



Photos by Joseph Mancy

Junior ROTC Cadet Maj. Alec Hubbard (from left), a junior at Patch High School; Cadet Lt. Col. Addison Flynn, senior, Cadet Maj. Jarett Vogler, senior, Cadet Cpl. Mark Weiseman, freshman, and Cadet Lt. Joe Engelbrecht, freshman, post the colors during U.S. Army Garrison Stuttgart's Memorial Day ceremony, held May 30 on Patch Barracks and sponsored by the American Legion Post 6, Stuttgart. For more photos, visit [www.flickr.com/photos/usagstuttgart](http://www.flickr.com/photos/usagstuttgart).

## USAG Stuttgart celebrates Memorial Day



Bill Wiessner, veteran and member of American Legion Post 6, Stuttgart, renders honors after laying a wreath during USAG Stuttgart's Memorial Day ceremony May 30. U.S. Air Force Brig. Gen. Gregory L. Brundidge, U.S. European Command J6, was the guest speaker.

# AFN changing satellites; viewer adjustments required

By George A. Smith

American Forces Network Europe

American Forces Network's satellite delivery platform is changing, requiring viewers on the European continent who have an AFN decoder and satellite dish in their home to make some changes by July 31 to continue to get AFN TV.

"We know this change will inconvenience folks," said AFN Europe Commander Col. Bill Bigelow. "But, we're doing all we can to help viewers make the necessary adjustments. We've set up a toll-free help desk, online manuals, and how-to videos to try and facilitate a smooth transition to the new satellite."

The AFN help desk is now being manned through July 31. Hours are Tuesday through Friday from 1-9



p.m. and Saturday from 10 a.m. to 8 p.m. (Central European Time). Viewers from Germany, Italy, Belgium, the UK and most other European countries will be able to call in via a toll-free number, 00800-236-268-3662 (00800-afnantenna).

Since the process of setting up a dish and re-

adjusting a decoder varies according to decoder model, location and other variables, the help desk and online materials are especially critical. AFN Europe has posted manuals and how-to videos in English, German and Italian at [www.afneurope.net](http://www.afneurope.net). Click on the Eurobird 9A icon for the manuals and videos.

Direct-to-home viewers will need to reconfigure their home decoder and realign their satellite dish from the current satellite, Hotbird 6/9 at 13 degrees east, to the new satellite, Eurobird 9A (EB9A) at nine degrees east.

The move to the EB9A satellite positions AFN to better serve the audience in the future. If you have questions about whether this satellite change affects you, visit [www.afneurope.net](http://www.afneurope.net) or call the AFN help desk.

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INSIDE THIS EDITION

### Classics meet comic books

Star Wars stormtroopers, Spiderman and other comic book icons roamed the aisles in search of literature at the Patch Library during Free Comic Book Day.



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### Fitness events promote health

For May's National Sports and Fitness Month, Family and MWR Command selected U.S. Army Garrison Stuttgart to host physical fitness events as part of Strong B.A.N.D.S.



### Commander's Column

# Fiscal belt tightening requires community-wide effort

Commentary by Col. Carl D. Bird  
USAG Stuttgart commander

As Lt. Gen. Rick Lynch, the Installation Management Command commander, wrote in the last issue of *The Citizen*, "The Army's budget is smaller than it has been in previous years, and it will get smaller still."



Col. Bird

Unfortunately, this new fiscal reality means it is going to be challenging for U.S. Army Garrison Stuttgart to continue to provide the community with all the things that we do.

However, through careful analysis and forethought, our focus will be on doing the right things and doing them better.

First, we must take a hard look at the costs and effectiveness of the programs and services that the garrison provides. Just as a family must do to manage its budget, we will need to ask three questions: Do we really need it? Is it worth the cost? And what are we willing to do without?

Our analysis will include a review of the hundreds of leisure and social events we offer each year with the intent to reduce, replace or eliminate those repetitive events with marginal historical attendance or limited benefit to the community at large.

*I encourage everyone — service members, families and civilians — to take an active role as good stewards of our limited military resources and property.*

We're also examining initiatives designed to reduce overhead, duplication and excess. This means we will look to reduce our costs on service contracts.

Energy is a major portion of the overall Army budget, and here in Stuttgart, we're working on finding better ways to use natural resources and reduce our energy costs.

The Directorate of Public Works engineers and planners continue to seek ways to reach a net zero operating environment. In the next several years, we expect to reach net zero waste on Panzer Kaserne, net zero energy at the Stuttgart Army Airfield and net zero water at the Stuttgart Golf Course.

And we're doing more in this arena through the installation of solar voltaic panels, advanced electric meters on building, LED motion sensor lighting in buildings and LED street lights.

But I need your help. Here's what you can do at home and at the office to save energy — and money — right now.

Plug home electronics into power strips; turn the

power strips off when the equipment is not in use.

Turn off computers and monitors when not in use. Take short showers instead of baths. Wash only full loads of dishes and clothes. And remember to turn off the lights switch when you leave a room.

This fiscal reality is more than cutting our energy bill, though. We need to instill a culture of savings and restraint throughout the community in every aspect of our operations.

I encourage everyone — service members, families and civilians — to take an active role as good stewards of our limited military resources and property.

Practicing good stewardship does not have to be a monumental task; it can be something simple. For example, on our walks around Patch Barracks, my wife, Hope, and I pick up litter and take it to a dumpster.

Despite the fiscal constraints we are confronted with, be assured that our commitment to you, our service members and families, remains as strong as ever.

USAG Stuttgart will continue to strive to provide a quality of life commensurate with your service.

## THE CITIZEN

Col. Carl D. Bird  
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## ON THE STREET

### What is the best lesson your dad taught you?



Lt. Col. Kevin Daniels  
(U.S. Army)

"My dad always taught me to be honest and be respectful of everyone."



Renee Jeppson  
(Spouse)

"To be resilient and hang in there, no matter how bad it gets."



1st Sgt. Robert Edwards  
(U.S. Army)

"I could never say the word 'can't.' He just wanted me to get out there and try things."



Hitomi Gulbranson  
(Civilian)

"Always be kind to other people."



Maj. Matt Busch  
(U.S. Air Force)

"In order to succeed, you have to work hard."



Frank Dumlao  
(Retiree)

"[To] join the service."



Amy Hutchinson  
(Spouse)

"To be there for your family, no matter what."



Sgt. 1st Class Gary Badertscher  
(U.S. Army)

"To live and let live. To do things in moderation."



Richard Herman

U.S. Army Garrison Stuttgart Commander Col. Carl D. Bird (left) and Army Community Services Director Jewel Csiszar unveil a symbolic check for \$3,822,326.25, representing the amount of money that volunteers saved the Stuttgart military community last year, during the Volunteer Recognition Ceremony May 12 on Panzer Kaserne.

# Volunteers praised for saving community millions in 2010

By Gloria Colon-Buzatu  
USAG Stuttgart Public Affairs Office

On May 12, U.S. Army Garrison Stuttgart held its annual Volunteer Recognition Ceremony for a guest list of more than 2,000 volunteers, on Panzer Kaserne.

In 2010, volunteers donated 183,325 hours to events and services beyond the scope of what the garrison would normally provide, enhancing the quality of life for community members on every USAG Stuttgart installation.

During the ceremony, Col. Carl D. Bird, USAG Stuttgart commander, and Jewel Csiszar, garrison Army Community Services director, unveiled a ceremonial check written for \$3,822,326.25 — the amount volunteers saved the garrison last year — as the crowd cheered and clapped.

The ceremony is an opportunity for the garrison, the combatant commands and other tenant units to come together and recognize their volunteers, said Laura Jean Davis, ACS volunteer coordinator.

Volunteer awards were presented by Bird and Command Sgt. Maj. Anthony M. Bryant, garrison command sergeant major.

Awards included 100 Presidential Service Awards for 500 or more volunteer hours; five Presidential Call to Service Awards for 4,000 hours or more; 42 Volunteer of Excellence Awards, and seven Volunteer of the Year Awards.

Volunteers tracked their hours throughout the year using the online Volunteer Management Information System, or VMIS. While many awards were given this year, there would be even more if all volunteers tracked their hours, Davis added.

USAG Stuttgart Religious Support Office administrator April Adkins received the Presidential Service Award for her volunteer work in planning religious special events, such as revivals, for the garrison.

“I really don’t want the recognition. To see people smile ... that’s a big deal.”

April Adkins  
Presidential Service Award recipient

However, her real reward was helping others. “I really don’t want the recognition,” she said. “To see people smile ... that’s a big deal.”

Another volunteer, Army Master Sgt. Rodolfo Fuentes, sets a goal of volunteering 400 hours to the community each year.

“There are 365 days a year ... subtract 30 days of leave and one day off a week to spend with family and you still have 285 days to volunteer,” Fuentes said. “It’s a goal I can achieve.”

He also encourages others to set similar goals. “If you average one and a half hours daily you could easily volunteer 400 hours annually,” he said. “Giving up a lunch to help out at the library or post office could help towards this [goal].”

For his commitment to the community, Fuentes received the 2010 Military Volunteer of the Year Award.

The donated work by Fuentes, Adkins and the other 2,000 volunteers in the community enhances the quality of life in U.S. Army Garrison Stuttgart, Bird said at the ceremony.

“I’d like to thank each and every volunteer for giving us a chance to celebrate their great accomplishments,” he said. “All of you here have much to be proud of. You share a single drive to serve and improve the community.”

“Your hard work and dedication goes a long way in making USAG Stuttgart a great place to live.”

## News & Notes

### Panzer Housing Area road to close June 16 for re-paving

Casablancastrasse, the main road to the Panzer Housing Area, will be temporarily closed from 8 a.m. to 5 p.m. on June 16 for asphalt paving.

