

Military spouse employment made easier

By Elaine Sanchez
American Forces Press Service

In an effort to address military spouses' employment challenges, the Defense Department recently launched the Military Spouse Employment Partnership to expand career opportunities for military spouses worldwide. Flanked by military spouses and corporate leaders, top government and military officials unveiled the partnership during a ceremony at the U.S. Chamber of Commerce in Washington, D.C.

The partnership encompasses more than 70 employers. Leaders from each company stepped forward to sign a pledge to:

- Increase employment opportunities for military spouses while maintaining employment for relocating spouses;
- Provide career promotion opportunities for military spouses who are excelling at their jobs;
- Ensure pay equity for military spouses commensurate with their level of training, work experience, accomplishments and credentials; and
- Spread the word about spousal support throughout the military and corporate America. Partners also are pledging to post job opportunities on the Military Spouse Employment Partnership web portal located online at www.ourmilitary.mil.

The partnership program evolved from the Army Spouse Employment Program, through which more than 100,000 military spouses have been hired since 2003, said Robert L. Gordon III, deputy assistant secretary of defense for military community and family policy.

Military spouses also voiced their approval.

"It will make our lives as military spouses so much easier, because right before you move, there's that ramp up of getting that resume ready ...," said Kristi Hamrick, an Air Force spouse who has moved 11 times in 17 years. "If you can get a job where you have another job waiting on the other end ... that would reduce so much stress."



Patch High School soccer players Sydney Baer (from left) and Emma Murray meet Heather Mitts, a U.S. Women's National Team defender, during an open practice June 30 in Heidelberg. The practice gave Americans affiliated with the U.S. military in Germany the opportunity to interact with the U.S. team during the 2011 FIFA Women's World Cup in Germany. For more photos, visit www.flickr.com/photos/usagstuttgart.

Stuttgart gets World Cup fever

Story & photos by Brittany Carlson
USAG Stuttgart Public Affairs Office

For Stuttgart soccer enthusiasts, June 30 presented a once-in-a-lifetime opportunity.

U.S. Army Garrison Stuttgart's Family and Morale, Welfare and Recreation transported more than 200 community members to Heidelberg June 30 to watch the U.S. Women's National Team practice, part of a plethora of events focused on the 2011 FIFA Women's World Cup in Germany.

"It's definitely awesome to be so close to the Women's National Team in Germany," said Nichole Rios, 17, part of the Patch High School varsity soccer team.

See World Cup on page 4



Young Stuttgart soccer players John Ramirez (left), 8, and Sebastian Kirkpatrick, 9, cheer for the U.S. Women's National Team during the open practice June 30.

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Summer Hire puts teens to work

Working during the summer may not sound like fun, but for these teens, gaining real world experience (and some spending money) made their toil worthwhile.



Pages 12-13

USAG Stuttgart celebrates July 4

Nothing says "Independence Day" more than fireworks, patriotic music, family activities and barbecue — and that's exactly what community members enjoyed this July 4.



EFMP Respite Care: enhancing quality of life for caregivers

By Lt. Gen. Rick Lynch

Installation Management Command commander

Starting in July, the Exceptional Family Member Program is standardizing and streamlining the process for delivering respite care to eligible families in need of support.



Lt. Gen. Lynch

EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive, coordinated community support, housing and educational, medical and personnel services to families with special needs. It is focused on helping these families find the support and care needed to ensure all their members can thrive.

Respite care is one way EFMP helps to provide support for all family members — in this case, the caregivers.

Caring for a family member with special needs, especially severe chronic

medical conditions, is an around-the-clock job.

There may be no end to a caregiver's love, but everyone who shoulders such responsibilities needs a break to rest and recharge.

EFMP respite care provides that break. Qualifying families are eligible for up to 40 hours of respite care a month for each certified family member.

In an effort to enhance service delivery to EFMP-enrolled families, Installation Management Command has revised EFMP respite care policies and procedures. The revision is effective this month.

It includes changes in eligibility criteria and the Family Services Needs Matrix, and online training for EFMP managers and physicians. An EFMP respite care panel will be established at each garrison to review and recommend approval or disapproval of all respite care submissions to the garrison commander, who is the decision authority.

Garrison EFMP Managers are available to provide more detailed information to families currently receiving respite care. Soldiers or family members who have questions about it or other

EFMP-related services can also visit the EFMP web page at Army OneSource at www.myarmyonesource.com.

This revision to policy and procedures is part of the Army EFMP Strategic Action Plan to improve services and support for families with special needs.

Also as part of the plan, at the beginning of this fiscal year, EFMP added non-clinical case managers at 26 garrisons stateside and overseas to connect families with required systems of care.

The focus on enhancing the effectiveness of EFMP could not be more important or timely.

It is important because the EFMP is one way the Army keeps key promises it made in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and

family programs that foster an environment in which families can thrive.

It is timely because while the Army's commitment remains as strong as when the covenant was signed in 2007, we are operating in a different fiscal reality in 2011.

Just as any Soldier or family member asks, "Is it worth it?" before opening his or her wallet, we are doing the same — making sure we are using resources as efficiently as possible to provide quality services to families.

Army life poses challenges for any family, but especially for families with special needs.

It is part of our job, our commitment, to make sure we are delivering the right services in the right way to support the health and well-being of all family members.

The Citizen staff will take a short publication break. We will return to print on Aug. 11. We wish all of our readers a safe summer.

THE CITIZEN

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www.stuttgart.army.mil

ON THE STREET

This summer, what are you doing to recharge?



Tisha Edwards
(Spouse)

"... going on a weekend with my husband to a romantic getaway."



Sgt. 1st Class Derrick Williams
(U.S. Army)

"Visiting family. Family always recharges you."



Sgt. Jacob Wilharms
(U.S. Marine Corps)

"Travel[ing] Europe: Italy and France."



Bryan Loos
(Family member)

"Getting prepped for football season."



Spc. Michael Costas
(U.S. Army)

"I'm PCSing. I'm taking a whole month off."



Andrea Garcia
(Spouse)

"Going to Spain for World Youth Day."



Times Richardson
(Retiree)

"Traveling, seeing our kids."



Pvt. Katherine Baptista
(U.S. Army)

"The spa."



Kris Allen (left), 15, and Spencer Harding, 15, sort cartloads of packages in the Panzer Kaserne Community Mail Room. The teens are working for U.S. Army Garrison Stuttgart as part of the six-week Summer Hire Program, an annual event that allows dependents ages 14-22 the chance to gain work experience and make some spending money.

Summer Hire Program in full swing

Story & photo by Steve Roark
USAG Stuttgart Public Affairs Office

U.S. Army Garrison Stuttgart is experiencing a temporary surge in its workforce. The Summer Hire Program is an annual event that allows dependents ages 14-22 a chance to pick up some real-world experience and a little spending money during the six-week program.

April Petersen, 18, just graduated from high school. Like many of her fellow summer hires, she needed a little coaxing to join the workforce.

“It was really my mom who pushed me into doing it,” she says. “If I was at home, I’d just be sleeping in and playing video games.”

Instead, Petersen reports to the Stuttgart Family and Morale, Welfare and Recreation administrative offices every morning at 7:30 a.m. to sort files, shred documents and organize the storage room.

Petersen’s supervisor, Catherine Bianco, says Petersen’s contributions extend beyond her office.

“She’s actually been helping not only me, but she’s been helping our Financing Management Office, the Payroll Office, Marketing and the Business Operations Division, so she’s really been a great help,” Bianco said.

Over at the Panzer Community Mail Room, 15-year-olds Kris Allen and Spencer Harding unload truckloads of packages and letters each day. Their supervisor, Brian Richter, estimates that 200 to 300 packages and 500 letters arrive on any given day.

Harding says he was surprised to see so many car and motorcycle parts on the mail trucks.

“We get heavy items a lot ... it’s more than I

“It was really my mom who pushed me into doing it. If I was at home, I’d just be sleeping in and playing video games.”

April Petersen, 18
Summer Hire Program participant

expected,” he said.

Like Petersen, both Harding and Allen were ‘volunteered’ by a parent: in this case, their fathers.

