

# Army hiring software transitions to USA Staffing

By Tanya Fogg Young  
 Special to The Citizen

Beginning April 25, applicants for Army jobs in Stuttgart should apply online through USA Jobs and not the Army Resume builder at Civilian Personnel Online.

The transition from the Army's hiring software, Resumix, to another automated recruitment tool, the Office of Personnel Management's USA Staffing, has begun and will be completed in Europe by April 30.

For the next two or three years, USA Staffing is the Department of Defense's interim solution for advertising vacant positions, accepting applications from job seekers, and evaluating their eligibility and qualifications as the DOD chooses a long-term automated hiring program.

USA Staffing, which is fully integrated with USA Jobs, supports competitive examining and merit promotion vacancies and will be used to staff appropriated and non-appropriated fund positions.

With a USA Jobs account, job seekers can copy their resume from Resumix into their USA Jobs account and upload and store up to five resumes and up to five supplemental documents such as transcripts, military service records and performance appraisals. These stored documents can then be used for jobs in the Army and throughout the DOD, said Alexandra Williams, Stuttgart Civilian Personnel Advisory Center deputy director.

An advantage to USA Staffing is the use of occupational questionnaires to

See USA Staffing on page 4

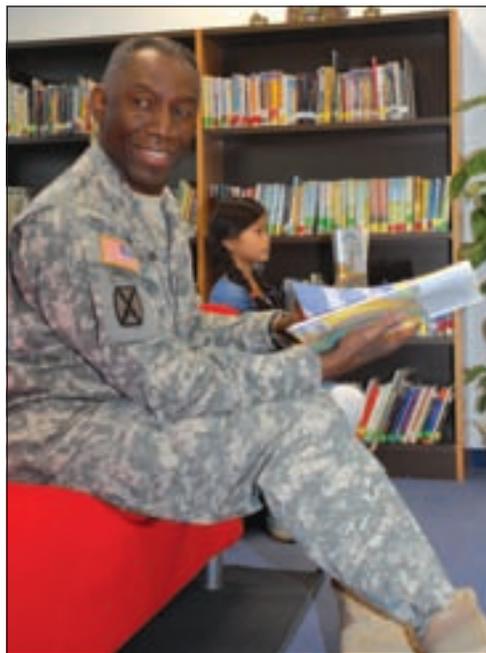


Reggie Ramsey (right), newly-appointed U.S. Army Garrison Stuttgart security manager, takes the fingerprints of Brian Williams, who was recently hired to work with USAG Stuttgart Child, Youth and School Services. Beginning April 25, those applying for Army jobs in Stuttgart must use the Office of Personnel Management's automated recruitment tool, USA Staffing.

Brittany Carlson

## 'The more you read ...'

Patch Elementary and Böblingen Elementary/Middle Schools participated in "Read Across America," an annual motivation and awareness program celebrated on March 2, the birthday of children's author Dr. Seuss. Leaders in the Stuttgart military community visited the schools, read to the students and challenged them to continue reading on their own.



Susan Huseman

Gen. William E. "Kip" Ward, outgoing AFRICOM commander, reads "Oh, the Places You'll Go!" to first-, fourth- and fifth-graders at Patch Elementary School.



Susan Huseman

[Above] Col. Carl D. Bird, USAG Stuttgart garrison commander, reads to PES students. [Left] BEMS seventh-graders recite "Horton Hears a Who" to younger students on March 2.



Brittany Carlson

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## Who's the 'baddest cat' in town?

Twenty-two cats were on their best behavior during the third annual FMWR Feline Fun Show on Feb. 26. With no reports of cat fights or cat calls — it was a purrrfect day.



### Pages 12-13

## Need-to-know guide to Stuttgart clinic

What does the Stuttgart health clinic offer, and how can community members best take advantage of its services? Find out in the pull-out guide to the community's medical services.



INSIDE THIS EDITION

**Commander's Column**

# Don't become a terrorist target: blend in, stay vigilant

Commentary by Col. Carl D. Bird  
USAG Stuttgart commander

**D**ue to recent events and the unpredictable nature of active shooter incidents, I would like for everyone in the Stuttgart military community to remain vigilant, be aware of your surroundings, review Antiterrorism Level One training with family members and know how to report suspicious activity.



**Col. Bird**

There are some additional things you can do

to increase your safety and reduce the risk of being targeted, as well.

Military personnel are highly encouraged to limit the amount of time spent in uniform outside of our installations. Travel to and from work, from post to post and quick stops (less than 15 minutes) in uniform is reasonable and should not pose a high degree of risk. Service members should avoid

*The safety and security of all community members is of paramount importance. Stay vigilant and help keep Stuttgart a great place to live and work.*

wearing uniforms off post for extended periods, if at all possible (eating in restaurants — particularly during lunch, shopping or walking downtown). Groups wearing uniforms during lunch off the installation put service members at risk by presenting themselves as soft targets.

While waiting for transportation, limit waiting times at bus stops or curb-side to be picked up. Know the scheduled pick-up times for public transportation, and stay in more secure areas until time for departure. If possible, travel in civilian clothes to and from work.

Remove Defense Department stickers, window decals, bumper stickers and any other identifying markers indicating

American, or U.S. DOD affiliation.

Supervisors and sponsors need to ensure personnel and family members are aware of potential threats and reporting procedures. State Department travel warnings are posted on their website. A copy of the Joint Chiefs of Staff Self Help Guide to Antiterrorism has been distributed via e-mail to all unit antiterrorism officers.

The safety and security of all community members is of paramount importance.

Stay vigilant and help keep Stuttgart a great place to live and work.

For more information on anti-terrorism, call the USAG Stuttgart Antiterrorism Office at 431-2030/civ. 07031-15-2030.

**Antiterrorism links**

- The Antiterrorism Level 1 training is available at <https://atlevel1.dtic.mil/at/index.html>.

All U.S. military personnel, Defense Department civilians and contractors are required to take training annually, and their family members ages 14 and older are required to take it before their arrival in Europe.

- The Chairman of the Joint Chiefs of Staff Guide 5260, "A Self-Help Guide to Antiterrorism," is available on the garrison website. Visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil) under "Hot Topics." The guide is designed to assist in making you and your family less vulnerable to terrorists.

## THE CITIZEN

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[www.stuttgart.army.mil](http://www.stuttgart.army.mil)

## ON THE STREET

### What would you trim from the federal budget?



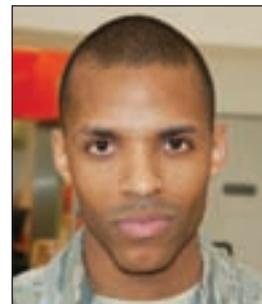
**Tech. Sgt. Bryan Beisner**  
(U.S. Air Force)

"I honestly would revamp the fiscal year funds."



**Sgt. David Guzman**  
(U.S. Army)

"Stop excess spending on creating new equipment."



**Senior Airman Luther Lewis**  
(U.S. Air Force)

"Look at what we don't use ... computers, furniture. A lot of times they're giving stuff away."



**Gwen Peterson**  
(Civilian)

"Unnecessary TDYs."



**Sgt. Elroy Jones**  
(U.S. Army)

"I would cut extended unemployment benefits."



**Staff Sgt. Andrew Scraper**  
(U.S. Air Force)

"I'd put a two-year delay on Social Security benefits."



**Nicole Carver**  
(Spouse)

"I would cut the salaries of those in charge of the government."



**Sgt. 1st Class Roy Bowen**  
(U.S. Army)

"I would trim welfare and social payments to those who fail drug tests."



*Justin Bennett, 2-months old at the time, has a hard time staying awake while his parents, Jason and Leslie, apply for a report of birth abroad during last year's Passport Outreach Day. This year, the event will be held March 22 from 10 a.m. to 2:30 p.m. in the Swabian Special Events Center on Patch Barracks. Reports of birth abroad will be handled by appointment. Tourist passports processing is on a walk-in basis.*

## Outreach Day to streamline passport, report of birth processing

Story & photo by Susan Huseman  
USAG Stuttgart Public Affairs Office

The U.S. Army Garrison Stuttgart Passport Office and the U.S. Consulate in Frankfurt will host "Passport Outreach Day" March 22 from 10 a.m. to 2:30 p.m. in the Swabian Special Events Center on Patch Barracks.

Representatives from the consulate will be on hand to accept consular report of birth abroad and tourist passport applications (for initial, renewal and replacement passports).

Additionally, consulate representatives from Homeland Security, the Federal Benefits Unit and U.S. Citizenship and Immigrations Services will be available to answer questions related to immigration, naturalization, visas, citizenship, social security and veterans' benefits.

The birth of a child abroad needs to be reported to an American consular office as quickly as possible, according to Edmund Snead, a USAG Stuttgart passport and visa specialist.

"The consular report of birth abroad is the most important document a child born outside the U.S. can have. Without it, the child can't receive a U.S. passport," he said. "It gives them the rights of a U.S. citizen."

*The consular report of birth abroad is the most important document a child born outside the U.S. can have. Without it, the child can't receive a U.S. passport.*

Edmund Snead  
Passport, visa specialist

The application procedure usually takes one hour to process, but during the consulate visit, the process should take only 15 to 30 minutes, depending on the amount of paperwork, Snead said.

"Parents must call for an appointment, and we will then e-mail them the required forms and a list of needed documents. They must have the forms filled out correctly and legibly before their appointment," Snead said. Both parents and the child must be present on March 22.

While a report of birth abroad application requires an appointment, all other services will be available on a walk-in basis.

At last year's passport day, 242 tourist passports and 52 reports of birth were processed over the course of four hours. "This is equivalent to almost four weeks of full-time service by one agent," said Teresa Quinn, the USAG Stuttgart Military Personnel Division chief.

In order to process just as many or more applications this year, clients are asked to come prepared with all original documents in order and with the required photocopies, Quinn said.

The Passport Office has placed detailed checklists for tourist passports and reports of birth abroad on the garrison website at [www.stuttgart.army.mil](http://www.stuttgart.army.mil), under "Hot Topics."

The fee for a report of birth and tourist passport for a child is \$205. A tourist passport renewal for an adult is \$110, and a tourist passport renewal for a minor under 16 is \$105. Payment is due with the application and must be paid by money order.

Money orders are available at on-post banking facilities and post offices. They will also be available during the outreach day on a cash-only basis.

The Training Support Center Stuttgart will provide passport photos on site, as well.

*For more information or to make a report of birth abroad appointment, call the USAG Stuttgart Passport Office at 431-2539/3062 or civ. 07031-15-2539/3062, or e-mail [usag.stgt.passport@eur.army.mil](mailto:usag.stgt.passport@eur.army.mil).*

## News & Notes

### Stuttgart Golf Course re-certified as Audubon sanctuary

The Stuttgart Golf Course has been re-certified as an Audubon Cooperative Sanctuary as of January 2011.

The re-certification honors environmental stewardship and innovation, and credits the leadership and efforts of Chris Konik, superintendent, Gary Groff, manager, and their staff. The club received its first three-year certification in 2007.