Vehicular access and parking will be impacted. Housing area residents will be expected to park at the Panzer Shopping Mall parking lot and use the pedestrian bridge.

For more information, call the Panzer Installation Coordinator at 431-2806/civ. 07031-15-2806.

### 554th MP Company welcomes new commander

The 554th Military Police Company will have a change of command ceremony on June 15 at 10 a.m. on the Panzer Soccer Field. Capt. Simone Rich will be replacing Capt. Mark Schmidt as company commander.

### Chickenpox cases at CDC

Two confirmed cases of chickenpox have been identified at the Panzer Kaserne Child Development Center.

Chickenpox is a very contagious infection caused by a virus. It is spread from person to person by direct contact or through the air from an infected person’s coughing or sneezing. It causes a blister-like rash, itching, tiredness, and fever lasting an average of four to six days.

Vaccines help protect against the spread of the chickenpox virus to others who are susceptible, according to health experts. Therefore, children are being vaccinated according to their specific needs by age.

For more information, visit the Centers for Disease Control website at [www.cdc.gov/ncidod/diseases/list\\_varicel.htm](http://www.cdc.gov/ncidod/diseases/list_varicel.htm).

(Information provided by the Heidelberg Medical Department Activity).

### E. coli outbreak in Germany

There is currently an outbreak of food borne illness caused by a specific strain of the bacteria Escherichia coli, or EHEC, in Germany. The illness is occurring among civilians in northern Germany. Consuming food or water that has been contaminated with these bacteria can cause bloody diarrhea and abdominal cramps. No cases have been reported in the U.S. military community.

The source of the bacteria is uncertain; however, German health officials have implicated raw vegetables as a potential source. People can become ill after consuming contaminated food that has not been properly prepared or cooked.

Health officials encourage everyone to practice safe food preparation practices, including washing hands frequently and washing fruits and vegetables before eating them.

People who develop diarrhea should practice strict hand hygiene, drink plenty of fluids and monitor their stools for the presence of visible blood. Anyone with bloody diarrhea should seek medical care promptly.

(Information provided by Europe Regional Medical Command)

## Ask a JAG

**Editor's Note:** Do you have a legal question you would like to see answered in a future edition of *The Citizen*? If so, contact "Ask a JAG" at [jason.mckenna1@eur.army.mil](mailto:jason.mckenna1@eur.army.mil).

By Capt. Steve Bishop (U.S. Army)  
Stuttgart Law Center

**Q:** What is a "Living Will" and should I have one?

**A:** A "Living Will" is a type of Advance Medical Directive (AMD) — a legal document designed to communicate your wishes regarding health care in the event you are unable to make those wishes known in the future due to illness or injury.

In a Living Will, you provide instructions on whether to administer, withhold or withdraw life-sustaining treatment if diagnosed with a terminal or irreversible condition. For example, you may direct that, if in a permanent vegetative state, artificial nutrition be removed so that you may die naturally, but that comfort care be administered to alleviate pain.

A Living Will does not go into effect until: (1) you are no longer capable of making decisions; (2) your attending physician certifies the applicable condition in writing; and (3) your Living Will covers the health care decision required.

The other type of AMD is a Durable Power of Attorney for Health Care, commonly referred to as a Medical Power of Attorney (MPOA). In this instrument, you designate someone to act as your "attorney-in-fact," or agent, to make health care decisions on your behalf. The agent's authority begins if and when (but not until) the attending physician certifies in writing that you lack the competence to make your own decisions. At that point, the agent steps into your shoes and makes all decisions in accordance with your wishes and best interests.

You may grant your agent a broad range of powers, to include the authority to consent to or refuse life-sustaining treatment, or conversely, you may choose to narrowly tailor their authority to act in just a few specific circumstances. Like a Living Will, an MPOA is your document, and you may compose it however you wish, within the bounds of the law.

Advance planning through an AMD has two significant benefits. First, it allows you to exercise control over your life even after losing the ability to directly participate in the decision-making process. And second, it diminishes the anxiety for loved ones by clearly expressing your desires regarding treatment.

It takes just one session with a Judge Advocate to secure a Living Will and/or MPOA precisely drafted to accommodate your wishes. So make an appointment with the Legal Assistance Office today, and let us help you account for one of life's uncertainties.

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



Susan Huseman

Young artists Sarah Dunn, from left, and Stephanie Trujillo discuss Elizabeth Antrup's painting, "Stuttgart Süd," during the USAG Stuttgart Arts and Crafts Contest awards ceremony and art show held May 18 in the Swabian Special Events Center. Antrup's painting took third place in the accomplished water-based painting category. More than 100 pieces of artwork were submitted by 35 contestants. The winners will move on to the 2011 All Army level of competition.

## Local artists celebrated

By Tanya Fogg Young  
Special to *The Citizen*

Ten of the 11 pieces of artwork that Patch High sophomore Sara Dunn entered in the Stuttgart Arts and Crafts Contest will progress to the All Army level of competition.

Dunn, 16, entered her work in the categories of ceramics, drawings, mixed media 2-D, mixed media 3-D and water base painting. She garnered first, second and third place in novice ceramics, first and second places in novice mixed media 3-D, first and third places in water base painting, third place in novice mixed media 2-D and two honorable mentions in novice drawings.

"I felt euphoric when I received top honors in all those categories," said Dunn, who plans to pursue a career in art. "I was surprised and extremely honored."

Dunn was among 35 contestants to enter 100 pieces of artwork in this year's U.S. Army Garrison Stuttgart local competition of the 2011 Army Arts and Crafts Contest. Their work was displayed during an exhibition and awards presentation May 18 at the Swabian Special Events Center on Patch Barracks.

Those who placed first, second or third or received an honorable mention in the local contest progress to the All Army level, said Kelly Sarles, Stuttgart Arts and Crafts Director.

Sarles said the annual contest provides local artists the opportunity to showcase their work to the USAG Stuttgart community and encourages budding young artists like Dunn.

"It's a chance to see some good artwork done by family, friends, neighbors and co-workers and for the artists to share their talent and some culture with the community," Sarles said. "It's also a way to encourage young people to progress in art studies — there were some high schoolers and even some elementary students who entered."

Two of the three pieces that contestant Ron Miyashiro entered in the accomplished oil base painting cat-

egory will progress to the All Army level. Miyashiro's work, "Birth of a Cello," captured first place and his piece, "Resurrection" received honorable mention.

Miyashiro, who said he usually paints with oils or acrylic, said that his first-place piece "Birth of a Cello" was inspired by "the smooth curves of the cello and the female figure."

"The art of music has always inspired me and continues to be a main subject in most of my work," he said. "... I am grateful and lucky to have placed first in my category because there are so many talented and creative people in our small community. The competition is always tough."

While Miyashiro said he feels honored by the recognition, placing in the contest wasn't as important as the "...inspiration, desire and motivation a competition brings."

Sarles echoed his sentiment. "It is great to have the artists together — feeding off each other, motivating each other and sharing experiences with each other."

*For more information or to join the Stuttgart Arts and Crafts mailing list, call 430-5270/civ. 0711-680-5270.*

“... there are so many talented and creative people in our small community. The competition is always tough.”

Ron Miyashiro  
local artist

# Stormtroopers, little heroes invade Patch Library

Story & photos by Steve Roark  
USAG Stuttgart Public Affairs Office

Usually, libraries are known as quiet sanctuaries of classic literature, but on May 21, the library on Patch Barracks decided to shake things up when they hosted Free Comic Book Day.

Created in 2002, Free Comic Book Day is an annual event hosted by comic book stores across North America. Its purpose is to encourage new customers to visit the stores by handing out free comic books.

Thomas Edgar thought that concept would work well for libraries, too.

Edgar, a library technician at the Patch Barracks facility, took the idea and expanded on it. He organized a super hero costume workshop for children, a costume contest and super hero trivia contest. He also invited the 501st Legion, German Garrison, to attend.

The 501st Legion is a fictional military unit from the Star Wars franchise. It's made up of dedicated fans who gather at events and charities wearing authentic-looking costumes from the Star Wars movies. On this day, stormtroopers and imperial pilots wandered through the aisles, signing autographs and posing for photos.

While the members of the 501st gave the front of the library a Death Star ambiance, pint-sized super heroes were busy in the back room making capes and masks, and playing a Star Wars computer game on the big screen. At the costume contest, which was judged by



members of the 501st, everyone walked away with a prize.

"I like the stormtroopers," said 5-year-old Evan Quinn, who sported a Batman costume. "I wish I had remembered my Darth Vader costume."

Some people might wonder what comic books have to do with a library,

but Edgar says the two go together very well.

"We see people checking out literary classics and graphic novels right alongside each other," he said.

He hopes events like this will draw in members of the community who might not know about the library's

other offerings, such as game nights, preschool story time and even a writer's support group.

When asked if he would consider doing this again next year, Edgar replied, "Yes, definitely." Behind him, a four-foot caped crusader left with an armful of books and videos.



[Above] Spence Taylor, 7, glues a spider onto his Spiderman costume cape while his sister, Samantha, 2, looks on during Free Comic Book Day at the Patch Library May 21. The library offered free comic books, crafts, a costume contest and a chance for patrons to take photos with "stormtroopers" from the 501st Legion, German Garrison. For more photos, visit [www.flickr.com/photos/usagstuttgart](http://www.flickr.com/photos/usagstuttgart).

[Left] Members of the 501st Legion, German Garrison, (a fictional Star Wars military unit) dress as stormtroopers and visit the Patch Library May 21 as part of Free Comic Book Day.

# 'Meals in Minutes' class gives tips on eating well, fast

Story & photo by Brittany Carlson  
USAG Stuttgart Public Affairs Office

Cooking healthy meals at home doesn't have to be a time-consuming chore, according to Amy Haack, teacher of the Army Wellness Center Stuttgart's newest class, "Meals in Minutes."

