.

Garrison observes Suicide Prevention Month

This year, the Army joined the nation in recognizing Sept. 6-12 as Suicide Prevention Week. The theme was "Improving our Soldiers' and Families' Health: A Healthy Force Combatting High-Risk Behaviors." To further educate community members about suicide and its contributing factors, the U.S. Army Garrison Stuttgart hosted several free programs and events last month.



Photos by Brittany Carlson



[Left] Staff Sgt. Frank Ladra spins the Smoker's Roulette Wheel at the Army Substance Abuse program table during a Health Fair on Sept. 11, which focused on suicide prevention and general health. The fair, hosted by the Stuttgart Army Health and Dental Clinics, and the Stuttgart Wellness Center, had more than 15 organizations participate.

[Left] Lynn Van Zandt, an employee at Vehicle Registration, practices focusing her mind on the present and detecting tension in her body during a Mindfulness Workshop, hosted by Army Community Service Sept. 9-11. Dr. Michelle Katz, a clinical psychologist from the behavioral health clinic, taught the class. [Right] Members of the 52nd Signal Battalion practice using their elbows to avoid punches during a Tai Chi class Sept. 18 in the Patch Fitness Center. The class was one of three classes offered.



[Above] Penny Belanger (left) explores the new photo and scrapbooking kiosk at the Patch Multi-Crafts center, with the help of Corinnea Martindale, manager. [Right] FMWR employee Deborah Stevens and volunteer Ralph Daszkowski paint scenery for the Stuttgart Theatre Center's production of "I Never Saw Another Butterfly."



Stuttgart rec programs

Continued from page 1

ners with other FMWR activities and form partnerships outside the FMWR family with organizations such as the Religious Support Office.

He credits the division's success to resourceful employees who work well together. "We have a creative, innovative staff who loves what they do — whether it's putting on a cat show in the community club, a flea market inside the fitness center or a sushi-making class in the library," he said.

But it's not just the paid staffers who have earned these awards.

"We would be nowhere near where we are if it weren't for the volunteers who come forward. They clearly make a critical difference," he said.

No one knows that better than Alan Buxkemper, the director of the Stuttgart Entertainment Branch, which provides musical and theatrical activities. "Without volunteers, we're dead in the water," said Buxkemper of the Stuttgart Theatre Center and its theater productions.

Buxkemper and his staff serve as mentors and coaches to hundreds of volunteer actors, singers, dancers, musicians and stage hands who, in turn, entertain audiences with musicals,

comedies and dramas. "What they do on stage is their entertainment. It's what they do for fun," he said.

Other people get their kicks out of creating art, sewing or building furniture. That's where the Arts and Crafts program comes in.

The USAG Stuttgart Arts and Crafts program has won best program at the Europe and Army-wide competition two years in row, and is going for number three this year.

"The staff is full of ideas," said director Kelly Sarles. They're learning new things all the time and sharing them with the community.

Recent innovations, such as the photo and scrapbooking kiosk, pottery bar and coffee bar, keep Patch Multi-Crafts Center on the front-line of the arts industry. However, Sarles says her staff is not stopping there. "There's always room to grow," she said.

The garrison Sports and Fitness program also won for best program at the 2008 Europe and Army-wide competitions.

Passion is what makes this program successful, according to Oliver Stith, the garrison Sports and Fitness director. "When you're doing what you love, it becomes easy," he said.

New after-school program teaches kids grown-up skills

By **Brittany Carlson**

USAG Stuttgart Public Affairs Office

Learning to maintain a vehicle or trying Latin dance are usually activities reserved for adults.

Now, children in grades 1-12 can try them out — for little to no cost — with the new, Army-wide Child, Youth and School Services after-school program, EDGE!

EDGE!, or Experience, Develop, Grow, and Excel, partners Family and Morale, Welfare and Recreation programs with CYS Services to present kid-friendly, educational classes.

The program kicked off in U.S. Army Garrison Stuttgart in September.

“We go [look for] kids who aren’t doing anything [after-school],” said Jackie D’Agostino, EDGE! director. “Maybe they’re just not into sports. We want to teach them positive leisure skills that will last a lifetime.”

Classes typically run for four weeks and include activities such as clay molding, exercise classes, sew-

ing and fashion design. The classes meet weekdays after school, usually between 3 and 6 p.m.

EDGE! classes are free for children in grades six to 12 and \$5 an hour for grades one through five.

“We’re going to offer, for the first time, film production and computer editing,” D’Agostino said.



Cyndee Durk (from left), 9, Emily Heidenreich, 11, Noelle Matherne, 7, and Amaris Galik, 10, work on clay sculptures during an EDGE! class.

“With the typical costs associated with that, [most people] couldn’t afford it.”

So far, the most popular classes are art and design classes, such as clay molding, at the Patch Multi-Crafts Center, she added.

“You get to mess around — get yourself dirty,” said Evan Heidenreich, 9, as he shaped a mound of clay into a pair of dice during a class on Sept. 17.

Heidenreich and his classmates received more than just a fun afternoon, however. Each EDGE! course builds on the lessons of the previous class; at the end of four weeks, students will have tried and mastered several exercises.

For example, a spin (stationary bike) class instructor will first teach students how to use the bike, and then teach them spinning techniques, D’Agostino said. “So, if you’ve never done spin, you’re not afraid to go in there.”