To reach certification, course personnel had to demonstrate a high degree of excellence in environmental planning, wildlife and habitat management, outreach and education, chemical use reduction and safety, water conservation and water quality management.

### Parking impacted by bazaar

In preparation for the Stuttgart Community Spouses Club Spring Bazaar, to be held March 18-20, some parking on Patch Barracks will be impacted.

All parking areas surrounding the Hub, (Building 2337) will be closed as of 6 p.m. on March 16 through March 21. The Patch Community Club (Building 2345) parking lot in front of the club will be open for parking until March 16 at 6 p.m., when it will be closed for the bazaar.

All parking areas will be available the evening of March 21.

*(This information was provided by FMWR.)*

### Stuttgart journalist honored

Installation Management Command recently announced the IMCOM-level Maj. Gen. Keith L. Ware Public Affairs Communications Competition award winners. The competition recognizes military and civilian-employee print and broadcast practitioners for journalistic excellence in furthering the objectives of the Department of the Army internal information program.

Brittany Carlson, the assistant editor for *The Citizen*, took first place in the civilian story series category for her series on reintegration, titled "Home Again." Carlson's series will go on to compete in the Department of the Army-level Keith L. Ware competition.

She also took third place in the civilian feature article and commentary categories.

### Daylight saving time begins

Most of Europe will move its clocks forward by one hour when daylight saving time begins on Sunday, March 27. In Germany, daylight saving time begins at 2 a.m. Set clocks to 3 a.m.

### Summer Hire program to start

Applications for the 2011 Summer Hire program in U.S. Army Garrison Stuttgart will be accepted from March 27 to May 22 online at <https://injobs.army.mil/sg/staffing/summerhire>. Family members ages 14 to 22 years old with valid ID card, including spouses under age 18 who are still in high school, are eligible to apply.

Jobs are available in labor, clerical and child care fields. The program will run from June 20 to July 29.

For more information, call the Stuttgart CPAC Office at 431-3152/civ. 07031-15-3152.

## 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 [sean.marvin@eur.army.mil](mailto:sean.marvin@eur.army.mil).*

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

**Q: I am considering buying a used vehicle while I am stationed in Germany. Is there anything I should know before I do so?**

A: Yes. First, know that if you enter into to a contract to buy or sell a vehicle in Germany, the contract will likely be subject to German law. Therefore, although there are many similarities between German and American law regarding the purchase or sale of a vehicle, it would be wise to have the Law Center's German attorney review any contract you are considering entering into.

As in the U.S., in Germany it is not necessary to use a written contract to buy or sell a vehicle. But, as in the U.S., a written contract will better allow you to clarify the obligations of each party to the agreement, and prove the terms of the agreement, should you need to do so. That said, for a written contract to be helpful, the parties to that contract should be as thorough as possible.

Along with clearly identifying the vehicle at the center of the transaction, the parties should take time to ensure that all of their expectations are made clear in the contract, from the timing of payment down to the form of currency. And, if you decide not to use a written contract, it is prudent to at least have a third party with you during negotiations so that he or she can later testify about what was agreed to, if necessary.

If you purchase your vehicle from a professional used car dealer in Germany, the vehicle will come with a one-year warranty that makes the dealer responsible for defects that exist at the time of the sale and that are discovered later. A vehicle bought from a private owner, however, is, generally bought "as is" unless the parties agree otherwise, although a seller would be wise to make that clear in any contract. "As is" means that the seller is not legally responsible for defects that the buyer discovers after purchasing the vehicle.

Therefore, before buying a vehicle, potential buyers should have the vehicle inspected by a trustworthy third party. Although a contract might include a clause that requires the seller to ensure that the vehicle is able to pass inspection, the ability to pass inspection says little about the vehicle's true condition or how long it will remain reliable.

Additionally, ensure that you obtain the title to the vehicle from the buyer and that you receive all existing sets of keys.

*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.*

## USA Staffing . . . . .

*Continued from page 1*

determine the best qualified candidates instead of Resumix skills, Stuttgart CPAC Director Vonda Kenion said.

"The job applicant is better able to demonstrate [his or her] job-specific qualifications through this self-assessment," Kenion said. "It's a much more in-depth analysis of an applicant's knowledge, skills and abilities."

The features available to job seekers and selecting officials through USA Staffing should also help in streamlining the hiring process, Kenion said. "This system requires direct linking between the supervisor for the position and the servicing CPAC representative," Kenion said. "That means there's a subject matter expert involved from beginning to end. Strategic recruitment discussions between the selection manager and the [human resources] representative will be critical for the development of the occupational questionnaire."

The supplemental documents are required up front. Kenion and Williams, Stuttgart CPAC deputy director, said that sometimes the filling of positions can be prolonged, such as when job referrals are made based on eligibilities that they later find out the candidate does not really have.

The fiscal year 2012 goal for the time it takes to fill a job — from receipt of recruitment action to entrance on duty — is 80 days, the hiring model of the Office of Personnel Management, Kenion said. In Stuttgart, the job fill time in FY10 was 160 days and in the first quarter of FY11, 140 days, she said.

The Civilian Human Resources Agency began the pilot of recruiting and staffing jobs through USA Staffing in select locations in March 2010, including U.S. European Command and U.S. Africa Command from April through November 2010, Kenion said.

The CHRA-wide transition from Resumix to USA Staffing began in January 2011, with the goal of a full transition of all CPACS in Army locations by April 2012.

### What makes USA Staffing different than Resumix?

- Job announcements will be available only on [www.usajobs.gov](http://www.usajobs.gov)
- Job seekers must apply through USA Jobs, not Civilian Personnel Online
- Applicants must answer assessment questions for each vacancy
- Applicants must set up an account in USAJOBS before applying for positions
- Applicants can upload supporting documentation (i.e. DD-214, SF-50, etc.)

### Europe Region schedule for transition from Resumix to USA Staffing:

**March 2011** — CHRA Europe Regional Office, Kaiserslautern CPAC and NAF HRO, Benelux CPAC and NAF HRO, and Saudi Arabia

**April 2011** — Franconia CPAC and NAF HRO, Heidelberg CPAC and NAF HRO, Stuttgart CPAC and NAF HRO, Wiesbaden CPAC and NAF HRO, Grafenwoehr CPAC and NAF HRO, Vicenza CPAC and NAF HROs — Vicenza and Livorno

## Shop spring bazaar March 18-20

**By Susan Huseman**

*USAG Stuttgart Public Affairs Office*

**T**he Stuttgart Community Spouses Club will host its annual spring bazaar March 18-20 on Patch Barracks.

The bazaar will be open Friday from 10 a.m. to 8 p.m., Saturday from 10 a.m. to 7 p.m. and Sunday from 11 a.m. to 4 p.m.

For shoppers, the bazaar is all about getting those coveted collectibles from across Europe and Africa without ever having to leave Patch Barracks.

Approximately 70 vendors will offer antiques, home decor, jewelry, artwork, cheese, wine, ceramics and more in the Patch Community Club and Fitness Center, and across every available inch of the surrounding parking lots. Several new vendors will add to the mix, bringing Italian olive oil and pottery, chocolate, leather jackets and painted furniture.

Shoppers can feel good about their purchases because the proceeds from the bazaar are returned to the Stuttgart military community in the form of scholarships, donations and grants.

The bazaar, along with the SCSC-run thrift shops, supports the club's scholarship program and dozens of local organizations such as Girl and Boy Scouts, Youth Services and the elementary, middle and high schools.

"Last year, we gave out almost \$200,000," said Ann Welton, an SCSC vice president.

Welton said many of the organizations supported

by the club, in turn, support the bazaar.

"Volunteers make this happen," she said. "There are tents to put up, vendor areas to mark off, tables and benches have to be set up, we need financial runners, people to work credit card machines, security checkers and hospitality people."

In all, approximately 600 volunteers are needed.

An early "by invitation only" shopping session will be offered to bazaar volunteers on March 17, and at the end of each shift they work, a volunteer will win a prize donated by one of the vendors.

Shoppers can win, too, by purchasing raffle tickets at the bazaar and selecting the vendor-donated prizes they would like to win. Pre-event raffle tickets, available at the thrift shops, include the possibility of winning one of five \$100 bazaar gift certificates.

The bazaar also features private organizations offering an assortment of snacks such as catfish, burgers and Filipino cuisine, in addition to German favorites served by a local off-post restaurant.

The bazaar is open to everyone who falls under the Status of Forces Agreement, Welton said. ID cardholders may bring German guests, but "they can only browse, not purchase."

Shoppers may pay by credit card, check or cash. Only U.S. dollars will be accepted.

*To volunteer, contact the SCSC at [scscbazaarvolunteer@yahoo.com](mailto:scscbazaarvolunteer@yahoo.com). For more information, visit [stuttgartspousesclub.org](http://stuttgartspousesclub.org).*

# Leaking, vibrating boxes cost community thousands

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

**A** vibrating box, a leaking solution and a loose powder all signal “danger” in a mail room. Yet, all three were found at the Stuttgart Army Airfield mail distribution node during the week of Feb. 14.

German and American emergency responders investigated the three suspicious packages and found them to be harmless. However, the investigations resulted in a serious, negative impact on the Stuttgart military community.

The vibrating box was a massage cushion with the batteries inside it. The solution came from an improperly packed bottle of liquid Vitamin B. The powder — which resulted in a full-scale emergency response — turned out to be fertilizer.

Combined, these incidents cost approximately \$10,000 in manpower and closed the mail node for nearly five hours, said Mindy Sehra, chief of the U.S. Army Garrison Stuttgart Administrative Services Division.

Every time a German fire truck is requested, the garrison pays about €1,000 per hour for its use, according to Mark Karraker, USAG Stuttgart Postmaster. Two German fire trucks and one garrison fire truck were used Feb. 17, “The community pays for that,” he said.

The powder investigation involved



*Maj. Kevin Cubstead (right) prepares to ship a package at the Kelley Barracks Army Post Office Feb. 28, with the help of Aaron Grimes, motor vehicle/finance clerk. The Stuttgart Army Airfield mail distribution node had three suspicious packages investigated in one week last month, which cost the community thousands of dollars.*

the German police, fire brigade and chemical response team, in addition to garrison Military Police, the fire department and hazardous material personnel.

Most importantly, the three incidents could have been avoided, Sehra said.

“One of the questions [mail] clerks ask is, ‘Have you taken the batteries out of anything you’ve packed?’” she said.

Mail clerks also ask “Does the parcel contain anything liquid, fragile, perishable, or potentially hazardous items?” If the answer is “yes,” the mailer must describe the type of materials in the parcel and write them on the customs form so mail personnel receiving the shipment are not caught unaware.

It is also important to tightly wrap

any powders being shipped, such as flour and baking powder, Sehra said. “Make sure you tape it up correctly so that it doesn’t fall loose,” she said.

Like powders, liquid items should be wrapped tightly and taped to prevent spillage, Karraker added.

“A lot of people don’t realize how much handling mail goes through [when] coming overseas,” Karraker said. “If you’re mailing anything that might leak, please pack it in plastic.”