The class, scheduled to run monthly, is designed to teach time-crunched spouses and parents how to put together nutritious, home-cooked meals in a pinch.

"When I became a mom and went back to work, I realized that if I can make meals in minutes and it works for me ... it can work for other people," said Haack, an Army spouse and the AWC Stuttgart's health educator.

In the first "Meals in Minutes" class held May 25 in the wellness center, Haack discussed how to read food labels in English and German to find healthy processed foods, gave health-smart shopping tips and shared some of her own recipes.

"The big thing for me was making sure people left with recipes and with actual ideas they can use at home," she said.

Haack also introduced a list of nutritious "must-have" items to keep on hand, based on a poll she took of other home cooks, and sent participants away armed with online resources and a meal planning template.

"If you cook, it's important to plan," she said.

She closed out the hour-long class by providing a

list of ways class participants can get started, such as trying one new recipe a week, or making and freezing an "emergency" meal in advance.

Class participants had the opportunity to ask questions, such as "Which veggies keep the longest?" and "What can I cook if my husband has high cholesterol?"

Tanya Kerr, an Air Force spouse, said "Meals in Minutes" helped her widen her options for putting meals on the table.

"It definitely gave me new ideas and new ways to look at labels, and called attention to issues I didn't realize were important," she said.

She also left the class with a plan for improving what her family eats. "I'm definitely going to try a couple of recipes they showed, and try to make out a meal plan more regularly," she said.

Haack's hope is that class attendees learn that staying healthy is possible, even with little time.

"What we feed our family and what we feed ourselves is important," she said. "[I hope] people see that it can be affordable, quick and simple, and that it's not that hard."

The Army Wellness Center Stuttgart is located in Building 2337 on Patch Barracks. Hours are Monday through Friday from 7:30 a.m. to 4:30 p.m.

For more information, call 430-2997/4073/civ. 0711-680-2997/4073.



Amy Haack, health educator at the Army Wellness Center Stuttgart, describes what to look for on food labels during the center's first "Meals in Minutes" class May 25. The class is designed to help community members learn to cook quick, healthy meals at home.

# PHS college-bound program best in Europe

Story & photo by Gloria Colon-Buzatu

USAG Stuttgart Public Affairs Office

The Patch High School Advancement Via Individual Determination program for college-bound students once again earned a top national ranking during its biannual AVID recertification April 25.

“AVID certification takes place every two years and Patch High School was re-certified at a Level 3 school [highest level] which places us as a National Demonstration School. We are currently the only school in DODDS Europe with this rating,” said Claire Dickmeyer, Patch High School AVID coordinator.

The AVID program began in 1990 to help bridge the gap for students in the academic middle who are committed to meeting college entrance requirements. In the Stuttgart military community, it is offered as an elective to all students who are making average grades and aspire to go to college.

This year, there are 70 students in the AVID program, with 85 registered for next year, said Dickmeyer, who has been an AVID coordinator for 12 years. “All AVID students graduating [have been] accepted to a university,” she added.

The AVID ranking is a high honor for PHS.

“Only 3 percent of 4,500 schools [worldwide] achieve National Demonstration School status,” Dickmeyer said. “My students, like the name of the program, are determined to succeed.”

The AVID classes are a mixed group of students in grades nine through 12, supported by a staff of student tutors, and tutor assistants. Parents are also part of the AVID family.

Jonas Jones, a PHS senior, started as an AVID student in 2009 to strengthen his organization and leadership skills. Jones had a 3.4 grade point average and attributes his current 4.0-plus GPA to AVID.

“I went from a messy backpack to an organized binder,” said Jones, an AVID



Mardi Adinkrah (left) and Wayland Owsley, both freshmen at Patch High School, cook stir-fried vegetables during their presentation on Korea as part of the Advancement Via Individual Determination program's cultural day May 19. The PHS AVID program, designed to prepare students with average grades for college, earned a top national ranking during its bi-annual recertification April 25, making it the only National Demonstration School in DODDS Europe.

student physics tutor. “Now, I keep doing the right thing at the right time.”

On May 19, it was Cultural Day in the AVID classroom, designed to give students the opportunity to educate their peers on the cultures of other countries.

Wayland Owsley and Mardi Adinkrah, both freshmen, studied South Korea. For their presentation, they cooked a stir-fried vegetable dish that gave classmates a taste of the region.

Jacob Abraham, sophomore, and Lane Warchol, senior, gave a presentation on the culture and history of Israel. They shared artifacts and prepared blintzes: thin crepe-style pancakes.

Parent Tamyla Abraham attended Cultural Day and stepped in to support the Israel team by mixing the blintz batter and flipping them. Before moving to Stuttgart, Abraham had never heard of the

AVID program before, but is pleased that her children have the benefit of enrolling.

“Education is very important ... and my first thought about AVID is how my children would benefit from learning organizational skills,” she said.

Those in other school systems can visit and observe Patch High School's AVID model, now the singular National Demonstration School in Department of Defense Dependents Schools-Europe, something Dickmeyer attributes to the students involved.

“The dedication and desire of the AVID students at Patch High School is unparalleled. The students here are successful as a result of their own determination and their own longing for success in high school, college and eventually, in the professional world,” she said.

“The students here are successful as a result of their own determination and their own longing for success in high school, college, and eventually in the professional world.”

Claire Dickmeyer  
PHS AVID coordinator

## CONGRATULATIONS CLASS OF 2011!



**David Matthew**

Patch High School • Class of 2011

*Congratulations to the best high school graduate in the world! The road ahead is full of challenges but also countless opportunities. We are sure you will master them all!*

*We are very proud of you!  
Mom and Dad*

Commemorate your graduate's **SPECIAL DAY** with a keepsake ad in *The Citizen*. **HIGH SCHOOL GRADUATION** is a day to remember, so send us a congratulations message along with a photo of your graduate, and we will publish it in the June 16th edition of *The Citizen*.

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# After bin Laden's death, is War on Terror over?

By Shay Edwards

USAG Stuttgart Antiterrorism Office

On May 1, President Barack Obama announced to the world that Osama bin Laden had been killed by U.S. forces in Pakistan. Many people worldwide celebrated, some questioned whether celebrating was appropriate, and others prepared for a revenge terrorist attack. Through all these reactions, questions began to arise. Now that Osama bin Laden is dead, does America still need to fear a terrorist attack?

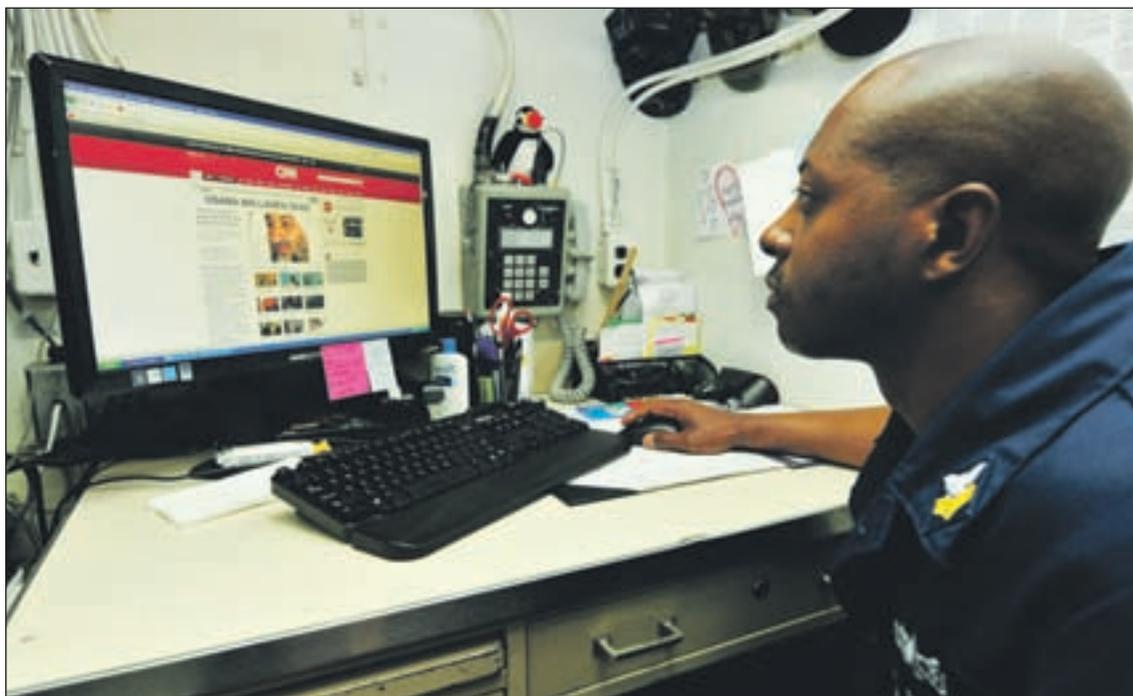
The answer is that terrorism will not go away, so Americans are advised to continue incorporating vigilance into their lifestyle.

There are multiple terrorist groups around the world. Many of these are independent of al-Qaida and are minimally affected by the death of Osama bin Laden, and will continue to plot anti-U.S. attacks. A 2004 Foreign Terrorist Organizations Report for Congress lists 36 major worldwide terrorist groups that pose a threat to the U.S. Additionally, there is the threat of terrorists who are influenced by internet propaganda and conduct attacks independently of any major terrorist group. Examples of this include the March 2, 2011, shooting of U.S. Airmen in Frankfurt, Germany and the November 5, 2009, shooting in Fort Hood, Texas.