“I’m glad he did, because everybody else in my family is making money,” said Allen, who plans to use his paycheck on a video game system or television for his room.

Richter says he’s been working with Summer Hire employees for eleven years.

“I think it’s great,” he said. “It gives them real world experience.”

It also gives the busy CMR some real help. “The crew here is excellent. They’re on top of their game,” Richter said.

Harding added that despite the hard work, he’s glad he signed up.

“It’s fun and you get paid,” he said. Summer hires earn \$5.50 per hour. The program runs through July 29.

News & Notes

Stuttgart Area Technology Exposition

The semi-annual Stuttgart Area Technology Exposition will be held July 28 from 9 a.m. to 2 p.m. at the Patch Fitness Center.

This event is hosted by U.S. European Command J6, Defense Information Systems Agency-Europe and the Stuttgart Armed Forces Communications and Electronics Association Chapter.

The event is free and open to all military, civilian and contractor personnel.

More than 65 exhibitors will demonstrate the latest in secure communication technologies, cyber security, satellite communications, hardware, software, and many other areas.

For more information or to request a company or technology, contact Christy Shaak at civ. 001-443-561-2436 or Shaak@ncsi.com.

To pre-register, visit www.FederalEvents.com, click on the “Patch Barracks” link and select the pre-register button.

Paperwork needed for AAFES fuel in Netherlands

Motorists not stationed in the Netherlands must be on official travel or leave orders to purchase fuel in the Netherlands, according to Army in Europe Regulation 550-35.

Motorists in Germany who wish to obtain rationed fuel in the Netherlands must complete AE Form 600-17A, which serves as the authority document for their supplemental fuel ration. Once approved and signed by their commander or supervisor, the form should be taken to the U.S. Army Garrison Schinnen Military Police Station, along with an ID card, vehicle registration and TDY orders, leave document or military pass.

The leave document should be the multi-purpose OPM Form 71 (if civilian) or a DA Form 31 (for Army). A Military Policeman will then issue AE Form 550-35B with a temporary (limited) ration authorization that can be used to purchase fuel coupons at the Schinnen Main Exchange or fill-up directly at the AAFES service station on USAG Schinnen.

For more information, call civ. 0031-46-443-7555.

(Note: Information was provided by the USAG Schinnen Public Affairs Office.)

Discuss future of Coalition Movement Support

U.S. European Command’s J4 will hold a Coalition Movement Support Conference July 26-27 at the Edelweiss Resort in Garmisch.

Attendees can register for the conference on site. Room reservations can be made by dialing DSN 440-2575, using code “1107 Deploy.”

Additional information on the hotel is available at www.edelweisslodgeandresort.com.

(Note: Information was provided by EUCOM Public Affairs Office.)



Photos by Brittany Carlson

More than 500 Americans from military communities throughout Germany cheer as the U.S. Women's National Team runs out onto the field during a practice June 30 in Heidelberg. The practice allowed service members and families the chance to meet the team members and get autographs during the 2011 FIFA Women's World Cup in Germany. U.S. Army Garrison Stuttgart's Family and Morale, Welfare and Recreation provided transportation to 200 community members.



[Above] WNT defender Amy Rodriguez signs autographs for Stuttgart fans Hilary (from left) and Mardi Adrinkrah.



[Right] U.S. WNT Captain Christie Rampone (in yellow) vies for the ball with teammate Amy LePeilbet during practice June 30.



USAG Stuttgart Child, Youth and School Services employees Wesley Drake (front left) and Caitlin Smith, with Clay Elkin (red hat), show their national pride at the U.S. Women's National Team practice June 30.

World Cup

Continued from page 1

"We're, like, taking notes on their drills and how to use them next year," she added.

"It's a good opportunity for all of us to see the best soccer there is," seconded her teammate, Caroline Rivera.

The open practice at the SG Kirchheim stadium was for Americans affiliated with the U.S. military to interact with players and get autographs. More than 500 Americans from several military communities attended.

The practice followed the U.S. team's first game, a 2-0 victory against North Korea on June 28, and built excitement for U.S. game against Columbia in Sinsheim July 2, which the U.S. won 3-0, advancing them to the quarterfinals.

"They're playing really good. I can't wait for Saturday," said 8-year-old John Ramirez, from Stuttgart.

During the practice, Ramirez had his eye on the team's goalkeepers, since he plays goalie for one of USAG Stuttgart's Child, Youth and School Services soccer teams.

"I look at the goalies a lot," he said, observing that they didn't just stay in the goal box: "They jump out of the box and catch the ball."

Gavin Shaw, 11, who also plays on a CYS Services soccer team in Stuttgart, was inspired to try a few of the players' moves himself. "I think it's pretty cool, watching all their tricks and how they pass [the ball] around," he said.

Seeing so many supporters at the practice was an encouragement to WNT members, including Alex Morgan, a forward. "It made me tear up today at practice when I saw everyone," she said in a press conference following the practice. "We loved it. It raised our energy a little bit."

Heather O'Reilly, midfielder, encouraged young soccer players watching the World Cup to pursue their own soccer dreams.

"In 1999 [at the Women's World Cup] I was also a kid in the stands as a fan," she said. "I was 14, and I was awestruck

seeing these superstars play. Three years later, at 17, I made the team and was able to play alongside some of my idols.

"You just have to believe in yourself. There are no limits on what you can do."

Following the official practice, team captain Christie Rampone thanked the military members and their families for supporting the team and serving the country. "We're very proud of what you're doing for us, and we're going to make you proud throughout the World Cup," she said.

And they did: in the quarter final game against Brazil July 10, after a 2-2 tie, the U.S. team defeated Brazil in a shoot out (winning five penalty kicks versus Brazil's three). The game advanced the team to the semifinals against France July 13.

In addition to taking community members to the practice June 30, Stuttgart's Family and MWR hosted viewing parties for each U.S. game at the Patch Community Club and raffled off tickets to the semi-final and final games.

It made me tear up today at practice when I saw everyone. We loved it. It raised our energy a little bit.

Alex Morgan
Forward, U.S. Women's National Team

Between tickets to games and the free practice, Family MWR management intern John Hamilton said the opportunity for Stuttgart residents to see the Women's National Team was "phenomenal."

"Even back in the States, you're not guaranteed to get a chance to see them play," Hamilton said. "It's the kind of scenario that you just can't pass up, in my mind."

Salsa spices up life for instructor, students

Story & photos by Susan Huseman
USAG Stuttgart Public Affairs Office

As the business day winds down at the USO front desk, Laura Keadle is about to heat things up in the lounge.

Keadle, a volunteer club salsa instructor, is demonstrating what she calls "Latin motion," the sensual rolling hip motion that is characteristic of the dance.

She then goes through the basic salsa dance steps, and soon, ten beginning students are maneuvering across the dance floor like old pros.

"You guys are looking good," Keadle enthusiastically tells them.

Club salsa is a fusion of African, Cuban and Puerto Rican influences, and New York jazz. And it's addictive, according to Keadle, who has taught for almost 15 years — the last three months through the Stuttgart United Service Organizations.

"I loved it from Day One," she said. "The whole thing about club salsa is

that it's not about doing things exactly right; if you're having fun, you're doing it right.

And if smiles and laughter are indicators, the students in attendance on June 29 were definitely "doing it right."

Keadle said salsa is the kind of dance that allows a student to bring his or her own style to it, and her job as an instructor is to "help people feel comfortable that whatever their expression is, it's going to work.

"This is not ballet, where the precision of every movement matters. This is an art form that came from a fusion of many different influences, and if you're a little funky, then you're going to look great. And if you're a little classical, again, you're going to look great," Keadle said.

While salsa is typically a partner dance, Keadle highly recommends students come as "singles." "You can't dance with someone else until you have your own feet in order," she said.

In fact, in the intermediate class, where students partner up, Keadle makes the students rotate partners every few minutes. "When couples come back together again, they have a better understanding of their range," she said.

After an hour of dancing with five partners, Mark Moore, in his first class with his wife, Marie, agreed. "You learn — everyone has different movements — you learn how to move with them."

Marie felt a little different. "It's weird," she said, with a laugh.