Community members can help further by notifying the Postmaster of any expected shipments of liquids or powders, and ensure that friends and family stateside wrap items correctly before mailing them to Germany.

Improperly mailed items often become suspicious packages. Karraker said there have been 10 full-scale responses to suspicious packages in USAG Stuttgart in the past two years and smaller package investigations about once a week. None involved actual threats.

However, last month was the first time Karraker had three packages investigated in one week, he said.

The investigations backed up the mail process for the entire community.

“It affects everyone,” said Richard Berrios, supervisor for the SAAF mail distribution node. “Any one-hour response can turn into a three-hour delay for the entire community of mail.”

## Practice response to active shooter event, save lives

By **Ron Kirkemo**

USAG Stuttgart Emergency Management Office

**W**hen an active shooter situation occurs, witnesses must act quickly to protect themselves and others.

Knowing and understanding how to prevent, prepare, respond to and recover from potential hazards can save lives.

The most publicized active shooter incidents have been Columbine High School (1999), Virginia Tech (2007), and Fort Hood (2009).

The most recent active shooter event in the Stuttgart area occurred in 2009 in Albertville Technical High School in Winnenden. Nine students and three teachers were killed before the gunman fled, killed three passersby and then himself after he was cornered by the Polizei, according to a British Broadcasting Corporation article published in March 2009.

Many of these active shooter incidents could have been prevented if indicators of violence were reported and acted upon. It is everyone’s responsibility to understand the indicators of a potentially violent individual, and report them immediately.

Some warning signs of potential violence in a co-worker could be overreacting to changes in policies, talking about incidents of violence or showing empathy for violent individuals.

Students show warning signs of violence when they become withdrawn, undergo changes in appearance and hygiene, start making suicidal comments or talk about weapons and violent crimes.

These behavioral examples are not comprehensive or intended to diagnose violent tendencies. However, community members who notice these signs in people around them should report them to a trusted official, such as a supervisor or teacher.

The best way to prepare for an active shooter situation is to ensure that all individuals know how to react, plans are in place and drills are conducted to validate those plans.

Leaders are requested to develop emergency action plans which define evacuation and shelter-in-place procedures, and ensure that emergency numbers are immediately available. Every community organization is responsible for its own emergency action plan and should conduct unannounced active shooter drills.

In the event of an active shooter, take the following actions, when applicable:

- Evacuate: Leave everything behind, keep hands visible and follow instructions of any police officers.
- Hide out: Stay out of sight, lock and barricade the door, silence cell phone and turn off radios. Hide behind large items that protect from gunfire, remain quiet and call the Military Police at civ. 0711-680-5262 or DSN 114, if possible.
- As a last resort, take action against the shooter.
- When law enforcement arrives, remain calm. Put hands in the air with fingers spread, and follow instructions from law enforcement personnel. Do not make sudden movements or question law enforcement.
- In the event that witnesses are taken to a designated assembly area for questioning, following the incident, witnesses should stay in the area until they



Christie Vanover (USAG Benelux)

*A special agent and USAG Brussels Military Policemen engage in an active shooter training exercise hosted by USAG Benelux and Supreme Headquarters Allied Powers Europe. Exercises like this help communities prepare for dangerous situations.*

are officially released. While in the assembly area, group leaders can assist officials by determining if anyone in their group is missing and providing that information to law enforcement personnel.

For more information, contact the USAG Stuttgart Emergency Manager at 431-2035/civ. 07031-15-2035, or [USAGStuttgartEmergencyManager@eur.army.mil](mailto:USAGStuttgartEmergencyManager@eur.army.mil).

# Renovations brighten, expand community chapels

By Tanya Fogg Young  
Special to The Citizen

Congregations at Robinson Barracks Chapel now have a lighter, brighter facility in which to worship. Parishioners at Patch Barracks Chapel now have a building on site in which to meet and fellowship outside of worship services.

Both chapels have recently undergone renovations in an effort to improve the U.S. Army Garrison Stuttgart's delivery of religious support services, according to Ken Bellinger, USAG Stuttgart deputy garrison command chaplain.

The new 3,200-square foot Patch Chapel Annex, a \$750,000 project, features a kitchen, two large meeting rooms with a movable wall, and restrooms. The project was jointly funded by the U.S. Army Office of the Chief of Chaplains and the garrison, which provided \$375,000.

At the Robinson Barracks Chapel, a \$300,000 project funded by the garrison yielded a new electrical system and lights, new doors and windows and interior painting.

## Patch Chapel Annex

Before the construction of the annex, services at Patch Chapel had only an adjacent enclosed gazebo — a very small facility — on site that was equipped with little more than a small refrigerator, microwave and coffee maker, Bellinger said.

So in order to fellowship and have meals, Patch Chapel congregations would often use the kitchen and hall at Patch Religious Education Center, located off site, across from Subway and



Susan Huseman

Col. Carl D. Bird (far right), U.S. Army Garrison Stuttgart commander, addresses a question during the Robinson Barracks town hall meeting, held in the newly renovated Robinson Barracks Chapel Feb. 28. The RB Chapel recently received new lighting, new interior paint and windows (including pieces of stained glass from the decommissioned Kelley Chapel), which add light to a formerly dark interior.

near the Patch Commissary. The Patch REC was also used for child watch services for the congregations, he said.

"Now, with the addition we have some child watch capabilities in the facility, as well as a kitchen and fellowship hall/multi-purpose room," Bellinger said. "The annex improves our abilities to provide for the religious support of this community and also enables us to support the broader community beyond religious support activities more effectively."

Father Brian Stanley, USAG Stuttgart Catholic chaplain, said the annex's fellowship hall provides a convenient meeting place for members of the Stuttgart Knights of Columbus — a fraternal benefit society of the Catholic Church — because several members work in U.S. European Command on Patch Barracks.

Bellinger said in addition to religious support, a number of units and community groups use the annex and the chapel for meetings and gatherings. "Use has definitely increased in the facility," he said.

While the annex's structure and interior are complete, work continues on the grounds around it, with landscaping and the installation of sidewalks still to be done, Bellinger said.

## Robinson Barracks Chapel

Frank Bruning, Robinson Barracks Community Chaplain, described the work completed at the chapel as a "really nice face lift." While the renovations were underway, the congregations met in the cafeteria of Robinson Barracks Elementary/Middle School, Bruning said.

"All of the wood was cleaned and

re-stained, and we got a new sound system and lighting," said Bruning, also the garrison's Family Life Chaplain. "It went from dark and dreary to bright and with a lot of light. It's a very comfortable place to have services."

Stanley, USAG Stuttgart's Catholic chaplain, echoed Bruning's sentiments about the new lighting at the RB Chapel. "It's so much brighter there now," Stanley said. "Before, I felt like I was saying Mass in a cave because it was so dark."

The chapel on Robinson Barracks also has new interior paint, doors and windows. Among the windows are four pieces of stained glass received from the decommissioned Kelley Chapel, which had gotten the stained glass from the first NATO chapel in France, Bruning said.

## Call for witnesses

Witnesses are needed for recent BMW POV break-ins. Presumably during the night of Feb. 25, unknown persons broke into numerous used cars parked in the parking lot of the BMW dealership located between Bondorfer Weg and Hauptstrasse in Vaihingen. The perpetrators were after the cars' airbags. Damage totaled more than €35,000.

Witnesses are asked to call the Liaison Officer of the German Police at Patch Barracks at civ. 0711-8990-4466, or the Military Police Station at civ. 0711-680-5262/5261.

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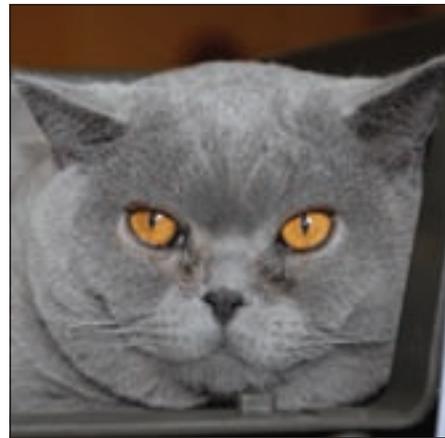
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Except for the color of his eyes, Elvis is a dead ringer for Smokey in the film "Stuart Little." The likeness won Elvis first place in the Cartoon Look-alike category. He also won Judges' Favorite.

[Above] Laura Ellsworth urges a reluctant Clyde to play fetch during the Best Trick contest.

[Left] Judges take a closer look at Ming Ming, a Bengal belonging to Moira Pokemire. Ming Ming is a crowd favorite, having won the People's Choice award two years in a row.



Jane Walk and her cat, Prince.



Bingo "channels" Elvis with the help of owner Lonnie Ellis.

# FMWR feline show celebrates purrrfect pets

Story & photos by Susan Huseman  
USAG Stuttgart Public Affairs Office

Cats were highly revered and respected animals in ancient Egypt. Thousands of years later, they still are, as demonstrated at Family and Morale, Welfare and Recreation's third annual Feline Fun Show held Feb. 26 on Patch Barracks.

Rather than a competition to see which animal bore the closest resemblance to the ideal definition and standard of its breed, the Feline Fun Show was about, well, pure fun.

The Patch Community Club was crawling with kitties as 22 cats were judged in 13 categories such as fluffiest tail, most lovable, best costume and longest whiskers.

Cats are especially suited for a military family because of their independent nature, according to Lonnie Ellis, who brought his cats, Bingo, an American shorthair, and Millie, a Siamese, to the show.

"You don't have to worry about coming home every few hours to check on them. If you're gone for a day or two, as long as you have a neighbor check on their litter, water and food, they're good to go," he said.

The show gave Kris and Shawna Bailey a chance to show off the many talents of Hunter, their 3-year-old Bengal cat.

"He plays dead, plays fetch and loves the water. He'll jump in the shower and bath tub with you, if you let him," Shawna said.

In his first-ever show, Hunter walked away with top honors for Best Trick (playing dead) and

Loudmouth Cat, and at 19.4 pounds, second place as Fattest Cat.

One might think first place in that category would have gone to Fatty, Julie Osburn's semi-feral cat. But at just under 10 pounds, he proved to be more fluff than heft.

While Fatty spent most of the show in the safety of his carrier, he was still able to charm the judges, winning second place in the Judge's Choice category.

Juliet Trevino showed her aptly named cat, Patches. The Trevino family acquired the calico mix about nine months ago.

"We got him at the case lot sale at the Patch Commissary," said Juliet's mother, Cindy. "Someone was giving away kittens from the back of their car.

"Besides lots of paper products, he's the best thing that we found at the case lot sale."

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# Soldier readiness: *IMCOM takes care of Soldier, family pre-deployment needs with SRP*

By Gloria Colon-Buzatu

USAG Stuttgart Public Affairs Office

Before deploying Soldiers board the plane to go down range, they have a long list of items to take care of. From finances and filling out a will to ensuring they are physically ready to deploy, each Soldier has individual needs to meet before they leave hearth and home.

Installation Management Command has made Soldier and civilian readiness its number one priority, according to the IMCOM Campaign Plan, and it takes care of readiness using Soldier Readiness Processing.