In addition, terrorism against the U.S. is not a recent development. The U.S. has been the victim of terrorist attacks multiple times in the 20th century. In 1920, a horse-drawn cart loaded with explosives was detonated in Manhattan, New York, and killed 38 people. From 1940 until 1956, there were 30 bombings throughout New York City, killing 10 people. In 1985, a U.S. Soldier was murdered and his ID card used to move a car bomb onto Rhein-Main Air Base, Germany. When it detonated, two were killed and 20 injured. All of these attacks occurred before the Sept. 11, 2001, attacks, and although they were not as deadly, they are a clear indicator that terrorist activity has been a regular part of American history.

## Vigilance is a lifestyle

After a terrorist attack, Americans often band together to provide support for victims and take precautionary measures against more attacks. But after about six months, many seem to assume that there is no longer a threat. Professionals who respond to these incidents work continually to encourage constant vigilance. When



U.S. Navy photo/Petty Officer 3rd Class Jonathan Sunderman

*Petty Officer 1st Class Kelvin Lee reads about Osama bin Laden's death May 2, while aboard the guided-missile destroyer USS Barry during a routine deployment in the Mediterranean Sea. The al-Qaida leader was killed by Navy SEALs during a raid on his compound in Abbottabad, Pakistan. While bin Laden's death is a significant loss for the terrorist organization al-Qaida, Americans are advised to stay vigilant against anti-U.S. attacks.*

Americans maintain their guard, they become better prepared to identify and thwart future attacks through observation and reporting of suspicious activities.

The U.S. Department of State's worldwide caution issued on January 31, 2011, states that terrorists may potentially attack tourist infrastructure and public transportation systems. Specifically, "large gatherings, travel hubs and tourist hot spots are frequently targeted." There are four things Americans here in Europe can do before traveling to reduce this risk:

1. Before visiting another country, read about it at the Department of State website, [www.travel.state.gov](http://www.travel.state.gov). The site identifies common criminal and terrorist activity in the area, and lists any alerts or warnings to U.S. personnel.
2. Know how to report suspicious activity to local law enforcement. In many countries in the European Union, dialing 112 will simultaneously contact the police, medical, and fire services. Visit [www.travel.state.gov](http://www.travel.state.gov) for a country's local police and ambulance

service phone numbers, hospital locations, and information on the nearest U.S. embassy or consulate.

3. Maintain a low profile. If possible, avoid eating at restaurants, visiting night clubs, and staying at large hotels frequented by Americans, because large groups of Americans are a natural target for a terrorist attack. Try to wear clothes similar to what the locals are wearing. Lastly, refrain from yelling and talking loudly, as others may be listening to the conversation.

4. Avoid potentially dangerous situations. If something appears strange, such as a cardboard box on a subway train or a backpack lying under a restaurant table, remove yourself from the area as quickly as possible. If someone is acting strangely, or appearing drunk, drugged, or in a trance, discretely move to an exit. Before going on a trip, review antiterrorism awareness training by going to [www.at-awareness.org](http://www.at-awareness.org).

*Note: Information for this article was provided by the U.S. Department of State website.*



**EXCEPTIONAL FAMILY MEMBER PROGRAM**

The Exceptional Family Member Program (EFMP) is a comprehensive, coordinated, multi-agency program which provides community support as well as housing, medical, educational and personnel services to Families with special needs.

**Want more photos?**

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# Get to know health clinic appointment system

## U.S. Army Health Clinic Stuttgart

The U.S. Army Health Clinic Stuttgart offers three types of appointments for eligible community members: acute, routine and emergency appointments.

Knowing the difference between them can help community members understand how the appointment system works and plan accordingly.

Same-day appointments are categorized as "acute" appointments. These appointments have a 24-hour access to care standard, meaning the clinic is obligated to ensure the patient is seen by a health care provider within the allotted time frame.

Acute appointments are limited to medical conditions that are urgent, but are not considered medical emergencies. Examples of "acute" conditions include, but are not limited to:

- Recent unmanageable pain
- Vomiting, nausea, diarrhea

- Respiratory infections (bronchitis, pneumonia, colds, flu)
- Strains or sprains
- Dislocations
- Possible fractures/brakes (definite brakes/fractures need to go to the emergency room)
- Lacerations, abrasions or contusions (bruises).

Appointments for medication refills, physicals and chronic medical conditions are considered "routine" appointments and must be seen within seven days. Appointments for specialty care and follow-ups have a 28-day access to care standard.

Emergency care appointments are allotted for medical conditions that threaten life, limb or eyesight.

To schedule an appointment, call the ERMC Care Call Center at 00800-3762-2273 (toll-free) or DSN 371-2622/civ. 06221-17-2622.



## Q fever health advisory

Recently, a member of a U.S. military community in Germany was diagnosed with Q fever, prompting Army health officials to issue a precautionary health advisory.

Q fever is a worldwide disease caused by the bacteria Coxiella burnetii, most commonly passed to humans from sheep, goats and cattle. Infection of humans usually occurs by inhalation from contaminated aerosols. While workers at meat processing plants are at greatest risk, some Soldiers returning from Iraq have been diagnosed.

The most common symptoms among U.S. military personnel have been fever, headache, chills, a generalized feeling of discomfort, illness, or lack of well-being, fatigue and nausea. The disease is treatable, and early diagnosis, made by a blood test, can mini-

mize the risk of more severe complications. Contact your health care provider for more information.

*(Information provided by the Europe Regional Medical Command Public Affairs Office.)*

## 'No-shows' limit access to health clinic

The Stuttgart military community has lost more than 2,000 medical appointments at the U.S. Army Health Clinic Stuttgart since December 2010 as a result of beneficiaries failing to show for their appointments. This equates to more than \$300,000 in lost resources for the clinic.

Canceling an appointment one hour ahead of time allows another beneficiary to use the appointment. To cancel, call the Europe Regional Medical Command Care Call Center toll free at 00800-3762-2273, or DSN 371-2622/civ. 06221-17-2622.

Sign up for news flashes and briefs: send an e-mail to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil), with the subject: "add me to your mailing list."

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Susan Huseman

## To market, to market

Community members browse for treasures at the annual U.S. Army Garrison Stuttgart Cobblestone Classic Flea Market, held in conjunction with the Cobblestone Classic five-mile run May 21. The one-day flea market, located in front of the Panzer Mall, was an opportunity for runners and passersby to shop for items including books, clothing and children's toys.

### Stuttgart Army Ball

The 2011 Stuttgart Community Army Ball will be held June 11 at 5 p.m. in Sindelfingen. Register online at [www.regonline.co.uk/2011stuttgartcommunityarmyball](http://www.regonline.co.uk/2011stuttgartcommunityarmyball).

For more information, call 430-4263/2194/civ. 0711-680-4263/2194.

### FMWR is hiring

Interested in a career with Family, Morale, Welfare and Recreation?

The Nonappropriated Fund Human Resources Office at the Civilian Personnel Advisory Center (CPAC) is accepting applications for various positions, including some in Child, Youth and School Services and at the Galaxy Bowling Center.

Positions are open to all qualified candidates eligible for appointment under U.S. employment conditions.

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

For more information, visit the NAF Human Resources Office in Building 2948, Panzer Kaserne, or call 431-3119/civ. 07031-15-3119.

### Combined Protestant worship service

A Stuttgart Combined Protestant Worship Service hosted by the U.S. Army Gar-

rison Stuttgart Religious Support Office will be held June 26 at 11 a.m. on Washington Square Field on Patch Barracks. Special guest speaker, Ravi Zacharias, will lead the service.

All regularly scheduled Protestant worship services in the Stuttgart military community will combine for one worship service with a fellowship meal following.

The purpose of the combined service is to provide an opportunity for the total Protestant community in USAG Stuttgart to worship together.

### Register for Vacation Bible School

Registration for the 2011 Vacation Bible School, sponsored by U.S. Army Garrison Stuttgart's Religious Support Office, is open throughout the month of June.

This year's VBS theme is "Pandamania."

Children in preschool (age 4 by July 1) through fifth grade are eligible to attend. Registration forms are available at all chapels, the Patch Religious Education Center and the Patch Religious Support Office (Room 420, Building 2948).

VBS will be held at Patch Elementary School July 25-29 from 9 a.m. to noon and at Robinson Barracks Elementary/Middle

School Aug. 1-5 from 5:30-8:30 p.m.

For more information, contact Jim Sciegel, USAG Stuttgart Religious Education Director, at 431-3078/civ. 07031-15-3078 or [james.sciegel@eur.army.mil](mailto:james.sciegel@eur.army.mil).

### Community Banks holiday hours

All Community Banks in Germany will be closed June 2, 13 and 23, for German holidays.

### ARC classes

The Stuttgart branch of the American Red Cross will hold the following classes:

- Babysitter's Basic Training, June 23 from 9 a.m. to 5 p.m. Cost is \$35, including materials.

- Standard First Aid with CPR/AED for adults and children plus an infant CPR class, June 25 from 8 a.m. to 5 p.m. Cost is \$40. Class size is limited.

To register for a class, visit [www.redcross.org](http://www.redcross.org), or stop by the ARC Office in Room 314, Building 2915 on Panzer Kaserne.

For more information, call 431-2812/civ. 07031-15-2812, or e-mail [redcross.stuttgart@eur.army.mil](mailto:redcross.stuttgart@eur.army.mil).

Send community-wide announcements to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil).

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## Safe skating, skateboarding

Operate skates and skateboards safely by following these guidelines:

- Skate defensively, without endangering pedestrians.
- Wear suitable protective gear. Army in Europe Regulation 190-1 requires skaters, skateboarders and kick-scooter riders to wear an approved helmet complying with bicycle helmet standards (see AR 109-1, chap. 5-7, para c(4)), kneepads, elbow pads, wrist guards and light-colored clothing or reflective accessories.