Future classes in the works include ‘Rockin’ in October,’ a rock-climbing class hosted by Outdoor Recreation; ‘Tune Your Ride,’ which will teach teens how to maintain a car, and a “Make and Skate” class, in which students can build their own skateboard from scratch at the Multi-Crafts Center.

“It seems like all the kids are pretty stoked,” said Cory Hoffman, frame shop manager at the Multi-Crafts Center. “We have a lot of new skaters.”

D’Agostino also hopes to expand the program to offer classes on every garrison installation.

“It’s something new,” she added. “I think the cost is minimal. It’s an incredible opportunity for everyone involved.”

For more information, call Jackie D’Agostino at 430-8214/civ. 0711-680-8214.

“We want to teach them positive leisure skills that will last a lifetime.”

Jackie D’Agostino
EDGE! Director

Keep your community safe with force protection guidelines

By **Rita Reilly**

USAG Stuttgart Antiterrorism Office

Many people don’t think twice about the force protection measures in place on a military installation, such as fencing, barriers, gate guards and Military Police.

But force protection — protecting U.S. personnel and property from terrorist actions — goes beyond installation law enforcement and antiterrorism operations.

It is just as important for community members to take proper measures to protect themselves and their family members.

Guidelines can be found in the Antiterrorism Personal Protection Guide: A Self-Help Guide to Antiterrorism (CJCS Guide 5260).

The CJCS guide is a booklet that includes security tips for use at home, on the telephone, and while using ground transportation and air travel.

The guide can be found online at the garrison Web site, www.stuttgart.army.mil, under the Antiterrorism and Force Protection link.

Another source is the Force Protection and Threat Level Briefing at the U.S. Army Garrison Stuttgart In and Out Processing Center, held every other Tuesday from 10:05 to 10:30 a.m. For more information, call, 431-2599/civ. 07031-15-2599.

In addition, AT Level 1 Training (required for all Department of Defense personnel and their family members 14 years and older) is available online at <https://atlevel1.dtic.mil/at>.

Stuttgart Military Community residents can find the current force protection condition on the garrison Web site.

They can also maintain situational awareness of the local area by subscribing to USAG Stuttgart e-mail notifications. These include, among other things, notification of local political demonstrations. Subscribe by writing to stuttgartmedia@eur.army.mil.

Finally, when suspicious activity is spotted, community members should report it immediately to the Military Police at 430-5262/civ. 0711-680-5262.

These simple steps contribute to the overall strength of the force protection program and help to keep everyone secure.

2009
COMBINED FEDERAL CAMPAIGN—OVERSEAS

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The long, dark tunnel: spouses and deployment

Editor's Note: This is the second in a three-part series addressing the emotional affects deployment has on families in the military.

Story & photo by Brittany Carlson
USAG Stuttgart Public Affairs Office

For a military spouse, the long, dark tunnel of deployment is paved with new challenges and responsibilities.

While their service member spouse is away, the husband or wife left behind juggles children, finances, managing the home and work — alone.

Add to this the loneliness of losing a partner and best friend, and the end result can be overwhelming, even traumatic, if the spouse create a support system for themselves.

Military spouses must become more independent during deployments, said Dr. Eric N. Leong, chief of behavioral health for the Stuttgart Army Health Clinic. "They don't have a choice."

Financial decisions can be very challenging, he added, especially if the deployed service member used to

You go through stages of resentment and bitterness — and happiness, because you know that you can do these things on your own.

Lorraine 'Raine' Flores
Navy spouse

manage them.

"They're not used to balancing a budget ... they start using credit for everything," Leong said. "They get into debt."

In addition to money matters, deployments give spouses on-the-job training in doing other things that their service member spouse used to do. They become both mother and father to the children. They fix cars, cook, clean, try to stay in touch with their spouse, and, in some cases, have jobs besides.

"You go through stages of resentment and bitterness — and happiness, because you also know that you can do these things on your own," said Lorraine 'Raine' Flores, a Navy spouse in Stuttgart, who has been apart from her husband for two 6-month deployments and several temporary duty tours.

Reaching out

The temporary loss of a partner and

co-worker in the home makes outside relationships and involvement vital for spouses coping with a deployment.

For Flores, a mother of two, the hardest part of parenting during a deployment is not being able to bounce ideas off of her partner. "You're not even able to discuss certain things, like child-rearing," she said. "You have to make those decisions on your own."

She found comfort in her friends, whom she considers an extended family.

"Both [deployments], I made a good core group of girlfriends with the same circumstances," Flores said. "You need people. There's no way to get through it without friends."

Without the support of other people, the loneliness can become unbearable.

When Ronda Hayes, a mother of three, whose husband is on a 12-month deployment to Afghanistan, started to feel depressed after her spouse left, she sought help at the mental health clinic and began regular counseling.

Her advice to other spouses facing the same issue is simple: "If you think you're getting depressed, go see somebody. It's not only hard on the spouse; it's hard on the kids and the deployed service member."

The garrison offers free support programs, such as counseling through the Religious Support Office, classes at Army Community Service and Family Readiness Groups.

Kimberly Addison, whose husband is on a year-long deployment to Afghanistan with the 554th Military Police Company started attending FRG meetings and works out with other spouses from the company.

"We're all in the same boat, so we all help each other, especially here in Germany, with no family members to do what an FRG can do for you," she said.

Reaching out spiritually can also help spouses get through deployments, said Leong, the chief of behavioral health. "Belief in a higher power is a powerful thing," he said.