For more information, call the USO at 431-3345/civ. 07031-15-3345 or e-mail snorby@uso.org.



[Above] Volunteer salsa instructor Laura Keadle (center), provides one-on-one pointers to Doug Buttler and Marie Moore during an intermediate class held June 29 at the USO on Panzer Kaserne. Keadle has offered community members free club salsa lessons weekly at the USO for about three months.



[Left] Sarafina Nlandu, 16, pairs up with Christopher Payne during a June 29 salsa class. The free salsa dance classes are held every Wednesday in the USO lounge in Building 2915 on Panzer Kaserne. A beginner's session starts at 7 p.m., followed by an intermediate session at 8 p.m. No registration is required.

Club salsa is ... not about doing things exactly right; if you're having fun, you're doing it right.

Laura Keadle
USO salsa instructor

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Motivational program helps you become 'Fit for Life'

Story & photo by Brittany Carlson
USAG Stuttgart Public Affairs Office

When it comes to getting to the gym, some people require a little extra motivation.

That's why Family and Morale, Welfare and Recreation's Sports and Fitness division is hosting the "Fit for Life" program for the Stuttgart military community July 1 through Dec. 31.

"Fit for Life" is a do-it-yourself exercise program that offers community members an extra reason to work out: prizes. This year, the program is sponsored by the American Foreign Service Protective Association.

"This is a motivational tool for them to come to the gym and form a habit. You get free stuff for exercising," said Holly Ogren, Family and MWR fitness coordinator.

The free program allows participants to track how many "miles" they earn each month by recording the amount of time they exercise. Eligible activities range from walking and running, to playing sports, skiing and even stretching.

Miles are calculated based on the amount of time



Runners jog in the Firecracker Fun Run five-kilometer race, held July 4 on Patch Barracks. More than 145 runners participated. Running is one of many activities Stuttgart military community members can use to earn free prizes through the "Fit for Life" program. For more photos, visit www.flickr.com/photos/usagstuttgart.

spent doing the exercise. For example, a mile can be earned through five minutes of aerobic activity or 10 minutes of weight training.

Each month, participants turn in their tracking card to earn prizes, such as a Fit for Life T-shirt, beanie or fleece blanket. Prizes are awarded for reaching 100, 300, 500, 750, 1,000 and 1,250 miles.

Since Fit for Life is time-based, 15-20 minutes of exercise a day could earn a participant 100 miles in a month.

"It's a good way for people to set goals for themselves," Ogren said.

The goodies give community members another reason to stay active throughout the summer, fall and winter, when school schedules, vacations and holidays often get in the way of gym time, she added.

"You're still going to the gym, and you're still staying active for those six months," she said.

The program also has a domino effect; once people start wearing or using their prizes, others want to get involved.

"It actually motivates other people," said Ricky Payton, USAG Stuttgart FMWR sports coordinator.

"People see all these nice prizes, and they want to come in and start working out."

Of course, the most obvious benefits aren't the prizes, but the effect on overall health, Ogren said.

Physical fitness is one of five dimensions in the Stuttgart military community's Comprehensive Fitness Program. Along with emotional, family, spiritual and social fitness, physical health contributes to the overall well-being of service members, civilians and their families.

"When you start becoming active five or more times a week for 30 minutes a day, that has huge health benefits," Ogren said. "Sometimes, it's just about being active whether you're playing sports or skiing ... you're getting out there and moving."

Community members can start tracking their miles at any time during the program by picking up a tracking card at the Patch Fitness Center, or logging miles online by visiting www.stuttgartmwr.com.

Participants must be at least 16 years old. For more information, or to sign up, call the Patch Fitness Center at 430-5386/civ. 0711-680-5386.

Sometimes, it's just about being active, whether you're playing sports or skiing ... you're getting out there and moving.

Holly Ogren
USAG Stuttgart Fitness Coordinator

Help Stop Suicide

If you or someone you know has thoughts of suicide, call the USAG Stuttgart Military Police at 430-5262/civ. 0711-680-5262.

They will connect you to the appropriate resources.

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Black Stallion Inn comes to grips with new fiscal reality

By Susan Huseman

USAG Stuttgart Public Affairs Office

How would you like to pay \$300 for supper? It may sound like an exorbitant price, but that's the cost the Black Stallion Inn Dining Facility on Patch Barracks incurred every time it opened its doors for a supper meal.

"Based upon the low head count, it actually cost the facility over \$350 to produce a supper meal for one individual," said T. C. James, the chief of Supply and Services for U.S. Army Garrison Stuttgart's Directorate of Logistics.

Because attendance during evening meals was extremely low and not cost effective, they were eliminated at the end of 2009 as part of a Lean Six Sigma project designed to eliminate inefficiencies and save almost \$5 million through 2016, according to James.

"After the study ended in 2010, we pledged to continue to look at areas that are not cost effective," James said.

The study data indicated that weekend meals should be on the fiscal radar — with usage dropping off 80 percent and operational costs of meals more than doubling. For example, lunch during the week cost the garrison \$4.87 per plate. On the weekend, that same plate cost a whopping \$29.70.

Add to this an average of 40 customers per weekend meal — less than three of them uniformed personnel. "Of course, the mission of an Army DFAC is to feed the service member," James said.

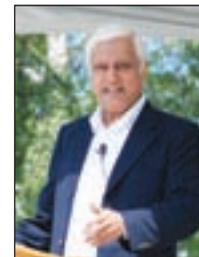
So as of Aug. 20, the DFAC will no longer be open on the weekends, James said.

The cut will save the garrison \$200,000. "Once the numbers were presented to Col. Bird, the garrison commander, and to senior leadership at EUCOM, the decision was clear," said Kathleen Cole, deputy to the USAG Stuttgart garrison commander.

"We are sorry that the Black Stallion will no longer be available on weekends. I know it was popular for brunch after church; however, we must be fiscally responsible," she said.

With the Patch Food Court about to open at the end of this month, weekend diners on Patch will still have several options available. Burger King will be open Monday through Friday from 7 a.m. to 8 p.m. and on weekends from 8 a.m. to 7 p.m. Subway and Taco Bell will be open Monday through Saturday from 10:30 a.m. to 7 p.m. And finally, Sehne bakery will be open Monday through Friday from 7 a.m. to 6 p.m., Saturday from 8 a.m. to 5 p.m., and Sunday from 8 a.m. to 3 p.m.

Garrison church groups combine for special service



Ravi Zacharias, internationally known Christian apologist, speaks during the service.

Community members from all of the Protestant church services in U.S. Army Garrison Stuttgart sing and clap along to music during a combined Protestant worship service June 26. The service was hosted by the garrison Religious Support Office on Patch Barracks' Washington Square parade field, and included a message from renowned Christian apologist Ravi Zacharias and music from the Patch youth ministries, Patch Protestant Service, and Panzer Contemporary and Gospel Services' music teams.



Singers from the Patch Protestant Service encourage the congregation to join in.

Photos by Brittany Carlson

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USAG Stuttgart Directorate of Public Works Environmental Division

Water: Don't waste it!

Fresh water is a limited and important natural resource for all ecosystems.

Less than one percent of fresh water is considered accessible. Only a very small portion of this is actually consumed, so most fresh water use is considered wasteful.

Military capability and combat effectiveness depend on fresh water. Inefficiency and waste deplete funds that could be applied to multiplying combat power and caring for families.

Using water wisely means conserving it whenever possible, and never wasting it.



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Check out USAG Stuttgart's July 4 celebration in video on Youtube!





Photos.com

Food-borne illnesses tend to accompany outdoor meals and other summer factors that increase the risk for disease-causing bacteria in food.

Food-borne illnesses: Don't invite them to your cookouts

By Lt. Col. Twyla Leigh

U.S. Army Public Health Command
(Provisional)

The summer season is in full swing, and the American appetite for outdoor barbecue grilling never goes out of season. Whether grilling traditional burgers, hot dogs and steak, or going "healthy gourmet" with fish and grilled vegetables, these foods need to be prepared safely.