On Feb. 17, 45 Soldiers in 4th Platoon, 554th Military Police Company, stationed in Stuttgart, went through the first phase of the SRP at the Panzer Fitness Center. The platoon is set to deploy to Afghanistan with the 172nd Infantry Brigade this spring.

The SRP provides each service member with a checklist to ensure that his or her personnel requirements, training, financial, family and spiritual needs, among others, are met before deploying.

In the first phase of an SRP, garrison organizations including Army Community Service, dental and health clinics, legal center and the chaplains' office, set up in one location specifically for Soldiers in the deploying unit.

There, Soldiers receive screenings and immunizations, and fill out a will and power of attorney.

An SRP "brings you one step closer to deployment," said Sgt. Keith Appleton, who is deploying with 4th Platoon, 554th MP Co.

It also keeps troops focused on the upcoming mission, according to 1st Lt. Jacqueline Uhorchak, 4th Platoon leader.

The SRP helps Soldiers complete what needs to be done before deploying, so that they aren't worried about these issues while down range, she said.

No one likes to think of the worse that can happen, but scheduling appointments at the legal station for



Martin Greeson

*Army Spc. Jeanna Herron (left), 554th MP Company Operations Section, processes security packets for members of 4th Platoon, 554th MP Co., during Soldier Readiness Processing Feb. 17 in the Panzer Fitness Center.*

a will or power of attorney was the most popular for her troops, Uhorchak added.

In the Stuttgart military community, the U.S. Army Garrison Stuttgart Directorate of Plans, Training, Mobilization and Security oversees readiness military activities for all five installations.

"The SRP is making sure the Soldiers' personal affairs are in order," said Moses Burrell, USAG Stuttgart DPTMS plans and operations specialist.

With no dedicated facility to host the SRP, DPTMS takes the SRP services to the customer when and where a unit commander chooses, Burrell said.

In the past three months, DPTMS has supported approximately 200 service members, Burrell added.

All Soldiers must complete the SRP annually, whether or not they are scheduled to deploy, Burrell said. In addition, a deploying unit is required to complete a pre-deployment process, or PDP, 30 days prior to deployment. DPTMS supports both SRPs and PDPs. Soldiers go through the same process during reintegration.

The entire readiness process is a cycle, which IMCOM uses to ensure that Soldiers and families are taken care of before, during and after a deployment.

## Women's History Month

# Stuttgart woman lauded for 'phenomenal' impact

U.S. Army Europe Public Affairs Office

U.S. Army Europe honored a local woman for her positive impact on the community to kick off Women's History Month observations in March.

Christi Ham, the wife of USAREUR Commanding General Carter Ham, called on senior leader spouses to nominate a woman from each of their communities for the first "USAREUR Phenomenal Woman Scroll of Impact."

Laurie Menzel of the Stuttgart military community was chosen as one of 13 women from the wider U.S. Army Europe community.



Menzel

Menzel is the American president of the German-American Women's Club and serves as the USA Girl Scouts Overseas-North Atlantic Board chair. She is also a master trainer with Army Community Service and coordinates instructor, briefer and facilitator trainings for the Stuttgart military community.

"To be truly a part of the community, you must be involved. Then, you really know what is going on and how you can contribute effectively," Menzel said.

"I have always felt it was important to volunteer throughout all the assignments we have had during the past 30 years. It is a continual cycle of giving and receiving. We are always moving; therefore, somewhere in that cycle, either you need help or you can provide help. This is especially true overseas," she said.

The Scroll of Impact not only observes Women's History Month, but

**To be truly a part of the community, you must be involved. Then, you really know what is going on and how you can contribute effectively.**

**Laurie Menzel**  
USAREUR Phenomenal Woman  
Scroll of Impact nominee

also "highlights those women who are making history now, during Women's History Month," Ham said.

"[It is] not that these selectees are

the most phenomenal in our communities — but they stand to represent the kinds of sisters living amongst us," she said. "Their selection recognizes the efforts and accomplishments of many."

The Army's Comprehensive Soldier Fitness program — an Army-wide program designed to increase the resilience and enhance the performance of Soldiers, family members and Army civilians — was the guideline for the submissions.

Using the CSF five dimensions of strength (family, social, emotional, physical and spiritual), nominators considered how the attributes of the individual selectees have contributed to three or more of the five pillars in their military communities.

The submissions included military spouses, active duty and reserve Soldiers and Army civilians.

# Army PT test gets overhaul after 30-plus years

By Rob McIlvaine  
Army News Service

For the first time since 1980, the Army's Physical Fitness Test is being overhauled. It will be replaced by both the Physical Readiness Test and the Army Combat Readiness Test.

Over the next few months, the two tests will be conducted at eight installations as part of a pilot program, where standards will also be developed. The new tests could go Army-wide in October, according to Lt. Gen. Mark P. Hertling, deputy commanding general of the U.S. Army Training and Doctrine Command, Initial Military Training, at Fort Monroe, Va.

"Today's PT test does not adequately measure components of strength, endurance or mobility," Hertling said.

Hertling and Frank Palkoska, director of the Army's Physical Fitness School, began discussing the need for better physical fitness tests while together at West Point's physical education department in the early 1980s. But it was the progression of sports science that led to development of the new APRT and ACRT.

"We needed to come up with a program for the incoming young Soldiers who were not as focused on health, fitness and nutrition," Hertling said.

The two tests align with the new Army Physical Readiness Training program that began Army-wide implementation in August.

The new training involves anaerobic exercise.

Used by athletes to promote strength, speed and power, and by body builders to build muscle mass, anaerobic exercise leads to greater performance in short duration, high-intensity activities.

Aerobic exercise includes lower intensity activities performed for longer periods of time.

The Army, said Hertling, has been on an ebb and flow of physical fitness training for the last 60 to 70 years.

"Every time prior to combat, our fitness regimen and fitness testing is very different [from] what we do after we've experienced combat. But right after Vietnam, some of the fitness mavens, like Ken Cooper, sold the military on aerobic training. But this isn't necessarily the way we do things in combat," Hertling said.

One of the initial concerns on changing the test, Hertling said, anticipated comments such as 'why are we changing? It's been good enough for 30 years.'

"In fact, just the opposite is happening. Soldiers enjoy a challenge, and many have come up to me and said, 'Thank you for fighting for these changes,'" Hertling said.

The old test required completion of three events: two minutes of push-ups, two minutes of sit-ups and a two-mile run.

The new APRT has five events:

- 60-yard shuttle run measures lower body muscular strength and anaerobic power, assessing speed, agility and coordination

- 1-minute rower (variation of a sit-up) measures total body muscular endurance and assesses total body coordination

- Standing long jump measures lower body muscular strength and assesses lower body power

- 1-minute push-up measures upper body muscular endurance and assesses trunk stability

- 1.5-mile run measures lower body muscular endurance and aerobic capacity and assesses speed stability

The new ACRT has five events:

- 400-meter run assesses upper body muscular endurance and anaerobic power, coordination, speed and stability

- Individual movement techniques assess upper and lower body muscular endurance, agility, balance, coordination, speed and stability

- Ammo can shuttle sprint assesses total body muscular strength and endurance, agility, coordination, speed, stability and power

- Casualty drag assesses total body muscular strength and endurance, agility, coordination, speed, stability and power

- Agility sprint assesses lower body anaerobic power, speed and power

In order to develop these tests, Hertling asked Palkoska to look both inside and outside the Army for sub-

ject matter experts to help develop a test which is gender neutral and age specific.

Experts on the advisory board include Dr. Chip East, professor of physical education at West Point; Dr. Neal Bumgartner, program director of Air Education and Training Command at Randolph Air Force Base, Texas; and Tim Bockleman, sports medicine coordinator at the Marine Corps' Parris Island.

"Also, we couldn't develop a test that required buying equipment," Hertling said. "All you need is a track and some graders to administer the test."

After taking the ACRT portion, Sgt. 1st Class Cornelius Trammell, an instructor at Army Physical Fitness School at Fort Jackson, had one thought on his mind: "My quads are on fire," he said. "I consider myself in great shape and always do well in distance running, but this was a challenge and made me breathe hard."

"This is what anaerobic training is all about," Hertling said. "It's like a boxer in the first and second round, just like in combat with all the stress and before you can relax and take in oxygen."

The proposed pilot test sites are: Fort Leonard Wood, Mo.; Fort Benning, Ga.; Fort Sill, Okla.; Fort Jackson, S.C.; Fort Bliss, Texas; West Point, N.Y.; Fort Bragg, N.C.; and Fort Lewis, Wash.

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## ESSO fuel card outage March 13

The Army and Air Force Exchange Service has scheduled an ESSO Fuel Ration Card System outage on March 13 from 5-10 a.m.

Customers will not be able to purchase fuel at Exchange gas stations or use their fuel ration card at ESSO stations off-post. Also, the Exchange will not be able to issue or replace fuel ration cards, do balance/ration inquiries or add money to fuel card accounts.

The outage is necessary to reset the Exchange computer mainframe system clocks and perform critical system maintenance and software upgrades.

## Join EEO team

The U.S. Army Garrison Stuttgart Equal Employment Opportunity Office is seeking men and women to be a part of the collateral duty EEO Counselor Team.

To be eligible, individuals must be U.S. Army Garrison Stuttgart employees, be able to dedicate at least 20 percent of their duty time to the team, plan to be in the Stuttgart area for the next two years, and believe and uphold the principles of equal opportunity for all.

For more information, contact the EEO Office at [USAGStuttgartEEO@eur.army.mil](mailto:USAGStuttgartEEO@eur.army.mil).

## USO closures

The United Services Organization will be closed March 11 at 2 p.m. and all day March 12 for cleaning. The USO will re-open March 14 at 10 a.m.

## ASAP training

All Department of the Army civilian employees are required to take two hours of Army Substance Abuse Program training.

One hour of training will be offered online at [www.usag.stuttgart.army.mil/ol-tng/olhome.html](http://www.usag.stuttgart.army.mil/ol-tng/olhome.html). The second hour of training will be conducted as a classroom presentation on March 17 from 9-10

a.m. for civilians, and 10:30-11:30 a.m. for supervisors in the basement of Building 2948 on Panzer Kaserne.

For more information, e-mail Howard Krout at [howard.krout@eur.army.mil](mailto:howard.krout@eur.army.mil).

## See EUCOM film

All community members are invited to this month's European Command Commander's Notable Author/Film Series presentation of the war film "The Battle of Algiers" March 11 at the Patch Theater at 2 p.m. The two-hour movie will be followed by a panel discussion led by members of EUCOM.

To learn more about the film, visit [http://nymag.com/print/?/nymetro/movies/reviews/n\\_9697](http://nymag.com/print/?/nymetro/movies/reviews/n_9697).

## Take OHA survey

Eligible service members are encouraged to take the 2011 Overseas Housing Allowance Utility/Recurring Maintenance Survey. All service members who have lived off-post under the OHA program for at least six months are eligible. Data from the survey is used to determine utility allowances.

Service members in Germany can take the survey at [www.defensetravel.dod.mil/ss/wsb.dll/s/eg4a](http://www.defensetravel.dod.mil/ss/wsb.dll/s/eg4a).