Addison said she feels peace, even though she sometimes worries about her husband's safety. "It's gotten better for me, because I just constantly stay in prayer for him and the company," she said. "It's positive thinking ... I know they're all going to return home safe[ly]."

For better or for worse

With all of the business at home and down range, working on the marital relationship can be tough to squeeze in.

Long deployments sometimes result in affairs, which contributes heavily to Soldier suicides, Leong said.

However, it's possible to keep the marriage strong, he added, as long as both spouses are emotionally mature. It helps if both support one another, by either



Lorraine 'Raine' Flores, Navy spouse, has snack time after school with her children, Gabriel, 6, and Lilianna, 4 (far right), along with a neighbor's daughter, Sydney Toliver, 6. Like many other military spouses, Flores had to make some child-rearing decisions on her own during deployments.

managing the home well or calling from down range to express appreciation.

"One of the most important things is to have a lot of trust," added Chaplain (Maj.) David Santiago Cruz, Family Life chaplain for U.S. Army Garrison Stuttgart. "When you're far away, if you don't trust your partner, it adds stress to the relationship."

Subsequent tours

Despite the popular belief that second, third or fourth deployments become easier to deal with, research shows that they do not, Leong said. In fact, they are often harder.

Santiago added: "You don't get used to it. Every deployment is different — they bring different stresses and different challenges to the families and service members."

One Special Operations spouse, who wished to remain anonymous, and who will be referred to as 'Mary' in this article, has been through so many deployments (usually three to four months) that she has had a maximum of five months of uninterrupted time with her husband in their five years of marriage.

"I don't know what's harder," she said, comparing a yearlong deployment (with more time at home afterwards) to constant, shorter deployments.

In Mary's situation, life revolves around deployments. "A lot of time is spent preparing for them to leave or adjusting when they get home," she said. "To actually get a feel for normalcy is difficult."

The danger involved in her husband's job adds another element to the equation: fear.

"I don't know where they go, what city they're in," she said. "The reality is, sometimes it's better that I don't know."

Mary has known service members who have died in battle, and has been

the first to comfort a friend whose husband was killed in action.

However, Mary says she has to consciously choose not to dwell on what could happen. "You can't live your life in fear and wonder if, every time someone knocks on your door, it's going to be bad news," she said. "You have to live your life."

For Mary, living life means participating in programs such as Mothers of Pre-School children and church groups.

"You build your life apart from your spouse," she said. "You move on — you have to as a spouse and you have to as a mother."

However, she added, being involved without taking a break can take its toll, making it vital to plan "alone time."

During deployments, Mary utilized the Child Development Center's free child care for spouses of deployed service members. "It was so nice to drop them off and know that they were fed and taken care of," she said.

Reintegration

Sometimes the biggest challenges military spouses face are when the service members return from deployment.

"Expect change," Santiago, the Family Life chaplain, said. "They are going to come back different."

Both service members and spouses may find it difficult at first to re-bond, after becoming so close to their friends and battle buddies.

"[Both] need to allow themselves time to readjust to each other," Santiago said. "Love your spouse enough to give them some space."

The best way for spouses to help their service members regain normalcy is to do fun things together, Leong said. "Try to get them to be friends again ... learn to play together, and enjoy each other's company once again."

Learn parenting skills Oct. 1

New parents can learn parenting skills during the 'Mommy and Daddy Basic Training' class hosted by Army Community Service's New Parent Support Program.

Classes are scheduled for Oct. 1 and Dec. 3 from noon to 4 p.m. at ACS, Building 2915, on Panzer Kaserne.

For more information, call 431-3353/civ. 07031-15-3353.

Muppets come to Stuttgart Oct. 2

The Sesame Street USO Experience for Military Families is part of Sesame Workshop's Talk, Listen, Connect initiative, a military outreach program for military families with young children experiencing the effects of deployment.

Live character performances will be held Oct. 2 at 10 a.m. and 4 p.m. in the Patch Fitness Center gymnasium.

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

Youth perform One Act Play Oct. 2-3

Area children and teens will perform the One Act Play, 'I Never Saw Another Butterfly,' Oct. 2 at 7:30 p.m., and Oct. 3 at 11 a.m. and 1 p.m. in the Kelley Theatre.

The play, presented by U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's Stuttgart Theatre Center, is written by Celeste Raspanti and focuses on a child's experience in a concentration camp during World War II. Tickets are \$5.

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

ARThaus show to open Oct. 2-4

U.S. Army Garrison Stuttgart Arts and Crafts' newest program, "ARThaus," an art gallery and cultural center, will host a grand opening party and exhibition Oct. 2-4 from 5-9 p.m. in the Swabian Special Events Center (Building 2505) on Patch Barracks.

For more information call the Patch Multi-Crafts Center at 430-6407/civ. 0711-680-6407.

Health clinic closed Oct. 9 and 12

The Stuttgart Army Health Clinic will be closed Oct. 9 and 12. For emergencies, contact the Military Police.

Stuttgart residents save lives



Brittany Carlson

Robert Robson, contractor, donates blood in the Kelley Fitness Center Sept. 16 as part of the Stuttgart Community Blood Drive, hosted by the Armed Services Blood Program. The program generated 117 units of blood, the most given in the past five years.

For immediate health care needs, call the Nurse Advice Line at 0800-825-1600 (from a DSN line) or 00800-4759-2330 (from a civilian line).