Food-borne illness occurs when the conditions for bacteria growth are present, causing bacteria to multiply quickly, and someone to get sick. Although most food-borne illness happens at home, and the summer heat increases the risk of bacterial growth in food, food-borne illness is preventable.

Preventive measures include marinating with acidic marinades that contain vinegar or citrus juice to decrease potentially harmful bacteria growth. Be sure to return marinated food to the refrigerator until it is time to grill.

Practice the following basics of food safety, as well.

Freshness

Buy and use fresh food that is still in date or food that has been properly frozen and thawed.

Frozen food that will be grilled should be thawed in the refrigerator, in the microwave or as part of the cooking process. Never thaw food on the counter or in the sink.

Hygiene

Wash hands with soap and dry with a clean paper towel often and before handling food, after touching raw food and after touching anything else — face, skin, pets, children, phone, cigarettes, etc. Use clean utensils, clean cutting boards (always wash them be-

tween raw food and ready-to-eat food) and use a clean platter when taking the grilled food off the grill. Do not use the unwashed platter or container that the raw food touched. Single-service gloves and hand sanitizer are helpful, but are not substitutes for proper and frequent hand washing.

Temperature

Keep cold foods cold and hot foods hot to decrease bacteria growth. Bacteria grow fastest in the danger zone between 40 and 140 degrees Fahrenheit. Cold foods should be kept at 40 degrees Fahrenheit in the refrigerator or on ice. Cooked food should be cooked and held at the proper temperatures. Chicken and turkey need to reach 165 degrees, ground meats 160 degrees, steaks and chops 145 degrees, and hot dogs 140 degrees. Grilled vegetables and seafood should reach 140 degrees. Leftovers need to reach a temperature of 165 degrees. Food should be held at 140 degrees or higher until served. A pocket test thermometer (like a chef wears on a jacket pocket) is a great investment at about \$10 and the best bet for knowing if food has reached the proper temperature.

Time

Bacteria grow quickly in food that has been in the temperature danger zone for two to four hours. Take care to serve food as soon as it is cooked, hold food at the proper temperature and store leftovers in refrigeration or on ice.

Fire up that grill and have a food-safe barbecue soon.

For more information on safe summer grilling, visit the U.S. Department of Agriculture at www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp.



Save money: Stick to Tricare filing deadlines

Tricare is closely monitoring their claims filing deadline policy that directly affects Tricare beneficiaries, to include active duty service members, their family members, and retirees who may receive medical bills for host nation care.

In accordance with Tricare Operations Manual 6010.51M, Paragraph 1.2, in order to receive full financial coverage, all medical bills and claims must reach Tricare's claims center no later than one year from the first day that a beneficiary received care.

For inpatient services, the bill must reach the Tricare claims center within one year of the date of a beneficiary's discharge from the hospital. Any bill that is submitted past the deadline may be subject to denial, which may result in the Tricare beneficiary being financially liable for the full amount.

To ensure claims are filed within the deadline, beneficiaries are asked to follow these steps:

- Each time host nation care is received, beneficiaries should be sure to check their mailboxes for medical bills. If a bill is received, the documentation should be taken to the local Tricare Service Center, where the Tricare team will help with the billing process.

- Be aware that one visit may generate more than one bill. Also, if a beneficiary has bills at home from the last 12 months, bring those in, as well.

- The U.S. Army Health Clinic Stuttgart has advised the host nation providers regarding the filing deadline, but the beneficiaries should also emphasize the need for prompt billing.

This is especially important in those instances when a beneficiary needs urgent or emergent care from a provider who is not in the Preferred Provider Network.

Stuttgart clinic e-mails appointment reminders

The U.S. Army Health Clinic Stuttgart has implemented an e-mail appointment reminder service for the Stuttgart

military community.

The service is intended to inform beneficiaries of medical appointments 24 hours before a scheduled appointment.

The appointment reminder will include the time, date and location for each appointment scheduled at the Stuttgart health clinic. This includes health care services provided at Panzer Kaserne and Kelley Barracks.

It is important to note that e-mails sent are Health Insurance Portability and Accountability Act compliant. Any e-mail associated with this service will not include the type of appointment, any medical information or any details regarding the appointment.

The appointment reminder service is designed to provide a reminder of an upcoming appointment while simultaneously protecting the beneficiary's privacy.

To participate in the appointment reminder service, provide your e-mail address to the Stuttgart clinic staff or the European Regional Medical Command Care Call Center when scheduling an appointment.

Kelley Barracks health clinic to open full time

As of July 18, the U.S. Army Health Clinic on Kelley Barracks will be open Monday through Thursday from 7:30 a.m. to 4:30 p.m.

The clinic provides primary care services, with routine and acute appointments available. Additionally, limited pharmacy and pharmacy refill services are provided.

Beneficiaries will be provided the opportunity to enroll with the providing physician as their primary care manager. Ask the front desk for assistance.

To schedule an appointment with the U.S. Army Health Clinic on Kelley Barracks, call the European Regional Medical Command Care Call Center at civ. 00800-3762-2273 (toll free), DSN 371-2622, or civ. 06221-17-2622.

Health Beat information is provided by the U.S. Army Health Clinic Stuttgart.

Register now for USO golf tourney

The U.S. Army Garrison Stuttgart United Service Organizations will host its 20th Annual Golf Tournament on July 23 at the Stuttgart Golf Course in Kornwestheim.

The USO will close July 23 for the tournament.

To register, contact the USO at 431-3505/civ. 07031-15-3505.

Thrift shops seek volunteers

Volunteers are needed to work at the Patch and Robinson Barracks Thrift Shops. To volunteer, register online with the Volunteer Management Information System at www.myarmyonesource.com (click on VMIS), then apply at one of the thrift shops in person.

For more information, call the U.S. Army Garrison Stuttgart Volunteer Coordinator at 431-3362/civ. 07031-15-3362.

Fuel cards expire

Esso fuel cards are like any other debit or credit card and have an expiration date.

To avoid interruption of service, check the expiration date on the lower right hand corner and verify the month and year of expiration.

If your card has expired, return to a fuel card issuing location where the Exchange will replace your card.

Fuel cards are valid for three years, and the expiration dates are not related to your vehicle registration date.

AAFES does not send out reminders to customers in advance of their fuel card expiration dates.

To avoid card-use denials and the substantial costs of having to pay economy fuel prices, fuel card customers should ensure all cards for registered vehicles are renewed before their expiration dates.

For more information contact your local Exchange customer service desk.

Budget for Baby

Receive \$120 worth of baby items for free by attending the Navy and Marine Corps Relief Society-sponsored Budget For Baby class July 20 from 6-7:30 p.m. at Army Community Service, Building 2915, Panzer Kaserne. All active duty service members who are prospective or new parents are eligible to attend.



Susan Huseman

Time for a tune up

Daniel Reifschneider, a fire inspector for U.S. Army Garrison Stuttgart, has his car inspected by an Allgemeiner Deutscher Automobil-Club, or ADAC, technician, Thomas Mueller, during the free safety inspections ADAC offered community members July 6-7. Non-ADAC members could select either a brake, shocks or speedometer check, and ADAC members could select two. The safety checks were provided through the USAG Stuttgart Safety Office in order to help community members keep their private automobiles in safe working condition and learn the condition of their cars' vital technical systems. Between both days, 121 cars were inspected, with a total of 341 checks.

For more information or to reserve a seat, call civ. 0174-65-92399 or 07031-15-2085.

RB Community Bank reduced hours

The Community Bank at Robinson Barracks will temporarily operate with reduced hours. The RB bank will be open Tuesday and Thursday from 9 a.m. to 1 p.m.

For more information, call 420-7408/7198/civ. 0711-819-7408/7198.

ARC classes

The Stuttgart American Red Cross will offer the following classes:

- Community First Aid/CPR/AED Course (includes Adult, Child, and, Infant CPR), July 23 from 8 a.m. to 5 p.m.

Cost is \$40, which includes all materials.

- Babysitter Basic Training (does not include Infant/Child CPR) July 22 from 9 a.m. to 7 p.m. Cost is \$35 (including coupon for Infant/Child CPR for \$5).

Both classes will be held in the American Red Cross Office, Room 314, Building 2915, Panzer Kaserne.