## Health clinic closure

The U.S. Army Health Clinic Stuttgart will be closed March 18 in observance of the U.S. Army Europe training holiday.

Contact the Military Police in case of an emergency at civ. 0711-680-114. For immediate health care needs, call the Nurse Advice Line at civ. 00800-4759-2330.

## Get to know SLOs

Community members can get to know the Stuttgart military community School Liaison Officers during monthly meetings open to all parents.

The next meeting is set for March 15 at the Broadway Cafe on Kelley Barracks from 11 a.m. to 2 p.m. Fol-



Susan Huseman

# AER campaign opens

*The U.S. Army Garrison Stuttgart Command Group (from left: Deputy to the Commander Kathleen Cole, Garrison Commander Carl D. Bird and Command Sgt. Major Anthony M. Bryant) cuts a cake, signalling the start of the 2011 Army Emergency Relief campaign. AER provides emergency financial assistance to active duty and retired Soldiers, their family members, surviving spouses and orphans through an interest-free loan, grant, or a combination of the two. In 2010, nearly 60 local Soldiers received more than \$85,000 in emergency assistance. For more information about AER, or to make a donation, visit [www.aerhq.org](http://www.aerhq.org). To speak with the USAG Stuttgart AER coordinator, call 431-2086/civ. 07031-15-2086.*

lowing the March meeting, recurring meetings will take place every third Thursday of the month at 9 a.m. and 6 p.m. at the Panzer Hotel.

## NAF property sale

The U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation will host a nonappropriated fund property sale on new and

used items March 12 from 10 a.m. to 1 p.m. in a tent by the Hub on Patch Barracks.

Items for sale are listed online at [www.stuttgartmwr.com](http://www.stuttgartmwr.com). Sales are cash only.

For more information, call 421-2193/2100/civ. 0711-729-2193/2100.

## Bank closures

On March 23, the Com-

munity Bank on Patch Barracks will be open from 1-4 p.m., and the Community Banks on Kelley Barracks and Panzer Kaserne will be open from 1:30-4 p.m. for mandatory training.

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

## Computer ergonomics

Whether you use a computer at work or at home, improper ergonomic practices can hurt your eyes, shoulders, back and wrists.

- Place the computer 50-90 centimeters (20-35 inches) away from you, with the top line of the screen at eye level. Take five-minute breaks every hour to relieve your eyes and shoulders.
- Use a chair with adjustable seat height and depth, and an adjustable backrest. Adjust the chair so that your hips and knees are level and your forearms are parallel to the floor. Your lower back should be well supported. Use a footrest if the chair is too high.
- Rotate between sitting in the forward, neutral and reclining position. Intersperse computer work with other tasks that require you to get up.
- Ensure your workstation is well lit, without glare on the screen.

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# DISA-Europe celebrates employee wellness

By Theresa Michal

Defense Information Systems Agency-Europe

A healthy employee is a productive employee: This was the message delivered by Defense Information Systems Agency-Europe Commander Col. Elizabeth Bierden as she kicked off the fourth annual DISA-Europe Wellness Day on Feb. 11 in the Patch Fitness Center.

"I am thrilled with the enthusiasm of the DISA-Europe employees and their willingness to be open to new information and fitness routines," Bierden said.

This year, DISA-Europe partnered with the Army Wellness Center Stuttgart and conducted a unit fitness assessment for more than 55 military and civilian personnel. The purpose of the fitness assessment was to provide employees with a picture of their overall fitness and motivate them to establish reasonable fitness goals.

"It's important for units to conduct unit-level fitness tests to help motivate and educate individuals about the ongoing obesity trends in the U.S. and help them fight against becoming sedentary," said Rich Hoke, Wellness Center director.

The morning began with employee blood pressure screenings and body composition profiles, followed by a one-mile timed walk, and concluded with grip strength and flexibility tests.

At the end of the assessment, Hoke briefed the unit on their overall fitness and provided each employee with an individual assessment.

"Today made me realize I lead a sedentary lifestyle and need to lose 20 pounds," said Greg Brooks, a DISA-Europe employee.



Scott Tucker

Command Master Chief James Barnes completes his one-mile walk as part of the DISA-Europe Wellness Day held Feb. 11 at the Patch Fitness Center.

Porter Balanza, another DISA-Europe employee, is also an advocate for annual wellness days. At the 2009 DISA-Europe Wellness Day, he discovered his blood pressure was high, which was an eye-opening

experience for him.

"I made some changes with my diet and exercise routine, and by the 2010 wellness day, I had lost around 12 pounds and significantly reduced my blood pressure. I'm still maintaining it up to this day," he said.

After the assessment, employees broke into groups for fitness sessions. They were introduced to a variety of classes and services offered at the Patch Fitness Center. While some employees sampled classes such as spinning, cross fit, and yoga, others opted to play Ultimate Frisbee and Wallyball.

Roger Carpenter, DISA-Europe deputy commander, is one of the command's most outspoken advocates of ensuring that DISA-Europe employees have a well-balanced approach to health and work.

"I believe fitness and well-being make for a happy workforce," Carpenter said. "Today was a good reminder that everyone can make exercise fit into their busy day through small, everyday activities."

DISA-Europe employees went home with a better awareness of how to live a healthy lifestyle and the potential risks surrounding an unhealthy one. The following Monday, employees were sharing how sore the Cross Fit class made them. Others shared nutritional goals, such as cutting back on rich European foods that are so readily available.

"I think a lot of people were surprised at their results," said Command Master Chief James Barnes, who works out twice a week with DISA-Europe military personnel.

"Now, everyone has a goal to improve their overall fitness before next year's wellness day," he added.

## Breaking the nicotine habit: *Help someone else quit smoking using proven four-step process*

By Kristen Marquez

Heidelberg Medical Department  
Activity Public Affairs Office

Deciding to quit using tobacco products is a big step for anyone who smokes or uses smokeless tobacco.

Friends, family and co-workers can help someone they know to quit smoking in several ways.

According to [www.uceanquit2.org](http://www.uceanquit2.org), helping someone quit smoking or dipping can be made easier with the help of a simple four-step process.

### Step 1: Thinking about quitting

- Quitting needs to be their decision, not anyone else's, so it is important to

be supportive, but not pushy.

- Choose the right time to be encouraging. The most opportune times are when they bring it up themselves.

- Don't give up or get frustrated. Give them the time they need.

### Step 2: Preparing to quit

- Helpers who smoke themselves should consider quitting with the friend they are trying to help. Having a "quit buddy" can be a huge motivator.

- Help them pick a quit date that is right for them, and then help them stick to it.

- Suggest medications or professional support to help them along the way. Doing a little bit of research on the effects of nicotine withdrawal could provide the knowledge to help them

fight cravings in tough times.

- Remove all tobacco-related products from their home and car.

- Encourage them to tell as many people as possible about their goal of quitting.

### Step 3: Quitting

- Compliment them on their efforts. Positive feedback is a big help and always appreciated. Have they considered a reward system for themselves? Rewards can help them make it past everyday obstacles instead of just working toward the big milestone at the end.

- Don't use tobacco products in front of a friend who is trying to quit.

- Spend time having fun. Try to avoid places that may encourage tobacco use. Instead, participate in physical

activities or play games. Go for a walk, fix a healthy snack or encourage them to start a quit journal or blog.

- Be understanding. Setbacks are not failures — they are just part of the process.

### Step 4: Staying smoke-free

- Celebrate successes with them. Every tobacco-free milestone can be a reason to celebrate.

- Remember that for many people, quitting completely can take several attempts over time. Be ready to offer nonjudgmental encouragement and support.

Live help is available online at [www.uceanquit2.org](http://www.uceanquit2.org), which features a 24/7 chat service with tobacco cessation coaches.

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# Get to know U.S. Army

## U.S. Army Medical Department Activity – Heidelberg Public Affairs Office

**T**he U.S. Army Health Clinic Stuttgart proudly serves the medical needs of the Stuttgart military community.

One thing the clinic cannot provide, however, is emergency care.

An emergency can be classified as the threat of the loss of life, limb or eyesight. Any chance of a heart attack also classifies as an emergency situation.

When community members experience medical emergencies, they should immediately go to the nearest host nation hospital emergency room. Attempting to come to the Stuttgart health clinic will only delay a response in definitive care.

For medical emergencies, contact the Stuttgart Military Police Station at civ. 0711-680-5262 or DSN 114.

The Stuttgart clinic is a part of the Heidelberg Medical Department Activity, which is part of the Europe Regional Medical Command. It was designed to provide primary care services along with a variety of specialty services. These include behavioral health, physical therapy, optometry care and various specialists who visit the clinic monthly.

“The U.S. Army Health Clinic Stuttgart is focused on providing quality health care, while simultaneously improving the community’s access to medical appointments,” said Col. Larry Connell, clinic commander.

Within the clinic, the various departments include the Department of Behavioral Health. This department offers a full range of services from psychological counseling to psychiatric care, marital counseling, Education and Developmental Intervention Services for young children and family advocacy. The staff has specialists trained in treating children and adolescents, and works closely with the Army Substance Abuse Program and the Department of Defense Dependents Schools school psychologists and counselors to deliver the best mental health care.

The Physical Therapy-Sports Medicine clinic is located in the Patch Fitness Center and is a direct-access clinic. “Direct access” means that no referral is required to book an appointment with this clinic. The clinic treats all post-operative orthopedic issues and musculoskeletal injuries, to include neck and lower back pain, joint sprains and muscle strains.

The clinic also offers a monthly running shoe clinic to improve Soldier readiness and prevent running injuries.

The Physical Therapy-Sports Medicine clinic has access to all fitness center equipment and has recently expanded an additional 50



“The clinic has increased the appointment availability by increasing appointments in primary care to more than 200 per day. This was accomplished by removing the nurse triage process, which ultimately transitioned a gatekeeper system to a system where, if you, the beneficiary, feel you need to see a physician, the clinic staff will schedule you an appointment.”

**Col. Larry Connell**

*U.S. Army Health Clinic Stuttgart commander*

percent of clinic space to meet the rehabilitative needs of customers. With a team of two doctors of physical therapy and three physical therapy assistants, this clinic can help clients get “back in the game.”

The Stuttgart Optometry Clinic provides routine eye examinations, contact lens updates (no new fits), glaucoma evaluations, and refractive surgery pre-operative evaluations and post-operative care.

The Stuttgart Optometry Clinic is located in Building 2996 on Panzer Kaserne. Services are limited to active duty service member at this time. Services should be expended to all TRICARE Prime beneficiaries upon the increase in medical staff this summer.

The U.S. Army Health Clinic Stuttgart has implemented several initiatives designed to improve access and quality of care.

“The clinic has increased the appointment availability by increasing appointments in primary care to more than 200 per day,” Connell said.

“This was accomplished by removing the nurse triage process, which ultimately transitioned a gatekeeper system to a system where, if you, the beneficiary, feel you need to see a physician, the clinic staff will schedule you an appointment.”

For more information, visit <https://ermc.amedd.army.mil/stuttgart/index.cfm>.