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# Outdoor Rec takes summer trips to new heights

By Brittany Carlson

USAG Stuttgart Public Affairs Office

U.S. Army Garrison Stuttgart's Outdoor Recreation has a summer program to fit all outdoor enthusiasts' tastes.

"We have something for everybody on our schedule — from single/unaccompanied Soldiers to families with kids. We make it fun and accessible for all," she said.

Stuttgart's Outdoor Rec facility, a part of Family and Morale, Welfare and Recreation, is the only Outdoor Recreation facility in the world that offers paragliding.

Beginners (starting at age 7) can take a tandem flight in the Alps, Black Forest or Italy with Outdoor Rec's own licensed pilot, Steve Van Fleet. Scheduled trips are set for Lago Di Garda, Italy, July 2-5 and the Italian Dolomites June 17-20. Individual flights can be arranged at any time.

Community members can also earn their pilot licenses through a two-week training course.

"I call it the portable airplane flying license because you can pretty much pack your paraglide in a duffel bag and go anywhere in the world," said Bruce Zabukovic, a recreation assistant at Outdoor Rec.

Those who want to learn to fly a little closer to the ground first can book a "snooper" class, in which Van Fleet gives beginners a taste of paragliding at Robinson Barracks.

To schedule a trip, contact Van Fleet at 431-2774/civ. 07031-15-2774, or [steve.vanfleet@gmail.com](mailto:steve.vanfleet@gmail.com).

Community members who would rather be swimming can check out Outdoor Rec's scuba program, provided through the Kronau Dive Center near Heidelberg. New divers can take a snooper class June 18,



Susan Huseman

*USAG Stuttgart Outdoor Rec paragliding pilot Steve Van Fleet takes a tandem flight with a community member. This summer, Outdoor Rec is offering paragliding trips to several locations in Europe.*

or get scuba certified during two weekends of diving July 16-17 and 23-24.

Outdoor Recreation also has a few cultural trips planned. For those who enjoy a relaxing day on the

water, they can sign up for the Neckar River run and camping trip on June 17-20, or the Flossfahrt trip on July 30. On the Flossfahrt trip, participants will ride a log raft down the river, accompanied by a German Oompa band.

"The idea of a Flossfahrt trip is to relax and enjoy nature. It is basically a raft with a band on board," Young said. "You just float down the river. It's very traditional."

On overnight trips, Outdoor Rec books hotels, provides transportation, makes connections with local recreation offices, and offers advice on restaurants and activities, Young said.

"We've already been there, done that," she said. "You show up with your bag; that's all the planning you have to do."

There are also several local activities set for the summer, including rifle/hand gun range and trap shooting every other Thursday, and paintball every other Saturday. Upcoming trap dates are June 16 and July 7, and rifle/hand gun dates are June 9 and 30 and July 14 and 28.

Licenses and permits are not required, but participants must be 18 years old.

Paintball play days are set for June 4 and 18 and July 9 and 23, near Panzer Kaserne. Participants must be age 18 or older. All paintball guns used in Germany must be labeled with an "F Stamp" by German authorities, which signifies that it is not a lethal weapon. However, Outdoor Rec has markers and masks for rent, as well as paint for purchase. Call for more information.

Pre-registration is required for most activities. Discounts are available for families and advanced booking.

For more information, including costs, call Outdoor Recreation at 431-2774/civ. 07031-15-2774.

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

"Out & About in Baden-Württemberg" is your guide to German culture. Read it and learn about local fests, events and traditions. The June edition is now featured on the garrison website at [www.stuttgart.army.mil](http://www.stuttgart.army.mil).

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Joseph Mancy

## Almost there ...

*Francesca Lewis, 5, attempts to knock over a tennis ball balanced on top of a traffic cone with water from a fire hose during the U.S. Africa Command Family Readiness Group festival on Kelley Barracks May 20. Francesca is assisted by Joerg Spatt from the U.S. Army Garrison Stuttgart Fire Department and cheered on by her friend, Natalie Adams, 5. The mission of the Family Readiness Group is to provide military members and their families a network of communication and support. The festival included games, music, food, contests and family entertainment. For more photos, visit [www.flickr.com/photos/usagstuttgart](http://www.flickr.com/photos/usagstuttgart).*

### Learn to salsa

The United Service Organizations Stuttgart offers a free salsa dance class every Monday night from 7-10 p.m. in the Patch High School Forum on Patch Barracks.

Learn steps for beginners and partner work, followed by an open dance session. Singles are welcome.

For more information, call the USO at 431-3505/civ. 07031-15-3505.

### ASAP events

The U.S. Army Garrison Stuttgart Army Substance Abuse Program will host the following classes for military units:

- Unit Prevention Leaders' Certification Training, June 6-10

- Recertification Training, June 29-30

Both classes will be in the basement classroom of Building 2948 on Panzer Kaserne. Registration is required.

To register, or for more information, call 431-2530/civ. 07031-15-2530.

### ARC youth program

The Stuttgart branch of the American Red Cross will offer a Volunteer Youth Program for youth ages 14-18.

Applications will be available at the office June 6-10. All applications must be

turned in by June 10 at 4:30 p.m. Program slots are limited and will be distributed on a first-come, first-serve basis.

Program orientation will be June 26 for the selected candidates, and the program will begin June 28.

For more information, call 431-2812/civ. 07031-15-2812, or e-mail [redcross.stuttgart@eur.army.mil](mailto:redcross.stuttgart@eur.army.mil).

### Finance class for high schoolers

The U.S. Army Garrison Stuttgart Religious Support Office will offer Dave Ramsey's personal finance class, designed to teach high school teens how to control

their financial futures, June 14 through July 28. The cost is free for teens in the Stuttgart military community.

The class will meet Tuesday and Thursday from 5:30-7:30 p.m. in the Patch Religious Education Center (next to the thrift shop).

Seating is limited. To sign up, e-mail [FPUstuttgart@yahoo.com](mailto:FPUstuttgart@yahoo.com).

### Donate first aid kits

Expired or current vehicle first aid kits are needed for a local Eagle Scout project. Kits will be collected through June 15 at the Vehicle Processing, Vehicle Inspection Point, Car Care Center and Auto Crafts shop, all on Panzer Kaserne. The kits will be refurbished and delivered to U.S. Africa Command, which will deliver them to locations in Africa where they are most needed.

For more information, contact [joeengelbrechtiii@gmail.com](mailto:joeengelbrechtiii@gmail.com).

### ACAP events

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

- Apply for a Federal Job, June 6 from 9 a.m. to noon
- Transition Assistance Program, June 21-23 from 8:30 a.m. to 4:30 p.m.
- Veterans Affairs Benefits, July 6 from 8 a.m. to noon

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

Registration is required. To register, call 431-2191/civ. 07031-15-2191, or e-mail [julie.halstead@us.army.mil](mailto:julie.halstead@us.army.mil).

### PCS/pre-separation briefing set

The next scheduled permanent change of station/pre-separation briefing will be held June 15 at 1 p.m. in Building 2913 on Panzer Kaserne. All service members

and civilians departing within the next four to five months should attend. Information will be provided from various agencies including transportation/customs, medical, Tricare, dental, vehicle registration, housing and Army Community Service.

All separating Army personnel must attend this briefing to receive pre-separation information. Pre-registration is required.

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

### Patch Ski Club hosts barbecue

The Patch Ski Club "All-American BBQ" will be held June 15 from 6:30-8:30 p.m. on the back patio of the Patch Community Club. All community members are invited to this red, white and blue-themed social.

Sign-ups will be available for biking, rafting, and golfing summer trips. This social is free for all Patch Ski Club members and \$5 for non-members.

For more information, visit [www.PatchSkiClub.com](http://www.PatchSkiClub.com).

### AVID tutors needed

The Patch High School Advancement Via Individual Determination, or AVID, program is looking for tutors for the 2011-2012 school year.

This is a part-time paid position; individuals need to be on the teacher substitute list and have an interest in tutoring students in any of the core subjects.

For more information, contact Claire Dickmeyer, AVID coordinator, at 430-4006/civ. 0711-680-4006 after 3 p.m.

### Free antivirus software available

The Army Computer Emergency Response Team offers free antivirus software for Department of the Army personnel to use on home computers.

To access the software, visit [www.acert.Istiocmd.army.mil/Antivirus](http://www.acert.Istiocmd.army.mil/Antivirus) on a "dot mil" computer system and authenticate with your common access card and pin.

*Send community-wide announcements to [stuttgart-media@eur.army.mil](mailto:stuttgart-media@eur.army.mil).*

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# Strong B.A.N.D.S.



Brittany Carlson

Participants in Courtney Rife's Boot Camp fitness class perform lunges with medicine balls at the Panzer Fitness Center May 24. The class was one of three events in USAG Stuttgart supporting the Family and Morale, Welfare and Recreation Command "Strong B.A.N.D.S." promotion for National Sports and Fitness Month in May.

## USAG Stuttgart Public Affairs Office

**U**.S. Army Garrison Stuttgart was one of 59 garrisons world-wide selected to participate in the "Strong B.A.N.D.S." promotion in support of National Sports and Fitness Month in May.

B.A.N.D.S. stands for balanced lifestyle, actively motivated, nutritional health, determined to excel, and strength and conditioning. The Family and Morale, Welfare and Recreation promotion is designed to energize and inspire community members to live a healthy lifestyle.

Each participating garrison hosted a minimum of three fitness- or health-related events throughout the month. Participants were given Strong B.A.N.D.S. wristbands that symbolize the community's commitment to a healthier lifestyle.

USAG Stuttgart's events were the "Bike to Work Week" on Kelley Barracks May 16-20, the Cobblestone Classic run May 21, and a Boot Camp fitness class held at the Panzer Fitness Center May 24.