To register, stop by the ARC office, or register online

at www.redcross.org (choose "take a class" and enter the zip code 09107, then select a radius of 100 miles from the drop down menu).

For more information, call 431-2812/civ. 07031-15-2812, or e-mail redcross.stuttgart@eur.army.mil.

Avoid utility taxes

Want to save money on your German energy bills?

You can't use VAT forms to avoid paying German utility taxes, but you can enroll in the U.S. Army Garrison Stuttgart Utility Tax Avoidance Program. By doing so, you can save 19 percent on electric and 7 percent on water and gas. In addition, you save on the utility tax at the end of year.

For more information on how to enroll, visit www.stuttgartmwr.com. To make an appointment, call 431-3453/civ. 07031-15-3453.

DOL closures for July 21

The following U.S. Army Garrison Stuttgart Directorate of Logistics' facilities will close on July 21 for a professional development outing: DOL administrative office, Driver's Testing, Personal

Property Office, Patch Dining Facility and the Installation Property Book Office. Emergency phone numbers will be posted at each of these facilities. In addition, the Central Issue Facility, Self Service Supply Center and Transportation Motor Pool will offer limited service.

For more information, call 431-3422/civ. 07031-15-3422.

Donate, volunteer for Pfennig Bazaar

This year, the German American Women's Club will host their annual Pfennig Bazaar at the Liederhalle in downtown Stuttgart on Oct. 14 and 15. Last year, the bazaar raised over €100,000 in support of Stuttgart military community and German organizations.

Donations are now being accepted. Donation bins are located outside the Patch Barracks sorting room (next to the Patch Thrift Shop, Building 2332) for round-the-clock donation drop-offs.

Volunteers are always needed. To volunteer in the sorting room, contact the sorting room manager, Denise Stanley, at patchsortingroom@googlemail.com. For more information on the Pfennig

Bazaar, contact Jennifer Kiwus at jake0961@yahoo.com.

Accountants wanted

Private organizations in Stuttgart are looking for credentialed accountants to audit their books. Accountants need to have a state license as a public accountant, or be a certified public accountant or a certified auditor. Fees for the audit work are negotiated between the auditor and private organization.

For more information, contact the Stuttgart Private Organization Coordinator at 421-2381/civ. 0711-729-2381.

Panzer DFAC closed July 28-29

The 1st Battalion, 10th Special Forces Group (Airborne), Dining Facility on Panzer Kaserne will be closed July 28-29.

Banks open late July 20

On July 20, the Patch Community Bank will be open from 1-4 p.m. The Panzer and Kelley Community Banks will be open from 1:30-4 p.m. that day, due to mandatory training.

Garrison Town Hall

U.S. Army Garrison Stuttgart will host a town hall meeting Aug. 15 at 5 p.m. in the Panzer Chapel.

Health clinic closed Aug. 12

The U.S. Army Health Clinic Stuttgart will close Aug. 12 in observance of a training holiday.

Tenants meeting set

The next U.S. Army Garrison Stuttgart tenants meeting will take place Aug. 3 from 9-10:30 a.m. at the Swabian Special Events Center on Patch Barracks.

ASAP training

The U.S. Army Garrison Stuttgart Army Substance Abuse Program will conduct annual civilian ASAP training for garrison supervisors Sept. 15 from 1-2 p.m. and for employees from 2:30-3:30 p.m. in Building 2948, Panzer Kaserne.

For more information, or to schedule onsite training, call 431-2530/civ. 07031-15-2530.

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

Germany's largest swim center in Panzer's backyard

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

While the image of swimming at the beach may be tempting to vacationers in Germany this summer, the thought of driving several hours to get there may not be.

Fortunately for Stuttgart residents, Germany's largest swimming pool center is located within 15 minutes of Panzer Kaserne.

The Badezentrum Sindelfingen has five outdoor and three indoor pools (two Olympic-sized), which provide refreshment to 500,000 visitors a year, according to Peter Riedel, Badezentrum manager.

The center also has the first water climbing tower in the world. Once climbers reach the 15-foot summit, they can jump into the pool to cool off.

Outside, children and adults make good use of an extra-wide metal slide, as well as the four diving boards, up to 10 meters above water, along with grassy areas to sunbathe and barbecue.

"I love it," said Jennifer Eaton, an Army spouse. "The fields of grass and all the different types of pools ... even when there are a lot of people here, it's so big and spacious, you don't feel overcrowded."

The Badezentrum also offers massages, pedicures, a sauna and five whirlpools.

In the outdoor area, children can play in a water playground, complete with sand and toys. When they become dirty, they can clean off in the pool.

"That is forbidden [at home], but you can do it here," Riedel said. Even U.S. Marines stationed in Stuttgart take advantage of the special pool rules here,



A young boy zooms down a serpentine slide at the Badezentrum Sindelfingen. The swim center has the largest amount of square footage in Germany.

he added. "Here, they get to swim in their uniforms and their shoes in the outdoor pool."

When hunger sets in, swimmers can purchase food at the center's two restaurants, including a German cafe and an American-style snack shop.

Clothing is not required in one outdoor area, which is clearly marked and separated from the

rest of the pools.

The Badezentrum Sindelfingen is located at Hohenzollernstr. 23, 71067 Sindelfingen. Prices are €3.80 for one day and €34.20 for 10 visits. The outdoor pools are open daily from 9 a.m. to 8 p.m. For more information, visit www.badezentrum.de.

Family & MWR Featured Events

www.stuttgartmwr.com



ENJOY

MUSCLE CAR MEET & NICOLE FRECHETTE BAND

See American muscle cars and listen to great country music.

July 30 10 a.m. Panzer Exchange

To register your car go to www.stuttgartmwr.com/carmeet.html

DSN 430 2110 CIV 0711 680 2110

USO SESAME STREET

Sesame Street is coming to town!

August 13 Doors open 1:30 p.m.

Doors open 4:30 p.m.

August 14 Doors open 1:30 p.m.

DSN 430 7136 CIV 0711 680 7136



CONNECT

BOSS AWARENESS DAY

Do you know what the BETTER OPPORTUNITIES FOR SINGLE SERVICE MEMBERS Program has to offer?

Find out while enjoying a free BBQ.

July 22 11 a.m. - 4 p.m. Patch Husky Field

DSN 421 3151 CIV 0174 248 9906

CARE FAIR

Connect, Share & Celebrate with your Community!

August 20 10 a.m. Panzer Exchange

DSN 430 2110 CIV 0711 680 2110



EXPERIENCE

BEGINNING SCUBA

Learn how to scuba dive with Outdoor Recreation! Must pre-register.

July 24 9 a.m. Depart ODR

DSN 431 2774 CIV 07031 15 2774

TEXAS HOLD'EM

Don't let them fool you - win it all!

July 29 6 p.m. Patch Community Club

DSN 430 5433 CIV 0711 680 5433



RB Youth Center summer hours

The Robinson Barracks Youth Center summer hours are Monday through Friday from 7:30 a.m. to 6 p.m. through Aug. 28. Beginning Aug. 29, the center will be open Monday through Friday from 2:30-6 p.m.

For more information, call 420-7017/civ. 0711-819-7017.

Sports physicals

The U.S. Army Health Clinic Stuttgart will offer children's school and sports physicals July 23 and Aug. 13 from 9 a.m. to 3 p.m. Bring the child's immunization records and eye glasses to the physical.

To schedule an appointment, register with the Care Call Center at 371-2622/civ. 0622-117-2622.

ACAP events

The U.S. Army Garrison Stuttgart Army Career and Alumni Program office is open Monday through Friday from 8:30 a.m. to 4:30 p.m.

ACAP will host the following seminars:

- Advanced Resume Seminar, July 15, 9 a.m. to noon
- Interview Preparation

workshop, July 25, 1-4 p.m.

All classes will be held at the ACAP Office, Building 2915, on Panzer Kaserne.

Registration is required. To register, call 431-2191/civ. 07031-15-2191, or visit www.acapexpress.army.mil.

FMWR is hiring

The Nonappropriated Fund Human Resources Office at the Civilian Personnel Advisory Center is accepting applications for positions in Child, Youth and School Services and at the Galaxy Bowling Center. All eligible U.S. qualified candidates may apply.