KONTAKT offers discounted park tickets

Experience Europa Park's Halloween festivities at a discounted price, thanks to U.S. Army Garrison Stuttgart's Kontakt German-American Club. Kontakt offers tickets for a special Halloween Horror Night on Oct. 11 for those 16 years and older.

Tickets include admission into Europa Park and the Marc Terenzi Horror Night show. Tickets for entrance to Europa Park are also available.

For more info on Horror Night, visit www.terenzi-horrorights.com. For more information on Kontakt, e-mail info@Kontakt-club-stuttgart.de, or call 431-2301/civ. 07031-15-2301.

German Red Cross celebrates 20 years

The German Red Cross Furniture Hall in Böblingen will celebrate its 20 year anniversary Oct. 14-24 with special events scheduled each day.

The shop, located at Hanns-Klemm Strasse 31 in Böblingen-Hulb, is open from 9 a.m. to 6:15 p.m. on weekdays, and from 9 a.m. to 4 p.m. on Saturday.

Women's career workshop on Oct. 14

A women's career development workshop in resume building will be held Oct. 14

from 9-11 a.m. in the Army Community Service conference room, Building 2915, Panzer Kaserne. Registration is required.

For more information, call the U.S. Army Garrison Stuttgart Equal Employment Opportunity Office at 430-5256.

'Moon Over Buffalo' comedy starts Oct. 16

Be sure to see 'Moon Over Buffalo,' a theatrical comedy by Ken Ludwig, presented by the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's Stuttgart Theatre Center.

Performances will be held Oct. 16-17, 23-24, and 30-31 at 7:30 p.m., and Oct. 18, 25 and Nov. 1 at 3 p.m. in the Kelley Theatre. Tickets cost \$12 for adults and \$10 for students.

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

Retiree pay representative to visit Oct. 23

A retiree pay representative from Defense Finance and Accounting Service-Cleveland will visit Stuttgart Oct. 23 from 9 a.m. to 1 p.m. in Room 307, Building 2915 on Panzer Kaserne.

All retirees who would like an audit of their Retiree Account Statement, wish to update information or have any pay problems are welcome to attend on a first-come, first-serve basis.

'HONK' auditions Oct. 19-21

The Stuttgart Theatre Center will hold auditions for "Honk" Oct. 19-21 at 7 p.m.

in the Kelley Theatre, Building 3320, Kelley Barracks. The cast calls for eight to 12 men, eight to 12 women and four to six youths from 10-14 years of age.

A free, pre-audition workshop on acting in a musical comedy will be held Oct. 18 at 6:30 p.m. Performances will be held in December and January.

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

RB Community Bank to close Oct. 20

The Robinson Barracks Community Bank will be closed from Oct. 20 to Nov. 5 for renovations. It is scheduled to re-open Nov. 10.

Community Banks open later Oct. 21

The U.S. Army Garrison Stuttgart Community Banks will open later on Oct. 21, because of mandatory training.

The Patch Barracks Community Bank will open from 1-4 p.m., and the Panzer Kaserne and Kelley Barracks banks will open from 1:30-4 p.m.

Disability Awareness Seminar Oct. 22

A Disability Awareness Seminar will be held Oct. 22 from 9-11 a.m. in the Patch Theater. Topics to be discussed include special hiring authority, amendments to the American Disability Act and reasonable accommodations.

The seminar is sponsored by the U.S. Army Garrison Stuttgart Equal Employment Opportunity Office, the USAG

Stuttgart Civilian Personnel Advisory Center and the Stuttgart Law Center.

For more information, call 430-5256/0711-680-5256.

TRICARE Online

Register for TRICARE Online and book appointments online at <https://www.tricare-online.com>.

The TRICARE Online administrator is available at 371-2768/civ. 06221-17-2768 for problems or questions.

Lose baby weight

The Stuttgart Wellness Center, Community Health Nurse, Physical Therapy program and New Parent Support group team up to offer "Fit After 40 Weeks," a fitness program for women between two months and one year postpartum.

The class meets Monday, Wednesday and Friday from 8:15-9:30 a.m.

To enroll, call 430-6383/civ. 0711-680-6383.

Ice hockey team needs players

Want to play ice hockey? Players with all levels of experience are welcome to participate in the Stuttgart Military Community Eis Hockey Club team. The team practices at a local ice arena.

For more information, contact SMCHockey@ymail.com.

ACS helps moms learn to breast-feed

The U.S. Army Garrison Stuttgart New Parent Support Program will host a 'Breast-feeding Basics' class Nov. 5 from 9-11 a.m. at Army Community Service, Building 2915, Panzer Kaserne.

For more information, call 431-3353/3362/civ. 07031-15-3353/3362.

Clinic hosts Dental Assistant Program

The Stuttgart Dental Clinic and Stuttgart American Red Cross are now recruiting participants for their Dental Assistant Program.

U.S. citizens and spouses of active duty service members can gain new skills and begin a career as a dental assistant through the program.

To sign up, stop by the American Red Cross, Building 2915, Panzer Kaserne by Oct. 19, or call 431-2812/civ. 07031-15-2812.

Military women inspire photographer's art, life

By Susan Huseman

USAG Stuttgart Public Affairs Office

When Uka Meissner-DeRuiz began working for the U.S. Army in 1965, she was stunned to find women serving in the military. "I was surprised. It was a cultural shock, I do admit," she said.

Years later, the idea still fascinates the German photographer. It's a theme she continually explores in her work.