### *Bike to Work Week*

Kelley Barracks, home to U.S. Africa Command, was the site of this year's USAG Stuttgart "Bike to Work Week" May 16-20. At the center of the installation, a group of AFRICOM cyclists under the leadership of Mark "Hap" Harlow rallied each day beneath a blue and white canopy adorned with a kaleidoscope of racing jerseys to share their insights on the value of cycling. Daily seminars covered topics such as commuting, safety, maintenance, family cycling and touring Europe.

At the first lunch-time seminar, Harlow told a gathered crowd of the "rainbow" of cycling benefits: "fitness, health, fun, green-power, traffic relief, family recreation, and ... a key to Europe."

The intent of Bike to Work was to encourage the community to take advantage of the cycling opportunities in Europe and return to the U.S. with a more complete understanding of the benefits of bicycling. However, it was also to have fun, which was made apparent on the final day of the week with a group ride through the surrounding forests to the historic city of Tübingen.

### *Cobblestone Classic*

At Family and MWR's annual Cobblestone Classic on May 21, 234 community members ran the historic cobblestone tank trail from Patch Barracks to Panzer Kaserne.

The sun was shining as runners made their way over five miles of trail, starting at Husky Field on Patch Barracks and finishing outside of Panzer Kaserne's main gate.

"It was an exceptionally beautiful day — you couldn't ask for a more perfect day for a run," said Ricky Payton, USAG Stuttgart assistant sports and fitness director.

Once on Panzer Kaserne, runners were greeted

# D.S.

*It all starts with a healthy body. We want to inspire our Soldiers and families to make nutrition and physical fitness a priority.*

**Darrell Manuel**  
*Army Sports Director, FMWRC*

with by a large crowd outside the Panzer Mall, where the award ceremony was held.

The top three finishers overall and in the men's category were Douglas Hutcheson, with a time of 29 minutes, 25.6 seconds, followed by James Davis, 30:25.8, and Jeffrey Maione, 31:13.5. The top finishers in the women's category were Joy Connell, with a time of 34 minutes, 14.2 seconds, followed by Melissa Nettleingham, 34:51.7, and Kristen Gilbert, 38:05.4.

## Boot Camp fitness class

The Boot Camp class, held weekly at the Panzer Fitness Center, is an hour-long total body fitness course taught by Courtney Rife through FMWR Sports and Fitness. On May 24, class participants were divided into groups and rotated to different stations, where they completed exercises from crunches and jumping rope to squats.

Rife said the class was an ideal way to promote the Strong B.A.N.D.S. promotion.

"Living a healthy lifestyle means much more than just exercising. Our country is plagued by so many diseases ... that can almost always be avoided by making good food choices in combination with an effective fitness program," said Rife, who has been teaching the class for two years.

"The biggest reward for me as an instructor is the positive changes I have seen in so many of the participants and their desire to reach a higher level of fitness than they are used to," she added.

And after all, being fit is the first step toward resilience, according to Darrell Manuel, Army Sports Director at the Family and MWR Command.

"Resiliency is about more than just emotional, family, or social fitness," he said. "It all starts with a healthy body. We want to inspire our Soldiers and families to make nutrition and physical fitness a priority."

*Editor's Note: Mike Robertson, U.S. Africa Command, Brittany Carlson, USAG Stuttgart Public Affairs Office, and the Family and Morale, Welfare and Recreation Command Public Affairs Office contributed to this article.*



Joseph Mancy

Mark "Hap" Harlow ends the Bike to Work Week event on May 20 by leading a 28-kilometer bike ride from Kelley Barracks to Tübingen. Bike to Work Week (May 16-20) was one of three events at USAG Stuttgart chosen to represent the "Strong B.A.N.D.S." Family and MWR fitness promotion. B.A.N.D.S. stands for balanced lifestyle, actively motivated, nutritional health, determined to excel, strength and conditioning. The Bike to Work Week event included daily seminars and group rides.

For more photos on each of these events, visit [www.flickr.com/photos/usagstuttgart](http://www.flickr.com/photos/usagstuttgart).



Joseph Mancy

Biking enthusiasts read a map and develop safe biking road strategies before they venture out on a 28-kilometer bike ride from Kelley Barracks to Tübingen, part of the "Bike to Work Week" event. Bike to Work Week was also chosen as one of three fitness events in U.S. Army Garrison Stuttgart to represent "Strong B.A.N.D.S.," a fitness promotion created by Family and MWR Command for National Sports and Fitness Month in May.



Susan Huseman

Runners climb the final hill in the Cobblestone Classic five-mile run, held May 21 on the historic tank trail between Patch Barracks and Panzer Kaserne. The run was used to promote "Strong B.A.N.D.S.," a Family and MWR promotion on fitness for May's National Sports and Fitness Month.



Brittany Carlson

Participants in the Boot Camp fitness class May 24 complete bench dips while their instructor, Courtney Rife (far right), keeps time. The class was one of three events in U.S. Army Garrison Stuttgart chosen to represent the Family and Morale, Welfare and Recreation promotion, "Strong B.A.N.D.S.," which supported National Sports and Fitness Month in May.

## What's happening in FMWR

### Young designers spotlighted in Fashion Show

Come see the handmade fashions of budding designers in the Stuttgart military community at the Patch Arts and Crafts Center's Fashion Show. The show will be held June 18 at the Patch Community Club at 5:30 p.m. To sign up to participate, register at the Arts and Crafts Center.

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

### Soldier Show June 6

The annual U.S. Army Soldier Show will come to U.S. Army Garrison Stuttgart's Patch Fitness Center on Patch Barracks June 6. The show will start at 7 p.m. Doors open at 6:30 p.m.

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

### See 'Nunsense' show

The Stuttgart Theatre Center presents "Nunsense," a musical comedy in which the Little Sisters of Hoboken attempt to raise money to bury sisters accidentally poisoned by the convent cook. The show is written by Dan Goggin

and directed by Richard Roberts. Performances are set for June 3, 4, 10, 11, 17 and 18 at 7:30 p.m. and June 5, 12 and 19 at 3 p.m. at the Kelley Theatre Center. Tickets cost \$14/adults, \$12/students. Attendees must be at least 5 years old.

To reserve tickets, visit [www.stuttgartmwr.com](http://www.stuttgartmwr.com), or call 421-3258/civ.0711-729-3258.

### Buy, sell at installation yard sales

This month, every U.S. Army Garrison Stuttgart installation will host a neighborhood yard sale for residents of on-post housing to sell items right in front of their homes. All ID cardholders are welcome to shop.

- Kelley Barracks yard sale: June 4, 9 a.m. to noon.
- Patch Barracks yard sale: June 11, 9 a.m. to noon
- Robinson Barracks yard sale: June 18, 9 a.m. to noon
- Kelley Barracks yard sale: June 25, 9 a.m. to noon

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

For MWR updates, e-mail [mwr-marketing@eur.army.mil](mailto:mwr-marketing@eur.army.mil).

[photos.com](http://photos.com)



## Coming to Patch Theater

**June 2** — Battle: Los Angeles (PG-13) 6 p.m.

**June 3** — Kung Fu Panda 2 (PG) 6 p.m., The Hangover Part II (R) 9 p.m.

**June 4** — Kung Fu Panda 2 (PG) 4 p.m., The Hangover Part II (R) 7 p.m., The Lincoln Lawyer (R) 9 p.m.

**June 5** — Kung Fu Panda 2 (PG) 3 p.m., Sucker Punch (PG-13) 4 p.m., The Hangover Part II (R) 7 p.m.

**June 6** — Kung Fu Panda 2 (PG) 6 p.m.

**June 7** — The Lincoln Lawyer (R) 6 p.m.

**June 8** — Sucker Punch (PG-13) 6 p.m.

**June 9** — Hop (PG) 6 p.m.

**June 10** — X-Men: First Class (PG-13) 7 p.m., Limitless (PG-13) 9:30 p.m.

**June 11** — Hop (PG) 4 p.m., Diary of a Wimpy Kid: Rodrick Rules (PG) 7 p.m., X-Men: First Class (PG-13) 9 p.m.

**June 12** — Diary of a Wimpy Kid: Rodrick Rules (PG) 2 p.m., Hop (PG) 4 p.m., X-Men: First Class



Dreamworks Pictures

(PG-13) 7 p.m.

**June 13** — X-Men: First Class (PG-13) 6 p.m.

**June 14** — Hop (PG) 6 p.m.

**June 15** — Diary of a Wimpy Kid: Rodrick Rules (PG) 6 p.m.

Visit [www.shopmyexchange.com/ReelTimeTheatres/reeltime-landing](http://www.shopmyexchange.com/ReelTimeTheatres/reeltime-landing).