Visit <http://cpolrhp.belvoir.army.mil/eur/epac/stuttgart/index.htm> for vacancy announcements.

For more information, call 431-3119/civ. 07031-15-3119.

Free paintball

The U.S. Army Garrison Stuttgart Army Substance Abuse Program will host Warrior Pride paintball challenges July 23, Aug. 6 and Aug. 20 from 9 a.m. to 4 p.m. at the Panzer Local Training Area. The event is free for service members in ranks E5 and below, but open to the entire community (at cost).

For more information, call

431-3233/civ. 07031-15-3233 e-mail marianne.1.campano@eur.army.mil.

SSSC store closed July 18-19

The Self-Service Supply Center will be closed for inventory July 18-19.

ACAP events

The U.S. Army Garrison Stuttgart Army Career and Alumni Program will host the following classes:

- Veterans Affairs Benefits Brief, Aug. 26 from 8 a.m. to noon
- Apply for a Federal Job seminar, July 15 and Aug. 8 from 9 a.m. to noon
- Advanced Resume Seminar, July 25 from 1-4 p.m.
- Interview Preparation, Aug. 17 from 9 a.m. to noon

For more information, call the ACAP office at 431-2191/civ. 07031-15-2191.

Sign up for skateboard competition

U.S. Army Garrison Stuttgart's Child, Youth and School Services will host a German/American Skateboard Competition on Aug. 13 from 10 a.m. to 1 p.m. at

the Pattonville Skate Park in Kornwestheim.

Youth can compete in four age categories: 10-12, 13-15 and 16-18. There will be three competitions: one-minute runs, game of S-K-A-T-E and best trick. Cost is \$10.

Registration is now available at CYS Services Parent Central Services (Building 2347, Patch Barracks), and will be available the morning of the event. All participants must turn in a waiver signed by a parent.

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

Sesame Street coming to Stuttgart

On Aug. 13-14, the U.S. Army Garrison Stuttgart Family and MWR and United Service Organizations will host the "Sesame Street Experience for Military Families."

On Aug. 13, shows will be at 2 p.m. (doors open at 1:30 p.m.) and 5 p.m. (doors open at 4:30 p.m.).

On Aug. 14, the show will begin at 2 p.m. (doors open at 1:30 p.m.)

For more information, call 431-2624/civ. 07031-15-2624.

Join Volksmarch July 30-31

The Stuttgart German-American Wandering Club will host its 36th annual Volksmarch July 30-31.

Six, 12- and 22-kilometer trails are offered. The starting point is the Turnhalle am-Sportplatz, Kemnater Strasse 50, 70619 Stuttgart Riedenberg.

For more information, visit www.sgawc.org or call civ. 0175-57-97536.

See free showing of 'To Hell and Back'

In recognition of the 25th anniversary of the Sergeant Audie Murphy Club, and to raise awareness about Post Traumatic Stress, the Sergeant Audie Murphy Club will host a free showing of the film "To Hell and Back" Aug. 19 at 1 p.m. in the Patch Barracks Movie Theater.

Parental discretion is advised.

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

Injury prevention: taking heat into account

- Drink plenty of water
- Avoid heavy meals
- Wear appropriate/light clothing
- Use sunscreen if necessary with Sun Protection Factor 15 or greater
- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- On very hot days, stay indoors or in the shade
- Use the buddy system during physical exercise
- Monitor those at risk, especially children

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Story & photos by
USAG Stuttgart Patch

Blue skies and
cue, music a
more than 6

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This page, clockwise from top: Children of all ages competed in a watermelon eating contest; the rock climbing wall challenged young guests to new heights during the July 4 celebration; (bottom photos) children display their creativity—and flexibility—as they dance to live music performed by MaxFracas during U.S. Army Garrison Stuttgart's July 4 celebration; MaxFracas takes the stage; (center photos) the Patch Arts and Crafts Center's Indie Craft Fair on Husky Field allowed guests to create their own masterpieces and displayed artists' work.



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

oud to be American

Brittany Carlson
Public Affairs Office

and the promise of barbe-
and fireworks brought
0,000 community mem-
Army Garrison Stutt-
celebration, hosted by
elfare and Recreation.
10 a.m. when 145 run-
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Martha Povich, FMWR
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This page, clockwise from top left: The alpine swing was one of several new rides at the USAG Stuttgart July 4 celebration this year; children and adults arrived decked out in red, white and blue; the traditional train transported community members around Patch Barracks; Husky Field was covered in tents, rides, games and activities for Independence Day; pony rides were offered to community children; the airlift inflatable included a trampoline and paddles with fabric fasteners that allowed children to stick to a "wall."





Coming to Patch Theater



Warner Bros. Pictures



Paramount Pictures

This summer's blockbuster films include the final Harry Potter film (Deathly Hallows Part 2), left, and Captain America: The First Avenger, starring Chris Evans.

- July 14** — Hoodwinked Too! Hood vs. Evil (PG) 6 p.m.
- July 15** — Horrible Bosses (R) 7 p.m., Water for Elephants (PG-13) 9:30 p.m.
- July 16** — Kung Fu Panda 2 (PG) 4 p.m., Something Borrowed (PG-13) 7 p.m., Horrible Bosses (R) 9 p.m.
- July 17** — Kung Fu Panda 2 (PG) 2 p.m., Water for Elephants (PG-13) 4 p.m., Horrible Bosses (R) 7 p.m.
- July 18** — Kung Fu Panda 2 (PG) 3 p.m., Horrible Bosses (R) 6 p.m.
- July 19** — Water for Elephants (PG-13) 6 p.m.
- July 20** — Kung Fu Panda 2 (PG) 6 p.m.
- July 21** — Something Borrowed (PG-13) 6 p.m.
- July 22** — Harry Potter and the Deathly Hallows Part 2 (PG-13) 6 p.m., Harry Potter and the Deathly Hallows Part 2 (PG-13) 9 p.m.
- July 23** — Harry Potter and the Deathly Hallows Part 2 (PG-13) 4 p.m., Harry Potter and the Deathly Hallows Part 2 (PG-13) 7 p.m., Jumping the Broom (PG-13) 9 p.m.
- July 24** — Hoodwinked Too! Hood vs. Evil (PG) 2 p.m., Harry Potter and the Deathly Hallows Part 2 (PG-13) 4 p.m., Harry Potter and the Deathly Hallows Part 2 (PG-13) 7 p.m.
- July 25** — Harry Potter and the Deathly Hallows Part 2 (PG-13) 3 p.m., Harry Potter and the Deathly Hallows Part 2 (PG-13) 6 p.m.
- July 26** — Jumping the Broom (PG-13) 6 p.m.
- July 27** — Hoodwinked Too! Hood vs. Evil (PG) 6 p.m.
- July 28** — Priest (R) 6 p.m.
- July 29** — Captain America: The First Avenger (PG-13) 3 p.m., Captain America: The First Avenger (PG-13) 6 p.m., Thor (PG-13) 9 p.m.
- July 30** — Captain America: The First Avenger (PG-13) 4 p.m., Thor (PG-13) 7 p.m., X-Men: First Class (PG-13) 9 p.m.
- July 31** — Captain America: The First Avenger (PG-13) 2 p.m., X-Men: First Class (PG-13) 4 p.m., Thor (PG-13) 7 p.m.
- Aug. 1** — Captain America: The First Avenger (PG-13) 6 p.m.
- Aug. 2** — Bridesmaids (R) 6 p.m.
- Aug. 3** — Thor (PG-13) 6 p.m.
- Aug. 4** — Bridesmaids (R) 6 p.m.
- Aug. 5** — Crazy, Stupid, Love (PG-13) 6 p.m., The Hangover Part II (R) 9 p.m.
- Aug. 6** — Cars 2 (G) 4 p.m., Crazy, Stupid, Love (PG-13) 7 p.m., The Conspirator (PG-13) 9 p.m.
- Aug. 7** — Cars 2 (G) 2 p.m., Pirates of the Caribbean: On Stranger Tides (PG-13) 4 p.m., Crazy, Stupid, Love (PG-13) 7 p.m.
- Aug. 8** — Crazy, Stupid, Love (PG-13) 6 p.m.
- Aug. 9** — Cars 2 (G) 6 p.m.
- Aug. 10** — Thor (PG-13) 6 p.m.