## Stuttgart phone number (put this on

The ERMCA  
pointment Line is a  
a.m. to 5:30 p.m.  
Friday (except holi  
Call 430-8610/6  
Press “2” for ap  
Commercial: 06  
Toll free: 00800  
The Nurse Adv  
24 hours a day, sev  
0800-475-92330.

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are 7 a.m. to 5 p.m.  
Thursday and 7 a.  
for tra

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Station at 0711  
DS

# Health Clinic Stuttgart

*Cheyenne Hill, 13 (left), has her tonsils inspected by Jessica Taylor, a physician's assistant, at the U.S. Army Health Clinic Stuttgart March 1. The clinic provides primary care services to service members and their families, along with specialty care, such as behavioral health, physical therapy and optometry care.*

Brittany Carlson

## Clinic offers specialized screenings, treatments consistent with U.S. care

By Frances Barlock

U.S. Army Health Clinic Stuttgart

The U.S. Army Health Clinic Stuttgart follows national performance standards on important dimensions of health care service that are delivered to service members and their families. These quality measures are called Healthcare Effectiveness Data and Information Set, or HEDIS, measures, and they allow the clinic to compare the level of services provided with quality standards of care being used by health care organizations across the U.S.

Each year, USAHC Stuttgart is compared favorably with quality performances across important areas of health concerns. The clinic health care team is committed to providing customers with up-to-date wellness and condition management services on a daily basis.

Some of the HEDIS measures include:

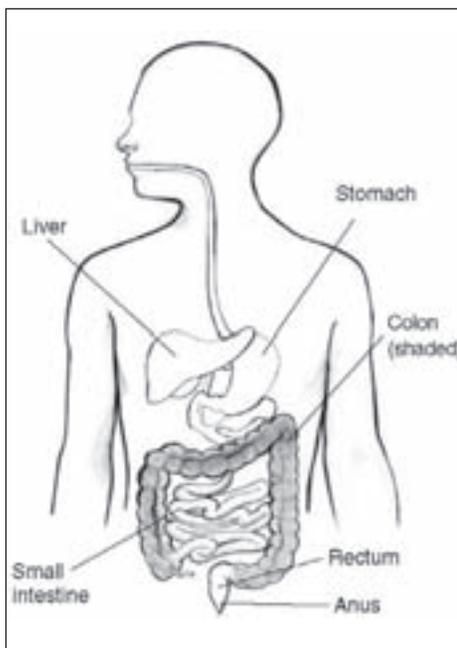
- Cervical cancer screenings (ages 18-64). Screenings are needed annually until age 30, then every two to three years (if normal). Chlamydia screenings are needed annually for ages 16-24. Call 371-2622/civ. 0622-117-2622 for an appointment.

- Breast cancer screenings and mammograms (ages 40-69). They are recommended every one to two years after age 40. See a primary care provider for referral and breast exam.

- Colon cancer screenings (colonoscopy or fecal occult blood test for ages 50-80). Ask a provider or call the Population Health Nurse.

- Diabetic exams or lab work. Ask a provider or clinic nurse about appropriate lab work and/or appointments. Contact the Population Health Nurse to order lab work.

- Pneumococcal vaccinations (ages 65 and above) in immunizations section. Those under 65 years of age must have an order from their primary care provider. Call the Immunizations Section to schedule an appointment at



National Institutes of Health

**Colorectal cancer is the second highest cause of cancer deaths in the U.S. Beginning at age 50, most people should have a colonoscopy every 10 years. This procedure uses a tiny camera to examine the entire colon and rectum. The Stuttgart health clinic can arrange for colorectal cancer screenings and colonoscopies.**

371-2622/civ. 0622-117-2622, or toll free at 00800-376-22273.

- Asthma screenings. Discuss with a provider.

Customers using any of the above services should bring results to TRICARE or the Population Health Nurse, if completed with a host provider.

For more information, call Frances Barlock, Population Health Nurse at USAHC Stuttgart, at 430-7069/civ. 0711-680-7069.

## Triage nurse, sick call replaced with appointments

U.S. Army Health Clinic Stuttgart

The U.S. Army Health Clinic Stuttgart has changed its business practices for active duty sick call services and triage practices. Active duty service members are welcome to walk into the clinic every morning, Monday through Friday. However, the preferred method is to call the Europe Regional Medical Command Care Call Center for primary care appointments.

The advantages of calling in for an appointment are twofold. First, beneficiaries are scheduled for a specific time, as opposed to waiting in the clinic along with other beneficiaries to be seen. More importantly, reducing walk-ins significantly reduces the time beneficiaries spend at the clinic and allows the primary care providers to spend 20 quality minutes with each patient, thereby improving health care outcomes.

Reducing walk-ins has allowed the clinic to remove the process that required beneficiaries to be triaged before being provided a medical appointment to see their primary care provider.

The triage process formerly served as a gate keeper to primary care providers. Now, if an authorized beneficiary feels they have an ailment that requires a visit with their primary care provider, they will be assisted via an appointment.

The ERMCC Care Call Center is open from 6:30 a.m. to 5:30 p.m. weekdays.

To make an appointment, call the Care Call Center toll free at civ. 00800-3762-2273 or 371-2622/civ. 0622-117-2622.

## rt clinic numbers (the fridge!)

re Call Center ap- available from 6:30 Monday through days). 0711-680-8610 pointment 22-117-2622 -376-22273 ce Line is available ven days a week at

## operation

Stuttgart hours of (ng the pharmacy) Monday through m. to noon Friday iming.

## an gency

art Military Police -680-5262, or N 114.

## Medical Readiness assists all service branches

By Spc. Jacob Semple

U.S. Army Health Clinic Stuttgart

The U.S. Army Health Clinic Stuttgart's Medical Readiness section assists military personnel with completing medical readiness requirements and force health protection measures.

The Medical Readiness section covers physicals, periodic health assessments, military-related immunizations, deployment requirements, hearing tests and malaria prophylaxis, among other services.

Service members in all branches are welcome, and the section staff can update the affiliated medical system.

Some Medical Readiness services need to be completed in two parts, such as physicals and periodic health assessments. Fasting is required for physicals and for specific age groups (males ages 35 and over and females ages 40 and over) completing PHAs. Morning appointments are available for individuals required to fast.

Service members not required to fast can walk in Monday through Thursday from noon to 3:30 p.m. for their Part 1 appointments. Those who need a military-required hearing test can walk in during normal business hours; tests will start every half hour from 7:30 a.m. to 3:30 p.m.

Service members in need of official travel

medications can also visit Medical Readiness during walk-in times.

The Medical Readiness section also handles the Exceptional Family Member Program. All questions or appointments can be coordinated by calling 430-4583/civ. 0711-680-4583.

Medical Readiness is located in Room 105, Building 2300 on Patch Barracks. Normal operating hours are Monday through Thursday from 7:30 a.m. to noon for appointments only, noon to 3:30 p.m. for walk-in patients, and Friday from 7:30-11:30 a.m. for appointments only.

To make an appointment, call 371-2622/civ. 0622-117-2622.

# No-shows make appointments scarce at clinic

## USAG Stuttgart Public Affairs Office

Community members who fail to show up at scheduled appointments at U.S. Army Health Clinic Stuttgart prevent another patient from being seen and cause the clinic to lose hundreds of dollars for each missed appointment.

Those who are unable to arrive at their scheduled appointment should call the clinic at 430-8610/civ. 0711-680-8610 to cancel the appointment and allow

another patient to be seen.

In the past three months, there were a total of 1,114 missed appointments at the health clinic. These resulted in a total lost revenue of \$239,820, based on the average cost of \$215 per appointment.

“These costs reflect a total roll-up of missed encounters from various services provided by the clinic,” said Maj. Raul Jurado, deputy commander for administration at the USAHC Stuttgart.

“Depending on the credentialed skill set of the

provider and complexity of the health care rendered, the revenue lost fluctuates,” he added.

Missed appointments also take away further appointments because there are three lost appointments for every no-show: one for the person who failed to arrive, one for the person who might have taken the missed appointment (had it been cancelled) and one for the rescheduled appointment.

The message to community members is clear, Jurado added: “Don’t miss your appointments.”

Month	# of appointments	# of appointments missed	Lost revenue
December	3846	396	-\$94,491
January	4237	356	-\$84,538
February	3912	256	-\$60,791
<b>Total</b>	<b>12,280</b>	<b>1,114</b>	<b>-\$239,820</b>

Graphic courtesy of USAHC Stuttgart

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**Women's leadership forum set**

The third annual Women's Leadership Forum is scheduled for March 24 from 8 a.m. to 4 p.m. in the Swabian Special Events Center on Patch Barracks.

The forum will provide participants with tools to maximize their skills, knowledge, and abilities, and enhance their career opportunities in the federal government.

Register by March 18 by e-mailing [yasmin.a.rosa@us.army.mil](mailto:yasmin.a.rosa@us.army.mil).

**SCSC Spring Bazaar needs volunteers**

Volunteers are needed to assist with the setup of the Stuttgart Community Spouses Club Spring Bazaar March 14-17, and during the bazaar, March 18-20.

Volunteers are also needed to donate home-baked and store-bought food and beverages for the vendors. Volunteers can earn rewards such as raffle prizes and early shopping.

To volunteer, visit [www.stuttgartspousesclub.org](http://www.stuttgartspousesclub.org) and click on the "Volunteer Spot" link. For more information, e-mail [scsbazaarvolunteer@yahoo.com](mailto:scsbazaarvolunteer@yahoo.com) or [scsbazaarhospitality@yahoo.com](mailto:scsbazaarhospitality@yahoo.com).

**Buy, sell at women's flea market**

The "My Girlfriend's Closet," flea market is set for March 12 at the Brewed Awakenings Cafe on Robinson Barracks. The event is designed for women to buy or sell clothing and housewares.

For more information, call 420-6037/civ. 0711-819-6037.

**1/10th DFAC training closures**

The 1st Battalion, 10th Special Forces Group (Airborne), Dining Facility on Panzer Kaserne will close March 10 through April 4 due



Susan Huseman

**Row, row, row your (indoor) boat**

*Bryan and Christina Thompson compete against each other on rowing machines during the opening day of the Stuttgart military community's Indoor Triathlon Feb. 25. The three-day triathlon, hosted by the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation, included three events: rowing machine (4,000 meters), stationary bike (9.3 miles) and treadmill (3.1 miles), and was designed for community members to do something healthy for their heart during the winter season.*

to training requirements.

**ARC classes**

The Stuttgart American Red Cross will offer the following classes:

- Free community CPR on March 19. Classes will held at 9, 10 and 11 a.m. and 1, 2, 3, and 4 p.m. Class size is limited. Students will not receive a CPR certification, but there will be a follow-up CPR certification class for those interested.

- Standard First Aid/CPR/AED course (includes infant, child, and adult CPR) March 26 from 8 a.m. to 5 p.m. in ARC room 314, Building 2915, Panzer Kaserne. The cost is \$40, which includes all materials.

To register for either class, stop by the ARC office. For more information, call 431-

2812/civ. 07031-15-2812.