## Family & MWR Featured Events

[www.stuttgartmwr.com](http://www.stuttgartmwr.com)



**FAMILY**



**HOBBIES**



**ENTERTAINMENT**

**RB BLOCK PARTY**  
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June 11 11 a.m.  
Field beside Bldg. 168  
DSN 420 6037, CIV 0711 819 6037

**PARENT'S NIGHT OUT**  
Must pre-register with Parent Central Services the Wednesday prior.  
June 10 6:30 - 11:30 p.m.  
Kelley CDC/SAC  
DSN 430 7480 CIV 0711 680 7480

**WINE EDUCATION**  
Enhance your knowledge of wine. Must pre-register.  
June 11 6 - 9 p.m.  
Brewed Awakenings, RB  
DSN 420 6037 CIV 0711 819 6037

**TEXAS HOLD 'EM**  
Play and win big!  
June 10 6 p.m.  
Patch Community Club  
DSN 430 5433 CIV 0711 680 5433

**JEREMY GRAHAM BAND**  
Live rock music provided by Armed Forces Entertainment.  
June 18 8 p.m. Patch Community Club  
DSN 430 22110 CIV 0711 680 2110

**USO DANCING WITH THE STARS**  
Meet & Greet Dancing with the Stars.  
June 19 TBD  
Panzer Exchange  
DSN 421 3151  
CIV 0711 729 3151





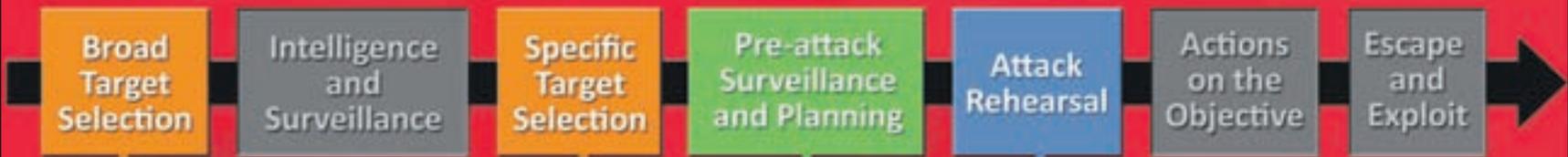
# Picture This

Watch for the Details—Break the Cycle



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## Terrorist Planning Cycle



The conspirators of the Fort Dix plot chose five military installations and one military event across three states before finally selecting Fort Dix as the location to attack.

One of the conspirators was a pizza delivery person who used his access to the installation as a means of obtaining maps and locating large concentrations of Soldiers and critical facilities on Fort Dix.

The conspirators worked to obtain a large amount of weapons both through legal and illegal means.

The conspirators trained with weapons numerous times at remote outdoor ranges in Pennsylvania while also rehearsing actions on the objective through the use of paintball weapons close to their residence.

## The Action of One Can Save the Lives of Many



Brian Morgenstern

Terrorists' plans aren't usually uncovered in neat bullet points; such plans are usually foiled by someone seeing—then reporting—one suspicious detail. Like the one that Circuit City employee Brian Morgenstern saw in a video the suspects described above gave him. After Brian saw "stuff on the film that was disturbing," he called Mount Laurel, NJ police, who quickly involved the FBI. Brian's actions illustrate how proactive awareness can uncover prospective terrorists and their methods. Antiterrorism is principally defensive, but any vigilance on your part—that's going on the *offensive*.

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Mike Stuber watches as son Erik prepares to hit his last shot during the 2011 USAG Stuttgart Commander's Cup Golf Tournament.



A.J. Copp, right, congratulates Gary Liddell on the Marine Forces Europe/Marine Forces Africa sweep of the 2011 USAG Stuttgart Commander's Cup Golf Tournament held May 20 at the Stuttgart Golf Course in Kornwestheim.

# MFE/MFA sweep Commander's Cup

Story & photos by Susan Huseman  
USAG Stuttgart Public Affairs Office

Marines may be "first in fight," but they're also first in golf. And second. And third.

Teams representing Marine Forces Europe and Marine Forces Africa swept the 2011 U.S. Army Garrison Stuttgart Commander's Cup Golf Tournament held May 20 at the Stuttgart Golf Course, taking the top three positions while solidly destroying Special Forces Command Europe's two-year grip on the trophy.

For first-place team member Gary Liddell, taking possession of the trophy has been something he's thought about for a long time.

"We've been chasing it for three

years," he said.

But for many of the golfers, participation had more to do with camaraderie than conquest.

"It's great to get the opportunity to get out and play — especially to bring the garrison and EUCOM together.

"The golf course is a great equalizer. There's no rank ... out there," said U.S. European Command's Michael Ritchie.

The tournament is designed to promote esprit de corps between the units and services.

"It gets people away from the workplace and builds team spirit," said tournament director and golf course manager Gary Groff.

"The weather was great, prizes were good, the food was super, and everyone had a good time," he added.

Even those who hadn't swung a club in at least 17 years.

"The last time I played golf, there was a division at Fort Ord, California," said Carl Bird, the USAG Stuttgart garrison commander.

But being rusty didn't dissuade him from playing. "When the weather's like this, and everybody's smiling, what could be better?" he said.

## Results

**First Place** — MFE/MFA (Net 50): A.J. Copp, Eric Garcia, Gary Liddell, Jim Nogel; **Second Place** — MFE/MFA (Net 52): Tomas Carlos, Jonathan Myers, Ryan Schultz, Thomas Dodd; **Third Place** — MFE/MFA (Net 52): Ken Oldham, Paul Moreno, John Cryer, Brian Hardy. A tiebreaker system was used with identical team net scores.

## SPORTS SHORTS

### Run to Remember

U.S. Army Garrison Stuttgart Family and MWR's Sports and Fitness will host the annual Run to Remember five-kilometer run and half-marathon July 16 on Panzer Kaserne. The event is designated to honor service members and civilians killed in action post-Sept. 11, 2001.

Community members who would like to pay tribute to a loved one must submit the person's name, grade, service and unit to Holly Ogren, USAG Stuttgart fitness coordinator, by e-mailing holly.ogren.eur.army.mil by June 10. All names will be read during the run's opening ceremony and displayed on the race t-shirt.

Stop by any fitness center to register to run, beginning June 6.

### Golf Championships

The Stuttgart Golf Course in Kornwestheim will host the U.S. Forces Golf Championships June 18-19. The tournament is open to all authorized military and civilian U.S. ID cardholders stationed or TDY in the U.S. European Command.

Participants must possess a current U.S. Golf Association handicap of 36 or better.

The entry deadline is June 12. Entry forms are available online at [www.stuttgartmwr.com](http://www.stuttgartmwr.com).

For more information, call civ. 0714-187-9151.

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# Youth Activities

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



Photo by Michele Winter

### Patch Elementary School

Patch Elementary School 5th graders Bryan Hubbard and Daniel McHale teamed together to see which substance would most affect plant growth. They tested water, Windex and coke.



Photo by Jan Kuenning

### Patch Elementary School

Patch Elementary School 5th graders in Mrs. Lussier's Multi-Age class (L-R) Payton Moeller, Emma Phillips, and Cate Hennessy enjoy the PTA sponsored Sock Hop on May 13th.



### Patch Elementary School

The Patch Elementary School 5th Grade Science Fair, sponsored by teachers Mrs. Penilla-Williams, Mrs. Rush and Mr. Rivera, was held May 27th. Kids picked their own topic and question and used the Scientific Method to perform their experiment and report their findings. 5th graders (L-R) Ellery Berven and Nya Bell and explain their question to 1st grader Janez Orr, "Which paper towel absorbs the most liquid?" They predicted that the most expensive paper towel would absorb the most liquid, and their hypothesis was correct. Bounty did absorb the most!



Photo by Michele Winter

### Patch Elementary School

Patch Elementary School 5th graders (L-R) Rachel Garland and Lakeisha Phillips explain their project question: "Which brand of popcorn will pop the most kernals?"



Photo by Michele Winter

### Patch Elementary School

Patch Elementary School 5th graders (L-R) Elicia Freeman and Kaila Jones explain to 1st grader Rodrigo Pena their Science Fair project on May 25. Is it possible to drink liquid with one straw outside the cup and one straw in the cup? What will the effect be for trying up to 4 straws?



Teresa J. Senna, BEMS Kindergarten Teacher

### BEMS Students

BEMS students and staff present a check to the Red Cross for \$1,107.93

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

# Youth Activities



## BEMS Marathon Club

The BEMS Marathon club under the direction of art teacher Mary Jager celebrate their last meeting.



## BEMS Marathon Club

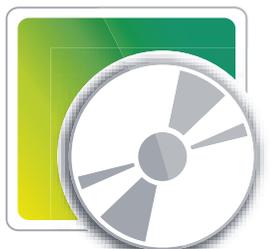
1st Grader Riley Langston and 4th grader Z'Kiyah Jones cross the finish line for the BEMS Marathon Club



Photo by Jan Kuenning

## The poodle-skirt

Patch Elementary School 3rd Grade teacher Mrs. Rachel Hamilton shows off her poodle-skirt at the May 13 Sock Hop, sponsored by the PTA.





## Gabriel Michael Shue

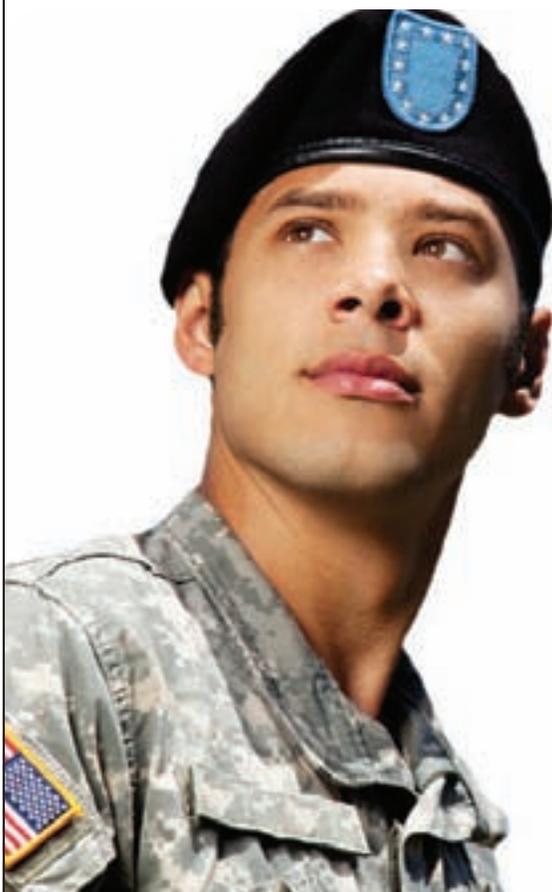
Gabriel was born at 2:17 p.m. Friday March 11, 2011 at Boeblingen Hospital, Germany. He was 3572 grams and 21 inches long. Gabriel was born to Michael and Susan Shue. The family is stationed in Stuttgart, Germany.