Meissner-DeRuiz's "Military Moms" photo exhibit, the third in a series focusing on women in the military, opened at the Deutsch-Amerikanisches Zentrum/James-F.-Byrnes-Institut in downtown Stuttgart Sept. 17.

The exhibit, which runs through the end of October, features 22 female Soldiers, Sailors and Airmen from the Stuttgart Military Community, their children, and, occasionally, their spouses.

"I think it really captures the essence of the modern military woman's spirit toward family," said Tony Black, a U.S. Army Garrison Stuttgart employee and former Soldier, during the opening. "I know about 75 percent of these women. They've been combat-tested, they are sensitive to others, they have sound judgment — and this just personifies, 'be all you can be.'"

Meissner-DeRuiz, who married a U.S. Soldier in 2003, knows most Americans will appreciate the exhibit. Yet, she said the purpose of "Military Moms" is to enlighten and educate Germans. "I want to get people thinking ... to reexamine their values, and the male and female roles. That's been my motivation since I started this," she said.

At the exhibit's grand opening, she got her wish. Georg Pfauter, a German visitor, wrote in the guest book that, on the one hand, it was shocking to see a pregnant woman wearing a military uniform, and yet, he was able to see how very different Americans and Germans think and feel about the military. He wrote he was grateful for the exhibition, because it allowed him to experience the American mentality.

Erika Alber, a local German artist, pointed out that not too long ago, women weren't even allowed to serve in the German army. "I think it's great that it's possible now."

In fact, until 2001, the German armed forces had one of the most conservative gender policies of any NATO country — women were only allowed to serve in the medical service or a military band.

"There are many German women — my age and older — who say if they'd had [the choice to serve in the military], they would have taken it. It's an option we never had," said Meissner-DeRuiz, who, in 2008, retired from U.S. Army Garrison Stuttgart's Directorate of Family and Morale, Welfare and Recreation as a supervisory

arts specialist, after 43 years of service.

Her first "Women in the Military" show was held in 1997.

Meissner-DeRuiz followed it with a second exhibit, "Women in the Military II," in March, 2001. "I took photos of female service members in their uniform of choice, and how they wanted to present themselves as private people," she said.

Just a few months after that second show, Meissner-DeRuiz discovered another angle she wanted to explore. "Sept. 11 came, and I knew I wasn't finished," she said.

"We had female Soldiers who were going downrange, and that's when I started to think about a smaller segment of women in the military — military women who are mothers — because this is a concept completely foreign to Germans," she said.

"As a mother and a grandmother, I wondered how do you cope with it, and what is your logistic support?" Meissner-DeRuiz added.

"In Germany, you don't have day care centers and nurseries like the U.S. military provides," said Meissner-DeRuiz. "I have been so impressed with how the U.S. military takes care of these women."

After mulling over the idea for several years, Meissner-DeRuiz began to work earnestly on the third installment in 2006.

But in a post 9/11 world, it was difficult getting models to participate.

"Since 9/11, people are a little bit more worried about offering any personal information outside of the military circle," she said.

Because the exhibit was intended first for a German audience, Meissner-DeRuiz took extreme care that names were not shown in the photos, using image editing software to block them out, if necessary.

"I've been around the military long enough to be cautious of these things, and we are in very difficult times," she said.

Perhaps it's why a Marine is not represented in the exhibit. "Unfortunately, I think the Marines were too reluctant to step in front of my camera, this time," said Meissner-DeRuiz. "But, there is hope — this is an open and ongoing project."

As she begins to contemplate her next "Women in the Military" theme, she has hopes that the "Military Moms" exhibit will be seen by a wider audience.

"My goal is to exhibit the show in Heidelberg, where Germans and Americans can see it, and I would like to bring it to the Women In Military Service For America Memorial exhibit gallery in Washington, D.C. I think the moms belong



A pregnant Staff Sgt. Verneecia Harris, AFRICOM, poses with husband, Sgt. Tariq Harris, SOCAFRICA, and daughter, Aaliyah, 2. Daughter Aaliyah was born Feb. 5, 2008.



AFRICOM's Lt. Col. Jennifer Krischer holds son Noah, now 4. Since this photo was taken, Krischer's family has grown by one. Daughter Naomi just turned 1.



Sgt. Mayda Rivera-Hernandez, 208th Finance Battalion, is surrounded by her children, (from left) Yasmine, 4, Andrea, 2, Nicolle, 10, and son, Felix, 7.

there," she said.

Meissner-DeRuiz appreciates that there are alternative ways of structuring one's life. Observing women in the U.S. military showed her "that I too have the freedom of choice in how to live, and of course, the attached responsibilities," she said.

"I am forever grateful for having been able to have that experience over the years," said

Meissner-Ruiz. "The exhibit is my way of saying thank you."

The "Military Moms" exhibit is open Tuesday, Wednesday and Thursday from 2-6 p.m. through the end of October.

The Deutsch-Amerikanisches Zentrum/James-F.-Byrnes-Institut is located at Charlottenplatz 17 in downtown Stuttgart.



The Deutsch-Amerikanisches Zentrum/James-F.-Byrnes-Institut, in downtown Stuttgart, formerly a post World War II re-education center, now promotes German-American relations through lectures, language courses, the arts and special events. The DAZ is open Tuesday, Wednesday and Thursday from 2-6 p.m.

Carola Meusel

German-American center promotes cultural awareness through lecture series, arts

By Susan Huseman

USAG Stuttgart Public Affairs Office

The battle is over. At the end of World War II, America was fighting to win over the German people, in what then U.S. Secretary of State James F. Byrnes said was "a battle between us and Russia over minds."