For more information, visit <http://www.shopmyexchange.com/reeltime theatres/reeltime-landing.htm>.

What's happening in FMWR

What's your opinion?

Family and Morale, Welfare and Recreation's Arts and Crafts Center on Patch Barracks is considering extending its hours of operation to better serve community members.

To have a say in this decision, take the online survey at www.surveymonkey.com/s/T5NKJ7X.

For more information, call 430-5270/civ. 0711-680-5270.

Learn about BOSS

Learn about USAG Stuttgart's Better Opportunities for Single Soldiers Program during BOSS Awareness Day July 22 from 11 a.m. to 4 p.m. on Patch Barracks' Husky Field. BOSS members will offer information, games and barbecue for single and unaccompanied service members seeking to make their stay in Stuttgart more fun.

For more information, call 421-3151/civ. 0711-729-3151.

Sign up for Bodybuilding, Figure Competition

U.S. Army Garrison Stuttgart's Family and Morale, Welfare and Recreation will host the annual Bodybuilding and Figure Competition Aug. 27 at 6 p.m. at the Stuttgart Theatre Center on Kelley Barracks. This year, a Men's Masters division will be available for male bodybuilders age 40 and over.

To register, visit the Patch Fitness Center. For more information, call 430-7136/civ. 07031-15-7136.

Discover Stuttgart

USAG Stuttgart Child, Youth and School Services will host a

Youth Newcomer Orientation July 21-11. Discover the Stuttgart city center, tour the military community and learn about the public transportation system.

Register at CYS Services, Building 2347, Patch Barracks. For more information, call 430-7480/civ. 0711-680-7480.

Country music concert, muscle car meet set

Armed Forces Entertainment, U.S. Army Garrison Stuttgart Family and MWR, and Stuttgart's Army and Air Force Exchange Service will team up to bring live country music and muscle cars to the Panzer Exchange parking lot July 30 from 10 a.m. to 3 p.m. The Nicole Frechette Band plays at 1 p.m.

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

Theater workshop open

The Stuttgart Entertainment Branch will offer a Summer Theater Workshop advanced class July 25 to Aug. 5 at the Kelley Theatre.

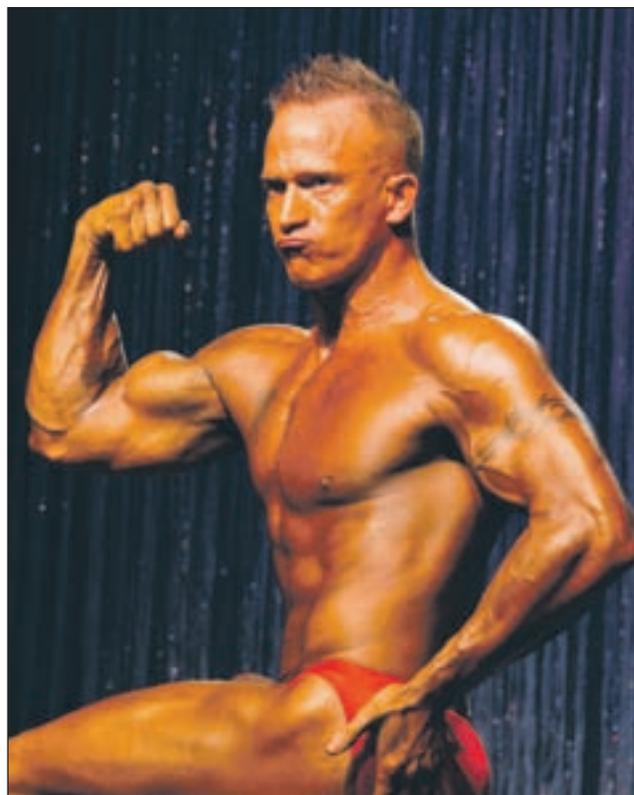
For more information, call 421-3055/civ. 0711-729-3055.

Register for fall sports

Registration for Child, Youth and School Services fall sports is open through July 29 at CYS Services Parent Central Services on Patch Barracks. Come out and play soccer, flag football, cheerleading or tackle football.

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

For Family and MWR updates, e-mail mwrmarketing@eur.army.mil.



Brittany Carlson

Tech. Sgt. Travis Welborn poses during the 2010 Annual Bodybuilding and Figure Competition in U.S. Army Garrison Stuttgart. This year's event, set for Aug. 27, is now open for entries.

CYS Services 3v3: playing for kicks

Story & photos by Susan Huseman
USAG Stuttgart Public Affairs Office

While the season may be over, soccer players were still able to get their kicks during the U.S. Army Garrison Stuttgart Child, Youth and School Services "3v3" soccer tournament held June 28 on Husky Field.

The tournament was designed to give soccer players a chance to play and work on their technical skills, according to Caitlin Smith, CYS Services sports director.

With "3v3," or three on three soccer, each team may only have three players on the field at a time. The field is considerably smaller than a regulation soccer pitch, and there is no goal keeper.

With four age divisions, 8-9, 10-12, 13-15, and 16-18, the tournament gave "everybody an option to play," Smith said.

The small field gives players the opportunity to build on their technique. "They have to move around a lot and work on those tight foot skills," she added.

USAG Stuttgart has a large youth soccer program. It is one of only a few communities that can field two soccer



The Red Bulls (from left), Matt Freeman, 9, Joshua Bonar, 8, Katelyn Darnell, 8, and Pascal Aldinger, 9, high five their coach, Bart Bonar, after winning their division June 28.



Wes Parker (left), 18, and Caroline Rivera (right), 15, challenge for the ball.

seasons. "It's hugely popular. We're averaging 800 kids per season, if not more," Smith said.

Tabitha Camacho attended the tournament to watch her sons, Jacob and Joshua, play.

"We're a soccer family," she said, as she explained the appeal of the game. "It's exercise, it's outdoors, it teaches commitment, and it's only 90 minutes."

"You don't need a bat, mitts or equipment. You just need a ball and a little bit of space," Camacho said.

Because son Jacob also plays for a German team, her family has had the opportunity to get involved in the German community.

"We've met some phenomenal families. It really bonds [the German and American] communities," she said.



Justin Green (in blue), 12, outruns Cameron Riff, 10, to take control of the ball and subsequently score for "Team Ice Cream" during the 3v3 tourney June 28.



Andrea Garcia (from right to left), Jannah Kalai and Abii Birkese, all 12, take a break in the shade.

You just need a ball and a little bit of space.

Tabitha Camacho
soccer parent, enthusiast

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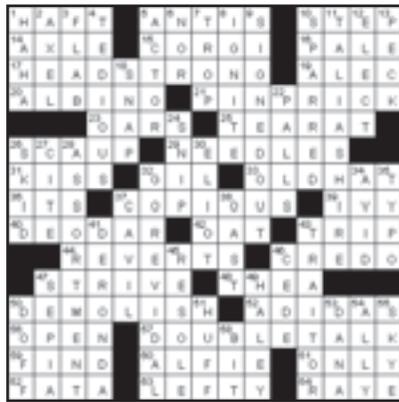
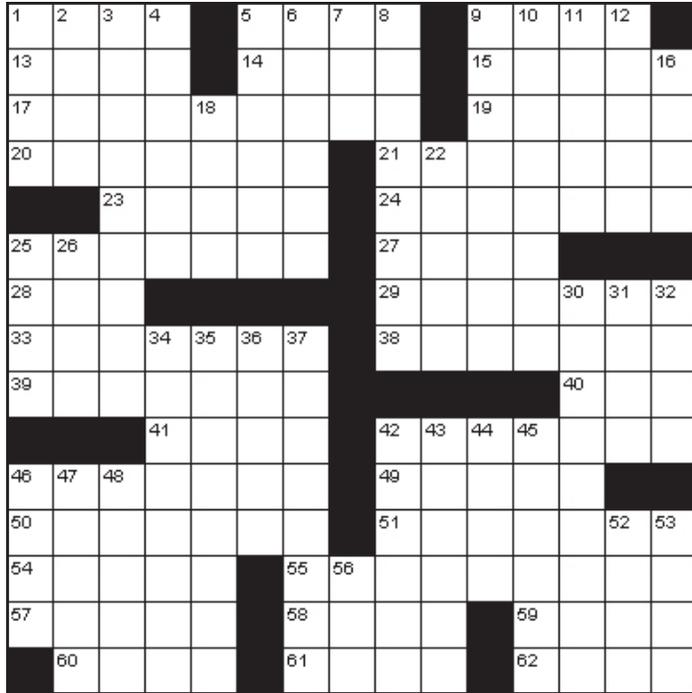
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Send information to:
pictures@stuttgartcitizen.com

Crossword Puzzle



This is the solution to the crossword puzzle from June 30!