**File taxes by April 18**

The deadline to file state and federal taxes this year is April 18. The blue mail boxes in U.S. Army Garrison Stuttgart will be emptied at midnight on April 18.

Remember, the IRS does not accept "postage due" mail. Those who are unsure of postage requirements should mail completed tax forms through an Army Post Office. All garrison APOs will remain open until 4 p.m. on April 18.

All Community Mail Rooms will accept tax returns until 6 p.m. on April 18.

**BEMS showcases student art**

Böblingen Elementary/Middle School invites parents and community members to

"Meet the Artist," an event showcasing student artwork on March 25 from 6-8 p.m. The event includes a spaghetti dinner, silent auction and musical performances.

For more information, contact Carey Seely at [carey@seelynet.com](mailto:carey@seelynet.com).

**PCS/pre-separation briefings scheduled**

The next permanent change of station/pre-separation briefings will be held March 16 and 30 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. The briefings will cover topics such as transportation, customs, medical, vehicle registration and housing. All separating Army personnel must attend a briefing to receive pre-separation information. Pre-registration is required.

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

**ACAP events**

The U.S. Army Garrison Stuttgart Army and Career and Alumni Program will host a Veterans Affairs benefits briefing March 17 from 8 a.m. to noon and a Transition Assistance Program workshop March 22-24 from 8:30 a.m. to 4:30 p.m. Both workshops will be held at the ACAP Office in Building 2915 on Panzer Kaserne.

Registration is required. For more information, or to register, call ACAP at 431-2191/2192/civ. 07031-15-2191/2192.

**Learn to salsa**

The United Services Organization offers a free salsa dancing class every other Friday. The next class date is March 11.

Classes will be held in the USO center lounge in Building 2915 on Panzer Kaserne.

A beginner's session starts at 7 p.m., followed by a partner's class at 7:30 p.m., a patterns and steps session at 8 p.m. and an open dance session following until 10 p.m. Singles are welcome. No registration is required.

For more information, call civ. 07031-15-3345 or e-mail [snorby@uso.org](mailto:snorby@uso.org).

**Kebab, chicken vendor new hours**

The Army and Air Force Exchange Service concessionaire "Kebab, Chicken and More" has the following new operating hours:

- Robinson Barracks CX: Tuesday through Sunday from 11 a.m. to 6:30 p.m., closed Monday;

- Patch Barracks (near the thrift shop): Monday through Friday from 11 a.m. to 6 p.m., closed Saturday and Sunday;

- Kelley Barracks (shopette parking lot): Monday, Thursday and Friday from 11 a.m. to 6 p.m.;

- Panzer Kaserne (shopette parking lot): Tuesday from 11 a.m. to 6 p.m.;

- Stuttgart Army Airfield (mail node parking lot): Wednesday from 11 a.m. to 3 p.m.

**Citadel muster set**

A Citadel muster will be held March 20 from 6:30-9 p.m. in the Swabian Special Events Center on Patch Barracks. The muster is open to all Citadel alumni, their spouses and friends of the Citadel throughout Europe.

To RSVP, e-mail L. Brinson Moorhead at [2011Muster@live.com](mailto:2011Muster@live.com).

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

Walk-in hours are Monday-Friday 9 a.m. to 3 p.m. Closed federal holidays.



Overwhelmed by doing your own taxes?

**The Stuttgart Tax Center offers free tax assistance to ID cardholders.**

For more information, call the Stuttgart Tax Center at 421-4588/civ. 0711-729-4588.

# Take 'artful' journey through time at State Gallery

Story & photo by Carola Meusel  
USAG Stuttgart Public Affairs Office

Stuttgart's State Gallery downtown gives puts on a new spin on a traditional art viewing experience. The gallery showcases an art collection that spans 700 years. However, viewers may be surprised to find a modern sculpture next to a masterpiece from the 14th century.

"It's the idea of merging old art with contemporary art in order to create a new visual angle," said Anette Frankenberger, a spokesperson for the State Gallery Stuttgart. "This concept provides visitors with a new experience and perception of art."

The State Gallery Stuttgart's collection features paintings, sculptures and art installations ranging from 14th century German, Dutch and Italian art to 21st century contemporary art.

The Old State Gallery was built between 1838 and 1843 under the reign of King Wilhelm I of Württemberg and is one of the oldest museums in Germany.

The New State Gallery is located next to the old gallery and was designed in 1984 by the British architect James Stirling. Stirling's complex is considered one of the most popular landmarks of postmodern architecture.

When visitors cross from one gallery to the other, they will see the architecture change between classical arches and monumental halls to modern, light-flooded rooms with glass roofs. This is because "Stirling designed the crossover from the New to the Old Gallery as a Neoclassical gateway," according to Frankenberger.

In 2002, the newest gallery building opened its doors to the public with the "Graphic Collection," including more than 400,000 drawings, watercolors, collages, posters and photo art.

With pieces from Picasso's "Blue Period," Wassily Kandinsky's "Improvisation" and paintings by French artists Monet, Manet, Pissaro, Renoir, Cezanne and Gauguin, the State Gallery attracts visitors from all over the world.

A highlight of the German collection from the 14th to 17th century is the "Herrenberger Altar" (Herrenberg Altar) from 1519. The wooden panels,



A visitor reads in front of the New State Gallery in downtown Stuttgart. The Old State Gallery, built in the late-classical style, is connected with the New State Gallery. The New Gallery, designed by James Stirling, has post-modern features such as curvy glass windows, colorful metal formations and stone façades. The "Seated Woman" by the English sculptor and painter Henry Moore, is located in front of the entrance to the New State Gallery.

designed by the Swabian artist Jerg Ratgeb, illustrate the passion of Christ in symbolic and lively pictures typical of the late Gothic style.

Visitors can dive into Monet's harmonious impressionist masterpiece "Fields in Spring" at the Old State Gallery or take a passageway to the New State Gallery to see an art installation by German action artist and sculptor Joseph Beuys called "Last Room with Introspection." Beuys' piece, made from pipes covered in felt, rocks, a chair, concrete, and other items, takes up an entire room.

The main contemporary art collection is located in the Old State Gallery and focuses on the European and American forms of abstract expressionism and pop art, displaying artwork by Jackson Pollock, Mark Rothko, Richard Hamilton and Andy Warhol.

Similarly, many old masterpieces are located in the New Gallery.

"With displaying old art in a modern environment or vice versa, the artwork simply has a different appearance and touches visitors in a special way," Frankenberger added.

Sometimes a older piece and a modern piece will be placed side by side. This set-up is designed to enable visitors to see how modern artists use some of the same techniques that master artists used centuries before.

Oftentimes, transitions between different art periods are fluid and visitors to the State Gallery are encouraged to experience them together throughout the collection, Frankenberger said.

Instead of displaying art on a timeline, the State Gallery in Stuttgart juxtaposes a mixture of art through the centuries, giving viewers a new perspective on the evolution of art.

The State Gallery offers workshops for children and guided family tours on the first Sunday of the month at 3 p.m. Tours for children are also available every Friday at 3 p.m.

For more information in English, visit [www.staatgalerie.de/index\\_e.php](http://www.staatgalerie.de/index_e.php). For English guided tours, call civ. 0711-470-40-451 or e-mail [kunstvermittlung@staatgalerie.de](mailto:kunstvermittlung@staatgalerie.de).

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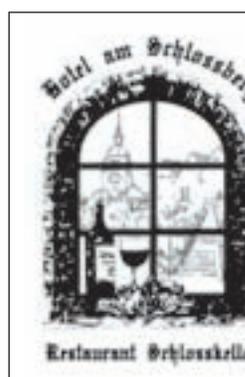
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## What's happening in FMWR

### Chili cook-off set

The U.S. Army Garrison Stuttgart Directorate for Family and Morale, Welfare and Recreation is hosting a chili cook-off March 13 at the Patch Arts and Crafts Center.

Booth set-up begins at 9 a.m., and cooking will begin at noon. There will be categories for Traditional Red Chili, Chili Verde, Salsa and a People's Choice Chili. Awards will also be given for the Best Booth decorations, Mr. Hot Sauce and Miss Chili Pepper.

Compete as a team or an individual, or come out to cheer on a favorite chili and do some taste testing.

Register by March 11 at the Patch Arts and Crafts Center or online at [www.stuttgartmwr.com](http://www.stuttgartmwr.com). For more information, call 430-5270/civ. 0711-680-5270.

### Audition for musical

The Stuttgart Entertainment Branch will host auditions for the musical "Working" April 4-6 at 7 p.m. at the Kelley Theatre.

### See 'Rumors' on stage

The Stuttgart Entertainment Branch will perform "Rumors," a

comedy by Neil Simon on April 1, 2, 8, 9, 15, and 16 at 7:30 p.m., and April 3, 17 and 19 at 3 p.m. at the Kelley Theatre.

For more information, or to make reservations, call 421-3055/civ. 0711-729-3055, or visit [www.stuttgartmwr.com](http://www.stuttgartmwr.com) and click on "Theatre"

### Celebrate National Craft Month

March is National Craft Month. Sign up for a class and learn something new. Events include:

- Quilt Show, March 15-19 at the Patch Arts and Crafts. Call the Arts and Crafts Center at 430-5270/civ. 0711-680-5270 to show a quilt.
- Learn to make sushi March 26 from 10 a.m. to 1 p.m. at the Brewed Awakenings Cafe on Robinson Barracks.

Registration is required. The cost is \$39. Class size is limited to 20 seats. For more information, call the cafe at 420-6037/civ. 0711-819-6037.

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

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## Coming to Patch Theater

**March 10** — The Chronicles of Narnia: Voyage of the Dawn Treader (PG) 6 p.m.

**March 11** — Gulliver's Travels (PG) 6 p.m., Season of the Witch (PG-13) 9 p.m.

**March 12** — Rango (PG) 4 p.m., Gulliver's Travels (PG) 7 p.m., Season of the Witch (PG-13) 9 p.m.

**March 13** — Rango (PG) 2 p.m., Gulliver's Travels (PG) 4 p.m., Season of the Witch (PG-13) 7 p.m.

**March 14** — Rango (PG) 6 p.m.

**March 15** — Season of the Witch (PG-13) 6 p.m.

**March 16** — Gulliver's Travels (PG) 6 p.m.

**March 17** — The Fighter (R) 6 p.m.

**March 18** — The Fighter (R) 7 p.m., The Dilemma (PG-13) 9:30 p.m.

**March 19** — Mars Needs Moms (PG) 4 p.m., The Dilemma (PG-13) 7 p.m., The Fighter (R) 9 p.m.

**March 20** — Mars Needs Moms (PG) 2 p.m., The Dilemma (PG-13) 4 p.m., The Fighter (R) 7 p.m.



Paramount Pictures

**March 21** — Mars Needs Moms (PG) 6 p.m.

**March 22** — The Fighter (R) 6 p.m.

**March 23** — The Dilemma (PG-13) 6 p.m.

## Family & MWR Featured Events

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



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March 20 11 a.m. - 4 p.m. Patch Barracks

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#### PARENTS' NIGHT & DAY OUT

Take some time for yourself to relax or shop at the Spring Bazaar.