The American government funded re-education centers, called "Die Amerika Haus," or the America Houses. Stocked with post-war luxuries such as books, magazines and music, the Amerika Haus became an influential gathering place for the German people.

More than sixty years later, Stuttgart's Amerika Haus, now called the Deutsch-Amerikanisches Zentrum/James-F.-Byrnes-Institut, carries on the tradition.

When the U.S. stopped funding the Amerika Haus program in the 90s, the state of Baden-Württemberg began to up the bill for its facilities.

"German-American relations are kind of special within Europe, and they are no less important now," said Friederike Schulte, a program manager at the institute, explaining the ongoing emphasis after all these years.

The DAZ, as the Germans call it, continues to encourage a cultural exchange between the two countries through lectures, language courses, the arts and special events.

"For two years we've hosted a festival called 'American Days,' with special funding from the city. Last year we had over 90 events in 10 days that took place all over the city," Schulte said.

Upcoming lectures covering timely topics, such as health care reform in the U.S. and Iran's political system, are offered in English.

Conversational English classes are available for all age groups. "We teach American English with native speakers to Germans," said Schulte, adding that several Stuttgart Military Community members teach there.

The center also offers interactive activities such as quilting and book clubs, discussion, reading and creative writing groups.

Ron Miyashiro, a U.S. Army Garrison Stuttgart employee, belongs to the Transatlantic Art ConneXion, a collaboration of local German and American artists who meet monthly at the DAZ.

Group art projects, workshops and museum outings are some of the reasons why Miyashiro joined.

He said his involvement has widened his circle of friends. "It gives me the opportunity to meet other artists in the area. It's been a great opportunity," he said.

The Deutsch-Amerikanisches Zentrum/James-F.-Byrnes-Institut is located at Charlottenplatz 17 in downtown Stuttgart. For more information, visit www.daz.org.



Tech. Sgt. Leisha Valley, SOCEUR, is a picture of calmness as 6-week-old Elijah S. Valley III expresses his displeasure at being photographed.

'Military Moms'

Vaccination is best protection against influenza

By Jerry Harben

U.S. Army Medical Command Public Affairs Office

This year, health officials are preparing for the new H1N1 flu — initially known as “swine flu” when it was widely publicized last year — in addition to the seasonal flu vaccinations to which military personnel are accustomed.

Seasonal flu and H1N1 flu are different strains of influenza viruses, and vaccination against both is necessary to be fully protected.

“Influenza viruses change from year to year. Protection that develops after a person is infected or is immunized against the circulating viruses of one season does not provide adequate cross-protection when a new influenza strain develops. Vaccination is your best protection against influenza infection,” said Lt. Col. Patrick Garman, deputy director of the Military Vaccine Agency.

Flu vaccinations are mandatory for military personnel and civilian health care personnel who provide direct patient care at military treatment facilities. It is highly recommended for other people.

“The seasonal influenza vaccine is already available. Vaccine shipments began in early August. Military treatment facilities began their seasonal influenza vaccine program immediately upon receipt of influenza vaccine to protect individuals at risk from developing influenza or its complications. Our CONUS and OCONUS beneficiaries and retirees who are enrolled in TRICARE can receive their vaccination at their local MTF,” Garman said.

TRICARE covers the flu vaccination for beneficiaries, as long as it is administered in a doctor’s office.

“It is DoD’s primary goal to have more than 90 percent of service members vaccinated against seasonal influenza by Dec. 1. The secondary goal is to swiftly complete the seasonal influenza vaccinations and begin preparations for the impending H1N1 vaccination program,” Garman said.

The H1N1 vaccine should be available in October. People 10 years of age and older will receive one dose. Those six months of age to less than 10 years will require two doses, separated by approximately one month. The vaccine will be available as both an injectable or nasally inhaled product, just as the seasonal flu vaccine is. Most service members will receive the injectable H1N1 vaccine. The Department of Defense expects to receive enough doses of the vaccines for all military service members and DoD beneficiaries who wish to be vaccinated. To prepare for a possible pandemic disease, DoD has stockpiled antiviral treatments for 8 million people.

In addition to vaccination, people can protect themselves against either strain of flu by:

- * Covering the nose and mouth with a tissue when coughing or sneezing, then throwing the tissue in the trash;

- * Washing hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective;

- * Avoiding touching the eyes, nose or mouth. Germs spread this way;

- * Avoiding close contact with people who have flu-like symptoms;

- * Staying home if they become sick, until 24 hours after the fever is gone. This will avoid infecting others.

So far, H1N1 influenza has been no more severe than seasonal flu. Garman said that experts expect it to be the dominant strain of circulating influenza this year because, until vaccination, most people lack immunity to it. The two diseases cause similar symptoms: fever, sore throat, cough, runny nose, chills, headache, muscle aches and feeling rundown. H1N1 seems to infect young adults more frequently than seasonal flu, which is most dangerous to the elderly or the very young. Symptoms normally last three to five days, but a person may infect others for several days before showing symptoms and for as much as 10 days after symptoms end.

The nasal mist contains a live virus. “The live-virus vaccine can cause some mild flu-like symptoms, but you cannot get the flu from receiving any influenza vaccine. The injectable influenza vaccine contains pieces of viruses that have been killed, so infection is not possible,” Garman said.