## Birth Announcement

Send your birth announcement to the Citizen. Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo. Send information to: [pictures@stuttgartcitizen.com](mailto:pictures@stuttgartcitizen.com)

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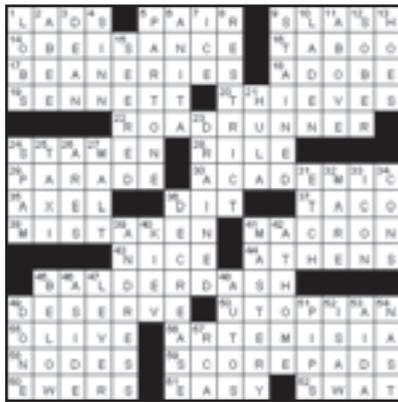
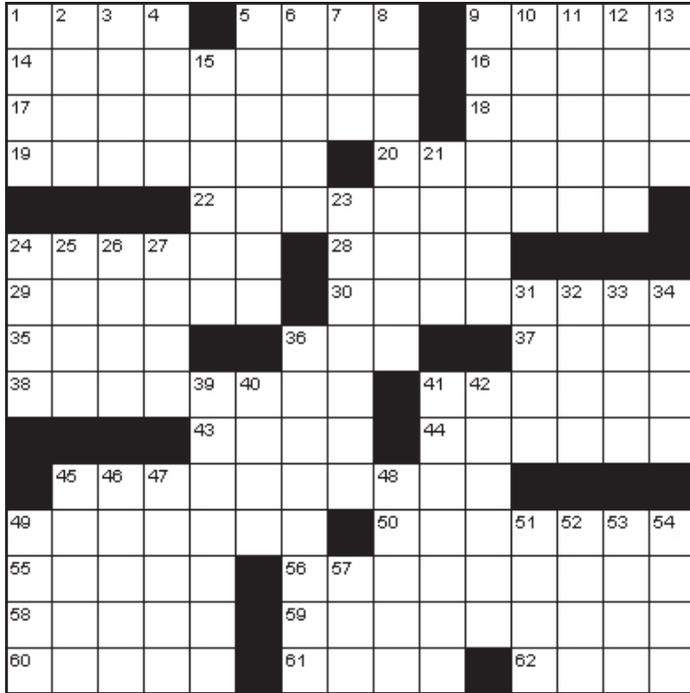


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# Crossword Puzzle



This is the solution to the crossword puzzle from May 19!

**DOWN**

1. "\_\_\_ she blows!"
2. It springs eternal
3. Asteroid discovered in 1898
4. A majority
5. Egg-shaped instrument
6. Choral work
7. Mimic
8. Determined
9. Reception device
10. "The Maltese Falcon" actor
11. Film director Jon
12. Waterway
13. Come together
15. Hot
21. Meat treat
23. Diatribes
24. Health resorts
25. Actionable wrong
26. Asian border river
27. Scholarly book
31. Item on a to-do list
32. Rick's love in "Casablanca"
33. Exceeding
34. Former capital of Japan
36. Drink
39. Artemis turned him into a stag
40. Memento \_\_\_
41. Father of Odysseus
42. Win over
45. Bagel purveyors
46. Keys
47. Vengeful feeling
48. Unpleasant smell
49. Handout
51. One of a comical pair
52. Josip Broz

53. "Gentlemen Prefer Blondes" author

54. Professor Higgins, to Eliza
57. Hair application

**ACROSS**

1. Those people
5. General Bradley
9. Exclamation of sorrow
14. Astrologer's reading
16. "\_\_\_ is an island"
17. Forsakers of the faith
18. Lopez of pop
19. Make good as new
20. Gorge
22. Dickens heroine
24. New York City island
28. Court star Lendl
29. Roman goddess of fruit trees
30. Link
35. Jack-in-the-pulpit
36. Harmful
37. Edison's middle name
38. Flowed copiously
41. Not as important
43. Inlet
44. Asia Minor capital
45. Troubled
49. Give up hope
50. Bridge support
55. One of a comical pair
56. Unrest
58. Mislead
59. Power source
60. German steel city
61. Antlered animals
62. Prying

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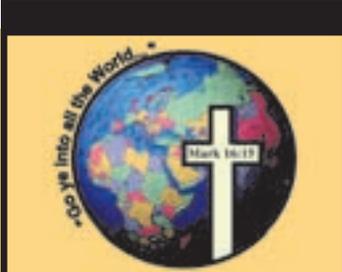
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**1996 BMW M3** Autom., US-Specs, A/C, Leather, All PWD, 2006 Dinan Uprated, new serviced with warrantee, very clean excel. cond., on Ramstein AB \$9556 call: 0160 955 0 4610 / email: sag@europe.com

**2000 Mercedes E200**, 5 Speed, 70k mls, A/C, heated Seats, All PWD, loaded, all pwd, garaged, in/out in perfect shape, great great on gas, only \$5,5k \$ call: 0160 955 0 4610 / Email: sag@europe.com

**2001 Toyota Highlander** in excellent condition. Very roomy for 5. 135,000 miles, auto trans. A/C, 4cyl. ABS brakes power windows/door US specs, 1 owner \$7300 01742 106 658 / joesmithmail@yah.hoo.com

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**2001 BMW 530i** Sedan, 4 door, 178,000 km (approx 110,000 miles). German spec, 5 speed manual transmission, black exterior, cloth interior, A/C, ABS, parking sensors, power windows & doors, CD player, cruise control, etc. Excellent condition, great car for road trips, fun to drive. Includes winter and summer tires. Maintained at BMW dealership. USD 8,500. mandrclemons@yah.hoo.com / 0152-2204-5127

**2002 Audi A3** 1.6 4 dr. Excellent condition, newer AC, heated seats, manual trans. trans, inspection good till Nov 2011, winter tires included and more \$7000 schmidtcec@yahoo.com

**2003 Saab Convertible** Model 93, silver&black, auto trans. turbo 4cyl engine, 73K miles, garage kept, fast/fun car to drive, leather seats, airbags, AC \$10400 0160 9191 7901 or retiredandlovingit2008@yah.hoo.com

**2003 Silver Toyota** Corolla 4-dr sedan. U.S. spec. 4-Cyl, 1.8L, FWD, Manual 5-Spd. 90K mi w/ new brakes. Incl winter tires. 35 MPG. Avail early June. \$6700 De-an @ 0170-921-0834, DSN 421-3038, or dbarsaleau@gmail.com.

**2007 Ford Ranger** XLT Super Cab 2DR 39,000 miles 5 Speed Automatic transmission 2.3 liter, DOHC I-4 engine Power windows, locks and mirrors A/C Cruise \$12500 071577051935 / 015155702818

**2009 Mini S**, BRG/Black, Leather, Piano Black Interior, Sunroof, Bluetooth, Ipod, HD Radio, CD, 17 inch Anthracite Wheels, 18K Miles, Avail June. \$19700 duoineuro2@tks-net.com

**2010 Mini Clubman**, electric blue, wtr & sum tire packages, ALL options, b/c lthr, pw/pl, dual moon-roof, immacualte, org owner, warranty, many extras \$25499 016093887693, beach\_n4me@yah.hoo.com

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**Authentic JDM RHD** integra Type-R Very rare. Located in Baumholder runs great, vtec kicks hard. email for all the details and more pics. \$8000 cody.kierra22@yahoo.com

**Lexus RX350 '08.** Silver. U.S. spec. 66,000 mi (main autobahn). Mint cond exc windshield chip (repaired) no accidents. Many extras. PCS to US. Avail 6/8-10. \$28500 dbarsaleau@gmail.com

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**June 4th, 10:00.** First annual DMA PokerRun, honoring our silent heroes. Proceeds will be donated to the Fischer House. 1st 200 free patch, 1-3rd prizes €20 sweetlu24@hotmail.com

**ANNOUNCEMENTS**

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**June 4th, 10:00.** First annual DMA PokerRun, honoring our silent heroes. Proceeds will be donated to the Fischer House. 1st 200 free patch, 1-3rd prizes €20 sweetlu24@hotmail.com

**Vietnam Vets/ Legacy VETS MC** - Active duty, retired, veterans [www.redandblack-germany.de](http://www.redandblack-germany.de) 0157-75984414 - gunnervnvmc@hotmail.vom

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**DoDDS teacher needs** at least 190sqm, 3 bedrm, rental house within 70376 - 70567 Stuttgart. Will pay 100\$ finder's fee. T 06204-7013957; Cell: 0173-4819382 E-mail: mikenwangoro@hotmail.com

**Looking for US** washer and dryer 220V in good condition. Pls make offer to Martin e-mail: bubble912@hotmail.com or cell: 01520-6799036

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The screenshot shows the Classified World website interface. At the top, there's a navigation bar with 'HOME', 'SEARCH ADS', 'PLACE AD', 'MY ACCOUNT', and 'REGISTER'. Below this is a banner for 'Your online CLASSIFIED AD PORTAL' with the text 'FREE Private Classified Ads - FREE Upload of up to 3 photos. FREE publishing of your ad in our newspapers!'. The main content area features a car listing for a '2010 Ford Mustang, Black, V6 Pony Package, Auto, 14,600 miles; Pirelli all-season tires, Michelin snow tires, alarm, wheel locks, \$22500'. The listing includes three photos of the car and a 'SELLER IS ONLINE!' notification. A chat window is open, showing a message input field and a 'SEND' button. The website also displays various advertisements, including one for 'Exchange' and another for 'Herald Union'.

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