Parents' Night Out/Parents' Day Out

March 18 6<sup>30</sup> - 11<sup>30</sup> p.m. Kelley CDC/SAC

March 19 10 a.m. - 4 p.m. Patch CDC/SAC

DSN 430-7480, CIV 0711 680 7480



### SPORTS

#### GOLF OPEN HOUSE

Start Golf Season at the Annual

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March 26 12 - 3 p.m. Stuttgart Golf

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#### ZAMS SKI WEEKEND

Enjoy Skiing before the snow melts!

March 18 - 21

Zams, Austria

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DSN 431 2774, CIV 07031 15 2774



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#### LIVE ENTERTAINMENT

Come to the Irish Pub on St. Patrick's

Day and sing your favorite songs

during 'Karaoke with Joker'.

March 17 8 - 11 p.m.

DSN 431 2575, CIV 07031 15 2575



*Patch player Justin Johnson-Rich posts up during a playoff game against Heidelberg Feb. 24. At the season's end, Heidelberg took the DODDS Europe Division 1 championship title, and Patch earned third place after beating Kaiserslautern 53-52 Feb. 26.*

Wray Holan



Brandon Spragins

*[Above] Patch's Nelley Loney (right), shoots during a basketball game against Kaiserslautern Feb. 24. The Lady Panthers beat K-town and went on to become Division 1 champs when they beat Vilseck 64-52 on Feb. 26.*



Wray Holan

*[Left] The PHS cheerleading squad performs during the men's basketball championship. Freshman Dana Lussier (top), made the all-tournament squad.*

## PHS winter sports round up

# Rifle team, girls basketball win champs

By Brittany Carlson

USAG Stuttgart Public Affairs Office

Two championship victories punctuated the end of a tough winter sports season at Patch High School, making the girls basketball team number one in Department of Defense Dependents Schools Europe Division I and the Junior ROTC air rifle team best in the Army.

### Girls Basketball

The Patch Lady Panthers, coached by John Kohut, won the DODDS Europe Division 1 championship game against the Vilseck Falcons Feb. 26 at Mannheim's Benjamin Franklin Village Sports Arena. The final score was 64-52.

Junior Nelley Loney scored nearly half of the Panthers' total score with 30 points.

Senior Bianca Lopez, a team captain who added 11 points at the championship game, said getting along well together landed the Lady Panthers on top this year, and made up for last year's third-place finish. "We had really good team chemistry and everybody wanted it," she said.

Besides the championship game, the season highlight for the Panthers was beating defending division champion Wiesbaden Feb. 25 in the D-I semi-final 41-31, breaking Wiesbaden's run of 33 wins in a row.

"They never lost," Loney said. "We broke their winning streak."

### Boys Basketball

The PHS boys basketball team, under coach Bill Lassetter, took third in European Division 1 play this year, edging Kaiserslautern Feb. 26 with a score of 53-52.

Although the team didn't make it to the championship game, "We didn't lose heart in the third game," said junior Dylan Measells, who led scoring with 16 points.

They also garnered bragging rights for beating the Heidelberg Lions, the eventual Division 1 champions, in an overtime game earlier in the season. (The Panthers won 75-73 Feb. 12).

Senior Shaq Hunter, who contributed 15 points in the third-place game, thought it was a great way to finish his final high school basketball career. "We weren't the best team, but we showed we can compete with anybody," he said.

### Cheerleading

The PHS varsity cheerleading squad competed in the DODDS Europe Cheer Championship Feb. 26, in conjunction with the boys and girls basketball tournaments. They did not place in the competition, but coach Michele Flautt said getting used to competition was most important for her young team (six of ten members are lowerclassmen).

"I thought they did very well," Flautt said. "I hope they had a good time and were able to learn a lot from the experience."

The squad competed against eight other schools. They were judged on their performance in tournament bas-

ketball games, along with a 2.5 minute routine. The PHS team's routine lost points for being only two minutes — which Flautt attributed to nerves.

"It's very intimidating," Flautt said.

The team did take one honor from the event: Freshman Dana Lussier was named to the all-tournament squad.

Lussier is optimistic about what the team will do next year. "Our competition was really tough," she said. "We tried our hardest, though. I think we can beat them next year."

### Precision Air Rifle

The Patch precision air rifle team placed first in the U.S. Army Junior ROTC National Air Rifle Championships, held Feb. 17-19 in Anniston, Ala.

Team members Allie Carlson (captain), Mercedes Romih, Chaz Gillespie, Addison Flynn and Josh Sloan competed against the top 15 JROTC air rifle teams from throughout the U.S.

They beat Texas' Del Valle High School by a hair: Both teams earned 4,589 points, but Patch had 10 more bulls-eye shots than Del Valle.

In addition, Carlson, a senior, was named second best individual air rifle shooter in all of Army JROTC.

It was an impressive send-off for team coach Jack Wayne, who plans to retire this year.

"We're calling it his retirement present," said Gillespie, a junior.

The team has been invited back to Anniston, Ala., to compete in the All Service JROTC National Air Rifle Championships March 24-26.

## SPORTS SHORTS

### Join ACS post-natal fitness group

Looking to lose some baby weight? Army Community Service offers a post-natal fitness group every Thursday from 10 a.m. to noon in the Patch Fitness Center.

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

### Get in shape with aerobathon

The U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation Sports and Fitness team will host an aerobathon March 12 in the Patch Fitness Center from 8:30 a.m. to 2 p.m.

The event will feature several types of fitness classes, including kettlebell, spin, TRX and yoga.

For more information, call the Patch Fitness Center at 430-7136/civ. 0711-680-7136.

### U.S. Forces Basketball Tournament

The U.S. Forces Basketball Tournament, sponsored by Installation Management Command-Europe, will be held in U.S. Army Garrison Stuttgart March 24-27. The tournament will be played at three fitness centers. Men will play at the Patch and Panzer Fitness Centers and women will play at the Kelley Fitness Center.

Games will run tentatively from 9 a.m. to 6 p.m. on all three days. More than 20 teams are expected to play.

### Spring Fling 5K set

The 2011 Spring Fling 5K run, hosted by U.S. Army Garrison Stuttgart Sports and Fitness, will be held April 2 on Husky Field, Patch Barracks. The race will start at 10:30 a.m.

Register by March 27. The first 300 entrants will receive a T-shirt.

For more information, call the Patch Fitness Center at 430-7136/civ. 0711-680-7136.

### Unit volleyball teams wanted

Unit volleyball teams are needed for the USAG Stuttgart unit-level intramural volleyball season, which begins this month.

For more information or to sign up, call Matt Gilliard at 430-4512/civ. 0711-680-4512.



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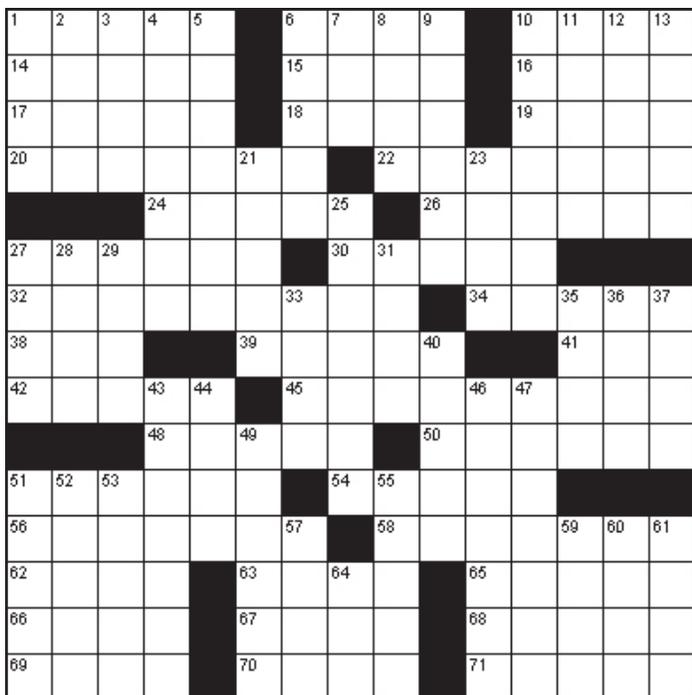
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**DOWN**

1. Discard
2. Window glass
3. Adjutant
4. Allowance
5. Slip
6. Use the rink
7. Three-toed sloths
8. Impertinent one
9. "Citizen Kane" model
10. 1972 Winter Olympics venue
11. Slip
12. Dodger Pee Wee
13. Army posts
21. English earldom
23. Begin bidding
25. Questions
27. Crab part
28. "Arrivederci \_\_\_\_"
29. Barren
31. Easy gait
33. Break the news
35. Dash in the kitchen?
36. Capri, e.g.
37. Beams
40. Inert gas
43. In
44. Scuttle
46. Baby toys
47. Colony's home
49. Russian grassland
51. African capital
52. Balkan native
53. "Julius Caesar" role
55. Lawsuits
57. Business transaction
59. Author Wiesel
60. Flatten
61. "Shoo!"
64. Ancient animal shelter

**ACROSS**

1. Muscle twitch
6. Kimono adornment
10. Balkan native
14. 1492 Columbus discovery
15. Cattle, old-style
16. Acreage
17. "The \_\_\_\_ near!"
18. The Orient
19. Chief executive: Abbr.
20. Quite recessed
22. Ask for a hand?
24. Footnote abbr.
26. Future ferns
27. Frasier's family
30. Out-and-out
32. Wimsey of detective fiction
34. General denial?
38. Jack Horner's last words
39. Big name in copiers
41. Cool \_\_\_\_ cucumber
42. Walks through water
45. Strictly speaking
48. Cotton fabric
50. City on the Loire
51. Inflection
54. "Ivanhoe" author
56. Crazy
58. Pollen producers
62. Amount to pay
63. Pod occupants
65. Flowery scent
66. Gallop
67. Remove rind
68. "My Fair Lady" lady
69. Diminutive amount
70. Antlered animals
71. Winter forecast



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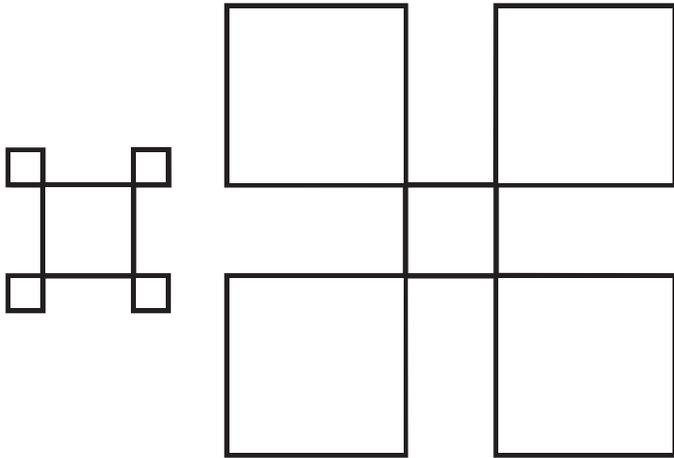
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