“Side effects are usually mild, and can occur soon after vaccination and last for one to two days. Side effects include soreness, redness or swelling at the injection site; fever, weakness, headaches and muscle aches,” Garman said. More serious side effects from these vaccines are rare. Anyone who has serious side effects should contact the health-care provider or clinic where the vaccination was administered.

For more information, visit the DoD’s clearing house for influenza information at <http://fhp.osd.mil/aiWatchboard/>.

Information also is available at www.armymedicine.army.mil, www.vaccines.mil and www.cdc.gov. Information at <http://fhp.osd.mil/aiWatchboard/>.

USAG Stuttgart observes Fire Prevention Week Oct. 4-10

By Susan Huseman

USAG Stuttgart Public Affairs Office

U.S. Army Garrison Stuttgart will observe Fire Prevention Week Oct. 4-10.

Garrison fire department officials will reinforce the safety campaign’s theme, “Stay Fire Smart! Don’t Get Burned,” by conducting fire drills at local Department of Defense Dependent Schools and visiting child development centers.

Fire Prevention Week concludes Oct. 10 with a fire prevention demonstration at the Army and Air Force Exchange Service shopping mall on Panzer Kaserne from 10 a.m. to 3 p.m.

The event will feature fire and

weapons of mass destruction decontamination trucks, along with a fire extinguisher trainer, information and activities for all ages.

“The fire extinguisher trainer is an environmentally friendly, gas-powered flame propeller,” said Len Fagan, the USAG Stuttgart assistant fire chief for prevention. “It gives people a realistic idea of what it’s like to extinguish a fire.”

Fire officials will also demonstrate what happens when water is used to put out a kitchen grease fire. “You end up with a fireball about 20 feet high. You see this, and you’ll never do it,” Fagan said.

For more information, visit www.firepreventionweek.org.



USAG Stuttgart fire inspector Andreas Böhmer helps a youth operate a fire extinguisher during a past Fire Prevention Week event. This year, the USAG Stuttgart Fire Department will hold fire safety displays and demonstrations Oct. 10 from 10 a.m. to 3 p.m. at the AAFES shopping mall on Panzer Kaserne.

File photo

OCTOBER 4-10, 2009

IT'S FIRE PREVENTION WEEK

STAY FIRE SMART!

DON'T GET BURNED

www.firepreventionweek.org

NFPA

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Markthalle offers culinary trip around the world

By Birgit Thompson

USAG Stuttgart Public Affairs Office

To travel the world in an afternoon, visitors do not have to board a plane or even leave Stuttgart.

They simply have to find their way to the Markthalle, behind the Alte Schloss (old castle), in the downtown area.

The indoor market features goods from 38 international vendors from as far away as Mexico.

Visitors can find spices from India and Asia, meat from Argentina, cheese from France and the Netherlands, Italian sausages and parmigiano cheese, and Persian figs and filled dates.

Filled olives from Greece, Spanish ham and Hungarian peppers can be purchased right in the center of Stuttgart. Regional and international wine, flowers and exotic fruits line the aisles.

The Markthalle is an impressive construction with a steel roof spanned by glass, which floods the marketplace with as much daylight as possible. Stalls offering fresh fruits, meats, fish, bread, and spices produce a mix of foreign and domestic aromas in the air.

An open Italian cafe and restaurant

“ Filled olives from Greece, Spanish ham and Hungarian peppers can be purchased right in the center of Stuttgart. ”

overlooks the hustle and bustle of the indoor market from the second story, and a Spanish tapas bar invites visitors to relax and enjoy the scenery.

An interior decorating shop wraps its way around three sides of the upper floor.

The Markthalle's first appearance in the city of Stuttgart's historical records was in 1450, when it was mentioned as a large stately building, called a Schranne (an old German word meaning market hall.)

King Wilhelm the First reconstruct-



www.stuttgart.de

Visitors to the Markthalle, in downtown Stuttgart, browse through stalls selling fresh meats, vegetables and herbs. The marketplace offers treats for the palette and the eye, from cheeses to flowers, imported from 38 countries.

ed the Markthalle in the mid 1800s, mimicking the 'Les Halles' of Paris, which combined vendor stalls under one large roof.

The Viktualienmarkt (old-fashioned word for a daily market of fresh foods) soon became too small for the city's population, so Martin Elsässer was charged with building the existing

larger hall in 1910.

In March 2009, the historical green Majolica fountain was returned to the Markthalle, the only item that sustained damage in World War II, newly restored. Today, the Markthalle is once again complete, and is one of Stuttgart's historical landmarks.

The different aromas that fill the

building, along with the wide variety of international foods and flowers found in this market, make shopping the Halle a unique experience.

Vendors offer tastes of almost everything before a sale is made. This ensures that shoppers are satisfied and will return to the Stuttgart Markthalle for another culinary journey.

Sample Baden-Württemberg's new wines at local Besen

Besen are traditional small pubs or bars that are only open during or just after the new grape harvest. Wine growers attach a broom (Besen) to the front of their homes to indicate that they are open for business as a Besenwirtschaft, a small restaurant where people can drink and purchase the new vintage.

For more information, visit www.besen-weinstuben.de.