DOWN

1. San ___ (Riviera resort)
2. Blithe spirit
3. Renounces
4. "Fatal Instinct" director
5. Black Sea port
6. Abate
7. Comprehend
8. Pithy saying
9. Undying
10. Hair adornment
11. Taken for ___
12. Railroad car
16. Campsite sight
18. Pedal pushers
22. Old-style, perhaps
25. Window part
26. Bread with a pocket
30. Delicious
31. Dastardly
32. Emmy-winning Tyne
34. Contractor's calculation
35. Appeased
36. Citrus fruit
37. Lacking teeth
42. Debilitated
43. Strapped
44. Actress Schneider
45. Frightened
46. Bargain event
47. Admired ones
48. "___ en Rose"
52. Unvaried
53. Dutch cheese
56. Hound sound

ACROSS

1. Tail end
5. Gymnast Korbut
9. "If ___ a Hammer"
13. Hamburg's river
14. Difficult to fathom
15. Commendable quality
17. Declaration
19. New England state
20. Unity
21. Walked on
23. Formation fliers
24. President Hoover
25. Athenian's foe
27. Blues singer James
28. Islet
29. Conceded
33. Spire
38. Its capital is Kishinev
39. Bugged
40. A little squirt?
41. Bring under control
42. To begin with
46. ___ Valley
49. Father of Methuselah
50. Unyielding
51. All together
54. Tweed color
55. Beatles album
57. Aristocracy
58. Yarn
59. Madame Bovary
60. Tournament ranking
61. Looked at
62. Consider

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Youth Activities

Take a look at whats going on in Stuttgart's schools.

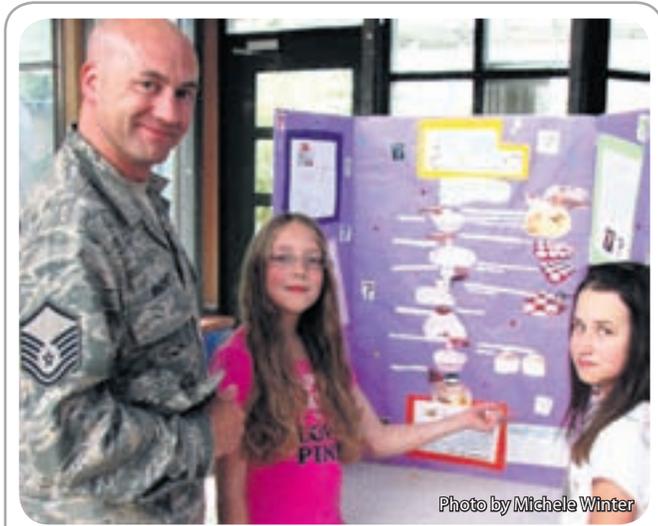


Photo by Michele Winter

Cooking up a science project

Parent Jeff Maione listens as Patch Elementary 4th graders (L-R) Jordan Lassiter and Lauren Waggoner, in Mrs. Gradeck's class, explain their Science Fair project: the effects of baking with different flours.



Photo by Michele Winter

Ready for summer time

Mark Ramos, new six-grader, and Kate Howe, new third-grader board the bus on their journey homeward to start their summer adventure!



Photo by Michele Winter

Smile for the camera

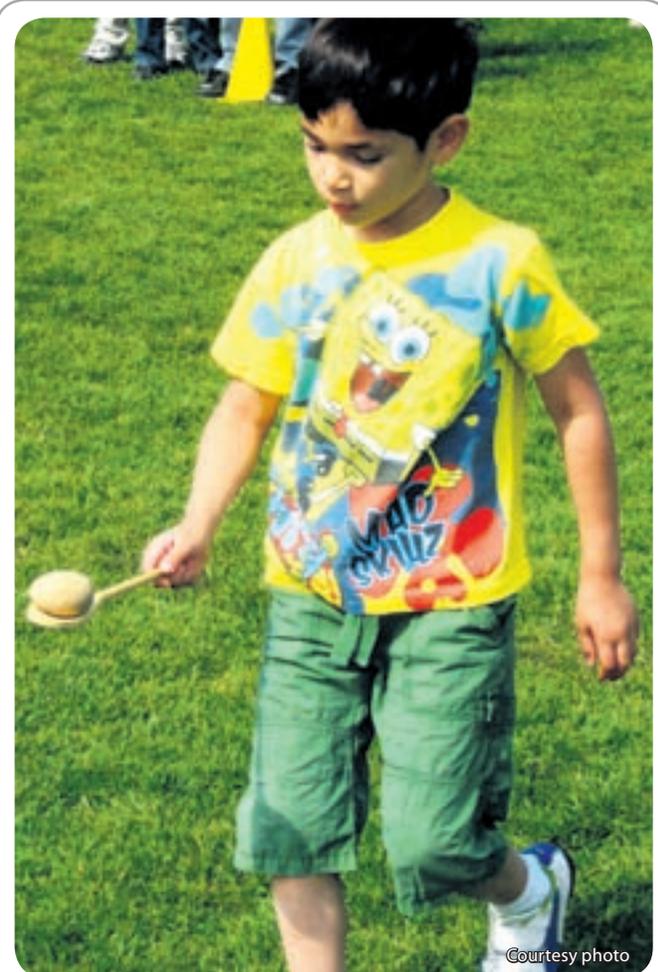
School's out! Patch Elementary School students (L-R) Elsa and Sara Filippucci, soon-to-be third- and first-graders respectively, and Janisse Rivera, a new first-grader, board the bus to begin their summer holidays.



Courtesy photo

Getting some air time

Third-grader Jacob Jones from Team Ireland participates in the Obstacle Course during Patch Elementary's Field Day on June 2.



Courtesy photo

Balancing act

First-grader Adrian Caban of Team Canada participates in the Egg in a Spoon Race during Patch Elementary School's Field Day on June 2.

Patch Elementary School's Field Day

Take a look at whats going on in Stuttgart's schools.

Youth Activities



Photo by Michele Winter



Photo by Michele Winter

Team Switzerland

LEFT: Some team Switzerland won first place during the Patch Elementary School Field Day June 2! Team members from top to bottom – Isabella Guzaldo, Kaley Hokenson, Jack Montgomery, Isabella LaHaye, Heinz Kiefer and Josie Lee.

TOP: More members of the winning team – Top: Kaitlyn McCarthy and Mrs. Cindy Hoffmann – the team teacher, Middle row – Maya Mann, Zander Schrupf and Hannah Loucks, Front row – Abigail Skelton



Photo by Michele Winter

Team Croatia

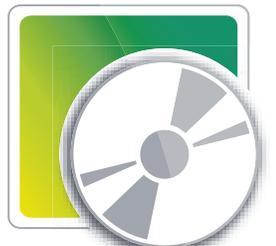
Croatian team members (L-R) Holly Fernandez and Ariel Rineer show off their 2nd place award ribbons at Patch Elementary's Field Day Awards Ceremony. Field Day was sponsored by PE teacher Barbara Maynard.



Photo by Michele Winter

Team Spain

Team Spain tied for second place with Team Croatia. Here are team members (L-R) Jake Hodges and Serena Johnson show off their ribbons at the Patch Elementary Field Day Awards Ceremony.





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