The following Besen pubs open in early October:

Weinhofbesen
Württembergstr. 48,
70327 Stuttgart
(Untertürkheim)
civ. 0711-33-1422
www.weinhof-zaiss.de

Weinbau und Besenwirtschaft Scheef
Aten Scheune., Hartwaldstrasse 124,
70378 Stuttgart (Hofen)
civ. 0711-53-1885
www.weinbauscheef.de

Plieninger Most und Weinbesen
Steckfeldstrasse 33, 70599
Stuttgart (Plieningen)
civ. 0711-45-5692
www.plieningerbesen.de

Besenwirtschaft Gohl, Bei Dr' Elsbeth
Epplestrasse 54, 70597
(Degerloch)
civ. 0711-76-67727
www.beiderelsbeth.de

For the latest announcements, visit www.stuttgart.army.mil

International Baptist Church of Stuttgart

Services:
Sunday 9:30 AM & 11:30 AM • Wednesday 6:30 PM

Untere Waldplätze 38 • 70569 Stuttgart (Vaihingen)

Phone: +49 711 687 43 65
Fax: +49 711 678 80 26
E-Mail: email@ibcstuttgart.de
Web: www.ibcstuttgart.de

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(serving our Military and surrounding communities since 1998)

SPORTS SHORTS

Register for CYS Services winter sports

Register your children for Child, Youth and School Services' wrestling, cheerleading and basketball Oct. 1-30 at Central Enrollment and Registration, Building 2347, Patch Barracks.

Participants must be enrolled with CYS Services and have a valid physical through March 15 in order to register. For more information, call 430-7480/civ. 0711-680-7480 or e-mail stuttgartcys@googlemail.com.

Stuttgart course sponsors fall golf scramble

The Stuttgart Golf Course will host a fall scramble Oct. 3. The shotgun start is at 10 a.m. For more information, call civ. 0714-187-9151.

Sign up for Oct. 24 Great Pumpkin Run

U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation will host the "Great Pumpkin Run" Oct. 24 at 10 a.m.

Participants can register starting Sept. 28 in the Patch Fitness Center. The entry fee for the 5 or 10 kilometer run is \$12 for individuals, \$30 for families. The deadline to register is 9 a.m. on race day.

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

Indoor flag football classic on Oct. 17

The Baden-Württemberg Indoor Flag Football Classic is scheduled for Oct. 17 at 10 a.m. in the Kelley Physical Fitness Center on Kelley Barracks. Participants must be 17 years old or older.

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

— She doesn't kick like a girl —

New female kicker for PHS football 'really something'

By Brittany Carlson

USAG Stuttgart Public Affairs Office

When Emma Murray, sophomore, first announced she would try out for kicker on the Patch High School football team, she was wearing a dress and had a flower in her hair.

"I thought she was coming in to be my manager," said Brian Hill, head coach.

Little did he know that Murray, 15, would not only make the varsity team, but become the Panthers' best kicker.

Murray helped the varsity team win their first victory in two years 14-8, during a pre-season scrimmage against a German team Sept. 12.

"I've never seen a football game until [that game]," said Murray, who scored two field goals in the scrimmage.

"She was splitting the uprights," Hill recalled, with a smile. "It was textbook ... beautiful."

Murray, a soccer player, began preparing for football try-outs during the summer. "I just wanted to try something new," she said.

She attended a sports-conditioning camp, practiced with another kicker from the team, and participated in Department of Defense Dependents Schools football camp in Ansbach in August.

Murray was the only girl among 400 boys at the camp, but she kept up with the three-a-day practices, and even earned the most valuable player award for kickers.

Starting off, her biggest challenge was wearing the equipment. "Your whole body is just kind of tired at the end because of all the weight with all the pads," she said. "The first time I put on my helmet, I [felt] like a Bobble-head."

However, Murray's first real test came when the Panthers started practicing



Susan Huseman

Emma Murray practices kicking during a Patch High School varsity football practice. During the Panthers' first scrimmage, Murray scored two field goals.

ing tackling.

"[At first], some of the guys were like, 'Well, a girl ... we'll just see what happens,'" Hill said. When the hitting drills started, "she earned all their respect."

Despite her mother's worries, Murray not only practiced tackling her teammates, but let them practice on her.

"It's quite the experience having someone mow over you, but you get back up and try again," Murray said. "I didn't let them go easy [on me]."

However, as kicker, Murray is not allowed to tackle—or be tackled—during a game. The only time she might have direct contact with another player is if the opposing team breaks through all 10 of her teammates during the kick-off.

"She's our safety on kick-offs; otherwise, it's 10 on 11," Hill said. "She's playing football. Anything could happen."

Hill told Murray's parents and spring soccer coach to be prepared for Murray to get knocked around with the rest of the team. "Yeah, you're a girl, but when you get on the field, they're not going to care," he said.

And although Murray sometimes comes to practice with a pink long-sleeved shirt under her jersey, her teammates and coaches see her as one of them.

"All the guys are really supportive," Murray said.

Besides, she's the only kicker who consistently scores from the 20-yard line.

Hill hopes Murray will eventually kick from the 35-yard line. For now, though, "If we can get to 20, we've got a good shot," he said. "She's really something."



Emma Murray

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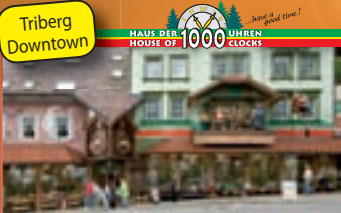
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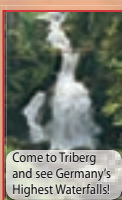
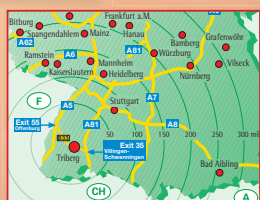
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